



Proposition to Fund Des Moines Beach Park and City Street Pavement Overlays Will Go to Des Moines Voters November 8th

The Des Moines City Council and staff have been working hard to upgrade the City's infrastructure and to update its development policies to provide opportunities for economic growth and community prosperity even during these financially difficult economic times. The City Council believes that saving the Beach Park National Historic District from further deterioration and protecting our streets are important to maintain the quality of life for our citizens.



At the November 8, 2011 General Election, the City of Des Moines will ask voters to decide whether to increase the utility occupation tax

from 6% to 9% to provide funding for Des Moines Beach Park and City street pavement overlays and restoration. Funds from the additional 3% would be divided as follows: (1) 1% for Des Moines Beach Park buildings and facilities capital projects for 20 years or until capital bonds are repaid and then this portion would end; (2) 0.5% for Beach Park buildings and facilities maintenance and operations, and repair and replacement; and (3) 1.5% to overlay, repair, and renovate City streets.

These funds are needed because the funding source that the City traditionally used to pay for capital projects—Real Estate Excise Taxes—has declined significantly because of the national recession and the associated reduction in property values. Money received and spent will be tracked so the public can be assured that their money is being used for these purposes and not for other general expenses.

More About Des Moines Beach Park Historic District

The City acquired Des Moines Beach Park in 1988 using a voter-approved Property



Tax Levy matched by State and King County funds. Over the past two decades, the Park and historic buildings have deteriorated due to heavy use, age, and earthquake and flood damage. For more than a decade, many of the Park's buildings have been closed and the City of Des Moines has been trying to restore the Beach Park Historic District for public enjoyment using available City, County and State funds.

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Daisy Sonju Community Garden

Des Moines area residents, volunteers, staff and Council members celebrated the Grand Opening of our brand new 17-space pea patch and community garden on May 28, 2011. The pea patch is full and the gardens are growing! The community garden is providing fresh, local produce to the Des Moines Area Food Bank on a weekly basis. Best of all, the garden is giving people a chance to meet their neighbors, share their knowledge, and eat fresh fruits and vegetables they've grown.



Volunteers are needed to help weed, water and harvest the community garden. Please contact Project Manager Kim Richmond at friendsofsonjupark@hotmail.com or Parks at 206-870-6527 to receive work party notices. Next work party: Friday, September 16, 2011, from 8-2 in conjunction with the United Way Day of Caring.

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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

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:

- Sign Code
- Parking Standards
- Marina District/Downtown Zoning Code
- Pacific Ridge Zoning
- First Ukrainian Baptist Church street vacation
- Electric Vehicle Infrastructure

Approved the following agreements/bids/contracts:

- Solid Waste License Period removing the maximum license period established for solid waste collection licenses
- Approved a franchise for trash collection with CleanScapes, Inc.
- Amended junk vehicle ordinance
- Update DMMC to Reflect Actual Financial Accounting
- Approved an amended Sign Code
- Approved use of City Property for the 2011 Farmer's Market
- Approved the 2011 Fireworks Over Des Moines
- Approved the 2011 Brews and Blues Festival
- Amended Revenue and Finance policies

- Granted Water District 54 a new franchise
- Amended DMMC regarding street solicitation
- Authorized use of automated speed enforcement cameras in school zones
- Amended new height restrictions in the Pacific Ridge zone
- Approved changes to DMMC for the Marina District/Downtown Zoning Code
- Approved emergency measures to mitigate a culvert failure at Soundview Drive and Redondo Beach Drive
- Acknowledged Rikki Marohl as the Best Farmer's Market Manager of the Year
- Authorized a Waterland Parade
- Approved a mechanism to accept donations for expenses incurred in animal adoptions
- Authorized the Des Moines Classic Car and Boat Show
- Adopted 2012-2031 Transportation Improvement Plan

Other Action Taken:

- Held a Retreat and two public open houses to fully discuss and collect public comment regarding changes to the Marina District/Downtown Zoning Code

Celebrate Des Moines!

Have you visited the birthplace of Des Moines lately? Your family will not want to miss "Celebrate Des Moines" at Des Moines Beach Park on **September 17** from 11 a.m. to 2 p.m. This free day of family fun is sponsored by the City of Des Moines Parks, Recreation and Senior Services Department, Arts Commission, Des Moines Historical Society, Wesley Homes and 4Culture.

You'll be delighted with entertainment, an ice cream social, healthy treats, craft activities, clowns and balloon animals, field games, scavenger hunt, hay ride and surprised with a self-guided tour along the heritage trail complete with costumed characters representing the eras of the park. A free shuttle will provide transportation between the park and the Farmers Market so you won't miss out on the market's farm fresh produce.

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Dining Hall

The Park was designated as a National Landmark listed on the Historic Register which allowed the City to obtain State and King County heritage grants to renovate the Beach Park's historic Auditorium and to lift and construct a new foundation under the Dining Hall. However, much more work must be done to protect the buildings from extinction.



Auditorium

If the voters approve this proposition, the new funds will be used to restore and reopen the park's Dining Hall, Picnic Shelter, Restroom, Sun Home Lodge, Founders Lodge, cabins and cottages; replace the play area and wood bridge; install promontory and



Sun Home Lodge

meadow irrigation and pathways; and repair roadways, parking areas and utilities so they do not continue to deteriorate to a degree that they cannot be affordably restored. The cost to make the needed capital renovations and repairs is estimated at \$6,137,493. If bonds are purchased and repaid over a 20 year



Picnic Shelter & Restrooms

period, the buildings and park projects could be available for public enjoyment within the next 2-5 years at an estimated annual cost of \$490,853. The cost of maintenance and operations and repair and replacement needed to ensure continuous public use and access to the Historic District buildings and facilities is estimated at \$277,569 annually.

More about City Street Pavement Overlays

The City's street pavement overlay program is many years behind schedule and requires at least \$1.4 million per year to keep the pavement condition on the City street system in acceptable condition and minimize its overall life cycle costs. The City is responsible for a street system consisting of 100 centerline miles and approximately 215 lane miles of pavement. The proposed 1.5% Utility Occupation Tax increase would provide about 1/2 of the annual funding needed to support the City's pavement management program. Individual projects would be identified based on pavement condition and the optimum time to minimize overall street system preservation, reactive maintenance and rehabilitation costs. The City would strive to (1) maintain geographic balance in the program so that all parts of the City would benefit, (2) group projects so that contracting efficiencies and economies of scale would be achieved, (3) minimize disruptions to the community when work occurs, and (4) coordinate work with other utilities.

If approved, the City estimates this additional 3% utility tax would cost a typical family of four about \$17.75 per month. Additional information will be furnished on both programs prior to the election and on the City's website at www.desmoineswa.gov.

Planning Agency Members Needed

The City of Des Moines is currently recruiting for two new members for the Planning Agency. The Planning Agency makes advisory recommendations to the City Council on land use and zoning matters. Typically this involves review of certain new development proposals such as subdivisions and planned unit developments, but may also involve recommendations on zoning and environmental decisions and general planning policy documents like neighborhood or comprehensive plans. The Agency is scheduled to meet on the first Monday of each month at 7:00 p.m. It is not unusual, however, for the Planning Agency to meet less frequently based on the pending business activity each month. Individuals interested should be prepared to meet on the average 6-8 times a year. Meetings typically last 1.5 hours. Des Moines citizens interested in serving on the Planning Agency should contact Robert Ruth, Development Services Manager, at 206-870-6555.

Beach Park Projects (Creek Dredging Completion and Slide Repair)

Construction activities will once again have Beach Park closed to vehicle access this summer. The dredging of Des Moines Creek that began last summer, and was prematurely shut down due to inclement weather, will resume this summer (early July), and be completed by the end of September.

Staff has been working with FEMA and consultants on repairing the slide along the main access road into Beach Park. The slide occurred in January 2009. The repair design has been completed, and the project is currently out for bids. The repair consists of the installation of a soil nail wall with welded wire mesh for slope protection and erosion control plantings. The existing rockery at the base of the slide will be temporarily removed during repairs to allow access onto the slope, but will be replaced prior to project completion. Construction is expected to take 40 working days and will commence in mid-September.

For additional information please contact Scott Romano at 206.870.6539 phone or email sromano@desmoineswa.gov or call Des Moines Public Works at 206.870.6522.

Des Moines Transportation Gateway Project Update

24th Ave. S. & S. 216th

The City has contacted property owners that will be impacted by construction of the initial two phases of the project to secure rights-of-way and easements. These phases include widening of 24th Avenue South from South 208th Street to South 216th Street, including roadway transitions south of the South 216th Street intersection as well as widening South 216th Street from 24th Avenue South to 18th Avenue South. This will allow the City to be in a competitive position to secure grants for construction of these two phases as early as 2012.

The City plans to transform these roadways into "complete streets" with two additional travel lanes, turn lanes, bicycle lanes, curbs, gutters, sidewalks, planter strips, underground utilities, and improved lighting including a pedestrian friendly streetscape for this major gateway to the City. This design provides adequate transportation capacity for planned growth in the North Central and Pacific Ridge neighborhoods.

For more information or project updates, call 206-870-6525 or visit <http://www.desmoineswa.gov/tgp>.

Des Moines 2011-12 Community Service Directory Now Available

This 6 page directory is an excellent resource for area agencies and services that provide assistance to citizens. Categories range from food and transportation to legal services and childcare. Health resources, food, employment and consumer affair categories are also included. It is an easy reference document for the help you may need. For your copy please visit the City's web page at www.desmoineswa.gov/humanservices or call 206-878-1642 for a copy. Copies of the Community Service Directory are also available at all City buildings and the Des Moines Library.

Please Be Sure Your Pet is Licensed

All Des Moines dogs and cats over the age of six months are required to have a current rabies vaccine and be licensed with the city. Pet License tags are required to be worn on the pet's collar or harness anytime they are off their own property- but realistically they should ALWAYS be worn. Often when pets escape and run off, it is from their own property and that is when they really need to have their tag. Even indoor-only cats should wear their tag.

Pet licenses need to be renewed annually, and licenses are valid January through December of each year. Lifetime licenses are available for spayed and neutered pets owned by seniors 65+. Annual dog and cat licenses are \$20 for altered and \$60 for un-altered, with 50% late fees after March 1 and 100% late fees after May 1. Lifetime licenses are free!

Micro-chips are a great back-up form of identification and we highly recommend that all dogs and cats have a chip, too! Remember that micro-chips cannot be seen without a scanner/reader, so should NOT be considered a primary form of identification.

Please be a responsible pet owner: keep your pets under proper leash control, scoop after your pet, and keep a current pet license on them at all times!

Hotel Plans Usher in New Era for Des Moines

After much anticipation, design plans for the Artemis Hotel were submitted to the City on June 15, 2011 for approval. The hotel will be located at the 22400 block on the east side of Pacific Highway South. Yareton Investment and Management proposes to redevelop the site formerly used as a vehicle emission testing center. Construction of the hotel will replace a small vacant building with a new 7 story, 280,000 square foot four star hotel. This will be the most identifiable commercial structure in the Pacific Ridge neighborhood.

In addition to its expected prominence in the city, The Artemis will include features that will make it an activity hub unlike any other in the city. The hotel will have 234 guest rooms including 6 upscale townhouse style units on the top floor. Building orientation and design capitalize on the sweeping views of Puget Sound, the Olympic Mountains and Mount Rainier. A west facing drive-through port cochere entry provides for convenient valet, taxi, and shuttle drop off service and will be a focal point of the project. The ground floor level will have two restaurants. Convention space and large banquet facilities are located on the third floor. A day spa with pools, exercise space, and a massage center is also included.

Making School Zones Safer!

Recently the Des Moines City Council voted to enter into an agreement with American Traffic Solutions (ATS) to provide automated photo enforcement within the school zone at Woodmont K-8 on 16th Ave S. The agreement will be a pilot program for one year with an option of extending an additional 4 years.

Recent speed studies showed that during the flashing times before and after school there were on average over 100 speeding violations per day. A speeding violation was considered for any vehicle traveling greater than 25 mph through the 600 foot 20 MPH school zone. National studies show that the probability of a pedestrian fatality rise from about 10% to about 60%, a six-fold increase, when vehicle impact speed increased from 23 mph to 28 mph.

Any revenue left over after program expenditures will go back into a dedicated Traffic Safety Fund, which could provide funds for projects such as new sidewalks along identified school walking routes, crosswalk enhancement projects, street signage, enforcement initiatives, traffic calming equipment such as driver feedback signs, implementation of flashing beacon warning systems in other school zones, and other safety projects aimed at enhancing pedestrian safety – particularly in and around schools in our community.

The City hopes to have the equipment installed this fall with the beginning of the fall school session in September. Warning tickets would be issued for the first 30 days.

New Enhanced Garbage, Recycling, and Compost Service Coming to Des Moines

Beginning
November 1,
2011, Des



Moines residents

and businesses will see quieter, bright green trucks collecting their garbage, recycling, and compost/yard waste. On May 12th, the Des Moines City Council authorized a new agreement with CleanScapes, a local sustainable solid waste company.

Under the new contract all Des Moines residents will receive new containers and carts. Containers owned by the previous contractor will be collected during the transition. CleanScapes will use hybrid compressed natural gas trucks, making Des Moines the first community in King County to use this type of green fleet. CleanScapes will also expand the range of recyclables collected to include plastics, motor oil, bottled kitchen fat/oil/grease, scrap metal, household batteries, and fluorescent bulbs.

Beginning this summer, CleanScapes' community outreach team will visit each multi-family and commercial customer to discuss options for increased recycling and composting, with the goal of reducing their garbage bill and increasing recycling in Des Moines. All residents will receive a "welcome packet" from CleanScapes in October along with education material about recycling and composting. **A link to information for Des Moines residents may be found on CleanScapes' website – www.cleanscapes.com; or call the CleanScapes Des Moines customer service number – 206-762-4900.** The designated City staff member for oversight of this contract is Laura Techico, Recycling & Solid Waste Coordinator – ltchico@desmoineswa.gov, 206-870-6595.

"CleanScapes is committed to providing Des Moines residents with enhanced services, including a dedicated website, customer service line and experienced customer service team for Des Moines," said Chris Martin, President of CleanScapes. "We look forward to serving the City of Des Moines and being a great community partner".

Des Moines' Healthy Eating Active Living Initiative Collaborating for Active Living & Safe Routes to School!

The Highline School District is leading the way to make it easier for children and families to be active, and to walk and bike to and from school by starting a Safe Routes to School (SRTS) pilot program this fall at Midway Elementary School.

Val Allan, SRTS Lead, Highline School District, and Derek Severson, Physical Education Teacher, Midway Elementary School, are coordinating the effort while working closely with City of Des Moines' Healthy Eating Active Living (HEAL) Initiative, Midway's students and families, Public Health – Seattle & King County, and active living consultants.

To increase active living, today's children need safe routes to walk and bike ride to school, parks, playgrounds, and other community destinations. Health professionals recognize the positive impacts of SRTS including:

- Improved levels of daily physical activity for children and their families
- Increased community engagement assuring students get to and from school safely
- Improved air quality and decreased traffic around schools

The City of Des Moines believes that, "Programs and policies that enable active living are important investments in the City. Active communities increase public health, benefit the local economy, deter crime, and support the environment," said Melissa Musser, Des Moines' Councilmember. "The City aims to make our streets safe and complete for not only vehicles, but bikers and walkers of all ages as well," said Brandon Carver, Des Moines' Associate Transportation Engineer.



Midway Elementary School will receive the following supports made possible by funding from Public Health- Seattle & King County:

- **A Walk/bike audit** – school staff, parents, and students will participate in a neighborhood tour to determine the best routes and potential hazards.
- **Maps** - indicating barriers to walking and community assets.
- **Training to promote safe walking and biking skills** – Derek Severson will teach road safety education classes.
- **A school-wide walk/bike kick-off day**

We hope you will "move with us" at the walk/bike audit and the walk/bike-to-school day at Midway Elementary School this fall!

For additional information on the HEAL initiative, please contact Sue Anderson at sanderson@desmoineswa.gov/206-719-1270 or the Safe Routes to School program, Valarie Allan, allanvm2@hsd401.org/206-631-5748.

New Permit System Coming to Des Moines

Des Moines is in the final stages of implementing a new permitting system called "PermitTrax". The new system will accommodate and manage the building development processes and will replace the current "Sierra" permitting system that is outdated and no longer technically supported. "PermitTrax" will enhance the

capabilities of the City to provide improved customer service and will eventually include on-line permits, on-line permit tracking and on-line inspection scheduling and inspection results. Look for future notices regarding the timeline and implementation of this new system.

New Zoning Regulations for Downtown Des Moines

On June 30th the Des Moines City Council approved an ordinance that changed regulations governing development in the Marina District. Among the changes, the new code allows buildings to rise from the previous limit of 35 feet to 45 feet on a portion of 7th Avenue South. An additional three buildings will be able to rise to 55 feet (approximately five stories), if the builder provides public benefit features such as public art, a rooftop garden, or other civic, design or streetscape contributions beyond the developer improvements that are required. The ordinance also includes considerations that balance building height, bulk and scale, and requires modulation and setbacks to protect view corridors.

The land in the Marina District “is highly underutilized, and growth and vitality in the neighborhood is linked to providing for, accommodating, and encouraging property owners to develop to the highest and best use,” according to the language of the ordinance.

The legislation is the result of an 18-month effort to study what changes would encourage revitalization in the Marina District. The Council’s Finance and Economic Development Committee considered input from various stakeholder groups, and thoroughly examined the impact on views, using panoramic

photographs and topography studies to determine how much the slope of the downtown would compensate for changes in building height. Open houses were held on April 30 and May 4, 2011 to provide an opportunity for the public to comment on the changes, and a public hearing was held on May 12. Notice of the open houses was mailed to every resident, property owner, and business owner in the City.

In addition, a zoning change is included to allow property owners to construct “head-in angle parking” on Marine View Dr., similar to what is currently between 223rd St and 225th St. (the theater block).

Over the last several years the City has made a series of changes to encourage development, such as a 10% discount on permits for buildings over 25,000 square feet and a 20% discount on buildings over 50,000 square feet, in addition to completing environmental impact analyses to expedite projects. Another recently approved ordinance streamlined the City’s sign code, creating a simpler and user-friendly format and allowing “A-board” signs on a limited basis in the commercial zones.

The City anticipates some exciting new projects as a result of these changes.

Who Needs a Business License?

Des Moines Municipal Code requires anyone wishing to conduct any business within the City of Des Moines to first secure a City of Des Moines business license. This includes businesses whose principal place of business is outside of the City of Des Moines (examples, but not limited to: contractors applying for building, electrical and plumbing permits, etc.) A business license with the City of Des Moines is required if you have a commercial storefront business, an in-home business, or you are based outside of the City, but are working in the city of Des Moines. Applications, helpful hints and payment information are available online at www.desmoineswa.gov. If you have questions, please email businesslicense@desmoineswa.gov or call 206.870.6580. Avoid penalties and late fees, which can add up to \$513.00 a day, by licensing your business today.

South 216th Street Project Update (Marine View Drive to 11th Avenue South)

The construction which began in late April 2010 to provide a two-way left turn lane, curbs, gutters, sidewalks, and bike lanes on both sides of South 216th Street, as well as placing the overhead utilities underground, is now complete. The curve has been realigned, there is a new decorative wall behind the curve, and new street and pedestrian lighting has been installed. The project was partially funded through a grant received from the King County Community Development Block Grant (CDBG) Program and frontage improvement in-lieu fees provided by the Wesley Homes Retirement Center.

For additional information please contact Scott Romano at 206.870.6539 phone or email sromano@desmoineswa.gov or call Des Moines Public Works at 206.870.6522.

Des Moines Police Prescription Drug Take-Back Event An Overwhelming Success!

In September 2010, Des Moines Police participated in the first ever National Prescription Drug Take-Back event, sponsored by the Drug Enforcement Agency (DEA). During that event, Des Moines Police collected just over 220 lbs of medication for safe disposal.

On April 30, 2011, the DEA held their second National Prescription Drug Take-Back event and Des Moines Police again hosted collection sites in the City of Des Moines. The event was another overwhelming success with Des Moines Police collecting 275 lbs of unwanted, unused and expired medications for safe disposal!



Medicines that languish in home cabinets are highly susceptible to misuse. Rates of prescription drug abuse in the U.S. are alarmingly high—more Americans currently abuse prescription drugs than the number of those using cocaine, hallucinogens, and heroin combined, according to the 2009 National Survey on Drug Use and Health. Studies show that teens who abuse prescription drugs often obtain them from family and friends, including from the home medicine cabinet. In addition, many Americans do not know how to properly dispose of their unused medicine, often flushing them down the toilet or throwing them away—both potential safety and health hazards.

Des Moines Police has a Medication Disposal Resource List on their website at www.desmoineswa.gov/drugdisposal to provide residents with resources on proper medication disposal every other day of the year. This site will also advertise upcoming collection events in Des Moines.

The next DEA National Prescription Drug Take-Back event is scheduled for October 29, 2011. Visit www.dea.gov for additional information.

Got Art?

Poverty Bay Arts Festival Adds a Silent ARTS Auction

The Des Moines Arts Commission is sponsoring its second annual Poverty Bay Arts Festival, which includes an Art Walk, Poetry Slam and Silent Art Auction to showcase visual, literary and performing arts, from 10 a.m. until 4 p.m. on **September 10, 2011**. The Festival takes place throughout the Marina District (from Marine View Drive S. to 6th Avenue South and S. 216th Street to S. 227th Street in downtown Des Moines).

The Festival's Art Walk features artists paired up with businesses to present and sell original artworks. At each of the participating business, you will be able to visit with an artist, purchase art or grab a free Arts Festival map guiding you to other Arts Festival locations.

The popular Poetry Slam featuring up and coming literary artists (you can sign up at the event) will be held at Barnacles Restaurant from 12-2 p.m. and is free to the public.

This year for the first time, the Arts Commission will sponsor a Silent ARTS Auction in the Odd Fellows Hall from 10 a.m. until 3 p.m. to help support the arts in Des Moines! The Commission is also seeking donations for the art auction. Whether it is art you created, art you can bear to part with, or art related services or events, please consider donating a piece. Contact Nancy Stephan, Silent Arts Auction organizer, by email at nstephan@yahoo.com or phone 206-870-7413 for more information.

Des Moines has something for everyone on September 10th! In addition to the Poverty Bay Arts Festival, make the Poverty Bay Blues and Brews sponsored by the Rotary Club of Des Moines at Beach Park and the Des Moines Farmers Market at the Des Moines Marina part of your day in Des Moines.



Des Moines Healthy Eating Active Living Initiative Putting Prevention to Work!

The City of Des Moines received a grant from Public Health - Seattle & King County and the U.S. Department of Health and Human Services to develop a new Healthy Eating and Active Living (HEAL) Initiative! The purpose of the initiative is to increase access to opportunities for physical activity and healthy foods through policy, systems and environments that make "the healthy choice the easy choice". The City of Des Moines is working closely with Public Health - Seattle & King County, the Cities of - Burien, SeaTac, and Normandy Park and the Highline School District all of whom are members of the Healthy Highline Communities Coalition and the state-wide Communities Putting Prevention to Work Coalition. Melissa Musser is the City of Des Moines' elected official representing the City on the Healthy Highline Communities Coalition. Sue Anderson, Policy Analyst, City of Des Moines, is the initiative director.



As part of the HEAL Initiative, *Robyn Eidem and Brad Wilkins*, Des Moines Parks & Recreation camp leaders, provide healthy food options and teach youth about healthful eating by using Choose My Plate activity sheets. Campers learned that healthy plates include filling half of their plates with fruits and vegetables. Try this concept with your family to encourage healthful eating!



For additional information on the HEAL Initiative please contact: Sue Anderson at sanderson@desmoineswa.gov; 206-870-6528. For more information on healthful eating, visit www.choosemyplate.gov.

Camp KHAOS Youth Coloring Healthful Food Plates and Enjoying Apples!

DES MOINES ROTARY does it again!

The "must see" event of summer in Des Moines returns. Everyone had so much fun last year, we knew we had to bring back **The Poverty Bay Blues and Brews Festival**. This year includes an even bigger musical lineup and more breweries than before. The music will be provided by local blues bands such as Little Bill and the Bluenotes, Rod Cook and Toast, The Fabulous Roofshakers, and Left Hand Smoke. The brews will include several local craft breweries including Big Al's Brewing, Georgetown Brewing, Mt. Head, Odin and Elliot Bay Brewing. There will be plenty of food to complement the brews, including bratwurst and B&E Meats' famous tri-tip. The Festival will take place at the Des Moines Beach Park and is for people ages 21 and over only.



Des Moines Rotary has partnered with Music4Life and will use proceeds from this event to support music instruction in our local schools. The program is a collaboration between Highline Public Schools, the Rotary Club of Des Moines and many individuals and businesses, partnering to expand music education for all children in the Highline School District. There will be plenty of free parking and a shuttle between the Festival and other events taking place on that day including the Poverty Bay Arts Festival and the Farmers Market. If you like great music, great food, and great beer, Des Moines is the place to be on **September 10**. Tickets can be purchased online at brownpapertickets.com or at Corky Cellars in Des Moines.

Public Works and Parks Maintenance Improvements

(Landscape Maintenance Contract and Equipment Upgrades)

The City's Public Works and Parks Maintenance Department is making improvements in how it does business to improve efficiency and increase production. The City of Des Moines is not unique when it comes to placing an emphasis on how to improve its performance. Most public agencies are faced with the same challenges due to tight budgets and continued declining resources and revenues. The challenge we face is to figure out how to 'work smarter' and complete as much work as possible with the limited resources available.

A few key areas where the City's Maintenance Division is working smarter include combining City staff performed landscape maintenance with contracted landscape maintenance services and using high production equipment for shoulder and ditch mowing and storm water detention facility maintenance.

The City recently awarded a contract to Northwest Landscape Services (NLS) to perform landscape maintenance services at 20 parks and street median locations. City staff will regularly review the work being performed by NLS in order to ensure standards are maintained, while at the same time realizing

cost benefits. The remaining parks within the City will continue to be maintained by the City's Maintenance Division. The City expects to realize cost benefits through this combined approach to park and median maintenance. End of the year review of the contractor's performance and relative cost benefits will determine whether this contract will continue for the 2012 season.

The Division has also recently made two key equipment purchases, a 'slope' mower for storm water detention facilities (ponds) and a 'boom' mower for roadside shoulder and ditch maintenance. This equipment was purchased to substantially reduce the number of man-hours associated with their respective functions. Both purchases have proven to be beneficial for the City in terms of labor savings, especially the slope mower for pond maintenance where labor effort has been cut by over 50%.

All major functions within the Maintenance Division continue to be analyzed for potential improvements within available means and resources. Review of existing systems, equipment productivity and levels of staff training are all areas where improvements are being monitored and evaluated.

IT'S EASY!

Des Moines-Redondo-Normandy Park Hyde Shuttle

Sponsored by Senior Services, the Hyde Shuttle provides seniors rides to medical appointments, grocery shopping, banking, trips to the Activity Center and other local errands. All rides are on a first come basis. There is no application to fill out – just sign up by phone – call 206-727-6262.



The wheelchair-lift equipped Hyde Shuttle operates Monday-Friday from 9am – 4pm within the service area: South to Des Moines City limits, north to 140th in Burien and east to I-5, and to Federal Way on Fridays only. There is no charge for the service; however with rising fuel prices, donations are appreciated.

DRIVERS WANTED: SENIOR SHUTTLE & VOLUNTEER TRANSPORTATION SERVICE

Senior Shuttle Volunteer Drivers receive free specialized training in defensive driving, passenger assistance and first aid/CPR, have flexible hours and no heavy lifting. Shuttle drivers do not need a special driver's license.

We provide supplemental insurance and mileage reimbursement for our **Volunteer Transportation Drivers**. Volunteer drivers love what they do, Join them and make a difference in your community! For more information, please contact Senior Services at 206-448-5740 or apply online at www.seniorservices.org.



Upcoming Events



September

- Farmers Market, Saturdays, 10am-2pm
- Kids Day, Farmers Market, Sept. 10, 10am-2pm
- Poverty Bay Blues & Brews, Des Moines Rotary, Sept. 10, Noon-7pm
- Poverty Bay Arts Festival, Des Moines Arts Commission, Sept. 10, 10am-4pm
- Celebrate Des Moines Family Fun at Beach Park, Parks & Rec, Sept. 17, 11am-2pm

October

- Farmers Market, Saturdays, 10am-2pm
- Spaghetti Night, Senior Center, Oct. 7, 5-7:30pm
- Toddler Pumpkinpalooza, Parks & Rec, Oct. 21, 10am-Noon
- Chili Cook-Off, Farmers Market, Oct. 29, 10am-2pm

- Halloween Carnival, Landmark Event Center, Parks & Rec, Oct. 29
- Trick or Treat Path, Destination Des Moines, Oct. 31

November

- Anthony's HomePort Bayside Brunch, Legacy Foundation, Nov. 6, 10am-1pm

December

- Tree Lighting, Destination Des Moines
- Christmas Ships Bon Fires, Beach Park and Redondo Beach, Parks & Rec
 - ☐ Thursday Dec. 8th at Redondo 8:50-9:10pm
 - ☐ Thursday Dec. 15th at Des Moines Beach Park 7:10-7:30pm
- Breakfast with Santa, Senior Center, Parks & Rec, Dec. 17, 9am & 10:45am seating times

Des Moines Activity Center Offers Special Programs for Ages 50+

Valley City Counseling and Consultation

Des Moines Activity Center is pleased to be working with Valley Cites Counseling and Consultation.

Private One-on-One Counseling

This program provides an opportunity to meet with a professional counselor in person and in private to assist with resource information, referrals, and brief counseling sessions. The counseling sessions are scheduled in advance through the Activity Center. Appointments can range from 30 minutes to one hour. Individuals can meet with the counselor privately for a maximum of three consecutive sessions. Upcoming dates are the second Friday of the month through December 2011. Hours are 10am to 12noon.

Many thanks to the Des Moines Legacy Foundation for providing the funding for this program. For more information please call Des Moines Activity Center, 206.878.1642

ORCA/METRO Regional Reduced Fare Permit

Tuesday, September 13, 10:30am

Learn the difference between the ORCA and METRO reduced fare permits at this important presentation. Which do you need? A representative from METRO will get you up to speed, answer questions, and assist you in obtaining a reduced fare permit.

Assistive Technology

Tuesday, October 25, 10:30am

Are you interested in learning more about assistive technology available for people with hearing loss? Staff from the Hearing, Speech, & Deafness Center (HSDC) will provide a presentation on the types of technologies currently available and demonstrations on selected equipment including: amplified phones, TV listening devices, and alarm clocks. Additionally we will provide you with information and resources on where to purchase equipment and how to apply for free or reduced cost devices through Washington's Telecommunications Equipment Distribution (TED) program.

My Medicare Part D Yearly Checkup

Tuesday, October 25, 1pm

Our Senior Rights volunteer, Duane Pelkey will review Part D, how and when to sign up or change, how the plans work, medicare advantage plans and extra help for low income seniors.



WOODSTOCK BAYSIDE BRUNCH and AUCTION

SUNDAY

Save the date

NOVEMBER 6, 2011

9:30 A.M. - 1:00 P.M.

\$75.00
1 11611



Des Moines Legacy Foundation

You won't believe your eyes man.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Peace and Love

Save the date

12th Annual

Bayside Brunch and Auction

Anthons HomePort, Des Moines

Sunday, November 6, 2011

9:30 A.M. - 1:00 P.M.

- ◆ Psychedelic brunch
- ◆ Far out starship champagne
- ◆ Age of Aquarius auctions
- ◆ \$10 / \$20 "dime & dub bags"
- ◆ \$75 per person
- ◆ Counter culture costume contest
- ◆ Come decked out in your 60's threads
- ◆ Guest Host: 60's KJR DJ, Pat O'Day

Proceeds benefit

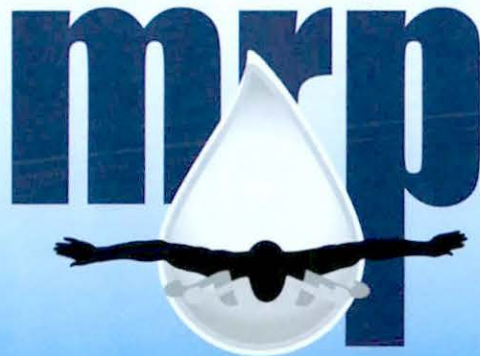
Des Moines area senior and youth recreation & services.

206-878-1642 / www.desmoineslegacy.org

Tickets go on sale September 19

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

mount rainier pool



FALL/WINTER 2011-2012 SCHEDULE

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

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 - 7:30 am	Available for rentals	Lap Swim		Lap Swim		Lap Swim	Mount Rainier High School/King Aquatics 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		Mount Rainier/King Aquatics swim teams	Mount Rainier/King Aquatics swim teams	Mount Rainier/King Aquatics swim teams	Mount Rainier/King Aquatics swim teams	Mount Rainier/King Aquatics 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	\$1 Public Swim (First Saturday only) 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 19th Ave S • Des Moines, WA • Southwest corner of the high school campus

Pool above water financially, but loses highly valued friend



**DES MOINES
POOL**

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

visit us online at:
www.desmoinespool.com

Operators of your
Mount Rainier Pool

In November 2009 the citizens of Des Moines voted to form a metropolitan park district to keep Mount Rainier pool open.

The five newly elected commissioners moved quickly to organize and form the district, and to develop and implement a business plan. The district secured a two-year loan from King County of \$350,000 dollars to provide for operating expenses prior to receipt of tax revenues.

The district has kept the overhead low and operated under budget. The 2010 budget was \$150,000, but the district only spent \$110,000 ending the year approximately 35 percent under budget. Repayment of the loan by end of 2011 is anticipated.

Over the past 17 months, key improvements have been made to the pool and building: new energy-efficient lighting in the natatorium and locker rooms, repair to the parking lot, replacement of the pool heater, and hiring a part-time maintenance person.

Future improvements include repair of the heating and ventilation system, additional energy related improvements, replacement of lockers and updating the signage.

Consistent with the district's mission of "A water-safe community that celebrates our aquatic heritage," the overriding goal of Des Moines Pool Metropolitan Park District is that every child in Des Moines be given the chance to learn to swim.

To that end, swimming scholarships for low-income children have continued with the help of the Des Moines Legacy Foundation.

The public is invited to attend district meetings held the first Tuesday of the month a 7pm at the Midway Sewer District offices, 3030 S. 240th St., near Lowes.

SAD NOTE: Faith Callahan was a poster girl and a huge asset for the Save Our Swimming campaign. She inspired many seniors to maintain their mobility through swimming and she led by example, regularly attending low-impact water aerobics three times a week until shortly before her passing. Faith died on July 7 after a short illness at 106 years old. She will be dearly missed and the commissioners' condolences go to Faith's family and many friends.



FALL BACK INTO FITNESS

SPECIAL PRICES
on our Adult Lap Swim Pass

1-year pass \$350

3-month pass: \$100



**WE JUST WANT TO SAY:
'THANKS, DES MOINES'**

COUPON EXPIRES DECEMBER 31, 2011

**GOOD FOR
ONE FREE PUBLIC
SWIM, LAP SWIM or
WATER EXERCISE
at Mount Rainier Pool**

CONSUMER: Coupon void if copied. Cash value 1/100¢. LIMIT: One coupon per visit.

COUPON EXPIRES DECEMBER 31, 2011

**GOOD FOR
ONE FREE PUBLIC
SWIM, LAP SWIM or
WATER EXERCISE
at Mount Rainier Pool**

CONSUMER: Coupon void if copied. Cash value 1/100¢. LIMIT: One coupon per visit.

Arts Alive!

Join us for a line-up of music, slithery reptiles zany performances and more!
This family performance series is wonderful fun for everyone.

3rd Saturdays at 10:30am		\$5 in advance & \$7 at the door
October 15	The Not-Its	Field House
November 19	Alex Zerbe	Field House
January 21	Reptile Man	TBD
February 18	Caspar Babypants	TBD
March 17	The Harmonica Pocket	TBD

Toddler Pumpkinpalooza

Come dressed in your best costume for pumpkin painting, carnival games, and more. Children receive age-appropriate goodies as they leave.

Ages 0-4
W October 26 10am-12:00pm \$7R/\$9NR
Field House

Parks & Recreation joins Landmark Event Center for

HALLOWEEN CARNIVAL

SATURDAY, OCTOBER 29, 5-8PM

\$5/child

Landmark Event Center, 23660 Marine
View Drive South

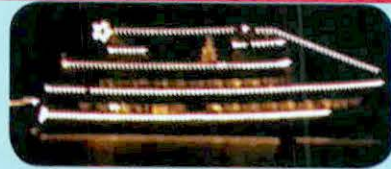
Everyone in the family is invited to join in on an evening of fun! Kids 12 and under will enjoy a variety of "frightfully fun" skill challenging games. If able, we request non-perishable food donations for the Des Moines Food Bank.



Breakfast with Santa.

You are cordially invited to enjoy a delicious pancake breakfast with Santa. Kids will have the opportunity to participate in holiday activities and visit with Santa about their Christmas wish list. Children must attend with a parent or responsible adult and children age 2 and younger are free, but must have a ticket. Pre-registration is required.

When: Saturday, December 17.
Two seating times at 9-10:15am & 10:45am-12:00pm
Where: Des Moines Activity Center
Cost: \$8 per child and \$4 per adult



Argosy Christmas Cruise Ship & Bonfire

Thursday, Dec 8 Redondo 8:50-9:10pm
Thursday, Dec 15 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!



Des Moines Waterfront Farmers Market

Join us every Saturday
now thru October 29th

Upcoming
Special Event

Back to School/Kid's Day

SEPT 10

Information and fun
events just for kids

NOW ACCEPTING



VISA



5th ANNUAL
CHILI COOKOFF

October 29th

COME TO
EAT

OR

COME TO
COMPETE



Located in the South Marina Park

10am to 2pm

www.DMFM.org



More information available at DMFM.org
or email desmoinesfm@gmail.com

Special Events

Poverty Bay Arts Festival

SEPT. 10
10am - 4pm
City of Des Moines
Marina District



Art Walk 10am-4pm Marina District
Silent Arts Auction 10am-3pm Odds Fellow Hall
Poetry Slam Registration 12-2pm Barnacles Restaurant

Join us for our Annual Spaghetti Night

HOLIDAY | Fernwood at the Park
Independent Retirement Living
Friday, October 7
5pm - 7:30pm
Des Moines Activity Center
\$8/Adults, \$5/Children, \$20 Family Rate*

Enjoy a scrumptious dinner prepared by Fernwood at the Park, featuring spaghetti, salad and dessert. Des Moines Activity Center, 2045 S 216th Street, 206-878-1642
*2 adults and children under age 12



Facilities & Field Rentals

Des Moines Facilities highlight the breathtaking beauty of the Northwest offering the perfect setting for weddings, banquets and other community events.

Indoor Facilities

- Up to 500 Guests:**
Beach Park Auditorium
- Up to 225 guests:**
Des Moines Field House
- Up to 125 guests:**
Des Moines Activity Center with Mary's Patio Garden
- Up to 60 guests:**
Founder's Lodge & Des Moines Field House Studio



Field Rentals

The following fields are available for rent.
Des Moines Field House Park Fields
Steven J Underwood Memorial Park Fields
Zenith Park

Des Moines outdoor shelters are also available for fall family gatherings.

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
Website: 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.

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.desmoineswa.gov/50plus

Hours: Monday – Friday, 8am–4pm

Holiday Closures

Monday, September 5, Friday, November 11, Thursday-Friday, November 24-25, Monday, December 26 & Monday, January 2.

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.

How to Register:

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

Phone: Visa/Mastercard.

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

Registration forms available in the office or at www.desmoineswa.gov/recreation.

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:

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

Refunds, less a \$10 administrative fee, will be granted when requested a minimum of 5 business days prior to the program/course's start date. The administrative fee will be waived if you opt for a credit to be used for another course/program. Credits must be used before the close of each calendar year.

No refunds will be issued for the following:

- Programs costing \$10 or less.
- Programs where admission fees were purchased in advance.
- Special Events.

Medical illness or other extenuating circumstances will be handled on a case-by-case basis. Documentation of the circumstance may be required.

Disclaimer:

Every effort is made to ensure that the information in this Recreation Guide is accurate. Because policies, personnel and funding can change, DMPS&SS reserves the right to amend or modify programs.

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 206-824-6024.

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.

Will You Help a Child Attend a Camp or Activity?

Your contribution gives local children and teens the opportunity and joy of attending Parks and Recreation programs! Youth and Teen programs are an essential part of a healthy community, building social skills, promoting active play and providing a safe haven for children before and after school.

Des Moines Parks and Recreation receives scholarship support from Des Moines Legacy Foundation and other local services organizations such as the Rotary Club of Des Moines. However, the need for scholarships has increased dramatically surpassing funds available in 2010.

Your gift will help a Des Moines child participate in 2011!

Send your tax deductible donation to:

Des Moines Legacy Foundation

Attention: Des Moines Parks & Recreation

Scholarships for Youth

PO Box 13582

Des Moines, WA 98198

Scholarship Forms available at
www.desmoineswa.gov/recreation
or by calling 206-870-6527.



Ooops!

Sometimes courses are
cancelled because people wait too long to register.
Register early to avoid disappointment!

Join your Local PTSA
and show your
2011-12 Membership Card to receive a
10% discount
the first time you enroll your child
in a Des Moines
Recreation Activity*.

Offer valid September 1, 2011 – June 30, 2012.

Call 206-870-6527 for information.

*Excludes one-time events.

Coming This Fall – call 206-878-1642 for more details!

Reflecting on Current Events

Take part in lively discussions on world, national and local events and weigh in on the ever changing world of politics, finances, religion and technology's impact on society. Facilitator: Don Custer.

Age 50+ \$20
T October 11- November 15 1-3pm Activity Center

Aging Your Way - Workshop for Baby Boomers

Do you have the Peter Pan complex, "I will never get old?" Join the rest of the baby-boomer generation with similar feelings and help us design a community that will have what you want as time goes on! Facilitated by Senior Services and Des Moines Activity Center.

Target Participants: Des Moines and Normandy Park residents age 45-65
W November 30 5:30-8:30pm Activity Center



Life in Motion

Learn how to properly lift, strengthen your body's core, restore your spine and move well! Proper movement is a key factor in achieving balance and this class focuses on improving joint range of motion and implementing gravity-driven exercise to improve quality of life and activities of daily living. Instructor: Dr. Allison, Chiropractor

Age 50 & better \$1 drop-in Fee
MW September 12-December 14 8:30-9:30am Activity Center

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 September 22 – December 8 10am-12pm Wesley Gardens
No class 10/20, 11/24

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 September 22 – December 8 2-4pm Wesley Gardens
No class 10/20, 11/24

Spinning Demonstration

Local weaver and "spinner" will demonstrate how to use a spinning wheel and share samples of items created from yarns the artist has spun. Weaver/spinner: Virginia Bird

T October 4
2:30pm Activity Center



Blueprint for Living 2011 and Beyond

Featuring a series of presentations to design and live your life well and your way! Presentations offered by Valley Cities Counseling & Consultation unless otherwise noted.

Adults Activity Center

Friendships Contribute to Wellness

Learn about the connection between friendships and health.
October 4 10-11am Activity Center

Friendship Dynamics are Complicated

Not all friendships last a lifetime, not all friendships are healthy.
October 18 10-11am Activity Center

Prepare for a Healthy Winter

Keep yourself healthy and your mood cheerful during the gray days of winter.
November 1 10-11am Activity Center

Thankfulness is Healthy

An "Attitude of Gratitude" can help you maintain your physical and mental health
November 15 10-11am Activity Center

Spiritual Wellness Comes in Many Forms

Exploring the relationship between our physical, emotional and spiritual wellness
December 6 10-11am Activity Center

The Healthy Value of Spiritual Growth

Learn the benefits of nourishing your spiritual self.
December 20 10-11am Activity Center

Join us on Sundays for live dance music with Randy Litch
Dancing Stimulates your mind, body and soul!

Des Moines Activity Center
2045 S 216th, Des Moines WA 98198
1:00—3:30pm \$5

- ☞❖ Bring fruit or cookies ready to serve
- ❖ Last names A-M
- ☞ Last names N-Z

September 25 ❖
October 23 ☞
November 27 ❖

Adults of All Ages!

Aviation History: Part V

From Drawing Board to Delivery - the Birth of a Boeing Airplane

Retired flight test engineer John McEvoy details how a plane is created - from initial design through the step by step pains of fabrication, first flight, certification, training and final delivery to the customer. Focus will be on the Boeing 707, but the Boeing 747, 757 and 777 will also be discussed. This is a two part series.

Adults

Part 1:	T	September 13	7-9pm	Activity Center
Part 2:	T	September 20	7-9pm	Activity Center

Make Your Own Glass Ornaments

Here is your opportunity to make your own special glass ornaments for the holiday of your choice.... think pumpkins, Christmas or Hannukah. Students will choose either "icicle" or round glass ornaments. Instructor: George C. Scott.



Adults and teens age 14+

W	October 26	6-9pm	Instructor Studio/Des Moines	\$55R \$59NR
Sa	October 15	1-4pm	Instructor Studio/Des Moines	

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!



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

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

Adults		\$43R \$48NR		
M	Beginners	September 12-October 17	7-8pm	Founders Lodge
M	Intermediate	September 12-October 17	8-9pm	Founders Lodge
M	Beginners	October 24-December 5*	7-8pm	Founders Lodge
M	Intermediate	October 24-December 5*	8-9pm	Founders Lodge
no class 10/31				

Kigong

A Korean energy practice which incorporates gentle stretches with choreographed movements to teach inner strength and increased flexibility, while boosting the immune system. Practitioners report feeling more relaxed but energized. These mind-body exercises are kinder to the joints and muscles in addition to increasing overall balance. Instructor: Rhonda Allison.

Adults				
Th	September 1—October 20	5-6pm	\$48	Activity Center
Th	October 27-December 15	5-6pm	\$42	Activity Center
No class 11/24				

Dance for Parkinson's

Do you have a Movement Disorder?

Dance for Parkinson's is designed for you! This introductory course will enhance your life through dance. Stretch and strengthen your muscles, focus on balance and rhythm through many styles of dance and discover how to use your thought, imagination, eyes, ears and touch to control movement in a welcoming environment accompanied by live music. Caregivers and friends are invited to join in! No dance experience necessary. Classes are based on the Dance for PD® method, a program developed by Mark Morris Dance Group and the Brooklyn Parkinson Group. Presented by Seattle Theatre Group (STG) and Spectrum Dance Company and offered with funding support from Des Moines Legacy Foundation.



Adults

M	November 7-28	2-3:30pm	Free	Activity Center
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Morning Yoga

A perfect way to begin your day and week! A regular Yoga practice provides tremendous benefits to the body, mind and spirit. Focusing on correct alignment while using props to make each pose accessible, you will gain flexibility, strength and coordination. Developing a deeper inner connection cultivates a feeling of peace and joy to the whole being. Beginners and more experienced students welcome. Required props: sticky mat, 8 foot strap and yoga blocks. *No class on October 10.

Adults

Mon	September 12-October 24	9:30-11am	Field House	Session Fee: \$69R \$74NR
Mon	November 7-December 12	9:30-11am	Field House	

Energy Yoga

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.

Adults

Energy Yoga Activity Center				
Th	September 1—October 20	6:30-7:30pm	\$48	
Th	October 27 - December 15	6:30-7:30pm	\$42	
Energy Yoga Normandy Park Cove				
M	September 12-October 24	1:30-2:30pm	\$42	
M	October 31- December 12	1:30-2:30pm	\$42	
No class 11/24				

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

T/Th/F	8:05-9:05am or 9:30-10:30am	Field House
	September 6-30	\$33
	October 4-28	\$33
	November 1-29* no class 11/11, 11/24-25	\$28
	December 1-22	\$28

Teen Activities

ASP@P After School Program at Pacific

Looking for after school fun on Fridays? Play sports and active games in the gym, create cool craft projects and win great prizes with cool contests; all thanks to the generosity of the Des Moines Rotary Club! Activities are staffed by Des Moines Parks & Recreation.



Pacific Middle School Students *Free*
 F 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*
 October 28 7:30-10:00pm Field House Thriller Night
 December 16 7:30-10:00pm Field House Winter Wonderland



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. Parent information

meeting at Aviation HS on Tuesday, November 5 at 7pm.

Ages: Middle and High School students *Call for pricing*
 F January 6-March 9 2:30-11pm Departs/Returns from Aviation HS

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 October 7. Call in advance to confirm meeting dates. Leader: Parks and Recreation staff.

Grades 6-9 *Free*
 Friday 1:45-2:15pm Pacific Middle School

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 1-29* Field House
 Th 7:15-9:15pm October 6-27 Field House
 Th 7:15-9:15pm November 3-December 1* Field House
 *No class 9/15 or 11/24

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 September 11 12-3:45pm Location provided at registration
 Sa September 17 12-3:45pm 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 December 3 11am-2:45pm Location provided at registration
 Su December 4 11am-2:45pm 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*
 Sa September 17 8am-4pm Public Works & Parks Service Ctr.
 Sa October 15 8am-4pm Public Works & Parks Service Ctr.
 Classes will also be scheduled February - March 2010
 Public Works & Park Service Center - 2255 South 223rd St.

Youth Recreation 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

Ages 6-9 \$70R \$75NR

Tu	September 13-October 25	7-7:40pm	Field House Studio
Tu	November 1- December 13	7-7:40pm	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 a white belt for first time participants! Advanced students/colored belts - class until 5:30pm Instructor: Mitch Mayberry, International Champion, 8th degree Master Instructor.

Ages 3 and Up \$73R \$78NR plus \$12 AAU Membership

W	Early Fall: September 7- October 26	4:30-5:10pm	Field House
W	Late Fall: November 2- December 14	4:30-5:10pm	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.

Ages 5-8 \$55R \$60NR

M	September 12-October 17*	6-6:45pm	Field House
M	October 24-December 5*	6-6:45pm	Field House

Tutus & Tiara's – new & returning

Our classically trained ballerina leads students in a mini ballet class, dance themed games and dress-up! Dancers will get to dress up in a costume. Older dancers will learn a dance to show their parents at the end of event. Dress Code: Ballet shoes or socks, tights or leggings, and a leotard or t-shirt.



Ages 3-5 \$12R \$15NR

Sa	October 8	9:15-10am	Field House
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Ages 6-9 \$15R \$18NR

Sa	October 8	10-11am	Field House
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Hip Hop Dance

Try out urban moves and grooves and have fun in this face paced class! No experience necessary! Instruction: Melanie's Dance Unlimited

Ages: 5-7 yrs \$45R \$50NR

W	September 14-October 19	4-4:30pm	Field House Studio
W	October 26-December 7	4-4:30pm	Field House Studio

Ages: 8-11 yrs \$45R \$50NR

W	September 14-October 19	4:30-5pm	Field House Studio
W	October 26-December 7	4:30-5pm	Field House Studio

Ages 12-15 \$45R \$50NR

W	September 14-October 19	5-5:30pm	Field House Studio
W	October 26-December 7	5-5:30pm	Field House Studio

no class 11/23

Ballet 1 – new & returning

Ballet provides a strong foundation for all dance forms and teaches poise.

Ages 5-8 \$45R \$50NR

M	September 12-October 17	4:30-5pm	Field House
M	October 24-December 5	4:30-5pm	Field House
no class 10/31			

Ballet 2

Dancers progress with combinations of steps, terminology and FUN!

Ages 4-6 Session 1 & 2 \$64R \$69NR; Session 3 \$39R \$44NR

Th	September 15-October 13	10:30-11:15am	Field House
Th	October 20-November 17	10:30-11:15am	Field House
Th	December 1-December 15	10:30-11:15am	Field House
Th	September 15-October 13	5:45-6:30pm	Field House
Th	October 20-November 17	5:45-6:30pm	Field House
Th	December 1-December 15	5:45-6:30pm	Field House

Ballet 3

By the end of the session dancers will be able to demonstrate the five positions of the arms and feet as well as ballet steps at the barre and center. Returning dancers continue to add on to their existing knowledge.

Ages 6-8 Session 1 & 2 \$96R \$101NR; Session 3 \$58R \$68NR

Th	September 15-October 13	6:30-7:30pm	Field House
Th	October 20-November 17	6:30-7:30pm	Field House
Th	December 1-December 15	6:30-7:30pm	Field House

Ballet/Jazz Combo

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

Ages 9-11 \$55R \$60NR

M	September 12-October 17	6:45-7:30pm	Field House
M	October 24-December 5	6:45-7:30pm	Field House

Jazz 1

A totally cool class, blending classic technique, new and cutting edge moves!

Ages 5-8 \$45R \$50NR

M	September 12-October 17	5-5:30pm	
M	October 24-December 5	5-5:30pm	
no class 10/31.			

Tap Dance 1

Make lots of great noises with your feet and incorporate rhythm, technique & style. Recommended attire provided at registration. Instruction: Melanie's Dance Unlimited

Ages 5-8 \$53R \$58NR

M	September 12-October 17	4-4:30pm	Field House
M	October 24-December 5	4-4:30pm	Field House

Tap Dance 2

Ages 9-11 \$55R \$60NR

M	September 12-October 17	7:30-8pm	Field House
M	October 24-December 5	7:30-8pm	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.

Ages 3-5			\$85R \$90NR
T/W/Th	September 13-October 6	10am-12pm	Field House
T/W/Th	October 11-November 3	10am-12pm	Field House
T/W/Th	November 8-December 1	10am-12pm	Field House
no class 11/24			



Mini Kickers

Start soccer off right with an introduction to warming-up, stretching, dribbling, passing, shooting and defensive work and meet other kids in the community.

Age 3-5			\$30R \$35NR
M-F	September 12-16	5:30-6:30pm	Field House

So You Want to be a Pirate?!

Yo Ho, Yo Ho! A pirate's life for me! Join us for a whale of a time learning about pirates. Hunt for treasure, play games, sing songs and make a treat to eat and enjoy!

Ages 3-5			\$15R \$18NR
Sa	October 15	10-11am	Field House
Ages 6-9			\$15R \$18NR
Sa	October 15	11am-noon	Field House



Tiny Tiger Martial Arts

Fun and fitness for little girls and guys! Learn the basics of martial arts while developing motor skills, self-esteem and coordination through the use of games and training aids.

Ages 3-5			\$73R \$78NR plus \$12 annual AAU Fee
W	September 14-October 26	3:55-4:25pm	Field House
W	November 2-December 14	3:55-4:25pm	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:**

Ages 3-5			\$45R \$50NR
M	September 12-October 17	5:30-6pm	Field House
M	October 24-December 5	5:30-6pm	Field House
no class 10/31			

Gymnastics – parents & toddlers

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

Age 18 months-3 years			\$70R \$75NR
Tu	September 13-October 25	5:30-6:10pm	Field House Studio
Tu	November 1-December 13	5:30-6:10pm	Field House Studio
No class 11/25			

Preschool Gymnastics – new & returning

This high-energy and fun-filled class teaches the basics and focuses on listening skills and socialization while developing coordination, agility, balance, and muscle strength at an individual pace. Instruction: Jungle Gym

Ages 3-5			\$70R \$75NR
Tu	September 13-October 25	6:15-6:55pm	Field House Studio
Tu	November 1-December 13	6:15-6:55pm	Field House Studio

Creative Ballet

Dancers are introduced to basic ballet steps, posture, and placement. Using a positive learning atmosphere, children are encouraged for their accomplishments as they begin their journey as dancers.

Ages 2-4			Session 1 & 2 \$48R \$53NR; Session 3 \$29R \$34NR
Th	September 15-October 13	9:15-9:45am	
Th	October 20-November 17	9:15-9:45am	
Th	December 1-December 15	9:15-9:45am	
Th	September 15-October 13	4:30-5:00pm	
Th	October 20-November 17	4:30-5:00pm	
Th	December 1-December 15	4:30-5:00pm	

Ballet 1

Children with previous dance experience will continue to add to their repertoire of dance steps. We will begin demonstrating the core techniques dancers need for a strong body in a developmentally appropriate and fun way.

Ages 3-5			Session 1 & 2 \$64R \$69NR; Session 3 \$39R \$44NR
Th	September 15-October 13	9:45-10:25am	
Th	October 20-November 17	9:45-10:25am	
Th	December 1-December 15	9:45-10:25am	
Th	September 15-October 13	5-5:40pm	
Th	October 20-November 17	5-5:40pm	
Th	December 1-December 15	5-5:40pm	

See Tutus & Tiara's on page 6-RR

2011 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!

Division
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	



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	

Coaches Take Note:

Mandatory Coaches' Meeting
 Tuesday November 1 6:00pm Field House

Financial Scholarships:

Application deadline is October 31. 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.

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 3	\$60R \$65NR
October 4 - November 7	\$70R \$75NR
November 8 - 18	\$80R \$85NR
November 19 - December 2	\$95R \$100NR
December 2	Registration closes

Adult Leagues

"You Need to Kick IT Fair" Adult Coed Kickball League

Fun, fitness, sportsmanship, competition and feeling like you are in middle school again. That's what our department hopes to accomplish with the 1st ever "You Need to Kick IT Fair" Kickball League. Get 10 of your closest friends or folks and enjoy reliving your youth! Includes end of Season Tournament. Games played at the Des Moines Field House and Steven J. Underwood Memorial Park.



Ages 15-102 \$240R \$260NR
 Sunday Nights October 2- November 7 6pm

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 1-30	\$275	\$295
Federal Way	September 2-30	\$210	\$230
Highline	October 3-31	\$260	\$280
Federal Way	October 1-29	\$190	\$210
Highline	November 1-30	\$250	\$270
Federal Way	November 1-30	\$185	\$205
Highline	December 1-20	\$180	\$200
Federal Way	December 1-17	\$120	\$140

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.

Sites	Dates	Fee: Res	Non Res
Highline	September 1-30	\$380	\$400
Federal Way	September 2-30	\$420	\$440
Highline	October 3-31	\$360	\$380
Federal Way	October 1-29	\$380	\$400
Highline	November 1-30	\$340	\$360
Federal Way	November 1-30	\$370	\$390
Highline	December 1-20	\$250	\$270
Federal Way	December 1-17	\$240	\$260

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: Woodmont 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 1-30	\$295	\$315
Federal Way	September 2-30	\$335	\$355
Highline	October 3-31	\$280	\$300
Federal Way	October 1-29	\$305	\$325
Highline	November 1-30	\$270	\$290
Federal Way	November 1-30	\$300	\$320
Highline	December 1-20	\$195	\$215
Federal Way	December 1-17	\$190	\$210

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 14	\$35	\$37
M-W	Conference Week: November 21-23*	\$90	\$95
M-F	Winter Break: December 21-31*	\$280	\$296

*Daily Drop-in Fee: \$35R \$37NR



Welcome!

REC 'n ROLL

Letter from the Director

Creating Community through People, Parks and Programs

Your Parks, Recreation and Senior Services staff, Arts Commission, program partners and volunteers proudly invite you to Get Moving to have a healthy and active fall season.

We hope you and your family will enjoy taking advantage of the many programs and activities found within this Fall Rec 'n Roll Guide and adjoining City Currents. Check out our super fall program discounts available in the Rec 'n Roll e-newsletter. As part of a new Healthy Highline Communities Coalition initiative, we are committed to help improve our citizen's quality of life through active living and healthy eating opportunities.

Family Friendly and Free! Celebrate Des Moines at Des Moines Beach Park on September 17th from 11:00 am to 2:00 pm. The fun includes a free Ice Cream Social, balloons, outdoor games, family entertainment and a heritage walk through the eras of this National Historic District!

Don't forget the Poverty Bay Arts Festival sponsored by the Arts Commission and local businesses takes place throughout the Marina District on Saturday, September 10, 2011. A complete event schedule can be found on page 9cc.

Keep Moving! The Before and After School program, conveniently located at your child's elementary school, features fun games and activities, nutritious snacks and even help with homework see more details on page 3. For the youth at heart, choose from the many Senior Activity Center wellness and mind enhancing programs, special events and trips on pages 9-10 that will keep you on your toes. If fitness is your passion, you can pick from many exercise, dance and sports programs for all ages and abilities. We offer fall youth soccer and winter basketball and don't forget that volunteer coaching is a great way to keep fit!

Facilities for Rent! The Field House Gym and Picnic Shelter, Activity Center and patio and Beach Park Founders Lodge and newly renovated Auditorium (available in 2012) and park grounds are available for class reunions, weddings, special events and group meetings. Call the recreation office at 206-870-6527 for pricing and availability.

Nature and Wildlife Abound in Des Moines! Take relaxing walks to your neighborhood or waterfront parks and fishing piers, or visit the Des Moines Creek Trail and enjoy the beautiful views and watch salmon run upstream in late October.

We look forward to meeting you at one of your Des Moines Parks, Recreation and Senior Services Department programs or special events this fall!

Sincerely,

Patrice Thorell

Look What We Have For You!

Celebrate Des Moines.....	2 RR
Before & After School.....	3 RR
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Toddler – Teen Activities.....	5-7 RR
Adult Activities & Fitness.....	7-8 RR
Senior Activities.....	9-10 RR
Registration Information.....	11 RR
Special Events.....	12-13 RR

See reverse for City Currents Information

Celebrate Des Moines

Free Family Fun at Beach Park, the birthplace of Des Moines!

Saturday, September 17, 2011
11:00am-2:00pm

- Balloon Animals
- Face Painting
- Entertainment
- Field Games
- Scavenger Hunt
- Ice Cream Social
- Heritage Trail at Des Moines Beach Park from the 1880's to present

Shuttle available between Farmers Market and Beach Park
Sponsored by Des Moines Parks & Recreation, Arts Commission, Wesley Homes, Judson Park and 4-Culture

City of Des Moines
21630 11th Ave. S., Suite A
Des Moines, WA 98198-6398

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REC 'n ROLL

Your Guide to Des Moines Parks, Recreation & Senior Services
September - December 2011