

## Youth Sports

### For all Skyhawks Camps:

**Participant-to-coach ratio:** 14:1

**Gear to bring:** Appropriate clothing, water bottle, shin guards, running shoes, and sunscreen

**Food to bring:** Lunch, Snack & Water Bottle (for programs over four hours); two snacks & water bottle (for programs four hours or less)

**Included with purchase:** T-shirt and merit award

### Skyhawks Baseball Camp

Learn the fundamentals of fielding, catching, throwing, hitting, and base running in a fun, positive environment. Athletes learn new baseball skills along with life lessons such as respect, teamwork and responsibility.

Ages 6-12 years old (Full Day)

13626 7/12-7/16 M-F 9 - 3 pm R \$135 N \$148

Ages 5-8 years old (Half Day)

13728 7/12-7/16 M-F 9 - 12 pm R \$115 N \$126

### Skyhawks Lacrosse

Lacrosse combines the basic skills used in soccer, basketball, and hockey into one fast-paced, high scoring game. Athletes will learn all the fundamentals of stick handling, cradling, passing, and shooting in a fun, non-checking environment. Limited lacrosse kit rentals available online.

Ages 8-14 years old

13731 7/19-7/23 M-F 9-12 pm R \$115 N \$126

### Skyhawks Flag Football

Campers learn skills on both sides of the football including the core components of passing, catching, and defense - all in a fun and positive environment. The week ends with the Skyhawks Sports Bowl!

Ages 7-12 years old (Full Day)

13730 8/23-8/27 M-F 9-3 pm R \$135 N \$148

Ages 6-9 years old (Half Day)

13729 8/23-8/27 M-F 9-12 pm R \$115 N \$126

### Skyhawks Minihawk Ages 4-7 years old

This baseball, basketball, and soccer program gives 4-7 year olds a positive first step into athletics. Through games and activities, campers explore balance, hand/eye coordination and skill development at their own pace.

8/16-8/20 M-F 9-12 pm R \$115 N \$126

### Basketball Camp Ages 7-15

Mountlake Terrace HS and City joint camp! Learn the fundamentals of the game from MLT High School boys and girls coaches. The campers will learn about conditioning, nutrition, hear from guest speakers and have fun! Campers will receive prizes, t-shirt, and a basketball. Boys and Girls welcome! Camp is located at Mountlake Terrace High School Gym.

13627 6/22-6/24 T, W, Th 9 - 12:30 pm R \$50 N \$55

### Golf Camp Ages 8-16

Learn basic strokes, rules, and etiquette. Includes visits to the driving range and 1 round of golf. Limited to 8 per session so sign up early. Camp meets first day at the Recreation Pavilion.

13656 13628 7/26-7/30 M-F 10:00-11:30am R \$78 N \$86

## ★ Summer Youth Art Fair! ★



All children & youth ages 3-16 may submit artwork in categories including Textile Arts, Pottery/ Sculpture, Painting/Drawing/Crayon, Trash to Treasures, and Photography. Entries will be grouped by age & awards given. Qualifying artwork displayed at Mountlake Terrace Library from July 16-31st. Limit 1 entry per category. Submit artwork July 9-13th at the Recreation Pavilion Front Desk.

## Youth Sports

### Kidz Love Soccer Ages 2.5-10

This acclaimed soccer program for both boys & girls lets kids have fun and learn important skills at the same time. Emphasizes sportsmanship, effort, learning and fun! Meets Thursdays. Fee: R\$63 N\$69

SPRING	4/29-6/17	8 week session	Ballinger Playfield
12555	Mommy/Daddy & Me	2.5-3.5 years	2:40-3:10 pm
12556	Tot Soccer	3.5-4 years	3:10-3:40 pm
12557	Pre-Soccer	4-5 years	3:40-4:15 pm
12558	Soccer 1	5-6 years	4:15-5:00 pm
12559	Soccer 2	7-8 years	5:00-5:45 pm
12560	Soccer 3	9-10 years	5:00-5:45 pm

SUMMER	7/8-8/26	8 week session	Forest Crest Playfields
13629	Mommy/Daddy & Me	2-3.5 years	4:00-4:30 pm
13630	Tot Soccer	3.5-4 years	4:40-5:10 pm
13631	Pre-Soccer	4-5 years	5:10-5:45 pm
13632	Soccer 1	5-6 years	5:45-6:30 pm
13633	Soccer 2	7-8 years	6:30-7:15 pm
13634	Soccer 3	9-10 years	6:30-7:15 pm

### Kidz Love Soccer Half Day Camp Ages 4.5 to 10

Includes age-appropriate skill-building games and scrimmages, culminating in a World Cup-like experience on the final day of camp. Shinguards, soccer shoes, and sunscreen are required, and campers should bring ample water from home. Includes a ball and participation award. Located at Forest Crest Playfields. Fee: R\$99 N\$109

13635	7/12-7/16	Level 1	4.5 to 6 years	2:00-5:00 pm
13635	7/12-7/16	Level 2	7 to 8 years	2:00-5:00 pm
13635	7/12-7/16	Level 3	9 to 10 years	2:00-5:00 pm

### Tennis Lessons Ages 13 & up

Come join us for a fun-filled hour of tennis. Learn the basics and brush up on your own talents. Balls provided. Six lessons. Fee: R\$35 N\$40

Beginners:	T/Th 6:30-7:30pm	Intermediate:	T/Th 7:30-8:30pm
13616	6/1-6/17	13617	6/1-6/17
13618	6/22-7/8	13619	6/22-7/8
13620	7/13-7/29	13621	7/13-7/29
13622	8/3-8/19	13623	8/3-8/19
13624	8/24-9/9	13625	8/24-9/9

### Tennis Camps Ages 7-13

Have fun while you learn the basics about tennis. Includes drills, games, sportsmanship, and a T-shirt. Lead Instructor is Gigi Johnson. Maximum 8:1 ratio instructor/participant. Camp meets Fridays for rainouts. Held at Evergreen Playfields Tennis Courts. Fee: R\$29 N\$32

Ages 7-9:	T-F, 9-10:30am	Ages 10-13:	T-F, 10:30am-12pm
13636	6/29-7/2	13646	6/29-7/2
13637	7/6-7/9	13647	7/6-7/9
13638	7/13-7/16	13648	7/13-7/16
13639	7/20-7/23	13649	7/20-7/23
13640	7/27-7/30	13650	7/27-7/30
13641	8/3-8/6	13651	8/3-8/6
13642	8/10-8/13	13652	8/10-8/13
13643	8/17-8/20	13653	8/17-8/20
13644	8/24-8/27	13654	8/24-8/27
13645	8/31-9/3	13655	8/31-9/3

### USA 123 Jr. Tennis Team Ages: 10-18

Learn new drills, strategy, and advanced strokes. Practices held Tuesday-Thursday from 1-3 pm. Weekly matches on Fridays at various sites. Tournament last week of program. This is the largest youth tennis league in the North King/South Snohomish County region with 9 teams participating! Location: Tennis courts at Evergreen Playfields.

Prerequisite: one session of beginner lessons, or demonstrated ability.

13612 6/29-8/13 1-3 pm R\$90 N\$99

### USTA Tennis Rally

**FREE!** All Ages activity with instruction, games, food, drinks, & prizes! August 9<sup>th</sup>, 11am to 1 pm.



# Mountlake Terrace Recreation & Parks Department Summer Programs

2010!



## Registration begins March 15!

We are proud to offer a variety of fun, award-winning programs with well-trained, caring staff. Come join the fun!

Preschool & School Age Day Camps with Before & After Camp Care available ▪ Swimming Lessons ▪ Dance Camps & Classes ▪ Youth Sports Camps ▪ Aquatic Camps ▪ Summer Swim Team ▪ Lifeguard Training ▪ Babysitter's Training & more!



Mountlake Terrace Recreation Pavilion  
5303 228th Street Southwest  
Mountlake Terrace, WA 98043  
425-776-9173 • www.mltrec.com

## Youth Day Camps

Camps are offered Monday through Friday at the Recreation Pavilion and are based on a new theme each week. **DEADLINE** for registering is 2 weeks prior to start date. Space is limited; register early. \$35 individual/\$55 family registration fee includes camp T-shirt.

### Junior Kids Krew Camp

**Ages 3 & 4** *Childcare Option*

M-F, 6:30am-6:30pm. Activities include songs, games, arts & crafts, recreation swims and walking trips to local parks. Children must be able to dress themselves and have independent toileting skills in order to attend. Maximum 10 hours a day.

July 1-31 R\$760/NR\$840

Themes include: Down on The Farm, Hawaiian Hullahaloo, Mother Goose Olympics, Teddy Bear Adventures, and Catch The Spirit!

August 1-31 R\$760/NR\$840

Themes include: Animal Antics, Fairy Tale Fun, Dr. Seuss Days, and Surfin' Safari.

Options for fewer days or hours per day may be available. Call 425-776-9173 for details.

### Preschool Summer Adventures

**Ages 3 & 4.** Fun preschool-aged half-day camp offered Monday through Friday. Summer camp activities to include theme based arts & crafts, games, songs, and walking trips to local parks. **This camp does not swim.** Children must have independent toileting skills in order to attend. Camp hours 9:00am-12:00pm. Fee: R\$75/NR\$80 per week.

**There is no before and after care available for this camp. If additional hours are needed please see Junior Kids Krew Camp.**

13689	June 28-July 2	<b>Down on The Farm</b>
13690	July 5-9	<b>Hawaiian Hullahaloo</b>
13691	July 12-16	<b>Mother Goose Olympics</b>
13692	July 19-23	<b>Teddy Bear Adventures</b>
13693	July 26-30	<b>Catch The Spirit!</b>
13694	August 2-6	<b>Animal Antics</b>
13695	August 9-13	<b>Fairy Tale Fun</b>
13696	August 16-20	<b>Dr. Seuss Days</b>
13697	August 23-27	<b>Surfin' Safari</b>



### Before & After Camp Care

Before camp care	M-F	6:30-9:00am	R\$45 N\$50
After camp care	M-F	4:00-6:30pm	R\$45 N\$50
Before AND After care	M-F	<b>10 hour daily max*</b>	R\$85 N\$90

\*including time at camp.

### CIT: Counselor In Training Program!

Have a blast while gaining valuable experience working with children and camp staff this summer. CIT's assist staff in leading games, playing sports, and arts and crafts for campers ages 3 to 12. This includes walking trips to local parks, field trips, swimming, and weekly theme based activities. CIT's need to have a creative upbeat personality and be ready to have fun! Apply at the Recreation Pavilion; deadline is June 14th. Must be 16 by June 28th, 2010. Call Lori Johnson for details 425-776-9173. Registration is by the month. 13677 R\$45.00 NR\$50.00

### Trailblazers Camp

**For children entering Kindergarten or 1<sup>st</sup> grade.**

Traditional summer camp program with songs, games, arts & crafts, recreation swims and walking trips to local parks. Camp hours 9:00am-4:00pm. Fees vary on field trip weeks.

13699	June 28-July 2	<b>Down on The Farm</b>	R\$125 N\$135
13700	July 5-9	<b>Hawaiian Hullahaloo</b>	R\$140 N\$150
13701	July 12-16	<b>Mother Goose Olympics</b>	R\$125 N\$135
13702	July 19-23	<b>Teddy Bear Adventures</b>	R\$140 N\$150
13703	July 26-30	<b>Catch The Spirit!</b>	R\$125 N\$135
13704	August 2-6	<b>Animal Antics</b>	R\$140 N\$150
13705	August 9-13	<b>Fairy Tale Fun</b>	R\$125 N\$135
13706	August 16-20	<b>Dr. Seuss Days</b>	R\$140 N\$150
13707	August 23-27	<b>Surfin' Safari</b>	R\$125 N\$135
13708	Aug 30-Sept 1	<b>Back to School Mini Camp*</b>	R\$75 N\$85

\*Only for kids registered for Kids Krew in the Fall.

## Navigators Camp

**For children entering 2nd through 4th grade.**

Join us at the Pavilion this summer for exciting adventures as we make new friends, learn songs and games, create arts and crafts projects, swim, and visit local parks. Camp hours 9:00 am-4:00 pm. Field trips are subject to change based on availability. If field trip changes, weekly fees may change based on the cost of the trip. Fee: R\$140 N\$150 per week.

13679	June 28-July 2	<b>Amazing Race</b>
13680	July 5-9	<b>Hawaiian Hullahaloo</b>
13681	July 12-16	<b>Medal Mania</b>
13682	July 19-23	<b>We Got Game</b>
13683	July 26-30	<b>Catch The Spirit</b>
13684	Aug 2-6	<b>Animal Antics</b>
13685	Aug 9-13	<b>Game Frenzy</b>
13686	Aug 16-20	<b>The Great Escape</b>
13687	Aug 23-27	<b>Surfin' Safari</b>
13688	Aug 30- Sept 1	<b>Back to School Mini Camp*</b>



\*Only for kids registered for Kids Krew in the Fall. Fee: R\$90 N\$100

### New! Tween Navigators Camp

**For those entering 5th through 8th grade.**

Join us at the Pavilion this summer for an exciting new experience for 'tween'agers. As an extension of our Navigators camp, Tween Navigators will go on fantastic field trips, make new friends, create arts and crafts projects, swim, and visit local parks. Camp hours are from 9:00 am-4:00 pm. Field trips are subject to change based on availability. If field trip changes, weekly fees may change based on the cost of the trip. Fee: R\$140 N\$150 per week.

13711	June 28-July 2	<b>Amazing Race</b>
13719	July 5-9	<b>Hawaiian Hullahaloo</b>
13720	July 12-16	<b>Medal Mania</b>
13721	July 19-23	<b>We Got Game</b>
13722	July 26-30	<b>Catch The Spirit</b>
13723	Aug 2-6	<b>Animal Antics</b>
13724	Aug 9-13	<b>Game Frenzy</b>
13725	Aug 16-20	<b>The Great Escape</b>
13726	Aug 23-27	<b>Surfin' Safari</b>
13727	Aug 30-Sept 1	<b>Back to School Mini Camp*</b>



\*Only for kids registered for Kids Krew in the Fall. Fee: R\$90 N\$100

## Aquatic Safety

### American Red Cross Lifeguard Training Course

Must be 15 years of age by the last day of the class. Learn to prevent and respond to Aquatic emergencies in a swimming pool; victim recognition, surveillance, equipment-based rescues. Upon successful completion of all written and physical skills tests, participant will be certified in Lifeguarding, First Aid, AED, and CPR for the Professional Rescuer.

**Swim skills pre-requisite testing will be required at first class. Participant must pass BOTH swim skills pre-requisites to be allowed to continue with class work. Required skills are:**

-Swim 300 yards continuously without stopping using 100 yards of front crawl stroke with rhythmic breathing, 100 yards of breast stroke using the "breathe, kick, pull, glide" technique, and 100 yards of either stroke.

-Swim 20 yards using front crawl or breaststroke, surface dive 8 feet, retrieve a 10-pound object from the bottom of pool, return to surface and swim 20 yards back to starting point, holding the object with both hands and face above the water, then exit the water without using a ladder or steps, within 1 minute, 40 seconds.

6/21-25 M-F 3:30-9:00 pm R\$185 N\$195

### Guard Start

This American Red Cross Course is a fun, action-packed program for youth ages 11-14. Learn about prevention of aquatic accidents, improve swimming stroke mechanics, endurance & strength, basic first aid and CPR skills, how to search for and apply for a job and the importance of community service. All days include recreational swim time, so please bring a suit, towel and snack each day. Participant packets are provided. This is not a certification class. Registration begins March 15.

7/12-16	M-F	11:00 am-1:00 pm	R\$50 N\$55
8/16-20	M-F	11:00 am-1:00 pm	R\$50 N\$55

## Aquatic Programs

### Aqua Kids: New and Improved for 2010!

**For ages 4-7 years.** This aquatic camp is packed with fun activities following a weekly theme. Lots of water time in our Leisure Pool, camp songs, story time, crafts, games, boating safety and outdoor play. Camp meets at Lake Ballinger on Fridays for canoeing and barbecue. No swimming ability is required, but participants must enjoy the water. Please bring a snack. One-time \$5 registration fee includes camp T-shirt.

6/28-7/2	M-F	Superhero Splash!	9:00-12:00am	R\$105 N\$112
7/5-9	M-F	Movin' & Groovin'	9:00-12:00am	R\$105 N\$112
7/12-16	M-F	Aarrgh Pirates!	9:00-12:00 am	R\$105 N\$112
7/19-23	M-F	Aloha Summer	9:00-12:00 am	R\$105 N\$112
7/26-30	M-F	POOL-lympics!	9:00-12:00 am	R\$105 N\$112
8/2-6	M-F	Space is the Place	9:00-12:00 am	R\$105 N\$112
8/9-13	M-F	Art Attack!	9:00-12:00 am	R\$105 N\$112
8/16-20	M-F	Splashy Sports	9:00-12:00 am	R\$105 N\$112
8/23-27	M-F	Bugs, Bugs, Bugs!	9:00-12:00 am	R\$105 N\$112
8/30-9/3	M-F	Swimmin' Safari	9:00-12:00 am	R\$105 N\$112

### Marlins Summer Swim Team

A recreational swim team for swimmers ages 6-18. We emphasize improvement of strokes, endurance, and fun. Compete in dual meets each week with other local summer swim teams. Practices are held Monday-Thursday beginning June 28th. Register for one of the practice times listed below; this will be your child's practice time for the summer.

Children who have not completed at least one session in our Advanced Swimming level will need a placement evaluation by an MLT coach.

Registration begins March 15. Make an appointment with an Aquatics Coordinator at 425-776-9173 for a time trial or placement evaluation.

**Elite Levels (coach placement required)** Fee: R\$193 NR\$210  
10765 7:45-8:45 am 10773 8:30-9:30 pm

**Age Group Levels** Fee: R\$184 NR\$193  
8:00-8:45 am 8:45-9:30 am 9:30-10:15 am  
4:10-4:55 pm 4:55-5:40 pm 5:40-6:25 pm 6:25-7:10 pm

## Swimming Lessons

Our warm water, multi-depth pool is great for learning. Well-trained instructors create a positive and fun experience. Schedules are available at the Pavilion office or on our web site the week prior to each session.

**Morning Weekday Classes.** 10 Lessons.

6/28-7/9	M-F	MLT Reg: 6/16	Open Reg: 6/17	R\$63 N\$68
7/12-7/23	M-F	MLT Reg: 7/7	Open Reg: 7/8	R\$63 N\$68
7/26-8/6	M-F	MLT Reg: 7/21	Open Reg: 7/22	R\$63 N\$68
8/9-8/20	M-F	MLT Reg: 8/4	Open Reg: 8/5	R\$63 N\$68
8/23-9/3	M-F	MLT Reg: 8/18	Open Reg: 8/19	R\$63 N\$68

**Afternoon & Evening Classes.** 10 Lessons.

6/29-7/29	M,W	MLT Reg: 6/16	Open Reg: 6/17	R\$63 N\$68
6/30-7/30	T,Th	MLT Reg: 6/16	Open Reg: 6/17	R\$63 N\$68
8/3-9/2	M,W	MLT Reg: 7/29	Open Reg: 7/30	R\$63 N\$68
8/4-9/3	T,Th	MLT Reg: 7/29	Open Reg: 7/30	R\$63 N\$68

**Weekend Classes.** 8 Lessons.

7/10-8/28	Sa	MLT Reg: 6/16	Open Reg: 6/17	R\$50 N\$54
7/11-8/29	Su	MLT Reg: 6/16	Open Reg: 6/17	R\$50 N\$54

## More Safety

### Babysitter's Training Plus

This American Red Cross course is designed for girls and boys ages 11 and up. Topics include responsibilities of babysitting; characteristics of children; games and activities; and babysitter concerns. Participants will be eligible for certification in American Red Cross Infant/Child CPR and Basic First Aid upon successful completion of skills and written exam. All days include recreational swim time, so please bring a suit, towel and snack each day. Registration begins March 15.

7/5-9	M-F	10:00 am-1:00 pm	R\$75 N\$85
8/9-13	M-F	10:00 am-1:00 pm	R\$75 N\$85

## Summer Dance Camps

**All Dance Camps run Monday-Friday, 9:30am to 12:00pm. Please bring lunch/snack & water bottle. \*Starred camps have the opportunity to march in the Tour de Terrace parade.**

### Themed Dance Camps

Ages 4-6

Children's creative dance camps are centered around a weekly theme explored through storytelling and creative movement. Children will learn fun dancing games, create small costume pieces and craft projects. All will culminate in a performance on the last day.

13908	6/28-7/2	Cinderella	R\$82 N\$88
13909	6/28-7/2	Forest Princess	R\$82 N\$88
13910	7/6-7/9	Flower Fairies	R\$64 N\$70
13911	7/12-7/16	Angelina Ballerina	R\$82 N\$88
13912	7/19-7/23	Pinata Fiesta	R\$82 N\$88
13913	7/26-7/30	Mermaids and Pirates!*	R\$82 N\$88
14007	7/26-7/30	Flower Fairies	R\$82 N\$88
13914	8/2-8/6	Angelina Ballerina	R\$82 N\$88
13915	8/2-8/6	Sleeping Beauty	R\$82 N\$88
13916	8/9-8/13	Flower Fairies	R\$82 N\$88
14008	8/9-8/13	Angelina Ballerina	R\$82 N\$88
13917	8/16-8/20	Mermaid Princess	R\$82 N\$88
13918	8/23-8/27	Angelina Ballerina	R\$82 N\$88



### Yoga Camp

Ages 7-11

Stretch, flow, balance, and breathe to wake up your body, heart, and mind! Yoga is both relaxing and invigorating. We will use art, stories, games, and our own yoga practice to explore this ancient art. Come challenge yourself, get centered, and have fun! Yoga is non-competitive and enhances everything you do in life!

13933	7/6-7/9	R\$64 N\$70
13934	7/19-7/23	R\$82 N\$88
13935	8/9-8/13	R\$82 N\$88

### Hip Hop/Jazz Camp

Ages 7-11

This camp covers basic dance techniques. Jazz builds strength and coordination; hip hop introduces street dance forms and elements of African Dance. Both are accompanied by fun & lively music.

13919	6/28-7/3	R\$82 N\$88
13920	7/12-7/16	R\$82 N\$88
13921	7/26-7/30*	R\$82 N\$88
13923	8/16-8/20	R\$82 N\$88
13922	8/23-8/27	R\$82 N\$88

### Twilight Vampires & Werewolves Dance Camp

Ages 7-11. Explore the age-old legends of Vampires and Werewolves. Create costume pieces, Vampire and Werewolf make-up, and make your own dances inspired by the stories of Twilight.

13906	7/6-7/9	R\$82 N\$88
13907	8/23-8/27	R\$82 N\$88

### Musical Theater Camp

Improve your voice, range, acting and dancing skills. Students will learn dances to show-tunes from their favorite musicals and movies. Theatricality and performance techniques will be emphasized, while dancing to enjoyable favorites from Grease, West Side Story, Annie, and other favorites.

13927	7/19-7/23	R\$82 N\$88
13928	8/2-8/6	R\$82 N\$88
13929	8/16-8/20	R\$82 N\$88

