

# LYNNWOOD RECREATION GUIDE



## LET'S PLAY!

Halloween Drive-  
Thru Hullabaloo pg 11

---

Online Certificates  
and Courses pg 22

---

Safety Fair pg 13

PRSR STD  
US Postage Paid  
Portland, OR  
Permit No. 735

ECHRWS  
Postal Customer





# MASK UP LYNNWOOD!

*Our City employees are wearing masks.*

*We ask that you wear a mask whenever you leave your home.*

*It's the kind thing to do!*

# FALL 2020



## INSIDE

Recreation Center	4
Aquatics	6
Parks	8
Golf	9
Preschool	10
Youth	12
Teens	14
Fitness Pass Classes	16
Safety Classes	18
Adults	20
Professional Development	22
<i>The Messenger</i>	26
Registration Information	31

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

## 12th Annual Celebrate Schools VIRTUAL 5K Run/Walk October 2-4, 2020



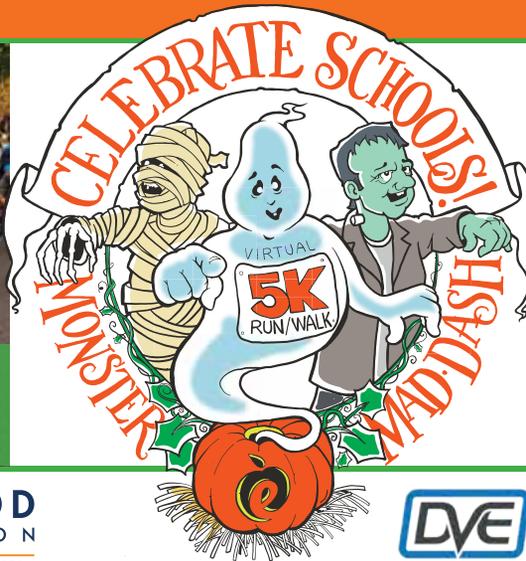
Foundation for  
**Edmonds  
School District**



Virginia Mason



Join our interactive Zoom Room  
Saturday, **October 3rd**, 7-10 a.m.  
[www.foundationesd.org](http://www.foundationesd.org)



Join the pooch & costume parades  
Fill your bingo card  
and **win a prize!**



# RECREATION CENTER

## State-of-the-art swimming and fitness facility

### Hours of Operation

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

### Holiday Closures

Labor Day: Monday, September 7  
 Thanksgiving: Thursday, November 26

### Fitness

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

### Swimming Pools

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



## PICK YOUR PASS

2020 RATES	SINGLE VISIT	SINGLE FITNESS VISIT	10 VISIT PASS*		ANNUAL (unlimited visits)	
			Fee	Resident Discount	Fee	Resident Discount
<b>Children under 2</b>	Free	n/a	n/a	n/a	n/a	n/a
<b>Youth (2-12)</b>	\$5.50	n/a	\$43	\$38.50	\$399 (\$33.25/mo)	\$346 (\$28.83/mo)
<b>Teen (13-17)</b>	\$5.75	\$9	\$47.50	\$43	\$496 (\$41.33/mo)	\$432 (\$36/mo)
<b>Adults (18-61)</b>	\$6	\$9.25	\$52	\$47.50	\$594 (\$49.50/mo)	\$520 (\$43.33/mo)
<b>Adults 62+</b>	\$5.50	\$8.50	\$43	\$38.50	\$399 (\$33.25/mo)	\$346 (\$28.83/mo)
<b>Disabled</b>	\$5.50	\$8.50	\$43	\$38.50	\$399 (\$33.25/mo)	\$346 (\$28.83/mo)
<b>Family</b>	\$25	n/a	n/a	n/a	\$930 (\$77.50/mo)	\$808 (\$67.33/mo)

\* Expires two years from purchase date.

# ALL ARE WELCOME

The signal box art wraps across the city add art, fun, and color to the landscape. They tell unique stories and a collective story about Lynnwood, through art and history. Our goal is to wrap every signal box in Lynnwood with art.

El arte de las cajas de señales envuelviendo la ciudad añaden arte, diversión y color al paisaje. Cuentan historias únicas y una historia colectiva sobre Lynnwood, a través del arte y la historia. Nuestro objetivo es envolver cada caja de señales en Lynnwood con arte.

린우드 도시 곳곳에 설치되어 있는 신호등 제어기에 린우드의 풍경을 바탕으로 예술 활력 다채로운 색감을 더하였습니다  
이러한 예술과 린우드의 역사를 통해 우리에게 린우드의 특별하고 다양한이야기를 들려줍니다  
린우드도시에 있는 모든 신호등 제어기를 이러한 예술로 포장하는것이 우리의 목표입니다

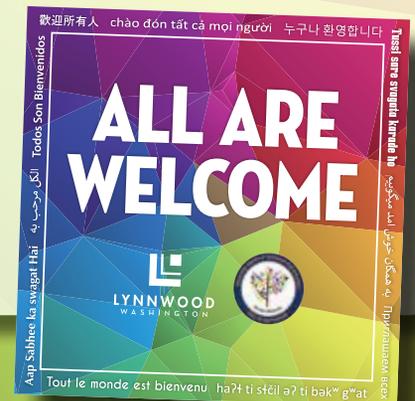
Our seventh and newest signal box art, featuring the *All Are Welcome* design, is at Alderwood Mall Parkway and 184th St SW. *All Are Welcome* is an initiative of the Diversity, Equity & Inclusion Commission and is a part of the City's larger commitment to being a safe, welcoming, and equitable city for all. Join us and the many businesses and community gathering places, by displaying an *All Are Welcome* decal.

You can find more information of the art wraps and even do a self-guided tour using [www.DiscoverLynnwood.com](http://www.DiscoverLynnwood.com).



Left: *All Are Welcome* signal box (artist's in-progress rendering)

Right: *All Are Welcome* business and community decal



# 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.

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



**BEACH SWIM** Shallow play area with water playground and family hot tub. No large slides. Perfect for families with small children.

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

**OPEN SWIM** Main pool with deep end, Recreation pool with slides, warm wellness pool, and hot tubs.

**OPEN FITNESS** Self-directed exercise: water walking, stretch, water exercises, relaxation. Spaces available vary. Ideal for adults of all ages; under 18, see Aquatics office staff. Some adult-only lap swims available.

**POOL RENTAL** See page 7 for details.

**HOT TUBS AND SAUNA** Open to adults 18+ years; detailed availability at [www.playlynnwood.com](http://www.playlynnwood.com).

## SWIM LINE-DAILY SCHEDULE

Visit [www.playlynnwood.com](http://www.playlynnwood.com) or call 425-670-5588.

Wellness Pool even warmer—now 93°!

A photograph of a woman in a blue swimsuit swimming in a pool. In the background, other people are seen swimming and playing in the pool. The scene is bright and active.

Welcome back! We are excited to have the Lynnwood pool open for lap swim and open fitness. Swimming is a great way to keep you moving and get a great workout.

**\*\*Reservations are required\*\***

# Welcome Back!

# The Pool is Open

Reserve your spot today!

[www.playlynnwood.com](http://www.playlynnwood.com)

425-670-5732

# **WATER SAFETY TIPS TO KEEP YOUR FAMILY SAFE THIS FALL**

## **Tips to Avoid Hypothermia**

As temperatures start to drop in fall remember that the water is colder than it looks. Too much fun outside or in our waters could make you too cold or hypothermic. If you start shivering dry off and warm up.

Don't wait for it to get worse.



**Think twice before  
going near cold  
water or ice**



**Don't just pack it wear  
your jacket**

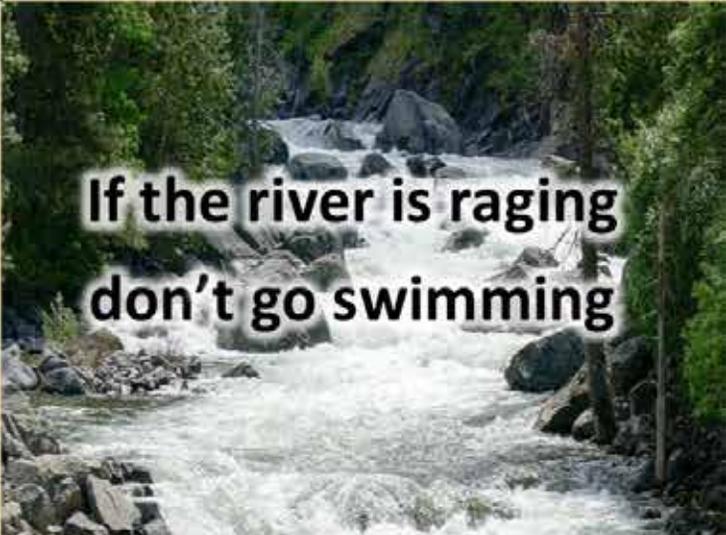
## **Boating Safety and Lifejackets**

Boating on lakes, rivers, and the Puget Sound can be fun but don't let the fun end by forgetting to bring your lifejacket. Wear your lifejacket anytime you are out on the water. Make sure your lifejacket is US Coast Guard approved and fitted properly.

## **Raging Rivers**

Rivers can be dangerous, even shallow water can knock you down and sweep you away. If you get swept away by a current go feet first downstream till you get to calm water, then swim for shore. If it is deep enough swim diagonally towards shore.

Always swim with the current.



**If the river is raging  
don't go swimming**

# 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](http://www.PlayLynnwood.com), [www.DiscoverLynnwood.com](http://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. Rental fees are due at the time of reservation. **2020 park reservations open.** 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/Rentals-and-Reservations](http://www.lynnwoodwa.gov/Community/Play-Lynnwood/Rentals-and-Reservations).

Rentals will be dependent on State social distancing guidelines.

OCCUPANCY		HALF DAY Non-Resident/Resident	FULL DAY Non Resident/Resident
<b>Lynndale Park Shelter 1 (covered)</b>			
1-50 people		\$50/\$44 <i>weekday only</i>	\$112/\$99
51-100 people		\$93/\$81 <i>weekday only</i>	\$186/\$162
<b>Lynndale Park Shelter 2 (uncovered)</b>			
1-50 people		\$34/\$30	\$78/\$68
<b>Lynndale Park Amphitheater (uncovered)</b>			
1-200 people		\$36/\$30 <i>weekday only</i>	\$78/\$68
<b>Lynndale Park Shelter 3, North Lynnwood Park Shelters 1 &amp; 2, Meadowdale Neighborhood Park Shelter (covered)</b>			
1-25 people		\$41/\$36	\$94/\$82
<b>Wilcox Park Shelters (covered)</b>			
Shelter	35 people	\$50/\$44 <i>weekday only</i>	\$112/\$99
Gazebo	25 people	\$34/\$30 <i>weekday only</i>	\$78/\$68

*Restrooms closed at dusk.*

# 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](http://www.lynnwoodgc.com) or call 425-672-4653.

Weekday Green Fees	
\$21* for 9 holes	\$29* for 18 holes
<i>Discounts for Juniors, Seniors, and Veterans Mon-Fri excluding holidays</i>	
Weekend & Holiday Green Fees	
\$21* for 9 holes	\$33* for 18 holes
Power Carts	
\$10/rider for 9 holes	\$15/rider for 18 holes
Pull Carts	
\$5	

\* Plus tax



National Public Lands Day—Saturday, September 26

# VOLUNTEER for a Greener Lynnwood!

Join physically-distant work party to remove ivy and invasive plants at Scriber Lake Park with our partner EarthCorps

9-11am & 12-2pm • Sat Sept 26 • Register at: <https://www.earthcorps.org/volunteer/event/a0E1E0000Pe5UcUAJ/>



To learn more about projects, sign up for Lynnwood eNews and select the "Volunteer Opportunities" topic at [www.LynnwoodWa.gov/eNews](http://www.LynnwoodWa.gov/eNews)



# PRESCHOOL



## Kids Klub Preschool Programs

CLASSES ARE POSTPONED FOR FALL. WE WILL BE RE-EVALUATING FOR A POTENTIAL JANUARY START.

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

## Petite Allegro Ballet Hybrid

Play-based ballet education for your budding dancer! Parent participation is required. Work together with your toddler to learn ballet basics and body movement! Classes are pre-recorded online content (approximately 25-minute class) done at your leisure, as well as two Live Zoom Classes (dates TBA). This class will run in the online format until we have reached Phase 4. During Phase 4 this class will return to meeting in person.

### 1-3 YRS

11352	Sep 15–Oct 20	Tue	11:15–11:45am	\$54/\$42*
11366	Sep 17–Oct 22	Thu	4:15–4:45pm	\$54/\$42*
11355	Oct 27–Dec 8 <sup>▼</sup>	Tue	11:15–11:45am	\$54/\$42*
11367	Oct 29–Dec 10 <sup>▼</sup>	Thu	4:15–4:45pm	\$54/\$42*

Location: Online  
 Instructor: Katherine Erickson  
 ▼ No Class Nov 24, 26

## Pre Ballet Hybrid

Play-based ballet instruction to get your little dancer moving! Parent participation is highly recommended. Classes are pre-recorded online content (approximately 25-minute class) done at your leisure, as well as two Live Zoom Classes (dates TBA). This class will run in the online format until we have reached Phase 4. During Phase 4 this class will return to meeting in person.

### 3-5 YRS

11342	Sep 15–Oct 20	Tue	10:15–11am	\$54/\$42*
11368	Sep 17–Oct 22	Thu	5–5:45pm	\$54/\$42*
11343	Oct 27–Dec 8 <sup>▼</sup>	Tue	10:15–11am	\$54/\$42*
11369	Oct 29–Dec 10 <sup>▼</sup>	Thu	5–5:45pm	\$54/\$42*

Location: Online  
 Instructor: Katherine Erickson  
 ▼ No Class Nov 24, 26

## Tiny Timbre Music Class Online

Classes are pre-recorded online content (approximately 25-minute class) done at your leisure available through Band App Private Group. Don't wait for another tempo-tantrum from your musical toddler! Join us for some fun exploration of music. We will be signing from a wide variety of genres through creative dance, using tonal and percussive instruments, and playing cooperative games and more! Birth to four years of age are welcome. Parent participation is required. This class will run in the online format until we have reached Phase 4. During Phase 4 this class will return to meeting in person.

### UP TO 5 YRS

11358	Sep 17–Oct 22	Thu	11:15am–12pm	\$66/\$54*
11356	Sep 17–Oct 22	Thu	10:15am–11am	\$66/\$54*
11357	Oct 29–Dec 10 <sup>▼</sup>	Thu	10:15am–11am	\$66/\$54*
11361	Oct 29–Dec 10 <sup>▼</sup>	Thu	11:15am–12pm	\$66/\$54*

Location: Online  
 Instructor: Katherine Erickson  
 ▼ No Class Nov 26

## Preschool Playtime

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

**PROGRAM WILL BEGIN IN PHASE 3.**

### 3-6 YRS

Sep 18–Dec 18 <sup>▼</sup>	Fri	10am–12pm	\$12/\$10*
----------------------------	-----	-----------	------------

Location: Lynnwood Recreation Center, Room 101  
 ▼ No Class Oct 23

## Halloween (Drive-Thru) Hullabaloo

Bring the family in their Halloween costumes to our daytime family-friendly "Halloween Drive-Thru Hullabaloo." Participants will drive through our "Candyland Forest" for socially distanced trick or treating! Please register for a time slot. Car decorations highly encouraged!

11466	Oct 31	Sat	2–5pm	Free
-------	--------	-----	-------	------

## HOW TO READ A CLASS DESCRIPTION

	DATE(S)	DAY OF WEEK	TIME	CLASS FEE	
<b>CLASS</b> →	70689	Apr 14–May 12	Sat	3–3:55pm	\$55/\$47*
<b>#</b>	70690	May 19–Jun 16	Sat	3–3:55pm	\$55/\$47*

Location: Recreation Center, Fitness Studio  
 Instructor: Derek McClinton

\*LYNNWOOD RESIDENT DISCOUNT FEE

FRI  
SEPT  
11



FRI  
SEPT  
18



# Carpool Cinemas

Enjoy a movie from the comfort of your car! Pack up your friends and family and don't forget dinner or snacks to go. Admission is FREE, but a reservation is required to secure your parking/viewing space.

Lynnwood Square Parking Lot  
19800 44th Ave W, Lynnwood

*Register and more info:*

<https://www.eventbrite.com/e/carpool-cinemas-tickets-116505766885>

 **LYNNWOOD**  
WASHINGTON

**Healthy!**  
**lynnwood**



# YOUTH



## Camp Holiday

Are you ready for a winter break full of fun and friends? If so, Camp Holiday is where you want to be! Come spend your winter break making crafts, playing games, meeting new friends and seeing some of your favorite summer camp counselors! You will be in for a week of endless laughter! Grades K-7.

### 5-13 YRS

11406	Dec 21	Mon	9am-5pm	\$50/\$44*
11416	Dec 22	Tue	9am-5pm	\$50/\$44*
11417	Dec 23	Wed	9am-5pm	\$50/\$44*
11418	Dec 28	Mon	9am-5pm	\$50/\$44*
11421	Dec 29	Tue	9am-5pm	\$50/\$44*
11424	Dec 30	Wed	9am-5pm	\$50/\$44*

Location: Cedar Valley Gym, Cedar Valley Community School

## Halloween (Drive-Thru) Hullabaloo

Bring the family in their Halloween costumes to our daytime family-friendly "Halloween Drive-Thru Hullabaloo." Participants will drive through our "Candyland Forest" for socially distanced trick or treating! Please register for a time slot. Car decorations highly encouraged!

11466	Oct 31	Sat	2-5pm	Free
-------	--------	-----	-------	------

## Hip Hop Dance

Learn the basics of Hip Hop in this introductory class as you move and groove to old-school and current beats. In a fun-filled, energetic environment. This class provides a structured method of various Hip Hop dance movements and styles that offer a new set of combinations and routines every time. Individual and group participation allow students to build strength, flexibility, and confidence! Monthly payments available. **Program will begin in Phase 3.**

### Hip Hop Dance (5-8 yrs)

11524	Sep 16-Dec 9	Wed	4:45-5:30pm	\$124/\$112*
11525	Sep 16-Dec 9	Wed	5:45-6:30pm	\$124/\$112*

### Hip Hop Dance (9-12 yrs)

11526	Sep 16-Dec 9	Wed	6:45-7:30pm	\$124/\$112*
-------	--------------	-----	-------------	--------------

Location: Lynnwood Recreation Center, Room 101

Instructor: Kontagious Performing Company

▼ No Class Nov 25

## Safe Kids 101

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

### 9-13 YRS

11396	Oct 3	Sat	10-2pm	\$42/\$36*
11397	Dec 5	Sat	10-2pm	\$42/\$36*

Location: Lynnwood Recreation Center, Conference Room

## REcess

It's time for REcess! While the Edmonds School District is doing "Distant Learning" we will be supporting families by offering a program that allows kids to play, discover and connect. We will start the day with lunch, finish up schoolwork and then pack the afternoon with arts-n-crafts, songs, games, science and nature hikes! We are offering two programs: REcess, running Monday-Friday, or "REcess Wednesdays," for those that just want a one-day option. You get to choose! Please call or stop by the Recreation Center if you would like to use our Payment Plan.

GRADES: K-6TH

### REcess

Sept 9-Nov 6	Mon-Fri	12-5:30pm	\$180/\$160
		+ Wed 9am-12pm	

### REcess Wednesdays

Sept 9-Nov 4	Wed	9am-5:30pm	\$50/\$44
--------------	-----	------------	-----------

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



## Tae Kwon Do Hybrid

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.

**This class will run in the online format at 4pm until we have reached Phase 3.**

### 6-12 YRS

11232	Sep 15-Oct 29	Tue/Thu	5-5:55pm	\$133/\$119*
11233	Nov 3-Dec 17	Tue/Thu	5-5:55pm	\$123/\$110*

Location: Lynnwood Recreation Center, Room 101

Instructor: Derek McClinton

▼ No Class Nov 26



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

# Camp Holidaze



Are you ready for a winter break full of fun and friends?  
If so, Camp Holidaze is where you want to be!  
Come spend your winter break making crafts,  
playing games, meeting new friends and seeing  
your some of your favorite summer camp counselors!

## Mark Your Calendars

Dec 21, 22, 23, 28, 29, 30

Time: 9:00 am - 5:00 pm

Fee: \$50/\$44 RD per day

Grades: Kindergarten - 7th

Cedar Valley Community School Gym

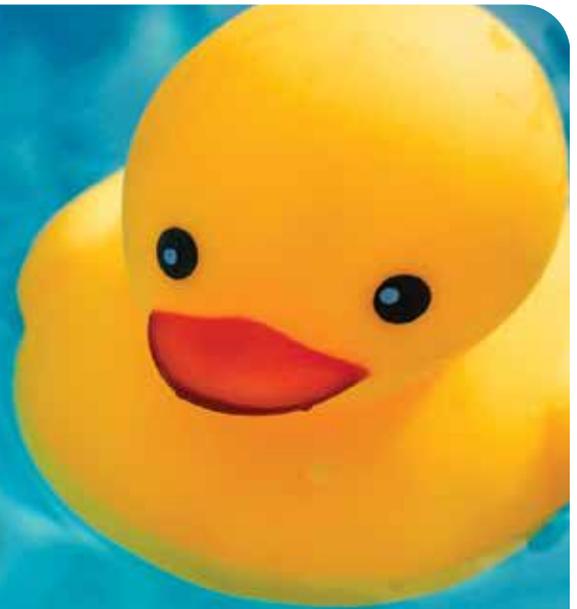
To register, call 425-670-5732 or online at [www.PlayLynnwood.com](http://www.PlayLynnwood.com)

# WATER SAFETY FAIR

**\* Wednesday, November 11  
4-5:30pm**

Come join us for a fun afternoon! Learn  
about water safety and receive information  
about our free swim lesson program.

Complimentary Rec Swim after  
the Fair for participants.



 **LYNNWOOD**  
WASHINGTON

*\*Water Safety Fair may be held virtually  
dependent upon the current phase of reopening.*

# TEENS



## Continuing Irish Dance Online

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

**THIS CLASS WILL RUN IN THE ONLINE FORMAT UNTIL WE HAVE REACHED PHASE 4. DURING PHASE 4 THIS CLASS WILL RETURN TO MEETING IN PERSON.**

**9 YRS AND UP**

12002 Sep 17–Dec 10\* Thu 6–7pm \$144/\$120\*

Location: Online

Instructor: Katherine Erickson

▼ No Class Nov 26

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

## Ballet: Adult and Teens Online

This is an online class via Zoom. Come learn the fundamentals of ballet in an environment geared towards adults! Focus on techniques, artistry, and balance. As we explore movement at the barre and center floor. Monthly payments available. This class will run in the online format until we have reached Phase 4. During Phase 4 this class will return to meeting in person.

**13 YRS AND UP**

11371 Sep 17–Dec 10\* Thu 7–8pm \$144/\$120\*

Location: Online

Instructor: Katherine Erickson

▼ No Class Nov 26

## Junior Counselor at Camp Holidayze

Is your teen looking for a fun way to spend their winter break? Are they looking to gain valuable leadership and work experience? As a JC you will assist Camp Staff in providing engaging activities for young campers while also enjoying camp! This will include going on field trips around the PNW, playing games and making friends. What better way to spend your winter break than with friends and having fun. Space is limited so register early. For those entering Grades 8–12th.

**12-17 YRS**

11427	Dec 21	Mon	9am–5pm	\$23/\$20*
11430	Dec 22	Tue	9am–5pm	\$23/\$20*
11436	Dec 23	Wed	9am–5pm	\$23/\$20*
11441	Dec 28	Mon	9am–5pm	\$23/\$20*
11443	Dec 29	Tue	9am–5pm	\$23/\$20*
11445	Dec 30	Wed	9am–5pm	\$23/\$20*

Location: Cedar Valley Gym

## Junior Counselors at RECESS

It's time for RECESS! Is your teen looking for a fun way to spend their afternoons this fall? Are they looking to gain valuable leadership and work experience? As a JC you will assist Camp Staff in providing engaging activities for young campers while also enjoying camp! See RECESS for specifics on the program.

We are offering two programs: RECESS, running Monday–Friday, or “RECESS Wednesdays,” for those that just want a one-day option. You get to choose! Please call or stop by the Recreation Center if you would like to use our Payment Plan.

**GRADES: 7TH-12TH**

### RECESS

Sept 9–Nov 6	Mon-Fri	12–5:30pm + Wed 9am–12pm	\$109/\$95
--------------	---------	-----------------------------	------------

### RECESS Wednesdays

Sept 9–Nov 4	Wed	9am–5:30pm	\$31/\$27
--------------	-----	------------	-----------



**Register Early!**

Avoid Disappointments  
\*See cancellation policy on page 31.

online



by phone



in person



## 3 ways to register

[www.PlayLynnwood.com](http://www.PlayLynnwood.com)

425-670-5732

18900 44th Ave W, Lynnwood, WA 98036

VISA, Mastercard, American Express and Discover

## Babysitting 101

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

11-15 YRS

11398 Nov 7 Sat 10am–2pm \$42/\$36\*

Location: Lynnwood Recreation Center, Conference Room



## Tae Kwon Do: Adult and Teens

Tae Kwon Do is an easy-to-learn Korean Martial art. An outstanding form of physical fitness, and an effective self-defense technique. 6th degree black belt instructor, Derek McClinton, brings the art to you in a safe and fun way. **Program will begin in Phase 3.**

13 YRS AND UP

11235 Nov 3–Dec 17\* Tue/Thu 6–6:55pm \$123/\$110\*

Location: Lynnwood Recreation Center, Room 101

Instructor: Derek McClinton

▼ No Class Nov 26

**Teens 12-15**

# JR. LIFEGUARD CLUB

Join us on zoom

Make new friends and earn volunteer hours

Join the Jr. Lifeguard Club

Email  
[kcarroll@lynnwoodwa.gov](mailto:kcarroll@lynnwoodwa.gov)  
[mborromeo@lynnwoodwa.gov](mailto:mborromeo@lynnwoodwa.gov)  
To get involved

Earn American Red Cross Certifications

Lynnwood Recreation Center  
425-670-5732 | [www.playlynnwood.com](http://www.playlynnwood.com)

# FITNESS PASS CLASSES



Check [PlayLynnwood.com](http://PlayLynnwood.com) for current schedules >

## Group Active®

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

13 YRS AND UP

Location: Lynnwood Recreation Center, Fitness Studio

## 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 Blast®

Group Blast® is 60 minutes of cardio training that uses The STEP® in highly effective, athletic ways.

13 YRS AND UP

[www.lynnwoodwa.gov/GroupBlast](http://www.lynnwoodwa.gov/GroupBlast)

Location: 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

## Boot Camp

Boot Camp is a class designed to increase strength, endurance and cardiovascular fitness in 60 minutes.

13 YRS AND UP

## CLASS SCHEDULE\*

\*Schedule is subject to change.

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

## Fitness Pass Classes August 24–December 31, 2020

## LAND

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				GROUP <b>CENTERGY</b> 9am	GROUP <b>fight</b> 9am
					GROUP <b>CENTERGY</b> 10:30am
GROUP <b>BLAST</b> 9:40am			GROUP <b>fight</b> 9:40am		
<b>ZUMBA</b> 11:45am		<b>ZUMBA</b> 11:45am			
	GROUP <b>CENTERGY</b> 12:15pm		GROUP <b>CENTERGY</b> 12:15pm		
					Sunday
GROUP <b>fight</b> 5:30pm	<b>BOOT CAMP</b> 5:30pm	GROUP <b>BLAST</b> 5:30pm	<b>BOOT CAMP</b> 5:30pm		<b>ZUMBA</b> 12pm

# Missing water fitness classes?

Try this workout next time you are at the pool



Open Star



Sweep Together

## Jellyfish

Jellyfish moves you backwards in the water. Start this move in an open star shape with your arms at shoulder level. Sweep arms and legs together in front of you to move yourself backwards.

## Tuck Kicks

Start by standing, form a tuck position, use barbells to stabilize yourself then kick both feet at hip level. Feet touch the ground when you return to starting position. Kick to the sides on a diagonal.



Star



Standing

## Star Jacks

Start from standing jump to a star and land in standing position.

## Rocket Jacks

Start from a star position jump pulling legs together, arms to sides, land in star.

**The focus of water fitness is to elevate your heart rate through low impact exercises that utilize your range of motion. If a move hurts, modify as needed or ask a lifeguard for modifications.**

**Warm up: 4 min (slow and easy focus on range of motion)**

Jog forwards – 30 sec

Jog backwards – 30 sec

Big steps to the side – 30 sec

Alternating heel lift: lift foot back to kick bottom– 30 sec

Alternating straight leg kicks to the front– 30 sec

**Jellyfish**– 30 seconds

Cross-country (alternating lunge steps) – 1 min

**Workout set – 21 min (use barbells for each circuit)**

Sprint 30 sec then Jog 30 sec – 2 times

30 sec rest

Circuit #1 – repeat 5 times (Keep shoulders under water)

- Alternating single leg cowboy kicks (knee bends then leg extends on a diagonal to the side): 10 times
- **Tuck kicks – Front, Right, Front, Left, Front**
- Double cowboy kicks (both legs same time): 10 times
- Alternating Forward Punches – 20 times

30 sec rest

Circuit #2 – repeat 5 times (slow and controlled movement)

- Bicep curls: palms face the ceiling – 20 times
- Reverse bicep curls: palms face floor – 20 times
- Chair sit (arms straight down at your sides holding barbells, knees tucked in and hold position)– 30 sec
- Easy jog with 20 punches down to your sides

30 sec rest – wiggle out fingers—light hold on barbells

Circuit #3 – Repeat 5 times

- Jumping jacks 15 times
- High knee jog 20 steps
- **Star jacks 15 times**
- Wide knee jog 20 steps
- **Rocket jacks 15 times**
- Alternating heel kicks 20 times

30 sec rest

Sprint 30 sec then Jog 30 sec – 2 times

**Cool down/stretches : 4-5 min**

*Coming soon to phase 3...*

## Slide Fitness

Slide fitness is our newest water fitness class. It is a medium to high intensity workout combining circuits both in and out of the water. Expect to run the river, strength train in the lake, then head up the steps to take an exhilarating plunge down our body slide. This class is fast-moving and fun!



# SAFETY CLASSES



## ALL OF OUR HEALTH & SAFETY COURSES:

- Align with OSHA's Best Practices for Workplace First Aid Training
- Free online refreshers
- Free digital Participant Manuals
- Digital certification valid for two years after successful completion

## FOR YOUR HEALTH:

- Each student will be able to use their own mannequin when applicable
- Mannequins are thoroughly cleaned after each course
- Clean lender masks will be available for class use
- Participants may wish to purchase their own CPR mask. Masks are available for purchase at the Recreation Center
- Courses adhere to the American Red Cross Covid-19 guidance for social distancing

## Basic Water Rescue\*

The American Red Cross Basic Water Rescue provides those who participate in aquatic activities or work around water with the knowledge and skills necessary to prevent, recognize and respond to aquatic emergencies. Ideal course for public safety personnel, camp staff and day trip leaders, daycare workers, schoolteachers, aquatic fitness instructors, aquatic therapists, parents, and general public. This class consists of in-class lecture and in-water skills and meets WA DOH code for Shallow Water Attendant.

12 YRS AND UP

11271 Nov 22 Sun 4:45–8:45pm \$49/\$40\*

Location: Lynnwood Recreation Center, Conference Room

## Junior Lifeguard\*

Learn about personal 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

11225 Oct 3–10 Sat 12–5pm \$46/\$40\*

11226 Dec 5–12 Sat 12–5pm \$46/\$40\*

Location: Lynnwood Recreation Center

## Lifeguard Training\*

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

15 YRS AND UP

11230 Oct 4–Nov 8 Sun 3:30–6:30pm \$210/\$176\*

11231 Dec 21–30 Mon/Tue/Wed 12–6pm \$210/\$176\*

Location: Lynnwood Recreation Center

**\* Due to social distancing guidelines registration for this course will tentatively begin in Phase Three.**

## Online—Water Safety for Parents and Caregivers

While aquatic environments create beautiful environments that offer years of fun and activity for families, they can also be a significant threat to children in the home or in the community. The Water Safety for Parents and Caregivers Online Course focuses on developing an awareness of the risks of drowning and how to minimize those risks, especially for young children. This online course lets you work at your own pace & schedule in this engaging and interactive course. Parents and caregivers will learn about the concepts of the circle of drowning prevention, water competency and the chain of drowning survival. It also provides guidance for applying water safety to common environments and situations where children are most at risk for drowning.

13839 Sep 1–Dec 29

Free

## Lifeguard Training Review\*

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

17 YRS AND UP

11261 Sep 25–27 Fri 8:15–9:30pm \$105/\$90\*

Sat 12:30–7:30pm

Sun 4–9:30pm

11264 Oct 23–25 Fri 8:15–9:30pm \$105/\$90\*

Sat 12:30–7:30pm

Sun 4–9:30pm

11268 Nov 27–29 Fri 8:15–9:30pm \$105/\$90\*

Sat 12:30–7:30pm

Sun 4–9:30pm

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 AND UP

11229 Nov 15 Sun 6:30–8:45pm \$69/\$60\*

Location: Lynnwood Recreation Center, Swimming Pool



## Adult CPR & AED – Blended Learning

This American Red Cross Course is designed to help participants recognize and respond appropriately to cardiac and breathing emergencies in Adults. With an emphasis on hands-on learning, students will learn the skills to save a life and knowledge to give immediate care to adults. This class is a blended learning course with an online pre-course session that needs to be completed before the in-person skills session.

### 14 YRS AND UP

11463 Oct 3 Sat 10–11:30am \$57/\$50\*  
Location: Fire Station 15, Training Room

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

This course provides participants with the vital knowledge they need to respond to a medical emergency appropriately and efficiently. Through a combination of self-paced eLearning and an instructor-led skill session, you will be able to practice, participate, and demonstrate the same skills and knowledge as a classroom-based courses. Students will learn about CPR and AED for Adults, Children, and Infants. As well as basic first aid skill. The American Red Cross online portion is an interactive experience where participants respond to real-world emergencies in a virtual setting.

### 14 YRS AND UP

13383	Sep 13	Sun	2–4pm	\$80/\$76*
13382	Sep 19	Sat	2–4pm	\$80/\$76*
11377	Sep 19	Sat	10am–12pm	\$80/\$76*
11380	Sep 21	Mon	1:30–3:30pm	\$80/\$76*
11381	Oct 17	Sat	10am–12:30pm	\$80/\$76*
11386	Oct 19	Mon	1:30–3:30pm	\$80/\$76*
11388	Nov 07	Sat	10am–12pm	\$80/\$76*
11390	Nov 16	Mon	1:30–3:30pm	\$80/\$76*
13384	Dec 05	Sat	10am–12pm	\$80/\$76*
11392	Dec 14	Mon	1:30–3:30pm	\$80/\$76*
11394	Dec 19	Sat	10am–12pm	\$80/\$76*

Location: Fire Station 15, Training Room



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

## First Aid—Blended Learning

Effective first Aid training greatly improves a person's chance of survival and recovery after being injured or a medical emergency. Learn to recognize, assess, and respond quickly, efficiently, and confidently to common injuries including cuts, burns, environmental emergencies and more. Offered in a blended learning format (online learning with instructor-led skill session).

### 11 YRS AND UP

11523 Nov 21 Sat 2–2:45pm \$49/\$44\*  
Location: Fire Station 15, Training Room

## Pediatric CPR & AED—Blended Learning

CPR for Children and infants can save a life! Learn how to respond to cardiac or breathing emergencies and how to help until medical personnel arrive and take over. Perfect for Babysitters, day care workers, camp staff and parents. This course is offered in a Blended Learning format with a pre-course on-line session that must be completed before the in-person skills session. Pair this course with one of our First Aid courses or babysitting courses.

### 11 YRS AND UP

11521 Nov 21 Sat 10am–12pm \$57/\$50\*  
Location: Fire Station 15, Training Room

## First Aid, CPR & AED Instructor

American Red Cross Instructors are an elite group of professionals who teach valuable lifesaving skills to an average of more than 9 million people a year and City of Lynnwood Instructors teach over 900 people a year. This has won us the lifesaving provider of the year for four years running.

This course will train instructor candidates to teach basic-level American Red Cross First Aid, CPR and AED courses. In order to participate in this course, you must possess a current basic-level CPR/AED (or higher level) certification or equivalent. This is a blended learning course consisting of online content, a pre-course skills session and classroom segments.

### 18 YRS AND UP

11228 Oct 10–12 Sat–Mon 10am–4pm \$210/\$176\*  
Location: Fire Station 15, Training Room  
Instructor: Andrea Robertson

## Online—Anaphylaxis and Epinephrine Auto-Injector

This online course will teach you the signs and symptoms of anaphylaxis and how to care for a person having a severe allergic reaction, including how to administer epinephrine using an auto-injector device. The course, which includes video, activities that reinforce key information and a learning assessment, will take approximately 30 minutes to complete. Upon registration, you will receive an email with information on how you can request a free EpiPen (epinephrine) Auto-Injector training device.

### 10 YRS AND UP

13833 Sep 1–Dec 29 \$33/\$30\*

## Online—Bloodborne Pathogens Training

Designed for those who are at risk for on the job exposure to blood and other bodily fluids in the workplace. The course teaches staff how bloodborne pathogens are spread, how to avoid exposure and what to do if exposed to infectious material. This course is one of the requirements of the OSHA Bloodborne Pathogens Standard. After taking this course, students should talk with their employer about their workplaces specific policies and procedures. Those who complete the training receive a Bloodborne Pathogens Training certification valid for one year.

### 10 YRS AND UP

13834 Sep 1–Dec 29 \$33/\$30\*

## Online—Cat and Dog First Aid

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. This course is desktop and tablet compatible.

### 10 YRS AND UP

13832 Sep 1–Dec 29 \$22/\$19\*

**Online Safety Classes**  
continued on Page 30 →

# ADULTS



## Continuing Irish Dance Online

Join Kat Erickson of Cladach Irish Dance for an all levels Irish Dance class! The first thirty minutes we will warm up with basic techniques, followed by thirty minutes of steps in soft-shoe, and end with thirty minutes of advanced hard-shoe group Ceili dancing. Class is designed for beginning and advanced levels. Stay for the entire class to build upon your skills, or practice the basic techniques and just watch advanced students perform hard-shoe. Monthly payments available. This class will run in the online format until we have reached Phase 4. During Phase 4 this class will return to meeting in person.

### 9 YRS AND UP

12002 Sep 17–Dec 10<sup>▼</sup> Thu 6–7pm \$144/\$120\*

Location: Online

Instructor: Katherine Erickson

▼ No Class Nov 26

## 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. **Program will begin in Phase 3.**

### 9 YRS AND UP

11528 Oct 28–Dec 9<sup>▼</sup> Wed 7:30–9pm \$240/\$204\*

Location: Lynnwood Recreation Center, Conference Room

Instructor: Kontagious Performing Company

▼ No Class Nov 25



**Register Early!**

Avoid Disappointments  
\*See cancellation policy  
on page 31.

## Ballet: Adult and Teens Online

This is an online class via Zoom. Come learn the fundamentals of ballet in an environment geared towards adults! Focus on techniques, artistry, and balance. As we explore movement at the barre and center floor. Monthly payments available. This class will run in the online format until we have reached Phase 4. During Phase 4 this class will return to meeting in person.

### 13 YRS AND UP

11371 Sep 17–Dec 10<sup>▼</sup> Thu 7–8pm \$144/\$120\*

Location: Online

Instructor: Katherine Erickson

▼ No Class Nov 26

## Halloween (Drive-Thru) Hullabaloo

Bring the family in their Halloween costumes to our daytime family-friendly "Halloween Drive-Thru Hullabaloo." Participants will drive through our "Candyland Forest" for socially distanced trick or treating! Please register for a time slot. Car decorations highly encouraged!

11466 Oct 31 Sat 2–5pm Free



## 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!

**Program will begin in Phase 3.**

### 13 YRS AND UP

11275 Oct 29–Dec 3<sup>▼</sup> Thu 4–5:30pm \$50/\$42\*

Location: Lynnwood Recreation Center,  
Conference Room

Instructor: Jolene Stinson

▼ No Class Nov 26

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





### Spanish for Beginners Online

Marianne is a native Spanish speaker. She will incorporate cultural aspects of the Spanish speaking world in her class. This is an online class 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 focus on basic pronunciation. And the use of simple phrases and expressions.

11376 Sep 15–Dec 8 Tue 7:10–8:40pm \$132/\$111\*

#### Spanish for Beginners 2 Online

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

11375 Sep 14–Dec 7<sup>▼</sup> Mon 7:30–9pm \$132/\$110\*

#### 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.

11374 Sep 15–Dec 8<sup>▼</sup> Tue 5:30–7pm \$132/\$111\*

#### Spanish for Beginners 4 Online

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

11373 Sep 17–Dec 10<sup>▼</sup> Thu 7:10–8:40pm \$132/\$111\*

#### 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 conversation and many aspects of the Spanish language.

11372 Sep 17–Dec 10<sup>▼</sup> Thu 5:30–7pm \$132/\$111\*

Location: Online

Instructor: Marianne Schulze

▼ No Class Nov 24, 25, 26

### Hula for Everyone

WALK IN, HULA OUT!!! Hula is for everyone, beginners welcome. We begin with basic steps and hand motions and continue on to learn beautiful hulas both old and new. Every class begins with a review so that new students are able to merge with the current class. A joyful class. Wear something loose and comfy.

**Program will begin in Phase 3.**

12 YRS AND UP

11221 Oct 27–Dec 1 Tue 6:30–7:30pm \$60/\$48\*

Location: Lynnwood Recreation Center, Room 102

Instructor: Jeanne Porter

### Tae Kwon Do: Adult and Teens

Tae Kwon Do is an easy-to-learn Korean Martial art. An outstanding form of physical fitness, and an effective self-defense technique. 6th degree black belt instructor, Derek McClinton, brings the art to you in a safe and fun way. **Program will begin in Phase 3.**

13 YRS AND UP

11235 Nov 3–Dec 17<sup>▼</sup> Tue/Thu 6–6:55pm \$123/\$110\*

Location: Lynnwood Recreation Center, Room 101

Instructor: Derek McClinton

▼ No Class Nov 26



### 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. Session is nine classes long. Monthly payments available. **Program will begin in Phase 3.**

16 YRS AND UP

11222 Sep 30–Nov 25 Wed 6:30–8pm \$90/\$75\*

Location: Lynnwood Recreation Center, Room 102

Instructor: Virginia Miscione

# ONLINE PROFESSIONAL DEVELOPMENT



Take one or two courses—or all three for a certification—and save money!

All courses are online-only and are for ages 16 and up.

## Certificate in Accounting and Finance for Non Financial Managers—Online

Every successful person in the workplace utilizes financial information to aid effective decision making. 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.

First, 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.

Then find out what you need to know about cash. Cash 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.

Finally, acquire advanced knowledge on the financial information that drives your organization. See how business reports are assessed and analyzed. 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.

12429      Sep 8–Nov 27      Mon–Fri      \$495

### Courses

#### Accounting and Finance for Non Financial Managers

11295      Sep 8–Oct 2      Mon–Fri      \$195  
Instructor: Sharon deFonteny

#### Cash is King

11296      Oct 5–30      Mon–Fri      \$195  
Instructor: Jodie Trana

#### Financial Analysis & Planning for Non Financial Managers

11299      Nov 2–27      Mon–Fri      \$195  
Instructor: Jodie Trana

# ONLINE PROFESSIONAL DEVELOPMENT



## 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.

Begin with getting a basic understanding of how to analyze data in a business setting. Then learn how many of your business decisions involve comparing groups for differences. You will know the statistics behind these group differences and relationships. Finally you will find out how to perform inquiries that will be useful to your business or organization, and have the skill necessary to communicate these results through graphs and text that your fellow employees will understand.

Whether your business is home based or a large company, this certificate will take you to the next level where important decision-making is concerned.

12430      Sep 8–Nov 27      Mon–Fri      \$495

### Courses

#### Introduction to Data Analysis

11280      Sep 8–Oct 2      Mon–Fri      \$195  
Instructor: John Rutledge

#### Intermediate Data Analysis

11281      Oct 5–30      Mon–Fri      \$195  
Instructor: Mary Dereshivsky

#### Advanced Data Analysis

11282      Nov 2–27      Mon–Fri      \$195  
Instructor: Jeff Kritzer

## 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.

12434      Sep 8–Nov 27      Mon–Fri      \$495

### Courses

#### Business Writing

11307      Sep 8–Oct 2      Mon–Fri      \$195  
Instructor: Dionne (Dee) Felix

#### Effective Copywriting

11308      Oct 5–30      Mon–Fri      \$195  
Instructor: Kathryn Lynch-Mori

#### Writing News and Press Releases

11309      Nov 2–27      Mon–Fri      \$195  
Instructor: William A. Draves

## Spanish for Medical Professionals—Online

Are you frustrated by the communication gap that can occur between you and your Spanish-speaking patients? If you answered yes, this Spanish class—designed specifically for healthcare professionals—will help you bridge that gap. You will practice the basic, practical language skills needed to effectively communicate with your Spanish-speaking patients and their families. You will learn the basics of the language, gain an understanding of the culture, and know how to ask the questions crucial to quality healthcare.

Whether you speak some Spanish and need a refresher, or speak no Spanish, you will complete the course with the skills you will need to effectively communicate with your Spanish-speaking patients.

11306      Sep 8–Oct 30      Mon–Fri      \$290  
Instructor: Cristina Sempé

# ONLINE PROFESSIONAL DEVELOPMENT

## Certificate in 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 stakeholders for quick resolution, including project cancellation.

Project management is one of the fastest paths to promotion by increasing your network through greater exposure.

First, 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. Then acquire a well-rounded knowledge of the five Project Management Processes relating to the Project Management Body of Knowledge 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.

Finally, learn the ten Project management Knowledge Areas and their support role and relationships to the five Project Management Processes.

12431 Sep 8–Nov 27 Mon–Fri \$495

### Introduction to Project Management

11283 Sep 8–Oct 2 Mon–Fri \$195

Instructor: Andy Stanhope

### Project Management Processes

11284 Oct 5–30 Mon–Fri \$195

Instructor: Christina Martinez

### Project Management Knowledge Areas

11285 Nov 2–27 Mon–Fri \$195

Instructor: Andy Stanhope



## All courses are online-only and are for ages 16 and up.

## 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.

12433 Sep 8–Nov 27 Mon–Fri \$495

## Courses

### Introduction to Six Sigma Green Belt

11303 Sep 8–Oct 2 Mon–Fri \$195

Instructor: Scott Follett

### Intermediate Six Sigma Green Belt

11304 Oct 5–30 Mon–Fri \$195

Instructor: Scott Follett

### Advanced Six Sigma Green Belt

11305 Nov 2–27 Mon–Fri \$195

Instructor: Scott Follett

## Supervisory & 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.

11310 Sep 8–Oct 30 Mon–Fri \$395

Instructor: Sally Klaus

# ONLINE PROFESSIONAL DEVELOPMENT



## 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.

Whether you are new to social networks or already involved, you will come away with both an understanding of social networks and practical, how-to techniques to integrate social networks into your organization or business. Your instructors are outstanding practitioners who also speak, write, and train others on social networks.

12436      Sep 8–Nov 27      Mon–Fri      \$495

### Courses

#### Introduction to Social Media

11286      Sep 8–Oct 2      Mon–Fri      \$195  
Instructor: Dr. Jennifer H. Selke

#### Marketing Using Social Media

11287      Oct 5–30      Mon–Fri      \$195  
Instructor: Nicole Siscaretti Doyle

#### Integrating Social Media in Your Organization

11288      Nov 2–27      Mon–Fri      \$195  
Instructor: Dr. Jennifer H. Selke

## 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.

12435      Sep 8–Nov 27      Mon–Fri      \$495

### Courses

#### Improving Email Promotions

11292      Sep 8–Oct 2      Mon–Fri      \$195  
Instructor: Dan Belhassen & Susan Hurrell

#### Boosting Your Website Traffic

11293      Oct 5–30      Mon–Fri      \$195  
Instructor: Dan Belhassen & Susan Hurrell

#### Online Advertising

11294      Nov 2–27      Mon–Fri      \$195  
Instructor: Dan Belhassen & Susan Hurrell

## 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.

12432      Sep 8–Nov 27      Mon–Fri      \$595

### Courses

#### Management Boot Camp

11300      Sep 8–Oct 2      Mon–Fri      \$295  
Instructor: Sally Klauss

#### Collaborative Management

11301      Oct 5–30      Mon–Fri      \$245  
Instructor: Joyce Odidison

#### Managing Generations in the Workplace

11302      Nov 2–27      Mon–Fri      \$175  
Instructor: Kassia Dellabough

# The Messenger

LYNNWOOD SENIOR CENTER



*Fall 2020  
Special Edition*

## What's Happening at Lynnwood Senior Center

It looks like LSC will remain closed for the time being. While we wait to reopen at Safe Start Phase 3, we're focusing on things you can do with us *now*, things you can start *today*. There are more classes in development, and I'd like to hear any suggestions from you. Give me a call, 425-670-5051. *Mary-Anne*

You can call LSC between 10:00am—noon for information and to register for the following programs. **Classes are held remotely via Zoom or telephone. Registration is required for meeting code access.**

### Upcoming Zoom Presentations

#### Your Kidney Health

A renal dietitian will teach you about the best nutrition for your kidneys. You'll get information about what to shop for and tips on healthy eating. The next presenter will talk about why kidneys are so important to your health. You will learn kidney basics such as practical tips and tools to keep them healthy.

Friday, September 18, 1-2:30pm. Free

#### Staying Independent

Keep living your life to the fullest at home by avoiding this one accident that can end your independence. Imagine having to give up your house, car and walking—it can all happen in a split second. Learn steps to avoid this from happening. This is one presentation you won't want to miss.

Friday, September 25, 1-2pm. Free

### Services

#### NEW

#### Foot Care

This service includes a foot soak, nail trim, and a foot massage from a licensed esthetician. Call LSC to schedule your thirty-minute appointment. Pre-registered appointments only, no drop-ins. Please wear a mask.

Mondays 9—2:00pm.

\$30, or \$25 for LSC members.

### The Great Outdoors

**Teed Off Golf** is every other Thursday through October. Free.

#### Outdoor Recreation Folks Zoom Chat

It's been a long time since we've gathered on an outdoor recreation trip, so this is your chance to catch up and learn what everyone has been up to. Share how you have been keeping busy during the pandemic. Please join us, we'd love to hear from you. Contact the front desk for more information and to register.

Wednesday, September 23, 11am-12pm. Free



#### Nature photography

Capture that perfect shot with your smartphone or camera. Trip Leader and photographer Del Smith will show you some techniques and features to enhance your photos. He'll hold class on the Mesika Trail, a wooded nature trail behind LSC. Wear comfortable athletic shoes to walk on a quarter mile dirt trail. Bring a camera or smartphone and a mask to class. This is an outside small group activity allowing for social distancing. Pre-Registration required. Friday, October 9, 10-11am. Free

#### Bellevue Zipline

Experience what it is like to be a bird for a day. Up in the trees, you will get to zip on 7 lines and walk over two bridges. Professional guides will give you training on safety and lead you through the forest. Requirements include the ability to climb ladders and some short steep hills.

- Address and instructions will be available when you register
- Purchase of \$3 gloves at the outfitter will be required
- Meet up at the Zipline Outfitter Monday, September 14, 9:40am. \$95; or \$89 for LSC members. Ongoing registration

## **Fitness Classes**

### **SAIL Fitness Zoom**

Stay Active & Independent for Life was developed by the Washington State Department of Health for older adults. This is an intermediate level class, designed for both seated and standing positions.

Tuesdays or Thursdays, 10:45am—noon. Monthly cost for Tuesday is \$15, Thursday is \$12, or you can do both for \$27.

### **NEW**

### **Flow Yoga 62+ Zoom**

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. Tuesdays or Thursdays, 9:15—10:05am. Monthly cost for Tuesdays is \$25, Thursday is \$20, or you can do both for \$45.

### **NEW**

### **Vinyasa Yoga Zoom**

Vinyasa yoga practice links breath with movement and supports the postures in a flowing sequence. Improve your strength, flexibility, balance, and mobility through practicing standing and floor yoga poses. This class is designed to meet the needs of older adults of all experience levels. Adults of all ages are welcome. Please bring a mat to class.

Fridays, 9:15—10:15am. Monthly cost is \$20.



## **Classes & Activities**

### **Knitting Social Zoom**

Spend some time with other knitters for conversation and advice. Meetings are Mondays, 10:00am to noon. \$5 per month; free for LSC Members

### **German Talk Time Zoom**

This is a conversational class for those with some German Language experience. Meetings are Mondays, 1:00 to 2:30pm. \$5 per month; free for LSC Members

### **Chatterboxes Social Club Zoom**

This social club is talking about whatever, doing whatever and enjoying the companionship of a great group of ladies. Join the group and enjoy the conversation on Fridays, 1:00 to 2:00pm. \$5 per month; free for LSC Members

### **Our Choices & Understandings Zoom**

In a discussion group format, explore ideas of how to develop a better understanding of yourself and how to help others understand you better. Discussion group meets 12:00 to 1:00pm. \$5 per month; free for LSC Members

### **Book Discussion Group Zoom**

Online group discussion is from 2:30 to 4:00pm on 4th Tuesdays. Upcoming books:

September Selection

*The Lacuna* by Barbara Kingslover

October Selection

*Radium Girls* by Kate Moore

November Selection

*Last Bus to Wisdom* by Ivan Doig

December Selection

*Like a Mule Bringing Ice Cream to the Sun* by Sarah Ladipo Manyika

\$5 per month; free for LSC Members

### **NEW**

### **Game Night**

Experience the new way to game with friends. We'll moderate Zoom friendly games like Trivia, Charades, and Name that Tune, you bring the competitive spirit.

Wednesday, September 23, 4—5:00pm  
\$5 per month; free for LSC Members

### **Crimson Cutie Zoom**

Crimson Cuties meet monthly 11:30am on first Wednesdays. \$5 per month; free for LSC Members

# ZOOM Quick Start Guide

Zoom is a free online meeting space that you can access from home using your telephone or a computer. You do not need a computer to join! Below is a guide on how to use Zoom.

## EASIEST WAY TO CONNECT:

If you receive an email with a [hyperlink](#) like this:

Join Zoom Meeting

<https://lynnwoodwa.zoom.us/j/92311547238?>

Click the active link (blue underlined) to automatically go to the meeting. Or, if the link is not active, copy and paste it into your web browser, and hit enter.



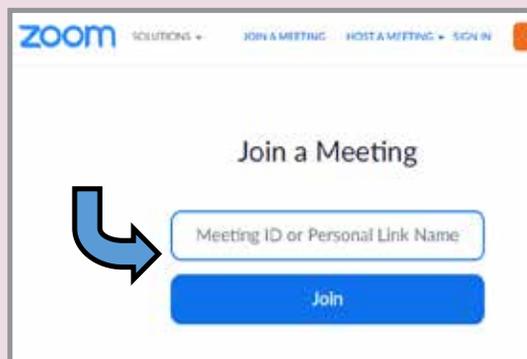
## JOIN BY TELEPHONE (non-video, voice only)

- 1) Call one of the access numbers given by your Zoom host. Check your long distance plan for rates.
- 2) Enter the **Meeting ID #** when the automated system prompts you.
- 3) Press **#** again to skip Participant ID and go the next step.
- 4) Enter your **Passcode**.
- 5) You have successfully joined the meeting! You may hear talking from other members who have already joined, or you may need to wait until the host opens the full meeting for all.



## JOIN BY COMPUTER, SMARTPHONE, OR TABLET

- 1) **Computer**— Enter **zoom.us/join** in your web browser (Google, Firefox, Safari, etc.) You do not need to sign in or have an account to attend meetings.
- 2) Enter the **Meeting ID** (and Passcode if required) and click **Join**



- 3) **Smartphone or tablet**—Download the Zoom app and set up a free account. Open the app and enter the Meeting ID, etc. as in step 2 above.
- 4) After joining the meeting, you may be prompted to “Join by Video” and “Join by Audio” so you can be seen and heard. Look for the small mic and camera icon to turn options on or off.



## SAFETY CLASSES (continued)

### Online—First Aid for Opioid Overdoses

The First Aid for Opioid Overdoses Online course will provide you with the knowledge and confidence you need to respond to a suspected opioid overdose emergency. You will learn to identify the signs and symptoms of a suspected opioid overdose and then the appropriate care to provide based on the responsiveness of the person. This course includes information on how to use several different naloxone products -- a nasal atomizer, Narcan and EVZIO -- to reverse the effects of an opioid overdose. This interactive course includes audio and video and takes approximately 45 minutes to complete.

10 YRS AND UP

13835 Sep 1–Dec 29 \$28/\$25\*

### Online—First Aid for Severe Bleeding

The First Aid for Severe Bleeding Online course will prepare you to recognize severe, life-threatening bleeding emergencies and to take action to stop the flow of blood. You will learn how and when to control bleeding by applying a tourniquet and hemostatic dressing. This interactive course includes audio and video and takes approximately 30 minutes to complete. You must pass a final quiz to complete the course.

10 YRS AND UP

13836 Sep 1–Dec 29 \$28/\$25\*

### Online—Psychological First Aid: Supporting Yourself & Others During COVID-19

The uncertainty associated with a global health crisis like COVID-19 challenges everyone's ability to cope. This course will help you to build resilience and support yourself and others through this crisis by reviewing basic principles of providing psychological first aid, including how to recognize and manage stress in yourself and in others and how to lend support to family members, friends and coworkers during and following the COVID-19 outbreak.

10 YRS AND UP

13837 Sep 1–Dec 29 \$18/\$15\*

### Online—Returning to Work During COVID-19-Safe Work Practices

This online only course provides guidance to employees about actions they can take to keep themselves, their coworkers, their families and their community safe as business reopen and workers return to work. It also provides employees with insight into new or modified policies and procedures that business owners may implement to maintain a safe work environment and protect employee's health during the COVID-19 outbreak. The estimated course length is 1 hour.

14 YRS AND UP

13838 Sep 1–Dec 29 \$18/\$15\*

# Become a Friend of Scriber Lake!

The City of Lynnwood is partnering with the Lynnwood Parks & Recreation Foundation and EarthCorps to support volunteer projects, a trail renovation, and a future park improvements at Scriber Lake.

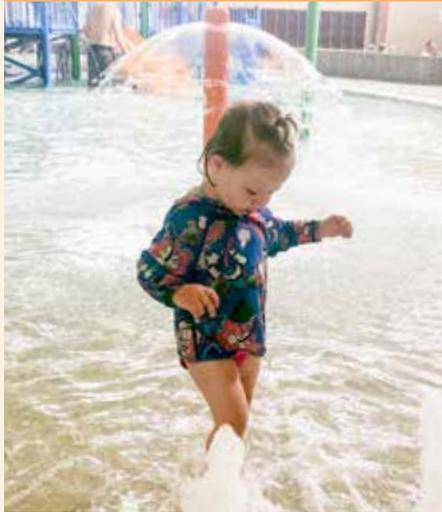
#### Ways to become a Friend:

- Join our first volunteer service event on September 26th
- Make a donation at [www.lynnwoodparksfoundation.org](http://www.lynnwoodparksfoundation.org) and mark your donation for "Friends of Scriber Lake"
- Sign-up for eNews to learn about future events at [www.LynnwoodWa.gov/eNews](http://www.LynnwoodWa.gov/eNews)

*Scriber Lake is a 22-acre, wooded park with walking trails and an overwater boardwalk in the heart of Lynnwood. Originally purchased in the 1970's and developed in 1982, the park's forested areas have matured and become overgrown in places. The City is creating a Habitat Management Plan with EarthCorps to guide a sustainable approach to restoring the park's natural areas.*



# INFORMATION & POLICIES



## General Information

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

- Labor Day: Monday September 7
- Thanksgiving: Thursday, November 26
- Christmas Eve: Thursday, December 24
- Christmas Day: Friday, December 25

**CHANGES & ERRORS** We strive to produce the most accurate guide possible. However, some program information may have changed after this guide has gone to print. We apologize for any errors in the brochure and encourage you to visit [www.PlayLynnwood.com](http://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](mailto: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](mailto: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](http://www.lynnwoodwa.gov) for detailed info on available positions to join the City of Lynnwood team. If you are an independent contractor interested in offering a class, call to inquire for a program proposal packet. Visit our website or call 425-670-5732.

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

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

**CREDITS** Cover: Staff; Editor: Steve Hoard; Design and Layout: Philips Publishing Group. Printing: Journal Graphics.

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

## Swim Ticket Advance Purchase

Swimmers can pre-purchase swim tickets to guarantee their entrance into an open swim two weeks in advance. To purchase swim tickets in advance please call 425-670-5732. All children five years and younger must be accompanied by a paying adult in the water. Print and present your ticket on the day of your open swim. Refunds and transfers must be requested 72 hours in advance of your swim through customer service; a refund fee will apply. Unused tickets will not be refunded, and are not transferable to another swim.

## 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.



DIGITAL VERSION OF  
THIS PUBLICATION  
AVAILABLE ANYTIME AT  
[WWW.PLAYLYNNWOOD.COM](http://WWW.PLAYLYNNWOOD.COM)

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

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

**REFUNDS** 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. Some trips and courses include pre-ordered tickets and items that are non-refundable.

## 3 Ways to Register for Lessons



**Click: Register online**  
Starting at midnight of the registration dates at [cityoflynnwood.perfectmind.com](http://cityoflynnwood.perfectmind.com)



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



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





# ONLINE PROFESSIONAL DEVELOPMENT



Take one or two courses—or all three for a certification—and save money! *PAGE 22*



# Halloween (Drive-thru) Hullabaloo

Saturday, October 31 • 2–5pm • Free!

Bring the family in your Halloween costumes to our daytime family-friendly "Halloween Drive-Thru Hullabaloo." Participants will drive through our "Candyland Forest" for socially distanced trick or treating!

Please register for a time slot.  
Car decorations highly encouraged!