



CITY OF
ISSAQUAH
PARKS & RECREATION

RECREATION GUIDE

WINTER 2016/2017



INSIDE

ART CLASSES

EVENTS

FITNESS CLASSES

HIKES & TRAILS

SENIOR PROGRAMS

SWIM LESSONS

TEEN PROGRAMS

AND

SUMMER DAY CAMPS



SUMMER Day Camps

**Mighty Mites
Kindercamp**

**Camp 'Quah
Adventure Camp**

ONLINE REGISTRATION STARTS MARCH 5!



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COMMUNITY CENTER 425-837-3300 

POOL 425-837-3350 

issaquahparks@issaquahwa.gov 

issaquahwa.gov/parks 

@cityofissaquah    

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REGISTRATION

EASY REGISTRATION

Registration starts soon!

- Specialized Recreation: Nov. 14
- Winter Programs: Nov. 16
- Preschool: Feb. 8
- Summer Camp (online): March 5

Go to issaquahwa.gov/register, or call the Community Center at 425-837-3300 or the pool at 425-837-3350.

Payments are accepted with a Visa or MasterCard. The minimum charge is \$10.

New user? Once you sign up, your account will be activated within 24 hours.



Scholarships

The Parks & Recreation Department scholarships are generously funded by individual, corporate and community group donations.

To receive a recreation scholarship or discount, applicants must:

- Meet the City's income eligibility requirements.
- Live in Issaquah (youth or adults) or live within the Issaquah School District boundary (18 and under).

Each calendar year, the maximum scholarship awards are \$350 per participant and \$600 per family. Scholarships are available at 100 percent, 75 percent and 50 percent of program fees.

Applicants must provide proof of income eligibility with one of the following:

- DSHS services approval letter
- Documentation that applicant is a foster child
- Documentation that preschool-aged child is participating in Head Start
- Most recent tax return and W-2 income information

To learn more and apply, go to issaquahwa.gov/scholarships.

Cancellation & Refund Policies

Transfers into other class times or sessions will be granted if space is available (except for swim lessons).

Withdrawals requested five or more business days prior to the first class are subject to a \$10 fee.

Withdrawals requested less than five business days prior to the first class receive a 50 percent refund per registrant for each class.

No refunds will be issued after the first class.

If a program is cancelled due to low enrollment, a full refund will be issued.

No refunds are issued for classes less than \$10.

Returned checks will be assessed a \$40 fee.

Nonresident Fees

Participants who live outside of Issaquah’s city limits can expect to pay about 20 percent more than residents for certain parks and recreation programs.

The nonresident rate ensures that families living outside of Issaquah contribute to services on an equal basis with residents who pay City taxes.

Fair Play in Community Sports

The City of Issaquah complies with the State of Washington’s Fair Play in Community Sports Act (Chapter 467, 2009 Laws, effective date July 26, 2009) that prohibits discrimination against any person in a community athletics program on the basis of sex.

FACILITY USE FEES 

	DAILY	30 DAY	90 DAY	ANNUAL
Youth (high school and under)	\$4	\$20	\$50	\$175
Adult (18-61)	\$5	\$30	\$75	\$300
Military (with valid ID)	\$4	\$20	\$50	\$175
Family	\$12	\$60	\$150	\$500
Seniors (62+)	\$4	\$20	\$50	\$175
Gold Pass (Issaquah School District residents 62+)				\$25

HOURS & LOCATIONS



Julius Boehm Pool

50 S.E. Clark St.
Issaquah, WA 98027
425-837-3350

Office Hours

8 a.m. – 9 p.m. Mondays-Fridays
Noon – 4:30 p.m. Saturdays
Closed Sundays

Pool Hours

6:30 a.m. – 9:30 p.m. Mondays-Fridays
Noon – 5 p.m. Saturdays
Closed Sundays

Closures

- Dec. 23-26
- Jan. 2
- Jan. 16
- Feb. 20

Issaquah Community Center

301 Rainier Blvd. S.
Issaquah, WA 98027
425-837-3300

Office Hours

5 a.m. – 8 p.m. Mondays-Thursdays
5 a.m. – 5 p.m. Fridays
8 a.m. – 2:30 p.m. Saturdays
Closed Sundays

Center Hours

5 a.m. – 9 p.m. Mondays-Fridays
8 a.m. – 4 p.m. Saturdays
Closed Sundays

Winter Holiday
New Year's Holiday
Martin Luther King Jr. Day
Presidents Day

Parks, Fields & Picnic Shelters

Considering a family picnic or child's birthday party in the park? Picnic shelters at these parks are available for reservation:

- Central Park
- Tibbetts Valley Park
- Confluence Park

Have a team or group activity that requires the use of open space? Ballfields at these parks are available for reservation:

- Central Park
- Squak Valley Park
- Tibbetts Valley Park
- Veterans' Memorial Field

For more information, go to issaquahwa.gov/rent, call 425-837-3303 or email maras@issaquahwa.gov.

General Rentals

Reservations of the gym courts, View Room and Maple Room at the Community Center are available on a first-come, first-served basis.

MAKE A RESERVATION

Call 425-837-3300 (Community Center) or 425-837-3350 (pool).

Gym Rental Rate

- Weekdays: \$25/hour (\$30/hour nonresident)
- Weekends: \$35/hour (\$42/hour nonresident)
- Volleyball (Monday-Friday only): \$35/hour (\$42/hour nonresident)

Room Rental Rate

- Meetings: \$20/hour (\$24/hour nonresident)
- Party (gym not included): \$30/hour (\$36/hour nonresident)

Equipment Rental Rate

- Toddler toys: \$30/hour (\$36/hour nonresident)

Birthday Parties

Community Center

Birthday party rentals include 2.5 hours of reserved time for a room and two hours for a court, beginning on the hour or half hour, with options for a variety of gym activities, including floor hockey, basketball and whiffle ball. Toddler Time activities (ages 1-3) are an additional \$30 for residents, \$36 for nonresidents.

ROOM	CAPACITY	AVAILABLE AREA	SIZE	RATE
Maple	30	800 square feet	22x42 feet	\$100 resident \$120 nonresident
View	30	640 square feet	15x30 feet	\$100 resident \$120 nonresident

Julius Boehm Pool

Host a birthday party at the pool! Party packages include one hour in the pool with a party guard, and one hour in a private room for celebrations. Rental rate is \$135.

Just looking for a private space to gather after a practice or lesson? Private room only rentals are available as well! Rental rate is \$75 per hour.



Pickering Barn

Pickering Barn is a premier site for wedding ceremonies, receptions or your event.

Conveniently located in downtown Issaquah, the 12,000-square-foot Pickering Barn's spacious banquet rooms can accommodate up to 400 guests. Our courtyard provides a great outdoor space for wedding ceremonies and social gatherings.

For more information, go to issaquahwa.gov/pickeringbarn, call 425-837-3366 or email pickeringbarn@issaquahwa.gov.



Tibbetts Creek Manor

Tibbetts Creek Manor is a 7,000-square-foot, two-story, traditional home with country elegance and interior grace.

Sitting on three creekside acres, the manor provides the serene and picturesque ambiance needed to create a memorable setting for any occasion. Conveniently located in downtown Issaquah, Tibbetts Creek Manor can easily accommodate your indoor (130 guests) and outdoor event (175 guests).



For more information, go to issaquahwa.gov/tibbettscreekmanor, call 425-837-3366 or email tibbetts@issaquahwa.gov.

Preschool

We are excited to start our 20th school year in September 2017! With the ultimate objective of kindergarten readiness, our staff works with families to:

- Foster and encourage socialization
- Enhance listening skills
- Teach and increase cooperation

Classes are offered at the Issaquah Community Center and Memorial Park Center, both in downtown Issaquah. The preschool follows the Issaquah School District calendar of holidays and breaks.

More information and registration forms are available at issaquahwa.gov/preschool.

OPEN HOUSE

Planning ahead for the 2017-18 school year?

Open house events are scheduled for you to tour the classrooms, meet the teachers and ask questions.

Join us from 12:30-1:30 p.m. or 5:30-7 p.m. Jan. 18 at both Memorial Park Center and the Community Center.

2016-17 School Year

The 2016-17 school year is underway. Please call 425-837-3300 to inquire about openings and waitlists. Children must have been the correct age for the class by Aug. 31, 2016.

2017-18 School Year

Registration begins at 8 a.m. Feb. 8 at the Community Center. Numbered tickets will be distributed beginning at 7 a.m. Children must be the correct age for the class by Aug. 31, 2017. A \$50 deposit, plus the last month's tuition, is required at time of registration. Necessary paperwork can be found at issaquahwa.gov/preschool.



Toddler Time

Age: 3 and under

Join us for children's playtime! Our indoor playground at the Community Center includes cars, bikes, slides, wagons and lots of other active toys to discover! Parents are responsible for their own children. Food and beverages are permitted in the bleacher area. Toddler Time may be cancelled occasionally for special events or rentals. For more information, call 425-837-3300. Fee: \$2 per child.

- 8 a.m.-noon Mondays-Fridays

Technology

Scratch - Programming for Kids

Age: 8-11

Scratch is a programming language that makes it easy to create interactive art, stories, simulations and games. It was specifically created at MIT to encourage kids to learn the fundamentals of programming in a kid-friendly way. This is an introductory-level program where kids will learn concepts such as debugging, sequencing, loops, parallel programming, events and conditionals. Students need to bring their own laptop to class. Join instructor Charuta Apte at the Community Center. Fee for eight classes: \$195 for residents, \$234 for nonresidents.

- 9-10:30 a.m. Saturdays from Jan. 7-March 4 (No class on Feb. 18) #56593
- 4-5:30 p.m. Wednesdays from Jan. 11-March 8 (No class on Feb. 22) #56594

Learn to Mod Minecraft

Age: 8-14

Using LearnToMod, we will make new items, manipulate every aspect of the Minecraft world and design our own mini-games. We'll start with drag-and-drop Blockly programming and graduate to JavaScript. Students need to bring their own laptop to class with a working Minecraft ID. Join instructor Charuta Apte at the Community Center. Fee for eight classes: \$195 for residents, \$234 for nonresidents.

- 11 a.m.-12:30 p.m. Saturdays from Jan. 7-March 4 (No class on Feb. 18) #56595
- 6-7:30 p.m. Wednesdays from Jan. 11-March 8 (No class on Feb. 22) #56596

Memorial Park Center Location

Age: 3
9:30 a.m.-noon
Tuesdays and Thursdays
Monthly fee: \$183 for residents, \$219 for nonresidents
Teachers: Mrs. Vanessa and Mrs. Gigi

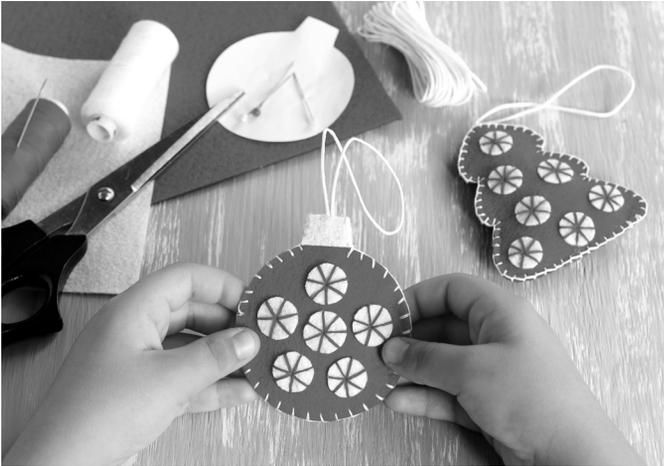
Age: 4
9:30 a.m.-noon
Mondays, Wednesdays and Fridays
Monthly fee: \$237 for residents, \$284 for nonresidents
Teachers: Mrs. Gigi and Mrs. Mellany

Community Center Location

Age: 3
9:30 a.m.-noon
Tuesdays and Thursdays
Monthly fee: \$183 for residents, \$219 for nonresidents
Teachers: Mrs. Mac and Mrs. Joanne

Age: 4-5 (Pre-K)
9:30 a.m.-noon
Mondays, Wednesdays and Fridays
Monthly fee: \$237 for residents, \$284 for nonresidents
Teachers: Mrs. Vanessa and Mrs. Ann

Age: 4-5 (Pre-K)
12:30-3 p.m. Mondays, Tuesdays and Thursdays
Monthly fee: \$237 for residents, \$284 for nonresidents
Teachers: Mrs. Mac and Mrs. Ann



Art

Smart with Art - Holiday Gift Making

Age: 6-11

Create a one-of-a-kind handmade gift for that special person in your life. We have to keep the gift a secret, but we promise it will be a keepsake in your home. Your art will come home giftwrapped ready for giving! Join us at the Community Center for this holiday extravaganza of creative fun! Fee: \$37 for residents, \$42 for nonresidents.



- 10 a.m.-noon Dec. 10 #55592

Smart with Art - Chalk Pastels Galore

Age: 6-11

Design a landscape and wildlife composition using chalk pastels. Working on colored paper, discover the effects of pastels by using rubbing and blending techniques. Look at Franz Marc's art and his use of vibrant colors for inspiration. Art will be matted and ready to go home at end of this workshop, which is held at the Community Center. Fee: \$29 for residents, \$35 for nonresidents.

- 10 a.m.-noon Jan. 28 #56600

Smart with Art - Printmaking Exploration

Age: 6-11

Discover seascapes as we explore printmaking while creating a collage. We will design our composition and work with printmaking tools and collage papers. See the art of Edward Hopper and his seascape paintings for inspiration. Each masterpiece will go home in a white matte frame. Held at the Community Center. Fee: \$29 for residents, \$35 for nonresidents.

- 10 a.m.-noon March 11 #56601

Art Sampler

Age: 5-8

Introduce your young artist to a variety of art medias, including but not limited to watercolors, clays, printmaking, acrylics, chalk, oil pastels and mixed media. Hands-on learning with step by step instruction. Lots of fun and excitement! Taught by Priyanka Parmanand of Crimson Canvas Arts at the Community Center. Fee for five classes: \$75 for residents, \$90 for nonresidents.

- 9:30-10:30 a.m. Saturdays from Jan. 7-Feb. 4 #56602
- 9:30-10:30 a.m. Saturdays from March 4-April 1 #56654

Sketching

Age: 11-14

Learn the fundamentals of drawing and sketching with pencil and charcoal. This exercise-based approach will help you find your own unique sketching style. Each class is designed to provide an imaginative experience at your skill level! Taught by Priyanka Parmanand of Crimson Canvas at the Community Center. Fee for five classes: \$75 for residents, \$90 for nonresidents.

- 11 a.m.-12:30 p.m. Saturdays from Jan. 7-Feb. 4 #55652
- 11 a.m.-12:30 p.m. Saturdays from March 4-April 1 #56653

Dance

Pre-Ballet & Jazz

Age: 3-4

These little dancers will learn jazz fundamentals, as well as ballet basics including positions, plie, saute and jete. Please wear comfortable dance wear and ballet shoes. Join instructor Kirsten Gilmore-Kiphart at the Community Center. Fee for 10 classes: \$115 for residents, \$138 for nonresidents.

- 10:30-11:10 a.m. Mondays from Jan. 9-March 27 (No class Jan. 16 or Feb. 20) #56578
- 11:15-11:55 a.m. Mondays from Jan. 9-March 27 (No class Jan. 16 or Feb. 20) #56579
- 4:15-4:55 p.m. Tuesdays from Jan. 10-March 21 (No class on Feb. 21) #56577

Ballet & Jazz

Age: 4-10

Learn to love dance through the introduction of ballet and jazz fundamentals. Positions, choreography and technique will all be taught. Wear comfortable dance wear and ballet shoes. Join instructor Kirsten Gilmore-Kiphart at the Community Center. Fee for 10 classes: \$125 for residents, \$150 for nonresidents

- Age 4-6: 4-4:55 p.m. Mondays from Jan. 9-March 27 (No class Jan. 16 on Feb. 20) #56580
- Age 4-6: 5-5:55 p.m. Mondays from Jan. 9-March 27 (No class Jan. 16 on Feb. 20) #56581
- Age 7-10: 5-5:55 p.m. Tuesdays from Jan. 10-March 21 (No class on Feb. 21) #56582

Ballet & Tap

Age: 4-10

Dabble in two types of dance as we explore the fundamentals of both ballet and tap. Positions, choreography and techniques will be taught in a fun atmosphere. Wear comfortable dance wear. Bring both ballet and tap shoes. Join instructor Kirsten Gilmore-Kiphart at the Community Center. Fee for 10 classes: \$125 for residents, \$150 for nonresidents.

- Age 4-6: 4-4:55 p.m. Wednesdays from Jan. 11-March 22 (No class on Feb. 22) #56574
- Age 7-10: 5-5:55 p.m. Wednesdays from Jan. 11-March 22 (No class on Feb. 22) #56575

Adult Tap

Age: 14+

Enjoy a fun atmosphere while getting a good workout! Tap basics, standards and time steps are some examples of what will be taught. Wear comfortable dance wear and bring tap shoes. Join instructor Kirsten Gilmore-Kiphart at the Community Center. Fee for 10 classes: \$115 for residents, \$138 for nonresidents.

- 7:30-8:10 p.m. Thursdays from Jan. 12-March 23 (No class on Feb. 23) #56584

Music

Guitar - Group Lessons

Age: 11+

In a fun small group setting, Instructor Ed Carlson will teach you the basic chords, major and minor scales, and alternate picking. You are bound to enjoy numerous “ah-ha” moments! Bring your own guitar to class, which is held at the Community Center. Minimum of two participants and a maximum of five. Fee for six classes: \$150 for residents, \$180 for nonresidents.

- 4-4:50 p.m. Tuesdays from Jan. 10-Feb. 14 #56585
- 4-4:50 p.m. Tuesdays from Feb. 28-April 4 #56586

Guitar - Private Lessons

Age: 11+

For those of you who would benefit from a private lesson, we are now offering the opportunity! Bring your own guitar to class. Instructor Ed Carlson, will teach to your level and ability at the Community Center. Fee for six classes: \$180 for residents, \$216 for nonresidents.

- 3-3:30 p.m. Tuesdays from Jan. 10-Feb. 14 #56590
- 3:30-4 p.m. Tuesdays from Jan. 10-Feb. 14 #56656
- 5-5:30 p.m. Tuesdays from Jan. 10-Feb. 14 #56587
- 5:30-6 p.m. Tuesdays from Jan. 10-Feb. 14 #56588



- 3-3:30 p.m. Tuesdays from Feb. 28-April 4 #56657
- 3:30-4 p.m. Tuesdays from Feb. 28-April 4 #56592
- 5-5:30 p.m. Tuesdays from Feb. 28-April 4 #56589
- 5:30-6 p.m. Tuesdays from Feb. 28-April 4 #56591

EVENTS



North Pole Bound

All ages

Write a letter to Santa Claus and slip it into the North Pole mailbox located in the Community Center lobby. Make sure that you include your name and mailing address!

When: Regular business hours, Nov. 29-Dec. 16
 Where: Community Center, 301 Rainier Blvd. S.
 Fee: Free

Father-Daughter Valentine Dance

Grades: K-5

Dress casual or formal — and arrive ready to dance and have a memorable evening! Light refreshments will be provided. The accompanying adult is welcome to bring more than one daughter for no extra cost. If you have daughters in both age groups, choose either timeframe. Photo packages are available through Northwest Sports Photography.

- When: Feb. 11
- Grades K-2: 4-6 p.m. #56597
 - Grades 3-5: 7-9 p.m. #56598

Where: Community Center, 301 Rainier Blvd. S.
 Fee: \$22 per adult for residents, \$26 for nonresidents with pre-registration; \$40 per adult at the door

Hobby & Volunteer Expo

All ages

Join us at our annual Hobby & Volunteer Expo to discover local clubs, hobby groups, service organizations and community activities for you and your family! To participate, email Cathy Jones at cathyj@issaquahwa.gov.

When: May 20
 Where: Pickering Barn, 1730 10th Ave. N.W.
 Fee: Free

HIKES & TRAILS



Tiger Mountain

Explore

Issaquah — nicknamed Trailhead City — is centered within the Issaquah Alps (Cougar, Squak and Tiger mountains).

With more than a dozen trailheads and 1,300 acres of open space in Issaquah alone, our community is a destination for countless outdoor enthusiasts.

We invite you to explore some of our favorite outdoor destinations, and find out why our nickname is Trailhead City!

#TrailheadCity

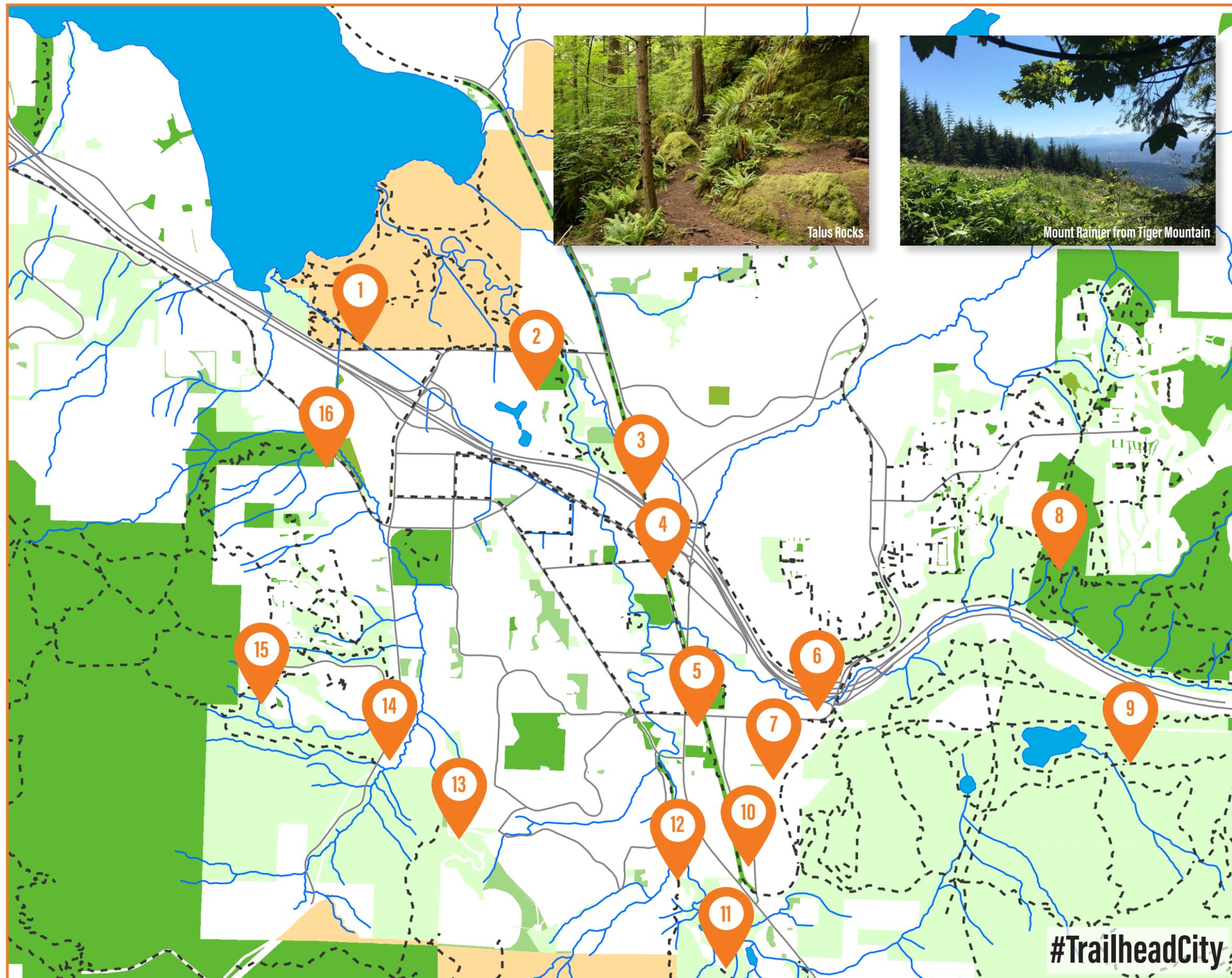
 **HIKES & TRAILS**



1. Lake Sammamish State Park Trail Access
2. Pickering Trail
3. Issaquah-Preston Trail Access
4. East Lake Sammamish Trail
5. Issaquah Trails House
6. East Sunset Way Trailhead
7. Park Pointe/Tiger Mountain Access
8. Grand Ridge Trail Access



9. High Point Trailhead
10. Rainier/Tiger Mountain Access Trail
11. Sycamore/Squak Mountain Access Trailhead
12. Squak Mountain Access Trail
13. Bullitt Fireplace Trailhead
14. Bear Ridge/Cougar Mountain Access Trail
15. Talus Bridge Trailhead
16. King County Precipice/Big Tree Trail



#TrailheadCity

HIKES & TRAILS



Favorite Hikes

Issaquah offers many opportunities to get outside and explore our natural environment. Whether you're in the mood for a family-friendly walk or something to get your blood pumping and your legs burning, try five of our favorite hikes to get better acquainted with our community's outdoor offerings.

Family

Lake Tradition

Tradition Plateau offers many flat, level and easily accessible trails perfect for families. A highlight is Zoe and the Swamp Monster, a 0.3-mile, self-guided tour along the plateau's Swamp Trail. The story and illustrations, created by a fifth-grade class, explain the importance of wetlands. Accessible from the East Sunset Way and High Point trailheads.

Issaquah-Preston Trail

You can walk or bike to explore a key link in the Mountains to Sound Greenway along Interstate 90. Accessible from the East Lake Sammamish Trail.

Squak Mountain Access Trail

Not far from downtown Issaquah is a way to access the natural wonder of Squak Mountain without experiencing a significant elevation gain. Accessible from the Sycamore and Squak Mountain Access trailheads.

Intermediate

Grand Ridge

With 7 miles of trails for hiking, horseback riding and mountain biking, Grand Ridge offers something for everybody — from routes with minimal elevation gain to steep climbs. As you explore, look for groves of Western red cedar, with some individual trees exceeding 5 feet in diameter. Accessible from Central Park.

10 ESSENTIALS

When you set out to explore the Issaquah Alps, or any trail, remember to fill your backpack with the 10 essentials — important items that could help save your life.

Carry these items and know how to use each one!

1. Map
2. Compass
3. Sunglasses and sunscreen
4. Extra clothing
5. Headlamp/flashlight
6. First-aid supplies
7. Firestarter
8. Matches
9. Knife
10. Extra food



Strenuous

Poo Poo Point

For incredible views of Issaquah, Lake Sammamish and Mount Rainier, embark on the journey to Poo Poo Point on West Tiger Mountain. Named for the logging whistles of Issaquah's past, the grassy clearing is a popular hiking destination and a launching point for paragliders. Accessible from the Park Pointe or Chirico trailheads.



Issaquah Community Center

Fitness Center

Treat yourself to a full body workout in the Community Center Fitness Center, which includes the latest in Precor machines, stationary bikes, stair climbers, elliptical cross-trainers and treadmills! Our facility features complimentary wi-fi, TVs with cable and towel service at the front desk.

Indoor Track

Looking for a place to continue your daily run or walk – rain or shine? Keep moving indoors on our track accessible on the second floor of the Community Center. Only walkers or joggers are allowed (please no strollers, riding toys or balls on the track). We ask that walkers stay to the inside of the track, and travel with no more than two people across. In total, 11.3 laps equals a mile!

Age Requirements

Customers can start using the fitness center and track at age 13, when accompanied by an adult. Anyone 16 and over can use the facilities unsupervised.

Fees

Use your membership pass, or pay the daily drop-in fee.

Drop-In Programs

Join us for basketball, pickleball or volleyball! Times and days of the week for each drop-in program are listed below.

Fees

Use your membership pass, or pay the following drop-in fee:

- 16-17 years old: \$4
- 18-61 years old: \$5
- 62+ years old: \$4
- Pickleball pass: \$35/24 visits

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Basketball Noon - 2 p.m.	Basketball 40+ Noon - 2 p.m.	Basketball Noon - 2 p.m.		Basketball Noon - 2 p.m.
	Pickleball Noon - 2 p.m.		Pickleball Noon - 2 p.m.	
Volleyball 6 - 9 p.m.	Basketball 6 - 9 p.m.			

Fitness Classes

Bad Dog Yoga

All ages

Experience an amazing sunrise yoga flow every Tuesday and Thursday at the Community Center. We'll get started on the mat at 6 a.m. and enjoy an energizing flow that will leave you feeling refreshed and ready to start your day! For more information, go to baddogyoga.com, or contact Danielle at 609-217-9859 or danielle@baddogyoga.com. Fee: \$15 for one drop-in class, \$60 for five classes, and \$100 for 10 classes.



- 6-7 a.m. Tuesdays and Thursdays

Every Way Fitness

Age: 18+

In this class at the Community Center, we do low impact aerobics, step aerobics, and circuit training, incorporating some yoga, Pilates, and all kinds of equipment, to achieve your fitness goals. Work at your own level to build cardiovascular fitness, coordination, strength, stamina, balance and flexibility. For more information, contact Kristina at 425-391-0404 or ktgravette@msn.com.

EVERY WAY FITNESS

- 8:15-9:15 a.m. Mondays, Wednesdays and Fridays

Jazzercise

All ages

Looking for a calorie-torching, hip-swiveling, Shakira'd-be-proud dance party workout, with a hot playlist to distract you from the burn? Our classes at the Community Center — Strike, Fusion, Core, Strength60 and Dance Mixx — will leave you breathless, toned and coming back for more. Stop working out. Start working it with Jazzercise! Registration is not required. For more information, go to jazzercise.com, call 425-761-8149 or email issaquahjazzercise@gmail.com.



- 5:45-6:45 a.m. Mondays, Wednesdays and Fridays
- 6-7p.m. Mondays through Thursdays
- 9:35-10:35 a.m. Mondays through Fridays
- 8 a.m. and 9 a.m. Saturdays

Mommy's Fit Zone

All ages

We carefully design and develop our classes using proven methods that deliver results! These efficient and challenging workouts are designed to boost your metabolism, burn fat, strengthen your muscles and, best of all, for you to bring your little ones along! For more information or to register, contact Thearany at mommysfitzone@gmail.com, 206-351-6394 or mommysfitzone.com.



- 9:30-10:30 a.m. Mondays, Wednesdays and Fridays

FIT Zone

All ages

Exit your Comfort Zone, and enter the FIT Zone! These efficient and challenging workouts are designed to be fun while producing the desired results. As an added bonus, become a part of a supportive and motivational community of like-minded people. Your first class is free. For more information or to register, contact Joan at joandandeneau@gmail.com or 904-403-1061.



- 6-7 a.m. Tuesdays and Thursdays
- 9:30-10:30 a.m. Mondays and Fridays

Tiger Kids - Self Defense Workshop

Age: 12+

This workshop will teach you your strengths and weaknesses in a fun, safe environment. You will learn about your natural weapons, zoning, awareness, proper body mechanics and more. Instructor Mitch Mayberry is trained and certified in a dozen martial art systems, and has taught for military and law enforcement in the Philippines. For more information, go to tigerkid.com. Fee: \$25 resident, \$30 nonresident.

- 7:30-9 p.m. Jan. 30 #56571

Tai Chi Chuan

Age: 18+

This internal Chinese martial art promotes health by reducing bodily tension and stress, improving balance and coordination, increasing joint flexibility, calming the breath and clearing the mind. The instructor has 23 years of tai chi experience. For more information and to register, contact Ted Libby at tigermt.taichi@yahoo.com. Fee: \$120 for 10 classes.

- Beginning Form I: 6:30-7:30 p.m. Wednesdays from Jan. 11-March 15 #56533
- Beginning Form II: 7:30-8:30 p.m. Wednesdays from Jan. 11-March 15 #56534
- Continuing Form: 6:30-8 p.m. Tuesdays from Jan. 10-March 14 #56535

Individual and Small Group Personal Training

Every Way Fitness

Age: 16+

A sore knee, shoulder or back doesn't have to keep you from exercising. There's always a modification that can be made. Post-injury or post-surgery — when you've used up your physical therapy allowance — Kristina can be your bridge to independent exercise. For more information, contact Kristina at 425-391-0404 or ktgravette@msn.com.

EVERY WAY FITNESS

30-Day Healthy Living Challenge

FIT Zone

A true detox is simply allowing the body to "get a break" and heal by eating whole, natural and non-allergenic foods to keep our bodies from producing their own toxic responses. Join a group of like-minded people as you journey through a 30-day kick start to healthy living. For more information, go to joansfitzone.com.



Personal Fitness / Nutrition Coaching

FIT Zone

Do you have goals to reach, but not sure how? Joan Dandeneau, a Precision Nutrition Certified coach is happy to help by designing a personalized program based on your goals and your lifestyle. For more information, go to joansfitzone.com. To schedule your free consultation, contact Joan at joandandeneau@gmail.com or 904-403-1061.





Swim Lessons

Join us for swim lessons!

Register at issaquahwa.gov/register or call 425-837-3350. Please register as soon as possible, as classes fill quickly.

All participants are required to take a swim assessment if they have not taken lessons at the Julius Boehm Pool in the last six months. Remember, children under the age of 6 must be accompanied by an adult in the water when taking a swim assessment, and during public swim.

DATES	DAYS OF THE WEEK	FEE
Jan. 4-25 (no class on Jan. 16)	Monday, Wednesday	\$60
Jan. 3-26	Tuesday, Thursday	\$80
Jan. 7-Feb. 18	Saturday	\$70 - \$105
Jan. 30-March 24 (no class Feb. 20-24)	Monday, Wednesday	\$100
Jan. 31-March 25	Tuesday, Thursday	\$100
March 4-April 8	Saturday	\$60 - \$90
March 13-April 5	Monday, Wednesday	\$80
March 14-April 6	Tuesday, Thursday	\$80

Parent and Child

Age: 6 months-3

Prerequisite: A parent or caregiving adult is required to accompany each child. Through the use of movement, toys, games and songs, parents and caregivers are given tools to enhance the understanding of water, and to learn safety in an aquatic environment. This class is not designed to teach young students to swim, but to assist students in becoming familiar and comfortable in and around a water environment.

Preschool Preparation

Age: 2.5-3.5

Prerequisite: A parent or caregiving adult is required to accompany each child. Classes are designed for students not quite ready to take preschool swim lessons independently but are ready to start learning basic swim and water skills. The parent or caregiver begins class in the water with their child. By mid-session, the parent or caregiver moves out of the water and students are left in the care of the instructor. Instructors focus on listening skills and following directions. Participants may advance to Preschool 1 when they are 3 years old.

Preschool 1

Age: 3-5

Prerequisite: None. With assistance and through the use of games, students begin to learn comfort, breathing, buoyancy and balance. They learn to how to be a participant in a class, have fun, listen to and follow the instructor's directions, as well as basic swim and safety skills.

Preschool 2

Age: 3-5

Prerequisite: Preschool 1 skills. Students build on basic skills learned in the previous level and learn to perform those skills independently. Swim equipment is utilized to add elements of fun and enhance the learning process.

Preschool 3

Age: 3-5

Prerequisite: Preschool 2 skills. Students add deliberate movement to all the skills from previous levels. Swim equipment, games and drills are used to enhance learning of deliberate movement.



Preschool 4 **Age: 3-5**
 Prerequisite: Preschool 3 skills. Using deliberate movement, distance is added to the skills, and students begin to refine their strokes and drills.

Preschool 5 **Age: 3-5**
 Prerequisite: Preschool 4 skills. Students continue to refine all strokes and drills, and add new elements of distance and endurance.

Youth 1 **Age: 6-15**
 Prerequisite: None. Students learn independent skills, including comfort, breathing, buoyancy and balance. Deliberate movements are added to independent skills. Swim equipment and games are utilized to add an element of fun to the learning process.

Youth 2 **Age: 6-15**
 Prerequisite: Youth 1 skills. Students add deliberate movement to refine all independent skills. Swim equipment is utilized to enhance the learning process.

Youth 3 **Age: 6-15**
 Prerequisite: Youth 2 skills. Students continue to refine all strokes and drills, adding distance and an element of endurance.

Youth 4 **Age: 6-15**
 Prerequisite: Youth 3 skills. Students begin to add deliberate elements of endurance to the two resting strokes (elementary backstroke and sidestroke) and the four main working strokes (frontstroke, backstroke, breaststroke and butterfly) as the strokes are refined.

Youth 5 **Age: 6-15**
 Prerequisite: Youth 4 skills. Students continue to refine all strokes, add new elements of endurance and distance, and are introduced to beginning elements of individual competition skills.

Youth 6 **Age: 6-15**
 Prerequisite: Youth 5 skills. Students focus on endurance as they continue to perfect the swim strokes, as well as learning basic and racing diving skills.

Pre-Competitive Swim Class **Age: 6-15**
 Prerequisite: Student must have taken at least one Youth 5 class, or be placed as a Youth 6 or better. Students focus on stroke technique for the four major strokes (frontstroke, backstroke, breaststroke and butterfly). Elements of endurance, distance and competition skills are added. This class is perfect for the student who wants to experience a swim team without the pressure of competition.



Diving Basics **Age: 6-15**
 Prerequisite: Students must pass the deep-end swim test. Students learn competitive diving basics and progress as ability allows. Instructor will tailor the class to meet students' needs.

Adult **Age: 15+**
 Prerequisite: none. This class is for adults at a beginner level. Each student receives individual attention and works at their own pace. Students have fun and learn basic water safety, as well as basic swim skills.

FAMILY FUN NIGHTS

Skim Night

All ages
7-9 p.m. Jan. 16
 Everyone jump in and play Skim. We provide the water and equipment for a fun evening! Fee: \$12/family.



Movie Night

All ages
7-9 p.m. Feb. 3
 Bring the family and watch a movie while playing in the pool. Remember to just keep swimming, swimming, swimming! Fee: \$12/family.

Underwater Adventure

All ages
7-9 p.m. March 3
 Come play in our underwater adventure land! Explore artificial seaweed, hoops, rings, toys and various sea creatures in the pool. Fee: \$12/family.

Super Soaker Night

All ages
7-9 p.m. April 7
 Bring your Super Soaker to the pool and get ready for some target practice. There will be targets and some all-out battle zones! Fee: \$12/family.

Aquatic Exercise Classes

Join us for our extensive aquatic exercise program! Times and days of the week for each class are listed below.

Fit to the Core

A hard core aerobic workout to improve strength, muscular and cardio endurance, and sensory feedback using the medium of water. Reduce joint compression and the downward pull of gravity while exercising with the extra resistance water provides.

Liquid Intervals

If your goal is a leaner, stronger, fit body then interval training is the answer. Bursts of energy followed by short recovery periods burns more calories while enhancing muscle and strength.

Deep Water Running

Experience this intense cross training program. Combining the resistance properties of water with running creates a very challenging workout in a non-impact environment. Develop speed, power, endurance and toned muscles.

Move & Flow

A workout tailored for people recovering or dealing with pain. This program is great way to move and keep muscle function without impact on your joints.

SESSIONS

- Jan. 4-26, with no class on Jan. 16. Fee: \$37.50 for two classes per week, \$60 for unlimited
- Jan. 30-March 25, with no class Feb. 20-24. Fee: \$47 for two classes per week, \$60 for unlimited
- March 13-April 6. Fee: \$37.50 for two classes per week, \$60 for unlimited

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fit to the Core 8 - 9 a.m.	Liquid Intervals 8 - 8:45 a.m.	Deep Water Running 8:30 - 9:15 a.m.	Liquid Intervals 8 - 8:45 a.m.	Fit to the Core 8 - 9 a.m.
Move & Flow 10 - 10:45 a.m.		Move & Flow 10 - 10:45 a.m.		Move & Flow 10 - 10:45 a.m.

Public and Lap Swim

Drop in for a swim! The schedule is listed below. Fee: annual pass or daily use fee.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Public / Lap Swim 6:30 a.m. - 2:45 p.m.	Public / Lap Swim 6:30 a.m. - 2:45 p.m.	Public / Lap Swim 6:30 a.m. - 2:45 p.m.	Public / Lap Swim 6:30 a.m. - 2:45 p.m.	Public / Lap Swim 6:30 a.m. - 2:45 p.m.	
Public Swim (Shallow only) 2:45 - 3:30 p.m.	Public Swim (Shallow Only) 2:45 - 3:30 p.m.	Public Swim (Shallow only) 2:45 - 3:30 p.m.	Public Swim (Shallow only) 2:45 - 3:30 p.m.	Public Swim (Shallow only) 2:45 - 5:30 p.m.	Public Swim Noon - 5 p.m.
	Public Swim (Shallow only) 5 - 5:30 p.m.		Public Swim (Shallow only) 5 - 5:30 p.m.		
Public / Lap Swim (No diving board) 8 - 9:30 p.m.	Public / Lap Swim 8 - 9:30 p.m.	Public / Lap Swim 8 - 9:30 p.m.	Public / Lap Swim (No diving board) 8 - 9:30 p.m.	Public / Lap Swim 6:30 - 9:30 p.m.	



Fitness

Tennis and Friends

Age: 50+

This group meets winter, spring, summer and fall at Tibbetts Valley Park depending on weather conditions. Three of the four tennis courts will be reserved for Tennis and Friends, while the fourth court (with backboard) will remain open to the public. For more information call, Lloyd Spencer at 425-369-8332. Cost: Free.

Let's Move Fitness Class

All ages

We're all trying to stay active and capable as we get older, and this is the class where we can do it together. All levels are welcome — we work at our own pace, maintaining what we've got, and trying to build more endurance, strength, flexibility and balance through functional exercise that includes cardio, toning and stretching. Some of our activities will be seated, and there will always be the option to perform the whole class in a chair if that is what works best for you. It's a "build-your-own-class" kind of program, where modification is the key! Taught by Kristina Gravette, an ACE-certified instructor, at the Community Center. For more information, contact Kristina at 425-391-0404 or ktravette@msn.com. Fees are paid directly to the instructor. Fee: \$6 per class, or \$50 for 10 classes.

- 11:30 a.m.-12:30 p.m. Mondays

Trips & Special Events

Join us as we venture out on a variety of exciting adventures! These trips, outings and events for seniors are a great way to meet new people and experience some of the best outings our community has to offer! We'll meet at the Community Center lobby and drive together in our van. Issaquah Parks & Recreation staff will lead each trip. Sign up for as many trips as you would like! Scholarships are always available. For more information and to register (no same-day registration), call 425-837-3300. Bring \$20 as needed for admission.

- Snoqualmie Casino: 10 a.m.-1 p.m. Dec. 13; Fee: \$5 #56930
- Hydroplane Museum: 10 a.m.-1 p.m. Jan. 10; Fee: \$5 #56931
- Crossroads Mall/Lunch: 10 a.m.-1 p.m. Jan. 24; Fee: \$5 #56932
- Starbucks Roastery: 10 a.m.-1 p.m. Feb. 21; Fee: \$5 #56933



Activities

Billiards

Come play pool at the Community Center! Use your Gold Pass to check in at the front desk. Feel free to bring your own pool cue. Fee: \$4 per visit or Gold Pass.

- 10:30 a.m.-2 p.m. Mondays, Wednesdays and Fridays

Life Story Writing

Age: 55+

Planting seeds – growing stories. This guided autobiography program encourages you through memory-provoking questions about life themes, writing tips, intriguing exercises and discussion. No writing experience necessary! Join instructor Megan Featherstone Douma at the Community Center. Fee for eight classes: \$80 for residents, \$96 for nonresidents.

- 1-3 p.m. Wednesdays from Jan. 25-March 15 #56668

Watercolor Delight

Age: 55+

This is a beginner-level class where you will learn the basics of watercolors. This class will introduce you to variety of simple supplies and tools you need to know when you start working with watercolors. Watch short demos given by instructor and explore new methods and techniques — and ways to break the rules! Discover how to use watercolors in different projects to ultimately find your own style. Join instructor Priyanka Parmanand from Crimson Canvas at the Community Center. Fee: \$25 for residents, \$30 for nonresidents.

- 10 a.m.-noon Feb. 11 #56655

Lunch Club

Senior Lunch Club is serving up great times, great food and a lot of fun! Bring money for each meal. Issaquah Parks & Recreation staff will lead each trip. Meet in the Community Center lobby and we'll drive together to each restaurant in our van. We're always open to trying new restaurants! Scholarships are always available. For more information and to register (no same-day registration) call 425-837-3300. If you will be bringing a walker/wheelchair, please advise us at the time of registration. Transportation provided. Fee: \$5 per trip.

- Corner Bakery Café: 11 a.m.-1 p.m. Dec. 8 #56922
- 12th Ave Café: 11 a.m.-1 p.m. Jan. 5 #56923
- Café 1910: 11 a.m.-1 p.m. Jan. 19 #56924
- Twede's Café: 11 a.m.-1 p.m. Feb. 16 #56925



Welcome

We welcome and encourage children, youth and adults with developmental disabilities to register for all programs, not just programs listed in this section. Parents or guardians of children with special needs interested in enrolling their child in an inclusive program can call Ross Hoover at 425-837-3346.

Specialized recreation staff are here to provide leadership. They are unable to provide attendant care (toilet transfers, feeding, giving medication, etc.) or provide one-on-one behavior management care. Attendants can participate in our programs free of charge when assisting participants who need one-on-one assistance.

Should any participant behave in a manner that is threatening the safety of staff, fellow participants or themselves, they may be dismissed from the program.

Community Club

Age: 20+

Join us for a variety of activities that may include fitness, sports, games, field trips, swimming, movies, arts and crafts and more. Participants must have the skills to participate and cooperate in group situations and to attend to their own personal needs. Participants will need to bring additional funds for some activities and a monthly calendar will be mailed. Fee: \$40 for residents, \$48 for nonresidents.

- 1-5 p.m. Tuesdays in December #56658
- 1-5 p.m. Tuesdays in January #56660
- 1-5 p.m. Tuesdays in February #56662
- 1-5 p.m. Thursdays in December #56659
- 1-5 p.m. Thursdays in January #56661
- 1-5 p.m. Thursdays in February #56663

Thursday Supper Club

Age: 13+

Bring your appetite and join us in dining at local restaurants. Please bring additional \$20 each time for your food, beverage and tip. Van transportation from the Community Center is provided. Fee: \$45 for residents, \$54 for nonresidents.

- MOD Pizza: Jan. 5
- Corner Bakery Café: Jan. 19
- Triple XXX Root Beer Drive-in: Feb. 2
- Chipotle Mexican Grill: Feb. 16
- Five Guys Burgers and Fries: March 2

5:15-7:15 p.m. Thursdays

#56680

Saturday Social Club

Age: 13+

Join us for a different activity on each Saturday. Admissions are not included in the fee. Participants must have the skills to cooperate and participate in group situations. Bring \$20 for admission. Van transportation from the Community Center is provided. Fee for each activity: \$11 for residents, \$13 for nonresidents.

- Pacific Science Center: noon-4 p.m. Jan. 14 #56675
- Family Fun Center: noon-4 p.m. Jan. 28 #56676
- Lunch at Crossroads Mall: noon-4 p.m. Feb. 11 #56677
- Hydroplane/Raceboat Museum: noon-4 p.m. Feb. 25 #56678
- Lunch and a movie: noon-4 p.m. March 11 #56679

Bowling and Pizza

Age: 13+

We'll bowl two games each session at Adventure Bowl in Snoqualmie. Bring \$11 for bowling, pizza and a beverage. Shoe rental is an additional \$1. Van transportation is provided from the Community Center. Fee: \$55 for residents, \$66 for nonresidents.

- 6-9 p.m. Wednesdays from Jan. 11-March 8 #56671

Let's Dance

Age: 13+

This class at the Community Center will explore movement in a variety of ways. Each class will begin with a warm up, teach some basic dance skills, and then try some dance moves you can show off at your next dance party. Fee: \$32 for residents, \$39 for nonresidents.

- 6-7 p.m. Mondays from Jan. 9-March 13 #56684

Valentine Dance

Age: 13+

Join us at Memorial Park Center to celebrate Valentine's Day with music, dancing and special Valentine treats! Fee: \$10.

- 6:30-8:30 p.m. Feb. 4 #56686

Soccer

Kindergarten

Teams will have two Friday evening practices followed by five weeks of games on Friday evenings at local fields. Teams are formed by gender, grade, school and buddy requests. Each player will have the ability to request placement with one other player; buddy requests must be reciprocated and are not guaranteed. Fee: \$95 for residents, \$114 for nonresidents.

- Registration deadline: Feb. 13
- Mandatory coach/parent meeting: March 1
- Practices start: March 31

First to Fifth Grade

Teams will meet midweek for practice and play eight Saturday games at local fields. There may be some weeks where games are played on midweek evenings. Teams are formed by gender, grade, school, buddy requests and last year's Parks & Recreation spring team. Buddy requests must be reciprocated and are not guaranteed. Fee: first and second grades, \$105 resident, \$126 nonresident; third through fifth grades, \$115 for residents, \$138 for nonresidents.

- Registration deadline: Feb 13
- Coach meeting: Feb. 28
- Practices start: March 18

Sixth to Eighth Grade

Teams will meet midweek for practice and play eight Saturday games at local fields. There may be some weeks where games are played on midweek evenings. Teams will be formed by gender, grade and coach request. Fee: \$115 for residents, \$138 for nonresidents.

- Registration deadline: Feb 13
- Coach meeting: March 2
- Practices start: March 18

Kidz Love Soccer

Age: 2-10

Kidz Love Soccer is dedicated to teaching children the world's most popular sport within a nurturing, recreational environment.

A typical session experience includes age-appropriate skill demonstrations, fun games and instructional scrimmage in a safe, non-competitive environment at the Community Center.

Young soccer enthusiasts experience soccer fun.

- | | |
|---|--------|
| Tot/Pre-soccer (3.5-5 years) | |
| • 3:10-3:45 p.m. Tuesdays from Jan. 24-March 21 (No class on Feb. 21) | #56556 |
| Soccer 1: Techniques & Teamwork (5-6 years) | |
| • 3:45-4:30 p.m. Tuesdays from Jan. 24-March 21 (No class on Feb. 21) | #56557 |
| Soccer 2: Skillz & Scrimmage (7-10 years) | |
| • 4:30-5:15 p.m. Tuesdays from Jan. 24-March 21 (No class on Feb. 21) | #56559 |
| Mommy/Daddy & Me Soccer (2-3.5 years) | |
| • 5:25-5:55 p.m. Tuesdays from Jan. 24-March 21 (No class on Feb. 21) | #56560 |

COACHES NEEDED

Want to be a volunteer coach?

Coaching can be a valuable volunteer experience for parents, grandparents, siblings or another caring adult! The commitment is low and extremely rewarding.

For more information and to register, go to issaquahwa.gov/coachforms.



Basketball

Hoopsters

Age: 4-8

Dribble, pass, shoot! Hoopsters will focus on the fundamental skills and concepts of basketball in a fun environment! Our energetic coaching staff will help your child learn basic skills and teamwork. This is a great introduction to the game of basketball. Fee includes t-shirt! Parent/guardian must be present while children participate in the class, which is hosted at the Community Center. Fee for eight classes: \$65 for residents, \$78 for nonresidents.

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|---|--------|
| • 4-4:50 p.m. Wednesdays from Jan. 12-March 9 | #56687 |
| • 5-5:50 p.m. Wednesdays from Jan. 12-March 9 | #56688 |

Quick Handle Basketball Clinics

Age: 6-14

Are you ready to take your game to the next level? If so, the Quick Handle Fundamentally Sound Holiday Basketball

Clinics are for you! Issaquah Parks & Recreation and Quick Handle have partnered to bring the one-day, winter clinics to the Community Center, challenging players to develop fundamental skills in ball-handling, pivoting, stopping, passing and shooting. Fee: \$60 for residents, \$72 for nonresidents.

- | | |
|-----------------------------|--------|
| • 10:30 a.m.-3 p.m. Dec. 21 | #56356 |
| • 10:30 a.m.-3 p.m. Feb. 22 | #56357 |



Gymnastics

Jet's Gymnastics Express - Little Flips

Age: 3-5

Preschool classes are designed to provide young boys and girls with the opportunity to develop basic gymnastic and tumbling ability through exercises focusing on coordination, balance, strength, and fun! Classes at Clark Elementary School include games and musical activities to get the children running, tumbling, jumping and more! Fee: \$120 for residents, \$144 for nonresidents.

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| • 12:30-1:15 p.m. Mondays from Jan. 9-March 6 | #56664 |
| • 10:30-11:15 a.m. Saturdays from Jan. 7-March 4 | #56665 |

Jet's Gymnastics Express - Big Flips

Age: 6-12

This class will provide an introduction to beginning gymnastics skills and progression for intermediate level boys and girls. Each student will experience gymnastics including tumbling, bars, beam and vault progressing at his or her own level. Classes are non-competitive and focus on general fitness, self-esteem, and fun! Fee: \$130 for residents, \$156 for nonresidents.

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|--|--------|
| • 11:30-12:30 p.m. Saturdays from Jan. 7-March 4 | #56669 |
|--|--------|





Parkour

Age: 6-12

This fun class will provide gymnastics skills for use in parkour or free-running. The strength, flexibility, coordination to do parkour will be taught in this high-energy class. Classes are perfect for girls and boys looking for an exciting new activity! Fee: \$135 for residents, \$162 for nonresidents.

- 12:40-1:40 p.m. Saturdays from Jan. 7-March 4 #56672

Martial Arts

Karate - Washington Shotokan

Age: 6-11

This is a great beginner, intermediate and advanced karate program taught by Washington Shotokan Association, a nonprofit karate association. With its non-violent and traditional karate philosophy, Shotokan Karate is an excellent program to learn discipline and the art of self-defense! Hosted at the Community Center. Fee for eight classes: \$88 for residents, \$105 for nonresidents.

- Beginning: 6:30-7:15 p.m. Wednesdays from Feb. 8-April 5 #56703
- Beginning/Intermediate: 5:15-6 p.m. Thursday from Feb. 9-April 6 #56704
- Continued: 6-6:45 p.m. Thursdays from Feb. 9-April 6 #56705

Tiger Kids Multiple Martial Arts

Age: 3.5+

Join us for a fun multiple martial arts program for developing focus and listening skills with bag kicking, games and padded sword sparring for all ages and levels. Empty hand and weapon forms are taught from Karate-Kobudo to Taekwondo and Kung-fu, as students' progress in belts promoting achievement and goal setting. Uniforms are available from the instructor. For more information, go to www.tigerkid.com. Fee: \$48 for residents, \$58 for nonresidents.

Tiny Tigers (Age: 3.5-6)

- 5:30-6 p.m. Mondays from Jan. 2-Feb. 13 #56565
- 5:30-6 p.m. Mondays from Feb. 27-March 20 #56566

Tiger Kids Family Martial Arts Beginner (Age: 7+)

- 6-6:40 p.m. Mondays from Jan. 2-Feb. 13 #56567
- 6-6:40 p.m. Mondays from Feb. 27-March 20 #56568

Tiger Kids Family Martial Arts Advanced (Age: 10+)

- 6:45-8p.m. Mondays from Jan. 2-Feb. 13 #56569
- 6:45-8 p.m. Mondays from Feb. 27-March 20 #56570

Sports Samplers

Mini-Sportsters

Age: 2-3

Want to try something new with your little one? This 35-minute mommy/daddy and me class at the Community Center is designed to introduce your child to a variety of sports, while focusing on sport-specific skills and movements. Mini Sportsters will incorporate fun games and give your child an opportunity to socialize with others. Active adult participation is required; no siblings please. Fee for six classes: \$45 for residents, \$54 for nonresidents.

- 10:40-11:15 a.m. Mondays from Jan. 23-March 5 #56689
- 11:25 a.m.-noon Mondays from Jan. 23-March 5 #56690

Sports Sampler

Age: 3-5

Join a great introductory sports class featuring dynamic staff, free T-shirts and tons of fun! Soccer, flag football, T-ball and basketball will each be covered for two weeks. Staff will introduce your child to the world of sports through fun warm-ups, games, and focused skill and coordination development. Fee: \$65 for residents, \$78 for nonresidents.

- 10:15-10:55 a.m. Tuesdays from Jan. 10-March 7 #56693
- 11:15-11:55 a.m. Tuesdays from Jan. 10-March 7 #56694
- 10:15-10:55 a.m. Wednesdays from Jan. 11-March 8 #56695
- 11:15-11:55 a.m. Wednesdays from Jan. 11-March 8 #56699
- 4:15-4:55 p.m. Wednesdays from Jan. 11-March 8 #56697
- 5:15-5:55 p.m. Wednesdays from Jan. 11-March 8 #56698
- 10:15-10:55 a.m. Thursdays from Jan. 12-March 9 #56693
- 11:15-11:55 a.m. Thursdays from Jan. 12-March 9 #56694

Sports and Splash

Age: 3-5

Sports Sampler with a splash! Our energetic staff at the Community Center will introduce your child to basketball, soccer, T-ball and flag football through games and drills focused on developing coordination. Your child will then spend the last two weeks in the pool for an introduction to water safety and swimming. At the end of the program your child will receive a swim lesson assessment for future swim lessons. Fee: \$65 for residents, \$78 for nonresidents.

- 10:15-10:50 a.m. Fridays, Jan. 13-March 10 #56701
- 11:15-11:50 a.m. Fridays, Jan. 13-March 10 #56702

ADULT SPORTS

Basketball

Men's 35+ Basketball League

Age: 35+

Come out with your friends to enjoy this fun 4-on-4 men's league! Teams will play seven weeks of regular-season games, followed by a final four playoff, at the Community Center. Contact Jared Behl at jaredb@issaquahwa.gov or call 425-837-3324 for more information. Register by Dec. 5. Fee: \$550/team.

- 6-9 p.m. Thursdays from Jan. 5-March 9 #56681

Open Gym Basketball

Age: 16+

Drop in for basketball at the Community Center! Registration is not required. Fee: \$5 or current membership pass. Court use may be modified for special events.

- Noon-2 p.m. Mondays, Wednesdays and Fridays
- 6-9 p.m. Tuesdays

Noon Hoops

Age: 40+

Drop in for basketball at the Community Center! Registration is not required. Fee: \$5 or current membership pass. Court use may be modified for special events.

- Noon-2 p.m. Tuesdays

Flag Football

Coed & Men's Leagues

Age: 18+

Grab your friends, dust off those cleats and hit the gridiron for some 7-on-7 football under the lights! Each team will play six games, plus playoffs, at Central Park. Space is limited. Contact Jared Behl at jaredb@issaquahwa.gov or call 425-837-3324 for more information. Register by Feb. 24. Fee: \$650/team.

- Men's League, 5-10 p.m. Sundays from March 12-May 7 #56682
- Coed League, 5-10 p.m. Sundays from March 12-May 7 #56683

Pickleball

Open Gym Pickleball

Age: 16+

Join us for drop-in pickleball! Fee: \$5 or current membership pass accepted. Court use may be modified for special events.

- Noon-2 p.m. Tuesdays and Thursdays

Volleyball

Open Gym Volleyball

Age: 16+

Drop in for men's and women's volleyball at the Community Center! Registration is not required. Fee: \$5 or current membership pass.

- 6-9 p.m. Mondays

Tennis

Tennis and Friends

Age: 50+

Tennis and Friends meets year-round at Tibbetts Valley Park, depending on weather. For more information, call Lloyd Spencer at 425-369-8332. Fee: Free.

SUMMER DAY CAMPS

Registration

Online: Starts at noon March 5

In-person and phone: Starts at 8 a.m. March 6

Learn more: issaquahwa.gov/daycamp

Online Registration Checklist

- Log into your account in advance to verify your information is correct. Need help? Call 425-837-3300 before noon March 3.
- Verify your residency status (which is not based on school district boundaries). Go to gismaps.kingcounty.gov/parcelviewer2 and type in your address to see if you are an Issaquah resident or nonresident.
- Know which camp you are registering for, and if you will register for swimming lessons (available for Kindercamp and Camp 'Quah) or extended care (\$28 per week, not available for Mighty Mites).
- Decide if you will pay in full, or schedule payments with a Visa or MasterCard. Scheduled payments require a \$40 non-refundable, non-transferable deposit for each week of camp. If you are scheduling payments, decide if you would like to sign up for automatic payments or pay the balance two weeks prior to each week of camp.
- Know the T-shirt size of your camper.

Registration FAQs

What if I have issues with online registration on Sunday?

Call 425-837-3300 from 11 a.m.-3 p.m. If the lines are busy, do not leave a message, and please try calling again later.

Can I pay in person, over the phone or with cash/check?

Yes. However, you will not be able to register until 8 a.m. March 6. Some camps may already be filled after March 5.

What if I don't know if I need extended care yet?

You can add extended care later as we get closer to summer.

Can I register for swimming lessons at a later date?

Yes, but we cannot guarantee that there will be space.

Why would I want to purchase a second camp T-shirt?

We ask that campers wear their camp shirt at least two days each week.

Will the camps fill up March 5?

It is hard to predict. In the past, camps fill or get very close to filling on the first day of registration.

Camps are full! Can I add my child to a waiting list?

Yes! Click on the waitlist button. Your camper will then be put on the waitlist. No money will be collected at this time. We will contact you if a spot becomes available.

Do you offer scholarships?

Yes! Scholarship applications are due Feb. 27.



Camps

Mighty Mites

Age: 3-5

The staff are enthusiastic and ready to show your young camper a fantastic time as they are introduced to the excitement of summer day camp at the Community Center! All children must be at least 3 years old and potty-trained. Camp ends at 2:30 p.m. on Thursdays, so that we can travel or have a special guest. Extended care is not available. No camp July 4. Fee for five days per week: \$136 for residents, \$163 for nonresidents. Fee for four days per week (week of July 3): \$109 for residents, \$131 for nonresidents.

9 a.m.-noon Mondays, Tuesdays, Wednesdays and Fridays

9 a.m.-2:30 p.m. Thursdays

- June 26-30: Hay is for Horses! (Remlinger Farms)
- July 3-7: Seussfully Silly! (Kidz Bounce)
- July 10-14: D is for Dinos! (Burke Museum)
- July 17-21: Kapow! Shazam! (Dizzy's Tumblebus)
- July 24-28: Fur & Feathers! (Cougar Mountain Zoo)
- July 31-Aug. 4: Water, Water Everywhere! (Seattle Aquarium)
- Aug. 7-11: Buckle Up! (Kidopolis at Family Fun Center)
- Aug. 14-18: Neverland! (KidsQuest Children's Museum)

Kindercamp

Age: 5-6 and/or entering grades K-1

Kindercamp at Memorial Park Center continues to provide a quality, safe and FUN day camp program for our little ones! Besides games, crafts, and crazy activities, each themed week includes a field trip and a day at the beach. Extended care is available each day from 7-9 a.m. and 4-6 p.m. for \$28/week. No camp July 4. Fee for five days per week: \$180 for residents, \$216 for nonresidents. Fee for four days per week (week of July 3): \$140 for residents, \$172 for nonresidents.

9 a.m.-4 p.m. Mondays-Fridays

- June 19-23: USA Vacation! (Pump It Up)
- June 26-30: Beyond the Clouds! (Museum of Flight)
- July 3-7: Angry Birds! (Family Fun Center)
- July 10-14: How the West was Fun! (Remlinger Farms)
- July 17-21: Camposaurus! (Pacific Science Center)
- July 24-28: Animal Antics! (Woodland Park Zoo)
- July 31-Aug. 4: Waterlogged! (Beat the Heat Splash Day)
- Aug. 7-11: Don't Drop the Ball! (AquaSox game)
- Aug. 14-18: Beyond our Borders! (KidsQuest Children's Museum)

NOW HIRING

We're looking for fun people to staff our summer day camps!

We offer competitive wages for 25 or 40 hours per week.

Apply starting in January at govjobstoday.com.

Questions? Contact Cathy Jones at 425-837-3317.

Kindercamp - Swim Lessons

One-week swim lessons (Mondays-Thursdays) at the Julius Boehm Pool are offered exclusively to Kindercamp registrants. Staff will walk participants to the pool at 4:30 p.m. for lessons. Parents must pick up their child from the pool at 5 p.m. There is no afternoon extended care for swim lesson participants, and no staff supervision after 5 p.m. Fee for four classes: \$37.

- July 10-14
- July 17-21
- July 24-28
- July 10-14
- July 31-Aug. 4
- Aug. 7-11
- Aug. 14-18

Camp 'Quah

Age: 7-10 and/or entering grades 2-5

Come join us for games, crafts and crazy activities. Each themed week includes time in the pool, a field trip and a day at the beach. Extended care is available each day from 7-9 a.m. and 4-6 p.m. for \$28/week. No camp July 4. Fee for five days per week: \$180 for residents, \$216 for nonresidents. Fee for four days per week (week of July 3): \$140 for residents, \$172 for nonresidents.

Issaquah Valley Elementary

- 9 a.m.-4 p.m. Mondays-Fridays
- June 19-23: Aloha Summer! (Pump It Up)
- June 26-30: Game Show Mania! (Family Fun Center)
- July 3-7: Washington Adventures (MOHAI)
- July 10-14: Through the Decades! (EMP)
- July 17-21: All Aboard the Hogwarts Express! (Enchanted Village)
- July 24-28: Inventors Workshop! (Elevated Sportz)

Community Center

- July 31-Aug. 4: Dripping Wet! (Henry Moses)
- Aug. 7-11: Play Ball! (AquaSox game)
- Aug. 14-18: Camp 'Quah Saves The Day! (Tillicum Village)
- Aug. 21-25: Lions, Tigers, and Bears, Oh My! (Woodland Park Zoo)
- Aug. 29-Sept. 1: Spirit Week! (Movies)

SUMMER DAY CAMPS



Camp 'Quah - Swim Lessons

One-week swim lessons (Mondays-Fridays) at the Julius Boehm Pool are offered exclusively to Camp 'Quah registrants. Parents are responsible for getting their child in the pool at 8 a.m. Camp 'Quah staff will be supervising the locker room and walking campers to Camp 'Quah each morning after the swim lesson. Fee for five classes: \$46.25.

- July 31-Aug. 4
- Aug. 7-11
- Aug. 14-18
- Aug. 21-25
- Aug. 29-Sept. 1

Adventure Camp

Age: 11-12 and/or entering grades 6-7

Adventure Camp at Issaquah Valley Elementary has proven to be the best part of summer for sixth and seventh graders! Each themed week includes a field trip, an afternoon at the pool and a day at the beach. Extended care is available each day from 7-9 a.m. and 4-6 p.m. for \$28/week. No camp July 4. Fee for five days per week: \$211 for residents, \$253 for nonresidents. Fee for four days per week (week of July 3): \$168 for residents, \$202 for nonresidents.

- 9 a.m.-4 p.m. Mondays-Fridays
- June 19-23: Creative Minds! (Delving into the arts)
- June 26-30: Our Story! (Issaquah and Washington history)
- July 3-7: Tunin' Out! (Music)
- July 10-14: Hiking & Biking! (Bring your own bike to camp)
- July 17-21: Cinemania! (Filming)
- July 24-28: Dive In! (Everything wet)

Counselor-In-Training (CIT) Program

Grade: 8-12

The three-week CIT program is designed for teens who are excited to take on a leadership role at summer camp. CITs are selected through an application and interview process. For more information, contact Cameron Roth at cameronr@issaquahwa.gov. Fee: \$190 for residents, \$228 for nonresidents.

9 a.m.-4 p.m. Mondays-Fridays

- June 26-July 14
- July 17-Aug. 4
- Aug. 7-25

TEEN PROGRAMS

Issaquah Youth Center

301 Rainier Blvd. S.
425-837-3310

The Issaquah Youth Center, located on the second floor of the Community Center, has been serving teens since 1996.

Cameron Roth, director of Youth Center activities, is excited for another school year of hanging out, playing games, hosting tournaments, leading art classes and assisting with homework. Drop in to meet Cameron and take a tour!

Drop-In Policy

Students in grades 6-12 are welcome and monitored in the Youth Center under the terms of safety and respect. The decision as to when a youth arrives and leaves the Community Center, Youth Center and the Julius Boehm Pool (and with whom), is a matter handled between parents and their youth.

Fees

- One day: \$4
- 30 days: \$20
- 90 days: \$50
- Annual: \$175

Hours

- 8-10 a.m. Wednesdays
- 2-5:30 p.m. Mondays-Fridays

Early Dismissal Days

- 10 a.m. Dec. 2
- 10 a.m. March 17

Closures

- Dec. 21-30 Winter Break
- Jan. 2 Winter Break
- Jan. 16 Dr. Martin Luther King Jr. Day
- Jan. 30 Teacher Work Day
- Feb. 20-24 Second Winter Break
- April 10-14 Spring Break

Districtwide Middle School Bash

Grades: 6-8

Our dance is open to all sixth-, seventh- and eighth-graders! The latest and greatest tunes will play while you meet kids from throughout the area and play on interactive inflatable games. Bring a photo ID (your ASB card) to get in! Issaquah School District dress code applies. Concessions are available for \$1. Once youth are in the door, they cannot leave until 10 p.m. unless a parent meets them in the lobby. We need parent volunteers! If you're interested, please call 425-837-3317.

When: 7-10 p.m. Jan 20

Where: Community Center, 301 Rainier Blvd. S.

Fee: \$5

SATURDAY
FEB. 11

COMMUNITY
CENTER

FATHER-DAUGHTER

VALENTINE

DANCE



GRADES K-5

LEARN MORE & REGISTER  ISSAQUAHWA.GOV/REGISTER

ISSAQUAH YOUTH SOCCER LEAGUE

GRADES K-8
BOYS & GIRLS



REGISTER NOW

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