



**Des Moines Creek Trail Waterland Connection  
Opening Celebration at Des Moines Beach Park  
October 6th at 1:30 p.m.**

The City of Des Moines is pleased to announce the opening of the final mile of the Des Moines Creek Trail completing the trail from the Marina through Beach Park following Des Moines Creek to its terminus at South 200th Street in SeaTac. Trail amenities include a 12 ft. wide paved trail surface with gravel shoulders, trail signage, rest areas, benches, picnic tables, trash cans, drinking fountains, bike racks, new waterfront trail and pedestrian bridge railings and the widening of the Beach Park entrance for safe pedestrian trail access. Trail parking is available within the Des Moines Beach Park and Marina north parking lot.

beach, tidelands, pier and boating facilities with unobstructed waterfront views of Puget Sound. As the cornerstone of the South King County Lake to Sound Trail System, it will eventually connect to Lake Washington by linking to the Westside Trail in SeaTac, the Green River and Interurban Trails in Tukwila and the Two Rivers Trail in Renton.



The completed bicycle and pedestrian trail winds through more than 2 linear miles of heavily forested salmon bearing creek habitat and another half mile of contiguous public

Although the Des Moines Creek Trail has been a top priority of City Council-adopted plans including the Parks, Recreation and Senior Services Master Plan, the Des Moines Comprehensive Plan, the Beach Park Master Plan, the Marina Master Plan and the Comprehensive Transportation Plan, completing the trail was not easy! More than a decade of multi-jurisdictional collaboration was needed between the cities of Des Moines and SeaTac, the Port of Seattle, WSDOT, King County and Midway Sewer District and other utilities along with agreement by the Corps

of Engineers; Tribes; State Departments of Ecology, Fish and Wildlife, and Archaeology and Historic Preservation to complete many well planned and well timed projects to detain and reduce the flow of surface water entering and flooding the creek from the Airport and upstream development and to remove barriers that blocked creek and trail passage near the mouth of the Des Moines Creek.

*Continued on page 8 "Trail"...*

**"Share the Des Moines  
Creek Trail"**

*Etiquette for a fun and safe trail experience*

- Show courtesy to other trail users at all times.
- Respect the rights of property owners.
- Bicycles must yield to pedestrians.
- Give audible warning when passing pedestrians or other bicyclists.

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## DES MOINES DIRECTORY

City Hall  
21630 11th Avenue South

206-878-4595

**Business Hours: Monday – Friday**  
8am – 4:30pm  
[www.desmoineswa.gov](http://www.desmoineswa.gov)

### City Council

City Council meets 1st, 2nd and 4th  
Thursdays at 7:30 p.m.  
Bob Sheckler, Mayor  
Dave Kaplan, Mayor Pro Tem  
Melissa Musser  
Matt Pina  
Carmen Scott  
Dan Sherman  
Scott Thomasson

### City Offices

City Attorney.....	206-870-6553
City Clerk.....	206-870-6519
City Manager.....	206-870-6541
Planning/Building.....	206-870-7576
Engineering.....	206-870-6522
Finance Director.....	206-870-6512
Marina.....	206-824-5700
Municipal Court.....	206-878-4597
Parks.....	206-870-6559
Police Department.....	206-878-3301
Public Works.....	206-870-6559
Recreation.....	206-870-6527
Senior Services.....	206-878-1642

### Other Numbers

Emergency.....	911
Animal Control.....	206-870-6549
City Job Line.....	206-870-6593
Field House.....	206-870-6527
Fire (non-emergency).....	253-839-6234
Library, Des Moines.....	206-824-6066
Library, Woodmont.....	253-839-0121
Police (non-emergency).....	206-878-3301

### Utilities and Services

Allied Waste.....	206-682-9735
Comcast.....	877-778-7008
Highline Water District.....	206-824-0375
Lakehaven Wtr/Sewer.....	253-941-1516
Midway Sewer District.....	206-824-4960
Puget Sound Energy.....	800-321-4123
Qwest.....	800-573-1311
SW Suburban Sewer.....	206-244-9575
Water District #54.....	206-878-7210

CALL BEFORE YOU DIG:

Utility Locates:..... 800-424-5555

## Des Moines City Council



Bob Sheckler  
Mayor



Dave Kaplan  
Mayor Pro Tem



Melissa Musser  
Councilmember



Matt Pina  
Councilmember



Carmen Scott  
Councilmember



Dan Sherman  
Councilmember



Scott Thomasson  
Councilmember

## City Council Highlights

### Held the following public hearings:

- Waterview Crossing Project
- 2011-2030 Transportation Improvement Plan.
- Vacation of public right-of-way and surplus interior streets in the 89 acre Des Moines Creek Business Park.
- Adopted Marina District Design Guidelines.

### Appointments:

- Appointed Melissa Ponder and Robin Lamoureaux to three year terms on the Library Board.

### Approved the following agreements/bids/contracts:

- Approved the Wall Lease Agreement for Honoring Aging Mural.
- Extended the Comcast Communications Franchise.
- Approved SW King County Economic Development Initiative (SKCEDI) Business Attraction Program.
- Approved agreement with Des Moines Rotary Club for the July 4, 2010 Fireworks Over Des Moines.
- Awarded the construction contract for the South 216th St. project, between Marine View Drive and 11th Ave. S., to Tucci and Sons, Inc.
- Created a full-time elected position for Des Moines Municipal Court Judge effective January 1, 2014.
- Approved Interagency Agreement with Highline Community College for support of Small Business Development Center.
- Approved Interlocal Agreement for the Joint Human Services Funding Program.

- Approved the Interlocal Agreement between City and the Highline Water District regarding improvements to the North Twin Bridge on 16th Ave. S.; the Consultant Agreement to provide Construction Management and Inspection Services on the North Twin Bridge Improvement Project with Exeltech Consulting, Inc; the agreement with Puget Sound Energy for improvements to the North Twin Bridge on 16th Ave. S.; and awarded the construction contract for North Twin Bridge Improvement project to C.A. Carey Corporation.
- Approved request to submit an application to Washington State Historical Society in the amount of \$950,000 for the Des Moines Beach Park Historic Buildings Rehabilitation Project
- Approved submittal of the Public Health Putting Prevention to Work Healthy Eating and Active Living grant in the amount of up to \$800,000 on behalf of the City of Des Moines in partnership with Burien, SeaTac, and Normandy Park.
- Established a City Employee Wellness Program.
- Approved consultant agreements for on-call Civil Engineering Services.
- Approved WSDOT Right-of-Way Acquisition Procedures; awarded the construction contract for Lower Des Moines Creek Improvements Project to KC Equipment, LLC.
- Approved contract with Water District #54 for the construction of the Downtown Water System Improvement Project.

## Honoring Aging Mural Dedication September 25th

The Des Moines Arts Commission, with project partner Des Moines Legacy Foundation, will dedicate the new mural "Honoring Aging" in the Marina District downtown Des Moines on Saturday, September 25th at 10:00 a.m. Artist Chandelle Anderson began painting the 32' by 12' mural in June and will complete the artwork in time for the city's inaugural Poverty Bay Arts Festival also on that day. The mural is painted on a building owned by the Yee family, who has agreed to host the painting for 10 years.

The Des Moines Arts Commission has been successfully pursuing their mission to provide leadership in establishing cultural opportunities to improve the quality of life, enhance the

aesthetic environment and to promote Des Moines as a center for great arts. In three years the commission has made notable strides in providing cultural experiences and visual arts opportunities to our waterfront community, including implementing The Waterland Music and Arts Series, completion of the waterfront mural project "The Spirit of Des Moines" and the sponsorship of outdoorsummer concerts and performing arts events at Des Moines Beach Park. For more information regarding the mural or how to get involved with Des Moines

Arts, please go to [www.desmoineswa.gov/artscommission](http://www.desmoineswa.gov/artscommission) or call the Parks, Recreation and Senior Services office at 206-870-6527.



## 1st Annual Poverty Bay "Blues & Brews" Festival in Des Moines September 25<sup>th</sup>

The Rotary Club of Des Moines will host the inaugural Poverty Bay Blues and Brews Festival, Saturday, September 25th, from Noon to Dusk at the Des Moines Beach Park to help raise money for local school music programs through a partnership with Music4Life.

The festival will highlight local blues acts – Dudley Taft, Becki Sue and her Big Rockin' Daddies!, The Stacy Jones Band, The Cold Shot Band, and Rod Cook. It will also feature several local craft breweries, such as Big Al's and the Elliot Bay Brewing Company, to name a few. Food vendors will also be on hand to compliment the brewery's libations, including grilled bratwurst, roasted corn-on-the-cob and B & E Market's famous tri-tip steak.

According to the festival coordinator and Rotarian, Veronica Alicea-Galvan, the program is a collaboration between the Rotary Club, Highline Public Schools, and many individuals and businesses to expand music education for all the children of the Highline School District through our partnership with Music4Life.

"If you love listening to great music, eating fantastic food, drinking excellent beer, and supporting our local school's music programs, then Des Moines is the place to be on September 25th," said Alicea-Galvan. "The stage will be set-up with Poverty Bay as the backdrop, so it should make for a wonderful event."

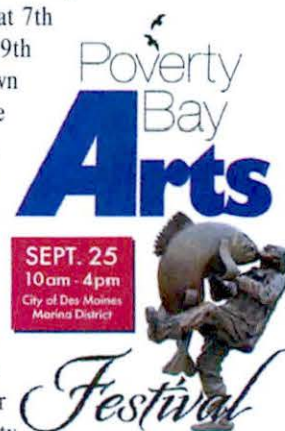
According to Alicea-Galvan, there will be plenty of free parking and a shuttle between the festival and other events taking place in Des Moines that day – the Poverty Bay Arts Festival and the Farmer's Market.

Tickets are \$20 and can be purchased online at [www.brownpapertickets.com](http://www.brownpapertickets.com) or at Corky Cellars on Marine View Drive. Due to the nature of the event, it is for adults 21-years-old and older with proper identification.

## 1st Annual Poverty Bay Arts Festival September 25<sup>th</sup> in Downtown Des Moines

*Featuring Dedication of 'Honoring Aging' Mural*

Join the fun in Des Moines on September 25th, 10am - 4pm, at the inaugural Poverty Bay Arts Festival. See a variety of art displays, including paintings, jewelry, beadwork, photography, and more. Meet professional and emerging local artists, who will display their art for your pleasure and purchase in downtown businesses and galleries. Featured artwork will include professional displays, as well as works from students at Highline Community College and Des Moines schools, plus musicians, dancers, actors and entertainment throughout the downtown Marina District. Come and participate or share the experience of the Poetry Slam at Auntie Irene's and a Dedication Ceremony for the new mural at 7th Avenue S. and S. 219th Street. Up and down Marine View Drive and 7th Avenue, you and your family will enjoy the days' events. Don't miss it! This event is hosted by Des Moines Arts Commission and major sponsor Highline Community College Associated Students. Event details at [povertybayartsfestival.com](http://povertybayartsfestival.com).



### Parking Solutions Sought for Highline Community College

Based on current enrollment numbers, it appears Highline Community College could see another record year when classes begin on September 20, 2010. City staff has been meeting with the College to work on solutions related to overflow parking concerns that impact the surrounding neighborhoods. The highest impact to traffic and parking will be during the first two weeks of school, from Sept. 20-Oct. 1. Some of the immediate solutions being worked on include: working with Metro to promote the new Rapid Ride bus service beginning on October 2nd, as well as more aggressive commute trip reduction marketing, outreach and promotion, advertising in the *Thunderword* student paper for alternative transportation options, and pursuing the possibility of “renting” parking spaces from nearby commercial businesses. If you have further questions about enrollment or parking concerns, please contact Pelin Erel at 206-878-3710 ext.3281 or [perel@highline.edu](mailto:perel@highline.edu).



### Des Moines Minor Home Repair Program

Funding is now available for Minor Home Repairs \*  
 Services are being offered to low/moderate income residents who have owned their home for at least one year.

(Some restrictions apply, please call for details)

**Call the Code Enforcement Office at 206-870-6558**

\*Funded by King County Community Development Block Grant dollars

### Marina District Planning Update

Over the past several months, the City Council Finance and Economic Development Committee and staff have been working on planning and economic development initiatives for the Marina District. This work has been guided by the Vision and Mission adopted for the neighborhood, as well as input from our citizens and leaders in the business and development communities. Overarching goals are to:

1. Focus public investments in opportunity areas to stimulate economic investment in the area:
  - Central gateway – S. 223rd St. & 7th Avenue S.
  - North gateway – S. 216th & Marine View Drive
  - South gateway – S. 227th St. & Marine View Drive
2. Facilitate and/or incentivize development of economically viable mixed-use projects to:
  - Increase the number of people living in and using the Marina District.
  - Foster the creation of independent local businesses.
  - Increase retail, restaurant and entertainment opportunities.
3. Enhance the area’s identity by branding the Downtown Neighborhood as the “Marina District”.
4. Market existing and future assets such as the Marina, Beach Park, the variety of shops, restaurants, and other businesses, Des Moines Elementary School, Highline Community College and interesting views.

A number of strategies have been identified as a means to overcome development obstacles and promote economic investments in the Marina District. These include, but are not limited to, evaluating permitted uses, building heights and setbacks, urban design, traffic, and parking. In the coming months, staff will be developing some block models of the three opportunity areas to help visualize what these areas could look like in the future under existing and optional zoning scenarios.

### City and Water District 54 Agree on Downtown Water System Project

The City of Des Moines and Water District No. 54 have developed an agreement for installing a new water system within the downtown area, paving the way for new projects that could bring exciting renovations to the downtown and marina districts. Although the existing system is able to provide adequate fire flow to existing properties, the new water main system will be able to meet fire flow requirements for any future development, as well as provide a more robust water system for the entire downtown area.

A new 12-inch water main would be located under the west sidewalk of Marine View Drive from S. 219th St. to S. 227th St. (with the exception of the block between S. 223rd and S. 225th Streets where the main would be located within the street parking area). New 12-inch mains are also planned between Marine View Drive and 7th Avenue within the side streets of S. 220th, S. 222nd, S. 225th and S. 226th. No property service connections are planned with this project.

Anticipated work involves installation of the water mains, replacement of sidewalks, driveway approaches, handrails, minor paving within Marine View Drive and a half-street pavement overlay within the four side streets. The duration of the project is estimated at 3-4 months and is expected to begin next spring. Project cost is estimated at \$1.2 million and will be funded using \$486,000 of federal grant funds as well as Water District capital improvement funds.

For additional information regarding this project, please contact Loren Reinhold at 206-870-6524 or Water District 54 at 206-878-7210.

### We Need Your Help



With fall comes “falling leaves” which cause problems for citizens and City work crews. They clog street drainage systems. The City increases the street sweeper’s schedule for fall and winter. Crews are on alert for clogged drains and do their best to keep them clean, but we need the HELP OF ALL CITIZENS to remove leaves from the storm grates and catch basins by your property. Please **DO NOT RAKE OR BLOW** your leaves into the street gutters.

Thank you in advance for your diligence.

### Des Moines Transportation Gateway Project Update

The Transportation Gateway Project will improve S. 216th Street between 29th Avenue S. and 18th Avenue S. and 24th Avenue S. north of S. 219th Street providing the needed transportation capacity for planned growth in the North Central and Pacific Ridge neighborhoods. The design is 85% complete.

When the project advances into construction in about a year, these roadways will be transformed into "complete streets" with two additional travel lanes, turn lanes, bicycle lanes, curbs, gutters, sidewalks, planter strips and a pedestrian friendly streetscape that shines on this major gateway to the City.

The City continues to work with the Port of Seattle and WSDOT to secure much of the required right-of-way and complete environmental reviews. Steps which follow include finalizing roadway design and drainage systems, wetland studies, right-of-way planning, appraisals and eventually property acquisition. Right-of-way acquisition and construction is subject to available funding and the City is continuing to pursue state and federal grants. Frontage improvements and/or fees will be required as adjoining properties develop, which is expected to offset a significant portion of the costs.

The City sponsored several open houses to invite the public to participate in the project. The project is supported by a preconstruction loan from the Washington State Public Works Trust Fund. For more information or project updates, call 206-870-6525 or visit [www.desmoineswa.gov/tgp](http://www.desmoineswa.gov/tgp).

### North Twin Bridge Improvements Underway – Partial Road Closure Necessary

A contract was recently awarded to C.A. Carey, Inc. for work on the North Twin Bridge located on 16th Avenue S., just south of S. 250th St. Improvements will include footing repairs, seismic upgrade, and a widened sidewalk on the west side of the bridge. Construction management will be overseen by Exeltech. The City received a bridge rehabilitation grant to cover the majority of the costs associated with these repairs, predicted at approximately \$2.5 million. About 20% of the project costs will come from local revenue sources.

The project is expected to be completed by the end of 2010. Unfortunately, a road closure will be required through much of the major construction. During construction, the bridge will be closed to both north and south bound traffic. After some critical work has been completed, north bound traffic will be opened, but south bound traffic will continue to be detoured to either Pacific Highway South or Marine View Drive. The detour could be in effect for up to four months. Please watch the signage.

A PSE gas line will be disconnected and rerouted during the summer window; but must be reconnected by the end of September.

Updated information will be available throughout the project on our web site at [www.desmoineswa.gov/bridge](http://www.desmoineswa.gov/bridge).

If you have questions about this project, please contact Dan Brewer at 206-870-6581.

### Lower Des Moines Creek Improvements Project

To help minimize flooding in the lower section of Des Moines Creek (within Des Moines Beach Park), several creek improvements are scheduled this summer and will be completed in late September. The work involves dredging approximately 800 feet of the lower channel and removal of nearly 1,500 cubic yards of material that has deposited in the channel and has significantly reduced the channel's capacity. The channel will also be widened to 20 feet from the vehicular bridge to just downstream of the Dining Hall building. A 115 foot long flood wall and a 175 foot long earthen berm will also be added along the northern stream bank to contain the flows within the modified channel. The project also includes stream habitat enhancements upstream of the vehicular bridge.

For additional information regarding this project please contact Jason Sullivan at 206-870-6551.

**Fall Residential Recycling Event**  
**at the Des Moines Marina October 30th**  
 Watch your mail for additional information.



### RapidRide Coming to Des Moines October 2nd!

Beginning Saturday October 2nd, a new transit service will launch on Pacific Highway South from Federal Way to Tukwila. The King County/Metro service is named RapidRide and was part of the "Transit Now" initiative adopted by voters in 2006. The "A Line" is the first of six RapidRide routes to be launched over the next three years. Arriving every 10 minutes during the busiest morning and evening travel hours, the specially-designed buses will have low floors and three doors, so people can get on and off quickly. A new fare payment system will allow riders with passes to pay as they enter any door.

The new route will replace Metro's Route 174 operating along Pacific Highway S/ International Boulevard between the Federal Way Transit Center and Sound Transit's light rail station in Tukwila. Newly designed shelters, signs and buses will look different from those on regular Metro service. Additionally, key signals along the corridor will be equipped with Transit Signal Priority (TSP) which will allow for real-time signal timing modifications to improve the travel time along the corridor.

No timetable needed...buses will operate almost 24/7, arriving every 10-15 minutes during most of the day. Lighted RapidRide bus stops will be placed where most riders gather, spaced at easy walking distance along the corridor. Metro Transit Police will often be present on buses and at bus stops. For more information, visit the website for RapidRide at [www.kingcounty.gov/transportation/kcdot/MetroTransit/RapidRide](http://www.kingcounty.gov/transportation/kcdot/MetroTransit/RapidRide).



## Jail Construction Moving Along

Utility work, foundation footings, under slab work, wall panel erection and roof structure work are all well underway on the South Correctional Entity (SCORE) misdemeanor jail facility being constructed at 20817 17th Ave. S. This multi-jurisdictional project involves the cities of Des Moines, Auburn, Burien, Federal Way, Renton, SeaTac and Tukwila. Site work

for this 156,248 sq. ft. facility began in August of 2009 and construction began in December of 2009. Project completion is scheduled for September of 2011.

Please visit the SCORE website at [www.scorejail.org](http://www.scorejail.org) for updated information and pictures of the construction progress.



## S. 216th Street Sidewalk Project Update

The S. 216th sidewalk project continues to make progress. This project will improve S. 216th St. from Marine View Drive S. to 11th Avenue S. by providing for the undergrounding of overhead utilities, the installation of a new water main for Water District #54, curbs, gutters and sidewalks, new street lights, and bike lanes on both sides of the street. The project will also make improvements to the existing curve at the bottom of S. 216th. The curve approach will be made less steep, and the curve itself will be more gradual and will be moved to the south.

Construction began on April 26, 2010, with the demolition of the former carwash building. Tucci and Sons, Inc. is the prime contractor. As of late June, the new Water District #54 water main has been installed and the contractor is now working on undergrounding the overhead utilities. The majority of the work on this project should be completed by the end of October, however, final paving may have to wait until spring 2011 when the weather is favorable for this work.

Your patience during this construction period is appreciated. For additional information on this project, please call Scott Romano at 206-870-6539.

## Historic SR 509 Right-of-Way Land Acquisition Update

On May 27, 2010, the City submitted an application to WSDOT requesting a portion of the old SR 509 right-of-way for a road extension of 16th Avenue S. between S. 216th Street and S. 220th Street. Conversations with WSDOT have indicated that they have provided initial approval to transfer this section.

The City is also working with WSDOT to request a land transfer for the Barnes Creek Trail from Kent- Des Moines Road to S. 220th Street. More information can be found on the City's website at [www.desmoineswa.gov/509](http://www.desmoineswa.gov/509) or contact Amy Swartz at [aswartz@desmoineswa.gov](mailto:aswartz@desmoineswa.gov) or 206-870-6592 if you have any questions or comments.

## Animal Control

As of July 1st, the City of Des Moines is no longer contracting with King County Animal Control for any animal sheltering. The Des Moines Police Department has had its own Animal Control Officer for many years and so those services will remain the same -- providing service for vicious/dangerous dog problems, dog bite reports, animal cruelty investigations, dog and cat licensing, nuisance animal complaints, lost and found pet reports, enforcement of animal control laws, rescue of sick/injured domestic animals, animal care and control education, and referral to other animal service agencies.

The City has entered into contracts with local agencies, which include a boarding kennel and four veterinary hospitals, for animal care and shelter services; pets impounded from Des Moines are now being cared for at one of those facilities instead of the King County Animal Control shelter.

### What to do if you have lost a pet, found a pet, need to place your pet in a new home, or have an animal emergency:

- Citizens who find a pet in the city limits of Des Moines should contact the Animal Control Division of the Police Department 206-870-6549 or 206-878-3301 regarding care and possible impoundment of the animal.
- Citizens who have lost a pet should check all area shelters and police departments, as pets

can roam and cross into other jurisdictions.

- Citizens thinking of placing their own pet in a new home may call the Animal Control Officer for resources and assistance to help keep their pet; however, if there is no other option, they should contact area rescue groups, area shelters, and Petfinder.com for possible placement assistance.
- And as always, if a public safety emergency is occurring such as an in-progress vicious dog attack, citizens should call 911.

Adoptions of friendly, healthy pets will also be offered on occasion through the Animal Control Division of the Police Department. Thankfully, most impounded pets are claimed by their owners, but on occasion there may be a pet available for adoption at one of the local vendors. Des Moines pet adoptions will also be occasionally offered through area rescue groups, local media, PetSmart stores, and Petfinder.com.

For additional information regarding the changes in animal sheltering, please contact Master Animal Control Officer Jan Magnuson at [JMagnuson@desmoineswa.gov](mailto:JMagnuson@desmoineswa.gov) or 206-870-6549.





## Des Moines Arts Commission Brightens Community

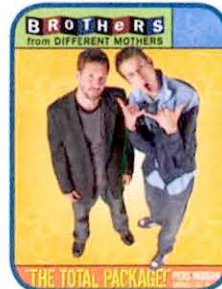
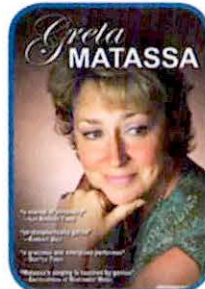
The Des Moines Arts Commission was officially re-established in January 2008 with the task of creating cultural opportunities and advising the City in matters of the arts. In a little over three years, the group of volunteers has proven up to the task and then some, by aggressively establishing a variety of arts programs that have evolved into a well rounded offering of cultural and arts opportunities. Significant accomplishments include completion of two mural projects, hosting countless arts events, contributing music and entertainment including a summer concert program and adding a Shakespeare in the Park performance. As the Commission continues to evolve, big things are in store for arts in Des Moines, with the potential to bring regional attention to the community.

Find the Des Moines Arts Commission at [desmoineswa.gov/artscommission](http://desmoineswa.gov/artscommission) or friend Des Moines (WA) Arts Commission on Facebook. Contributions are vital for the Commission's continued success. To help support Arts in Des Moines, visit our website and become an official Friend of the Arts with a tax deductible contribution.

### 2010-11 Waterland Arts & Music Series

Premium fine arts entertainment is featured in this unique series bringing memorable and intimate performances to Des Moines. These varied performances should have something for everyone. Advance tickets available September 1st at the Des Moines Field House. Performances will be held in the Artist-Lecture Center, Bldg. 7 at Highline Community College. Doors open at 7:00pm, Performance at 7:30pm. Please note that photos are not permitted. Pricing: \$15 per show (\$30 for the series) or \$5 for students (elementary through college)

Performance Group	Date	Style	Website
Anzanga	Tuesday, Nov. 16th	Marimba	<a href="http://socialdesign.org/anzanga">socialdesign.org/anzanga</a>
Greta Matassa	Tuesday, Feb. 22nd	Vocal Jazz Trio	<a href="http://gretamatassa.com">gretamatassa.com</a>
Brothers from Different Mothers	Tuesday, April 26th	Comedic Juggling	<a href="http://Differentmothers.com">Differentmothers.com</a>



### Des Moines Youth Talent & Fashion Show

The Des Moines Arts Commission introduces a fresh three part program on Friday, October 22, 2010 at Mount Rainer High School (22450 19th Ave. S.) at 7:30 pm. Dubbed, "The Des Moines Youth Talent Show, Shabby Chic Fashion Strut and Pee Wee Promenade", the evening is a chance for local youth to show their creative talents and fashion savvy to the community. The **Talent Show** will offer cash prizes and the competition is open to students Kindergarten-21 years with student ID. Performers must audition. The **Shabby Chic Fashion Strut** will give kids a chance to show off "budget bling" using 3 or more thrift store fashion items. The **Pee Wee Promenade** is for 5 and under youth decked out in their finest. With Halloween around the corner, costumes are welcome. Everyone is a winner in the promenade.

Entries are \$5.00 per category. Pre-registration required by 4 pm, Friday, Oct. 15, 2010, at Des Moines Parks and Recreation, 1000 S. 220th St., Des Moines, WA 98198. Tickets for the program are \$10/adults and \$5/youth (2 to 21). Tickets are available at the door and at Des Moines Parks and Rec. For more information, call 206-870-6527. Funds raised support arts and cultural events including the Beach Park Summer Concert Series, the Poverty Bay Arts Festival, and the Waterland Arts & Music Series.

### Surface Water Management News

The City of Des Moines wishes to thank the **5th Grade of Nautilus Elementary School** in Federal Way, including Ms. Torres and staff, for their recent contribution of time and energy to clean debris from Redondo Creek.

This group did an outstanding job. THANK YOU!

#### Summer Volunteers Needed

Need a summer project? You can volunteer to be a Drainage Ranger. For more information call 206-870-6869.

#### Having a Car Washing Fundraiser?

Remember to check out a carwash kit for your project in advance of the event. Kits are limited and available on a first come-first served basis.

Thank you for your efforts in preventing pollutants from discharging into our streams and Puget Sound. For more information call Ruth Famurewa at 206-870-6869.



...Continued from page 1 "Trail"

Funding and support for trail design and construction was made possible by the City of Des Moines, Des Moines Creek Basin Committee, Midway Sewer District, Washington Department of Transportation, Recreation and Conservation Office-Washington Wildlife and Recreation Program, Puget Sound Regional Council and from the Federal Highways Administration.

"This federal support is the seed money that helps our communities grow," said U.S. Senator Patty Murray. "I am proud to have helped steer this funding to community-supported projects here at home." Senator Murray chaired the Transportation Appropriations sub-committee.

For more information, please contact the City of Des Moines Parks, Recreation and Senior Services Department at 206-870-6527.

...Continued from page 1 "Etiquette"

- ❑ Ride at a safe speed. Maximum trail speed is 15 MPH. Slow down and form a single file line in congested conditions, reduced visibility, and other hazardous conditions.
- ❑ Dismount bicycle at stairways, pedestrian bridges and on Beach Park pathways.
- ❑ Keep to the right, except to pass. Always pass on the left.
- ❑ Be aware of people around you before entering the trail, changing directions or passing.
- ❑ Don't block the path. If necessary, stop on the side of the trail.
- ❑ Keep pets on a short leash to prevent interference with other trail users and remove pet feces from trail.
- ❑ Wear reflective clothing and use lights when using the trail at dark.

## Historic Beach Park Auditorium Now Available for Event Bookings

This truly unique Auditorium located in the Des Moines Beach Park is part of the Covenant Beach Historic District listed on the National Historic Register. Work to restore the Auditorium began in 2005. After a few starts and stops due to site flooding and permitting issues, building construction is near completion. All work performed on the building, and its grounds, has been guided by the Secretary of the Interior's Standards for the Treatment of Historic Properties.

This lovely building includes colored glass windows, three 12-foot levered doors to open the space to the outside patio and creek, a full stage and capacity for groups of up to 400. The project budget is \$1,593,060, including the installation of site drainage and flood walls to protect the building from future damage.

To reserve the Auditorium for your wedding, special event or small conference, please call our rental coordinator at 206-870-6527 for rates and availability.

# FALL 2010 EVENTS CALENDAR



**SEPT. 11**  
Farmers Market: Kids Day - 10am to 2pm

**SEPT. 25**  
Poverty Bay Arts Festival, Marina District - 10am to 4pm

**SEPT. 25**  
Poverty Bay Blues and Brews Festival, Beach Park - Noon to 7pm

**SEPT. 25**  
Farmers Market: Local Business Showcase - 10am to 2pm

**SEPT. 25**  
Highline Medical Center "To Your Health!" Gala and Auction at SeaTac Hilton

**OCT. 6**  
Trail Dedication, Des Moines Beach Park - 1:30pm

**OCT. 8**  
Spaghetti Night, Des Moines Activity Center - 5 to 7:30pm

**OCT. 28**  
Des Moines Youth Talent Show, Shabby Chic Fashion Strut and PeeWee Promenade, Mount Rainier High School - 7:30pm

**OCT. 30**  
Farmers Market: Chili Cook-off - 10am to 2pm

**OCT. 30**  
Trick or Treat Path, Marina District businesses

**OCT. 31**  
Halloween at the Haunted Castle, Landmark Events Center - 6:30 to 9pm



**NOV. 7**  
Des Moines Legacy Foundation's Bootleggers Champagne Brunch and Auction, Anthony's Homeport at Des Moines Marina - 10am to 1pm

**NOV. 16**  
Waterland Arts and Music Series: Anzanga Marimba Ensemble, Highline Community College, Building 7 - 7:30pm



**DEC. 3**  
Tree Lighting, Big Catch Plaza - 6pm

**DEC. 4**  
Yacht Club Lighted Boat Parade, along shores of Poverty Bay - weather permitting

**DEC. 8**  
Argosy Christmas Ship Cruise, depart: Des Moines, 7pm; return: 9:35. Stops off Browns Point and Redondo

**DEC. 16**  
Argosy Christmas Ship Cruise, depart: Des Moines, 7pm; return: 9:15. Stops off Beach Park (bonfire) and Dash Point



For more information on any of these activities, contact Joe Jewell or Katy Reynolds at 206.870.6724



# DES MOINES LEGACY FOUNDATION

## 2010 Highlights: Providing funding for

- 14-passenger bus for Des Moines' Parks, Recreation and Senior Services Department.
- City of Des Moines Arts Commission commissioned mural by artist Chandelle Anderson (Yee Building at S. 219th Street) honoring Des Moines' aging population. (\$10,000)
- 4-new computers and software for the Des Moines Senior Center computer lab.
- CPR/First Aid training for the Senior Shuttle Transportation's volunteer drivers.
- Free recreation program at Midway Park in conjunction with Des Moines Food Bank's inaugural summer lunch program.
- Des Moines Field House Grandstand Renovation Project.
- Creating an endowment fund for youth programs with a "legacy" bequeathed to the Des Moines Legacy Foundation.



## Acted as a 501c3 non profit organization conduit for

- Community sponsorships for the inaugural Poverty Bay Arts Festival sponsored by the Des Moines Arts Commission and Highline Community College Associated Students.
- Des Moines Pool Metropolitan Park District's learn to swim lessons for Des Moines low-income youth.

## Hosted

- Hosted the 8th annual Sports Night Casino Night to raise funds for recreation youth scholarships in partnership with Des Moines Rotary and the Des Moines Pool Metropolitan Park District.

## Des Moines Legacy Foundation Note Cards

Available at the Des Moines Farmer's Market  
September-October 30, 2010

- featuring Carmen Scott's photos of Northwest and Des Moines locations and events.
- available individually or in packets of six. COST \$2 per card



## ON SALE SOON! 2011 Des Moines Legacy Foundation Calendars

Calendars highlight Des Moines city locations and 2011 events. \$5

Available at Des Moines Activity Center, Des Moines Field House and Des Moines City Hall.

## 2010 Board of Directors

- President- Clark Snure  
Vice President- Charleen Schulz  
Treasurer- Hallie Marks  
Secretary- Patrice Thorell
- |                  |                    |
|------------------|--------------------|
| Brenda Anders    | Kathy Arnold       |
| Gene Achziger    | Wayne Corey        |
| Michelle Fawcett | Keith Noess        |
| Georgie Nupen    | Sue Padden         |
| Carmen Scott     | Laura Rex Straight |

## Contact Information:

Phone: 206.870.6527  
Mail: P.O. Box 13582,  
Des Moines, WA 98198  
Email: Spadden@desmoineswa.gov  
Web Page: www.desmoineslegacy.org

**A Speakeasy**  
SHHHHHHHH  
AND ALL THAT JAZZ!  
BOOTLEGGERS BRUNCH

Des Moines  
Legacy Foundation  
11th Annual Bayside Brunch

Save the Date  
November 7th

## Des Moines Legacy Foundation



What's the password?

Save the date for the  
11th Annual

**Bootlegger's Brunch & Auction**

Anthony's HomePort,  
Des Moines

**Sunday, November 7, 2010**

10am-1pm

- Buggy's Brunch
- Medicinal Champagne
- Silent and Live Auctions
- \$75 per person ("Protection Fee")
- Costume Contest & Mug Shots
- "20's & 30's" or period attire suggested

Proceeds benefit senior services and youth recreation for the Des Moines Community.

206-878-1642 / www.desmoineslegacy.org  
Tickets go on sale September 13

# What's going on with your Mount Rainier Pool?

**W**here were you when the heat was breaking records this summer? We hope you considered joining us at the Mount Rainier Pool where the water is 84 degrees year-round.

If you haven't heard, the voters of Des Moines approved the formation of the Des Moines Pool Metropolitan Park District last November. With this comes the authority to levy a tax of up to 20 cents per \$1000 of assessed property value for the purpose of maintaining a swimming pool for the citizens of Des Moines. The tax assessment begins in 2011. Until then, the pool operates on a short-term loan from King County Treasury. Mount Rainier Pool is approximately 75 percent self-funded. The tax revenue will make up the difference.

Highline Public Schools continues to own both



the land and the Mount Rainier Pool facility. On April 1, 2010 the school district entered into an agreement whereby the Des Moines Metropolitan Park District operates the pool. Together the two entities are working on a long-term lease. The pool remains the home for the swim programs of both Mount Rainier and Tyee high schools.

Under contract with the pool district, Aquatic Management Group continues as the day-to-day operator of the pool. Ken Spencer is the pool manager.

Your five-member board of commissioners envisions a water-safe community that celebrates our aquatic heritage. Our mission is to enhance the community's quality of life by promoting participation in aquatic programs, emphasizing both the physical fitness and educational aspects of swimming.

The board of commissioners regularly meets at 7 p.m. on the first Tuesday of each month at the Midway Sewer District headquarters, 3030 S. 240th St., in Kent. These meetings are open to the public and we invite you to help shape the future of our pool district.

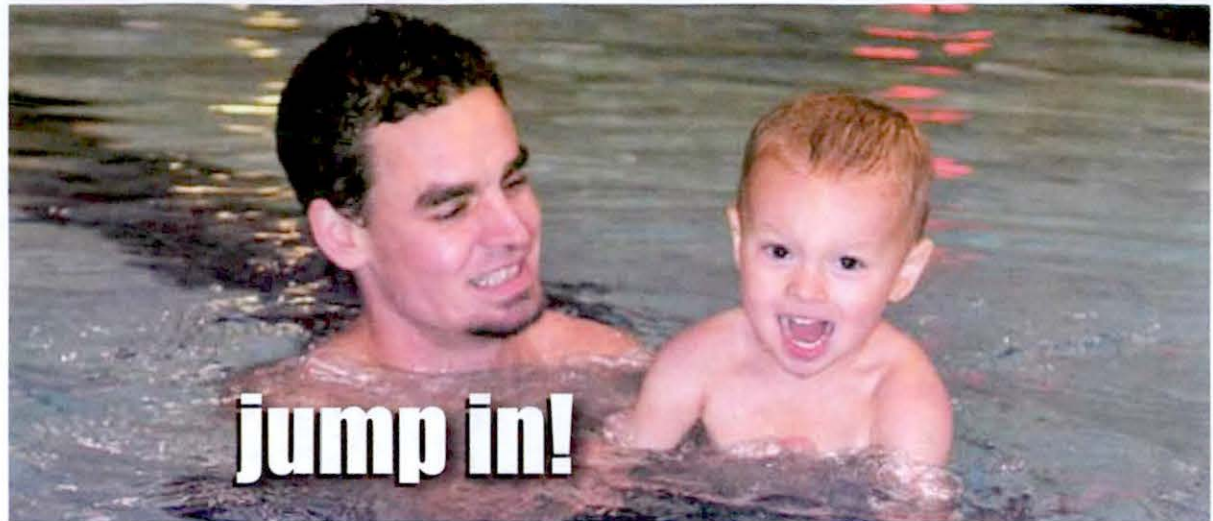
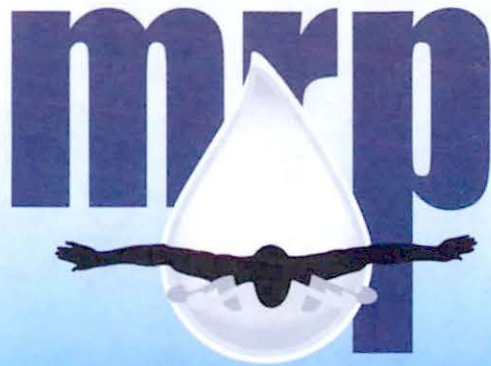


**DES MOINES  
POOL**

METROPOLITAN PARK DISTRICT  
P.O. Box 98711  
Des Moines, WA 98198

**visit us online at:**  
[www.desmoinespool.com](http://www.desmoinespool.com)

mount rainier pool



## FALL/WINTER 2010-2011 SCHEDULE

For prices, please call the pool at: (206) 824-4722 or visit us online at [www.mountrainierpool.com](http://www.mountrainierpool.com)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 - 7:30 am	Available for rentals	Lap Swim		Lap Swim		Lap Swim	MR and Tye HS/King swim teams
7:30 - 8:30 am		Pool Maintenance	Pool Maintenance	Pool Maintenance	Pool Maintenance	Pool Maintenance	
8:30 - 9:30 am		Shallow Water Ex/Lap Swim	Shallow Water Ex/Lap Swim	Shallow Water Ex/Lap Swim	Shallow Water Ex/Lap Swim	Shallow Water Ex/Lap Swim	
11 am - 1 pm		Lap/Family swims	Lap/Family swims	Lap/Family swims	Lap/Family swims	Lap/Family swims	
1 - 2:30 pm		Lessons	Lessons	Lessons	Lessons	Lessons	Lap Swim 12-1 pm
2:30 - 5:30 pm		MR and Tye HS/King swim teams	MR and Tye HS/King swim teams	MR and Tye HS/King swim teams	MR and Tye HS/King swim teams	MR and Tye HS/King swim teams	Public Swim 1-2 pm
5:30 - 7 pm		Swim Lessons & King Aquatics	Swim Lessons & King Aquatics	Swim Lessons & King Aquatics	Swim Lessons & King Aquatics	Family Swim 6 - 7 pm	<sup>\$1</sup> Public Swim (First Sat. monthly) 2-3 pm
7 - 8 pm		Public Swim	Water Exercise	Public Swim	Water Exercise	Public Swim	Available for rental 2 (3) -10 pm
8 - 9 pm		Lap Swim/Exercise		Lap Swim/Exercise		Lap Swim	

Mount Rainier Pool • 22722 19<sup>th</sup> Ave S • Des Moines, WA • Southwest corner of the high school campus

# Join us for our Annual Spaghetti Night

Friday, October 8

5pm – 7:30pm

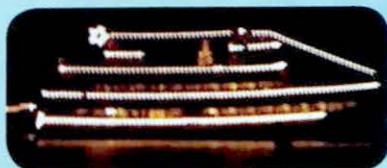
Des Moines Activity Center

\$10/Adults, \$5/Children under age 10

HOLIDAY  
CELEBRATION

We are teaming up with our sponsor, **Fernwood at the Park**, to serve a scrumptious dinner featuring spaghetti, green salad, and garlic bread. Fernwood at the Park's Chef White is planning to top off the meal with a home-made dessert.

Des Moines Activity Center, 2045 S 216th Street, 206-878-1642



## Argosy Christmas Cruise Ship & Bonfire

Wednesday, December 8 Redondo Beach 8:50-9:10pm

Thursday, December 16 Des Moines Beach Park 7:10-7:30pm

FREE

Join revelers as they watch the decorated Argosy Christmas Cruise ship anchor offshore for a session of caroling with local performers amplified toward the shore to get you into the holiday spirit. This holiday tradition can be chilly – dress for the weather!



# Poverty Bay Arts

SEPT. 25

10am - 4pm

City of Des Moines  
Marina District



## Festival

Sponsored by Des Moines Arts Commission and

Highline

COMMUNITY COLLEGE  
ASSOCIATED STUDENTS

Check out our website: [www.povertybayartsfestival.com](http://www.povertybayartsfestival.com)

### FALL 2010 ARTS EVENTS

**Des Moines Youth Talent Show,  
Shabby Chic Fashion Strut and Pee Wee Promenade**

Friday, Oct. 22 • 7:30 pm • Mount Rainier High School  
Tickets \$10/adults or \$5/youth (2 to 21) available at the door and at Des Moines Parks and Recreation  
More info: 206.870.6527

### WATERLAND ARTS AND MUSIC SERIES

Advance tickets available Sept. 1

\$30 for a season ticket (all 3 shows)

Individual tickets: \$15/Adult

and \$5/student (elementary to college)

Ask about our special 3 individual tickets for \$30 option

**Anzanga Marimba Ensemble**

Tuesday, Nov. 16 • 7:30 pm • HCC campus/Building 7

**Greta Matassa • Seattle Jazz Vocalist**

Tuesday, Feb. 22 • 7:30 pm • HCC campus/Building 7

**Brothers from Different Mothers • Juggling Comedians**

Tuesday, April 26 • 7:30 pm • HCC campus/Building 7



Tickets available at:

Des Moines Field House

1000 S. 220th St.

Des Moines, WA 98198

[desmoineswa.gov/artscommission](http://desmoineswa.gov/artscommission)  
or 206.870.6527

# Special Events

Parks & Recreation joins Landmark Event Center for

## HALLOWEEN AT THE HAUNTED CASTLE

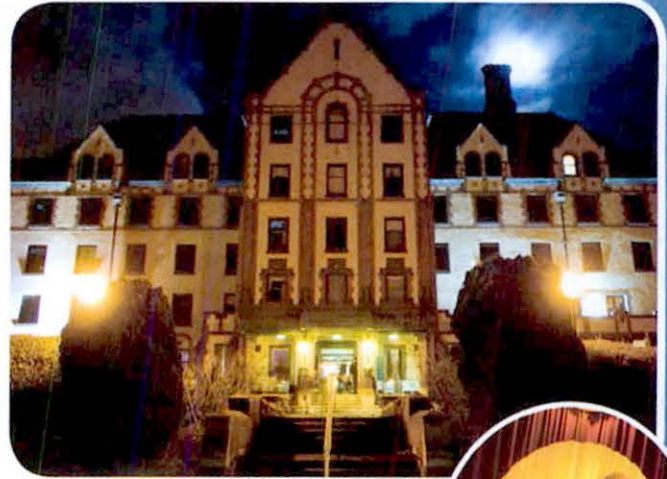
SUNDAY, OCTOBER 31<sup>ST</sup>

6:30-9:00PM

Landmark on the Sound, 23660 Marine View Drive S.,  
Des Moines, WA 98198

Suggested cash donation \$5 adult/\$2 child or equivalent non-perishable food donation for Des Moines Food Bank.

For one night each year Landmark becomes the Haunted Castle, where guests come calling in search of George, our resident ghost. Ride the elevator to the 5th floor, and then take the haunted walk back to the lobby on our long, dark, winding ramp. Expect plenty of spooky sights and hidden surprises to explore. For kids of all ages, there will be a festive carnival room on the main floor with fun activities, games, and treats for all. 100% of the proceeds go towards Des Moines Area Food Bank programs. For information contact Amber Fish, Event Coordinator, (206) 878-8434, extension 103. [www.landmarkeventcenter.com](http://www.landmarkeventcenter.com).



photos by Michael Brunk / nwlens.com



## Des Moines Waterfront Farmers Market

Join us every Saturday  
now thru October 30th

Upcoming  
Special Events

Back to School/Kid's Day

SEPT 11

Information and fun  
events just for kids

Local Business Day

SEPT 25

A showcase for Des  
Moines Businesses

Located in the South Marina Park

10am to 2pm

[www.DMFM.org](http://www.DMFM.org)



4<sup>th</sup> ANNUAL  
CHILI COOKOFF

October 30th

COME TO  
EAT

OR

COME TO  
COMPETE



More information available at [DMFM.org](http://DMFM.org)  
or email [desmoinesfm@gmail.com](mailto:desmoinesfm@gmail.com)

## REGISTRATION INFORMATION

City of Des Moines Parks, Recreation and Senior Services Department Offices

### Parks and Recreation Administrative Office

1000 South 220th Street, Des Moines WA 98198

206-870-6527

TDD Line: 206-824-6024

Fax: 206-870-6587

www.recreation@desmoineswa.gov

Monday – Friday, 8am–4:30pm



### Des Moines Activity Center Office – Senior Services

2045 S 216th Street, Des Moines WA 98198

PO Box 98576

206-878-1642

Fax 206-878-2260

www.recreation@desmoineswa.gov

Hours: Monday – Friday, 8am–4pm

### Holiday Closures

**Monday, September 6, Thursday, November 11, Thursday-Friday, November 25 & 26, Fridays, December 24 & 31.**

### Resident Priority:

Effective January 1, 2010, the City of Des Moines implemented a Resident Discount Policy offering residents discounted fees for recreation programs. Non-residents and city residents who choose not to provide proof of residency will be assessed the full fee for programs.

The Resident Discount ("RD") Fee is available to residents living within the City of Des Moines' jurisdictional boundaries and Senior Adults. To qualify for the "RD" Fee participants must provide proof of residency such as. Valid picture ID with a Des Moines Address. Valid picture ID accompanied by a utility bill with their Des Moines Address. Sports Teams qualify for the "RD" Fee when 51% of their players are Des Moines residents (proof of Residency will be requested.) The full program fee will be charged to participants who are not Des Moines residents or choose not to provide proof of residency. Questions related to residency should be directed to 206-870-6527.

### Ways to Register:

**Walk-in: Check, Cash, Visa/MasterCard.**

**Phone: Visa/Mastercard.**

**Mail-in: Registration Form with check or Visa/MasterCard information.**

### Registration Policies:

Pre-registration is required for all programs unless otherwise stated.

Registration is taken on a first paid basis.

Returned check fee: \$40 (plus 50% surcharge if collection action needed).

### Refund Policy/Cancellations:

When DMPPR/SS cancels a program, a full refund or credit will be issued.

Participants may request to withdraw from a program under the following conditions.

A \$10 processing fee will be deducted from the refund.

### No refund will be issued for:

Programs costing \$10 or less., Programs where admission fee was purchased in advance, Special Events, Medical illness or other extenuating circumstances will be handled on a case-by-case basis. Documentation of circumstance may be requested. Credits must be used within the current fiscal year.

### Inclement Weather:

During periods of inclement weather radio stations will report school closures and changes. Please listen for the Highline School District report. (Note: For programs held in Federal Way schools, listen for the Federal Way School District report.)

**School Closed:** All Des Moines Recreation & Senior Services Department programs are cancelled.

### School Open/1-hour Late Arrival:

Recreation programs will operate as scheduled.

Senior programs prior to 10:00AM are cancelled.

Senior programs held after 10:00AM – call 206-878-1642 for updated information.

### School Open/2-hour Late Arrival:

All recreation and senior programs held prior to 11:00AM are cancelled.

Recreation programs held after 11:00AM will be scheduled as usual.

Senior programs held after 11:00AM – call 206-878-6527 for updated information.

When inclement weather occurs during school holidays, evenings or weekends, please call 206-870-6527 or 206-878-1642 (Senior Programs) for updated information.

### Accommodation of Disabilities:

The City of Des Moines is committed to accommodating citizens with disabilities and special needs. Des Moines Parks, Recreation and Senior Services will make every reasonable effort to ensure that programs are accessible. If you need assistance participating in our programs, call 206-870-6527. TTY/ TTD 206-824-8024.

### Gender Equity Statement:

The City of Des Moines complies with the State of Washington's "Fair Play in Community Sports Act" (Chapter 467, 2009 Laws, effective July 26, 2009) that prohibits discrimination against any person on the basis of sex in the operation, conduct or administration of community athletics programs. Third parties, who contract with or receive leases or permits from the City of Des Moines for a community athletic program, are also prohibited from discriminating on the basis of sex. If you have questions or comments contact Patrice Thorell, Parks, Recreation and Senior Services Director.

## Des Moines Parks and Recreation Registration Form

Mail to: City of Des Moines Park & Recreation Dept. 1000 S. 220th St., Des Moines, WA 98198

Adult/Guardian (if participant is a minor)

Participant's Name

Age Birthdate M/F Address

Home Phone Work Phone

Emergency Phone E-mail

Street address

City State Zip code

Class Title

Fee

\$

Fee

\$

I'll give kids a Chance, with my donation to Youth Scholarships:

\$

TOTAL

\$

VISA/MC #

Name on Card

Exp. Date

### City Of Des Moines Hold Harmless Agreement

I assume all risks and hazards of the conduct of the program. In case of injury, I waive all claims or legal actions, financial or otherwise, against the City of Des Moines, its organizers, sponsors, supervisors, employees, or any volunteers connected with the program unless injury is caused by the sole negligence of the City of Des Moines. I grant full permission to use photographs, videotapes, motion pictures, recordings or any other record of the program for any purposes. In absence of signature, payment of fees and/or participation in the program constitutes acceptance of these conditions.

Adult Participant or Parent/Guardian Signature

Date

## Out to Lunch

Enjoy a no-host lunch and leave the driving to us. Advanced registration.

Age 50+		\$8 Transportation Fee
Friday, October 1	Pogacha Italian Restaurant, Issaquah	10:30am-3pm
Friday, November 12	Dahlia Lounge, Seattle	11am-3pm
Friday, December 3	Daniel's Broiler - Seattle	11am-3pm

## Seniors Making Art – Mask Making

Get creative and enjoy making an original (wearable or not- your choice) paper mache mask. The instructors' depth of experience draws from 8 years living in Alaska and being active in Alaska's Art Education Consortium. Preregistration is required as space is limited. All materials provided. Instructor Gail Baker.

Seniors Age 50+ FREE  
 M 10am-12pm September 20-November 8 Activity Center  
**Sponsored by Seniors Making Art - a nonprofit program founded by Dale Chihuly, with funding support from Des Moines Legacy Foundation.**



## Memoir Writing

Learn to write the story of your life. Join others as you share your life in a supportive environment. Capture your life and the story of how you came to be who you are and where you are today. Instructor: Pat Tyllia

Seniors \$54  
 Th 2-4pm September 30 – December 16 Wesley Gardens

## Creative Writing

Do you have a story to tell? Interested in capturing your family's history? Take advantage of Pat Tyllia's writing experience and expertise while enjoying a supportive and encouraging environment to keep you going! Beginning and beyond writers are welcome. Instructor: Pat Tyllia

Seniors \$54  
 Th 10am-12pm September 30 – December 16 Wesley Gardens

## Reduced Fare Permit – ORCA vs. METRO

Answer the confusion swirling around ORCA cards and Reduced Fare permits! Discover what transit card will work best for you. A representative from METRO will get you up to speed, answer questions and assist you obtain either card. Pre-registration required.

Seniors \$1.00 suggested donation  
 T 1pm September 28 Activity Center

## Weekly Fun & Games

### @ the Des Moines Activity Center

\$1 Suggested Donation

- American Mah Jongg
- Artists Studio
- Bocce Ball
- Contract Bridge
- Duplicate Bridge
- Ham Radio
- Hand & Foot Card Game
- Ladder Golf
- Mexican Train Dominos
- Movies
- Pinochle
- Walking Group
- Wii Activities



Mah Jongg players enjoy the challenge!

## Connections to Services

- AARP Driver Safety Classes
- Blood Pressure Checks
- Elderwatch ..... 253-946-7338
- Fall Prevention
- Foot Care
- Legally Speaking Presentations
- Massage
- Medical Lending Equipment
- Nutritious Lunches
- Pet Food Assistance
- Sea Mar Latino Activities
- Senior Services' Information & Assistance ..... 206-448-3110
- Senior Rights Assistance ..... 206-448-5720
- Senior Services' Shuttle Transportation ..... 206-727-6262
- Senior Services' Volunteer Transportation ..... 206-448-5740
- Senior Services' Meals on Wheels ..... 206-448-5767
- Support Groups



Dining with Friends

## Sunday Senior Dances

### @ Des Moines Activity Center

Enjoy live big band music!

1-3:30pm \$5 admission

September 26	Randy Litch
October 24	Good Times Band
November 28	Randy Litch

Refreshments provided by following participants:

September:	Last name beginning with A-M
October:	Last name beginning with N-Z
November:	Last name beginning with A-M



## Belly Dancing

Enjoy a fun, effective, low impact exercise. Beginning and intermediate level classes consist of Middle Eastern and American Tribal dance steps for troupe and soloist, body movements, the use of cymbals and the veil. Instructor: Saroya Poirier, Babylonian Ensemble

<i>Adults</i>		<i>\$43R \$48NR</i>
M Beginners 7:15-8:15	Sept 20-Oct 25 OR	Founders Lodge
M Intermediate 8:15-9:15pm	Sept 20-Oct 25 OR	Founders Lodge
M Beginners 7:15-8:15	Nov 1-Dec 13 (No Class 11/22)	Founders Lodge
M Intermediate 8:15-9:15pm	Nov 1-Dec 13 (No Class 11/22)	Founders Lodge

## Tai Chi - First Class FREE

Qigong style Tai Chi focuses on a basic circulation form using energy principles. Tai Chi improves balance and increases strength and control of muscles through gentle, slow movements, while also improving coordination of the upper and lower body. Instructor: Rhonda Allison.

<i>Adults</i>		<i>\$48R/\$52NR</i>
Th 5:30-6:30pm	September 9-November 11	Activity Center

## Energy Yoga - First class FREE

Yoga helps to release stress and re-direct energy to gain better health and sense of well being. With a series of sustained poses and gentle stretches, students will improve muscle strength, range of motion, balance and stability, especially the deep core muscles that stabilize the spine and increase flexibility. Instructor: Rhonda Allison.

<i>Adults</i>		<i>\$48R/\$52NR</i>
Th 7-8pm	September 9-November 11	Activity Center

## Mini-Holiday Yoga Class

Don't let the holidays over-stress you. Give yourself or a friend this gift of relaxation. Class will focus on releasing stress and re-directing energy so you can enjoy this holiday season! Instructor: Rhonda Allison.

<i>Adults</i>		<i>\$18R/\$22NR</i>
W 6-7pm	November 3-17	Activity Center

Tai Chi & Yoga Drop-in Fee: \$8 per class

# Senior Activities

## Horticulture

Explore Northwest gardens and nurseries with our "growing" horticulture program and ease into fall with lectures!

\$8/van trips      \$3/class lecture      No Host Lunch

Fridays	Destination	Departure
August 27	Grassroots & Village Green Nurseries, Burien/White Center-carpool	10am
September 10	Private Garden in Bellevue, Ballinger Garden Railroad, Walker Fern Garden	10am
September 17	Private Garden & The Creative Gardener Nursery in Gig Harbor, Peninsula Garden	10am
September 24	Tacoma Nature Center & Foundation \$5 fee for walking tour-carpool	10am
October 15	Coenosium Garden with Dwarf Conifers	10am
October 29	Pumpkin Farms in Puyallup & Sumner followed by lunch at Watkins Nursery	10am
November 12	Gro Compost Gardens with Casey Plank	10am
November 19	Plants for the Winter Garden Lecture	9:30am
December 3	Wight's Nursery Holiday Decorations with lunch nearby	10am

## Golf Outings

Enjoy playing 9 holes at Puget Sound courses. Transportation is available on a first paid basis, or meet at the course. All players draw numbers to determine playing partners and tee position. Departure from DMAC varies from 8-8:30am. Return time varies.

Fee Range: \$8-10

No host green fee and lunch

Monday	Course & City	Green Fees
September 7 (T)	Rolling Hills, Bremerton	\$18
September 20	Meadow Park, Lakewood	\$19-22
October 4	Allenmore, Tacoma	\$15
October 18	High Cedars, Orting	\$16

## Day Trips

Explore Puget Sound with Des Moines Activity Center

### King 5 New Day Northwest Taping - Seattle

Tuesday, September 7  
\$10  
8:15am-12:30pm

### Angel of the Wind Casino - Arlington

Wednesday, September 15  
\$12  
8:30-4pm



Boarding the donated bus!

### Chehalis Veteran's Museum - Chehalis

Tuesday, September 21      \$15      9am-4pm

### Red Wind Casino - Olympia

Wednesday, October 6      \$6      9am-4pm

### Queen of Seattle, Paddle Wheel Cruise - Seattle

Wednesday, October 13      \$40      12:45pm-5pm.

### Mt. St. Helens Observatory - Mt. St. Helens

Wednesday, October 20      \$20      8am-6pm

### Mt. Rainier

Tuesday, October 26      TBA      8am-6pm

### Seattle Art Museum Picasso Exhibit - Seattle

Friday, November 5      \$17      9:30am-3pm

### Dearborn and Stimson-Green Residences Tour - Seattle

Tuesday, November 16      \$40      12noon-4pm

### American Museum of Radio and Electricity & Whatcom Museum - Bellingham

Wednesday, December 8      \$28      9am-5pm

### Old Goat Farm & no host lunch - Orting

Wednesday, December 15      \$25      10am-3pm

Get breaking news via email! Sign-up for our REC 'n ROLL e-newsletter at [recreation@desmoineswa.gov](mailto:recreation@desmoineswa.gov)!



## Facebook I

Get up to speed on this social networking site that connects friends, relatives, classmates, colleagues, and groups that share common interests. Learn how to create, use and maintain your Facebook profile. Instructor: Brenda Anders

Adults \$29R/\$33NR  
W 6-7:30pm October 6,13 Wesley Gardens Computer Lab

## Facebook II, Q&A

So you already use Facebook and have questions? Come ask your questions regarding use and maintaining your Facebook profile. Instructor: Brenda Anders.

Adults \$17R/\$21NR  
W 6-7:30pm November 10 Wesley Gardens Computer Lab

## Piecing & Quilting:

### (Continuous Hand Sewing Workshop)

Create Log Cabin Blocks. Come and complete at least one block. Hand sewing and design covered. Note: Sewing machine approach demonstrated and may be done at your home. Pre-Registration Required! Supply list provided at registration. Instructor: Jo Anne Kirkland

Adults \$20R \$22NR  
T 10am-12pm October 5, 19, November 2 & 16 Activity Center

## Needlework 101

The first class will be selecting the project you want to learn and work on. Instructor can teach crochet, cross-stitch and sewing. Learn all the basics for fun projects, made by you! Fee does not include project supplies. Instructor: Deborah Barrette

Adults \$15R/\$19NR  
T 1-3pm September 14-November 2 Activity Center  
T 6-8pm September 14-November 2 Activity Center



## Sumi—E Painting Workshops

Sumi-E is a style of painting that is characteristically Asian – literally ink painting - that strives to distill the essence of an object in the fewest possible strokes. Preregistration required – 1 week before each workshop. Supply list available upon registration. Instructor: Darlene Dihel

Adults \$36R \$40NR  
M 9:30am-12:30pm October 18 Activity Center  
M 9:30am-12:30pm November 15 Activity Center

## Clogging

Learn the true American folk dance, Clogging! Originating in the Appalachian Mountains, this dance has evolved to use many kinds of music. Clogging experience is required or basic knowledge of tap. Instructor: Dixie Dandurand.

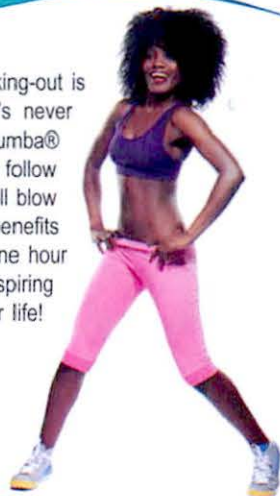
Adults \*\$45/ \*\*\$38  
M 10-10:50am October 4 – November 8\* Private Studio  
M 10-10:50am November 15 – December 6\*\* Private Studio

# Adult Fitness

## Zumba®

Ditch the workout – Join the Party! Working-out is healthy, rewarding and beneficial, but it's never been known to be exhilarating until now! Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a unique program that will blow you away and help you achieve long term benefits while experiencing an absolute blast in one hour of calorie-burning, body-energizing, awe-inspiring movements that engage and captivate for life! Instructor: Shayla Lee, Zumba® Certified.

Adults \$63R \$69NR/10-class punchcard or \$10/Drop  
M/W 6-7pm  
Ongoing Field House



## Pilates – beginners & advanced

Start losing inches today! This mat-based discipline improves the look and feel of your body, and increases flexibility, stamina, strength and posture. Modifications can be made to support individual needs. Please bring a "sticky" mat to class

## Pilates Gold

Pilates based workout geared towards those 55 and older. Similar format to traditional Pilates, but modifications will fit every body and age. Participants must be able to work out on the floor. Instructor: Julie Conklin

Adults \$78R \$83NR/Month or \$10 Drop-in  
T/Th 9:30-10:30am Pilates Gold 24052 13th Pl, Des Moines  
T/Th 11am-12pm Pilates 24052 13th Pl, Des Moines  
T/Th 6-7pm Pilates 24052 13th Pl, Des Moines

## Boot Camp Fitness

A high intensity/high impact, results-driven conditioning program taught in an indoor/outdoor environment. Workouts include: cardiovascular, speed and endurance, partner resistance and strength training. Instructor: Julie Conklin

Adults \$78R \$83NR/Month or \$10 Drop-in  
T/Th 4:30-5:30pm 24052 13th Pl, Des Moines

## Enhance Fitness

Improve physical conditioning levels and decrease the risk of falling with stretching, low-impact aerobics, strength training and balance exercises. Gym-type shoes are required (no sandals) and a water bottle is recommended. Co-sponsors: Group Health & Senior Services. Instructor: Mary Brown

Adults Field House  
T/Th/F 8:05-9:05am or 9:30-10:30am  
September 7-30 11 meetings \$28  
October 1-29 13 meetings \$32  
November 2-30 10 meetings\*\* \$25  
December 2-17 8 meetings \$20  
\*\*no class 11/11, 11/25, 11/26



Learn more about payment options: [www.desmoineswa.gov/seniors](http://www.desmoineswa.gov/seniors)

City of Des Moines Parks, Recreation and Senior Services [www.desmoineswa.gov](http://www.desmoineswa.gov)

# Adult Enrichment



## Dog Obedience

Love your dog, but all the chewing, jumping, barking and little "accidents" testing you? Dog Obedience should turn your little "terror" into a well-behaved pet. Proof of vaccination is required at first class. Instructor: Jan Magnuson, Animal Control Officer, Champion Trainer

*Dogs 4+ months* \$78R \$85NR  
Th 7:15-9:15pm

September 2-23  
Field House

Th 7:15-9:15pm

October 14 – November 4

Field House

Th 7:15-9:15pm

November 18 – December 16\*

Field House

\*No class 11/25

## Tieton Whitewater Rafting

With 14 miles of twisting, turning rapids flowing through trees and towering cliffs, you won't want to miss this adventure! The Tieton is located on the eastern side of White Pass along Highway 12. In September when Rimrock Lake is emptied the Tieton roars with whitewater excitement. No experience necessary. Participants must be in average physical condition and able to paddle with team members under professional guidance. Rafting equipment & wetsuit are included. Trip Leader: Rod Admundson, Wild Water River Tours, INC.

*Age 12-Adult* \$78R \$85NR

Su 1:30-5pm September 19 Location provided at registration

Sa 9am-12:30pm September 25 Location provided at registration

## Skagit Eagle Watch

View nature's splendor. Each winter up to 300 Bald Eagles gather at the Skagit Preserve. These magnificent endangered birds typically see only the occasional riverboat in their protected habitat, so sightings are frequent. With up to 7 feet of wingspan, the eagle is truly majestic. You'll float calmly and comfortably with other enthusiasts. Guides are experienced eagle watchers. All rafting equipment is included. Trip Leader: Rod Amundson, Wild Water River Tours, INC.

*Age 6+* \$78R \$85NR

Sa 11am-2:30pm December 4 Location provided at registration

Su 11am-2:30pm December 12 Location provided at registration

## American Boating Course

Learn the essential information to operate a boat: boat handling, seamanship, necessary equipment, boat trailering, and much more. This course exceeds educational requirements in all states and a test is given at the conclusion of the course to qualify you for a Washington Sate Boaters education certificate. Bring a sacklunch. Fee includes textbook interactive CD and all materials. Students are responsible for picking up supplies at Des Moines Activity Center. Instructors: Poverty Bay Power Squadron.

*Age 12-Adult* \$35

8am-4pm September 25

8am-4pm October 16

Classes will also be scheduled February – March 2010

Public Works & Park Service Center - 2255 South 223rd St.

Recreation: 206-870-6527

Senior Services: 206-878-1642

## Conscious Fathering

Expectant and new fathers learn to build a partnership in caring for and nurturing their children from the first day. Course provides dads an opportunity to learn their newborn's five basic needs through hands on instruction and practice. Instructor: Chris Yeargin, Fathering and Family Institute

*Adults*

Sa 9am-12pm

November 13

\$53R \$58NR

Founders Lodge

## Newborn Care

Expectant parents learn basic skills to care for a newborn. Students gain confidence caring for their newborn child through hands-on instruction. Topic include: Understanding infant cues, soothing crying babies, providing fundamental needs and developing healthy parent-child bonds. Instructor: Chris Yeargin, Fathering and Family Institute.

*Adult*

Sa 9am-12pm

October 23

\$53R \$58NR

Founders Lodge

## Aviation History-

### (His Excellency Idi Amin, President of Uganda)

From Boeing flight test engineer to signing a contract that launches an airline for the government of Uganda, John McEvoy will bring to life the years, beginning in early 1976, when Field Marshal Idi Amin ruled Uganda. Re-live the arrival of an Air France Airbus A300 with 257 passengers and crew who had been hijacked by the PLO. John's story takes you through the experience of living and operating an airline in Uganda until March of 1979 when Idi Amin was overthrown. In 1974 John signed a contract to set up an air cargo operation for Iran Air, under the rule of the Shah of Iran as well as a contract with the Shah's sister for a domestic air service. Hear about these historic times from someone who was there and lived to tell about it. Presenter: John McEvoy



*Adults*

T 9:30-11:30am

September 14

\$2 donation

Activity Center

T 7-9pm

September 28

Activity Center

## Digital Photo Organizing

Are your digital photos clustered randomly on your computer's desktop or in your image library? Come learn simple ways to organize your digital photos for easy image searching and sharing. Instructor: Brenda Anders.

*Adults*

W 6-7:30pm

September 29

Wesley Gardens Computer Lab

\$17R/\$21NR

Get breaking news via email! Sign-up for our REC 'n ROLL e-newsletter at [recreation@desmoineswa.gov](mailto:recreation@desmoineswa.gov)!

## Ballet/Jazz

Ballet is the true expression of classical art that provides strength, beauty, posture and grace and is the foundation for all other dance forms. Focus is on stretching, Barre, Center and Across-the-floor work with emphasis on terminology and proper technique. Recommended attire provided at registration. Instruction: Melanie's Dance Unlimited

Grades K-3

\$53R/\$58NR

M 4-4:45pm Sept 13-Oct 25 (No Class 10/11) OR  
Nov 1-Dec 13 (No Class 11/22)

Field House

## Tap Dance – new & returning

Class features fun, making lots of great noises with your feet and incorporates rhythm, technique & style. Recommended attire provided at registration. Instruction: Melanie's Dance Unlimited

Grades K-3

\$48R/\$53NR

M 4:45-5:15pm  
Sept 13-Oct 25 (No Class 10/11) OR  
Nov 1-Dec 13 (No Class 11/22)

Field House



## Hip Hop Dance

Featuring the most popular urban moves and grooves, class is fun, fast paced and will get your heart pumping! No experience necessary! Instruction: Melanie's Dance Unlimited

Ages: 4-7 yrs

\$48R/\$53NR

M 5:15-5:45pm Sept 13-Oct 25 (No Class 10/11) OR  
Nov 1-Dec 13 (No Class 11/22)

Field House Studio

Ages: 8-12 yrs

\$48R/\$53NR

M 5:45-6:15pm Sept 13-Oct 25 (No Class 10/11) OR  
Nov 1-Dec 13 (No Class 11/22)

Field House Studio

# Teen Activities

## Community Schools Collaboration – Recreation Elective

After school opportunities at the Pacific Middle School and Community Schools Collaboration include a tutorial period, snack-time and electives. The Recreation Elective features well planned active games and arts and crafts activities staffed by Des Moines Parks & Recreation and sponsored by Rotary Club of Des Moines. **Program inquiries should be directed to Pacific Middle School and the Community Schools Collaboration Coordinator – 206-631-5864.**

Pacific Middle School Students

Free

M-Th October \*-June \* After school-4:30pm Pacific Middle School

## Field House Dances

Teens- kick it at Field House theme dance parties hosted by Des Moines Youth Council. Theme dances parties feature contests concessions and dancing. Leader: Parks and Recreation staff

Grades 6-8 - student ID required for admission.

\$7

7:30-10:00pm Field House Sept 17th

Back to School!

7:30-10:00pm Field House Oct. 22nd

Halloween Hop

7:30-10:00pm Field House Dec. 3rd

Winter Warm Up



## Teen Twilight Tour

Experience Forks Washington the way Bella Swan did. Step onto the Dazzled by Twilight Tour Shuttle and be whisked away to the world of Twilight in Forks Washington. Tour stops include the Swan House, Cullen House, Forks Community Hospital, Forks Police Station, Forks High School After lunch the tour continues to Rialto Beach and James Island.



Ages 11-17, 10 and under OK w/ parent chaperone

\$89R \$99NR

Saturday Oct 9 7:30am-6:30pm Depart from Field House

## Snowbound Ski & Snowboard Bus

This is the hottest package deal in town, so join the crew heading to the mountain! Registration includes season pass and Grayline bus transportation to and from Snoqualmie. Participants must show Helmet and season pass before boarding the bus. Board bus at Aviation High School.

Ages: Middle and High School students

Call for pricing

F Jan 7-Mar 11 2:30-11pm

Departs>Returns from Aviation High School



Check out River Rafting on page 7!

# DES MOINES YOUTH COUNCIL

Make new friends and gain leadership and organizational skills participating in Des Moines Youth Council.

The Council plans civic activities during the school year earning credits toward reward activities offered at the end of the year. Previous rewards include trips to Roller Skating, Wild Waves, and Seattle Mariners, and Seattle Sonics games. Enrollment is open and drop-in participation is encouraged. Parents are encouraged to attend our first meeting on September 16. Call in advance to confirm meeting dates. Leader: Parks and Recreation staff

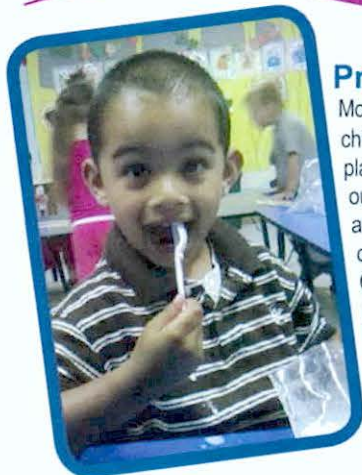
Grades 6-9

Free

Th (every other week) 4:45-5:15pm

Field House

# Toddler/Preschool Activities



## Pre-School Playhouse

Mom and Dad - take a break while children have a great time learning, playing and meeting new friends under our watchful eye. Activities include arts and crafts, games, songs, puppetry, outdoor fun. Facilitators: Staff, trained, CPR/First Aid certified. \*No class on November 25.

**Ages 3-5** \$70R \$75NR  
T/Th 10am-12pm  
September 14-October 7  
October 12-November 4  
November 16-December 7\*

## Mini Kickers

Start soccer off right with an introduction to warming-up, stretching, dribbling, passing, shooting and defensive work. It's a great opportunity for kids to meet other kids from the community.

**Age 3-5** \$30R \$35NR  
M-F 5:30-6:30pm September 13-17 Field House

## Kindermusik: Around the Farm

Children will sing, romp and play around an imaginary farm as they explore the learning focus 'I can start and stop. I can move to a steady beat.' Practice will focus on locomotor movement, steady beats, starting, stopping and rhyming as they engage in farmyard fun and games. Student kit includes instrument, CD and mini literature magazine. Instructor: Maica Atienza

**Ages 1-3** \$53R \$58NR  
M 9:30-10:15am September 13- October 11 Field House

## Kindermusik: Up in the Sky

See how clouds, birds, kites, stars and other things in the sky engage children in flights of fancy! Children will exercise their bodies and imaginations while exploring the learning focus: 'I can move expressively. I am practicing my fine motor skills.' Instrument is jingle bells. Instruction: Maica Atienza

**Ages 1-3** \$53R \$58NR  
M 9:30-10:15am October 18-Nov 15 Field House

## Preschool Dance Classes

Ballet & Tap classes are taught in an easy-paced learning environment punctuated with frolicking and general silliness! Instruction: Melanie's Dance Unlimited Instructors

### Session 1:

**Age 3yrs** \$48R/\$53NR  
W 10-10:30am Sept 15-Oct 27 Field House  
**Age 4-5yrs** \$48R/\$53NR  
W 10:30-11:00am Sept 15-Oct 27 Field House

### Session 2: (No class 11/24)

**Age 3yrs** \$43R/\$48NR  
W 10-10:30am Nov 3 - Dec 15 Field House  
**Age 4-5yrs** \$43R/\$48NR  
W 10:30-11:00am Nov 3 - Dec 15 Field House

## Gymnastics – parents & toddlers

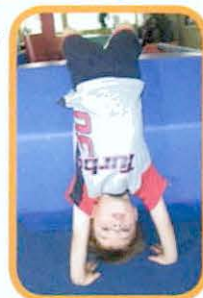
Each child learns balance and muscle coordination skills at their own pace. Instruction: Jungle Gym

**Age 18 months-3** Session 1 \$68R/\$73NR; Session 2 \$60R/\$65NR  
Th 5:30-6:10pm September 16-October 28 Field House Studio  
Th 5:30-6:10pm November 4- December 16 Field House Studio  
No class 11/24

## Preschool Gymnastics – new & returning

This high-energy and fun-filled class is designed for the child who wants to learn the basics of gymnastics. Listening skills and socialization are emphasized while developing coordination, agility, balance, and muscle strength at an individual pace. Instruction: Jungle Gym

**Ages 3-5** Session 1 \$68R/\$73NR; Session 2 \$60R/\$65NR  
Th 6:15-6:55pm September 16-October 28 Field House Studio  
Th 6:15-6:55pm November 4- December 16 Field House Studio



# Youth Recreation Activities

*Healthy life-long habits start young. Teach your child to enjoy exercise and physical play in these fun activities.*

## Youth Gymnastics – new & returning

This fun-filled class develops flexibility, coordination, agility, balance, and muscle strength on an individual basis and focuses on Cartwheels, handstands, rolls, basic beam, and basic bar work. Instruction: Jungle Gym

**Age 6-9** Session 1 \$68R/\$73NR; Session 2 \$60R/\$65NR  
Th 7-7:40pm September 16-October 28 Field House Studio  
Th 7-7:40pm November 4- December 16 Field House Studio

## Tiger Kids Martial Arts

Improve motor skills and coordination while building self-confidence through the use of martial arts and fun games - bag kicking and padded sword-sparring! Includes T-shirt and a white belt for first time participants! Instructor: Mitch Mayberry, International Champion, 8th degree Master Instructor.

**Age 3 and Up** \$73R \$78NR plus \$12 AAU Membership  
W 4:30-5:10pm Early Fall: September 8- October 27 Field House  
W 4:30-5:10pm Late Fall: November 3- December 15 Field House

## Acrobats For Kids

Learn gymnastic/martial arts style rolls, cartwheels, backbends, handstands and walkovers and other cool moves. A routine set to music will be learned for an optional show in June, complete with costume! Recommended Attire provided at registration. Instructor: Melanie's Dance Unlimited.

### Acrobats I—Beginners

**Age 4-7** Session 1 \$58R/\$63NR; Session 2 \$53R/\$58NR  
W 4:45-5:30pm S1 September 15-October 27 Field House  
W 4:45-5:30pm S2 November 3-December 15 Field House

### Acrobats II & III

**Age 8-12** Session 1 \$58R/\$63NR; Session 2 \$53R/\$58NR  
W 4-4:45pm S1 September 15-October 27 Field House  
W 4-4:45pm S2 November 3-December 15 Field House

### Acrobats III

Same day/times as Acrobat II:

Prerequisites: Forwards & backwards rolls, cartwheels, backbends from standing, splits, beginning gymnastics floor passes, and basic dance skills.

# 2010 Youth & Teen Basketball Leagues

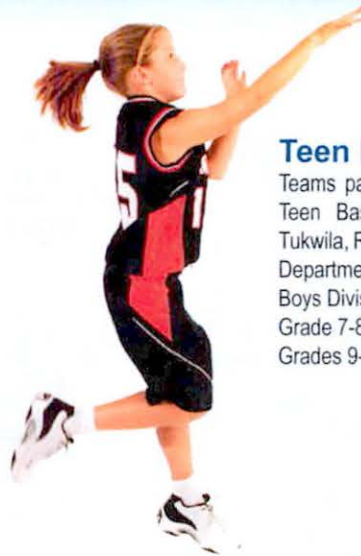


Hoop season is here and the focus shifts to learning basketball techniques, team building, providing players with a competitive experience – all for a great affordable price! League Sponsor: Land O'Frost Lunchmeat Meats.

Season: November – early March  
 Games: Played on weekends at local schools and the Field House  
 Practices: Scheduled one night a week.

## Coed Youth Division:

Features 8-foot baskets, and emphasis is on skill development, team play and fun!  
 Grade K  
 Grade 1-2



## Teen Division:

Teams participate in the South King County Teen Basketball league with teams from Tukwila, Renton & SeaTac Parks & Recreation Departments.

Boys Division	Girls Division
Grade 7-8	Grade 7-8
Grades 9-10	Grade 9-10

## Youth Recreation Division:

Teams play in local league. The program focus is on skill building, team building while providing a competitive experience that is structured and supervised.

Boys Division	Girls Division
Grade 3-4	Grade 3-4
Grades 5-6	Grade 5-6
Grade 7-8	Grade 7-8
Grade 9-10	

## Check Out Our Early Bird Rates!

Register in September and enjoy the best Early Bird rate! Register later and the fee increases!

Registration Dates	Player Fee
September 1 - October 4	\$60R \$65NR
October 5 - November 4	\$70R \$75NR
November 5 - 18	\$80R \$85NR
November 19 - December 3	\$95R \$100NR
December 3	Registration closes

## Coaches Take Note:

Mandatory Coaches' Meeting  
 Tuesday November 2  
 6:00pm  
 Field House

## Financial Scholarships:

Application deadline is October 29, 2010; please allow 2 weeks for processing. Remember: Qualified scholarship players will be placed on a roster only when the participant's fee-portion is paid in full.

# Navigating Back to School



## B-4 SCHOOL

Enjoy peace of mind as your child eases into a morning balanced with individual play, group activities, homework and a nutritious snack.

Grades K-6

M-F 6:30am-school start Monthly, throughout the school year calendar

Sites	Dates	Fee: Res	Non Res
Highline	September 8-30	\$225	\$240
Federal Way	September 2-30	\$180	\$200
Highline	October 1-29	\$265	\$280
Federal Way	October 1-29	\$190	\$210
Highline	November 1-30	\$210	\$225
Federal Way	November 1-30	\$170	\$190
Highline	December 1-17	\$170	\$185
Federal Way	December 1-17	\$130	\$150

Drop-in Fee: \$15R \$17NR Highline Sites  
\$10R \$12NR Federal Way Site

## FORTH & AFT

Balance your child's day Before (B-4) and AFTer school and give yourself a worry-free day. Registering for both Forth & Aft offers you a significant fee reduction.

	Dates	Fee: Res	Non Res
Highline	September 8-30	\$310	\$325
Federal Way	September 2-30	\$360	\$380
Highline	October 1-29	\$365	\$380
Federal Way	October 1-29	\$370	\$390
Highline	November 1-30	\$290	\$305
Federal Way	November 1-30	\$320	\$340
Highline	December 1-17	\$235	\$250
Federal Way	December 1-17	\$245	\$265

Pre-registration is required – note: prices are subject to change.

**Highline School District Sites:** Des Moines, North Hill, Marvista, Midway and Parkside Elementary Schools

**Federal Way School District Site:** Woodmond Elementary School

Note: Program dates and times follow each school district's calendar.

**Financial Scholarships Available:** For detailed information please call 206-870-6527

Recreation: 206-870-6527

Senior Services: 206-878-1642

## AFTERMATH

Relax knowing your child, fueled by a nutritious snack, will be burning off excess energy while absorbed in lively games, seasonal arts & crafts and creative play. Time is set aside for homework.

Grades K-6

M-F School dismissal – 6:00pm

Sites	Dates	Fee: Res	Non Res
Highline	September 8-30	\$240	\$255
Federal Way	September 2-30	\$300	\$320
Highline	October 1-29	\$280	\$305
Federal Way	October 1-29	\$310	\$330
Highline	November 1-30	\$225	\$240
Federal Way	November 1-30	\$270	\$290
Highline	December 1-17	\$185	\$200
Federal Way	December 1-17	\$200	\$230

Drop-in Fee: M-Th \$15R \$17NR, F \$20R \$22NR Highline Sites  
\$18R \$20NR Federal Way Site

## BREAK TIME CAMPS

No school again? Wait... Break Time provides a safe environment where your child will be busy with craft projects, games, sports, outdoor activities and much more. You send a lunch, we provide snacks!

Grades K-6

6:30am-6:00pm Field House

Day	Dates	Fee: Res	Non Res
F	October 8	\$35	\$37
M-W	Conference Week: November 22-24*	\$90	\$95
M-F	Winter Break: December 20-31*	\$280	\$296

\*Daily Drop-in Fee: \$34R \$37NR



# Welcome!

## REC 'n ROLL

We invite you to REC 'n ROLL with us! It is our mission to provide you with quality programs and services that inspire your engagement in the community and opportunities for life-long health, learning and friendship. This brochure has many new and returning recreational program offerings that will do just that!

**Pardon our Progress!** You may have noticed numerous construction projects currently underway in the Des Moines Beach Park and Marina. While these projects have limited your access to the waterfront this past summer, the improvements will enhance quality of life for our citizens and economic stability for the Marina District (downtown business district) and entire community.

**Now Open!** Des Moines Creek Trail, from S. 220th Street in SeaTac to the Des Moines Waterfront connecting the Des Moines Creek Park and Beach Park, is home to natural and wildlife habitats and scenic beauty offering pedestrians opportunities for exercise, education and inspiration.

**Join us at the Trail Dedication on October 6, 2010 at 1:30 pm at Des Moines Beach Park Promontory.**

**Opening Soon!** Des Moines Beach Park historic Auditorium a 6,000 sq. ft. newly renovated rental hall (formerly Covenant Beach Church Camp Tabernacle) with its unique wood beam ceiling, indoor-outdoor creek side features and stage make it the must have location for your special occasion. Watch for the gala Auditorium grand opening event in winter 2011.

Please let us know how we are doing! We welcome your comments, concerns and kudos! Please contact Parks, Recreation and Senior Services Director Patrice Thorell at 206-870-6527.

### Look What We Have For You!

Facilities & Fields ..... 2 RR

Before & After School ..... 3 RR

Youth & Teen Basketball ... 4 RR

Toddler – Teen Activities ... 5-6 RR

Adult Activities & Fitness .. 7-9 RR

Senior Activities ..... 9-10 RR

Registration Information ... 11 RR

Special Events ..... 12-13 RR

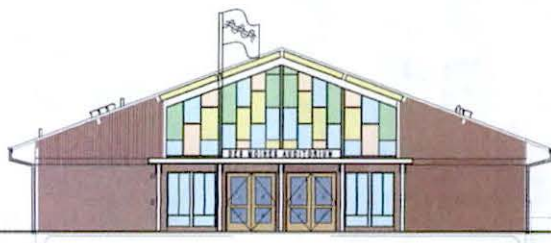
See reverse for City Currents Information

## Facilities & Fields

### Facility Rentals

Des Moines, "The Waterland City" offers unique facility locations that highlight the breathtaking beauty of the Northwest - perfect for family gatherings, weddings, banquets and other community events. Our facilities are available at competitive Facility Use Rates!

- Des Moines Activity Center
- Des Moines Beach Park – Auditorium
- Des Moines Beach Park – Founder's Lodge
- Des Moines Field House
- Des Moines Field House Shelter
- Midway Park Shelter
- Wooton Park Gazebo



**Historic Beach Park Auditorium**  
Make Your Reservations for 2011 Events Today!

### Field Rentals

The following fields are available for rent through the City of Des Moines Park & Recreation Department.

Des Moines Field House Park Fields | Olympic Park | Steven J Underwood Memorial Park | Zenith Park

#### For booking and additional inquiries visit or contact:

Des Moines Parks, Recreation & Sr. Services  
1000 S. 220th Street  
Des Moines, WA 98198  
Phone: (206) 870-6527 Fax: (206) 870-6587  
E-mail: [recreation@desmoineswa.gov](mailto:recreation@desmoineswa.gov)  
Website: [www.desmoineswa.gov/facility](http://www.desmoineswa.gov/facility)

A map and full listing of Des Moines Parks and Recreation Facilities can be obtained at the Administrative office or you can download a PDF file from the City's website: [www.desmoineswa.gov/recreation](http://www.desmoineswa.gov/recreation).

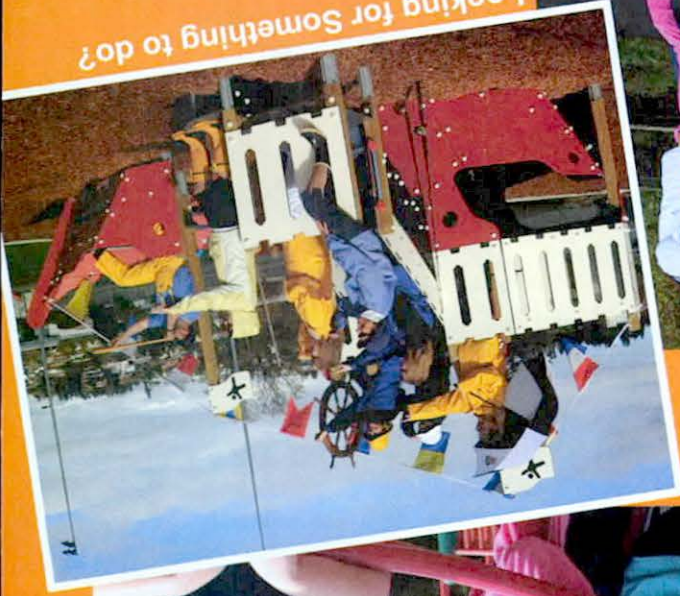


City of Des Moines  
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Looking for Something to do?



REC 'n ROLL

Your Guide to Des Moines Parks, Recreation & Senior Services  
September - December 2010