



## Welcome to Des Moines, Chief Delgado

Des Moines has a new Top Cop! Chief George Delgado comes to Des Moines from Vancouver, Washington, where he served most recently as Police Commander. He began his career in 1989 with the California Highway Patrol, joined the Vancouver Police Department in 1995 and was appointed Des Moines' Police Chief effective July 16, 2012. He has extensive experience in SWAT Command, Internal Affairs, Gang Investigations and Patrol. However, the assignments he enjoys most are those that bring him in touch with the community. We are delighted to have him join our City family. When you see Chief Delgado around town, please introduce yourself and welcome him to Des Moines.



*Jackie Delgado has the honor of pinning the new badge on her husband and Des Moines' ninth Police Chief, George Delgado, following his swearing-in ceremony on July 25, 2012.*

### Puget Sound Energy Selected as the First Tenant of the Des Moines Creek Business Park

Since the mid 1990's, the 89 acres of property located on 24th Avenue S. between S. 216th and S. 208th Streets, commonly referred to as the Port buyout area, has remained vacant following the removal of numerous homes that once occupied the area. The homes were removed by the Port of Seattle as part of a noise mitigation program for Seattle-Tacoma International Airport. Since 2005, the City and the Port have been working together to bring economic development to the City and the region through the development of the area, which is now referred to as the Des Moines Creek Business Park (DMCBP). A number of milestones have been reached over the last seven years culminating in the approval of a Development Agreement with the Port on June 14, 2012. This Agreement establishes the framework for development of the entire

DMCBP, as well as approves the master plan for the first tenant -- Puget Sound Energy

Puget Sound Energy (PSE) is finalizing a long term lease to develop approximately 47 acres of property on the north half the DMCBP. PSE will construct a new centralized Operations Center that will consolidate three existing facilities and bring 250 permanent and 200 construction jobs to Des Moines. The initial phase of the PSE Center will be for three separate warehouse/shop buildings containing approximately 300,000 square feet. A later phase of the master plan shows the construction of another building up to five stories in height containing between 75,000 to 125,000 square feet of area for professional office use. The City anticipates significant economic benefits associated with

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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 7:00 p.m.

Dave Kaplan, Mayor  
Matt Pina, Mayor Pro Tem  
Jeanette Burrage  
Dan Caldwell  
Melissa Musser  
Carmen Scott  
Bob Sheckler

### 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

Century Link.....	800-573-1311
CleanScapes .....	206-762-4900
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
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



Dave Kaplan  
Mayor



Matt Pina  
Mayor Pro Tem



Jeanette Burrage  
Councilmember



Dan Caldwell  
Councilmember



Melissa Musser  
Councilmember



Carmen Scott  
Councilmember



Bob Sheckler  
Councilmember

## City Council Highlights

### Held Public Hearings:

- Institutional Campus Zoning
- Multi-Family Tax Exemption
- Des Moines Creek Business Park (DMCBP) Master Plan Phase I/Second Development Agreement
- Modifying Fence Regulations in Residential Zones

### Action Taken:

- Approved the Second Development Agreement with the Port of Seattle (DMCBP)
- Established new development standards for Institutional Campus Zoning
- Amended the zoning code changing fence heights and setbacks
- Authorized a Compliance policy for General Obligation Bonds

- Changed the start time of City Council meetings to 7 pm
- Relaxed provisions of the Sound Code
- Reduced severity of penalties on illegal discharge of fireworks
- Created a new section of DMMC, Complete Streets
- Refinanced City owned bonds at lower interest rate
- Expanded boundaries of the current Multi-Family Tax Exemption
- Reviewed parks requirements and modified park-in-lieu fees
- Changed requirements for solicitor licenses
- Passed legislation prohibiting hitchhiking in areas known for prostitution
- Supported a partnership with City of SeaTac to fund the 24th/28th Ave. S. corridor construction

## Business License Renewal Time Fast Approaching

Renewal forms for City of Des Moines business licenses will be mailed soon. All licenses expire December 31, 2012. Please note any corrections on the form and return with payment. Des Moines Municipal Code 5.04.020 requires all persons wishing to conduct any business within the City of Des Moines to first secure a City of Des Moines business license. A business license with the City of Des Moines is required if you have a commercial storefront business, an in-home business, single family or multi-family rentals 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](http://www.desmoineswa.gov). Questions? Contact us at [businesslicense@desmoineswa.gov](mailto:businesslicense@desmoineswa.gov) or call 206-870-6580. Avoid penalties and late fees by licensing your business.



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the initial phase of this development. PSE estimated \$676,000 in annual tax revenue and approximately \$648,000 in a one-time construction tax as a result of the construction of the first phase of this project. This will allow the City to diversify its tax structure to provide improvements and services, while at the same time reducing the disproportionate burden of services now funded primarily by Des Moines citizens.

Construction is expected to begin in 2013.

**Vote Nov. 6**

### Interim Chief John O'Leary Retires

John O'Leary retired from the Des Moines Police Department on June 30th after serving the citizens of Des Moines with honor and distinction for over 33 years -- the last two years as Interim Police Chief. John has been an exemplary employee and police officer and his co-workers and the citizens of Des Moines will miss a good friend. We wish John the very best in his retirement and thank him for his years of dedication to this community.



### It Was a Healthy Summer at Camp KHAOS!

Camp KHAOS kids, big ones and little ones alike, learned about nutrition this summer. The nutrition education classes focused on reviewing food groups, building nutritious plates (half of the plate fruits and vegetables), identifying "GO" (eat almost anytime), "SLOW" (eat sometimes) and "WHOA" (eat once in awhile) foods, the importance of drinking refreshing water and reducing sugary beverages and more!



### Animal Control Officer Enjoys Meeting Des Moines Pet Owners

Jan Magnuson has been the Animal Control Officer for the Des Moines Police Department for 24 years and appreciates being part of this wonderful Waterland community! She has enjoyed being community-oriented and pro-active regarding animal care and control, and feels that is a vital part of her job. Some of her favorite duties include being involved in outreach programs at schools and daycares, civic and community meetings, and area events and festivals. Jan frequently does presentations and question/answer sessions, or simply meet-n-greet activities with her friendly sidekicks (her dogs) Devon, Aspen and Willow. She frequently visits the Farmers Market on Saturdays and plans to participate in many other activities during the summer and fall of 2012. If you would like Jan to come to your Des Moines group meeting or event with her dogs and discuss dog bite prevention, responsible pet ownership, basic dog obedience training, or other specific areas of interest, please contact her at [JMagnuson@desmoineswa.gov](mailto:JMagnuson@desmoineswa.gov) or 206-870-6549.



## Des Moines Activity Center Collecting Old Cell Phones

In partnership with the National Council on Aging and Cellular Recycler, the City of Des Moines Activity Center is pleased to be a collection site for old cell phones. As well as helping our environment, this program provides funds from recycled cell phones to help the Senior Center provide programs and services that help our older adults live as independently as possible in our community. It is recommended that all personal data be erased from cell phones before turning them in. Phones can be dropped off at the Activity Center, 2045 S. 216th St., or the Des Moines Field House, 1000 S. 220th St. For more information, please call 206.878.1642 or visit [www.cellularrecycler.com/ncoa](http://www.cellularrecycler.com/ncoa).

## PermitTrax Users Tips

PermitTrax is the City's new development permitting system, which allows you to access permits that have been submitted to the City for review, request a service, and/or search for information regarding a parcel or an address.

To access PermitTrax, log on to the City's web site, [www.desmoineswa.gov](http://www.desmoineswa.gov). On the left side of the home page, click on "My Permits". This will take you to the "Online Permit Information" page. Here there are several links to follow from which you can search for different information.

If you have a question about a property and its permits, click on "Permit Search". You will then be given two options by which to search: the permit number or the site address. Entering the site address will give you a list of all of the permits for that site. You will then be able to look at each permit and see the scope of work, progress through review, inspections, and all of the information about the permit. You can even see a list of scheduled inspections.

If you would like to schedule an inspection, you will need to register online and log-in. Then you will have access to your permit and be able to request an inspection. Access to obtaining some permits online will be coming soon. If you have any questions about our new permitting system or how to use it, please call 206-870-7576.

## Recycling is Easier than Ever in Des Moines

Give new life to products and packaging, instead of putting them in the garbage. Recycling conserves natural resources and it's easy to do.

**You can collect food scraps, food-soiled paper and yard trimmings in your green food and yard waste cart.** Those materials will be turned into compost for natural soil enrichment. Meat, fish, poultry, bones, dairy products, vegetables and fruit trimmings, bread and other food items can be composted. So can pizza delivery boxes, paper plates, and napkins.

- For food scrap collection tips and FREE compostable bag samples visit [www.recyclefood.com](http://www.recyclefood.com).
- To order a curbside food and yard waste cart, call CleanScapes at 206-762-4900 or visit their website at [www.CleanScapes.com](http://www.CleanScapes.com).

**Used cooking oil is valuable, too.** CleanScapes provides free collection of used cooking oil and kitchen grease from residences (not businesses) in Des Moines. Just follow these simple steps:

- Pour into a clear, leak-proof, screw-top plastic jug (e.g. milk jugs)
- Label the jug with your name and address
- Place sealed jugs next to your recycling cart (limit 3 gallons per collection)

**Plastic bottles, tubs, jugs and hard plastic food containers** can be recycled. It doesn't matter what number is on the bottom. Just rinse the container and put it in your blue recycling container. One exception is plastic containers used for oil or hazardous chemicals – put those in the garbage.

**Plastic bags that are bundled inside another plastic bag can be recycled** and turned into composite lumber and other recycled-content products. The best way to recycle plastic bags is to take them back to your local grocery store. In Des Moines, Safeway (21401 International Boulevard or 27035 Pacific Highway South) and QFC (21815 Marine View Drive South), each has drop-off containers in store. They'll accept any clean, dry bags, such as newspaper bags, dry cleaning bags, bread bags, produce bags and the clear plastic wrapping for toilet paper and other goods. Or you can stuff several bags you can no longer use inside another, tie it up and put the bundle in your recycling cart.

**Old electronics, including computers, monitors and TVs, can be recycled** at more than 60 locations in King County. It's free for residents and small businesses. Find recycling locations near you at [www.ecycleWA.org](http://www.ecycleWA.org).



**On-call residential curbside Styrofoam recycling collection began August 1, 2012.** **No packing peanuts.** Contact CleanScapes at 206-762-4900 or [www.CleanScapes.com](http://www.CleanScapes.com) for more details.

For more information about recycling, food and yard waste collection services in Des Moines, visit [www.CleanScapes.com](http://www.CleanScapes.com).

Get recycling tips and waste reduction information on Facebook at [www.facebook.com/recyclemore](http://www.facebook.com/recyclemore).

## Poverty Bay Blues & Brews Festival

Des Moines Beach Park  
Saturday, August 25, 12-8pm





## "Words of Welcome" Salmon Homecoming Project

The community is invited to participate in the "Words of Welcome" Salmon Homecoming Project taking place in late September and early October at locations throughout Des Moines. This environmental art project is designed to bring attention to the fact that Des Moines is home to salmon-spawning streams. Participants are provided with fishtail-shaped banners and are invited to write short messages or designs to welcome the salmon returning from their years spent out in the Pacific Ocean. These will be displayed along pedestrian bridges that cross over Des Moines streams. The project is made possible with the support of the Des Moines Arts Commission and 4Culture.

To participate, visit the Salmon Homecoming Project at the following locations:

- Monday, September 24, 11:30am - Des Moines Activity Center, 2045 S. 216th St.
- Wednesday, September 26, 6-8pm - Woodmont Library, 26809 Pacific Hwy. S.
- Thursday, September 27, 11:30am - Des Moines Activity Center Latino Day, 2045 S. 216th St.
- Monday, October 1, 6-8pm - Des Moines Library, 21620 11th Avenue S.
- Saturday, October 6, 10am-2pm - Des Moines Arts Commission booth at the Des Moines Farmers' Market.

For more information please contact Des Moines Field House at 206-870-6527.

## Redondo Heights Storm Sewer Replacement Project

This project, which is located on Redondo Way east of Soundview Drive, involves the replacement and relocation of a major stream culvert that is located below the Redondo Heights Condominium parking lot. The project includes deep trenching, replacement of over 400 feet of 36-inch diameter storm pipe and 75 feet of 24-inch diameter pipe, along with pavement restoration of Redondo Way. During construction on Redondo Way, at least one lane of traffic will be maintained with traffic control flagging. The project is scheduled for completion by the end of October.

## "Fight the Bite"

Summer is here and it is time to 'Fight the Bite'. West Nile virus is spread to humans mainly by the bite of an infected mosquito. WNV can infect humans, mosquitoes, horses and other animals. Most of the time, infection with WNV makes people mildly ill. Symptoms include body aches, skin rashes and swollen glands. More severe symptoms can include severe headache, high fever, neck stiffness, disorientation and sometime convulsions.



West Nile virus is preventable. Take these three steps to reduce the chance of a mosquito bite:

1. **Get rid of mosquito breeding habitat near your house** – tip out water from buckets, wheelbarrows, birdbaths, tires, etc. weekly.
2. **Prepare your home** – clean leaf-clogged gutters, repair window and door screens, repair leaky outdoor faucets.
3. **Use personal protection when mosquitoes are biting** – wear long pants and long-sleeved shirts, consider using an insect repellent.

City of Des Moines staff is spot treating the City's man-made detention and retention ponds with a larvicide known as Mosquito Dunks in accordance with the Aquatic Mosquito Control General Permit from the WA Department of Ecology. This larvicide contains an active ingredient called Bacillus thuringiensis israelensis (Bti) that is on the permit's approved list for authorized use.

Please contact Ken Thomas at 206-870-6585 for more information or if attention is needed in your area to control mosquitoes related to man-made ponds.

To learn more information about West Nile virus, please visit the King County Health Department Website at [www.kingcounty.gov/health/westnile](http://www.kingcounty.gov/health/westnile) or call the County Health Department at 206-205-3883.

## Help Keep Yard Waste Out of Des Moines Waterways

As we near the end of summer and the yard work continues, it is important to dispose of the resulting yard waste responsibly. When grass clippings and other yard waste are improperly disposed of, or allowed to enter local waterways, they can harm water quality. The Des Moines Municipal Code prohibits discharging collected lawn clippings, leaves or branches to the municipal storm water system, surface waters, ground water or Puget Sound. Whether placed directly into surface waters or on tidelands where they are washed out into Puget Sound, these materials contribute to algae blooms, habitat degradation, and decreased water quality. Debris deposited into or near the municipal storm water system can block storm drains and cause flooding.

Yard debris can be recycled through on-site composting or placed in a compostable collection can along with kitchen food scraps as part of yard debris collection through your solid waste collection provider (CleanScapes, 206-762-4900) or transported for disposal at a licensed collection facility. For additional information on natural yard care, visit <http://your.kingcounty.gov/solidwaste/naturalyardcare/index.asp>. To report illicit discharges, call 206-870-6869 or the after-hours hotline at 206-550-5612.

## Culvert Project Update

This project, located on S. 223rd St. between 16th and 13th Avenues, is a natural resource improvement project that involves replacing an undersized 36-inch diameter culvert with a much larger 12-foot wide by 5-foot high concrete culvert. The purpose of the project is to remove a significant fish barrier to the upper reach of Barnes Creek, which has good spawning habitat. The City also has plans to remove another barrier downstream below Kent-Des Moines Road. When these barriers are removed, 1.5 miles of stream will be available for fish habitat and migration from Massey Creek. The project, which is scheduled for completion in mid-September, requires the closure of 233rd Street with traffic being detoured to 222nd Street via 16th and 10th Avenues S. This natural resource improvement project is funded by a grant from the King Conservation District and City Surface Water Management Funds.



## Housing Repair Assistance Program

The City of Des Moines is once again providing minor home repair services to resident homeowners who have “extremely low” to “low” incomes based on U.S. Department of Housing and Urban Development (HUD) income guidelines. This is done by providing free repair services to improve the health and safety of Des Moines residents as they live in their homes. Services provided include:



**Electrical** – faulty lights, switches, plugs, circuits or exhaust fans

**Plumbing** – faulty toilets, clogged drains, leaking faucets, faulty water heaters

**Disability Aids** – installation of grab bars, hand rails, hand held showerheads, bath seats, high toilets, access ramps and application of non skid surfaces

**Safety** – installation of smoke alarms, security/safety lights, carbon monoxide alarms and locksets

**Other** – faulty furnaces, faulty gutters and roof leaks, broken window glass panes

To qualify for these free services you must be an owner/occupant within the Des Moines city limits for at least one year with no intention of selling in the next 12 months and have proof of home owner’s insurance.

To apply for this program, please request an application by calling 206-870-6558.

## City Hall is in Bloom!

The Des Moines Garden Club helped Des Moines City Hall blossom with color by donating their time planting beautiful flowers in the outdoor pots at City Hall. Flowers were donated by Furney’s Nursery on Pacific Highway S. and the Garden Club. “Thank you” to both the Des Moines Garden Club and Furney’s for their generosity. City employees and visitors to City Hall will be able to enjoy these plantings until the snow flies!

## Marina and Beach Park Development Plan

The Marina and Beach Park Development Plan is one of the top strategic economic objectives of the Des Moines City Council. A primary objective of this work is to develop the City’s waterfront properties in a way that:

- Revitalizes the City’s waterfront
- Attracts both local citizens and tourists
- Generates economic activity in an underused area
- Enriches surrounding area with an attractive and vibrant district
- Enhances City revenues
- Creates a new vision through a public planning process

In January 2012, the Des Moines City Council appointed the *Marina and Beach Park Development Advisory Committee*, which represents a broad cross-section of our community. The Committee’s job is to explore ideas and provide input related to site development, traffic circulation, parking, possible land use and zoning changes, aesthetics, and opportunities for economic revitalization. City staff and consultants are providing technical expertise for this work. To date, the Advisory Committee has identified potential land uses and site development options for more detailed analysis that will:

- Identify the most promising market sectors
- Estimate overall supportable development, including the scale and mix of uses
- Evaluate the financial feasibility of potential site development concepts

More information about this project can be found on the City’s website or by contacting Joe Dusenbury at 206-870-6534 or Denise Lathrop at 206-870-6563.



## Marina Wayfinding Sign Restored

A well loved but weatherworn geographical wayfinding sign at the Des Moines Marina has been restored by volunteer and long time resident Richard (Dick) Body. Last April Dick began the restoration by completely dismantling the sign, which was originally made in the Marina shop years ago by former employees including Jerry Ellingsen, Jesse Cadena and Jack Bates. The salmon at the top of the sign was broken, the wood was rotten, and the bearings that rotate the sign were worn out. Devoting over 30 hours to the project, Dick carved, painted, routed and rebuilt the sign, which is now back at its home adjacent to the Des Moines Marina office. The new salmon on top of the sign is carved from an old cedar log which Dick found in the woods over 30 years ago.

On your next trip to enjoy the Marina, please visit the newly restored icon with 18 new geographical destination signs and a special new one for Des Moines Senior Center, all topped by the hand carved cedar salmon.

Many thanks to Dick Body for sharing his carpentry skills and talents with the City.



Left to right: Georgie Nupen, Linda Derimont, Gayle Maurey and Debbie Hensley



## Des Moines Legacy Foundation Supports Community

The Des Moines Legacy Foundation is a non-profit agency whose mission is to build a brighter future through parks, recreation and senior services in the Des Moines community. Through community support and fundraising, the foundation is proud to support the following projects in 2012:

- Purchase of a water fountain for the Field House Park Grandstand.
- Sponsorship of the Des Moines Farmers Market.
- Sponsorship of the Des Moines Arts Commission Summer Concert Series and the Opening Celebration of the Beach Park Auditorium.
- Purchase of a frost-free freezer for the community Meals on Wheels program for homebound seniors.
- Funding for recreation scholarships for low income youth and seniors.
- Funding for bi-weekly social worker support services offered at no cost at Des Moines Senior Activity Center.
- Funding for Medical Teams International monthly dental van hosted at Grace Lutheran Church.
- Funding for the Chihuly Seniors Making Art and Dance for Parkinson's classes at Des Moines Senior Activity Center.
- Purchase of back up cameras for two Parks, Recreation and Senior Services activity buses.
- Sponsorship for the Summer 2012 Youth Sailing program.
- Funding for Daisy Sonju Community Garden raised garden beds and benches.

Currently the Des Moines Legacy Foundation has two openings on the Board. For more information on the positions or the Foundation, please contact Sue Padden, 206.870.6584 or Spadden@desmoineswa.gov.

### Des Moines Library Used Book Sale

Friday, September 14, 10-5  
Saturday, September 15, 10-5



## 2013 Calendars Available October 1st

Des Moines Legacy Foundation 2013 calendars will go on sale beginning October 1. These calendars feature 12 months of beautiful color photographs of the Waterland community and highlight local businesses and organizations. They make wonderful holiday gifts too! All funds from the sale of the calendars support the mission of the Des Moines Legacy Foundation to build a brighter future through parks, recreation and senior services in the Des Moines community. Calendars are \$5 each and available at the Des Moines Drug and Hallmark, Des Moines Field House, Des Moines Activity Center, Des Moines Farmers Market (through October 27) and participating advertisers. For more information call 206-878-1642.



## Des Moines Transportation Gateway Project Update

**Great News!** The City plans to go out to bid for construction of the S. 216th Street improvements (Segment 2: 18th Ave. S. to 24th Ave. S.) this fall with construction beginning early next year. This corridor segment will be widened and improved as a "complete street", not only with additional travel lanes, but will also include pedestrian friendly sidewalks, LED street lighting, landscaping, bicycle lanes, signal improvements, underground wiring, and a complete storm drainage system.

This segment will include rebuilding the 24th Ave. S. intersection. Most of the major work should be completed in 2013. Funding for the improvements is secured by a \$4 million grant awarded from the Washington State Transportation Improvement Board and an agreement with the Port of Seattle to build the frontage improvements.

Improvements to 24th Ave. S. between S. 216th St. and S. 208th St. are likely to follow late in 2013, given the City's recent success in competing for federal grant funds awarded through the Puget Sound Regional Council. Following formal approval by the Board, the 24th Ave. S. project should be ready to be bid as early as the spring of 2013. Funds are also being sought from the Washington State Public Works Trust Board and the Washington State Pedestrian and Bicycle Program.

Work to widen the remaining Gateway segment of S. 216th St. (Segment 1A: 24th Ave. S. to 29th Ave. S.) continues as the City seeks funding for right-of-way acquisition and construction.

The City continues to actively support the City of SeaTac's efforts to complete the 24th /28th Ave. connection (S. 208th St. to S. 200th St.) in time for Sound Transit's planned opening of the S. 200th St. Link light rail station in 2016, including a continuous bicycle lane to access the station and park and ride facility.

The objective is to transform these roadways into a pedestrian/bicycle and transit friendly streetscape, as well as serve as an economic gateway for the City. A significant portion of the Port of Seattle 89 acre Des Moines Creek Business Park has been approved for redevelopment including consolidation of Puget Sound Energy's regional operations on this site. As expected, contributions by private development, and state/federal grant funds, will provide most of the financial support for these improvements. The City continues to partner with other stakeholders to support sustainable development in this area of Des Moines. There will be an intense amount of construction coordination as these developments move forward on a mutual timeline.

The City will provide as much notification as possible as these projects move through construction. Everyone is encouraged to be patient and alert to roadway construction activity and do your part make the City's "Transportation Gateway" vision a reality.

For more information or project updates, call 206-870-6525 or visit [http://www.desmoineswa.gov/dept/pub\\_works/projectgateway.html](http://www.desmoineswa.gov/dept/pub_works/projectgateway.html).



## Arts Commission Enriches Community

The Des Moines Arts Commission hopes you've enjoyed the many amazing events they've sponsored this summer. In addition to the free family concerts, Shakespeare in the Park and Des Moines' Got Talent, another important milestone completed this year was the reinstallation and dedication of the Richard S. Beyer wood panels, which are now hanging at Des Moines City Hall. The Commission worked very diligently getting the panels reinstalled for the community's enjoyment. If you have not seen them, they are outside of City Hall

between the Library and the main entrance. The June 2nd dedication ceremony was attended by City officials, members of the community and many past and present Arts Commissioners (see photo below).

The Arts Commission is made up of volunteer community members, who meet once a month to collaborate on events that will be enjoyable to the Des Moines community. If you have suggestions or are interested in being part of this amazing group of volunteers, please contact the Des Moines Arts Commission on Facebook or via e-mail at [info@desmoinesartscommission.com](mailto:info@desmoinesartscommission.com).



## Prescription Drug Disposal Event September 29th

The Des Moines Police Department has partnered with the DEA and will be hosting two National Take-Back Initiative collection sites in the City of Des Moines to collect unused or expired prescriptions and over the counter solid medications for safe disposal, with no questions asked. For more information or for additional collection sites around the state, visit [www.dea.gov](http://www.dea.gov) or call 1-800-882-9539. This event will take place on Saturday, September 29th, at the following locations, during the specified times (look for the Des Moines Police Mobile Precinct):

Bartell Drugs – Parking Lot  
21615 Pacific Hwy South  
Des Moines, WA 98198  
**Collection Times: 9am-1pm**

Bartell Drugs – Parking Lot  
27055 Pacific Hwy South  
Des Moines, WA 98198  
**Collection Times: 2pm-6pm**

The rate of prescription abuse in the U.S. is increasing at alarming rates, as are the number of accidental poisonings and overdoses due to these drugs. Visit [www.desmoineswa.gov/drugdisposal](http://www.desmoineswa.gov/drugdisposal) for additional information about proper prescription drug disposal.



## Join the Fun!

- Aug. 15 Celebrate Des Moines Family Fun, Beach Park, 5-8:30 pm.
- Aug. 18 Poverty Bay Arts Festival, Beach Park Auditorium, 10:30 am-4:00 pm
- Aug. 25 Blues and Brews, Beach Park, 12-8 pm
- Oct. 5 Spaghetti Night, Activity Center, 5-7pm
- Oct. 24 Toddler Pumpkinalooza, 10 am-Noon
- Oct. 27 Chili Cook-off, Farmers Market, 10am-2pm
- Oct. 31 Haunted Mansion at Landmark on the Sound, 5-8pm
- Nov. 4 Bayside Brunch, Anthony's HomePort, 9:30 am
- Dec. 5 Christmas Ships Bon Fires, Redondo, 8:55-9:15pm
- Dec. 7 Tree Lighting 6 pm
- Dec. 15 Breakfast with Santa, Activity Center, 9-10:15am or 10:45-12 noon
- Dec. 19 Christmas Ships Bon Fires, Beach Park, 7:10-7:30pm

## Please Walk and Drive Safely

Des Moines is a beautiful walking community. Please help prevent accidents during this walking weather season. Be aware! Walk and drive wisely.



### Pedestrians

- Stop, look and listen when crossing the street.
- Dress brightly and pay close attention to the "walk" signal.
- Use sidewalks and crosswalks at all times.
- Cross with other pedestrians when possible.
- Wait until all cars have come to a complete stop.
- Be sure to make drivers aware of you.

### Drivers

- Slow down and look out!
- Be aware; you can encounter pedestrians anywhere.
- Pay close attention at crosswalks.
- Drive responsibly and be prepared to stop.
- Be especially aware around schools and in neighborhoods where children and elderly are present.

From your City of Des Moines Senior Services Advisory Committee.



## Marine View Drive

### Pedestrian "Walking Audit"

If you are concerned about pedestrian safety along Marine View Drive and have some good ideas to share, come join us as we take a "Walking Audit" of pedestrian crossings along Marine View Drive in the downtown.

**Tuesday, August 28th, 4:30 p.m.**  
**Meet at Des Moines Gospel Chapel**  
**21914 7th Avenue So.**

For more information, contact Transportation Manager Dan Brewer at [dbrewer@desmoineswa.gov](mailto:dbrewer@desmoineswa.gov) or 206-870-6581.



## Lowe's Employees Beautify Auditorium with Donated Plants

In preparation for the grand opening ceremony of the Des Moines Beach Park Auditorium, Lowe's home improvement store brought out a crew of employees and their family members to participate in a "Lowe's Heroes Event". Chris Perkins, HR Manager of Lowe's, had this to say about the partnership: "Lowe's of Kent/Midway really wants to be part of the community. We appreciate everything that the community has given to us by coming and shopping at our store. We feel that the best way to give back is to take on projects that benefit the whole community, making it a better, more beautiful place."

This event demonstrates how partnerships really can make a community more vibrant. Thank you LOWE'S!

### Auditorium Now Available for Rentals

The City of Des Moines is proud to announce the opening of the Des Moines Beach Park Event Center Auditorium. This facility has been under re-construction for several years and is now complete and available for rent. The Grand Opening Celebration was held on July 11th. If you were unable to attend and are interested in touring the facility, please contact Shannon Kirchberg at [skirchberg@desmoineswa.gov](mailto:skirchberg@desmoineswa.gov) to schedule a tour! In addition to the Auditorium, the City has several other facilities available for rent. For additional information, please visit [www.beachparkeventcenter.com](http://www.beachparkeventcenter.com). For rental pricing and availability, please contact Shannon Kirchberg at 206-870-9370 or [skirchberg@desmoineswa.gov](mailto:skirchberg@desmoineswa.gov).



Lowe's employees and friends admire the beautiful results of their hard work.

**SAVE THE DATE**

**NOV. 4**

2012

**BAYSIDE • BRUNCH**

**UNDER THE BIG TOP**

This is not a Ringling Bros. and Barnum & Bailey production, but we expect a lot of clowning around

**JOIN US FOR**

Our 13<sup>th</sup> Annual Champagne Brunch and Auction at

**Anthony's HomePort**  
Des Moines  
9:30am - 1pm

**Center Ring**  
Silent and Live Auctions

**Big Top Buffet**

**Sideshow** Costume Contest  
Fortune Teller 50/50 raffle  
and more!!

**\$75 per person**

Proceeds benefit senior services  
and youth recreation for the  
Des Moines community

**206.878.1642**  
[www.desmoineslegacy.org](http://www.desmoineslegacy.org)



# Congratulations Ariana Kukors on your 2012 Olympics exploits



**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)  
Operators of your  
Mount Rainier Pool



Please help economically disadvantaged kids learn to swim. Your simple kindness will help save lives.

Donations are tax-deductible.

Faith Callahan  
Memorial Swim  
Scholarship Fund  
P.O. Box 98711  
Des Moines, WA  
98198

Congratulations to our own Ariana Kukors who finished fifth in the Women's 200 Individual Medley at the XXX Olympic Games in London on July 31.

While a new Olympic Record of 2:07.57 was set in the race, Ariana still retains the World's Record of 2:06.15 that she set at the 2009 World Championships in Rome.

Born in Federal Way and a 2007 graduate of Auburn Mountainview High School, Ariana has long been a fixture at Mount Rainier Pool as a member of KING Aquatics. She and 105-year-old

Faith Callahan were poster girls for the 2009 campaign to save Mount Rainier Pool, demonstrating the wide array of patrons who rely on the pool. Thank you Ariana!

## Water-based exercise cuts the pain of staying fit

One of the best ways to get regular aerobic activity is by participating in water-based exercise programs.

The programs help people improve their health by decreasing the risk of chronic diseases, improving mental health and may also decrease their risk of death by more than half of that of an inactive person.

People generally enjoy water-based exercise programs more so than exercising on land and are exercise longer in water, due to the decreased exertion and reduced stress on joints and limbs.



For people with arthritis, water-based exercise improves the use of affected joints without worsening symptoms. It also decreases pain and is more effective in improving function of affected joints than traditional exercise programs.

And lowered blood pressure is another benefit. Researchers note that since swimming minimizes weight-bearing stress and is unlikely to lead to overheating, swimming is an ideal exercise for older adults.

Contact us about morning or evening classes.

# 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, 2012

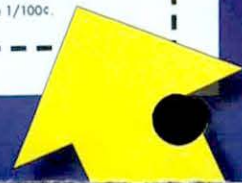
**GOOD FOR  
ONE FREE PUBLIC  
SWIM, LAP SWIM or  
WATER EXERCISE  
at Mount Rainier Pool**

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

COUPON EXPIRES DECEMBER 31, 2012

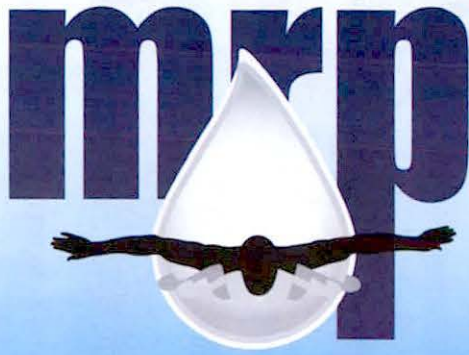
**GOOD FOR  
ONE FREE LESSON  
WHEN BUYING A  
LESSON PACKAGE  
at Mount Rainier Pool**

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





mount rainier pool



**SIGN UP FOR SWIM LESSONS NOW**

**FALL/WINTER 2012-2013 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	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	<sup>\$1</sup> 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 19<sup>th</sup> Ave S • Des Moines, WA • Southwest corner of the high school campus



# Special Events

Parks & Recreation joins Landmark Event Center for

## HALLOWEEN CARNIVAL

**WEDNESDAY, OCTOBER 31, 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.



### Argosy Christmas Cruise Ship & Bonfire

Wednesday, Dec 5	Redondo	8:55-9:15pm
Wednesday, Dec 19	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!



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



Join us every Saturday  
now thru October 27

Upcoming  
Special Event

Back to School/Kid's Day  
**SEPT 8**  
Information and fun  
events just for kids

Located in the North Marina  
10 am to 2 pm  
[www.DMFM.org](http://www.DMFM.org)



## 5th ANNUAL CHILI COOKOFF

October 27th

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)





# Meeting & Facility Rentals

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



## Beach Park Auditorium

Our historic, yet contemporary, Beach Park Auditorium boasts stained glass windows, an outdoor patio and cathedral ceilings with exposed wood beams that enhance the ambiance in true Pacific Northwest style. Adding to our Northwest elegance, you and your guests can enjoy our picturesque views of the Puget Sound and Olympic Mountain Range. Both create the perfect back-drop, capturing the day, for years of lasting memories.



Founder's Lodge



## The NEWLY Renovated Founders Lodge

With its floor to ceiling windows, the panoramic views of the Puget Sound and the Olympic Mountain Range are breathtaking any time of year. Nature is ever present in this rustic venue that spans the babbling Des Moines Creek.



Activity Center



## Des Moines Activity Center

This is a true hidden gem that affords a private feel for your guests, yet is just two turns away from the Kent-Des Moines exit off I-5. Gleaming hardwood floors and a large stained glass window compliment exposed wood beams. Ample on-site parking and a first class kitchen make this a perfect event space for weddings, banquets and community events.



Field House



## Field House

Built in 1939 as part of the Works Progress Act, the Field House is the only full log cabin in Washington State. The surrounding park features newly installed play equipment, tennis courts, a skate park, baseball/softball field and a picnic shelter. The Field House offers three spaces available for rent.

## Events and Facilities Coordinator

"Let me help you select the perfect facility for your special event!"

Shannon Kirchberg

206-870-9370

skirchberg@desmoineswa.gov

www.beachparkeventcenter.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](mailto: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](http://www.desmoineswa.gov/50plus)

Hours: Monday – Friday, 8am–4pm

### Holiday Closures

**Monday, September 3, Monday, November 12, Thursday-Friday, November 22-23, Tuesday, December 25 & Tuesday, January 1.**

### 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](http://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 DMPR/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, DMPR&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 2011.

Your gift will help a Des Moines child participate in 2012!

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](http://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 2012-13 Membership Card to receive a 10% discount the first time you enroll your child in a Des Moines Recreation Activity\*.

Offer valid August 30, 2012 - June 20, 2013.

Call 206-870-6527 for information.

\*Excludes one-time events.



## Blueprint for Living 2012 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 Tuesdays, 10-11:30am Activity Center

### September 4 — Alternative Ways to Feed Your Body

Learn the many ways to nourish your body that do not include food and are not fattening!

### September 18 — The Secret Ingredient to Living a Longer Life

Hear the proven ingredient to adding months and years to your life. Hint: no pills required.

### September 25 — Treat Your Body Like A Well Maintained Machine

Keep your body parts moving well while you sit, stand, turn and lift and learn effective tricks to assisting friends navigate out of chairs, wheelchairs, on stairs and in cars. Presenter: Dr Allison Scholes.

### October 2 — Don't Sweat the Small Stuff

Decrease the worry and frustration in your life to improve your mood and outlook.

### October 9 — What Does Wellness Mean to You?

This class covers social wellness, physical health, education, financial resources, and mental wellness and will equip you to roll through life's challenges with information and resources; addressing social wellness, physical health, education, financial resources and mental well-being. Presented by Sheila Goodfellow, CSA--Comfort Keepers.

### October 16 — Laughter Lightens Up Your Life

Experience the joy of laughter! It's hard to be angry, frustrated or depressed when you're laughing.

### November 6 — Gratitude Gets You Through Life's Challenges

Develop an "attitude of gratitude" that will improve both your physical and emotional health.

### November 13 — Guardianships-Helping Vulnerable Adults

Guardianship: learn the types, state regulations, board standards and steps involved – valuable information to help vulnerable adults. Ken and Sylvia Curry, certified professional guardians.

### November 20 — The Power of Positive Thinking

Empower yourself to improve your health and your relationships.

### December 4 — Healthy Holiday Eating

Navigate your way through those tasty holiday treats and feasts with our helpful and healthful tips.

### December 18 — Prepare for the Unexpected


Learn tips for dealing with life's unexpected challenges to help you maintain your health and well being.

JOIN US FOR OUR ANNUAL  
**Spaghetti Night**  
FRIDAY, OCTOBER 5, 2012  
5:00-7:00PM

Des Moines Activity Center  
2045 S 216th Street  
206.878.1642

ADULTS: \$10  
CHILDREN: \$5  
\*FAMILIES: \$20

SPONSORED BY:



\*Family: 2 adults plus children 12 & under

## Holiday Wreath Raffle

at Des Moines Activity Center

Win a 27" Wreath with lights!

Tickets: \$1



Available for purchase at:

Des Moines Activity Center: 2045 216th St.  
Des Moines Field House: 1000 South 220th St.  
Call 206-878-1642 to pay with Visa/MasterCard

Drawing November 15 at 12:30pm  
Need to be present to win!

All proceeds benefit your Des Moines Activity Center Programs

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

September 23  
October 28  
Refreshments:  
Bring finger-food for snacks.

Adults of All Ages!



# Senior Activities

## Day Trips

Explore Puget Sound with Des Moines Activity Center

<b>Boat Tour of Deception Pass-Anacortes</b>			
Wednesday, September 12	8:30am-5pm		\$33
<b>Big River, Village Theatre-Issaquah</b>			
Saturday, September 22	1-6pm		\$59
<b>Chihuly Garden and Glass-Seattle</b>			
Wednesday, September 26	10:30am-3pm		\$25
<b>Seattle Great Wheel</b>			
Wednesday, October 3	10am-3pm		\$21
<b>Olympus Hotel, Movie &amp; Lunch-Centralia</b>			
Wednesday, October 10	9:45am-4pm		\$15
<b>Seattle World's Fair Exhibit</b>			
Wednesday, October 17	9:30am-2pm		\$13
<b>Mt. Rainier Scenic Railroad-Elbe</b>			
Saturday, October 20	8:30am-5pm		\$30
<b>LeMay Car Museum-Tacoma</b>			
Wednesday, October 24	9:30am-3pm		\$18
<b>King Tut Exhibit-Seattle</b>			
Monday, November 5	9:30am-3pm		\$25
<b>Fiddler on the Roof, Village Theater-Issaquah</b>			
Saturday, November 17	1-6pm		\$59
<b>Bellevue Botanical Garden D' Lights</b>			
Tuesday, December 4	6-9pm		\$12
<b>Seattle's Best Holiday Lights</b>			
Saturday, December 8	5-10:30pm		\$18
<b>Holiday Tour of Governor's Mansion-Olympia</b>			
Wednesday, December 12	10:30am-4:30pm		\$25

## Horticulture

Explore Northwest gardens and nurseries with our "growing" horticulture group!

\$8 van trips & \* carpool. 10am departures unless otherwise noted.

September 14	Danna's Whimsical Garden, Des Moines *
September 21	Lake Wilderness Arboretum, Kent
September 28	Snohomish Gardens, Lunch @ The Bakery
October 12	Cedar Grove Composting Plant Tour, Everett
October 26	U-pick Pumpkin Festival & Farms, Snohomish
November 9	Pacific Science Center Butterfly Garden, Seattle
November 30	Volunteer Park Conservatory, Seattle
December 14	Swanson's Nursery Holiday Decor, Ballard

## Out to Lunch

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

<b>Age 50+</b>	<b>\$8 Transportation Fee</b>
<b>September 7</b>	<b>Indochine Restaurant, Tacoma</b>
<b>October 5</b>	<b>Cuoco Italian, Seattle</b>
<b>November 2</b>	<b>Shenanigans, Tacoma</b>
<b>December 7</b>	<b>Palomino Restaurant &amp; Gingerbread Houses</b>

## Create Beautiful Jewelry Beading with Sally

Sally Caldwell shares her wealth of beading expertise gained from teaching beading and managing bead stores for many years in these workshops. Tools and Kits are provided by Sally. Time permitting, students may purchase a additional kits during the class. Don't have pierced ears? No problem, let us know when registering and clip-on kits will be available! Class space is limited, register now!

### Intro To Beading Earrings

When you wear these delightful dangling beaded earrings you'll be able to say, "I made them myself!"

<b>Adults</b>	<b>DMAC</b>	<b>\$12</b>
M	September 10	1-3pm
		Activity Center

### Stacked Beaded Earrings

Expand your beading skills and learn to make stacked beaded earrings - perfect to wear for holiday gatherings!

<b>Adults</b>	<b>DMAC</b>	<b>\$12</b>
T	October 2	1-3pm
		Activity Center

### Necklace & Earring Gift Set

Gift yourself, a friend or family member with a lovely beaded necklace and earring set you made yourself!

<b>Adults</b>	<b>DMAC</b>	<b>\$12</b>
M	November 5	1-3pm
		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 Doherty

<b>Seniors</b>	<b>\$54</b>
Th	September 20-December 6
	10am-12pm
	Wesley Gardens
	No class 10/11

## 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 Doherty

<b>Seniors</b>	<b>\$54</b>
Th	September 20-December 6
	2-4pm
	Wesley Gardens
	No class 10/11

## Facebook Basics

The King County Library System's mobile classroom is coming to Des Moines Activity Center this winter!

Learn about the social networking website, Facebook and setup an account. Pre-requisite: Basic understanding of the Internet and an email account. Space is limited, pre-registration is required.

<b>Seniors</b>	<b>FREE</b>
T	January 8
	10am
	Activity Center

Note: Check out the Winter 2013 Recreation Guide for Techlab workshops covering Blog and Email Basics!

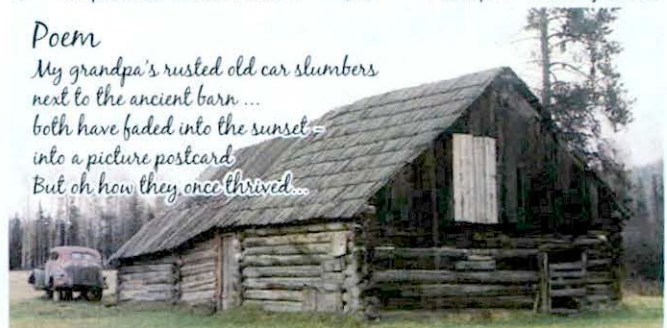
## Poetry in Motion

Learn a unique way to tell your stories by writing them in poetry form and then developing your very own booklet. The class will be easy and fun! Instructor: Deena Anderson

W	September 19-November 7	\$25	1-2:30pm	Activity Center
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### Poem

My grandpa's rusted old car slumbers  
next to the ancient barn ...  
both have faded into the sunset -  
into a picture postcard  
But oh how they once thrived...





# 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 **\$32R \$37NR/5-class punchcard or \$10/Drop**  
M 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 **\$50R \$55NR**  
M Beginners September 10-October 22 7-8pm Founders Lodge  
M Intermediate September 10-October 22 8-9pm Founders Lodge  
M Beginners October 29-December 17 7-8pm Founders Lodge  
M Intermediate October 29-December 17 8-9pm Founders Lodge

## 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 August 23-October 11 5-6pm \$48 Activity Center  
Th October 18-December 13 5-6pm \$48 Activity Center

## 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. Register online at [www.nwfp.org/Events.aspx](http://www.nwfp.org/Events.aspx) or call 877-980-7500.

Adults **Free**  
M October 1 - November 26 2-3:30pm Activity Center



## 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 8-9am or 9:30-10:30am  
September 4-28 \$36  
October 2-30 \$39  
November 1-20, 27-30 \$36  
December 4-21 \$27

## Functional Fitness

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**  
M/W September 10-December 5 8:30-9:15am Activity Center

## 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 **\$48R \$52NR**  
**Energy Yoga Activity Center**  
Th August 23-October 11 6:30-7:30pm \$48  
Th October 18 - December 13 6:30-7:30pm \$48  
**Energy Yoga Normandy Park Cove**  
M September 10-October 15 1:30-2:30pm \$36  
M October 22-December 10 1:30-2:30pm \$42

## 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. Instructor: Julie Conklin

Adults **Ongoing \$78R \$83NR-Month or \$10/drop-in**  
T/Th 9:30-10:30am Pilates Founder's Lodge  
T/Th 11am-12pm Pilates Founder's Lodge  
T/Th 6-7pm Pilates Founder's Lodge



## Teen Activities

### 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

September 14	7:30-10pm	Field House	Summer Send Off!
October 26	7:30-10pm	Field House	Thriller Night
December 14	7:30-10pm	Field House	Let It Snow!

### 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 Wednesday, November 7 at 7pm.



Ages: Middle and High School students

Call for pricing

F January 11-February 15 2:30-11pm Departs/Returns from Aviation HS

## 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 6-27	Field House
Th	7:15-9:15pm	October 4-25	Field House
Th	7:15-9:15pm	November 1-29	Field House

### 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

\$ 69R \$75NR

Su	September 16	12-3:45pm	Location provided at registration
Sa	September 22	9am-12:45pm	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+

\$69R \$75NR

Sa	December 1	11am-2:45pm	Location provided at registration
Su	December 9	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 State 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 15	8am-4pm	Public Works & Parks Service Ctr.
Sa	October 13	8am-4pm	Public Works & Parks Service Ctr.

Classes will also be scheduled February - March 2013

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

### Aviation History Part VIII:

#### Women in Aviation-The Gift of Wings

With the success of our summer Women in Aviation presentation, we continue with more accomplishments from women in the sky. Coordinated by John McEvoy, Gift of Wings features the first female Flying Tigers pilot, the 7th-woman commercial airline pilot hired in the US, and one of the founders of the International Society of Women Airline Pilots, Norah O'Neill. Also featured is Katherine McCullough, retired Northwest Airlines 747 captain.



Adults

T	September 18	7-9pm	DMAC
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#### A Life in Aviation - Recap

Back by popular demand, John McEvoy will capture the highlights of his first 3-Aviation History presentations. Re-live with John the early 60's flight testing for Boeing planes; his perils in Uganda with then President Idi Amin; a recounting of the hijacked Airbus 300 by the PLO and his cargo operation with the Shah of Iran. The history of commercial jet aircraft from the first Boeing 707 to aircraft in current service will be covered.

Adult

T	October 16	7-9pm	DMAC
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# 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

<b>Ages 6-9</b>	<b>\$70R \$75NR</b>
Tu September 11-October 23	7-7:40pm Field House Studio
Tu October 30-December 11	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.

<b>Ages 3 and Up</b>	<b>Early Fall: \$85R \$90NR plus \$12 AAU Membership</b>
	<b>Late Fall: \$75R \$80NR plus \$12 AAU Membership</b>
W September 12-October 31	4:30-5:10pm Field House
W November 7 - December 19	4:30-5:10pm Field House



## Kokondo Martial Arts

Learn basic karate including blocks, kicks and strikes. Emphasis placed on effective street self-defense; learn to defend yourself against punches, grabs, chokes, bear hugs and more. Instructor: Gerry Flock

<b>Ages 12 and Up</b>	<b>\$35R \$39NR</b>
<b>Session 1 W/F</b>	September 5-28 5-6:30pm Founder's Lodge
<b>Session 2 W/F</b>	October 3-31 5-6:30pm Founder's Lodge
<b>Session 3 W/F</b>	November 2-30 5-6:30pm Founder's Lodge
<b>Session 4 W/F</b>	December 5-28 5-6:30pm Founder's Lodge

## 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.

<b>Ages 5-8</b>	<b>\$55R \$60NR</b>
M September 10-October 15	6-6:45pm Field House
M October 22-December 3	6-6:45pm Field House

## 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

<b>Ages: 5-7 yrs</b>	<b>\$45R \$50NR</b>
W September 12-October 17	4-4:30pm Field House Studio
W October 24-December 5	4-4:30pm Field House Studio
<b>Ages: 8-11 yrs</b>	<b>\$45R \$50NR</b>
W September 12-October 17	4:30-5pm Field House Studio
W October 24-December 5	4:30-5pm Field House Studio
<b>Ages 12-15 \$</b>	<b>45R \$50NR</b>
W September 12-October 17	5-5:30pm Field House Studio
W October 24-December 5	5-5:30pm Field House Studio

## Ballet 1 – new & returning

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

<b>Ages 5-8</b>	<b>\$45R \$50NR</b>
M September 10-October 15	4:30-5pm Field House
M October 22-December 3	4:30-5pm Field House

## Ballet 2

Dancers progress with combinations of steps, terminology and FUN!

<b>Ages 4-6</b>	<b>Session 1 &amp; 2 \$64R \$69NR; Session 3 \$39R \$44NR</b>
Th September 13-October 11	10:30-11:15am Field House
Th September 13-October 11	5:45-6:30pm Field House
Th October 18-November 15	10:30-11:15am Field House
Th October 18-November 15	5:45-6:30pm Field House
Th December 6-December 20	10:30-11:15am Field House
Th December 6-December 20	5:45-6:30pm Field House

## 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

<b>Ages 5-8</b>	<b>\$53R \$58NR</b>
M September 10-October 15	4-4:30pm Field House
M October 22-December 3	4-4:30pm Field House

## Tap Dance 2

<b>Ages 9-11</b>	<b>\$55R \$60NR</b>
M September 10-October 15	7:30-8pm Field House
M October 22-December 3	7:30-8pm Field House

## 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 4. Call in advance to confirm meeting dates. Leader: Parks and Recreation staff.



<b>Grades 6-9</b>	<b>Free</b>
Thursday	3:15-3:45pm Pacific Middle School



# 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.

<b>Ages 3-5</b>			<b>\$85R \$90NR</b>
T/W/Th	September 11-October 4	10am-12pm	Field House
T/W/Th	October 9-November 1	10am-12pm	Field House
T/W/Th	November 6-December 6	10am-12pm	Field House

## 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.

<b>Age 3-5</b>		<b>\$30R \$35NR</b>
M-F	September 10-14	5:30-6:30pm Field House

## Gymnastics – parents & toddlers

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

<b>Age 18 months-3 years</b>		<b>\$70R \$75NR</b>
Tu	September 11-October 23	5:30-6:10pm Field House Studio
Tu	October 30-December 11	5:30-6:10pm Field House Studio

## 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:

<b>Ages 3-5</b>		<b>\$45R \$50NR</b>
M	September 10-October 15	5:30-6pm Field House
M	October 22-November 29	5:30-6pm Field House

## 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

<b>Ages 3-5</b>		<b>\$70R \$75NR</b>
Tu	September 11-October 23	6:15-6:55pm Field House Studio
Tu	October 30-December 11	6:15-6:55pm Field House Studio





# 2012 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

## 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	

## 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	

## Coaches Take Note:

Mandatory Coaches' Meeting  
 Thursday, 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 3 - October 1	\$60R \$65NR
October 2 - November 5	\$70R \$75NR
November 5-19	\$80R \$85NR
November 20-28	\$95R \$100NR
November 28	Registration closes



\$60R \$70NR - 2 days  
 \$35R \$45NR - 1 day

## Hoop Time Skills Camp

It's almost basketball season - time to challenge yourself and improve your game! This is a skills developmental camp designed to help all players improve while having fun. *Offensive focus:* dribbling, passing, and shooting. *Defensive drills:* foot positioning and handwork.

Ages 6–16

Saturday November 10 &/or 17 9am-12pm  
 Location: Field House

## Basketball Clinic

Improve your basketball skills with Coach Marv Johnson, formerly of South Sound Athletics, and build the necessary confidence to be a successful B-ball player.

### Features:

Training and conditioning | Focus on passing, shooting, dribbling and playing without the ball in your hands!

### Gain these skills:

In/Out crossover | In/Out pin move | Jab Step | Shooting mechanics | Jump stop step through | Ways to make your teammates even better!

Coach Marv brings with him the knowledge, passion and skills to improve any basketball player at any skill level!

Ages 7-16

T/Th	September 4-27	5-6pm	Field House
T/Th	October 2-30	5:30-6:30pm	Field House





# Navigating Back to School

**HEALTHY LIVING  
FRIENDSHIPS  
POSITIVE SELF ESTEEM  
FEELING FIT  
ENRICHING EXPERIENCES**

## B-4 SCHOOL

Start your child's day with friends and caring staff. A nutritious snack will fuel a morning filled with enriching activities, homework support and individual and group playtime.

Grades K-6

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

Sites	Dates	Fee: Res	Non Res
Highline	August 30-Sept 28	\$275	\$295
Federal Way	September 4-28	\$190	\$210
Highline	October 1-31	\$285	\$310
Federal Way	October 1-31	\$220	\$240
Highline	November 1-30	\$210	\$230
Federal Way	November 1-30	\$170	\$190
Highline	December 3-18	\$155	\$175
Federal Way	December 3-21	\$150	\$170

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

## FORTH & AFT

Fun, stimulating activities, companionship and strong role models balance your child's B-4 school and AFTer school-day. Reminder: Enjoy a significant fee reduction when you register for Forth & Aft!

Sites	Dates	Fee: Res	Non Res
Highline	August 30-Sept 28	\$380	\$400
Federal Way	September 4-28	\$380	\$400
Highline	October 1-31	\$395	\$415
Federal Way	October 1-31	\$440	\$460
Highline	November 1-30	\$290	\$310
Federal Way	November 1-30	\$340	\$360
Highline	December 3-18	\$215	\$235
Federal Way	December 3-21	\$300	\$320

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	August 30-Sept 28	\$295	\$315
Federal Way	September 4-28	\$305	\$325
Highline	October 1-31	\$310	\$330
Federal Way	October 1-31	\$350	\$370
Highline	November 1-30	\$230	\$250
Federal Way	November 1-30	\$270	\$290
Highline	December 3-18	\$175	\$195
Federal Way	December 3-21	\$240	\$260

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 offers a warm, caring and safe environment where your child will develop friendships and leadership skills, feel fit participating in active games and athletics and thrive participating in enriching experiences cleverly presented under the guise of arts, crafts, games, tutoring and reading. You send lunch. We provide nutritional snacks!

Grades K-6

6:30am-6:00pm Field House

Day / Dates	Camp	Fee: Res	Non Res
M, Sept. 3	Labor Day	\$35	\$37
F, Oct. 12	No School	\$35	\$37
Th-F, Nov. 8-9	Federal Way Conferences	\$60	\$65
M, Nov. 12	Veterans Day	\$35	\$37
M-W, Nov. 19-21	Highline Conferences	\$90	\$95
Dec. 19-31	Highline Winter Break Camp	\$225	\$230
Dec. 24-Jan. 4	Federal Way Winter Break Camp	\$225	\$230

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

No camp 12/25 & 1/1

Join your local PTSA and show your 2012-3 Membership Card to receive a 10% discount the first time you enroll your child in a Des Moines Recreation Activity.\*

Offer valid August 30, 2012 - June 20, 2013

Call 206-870-6527 for information.

\*excludes one-time events.

Fall 2012 3-RR



# Welcome!

REC 'n ROLL

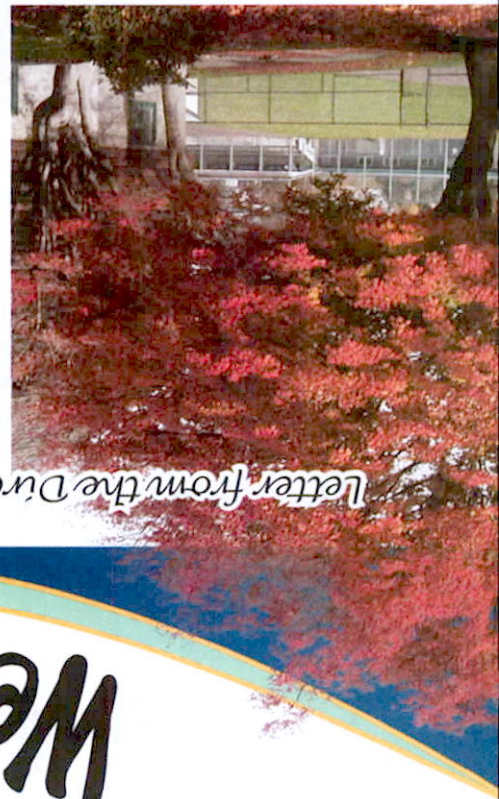
*Letter from the Director*

## Enjoy the Autumn Leaves in Des Moines Parks this Fall!

Get moving to the trails or take to the streets of Des Moines to enjoy the beautiful fall colors and the scenic treasures of the changing season!

There is no better way to meet your neighbors, find a local business, and at the same time help create a safer community environment than to get outdoors and take a brisk walk

or bicycle ride.



Do you want to find a park or trail near you? The Parks, Recreation and Senior Services Department has free City of Des Moines facilities maps available on line at [www.desmoineswa.gov/parksandrecreation/facilitiesmap](http://www.desmoineswa.gov/parksandrecreation/facilitiesmap). And, you can pick up a free map at any City of Des Moines facility.

The health benefits are endless! Walking has become the number one way to get healthy, lose weight, relax and increase energy. Walking thirty minutes a day can dramatically improve and extend your life.

Des Moines has two accessible and scenic waterfront trails you might want to try to get you started. The Des Moines Creek Trail begins at the Des Moines Marina then travels through the Beach Park and along Des Moines Creek 2.5 miles to S. 200th Street in SeaTac. Round trip is 5 miles. The Redondo Boardwalk Trail begins at the Redondo Fishing Pier and travels south for 0.5 miles; round trip is 1 mile.

Here are some general safety and courtesy tips to enjoy your walk even more!

Travel in pairs when possible and carry a cell phone for emergencies. Take a water bottle and snack for longer walks. Follow your intuition, if you feel unsafe during your walk adjust your route until you feel more comfortable.

When walking your pet, please obey Des Moines' leash laws and clean up after your pet.

If you see criminal activity or vandalism along the way, please report incidents to the City of Des Moines Police Department at 206-878-3301 or for emergencies call 911.

I look forward to seeing you along the way!

Sincerely,

*Patrice Thorell*

2:RR



**Look What We Have For You!**

Before & After School.....	3 RR
Youth & Teen Basketball.....	4 RR
Toddler - Teen Activities.....	5-7 RR
Adult Activities & Fitness.....	7-8 RR
Senior Activities.....	9-10 RR
Registration & Scholarship Information.....	11 RR
Meeting and Facility Rentals.....	12 RR
Special Events.....	13 RR

See reverse for City Currents Information

## Discover your City's Parks & Recreation Facilities!

Maps are available at the Des Moines Field House, Des Moines Activity Center and at [www.desmoineswa.gov](http://www.desmoineswa.gov).



**Parks & Trails Map**

Map of Des Moines showing various parks and trails. Includes a legend for different types of facilities and a list of amenities.

**Amenities**

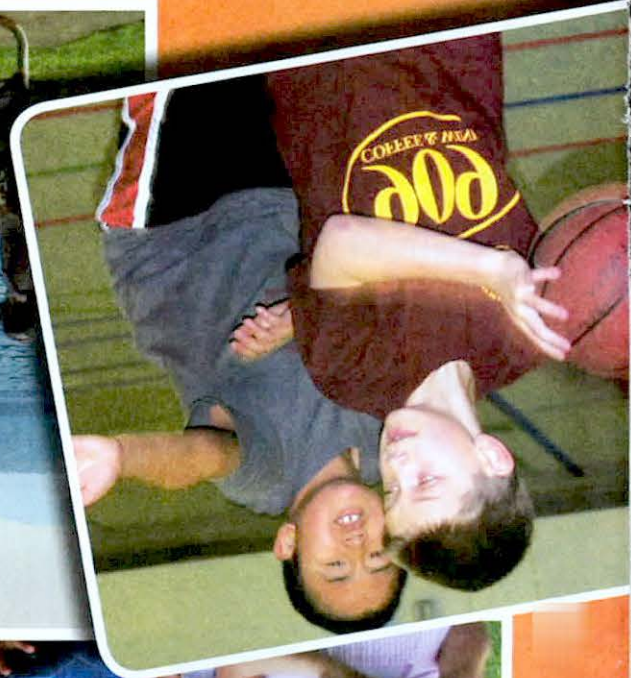
www.desmoineswa.gov



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REC 'n ROLL



Your Guide to Des Moines Parks, Recreation & Senior Services  
September - December 2012