Craze

A collaborative Parks and Recreation publication by the cities of Edmonds and Mountlake Terrace. Recreation offers opportunities for living, learning and leading full and productive lives. It also provides avenues to experience purpose, pleasure, health and well being. Parks provide open spaces, which enhance the desirability of our communities, as well as contributing to the health and safety of our citizens. We invite you to participate in our recreation programs, enjoy our parks and realize for yourself their positive influences.
REGISTER now! Call 425.771.0230 • EDMONDS

CITY OF EDMONDS PARKS, RECREATION & CULTURAL SERVICES DEPARTMENT

700 Main Street, Edmonds, WA 98020

Phone 425.771.0230 – Fax 425.771.0253

www.edmondswa.gov

HOURS OF OPERATION: The Recreation Office at the Anderson Center is open from 8:30am to 8:30pm, Monday through Friday, and 9am to 2pm, Saturday. The building will be closed January 1, 2, 18 and February 15.

ARE YOU AN EDMONDS RESIDENT? Most programs/classes have different fees for residents and nonresidents. Edmonds residents make a significant contribution to the City’s financing and operation through property taxes. Therefore, Edmonds residents receive a discount off the regular class fee.

REGISTRATION/REFUNDS: Please refer to page 39 for registration information and refund policies.

CLASS NUMBERS: Please use the class number preceding class detail in our program when registering and calling for class information.

CLASS LOCATION: All classes are held at the Frances Anderson Center unless stated.

SUPPLY FEES: Some classes may list a supply fee. Fees are payable to the instructor at the first class.

COMMUNITY ATHLETICS NON-DISCRIMINATION POLICY: The City of Edmonds complies with the State of Washington’s “Fair Play in Community Sports Act” (Laws of Washington Chapter 467, effective July 26, 2009) that prohibits discrimination against any person in a community athletics program on the basis of sex.

AVAILABLE FOR RENT

Visit rentals.edmondswa.gov

ANDERSON CENTER ROOMS AND GYM: Available to rent on an hourly basis. Reservations and advanced payment required. Call for availability. 425.771.0230.

PICNIC SHELTERS and GAZEBO: City Park picnic shelters and gazebo and the Hickman Park picnic shelter can be reserved for the enjoyment of families and organizations. Reservations begin February 1 for April 1 through September 30 season.

EDMONDS PLAZA ROOM: A panoramic view of Puget Sound! A beautiful room with kitchen facilities for your wedding receptions, seminars and special events.

MEADOWDALE COMMUNITY CLUBHOUSE: A great North Edmonds location for wedding receptions, community meetings and special events. Located across the street from the Meadowdale Playfields at 6801 North Meadowdale Road.

RESIDENT PROGRAMS

EDMONDS ARTS FESTIVAL FOUNDATION GALLERY, 425.771.1984

Monthly exhibits of NW artists’ work. Gallery hours: Monday-Friday, 9am-7pm; Saturday, 10am-1pm. For more information, visit www.eaffoundation.org, for gallery schedule. Celebrating the Arts in our Community!

EDMONDS MONTessorI SCHOOL 425.672.4864 www.edmondsmontessori.com

Our classrooms offer a multi-age environment for children ages 3-6. As a small school we strive to know our parents personally and our children as individuals. Classes are in session Monday-Thursday 8:30-11:30am and 12:30-3:30pm. We welcome you to observe, no appointment necessary through our one-way viewing windows in rooms 121 and 126. Please contact us for registration information for our summer session and the 2016-2017 school year.

MAIN STREET KIDS CHILD CARE CENTER & PRESCHOOL, 425.771.4490

Main Street Kids offers full and part-time care for children 6 weeks to 5 years. Open 6am-6pm, Monday through Friday. Snacks and hot lunch provided. Excellent staff, large classrooms, a great indoor play area and age appropriate lesson planning and activities. Visit us today. Call Nelly for more information.

OLYMPIC BALLET SCHOOL 425.774.7570 www.olympicballet.com

Artistic Directors: Mara Sachiko Vinson & Oleg Gorbolev

For 30 years the Olympic Ballet School has been providing training in classical ballet and giving dancers the opportunity to perform beloved ballet productions. With its professional faculty, students learn a full range of dance disciplines: ballet technique, pointe, variations, and contemporary. Besides classical ballet programs that are geared towards developing professional ballet dancers, Olympic Ballet offers classes in Creative movement and Adult/Teen ballet. Please visit the website or contact directly for further information on schedule and registration.

SCULPTORS WORKSHOP 425.774.8282

All levels of instruction in sculpture, beginning through advanced pottery classes, plus studio work time for your projects. Beginning handbuilding class Wednesday evenings. Limited availability. Stop and visit, or call Janet Still or Tina Carpenter. Semi-annual sale November 20 and 21, 2015, and May 6 and 7, 2016.

SNO-KING YOUTH CLUB, 425.775.2633

Room 111 – Recreational youth leagues for boys and girls “mainly” from the Edmonds and Shoreline school districts with the motto “Everyone Gets to Play”. We offer soccer for ages U4-U19, basketball for ages 3 and 4 and grades K-8, baseball for ages 3 and 4 and grades K-6 and softball for ages 3 and 4 and grades K-2. The office hours are Monday-Friday, 8:30am-5pm. Please visit us on the web at www.skyc.net

EDMONDS SENIOR CENTER 220 RAILROAD AVE, 425.774.5555

We welcome everyone, especially new visitors, between 8:30am to 4pm, Monday through Friday. Lunches, coffee bar, classes, special events, computer center, presentations, trips, fitness programs, dances, health services, arts and crafts, games, bingo, hiking, thrift shop, employment center, movies, rental facilities, Bastyr Center for Natural Health Clinic on-site, Enhanced Wellness, and much more. Call for further information. Located on the waterfront, facility rentals are available evenings and weekends for weddings and other events; contact the rental manager.
KIDS

MEADOWDALE PRESCHOOL* PRE-K GREAT N EDMONDS LOCATION

Registration for the 2016-2017 school year begins January 19. $50 nonrefundable deposit is required to hold your child’s spot.

In our fun, caring, secure and positive learning environment children enjoy hands-on curriculum in math, science, art, early literacy, music and large motor activities. Through open play and structured group times, your child learns social, emotional and academic skills in preparation for their next big step – kindergarten. Classes run M-Th from 9am-Noon. To schedule a tour, please call Michele Parker, Preschool Director, at 425.745.5055 or email mpsabc@frontier.com. Preview current preschool information at meadowdalepreschool.edmondswa.gov.

KINDERMUSIK*

12 WEEKS! Join us as we dance, sing, listen, learn, play and pretend. Connect with other families through music. Supply fee $60 includes 3 sets of Kindermusik at home music, books and activities. Sibling rate available. Instructor, Miss Judy. Visit www.joyousnoisestudio.com for class descriptions and themes. No classes February 17 and April 6. Free demo January 6–must register.

WOBBLERS (AGES 0-20 MOS W/ADULT)

◆ 20786 1/6 W 11:30am-12:15pm FREE
◆ 20787 1/13-4/13 W 11:30am-12:15pm *$187/$215

TODDLERS (AGES 1-3.5 YRS W/ADULT)

◆ 20788 1/6 W 9:30-10:15am FREE
◆ 20789 1/13-4/13 W 9:30-10:15am *$187/$215

FAMILY MUSIC (AGES 1-5 YRS W/ADULT)

◆ 20790 1/6 W 10:30-11:15am FREE
◆ 20791 1/13-4/13 W 10:30-11:15am *$187/$215

INDEPENDENT PRESCHOOLERS (AGES 3-5)

Adult attends last 5 minutes of class

◆ 20792 1/6 W 12:30-1:15pm FREE
◆ 20793 1/13-4/13 W 12:30-1:15pm *$187/$215

VALENTINE’S DAY COOKIE (AGES 2+)

Looking for a fun, homemade gift for your Valentine? Come decorate and create Valentine’s day cookies with frosting, candy, sparkly sugar and edible glitter. Give as a gift, or enjoy for yourself. $8 supply fee. Instructor, Karen Knight. Dress for mess! Parent participation only required for under 8.

◆ 20658 2/13 Sat 9:30-10:30am *$11/$13
◆ 20659 2/13 Sat 11am-Noon *$11/$13

FUN FACTORY (AGES 1-4 W/ADULT)

Paints, doughs, mess, sand, water, noise, art, action, activity, songs, healthy snack, make new friends and work on large motor skills in a loosely structured parent involved class. Registered children only; babies okay. $7 supply fee. Instructor, Karen Knight. No classes January 18, February 15, 16, April 4 and 5.

◆ 20654 1/11-2/29 M 9:30-11am *$69/$79
◆ 20655 3/7-4/25 M 9:30-11am *$80/$92
◆ 20656 1/12-3/1 Tu 9:30-11am *$80/$92
◆ 20657 3/8-4/26 Tu 9:30-11am *$80/$92

LITTLE FISHES PRESCHOOL PREP
(AGES 2-3 W/ADULT)
The perfect preparation for your pre-preschooler! Experience classroom routines, circle time, centers, stories, art, music and movement activities. Halfway through the session, parents transition out of the room for 10-15 minutes of class. $5 supply fee. Registered children only; babies ok. Instructor, Donna Madath. No classes March 24 and 31.

◆ 20873 1/14-2/18 Th 9:30-11am *$66/$76
◆ 20874 3/3-4/21 Th 9:30-11am *$66/$76

FAMILY SWING DANCE (AGES 6+)

Enjoy family time, be active and create positive memories in this free 5-week swing dance class sponsored by Camp Fire. Parents and children learn partner dance and swing steps from the 30’s, 40’s and 50’s. Held in gymnasium. Must pre-register as a pair. Minimum 10 pairs.

◆ 20798 2/29-3/28 M 7:15-8:15pm FREE

DADDY DAUGHTER DANCE*

For daughters and their dads, or a caring adult, enjoy dancing, a live DJ, cookies and punch. All ages welcome. Professional picture taken for additional fee (cash, check only). Held at the Edmonds Senior Center Upstairs Ballroom (220 Railroad Avenue). Pre-registration required, call 425.771.0230.

◆ 20872 2/6 Sat 6:30-8pm $23 per couple
$5 each additional daughter

* Program is not available for online registration.

* Edmonds residents receive a discount.

now at www.reczone.org

register online at reczone.org
**DRAMA KIDS (AGES 6-11)**
Join the most popular drama program in the world! Build confidence, creative thinking and language skills through fun, fast paced drama exercises including improvisation, mini-scripts, theater games and more. Drama instructor, Sue Pargman, homeschooled her children and has been teaching for over 30 years.

- 20665 1/6-2/3 W 5:30-6:30pm *$74/$85
- 20666 2/10-3/9 W 5:30-6:30pm *$74/$85

Cast and rehearse (11 weeks) for the Spring Play held on the last day of class. No class April 6.

- 20667 3/16-6/1 W 5:30-6:30pm *$163/$187

**LEGO ENGINEERING WORKSHOPS**
Instructor, Play-Well staff.

**PRE-ENGINEERING: MINECRAFT, BUILD USING LEGO® (AGES 5-7)**
New!

Bring Minecraft to life using tens of thousands of LEGO®! Build engineer-designed projects such as a motorized Creeper, a portal to the Nether, and a moving Minecart! Create your favorite Minecraft objects with the guidance of an experienced Play-Well instructor. Whether you are new to Minecraft and LEGO® or a seasoned veteran, you’ll be hooked on the endless creative possibilities.

- 20826 1/23 Sat 10am-1pm *$39/$45

**INTRO TO PROGRAMMING USING LEGO® EV3 (AGES 8-12)**
New!

Build and program robots using the LEGO® EV3 system! Learn about mechanical and software design, loops, conditional statements, problem solving, and teamwork skills. Work in small groups, program and build your robot, and rise to the challenge. Control the robot to avoid obstacles, pick up and carry objects, and play sounds.

- 20882 2/27 Sat 10am-1pm *$39/$45

**FEMALE SCIENTISTS & ENGINEERS**
With a highlighted focus on the female members of the Tesla engineering team, students will learn the basics of automotive transmission while creating custom vehicles. Will they be built for speed, torque, style? Who knows? But everyone will leave knowing what a chassis is, and how gear ratios affect performance.

- 20883 3/12 Sat 10am-1pm *$39/$45
- 20884 4/30 Sat 10am-1pm *$39/$45

**ADVENTURES IN DRAWING (AGES 6-12)**
Landslapes, animals, people and more—new drawing projects each week expose students to a variety of fundamental drawing concepts and mediums in an environment of encouragement and artistic inspiration. Have fun, expand drawing skills, and become more confident in self-expression. Artist quality mediums used. $6 supply fee. Instructor, Jessica Carlson. No classes January 18 and April 4.

- 20660 1/11-2/8 M 6-7:30pm *$56/$64
- 20661 2/22-3/14 M 6-7:30pm *$56/$64
- 20662 3/21-4/25 M 6-7:30pm *$70/$81

**CLAY EXPLORATION (AGES 8-12)**
Pinch, coil, slab and sculpt your way to fun! Enhance creativity, imagination and self-esteem using hand-building techniques to create interesting pots, creatures and everyday objects. Projects fired by instructor outside of class and will be available for pick up one week after last class. $12 supply fee. Instructor, Julie Perrine. No class March 22.

- 20750 2/2-2/23 Tu 5:30-7pm *$66/$76
- 20751 3/1-3/29 Tu 5:30-7pm *$66/$76
- 20752 4/12-5/3 Tu 5:30-7pm *$66/$76

* Edmonds residents receive a discount.
KIDS

DISCOVERY MINI-CAMPS (AGES 6-12)
EDMONDS DISTRICT NON-SCHOOL DAYS
Have hands-on fun with science and nature on your day off of school! Meet at the Anderson Center for indoor and outdoor activities – games, crafts, and trips to local parks (weather permitting) included in each day. Bring a healthy sack lunch and dress for the weather. 10% discount for siblings. Instructor, Discovery Programs staff. Registration form required.

WINTER SURVIVAL* How would you survive a cold winter without a furnace or electric blanket? The Arctic Woolly Bear Moth makes its own antifreeze! Learn about the amazing ways that animals thrive in cold temperatures. Experiment to find the best hibernation techniques, and learn to identify winter animals by their tracks. ◆ 20849 1/29 F 10am-3pm *$35/$40

SPACE IS THE PLACE* What are stars and how can human beings visit them? Start your journey to outer space with a balloon experiment to demonstrate how rockets work. Blast off to examine a meteorite, learn about gravity and the speed of light, and map your own solar system! ◆ 20879 2/16 Tu 10am-3pm *$35/$40

SPRING BREAK DISCOVERY DAYS CAMP* (AGES 6-12)
What do outer space, tidepools, and the forest have in common? Find out during this week of fun filled with games, crafts, and outdoor exploration. Meet at the Anderson Center and walk to Edmonds parks and beaches. Bring a healthy sack lunch and dress for the weather. 10% discount for siblings. Instructor, Discovery Programs staff. Registration form required. ◆ 20815 4/4-4/8 M-F 10am-3pm *$147/$169

ETIQUETTE YOUNG LADIES & GENTLEMEN 2 (AGES 6-11)
The skills of self-introductions and conversation, gift giving as well as the art of appreciation, and table manners come alive through role play, art and the eating of cake! $5 supply fee. Final Touch Finishing School instructor, Linda Savage. There is no prerequisite. ◆ 20764 4/23 Sat 9:30am-12:30pm *$49/$56

T-SHIRT TOTE BAG (AGES 8-13)
Use a fun t-shirt and make strategic cuts and knots to create an easy-to-carry, washable, no-sew tote bag. All supplies provided. $5 supply fee. Instructor, Shelly Simmons. ◆ 20862 1/30 Sat 10-11am *$14/$16

SHOE BOX DOLLHOUSE OR CASTLE (AGES 8-13)
Using a big shoe box, create your very own compact, portable dollhouse or castle. Paint, cut, glue and transform an egg carton into pieces of furniture and decor that are the perfect size for your miniature figurines. $5 supply fee. Instructor, Shelly Simmons. ◆ 20861 3/5 Sat 10am-Noon *$27/$30

UKRAINIAN EGG DECORATING (AGES 10+)
Make a unique gift for family and friends by making “Pysanky,” Ukrainian decorated eggs. Dye and decorate fresh eggs using a wax-relief technique. Special symbols and colors have special meanings. Legend has it that as long as pysanky are decorated, goodness will prevail over evil throughout the world. Create at least 2 eggs. Youth/adult class combined. $10 supply fee. Instructor, Larissa Chuprina. ◆ 20722 4/2 Sat 10am-1pm *$32/$37

BABYSITTING BASICS (AGES 11-14)
Learn the how to's of babysitting. Infant and toddler care, play ideas, behavior management, age characteristics, emergency procedures, finding a job and working with parents. Receive a class completion card. Instructor, Camp Fire. Bring a pen or pencil, a healthy snack and a smile! ◆ 20681 3/5-3/12 Sat 9:30am-1:30pm *$52/$60

FAMILY FOREST FUN DAYS (New!) Have fun learning as a family while exploring the forested habitats of Yost Park through interactive games, crafts, and outdoor exploration! Kids must be accompanied by a parent. Parents attend for free, 10% discount for siblings. Instructor, Discovery Programs staff.

PLANTS & BUGS* Come explore what's hiding in a rotting log or in the leaves under your feet. ◆ 20797 2/20 Sat 10:30am-12pm *$10/$11

WILDLIFE EXPLORERS* Find out who really lives in the forest. The answer may surprise you! ◆ 20800 3/12 Sat 10:30am-12pm *$10/$11

SHIPPING MATERIALS FEE
Program is not available for online registration.
* Edmonds residents receive a discount.

EDMONDS • Register online at reczone.org!
LEARN TO ICE SKATE
Join us on the ice and learn to march, glide, turn and stop. Includes 30 minute on ice instruction, skate rental and 90 minute practice time in public session following class. Held at Lynnwood Ice Center. Directions, clothing instructions and waiver given at registration. Must be potty trained.

SNOWPLOW SAM (AGES 3-5)
◆ 20837 1/6-2/17 W 6:20-6:50pm $85
◆ 20839 2/24-4/6 W 6:20-6:50pm $85
◆ 20838 1/16-2/27 Sat 10:45-11:15am $85
◆ 20840 3/12-4/23 Sat 10:45-11:15am $85

BASIC 1-2-3 (AGES 6-12)
First time students start in Basic 1. Returning students progress to Basic 2 then Basic 3.
◆ 20841 1/6-2/17 W 6:20-6:50pm $85
◆ 20843 2/24-4/6 W 6:20-6:50pm $85
◆ 20842 1/16-2/27 Sat 10:45-11:15am $85
◆ 20844 3/12-4/23 Sat 10:45-11:15am $85

WORKSHOPS WITH ROCK SOLID SCIENCE
$10 supply fee includes all supplies – forest fresh moss, rocks, sand, agates, glass globe, and one Tillandsia air plant.

EARTH DAY TERRARIUM WORKSHOP (AGES 8+)
Join us on Earth Day and make your own hanging globe terrarium! Learn about air plants, how to create and keep a healthy terrarium, and all the factors that go into balancing this mini-ecosystem.
◆ 20864 4/22 F 11am-Noon *$15/$18

TEACHER APPRECIATION PROJECT (AGES 6+)
Teacher appreciation day is May 3rd! Express your creativity and create an air plant terrarium for your favorite teacher.
◆ 20865 4/30 Sat 11am-Noon *$15/$18

GIRLS ON THE RUN (3RD-6TH GRADE GIRLS)
Build confidence and good decision-making skills through group lessons after school and physical accomplishment. Girls gain appreciation of health and fitness, work towards running a 5K and learn the value of teamwork. Scholarships available. Register directly with Girls On The Run at www.girlsontherunsnoco.org.
◆ 3/1-5/12 TuTh 4-5:30pm $165

JR ZEBRA CHEERLEADING (AGES 5-9)
G-O let’s go! Learn basic motions, jumps, cheers, chants, and a short dance routine all while learning how to build spirit, leadership and teamwork while meeting new friends. Performance on last day. Pom-poms provided during class. Tennis shoes required. Optional $18 spirit pack (shirt, bow and pom-poms). Instructor, Felicia Ballard. No class April 7.
◆ 20876 2/4-3/10 Th 5:30-6:30pm *$49/$56
◆ 20877 3/17-4/28 Th 5:30-6:30pm *$49/$56

PLAN YOUR SUMMER!
Sunset Bay Beach Camp...registration opens January 4!
All other Summer Camps...registration opens March 1!
www.EdmondsCamps.org

Register now! Call 425.771.0230 • EDMONDS
TAEKWON-DO (AGES 4-6)

Improve motor skills learning foot and hand techniques, enhance the ability to follow directions and learn essential character qualities – courtesy, respect and a positive attitude. Prerequisite for continuing class: graduation from beginner class with instructor approval. Uniform details at class. Bailey’s Traditional Taekwon-Do instructor, Shirley Bailey. No classes January 18 and February 15.

BEGINNER
◆ 20673 1/4-1/27 MW 4:30-5pm *$44/$51
◆ 20674 2/1-2/29 MW 4:30-5pm *$50/$58
◆ 20675 3/2-3/30 MW 4:30-5pm *$57/$66
◆ 20676 4/4-4/27 MW 4:30-5pm *$50/$58

CONTINUING
◆ 20677 1/4-1/27 MW 5-5:50pm *$47/$54
◆ 20678 2/1-2/29 MW 5-5:50pm *$54/$62
◆ 20679 3/2-3/30 MW 5-5:50pm *$61/$70
◆ 20680 4/4-4/27 MW 5-5:50pm *$54/$62

FAMILY TAEKWON-DO* (AGES 7+)

Taekwon-Do for the whole family! Build strength, flexibility and confidence in a non-contact martial art class that teaches self-control and discipline. Bailey’s Traditional Taekwon-Do instructor, Nikka Gaviola, is a 5th dan black belt with over 20 years of experience. Open to beginner and continuing students. Family discount rate available. Uniform details at class. Youth/adult class combined. No classes January 18, February 15, April 4, 6 and 8.

◆ 20687 1/4-1/29 MWF 6-7pm *$69/$79
◆ 20688 2/1-2/29 MWF 6-7pm *$75/$86
◆ 20689 3/2-3/30 MWF 6-7pm *$81/$93
◆ 20690 4/11-4/29 MWF 6-7pm *$56/$64

KENDO–SWORDSMANSHIP (AGES 8+)

Build physical and mental strength learning Japanese samurai sword handling. Beginning students must purchase Shinai (bamboo sword $25) from instructor, Naoki Tanimura, at first class. Continuing level includes full contact wearing armor. Youth/adult classes combined. Edmonds Kendo classes are a member of Pacific Northwest Kendo Federation/All United States Kendo Federation. Class dates are subject to change.

BEGINNER
◆ 20701 1/9-4/9 Sat Noon-1:30pm *$100/$115

CONTINUING
◆ 20702 1/9-4/9 Sat 1-3pm *$100/$115

UK ELITE SOCCER CAMP (AGES 5-12)

With professional instruction from UK Elite coaches develop technical and tactical skills through daily themes and activities from some of the best soccer nations in the world. Experience daily world cup scrimmages. Participants receive a UK Elite jersey and player evaluation. *Edmonds residents receive a discount.

◆ 20799 4/4-4/8 M-F 9am-1pm $160

*KIDZ LOVE SOCCER

Shin guards are required after first class except for Mommy/Daddy & Me classes. Classes starting in January are held in the Frances Anderson Center Gym. Classes starting in March are held at Edmonds City Park. Classes starting in April held at Civic Playfield. KLS hotline 1.888.372.5803

MOMMY/DADDY & ME SOCCER (AGES 2-3.5 W/ADULT)

Experience a variety of activities designed around the game of soccer.
◆ 20638 1/23-2/20 Sat 9:05-9:35am *$63/$72
◆ 20641 3/5-4/2 Sat 9:00-9:30am *$63/$72
◆ 20646 4/16-5/14 Sat 9:00-9:30am *$63/$72

TOT-SOCER (AGES 3.5-4)

Develop large motor skills through fun soccer games and experience the group setting.
◆ 20639 1/23-2/20 Sat 9:40-10:10am *$63/$72
◆ 20642 3/5-4/2 Sat 9:40-10:10am *$63/$72
◆ 20647 4/16-5/14 Sat 9:40-10:10am *$63/$72

PRE-SOCER (AGES 4-5)

Learn basic techniques of the game and build self-esteem through participation and fun soccer activities.
◆ 20651 1/23-2/20 Sat 10:10-10:45am *$63/$72
◆ 20643 3/5-4/2 Sat 10:10-10:45am *$63/$72
◆ 20648 4/16-5/14 Sat 10:10-10:45am *$63/$72

SOCCER 1 (AGES 5-6)

Learn basic techniques of soccer including dribbling, passing, receiving, shooting and goal keeping.
◆ 20640 1/23-2/20 Sat 10:45-11:30am *$63/$72
◆ 20644 3/5-4/2 Sat 10:45-11:30am *$63/$72
◆ 20649 4/16-5/14 Sat 10:45-11:30am *$63/$72

SOCCER 2 SKILLZ & SCRIMMAGES (AGES 7-10)

Explore team tactics in an age specific format and play small-sided soccer matches.
◆ 20645 3/5-4/2 Sat 11:30-12:15pm *$63/$72
◆ 20650 4/16-5/14 Sat 11:30-12:15pm *$63/$72

* Program is not available for online registration.

KIDZ LOVE SOCCER

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* Program is not available for online registration.

* Edmonds residents receive a discount.
HALF-DAY GYMNASTICS CAMP (AGES 5-12)

Four ½ days of instruction on the Olympic events: bars, beam, vault, and floor exercise, plus experience our popular 20 foot tumble-trak. Basic body positions used in jumps will be taught along with strength challenges that make this a well-rounded fitness camp. Participants will also enjoy morning crafts, and movement games integrated throughout the camp. All levels of experience are welcome.

◆ 20434 12/28-12/31 M-Th 9:30am-12:30pm *$93/$107

GYMNASTICS PARTY (AGES 3-14)

You’ll just flip over our gymnastics birthday parties! Children enjoy lots of activity and best of all no clean up for mom and dad. We provide 1 hour of gymnastics/game oriented activities (geared toward appropriate age level), including obstacle courses, relays, parachute games, trampoline, etc., 30 minutes of party room time, helium balloons for each child and a t-shirt for the birthday child. You provide the food, drink, tableware and party favors. Minimum age: potty trained. Maximum number of children: 14. To schedule a party call 425.771.0230.

WINTER (January 10-March 14)

◆ 20773 Sat 1:30pm *$144/$165 for 10 children $9/each additional child

SPRING (March 21-May 30)

◆ 20774 Sat 1:30pm *$144/$165 for 10 children $9/each additional child

AM PLAYZONE* (AGES 2-5)

A unique drop-in, open play experience with lots of climbing, jumping, rolling and games to give children a good dose of fitness and fun! All children must be accompanied and assisted by an adult. Punch cards available; 10 visits for $65. Playzone reservations are taken one week in advance. Call 425.771.0230 to make your reservation for the following week. Fees include 9.5% sales tax.

FRIDAYS

◆ 1/8-3/18 F 10:15-11:15am $7/visit
◆ 3/25-6/3 F 10:15-11:15am $7/visit

Oh, No! You Canceled It.

Sometimes courses are canceled because people wait too long to register. Please register early to avoid disappointment!

* Program is not available for online registration.
* Edmonds residents receive a discount.
Supervisor: Patty Steele-Smith
Instructors: Allyson Dekoekkoek, Savannah Steinman, Karissa Crawford, Lilia Mach, Deborah Nelson, Courtney Yano, Maylynn Lee and Raejan Campbell.

Winter classes: Registration for all new students begins December 7. Instructor subject to change.
Spring classes: Registration for all new students begins March 7. Instructor subject to change.

Our classes provide positive social and physical experiences with emphasis on development of major motor skills. Children progress at their own pace through step-by-step methods in a safe, fun and fit environment. First class of each session includes a brief parent orientation. Students must have parent or legal guardian signed waiver on the first day of class in order to participate. Parents stay in room for Time for Two classes; for all other classes parents may attend first and last class of each session. No registrations or transfers after the second week of classes.

2016 ANNUAL SPRING GYMNASTICS WEEK SHOW
TUESDAY, MAY 31-MONDAY, JUNE 6
School-age (5-18) and Preschool age (3-5) gymnastics classes will perform routines during the last class of the Spring session. 2016 Spring Show Theme: Rio Olympic Games “Carnival.”

TIME FOR TWO PARENT PARTICIPATION REQ’D
Emphasis on development of major motor skills through use of obstacle courses to introduce 2 year olds and shy 3 year olds to tumbling, low balance beam work, low bar work, interactive songs and games.

3 & 4 YEAR OLD GYMNASTICS
Emphasis on development of major motor skills through use of tumbling, low balance beam work, low bar work and games. Each student works in relation to his/her ability. Rhythm Moves (RM) adds a twist of rhythm, dance and basic rhythmic concepts to make this class a little more music and movement oriented.

RHYTHMIC PLUS
Designed for students 4-6 years old, this active creative movement class teaches body awareness, movement and rhythm. Creative use of hoops, ribbons, ropes and balls, along with gymnastics and basic dance, makes this a well-rounded class.

CIRCUS ARTS & ACROBATICS
Introduction for 4-6 and 7-10 year olds, to basic juggling and circus skills such as rola-bola, low tight-wire, stilts and aerial: trapeze/fabric/rope/lyra, rolling globe, acrobatic tumbling skills and partner balances. All skills geared toward appropriate age level and ability. Intermediate Level ages 9-14, instructor approval required.

PRIVATE LESSONS
Private lessons are offered for all levels and can be purchased by the hour or half-hour. Contact your coach directly to schedule lessons, or call 425.771.0230, ext. 1344 for more information.
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<tr>
<th>CLASS</th>
<th>DAY</th>
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*Fees based on number of classes per quarter.  
Winter quarter runs January 4-March 19. No classes January 18 and February 15. 
Instructor subject to change.  IAR: Instructor Approval Required
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*Fees based on number of classes per quarter.


^Note: Class ends 6/7.
Instructor subject to change. IAR: Instructor Approval Required
CALLIGRAPHY: ITALIC INSPIRATION
Write italic – beautiful, versatile and personal! Learn the basics and get creative with fun projects. For beginners and all levels. Supply list at registration. Instructor, Brigitte Hefferan.◆  
20691 1/19-2/23 Tu 10am-Noon *$86/$99

ADVENTURES IN DRAWING
Jessica Carlson is now offering her step-by-step drawing classes to adults! Enjoy creating your own unique version of the featured drawing in an atmosphere of both structured guidance and artistic freedom. Tea, cookies and all supplies provided. Artist quality mediums used. New projects each class.◆  
20663 2/20 Sat 11am-1pm *$36/$41 
20664 4/23 Sat 11am-1pm *$36/$41

NO FEAR DRAWING
Have you always wanted to draw but don’t know how to begin? Learn the fundamentals of drawing in an atmosphere of encouragement and support. Explore line, shape, proportion, shadows, texture, positive and negative space and more. We will work in pencil, pen, pastels, colored pencils and other media. Supply list at registration. Instructor, Ruth Barth.◆  
20694 2/4-3/10 Th 1:30-3:30pm *$138/$159 
20695 3/24-4/28 Th 1:30-3:30pm *$138/$159

STILL-LIFE PAINTING IN PASTEL
Explore the luscious color and delicate texture of pastel while developing your observational skills. Let the still-life spark your imagination. Supply list at registration. Instructor, Kathleen Moore.◆  
20699 2/2-3/8 Tu 1-3pm *$138/$159

NO FEAR WATERCOLOR
Explore the spontaneous qualities of watercolor in this no-fear class. Learn color mixing, value, composition, wet on wet, wet on dry; light, shade and more. Supply list at registration. Instructor, Ruth Barth.◆  
20692 2/3-3/9 W 10am-Noon *$138/$159 
20693 3/23-4/27 W 10am-Noon *$138/$159

SOLDERING BASICS
Explore soldering, forging and stone setting! Learn the basics of high temperature soldering using silver solder to create a ring with a stone setting or a pendant with a stone and bail. All equipment and materials provided. $25 supply fee. Instructor, Bonnie Aubuchon.◆  
20696 1/23-2/13 Sat 10am-Noon *$53/$61 
20697 4/2-4/23 Sat 10am-Noon *$53/$61

SPINNER RING
Create your very own personalized spinner ring, also known as a “meditation” ring inspired by the ancient Tibetan Prayer Wheels. Learn how to solder and form to fabricate a sterling silver inner band with several outer rings which are movable and spin. Prerequisite: Soldering Basics class. All equipment and materials provided. $25 supply fee. Instructor, Bonnie Aubuchon.◆  
20698 3/5 Sat 10am-1pm *$39/$45

* Edmonds residents receive a discount.
WRITE ABOUT YOUR LIFE ONLINE CLASS*
Learn how to access and format your memories and experiences for the purpose of creating articles, books, and souvenir memoirs for cash, friends, and/or family. Receive direct one-on-one guidance and constructive feedback on each lesson. Start anytime! Open to writers of any level or genre. Classes are 10 sessions on an at-your-own-pace schedule. Student work is frequently published in Ariele’s columns, books, sites and blogs.

◆ 20700  *$102/$117

UKRAINIAN EGG DECORATING
Make a unique gift for family and friends by making “Pysanky,” Ukrainian decorated eggs. Dye and decorate fresh eggs using a wax-relief technique. Special symbols and colors have special meanings. Legend has it that as long as pysanky are decorated, goodness will prevail over evil throughout the world. Create at least 2 eggs. Youth/adult class combined. $10 supply fee. Instructor, Larissa Chuprina.

◆ 20722  4/2  Sat  10am-1pm  *$32/$37

SHIBORI DYEING WITH INDIGO
Learn the basics of shibori, the Japanese art of creating patterns by binding, folding and twisting fabric during the dyeing process, then experiment on a series of silk and cotton fabrics using indigo dye and go home with the skills to dye other pieces at home. Take home one silk scarf using the technique of your choice. All levels welcome. Fabrics supplied but bring your own pieces (old sheets or clothes) to upcycle. Wear non-precious clothes and be prepared to get your hands dirty. $10 supply fee. Instructor, April Richardson.

◆ 20703  3/12  Sat  9:30am-12:30pm  *$45/$52

PRECIOUS METAL CLAY
Precious metal clay works like clay but turns into fine silver after firing. Texture it, rubber stamp it, mold and shape it to create professional looking earrings, charms, beads and more. No prior experience required. Each student will make 3-5 pieces. Pieces fired outside of class and ready to be picked up one week after class. $30 supply fee. Instructor, Meredith Arnold. Small rubber stamps provided for use in class or bring your own.

◆ 20878  4/30  Sat  9:30am-12:30pm  *$40/$46

UKULELE
Bring soprano/standard, concert or tenor ukulele (tuned GCEA). Supply list at registration. Instructor, Rod Higuchi.

BASIC I
A solid start! Four weeks to get you started toward ukulele proficiency.
◆ 20669  1/7-1/28  Th  7-8:30pm  *$62/$71

BASIC II
Build on your firm foundation to ukulele mastery. Prerequisite Ukulele Basic I.
◆ 20670  2/4-2/25  Th  7-8:30pm  *$62/$71

INTERMEDIATE I
Transposing is key to ukulele versatility. Learn to adjust any song sheet to your needs and preferences.
◆ 20671  3/3-3/31  Th  7-8:30pm  *$78/$90

INTERMEDIATE II
Finger picking is key to ukulele virtuosity. Learn how to play recognizable melodies without having to sing along.
◆ 20672  4/7-4/28  Th  7-8:30pm  *$62/$71

Oh, No
You Canceled It
SOMETIMES COURSES ARE CANCELED BECAUSE PEOPLE WAIT TOO LONG TO REGISTER. PLEASE REGISTER EARLY TO AVOID DISAPPOINTMENT!

◆ Program is not available for online registration.

* Edmonds residents receive a discount.
Adult Enrichment

Classes designed to learn new skills, meet new people or just do an enjoyable activity.

FRIDAY NIGHT DANCE

SALSA
Okay, so you won’t look like the dancers in the Ricky Martin video in just five weeks, but you’ll have some solid basics and turns in Salsa and Merengue. Emphasis on lead/follow and styling!
◆ 20685 1/15-2/12  F 6:30-7:30pm *$60/$69

EAST COAST SWING
Dance to big band swing, rock ’n roll, blues and more. Both single and triple rhythm styles will be taught in this fun and easy class. Sign up today for the time of your life.
◆ 20686 1/15-2/12  F 7:30-8:30pm *$60/$69

BALLROOM
Learn Classic Fox Trot, Waltz, Swing and for those special occasions, the Tango. Emphasis on lead/follow skills, styling and dance etiquette.
◆ 20683 2/19-3/18  F 6:30-7:30pm *$60/$69

WEST COAST SWING
Still the coolest, smoothest and most playful form of swing on the planet. West Coast Swing can be danced to all types of music from big band swing and blues, rhythm & blues, Top 40 and pop of all eras.
◆ 20684 2/19-3/18  F 7:30-8:30pm *$60/$69

PHOTOGRAPHY
Instructor, Karen Ulvestad, professional photographer. Bring point-and-shoot or DSLR camera and manual.

DIGITAL PHOTOGRAPHY 101
Are you ready to use your camera to create photographic images? Learn how to get the most from your camera equipment. This class covers menu navigation, camera settings, equipment information, and more.
◆ 20666 1/9  Sat 10am-Noon *$45/$52
◆ 20667 4/28  Th 6-8pm *$45/$52

DIGITAL PHOTOGRAPHY 201
Are you ready to take your photography to the next level? Learn how to use compositional elements, become aware of light, and use of exposure in creating your photographic vision.
◆ 20668 2/6  Sat 10am-Noon *$45/$52

GENEALOGY 101 PLUS
Have you ever wondered who your ancestors are? Learn to search, scrutinize and organize genealogical information. PLUS, we will travel to various local genealogy libraries. Instructor, Bruce Gorsuch.
◆ 20652 1/28-3/3  Th 6:30-7:30pm *$39/$45
◆ 20653 3/24-4/28  Th 6:30-7:30pm *$39/$45

PHOTO WALK
New!
Do you learn best hands-on? Learn the basics of photography in the field. We will explore the Edmonds waterfront, and work with our digital cameras (point and shoot, mirror less, or DSLR). Dress for the weather and wear comfortable walking shoes. Meet at Olympic Beach Ranger Station.
◆ 20869 3/12  Sat 2-4pm *$45/$52

FIRST AID/CPR (AGES 12+)
The City of Edmonds and Fire District 1 are teaming up to offer the American Heart Association’s Heartsaver® First Aid & CPR/AED classes. This classroom, video-based, instructor-led course teaches students critical skills needed to respond to and manage emergencies. Course teaches Adult, Child & Infant CPR and use of an AED. Classes held at Fire District 1 Headquarters, 12425 Meridian Ave S, Everett, WA 98208.
◆ 20730 2/13  Sat 9am-4pm $70
◆ 20731 4/9  Sat 9am-4pm $70

EARTH DAY TERRARIUM WORKSHOP
New!
Join us on Earth Day and make your own hanging globe terrarium! Learn about air plants, how to create and keep a healthy terrarium, and all the factors that go into balancing this mini-ecosystem. We provide all the ingredients, including forest fresh moss, rocks, sand, agates, glass globe, and one Tillandsia air plant. Youth/adult class combined.
$10 supply fee. Instructor, Amy Bergin.
◆ 20864 4/22  Th 11am-Noon *$15/$18

BEGINNING FLY TYING
New!
Start tying your own flies to use for fly fishing on local rivers and lakes. The Olympic Fly Fishers of Edmonds will teach you the basics of Fly Tying. All materials and equipment is provided. Create at least 5 flies and join the Olympic Fly Fishers Club for free for 2016.
◆ 20881 1/28–2/25  Th 6-7:30pm *$45/$52

* Edmonds residents receive a discount.
EDMONDS • Register online at reczone.org!

NATURE

STARLIGHT BEACH WALK
Join Discovery Programs staff and the WSU Snohomish County Extension Beach Watchers for a low tide beach walk under the stars. We’ll explore the beach as the tide goes out, and then return to the Visitor Station for some hot beverages to take the chill off. Bring a flashlight and dress for the weather. Meet at the Olympic Beach Visitor Station. Co-sponsored by the Snohomish County Marine Resources Advisory Committee and Surface Water Management Division.
◆ 1/19  Tu  7-8:30pm

SPRING BEACH CLEANUP & LOW TIDE WALK
Help remove litter from Edmonds’ beaches while exploring the marine environment with a Ranger-Naturalist. Wear gloves and boots, and bring an old bucket if you have one. People of all ages and groups are welcome to participate. Meet at the Olympic Beach Visitor Station – no registration required.
◆ 4/24  Sun  12-2pm

FAMILY FOREST FUN DAYS
Have fun learning as a family while exploring the forested habitats of Yost Park through interactive games, crafts, and outdoor exploration! Kids must be accompanied by a parent. Parents attend for free. 10% discount for siblings. Instructor, Discovery Programs staff.

PLANTS & BUGS
Come explore what’s hiding in a rotting log or in the leaves under your feet.
◆ 20797  2/20  Sat  10:30am-12pm  $10/$11

WILDLIFE EXPLORERS
Find out who really lives in the forest. The answer may surprise you!
◆ 20800  3/12  Sat  10:30am-12pm  $10/$11

WATER BIRDS OF THE PUGET SOUND REGION
Looking for a way to beat the winter blues? Join us to learn all about the different kinds of ducks that live in the Puget Sound, as well as the geese, gulls, blackbirds, herons, and more. These birds have unique abilities to nest, raise young, and escape predation on the water. Course is designed for adult beginning birders, but children ages 12 and over are welcome. Instructor, Candy Brown.
◆ 20753  2/4  Th  6:30-8pm  $16/$18

MORE AMAZING BIRDS!
Discover the amazing and beautiful birds that visit or live in our area. Learn all about the sparrows, warblers, wrens, woodpeckers, swallows, cedar waxwings, and others that can be seen throughout the year. Course is designed for adult beginning birders, but children ages 12 and over are welcome. Instructor, Candy Brown.
◆ 20741  3/3  Th  6:30-8pm  $16/$18

RAISE YOUR OWN MASON BEES
Now is a great time to prepare to raise your own mason bees. These busy bees are easy to raise, gentle, fun to watch, and prolific pollinators. Great for kids – they don’t sting! Learn about the mason bee life cycle, the five mason bee essentials, how to build a bee box, bee pests, and tips for managing your colony year-round. Instructor, Todd Brown.
◆ 20729  3/2  W  6:30-8:15pm  $16/$18

EDIBLE CONTAINER GARDENING
Edible container gardens can be both tasty and beautiful! Get hands on and plant your own portable garden while learning the best pot, soil, and plant choices for your garden. $5 materials fee includes seeds and plant starts. Supply list at registration. Instructor, Laura Matter.
◆ 20858  3/19  Sat  10-11:30am  $25/$29
◆ 20860  3/22  Tu  6:30-8pm  $25/$29

Get Involved!

PUGET SOUND BIRD FEST COMMITTEE

JOIN OUR BEACH TEAM
To learn how you can become a Ranger-Naturalist or a Volunteer Beach Docent, call 425.771.0227.

* Program is not available for online registration.
* Edmonds residents receive a discount.
Register now! Call 425.771.0230 • EDMONDS

FELDENKRAIS®
MOVEMENT FOR BETTER LIVING
Reduce pain and stiffness by reconnecting to your body’s natural ability to move with ease. These innovative, relaxing exercises improve flexibility, posture, and balance so you can move better, feel better, and live better. Bring a mat and bath towel. Instructor, Peggy Protz.

ALL LEVELS
◆ 20777 1/5-2/2 Tu Noon-1pm *$65/$75
◆ 20778 2/9-3/15 Tu Noon-1pm *$78/$90
◆ 20779 3/22-4/26 Tu Noon-1pm *$78/$90

BEGINNING BASICS
◆ 20780 1/6-2/3 W 6:10-7:10pm *$65/$75
◆ 20781 2/10-3/16 W 6:10-7:10pm *$78/$90
◆ 20783 3/23-4/27 W 6:10-7:10pm *$78/$90

MORE ADVANCED
◆ 20782 1/6-2/3 W 7:20-8:30pm *$75/$86
◆ 20784 2/10-3/16 W 7:20-8:30pm *$90/$104
◆ 20785 3/23-4/27 W 7:20-8:30pm *$90/$104

FELDENKRAIS® WORKSHOP
A HEALTHY, FLEXIBLE & PAIN FREE BACK
A healthy back is both flexible and strong, and supports you well in a variety of movements and postures. Using visual aids, see how the structure of your back creates this marriage of pliability and strength. With specific exercises, experience a more supple, balanced, and pain free back, regardless of age, injury, or condition. Instructor, Peggy Protz.
◆ 20794 1/30 Sat 10:30am-1pm *$42/$48

FELDENKRAIS® WORKSHOP
WALKING WITH EASE
Would you like to walk with more freedom? Or take longer strolls without pain or muscle aches? With specific exercises, experience how to walk with maximum ease, grace, and flow. Learn what to practice to help endurance and balance. Change the way you walk for the better! Exercises will be done both standing and lying down. Instructor, Peggy Protz.
◆ 20795 3/5 Sat 10:30am-1pm *$42/$48

MOVING FOR BETTER BALANCE
Improve balance and increase self-confidence in performing daily activities in this research-based fall prevention program using the principles and movements of Tai Chi. Weight-bearing and non-weight bearing stances, postural alignment, coordinated movements and synchronized breathing. This program has been recommended by the Center for Disease Control and Prevention as an effective intervention to prevent falls for older adults. Instructor, Barbara Gleisner. No classes January 18, February 15 and 29.
◆ 20765 1/4-3/14 M 10:30am-Noon *$84/$97
◆ 20885 3/21-5/9 M 10:30am-Noon *$84/$97

CHANGE YOUR POSTURE, CHANGE YOUR LIFE WORKSHOP
Learn healthy posture and movements, address the root cause of muscle and joint pain and restore your body to a pain free living with corrective exercises. Look younger, thinner and confident. Instructor Connie Nelson.
◆ 20870 1/23 Sat 9am-Noon *$52/$60
◆ 20871 3/12 Sat 9am-Noon *$52/$60

TAI CHI
Learn balance, grace and patience. Discover the joy of movement while gently increasing strength and flexibility. This ancient Chinese exercise is also a meditation, a healing art and a martial art. Instructor, Barbara Gleisner.

LEVEL 1
◆ 20742 1/5-2/23 Tu 10:30-11:30am *$84/$97
◆ 20743 3/8-4/26 Tu 10:30-11:30am *$84/$97
◆ 20744 1/7-2/25 Th 7-8:30pm *$84/$97
◆ 20745 3/10-4/28 Th 7-8:30pm *$84/$97

LEVEL 2
◆ 20746 1/5-2/23 Tu 7-8:30pm *$84/$97
◆ 20747 3/8-4/26 Tu 7-8:30pm *$84/$97

LEVEL 3
◆ 20748 1/7-2/25 Th 5:30-7pm *$84/$97
◆ 20749 3/10-4/28 Th 5:30-7pm *$84/$97

QIGONG
The gentle, rhythmic movement of qigong reduces stress, builds stamina, increases vitality, and enhances the immune system. This ancient Chinese health care system integrates physical postures, breathing techniques and focused intention. Instructor, Barbara Gleisner.
◆ 20767 1/5-2/23 Tu 5:30-7pm *$84/$97
◆ 20768 3/8-4/26 Tu 5:30-7pm *$84/$97
◆ 20769 1/6-2/24 W 10-11:30am *$84/$97
◆ 20770 3/9-4/27 W 10-11:30am *$84/$97

* Edmonds residents receive a discount.
**FAMILY TAEKWON-DO** *(AGES 7+)*

Taekwon-Do for the whole family! Build strength, flexibility and confidence in a non-contact martial art class that teaches self-control and discipline. Bailey's Traditional Taekwon-Do instructor, Nikka Gaviola, is a 5th dan black belt with over 20 years of experience. Open to beginner and continuing students. Family discount rate available. Uniform details at class. Youth/adult class combined. No classes January 17, February 15, April 4, 6 and 8.

- 20687 1/4-1/29 MWF 6-7pm *$69/$79
- 20688 2/1-2/29 MWF 6-7pm *$75/$86
- 20689 3/2-3/30 MWF 6-7pm *$81/$93
- 20690 4/11-4/29 MWF 6-7pm *$56/$64

**KENDO–SWORDSMANSHIP** *(AGES 8+)*

Build physical and mental strength learning Japanese samurai sword handling. Beginning students must purchase Shinai (bamboo sword $25) from instructor, Naoaki Tanimura, at first class. Continuing level includes full contact wearing armor. Youth/adult classes combined. Edmonds Kendo classes are a member of Pacific Northwest Kendo Federation/All United States Kendo Federation. *Class dates subject to change.*

- **BEGINNER**
  - 20701 1/9-4/9 Sat Noon-1:30pm *$100/$115
- **CONTINUING**
  - 20702 1/9-4/9 Sat 1-3pm *$100/$115

**PILATES YOGA FUSION**

Pilates exercises and yoga poses designed to strengthen and stretch the body and calm the mind. Class ends with restorative poses and relaxation. All levels welcome. Instructor, Kerry Brockmann. *Drop-ins not permitted if class is full.*

- 20851 1/5-2/9 Tu 7:15-8:15pm *$67/$77
- 20852 2/16-3/22 Tu 7:15-8:15pm *$67/$77
- 20853 3/29-4/26 Tu 7:15-8:15pm *$56/$64

**HATHA YOGA**

Hatha Yoga uses postures (asanas) and stretches in combination with the breath to develop flexibility, strength and relaxation. Detailed instruction, the use of props and the encouragement to modify poses when needed help students develop their understanding of yoga while staying safe. This meditative and slow paced class is open to all levels and abilities. Instructor, Kerry Brockmann. No classes January 18, February 15 and April 7. *Drop-ins *$15/$17 (not permitted if class is full).*

**GENTLE (SLOWER MODIFIED POSES)**

- 20710 1/4-2/8 M 11:45am-12:45pm *$65/$75
- 20711 2/2-2/23 M 11:45am-12:45pm *$65/$75
- 20712 3/28-4/26 M 11:45am-12:45pm *$65/$75
- 20713 1/6-2/10 W 11:45am-12:45pm *$58/$67
- 20714 2/17-3/23 W 11:45am-12:45pm *$58/$67
- 20715 3/30-4/27 W 11:45am-12:45pm *$58/$67

**ALL LEVELS**

- 20716 1/4-2/8 M 10-11:30am *$65/$75
- 20717 2/2-2/23 M 10-11:30am *$65/$75
- 20718 3/28-4/25 M 10-11:30am *$65/$75
- 20719 1/4-2/8 M 6:45-8:15pm *$65/$75
- 20720 2/22-3/21 M 6:45-8:15pm *$65/$75
- 20720 3/28-4/25 M 6:45-8:15pm *$65/$75
- 20705 1/6-2/10 W 10-11:30am *$78/$89
- 20721 2/21-3/23 W 10-11:30am *$78/$89
- 20706 3/30-4/27 W 10-11:30am *$65/$75
- 20707 1/7-2/11 Th 7-8:30pm *$78/$89
- 20708 2/18-3/24 Th 7-8:30pm *$78/$89
- 20709 3/31-4/28 Th 7-8:30pm *$52/$60

**YOGA FOR YOU**

Integrated mind, body and spirit with the practice of asanas (poses). Experience individual attention breathing awareness and meditation with emphasis on body alignment that helps build strength, flexibility, balance and a sense of calm, clarity and well-being. Props used to help make this practice more accessible. Instructor, Joanne Stromme. *Drop-ins *$15/$17 (not permitted if class is full).*

- 20735 1/5-2/2 Tu 6:30-8pm *$65/$75
- 20736 2/16-3/15 Tu 6:30-8pm *$65/$75
- 20737 3/29-4/26 Tu 6:30-8pm *$65/$75
- 20732 1/7-2/4 Th 9:30-11am *$65/$75
- 20733 2/18-3/17 Th 9:30-11am *$65/$75
- 20734 3/31-4/28 Th 9:30-11am *$65/$75
- 20738 1/8-2/5 F 10-11:30am *$65/$75
- 20739 2/19-3/18 F 10-11:30am *$65/$75
- 20740 4/1-4/29 F 10-11:30am *$65/$75

*Program is not available for online registration.*

*Edmonds residents receive a discount.*
**WEIGHT ROOM ORIENTATION**

Learn how to correctly set yourself up on the weight machines and how to use them. Pre-registration required. Space is limited.

- 20724 1/8 F 9am
- 20725 2/5 F 9am
- 20726 3/4 F 9am
- 20727 4/1 F 9am

**FREE!**

**NEW!**

**PICKLEBALL CLINIC**

Come and join America’s fastest growing sport! Learn forehand, backhand, volleys, serves, return of serves and general tips about pickleball from instructors, Ginny Scantlebury and Roger Belair. Handouts, balls and paddles provided.

- 20863 1/14 Th 6:30-8:30pm $10

**ADULT LEAGUES**

**BASKETBALL 3 on 3**

30-game schedule with a 2-point line. Games start at 7:30pm. Defense calls the fouls. The top six teams advance to a single elimination tournament.

- 20533 1/6-3/16 W $250/team
- 20534 3/23-6/1 W $250/team

**FITNESS & WEIGHT ROOM (AGES 16+)**

$3 per person; Seniors 60+, $2 per person. Discount cards available. 9.5% sales tax included.

**VOLLEYBALL**

Games played at Edmonds Community College gym.

**CO-REC COMPETITIVE VOLLEYBALL**

Matches consist of 3 games per night starting at 7:15pm. Fee includes a 7-week round robin Tuesday evenings with a season ending tournament for all teams.

- 20545 A Division 1/12-3/1 $275/team
- 20546 B Division 1/12-3/1 $275/team
- 20547 A Division 3/15-5/3 $275/team
- 20548 B Division 3/15-5/3 $275/team

**WOMEN’S 4 ON 4 VOLLEYBALL LEAGUE**

Matches consist of 4 games each night starting at 7:15pm. Limited to 6 teams in both upper and lower divisions. League consists of 9 weeks and a season ending tournament for all teams.

- 20543 1/7-3/10 Th $548/team
- 20544 3/24-5/26 Th $548/team

**PICKLE-BALL LEAGUES**

Matches start at 7:15pm Mondays and 6:30pm Tuesdays. 6 matches followed by single elimination tournament for top 4 teams. No matches January 18 and February 15.

**SINGLES-MONDAYS**

- 20567 Men’s Upper 1/4-2/22 $35
- 20568 Men’s Lower 1/4-2/22 $35
- 20569 Women’s 1/4-2/22 $35

**DOUBLES-TUESDAYS**

- 20563 Men’s Upper 1/12-2/23 $70/team
- 20564 Men’s Lower 1/12-2/23 $70/team
- 20565 Women’s 1/12-2/23 $70/team
- 20566 Mixed 1/12-2/23 $70/team
- 20570 Men’s Upper 3/8-4/19 $70/team
- 20571 Men’s Lower 3/8-4/19 $70/team
- 20572 Women’s 3/8-4/19 $70/team
- 20573 Mixed 3/8-4/19 $70/team

**SOFTBALL LEAGUES**

Register for Adult Men’s, Women’s and Coed Leagues. Multiple divisions will be available for each league. Sign up for the night of week you want to play (pending availability) Sunday-Friday. The $645 league fee includes 10 games with the top 4 teams in each division qualifying for a single elimination tournament. USSSA team affiliation fee included. Games officiated by USSSA and played at Meadowdale Playfields weekdays starting at 6:15pm and Sundays at 2:15pm. Registration begins 8:30am February 1. To register call Edmonds 425-771-0230 or Lynnwood 425-670-5732. For more information contact Todd, 425-771-0229 or Travis, 425-670-5517.

- Coed Su, Tu, F 3/13-5/22 $645/team
- Men’s Su – F 3/13-5/22 $645/team
- Women’s W 3/16-5/18 $645/team

**Challenges yourself to get fit in 2016!**

*Program is not available for online registration.*

*Edmonds residents receive a discount.*
Edmonds • Register online at reczone.org!

EDMONDS HAPPENINGS

CALL FOR MUSICIANS
The Edmonds Arts Commission is looking for performers to provide 1 to 1.5 hour presentations for summer concerts in Edmonds parks. The established Concerts in City Park series is on Sundays at 3pm in July and August. In addition, there may be opportunities for smaller scale performances in a downtown park plaza venue. To apply, submit the following by January 5, 2016:
• Letter of interest with contact information (name, phone, address and email)
• Promotional material
• Music samples (CD’s should be clearly labeled)
Send to frances.chapin@edmondswa.gov or mail to Edmonds Arts Commission Concerts, 700 Main St, Edmonds, WA 98020.

STARBIGHT BEACH WALK
Join Discovery Programs staff and the WSU Snohomish County Extension Beach Watchers for a low tide beach walk under the stars. We’ll explore the beach as the tide goes out, and then return to the Visitor Station for some hot beverages to take the chill off. Bring a flashlight and dress for the weather. Meet at the Olympic Beach Visitor Station. Co-sponsored by the Snohomish County Marine Resources Advisory Committee and Surface Water Management Division.
1/19 Tu 7-8:30pm

SPRING BEACH CLEANUP & LOW TIDE WALK
Help remove litter from Edmonds’ beaches while exploring the marine environment with a Ranger-Naturalist. Wear gloves and boots, and bring an old bucket if you have one. People of all ages and groups are welcome to participate. Meet at the Olympic Beach Visitor Station – no registration required.
4/24 Sun 12-2pm

GET INVOLVED

PUGET SOUND BIRD FEST COMMITTEE
Help plan one of Edmonds’ most exciting summer events! The Bird Fest Planning Committee is looking for help planning Bird Fest 2016. Planning starts in January for the September event. For a list of opportunities, call 425.771.0227.

JOIN OUR BEACH TEAM
To learn how you can become a Ranger-Naturalist or a Volunteer Beach Docent, call 425.771.0227.

SPONSORSHIP OPPORTUNITIES
Enhance your company’s image, increase exposure, and support family-friendly community events by becoming a sponsor! Capture the attention of hundreds of locals – all ages, all walks of life! For additional information call 425.771.0268. Sponsorship levels vary. Current sponsorship opportunities:
• Daddy Daughter Dance
• Health & Fitness Expo
• Yost Pool Banners
• Outdoor Movie Nites

ROTARY EASTER EGG HUNT
Saturday, March 26 – 10am
www.EdmondsEasterEggHunt.org
Kids, ages 3-10, scramble for chocolate eggs, candy and prizes in three age-appropriate starts. Bring a nonperishable food donation for the food bank and your basket. Rain or shine. Kids hunt while parents take pictures! Sponsored by Reece Homes Team of Windermere Real Estate and Edmonds Daybreakers Rotary Club with support from Snohomish County Fire District 1. Held at Frances Anderson Center Field, 700 Main Street.
Registration: General Information

- Advance registration and payment required. Fees include state and local sales tax, where applicable.
- If paying by check, write check to City of Edmonds or City of Mountlake Terrace.
- Please register early, classes may be canceled if registration is insufficient.
- Returned check fee: $30-Edmonds, $25-Mountlake Terrace
- Participation is voluntary and participants agree to assume responsibility for any injury or damage to person or property.
- Video tapes and photographs may be taken and used for publication.

Refunds

- Please note – policies vary slightly between cities (see below for details).
- Full refunds will be given if classes are canceled by the Parks and Recreation Department.
- Participant refund requests are assessed a $10 administrative fee per registration.

Edmonds
Refunds and transfers must be requested 3 business days prior to the first class. Withdrawals from Meadowdale Preschool require one month’s notice and payment. Refunds after April 1 require May payment. Facility Rentals: Refer to your contract for refund information.

Mountlake Terrace
Registration for all activities is binding. All participant-based refunds/credits are assessed a $10 service fee with the exception of Semester/Yearly Dance and Fitness classes, which will be assessed a $40 fee. Refunds may take up to four weeks for processing. No refund for amounts less than $5.

Please see website for additional policies.

General Information

ADA Access
The cities of Edmonds and Mountlake Terrace strive to provide access and reasonable accommodation for persons with disabilities. Please contact individual cities for assistance.
Edmonds: 425-771-0232
Mountlake Terrace: 425-776-9173

Anti-Discrimination Policy
The cities of Edmonds and Mountlake Terrace do not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or presence of any sensory, mental or physical handicap.
SavE ThiS BrOCHuRe!
It contains all the information for classes and events January-April.
Our next guide, the May-August Craze, will be mailed in April.