Kent Parks, Recreation & Community Services

WINTER 2016-2017 Program Guide

Classes, Sports, Arts & Entertainment, Teen Programs, Adult 50+ Activities

WebReg Registration November 27 • Open Registration November 29
webreg.KentWA.gov • KentWA.gov
**Mayor’s Message**

With winter upon us, this edition of the Kent Parks Guide provides many opportunities to help fight off the desire to hibernate until spring. As you will find throughout this guide, there are a wide variety of classes, activities and services to keep you busy, entertained and engaged. You can kick off the season with Kent’s Winterfest, followed by the Christmas Rush Fun Run/Walk.

Whatever the weather outside, there are many programs to take advantage of to help us stay active. If you prefer the indoors, Kent4Health hosts free indoor walks each Monday and Thursday at the ShoWare Center from 9-11 a.m.

Remember, bundle up if you’re headed outdoors, or stay in and have fun learning something new. Whatever you choose, be safe and enjoy!

**City of Kent Parks, Recreation & Community Services**

**Mission Statement**

“Dedicated to Enriching Lives”

We are committed to providing safe and inviting parks and facilities, meaningful and diverse recreational programs, cultural activities and human services.

Our staff is responsive, positive and ethical in their dedication to delivering:

- **Personal Benefits** that strengthen self esteem, improve health and promote self sufficiency.
- **Social Benefits** that bring families together and unite people within our diverse community.
- **Economic Benefits** that welcome new business relocation and expansion which leads to a more productive work force and increased tourism opportunities.
- **Environmental Benefits** that protect and preserve natural areas, open space and enhance air and water quality.

**Statement of Inclusion**

"Everyone in the City of Kent community shall have the opportunity to equally participate in, benefit from, and enjoy the parks and recreation programs and facilities. Our mission is dedicated to enriching the lives of all persons participating in Kent Parks, Recreation and Community Services.”

In using City Park Facilities for any adult or youth community athletic program, as that term is defined in RCW 49.60.500, no group may discriminate in program participation on the basis of sex.

**ADA Access**

The City of Kent is committed to providing programs and services accessible to individuals with disabilities. Requests for special accommodations will be considered on a case-by-case basis. For TDD users, call 1-800-833-6388; Telebraille, 1-800-833-6385 and voice, 1-800-833-6384. This service provided by Washington State Telecommunications Relay Service at no cost except long distance charges.

**EARLY REGISTRATION**

Kent Parks offer WebReg users the opportunity to register two days earlier than participants faxing, mailing, phoning or walking in their registrations.

Registration using WebReg, webreg.KentWA.gov will begin at 12:01 a.m. on November 27. Open registration November 29.

To use this system, please have the following ready:
- Family PIN, Client Number, Class Course Numbers and a Visa or MasterCard
For more information, please call 253-856-5000.

**From the cover:**

Christmas Rush Fun Run
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Notice to our customers: A $1 technology fee per transaction supports systems that provide convenience and efficient service delivery.

Save the Date!

Winterfest – Dec 3 - Tree lighting 5 p.m. at Town Square Plaza
Kent Commons Holiday Bazaar – Dec. 2nd 10 a.m. to 5 p.m. & Dec. 3rd 9 a.m. to 4 p.m.
Christmas Rush Fun Run/Walk – Dec. 10th 9:50 a.m.
Spotlight Series Performances December – April
Elvis at The Place – March 30th – 2 p.m. - 4 p.m.
You Me We – Date TBA - YouMeWeKent.com
20th Annual Riverbend Winter Scramble – Jan 17

Inclement Weather Policy
The safety of participants is a prime consideration when determining if programs should be cancelled due to inclement weather. Parks Department classes and programs are cancelled when the Kent School District closes due to inclement weather. For information about evening or weekend cancellations, please call 253-856-5020. Possible exceptions may include performances; please call the Cultural Programs office at 253-856-5050. For activities scheduled at non school district facilities, please call the facility; Kent Commons 253-856-5000; Senior Center 253-856-5150; or Adaptive Recreation 253-856-5030 for information regarding activities and facility operation.
Activities

INDOOR PARK (10 mos–4½ yrs)

Tuesdays, Wednesdays and Thursdays from 9:30–11 a.m.

Come and experience our Indoor Park, a traditional outdoor playground brought inside. On Tuesday, Wednesday and Thursday mornings, play with our toys, balls and playground equipment in a dry and safe environment. Parents are required to supervise their children at all times (maximum of three children per adult). Cost is $2 per visit for the first child and $1 for each additional child, or buy a 10-visit pass for $15. Call 253-856-5000 for more information.

Tuesday, Wednesday & Thursday - 9:30-11:00 a.m.

October 11, 12, 13, 18, 19, 20, 25, 26, 27

November 1, 2, 3, 8, 9, 10, 15, 16, 17, 29, 30

December 6, 7, 8, 13, 14, 15

January 3, 4, 5, 10, 11, 12, 17, 18, 19, 24, 25, 26, 31

February 1, 2, 7, 8, 9, 14, 15, 16, 28

March 1, 2, 7, 8, 9, 14, 15, 16, 21, 22, 23, 28, 29, 30

April 4, 5, 6, 18, 19, 20, 25, 26, 27

Spanish Play Group 20 Months - 36 Months

No Indoor Park: 11/22-23, 12/1, 12/20-12/22, 12/27-12/29, 2/22-23, 3/11-13

LITTLE MOZART'S MUSIC

(Ages 3-8)

Bring out the musician inside your child with this fun program that starts your Little Mozart on their way to learning rhythm, timing, melody and notation. They'll have fun singing and moving, clapping and tapping with Mozart Mouse, Beethoven Bear and Music Friends. A variety of tuned, auxiliary and multicultural percussion instruments will be used during class. New material introduced every quarter and students progress at their own pace.

60471 Tu 1:00 p.m.-2:00 p.m. 1/3-3/28
Kent Commons S. Anderson 10 sess/$100
No class 1/24, 1/31, 2/21

PLAY TIME PALS

Enjoy time together singing, learning, getting messy and playing in an inclusive preschool class led by an early childhood specialist. Children will develop friendships with a wide variety of peers, some of whom have special needs.

Ages 20 Months - 36 Months

60453 M 9:00 a.m.-10:30 a.m. 1/9-2/13
60454 M 9:00 a.m.-10:30 a.m. 2/27-3/27
SKIP/CTC C. Staff 5 sess/$35
60455 Tu 9:00 a.m.-10:30 a.m. 1/3-2/14
SKIP/CTC C. Staff 7 sess/$49
60456 Tu 9:00 a.m.-10:30 a.m. 2/21-3/28
SKIP/CTC C. Staff 6 sess/$42
60457 W 9:00 a.m.-10:30 a.m. 1/4-2/15
SKIP/CTC C. Staff 7 sess/$49
60458 W 9:00 a.m.-10:30 a.m. 2/22-3/29
SKIP/CTC C. Staff 6 sess/$42
60459 Th 9:00 a.m.-10:30 a.m. 1/5-2/16
SKIP/CTC C. Staff 7 sess/$49
60460 Th 9:00 a.m.-10:30 a.m. 2/23-3/30
SKIP/CTC C. Staff 6 sess/$42

PLAY TIME PALS

Enjoy time together singing, learning, getting messy and playing in an inclusive preschool class led by an early childhood specialist. Children will develop friendships with a wide variety of peers, some of whom have special needs.

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60455 Tu 9:00 a.m.-10:30 a.m. 1/3-2/14
SKIP/CTC C. Staff 7 sess/$49
60456 Tu 9:00 a.m.-10:30 a.m. 2/21-3/28
SKIP/CTC C. Staff 6 sess/$42
60457 W 9:00 a.m.-10:30 a.m. 1/4-2/15
SKIP/CTC C. Staff 7 sess/$49
60458 W 9:00 a.m.-10:30 a.m. 2/22-3/29
SKIP/CTC C. Staff 6 sess/$42
60459 Th 9:00 a.m.-10:30 a.m. 1/5-2/16
SKIP/CTC C. Staff 7 sess/$49
60460 Th 9:00 a.m.-10:30 a.m. 2/23-3/30
SKIP/CTC C. Staff 6 sess/$42

Martial Arts

TINY TIGERS (Ages 3-4)

An introduction to martial arts; balance, strength and coordination, and safety. Games, balls, obstacle courses and more are used to enhance learning. Parent participation is required.

60472 Tu 4:00 p.m.-4:45 p.m. 1/3-1/24
60475 Th 4:00 p.m.-4:45 p.m. 1/5-1/26
60476 Th 4:00 p.m.-4:45 p.m. 2/2-2/23
60473 Tu 4:00 p.m.-4:45 p.m. 2/7-2/28
60477 Th 4:00 p.m.-4:45 p.m. 3/2-3/23
60474 Tu 4:00 p.m.-4:45 p.m. 3/7-3/28

Spanish Play Group 20 Months - 36 Months

No Indoor Park: 11/22-23, 12/1, 12/20-12/22, 12/27-12/29, 2/22-23, 3/11-13

To register, call 253-856-5000 • webreg.KentWA.gov
PRESCHOOL PROGRAMS

Movement

GYMNASTICS

Our Parent & Tot class (ages 16 months - 3 years) is the ideal place to have organized, safe fun exploring movement with your child in a gymnastics environment. In the Preschool classes (ages 3-5 years) your child will be introduced to basic movement and gymnastics.

Ages 16 Months - 3 Months
60537 Sa 9:00 a.m.-9:45 a.m. 1/7-1/28
60538 Sa 9:00 a.m.-9:45 a.m. 2/4-2/25
60539 Sa 9:00 a.m.-9:45 a.m. 3/4-3/25
Hart's Gymnastics H. Staff 4 sess/$55

Ages 3 Years - 5 Years
60540 M 5:00 p.m.-5:45 p.m. 1/2-1/23
60489 M 6:00 p.m.-6:45 p.m. 1/2-1/23
60490 M 5:00 p.m.-5:45 p.m. 1/30-2/20
60491 M 6:00 p.m.-6:45 p.m. 1/30-2/20
60492 M 5:00 p.m.-5:45 p.m. 2/27-3/20
60493 M 6:00 p.m.-6:45 p.m. 2/27-3/20
Hart's Gymnastics H. Staff 4 sess/$55

TAG ALONG TODDLERS
(Ages 1-2 yrs)
Your toddler (must be walking) will cruise with you over and through the obstacle courses, jump on the trampoline, catch bubbles and sing songs in this interactive class. For more information please check our website www.aryalsgym.com.
60544 W-Th, Tu 10:00 a.m.-10:45 a.m. 1/4-1/31
60545 W-Th, Tu 10:00 a.m.-10:45 a.m. 2/1-2/28
60546 W-Th, Tu 10:00 a.m.-10:45 a.m. 3/1-3/28
Aryals Gym R. Schifano 11 sess/$55

TEENY WEEPY WIGGLERS
(18 mos-3 yrs)
Music, games, songs, parachute play and dance make this a lively and fun class for parents and toddlers.
60541 W 9:30 a.m.-10:15 a.m. 1/11-3/29
Kent Commons M. Murphy-Brown 11 sess/$72
No class 3/8

WIGGLES & GIGGLES (Ages 3-5)
Shake, rattle, roll, tumble and giggle your way through this fun movement class for preschoolers. Children will learn simple tumbling and dance techniques.
Ages 3 Years - 5 Years
60549 Th 10:15 am-11:00 am 1/12-3/30
Kent Commons M. Murphy-Brown 11 sess/$72
No class 3/9

Music

PRIVATE PIANO (Age 4-6)
This one-on-one Beginning Piano class uses Alfred’s ‘Music for Little Mozarts’ piano books (level 1-4) and is great for the young musician with no previous piano experience. This class is also for the Continuing Little Mozarts’ student (Ages 4-12) who has completed one full quarter and wishes to continue the series. Class covers posture and hand position, technique, musical notation, ear training and performance skills. All required lesson materials are included in the course fee. Optional supplemental materials are available at an additional cost and is payable to the instructor. A digital keyboard will be provided during lessons. A piano or keyboard at home and daily practice of lesson material is highly recommended.
60551 Tu 4:00 p.m.-4:20 p.m. 1/3-3/28
60552 Tu 4:20 p.m.-4:40 p.m.
60553 Tu 4:40 p.m.-5:00 p.m.
60554 Tu 5:00 p.m.-5:20 p.m.
60555 Tu 5:20 p.m.-5:40 p.m.
60556 Tu 5:40 p.m.-6:00 p.m.
60557 Tu 6:00 p.m.-6:20 p.m.
60558 Tu 6:20 p.m.-6:40 p.m.
60559 Tu 6:40 p.m.-7:00 p.m.
60560 Tu 7:00 p.m.-7:20 p.m.
Kent Commons S. Anderson 10 sess/$100
No class 1/24, 1/31, 2/2
Dance

BALLET & TAP (Ages 7-14)

Students must have 9 months to 1 year of pre-ballet & tap. This class will take the student to a higher level in ballet with more technique, terms, grace and an introduction to Lyrical Ballet. Additional combinations in tap and faster, more exciting moves will be introduced.

60563 Sa 11:00 am-11:45 am 1/14-3/25
Kent Commons S. Giles 10 sess/$65
No class 3/11

BALLETT & TAP (Ages 7-14)

Beginning ballet & tap class that introduces basic steps. Suggested dress: leotards, tights, pink ballet shoes and black tap shoes.

60564 W 4:45 pm-5:45 pm 1/11-3/29
Kent Commons M. Murphy-Brown 11 sess/$77
No class 3/8

BALLET I & TAP (Ages 6-9)

Dancers must have completed one year of Ballet I & Tap.

60584 F 5:00 pm-6:00 pm 1/13-3/31
Kent Commons M. Murphy-Brown 11 sess/$77
No class 3/10

ADVANCED BEGINNER IRISH DANCE (Ages 7-16)

Open to dancers who have basic soft shoe skills, reel & light jig. Students will learn the single jig & slip jig and basic hard shoe moves. Instruction will emphasize proper posture, form & rhythm. Students are asked to practice the material taught in class and come to class prepared to build on previous material. Wear comfortable clothing, socks or ballet shoes okay.

60578 Tu 4:15 p.m.-5:00 p.m. 1/3-3/28
Kent Commons P. Martig 12 sess/$111
No class 3/7

INTERMEDIATE IRISH DANCE (Ages 7-16)

Open to dancers who have learned all beginner, advanced beginner and intermediate material and are proficient in their execution of Irish Dance posture, form, and rhythm. Throughout the year, dancers will learn advanced soft shoe material, slow hard shoe and traditional set dances. Ceili & group dances will also be taught. Wear comfortable clothing. Irish guillies and hard shoes required.

60585 Tu 7:00 p.m.-8:00 p.m. 1/3-3/28
Kent Commons P. Martig 12 sess/$147
No class 3/7

BALLET III (Ages 13-18)

This is an advanced class for dancers with one full year of Ballet I. Instructor permission is required.

60570 Tu 6:15 p.m.-7:15 p.m. 1/10-3/28
Kent Commons M. Murphy-Brown 11 sess/$77
No class 3/7

DANCE TEAM I & II (Ages 6-16)

Variety of dance experiences and pom pom routines. Basic combinations of beginning level ballet, jazz, hip-hop and cheerleading. Wear comfortable dance attire and black soft sole dance shoes. Pom pom fee of $16 payable to instructor at first class.

60571 Th 6:00 p.m.-7:00 p.m. 1/12-3/30
Kent Commons S. Giles 11 sess/$77
No class 2/23

BEGINNER IRISH DANCE (Ages 6-16)

Open to first time & beginner dancers. Students will learn the beginning reel & light jig, Irish skips and 7%. Instruction will emphasize proper posture, form & rhythm. Students are asked to practice the material taught in class and come to class prepared to build on previous material. Wear comfortable clothing, socks or ballet shoes okay.

60575 Th 5:00 p.m.-6:00 p.m. 1/3-3/28
Kent Commons P. Martig 12 sess/$147
No class 3/7

ADVANCED BEGINNER IRISH DANCE (Ages 7-16)

Open to dancers who have learned the advanced beginner soft shoe material and can demonstrate a good understanding of Irish Dance posture, form and rhythm. Throughout the year, students will learn additional soft shoe material as well as basic (fast) hard shoe. Ceili & group dances will also be taught. Wear comfortable clothing: Irish guillies and hard shoes required.

60582 Tu 6:00 p.m.-7:00 p.m. 1/3-3/28
Kent Commons P. Martig 12 sess/$147
No class 3/7

INTERMEDIATE IRISH DANCE (Ages 7-16)

Open to dancers who have learned all beginner, advanced beginner and intermediate material and are proficient in their execution of Irish Dance posture, form, and rhythm. Throughout the year, dancers will learn advanced soft shoe material, slow hard shoe and traditional set dances. Ceili & group dances will also be taught. Wear comfortable clothing. Irish guillies and hard shoes required.

60585 Tu 7:00 p.m.-8:00 p.m. 1/3-3/28
Kent Commons P. Martig 12 sess/$147
No class 3/7

DANCE TEAM II (Ages 8-16)

This class is for participants who have had at least one full quarter of Dance Team I.

60573 Sa 11:45 a.m.-12:30 p.m. 1/14-3/25
Kent Commons S. Giles 10 sess/$65
No class 3/11

HIP HOP (Ages 6+)

Learn the basics of beginning level hip hop dance. Class includes warm-up exercises, floor work and dancing to the beat. Wear black ballet shoes.

60575 Th 5:00 p.m.-6:00 p.m. 1/12-3/30
Kent Commons S. Giles 11 sess/$77
No class 2/23

HIP HOP DANCE (Ages 6-10)

With this being a popular new style to learn, beginning hip-hop will introduce students to basic steps. Class includes warm-up exercises, across the floor moves and grooving with the music! Attire: comfortable loose clothing and black ballet or jazz shoes.

60576 Sa 1:15 p.m.-2:00 p.m. 1/14-3/25
Kent Commons S. Giles 10 sess/$65
No class 3/11

SPRING DANCE RECITAL All winter dance students will have the opportunity to participate in the Kent Parks Spring Dance Recital in early June. More information will be distributed in class. Participation is optional. Dance costumes must be purchased and range in price from $40-$50. Admission tickets for the recital are $2 for youth and $4 for adults. Dance students must register for both winter and spring quarter dance classes to perform at the recital (spring registration will be in March).
INTERMEDIATE HIP HOP DANCE (Ages 10-14)

Must have 1 full quarter of Hip Hop Dance prior to taking this class.

60577  Sa  12:30 p.m.-1:15 p.m.  1/14-3/25
Kent Commons  S. Giles  10 sess/$65
No class 3/11

INTRO TO LYRICAL/ CONTEMPORARY DANCE (Ages 10+)

Dancers will learn an expressive style of dance based on ballet and jazz technique with contemporary and modern dance influences.

Lyrical dance will explore the lyrics of a song and the emotions connected to these lyrics with movement. The lyrical/contemporary will develop each dancer’s unique personality.

60587  Tu  7:00 p.m.-8:00 p.m.  1/12-3/30
Kent Commons  S. Giles  11 sess/$77
No class 2/23

LIL’ HIP HOPPERS (Ages 5-7)

These lil’ dancers will have a blast learning the basics of this popular dance style to age appropriate music. Wear comfortable dance attire. Black ballet or jazz shoes required.

60588  Sa  10:15 a.m.-11:00 a.m.  1/14-3/25
Kent Commons  T. Kirk  10 sess/$65
No class 3/11

INTRO TO PRE-BALLET (Ages 3-5)

This 30-minute class is perfect for the beginning dancer. You will learn simple ballet techniques to lively music. Ballet shoes preferred, but not required. Suggested dress: leotard and tights. Non-Recital class.

60592  M  9:30 am-10:00 am  1/9-3/27
Kent Commons  M. Murphy-Brown  9 sess/$36
No class 1/20, 3/6

60593  Tu  2:00 pm-3:00 pm  1/10-3/28
Kent Commons  M. Murphy-Brown  11 sess/$44
No class 3/7

60594  Tu  7:15 pm-8:15 pm  1/10-3/28
Kent Commons  M. Murphy-Brown  11 sess/$44
No class 3/7

60595  Th  7:00 pm-8:00 pm  1/12-3/30
Kent Commons  M. Murphy-Brown  11 sess/$44
No class 3/9

61134  F  7:00 pm-8:00 pm  1/13-3/31
Kent Commons  M. Murphy-Brown  11 sess/$44
No class 3/10

BALLET I (Ages 6-11)

Beginning ballet class that introduces basic steps. Suggested dress: leotards, tights and ballet shoes.

60569  Th  4:15 pm-5:15 pm  1/12-3/30
Kent Commons  M. Murphy-Brown  11 sess/$77
No class 3/9

BALLET II (Ages 8-14)

This class is for experienced dancers with a full year of Ballet I.

60567  Th  6:00 pm-7:00 pm  1/12-3/30
Kent Commons  M. Murphy-Brown  11 sess/$77
No class 3/9

TAP & HIP HOP JAZZ FOR BOYS (Ages 7-12)

Finally, a dance class just for boys! This beginning/continuing level class will build on the basic steps for both tap and hip hop jazz dance. Students will develop the skills, athleticism and focus needed for dancing, in a fun environment where boys can be boys. Wear comfortable clothing, black tap and jazz shoes are required.

60589  Th  6:15 p.m.-7:15 p.m.  1/12-3/30
Kent Commons  T. Kirk  11 sess/$77
No class 3/9

TAP & HIP HOP JAZZ I (Ages 6-11)

Develop dance skills in this beginner level class, with fun and energetic dancing to upbeat music. No experience necessary. Black tap and jazz/ballet shoes required.

60590  Th  5:45 p.m.-6:45 p.m.  1/12-3/30
Kent Commons  T. Kirk  11 sess/$77
No class 3/9

TAP & HIP HOP JAZZ II & III (Ages 11+)

This class is designed for continuing Tap & Hip Hop Jazz students, or beginning students with prior dance experience. Black tap and black jazz/ballet shoes required.

60591  Th  7:45 p.m.-8:45 p.m.  1/12-3/30
Kent Commons  T. Kirk  11 sess/$77
No class 3/9

PRE-BALLET

Young dancers will develop strength and coordination while having fun discovering the joy of dance. Suggested dress: leotards, tights & ballet shoes (girls - pink, boys - black).

Ages 3 Years - 4 Years

60596  M  10:15 am-11:00 am  1/9-3/27
Kent Commons  M. Murphy-Brown  9 sess/$59
No class 1/16, 2/10, 3/6

60597  Tu  4:15 pm-5:00 pm  1/10-3/28
Kent Commons  M. Murphy-Brown  11 sess/$72
No class 3/7

60599  W  11:00 am-11:45 am  1/11-3/29
Kent Commons  M. Murphy-Brown  11 sess/$72
No class 3/7

60600  W  6:45 pm-7:30 pm  1/11-3/29
Kent Commons  M. Murphy-Brown  11 sess/$72
No class 3/7

60601  F  4:15 pm-5:00 pm  1/13-3/31
Kent Commons  M. Murphy-Brown  11 sess/$72
No class 3/10

Ages 4 Years - 6 Years

60602  Tu  5:30 pm-6:15 pm  1/10-3/28
Kent Commons  M. Murphy-Brown  11 sess/$72
No class 3/10

60603  W  10:15 am-11:00 am  1/11-3/29
Kent Commons  M. Murphy-Brown  11 sess/$72
No class 3/8

60606  Th  9:30 am-10:15 am  1/12-3/30
Kent Commons  M. Murphy-Brown  11 sess/$72
No class 3/9

60607  Th  5:15 pm-6:00 pm  1/12-3/30
Kent Commons  M. Murphy-Brown  10 sess/$72
No class 3/9

60608  Sa  9:30 am-10:15 am  1/14-3/25
Kent Commons  T. Kirk  10 sess/$65
No class 3/11

PRE-BALLET & TAP

This combination class of ballet and tap includes simple ballet techniques and basic tap shuffles. Pink ballet and black tap shoes required.

Ages 4 Years - 6 Years

60609  M  11:00 am-12:00 pm  1/9-3/27
Kent Commons  M. Murphy-Brown  9 sess/$63
No class 1/16, 2/20, 3/6

60610  W  5:45 pm-6:45 pm  1/11-3/29
Kent Commons  M. Murphy-Brown  11 sess/$77
No class 3/9

60611  Th  11:00 am-12:00 pm  1/12-3/30
Kent Commons  M. Murphy-Brown  11 sess/$77
No class 3/9

Ages 5 Years - 7 Years

60612  Sa  10:15 am-11:00 am  1/14-3/25
Kent Commons  S. Giles  10 sess/$65
No class 3/11

PRE-TAP & JAZZ (Ages 4-6)

Sample the joy of dance in this combination class, where young dancers will learn basic tap steps and creative movement through jazz dance in a fun environment, to age appropriate music. Suggested dress: leotard and tights. Black tap shoes and black jazz/ballet shoes required.

60613  Sa  11:00 a.m.-12:00 p.m.  1/14-3/25
Kent Commons  T. Kirk  10 sess/$70
No class 3/11

PRE-TAP & JAZZ (Ages 7-12)

Sample the joy of dance in this combination class, where young dancers will learn basic tap steps and creative movement through jazz dance in a fun environment, to age appropriate music. Suggested dress: leotard and tights. Black tap shoes and black jazz/ballet shoes required.

60614  Sa  10:15 a.m.-11:00 a.m.  1/14-3/25
Kent Commons  T. Kirk  10 sess/$65
No class 3/11

PRE-TAP & JAZZ (Ages 11+)

Sample the joy of dance in this combination class, where young dancers will learn basic tap steps and creative movement through jazz dance in a fun environment, to age appropriate music. Suggested dress: leotard and tights. Black tap shoes and black jazz/ballet shoes required.

60615  Sa  10:15 am-11:00 am  1/14-3/25
Kent Commons  T. Kirk  10 sess/$65
No class 3/11

PRE-TAP & JAZZ (Ages 12+)

Sample the joy of dance in this combination class, where young dancers will learn basic tap steps and creative movement through jazz dance in a fun environment, to age appropriate music. Suggested dress: leotard and tights. Black tap shoes and black jazz/ballet shoes required.

60616  Sa  10:15 a.m.-11:00 a.m.  1/14-3/25
Kent Commons  T. Kirk  10 sess/$65
No class 3/11
General

SAFE AT HOME (Ages 8-12)

Come learn how to be responsible and safe in any situation. We will cover family communication, first aid, Internet, gun, phone and door safety. Parents are invited back for the last half hour of class for a video presentation and discussion.

60614 Sa 2:00 p.m.-4:00 p.m. 3/4
Kent Commons J. Ball 1 sess/$30

SUPER SITTERS (Ages 11-16)

Boys and Girls, come for a day of fun while earning your Super Sitters Certificate. This class will cover leadership and the business of babysitting, basic care for children, understanding children of different age groups, and safety and first aid. Bring a sack lunch and snack to class.

60616 Sa 9:00 a.m.-2:00 p.m. 3/4
Kent Commons J. Ball 1 sess/$60

Gymnastics

GIRL’S GYMNASTICS (Ages 6-12)

At Hart’s Gymnastic Center we combine the fun with fitness while offering you the best gymnastic instruction in the Northwest! www.hartsgymnastics.com

60632 M 5:00 p.m.-5:55 p.m. 1/2-1/23
60634 M 7:00 p.m.-7:55 p.m. 1/2-1/23
60635 M 5:00 p.m.-5:55 p.m. 1/30-2/20
60636 M 6:00 p.m.-6:55 p.m. 1/30-2/20
60637 M 7:00 p.m.-7:55 p.m. 1/30-2/20
60638 M 5:00 p.m.-5:55 p.m. 2/27-3/20
60639 M 6:00 p.m.-6:55 p.m. 2/27-3/20
60640 M 7:00 p.m.-7:55 p.m. 2/27-3/20
Hart’s Gymnastics H. Staff 4 sess/$562

60646 Tu 5:00 p.m.-5:55 p.m. 1/3-1/24
60644 Tu 6:00 p.m.-6:55 p.m. 1/3-1/24
60645 Tu 7:00 p.m.-7:55 p.m. 1/3-1/24
60647 Tu 5:00 p.m.-5:55 p.m. 1/31-2/21
60648 Tu 6:00 p.m.-6:55 p.m. 1/31-2/21
60649 Tu 7:00 p.m.-7:55 p.m. 1/31-2/21
60650 Tu 5:00 p.m.-5:55 p.m. 2/27-3/21
60652 Tu 7:00 p.m.-7:55 p.m. 2/27-3/21
Hart’s Gymnastics H. Staff 4 sess/$562

60657 W 5:00 p.m.-5:55 p.m. 1/4-1/25
60658 W 6:00 p.m.-6:55 p.m. 1/4-1/25
60656 W 7:00 p.m.-7:55 p.m. 1/4-1/25
60659 W 5:00 p.m.-5:55 p.m. 2/1-2/22
60660 W 6:00 p.m.-6:55 p.m. 2/1-2/22
60661 W 7:00 p.m.-7:55 p.m. 2/1-2/22
60662 W 5:00 p.m.-5:55 p.m. 3/1-3/22
60663 W 6:00 p.m.-6:55 p.m. 3/1-3/22
60664 W 7:00 p.m.-7:55 p.m. 3/1-3/22
Hart’s Gymnastics H. Staff 4 sess/$562

60671 Th 5:00 p.m.-5:55 p.m. 1/5-1/26
60670 Th 4:00 p.m.-4:45 p.m. 1/5-1/26
60673 Th 7:00 p.m.-7:55 p.m. 1/5-1/26
60672 Th 2:45 p.m.-3:30 p.m. 1/5-1/26
60675 Th 10:15 a.m.-11:00 a.m. 1/5-1/26
60674 Th 11:00 a.m.-11:45 a.m. 1/5-1/26
60677 Th 5:30 p.m.-6:15 p.m. 1/5-1/26
60676 Th 6:00 p.m.-6:45 p.m. 1/5-1/26
Hart’s Gymnastics H. Staff 4 sess/$562

60687 Sa 10:00 a.m.-10:55 a.m. 1/7-1/28
60688 Sa 11:00 a.m.-11:55 a.m. 1/7-1/28
60689 Sa 10:00 a.m.-10:55 a.m. 1/7-1/28
60690 Sa 11:00 a.m.-11:55 a.m. 1/7-1/28
Hart’s Gymnastics H. Staff 4 sess/$562

60693 W 2:45 p.m.-3:30 p.m. 1/4-1/25
60694 W 2:45 p.m.-3:30 p.m. 2/1-2/22
60695 W 2:45 p.m.-3:30 p.m. 3/1-3/22
ACMMA R. Dye 4 sess/$35

KARATE FOR CHILDREN (Ages 5-13)

Programs emphasize developing balance, coordination, concentration and respect for self and others.

Ages 5-6

60703 W 4:00 p.m.-4:45 p.m. 1/4-1/25
60704 W 4:00 p.m.-4:45 p.m. 2/1-2/22
60705 W 4:00 p.m.-4:45 p.m. 3/1-3/22
60707 Sa 10:15 a.m.-11:00 a.m. 1/7-1/28
60708 Sa 10:15 a.m.-11:00 a.m. 2/4-2/25
60709 Sa 10:15 a.m.-11:00 a.m. 3/4-3/25

Ages 7-10

60711 Th 5:30 p.m.-6:15 p.m. 1/5-1/26
60712 Th 5:30 p.m.-6:15 p.m. 2/2-2/23
60713 Th 5:30 p.m.-6:15 p.m. 3/2-3/23
60715 Sa 11:00 a.m.-11:45 a.m. 1/7-1/28
60716 Sa 11:00 a.m.-11:45 a.m. 2/4-2/25
60717 Sa 11:00 a.m.-11:45 a.m. 3/4-3/25

Ages 11-13

60719 Tu 4:45 p.m.-5:30 p.m. 1/3-1/24
60720 Tu 4:45 p.m.-5:30 p.m. 2/7-2/28
60721 Tu 4:45 p.m.-5:30 p.m. 3/7-3/28
ACMMA R. Dye 4 sess/$35

KENDO-JAPANESE SWORDSMANSHIP (Ages 7-14)

You will develop confidence and learn the culture and etiquette of Japan. Learn basic footwork and Japanese Samurai swordsmanship. Wooden sword is available from instructor for $25. Class fee does not include equipment costs for continuing and advanced students. Youth and adult classes are combined.

Beginning

60723 M 7:00 p.m.-7:50 p.m. 1/9-3/20

Continuing

60725 M 8:00 p.m.-8:50 p.m. 1/9-3/20
Kent Commons C. Marsten 8 sess/$52
No class 1/16, 2/20, 3/13

Advanced

60727 W 7:00 p.m.-9:00 p.m. 1/4-3/22
Kent Commons C. Marsten 11 sess/$72
No class 3/15

To register, call 253-856-5000 • webreg.KentWA.gov
YOUTH PROGRAMS

Creative Arts

HOMESCHOOL ART CLASS (Ages 7-12)

Young artists gain confidence in drawing at their own level and growing ability. On going projects throughout the year. Paper, pencils, markers, and color pencils provided.

61197 W 1:00 p.m.-2:00 p.m. 1/4-1/25
61198 W 1:00 p.m.-2:00 p.m. 2/1-2/22
61199 W 1:00 p.m.-2:00 p.m. 3/1-3/22
Kent Commons C. McNiel 4 sess/$30

ACRYLIC PAINTING (Ages 13+)

Come and learn how to paint galaxies, waterfalls, clouds, and three color challenges plus so much more using acrylic paints. Each class will feature a new technique and will complete an entire piece. Beginner and Intermediate students welcome. Supply list will be mailed.

61258 F 1:00 p.m.-3:00 p.m. 1/6-1/27
61259 F 1:00 p.m.-3:00 p.m. 2/3-2/24
61260 F 1:00 p.m.-3:00 p.m. 3/3-3/24
Kent Commons K. Hahn 4 sess/$72

PAINT NIGHT IN (Ages 13+)

Bring a friend and enjoy a fun relaxing evening painting a Seattle themed work of art on a 16x20 canvas. All supplies and instruction included.

61255 Sa 4:00 p.m.-6:00 p.m. 1/14
61256 Sa 4:00 p.m.-6:00 p.m. 2/11
61257 Sa 4:00 p.m.-6:00 p.m. 3/18
Kent Commons K. Hahn 1 sess/$40

GUITAR LESSONS (Ages 7+)

New instructor Joe Romiti, has 20 years experience teaching lessons. All lessons are one-on-one designed for students interested in acoustic, electric, or bass guitar. Class covers basic techniques, hand position, fingering, tuning and care. All levels welcome from the beginner through experienced player! Please bring your guitar to class. Students 10 & under will purchase guitar book from instructor ranging in price from $5 to $10 depending on book needed.

60763 Th 2:30 p.m.-3:00 p.m. 1/5-1/26
60764 Th 3:00 p.m.-3:30 p.m. 60784 M 2:30 p.m.-3:30 p.m. 2/6-2/27
60761 Th 3:30 p.m.-4:00 p.m. 60785 M 3:00 p.m.-3:30 p.m. 2/6-2/27
60765 Th 4:00 p.m.-4:30 p.m. 60786 M 3:30 p.m.-4:00 p.m. 2/6-2/27
60766 Th 4:30 p.m.-5:00 p.m. 60787 M 4:00 p.m.-4:30 p.m. 2/6-2/27
60767 Th 5:00 p.m.-5:30 p.m. 60837 M 5:00 p.m.-5:30 p.m. 2/6-2/27
60768 Th 5:30 p.m.-6:00 p.m. 60788 M 5:30 p.m.-6:00 p.m. 2/6-2/27
60769 Th 6:00 p.m.-6:30 p.m. 60789 M 6:00 p.m.-6:30 p.m. 2/6-2/27
60770 Th 6:30 p.m.-7:00 p.m. 60790 M 6:30 p.m.-7:00 p.m. 2/6-2/27
60771 Th 7:00 p.m.-7:30 p.m. 60791 M 7:00 p.m.-7:30 p.m. 2/6-2/27
60839 Th 7:30 p.m.-8:00 p.m. 60792 M 7:30 p.m.-8:00 p.m. 2/6-2/27
60840 Th 8:00 p.m.-8:30 p.m. 60793 M 8:00 p.m.-8:30 p.m. 2/6-2/27
Kent Commons J. Romiti 4 sess/$72

60772 M 2:30 p.m.-3:00 p.m. 1/9-1/23
60773 M 3:00 p.m.-3:30 p.m. 60818 Th 2:30 p.m.-3:30 p.m. 3/2-3/23
60774 M 3:30 p.m.-4:00 p.m. 60819 Th 3:00 p.m.-3:30 p.m. 3/2-3/23
60775 M 4:00 p.m.-4:30 p.m. 60820 Th 3:30 p.m.-4:00 p.m. 3/2-3/23
60776 M 4:30 p.m.-5:00 p.m. 60821 Th 4:00 p.m.-4:30 p.m. 3/2-3/23
60777 M 5:00 p.m.-5:30 p.m. 60822 Th 4:30 p.m.-5:00 p.m. 3/2-3/23
60778 M 5:30 p.m.-6:00 p.m. 60823 Th 5:00 p.m.-5:30 p.m. 3/2-3/23
60779 M 6:00 p.m.-6:30 p.m. 60824 Th 5:30 p.m.-6:00 p.m. 3/2-3/23
60780 M 6:30 p.m.-7:00 p.m. 60825 Th 6:00 p.m.-6:30 p.m. 3/2-3/23
60781 M 7:00 p.m.-7:30 p.m. 60826 Th 6:30 p.m.-7:00 p.m. 3/2-3/23
60782 M 7:30 p.m.-8:00 p.m. 60827 Th 7:00 p.m.-7:30 p.m. 3/2-3/23
60783 M 8:00 p.m.-8:30 p.m. 60828 Th 7:30 p.m.-8:00 p.m. 3/2-3/23
Kent Commons J. Romiti 4 sess/$72

No class 1/16

60795 Th 2:30 p.m.-3:00 p.m. 2/2-2/23
60796 Th 3:00 p.m.-3:30 p.m. 60808 M 2:30 p.m.-3:30 p.m. 3/6-3/27
60797 Th 3:30 p.m.-4:00 p.m. 60809 M 3:00 p.m.-3:30 p.m. 3/6-3/27
60798 Th 4:00 p.m.-4:30 p.m. 60810 M 3:30 p.m.-4:00 p.m. 3/6-3/27
60799 Th 4:30 p.m.-5:00 p.m. 60811 M 4:00 p.m.-4:30 p.m. 3/6-3/27
60800 Th 5:00 p.m.-5:30 p.m. 60838 M 5:00 p.m.-5:30 p.m. 3/6-3/27
60801 Th 5:30 p.m.-6:00 p.m. 60812 M 5:30 p.m.-6:00 p.m. 3/6-3/27
60802 Th 6:00 p.m.-6:30 p.m. 60813 M 6:00 p.m.-6:30 p.m. 3/6-3/27
60803 Th 6:30 p.m.-7:00 p.m. 60814 M 6:30 p.m.-7:00 p.m. 3/6-3/27
60804 Th 7:00 p.m.-7:30 p.m. 60815 M 7:00 p.m.-7:30 p.m. 3/6-3/27
60805 Th 7:30 p.m.-8:00 p.m. 60816 M 7:30 p.m.-8:00 p.m. 3/6-3/27
60806 Th 8:00 p.m.-8:30 p.m. 60817 M 8:00 p.m.-8:30 p.m. 3/6-3/27
Kent Commons J. Romiti 4 sess/$72
PIANO OR VOICE LESSONS CHILDREN & ADULTS

One-on-one lessons, where student will progress at own pace. Piano for ages 5 & up: beginners may purchase $5 book from instructor. Voice for ages 10 & up: sing songs that have stood the test of time.

60921 F 3:00 pm-3:30 pm 1/6-1/27 60911 W 3:30 pm-4:00 pm 1/11-1/25
61087 F 3:30 pm-4:00 pm 60912 W 4:00 pm-4:30 pm
60922 F 4:00 pm-4:30 pm 60913 W 4:30 pm-5:00 pm
60923 F 4:30 pm-5:00 pm 60914 W 5:30 pm-6:00 pm
60924 F 5:30 pm-6:00 pm 60915 W 6:00 pm-6:30 pm
60925 F 6:00 pm-6:30 pm 60916 W 6:30 pm-7:00 pm
60926 F 6:30 pm-7:00 pm 60917 W 7:00 pm-7:30 pm
60927 F 7:00 pm-7:30 pm 60918 W 7:30 pm-8:00 pm
60928 F 7:30 pm-8:00 pm 60919 W 8:00 pm-8:30 pm
60929 F 8:00 pm-8:30 pm 60920 W 8:30 pm-9:00 pm 3 sess/$60
60931 Sa 3:00 pm-3:30 pm 1/7-1/28 60975 W 3:00 pm-3:30 pm 2/11-2/22
60932 Sa 3:30 pm-4:00 pm 61088 W 3:30 pm-4:00 pm
60933 Sa 4:00 pm-4:30 pm 60976 W 4:00 pm-4:30 pm
60934 Sa 4:30 pm-5:00 pm 60977 W 4:30 pm-5:00 pm
60935 Sa 5:30 pm-6:00 pm 60978 W 5:00 pm-5:30 pm
60936 Sa 6:00 pm-6:30 pm 60979 W 6:00 pm-6:30 pm
60937 Sa 6:30 pm-7:00 pm 60980 W 6:00 pm-6:30 pm
60938 Sa 7:00 pm-7:30 pm 60981 W 6:30 pm-7:00 pm
60939 Sa 7:30 pm-8:00 pm 60982 W 7:00 pm-7:30 pm
60940 Sa 8:00 pm-8:30 pm 60983 W 7:30 pm-8:00 pm 4 sess/$80
60942 Tu 3:00 pm-3:30 pm 1/10-1/31 60984 W 8:00 pm-8:30 pm
60943 Tu 3:30 pm-4:00 pm 60985 W 8:30 pm-9:00 pm 4 sess/$80
60944 Tu 4:00 pm-4:30 pm 60986 F 3:00 pm-3:30 pm 2/3-2/24
60945 Tu 4:30 pm-5:00 pm 60987 F 3:30 pm-4:00 pm
60946 Tu 5:30 pm-6:00 pm 60988 F 4:30 pm-5:00 pm
60947 Tu 6:00 pm-6:30 pm 60989 F 5:30 pm-6:00 pm
60948 Tu 6:30 pm-7:00 pm 60990 F 6:00 pm-6:30 pm
60949 Tu 7:00 pm-7:30 pm 60991 F 6:30 pm-7:00 pm
60950 Tu 7:30 pm-8:00 pm 61089 F 7:00 pm-7:30 pm
60951 Tu 8:00 pm-8:30 pm 60992 F 7:30 pm-8:00 pm
60952 Tu 8:30 pm-9:00 pm 60993 F 8:00 pm-8:30 pm
60953 Sa 3:00 pm-3:30 pm 4 sess/$80
60954 Sa 3:30 pm-4:00 pm
60955 Sa 4:00 pm-4:30 pm
60956 Sa 4:30 pm-5:00 pm
60957 Sa 5:00 pm-5:30 pm
60958 Sa 5:30 pm-6:00 pm
60959 Sa 6:00 pm-6:30 pm
60960 Sa 6:30 pm-7:00 pm
60961 Sa 7:00 pm-7:30 pm
60962 Sa 7:30 pm-8:00 pm
60963 Sa 8:00 pm-8:30 pm
60964 Tu 3:00 pm-3:30 pm 2/7-2/28
60965 Tu 3:30 pm-4:00 pm
60966 Tu 4:00 pm-4:30 pm
60967 Tu 4:30 pm-5:00 pm
60968 Tu 5:00 pm-5:30 pm
60969 Tu 6:00 pm-6:30 pm
60970 Tu 6:30 pm-7:00 pm
60971 Tu 7:00 pm-7:30 pm
60972 Tu 7:30 pm-8:00 pm
60973 Tu 8:00 pm-8:30 pm
60974 Tu 8:30 pm-9:00 pm 4 sess/$80
61007 W 3:00 pm-3:30 pm 3/1-3/29
61008 W 3:30 pm-4:00 pm
61009 W 4:00 pm-4:30 pm
61010 W 4:30 pm-5:00 pm
61011 W 5:00 pm-5:30 pm
61012 W 6:00 pm-6:30 pm
61013 W 6:30 pm-7:00 pm
61014 W 7:00 pm-7:30 pm
61015 W 7:30 pm-8:00 pm
61016 W 8:00 pm-8:30 pm
61017 W 8:30 pm-9:00 pm 5 sess/$100
61018 F 3:00 pm-3:30 pm 3/3-3/31
61019 F 3:30 pm-4:00 pm
61020 F 4:00 pm-4:30 pm
61021 F 4:30 pm-5:00 pm
61022 F 5:00 pm-5:30 pm
61023 F 6:00 pm-6:30 pm
61024 F 6:30 pm-7:00 pm
61025 F 7:00 pm-7:30 pm
61026 F 7:30 pm-8:00 pm
61027 F 8:00 pm-8:30 pm
61028 F 8:30 pm-9:00 pm 5 sess/$100
61029 Sa 3:00 pm-3:30 pm 3/4-3/25
61030 Sa 3:30 pm-4:00 pm
61031 Sa 4:00 pm-4:30 pm
61032 Sa 4:30 pm-5:00 pm
61033 Sa 5:00 pm-5:30 pm
61034 Sa 5:30 pm-6:00 pm
61035 Sa 6:00 pm-6:30 pm
61036 Sa 6:30 pm-7:00 pm
61037 Sa 7:00 pm-7:30 pm
61038 Sa 7:30 pm-8:00 pm
61039 Sa 8:00 pm-8:30 pm 4 sess/$80
60996 Tu 3:00 pm-3:30 pm 3/7-3/28
60997 Tu 3:30 pm-4:00 pm
60998 Tu 4:00 pm-4:30 pm
60999 Tu 4:30 pm-5:00 pm
61000 Tu 5:00 pm-5:30 pm
61001 Tu 6:00 pm-6:30 pm
61002 Tu 6:30 pm-7:00 pm
61003 Tu 7:00 pm-7:30 pm
61004 Tu 7:30 pm-8:00 pm
61005 Tu 8:00 pm-8:30 pm
61006 Tu 8:30 pm-9:00 pm
Kent Commons C. D'Ambrosio 4 sess/$80
Plan the year for Youth Sports!

Registration forms for upcoming sports programs will be available at local Kent schools and the Kent Commons.

Recreational programs for youth in Kent or Kent School District in unincorporated King County

<table>
<thead>
<tr>
<th>Sport</th>
<th>Reg. Opens</th>
<th>Reg. Deadline</th>
<th>Jamboree</th>
<th>Season End</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Basketball</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coed 1/2 Grade</td>
<td>Early Oct.</td>
<td>2nd Mo in Dec.</td>
<td>None-Program starts Mid Jan.</td>
<td>Early March</td>
</tr>
<tr>
<td>Boy’s/Girl’s 3/6 Grade</td>
<td>Early Sept.</td>
<td>1st Mo in Nov.</td>
<td>Fr/Sa after New Year</td>
<td>Early March</td>
</tr>
<tr>
<td>Boy’s 7/8 Grade</td>
<td>Early Oct.</td>
<td>Last Mo in Nov.</td>
<td>3rd Th in January</td>
<td>Mid-March</td>
</tr>
<tr>
<td>Boy’s 9-12 Grade</td>
<td>Early Oct.</td>
<td>Last Mo in Nov.</td>
<td>3rd Th in January</td>
<td>Mid-March</td>
</tr>
<tr>
<td><strong>Baseball/Softball</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>T-Ball (pre K/K)</td>
<td>Early Dec.</td>
<td>Last Mo in February</td>
<td>3rd Sa in April</td>
<td>Mid-June</td>
</tr>
<tr>
<td>Toss Ball (1/2 Grade)</td>
<td>Early Dec.</td>
<td>Last Mo in February</td>
<td>3rd Sa in April</td>
<td>Mid-June</td>
</tr>
<tr>
<td>Boy’s Baseball 3/6 Grade</td>
<td>Early Jan.</td>
<td>1st Mo in March</td>
<td>1st Sa in May</td>
<td>Late June</td>
</tr>
<tr>
<td>Boy’s Baseball 7/12 Grade</td>
<td>Early Jan.</td>
<td>1st Mo in April</td>
<td>3rd Th in May</td>
<td>Mid-July</td>
</tr>
<tr>
<td>Girl’s Softball 3/12 Grade</td>
<td>Early Jan.</td>
<td>3rd Mo in March</td>
<td>3rd Sa in May</td>
<td>Late June</td>
</tr>
<tr>
<td><strong>Youth Soccer</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Co-ed Pre-K (3/4 Yrs. old)</td>
<td>Late May</td>
<td>1st Mo in August</td>
<td>2nd Sa after Labor Day</td>
<td>Mid-Nov.</td>
</tr>
<tr>
<td>Co-ed (K/1)</td>
<td>Late May</td>
<td>1st Mo in August</td>
<td>2nd Sa after Labor Day</td>
<td>Mid-Nov.</td>
</tr>
<tr>
<td>Boy’s/Girl’s 2/7 Grade</td>
<td>Late May</td>
<td>1st Mo in August</td>
<td>1st Sa after Labor Day</td>
<td>Early Nov.</td>
</tr>
<tr>
<td><strong>Boy’s Flag Football 4/7 Grade</strong></td>
<td>Early June</td>
<td>4th Mo in August</td>
<td>1st Tu in October</td>
<td>Mid-Nov.</td>
</tr>
<tr>
<td><strong>Jr. Hoopsters 1/2 Grade</strong></td>
<td>Early June</td>
<td>4th Mo in August</td>
<td>None—Program is Mondays in Oct.</td>
<td></td>
</tr>
<tr>
<td><strong>Girl’s Volleyball</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Girl’s Spring Volleyball 6/12 Grade</td>
<td>Late Nov.</td>
<td>1st Mo in February</td>
<td>1st Thurs in April</td>
<td>Mid-May</td>
</tr>
<tr>
<td>Girl’s Fall Volleyball 7/12 Grade</td>
<td>Early June</td>
<td>2nd Mo in September</td>
<td>3rd Thurs in Oct.</td>
<td>Late Nov.</td>
</tr>
</tbody>
</table>
YOUTH SPORTS

COED BASKETBALL (1/2)

A recreational basketball league for boys and girls (coed) in the City of Kent or the Kent School District in unincorporated King County attending 1st/2nd grade during the 2016-2017 school year. Boys and girls will be placed on a team in their own grade level. The program is eight weeks long starting mid-January. Practices are on the first two Saturdays with games on the remaining six Saturdays, 1st and 2nd grade leagues may be combined. Deadline to register is December 12.

59221 Grade 1 $50
59222 Grade 2 $50

BOYS AND GIRLS BASKETBALL (3/4/5/6)

Recreational basketball leagues for all girls and boys in the City of Kent or the Kent School District in unincorporated King County attending 3/4/5/6 grade. Practices start in December. Games are played January–March at local area gyms. Participants will be placed on a team in their grade level. Registration begins in early September; deadline is first Monday in November.

Call for Availability 253-856-5000

BOYS MIDDLE SCHOOL/ HIGH SCHOOL BASKETBALL (7-12)

This program is for those boys who did not make their Middle School Team; this includes Home Team, Fifth Quarter and Travel Squad. Registrants must reside within the City of Kent, or Kent School District in unincorporated King County. All games will be played on weekday evenings and some Saturdays in January and go until early March. Season begins the week of January 23, 2017.

Call for Availability 253-856-5000

GIRLS BASKETBALL CAMP KENTRIDGE

Learn and improve your basketball skills at basketball camp held at Kentridge High School. Camp T-shirt included. Registration deadline is one week before camp.
57869 S 9:00 a.m.-12:00 p.m. 12/10
Kentridge High School

Baseball/Softball

T-BALL (Pre-K/K) AND TOSSBALL (1/2)

All teams are co-ed. Teams are formed by school areas. Practices are weeknights. Practices start in late March with games beginning in mid-April. Games played Saturdays and some weeknights at local fields. Pre-K must be age 4 by 8/31/16.
Registration begins in early December; deadline to register is Monday February 27.

T-Ball 60342 $50
Tossball 60343 $50

BOYS BASEBALL(3/4, 5/6, 7/8, 9-12)

Teams are formed by school areas. Games and practices are weeknights. Practices start in early April with games beginning in early May. Registration begins in early January; deadline to register for elementary leagues is Monday March 6. Registration for middle school/senior high leagues is Monday April 3.

Grade 3/4 60344 $55
Grade 5/6 60345 $60
Grade 7/8 60346 $65
Grade 9-12 60347 $65

GIRLS FASTPITCH SOFTBALL

Teams are formed by school areas. Games and practices are weeknights. Practices start in mid-April with games beginning in mid-May. Season ends late June/Early July. Deadline to register is Mon. March 13.

Grade 3/4 60348 $55
Grade 5/6 60349 $55
Grade 7/8 60350 $60
Grade 9-12 60351 $60

GIRLS FASTPITCH SOFTBALL CLINICS

Learn the different skills and techniques of fastpitch softball. Instruction provided by Chris Wright and Gary Jones and geared towards all skill levels.

Girls Fastpitch Skills Clinic
Learn fielding, baserunning and sliding.
60352 Sa 9:00 a.m.-12:00 p.m. 3/11

Girls Fastpitch Hitting Clinic
60353 Sa 9:00 a.m.-12:00 p.m. 4/22

Girls Fastpitch Pitching Clinics
60354 Sa 1:00 p.m.-2:30 p.m. 4/22
60355 Sa 3:00 p.m.-4:30 p.m. 4/22

MLB PITCH, HIT AND RUN

Free event for boys and girls ages 7-14 who reside in the City of Kent limits or attend school within the Kent School District. Competition encourages youth participation and emphasize the fun of baseball. Participants compete in three important aspects of baseball: batting, pitching and base running.
60356 Tu 9:30 a.m.-1:00 p.m. 4/11

Girls Junior Volleyball

SPRING LEAGUE (6, 7/8, 9-12)

Recreational play for girls in grades 6–12. Teams are limited to 10 players. Practice held on weeknights with games predominately on Mondays and Thursdays from late April to mid-May. Deadline to register is Feb. 13. Games will not overlap with Kent Parks Girls Fastpitch games.

Grade 6 60357 $55
Grade 7/8 60358 $55
Grade 9-12 60359 $55

YOUTH SPORTS SPONSORSHIP

A $150 Youth Team Sponsorship benefits the youth in our community. A sponsorship allows fees to remain affordable, insures that all participants will have safe, high quality equipment, shows community involvement AND advertises your business. 253-856-5000 or visit KentWA.gov/sportsleagues for more information.

John Staley Scholarship Fund:
A fund was established in John Staley’s memory to help children needing financial assistance to participate in sports.
If you’d like to contribute:
Please call 253-856-5000 or send contributions to: Kent Parks, Recreation & Community Services 525 4th Avenue N. Kent, WA 98032.
YOUTH/TEEN PROGRAMS

Camps

YOUTH/TEEN PROGRAMS

AFTER SCHOOL ENERGY
Looking for a fun-filled afternoon for your K-6th grader? We offer a variety of HIGH ENERGY activities at 8 local elementary schools that will get your child up and active and having a ton of fun while doing it - and best of all it’s FREE! Just complete our ASE registration form and return it to Kent Commons so your child can attend. Space is limited and REGISTRATION IS LIMITED TO ONE SCHOOL PER CHILD. There is no program on conference days, or during school holidays. Call 253-856-5030 for more information.

Holiday Camp: Week 1

59247 M-F 7 a.m.-6 p.m. 12/19-12/23
Kent Commons M. McCaughan 5 sess/$165

59248 Tu-F 7 a.m.-6 p.m. 12/27-12/30*
Kent Commons M. McCaughan 4 sess/$132
*No camp 12/26

HOLIDAY CAMP

We’ll keep your K-6th grader entertained during the Kent School District Winter Break with TONS of interactive group games, creative arts and crafts and a field trip each week. Kids must bring a morning snack and sack lunch; afternoon snack will be provided by Kent Parks. To register your child call 253-856-5030.

Holiday Camp: Week 2

59249 M-F 7 a.m.-6 p.m. 1/21-1/24*
Kent Commons M. McCaughan 4 sess/$132
*No camp 2/20

PRESIDENTS WEEK CAMP

Sign your K-6 grader up for a week packed full of crafts, songs, group games and entertainment. Kids must bring a morning snack and sack lunch; afternoon snack will be provided by Kent Parks. To register call 253-856-5030.

SPRING BREAK DAY CAMP

During this fun-filled week, campers will participate in games, arts and crafts, and a field trip! Camp is for children in grades K-6th. Kids must bring a morning snack and sack lunch; afternoon snack will be provided by Kent Parks. To register call 253-856-5030.

SUMMER RESIDENT CAMP AT WASKOWITZ

A week of fun, a lifetime of memories. Campfires, sing-alongs, hiking, swimming, beach parties and more. An overnight camp for boys and girls entering 5th, 6th, and 7th grades in Fall 2017. A $25 non-refundable/non-transferable deposit will hold your child's spot. All fees are due paid in full by Monday, July 17, 2017. Parent and camper information nights will be held at Kent Commons on June 14 and July 12 from 6:30 pm-7:30 pm. Register your child online today or call 253-856-5030 for more information.

BOYS

60406 M-F 8 a.m.-2 p.m. 7/31-8/4
Camp Waskowitz J. Stangle 5 sess/$330

60407 M-F 8 a.m.-2 p.m. 7/31-8/4
Camp Waskowitz J. Stangle 5 sess/$330

BASICS

JUNIOR AFTER SCHOOL ALL STARS

Jr. All-Stars is an elementary school program for students grades 1-6, to promote an active lifestyle by encouraging healthy cooking/eating choices as well as more play time and less “screen time”. Jr. All-Stars is a FREE program, but space is limited and registration is required prior to attending. There is no program on conference days or during school holidays. Please call 253-856-5030 for more information.

Soos Creek Jr. All-Stars

59234 M 3:38 p.m.-5 p.m. 11/14-5/22

Springbrook Jr. All-Stars

59233 Tu, Th 3:38 p.m.-5 p.m. 11/15-5/25

Emerald Park Jr. All-Stars

59233 W 3:18 p.m.-5 p.m. 11/16-5/24

M. McCaughan FREE
YOUTH/TEEN PROGRAMS

After School All-Stars

Meridian After School All Stars
- 55753 M, W 3 p.m.-5 p.m. 11/14-5/24
- B. Steward FREE

Meecher After School All Stars
- 55755 Tu, Th 3 p.m.-5 p.m. 11/15-5/25
- D. Hobbs FREE

Mead After School All Stars
- 55754 Tu, Th 3 p.m.-5 p.m. 11/16-5/25
- B. Steward FREE

AFTER SCHOOL ALL-STARTS

Meridian After School All Stars
- 55753 M, W 3 p.m.-5 p.m. 11/14-5/24
- B. Steward FREE

Meecher After School All Stars
- 55755 Tu, Th 3 p.m.-5 p.m. 11/15-5/25
- D. Hobbs FREE

Kent Parks Community Center

Whether you’re looking to get involved, get in shape or just hang out, we offer something for everyone:

- Full Court Basketball
- Soccer
- Breakdancing
- Step Team
- Volunteer/Mentor Opportunity
- Video Game Room
- Music Studio and more

Ages 7th grade through 19 years of age. I.D. is required. School ASB card or Drivers License. No hats allowed.

Monday–Thursday, 4:30 p.m.–9 p.m.
Friday, 4:30 p.m.–9:45 p.m.
Saturday, 5:30 p.m.–9:45 p.m.

Be sure to check us out at KentTeens.com for pictures, program updates, and upcoming special events.

To register, call 253-856-5030 • webreg.KentWA.gov
ADAPTIVE RECREATION

MARY LOU BECKER MEMORIAL FUND

A memorial fund has been established in memory of our dear friend and co-worker, Mary Lou Becker. This fund is used to assist people in need to participate in recreation programs. If you would like to donate, call 253-856-5030 or send contributions to:

Adaptive Recreation • Mary Lou Becker Memorial Fund, 525 4th Ave. N., Kent, WA 98032.

WINTER REGISTRATION for Adaptive Recreation begins
November 30 at 8 a.m.

Studio 315 is a social club with activities including dances, talent shows, theme nights and holiday parties.

January
13 Harmony Kings of Federal Way
Kick off the New Year with the annual concert from your favorite Harmony Kings of Federal Way.
20 Snowflake Ball
Wear your best black and white attire and dance the night away.
27 Pizza and Dancing
Bring $4 for pizza and pop. We will dance after we eat.

February
3 Winter Beach Party
Dress in your Hawaiian shirts and skirts and get ready for a beach party.
10 Sweetheart Dance
Grab your sweetheart and take a spin on the dance floor. Enjoy sweet treats for snack.
17 No Club
24 Superhero Friday
Come dressed as your favorite superhero and dance the night away with your friends.

March
3 Flipped out Friday
“Flipped Out Productions” is back for another night of flipbook magic. Everyone will get a flipbook to take home.
10 Box Dinner Bingo
Pack a sack dinner and play bingo for prizes. Please bring food that doesn’t require heating.
17 St. Patrick’s Dance
Don’t forget to wear your green on this lucky night! Who will win the pot of chocolate gold at the end of the night?

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Please note: Program staff provide leadership during activities, however if 1:1 support is necessary to provide for personal needs beyond general program instruction, a support person is welcome to attend at no additional cost. Please call Adaptive Recreation at 253-856-5030 for more information.
ADAPTIVE RECREATION

Community Exploration

ACME BOWL AND LUNCH
We will head to ACME Bowl for a friendly little competition with our friends. Please bring $12 to eat after we bowl or pack a sack lunch.
*Bowling admission and shoes are included in the price of the trip.
60409 W 10:30 a.m.-3:30 p.m. 1/11
Kent Commons L. Castillo 1 sess/$45

LUNCH AND A MOVIE
We will catch the latest blockbuster movie and then have lunch at Seattle Outlet Collection. Please bring $12 for lunch or pack a sack lunch.
*Price of movie admission is included in the price of the trip.
60410 W 10:30 a.m.-3:30 p.m. 1/25
Kent Commons L. Castillo 1 sess/$35

ARTY PARTY
We will follow our instructor in a canvas painting extravaganza right here at Kent Commons. Everyone will take home their canvas painting, to brighten your wall at home. We will take a short intermission to let our canvases dry and head to Kent Station for lunch. Please bring $12 to buy lunch.
*Price of supplies is included in the price of this trip.
60411 W 10:30 a.m.-3:30 p.m. 2/8
Kent Commons L. Castillo 1 sess/$40

MUSEUM OF FLIGHT
Join us for a guided tour that will take you through the evolution of flight in the Great Gallery and the Red Barn exhibit. Please bring $12 to eat lunch out after the tour or pack a sack lunch. Ticket (non-refundable) is included in the price of this trip.
60412 W 10:30 a.m.-3:30 p.m. 2/22
Kent Commons L. Castillo 1 sess/$45

PIKE PLACE MARKET
We will head to Pike Place Market in Seattle for a day of shopping and browsing the market. We will walk on the waterfront and eat lunch after. Please bring $12 for lunch.
*Extra shopping money is optional ($20-30 is suggested). Wheelchair transportation is not provided for this trip.
60413 W 10:30 a.m.-3:30 p.m. 3/8
Kent Commons L. Castillo 1 sess/$25

Trips and Tours

JUGGLEMANIA WITH RHYS THOMAS
We will head to Auburn Avenue Theater to watch Jugglemania. Rhys Thomas has it and uses his condition to make crockery fly and knives dance. Accompanied by STUNTEDDY (his bear-devil buddy), Rhys will amaze and amuse with a unique blend of hilarity and dexterity. Ticket (non-refundable) is included in the price of this trip.
*Wheelchair transportation is not provided for this trip.
60414 Sa 12 p.m.-5 p.m. 1/28
Kent Commons L. Wagie 1 sess/$35

LUNCH AND A MOVIE
We will go see the latest blockbuster at a local theater. Please bring $12.00 for movie admission and $12 for lunch or pack a sack lunch.
60415 Sa 10:30 a.m.-3:30 p.m. 2/18
Kent Commons L. Wagie 1 sess/$25

SEYMOUR CONSERVATORY
Seymour Botanical Conservatory at Wright Park is a beloved icon from Tacoma’s past and brilliant venue for exotic plant displays. Join us for a tour of the conservatory and lunch at Tacoma Mall. Please bring $12 for lunch or pack a sack lunch.
*Wheelchair transportation is not provided for this trip.
60416 Sa 10:30 a.m.-3:30 p.m. 3/11
Kent Commons L. Wagie 1 sess/$25

Space is extremely limited for outings and there are others waiting to participate if you cannot. Currently, a minimum of three (3) business days is required to request an account credit or refund, and refunds will incur a $5 processing fee.

To register, call 253-856-5030 • webreg.KentWA.gov
Health and Fitness

**FLEXI-FIT & FUN**

This creative fitness program focuses on improving strength, balance, coordination and endurance.

60420 M 2:45 p.m.-3:45 p.m. 1/9-3/13*
60421 M 4 p.m.-5 p.m. 1/9-3/13*
Kent Commons  L. Wagie 7 sess/$42
*No class 1/16, 2/20, 3/6

**ZUMBA TONING**

This class will target toning as well as cardio; participants will hold 1 lb maracas during class. Please wear comfortable workout clothing.

60422 Tu 12 p.m.-1 p.m. 1/10-3/7*
Kent Commons  C. Weitz 8 sess/$40
*No class 2/23

**ZUMBA**

Get in shape the Zumba party way, dancing to high energy Latin music. Try it once and you will be hooked; there is no other like it. This class is designed for people with developmental and physical disabilities.

60423 Th 1 p.m.-2 p.m. 1/12-3/9*
Kent Commons  C. Weitz 8 sess/$40
*No class 2/23

**MOVIN’ AND GROOVIN’**

A parent-child play program designed for children with and without disabilities, involving gross motor play, action songs, singing and parachute time.

15 months to 24 months
60424 F 9:30 a.m.-10:30 a.m. 1/6-3/24
2 years to 3 years
60425 F 10:45 a.m.-11:45 a.m. 1/6-3/24
2 years to 4 years
60426 F 12 p.m.-1 p.m. 1/6-3/24
SKIP/CTC  C. Staff 12 sess/$72

Creative Arts

**CREATIVE ART SPACE**

Let’s get creative! Creative Art Space is an inclusive program designed to bring out the artist in everyone. Using typical art mediums as well as unconventional “found” objects, instructors work with artists of all skill levels to create unique, one-of-a-kind masterpieces to take home and enjoy with their family and friends.

60427 Tu 10 a.m.-12 p.m. 1/10-3/14*
Kent Commons  J. McLaughlin 9 sess/$99
*No class 2/21

60428 Th 10 a.m.-12 p.m. 1/12-3/16*
Kent Commons  J. McLaughlin 9 sess/$99
*No class 2/23

**WORKSHOP THEATER FOR ALL**

Students will learn what it is to act in live theater. We will learn basic theater and stage skills through games, activities, and improv. We will work with a script and put on a stage production during our last class.

60429 Tu 1:30 p.m.-3 p.m. 1/10-3/14*
Kent Commons  C. Ayres-Graves 9 sess/$63
*No class 2/21

Technology

**ACCESS THE FUTURE COMPUTER CLASS**

A computer class designed for individuals with developmental and/or physical delays. Class meets at the Kent Senior Activity Center in the computer training lab. *Please note registration is limited to one class per quarter (Monday OR Tuesday) due to space limitations.

60417 M 2:30 p.m.-4 p.m. 1/9-3/13*
Kent Senior  J. McLaughlin 8 sess/$56
Activity Center  *No class 1/16, 2/20

60418 Tu 3:30 p.m.-5 p.m. 1/9-3/13*
Kent Senior  J. McLaughlin 8 sess/$56
Activity Center  *No class 1/17, 2/21

Cooking

**COOKING - BASIC SKILLS**

Learn the basic skills of preparing a meal. Enjoy nutritious food with friends and have fun learning to cook.

60419 Tu 5:30 p.m.-7 p.m. 1/10-3/7*
Kent Commons  J. Reynolds 7 sess/$48
*No class 1/17, 2/21
Developmental Swimming

BEGINNERS SWIMMING
This course is designed for individuals 8 years and up who have never been in the water before, or need to build confidence in the water. Instructors will work with participants on floating independently, kicking your legs from the wall, and the very basics of swimming. This is a group instruction class, so if you need a 1:1 in the water you will need to bring a care provider with you.

60430 Sa 9 a.m.-9:45 a.m.  1/7-3/11*
Kent Meridian Pool  J. McLaughlin  8 sess/$48
*No class 1/14, 2/18

BASIC TO INTERMEDIATE
This course is designed for individuals with developmental and/or physical disabilities. Individuals will learn stroke development and basic to intermediate swimming skills.

60431 Sa 10 a.m.-10:45 a.m.  1/7-3/11*
Kent Meridian Pool  J. McLaughlin  8 sess/$48
*No class 1/14, 2/18

DOLPHINS SWIM TEAM
This course is designed for individuals 8 and up, with developmental and/or physical disabilities, to improve swimming skills and strokes. All athletes must have a current Special Olympics medical form on file.

Winter
60432 Sa 11 a.m.-12 p.m.  1/7-3/11*
Kent Meridian Pool  J. McLaughlin  8 sess/$48
*No class 1/14, 2/18

Spring
60433 Sa 11 a.m.-12 p.m.  3/25-5/28*
Kent Meridian Pool  J. McLaughlin  10 sess/$65
*No class 4/15

Sports

CHEER TEAM
This class will focus on learning cheers, group dance routines and spirit. Cheer participants may participate in select Special Olympics events.

60434 Tu 7 p.m.-8 p.m.  1/10-3/7*
Kent Commons  R. Buckley  7 sess/$48
*No class 1/17, 2/21

TEEN TennIS
Learn basic tennis skills from a pro! This inclusive program is designed for individuals with special needs ages 12 and up; or with instructor approval.

60435 Sa 6 p.m.-7 p.m.  1/7-3/11*
Boeing Employees Tennis Club  A. Overland  8 sess/$48
*No class 1/14, 2/18

MEDICAL FORMS/COMPETITION INFORMATION
To participate in Special Olympics training programs and tournaments, applicants must have a current Application of Participation (medical form) on file with Adaptive Recreation. Medical forms are good for up to three (3) years. Please call 253-856-5030 if you have questions.

Winter Sports Programs

DAY  PROGRAM  TIME  LOCATION
Tuesdays  Cheer Team  7:00–8:00 pm  Kent Commons
Wednesdays  Bowling (Coach Lisa)  3:00–5:00 pm  Kent Bowl
  Basketball (begins 12/19)  6:30–8:00 pm  Meridian Middle School
Thursdays  Bowling (Coach Lisa)  3:00–5:00 pm  Kent Bowl
  Beginning Swim  9:00–9:45 am  Kent Meridian Pool
  Developmental Swim  10:00–10:45 am  Kent Meridian Pool
  Dolphin Swim Team  11:00 am–12:00 pm  Kent Meridian Pool
  Tennis  6:00–7:00 pm  Boeing Tennis Center

To register, call 253-856-5030 • webreg.KentWA.gov
**18 HOLE GREEN FEES**

### Monday - Friday

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### Sat, Sun & Holidays

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**2016/17 Events**

- **December 10, 2016**: 20th Annual Riverbend Better Ball
- **January 17, 2017**: 20th Annual Riverbend Winter Scramble
- **February 18, 2017**: 23rd Annual Riverbend Ball Buster
- **April 4-6, 2017**: Spring Break Junior Golf Camp
- **June 10-11, 2017**: 21st Annual 2Man @ the Bend
- **July 10-13, 2017**: Summer Junior Golf Camp
- **August 12-13, 2017**: 24th Annual Riverbend Amateur

**A City of Kent Facility**

2019 W. Meeker St., Kent, WA
253-TEE-TIME

riverbendgolfcomplex.com
facebook.com/riverbendgolfcomplex
Cooking

ITALIAN COOKING

It is the home of good cooking and the next best thing to being there is being in the company of a renowned Italian chef. Share recipes and samples as you learn to make nutritious and healthy meals. All supplies included.

**Pasta**
Learn to make homemade pasta and fillings such as ravioli, tortellini and other basic pasta shapes.

61091 W 6:30 p.m.-8:30 p.m. 1/18

**Sauces**
White or red? The secret is in the sauce! Learn the secrets of great sauces and how they enhance various dishes.

61092 W 6:30 p.m.-8:30 p.m. 1/25

**Bread & Pizza**
Learn to make this rustic country bread recipe. From this recipe, you will make variations from breadsticks to pizza. All recipes and samples included.

61093 W 6:30 p.m.-8:30 p.m. 2/2

**Chicken - Italian Style**
Come and learn some ways of making chicken 'Italian style' and spice up your dinner.

61096 W 6:30 p.m.-8:30 p.m. 2/15

**Fish - Italian Style**
Come and learn some ways of making fish 'Italian style' and spice up your dinner.

61095 W 6:30 p.m.-8:30 p.m. 2/22

**Pork - Italian Style**
Come and learn some ways of making pork 'Italian style' and spice up your dinner.

61098 W 6:30 p.m.-8:30 p.m. 3/8

**Beef - Italian Style**
Come and learn some ways of making beef 'Italian style' and spice up your dinner.

61093 W 6:30 p.m.-8:30 p.m. 3/15

Kent Commons N. Hamilton 1 sess/$22

ITALIAN COOKING ON A BUDGET

Preparing and eating a decadent Italian style meal is more affordable than you think. Let me show you how! Cooking demonstration and samples will be shared at class.

61099 W 6:30 p.m.-8:30 p.m. 2/8
Kent Commons N. Hamilton 1 sess/$22

MEDITERRANEAN COOKING

Garlic, capers, olive oil, tomatoes and olives are some of the staples of Mediterranean cooking. Learn to make a complete meal from appetizers to main dishes in this workshop using these staples along with a cadre of fresh vegetables and healthy ingredients. All recipes and samples shared.

61100 W 6:30 p.m.-8:30 p.m. 3/1
Kent Commons N. Hamilton 1 sess/$22

Creative Arts

ACRYLIC PAINTING (Ages 13+)

Come and learn how to paint galaxies, waterfalls, clouds, and three color challenges plus so much more using acrylic paints. Each class will feature a new technique and will complete an entire piece. Beginner and Intermediate students welcome. Supply list will be mailed.

61258 F 1:00 p.m.-3:00 p.m. 1/6-1/27
61259 F 1:00 p.m.-3:00 p.m. 2/3-2/24
61260 F 1:00 p.m.-3:00 p.m. 3/3-3/24
Kent Commons K. Hahn 4 sess/$140

PAINT NIGHT IN (Ages 13+)

Bring a friend and enjoy a fun relaxing evening painting a Seattle themed work of art on a 16x20 canvas. All supplies and instruction included.

61255 Sa 4:00 p.m.-6:00 p.m. 1/14
61256 Sa 4:00 p.m.-6:00 p.m. 2/11
61257 Sa 4:00 p.m.-6:00 p.m. 3/18
Kent Commons K. Hahn 1 sess/$40

WATERCOLOR PAINTING

Come experience the joy and beauty of watercolor painting. Learn traditional and experimental watercolor techniques and application. Class includes demonstration, individual assistance, discussion and critique. Instructor continually introduces new methods and projects. Beginners - intermediate. Supply list will be mailed.

61101 Tu 1:00 p.m.-3:00 p.m. 1/17-2/28
61102 Th 1:30 p.m.-3:30 p.m. 1/19-3/2
61103 Tu 1:00 p.m.-3:00 p.m. 3/21-4/25
61104 Th 1:30 p.m.-3:30 p.m. 3/24-4/27
Kent Commons J. Iwasaki 6 sess/$65
No class 2/21, 2/23

Dance

ADULT IRISH DANCE

Dancers will learn both traditional Irish step (solo) and Ceili (group) dance in a fun & supportive class. Students will work on basic movements, proper posture, form and rhythm. Wear comfortable clothing, Irish quillets suggested.

61105 Tu 8:00 p.m.-9:00 p.m. 1/3-3/28
Kent Commons P. Martig 12 sess/$147
No class 3/7

BEGINNING BALLET (Ages 16+)

Basic level ballet steps, beginning level barre and centre floor. A great class for stretching and toning. Ballet shoes required. Drop-ins are welcome at $8 per class.

61107 Th 7:45 p.m.-8:45 p.m. 1/12-3/30
61106 F 6:00 p.m.-7:00 p.m. 1/13-3/31
Kent Commons M. Murphy-Brown 11 sess/$77
No class 3/9, 3/10

BEGINNING BELLY DANCING

All ages/all sizes welcome. The benefits of yoga, and non-impact aerobics at the same time. Body isolations, shimmy techniques and much more. Two beginning topic sets available. Visit www.saqra.net for more information.

61135 Tu 12:00 p.m.-1:30 p.m. 1/3-1/24
61136 Tu 6:00 p.m.-7:30 p.m. 1/3-1/24
61141 Th 1:30 p.m.-3:00 p.m. 1/5-1/26
61142 Th 7:15 p.m.-8:45 p.m. 1/5-1/26
61137 Tu 12:00 p.m.-1:30 p.m. 1/31-2/21
61138 Th 6:00 p.m.-7:30 p.m. 1/31-2/21
61143 Th 1:30 p.m.-3:00 p.m. 2/22-2/23
61144 Th 7:15 p.m.-8:45 p.m. 2/22-2/23
61139 Tu 12:00 p.m.-1:30 p.m. 3/7-3/28
61140 Tu 6:00 p.m.-7:30 p.m. 3/7-3/28
61145 Th 1:30 p.m.-3:00 p.m. 3/9-3/30
61146 Th 7:15 p.m.-8:45 p.m. 3/9-3/30
Saqra’s Studio S. Rayback 4 sess/$45

CONTINUING BELLY DANCING

International instructor Saqra’s layered teaching technique is appropriate for all levels of continuing dancers, from newly intermediate to professional. See www.saqra.net for complete information.

61147 Tu 1:30 p.m.-2:45 p.m. 1/3-1/24
61148 Tu 7:30 p.m.-8:45 p.m. 1/3-1/24
61153 W 5:45 p.m.-7:00 p.m. 1/4-1/25
61156 Th 6:00 p.m.-7:15 p.m. 1/5-1/26
61157 Th 12:15 p.m.-1:30 p.m. 1/5-1/26
61149 Tu 1:30 p.m.-2:45 p.m. 1/31-2/21
61150 Tu 7:30 p.m.-8:45 p.m. 1/31-2/21
61154 W 5:45 p.m.-7:00 p.m. 2/1-2/22
61158 Th 6:00 p.m.-7:15 p.m. 2/2-2/23
61159 Th 12:15 p.m.-1:30 p.m. 2/2-2/23
61151 Tu 1:30 p.m.-2:45 p.m. 3/7-3/28
61152 Tu 7:30 p.m.-8:45 p.m. 3/7-3/28
61155 W 5:45 p.m.-7:00 p.m. 3/8-3/29
61160 Th 6:00 p.m.-7:15 p.m. 3/9-3/30
61161 Th 12:15 p.m.-1:30 p.m. 3/9-3/30
Saqra’s Studio S. Rayback 4 sess/$45

TAP DANCE (Ages 16+)

Learn tap combos and routines in this energetic class. Drop-ins welcome at $8 per class.

Beginning

61111 F 7:45 p.m.-8:45 p.m. 1/13-3/31
No class 3/10 11 sess/$77

Continuing

61109 Tu 3:00 p.m.-4:00 p.m. 1/10-3/28
61110 W 7:45 p.m.-8:45 p.m. 1/11-3/29
No class 3/7, 3/8 11 sess/$77

Advanced

61112 Tu 7:45 p.m.-8:45 p.m. 1/10-3/28
Kent Commons M. Murphy-Brown 11 sess/$77
No class 3/7

WRITING FOR CHILDREN & GETTING PUBLISHED

For the novice writer, we’ll explore plot, character, view point, and dialogue. Class also covers how to submit a manuscript and getting published. Lots of tips and plenty of time for questions.

61114 Tu 1:00 p.m.-3:30 p.m. 2/21
61113 Th 6:30 p.m.-9:00 p.m. 3/16
Kent Commons A. Ruback 1 sess/$29

To register, call 253-856-5000 • webreg.KentWA.gov
Health and Fitness

YOGA MOVING WITH BODY & MIND
Find the ease of moving which will lead to deep relaxation. You will stretch, learn to coordinate your breathing and learn basic yoga moves and techniques. Please bring a mat and large towel to class.

61117  W  6:00 pm-7:00 pm  1/4-2/15
Senior Center  C. Rosenfield  7 sess/$56
61115  M  6:00 pm-7:00 pm  1/9-2/13
Kent Commons  C. Rosenfield  5 sess/$40
No class 1/16
61118  W  6:00 pm-7:00 pm  2/22-3/29
Senior Center  C. Rosenfield  6 sess/$48
61116  M  6:00 pm-7:00 pm  2/27-3/27
Kent Commons  C. Rosenfield  5 sess/$40

Piano, Voice and Guitar Lessons
Lessons are being offered for children and adults. Please see pages 9 & 10 for more information.

Piano/Voice Instructor: Carolyn D’Amborsio
Guitar Instructor: Joe Romiti

FREE INDOOR WINTER WALKING
Starts November 14
Monday and Wednesday • 9 - 11 a.m.*
ShoWare Center - 625 West James Street

*Dates may vary depending on the ShoWare Center schedule. For more information and a complete schedule, check Kent4Health.com or call 253-856-5700.

Got a pet? Better get a license or face fines. It’s the law.

Residents with unlicensed dogs or cats face fines of $125 for spayed or neutered animals or $250 for unaltered pets. Most pet licenses cost $30...a lot less than a $125 fine.

Fees for pet licensing do a lot of good:
• Fund animal cruelty investigations and provide resources to address complaints about vicious animals.
• Treat injured and sick animals and find homes for them.
• Provide care for the over 1,900 animals impounded each year at the Kent Animal Shelter.
• Roaming pets can get injured, but if they’re wearing license tags, they have a much better chance of being treated and reunited with you.

KentPetLicense.com

CITY OF KENT
NEIGHBORHOOD PROGRAM
making connections... transforming neighborhoods

The goal of the Neighborhood Program is to build viable partnerships between the City and its residents. Formally recognized neighborhoods benefit from the program.

Neighborhood Matching Grant Program
The program provides matching funds to:
• Help implement projects that will improve the livability of their neighborhoods
• Matches include neighborhood volunteer labor, professional services, cash or donated materials

Matching grant applications are due April 1, 2017.
KentNeighborhoodProgram.com for more information.

Resident’s Guide to Kent 2016-2017
ADULT PROGRAMS

DOG OBEDIENCE

Join us in one of our many dog obedience classes. Instructor Jennifer Schneider owns Pick of the Litter Dog Training, and is a certified Pet Dog Trainer. For more information visit www.pickofthelitterdogtraining.com. All classes held at the Kent Memorial Park Building.

BASIC MANNERS

We know that you are tired of your dog pulling on the leash, running off instead of coming to you, and jumping up on everyone. We have a plan to help you. Enroll in our results based, pain free, introductory dog training class, and your dog will learn to sit and stay, walk nicely on leash, come when you call, and lie down and relax. You will be shown how to use these behaviors in real life situations, with and without treats. Your dog will learn to socialize with other dogs calmly and sit to say hello to people. You will receive customized solutions to help with the behavior problems you are having at home. The result will be a well trained dog that listens consistently, even when distracted by other things. For dogs 5 months of age and older.

- **61173 M** 5:15 p.m.-6:15 p.m. 1/2-2/6
- **61177 M** 5:15 p.m.-6:15 p.m. 2/27-4/3
- **61175 W** 6:30 p.m.-7:30 p.m. 2/1-3/8
- **61179 W** 6:30 p.m.-7:30 p.m. 3/15-4/19
- **61176 Th** 7:45 p.m.-8:45 p.m. 2/16-3/23
- **61174 Su** 3:45 p.m.-4:45 p.m. 1/15-2/19
- **61178 Su** 3:45 p.m.-4:45 p.m. 3/5-4/9

Kent Memorial Park J. Schneider  6 sess/$115

PUPPY KINDERGARTEN

Puppies are like sponges - they soak up everything around them and learn new things quickly. Take advantage of this time by getting your puppy into puppy class right away. Your puppy will play off leash with other puppies, get to meet lots of new people, explore safe agility equipment, and learn age appropriate obedience skills, such as sit, come, and walking without pulling. You will receive customized solutions to the problems you are having at home, such as nipping, potty training, jumping up, and chewing. For puppies 8 weeks to 5 months old (up to 6 months for small breed puppies).

- **61182 M** 6:30 p.m.-7:30 p.m. 1/2-2/6
- **61184 W** 7:45 p.m.-8:45 p.m. 2/1-3/8
- **61186 M** 6:30 p.m.-7:30 p.m. 2/27-4/3
- **61188 W** 7:45 p.m.-8:45 p.m. 3/15-4/19
- **61185 Th** 5:15 p.m.-6:15 p.m. 2/16-3/23
- **61183 Su** 2:30 p.m.-3:30 p.m. 1/15-2/19
- **61187 Su** 2:30 p.m.-3:30 p.m. 3/5-4/9

Kent Memorial Park J. Schneider  6 sess/$115

JUST FOR FUN AGILITY

Non-competitive, on leash introduction to the fun sport of dog agility. You will teach your dog to jump over hurdles, rush through tunnels, leap through a tire jump, weave around poles, hop up on to a table, balance on a wobble board and walk through a ladder. You will start with short courses and progress to longer, more complex courses as your dog builds confidence with the equipment.

- **61170 Su** 1:15 p.m.-2:15 p.m. 1/15-2/19

Kent Memorial Park J. Schneider  6 sess/$115

FEisty FIDO

For dogs who behave inappropriate around other dogs (growling, lunging, barking). Learn specific skills to help your dog behave and relax in the presence of other dogs. Provides gradual and controlled on-leash exposure to other dogs, along with basic obedience instruction. No dogs first class.

- **61163 M** 7:45 p.m.-8:45 p.m. 1/2-2/6
- **61165 M** 7:45 p.m.-8:45 p.m. 2/27-4/3
- **61164 W** 5:15 p.m.-6:15 p.m. 2/1-3/8
- **61166 W** 5:15 p.m.-6:15 p.m. 3/15-4/19
- **61172 Th** 6:30 p.m.-7:30 p.m. 2/16-3/23

Kent Memorial Park J. Schneider  6 sess/$115

INTERMEDIATE MANNERS

For graduates of Basic Manners. Take your dog's training to the next level. In this class, you will continue to practice and strengthen all the behaviors you taught in Basic Manners, but add a higher level of difficulty, distraction and distance to those behaviors. You will learn how to wean away treats effectively, without losing the behaviors you worked so hard to achieve, as well as how to use life rewards to motivate your dog to have real life manners. During the last week of class, you will have to opportunity to earn your dog's Canine Good Citizen certificate.

- **61167 Su** 1:15 p.m.-2:15 p.m. 3/5-4/9

Kent Memorial Park J. Schneider  6 sess/$115

To register, call 253-856-5000 • webreg.KentWA.gov
Martial Arts

BEGINNING AIKIDO

Aikido emphasizes redirecting the opponent’s momentum and power to apply sweeps, throws, locks and holds. Aikido allows you to safely subdue your attacker without the use of extreme force.

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
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<td>M, Th</td>
<td>7:15 p.m.-8:15 p.m.</td>
<td>1/2-1/30</td>
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<tr>
<td>6120</td>
<td>Th, M</td>
<td>7:15 p.m.-8:15 p.m.</td>
<td>2/2-2/27</td>
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<tr>
<td>6121</td>
<td>M, Th</td>
<td>7:15 p.m.-8:15 p.m.</td>
<td>3/6-3/30</td>
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</tbody>
</table>

ACMMA  R. Dye  8 sess/$70

CARDIO-KICKBOXING

Burn fat, relieve stress, tone and strengthen muscles, all while learning basic self-defense techniques. Class involves bag work, wristwraps or bag gloves are strongly recommended.

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
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</thead>
<tbody>
<tr>
<td>61123</td>
<td>M, W</td>
<td>6:15 p.m.-7:15 p.m.</td>
<td>1/2-1/30</td>
</tr>
<tr>
<td>61124</td>
<td>W, M</td>
<td>6:15 p.m.-7:15 p.m.</td>
<td>2/1-2/27</td>
</tr>
<tr>
<td>61125</td>
<td>M, W</td>
<td>6:15 p.m.-7:15 p.m.</td>
<td>3/6-3/29</td>
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</tbody>
</table>

ACMMA  R. Dye  8 sess/$70

Sports

Kent Parks, Recreation and Community Services offers several adult sports leagues. Individuals wishing to participate in an adult league must be 18 years of age. Registration is taken by teams only. Individuals wishing to participate can call the Kent Commons office to submit their name, sport and level of play for the individual player list. To check on registration information, league standings and league schedules, please visit KentWA.gov or call 253-856-5000.

ADULT VOLLEYBALL

Adult volleyball is offered three (3) times throughout the year. Various levels of play offered from Tuesday Night “Open” and Wednesday Night Women’s Divisions. All matches are played at the Kent Commons.

Winter Season (January–March)
Spring Season (April and May)

ADULT SOFTBALL

Adult Softball Leagues are offered throughout the year. Levels of play offered: Recreation and Competitive for Men and Women, Coed and Church Divisions. Games are played at Hogan Park Sports Complex, Kent Memorial Park, Wilson Playfields and Service Club Ballfields.

Spring/Summer Season (April–July)
Second Season (August and September)

BODY CONDITIONING/WEIGHT TRAINING

Individual instruction on the proper use of fixed weight equipment (Nautilus), a variety of exercises for each weight station, and how to develop a personal training program. A complimentary one-month pass to the weight room ($12.50 value) included in $35 class fee. One hour session by appointment only, call 253-856-5000.

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
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</thead>
<tbody>
<tr>
<td>61127</td>
<td>M</td>
<td>7:00 p.m.-7:50 p.m.</td>
<td>1/9-3/20</td>
</tr>
<tr>
<td>61128</td>
<td>M</td>
<td>8:00 p.m.-8:50 p.m.</td>
<td>1/9-3/20</td>
</tr>
<tr>
<td>61129</td>
<td>W</td>
<td>7:00 p.m.-9:00 p.m.</td>
<td>1/4-3/22</td>
</tr>
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</table>

No class 1/16, 2/20, 3/13  8 sess/$52

Kent Commons  C. Marsten  11 sess/$72

CARDIO-KICKBOXING

Burn fat, relieve stress, tone and strengthen muscles, all while learning basic self-defense techniques. Class involves bag work, wristwraps or bag gloves are strongly recommended.

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
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<tbody>
<tr>
<td>61123</td>
<td>M, W</td>
<td>6:15 p.m.-7:15 p.m.</td>
<td>1/2-1/30</td>
</tr>
<tr>
<td>61124</td>
<td>W, M</td>
<td>6:15 p.m.-7:15 p.m.</td>
<td>2/1-2/27</td>
</tr>
<tr>
<td>61125</td>
<td>M, W</td>
<td>6:15 p.m.-7:15 p.m.</td>
<td>3/6-3/29</td>
</tr>
</tbody>
</table>

ACMMA  R. Dye  8 sess/$70

MARTIAL ARTS OVER 40

Improve balance, coordination, stamina and strength while learning practical self-defense moves. This is a great alternative workout to the typical gym routine.

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
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</thead>
<tbody>
<tr>
<td>61130</td>
<td>Th</td>
<td>7:15 p.m-8:15 p.m</td>
<td>1/5-1/26</td>
</tr>
<tr>
<td>61131</td>
<td>Th</td>
<td>7:15 p.m-8:15 p.m</td>
<td>2/2-2/23</td>
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<tr>
<td>61132</td>
<td>Th</td>
<td>7:15 p.m-8:15 p.m</td>
<td>3/2-3/23</td>
</tr>
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</table>

ACMMA  R. Dye  4 sess/$35

ATHLETIC FACILITY ADVERTISING PROGRAM

Reach out to thousands of sports enthusiasts by having your business name displayed at a City of Kent premier athletic facility.

Call 253-856-5000 for more information
Jazzercise – Dance Mixx
Jazzercise is a pulse-pounding, beat-pumping fitness program that gets you results... fast. It’s a calorie-torching, hip swiveling, Shakira’d-be-proud dance party with a hot playlist to distract you from the burn. Formats offered include: Dance Mixx - 60 minute cardio and strength combo. Strength- 45 or 60 minutes of intense strength training. Express - 30 minutes high intensity cardio. Our classes will leave you breathless, toned and coming back for more. Start working it... with Jazzercise!

Express:
Cuts through the chase with 30 minute blast of dance based cardio plus strength training. Rev it up and rock it out in half the time.

Strength 45:
Fires up the muscles (all of them) in a 45 minute hard core muscle sculpting strength workout.

Strength 60:
Full 60 minutes of fat burning, muscle sculpting, it-hurts-and-It’s-worth-it strength training. This class will transform you!

CLASS SCHEDULE

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>Dance Mixx</td>
<td>Dance Mixx</td>
<td>Strength 60</td>
<td>Dance Mixx</td>
<td>Express</td>
<td>Strength 45</td>
</tr>
<tr>
<td>4:25 – 5:25 p.m.</td>
<td>6 – 7 p.m.</td>
<td>4:25 – 5:25 p.m.</td>
<td>6 – 7 p.m.</td>
<td>5 – 5:30 p.m.</td>
<td>8:10 – 8:55 a.m.</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>Express</td>
<td>Dance Mixx</td>
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<td>9 – 10 a.m.</td>
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</table>

For more information on registration and class fees - please see instructor or visit jazzercise.com
Join us for a complete body workout to terrific music in any of the following classes. **Drop-ins welcome - $5 per class**

### Lunch Time Toning
Focus on total body sculpting with light weights that target specific muscle groups. Stability balls are incorporated into the routine to help with balance and core.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Room</th>
<th>Start Date</th>
<th>End Date</th>
<th>Cost</th>
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<tbody>
<tr>
<td>61204</td>
<td>M</td>
<td>12:05 pm-12:55 pm</td>
<td>Kent Commons</td>
<td>Matera</td>
<td>1/9-1/30</td>
<td></td>
<td>$12</td>
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<tr>
<td>61205</td>
<td>M</td>
<td>12:05 pm-12:55 pm</td>
<td>Kent Commons</td>
<td></td>
<td>2/6-2/27</td>
<td></td>
<td>$12</td>
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<tr>
<td>61206</td>
<td>M</td>
<td>12:05 pm-12:55 pm</td>
<td>Kent Commons</td>
<td></td>
<td>3/6-3/27</td>
<td></td>
<td>$20</td>
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</tbody>
</table>

### Lunchtime Bootcamp
50 minutes of boot camp style drills and cardio workout that will challenge your body and improve your speed, agility, and overall performance.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Room</th>
<th>Start Date</th>
<th>End Date</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>61209</td>
<td>Tu</td>
<td>12:05 pm-12:55 pm</td>
<td>Kent Commons</td>
<td>Mounts</td>
<td>1/3-1/31</td>
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<tr>
<td>61210</td>
<td>Tu</td>
<td>12:05 pm-12:55 pm</td>
<td>Kent Commons</td>
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<td>2/7-2/28</td>
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<td>$16</td>
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<tr>
<td>61211</td>
<td>Tu</td>
<td>12:05 pm-12:55 pm</td>
<td>Kent Commons</td>
<td></td>
<td>3/7-3/28</td>
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<td>$16</td>
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</tbody>
</table>

### Crunch at Lunch
Small, precise moves that engage lower abs, upper core & back muscles, with emphasis on breathing techniques to increase efficiency of exercise.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Room</th>
<th>Start Date</th>
<th>End Date</th>
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<tbody>
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<td>Matera</td>
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<td>2/1-2/22</td>
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<td>$16</td>
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<tr>
<td>61214</td>
<td>W</td>
<td>12:05 pm-12:55 pm</td>
<td>Kent Commons</td>
<td></td>
<td>3/1-3/29</td>
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<td>$20</td>
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### Yoga Break
Basic yoga poses that will strengthen, lengthen and relax your body. Bring a yoga mat.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Room</th>
<th>Start Date</th>
<th>End Date</th>
<th>Cost</th>
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<tbody>
<tr>
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<td>$16</td>
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<tr>
<td>61220</td>
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<td>1:05 pm-1:55 pm</td>
<td>Kent Commons</td>
<td></td>
<td>3/7-3/28</td>
<td></td>
<td>$16</td>
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</table>

### Zumba Gold
A lower impact and slower paced class makes this perfect for beginners.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
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<tr>
<td>61221</td>
<td>Th</td>
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<td>Kent Commons</td>
<td>Caplan</td>
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<tr>
<td>61222</td>
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<td>Kent Commons</td>
<td></td>
<td>2/2-2/23</td>
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<td>$16</td>
</tr>
<tr>
<td>61223</td>
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<td></td>
<td>3/3-3/31</td>
<td></td>
<td>$20</td>
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</table>

### Lunch Core & Body Sculpting
Conditioning class incorporates step and weights for a full body workout with focus on core strength.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Room</th>
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<tr>
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<td></td>
<td>3/3-3/31</td>
<td></td>
<td>$16</td>
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</tbody>
</table>

### Step & Core
Great overall workout in this combination step, cardio and strength training.

<table>
<thead>
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<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Room</th>
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<tr>
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<td>Kent Commons</td>
<td></td>
<td>3/3-3/31</td>
<td></td>
<td>$16</td>
</tr>
</tbody>
</table>

### Mixxed Fit
People-inspired dance fitness program that is a perfect blend of explosive dancing and boot camp inspired toning.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Room</th>
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<tr>
<td>61231</td>
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<tr>
<td>61232</td>
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<tr>
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<td>Kent Commons</td>
<td></td>
<td>3/4-3/25</td>
<td></td>
<td>$16</td>
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### Rise and Shine Workout
30 minutes of body conditioning, using weights, balls, and bands to add variety – followed by 30 minutes of indoor walking or jogging.

<table>
<thead>
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<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Room</th>
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<th>End Date</th>
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### Cardio-Flex/Boot Camp

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<tr>
<td>61249</td>
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<td></td>
<td>$12</td>
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</tbody>
</table>
Outdoor Sports

ALASKA FISHING ADVENTURES ON A BUDGET

Alaska has the world’s best sport-fishing and it’s more accessible and affordable than many people realize. Come and learn how to plan, and execute an amazing angling adventure to the ‘Last Frontier’ without breaking the bank account. Class will include a resource notebook packed with information to help you plan your trip of a lifetime. Instructor has over 25 years of Alaska angling experience and has escorted over 20 group fishing adventures to Alaska.

61196 W 6:30 p.m.-8:30 p.m. 2/8
Kent Senior Activity Center J. Fiskum 1 sess/$29

BUCKET LIST FLY FISHING ADVENTURE IN THE WEST

Come and learn about 20 of the top fly fishing destinations in the west. You will get information about when to visit, lodging & camping options, guides & outfitters, DIY options, hatch charts and fly patterns lists. Plus essential tackle & equipment info. Instructor has 30 years’ experience planning and escorting group fly fishing adventures all over the west.

61193 W 6:30 p.m.-8:30 p.m. 2/15
Kent Senior Activity Center J. Fiskum 1 sess/$29

FLY FISHING WASHINGTON’S EARLY SEASON TROUT LAKES

Shake off the winter blues & cabin fever and get geared up for some early season trout fly fishing. Lots of our lowland lakes open on March 1st. You will learn where, when, and how to find the season’s best fly fishing options. You will receive a resource guide with suggested lake destinations and strategies for success. After the classroom session there will be an optional lake fishing outing to an early season trout lake for hands on instruction and fishing.

61194 M 6:30 p.m.-8:30 p.m. 2/27
1 sess/$29

Lake Outing

Optional Lake Outing will be discussed in the classroom session.

61195 Sa 9:00 a.m.-3:00 p.m. 3/4
Local Water J. Fiskum 1 sess/$65

INTRODUCTION FLY TYING

Learn how to create your own beautiful fish catching flies, in this two session hands-on crash course. It’s easier to get started than you think. Tools will be supplied for this course or bring your own. A $10 material fee payable to instructor.

61192 W 6:30 p.m.-9:00 p.m. 1/11-1/18
Kent Senior Activity Center J. Fiskum 2 sess/$39

To register, call 253-856-5000 • webreg.KentWA.gov
I assume all risks and hazards of the conduct of the program and release from responsibility any person providing transportation to and from activities. In case of injury or damages, I do hereby release and hold harmless the City of Kent, its elected and appointed officials and employees, the organizers, sponsor, supervisor or any volunteer connected with the program from any and all claims, injuries, damages, losses or suits, including attorney fees, arising out of or in connection with the program. In the absence of signature, payment of fees and participation in the program shall constitute acceptance of the conditions set forth in the release.

I grant full permission to use any photographs, videotapes, motion pictures, recordings or any other record of this program for any City of Kent informational or promotional use.

RETURN REGISTRATION FORM AND FEE TO:
Kent Parks, Registration, 525 4th Avenue North, Kent, WA 98032-4497

34th Annual Kent Parks

5K/10K Christmas Rush Fun Run & Walk

Name          E-Mail          Birthdate / / Age
Address       City            State        Zip
Home Phone ( )          Work Phone ( )

RUN/WALK CHOICE
D 5K Men's Run - 60328
D 5K Women's Run - 60330
D 10K Men's Run - 60329
D 10K Women's Run - 60331
D 5K Recreational Walk - 60332

Register before December 2
Run/Walk Only _________ ($10)
Add T-Shirt (optional) _________ ($25)
Total _______________________

After December 2
Run/Walk Only _________ ($20)
Add T-Shirt (optional) _________ ($35)
Total _______________________

Adult Sizes, Long-Sleeved T-Shirt:
D XS  Sm  Md  Lg  XL  XXL
AGE  D 8 & under  D 14-18
D 9-13       D 19-24
D 25-29
D 35-39
D 45-49
D 55-59
D 60-64
D 70-74
D 80+
D 30-34
D 40-44
D 50-54
D 65-69
D 75-79
D Wheelchair

Credit Card Information

Please print name of cardholder

VISA or MasterCard #

Exp. Date

I assume all risks and hazards of the conduct of the program and release from responsibility any person providing transportation to and from activities. In case of injury or damages, I do hereby release and hold harmless the City of Kent, its elected and appointed officials and employees, the organizers, sponsor, supervisor or any volunteer connected with the program from any and all claims, injuries, damages, losses or suits, including attorney fees, arising out of or in connection with the program. In the absence of signature, payment of fees and participation in the program shall constitute acceptance of the conditions set forth in the release.

I grant full permission to use any photographs, videotapes, motion pictures, recordings or any other record of this program for any City of Kent informational or promotional use.

Signature of Participant (Parent/Guardian, if minor)  Date
Welcome to the Kent Arts Commission’s 2016-2017 Spotlight Series. This season marks the 19th year that Spotlight Series has been bringing great family entertainment and a wide variety of performing arts to Kent stages. The Kent Arts Commission is proud to present these performances in venues that are close to home and easily accessible to Kent residents. See you at the shows!

MAGICAL STRINGS
Celtic Yuletide Concert

The Boulding Family’s musical celebration of the holiday season is a treasured tradition in Kent. Once again, Pam and Philip Boulding are joined by their children, grandchildren, and guests for an afternoon of enchanting Yuletide music. The Bouldings perform on Celtic harps, hammered dulcimers, whistles, strings, percussion, and harp-like instruments from around the world. Guests add Irish step dancing, drumming and storytelling for a festive and memorable performance.

Sunday, DECEMBER 4
3 p.m.
Kent-Meridian Performing Arts Center
$25 general, $22 senior, $15 youth

THE PEKING ACROBATS

The Peking Acrobats perform daring maneuvers atop a precarious pagoda of chairs; are experts at trick-cycling, precision tumbling, somersaulting, and gymnastics; and defy gravity with amazing displays of contortion, flexibility, and control. Masters of agility and grace, they push the envelope of human possibility. With their 2016 North American Tour, The Peking Acrobats celebrate 30 years of delighting all ages with exuberant entertainment featuring all the excitement and festive pageantry of a Chinese carnival.

Friday, JANUARY 27
7:30 p.m.
Kentwood Performing Arts Center
$28 general, $25 senior, $15 youth
Co-Sponsored by Curran Law Firm

WINDHAM HILL WINTER SOLSTICE
30th Anniversary Concert with Will Ackerman, Barbara Higbie, and Alex Degrassi

The name “Windham Hill” became synonymous with the best in acoustic music in the 1980s and 90s. Celebrate the winter solstice with a concert of acoustic music drawn from the multi-platinum selling Winter Solstice series as well as the artists’ many solo releases. Windham Hill founder and Grammy-winning guitarist, Will Ackerman; Grammy-nominated singer, fiddler, pianist, and songwriter Barbara Higbie; Grammy-nominated guitarist, bassist Todd Boston and composer Alex de Grassi come together to lead this joyous holiday concert.

Friday, DECEMBER 9
7:30 p.m.
Kent-Meridian Performing Arts Center
$32 general, $30 senior, $15 youth
Sponsored by Pete and Pat Curran through the Kent Parks Foundation

THE IRISH ROVERS WITH WE BANJO 3

In 2017, The Irish Rovers celebrate 50 years of music and one final world tour. These international ambassadors of Irish music consistently charm audiences with their rollicking and rousing performances. On this tour, fans will enjoy a mix of their hits, Jigs and Reels, plus hilarious stories from their years on the road. Joining The Irish Rovers are special guests, We Banjo 3, an award-winning quartet from Galway, Ireland. The group delivers a ground-breaking mixture of Irish Music and Old-time American and Bluegrass influences with remarkable virtuosity and passion.

Tuesday, FEBRUARY 21
7:30 p.m.
Kentwood Performing Arts Center
$30 general, $28 senior, $15 youth
Sponsored by Pete and Pat Curran Family in Memory of Rick Russell

For tickets, call 253-856-5051 • kentarts.com
SPOTLIGHT SERIES  CULTURAL ARTS

INTERNATIONAL GUITAR NIGHT

International Guitar Night is North America’s premier traveling guitar festival, bringing together the world’s foremost acoustic guitarists to perform their latest original compositions and exchange musical ideas in a concert setting. On this tour, Gypsy legend Lulo Reinhardt will serve as host and artistic director. He will be joined by three new, incredibly dynamic musicians: Italy’s innovative contemporary guitarist Luca Stricagnoli; brilliant young Brazilian composer/performer Chrystian Dozza, and India’s ground-breaking slide guitarist Debashish Bhattacharya.

Saturday, FEBRUARY 25
7:30 p.m.
Kent-Meridian Performing Arts Center
$28 general, $25 senior, $15 youth
Sponsored by Pete & Pat Curran through the Kent Parks Foundation

SEATTLE ROCK ORCHESTRA PERFORMS LED ZEPPELIN I & II

Seattle Rock Orchestra (SRO) was born out of the desire to marry the unabashed performance energy of rock ‘n roll with the broader palette of musical nuances treasured in classical music. Founded by bassist & composer Scott Teske, SRO is a 50+ piece orchestra with strings, woodwinds, brass, percussion, choir, and a rotating cast of guest vocalists. SRO celebrates and perpetuates the orchestral tradition while exploring the rich history of rock and pop music and delivering performances that are spectacular, fun, educational, and of exceptional quality.

Friday, MARCH 10
7:30 p.m.
Kentwood Performing Arts Center
$28 general, $25 senior, $15 youth
Co-Sponsored by Haffner Family/Curran Law Firm and Pete and Pat Curran through the Kent Parks Foundation

KAHULANUI

In Hawaiian, Kahulanui means “the big dance.” These “Kings of Swing” create a danceable blend of traditional Hawaiian music and the Big Band Swing that servicemen imported to the Aloha State during World War II. Bandleader Lolena Naipo, Jr. found inspiration from his grandfather, Robert Kahulanui, a member of the Royal Hawaiian Band during an era when horns and drums were a part of Hawaiian music. The nine-piece band’s energy and dynamic performances borrow from this sound, keeping Hawaiian Swing vibrant and alive in Hawaii today. Now Grammy-nominated Kahulanui are coming to Kent and they’re sure to have the house jumping!

Friday, MARCH 17
7:30 p.m.
Kent-Meridian Performing Arts Center
$25 general, $22 senior, $15 youth

RANI ARBO & DAISY MAYHEM “American Spiritual” featuring Rainier Youth Choir

For sixteen years, Rani Arbo & daisy mayhem have been brewing their own blend of American roots music. They are a melting pot of American folk melody and style. “American Spiritual” leads audiences in a bona fide revival. There’s no tent, no potluck dinner, and no preaching – unless you count the band’s uproarious and wise stories. Instead, this charismatic quartet administers songs and tales that explore and reviv the human spirit. From a lush setting of Tennyson’s “Crossing the Bar” to old American shape note hymns, prison work songs, blues, gospel, and original compositions, “American Spiritual” draws from 200 years of roots music to find songs that uplift and connect.

Saturday, APRIL 1
7:30 p.m.
Kent-Meridian Performing Arts Center
$25 general, $22 senior, $15 youth

SPONSORS

Spotlight Series is presented by the Kent Arts Commission and City of Kent Parks, Recreation and Community Services Department with the support of the following sponsors.

Pete & Pat Curran Family • Judy Woods • Haffner Family
CULTURAL ARTS SPOTLIGHT SERIES

PERFORMANCE LOCATIONS:
- Kent-Meridian High School Performing Arts Center
  10020 SE 256th Street, Kent
- Kentwood High School Performing Arts Center
  25800 164th Avenue SE, Covington

DIRECTIONS AND PARKING:
Locations are on Kent’s East Hill, a short drive (approximately 30–40 min) from Seattle and Tacoma. For directions see KentArts.com or call 253-856-5051. Free parking is available.

POLICIES AND INFORMATION:
Senior and youth tickets
- Age 60 and older qualifies for senior ticket rates.
- Age 25 and younger qualifies for youth ticket rates.
Refunds/exchanges
- No refunds or exchanges—ticket purchases are final.
Seating
- All seating for Spotlight Series events is assigned/reserved.
- Seating will begin 30 minutes prior to performance time.
- Late seating is not guaranteed and is at the discretion of the performers and House Manager.
Special Needs
Please let us know in advance how we might be able to help and we will provide reasonable accommodations to those needing special assistance. For wheelchair seating, please advise when purchasing tickets.

Children
- Spotlight Series is family friendly but some performances may not be appropriate for young children—please use discretion when choosing performances for young patrons.
- Children over 12 months must have a ticket for all shows.

TICKET INFORMATION:
Subscriptions
- Create your own subscription series—Purchase tickets to any four or more separate performances and receive 10% off on each ticket price.

All tickets must be purchased in the same transaction.
Group Rates
- Buy 10 or more tickets to any one performance and receive 10% off.
- Buy 20 or more tickets to any one performance and receive 20% off.

All group tickets must be purchased in the same transaction to receive the discount and must be purchased by calling or visiting the box office (no group discounts on-line).

FORTICKETS...
- Purchase on-line: KentArts.com
  Look for the “purchase tickets” link.
- Call 253-856-5051, Monday–Saturday. A Visa or Mastercard is required for phone orders.
- Walk in to the Kent Commons, 525 4th Avenue North, Kent, Monday–Saturday. Phone and walk-in hours are: Mon.–Thurs. 6 a.m. to 10 p.m., Fri. 6 a.m. to 9 p.m. and Sat. 8 a.m. to 9 p.m.

Spotlight Series is presented by the Kent Arts Commission and City of Kent Parks, Recreation and Community Services Department.
Kent Senior Activity Center
600 East Smith Street
253-856-5150
Kent50plus.com

M–F: 8:30 a.m.–4:30 p.m.*
*Extended hours: Tuesday to 9:45 p.m.
Wednesday to 9 p.m.
The Kent Senior Activity Center features daily recreation activities, including lunch, classes, workshops, trips, special events, health services, outdoor recreation and Fitness Center.

ADULT 50+
PROGRAM AND ACTIVITY HIGHLIGHTS

Deli and Cafe
M, Tu, Th, F - $6 all ages
Wed. Deli only $5 all ages
11:45 a.m. to 1 p.m.
Deli Bingo every 2nd Wed. 12:15 pm
Prizes $25-$100 compliments of
The Lakeshore
Free Wed. lunch drawing compliments of
Talbot Healthcare and Stafford Suites
for ongoing contributions

KENT PARKS DELI & CAFE C-12s FUNDRAISER*
Wed. Jan. 11, 2017 • 11:30 a.m. - 1 p.m. • $5 All Ages
Join Rock ‘n Roll musician Andy Burnett in a rousing sing-along of your favorite Rock ‘n Roll songs. Guests will be given the opportunity to make an investment into the Kent Parks Deli and Cafe program. Bingo prizes provided by Talbot Center for Rehabilitation and Healthcare.

*D Tax-deductible donations accepted for the Kent Parks Deli & Cafe all 12 months of the year. For more information, call 253-856-5164

DINNER & MUSIC AT KENT PLACE

8TH ANNUAL KENT PLACE EVENT
Thursday, March 30, 2017
4-8 p.m.
4 p.m. ......................... Social Security 101 workshop
5 p.m. ......................... “MySocialSecurity” Account Appts.*
5 p.m. ......................... Medicare Workshop by SHIBA*
6 p.m. .......................... Panera Boxed Dinner
7 p.m. ......................... Danny Vernon Concert
$10 all ages includes workshops, door prizes, info booths, dinner and concert.

Beginning Thursday March 2, tickets available in person or by phone with MC/Visa while supplies last. 253-856-5150
*For more details on informational workshops, call 253-856-5164.

Kent Parks, Recreation and Community Services Winter 2016/2017 • KentWA.gov
ADULT 50+ PROGRAMS

Day Trips & Leisure Travel Opportunities

Kent Senior Activity Center offers a variety of day trips & leisure travel options. Be sure to check out what is coming up at 253-856-5150 or Kent50Plus.com

For information, contact Cindy at 253-856-5162 or email crobinson@KentWA.gov

“North of Fifty” Snow Sports Program

Join us this winter for Downhill Ski, Cross Country Ski and Snowshoe Adventures.

Both day trips and overnight tours will be offered.

• Crystal Mountain Alpine Ski Bus Tuesdays, January-March
• X-Country & Snowshoe Bus Thursdays, January-March

For more information, contact John at 253-856-5163 or emailjfiskum@KentWA.gov

Extended Tours

• Suncadia Resort X-C and Snowshoe January 19-20
• Whistler Resort, BC Downhill Ski, X-C and Snowshoe January 30-February 2
• Sun Peaks Resort, BC Downhill, X-C and Snowshoe February 19-24
• White Pass Downhill, X-C and Snowshoe March 9-10

Winter Fishing Adventures

Olympic Peninsula Guided Winter Steelhead December 7-8

Wynoochee River Guided Winter Steelhead February 8

North Oregon Coast Guided Steelhead March 20

Evening Dances

at the Kent Senior Activity Center
TUESDAYS
$4 All ages
Dancers & Listeners

1st Tuesdays: Swing Dance Kings of Swing, 7:45-9:30 p.m.

2nd & 4th Tuesdays: Ballroom Randy Litch, 7:30-9:30 p.m.

3rd & 5th Tuesdays: Rock’n Roll Andy Burnett, 7:30-9:15 p.m.

Refreshments Provided by:
Farrington Court, Radcliffe Place, Stafford Suites, The Weatherly Inn, Judson Park, The Lakeshore

Fishing Program - Sneak Peek Meeting

Monday, Dec. 12 at 10 a.m.

Learn about our upcoming day trips, overnigheters and Extended Travel Adventures for 2017. Enjoy coffee, pastries, prizes and meet new angling friends. For more info, contact John: 253-856-5163 or jfiskum@KentWA.gov

50+ Fitness Center

• $1.50 drop in 50+ ($3 age 16 to 49)

Note: Guests aged 16 to 49 passes are double cost.

• Personal Trainer for hire

• State of the art aerobics and strength equipment

• Monthly rate discounts available
  1 month: $13.50*
  3 months: $31*
  1 year: $121*

*includes $1 I.T. fee

To register, call 253-856-5150 • webreg.KentWA.gov
ADULT 50+ PROGRAMS

HEALTH & EDUCATION PROGRAMS:
- **Aerobics** Mon., Wed. 10 a.m.
- **Art Classes** Varies
  - Mixed Media, Watercolor, Acrylics
- **Be Well Workshops** Wed. 1 p.m.
- **Chi Gong Video** Thurs. 9:30 a.m.
- **Computers Classes** Varies
  - Keyboarding, Computers 1, 2 & 3, Digital Photography, Internet, Word, Excel, eBay, PayPal, Social Networking, Email
- **Counseling** Mon. individually by appt.
- **Defensive Driving** 2nd Thurs. Fri., 10 a.m. to 3 p.m.
- **General Health Workshops**
  - Hearing, Vision, Fall Prevention
- **Stretch/Strengthening** Tues. Thurs.
  - Beginning 10:15 a.m. Advanced 9 a.m.
- **UKulele Lessons** 1st & 3rd Thurs. 1 p.m.
- **Yoga** Fri. 9:45 a.m.

FUND RAISERS AND SPECIAL EVENTS:
- **Rock ‘n Roll Deli Bingo Lunch Fundraiser** Wed. Jan. 11
- **Firefighters Foundation Lunch** Fri. Feb. 3
- **Kent Place Events**
  - Thurs. March 30 Advanced Tickets
    - Elvis at the Place (Danny Vernon)

OFF SITE ACTIVITIES:
- **Pickleball** Kent Commons
- **Volleyball** Kent Commons

TRIPS, TRAVEL & OUTDOOR PROGRAMS:
- **Day Trips, Local, Regional Tours** TBD
- **Fishing**
- **Golfing** Seasonal
- **Hiking**
- **Regional Overnight Trips** TBD
- **Rafting** (Floats, Whitewater)
- **Skiing** (Downhill)
- **Skiing (X Country)** Seasonal
- **Snowshoeing** Seasonal

SPECIAL INTEREST PROGRAMS:
- **Adult Coloring Club**
  - 1st and 3rd Thurs. 10-11:30 a.m.
- **Alliance for Retired Americans**
  - 2nd Thurs. 1 p.m.
- **Book Club** 1st Wed. 1 p.m.
  - Co-Sponsor: Auburn Meadows
- **Bring Your Own Crafts**
  - Wed. 9 a.m.
- **Deli Bingo** 2nd Wed. 11:30 a.m.
  - Co-Sponsor: GenCare Lodge/Eagle Ridge & Concerto Health
- **Fly Tying**
  - Tues. 9:30 a.m.
- **Free Lunch Door Prize Drawings**
  - Co-Sponsor: The Lakeshore
- **Hooks ‘n Needles**
  - Thurs. 1 p.m.
- **Library**
  - Daily
- **Lions’s Breakfast** Seasonal
- **Poetry Club** 1st & 3rd Fri. 10:45 a.m.
- **Readers Theater**
  - TBD Seasonal
  - Mon. time varies
- **Red Cross Stitchers**
  - Tues. 12:30 p.m.
- **Speedy Readies Book Club**
  - 3rd Tue. Odd-numbered months
- **Woodcarving**
  - Wed. 9:30 a.m.

CARDS & GAME ACTIVITIES:
- **Bridge** Wed. Noon
- **Canasta** Thurs. 10 a.m.
- **Hand ‘n Foot** Wed. & Fri. 12:30 p.m.
- **Mah Jong** Mon. 11:30 a.m.
- **Mexican Train Dominoes**
  - 1:30-4 p.m. Tues. & Thurs.
- **Ping Pong** Mon. & Wed. 1:30 p.m.
- **Pinochle**
  - Tues. 12:30 p.m.
  - Wed. 5:30 p.m.
- **Pool (Billiards)**
  - Daily
- **Whist** Fri. 12:15 p.m.
- **Wii** Mon. & Fri. 12:30-4:15 p.m.

MUSIC & DANCE PROGRAMS:
- **Ballroom Dances**
  - Tues. 1:15 p.m.
- **Ballroom Dances**
  - 2nd & 4th Tues. 7:30 p.m.
- **Hula Dancing**
  - 2nd & 4th Thurs. 1 p.m.
- **Karaoke**
  - 2nd Fri. 10-2 p.m.
  - 4th Tues. 9-11:45 a.m.
- **Koffee Klatch**
  - Mon. 11 a.m.
  - Co-Sponsor: Stafford Suites
- **Line Dancing**
  - Wed. 1:45 – 2:45 p.m. Intermediate
  - 3-4 p.m. Beginners
- **Ring & Swing**
  - Thurs. 1:15 p.m.
- **Rock ‘n Roll Dances**
  - 1st & 5th Tues. 1:15 p.m. 7:30 p.m.
- **Swing Dances**
  - 1st Tues. 7:45 p.m.
- **Juice ‘n Jazz**
  - 1st Tues. 12:30-1:15 p.m.
  - Co-Sponsor: Concerto Health
- **Ukulele Jam Sessions**
  - 1st & 3rd Thurs.
  - Lessons: 1 p.m. Jamming 1:30 p.m.

IN HOUSE SERVICES:
- **Acupuncture** by appt.
- **Alzheimer’s Support Group**
  - 1st Wed. 6:30 p.m.
- **Blood Pressure Monitoring**
  - Tues. 10:30 a.m. - Noon
- **Coffee Bar** Daily
- **Elder Law Clinic (Senior Issues)**
  - 2nd & 4th Fri. 1 p.m. by appt.
- **Fitness Center** Daily
- **Foot Clinic** Tues. by appt.
- **Grief Support**
  - Seasonal Wed. 10 a.m.
- **Hair Cuts** TBD by appt.
- **Health Insurance Counseling**
  - 2nd Mon. by appt.
- **Healthy Smiles Dental**
  - 1st Fri. 4th Thurs. by appt.
- **Legal Clinic (Neighborhood)**
  - Wed. 6 p.m. by appt.
- **LGBT Support**
  - 2nd & 4th Mon. 1 p.m.
- **Massage Therapy**
  - Wed. Thurs. a.m. by appt.
- **Meals On Wheels (Frozen Food)** by appt.
- **Reflexology**
  - Wed. 12:30 – 5 p.m. by appt.
- **Support Group**
  - Mon. 10 a.m.
- **Vision Support Group**
  - 3rd Mon. 1 p.m.

READERS THEATER
- **Knot Quite Write Players**

SPRING PLAYS
- **Mondays, May 8 & 15, 2017**
- 1:15 p.m. $1 at the door

Call for info: 253-856-5164

NOTE: Many activities are free but some events, classes, trips or programs may include fees.

ALL PROGRAMS, ACTIVITIES AND SERVICES HELD AT:
- **Kent Senior Activity Center** • 600 East Smith Street, Kent • 253-856-5150

Kent Parks, Recreation and Community Services Winter 2016/2017 • KentWA.gov
**Kent Commons**
The Kent Commons is a public recreational facility that is home to a wide variety of physical and cultural activities.
Phone: 253-856-5000 
Fax: 253-856-6000 
Direction Line: 253-856-5025 
Website: KentWA.gov/KentCommons

**OPEN PARTICIPATION PROGRAMS**

<table>
<thead>
<tr>
<th>Program</th>
<th>Day</th>
<th>Time*</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball</td>
<td>Tu–Th</td>
<td>11:30 a.m.–1:30 p.m.</td>
<td>Free</td>
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<tr>
<td></td>
<td>M–Th</td>
<td>6 a.m.–10 p.m.</td>
<td>$7/hr.</td>
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<tr>
<td></td>
<td>F</td>
<td>6 a.m.–9 p.m.</td>
<td>$7/hr.</td>
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<tr>
<td></td>
<td>Sa</td>
<td>8 a.m.–9 p.m.</td>
<td>$7/hr.</td>
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</table>

The gymnasiums are also available for team rentals.

**Racquetball 253-856-5010**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time*</th>
<th>Fee</th>
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<tbody>
<tr>
<td>M–Th</td>
<td>6 a.m.–10 p.m.</td>
<td>$7/hr.</td>
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<tr>
<td>F</td>
<td>6 a.m.–9 p.m.</td>
<td>$7/hr.</td>
</tr>
<tr>
<td>Sa</td>
<td>8 a.m.–9 p.m.</td>
<td>$7/hr.</td>
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</table>

Senior citizen rate is $3.50 per hour for selected times only.

**Conditioning Room**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time*</th>
<th>Fee</th>
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<tbody>
<tr>
<td>M–Th</td>
<td>6 a.m.–10 p.m.</td>
<td>$2</td>
</tr>
<tr>
<td>F</td>
<td>6 a.m.–9 p.m.</td>
<td>$2</td>
</tr>
<tr>
<td>Sa</td>
<td>8 a.m.–9 p.m.</td>
<td>$2</td>
</tr>
</tbody>
</table>

Conditioning room pass (unlimited use) $12.50 per month or $37.50 per quarter.
50% off for adults 55+. *All hours are subject to occasional schedule changes.

**SPORTS & FITNESS**

Facilities available for community use within the Kent Commons Community Center include:
Double gymnasium equipped for volleyball, basketball, badminton, etc.
• Fully-equipped conditioning room/Nautilus weight machines, treadmills, stair climbers and exercise bikes
• Handball/racquetball courts
• Mini-gym for exercise and dance classes
• Music room: hourly rate for piano practice
• Showers and coin-operated lockers
• Vending area with snacks and beverages
• Walleyball

**OPERATING HOURS**

- M–Th: 6 a.m.–10 p.m.
- F: 6 a.m.–9 p.m.
- Sa: 8 a.m.–9 p.m.

**Reception Halls, Meeting Rooms, Auditoriums**
The Kent Commons offers six meeting rooms and two reception halls/auditoriums varying in size and able to accommodate groups up to 300. The double gymnasium is also available to rent for larger events. Call 253-856-5000 for availability and rental rates.

To register, call 253-856-5150 • webreg.KentWA.gov
**What Should I Do To Get My Home Ready For Winter?**

With the cooler winter months just around the corner, now is a great time to take measures to ensure that your home is safe and energy-efficient. Here are some do-it-yourself weatherization tips to help prepare your home for the winter ahead:

- Caulk and weather strip doors and windows that leak air
- Caulk and seal air leaks where plumbing, ducting or electrical wiring penetrates through exterior walls, floors, ceilings and soffits over cabinets
- Install rubber gaskets behind outlets and switch plates on exterior walls
- Look for dirty spots in your insulation. Dirty spots often indicate holes where air leaks into and out of your house. Stapling sheets of plastic over these holes and caulk the edges can help.

- **Install storm windows over single-pane windows or replace them with double-pane windows to help reduce draft, water condensation, and frost formation. Heavy-duty, clear plastic sheets affixed tightly inside of window frames can offer a temporary, low cost solution during winter months.**
- **Fireplaces are often one of the worst energy-thieves. When the fireplace is not in use, keep the flue damper tightly closed. This will help to keep heat from escaping through the chimney.**
- **This is also a great time to consider having your furnace serviced. With continued use over time, furnaces get clogged with dust, dirt and hair. Clean furnaces are safer and are more efficient.**

Have you considered a call to Kent Home Repair? For over 35 years, Kent Home Repair has helped keep City of Kent residents safe and healthy by providing minor repairs to homeowner-occupied single family homes, manufactured homes (1976 or newer) and condominiums. To qualify, you must live within the city limits of Kent, have owned your home for a minimum of one year, possess homeowners insurance and meet an income requirement based on household size.

Do you have a question for us? For more information or to get an application, please call 253-856-5065 or visit kentwa.gov/humanservices.

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**Kent Severe Weather Shelter**

The City of Kent, in partnership with Kent Lutheran Church and Catholic Community Services, operates a Severe Weather Shelter (SWS) during the winter months (November through March). This shelter is located at:

**Kent Lutheran Church**  
336 2nd Ave South

The SWS is activated by the City of Kent Housing and Human Services Division anytime temperatures fall below 32 degrees for 24 or more consecutive hours AND/OR snow accumulation exceeding 3 inches in depth AND/OR other conditions deemed severe enough to present a substantial threat to life or health of homeless persons.

All are welcome! Priority is given to homeless families with children who are living on the streets or in vehicles or who are without power at their homes, but the SWS is also available for unaccompanied women and men; separate sleeping space has been prepared for men, women, and for families with children.

The SWS is operated by Catholic Community Services staff and volunteers from Kent Lutheran Church and the greater Kent community. All must register at the door. As with all shelters, rules for the health and safety of clients, staff and the broader community will apply.

Volunteers are needed, so if you are interested in helping please contact Kent Lutheran Church directly at (253) 852-2057.

The city will also open day time warming shelters to assist those who are without power and heat in their homes during winter storms. The following locations are typically open to the public:

- Kent Commons: 525 4th Ave. N.
- Kent Senior Activity Center: 600 E. Smith St.
- Kent City Hall: 220 4th Ave. S.

There are shelters open in Renton, Federal Way, Auburn, Bellevue, and Seattle. Please contact the Crisis Clinic by dialing 2-1-1 to access shelter information in these other areas.

Contact: Christine Cain, Housing & Human Services  
253-856-5070  •  ccain@KentWA.gov
ARBOR DAY IN KENT

For corporate work groups, students looking for fun ways to accumulate community service credits, scouts earning badges, faith communities, clubs and individuals who enjoy making a difference in just a few hours!

November 19: Arbor Day at Riverview Park

It’s time to plant trees! Join us at beautiful Clark Lake Park as we celebrate our commitment to these vital community assets. Come be part of something bigger than all of us - trees! All ages and abilities are welcome.

Mark your calendars, and register online by noon at least three days before each event:

KentWA.gov/ComeVolunteer or call 253-856-5114

KENT COMMUNITY GARDEN – 20 Years of Growth!

In 2017, the Kent Community Garden will celebrate 20 years of fresh food, flowers, friends and physical activity! We sincerely thank all of our past and present gardeners for taking part in this great program. We are also grateful to the LDS Bishop’s Storehouse and Cannery of Kent, which has generously hosted the garden on their property since the very first season - thank you!

Season: April 1 to October 30, dawn to dusk.  
Plots: Approximately 20’x 20’  
Location: 64th Avenue S and James Street  
Cost: $45 plus $25 refundable deposit

Registration for returning gardeners starts in late February, followed by open registration in mid-March. Visit KentWA.gov/garden or call 253-856-5111 for more information.
Reservation Policy

- Reservations start February 6, 2017.
- Please call 253-856-5000 for park rentals.
- Payment is due upon receipt of application.

Park Use Fees

Park use fees are based on the number of people attending the event and for each picnic shelter required for the size of group.

<table>
<thead>
<tr>
<th>Daytime/Evening Rental</th>
<th>All Day Rental</th>
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<tr>
<td>(9 am to 2 pm, 3 pm to dusk)</td>
<td>(9 am to dusk)</td>
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<tr>
<td>1 to 60 guests</td>
<td>$100</td>
<td>$175</td>
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<tr>
<td>61 to 120 guests</td>
<td>$200</td>
<td>$350</td>
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<tr>
<td>121 guests or more**</td>
<td>$250</td>
<td>$450</td>
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If a group exceeds the capacity limit of requested shelter, group will be required to reserve an additional shelter.

**Groups larger than 120 guests must have prior approval from Parks Rental Coordinator.

Additional fees may be assessed depending on the type of activity/event planned.

Reception Hall Rental Facilities

The following rooms and facilities are a great place for a wedding reception, birthday party, holiday event, or company meeting. For more information, call 253-856-5000 or the number noted.

Kent Commons
525 Fourth Avenue N. • Call 253-856-5000.
  • Crystal Mountain Hall
  • Multi-Purpose Room #1 or #2
  • Green River Room

Kent Memorial Park Building
850 N. Central.

Kent Senior Activity Center (above)
600 E. Smith St. • Call 253-856-5150.

In addition to the many parks that the public can enjoy without charge, City of Kent Parks, Recreation and Community Services has park facilities that can be rented for picnics, meetings, family parties and athletic events. Stop by the Kent Commons building, 525 4th Ave. N., Kent, or call 253-856-5000 for information.
To register, call 253-856-5000 • webreg.KentWA.gov
**KENT PARKS, RECREATION AND COMMUNITY SERVICES—PROGRAM REGISTRATION FORM**

Parent/Account Holder’s Name: ________________________________

Address: ____________________________________________________

City: ___________________________ Zip: ______________

206 253 360 425 206 253 360 425 206 253 360 425

Home Phone: ___________ Mom Work Ph: ___________ Dad Work Ph: ___________

E-Mail Address: ______________________________________________

[ ] Check if new address  [ ] New phone

Ethnicity/Race (Optional) Please select one:  [ ] Asian  [ ] Black or African American  [ ] Hispanic or Latino  [ ] White  [ ] Native Hawaiian or other Pacific Islander  [ ] American Indian or Alaska Native  [ ] Other  [ ] Two or More Races

<table>
<thead>
<tr>
<th>Participant Name</th>
<th>Birthdate</th>
<th>M/F</th>
<th>Grade</th>
<th>School</th>
<th>Course #</th>
<th>Class/Program</th>
<th>Dates</th>
<th>Days</th>
<th>Times</th>
<th>Fee</th>
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**Help support your community by making a tax-deductible donation to:**

- [ ] Special Gifts for Special Needs: Supports Adaptive Recreation activities.
- [ ] Scholarship Fund: Supports qualified low-income families participating in Recreation programs. *Thank you!*

CLASS/PROGRAM TOTAL:

SPECIAL NEEDS DONATION:

SCHOLARSHIP FUND DONATION:

*Effective 2012 a $1 technology fee is being applied to support systems that provide convenience and efficient service delivery.*

**CLASS/PROGRAM TOTAL:**

**SPECIAL NEEDS DONATION:**

**SCHOLARSHIP FUND DONATION:**

$1.00

Card #  Expiration Date

(Please indicate card and number)

Mail fee and registration form to: Kent Parks, Recreation & Community Services, Kent Commons Registration 525 Fourth Ave. North • Kent, WA 98032-4497 Phone: 253-856-5000 • Fax: 253-856-6000

DO NOT SEND CASH

**Signature of Participant (Parent/Guardian, if minor)** __________________________

Date: ____________________________

____________________________

Signature of Participant (Parent/Guardian, if minor) Date

____________________________

____________________________

Signature of Participant (Parent/Guardian, if minor) Date

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**CLASS/PROGRAM TOTAL:**

**SPECIAL NEEDS DONATION:**

**SCHOLARSHIP FUND DONATION:**

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**CLASS/PROGRAM TOTAL:**

**SPECIAL NEEDS DONATION:**

**SCHOLARSHIP FUND DONATION:**

$1.00

Card #  Expiration Date

(Please indicate card and number)
**ECRWSS**

**Residential Customer**

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**REGISTRATION INFORMATION**

**MAIL IN**

Send form and payment to Kent Commons Registration, 525 Fourth Ave. N., Kent, WA 98032-4497. Make checks payable to City of Kent. Allow 3 days for mail delivery. Do not send cash.

**FAX**

Fill out registration form. Include V/MC number and expiration date. Send to Kent Commons at 253-856-6000 24 hours/day (will be processed the next working day; handled as mail-in registration).

**PHONE IN**

253-856-5000 Have charge card and guide handy! Fill out form before you call Monday-Thursday 6 a.m.-10 p.m., Friday 6 a.m.-9 p.m., Saturday 8 a.m.-9 p.m.

**WALK IN**

Kent Commons, 525 Fourth Ave. N. (Corner of 4th and James) Monday-Thursday 6 a.m.-10 p.m., Friday 6 a.m.-9 p.m., Saturday 8 a.m.-9 p.m.

**ONLINE**

Visit our website at webreg.KentWA.gov 24 hours a day! Have V/MC number, expiration date, client number and family PIN handy.

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**POLICY**

1. Register early to ensure likelihood of placement in class of first choice.
2. Registration is processed on a first come, first served basis.
3. For mail in or FAX registrations, you will be called for second choice if class is filled.
4. Confirmations are available upon request.
5. The Department has the right to change content and provision of classes.
6. There will be a $25 fee for returned checks.

**REFUNDS/CREDITS**

1. Full refunds will be given for any classes postponed, rescheduled or cancelled by the Department.
2. A $5 service fee will be deducted from every approved refund.
3. Credit for the full registration may be issued in lieu of a refund. Credits will remain on your account for one year, at which time you will receive a refund for any amount over $25.
4. Three days notice prior to class start date required on all requests for refunds or transfers.
5. No refunds will be given after one-half of program is over.
6. No refunds/transfers will be given for one-day workshops or classes once completed – no exceptions.
7. Some programs have specific refund policies. Please check prior to registration.

**SPECIAL NEEDS**

1. People with special needs are encouraged to participate in any program.
2. If you have needs requiring special services, indicate this on registration form. For TDD users, call 1-800-833-6388; Telebraille, 1-800-833-6385; and Voice, 1-800-833-6384. This service is provided by Washington State Telecommunications Relay Service at no cost except long distance charges.

**ACCESS TO RECREATION/SCHOLARSHIPS**

Kent Parks, Recreation and Community Services is dedicated to enriching lives. A goal within that mission is to ensure that every pre-school child and school-age youth residing within the City of Kent or Kent School District has full access to a wide variety of recreational opportunities regardless of family income or ability to pay.

Applications for assistance are available at the Kent Commons. Residency and other restrictions apply—please call 253-856-5000 for more information.