

RECREATION PROGRAM GUIDE *Craze*

Edmonds & Mountlake Terrace

January
-April
2012



Mountlake Terrace Recreation & Parks

Welcome to the Recreation Pavilion!

5303 228th Street SW, Mountlake Terrace, WA 98043

425-776-9173 • www.mltrec.com

Fax 425-775-2365



The fun never ends!



At the Recreation Pavilion you can enjoy our:

- * LEISURE POOL
- * SAUNA AND SPA
- * LAZY RIVER
- * SPRAY TOYS
- * ESPRESSO CART
- * LAP LANES
- * DANCE STUDIOS
- * INDOOR PLAYGROUND
- * RACQUETBALL COURTS
- * OUTDOOR PLAYGROUND
- * PRESCHOOL FACILITIES
- * CARDIO ROOM

Hours of Operation

Monday & Wednesday 6:00 am-9:00 pm
 Tuesday & Thursday 6:00 am-9:30 pm
 Friday 6:00 am-8:00 pm
 Saturday 7:00 am-8:00 pm
 Sunday 8:30 am-7:30 pm



Resident Priority Registration and Discounts

Mountlake Terrace residents are eligible to register for swim lessons prior to non-residents. Please see the swim lesson registration dates on page 28.

Mountlake Terrace residents also receive a discount on programs offered. The prices listed on each class will have a resident rate depicted by an R and non-resident rate depicted by an N. Please identify yourself as a resident so the appropriate discount can be applied.

Facility Closures & Modified Schedules

January 1 – Pavilion Closed
 January 16-17 – Modified Schedule
 February 20-21 – Modified Schedule
 April 2-6 – Modified Schedule

How to read your brochure:

Activity Name
Creative Dance
 Boys & girls dance and play with scarves, instruments, and other props...

◆ 19832 T 1/3-3/13 1:15-2pm
 R\$88 N\$99

Computer Barcode Resident discount fee Non-Resident fee Day of Week Dates Time





Parks & Facilities

Mountlake Terrace

Evergreen Playfield Complex

This local athletic park property consists of four ball fields, three soccer/football fields, and four tennis courts. There is also a picnic area and playground, as well as a seasonal concession stand. The park is located with versatile facilities that accommodate all age groups and interests. As a result, the facility is heavily used during all seasons of the year.



Volunteer Clean up for Evergreen Playfield Complex

Neighborhood Parks		Amphitheater	Cooking Grill	Disc-Golf	Horseshoes	Natural Area	Picnic Area	Picnic Shelter	Playground	Restrooms	Soccer Field	Softball Field	Trail
Park	Address												
Matt Hirvela Bicentennial Park	4105 222nd St. S.W.		◆	◆	◆	◆	◆	◆	◆	◆			
Forest Crest Playfield	5006 236th St. S.W.										◆	◆	
Jack Long Park	22102 58th Ave. W.		◆		◆	◆	◆		◆				
Fire Fighters Memorial Park	3900 228th St. S.W.		◆				◆		◆				
Lower Terrace Creek Park	23200 48th Ave. W.		◆	◆		◆	◆	◆	◆	◆	◆	◆	◆
Upper Terrace Creek Park	5303 228th St. S.W.	◆		◆		◆							◆
Terrace Ridge Park	4600 242nd St. S.W.		◆				◆		◆				
Veteran's Memorial Park	23500 58th Ave. W.		◆			◆	◆	◆	◆	◆			
Evergreen Playfield	22205 56th Ave. W.		◆			◆	◆		◆	◆	◆	◆	◆
Ballinger Park	23000 Lakeview Drive					◆	◆		◆	◆	◆	◆	◆
Off Leash Dog Park	5303 228th St. S.W.					◆							

Soccer, softball and baseball fields may be reserved by calling 425-776-9173 ext. 0.
Rain out information 425-776-9173 ext. 4 after 4pm.



Gymnasium

at Terrace Park School

5303 228th St SW, Mountlake Terrace

For more information call 425-640-3101

- Open Gym • Basketball & Volleyball
- Adult Leagues • Facility Rentals



Register online at mltrec.com!



Ballinger Golf Course

23000 Lakeview Drive, Mountlake Terrace

425-697-4653

Annual Golf Passes available.

Banquet Rooms – Weddings – Receptions

Jazzercise 800-FIT-IS-IT/ 206-298-5377



January 2 - April 1, 2012

Please check the Pavilion or our website for modified schedules for Martin Luther King, Jr. Day (January 16) and Presidents Day Mid-Winter Break (February 20-21).

Schedule is subject to change. Please check www.mltrec.com for the latest schedule updates.

MONDAY/WEDNESDAY	TUESDAY/THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am-2:30pm Lap Lanes	6am-2:30pm Lap Lanes	6am-2:30pm Lap Lanes	7-8:30am 3 Lap Lanes 1 Multi Purpose Lane	
6-7am Deep Water Fitness		6-7am Deep Water Fitness	\$2 Happy Hour 7-8am Leisure Pool & River	8:30-11:55am 2 Lap Lanes
6-9:30am & 10:05am-2:45pm River Available	6-9:30am & 10:05am-2:45pm River Available	6-11am & 11:35am-2:30pm River Available	7:30-8:30am Deep Water Fitness	8:30-9:15am \$1 Dip Special Leisure Pool Only
7:55-8:55am Water Walk	7:25-8:25am Deep Water Fitness	7:55-8:55am Water Walk	8-9:15am Leisure Pool & River	8:35-9:35am River Fitness
9:20-10:20am Shallow Water Fitness	8:30-9:30am Arthritis Aquatic Program	9:20-10:20am Shallow Water Fitness	9:20-10:35am Leisure Pool & River	9:20-10:35am Leisure Pool Only
9:30am-2:45pm Leisure Pool	9:30am-2:45pm Leisure Pool	9:30am-2:45pm Leisure Pool	10:40-11:55am Leisure Pool & River	10:40-11:55am Leisure Pool Only
10:30-11:30am LIFT Class	10:45-11:45am LIFT Class	10:30-11:30am LIFT Class		11:25-11:55am Drop-In Tots
12-1pm Arthritis Aquatic Program		12-1pm Arthritis Aquatic Program	12-1:30pm Recreation Swim	12-1:30pm Recreation Swim
\$2 Happy Hour 3-4pm Leisure Pool Only	\$2 Happy Hour 3-4pm Leisure Pool Only	3-5:20pm Leisure Pool & River <i>*See note below</i>	1:35-3:05pm Recreation Swim Party Time*	1:35-3:05pm Recreation Swim Party Time*
4:30-7:05pm Leisure Pool Only	4:30-7:05pm Leisure Pool	5:25-6:25pm Rental Time Available Pool, Spa & Sauna CLOSED to Public	3:15-6:25pm Rental Time Available Pool, Spa & Sauna CLOSED to Public	3:15-5:20pm Rental Time Available Pool, Spa & Sauna CLOSED to Public
5:30-6:30pm Deep Water Fitness	5:30-6:30pm Shallow Water Fitness	Any rental times not booked with parties will be open to the public for a Happy Hour Swim. Please call 425-776-9173 on Fridays after 12:00 to check public swim availability for that weekend.		
	7:15-8:30pm \$3 Recreation Swim (No Water Walk mats)	6:30-8pm Recreation Swim	6:30-8pm Recreation Swim	5:30-7pm Recreation Swim
8-8:45pm Drop-In Teen/Adult Intermediate Swimming	8:35-9:35pm Deep Water Fitness			
\$2 Happy Hour 8-9pm 2 Adult Lap Lanes Adult Lazy River	8:35-9:35pm Masters Swimming & Triathlon Training			
	\$2 Happy Hour 8:35-9:35pm 2 Adult Lap Lanes & Family Lazy River			

*Please note: due to Lifeguard In-Service, the 3:00-5:20 Leisure Swim will end at 4:00 on Fridays, January 6, February 3 and March 2. Fee on these days is \$2.00.

Pool Rules: SAFETY WILL NOT BE COMPROMISED. Children under 4 years of age **MUST** be accompanied into the pool by an adult; adults should be within arms reach of all young children.

Swim Descriptions

RECREATION SWIM

Leisure pool area, Lazy River, and main pool equipped with floatation devices, water toys, lifejackets, and basketball hoops.

RECREATION SWIM PARTY TIME

Groups may reserve spots in advance for this Recreation Swim when combined with a room rental. Public space may be limited.

RIVER

This area has a light current. Inner tubes, floatation devices and lifejackets are available for use. May close periodically for lessons – use is at lifeguards discretion.

LEISURE POOL (shallow area only)

Geysers, toddler island, floatation rings, water toys and noodles. Designed for children 6 and under and their parents. Children under four years old **MUST** be accompanied IN THE WATER by a responsible adult within arm's reach.

LAP LANES

Shared lanes open for continuous lap swimming. Kickboards and pull buoys are available for use. Must be 16 years or older to use lanes during times designated as "Adult" lap swim. Please follow posted lap swimming etiquette.



Swim Instruction & Water Fitness Classes

Mountlake Terrace

Swim Instruction

Our warm water, multi-depth pool is great for learning. Children will progress with confidence and learn to love the water. Our enthusiastic and well-trained instructors create a positive and fun experience. Classes are offered mornings, afternoons, evenings, Saturdays and Sundays. Schedules are available at the Pavilion office with specific class times the week prior to each session. Lesson progression is skill based and emphasizes proper technique and safety. If you are unsure of where your child might fit best, please see one of our aquatic supervisors.

- **Tots: 9 mo-3 yrs • Pre-School: 3-5 yrs • School Age: 6-12 yrs • Teen/Adult Classes: Ages 13 and over**
- **Advanced Swimming Levels: 5-18 yrs • Adaptive Aquatics: 3-12 yrs**

Session Dates	Days	Lessons	Fee	MLT Reg	Open Reg
◆ 1/9-2/1*	M,W	7	R\$46 N\$49	12/19	12/20
◆ 1/10-2/2*	T, Th	7	R\$46 N\$49	12/19	12/20
*No lessons Monday & Tuesday, January 16 & 17					
◆ 1/13-2/17	F	6	R\$39 N\$42	12/19	12/20
◆ 1/14-2/18	Sa	6	R\$39 N\$42	12/19	12/20
◆ 1/15-2/19	Su	6	R\$39 N\$42	12/19	12/20
◆ 2/6-2/29**	M,W	7	R\$46 N\$49	2/1	2/2
◆ 2/7-3/1**	T, Th	7	R\$46 N\$49	2/1	2/2
**No lessons Monday & Tuesday, February 20 & 21					
◆ 2/24-3/30	F	6	R\$39 N\$42	2/20	2/21
◆ 2/25-3/31	Sa	6	R\$39 N\$42	2/20	2/21
◆ 2/26-4/1	Su	6	R\$39 N\$42	2/20	2/21
<i>(Reminder: Daylight Savings begins Sunday, March 11)</i>					
◆ 3/5-3/28	M,W	8	R\$52 N\$56	2/29	3/1
◆ 3/6-3/29	T, Th	8	R\$52 N\$56	2/29	3/1



Swim Registration

Mountlake Terrace Resident Walk-in Registration taken between 8am-8 pm, phone-in registration is taken from 12-8pm. On Open Registration dates, walk-in registration is taken 8am-8pm, phone-in registration is taken from 12-8pm. After the open registration date you may register by phone or in person during all office hours. On-line registration is available all day (beginning at midnight) on the Open Registration date. Register on-line by visiting www.mltrec.com and clicking on "Registration Info" on the left hand side. You will need to call the Pavilion to obtain your Log-in and Passcode prior to registering if you don't already have one. **CREDIT/REFUND POLICY see page 46.**

Swim Lessons for Teens & Adults

Beginning and advanced levels are offered. Check our session schedules for more information.

Masters Swim/Triathlon Training

Have you set a goal of participating in a triathlon? Looking for a great way to stay in shape? Come work on your swimming skills, body mechanics and endurance. One of our experienced swimming instructors will help you improve and strengthen your strokes. For the novice lap swimmer, or experienced Masters.

- ◆ T, Th 8:35-9:35pm Drop In R\$6.50 N\$7.00

Water Fitness Classes

Improve cardiovascular fitness, tone muscles and increase flexibility. Water Fitness is a treat. Enjoy the support and warmth of the water. Water workouts reduce stress on joints. All classes are drop-in. Consult with a physician before beginning new activity.

Shallow Water Fitness

A fast-paced fitness class designed to improve cardiovascular fitness, tone muscles, and increase flexibility. No swim skills required.

Deep Water Fitness

A dynamic, total-body workout with no impact. Students use equipment for support and resistance. Must be comfortable in deep water but no swim skills are required.

River Fitness

Use of river current, water resistance and hand weights for a complete body workout. No swim skills required.

Water Walk

Includes various walking techniques in shallow water. No swim skills required.

LIFT: Low Intensity Fitness Training

Low impact water fitness program for persons 60 years and over. Enjoy the support and warmth of the water as you exercise. Reduced stress on joints.

Arthritis Aquatics Program

The warm water helps relieve pain and stiffness as well as increase joint flexibility. Led by an Arthritis Foundation trained instructor.





Swim Fees

**Does not include Fitness Classes*

Swim Fees *	Resident	Non-Resident
Infants under 1 year	FREE	FREE
Youth (1-15 years)	\$3.75	\$4.25
Adult (16-59 years)	\$4.75	\$5.25
Disabled and Sr. Citizen (60 & over)	\$3.75	\$4.25
Family Swim Rate	\$13.00	\$15.00
Leisure Pool only	\$3.50	\$4.00
Leisure Pool (11 punch)	\$35.00	\$40.00

11-Punch Pass *	Resident	Non-Resident
Youth (15 & under)	\$37.50	\$42.50
Adult	\$47.50	\$52.50
Sr. Cit./Disabled	\$37.50	\$42.50

Swimming Monthly Pass	Resident	Non-Resident
Youth (15 & under)	\$42.00	\$47.00
Adult	\$62.00	\$67.00
Sr. Cit./Disabled	\$47.00	\$52.00

Annual Pass	Resident	Non-Resident
Youth (15 & under)	\$462.00	\$517.00
Adult	\$682.00	\$737.00
Sr. Cit./Disabled	\$517.00	\$572.00

Water Fitness Drop-In Class Fees	Resident	Non-Resident
Adult	\$6.50	\$7.00
11 Punch Pass	\$65.00	\$70.00
Sr. Cit./Disabled	\$4.75	\$5.25
11 Punch Pass	\$47.50	\$52.50



Indoor Swimming Pool Rentals

Our warm water, modern indoor swimming pool is available for year-round fun! All rentals include tubes, mats, basketball hoop, water walk, noodles, water toys and lifejackets. Pool parties are fun for all ages and swimming abilities. Teach Pool, half the pool or full pool may be rented. Add our Lazy River, which winds you around by a light current for additional fun! **An adult MUST accompany children under 4 years old in the water at all rentals.**

Times for Half, Full or Teach Pool Rentals:

Fridays	Saturdays	Sundays
5:25-6:25 pm	3:15-4:15 pm	3:15-4:15 pm
	4:20-5:20 pm	4:20-5:20 pm
	5:25-6:25 pm	

Rental Fees: Resident Non Resident

Half Pool (Max of 40 Swimmers)

1-20 people	\$125	\$140
21-40 people	\$135	\$150

Half pool rentals share use of the leisure pool and deep pool. Additional R\$35, N\$45 for 1/2 hour use of the Lazy River.

Full Pool (Max of 200 Swimmers)

1-50 people	\$220	\$235
51-120 people	\$245	\$260
120-200 people	\$270	\$285

Includes use of Lazy River and Leisure Pool. (Does not include Teaching Pool.)

Teaching Pool

(Max of 15 children, ages 6 & under)

This rental includes our shallow water teaching area only. We provide plenty of fun toys. At least one adult chaperone should plan to be in the water with the children.

	Resident	Non Resident
1-15 children	\$50	\$55

Add 45 minutes of Indoor Playground Rental for an additional R\$45, N\$50. This rental does not include use of the Leisure Pool.

After Hour & Overnight Pool/Room Rentals:

Rent the swimming pool and rooms for your group for an overnight or for a smaller block of time after closing on Fridays or Saturdays. TV/VCR/DVD is available. We can accommodate merit badges or water safety skills practice. A minimum of three weeks advanced booking is required. Please call for more information, 425-776-9173.





Room Rentals

Mountlake Terrace

Pavilion Room Rentals

Tables and chairs available. Renter is responsible for clean up of the room. Please plan for your rental time to include this. **Refrigeration is not available.**

Riverview Room**	50 people	R\$75hr/\$35*	N\$80hr/\$40*
Arctic Room**	25 people	R\$65hr/\$30*	N\$70hr/\$35*
Jungle Room	40 people	R\$70hr	N\$75hr
Center Court	35 people	R\$70hr	N\$75hr

* Non-prime time hourly fee for rentals held Monday-Thursday between 7pm-close.

** Riverview and Arctic Room may be rented together to accommodate up to 75 people.

Parties cannot be held in the Pavilion Lobby.

Pavilion Rental After Hours

Rent the facility on a Friday or Saturday night after facility is closed. Indoor pool, sauna, spa, racquetball courts, and rooms are available. Call 425-776-9173 for information.

Hot Dog Packages

Let us do the work! Order hot dog or Polish sausage packages for your party. Includes hot dog, chips and pop or juice @ \$3.25 a person, or Polish sausage, chips and pop or juice @ \$4.25 a person. *10 or more discounted!* Call for info 425-776-9173 ext. 0.



Balloon Bouquets!

Purchase a colorful mylar and latex balloon bouquet. You choose colors, patterns, and size. We will have it ready and waiting for your party! Call 425-776-9173 ext. 0 for more information!

Gym Rental

Weekend and Weekday Rentals are available at the full-sized gym at Terrace Park School.

◆ Youth \$45/hr ◆ Adult \$55/hr
For more information call Jeff, 425-640-3101.

The Bounceanater!

Our Sport Arena Jump House will entertain your entire group! We set it up and take it down, you just get to play! Combine with a room for cake and ice cream. One hour of play. Limited to four participants at a time. *Hourly rate:*

Jungle Room - R\$120 N\$125

Riverview Room - R\$125 N\$130

Recreation Swim Party Time!

Groups may reserve spots in advance for our 1:35-3:05pm Recreation Swims on Saturdays and Sundays when combined with a room rental. Regular per person Recreation Swim fees apply. Call our rental specialists for more information, 425-776-9173, ext. 0.



Kids Krew

Before & After School Care Program

- Certified by Washington State Department of Early Learning.
- Serving Terrace Park, Madrona K-8, Sherwood, Mountlake Terrace Elementary & Maplewood Co-op.
- DSHS subsidies accepted.

See us on page 34!



Party Packages

We provide the activity opportunities, tables and chairs. You provide refreshments and all the participants. These parties are a hit!



Indoor Playground

Ages 5 & under

Our Indoor Playground creates an awesome birthday party for busy children! Children enjoy the indoor playground equipment. We provide pre-school tables and chairs with basic set-up for 20 participants. This party is a snap!!

Equipment includes:

Slides, Ball Pit, Playhouses, Tunnels, Climbing Toys, and much more!

Rental Times: Friday after 3:30pm
Saturday & Sunday after 1pm

Fees: 60 minutes	R\$85	N\$95
90 minutes	R\$100	N\$110
120 minutes	R\$110	N\$120

Dance Party

Jazz up your child's next party! Schedule their birthday, holiday or celebration and they can groove with the Hip Hop Party Jam, create a glittering fairy princess dance with Fairy Frolic or have a blast at the beach with the Dance Mix Luau! The options are endless, and our staff of fun dance instructors will assist your party by leading dances and art activities. Then enjoy opening presents and being with friends in our dance studio. Call Chloe at 776-9173 ext.1107 to reserve your party. Saturday or Sunday – you set the time! 2 hour party.

12 Participants	R\$150	N\$160
24 Participants	R\$220	N\$230

Sport-N-Fun Party Package

Have your party in our full sized gym! Play basketball, volleyball, kick ball or wiffle ball. Tables and chairs are available. You can add a pool rental, combine it with a recreation swim, field rental for baseball or soccer. Please call for times and prices.

Sport-N-Fun rental gear \$5.

Gym only - 90 minutes	R\$65	N\$70
Gym with 1/2 pool rental 20 people or less	R\$160	N\$175
Gym with 1/2 pool rental 21-40 people	R\$185	N\$200

Gym with room call for details.

Off the Wall

This is a great celebration for your older youths. Wallyball is a blast on the racquetball court and everyone gets in on the action. Four racquets, one racquetball and four eye guards are available for each court rented. Racquetball play requires adult supervision by renter. Includes wallyball and racquetball equipment, one racquetball court, and Jungle Room for 1 hour. R\$70 N\$75

Have fun and celebrate!





Preschool & Kids Krew

Mountlake Terrace

Preschool & Kindergarten Readiness Classes (Ages 3-5 years)

Children are encouraged to explore using all their senses through developmentally appropriate individual and group activities in a safe, nurturing and fun environment. Activities include creative expression through art, movement, dramatic play and language opportunities, hands-on math and science experiences, craft projects, community field trips, and enhancement opportunities such as recreational swims and/or dance. Classes run through the week of May 23, 2011. Classes are not held on non-school days in the Edmonds School District. Registration requires a \$35 non-refundable registration fee. All participants must be at least 3 years old, be able to dress themselves and have independent bathroom skills. Kindergarten Readiness participants must be 4 years old by August 31, 2012. We reserve the right to place children in the appropriate program based on age and/or developmental level. If you need extended care, the Junior Kids Krew Program is the one to choose. Monthly fees are as follows:

Preschool/Kindergarten Readiness Classes

- ◆ Tue/Thur 9:30am-12:30pm R\$123 N\$135
 - ◆ Mon/Wed/Fri 9:30am-12:30pm R\$162 N\$180
- Kindergarten Readiness Only**
- ◆ Mon/Wed/Fri 9:30am-2:30pm R\$264 N\$291



Junior Kids Krew (Ages 3-5 yrs)



A quality licensed childcare program offering a unique combination of recreational and enrichment experiences in a relaxed and caring environment. Program includes preschool and kindergarten readiness activities such as creative expression through art movement dramatic play and language opportunities, hands-on math and science experiences, craft projects, and enhancement opportunities that include dance and swimming. Program has been certified by Department of Early Learning and accepts DSHS subsidies for qualified applicants. All participants must be at least 3 years old, be able to dress themselves and have independent bathroom skills. Care is available from 6:30am-6:30pm with a maximum of 10 hours per day. Registration fee of \$35 for individuals; \$55 for families is required.

◆ Monday-Friday monthly fee is R\$800/N\$880.

Options for fewer days per week may also be available. Call 425-640-3108 for fees and space availability.

Co-op Play School (Ages 2 1/2-4 yrs)

Enjoy your favorite nursery rhymes, creative art projects, getting messy and more with theme-based activities in a fun and educational setting facilitated by one of our preschool instructors. This modified co-op style program is designed for children ages 2 1/2 to 4 years old and requires some parent participation. If child is not completely toilet trained, parent/guardian must remain on site. Program also includes a half hour of fun in our Indoor Playground.

Tuesday & Thursday 10am-12pm

- ◆ 18840 1/10-2/16 R\$128 N\$140
 - ◆ 18841 2/28-4/12* R\$128 N\$140
 - ◆ 18842 4/24-5/31 R\$128 N\$140
- *no class 4/3& 4/5

Have fun and make friends!



MOUNTLAKE TERRACE RECREATION & PARKS

Your Destination for Recreation!





Indoor Playground

Indoor Playground

(Ages crawlers - 5 yrs)

A warm place to play with tree house, balls, slides, crawlers corner and toys. Parents provide supervision.

Drop-in fees: R\$3.25/N\$3.75 per hour with a maximum of four children per adult.

Indoor Playground is Available for Rent

A rental package includes preschool tables and chairs with basic setup for 20 participants. See page 31 for details.



Time for Fun!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9am-1pm Open to Public	9:30-11am Open to Public	9:30-11am Open to Public	9:30-11am Open to Public	9:30-11am Open to Public	9:30-11am Open to Public	8am-12:30pm Open to Public
1-7pm Rentals	11am-12:30pm Preschool Classes	11am-12:30pm Preschool Classes	11am-12:30pm Preschool Classes	11am-12:30pm Preschool Classes	11am-12:30pm Preschool Classes	1-7:30pm Rentals
	12:30-4pm Open to Public	12:30-4pm Open to Public	12:30-4pm Open to Public	12:30-4pm Open to Public	12:30-4pm Closed for Cleaning	
	4-4:30pm JR Kids Krew	4-4:30pm JR Kids Krew	4-4:30pm JR Kids Krew	4-4:30pm JR Kids Krew	4-4:30pm JR Kids Krew	
	4:30-7:30pm Open to Public	4:30-7:30pm Open to Public	4:30-7:30pm Open to Public	4:30-7:30pm Open to Public	4:30-7:30pm Rentals	

Indoor Playground Special Fun!

Teddy Bear Tea Party (Ages 1-5 yrs)

Bring your Teddy Bear (or favorite stuffed creature) and come join our party! You and your child get to join us for an afternoon of tea and decorating your own tea treats! There will be a tea time and a half hour of Indoor Playground time! Make sure to wear your party outfits!

◆ 20093 Sat 3/31 Noon-2pm
R\$18 N\$20



Alice's Tea Time (Ages 4-8 yrs)

Come join us in a crazy outfit (wacky, or just over the top fantabulous) for an afternoon of fun and giggles! We will sip tea, nibble on some tasty treats, listen to a tea time story and decorate some mad hats for you to take home. Feel free to bring your favorite stuffed creature, as long as it's not The Jabberwocky!

◆ 20094 Sat 4/21 Noon-2pm R\$18 N\$20



Kids Krew & Special Family Event

Mountlake Terrace

Kids Krew Before & After School Programs

Kids Krew

A quality before and after school experience for children ages 5-12 years offering a unique combination of recreational and enrichment opportunities in a relaxed and caring environment. Programs located at Mountlake Terrace Pavilion, Madrona K-8 School and Mountlake Terrace Elementary School have been certified by WA Department of Early Learning. Elementary schools served include Maplewood, Madrona, Mountlake Terrace, Sherwood, and Terrace Park. Kids Krew is offered on a monthly basis and follows the Edmonds School District calendar. Care on early release and non-school days can be provided for an additional fee. There is a non-refundable registration fee of \$35 for individuals, \$55 for families. DSHS subsidies accepted at all three sites for qualified applicants.

- ◆ M-F 6:30-9am; 3-6:30pm
5 days/wk R\$370/mo N\$410/mo
- ◆ M-F Morning only 6:30am to start of school
5 days/wk R\$185/mo N\$205/mo
- ◆ M-F Afternoon only end of school to 6:30pm
5 days/wk R\$225/mo N\$250/mo

OPTIONS for fewer days per week may also be available; call 425-640-3108 for fees.



Early Release Days

On Early Dismissal Days in the Edmonds School District, care will be available at each Kids Krew site for an additional fee from school release time until 6:30pm. We suggest you pack a sack lunch and/or a snack for these days. DSHS subsidies accepted for qualified applicants at all three sites.

Pre-registration required.

R\$23/day N\$25/day

- ◆ February 2 . . . Deadline is 12 noon January 30
- ◆ March 21 . . . Deadline is 12 noon March 15
- ◆ March 22 . . . Deadline is 12 noon March 15
- ◆ June 19 Deadline is 12 noon June 13
- ◆ June 20/last day of school – Deadline noon June 14

School Break Camps & Non-School Days

We offer specialty camps and events at our Pavilion Kids Krew Site for kindergarteners through 6th grade with a variety of fun things to do on scheduled non-school days in the Edmonds School District. Care is available from 6:30 am to 6:30 pm with a daily maximum of 10 hours. Bring your bathing suit, towel and a sack lunch. DSHS subsidies accepted for qualified applicants.

Pre-registration is required. R\$30/day N\$33/day

- | | | |
|---------------|---------------------------------|----------------------------|
| ◆ 18770-18774 | December 19-23 | Deadline is 12 noon Dec 13 |
| ◆ 18775-18780 | December 26-January 2 | Deadline is 12 noon Dec 20 |
| ◆ 18768 | January 16 [modified schedule] | Deadline is 12 noon Jan 10 |
| ◆ 18781 | January 17 | Deadline is 12 noon Jan 10 |
| ◆ 18782 | February 3 | Deadline is 12 noon Jan 31 |
| ◆ 18783 | February 21 [modified schedule] | Deadline is 12 noon Feb 15 |
| ◆ 18784 | March 23 | Deadline is 12 noon Mar 21 |



Special Family Event



Parents' Night Out (Ages 5 thru 10 yrs old)

An evening packed with fun activities for the kids and an evening off for the parents. While your kids snack on pizza, swim, play games and watch a video, you can go catch a movie, run errands, shop, or just have a quiet night at home. We offer a safe environment with quality leaders who are certified in First Aid and CPR. **Pre-registration required; event subject to cancellation if not enough participants registered by deadline; deadline is noon Thursday prior to the event.** Fee: R\$20 N\$22

- ◆ 18832 January 13 Fri 6:30-10pm
- ◆ 18833 February 10 Fri 6:30-10pm
- ◆ 18834 March 9 Fri 6:30-10pm
- ◆ 18835 April 13 Fri 6:30-10pm
- ◆ 18836 May 11 Fri 6:30-10pm



Register online at mltree.com!



SilverSneakers®

Muscular Strength & Range of Movement

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, a SilverSneakers ball are offered for resistance, and a chair is used for seated or standing support. Drop-in rate of R\$3 N\$3.50 per class.

- ◆ SilverSneakers® I (Beginners)
T,Th 8:30-9:30am
- ◆ SilverSneakers® II (Advanced)
M,W,F 8:30-9:30am



Parent/Toddler Creative Dance

(Ages 18 mos-3 years)

In this fun class, parents and toddlers investigate the elements of dance in a playful environment. Parents dance with their children! Music and singing, rhythm instruments, scarves, & other props enhance this lively experience. Children gain self-confidence and experiential knowledge of dance concepts.

- ◆ 19940 Sa 10-10:45am 1/7-3/17 R\$88 N\$99
- ◆ 19941 Sa 10-10:45am 3/24-6/16 R\$96 N\$108

Creative Dance

Boys & girls dance and play with scarves, instruments, and other props. Students develop strength, coordination, and flexibility, while experiencing the joy of dancing.

Ages 3-4 yrs (as of class start date)

- ◆ 19830 T 12:30-1:15pm 1/3-3/13 R\$88 N\$99
- ◆ 19831 T 12:30-1:15pm 3/20-6/12 R\$96 N\$108

Ages 4-5 yrs (as of class start date)

- ◆ 19832 T 1:15-2pm 1/3-3/13 R\$88 N\$99
- ◆ 19833 T 1:15-2pm 3/20-6/12 R\$96 N\$108

Ballet Floor Barre (Ages 10+)

This class will give you a full workout on the floor. Graceful and percussive exercises based on ballet dance steps are all performed on the floor. With a focus on abdominal strength, coordination and stretching you will leave feeling taller and empowered. This class is intended to enhance your performance in other dance classes like Ballet, Jazz, Modern/Contemporary Dance and any other physical activities you participate in. It can also benefit those who need to keep fit while recovering from an injury.

- ◆ 19944 T 4-5pm 1/3-3/13 R\$102 N\$113
- ◆ 19945 T 4-5pm 3/20-6/12 R\$111 N\$123

Ballet (Adult/Teen)

Focuses on basic ballet vocabulary, emphasizing correct alignment. Barre-work, adagio, and petite and grand allegro build strength and grace in a non-competitive encouraging environment. Drop-in available after minimum registration has been fulfilled.

- ◆ 19942 Th 6-7:15pm 1/5-3/15 R\$127 N\$141
- ◆ 19943 Th 6-7:15pm 3/22-6/14 R\$139 N\$154

*See page 37 for **ADULT IRISH DANCE**

Tap (Adult/Teen)

A truly American dance form, tap dance is the quintessential expression of rhythm. This class focuses on musicality, and offers a great opportunity for self-expression. Drop-in available after minimum registration has been fulfilled.

- ◆ 19699 T 6:30-7:30pm 1/3-3/13 R\$102 N\$113
- ◆ 19700 T 6:30-7:30pm 3/20-6/12 R\$111 N\$123

Hawaiian Hula (Adult/Teen)

Experience the enchantment of Hawaii through traditional island dancing. In this class students will learn traditional girl's and women's footwork and hand motions. Together, these fluid movements follow the rhythm of the music and express the lyrics of a song. Drop-in available after minimum registration has been fulfilled.

- ◆ 19834 M 7-8:15pm 1/9-3/12 R\$116 N\$128
- ◆ 19835 M 7-8:15pm 3/19-6/11 R\$127 N\$141

Egyptian Style Bellydance (Adult/Teen)

Learn Egyptian-style bellydance fundamentals: shimmies, isolations, & zagat (finger cymbals.) Experience music, rhythms, and dance movement from around the Middle East. Drop-in available after minimum registration has been fulfilled.

- ◆ 19910 T 7:15-8:30pm 1/3-3/13 R\$127 N\$141
- ◆ 19911 T 7:15-8:30pm 3/20-6/12 R\$139 N\$154

Hip Hop Fitness

Move with the beat and lose yourself in the rhythm. Easy to follow, no experience necessary. Both a mental and physical workout. Choreographed to the latest music, while on occasion bringing it back to old school. This is the future of fitness. Please wear clean shoes in our dance studio.

- ◆ 19951 Th 6:15-7:15pm 1/5-3/15 R\$102 N\$113
- ◆ 19952 Th 6:15-7:15pm 3/22-6/14 R\$111 N\$123

Zumba

Have you noticed the new party in town? Zumba is a high-energy fitness class that fuses Latin rhythms like Merengue, Cumbia and Salsa into a workout. It's not complicated, just a fun way to a fitter you. Please wear clean shoes in our dance studio.

- ◆ 19923 T 6:15-7:15pm 1/3-3/13 R\$102 N\$113
- ◆ 19924 T 6:15-7:15pm 3/20-6/12 R\$111 N\$123
- ◆ 19925 Sa 9-10am 1/7-3/17 R\$102 N\$113
- ◆ 19926 Sa 9-10am 3/24-6/16 R\$111 N\$123





— School Year Dance Classes Second Semester —
January 30th-June 16th 2012

Our excellent instructors provide a structured approach to dance, with emphasis on technique, creativity and building self esteem. A Spring Recital performance opportunity is planned. This performance will become the focus as the school year progresses, however is not mandatory. Contact Chloe Davenport at (425) 776-9173 x 1107 for more information or placement.

Creative Ballet

Boys and girls learn the basic ballet positions and preparatory steps in an enjoyable manner. Ballet terminology is incorporated into creative explorations. Musicality and classroom etiquette are emphasized in a friendly encouraging environment.

Ages 3.75-5 yrs

- ◆ 19680 M 3-3:45pm 1/30-6/11 R\$199 N\$217
- ◆ 19681 W 4:30-5:15pm 2/1-6/13 R\$207 N\$226
- ◆ 19682 S 9-9:45am 2/4-6/16 R\$207 N\$226

Ages 5-6 yrs

- ◆ 19683 M 4-5pm 1/30-6/11 R\$222 N\$240
- ◆ 19684 Th 4-5pm 2/2-6/14 R\$231 N\$250

Pre-Ballet (Ages 6-7)

Ballet terminology is alternated with movement improvisation. Musicality and classroom etiquette are emphasized. Boys and girls will begin working at the barre towards the end of the session. 6 year old students should have at least one year of creative ballet before entering pre-ballet.

- ◆ 19685 M 5-6pm 1/30-6/11 R\$222 N\$240
- ◆ 19686 T 5-6pm 1/31-6/12 R\$231 N\$250

Ballet

Boys & girls will build strength, flexibility and grace in a non-competitive encouraging environment. These traditional classes focus on ballet vocabulary, correct alignment, and finding personal expression within the form. Barre-work, center floor exercises and movement across the room will all be included in an appropriate way for each level.

Ballet I (ages 8+)

- ◆ 19687 T 6-7pm 1/31-6/12 R\$231 N\$250

Ballet II (teacher placement)

- ◆ 19688 W 4:45-5:45pm 2/1-6/13 R\$231 N\$250

Ballet III (teacher placement)

Class meets twice a week
T 5:15-6:30pm & W 5:45-7pm

- ◆ 19689 1/31-6/13 R\$494 N\$542

Ballet IV/V (teacher placement)

Class meets twice a week
M 5-6:15pm & W 5:45-7:15pm

- ◆ 19690 1/30-6/13 R\$527 N\$577

Point/Pre-Point (teacher placement)

- ◆ 19691 M 6:25-7:10pm 1/30-6/11 R\$199 N\$217

Tap and Ballet (Ages 4-6)

Introduces young boys and girls to the preliminary steps of ballet and the fundamentals of rhythm through tap techniques. Creative games and fun songs are a great way to introduce the joy of dancing to the inquisitive beginner.

- ◆ 19696 Th 5:15-6pm 2/2-6/14 R\$207 N\$226
- ◆ 19697 Sat 11-11:45am 2/4-6/16 R\$207 N\$226

Beginning Tap (Ages 5+)

A truly American dance form, tap dance is the quintessential expression of rhythm. Boys & girls will focus on fundamental tap vocabulary, build coordination, musicality, and have a great opportunity for self-expression.

- ◆ 19698 T 4:15-5:15pm 1/31-6/12 R\$231 N\$250

Jazz

These classes cover basic jazz technique: warm up, body isolations, movements across the floor, and fun rhythmic combinations. Boys and girls build strength and coordination, while listening to lively music.

Jazz I (ages 7+)

- ◆ 19692 W 4:45-5:45pm 2/1-6/13 R\$231 N\$250

Jazz II (teacher placement)

- ◆ 19693 Th 6:15-7:15pm 2/2-6/14 R\$231 N\$250

Jazz III (teacher placement)

- ◆ 19694 Th 4:45-6pm 2/2-6/14 R\$275 N\$299

Jazz IV (teacher placement)

- ◆ 19695 Th 7:15-8:30pm 2/2-6/14 R\$275 N\$299





Modern/Contemporary Dance

Boys and girls will learn to move with set exercises as well as improvisational and compositional assignments. Modern dance technique emphasizes articulation of the spine as well as coordinating arm and leg movements. This class includes floor work, center work, partnering, improvisation, and a dance combination.

Modern/Contemporary Dance I (ages 7+)

◆ 19701 W 5:45-6:45pm 2/1-6/13 R\$231 N\$250

Modern/Contemporary Dance II (teacher placement)

◆ 19702 W 6:45-7:45pm 2/1-6/13 R\$231 N\$250

Hip-Hop

An exhilarating fun class to get you moving with the latest grooves. Enjoy a funky beat while learning this street dance form.

Hip Hop I/II (ages 7+)

◆ 19703 M 5-6pm 1/30-6/11 R\$222 N\$240

Hip Hop III (teacher placement)

◆ 19704 M 6:15-7:15pm 1/30-6/11 R\$222 N\$240

Hip Hop IV (teacher placement)

◆ 19705 M 7:15-8:30pm 1/30-6/11 R\$263 N\$286

Irish Dance

Boys & girls will be instructed in the correct technique, carriage, steps and timing of Irish stepdancing while sharing the joy of dance and fostering a love for this beautiful art form. Returning dancers will continue along the dance progressions, learning their soft shoe dances and beginning their hard shoe dances.

Irish Dance (ages 7-12)

◆ 19706 Sat 10-11am 2/4-6/16 R\$231 N\$250

Irish Dance - Adult/Teen (ages 13+)

◆ 19707 Sat 11:15-12:15pm 2/4-6/16 R\$231 N\$250



DRESS CODE

Creative Ballet 3.75-5 yrs

Boys - close fitting sportswear and bare feet.

Girls - any color leotard and footless tights or leggings, bare feet. Hair in a ponytail or bun.

Creative Ballet, Pre-Ballet & Ballet levels I-V 5-6 yrs

Boys - plain t-shirt, black leggings and black ballet shoes.

Girls - black leotard, pink tights, and pink ballet shoes fitted properly. Hair in a ponytail or bun. Levels I-V bun only.

Tap and Ballet

Boys - plain t-shirt, black leggings and black ballet & tap shoes with tap ties.

Girls - black leotard, pink tights, and pink ballet shoes fitted properly, tap shoes with tap ties. Hair in a ponytail or bun. *(an elastic tap shoe fastener that helps shorten the shoe changing time, available at the front desk)*

Tap

Boys & girls - dance clothing and tap shoes fitted properly. Hair pulled out of the face.

Jazz

Boys - plain t-shirt, jazz pants and black jazz shoes.

Girls - leotards, tights or black jazz pants, and black jazz shoes fitted properly. Hair in a ponytail or bun.

Modern/Contemporary Dance

Boys - plain t-shirt, jazz pants and bare feet.

Girls - footless tights or leggings, close fitting t-shirt or leotard and bare feet. Hair in a ponytail or secured out of the face.

Hip Hop

Boys & girls - dance clothing, and clean soled sneakers.

No jeans. Hair in a ponytail or secured out of the face.

Irish Dance

Dance clothing and black ballet slippers or ghillies.

Hair in a ponytail or secured out of the face.

Egyptian Style Bellydance & Hawaiian Hula

Dance clothing and bare feet. Hair in a ponytail or secured out of the face





Martial Arts and Yoga

Mountlake Terrace

Ki Aikido (kids 7-12 yrs)

Discipline and focus are vital qualities, and training in martial arts is a way for children to learn both early in life. In Ki aikido class, your kids will practice basic throws and learn to fall safely, while having fun, building their self-confidence and developing physical fitness.

Class meets twice a week - T and Th 4-4:50pm

◆ 19774	1/3-3/1	R\$167	N\$185
◆ 19775	3/6-4/26	R\$130	N\$144
◆ 19776	5/1-6/14	R\$130	N\$144

Ki Aikido (Adult/Teen)

Dynamic relaxation and calmness of the mind form the basis of Ki Aikido. Training will include open-hand and weapons techniques that can be made accessible and safe even for beginning students. With regular practice you will gain practical self-defense skills, and develop your emotional, mental and physical coordination.

Class meets twice a week - T and Th 5-6pm

◆ 19771	1/3-3/1	R\$167	N\$185
◆ 19772	3/6-4/26	R\$130	N\$144
◆ 19773	5/1-6/14	R\$130	N\$144

Chi Kung/Qigong (kids 6-9 yrs)

Boys & girls minds and bodies will be engaged through observation and following movements that coordinate timing and intention. Chi Kung helps teach the body how to become comfortable and move in fluidity.

◆ 19913	F	4:15-5pm	1/6-3/2	R\$72	N\$81
◆ 19914	F	4:15-5pm	3/9-4/27	R\$56	N\$63
◆ 19915	F	4:15-5pm	5/4-6/15	R\$56	N\$63

Family Chi Kung/Qigong (10 yrs +)

This is a perfect opportunity for several generations to come and move together. You will train body, mind, and spirit connections, while performing traditional, time tested movements. Positive results like balanced energy, a calm mind, and physical grace can be found through this traditional martial art.

◆ 19916	F	5-6pm	1/6-3/2	R\$84	N\$93
◆ 19917	F	5-6pm	3/9-4/27	R\$65	N\$72
◆ 19918	F	5-6pm	5/4-6/15	R\$65	N\$72
◆ 19919	Sa	8:30-9:30am	1/7-3/3	R\$84	N\$93
◆ 19920	Sa	8:30-9:30am	3/10-4/28	R\$65	N\$72
◆ 19921	Sa	8:30-9:30am	5/5-6/16	R\$65	N\$72

Chi Kung/Qigong (Adult/Teen)

Chi Kung exercises enhance flexibility, moving with ease, and preventative care for a better quality of life. This class will train you to create a relaxed state within while becoming physically balanced and toned.

◆ 19922	F	6-7pm	1/6-3/2	R\$84	N\$93
◆ 19946	F	6-7pm	3/9-4/27	R\$65	N\$72
◆ 19947	F	6-7pm	5/4-6/15	R\$65	N\$72
◆ 19948	Sa	7:30-8:30am	1/7-3/3	R\$84	N\$93
◆ 19949	Sa	7:30-8:30am	3/10-4/28	R\$65	N\$72
◆ 19950	Sa	7:30-8:30am	5/5-6/16	R\$65	N\$72



Family Pre-School Yoga

For adults and kids, ages 2-5. Caregivers and kids will investigate yoga and movement in a playful environment. Stretch, flow, balance and breathe to engage your body, heart, and mind. Yoga is both relaxing and invigorating. Adult registers and can bring along two children.

◆ 19787	W	12:30-1:30pm	1/4-2/29	R\$84	N\$93
◆ 19788	W	12:30-1:30pm	3/7-4/25	R\$65	N\$72
◆ 19789	W	12:30-1:30pm	5/2-6/13	R\$65	N\$72

Yoga and Pilates (Adult/Teen)

Streamline your figure, dramatically improve your posture, flexibility, and balance. No prior experience necessary. Drop-in available after minimum registration has been fulfilled.

◆ 19781	M	7:30-8:30pm	1/9-2/27	R\$56	N\$62
◆ 19782	M	7:30-8:30pm	3/5-4/23	R\$65	N\$72
◆ 19783	M	7:30-8:30pm	4/30-6/11	R\$56	N\$72
◆ 19784	Th	7:30-8:30pm	1/5-3/1	R\$84	N\$93
◆ 19785	Th	7:30-8:30pm	3/8-4/26	R\$65	N\$72
◆ 19786	Th	7:30-8:30pm	5/3-6/14	R\$65	N\$72

Gentle Yoga (Adult/Teen)

Gentle Yoga is a system of deep breathing, relaxation techniques and a wide range of gentle body stretches that offer wonderful physical and mental benefits to people of all shapes and sizes. Drop-in available after minimum registration has been fulfilled.

◆ 19790	T	7:30-8:30pm	1/3-2/28	R\$84	N\$93
◆ 19822	T	7:30-8:30pm	3/6-4/24	R\$65	N\$72
◆ 19823	T	7:30-8:30pm	5/1-6/12	R\$65	N\$72

Stretch & Strength with Vini Yoga

(Adult/Teen)

Come to your practice! Vini Yoga is intentionally adaptable so it can serve you in the moment. Breath coordination, placing function over form, and combining movement and stays will lead you to a sense of peace and empowerment while stretching and strengthening your body. Drop-in available after minimum registration has been fulfilled.

◆ 19824	W	9:30-10:30am	1/4-2/29	R\$84	N\$93
◆ 19825	W	9:30-10:30am	3/7-4/25	R\$65	N\$72
◆ 19826	W	9:30-10:30am	5/2-6/13	R\$65	N\$72
◆ 19827	W	7:30-8:45pm	1/4-2/29	R\$104	N\$115
◆ 19828	W	7:30-8:45pm	3/7-4/25	R\$81	N\$90
◆ 19829	W	7:30-8:45pm	5/2-6/13	R\$81	N\$90





Adult Leagues



Call 425-640-3101 for information.
Note: All league fees will have an extra 9.5% retail sales tax fee charged.

Basketball Leagues

Winter leagues begin January 9th
 30 teams/3 divisions, 10 games/10 weeks
 \$575/team – Registration starts November 14th
 C division Mondays, A/B divisions Wednesdays

Spring leagues begin April 9th
 20 teams/3 divisions, 10 games/10 weeks
 \$575/team – Registration starts February 6th
 C division Mondays, A/B divisions Wednesdays

Volleyball Leagues

Winter leagues begin January 3rd
 16 teams/2 divisions (upper & lower)
 10 games/10 weeks
 \$305/team – Registration starts November 14th
 Matches played Tuesdays

Spring leagues begin April 3rd
 16 teams/2 divisions (upper & lower)
 10 games/10 weeks
 \$305/team – Registration starts February 6th
 Matches played Tuesdays

Softball Leagues

Spring leagues begin March 11th
 48 teams/8 divisions (men's, women's, coed)
 10 games, 5 doubleheader/5 weeks
 \$640/team – Registration starts January 16th
 Games played Sunday-Friday

Church League Softball

Spring league begins May 10th
 12 teams/1 division
 12 games, 6 doubleheader/6 weeks
 \$768/team – Registration starts March 1st

Open Gym

*Discount Cards available at Pavilion. Must be 18 years or older.

Basketball Open Gym

Drop-in program. Maximum 30 participants.
 ♦ Drop-in Sat 9-11:30am R\$3.50 N\$4.00

Volleyball Open Gym

Seniors Drop-in Tuesdays (55+ years)

♦ 5-7pm R\$2.75 N\$3.25

Adult Drop-in Thursdays

♦ 8-10pm R\$3.50 N\$4.00

Racquetball

One-day Racquetball Tournaments

- First Event \$30, Second Event \$10
- ♦ 19797 **Sat, January 28th** Deadline January 23
 - ♦ 19798 **Sat, March 24th** Deadline March 19
 - ♦ 19954 **Sat, May 12th** Deadline May 7

Racquetball Clinics

Get started in a sport that's fun and provides great exercise! This 60-minute clinic will focus on the basics, including stroke mechanics, strategy and rules. Equipment available at the Pavilion. *AmPRO Certified Teaching Pro, Donna Triemstra, has been involved in racquetball for 30 years, with over 20 years teaching experience.*

Wednesday, February 1st R\$20 N\$22

- ♦ 19791 **Kids** (ages 6-12) 6pm
 - ♦ 19792 **Adults** (ages 13+) 7pm
- All clinics – Maximum: 12, Minimum: 4

Racquetball Leagues* Mondays

Coed Leagues – Sign-up deadline December 30th

- ♦ 19795 1/9-2/20 6-9pm R\$35 N\$38

Coed Leagues – Sign-up deadline February 28th

- ♦ 19796 3/12-4/23 6-9pm R\$35 N\$38

* **League Sales Tax will be charged.**

Racquetball Court Reservations

Reservations may be made one week in advance at 7am, 425-776-9173 ext 0. Fees R\$8.50/N\$9 per hour with reservation or walk-in.

Available hours:

- Monday, Wednesday, Friday7am-8pm
- Tuesday, Thursday7am-9pm
- Saturday8am-8pm
- Sunday9:30am-6:30pm

Wallyball

An "off the wall" volleyball game played with 4 to 12 players on a racquetball court. Fun for parties! A great game for families or teens! Rules and equipment available for rent. Call 776-9173 ext. 0 to reserve.

R\$8.50/hr, N\$9/hr plus
 \$2 equipment rental fee.

Gym Rental

Full-sized gym at Terrace Park School. Reservations are now being taken for rentals.

Youth: \$45/hr Adult: \$55/hr

For more information
 call 425-640-3101.



Athletics, Fitness & Safety

Mountlake Terrace

Kidz Love Soccer

(Ages 2.5-10 years)

Kidz Love Soccer runs an acclaimed soccer program that lets kids have fun and learn important skills at the same time. This program emphasizes sportmanship, effort, learning and most of all fun! Sessions for all ages run Thursdays.

ALL ON BALLINGER PLAYFIELD.

KLS Field Hotline: 1-888-372-5803



March 8-April 12

Winter-6 wk session R\$53 N\$58

- ◆ 19811 Mommy/Daddy & Me 2½-3½ yrs 3:00-3:30pm
- ◆ 19812 Tot/Pre Soccer 3½-5 yrs 3:40-4:10pm
- ◆ 19813 Soccer 1 5-6 yrs 4:10-4:55pm
- ◆ 19814 Soccer 2 7-8 yrs 4:55-5:40pm
- ◆ 19815 Soccer 3 9-10 yrs 4:55-5:40pm

May 3-June 21

Spring-8 wk session R\$68 N\$75

- ◆ 19816 Mommy/Daddy & Me 2½-3½ yrs 3:00-3:30pm
- ◆ 19817 Tot/Pre Soccer 3½-5 yrs 3:40-4:15pm
- ◆ 19819 Soccer 1 5-6 yrs 4:15-5:00pm
- ◆ 19820 Soccer 2 7-8 yrs 5:00-5:45pm
- ◆ 19821 Soccer 3 9-10 yrs 5:00-5:45pm



Cardio Room

- Precor AMT
- Precor Elliptical
- Precor Tread Mill • Dumbbells
- Recumbent Bike
- Rowing Ergometer

Open during Center's hours.

Youths 13-15 must be accompanied by an adult.

Fees: Adults – R\$2.00 N\$2.25
Seniors/Youth – R\$1.75 N\$2.00

Safety Classes

Babysitter's Training PLUS

This American Red Cross course is designed for youth 11 and older. Topics include: responsibilities of babysitting; characteristics of children; games and activities; babysitter concerns; participants successfully completing the American Red Cross Exams will also be certified in Basic First Aid and Infant/Child CPR. Course Fee includes Participant Workbook and First Aid kit.



- ◆ 20085 M-F 4/2-4/6 12-3pm R\$98 N\$105

American Red Cross – Lifeguarding Course



Learn to prevent and respond to Aquatic emergencies in a swimming pool; victim recognition, surveillance, equipment-based rescues. Includes American Red Cross First Aid and CPR/AED for the Professional Rescuer. Pre-requisites: 15 years of age, must pass pre test consisting of a swimming 300 yards continuously using crawl stroke and breast stroke; swim 20 yards retrieve 10 lb. brick from deep water and swim with it 20 yards back to start in 1 minute and 40 seconds. Certifications awarded upon successful completion of American Red Cross Lifeguard Training Exams. Class will have ½ hour break for dinner/snack each day, please bring something to eat, or money to purchase food from our food service, if desired.

- ◆ 20086 M-F 4/2-4/6 2:30-8:30pm R\$196 N\$210





Dog Training

Instructor: Caren Malgesini, CPDT



Basic Dog Obedience

For dogs 5 months and older.

This basic obedience course teaches the following commands: walking on leash, sit, down, stand, stay and come. Behavior problems and proper equipment are discussed. Dogs must have current vaccinations. First night bring a rug and treats for dog.

Class Fees: R\$85 N\$90

- ◆ 19930 M 1/9-3/5* 7:30-8:30pm
- ◆ 19934 M 3/12-4/23 7:30-8:30pm
- ◆ 19935 M 5/7-6/25** 7:30-8:30pm

*No class January 16 & February 20

**No class May 28

Intermediate Dog Obedience

To enroll in Intermediate class the Basic Dog Obedience class must have been completed. This class builds on the foundation started in basic obedience and prepares participants for the American Kennel Club (AKC) Canine Good Citizen test which will be given on the last night of class.

Class Fees: R\$80 N\$85

- ◆ 19931 W 1/11-2/8 7:30-8:30pm
- ◆ 19936 W 3/14-4/11 7:30-8:30pm
- ◆ 19939 W 5/9-6/6 7:30-8:30pm

Puppygarten

For puppies 8-16 weeks.

Socialization and basic obedience (sit, down, come, walking on leash) is covered. Housebreaking and other basic behavior problems are discussed. On the last day of class puppies will have the opportunity to take the American Kennel Club (AKC) Puppy STAR Program test. Puppies must have current vaccinations. For first class bring: Proof of shots; puppy with a buckle collar; 6-foot leash and food treats.

Class Fees: R\$80 N\$85

- ◆ 19932 F 1/13-2/17 7:30-8:30pm
- ◆ 19933 F 3/16-4/20 7:30-8:30pm
- ◆ 19938 F 5/11-6/15 7:30-8:30pm

Dog First Aid /CPR

This course will teach you how to be prepared for emergencies that involve a dog and how to protect yourself and the animal from further harm, injury or suffering by teaching prompt, effective first aid actions and care. Participants will have an opportunity for hands on practice with a canine manikin. Each participant will receive the American Red Cross "Dog First Aid" Manual & DVD.

Class Fees: R\$48 N\$53

- ◆ 19939 Sa 5/5 9:30am-12 noon

Home Buyer/Seller Workshops

Home Buyers Workshop

Can you afford it? Do you qualify for financing? Learn about zero-down programs. FHA loans, seller carry back programs, government gift programs and private gift programs.

- ◆ 20098 Th 1/26 7-9pm R\$11 N\$13
- ◆ 20099 Th 4/5 7-9pm R\$11 N\$13

Home Sellers Workshop

Learn how to get top dollar for your home. Topics include: Pricing, Marketing, For Sale by owner (Pros & Cons) Cost involved: marketing, Commission, Taxes, Title and Escrow, etc.



- ◆ 20101 Th 4/9 7-9pm R\$11 N\$13

New! Reverse Mortgage

Are you 62 years old and have equity in your home? If the answer is yes, you may be qualified to stay in your home for your lifetime – without ever having another mortgage payment! Additional cash options are possible with the new HECM Reverse Programs now available.

- ◆ 20104 Th 2/6 7-9pm R\$11 N\$13
- ◆ 20105 Th 3/29 7-9pm R\$11 N\$13

Investment Property Seminar

Are you thinking about investing in real estate? Learn how to determine cash flow. Learn how to avoid the 10 biggest mistakes investors have made in the last boom and see how you can take advantage of the crash. Learn term formulas and evaluation tools. Bring your calculator!

- ◆ 20102 Th 3/15 7-9pm R\$11 N\$13
- ◆ 20103 Th 4/12 7-9pm R\$11 N\$13

Get moving & learn new things!



Mountlake Terrace Library Community Events

READY READER BABY STORYTIME

Thursdays @ 10:00 AM – Babies and their favorite adults learn to love reading together with stories, songs, finger plays and rhymes. Playtime follows. For ages 3 to 24 months. Caregiver required.

FAMILY STORYTIME

Thursdays @ 11:00 AM – Join us for silly stories, wacky songs and other fun activities.

FAMILY NIGHT AT THE LIBRARY

Wednesdays, @ 6:30 PM – Activities vary each week from LEGO building to Reading with Rover to Family Story Times.

TEEN WEDNESDAYS

Wednesdays @ 4 pm – Every Wednesday from 4-6, we have a different program just for teens! Enjoy a variety of activities including game days, movie matinees, crafts, karaoke, exercise classes and more!

SATURDAYS@ THE LIBRARY –

THERE'S ALWAYS SOMETHING GOING ON!

1:00 PM - LEGO challenges, puppet shows, crafts, family movie matinees, there is a free program going on at the Mountlake Terrace Library on most Saturdays afternoons.

TEEN ADVISORY BOARD – Looking for a meaningful way to make an impact on your community, while getting community service hours? We are looking for teens who love books and libraries and want to help plan events, displays and volunteer projects for the library. 2nd and 4th Wednesday of each month from 3-4pm.

FREE COMPUTER CLASSES – For the beginner, these classes teach basic computer and Internet skills.

FREE CITIZENSHIP CLASSES – Get help from a trained tutor to pass the citizenship interview.

For details on these programs and more, call the Mountlake Terrace Library at 425-776-8722 or visit our web site at www.sno-isle.org to see what's happening!

Mountlake Terrace Senior Center

5605 235TH St. SW Mountlake Terrace, WA 98043

Phone: 425-672-2407 • Hours of Operation: Monday-Friday 11am-3pm

The Mountlake Terrace Senior Center is involved in many things and we would like to invite you to get involved with us! We have day trips using our senior van, senior lunch twice a week (only \$2.50 for age 60+), crafts, games (pinochle, bridge, Mexican Train and other board games), AARP Driver Safety Program classes, knitting & crocheting group, foot care, movies, and much more.

We are currently in the process of a very interesting fundraiser called the "Mile of Quarters". The object is to raise \$15,840 for the general fund for the Senior Center. We will do this by selling and laying down one mile of yardsticks, each one representing 36 quarters or \$9.00. The seniors are selling these yardsticks for \$9.00 each & would really appreciate your support. For each yardstick you purchase, your name will be written on one end of it and it will be included when we lay them all down, end to end on 56th Ave from the Senior Center on 235th to the Evergreen



Playfield, this is our "Mile of Quarters". Many businesses are supporting our efforts by becoming sponsors. You may become a supporter too by sending your donations to the Mountlake Terrace Senior Center, 5605 235th St SW, Mountlake Terrace 98043.

Stop by and see us some time, have a free cup of coffee and pick up one of our Newsletters that describes our many activities, and of course, purchase some yardsticks. We'd love to meet you!



33rd ANNUAL ARTS OF THE TERRACE

The 33rd Annual Arts of the Terrace Juried Art Show was a great success. The Arts of the Terrace Juried Art Show Reception attracted over 160 artists and patrons as the Arts Advisory Commission celebrated its 33rd year hosting this popular regional juried art show. Awards were given out for the best pieces selected from the 214 works that were entered in the show. After the award ceremony, patrons and artists were treated to hors d'oeuvres as they enjoyed music by Emperor Quartet with Caleb Tizon, Silvia Chang and Emma Burbank.



This year's "Best of Show" was presented to Joel Rummell for a ceramic bowl entitled "Recycle Sun." The "City Purchase Award" went to Claudia Postema for a painting entitled "Sunflowers." Tim Clifton received the **Commissioners Choice Award** for his work, "Contemporary Evolution."

Award winners for Paintings, Prints, and Drawings included **1st Place:** Debra Cepeda for "Tuckered Out," **2nd Place:** Marla French for "Court Ladies," and **3rd Place** Charlotte Haugen for "Flocking."

Award winners for Photography were **1st Place:** Kelly Kellogg for "Casey House." **2nd Place:** Kelly Kellogg for "Autumn Stroll," and **3rd Place:** Tim Clifton for "Feather Dance."



Award winners for 3-Dimensional were **1st Place:** Joel Rummell for "Recycle Sun," **2nd Place:** Sam Scott for "Black & White Platter," and **3rd Place:** Melissa Luna for "Seashell Vase."

Miniatures award winners were **1st Place:** Hal Sutherland for "Me and Mom," **2nd Place:** Barbara Freeman for "From the Highlands" and **3rd Place:** Debra Cepeda for "Serengeti Sisters."

Write On Calligraphers award winners were Kathryn Barker for "Message of Peace" and Dewey Henderson for "Redeemed."

Merit Awards included Rocky Barrick for "End of the Day," Laura Elmore for "Allegro," and Josey Wise for "Blodget Canyon."

Honorable Mention Awards were received by Seiko Konya, Claudia Postema, Min Zhong, Charlette Haugen, James McFarlane, Barbara Freeman, Cheryl Hufnagel, Sarah Sprouse, John Armstrong, Tim Clifton, Meagan Christie, Mary Bess Johnson, Zoanne LeRoy, Terry Sonmore and John DeKoekkoek.



Tree Lighting Ceremony



Friday, Dec 2, 6:30 pm

Evergreen Playfield, 22205 56th Ave W

The Annual Mountlake Terrace Tree Lighting Ceremony features music, refreshments and a visit from Santa Claus. Volunteers serve cocoa and cookies while children carol. The "tree" which can be seen from miles around, is a frame constructed with lights and sits atop the city water tower.

Don't forget to dress warmly and wear boots if the weather is wet!



Calendar of Events

Mountlake Terrace

Mountlake Terrace Recreation & Parks
5303 228th Street SW
Mountlake Terrace, WA 98093
425-776-9273 mltrec.com

GREET THE NEW YEAR HERE January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Happy New Year! Pavilion Closed Weekly Espresso Special: 16 oz. Black and White Mocha \$3	National hot tea month January Special Tea and Cookie \$2 Edmonds Non school day	Volleyball leagues begin Sr. Volleyball begins 5-7pm	Family & Preschool Yoga, 4 Hip Hop begin	Teen/Adult Ballets Begins Adult Volleyball 8-10pm Yoga Pilates begins	National Oatmeal Month - get some at the Espresso bar!	Open Gym Basketball 9-11am Zumba and Parent Toddler begins
Weekly Espresso Special: 16 oz. Chai Tea Latte \$2.75	M/W Swim lessons begins Basic Dog Obedience begins Racquetball and Basketball Leagues begin	T/Th Swim lessons & Co-op Playschool begins Sr. Volleyball 5-7pm	Come to the leisure pool and have fun in the spray toys! Intermediate Dog training begins	Adult Volleyball 8-10pm	Friday Swim lessons begin Puppygarten begins Parent's Night Out!	Saturday Swim lessons begin Open Gym Basketball 9-11am
Weekly Espresso Special: English Toffee Caramel latte 16oz. \$2.75 Sunday Swim lessons begin	Soccer Reg begins Swim Modified Schedule No dance or non school	Sr. Volleyball 5-7pm	Rubber Ducky Day!	Check out the Indoor Playground Crawlers to 5 yrs! Gym Closed	Book a Dance Party- Learn a new dance with your friends!	Open Gym Basketball 9-11am
Weekly Espresso Special: White Chocolate Americano 16oz. \$2.25	Last day to sign up for RB Tournament	Pick your puzzle! Crosswords and sudoku are great for exercising your brain! Sr. Volleyball	Getting in 25 shape makes you feel confident and positive, which can help overcome feelings of stress	Last day to register for Feb.2 Early release day Adult Volleyball 8-10pm	Vitamin C fights wrinkles!	Racquetball Tournament Open Gym Basketball 9-11am
Weekly Espresso Special: Turtle Mocha 16oz. \$3	Second Semester Dance Classes begin	Inspire your heart with art day! Sr. Volleyball 5-7pm	LEAD NEW YEAR!	Top Ten New Years Resolutions! 1. Spend more time with Family & friends 2. Fit in fitness 3. Tame the bulge 4. Quit smoking 5. Enjoy life more 6. Quit drinking 7. Get out of debt 8. Learn something new 9. Help others 10. Get Organized		



February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Rainy days are great for visiting the Indoor Playground! Play in the ball pit, slide down the slide, play with the dolls, trucks and little workshops! We also rent the Indoor Playground for birthday parties, it is easy, fun and we clean up the mess! Call us @ 425-776-9273.						
Weekly Espresso Special: 16 oz Black Forest Mocha \$3	Register for Spring BB/Volley Leagues Starts 9/9	Sr. Volleyball Open Gym Popcorn! Get some today!	February breakfast special: Oatmeal, fruit, drip coffee \$2.50	Today at noon deadline to sign up for Parent's Night Out! Open Gym Volleyball 8-10pm	Parent's Night Out	Open Gym Basketball 9-11:30am
Weekly Espresso Special: 16 oz Sweetheart blended drink	Do you have friend or teacher who has changed your life? Tell them!	Sr. Volleyball Open Gym Valentines Day 3 cookies for \$1	Silver Sneakers: Have you tried it? Fun and social!	Drink water - will help you lose weight! NO open Gym Volleyball	Random acts of Kindness day!	Open Gym Basketball 9-11:30am
Weekly Espresso Special: 16 oz Cherry Latte \$2.75	Presidents Day MLT reg for swim lessons Modified Schedule	Edmonds School District Non School Day Modified Schedule Sr. Volleyball Open Gym	Open Reg for 22 Swim Lessons Can't stick to a diet? Then diet two days a week!	Sport N Fun Party Package Have your party in our full sized gym! Basketball, Kick ball or wiffle ball! Fun! Open Gym Volleyball 8-10pm	Friday Swim lessons begin	Saturday Swim Lessons begin Open Gym Basketball 9-11:30am
Weekly Espresso Special: Snickers Mocha \$3 Sunday swim lessons begin	February is National Cherry month!	Playschool Begins Sr. Volleyball Open Gym	Do you know that you can get a monthly or Annual pass? Save some money and ask about it today!	American Heart Month Try water aerobics, which is low impact.. Our water is warm and Therapeutic!		



March 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>National Nutrition Month! National Nutrition Month is an annual campaign sponsored by the American Dietetic Association to promote nutrition awareness and education. This year's theme, "Eat Right with Color," provides an easy way to focus on improving eating habits — simply include plenty of color on your plate!</p>				<p>Open Registration for MMA and TRTH swim lessons Adult VB Open Gym 8-10pm Church League Softball registration starts</p>	<p>Employee appreciation day! Softball Leagues will begin Sunday March 22</p>	<p>Open Gym Basketball 9-11:30am</p>
<p>Weekly Espresso Special: 16 oz. Midnight Mocha \$3.00</p>	<p>Mon/Wed Swim lessons begin Adult/Teen Hula Adult/Teen Yoga & Pilates</p>	<p>Tues/Thurs Swimming Lessons begin Gentle Yoga, Ki Aikido for 7-12 Yrs & Teen/Adult Sr. VB Open Gym 5-7pm</p>	<p>Adult/Teen Egyptian Bellydance, Stretch & Strength Yoga</p>	<p>Adult/Teen Yoga/Pilates Adult/Teen Bikes Ho Ho Ho Frost Ki Aikido (ages 7-12 + Teen/Adult) Kid Love Soccer begins (age 3 1/2 - 12) No Open Gym</p>	<p>Chi Kung/Quong (Kids 7-12) (Teen/Adult) begins Family Chi Kung/Quong Parent's Night Out</p>	<p>Zumba Chi Kung, Quong Parent Toddler, Creative dance Open Gym Basketball 9-11:30am</p>
<p>Weekly Espresso Special: 16 oz. Irish Cream Latte or Cappuccino \$2.75 Adult Softball Leagues begin</p>	<p>Basic Dog Obedience begins</p>	<p>Sr. VB Open Gym 5-7pm</p>	<p>Intermediate Dog Obedience</p>	<p>Eat a piece of fresh fruit every day to stay healthy! Adult VB Open Gym 8-10 pm</p>	<p>Deadline to register for Early Release for 3/21/22 Puppygarten begins</p>	<p>St. Paddy's Day! Open Gym Basketball 9-11:30am</p>
<p>Weekly Espresso Special: 16 oz. Vanilla Bean Mocha \$2.75</p>	<p>Washington produces more apples than any other State</p>	<p>International Earth Day Sr. VB Open Gym 5-7pm</p>	<p>Edmonds School District Early Release Days</p>		<p>Edmonds School District School Day</p>	<p>Racquetball Tournament Open Gym Basketball</p>
<p>Weekly Espresso Special: 16 oz. Raspberry Creme Royal \$3</p>	<p>Check out the Cardio Room Precor AMT Rowing ergometer, treadmill & More</p>	<p>Sr. VB Open Gym 5-7pm</p>	<p>Book your birthday party at the pool</p>	<p>Adult VB Open Gym 8-10pm</p>	<p>Teddy Bear Tea party in the Indoor Playground Register to attend!</p>	<p>Open Gym Basketball 9-11:30am</p>

April 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Weekly Espresso Special: Black and White Mocha 16 oz \$2.75</p>	<p>American Red Cross Lifeguarding Course Babysitters Training Plus 42-6 Spring Break Camp Modified Schedule</p>	<p>Sr. Volleyball Open Gym 5-7pm Volleyball Leagues begin Spring Break Camp Modified Schedule</p>	<p>Check out the Cardio Room Spring Break Camp Modified Schedule</p>	<p>Adult Drop in Volleyball 8-10pm Spring Break Camp Modified Schedule</p>	<p>Try our racquetball court reservations Spring Break Camp</p>	<p>Basketball Open Gym 9-11:30am</p>
<p>Weekly Espresso Special: Marshmallow Peep 16oz \$2.75</p>	<p>Spring Basketball Leagues begin</p>	<p>Sr. Volleyball Open Gym 5-7pm</p>	<p>Consuming one and a half tablespoons of vinegar can lower your blood sugar by 92%</p>	<p>Adult Drop in Volleyball 8-10pm</p>	<p>Parent's Night Out</p>	<p>Basketball Open Gym 9-11:30am</p>
<p>Weekly Espresso Special: 16 oz Mocha \$2.75</p>	<p>Silver Sneakers Class Beginners T, Th Advanced M,W & F</p>	<p>Sr. Volleyball Open Gym 5-7pm</p>	<p>Sign up for our indoor and Alice's Tea Time</p>	<p>Rent the Pool and a room for a great party! Adult Drop in Volleyball 8-10pm</p>	<p>Exercise to boost your immune function ESD Non School Day</p>	<p>Alice's Tea Time in the Indoor Playground Basketball Open Gym 9-11:30am</p>
<p>Weekly Espresso Special: Hazelnut Latte 16oz \$2.75</p>	<p>3 cookies \$1.00</p>	<p>Co-op Play School begins for ages 2 1/2 - 4 years Sr. Volleyball Open Gym 5-7pm</p>	<p>National Pretzel day - Get a soft pretzel @ Espresso Spash!</p>	<p>Adult Drop in Volleyball 8-10pm</p>	<p>Sign up for Dog Classes that start next month!</p>	<p>Basketball Open Gym 9-11:30am Rent the gym for an off the Wall Party!</p>
<p>Weekly Espresso Special: 16 oz Chai tea Latte \$2.75</p>	<p>Hawaiian Hula for Adults and teens and Yoga Pilates begins begins</p>	<p>Memory Protectors</p> <ol style="list-style-type: none"> 1. Maintain your social connections 2. Learn something new. 3. Make time for fitness 4. Get your fill of fruits and veggies 5. Solve a puzzle it will help to protect memory. 				