

SPRING 2023

LYNNWOOD RECREATION GUIDE



LET'S PLAY!

Preschool Summer Camp

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Sharks Swim Team

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Tai Chi

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SPRING 2023



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

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

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

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

Meadowdale Playfields
425-670-5596
16700 66th Ave W

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

Meadowdale Middle Gym
425-670-5517
6500 168th St SW

VOLUNTEER

HERITAGE PARK SPRING CLEAN

Wednesday, April 5, 2023 | 9am - 3pm

Join us for the annual Spring Clean at Heritage Park. Volunteers will spruce up Interurban Car No.55, the Wickers Building grounds, the Humble House and Superintendent's Cottage. There will be opportunities to help with weeding, barking. Help us make this historic site shine!

To register scan QR code or visit:
<https://us.openforms.com/Form/61956c3e-149f-4588-bd6c-81a736c755fl>



Heritage Park: 19921 Poplar Way, Lynnwood





MAYOR'S MESSAGE

Creating Gathering Spaces in the Heart of City Center

Our beautiful city is home to plentiful recreational opportunities thanks to our Parks, Recreation & Cultural Arts Department. As our community continues to grow, so do the possibilities of creating open and public spaces that will make Lynnwood even more vibrant and accessible to our community members.

Last fall, we took a significant step towards one of those possibilities by acquiring the Goodwill property at 4027 198th Street SW. In a few years, this site will become our Town

Square Park, a public gathering space in the heart of our future downtown. Town Square Park will anchor our City Center and increase mobility by connecting this area to vital trails and paths like Scriber Creek Trail and Interurban Trail.

The City of Lynnwood first adopted the vision for Town Square Park in 2007 in anticipation of our city's future downtown. Many projects recently completed or underway are intended to upgrade the city's transportation network, add new public spaces and parks, build

housing, improve cultural attractions, create a pedestrian-friendly environment and enhance livability in Lynnwood's City Center. We will be working closely with Goodwill to help them find a new space to continue serving Lynnwood when their lease ends. Thanks to everyone who is helping make this incredible park a reality!

While we are still in the early stages and a few years away from Town Square Park becoming "shovel ready," we are so excited for this momentous step forward in demonstrating the commitment to the vision of the City Center. We will keep you updated!

It is our joy to provide places for our community to recreate and enjoy no-cost exercise. As the days start to warm, I hope you take the opportunity to get outside and enjoy our many parks and trails. I hope to see you there!

Be well.

Christine Frizzell

Town Square Park concept from City Center Parks Master Plan Implementation Update (2018). Project design has not started and may not reflect this concept



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

Easter: Sunday, April 9
 Memorial Day: Monday, May 29

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
- Upright and Recumbent 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 Prices effective January 1, 2023

2023 RATES	SINGLE VISIT	SINGLE FITNESS VISIT	TO VISIT PASS*		ANNUAL (unlimited visits)	
			Fee	Resident Discount	Fee	Resident Discount
Children under 2	Free	n/a	n/a	n/a	n/a	n/a
Youth (2-12)	\$7	n/a	\$62.50	\$50	\$438 (\$36.50/mo)	\$351 (\$29.25/mo)
Teen (13-17)	\$7	\$9	\$62.50	\$50	\$540 (\$45/mo)	\$432 (\$36/mo)
Adults (18-61)	\$7	\$9	\$62.50	\$50	\$651 (\$54.25/mo)	\$520 (\$43.33/mo)
Adults 62+	\$7	\$9	\$62.50	\$50	\$438 (\$36.50/mo)	\$351 (\$29.25/mo)
Disabled	\$7	\$9	\$62.50	\$50	\$438 (\$36.50/mo)	\$351 (\$29.25/mo)
Family	n/a	n/a	n/a	n/a	\$987 (\$82.25/mo)	\$808 (\$67.33/mo)

* Expires two years from purchase date.

PARKS



Where in
Lynnwood
Am I?

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, www.DiscoverLynnwood.com, or call 425-670-5732.

PARK RESERVATIONS

Reservations are not necessary for general use of our parks. However, the following outdoor park facilities may be reserved from 8am-9pm for private functions; half day 8am-2pm or 3-9pm (both weekdays only). Rental fees are due at the time of reservation.

For reservations please call 425-670-5732, or go online to fill out a facility rental inquiry form at www.lynnwoodwa.gov/Community/Play-Lynnwood/Picnic-Shelter-Rentals.

OCCUPANCY		HALF DAY Non-Resident/Resident	FULL DAY Non Resident/Resident
Lynndale Park Shelter 1 (covered)			
1-50 people		\$63/\$44 <i>weekday only</i>	\$130/\$100
51-100 people		\$117/\$81 <i>weekday only</i>	\$260/\$200
Lynndale Park Shelter 2 (uncovered)			
1-50 people		\$43/\$30 <i>weekday only</i>	\$95/\$75
Lynndale Park Amphitheater (uncovered)			
1-100 people		\$45/\$30 <i>weekday only</i>	\$130/\$100
100-200 people		Requires Rental #2	\$225/\$175
Lynndale Park Shelter 3, North Lynnwood Park Shelters 1 & 2, Meadowdale Neighborhood Park Shelter (covered), South Lynnwood Neighborhood Park			
1-25 people		\$50/\$36 <i>weekday only</i>	\$110/\$85
Wilcox Park Shelter 1 (covered), Gazebo 2 (covered)			
Shelter 1	35 people	\$60/\$44 <i>weekday only</i>	\$130/\$100
Gazebo 2	25 people	\$43/\$30 <i>weekday only</i>	\$80/\$65

Restrooms closed at dusk.

Wellness Pool even warmer—now 93°!

AQUATICS



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. Preregistration available for Rec and Open swims. Please go to <https://www.lynnwoodwa.gov/Community/Play-Lynnwood/Swimming-Pool-Schedule> to sign up.

OPEN FITNESS Self-directed exercise: water walking, stretch, water exercises, relaxation. Spaces available vary.

POOL RENTAL See page 7 for details.

HOT TUBS AND SAUNA Adult Hot Tub and Sauna are open to adults 18+; Family Hot Tub open to all ages.

SWIM LINE-DAILY SCHEDULE

Visit www.playlynnwood.com or call 425-670-5588.

SPRING POOL SCHEDULE April 10–June 25, 2023

Closed: April 9, May 29 | Special Schedules: April 3–8, June 19

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

SWIM LESSONS Spring Session 2023

REGISTRATION DATES:
 Lynnwood Residents Sunday, March 26 7pm (online only)
 Open Enroll Monday, March 27 7pm (online only)
 Walk-in / Call-in Tuesday, March 28 7am

Session Dates*	Session Days	Number of classes	Safety School <small>non-resident fee / resident fee</small>	Stroke Development <small>non-resident fee / resident fee</small>	Pre-Competition 1 & 2 <small>non-resident fee / resident fee</small>
Apr 10–Jun 12*	Mon	9	\$78.75/\$63	\$85.50/\$69.75	\$112.50/\$90
Apr 11–Jun 20	Tues	11	\$96.25/\$77	\$104.50/\$85.25	N/A
Apr 12–Jun 21	Wed	11	\$96.25/\$77	\$104.50/\$85.25	\$137.50/\$110
Apr 13–Jun 22	Thurs	11	\$96.25/\$77	\$104.50/\$85.25	N/A
Apr 14–Jun 23	Fri	11	\$96.25/\$77	\$104.50/\$85.25	N/A
Apr 15–Jun 17	Sat	10	\$87.50/\$70	\$95/\$77.50	N/A
Apr 16–Jun 18	Sun	10	\$87.50/\$70	\$95/\$77.50	N/A

**No Class May 29, June 19*

Valued Customers,

We continue to strive to make your swim lesson registration experience as easy and enjoyable as we can. We want to provide lifelong aquatic activity and offer instruction for all ages and abilities!

Here’s three things to know:

1. City of Lynnwood residents have a window of priority for registration, ONLINE only.
2. All other registrants will register during open enrollment beginning ONLINE Monday at 7pm, Walk-in/Phone-in Tuesday 7am.
3. All swimming lessons are 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!

All new students: A swim placement test and level code will be required prior to registration. Call 425-670-5732 or go online at www.playlynnwood.com to schedule your placement assessment! Non-swimmers are encouraged, but not required, to take an assessment, please register for the age appropriate beginning level, PS1, YS1, T1, or A1.

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 online account at www.playlynnwood.com before registration begins.



THROW A PARTY!
POOL RENTAL TIMES
 Saturday: 11:30am–12:30pm, 2:45–3:45pm, 6–7pm
 Sunday: 12:15–1:15pm, 3:30–4:30pm
 Call 425-670-5732 for information or submit a Facility rental request at:
www.lynnwoodwa.gov/Community/Play-Lynnwood/Room-and-Pool-Rentals

LYNNWOOD GOLF COURSE



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

Reservations

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

Weekday Green Fees	
\$23* for 9 holes	\$34* for 18 holes
<i>Discounts for Juniors, Seniors, and Veterans Mon-Fri excluding holidays</i>	
Weekend & Holiday Green Fees	
\$23* for 9 holes	\$38* for 18 holes
Power Carts	
\$11/rider for 9 holes	\$16/rider for 18 holes
Pull Carts	
\$5	

* Plus tax

2023 COMMUNITY EVENTS

Water Safety Fair.....	Apr 1	LETI Expo.....	Jul 29
Heritage Park Spring Clean	Apr 5	National Night Out.....	Aug 1
Job Fair	Apr 11	Shakespeare in the Park.....	Aug 3
Arbor Day.....	Apr 12	Sandlot Cinemas	Aug 10
Earth Day	Apr 22	History & Heritage Day	Aug 12
Earth Day Drive-Thru Event.....	Apr 29	Sandlot Cinemas	Aug 17
Memorial Day	May 29	Fair on 44th	Sep 9
Cops & Kids	Jun 3	National Public Lands Day	Sep 23
History & Heritage Day	Jun 10	Celebrate Schools 5K.....	Oct 7
Challenge Derby Race	Jun 24	Halloween Hullabaloo.....	Oct 28
Celebrate! (New Event!)	Jul 7	Dia de los Muertos	Oct 28
History & Heritage Day	Jul 8	Trunk or Treat.....	Oct 28
Meet Me at the Park.....	Jul 11	Veterans Day	Nov 11
Shakespeare in the Park.....	Jul 13	Cookies with Santa	Dec 3
Afro-Latino Festival.....	Jul 15	Menorah Lighting.....	Dec 7
Meet Me at the Park.....	Jul 18		
Shakespeare in the Park.....	Jul 20		
Water Safety Fair.....	Jun 24		
Meet Me at the Park.....	Jul 25		
Shakespeare in the Park.....	Jul 27		
Par4Kids Golf Tournament	Jul 28		



www.lynnwoodwa.gov/Community/Community-Events-Calendar

PRESCHOOL



Kids Klub Pre-K

The Kids Klub Pre-K program is a “PLAY” oriented program for children ages 4-5 years old. We believe that play is essential to learning and human development. We promote children’s learning through exploration and play. 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. Preschool is a great opportunity for your child to meet new friends, create amazing projects and have fun all year long.

4-6 YRS

Mon-Fri 9-11:30am \$440/\$350*
Location: Lynnwood Recreation Center, Room 101 (Both A/B)

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, 2022. 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

Tues-Thurs 12:30-3pm \$290/\$230*
Location: Lynnwood Recreation Center, Room 101 (Both A/B)

COMING THIS SPRING: PRESCHOOL MUSIC

FOR MORE INFORMATION VISIT
[HTTPS://CITYOFLYNNWOOD.COM/PERFECTMIND.COM/](https://cityoflynnwood.com/perfectmind.com/)

Preschool Summer Camp

This program is designed to give your soon-to-be Kindergarten a summer of fun! We will focus on developing physical and social skills while we create crafts, play games, do experiments, and make friends! Come join the fun and bring your imagination. Be sure to submit a General Release Form from our web page prior to your enrolled week (one per summer). This program is for kids going into Kindergarten in Fall of 2023, regardless of age.

4-5 YRS

Week 1: Under the Big Top

46362 Jun 26-30 Mon-Fri 9am-12pm \$100/\$80*

Week 2: Snow Day Adventures

46363 Jul 5-7 Wed-Fri 9am-12pm \$60/\$48*

Week 3: Superhero Headquarters

46364 Jul 10-14 Mon-Fri 9am-12pm \$100/\$80*

Week 4: Once Upon a Dream

46365 Jul 17-21 Mon-Fri 9am-12pm \$100/\$80*

Week 5: Farm Sweet Farm

46366 Jul 24-28 Mon-Fri 9am-12pm \$100/\$80*

Week 6: Space is the Place

46368 Jul 31-Aug 4 Mon-Fri 9am-12pm \$100/\$80*

Week 7: We're Going on a Fossil Hunt

46369 Aug 7-11 Mon-Fri 9am-12pm \$100/\$80*

Week 8: A Pirate's Life for Me

46370 Aug 14-18 Mon-Fri 9am-12pm \$100/\$80*

Location: Lynnwood Recreation Center, Room 101
Instructor: Recreation Summer Staff



EARTH DAY Drive-Thru Event



Saturday,
April 29, 2023
9am - 11am

Lynnwood Operations and
Maintenance Center
20525 60th Ave W
Lynnwood, WA 98036

Lynnwood Residents only

<https://www.lynnwoodwa.gov/Government/Departments/Public-Works/Garbage-and-Recycling/Earth-Day-Drive-Thru-Event>



Free Compost

Compost courtesy of
NW Landscape Supply

- Self-serve event
- Bring sturdy containers
- No plastic bags allowed
- Shovels provided

Free Shredding Service

up to 2 boxes or bags of
paper to shred per car

Rain Barrels

available for pickup, must
be preordered, all
information available on
website

LYNNWOOD
WASHINGTON

YOUTH



Buenos Dias, Bilingual Spanish Hour

Buenos Dias—Good Morning! Do you want your little one to learn or practice their Spanish? Then join us for "Buenos Dias, Bilingual Spanish Hour." Students will count, sing, play, dance, and listen their way into growing their Spanish vocabulary. Activities include: calendar time, games, songs, a bilingual read-aloud, and craft. Students from all Spanish levels. This course will be led by a credentialed, elementary teacher. Majority of the class will be taught in Spanish with English to support when needed. Some Songs and books will be in both English and Spanish. Class size is limited, so register today.

5-8 YRS

47355	Apr 22–May 20	Sat	9:30–10:30am	\$90/\$72
47356	May 27–Jun 24	Sat	9:30–10:30am	\$90/\$72

Guitar for Youth (7-11)

Guitar Level 1 is a 10–week course that teaches students how to read and play music on the guitar. Students will learn to sight–read music, acquiring the ability to read music and play it in real time. Students will also learn about guitar playing technique and will practice exercises designed to facilitate the development of that technique. At the end of the course, students will be able to identify all the natural notes in open position and play them at will and will be able to read and perform over 25 songs using what they have learned. Students must provide own guitar; book is provided a \$15 supply fee is included in the registration fee. Prerequisite: none

7-11 YRS

46398	Apr 13–Jun 15	Thu	5–5:55pm	\$178/\$142*
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Location: Lynnwood Recreation Center, Room 102
Instructor: Mike Kohary

Parents Night Out

Hey Parents! Do you dream of a few hours to yourself, time to catch a movie, or dinner without whining? A true date night? Then Stop, Drop and Roll! STOP by the Recreation Center, DROP off your child and ROLL out to enjoy the evening! Your child will enjoy dinner, games, crafts, swimming or a movie all while supervised by our fantastic summer camp counselors!

6-12 YRS

46357	Apr 14	Fri	6–9:30pm	\$25/\$20*
46358	May 5	Fri	6–9:30pm	\$25/\$20*
46359	Jun 2	Fri	6–9:30pm	\$25/\$20*

Location: Lynnwood Recreation Center, Room 101
Instructor: Recreation Staff

Check [PlayLynnwood.com](https://www.playlynnwood.com) for current schedules



Ukulele: Level 1 All Ages

Intro to Ukulele is a 10–week course that teaches students how to read and play music on the ukulele. Students will learn to sight–read music, acquiring the ability to read music and play it in real time. Students will also learn about ukulele playing technique and will practice exercises designed to facilitate the development of that technique. Students will learn to identify all the natural notes in open position and play them at will, and will learn to read and perform numerous songs using what they have learned. Students must provide own ukulele and tuner, a book is provided a \$15 supply fee is included in the registration fee. Prerequisite: none

7 YRS AND UP

46392	Apr 11–Jun 13	Tue	4–4:55pm	\$178/\$142*
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Location: Lynnwood Recreation Center, Room 102
Instructor: Mike Kohary

Ukulele: Level 2 All Ages

Ukulele Level 2 is a 10–week course that continues where Ukulele Level 1 left off. More advanced note reading, chord strumming, and song learning. Students will continue to develop their technique and learn more advanced exercises. Students must provide own ukulele and tuner, a book is provided a \$15 supply fee is included in the registration fee. Prerequisite: Ukulele Level 1

7 YRS AND UP

46393	Apr 11–Jun 13	Tue	5–5:55pm	\$178/\$142*
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Location: Lynnwood Recreation Center, Room 102
Instructor: Mike Kohary

Water Safety Fair

Join us for a fun and interactive special event that will increase your water safety knowledge. Some of the fun and interactive activities will include boating safety, river safety, CPR, victim recognition & simple rescue techniques, cold water safety and more. Learn about our swim lesson program, receive a swim placement test! There is also a free Rec Swim for those who participate in the event. Registration is not required but recommended to reserve your spot.

43306	Apr 1	Sat	9–11:15am
46669	Jun 24	Sat	9–11:15am

Location: Lynnwood Recreation Center, Swimming Pool

KAMP KOOKAMUNGA



ENTERING 1ST GRADE TO 7TH

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

Registration Information

You have two options for payments:

Pay in Full Plan

- You can register Online, In-Person or On Phone.
- Registration begins on March 3 for Lynnwood Residents and Non-Residents.
- Upon registering for your chosen weeks, including Extended Care, you will pay your full payment all at once.
- *Please Note: A non-refundable Administrative Fee of \$10 will be charged per week, per child, if after completing your transaction as "Pay in Full" you want to go back and change to the "Payment Plan" option.*

Payment Plan

- You can register In-Person or On Phone.
- Registration begins on March 3 for Lynnwood Residents and Non-Residents.
- If using the "Payment Plan", camp fees will be charged to the credit card on file the Sunday of the registered week.
- *Please Note: Customers must have a valid credit card on file. A \$5 weekly Administrative Fee will be charged to each family at the time of registration. This fee will be non-refundable and non-transferable to other weeks.*

Week 1: Do You Remember When?

46445 Jun 27-30 Tue-Fri 9:30am-3:30pm \$180/\$144*

Week 2: Happy Holidays

46478 Jul 5-7 Wed-Fri 9:30am-3:30pm \$135/\$108*

Week 3: Superheroes Assemble

46481 Jul 10-14 Mon-Fri 9:30am-3:30pm \$225/\$180*

Week 4: Dreams Come True

46482 Jul 17-21 Mon-Fri 9:30am-3:30pm \$225/\$180*

Week 5: The Old Ball Game

46483 Jul 24-28 Mon-Fri 9:30am-3:30pm \$225/\$180*

Week 6: Take Me to the Moon

46484 Jul 31-Aug 4 Mon-Fri 9:30am-3:30pm \$225/\$180*

Week 7: Dancing with the Stars

46486 Aug 7-11 Mon-Fri 9:30am-3:30pm \$225/\$180*

Week 8: No Time Like SNOW Time

46487 Aug 14-18 Mon-Fri 9:30am-3:30pm \$225/\$180*

Week 9: Barnyard Boogie

46488 Aug 21-25 Mon-Fri 9:30am-3:30pm \$225/\$180*

Week 10: Sittin' on the Dock of the Bay

46489 Aug 28-Sep 1 Mon-Fri 9:30am-3:30pm \$225/\$180*

Location: Lynndale Park

Instructor: Recreation Summer Staff

EXTENDED CARE

7-9:30am	Mon-Fri	\$45/ \$35*
3:30-6pm	Mon-Fri	\$45/ \$35*

Be sure to submit a General Release Form from our web page prior to your enrolled week (one per summer). The parents of all registered campers will receive an email, one week prior to their enrolled week, that includes details about each day. Each week, campers are grouped by age and assigned to a skilled counselor. Due to the high volume of campers, buddy requests cannot be accommodated. If your child requires any special needs accommodations or medication assistance, please notify the Recreation Coordinator at 425-670-5524 at least three business days prior to attending.

For more detailed information, please visit www.LynnwoodWA.gov/camps



Hip Hop Dance (5-8)

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

5-8 YRS

46192	Apr 12–Jun 21	Wed	5:15–6pm	\$129/\$103*
46191	Apr 12–Jun 21	Wed	4:15–5pm	\$129/\$103*
46193	Apr 12–Jun 21	Wed	6:15–7pm	\$129/\$103*
46569	Apr 13–Jun 22	Thu	5:15–6pm	\$129/\$103*
46568	Apr 13–Jun 22	Thu	4:15–5pm	\$129/\$103*
46570	Apr 13–Jun 22	Thu	6:15–7pm	\$129/\$103*

9-12 YRS

46194	Apr 12–Jun 21	Wed	7:15–8pm	\$129/\$103*
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Location: Lynnwood Recreation Center, Room 101

Instructor: Kontagious Performing Company

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

46199	May 16–Jun 22	Tue/Thu	5–5:55pm	\$129/\$103*
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Location: Lynnwood Recreation Center, Fitness Studio

Instructor: Derek McClinton

Tae Kwon Do: All Ages

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.

7 YRS AND UP

46201	May 16–Jun 22	Tue/Thu	6–6:55pm	\$129/\$103*
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Location: Lynnwood Recreation Center, Fitness Studio

Instructor: Derek McClinton

Sharks Summer Swim Team

Make friends and have fun with the Lynnwood Sharks and the CRAZE recreation swim league. Strong youth swimmers will experience their first taste of competition during enjoyable, friendly, and low-key meets on weekends. Attendance at meets is not mandatory but they are lots of fun!

The Sharks have a blast training together Mon–Fri mornings. Ages 6–8 must be able to swim 25 yards backstroke and front crawl. Ages 9–18 must be able to swim 50 yards backstroke and front crawl.

6-12 YRS

46667	Jun 26–Aug 13	Mon–Fri	8–9:25am	\$275/\$240*
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11-18 YRS

46666	Jun 26–Aug 13	Mon–Fri	7–8:25am	\$275/\$240*
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Location: Lynnwood Recreation Center, Swimming Pool

Youth Summer Sports Camps

I9Sports (soccer & basketball)

Soccer April–June

Basketball May–June

<https://www.i9sports.com>

Steelheads Futbol Camp @ Meadowdale Athletic Complex–Free

Sign your kids up to train with professional soccer players!

Tuesday/Thursday March–June 7pm–8pm

<https://snocofc.com/product/steelheads-academy/>



WATER SAFETY FAIR

Fun and interactive special event that will increase your water safety knowledge.

9 to 11:15 AM April 1 June 24

Free Rec Swim after the event for Participants

Some of the fun and interactive activities will include boating safety, river safety, CPR, victim recognition & simple rescue techniques, cold water safety, and more.

LYNNWOOD WASHINGTON
A great deal more

TEENS



Guitar: Adult and Teens Level 1

Guitar Level 1 is a 10-week course that teaches students how to read and play music on the guitar. Students will learn to sight-read music, acquiring the ability to read music and play it in real time. Students will also learn about guitar playing technique, and will practice exercises designed to facilitate the development of that technique. At the end of the course, students will be able to identify all the natural notes in open position and play them at will, and will be able to read and perform over 25 songs using what they have learned. Students must provide own guitar, book is provided a \$15 supply fee is included in the registration fee. Prerequisite: none

12 YRS AND UP

46396 Apr 13–Jun 15 Thu 6–6:55pm \$178/\$142

Location: Lynnwood Recreation Center,
Room 102

Instructor: Mike Kohary

Guitar: Level 1 All Ages

Guitar Level 1 is a 10-week course that teaches students how to read and play music on the guitar. Students will learn to sight-read music, acquiring the ability to read music and play it in real time. Students will also learn about guitar playing technique, and will practice exercises designed to facilitate the development of that technique. At the end of the course, students will be able to identify all the natural notes in open position and play them at will, and will be able to read and perform over 25 songs using what they have learned. Students must provide own guitar, book is provided a \$15 supply fee is included in the registration fee. Prerequisite: none

7 YRS AND UP

46395 Apr 13–Jun 15 Thu 4–4:55pm \$178/\$142*

Location: Lynnwood Recreation Center, Room 102

Instructor: Mike Kohary

Guitar: Level 2 All Ages

Guitar Level 2 is a 10-week course that continues where Guitar Level 1 left off. More advanced note reading, chord strumming and song learning. Students will continue to develop their technique and learn more advanced exercises. Students must provide own guitar, book is provided a \$15 supply fee is included in the registration fee. Prerequisite: Guitar Level 1 is a prerequisite

7 YRS AND UP

46397 Apr 13–Jun 15 Thu 7–8pm \$178/\$142*

Location: Lynnwood Recreation Center, Room 102

Instructor: Mike Kohary

T.A.C.O.

TACO: Teen Adventure Camp Outdoors

Teen Adventure Camp Outdoors (TACO) day trips are action-packed, fun-filled days that provide your teen with a safe and healthy environment to play outside and make new friends while creating lasting memories. Don't let your teen sit at home when school is out! The cost of admission for all activities is included in the registration fee. Please print and sign all required release forms found with each week's activities.

12-15 YRS

Location: Lynndale Park

Instructor: Recreation Summer Staff

Week 1: The Emerald City

46373 Jul 5-6 Wed-Thu 8am-5pm \$133/\$107

Week 2: Sea-Town Bound

46375 Jul 11-13 Tue-Thu 8am-5pm \$200/\$160*

Week 3: Jet City

46376 Jul 18-20 Tue-Thu 8am-5pm \$200/\$160*

Week 4: No Place Like Pike Place

46377 Jul 25-27 Tue-Thu 8am-5pm \$200/\$160*

Week 5: SayWA?

46378 Aug 1-3 Tue-Thu 8am-5pm \$200/\$160*

Week 6: Rain City USA

46380 Aug 8-10 Tue-Thu 8am-5pm \$200/\$160*

Week 7: Sleepless in Seattle

46381 Aug 15-17 Tue-Thu 8am-5pm \$200/\$160*



Junior Counselor @ Kamp Kook

This is an amazing opportunity for teens to gain valuable leadership and work experience! As a JC you assist Camp Staff in providing engaging activities for young campers while enjoying the amenities of a 40-acre wooded park. This includes building forts, playing sports, water activities and field trips with destinations in the greater Seattle area. What better way to spend the summer than in the outdoors with friends! For more information, visit www.playlynnwood.com Must be entering 8th-12th grade!

13-17 YRS

Week 1: Do You Remember When...

46493 Jun 27-30 Tue-Fri 9:30am-3:30pm \$96/\$76*

Week 2: Happy Holidays

46494 Jul 5-7 Wed-Fri 9:30am-3:30pm \$72/\$57*

Week 3: Superheroes Assemble

46495 Jul 10-14 Mon-Fri 9:30am-3:30pm \$120/\$95*

Week 4: Dreams Come True

46497 Jul 17-21 Mon-Fri 9:30am-3:30pm \$120/\$95*

Week 5: The Old Ball Game

46499 Jul 24-28 Mon-Fri 9:30am-3:30pm \$120/\$95*

Week 6: Take Me to the Moon

46500 Jul 31-Aug 4 Mon-Fri 9:30am-3:30pm \$120/\$95*

Week 7: Dancing with the Stars

46501 Aug 7-11 Mon-Fri 9:30am-3:30pm \$120/\$95*

Week 8: No Time Like SNOW Time

46502 Aug 14-18 Mon-Fri 9:30am-3:30pm \$120/\$95*

Week 9: Barnyard Boogie

46503 Aug 21-25 Mon-Fri 9:30am-3:30pm \$120/\$95*

Week 10: Sittin' on the Dock of the Bay

46504 Aug 28-Sep 1 Mon-Fri 9:30am-3:30pm \$120/\$95*

Location: Lynndale Park

Instructor: Recreation Summer Staff



Teens With a Cause

Do you want to help your community? Need community service hours for school? Bring a friend, meet teens and find out how you can make a difference! Volunteer in recreations programs, community service projects or work on current issues! We meet the 1st Monday of the month from 5–7 pm at the Lynnwood Recreation Center. Meets and snacks are free but we would like you to pre-register so we can plan for the number of people coming.

GRADES: 7-12

46354	Apr 10	Mon	5–7pm	Free
46355	May 1	Mon	5–7pm	Free
46356	Jun 5	Mon	5–7pm	Free

Location: Lynnwood Recreation Center, Conference Room
Instructor: Recreation Staff



Register Early!
Avoid Disappointments
*See cancellation policy on page 33.

JC Training—Summer 2023

Are you going to be a JC at Kamp Kookamunga this summer? You have the opportunity to be part of our new and fun JC Pre-Summer Training. For one day, you will learn the values of leadership and gain amazing skills to help you in achieving the most out of your summer camp experience. The whole day will be spent alongside Kamp Kookamunga's Director and JC Specialist evolving, exploring, and enjoying the 40-acre wooded park. This includes your own JC Camp Training Manual (similar to our staff manual), knowledge of how to better assist Camp Staff, the chance to meet other JC's, and a behind-the-scenes look at the ins-and-outs of camp without the staff or campers! Before the summer even starts, you will have a better grasp on activities, songs, and build a bag of tricks to help engage campers everyday. For more information, visit www.playlynnwood.com. Must be registered for at least one week as a JC at Kamp Kookamunga for the Summer of 2023!

13-17 YRS

46506	Jun 10	Sat	9am–3pm	\$30/\$25*
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Location: Lynndale Park
Instructor: Recreation Staff



Sharks Summer Swim Team

Make friends and have fun with the Lynnwood Sharks and the CRAZE recreation swim league. Strong youth swimmers will experience their first taste of competition during enjoyable, friendly, and low-key meets on weekends. Attendance at meets is not mandatory but they are lots of fun!

The Sharks have a blast training together Mon–Fri mornings. Ages 11 to 18 must be able to swim 50 yards backstroke and front crawl.

11-18 YRS

46666	Jun 26–Aug 13	Mon–Fri	7–8:25am	\$275/\$240*
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Location: Lynnwood Recreation Center, Swimming Pool

Junior Lifeguard

Learn about basic water safety and the skills necessary to prevent, recognize, and to respond to many types of aquatic emergencies. 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. We are looking for volunteers who want to earn service hours, make lasting friendships, are socially compassionate, flexible, and have an eagerness to learn.

12-15 YRS

46547	May 2–Jun 6	Tue	4:15–6:30pm	\$56/\$40*
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Location: Lynnwood Recreation Center

Junior Swim Instructor

Through our Junior Swim Instructor Training program, learn what it takes to be a swim instructor, volunteering at our pool and American Red Cross Basic Water Rescue. Once successfully completed, you can earn service hours and have fun making a difference in your community.

12-15 YRS

46552	May 4–Jun 1	Thu	4:15–5:30pm	\$56/\$40
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Location: Lynnwood Recreation Center

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.

14.5 YRS AND UP

47357	Apr 2	6:30–8:15pm	\$15/10*
47358	May 28	6:30–8:15pm	\$15/10*

Location: Lynnwood Recreation Center

Babysitting Basics-Online

This American Red Cross, online only course will prepare students to be better babysitters. Topics include how to provide care for infants and children; how to stay safe; what to do in an emergency; how to choose age-appropriate activities; and how to recognize and handle a variety of behaviors. Students will also learn the basics of starting a babysitting business. The course consists of six interactive modules featuring video, activities, games and tools babysitters can use to build their knowledge and skills and manage their babysitting business.

11 YRS AND UP

46714 Apr 1– Jun 30 \$45/38*

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. While exploring drum programming, mix downs and vocal recording. More advanced techniques will follow. Such as the creation of structured instrumentals, audio editing and applying digital effects. Monthly payments available.

9 YRS AND UP

46196 Apr 12–May 17 Wed 8:15–9:15pm \$255/\$204*

46197 May 24–Jun 21 Wed 8:15–9:15pm \$213/\$170*

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

Check PlayLynnwood.com
for current schedules



Beginning Teen & Adult Hip Hop (13+)

High energy and FUN! This slow to medium-paced hip-hop class offers an extensive selection of music and movement that challenges the dancer's musicality, rhythm, retention, and creativity while executing movements and promoting growth. Monthly payments are available.

13 YRS AND UP

46195 Apr 12–Jun 21 Wed 8:15–9pm \$129/\$103*

Location: Lynnwood Recreation Center, Room 101
Instructor: Kontagious Performing Company



GRADES: 7-8
TUESDAYS: 5-7PM

GRADES: 9-12
THURSDAYS: 5-7PM

OPEN GYM
CEDAR VALLEY GYM

WWW.PLAYLYNNWOOD.COM

FITNESS PASS CLASSES



Group Centergy®

Group Centergy® incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core.

13 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.

13 YRS AND UP

Location: Lynnwood Recreation Center, Fitness Studio

Group Power®

Group Power® combines squats, lunges, presses, and curls with functional integrated exercises.

13 YRS AND UP

Location: Lynnwood Recreation Center, Fitness Studio

Zumba®

ZUMBA® is a fitness workout fusing Latin rhythms with easy to follow moves.

13 YRS AND UP

Location: Lynnwood Recreation Center, Fitness Studio

Group Active®

Group Active® is a one-hour workout that improves cardiovascular fitness, builds total-body strength, and enhances movement health for daily life that use dumbbells and body weight.

13 YRS AND UP

Location: Lynnwood Recreation Center, Fitness Studio

TRX®

TRX® is a suspended training system using bodyweight in a circuit style workout.

13 YRS AND UP

Location: Lynnwood Recreation Center, Fitness Studio

Booty Barre Camp

Booty Barre Camp is a fun, energetic workout that fuses technique from dance, pilates, fitness and yoga that will define and strengthen the whole body."

13 YRS AND UP

Location: Lynnwood Recreation Center, Fitness Studio

Super Circuit

Super Circuit It'll be a fierce, full body cardio and strength workout set to fun music. We'll use everything from weights to TRX to kickbox moves and more!

13 YRS AND UP

Location: Lynnwood Recreation Center, Fitness Studio

Vinyasa

Vinyasa is a yoga class where postures flow smoothly from one move to another, seamlessly, using breath.

13 YRS AND UP

Location: Lynnwood Recreation Center, Fitness Studio




















CLASS SCHEDULE*

* Schedule is subject to change.

Check our website for updates: <http://www.lynnwoodwa.gov/PlayLynnwood/RecCenter/FitnessServices.htm>

Fitness Pass Classes April 2–June 25, 2023

LAND

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		 5:40am			 7:45am
 7:30am		 7:30am	 7:30am		 9:00am
 10:00am		 10:00am		 10:00am	 10:10am
	 10:10am		 10:10am		 11:10am
	 12:00pm				
 5:40pm		 5:40pm			
 6:50pm		 6:50pm	 7:10pm		
					Sunday

WATER FITNESS SCHEDULE April 10–June 25, 2023

Closed: April 9, May 29 | Special Schedules: April 1–8, June 19

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
River 5:45am	River 5:45am	River 5:45am	River 5:45am	River 5:45am	River 7:05am
River 8am	Gentle 8am	River 8am	Gentle 8am	River 8am	Deep 8:10am
Deep & Shallow 9:15am	Deep & Shallow 9:15am	Deep & Shallow 9:15am	Deep & Shallow 9:15am	Deep & Shallow 9:15am	Sunday
62+ River 10:30am	62+ River 10:30am	62+ River 10:30am	62+ River 10:30am	62+ River 10:30am	Shallow 9:30am
Gentle 12pm	Gentle 12pm	Gentle 12pm	Gentle 12pm	Gentle 12pm 1:15pm	-----
Shallow & Deep 6:30pm	-----	Shallow & Deep 6:30pm	-----	-----	-----

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.

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. Classes are held in the deep end of the lap pool.

River Fitness

Utilize the current of the river for increased resistance. Depth is 3.5 feet, 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.

62+ River Water Fitness

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

Gentle Fitness

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

SAFETY



Junior Lifeguard

Learn about basic water safety and the skills necessary to prevent, recognize, and to respond to many types of aquatic emergencies. 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. We are looking for volunteers who want to earn service hours, make lasting friendships, are socially compassionate, flexible, and have an eagerness to learn.

12-15 YRS

46547 May 2–Jun 6 Tue 4:15–6:30pm \$56/\$40*

Location: Lynnwood Recreation Center

Safety Training for Swim Coaches

Coaches, officials, trainers, and others involved in competitive swimming will truly value this course. Learn how to prevent accidents, care for injuries on land and in the water, and help create a safe and comfortable environment for swimmers. This course meets USA Swimming requirements and is offered in a convenient blended learning format. Students will complete online eLearning before the class session. There is a \$25 fee paid to the American Red Cross for access to the eLearning.

15 YRS AND UP

46297 Apr 21 Fri 8:15–10:30pm \$70/\$55*

46298 Jun 4 Sun 6:30–8:45pm \$70/\$55*

Location: Lynnwood Recreation Center

Junior Swim Instructor

Through our Junior Swim Instructor Training program, you can learn what it takes to be a swim instructor, volunteering at our pool and American Red Cross Basic Water Rescue. Once successfully completed, you can earn service hours and have fun making a difference in your community.

12-15 YRS

46552 May 4–Jun 1 Thu 4:15–5:30pm \$56/\$40

Location: Lynnwood Recreation Center

Lifeguard Training

Have fun and earn money at a job you will love!! 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. Ask us how you can take this class free!

15 YRS AND UP

43290 Mar 31 8:15–9:30pm & Apr 3–7 Mon–Fri 12–6pm \$220/\$175*

46288 Mar 31 8:15–9:30pm & Apr 2–May 7 Sundays 3:30–9:30pm
No class 4/9 \$220/\$175*

46289 May 14–Jun 18 Sundays 3:30–9:30pm
Registration begins Apr 23 \$220/\$175*

Location: Lynnwood Recreation Center

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.

14.5 YRS AND UP

47357 Apr 2 6:30–8:15pm \$15/\$10*

47358 May 28 6:30–8:15pm \$15/\$10*

Location: Lynnwood Recreation Center

Lifeguard Training Review

This Review Course gives individuals the opportunity to review Lifeguarding skills and recertify in American Red Cross Lifeguarding. Participants must have current American Red Cross Lifeguarding/First Aid/CPR/AED certification.

17 YRS AND UP

46166 Apr 23–30 Sun 3:30–9:30pm \$115/\$90*

46168 Jun 18–25 Sun 3:30–9:30pm \$115/\$90*

Location: LSC & Lynnwood Recreation Center

Basic Water Rescue

This class, consisting of lectures and in-water skills, provides participants with the knowledge and skills to prevent, recognize and safely respond to aquatic emergencies. This American Red Cross Basic Water Rescue course is a national certification, valid for 2 years and meets WA DOH code for Shallow Water Attendant. This course does NOT meet the requirements for a Lifeguard.

12 YRS AND UP

46295 May 28 Sun 5–8:30pm \$60/\$45*

46296 Jun 11 Sun 5–8:30pm \$60/\$45*

Location: Lynnwood Recreation Center

Babysitting Basics-Online

This American Red Cross, online only course will prepare students to be better babysitters. Topics include how to provide care for infants and children; how to stay safe; what to do in an emergency; how to choose age-appropriate activities; and how to recognize and handle a variety of behaviors. Students will also learn the basics of starting a babysitting business. The course consists of six interactive modules featuring video, activities, games and tools babysitters can use to build their knowledge and skills and manage their babysitting business.

11 YRS AND UP

46714 Apr 1–Jun 30 \$45/38*

Check [PlayLynnwood.com](https://www.playlynnwood.com) for current schedules



Cat And Dog First Aid-Online

April is National Pet First Aid Awareness Month!

You love your pets and want to give them the best life possible; being equipped to deliver first aid and provide a healthy lifestyle for your pet is the best way to do that. In this course, you will learn the basics of providing first aid care for your cat or dog and will learn how to best give care for common emergency situations. This 35 minute online course covers understanding your pet's vital signs, breathing and cardiac emergencies, wounds and bleeding, seizures, and preventative care for cats and dogs.

12 YRS AND UP

46713 April 1-30 \$25/\$21*



Adult and Pediatric First Aid, CPR & AED-Blended Learning

This newly updated course represents a new era in lifesaving training.

Get CPR certified—and be prepared for the moments that matter. Learn how to respond to and prepare for emergencies and how to help when someone is faced with a first aid, cardiac or breathing emergency. This is a Blended Learning course that give you the ability to train on your schedule with interactive eLearning and then demonstration of your skills to a certified instructor at your skills session. The online portion must be completed before attending the classroom skill session.

14 YRS AND UP

46513	Apr 13	Thu	4:30-7:30pm	\$95/\$80*
46514	Apr 15	Sat	2:30-5:30pm	\$95/\$80*
46516	Apr 20	Thu	4:30-7:30pm	\$95/\$80*
46517	Apr 27	Thu	4:30-7:30pm	\$95/\$80*
46519	Apr 29	Sat	9:30am-12:30pm	\$95/\$80*
46520	Apr 29	Sat	2:30-5:30pm	\$95/\$80*
46521	May 4	Thu	4:30-7:30pm	\$95/\$80*
46522	May 11	Thu	4:30-7:30pm	\$95/\$80*
46523	May 18	Thu	4:30-7:30pm	\$95/\$80*
46524	May 20	Sat	9:30am-12:30pm	\$95/\$80*
46525	May 25	Thu	4:30-7:30pm	\$95/\$80*
46526	Jun 1	Thu	4:30-7:30pm	\$95/\$80*
46527	Jun 8	Thu	4:30-7:30pm	\$95/\$80*
46528	Jun 15	Thu	4:30-7:30pm	\$95/\$80*
46529	Jun 17	Sat	2:30-5:30pm	\$95/\$80*
46530	Jun 22	Thu	4:30-7:30pm	\$95/\$80*

Location: Thursdays at LSC, Saturdays at Council Chambers

Adult CPR & AED

American Red Cross Adult CPR & AED training class gives you the information and the skills you need to help adults during breathing and cardiac emergencies and how to use an automated external defibrillator. For Good Samaritans, parents, teachers, grandparents, office staff, and professionals alike, we can help you learn how, and when, to provide care for an adult experiencing sudden cardiac arrest. This newly updated course incorporates the latest science from the Red Cross science and medical experts.

14 YRS AND UP

46480 Apr 15 Sat 9:30am-12:30pm \$85/\$70*
Location: Council Chambers

Adult and Pediatric First Aid, CPR & AED

The newest version of the American Red Cross Adult and Pediatric First Aid/CPR/AED course incorporates the latest science and teaches students to recognize and care for emergencies.

This fully classroom-based course teaches participants the knowledge and skills needed to give immediate care to an injured or ill person when minutes matter, and to decide whether advanced medical care is necessary, to help victims of any age.

14 YRS AND UP

43323	Apr 1	Sat	10am-4pm	\$130/\$105*
46491	May 6	Sat	9:30am-3:30pm	\$130/\$105*
46492	Jun 3	Sat	9:30am-3:30pm	\$130/\$105*

Location: Council Chambers

Basic Life Support for Healthcare Providers-Blended Learning

American Red Cross Basic Life Support for Healthcare Providers delivers the critical thinking, problem solving, and teamwork concepts needed to help turn a reaction to medical emergencies into an empowered response. BLS is for individuals with a duty to respond (public safety professionals and healthcare providers). This course emphasizes active, hands-on learning and uses scenario activities to help participants learn how to provide adult and pediatric CPR, two-rescuer scenarios and use of the bag mask, foreign body airway obstruction, and automated external defibrillator. Offered in a blended learning format (online pre-course learning with instructor-led skill session).

14 YRS AND UP

46479	Apr 2	Sun	2:30-6pm	\$100/\$85*
46490	Jun 17	Sat	9am-12:30pm	\$100/\$85*

Location: LSC

Pediatric CPR/AED

Although you hope you'll never use cardiopulmonary resuscitation (CPR) for a child or infant, it's important to know the steps so that you can help in the event of a cardiac or breathing emergency. Perfect for Babysitters, daycare workers, camp staff, and parents.

11 YRS AND UP

46485	May 20	Sat	2-6:30pm	\$85/\$70*
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Location: Council Chambers

ADULTS



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

46400 Apr 10–Jun 19 Mon 6–7pm \$109/\$87*
Location: Lynnwood Recreation Center, Room 101
Instructor: Angela Thomson

Hula for Everyone

WALK IN–HULA OUT! So you have always wanted to learn the Hula? Now is the time. Hula is a fantastic way to build up stamina, get the kinks out, and in general have a great time doing it. Who can resist the sounds of palm trees swaying in the trade winds and the surf crashing on the shore? And, of course, the beautiful Hawaiian music and the Hula Dancers. Our Hula classes welcome everyone to come and dance with us; no previous experience necessary, just expect to work the body a little, meet some new friends and enjoy.

12 YRS AND UP

46561 Apr 10–Jun 19 Mon 5:30–6:30pm \$100/\$80*
Location: Lynnwood Recreation Center, Room 102
Instructor: Makanaokalani

Waltz and Rumba

Learn easy, slow to medium paced basic patterns and enjoy dancing to smooth flowing waltz music, Latin and pop rhythms. Partner required. No partner rotation in social dance classes. Price per person

16 YRS AND UP

46372 Apr 11–May 16 Tue 7–7:50pm \$96/\$77*
46374 May 23–Jun 20 Tue 7–7:50pm \$80/\$64*
Location: Lynnwood Recreation Center, Room 101
Instructor: Kirk Smith

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. Monthly payments available.

16 YRS AND UP

46562 Apr 12–Jun 21 Wed 6:30–8pm \$138/\$110*
Location: Lynnwood Recreation Center, Room 102
Instructor: Virginia Miscione

West Coast Swing I

Learn basic patterns and dance to many old and new genres of music including pop, country, jazz. Low impact, slow to moderate tempo. Good for all ages. Partner required. Smooth-soled shoes highly recommended. Social distancing in practice. No partner rotation in social dance classes. Price per person

16 YRS AND UP

46367 Apr 11–May 16 Tue 6–6:50pm \$96/\$77*
46371 May 23–Jun 20 Tue 6–6:50pm \$80/\$64*
Location: Lynnwood Recreation Center, Room 101
Instructor: Kirk Smith

Beginning Teen & Adult Hip Hop (13+)

High energy and FUN! This slow to medium-paced hip-hop class offers an extensive selection of music and movement that challenges the dancer's musicality, rhythm, retention, and creativity while executing movements and promoting growth. Monthly payments are available.

13 YRS AND UP

46195 Apr 12–Jun 21 Wed 8:15–9pm \$129/\$103*
Location: Lynnwood Recreation Center, Room 101
Instructor: Kontagious Performing Company

Salsa and Cha Cha

A combination of Cuban, Puerto Rican and New York big band music, the lively rhythm of salsa and Cuban originated cha cha are fun for everyone. It's dancing—in-the-streets music whenever you hear it. Smooth-soled shoes highly recommended. Social distancing in practice. Must have partner. No partner rotation. Price per person

16 YRS AND UP

46379 Apr 14–May 19 Fri 6–6:50pm \$96/\$77*
46382 May 26–Jun 23 Fri 6–6:50pm \$80/\$64*
Location: Lynnwood Recreation Center, Fitness Studio
Instructor: Kirk Smith

Swing & Foxtrot

Learn to dance to 50's style rock and roll and jazzy big band music played even today. Loads of fun for all ages. Smooth-soled shoes highly recommended. Social distancing in practice. Must have partner. No partner rotation. Price per person

16 YRS AND UP

46383 Apr 14–May 19 Fri 7–7:50pm \$96/\$77*
46387 May 26–Jun 23 Fri 7–7:50pm \$80/\$64*
Location: Lynnwood Recreation Center, Fitness Studio
Instructor: Kirk Smith

3 ways to register

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

Japanese for Beginners Level I

An introduction to the Japanese language and culture designed for students with little or no experience. A focus on conversational skills, pronunciation, everyday expressions, simple sentence structure, and basic grammar. Reading and writing are not covered.

16 YRS AND UP

46184 Apr 12–Jun 21 Wed 6:50–7:50pm \$119/\$95*

Location: Lynnwood Recreation Center, Conference Room
Instructor: Earle Oda

Japanese for Beginners Level II

A progression of beginner Japanese for students who have completed Japanese for Beginners Level I or are familiar with Japanese pronunciations, simple words, and basic expressions. As students build their vocabulary, they will be exposed to more grammatical patterns, verb forms, speed levels, and situational topics. Reading and writing are not covered.

16 YRS AND UP

46185 Apr 11–Jun 20 Tue 7:20–8:20pm \$119/\$95*

Location: Lynnwood Recreation Center, Conference Room
Instructor: Earle Oda

Check [PlayLynnwood.com](https://www.PlayLynnwood.com)
for current schedules

Guang Ping Yang Tai Chi

Flexibility, strength, balance, harmony of mind and body blend together in this ancient Chinese martial art. The sequential flow of this form helps to center the mind and bring you into the present moment. No special equipment or clothing required, dress comfortably. This class is a prerequisite to continue for the next session of Guang Ping Yang Tai Chi.

16 YRS AND UP

46233 Apr 10–May 22 Mon 7:15–8:45pm \$114/\$91*

Location: Lynnwood Recreation Center, Room 101
Instructor: Barbara Gleisner



3 ways to register

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

Reading & Writing Japanese I

A course dedicated to learning two types of essential Japanese writing systems—Hiragana and Katakana. Completion of Japanese for Beginners Level I or familiarity with Japanese sounds is required. Students are expected to practice on their own through repetition and memorization. It will complement the spoken language and lay the foundation for learning Kanji (Chinese characters).

16 YRS AND UP

46183 Apr 12–Jun 21 Wed 5:45–6:45pm \$119/\$95*

Location: Lynnwood Recreation Center, Conference Room
Instructor: Earle Oda

Reading & Writing Japanese II

An introduction to Kanji (Chinese characters). For students who have completed Reading & Writing Japanese Level I or can read and write Hiragana and Katakana. A systematic approach and the first step to learning, understanding, appreciating, and enjoying this essential written form. Students are expected to practice on their own through repetition and memorization.

16 YRS AND UP

46186 Apr 11–Jun 20 Tue 6:15–7:15pm \$119/\$95*

Location: Lynnwood Recreation Center, Conference Room
Instructor: Earle Oda

MEMORIAL DAY CEREMONY

Monday, May 29th

11:00am

Veterans Park

44th Avenue West and Veterans Way (194th Street SW)

Join us for an in-person ceremony as we remember those who have died in service to our country.

For more information visit: www.LynnwoodWa.gov/Events



Ukulele: Level 1 All Ages

Intro to Ukulele is a 10-week course that teaches students how to read and play music on the ukulele. Students will learn to sight-read music, acquiring the ability to read music and play it in real time. Students will also learn about ukulele playing technique, and will practice exercises designed to facilitate the development of that technique. Students will learn to identify all the natural notes in open position and play them at will, and will learn to read and perform numerous songs using what they have learned. Students must provide own ukulele and tuner, a book is provided a \$15 supply fee is included in the registration fee. Prerequisite: none

7 YRS AND UP

46392 Apr 11–Jun 13 Tue 4–4:55pm \$178/\$142*

Location: Lynnwood Recreation Center, Room 102

Instructor: Mike Kohary

Ukulele: Level 2 All Ages

Ukulele Level 2 is a 10-week course that continues where Ukulele Level 1 left off. More advanced note reading, chord strumming, and song learning. Students will continue to develop their technique and learn more advanced exercises. Students must provide own ukulele and tuner, a book is provided a \$15 supply fee is included in the registration fee. Prerequisite: Ukulele Level 1

7 YRS AND UP

46393 Apr 11–Jun 13 Tue 5–5:55pm \$178/\$142*

Location: Lynnwood Recreation Center, Room 102

Instructor: Mike Kohary

Colored Pencil Painting Techniques

Wow! That's colored pencil? The beauty of colored pencil is that it takes so little to get started: pencil, paper and a few tools. Just pick up your pencil and begin. Textures and strokes will be practiced using layering, brushing and more techniques. Supply list will be provided. All levels welcome!

13 YRS AND UP

46399 May 3–Jun 7 Wed 4–6pm \$68/\$54*

Location: LSC

Instructor: Jolene Stinson-Williams

Guitar: Adult and Teens Level 1

Guitar Level 1 is a 10-week course that teaches students how to read and play music on the guitar. Students will learn to sight-read music, acquiring the ability to read music and play it in real time. Students will also learn about guitar playing technique, and will practice exercises designed to facilitate the development of that technique. At the end of the course, students will be able to identify all the natural notes in open position and play them at will, and will be able to read and perform over 25 songs using what they have learned. Students must provide own guitar, book is provided a \$15 supply fee is included in the registration fee. Prerequisite: none

12 YRS AND UP

46396 Apr 13–Jun 15 Thu 6–6:55pm \$178/\$142

Location: Lynnwood Recreation Center, Room 102

Instructor: Mike Kohary

Guitar: Level 1 All Ages

Guitar Level 1 is a 10-week course that teaches students how to read and play music on the guitar. Students will learn to sight-read music, acquiring the ability to read music and play it in real time. Students will also learn about guitar playing technique, and will practice exercises designed to facilitate the development of that technique. At the end of the course, students will be able to identify all the natural notes in open position and play them at will, and will be able to read and perform over 25 songs using what they have learned. Students must provide own guitar, book is provided a \$15 supply fee is included in the registration fee. Prerequisite: none

7 YRS AND UP

46395 Apr 13–Jun 15 Thu 4–4:55pm \$178/\$142*

Location: Lynnwood Recreation Center, Room 102

Instructor: Mike Kohary

Tae Kwon Do: All Ages

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.

7 YRS AND UP

46201 May 16–Jun 22 Tue/Thu 6–6:55pm \$129/\$103*

Location: Lynnwood Recreation Center, Fitness Studio

Instructor: Derek McClinton

Guitar: Level 2 All Ages

Guitar Level 2 is a 10-week course that continues where Guitar Level 1 left off. More advanced note reading, chord strumming and song learning. Students will continue to develop their technique and learn more advanced exercises. Students must provide own guitar, book is provided a \$15 supply fee is included in the registration fee.

Prerequisite: Guitar Level 1 is a prerequisite

7 YRS AND UP

46397 Apr 13–Jun 15 Thu 7–8pm \$178/\$142*

Location: Lynnwood Recreation Center, Room 102

Instructor: Mike Kohary



Register Early!
Avoid Disappointments
*See cancellation policy
on page 33.

Reclaim Your Power over Food and Eating, and Lose Weight on Your Own Terms—Six Workshops

In these six classes, participants will learn: 1. About “over-hunger” and how it interferes with weight loss; 2. How to create a personal food protocol, use a personal hunger scale and plan their own meals; 3. How to prioritize self-care and how to create simple self-care plans; 4. How our thoughts and beliefs about ourselves (mindset) influence our food and eating choices, and tools for creating thoughts and beliefs that make it possible to create lasting change; 5. How our feelings and eating are linked, what feelings really are, how to allow feelings, and choose them on purpose; and 6. What urges are and how they lead us to buffer with food, and how we can make healthier choices.

16 YRS AND UP

46566 Apr 13–May 18 Thu 6:30–7:30pm \$101/\$81*

Location: Lynnwood Recreation Center, Conference Room

Instructor: Jenny Hillger

Mindfulness Forest Walks

Mindfulness Forest Walks is a nature connection experience inspired by forest bathing and therapy practice. Simply by slowing down and spending time in nature, we offer ourselves the chance to stop, feel and reconnect with our bodies and senses, and we become calmer, and our mind becomes clearer.

Offered through a series of guided invitations for almost 2 hours, this walk invites us not so much with our thinking brains but with our bodies and hearts to tune into our senses and to notice what's around us and inside us with curiosity, wonder, and compassion. Doing this practice intentionally supports long-term healing, wellness, and resilient engagement for both humans and the Earth, especially in this period of dramatic change.

Research has proven that forest bathing boosts immune strength, improves cognitive functioning, and reduces stress, anger, anxiety, and depression.

On this walk, you will:

- Experience the restorative and healing power of slowing down and spending time in the natural world.
- Learn practices to reconnect to the natural world to help cultivate peace and calm.
- Wander among spectacular trees and notice the magic and mystery all around you.

Pre-registration is required by 10am Friday. We will send details on what to bring/wear the day before the walk.

16 YRS AND UP

46428	Apr 23	Sun	10-11:45am	\$34/\$27*
46429	Apr 30	Sun	10-11:45am	\$34/\$27*
46430	May 14	Sun	10-11:45am	\$34/\$27*
46431	May 27	Sat	10-11:45am	\$34/\$27*
46432	Jun 3	Sat	10-11:45am	\$34/\$27*
46433	Jun 11	Sun	10-11:45am	\$34/\$27*

Location: Lynnedale Park

Instructor: Ly Doung



Spanish Classes—Online

Marianne is a native Spanish speaker. She will incorporate cultural aspects of the Spanish speaking world in her class. These are online classes and instructions on how to gain access will be emailed to all registered participants the week of class. All students should download the Zoom app and have access to a camera on their computer or phone

16 YRS AND UP

Spanish for Beginners 1 - Online

For beginning students with a focus on basic pronunciation, and the use of simple phrases and expressions.

46401 Apr 10–Jun 19 Mon 6–7:30pm \$117/\$94*

Spanish for Beginners 2 - Online

This class is for students who have completed Spanish for Beginners 1 or know basic Spanish.

46404 Apr 11–Jun 20 Tue 7:35–9:05pm \$117/\$94*

Spanish for Beginners 3 - Online

For students who have completed Spanish for Beginners 1 or 2. This course is designed for students who want to study the Past Tense and learn how to converse in Spanish. Other aspects of the Spanish language will be taught.

46402 Apr 10–Jun 19 Mon 7:35–9:05pm \$117/\$94*

Spanish for Beginners 4 - Online

For students who have completed Spanish for Beginners 3. With a focus on expanded vocabulary, conjugations, and past tense.

46403 Apr 11–Jun 20 Tue 6–7:30pm \$117/\$94*

Spanish for Beginners 5 - Online

For students who have completed Spanish for Beginners 4. This course is designed for students that have studied Spanish more deeply and know the Present tense and Past tense. Focus on the conversation and many aspects of the Spanish language.

46406 Apr 13–Jun 22 Thu 7:35–9:05pm \$117/\$94*

Spanish for Beginners 6 - Online

This class is specially designed for Spanish speakers that are fluent and want to brush up on their Spanish skills. We will read texts, discuss them and converse about topics of general interest. We will also study some aspects of Spanish grammar, applying them in conversation.

46405 Apr 13–Jun 22 Thu 6–7:30pm \$117/\$94*



Register Early!

Avoid Disappointments
*See cancellation policy on page 33.

ONLINE PROFESSIONAL DEVELOPMENT



All courses are
online-only and are
for ages 16 & older

Take one, two
or three for a
certification and
save money

Certificate in Accounting and Finance for Non-Financial Managers- Online

The Certificate in Accounting and Finance for Non-Financial Managers explains the financial concepts and accounting processes used in most businesses and will provide practical techniques that will increase your effectiveness and career.

COURSE SCHEDULE

Accounting and Finance for Non-Financial Managers

Apr 3-28

Cash is King

May 1-26

Financial Analysis and Planning for Non-Financial Managers

Jun 5-30

46247 Apr 3-Jun 30 Mon-Fri \$495

Financial Analysis and Planning for Non Financial Managers-Online

Designed for non-financial managers, business owners, entrepreneurs, and other decision-makers, this advanced course will take the mystery out of money matters. Throughout this course, financial information that drives your organization, as seen on the business's reports, will be assessed and analyzed to understand it. An understanding of this information will help you make smart decisions when it comes to budgeting, setting goals, and assessing performance within your own area of influence.

46248 Jun 5-30 Mon-Fri \$195

Accounting and Finance for Non-Financial Managers- Online

Every successful person in the workplace utilizes financial information to aid effective decision making. Accounting and Finance for Non-Financial Managers explain the financial concepts and accounting processes used in most businesses and will provide practical techniques that will increase your effectiveness and career. Get a foundation to understand the seven steps in the accounting cycle and use financial information in decision making. Come away with the knowledge to analyze resource allocation and evaluate financial performance.

46245 Apr 3-28 \$195

Certificate in Business Writing- Online

Discover the keys to successful writing for the workplace. Whether you are writing a report, memo, letter or publicity notice, business writing has some defined characteristics for success. Successful communicators in the workplace move forward, others move back. Enhance your career by improving this critical communication skill.

Begin with understanding the format, construction, and successful techniques of writing good business reports and proposals. Then improve your skills with editing and proofreading. Finally, discover what good journalists know. Learn how to write a news story, press release or other publicity notice that zings.

Help your organization stand out with your new skills in business writing. This certificate will take you to the next level where business writing is a skill for personal and organizational success.

COURSE SCHEDULE

Business Writing

Apr 3-28

Effective Copywriting

May 1-26

Writing News and Press Releases

Jun 5-30

46249 Apr 3-Jun 30 Mon-Fri \$495



Cash is King-Online

Cash is arguably the most important factor in business success. D&B reports 90% of all small business failures are due to poor cash flow—more money gets paid out than collected. It is the non-financial manager who really makes a difference in the day-to-day cash activities. Discover how to maximize cash flow, learn the importance of cash and find out your role in cash flow success.

46246 May 1–26 Mon–Fri \$195

Effective Copywriting-Online

Whether you are sending out a press release, communicating internally with a memo or promoting your own skills on LinkedIn, strong writing skills are the key to success. Come away with the tools and techniques you need to improve your copywriting skills and learn how to avoid the common writing mistakes that can hold you back.

46253 May 1–26 Mon–Fri \$195

Certificate in Data Analysis-Online

Data Analysis is quickly becoming one of the most sought-after skills in the workplace. Companies have vast amounts of data, but it is rare to have someone with the ability to analyze that data to see trends and make predictions. Add a whole new skill set to your portfolio, and make a big difference in the success of your organization by acquiring data analysis skills.

COURSE SCHEDULE

Introduction to Data Analysis

Apr 3–28

Intermediate Data Analysis

May 1–26

Advanced-Data Analysis

Jun 5–30

46256 Apr 3–Jun 30 Mon–Fri \$495

Writing News and Press Releases-Online

Being able to write a good news story, press release or publicity notice is a skill that can set you apart in the workplace. Getting the word out is an essential activity for every organization. Acquire the skills good journalists have and learn how to craft a news story, press release or publicity notice that will get attention.

46254 Jun 5–30 Mon–Fri \$195

Business Writing-Online

Take away the key practices you need to develop and hone your business writing communication effectively and successfully. Get the best practices for crafting effective, professional business documents. Find out how to avoid grammatical pitfalls. And acquire business writing principles that will be good for years to come.

46251 Apr 3–28 Mon–Fri \$195

Integrating Social Media in Your Organization-Online

Take away a practical strategy and techniques for implementing a social strategy for your organization or business. Learn the top five considerations when starting a social network as well as tips to manage an online community. Discover how to create your own private social network using the Ning platform. Discuss the top tools to use to manage your social media life and build integration into your website. See how Google Docs and Calendars work and how to use online video to further your business goals. Hear about mobile check-in applications and how companies are using coupon and deal sites. Get your company listed properly on local search engines so more customers can find you. Discuss how web design has changed and get feedback on your website while discovering usability testing and user interface design. Finally, learn how to manage this influx of information created by the new media revolution. Develop a manageable workflow and get productivity tips to be more efficient.

46426 Jun 5–30 Mon–Fri \$195



Introduction to Project Management-Online

In today's business environment, there is a need for good project management. Project management provides visibility of project health to the business and the customer. Through continuous monitoring, early detection of variations to plan, schedule, and budget can be communicated to stakeholder for quick resolution, including project cancellation. Project management is one of the fastest paths to promotion by increasing your network through greater exposure. You will have the skills, tools and templates to confidently develop and maintain a project. An overview of salaries, certification costs, education and experience requirements are provided. We hope you will choose Project Management as a career.

46266 Apr 3-28 Mon-Fri \$195

Certificate in Project Management-Online

Project management is one of the fastest paths to promotion by increasing your network through greater exposure. Gain the skills, tools and templates to confidently develop and maintain a project. An overview of salaries, certification costs, education and experience requirements are provided. Acquire a well-rounded knowledge of the five Project Management Processes relating to the Project Management Body of Knowledge Guide. Learn the ten Project management Knowledge Areas and their support role and relationships to the five Project Management Processes.

COURSE SCHEDULE

Introduction to Project Management
Apr 3-28

Project Management Processes
May 1-26

Project Management Knowledge Areas
Jun 5-30

46263 Apr 3-Jun 30 Mon-Fri \$495

46268 Jun 5-30 Mon-Fri \$195

Introduction to Data Analysis-Online

Data Analysis is quickly becoming one of the most sought-after skills in the workplace. Companies have vast amounts of data, but it is rare to have someone with the ability to analyze that data to see trends and make predictions. This course will give you a basic understanding of how to analyze data in a business setting. Businesses look for candidates with an understanding of how to analyze the data they have been collecting; this course will help you start on that journey.

46257 Apr 3-28 Mon-Fri \$195

Intermediate Data Analysis-Online

Many of your business decisions involve comparing groups for differences. For example, would men and women prefer different product features? In addition, you may look at relationships between variables. Does product recognition relate to subsequent product purchase? This Intermediate Data Analysis course will introduce you to the statistics behind these group differences and relationships. In addition, you'll learn how to work with ratings, graphs and user-friendly reports of statistical results.

46259 May 1-26 Mon-Fri \$195

Advanced Data Analysis-Online

Advanced Data Analysis teaches how to perform valuable inquiries for your business or organization. You acquire skills necessary to communicate these results through graphs and text so that your fellow employees will understand the implications of decisions they make. Take the guesswork out of important decisions and make them based on statistically significant information. Whether your business is home-based or a large company, this class will take you to the next level where important decision making is concerned.

46258 Jun 5-30 Mon-Fri \$195

Project Management Knowledge Areas-Online

In today's business environment, there is a need for good project management. Project management provides visibility of project health to the business and the customer. Through continuous monitoring, early detection of variations to plan, schedule, and budget can be communicated to stakeholders for quick resolution, including project cancellation. This course introduces the student to the 10 Project Management Knowledge Areas and their support role and relationships to the five Project Management Processes.

46268 Jun 5-30 Mon-Fri \$195

Certificate in Six Sigma Green Belt Certificate-Online

Six Sigma professionals are in strong demand by organizations around the world. On the front-lines of Six Sigma efforts are Green Belts. LERN's Green Belt training teaches participants problem-solving skills, using the DMAIC (Define, Measure, Analyze, Improve and Control) model. After completing this challenging course, Six Sigma Green Belts serve their organizations as a trained specialist able to work on Six Sigma projects that benefit the organization. Although not required, participants are strongly encouraged to have a project during the course. The instructors and mentors work closely with the class to not only teach the material, but to guide candidates as they work projects.

COURSE SCHEDULE

Introduction to Six Sigma Green Belt
Apr 3-28

Intermediate Six Sigma Green Belt
May 1-26

Advanced Six Sigma Green Belt
Jun 5-30

46409 Apr 3-Jun 30 Mon-Fri \$495

Intermediate Six Sigma Green Belt-Online

To be successful, organizations must manage by fact. As such, organizations depend on the measurement and analysis of performance to make key decisions that affect the organization. This Intermediate Six Sigma Green Belt course builds on the ideas and skills learned in the Introduction to Six Sigma Green Belt course that organizations use, specifically their Six Sigma teams, to improve. In this second course in the certification program, participants will learn process analysis, data collection and analysis, probability and valid statistical conclusions, and hypothesis testing. Many participants find this course to be the most challenging of the certification courses.

46411 May 1-26 Mon-Fri \$195

Introduction to Six Sigma Green Belt-Online

Six Sigma methods have been successfully deployed in many industries and organizations. This challenging Introduction to Six Sigma Green Belt course teaches critical skills required for Six Sigma practitioners. This first course in the certification program explains the basic terms and proven Six Sigma problem-solving methods, team building tools, and descriptive statistics that are the basis for the statistical tools that contribute to the success of improvement projects and to the overall success of your organization. Topics covered include Lean Principles, Failure Mode Effects Analysis, Team Tools, Project Charters, and Basic Statistical Tools. The instructor uses the "flipped" classroom technique and expects participants to go beyond the classroom and use the internet and other resources to learn the material.

46410 Apr 3-28 Mon-Fri \$195

Management Certificate-Online

Enhance your management skills through this program for supervisors, managers, and emerging leaders. Nothing creates success like a solid foundation. Discover the keys for effectively managing your employees. Find out how to create clear expectations, engage and motivate employees, and increase your effectiveness.

Then you will explore the principles of collaborative management and gain insight on how to expand your collaborative skills for success of your team or organization.

Finally, get the keys to manage different generations in your workplace. Discover what motivates each generation at work, what incentives they respond to, and what messages they value.

COURSE SCHEDULE

Management Boot Camp
Apr 3-28

Collaborative Management
May 1-26

Managing Generations in the Workplace
Jun 5-30

46414 Apr 3-Jun 30 Mon-Fri \$595



Advanced Six Sigma Green Belt-Online

Topics in this course include hypothesis testing, design of experiments, and statistical process control. Participants will have to apply the concepts learned in the Introduction and Intermediate Six Sigma Green Belt courses. The instructor will share many handouts, spreadsheets, and web links containing tools participants will use while completing Six Sigma projects.

46412 Jun 5–30 Mon–Fri \$195

Managing Generations in the Workplace-Online

Today, several distinct generations are represented in the workforce. Discover what motivates each generation at work, what messages and incentives they value, and how they prefer to communicate. Identify practical strategies to help you manage Boomers, Gen X'ers, and Gen Y'ers more effectively.

46418 Jun 5–30 Mon–Fri \$175

Digital Marketing Certificate-Online

Come get a fundamental yet advanced introduction to eMarketing, including improving email promotions, analyzing your web site traffic, doing search engine optimization, and how to successfully employ online advertising.

Relevant for any type of organization, including businesses, companies, non-profits, and government agencies. No eMarketing experience or expertise is necessary. If you are already at an advanced level, your instructors are experts and can provide the latest most advanced information and answer your toughest questions.

COURSE SCHEDULE

Improving Email Promotions

Apr 3–28

Boosting Your Website Traffic

May 1–26

Online Advertising

Jun 5–30

46420 Apr 3–Jun 30 Mon–Fri \$495

Collaborative Management-Online

Whether you manage or lead people, collaborative skills are essential to help harness the energy of groups and teams for maximum performance and productivity. Knowledge of collaborative skills will enable you to gain participation quickly, get input and buy-in for building consensus and plan for cooperation to get crucial projects completed. This course will help you explore the principles of collaborative management and gain insight on how to expand your collaborative skills for success of your team or organization.

46419 May 1–26 Mon–Fri \$245

Location: Lynnwood Recreation Center, Online Classroom

Project Management Processes-Online

Acquire a well-rounded knowledge of the five Project Management Processes relating to the Project Management Body of Knowledge (pmBOK) Guide. This basic information will assist you in learning the beginnings of Project Management, whether you are interested in project management, in a project management field, or in any line of work. Come away with a solid foundation of the five processes to learn and use when any type of project occurs in your employment arena.

46267 May 1–26 Mon–Fri \$195

Improving Email Promotions-Online

Discover new ways to improve your email promotions, including when to email, what to email, and testing email copy. Then find out how to analyze your email response rates, including getting the bench marks for open rates and click through rates. Learn how to improve your email promotion and responses with tracking and testing.

Get a basic introduction to email promotions. If you are advanced, your instructor is an email expert and can answer your toughest questions as well.

46421 Apr 3–28 Mon–Fri \$195

Boosting Your Website Traffic-Online

Acquire the basic skills to boost your web site traffic, including how to analyze your visitor traffic, how to use search engine optimization to get greater visibility and exposure in Google searches, and how to redesign your web site copy to increase your visitors and results.

No experience necessary, but if you are at an advanced level, your instructor is an SEO expert and can answer your toughest questions as well.

46422 May 1–26 Mon–Fri \$195

Management Boot Camp-Online

Enhance your management skills through this course for supervisors, managers, and emerging leaders. Nothing creates success like a solid foundation. Discover the keys for effectively managing your employees. Find out how to create clear expectations, engage and motivate employees, and increase your effectiveness through use of the DiSC personality profile (included). By the end of the course we will have you managing like a pro—quickly and with confidence.

46415 Apr 3–28 Mon–Fri \$295

Supervisory and Leadership Certificate- Online

Your employees are your most valuable resources. Ensuring the efficiency of your team is the key to your success and is your most important responsibility. Get practical, easy to understand, and insightful methods for new and even experienced supervisors and managers. Learn about effective delegation, performance management, and writing performance reviews. Discuss the specifics of the supervisor's role and responsibilities, and strategies for improving your overall effectiveness as a leader.

Take home practical information along with tips and techniques that can be applied at your job immediately.

46413 Apr 3–May 26 Mon–Fri \$395



Social Media for Business Certificate- Online

Get in on this exciting and growing way to communicate, market and serve your customers and clients. For businesses, nonprofits, government, and other organizations. From Facebook to Twitter, blogging, YouTube, LinkedIn, and more, discover the new principles of communication that apply across all networks and how these specific social networks work and the possible uses for your organization.

Learn how social networks are used to develop a two-way communication and marketing strategy for your organization. Then find out what you can be doing, what you should be doing, and take back a plan to integrate social networks into your communication and marketing.

COURSE SCHEDULE

Introduction to Social Media

Apr 3-28

Marketing Using Social Media

May 1-26

Integrating Social Media in Your Org

Jun 5-30

46424 Apr 3- Jun 30 Mon-Fri \$495

Introduction to Social Media-Online

Get involved in the move from in-person to online communication. Learn what social media are and their role in your business and personal life. Find out the top sites and how businesses are using the sites for communication, customer retention, branding, marketing, market research, needs assessment and serving customers and clients. Explore the options for your organization. Look at case studies of what other organizations are doing. Let your instructor guide your exploration of Facebook and YouTube. For anyone interested in social media.

Your instructor is a nationally known speaker, consultant, and trainer on social networks and social media.

46425 Apr 3-28 Mon-Fri \$195

Marketing Using Social Media-Online

Develop a two-way communication and marketing strategy for your organization using social media. Let your instructor guide you in exploring major social media, including Twitter, LinkedIn, and blogging. Learn quick, easy ways to use Twitter, blogs, and LinkedIn to engage your customers or clients and keep them interested in your organization or business. You'll find out the advantages and disadvantages of each, and learn what's right for your work and kind of organization.

46427 May 1-26 Mon-Fri \$195

Online Advertising-Online

Get the keys to making online advertising work for you and your organization. See how pay-per-click advertising with Google AdWords works. Find out how to test low budget Adword campaigns. Learn how you can target local audiences. Then discover Facebook advertising and how you can determine the demographics and even numbers of people you want to reach.

No experience necessary, but if you are at an advanced level, your instructor is an online ad expert and can answer your toughest questions as well.

46423 Jun 5-30 Mon-Fri \$195

ADULTS 62+ PROGRAMS



LYNNWOOD SENIOR CENTER

19000 44th Ave W
Located next to the Recreation Center.

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

Facility Closures

Memorial Day: Monday, May 29
Juneteenth: Monday, June 19

Hours of Operation

Lynnwood Senior Center is open Monday-Friday, 8:30am-3pm for coffee, snacks, conversation, and registrations. In-person and online classes, outdoor recreation, and trips are available for registration.

For more information

Call 425-670-5050 or view the Messenger newsletter on-line at www.PlayLynnwood.com

FITNESS

Lite Enhance Fitness

This is a gently-paced cardiovascular workout focused on flexibility, balance, and strength. Exercise may be in seated or standing positions.

46579	Apr 4-27	Tue,Thu	10-11am	\$32/\$48
46578	May 2-30	Tue,Thu	10-11am	\$36/\$54
46583	Jun 1-29	Tue,Thu	10-11am	\$36/\$54

Location: LSC, LSC 1 & 2
Instructor: Valeriano Frank Mateo

Enhance Fitness

Engage in a moderate workout focused on cardio, flexibility, balance, and strength. This is an intermediate level class, designed for both seated and standing positions.

46582	Apr 3-28	M,W,F	11:10am-12:10pm	\$48/\$72NM
46580	May 1-31	M,W,F	11:10am-12:10pm	\$52/\$78NM
46581	Jun 2-30	M,W,F	11:10am-12:10pm	\$52/\$78NM

Location: Recreation Center, Fitness Studio
Instructor: Debby Grant, Valeriano Frank Mateo

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.

46608	Apr 4-27	Tue,Thu	9-9:50am	\$48/\$64NM
46606	May 2-30	Tue,Thu	9-9:50am	\$54/\$72NM
46607	Jun 1-29	Tue,Thu	9-9:50am	\$54/\$72NM

Location: LSC 2
Instructor: Marie-Lou Andresen

Beginning Tai Chi

Tai Chi is a form of martial arts that is practiced primarily for its health benefits. Scientific studies show that it helps chronic conditions such as arthritis, heart disease, and diabetes, to name a few. It also improves balance, prevents falls, reduces stress, and boosts immunity. Most importantly, tai chi is an enjoyable form of exercise that people of any age can learn and practice. This series will explore the Sun style. New and continuing learners are welcome.

46585	Apr 3-26	Mon,Wed	11-11:50am	\$48/\$64NM
46584	May 1-31	Mon,Wed	11-11:50am	\$54/\$72NM
46586	Jun 5-28	Mon,Wed	11-11:50am	\$48/\$64NM

Location: Recreation Center, Room 102
Instructor: Marie-Lou Andresen/ Valeriano Frank Mateo

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.

46616	Apr 11-27	Tue,Thu	1-2pm	\$18/\$24NM
46614	May 2-30	Tue,Thu	1-2pm	\$24/\$30NM
46615	Jun 1-29	Tue,Thu	1-2pm	\$30/\$40NM

Location: Recreation Center, Room 102
Instructor: Melissa Olson

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!

46611	Apr 4-27	Tue,Thu	9-10am	\$48/\$64NM
46610	May 2-30	Tue,Thu	9-10am	\$54/\$72NM
46609	Jun 1-29	Tue,Thu	9-10am	\$54/\$72NM

Location: Recreation Center, Fitness Studio
Instructor: Joan Harrison

62+ OUTDOOR REC

Carkeek Park

A local favorite, Carkeek Park offers views of Puget Sound, the Olympic Mountains, and more than 220 acres of regional exploration. There's beaches, wetlands, meadows, creeks, lush forests, gardens and orchards — all without straying too far from home.

- 5 miles roundtrip
- 187 feet elevation

44269 Mon Mar 6 10am–3pm \$19/\$25NM

Little Si, North Bend

The little sibling to Washington's most traversed hiking trail, Little SI has moderate incline topped off with breathtaking views of Snoqualmie Valley and Rattlesnake Mountain.

- 4.4 miles roundtrip
- 1,187 feet elevation

44270 Wed Mar 15 9am–3:45pm \$37/\$43NM

Spring Foraging Class Companion Hike

Ostara is the first day of Spring, a time of new beginnings. As the Earth awakens, let's celebrate with a look at some of the newly arriving native plants to available for forage. Location TBD.

44271 Mon Mar 20 10am–2pm \$20/\$26 NM

Cherry Blossoms at Seattle Japanese Gardens

We'll take a walk through the UW Botanical gardens and stop off at the Japanese Garden to see the Cherry Blossoms. Bring a sack lunch to enjoy along the trail and your camera for the cherry blossoms.

- 2 miles roundtrip
- Mostly level

44272 Wed Mar 22 10am–2pm \$23/\$29NM

62+ TRIPS

Chateau St. Michelle Grand Estate Tour & Tasting*

Take a guided walking tour through the enchanting estate of Washington's founding winery. From the historical Manor House to the tasting room, you'll learn about the incredible history of Chateau St. Michelle and the 105-acre Woodinville property. Once the tour is complete, experts will walk you through a tasting of four limited release wines paired with a selection of small bites.

44518 Tue Apr 4 12:15–4pm \$74/\$80NM
Sign-up date: Mar 13

High Tea & Tulips*

Enjoy English Tea in the countryside at Willowbrook Manor during the tulip season, but far from the crowds. Tea sandwiches, salad, sweet cream scones and home-baked sweets are served with a pot of your favorite tea. Wander in the gardens and welcome in the coming of Spring with friends.

44514 Fri Apr 14 11am–4:30pm \$62/\$68NM
Sign-up date: Mar 13

Taproot Theatre— As It Is In Heaven*

LSC returns to a favorite venue for this play that wrestles with belief and doubt in a swiftly changing world. "Tis a gift to be simple," sing the Shakers of Pleasant Hill. But as the young women in the community claim new spiritual gifts, Sister Hannah and the other elders must judge whether these gifts are real or rebellion. There is no meal stop planned for this trip.

44516 Wed Apr 19 12:45–4:30pm \$38/\$44NM
Sign-up date: Mar 13

Maltby in the Spring

The easy drive to Maltby takes us on less-traveled roads to a quiet part of Snohomish County for a trip to Flower World to look things over and do some shopping. You'll work up an appetite and be ready to share a cinnamon roll with a friend, order a fluffy omelet or dig into a delicious burger at the Maltby Café. Cost of food and other purchases is on your own.

44517 Tue Apr 25 10am–4pm \$18/\$24NM
Sign-up date: Mar 13

What to Know

Trips are registered by Lottery. How does Lottery registration work? Numbered chips are handed out in random order in person at LSC between 9am and 9:30am on sign-up day. We begin drawing chips at 9:30am. All numbers will be called. You may register yourself and one other person not holding a chip for all trips available that day. If the trip(s) you want is full we will place you on the waitlist at no cost. Phone-in registration begins when in-person registration ends. Remaining spots will be filled first come, first serve.

- *Non-refundable trips are marked with asterisks **

Check out the upcoming Spring 2023 edition of the *Messenger* newsletter for more outings with LSC!



INFORMATION & POLICIES



General Information

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

- Easter: Sunday, April 9
- Memorial Day: Monday, May 29

CHANGES & ERRORS We strive to produce the most accurate guide possible. However, some program information may have changed after this guide has been published. 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: Jason Becker Creative.

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, and

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.



registered programs, which are marked RD next to the fee listing. Provide utility bill or other verification of residency, or you can enter your address to find out if you live within the Lynnwood city limits at www.lynnwoodwa.gov/Services/Do-I-Live-In-Lynnwood-Map. 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, 19100 44th Ave W, Lynnwood, WA 98036.

REFUNDS Canceled 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. Facility reservation cancellation requests must be made 14 in advance. Some trips and courses include pre-ordered tickets and items that are non-refundable.

Hey Coach! I'll always appreciate your passion, zeal for life and rosy disposition. Enjoy the sunshine years!
Sarah Olson



You coach, encourage, and appreciate all those around. You are a gift to this community and will always be remembered for your positive impact.
Amy Collins



Enjoy retirement! Your energy and enthusiasm is contagious and inspires all of us! Keep swimming!
Ethan Newton



You have been an amazing leader to us all, your words of wisdom and council has impacted me as an employee, a mother, a partner, and a person. I wish you all the best on this next chapter in your life as you celebrate your retirement.
Andrea Robertson



Coach, mentor, colleague devoted dad, husband, son, brother leader, public servant, swimmer counselor, friend, Coach. Bill - one in a Billion.
Katie Anderson

Together we have proven that land and water can work together! I will miss you my friend!
Kelly Schudde



HAPPY RETIREMENT BILL HAUGEN!



Congratulations on your stellar career. I sincerely will miss the moments we shared, especially our chats and conversations. I deeply appreciated your amazing dedication and commitment. Here comes a lifetime of weekends and please enjoy your life ahead. I hope your retirement brings you joy and peace.
Lynn Sordel



Wishing you a happy retirement. You'll be missed, but your legacy will live on.
Ehsan Shirkhani

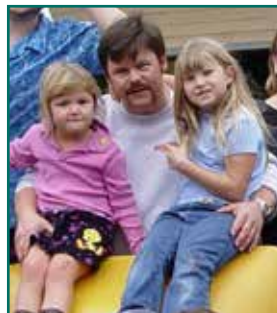
Bill is a teacher at his core. I have been lucky to learn so much from him over the years we have worked together.
Joel Faber

Influencing generations is the true mark of greatness.
Steve Hoard

I've learned a lot from you my friend, and laughed a good bit too. You rock like Dokken.
Mary-Anne Grafton



Thanks for all the inspiration and dedication to your staff; you'll be missed! Have a wonderful retirement!
Terence Calhoun



Thank you for everything you've done for me and for this facility. Neither of us would be what we are today without you. Enjoy your retirement!
Rebecca Lance