



DES MOINES



CITY **CURRENTS**



**City Street
Pavement Overlays
Proposition** **pg6**

SPRING 2013

INSIDE

**Fish in
DES MOINES CREEK** **pg4**

Cove to Clover **GROWS** **pg12**

**Transportation
GATEWAY PROJECT** **pg13**

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Southwest King County
Chamber of Commerce



Shop Waterland!

Dear Des Moines Resident:

In these challenging economic times Des Moines stands behind our local businesses, to help our community survive and thrive. The City of Des Moines, the Southwest King County Chamber of Commerce, Destination Des Moines, and Highline Community College StartZone have partnered together on the "Shop Waterland" campaign, and we encourage you to participate.

We regularly promote shopping and dining in Des Moines but we want to take this effort to the next level, and we need your participation to do so. Why promote shopping locally? As our businesses know, when residents and visitors shop locally, they: sustain local jobs and help businesses employ local family, friends and neighbors; help maintain strong and diverse neighborhoods; reduce energy consumption and costs, traffic congestion, pollution and travel time; provide businesses with revenue to be able to reinvest profits in local nonprofit organizations; and support local government services like public safety and parks.

HOW DOES IT WORK?

All you need to do to participate is use the Waterland Card at businesses where the decal is displayed! You can find the card enclosed in this issue of City Currents. Or, if you are a 'smart phone' user, read the 'QR' code and simply show a digital Waterland Card at participating businesses!

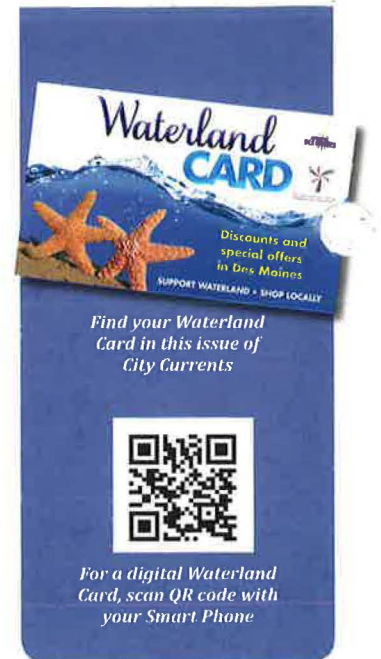
We will promote the free "Waterland Card" in City and Chamber publications and in the Waterland Blog. Over 80,000 Waterland Cards will be distributed through publications, and participating public and business venues such as the Des Moines Waterfront Farmers Market. It's that simple!

Thank you for your consideration and please, Shop Waterland!

Dave Kaplan, Mayor
City of Des Moines

Lynn Wallace, President & CEO
SWKC Chamber of Commerce

Tony Hettler, President
Destination Des Moines



PARTICIPATING "SHOP WATERLAND" BUSINESSES:

All Points Yarn	\$20 off \$100 Purchase	Marine View Massage	\$5 off Massage Session
Arturo's Mexican Restaurant	5% Dinner Menu	Naturopath Dr Lynn Mikel	Free Vitamin D3 with Purchase
Athen's Pizza & Pasta	2nd Pizza Free with Purchase	The New Look 4 U	Free Mini Facial
Auntie Irene's Espresso	Mocha Monday Special	Page Turner Books	10% off
Best In Show Pet Salon	Free Toothbrushing With Service	Pauline's Nail Spa	\$5 off of \$30 Service
Blue Vanilla Bakery	10% off Weekday Breakfast	Phra Khun Thai Bistro	10% off
Corky Cellars	25% off Gifts with Wine Purchase	Pier View Chiropractic	Complimentary Stress Test
Des Moines Dog House	Free Drink with Order	Polonez Automotive	5% off Your Service
Des Moines Drug	Free Greeting Card with Purchase	Powell Homes	Free Washer/Dryer with Home
Des Moines Florist	10% off \$50 Bouquet	Powell Care & Repair	10% off up to \$500 Repair
EC Computers	20% off Repair Service	Pro Cleaners	Laundry by the Pound Special
Famous Hair & Nails	20% Off	Quick Renewal Massage Center	\$2 off 30 min. massage
Freedom Snacks	Small Popcorn with \$10 order	Salon Michelle	Free Eyebrow Wax with Salon Service
George C Scott Glass Studio	25% off	Scotch & Vine Restaurant	15% off Regular Menu
Highline Design Alliance	Logo & Graphic Design Special	Spyro's Gyros Etc.	Gyro Special \$6
John L. Scott Real Estate	\$500 Toward Closing Purchase	State Farm Insurance Char Schulz	Free Gift with Auto Quote
Kaihana Sushi	10% off	State Farm Insurance Vickie Bergquist	Free Gift with Auto Quote
Karuna Arts Yoga	10% off	Sugar Cookies Espresso	Any Drink 50c off
Kickstand Coffee	\$1 off any coffee	Sukha Healing Arts	\$10 off Massage
Kimberly's Exquisite Jewelry	Troll Collector Bead Special	Super Bowl Pho	Free Appetizer with Entrée
Key Bank	Free Gift with New Account	The Tag Zone	10% off
Landmark Event Center	25% off Rental Rates	Teresa DeLeen Handmade Jewelry	\$20 off \$100 purchase
Mandarin Kitchen Chinese	\$5 off \$30 Purchase	Tuscany at Des Moines Creek	10% off
Marina Inn	Free Breakfast Special with Stay	Village Frame & Collectibles	15% off Custom Framing
Marine View Espresso	10% Off	Vitality Chiropractic	Free Giant Exercise Ball
Marine View Florist	15% off Purchase	Waterland Crossfit	New Member 1/2 Price Special

RESTRICTIONS APPLY *** OFFERS SUBJECT TO CHANGE



Photo by Carmen Scott

What's Inside

Shop Waterland	4
City Council Highlights	6
Pavement Proposition	8
From the Chief's Desk	10
Fireside Chats	10
Fish in Des Moines Creek	11
Cove to Clover	12
Sea Mar Nutrition Program	14
Transportation Gateway Projects	15

Cover photo by Carmen Scott

Waterland Gem Sparkles With New Magazine

This edition of *Des Moines City Currents* and the *Parks, Recreation, and Senior Services Guide* is the first to use a four-color glossy format and the first to offer advertising to our business community. We believe this new format will allow us to highlight the City's spectacular scenery and feature editorial content and style to engage readership, while advertising revenues will help us defray the costs of producing and mailing this important communications instrument to every mailing address in and around Des Moines.

This new design, coupled with the fact that this publication is mailed to over 22,000 addresses in our area, will make the redesigned *Des Moines City Currents* an excellent marketing tool for local business, providing them a unique opportunity to inform their current customers of sales and special offers as

well as reach out to potential customers who may be unaware of the products and services they provide.

We encourage all of our businesses to take advantage of this powerful new way to maximize your exposure to Des Moines residents—and visitors to our Waterland city.

And we are delighted to have local resources to help us produce this new version of our magazine.

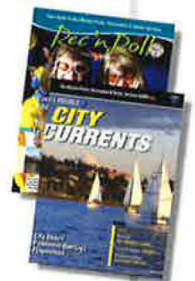
Philips Publishing Group President Peter Philips is a neighboring Normandy Park resident, and his second generation, family-run publishing company has been active in the Puget Sound region since 1974.

We hope you enjoy the new *Des Moines City Currents* and *Parks, Recreation, and Senior Services Guide*. Let us know what you think. We can be reached at 206-870-6541 or dkaplan@desmoineswa.gov and tpiasecki@desmoineswa.gov.

Dave Kaplan, Mayor
Tony Piasecki, City Manager

Advertise in City Currents

Mailed to more than 22,000 residents, *Des Moines City Currents* and *Rec n' Roll* magazine offers an exciting new communication tool for the City — and an efficient marketing venue for your business! Fall issue publishes in August. Contact Philips Publishing Group at 206-284-8285 to place your ad or for more information.



www.PhilipsPublishingGroup.com

City Council Highlights from November-Mid-February
Ordinance 1560-1561
Resolution 1213-1218

Held Public Hearings:

- 2013 Property Taxes
- Amendment to Traffic Impact Fee Phase-In Schedule
- Pacific Ridge Residential Building Heights

Approved the following action:

- Updated the dangerous, and potentially dangerous, dog appeal procedures and licensing requirements.
- 2013 Intergovernmental Policies and Positions.
- Awarded the S 216th Street Project – Segment 2 Contract to SCI Infrastructure LLC.
- Approved Construction Management and Inspection Services Agreement with KPG Consulting Engineers, Inc.
- Approved the Valley Communications Liburon to Spillman Data Interface Interlocal Agreement.
- Adoption of 2013-2018 Capital Improvement Plan (CIP).
- Updated Employee Policies to reflect changes from approval of Referendum 74.
- Approved an Agreement with Seattle-King County Department of Public Health to provide funding for recycling activities in 2013.
- Approved Contract with Philips Publishing to publish "City Currents" and "Rec 'N Roll" Brochure.

- Approved Interlocal Agreement with Normandy Park for Senior Services for 2013 and 2014.
- Approved the 2013 Des Moines Rotary Club Poverty Bay Wine Festival to be held at Landmark on the Sound March 1 through March 3, 2013.
- Approved Utility Tax Ballot Proposition for Preservation and Maintenance of City Street Pavement.
- Approved Agreement with Highline Water District regarding the Water Tower Park Site.
- Approved 2013 City Council, Vision, Mission Statement, Goals and Strategic Objectives.
- Approved Interagency Agreement with Highline Community College for the Small Business Development Center.
- Approved Consultant Contract with Grant Fredricks, dba Fredricks Management Consulting.
- Approved 2013 Cove To Clover Snakezilla Half Marathon and Pre-Event Carbo Load Dinner and Snake Pit on April 27-28, 2013.
- Approved Right-of-Way Plans for the S 216th Street, Segment 1A improvement project between 24th Avenue S and 29th Avenue S.

Other Action Taken:

- Mayoral appointments to the Arts Commission.
- 2012 Lifetime Spirit of Des Moines Awards presented to Mary Beth Benson, Norma Somers and Jack Kniskern.
- 2012 Annual Spirit of Des Moines Awards presented to Gene Achziger and Char Schulz.
- Spirit of Des Moines Award presented to the Des Moines Farmers Market.

DES MOINES CITY COUNCIL



Dave Kaplan
Mayor



Matt Pina
Mayor Pro Tem



Jeanette Burrage
Councilmember

City Council meets 1st, 2nd and 4th Thursdays at 7pm



Melissa Musser
Councilmember



Carmen Scott
Councilmember



Bob Sheckler
Councilmember



Position 4*
Vacant

* Councilmember Dan Cadwell recently resigned for health reasons.

DES MOINES DIRECTORY



City Hall

21630 11th Avenue South
 206-878-4595
Business Hours
 Monday – Friday
 8am – 4:30pm
www.desmoineswa.gov

City Council

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 Matt Pina, Mayor Pro Tem MPina@desmoineswa.gov
 Jeanette Burrage JBurrage@desmoineswa.gov
 Melissa Musser MMusser@desmoineswa.gov
 Carmen Scott CScott@desmoineswa.gov
 Bob Sheckler BSheckler@desmoineswa.gov

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 206-870-6544
 Field House 206-870-6111
 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

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Tips and Tricks for Recycling Plastic Items

When you find plastics recycling confusing, you're not alone. Because countless types of plastics exist, and not all plastics are collected in the curbside recycling cart, it's not always clear what goes where. But the good news is that recycling companies are working hard to make plastics recycling easier for the public by giving clearer guidelines and accepting more items. Here are a few handy tips:

GET IN SHAPE. If an item is marked with a number inside the "recycling arrows," that doesn't necessarily mean it's accepted by our recycling program. Instead of going by the number, go by the shape and the type of item. You can recycle all plastic bottles and tubs (such as yogurt and margarine tubs), so those are the main shapes you need to look for. The one exception is prescription pill vials. If you can't reuse those, you will need to throw them away.

HALF FULL OR HALF EMPTY? Besides regular plastic bottles and tubs, plastic cups are accepted for curbside collection. After hosting a dinner party or a get together with friends, if you can't use reusable cups, go ahead and recycle your plastic cups in your recycling bin.

BAG YOUR BAGS. The best way to recycle your plastic bags and film is to bring them back to the grocery store. Just stuff them into a single plastic bag, tie it up and drop it into a plastic bag collection container. Plastic bags and film collected at grocery stores stay cleaner and are easier to process than using your home recycling bin.

BE WATER WISE. Using five gallons of water to wash out a food container doesn't make sense. Rinsing them with a little water is fine, or use a spatula to scrape stuff out. Containers don't have to be perfectly clean to go in the recycling, but you don't want to leave gobs of food in them either. If a container is very difficult to clean, feel free to just put that one in the garbage. And if it's a plastic container that contained a toxic chemical or motor oil, put it in the garbage, not the recycling.

REUSE FIRST. If you can reuse bags and other plastic items, that's always the best way to go.

For more information or questions about what and how to recycle, contact CleanScapes at 206.762.4900 or e-mail desmoines@cleanscapes.com. Thanks for recycling! It does make a difference!

ART ON POVERTY BAY A rotating sculpture garden of the Des Moines Arts Commission

Look for sculptures along Marine View Drive South, in the Marina and in the future along S. 216th Street thanks to major financial support from Des Moines Legacy Foundation, Rotary Club of Des Moines, Des Moines Arts Commission and Gehrke Law Offices and generous donations from our community. Thank you to all our many donors for making Des Moines a place for great arts!

The Grand Opening of the Gallery of sculptures will be June 1st at 1:00 p.m., the First Day of the Farmers' Market, right on the Marina Promenade! The sculptures, on loan from professional artists, will be part of the City's public art to enjoy for a year, and they are all for sale!

Each year we plan to add to the collection of sculptures in the Marina District's Sculpture Garden! If you would like to contribute your efforts or funds to Art on Poverty Bay, please contact City of Des Moines Parks, Recreation and Senior Services at 206-870-6527. Enjoy the Progress!



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Proposition To Fund City Street Pavement Overlays Will Go to Des Moines Voters August 6th

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 protecting and preserving our streets from further deterioration is important to maintain the quality of life for our citizens.



The City's street pavement overlay program is many years behind schedule and requires \$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.

At the August 6, 2013 Primary Election, the City of Des Moines will ask voters to decide whether to increase utility occupation tax from 6% to 8%, for a limited term of 20 years, to provide funding for City street pavement overlays and restoration. Funds from the additional 2% would be specifically

dedicated to overlay and repair the pavement on existing City streets.

These funds are needed because the funding source that the City traditionally uses to pay for capital projects—Real Estate Excise Taxes—has declined significantly because of the national recession and the associated reduction in property values.

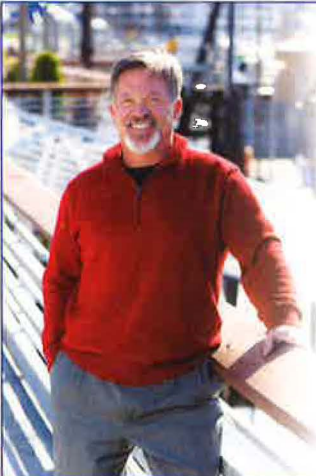
The City's street pavement overlay program is many years behind schedule and requires \$1.4 million per year to keep the pavement condition on the City street system in acceptable condition and minimize its overall life cycle costs.

The City is responsible for a street system consisting of 100 centerline miles and approximately 215 lane miles of pavement.


The proposed 2% Utility Occupation Tax increase would provide about 3/4 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 2% utility tax would cost a typical family of four about \$10.00 per month. Additional information will be furnished on this ballot measure prior to the election and on the City's website at www.desmoineswa.gov.



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Car washes can provide a 'good clean fun' way to raise money for your organization. However, run-off from these activities can contain soap and automotive fluids that are toxic to fish and plant life, and degrade water quality. To help protect our water resources, car wash kits that prevent these materials from entering nearby storm drains are available for check-out from the City. Charity car washes operating within the City of Des Moines must have a car wash kit in place if there is a risk of discharge to the storm system. For check-out procedures and questions, please contact Ken Thomas at 206-870-6585 or kthomas@desmoineswa.gov

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FROM THE CHIEF'S DESK



It's been eight months since my swearing-in as your Chief of Police, and the momentum at the Police Department continues to increase at a positive pace.

I'm excited to report that the men and women of the Des Moines Police Department are answering my challenge to increase their presence in the community by stepping out of their cars and away from their desks in an effort to increase personal contacts. The leadership team of the agency has seen big changes since my arrival. Commander Kevin Tucker has retired after 33 years of dedicated service to our community. Kevin will be missed, but the agency will continue moving forward with new energy and passion.

On January 16th, 2013, Master Sergeant Barry Sellers was promoted to the rank of Commander, and on March 1st, 2013, Master Sergeant Bob Bohl was promoted to rank of Commander. Commanders Sellers and Bohl are the first Commander promotions to occur in almost 18 years. On March 16th, 2013 Master Police Officer Paul Guest was promoted to the rank of Sergeant. These three promotions are a few of the positive changes at the police department that will serve to further community partnership initiatives. The ultimate goal is to build a solid, well rounded public service agency that our citizens can continue to be proud of, and that will more effectively address crime

in our community.

We at the Des Moines Police Department are committed to increasing our communication with you, our community. In the very near future, we will increase our social media presence by joining the Facebook and Twitter trends. Our hope is to share more of our initiatives and to increase dialogue with the community. I will also be meeting with a group of community advisors on a monthly basis in an effort to diversify communication and receive feedback on the procedures and practices of our agency. This sounding board will be made up of members from local business, education, and residential communities. These people answered my call to formalize a commitment they made, to helping me get acclimated when I was first hired as Chief of Police. This team will be introduced in the next issue of *City Currents* with additional information on their role in serving the Police Department.

As we continue to move ahead, I will share with you, our citizens, the progress we make, the challenges we face, and a desire to do what we can to serve our community more effectively. Please feel free to contact me with ideas and suggestions for this column that I'll refer to as "*From the Chief's Desk*."

Committed to progress,
Chief George Delgado
gdelgado@desmoineswa.gov

Des Moines Police Medication Disposal Event April 27th

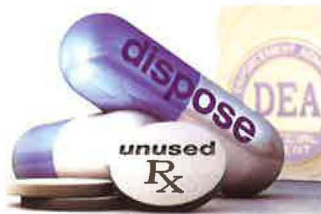
The Des Moines Police Department has again partnered with the Drug Enforcement Agency (DEA) and will be hosting two National Take-Back Initiative collection sites in the City of Des Moines to collect unused or expired prescriptions and over the counter solid medications for safe disposal, with no questions asked. This is a great opportunity for those who missed the previous events, or who have subsequently accumulated unwanted, unused prescription drugs, to safely dispose of those medications.

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. For more information or for additional collection sites around the state, visit www.dea.gov or call 1-800-882-9539. Visit www.desmoineswa.gov/drugdisposal for information about proper medication disposal for every other day of the year.

The medication disposal event will take place on Saturday, April 27th, at the following locations (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



Fireside Chats 2013

Local community leaders join us for a fireside chat and lunch to answer questions, and provide information on their area of expertise and the services they coordinate. Our spring and summer Fireside Chats are:

City of Des Moines Mayor

Join the Mayor of Des Moines for our April Fireside Chat. The Mayor will share information on current and upcoming city projects and answer any questions you may have about our city government.
Wednesday, April 24, 11:30am
Activity Center

City of Des Moines Municipal Judge

The ins and out of our municipal court will be discussed by Cities of Des Moines and Normandy Park municipal judge Veronica Alicea-Galvan. This program will be offered in English and Spanish.
Thursday, May 30, 12:30pm
Activity Center

Also scheduled for the community:

May I Approach the Bench?

How does our court system work? Join Judge Veronica Alicea-Galvan as she takes us on a tour of our Municipal Court and find out how the justice system works at the local level.
Monday, June 17, 1pm
Des Moines City Hall

South King Fire & Rescue Chief

Fire Chief Al Church will visit the center to discuss the changes within the South King Fire & Rescue District since their merger with Des Moines Fire District. There will be time for questions and answers.
Monday, June 29, 11:30am
Activity Center
Thursday, August 1, 1pm
Activity Center (this program will be in Spanish)

Des Moines Activity Center
206-878-2260
2045 S 216th St., Des Moines





Des Moines Fish Release

Fish in Des Moines Creek

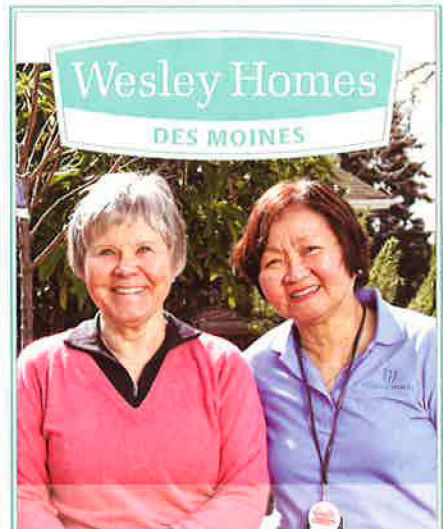
In January, devoted volunteers of the Des Moines Chapter of Trout Unlimited stocked Des Moines Creek with nearly 40,000 Coho salmon fish fry (juvenile fish) at several different locations along the creek. "This is something Trout Unlimited has been doing each year for at least the last 20 years," said volunteer Stephanie Mowery. Each year, eggs that are provided by the Soos Creek Fish Hatchery are carefully reared by Trout Unlimited at the Southwest Suburban Sewer District Plant Hatchery until the fish are ready to be released into Walker, Miller and Des Moines Creeks. Their mission is to restore self-sustaining runs of salmon to all of the local streams in the area. "We are doing this for the next generation," said Mike Grayson, another volunteer.

This incredible work by the volunteers is finally paying off. Usually around mid-November when the fish run starts, more than 250 fish have been returning to Des Moines Creek, with some fish reaching the upper reaches of the creek located in SeaTac at South 200th Street. This is also exciting news for the coalition of jurisdictions that make up the Des Moines Creek Basin Committee. Over the last several years, the Committee which includes the cities of SeaTac and Des Moines, Port of Seattle, Washington State Department of Transportation and King



Southwest Suburban Sewer District Plant Hatchery

County, has been making great strides in restoring Des Moines Creek. They have removed fish barriers, constructed a major storm water detention facility and creek bypass to control the erosive peak storm flows and installed fish habitat features which include bank logs, tree stumps and fish complexes along the creek as well as replacing gravel upstream that over the years washed into the lower reaches in Des Moines Beach Park. With the Des Moines Creek trail alongside the creek, trail users now have the opportunity to observe the fish runs that happen each year along with the glorious fall colors!



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Wesley Homes, a not-for-profit organization, is affiliated with the Pacific Northwest Conference of the United Methodist Church.

New Cove to Clover Events come to Des Moines April 26-28!

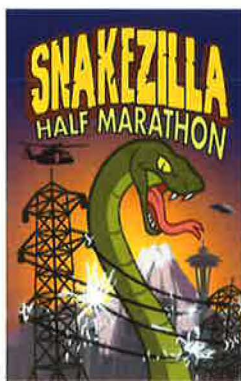
Cove to Clover is a growing favorite among Northwest runners. In addition to the newly added Half Marathon (SNAKEZILLA) and 10k, individuals or families may take part in a 5k or the Wee Race (1-mile run or walk).

The Cove to Clover event has evolved and is a truly grass-roots production. The race was originally organized by a group of friends with the mission of producing a professional and fun event that showcases the Highline community at its best.

The Cove to Clover is a 501(c)(3) non-profit. Organized entirely by volunteers, all proceeds go to local food banks, school foundation and local charities.

SNAKEZILLA is an ominous reference to the hill that all runners must overcome. Those with the willpower to pass the challenge are rewarded at the top with territorial views of Mt. Rainier, Puget Sound and the ethereal music of a live Celtic piper. Awaiting runners at the finish line is the UPRISING, a Celtic battle scene themed obstacle. The finish line festival is a celebration of accomplishments, with live music, food, large beer garden children activities and free root beer and hot dogs for the kids.

Special thanks to 2013 Cove To Clover sponsors, Burien Toyota, Burien Chevrolet, Freggies, Tours Northwest, Alaskan Brewing, Big John and the cities of Des Moines, Seatac, Normandy Park and Burien.



EVENT	START TIME	START LOCATION	Registration Fee Through April 25th 8:59 PM
SNAKEZILLA Half Marathon Walk <i>Walker time limit 3.5 hours - 16 min. mile</i>	11:15 am	Des Moines Beach Park	Registration - \$60 Late Registration - \$66 (April 27 & 28)
SNAKEZILLA Half Marathon Run	12 pm	Des Moines Beach Park	Registration - \$60 Late Registration - \$66 (April 27 & 28)
10k Run or Walk	12 pm	Normandy Park Towne Center	Registration - \$40 Late Registration - \$45 (April 27 & 28)
5k Run or Walk	12 pm	Normandy Park Community Club	Registration - \$35 Late Registration - \$40 (April 27 & 28)
Wee Race (1mile Run or Walk)	12pm	Burien Town Square	Registration - \$30 Late Registration - \$35 (April 27 & 28)
FAMILY REGISTRATION (4 or more people, same household please - remember this is for charity) - 5k, 10k or Wee Race			
ATHLETE ANGEL SPONSOR a need-based student for the race (10K, 5K, or Wee Race - student choice). Student will be anonymous to the sponsor and will be selected on first come, first served basis. \$10 sponsors (1) child (through April 28th)			
ADDITIONAL INFORMATION Find rules, regulations, race maps, shuttle information at www.covetoclover.com . Register until April 25th online or in person at Super Jock n' Jill in Greenlake, HomeTask in Burien or Normandy Park Athletic Club in Normandy Park.			
VOLUNTEERS for all aspects of the race, pub crawl and many other logistic positions can found online at www.covetoclover.com .			

COVE TO CLOVER EVENTS

FRIDAY, APRIL 26TH

The **Pub Crawl** That Started Them All now has two locations: Crawl North in Burien and Crawl South in Des Moines. Must be 21 or over. Pre-register online for \$10 through April 25th at 8:59 p.m. or for \$15 at the crawl (Scotch and Vine on Marine View Drive S in Des Moines) between 5 - 8 p.m <http://www.covetoclover.com/crawl.aspx>

SATURDAY, APRIL 27TH

Snake Pit Carbo Dinner...and snake pit petting area with live reptiles takes place at the Des Moines Field House from 6 - 9 p.m.(1000 S. 220th Street, Des Moines). Proceeds support Des Moines' youth recreation scholarships and activities. \$15 for ages 13 and over; \$5 for ages 12 and under. Register online through April 26th at www.covetoclover.com/carboLoadDinner.aspx.

SUNDAY, APRIL 28TH

Races - Half Marathon Walk/Run, 10k Walk/Run, 5k Walk/Run, Wee Race

For more information to to register for any of the events visit www.covetoclover.com.

CELEBRATE DES MOINES - FIESTA STYLE!

Our Waterland community is planning a celebration! Hosted by the Des Moines Parks, Recreation and Senior Services Department, bring your family and friends out for summer fun on Wednesday, August 14, 6-8:30pm at Des Moines Beach Park, the birthplace of Des Moines! It's a FIESTA theme we'll showcase with Latino food & beverages, Latino music provided by Mambo Cadillac (plus salsa dancing lessons!) and Latino fun! There will be complimentary Fiesta food treats, picnic food vendors, free children's activities and lots of Fiesta Fun! Sponsors for this event are Judson Park Retirement Community, El Dorado West, Wesley Homes, Lowe's, Des Moines Legacy Foundation and the City of Des Moines Arts Commission. Take the free shuttle buses from the Marina Parking lot to the entrance to Des Moines Beach Park. Shuttle Buses will run 5:30-9pm provided by El Dorado West and the City of Des Moines. For more information call Des Moines Activity Center 206-878-1642.



HealthPoint Clinic Construction progress

Take a leisurely drive down to 26401 Pac Highway, and you will notice daily changes to the HealthPoint Clinic, Des Moines' newest health care facility. The framing contractor has almost completed the exterior sheathing and the weathering-in of the exterior envelope is just beginning on the west side. Mt. Borchardt, the huge pile of excavated soils affectionately named after the Project Superintendent, is nearly gone as the grading contractor readies the sub grade for final paving.

Inside the structure all the trades are making great progress in their various crafts. Plumbers, fitters, sheet metal workers, sprinkler fitters, electricians, masons, framers, insulators all have been able to ply their trades in reasonably dry conditions under the temporary roof and valiant efforts to control roof drainage. Dry, that is if you don't consider the wind tunnel effect that exists this time of year and this stage of construction. Most of this inside work will never be seen, if properly installed and maintained, yet is crucial to the whole operation. Hats off to all these dedicated craftspeople.

Before too long, we will be seeing windows, siding, glass walls and exterior brick. Keep an eye peeled for the hydro crane installing rooftop mechanical equipment. It won't be there long.



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Dr. Adrian Pawlowski
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DR. PAWLOWSKI IS MOST WELL KNOWN as the pioneer of his unique non-surgical approach for the treatment of periodontal and gum diseases; including systematic medication, non surgical procedures and patient involvement. Periodontal pockets can be eliminated without surgery.

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WHAT IF YOU BROKE OR LOST A TOOTH? Dr. Pawlowski offers a single appointment tooth replacement with dental implants. He has

placed over 2,500 dental implants. As opposed to bridges, with implants there is no need to jeopardize or weaken healthy adjacent teeth.

DO YOU HAVE GUM RECESSION OR ROOT EXPOSURE? Dr. Pawlowski is highly skilled in Alloderm Gum Graft placement using your own platelet rich plasma to stimulate quick and comfortable healing. This type of grafting avoids removing tissue from the roof of your mouth which is often the most painful part of grafting procedures. The results are amazing!

WHAT IS PARENTERAL CONSCIOUS SEDATION? Some complex procedures require centrally acting medications to suppress anxiety, irritation and pain. The experience is pleasant and the procedure is perceived to be over within minutes. Dr. Pawlowski offers this type of sedation to allow the elimination of anxiety which can come between you and your oral health.

HOW DO I LEARN MORE? For a complete list of services offered, please see our website at www.implantsinseattle.com or www.perioinnovations.com. Call us today to schedule your complimentary in-office consultation at 206-625-9358.

Sea Mar Nutrition and Outreach Program at Des Moines

Sea Mar's Nutrition and Outreach Program and the Des Moines/Normandy Park Senior Center has been providing services to seniors, age 60 and older, since 1997. The focus of this partnership has been to provide services to seniors in the community who are Spanish speaking to access information for a better quality of life by helping them stay motivated to maintain an active physical and mental state of health.

Since its inception, this program offers a variety of activities from an exercise program; health presentations, information and assistance, which is provided by an on-site Sea Mar bilingual personnel, to a delicious and nutritious Latino meal, made possible by Catholic Community Services.

Participants from all over Latin America, Peru, Mexico, El Salvador, among others, meet once a week on Thursdays, not only to share a meal, but also to form new long-lasting friendships. As you walk into the Activity Center, you will hear the sound of laughter and music that will fill the hearts of any age and culture with pure happiness.

On January 31, 2013 the Latino group had a very special visitor; City of Des Moines Chief of Police, George Delgado, who introduced himself to the group and answered questions they had. The entire group was delighted to have such an important figure in the community take time to visit them. A quote by Chief Delgado exemplifies the importance of services needed for these vulnerable senior adult groups, "the senior center is an important life line for our seniors."

If you are 60 years or older, please join us Thursdays for the Latino Program at the Des Moines/Normandy Park Activity Center, 2045 S. 216th St, Des Moines, WA 98198, 10:30am-1:30pm. The lunch is a suggested donation of \$3.00. For more information please call the Activity Center at 206-878-1642 and for the Sea Mar Latino Program, please call Gloria Nava at 206-766-6595.

Club Latino de Sea Mar en Des Moines

El programa de Sea Mar Nutrición y Socialización y el Centro de Actividades de Des Moines/Normandy Park, han estado prestando servicios a personas mayores de 60 años, desde 1997. El objetivo de esta colaboración ha sido la de dar servicios a las personas mayores en la comunidad que habla español para acceder información para una mejor calidad de vida, así mismo, ayudándoles a mantenerse motivado para mantener un estado activo físico y mental de salud.

Desde sus inicios, este programa ofrece una variedad de actividades, desde una clase de ejercicios, presentaciones de salud, información y asistencia, que es proporcionada por personal bilingüe de Sea Mar, a una comida latina deliciosa y nutritiva, hecha posible por Servicios Católicos de la Comunidad.

Los participantes de muchos países de Latinoamérica, como Perú, México, El Salvador, entre otros, se reúnen una vez a la semana, los jueves, no sólo para compartir una comida, sino también para formar nuevas amistades duraderas. Al entrar al Centro de Actividades, se oye el sonido de la risa y la música que llena los corazones de todas las edades y culturas de pura felicidad.

El 31 de enero de 2013, el grupo latino tuvo una visita muy especial, el Jefe De Policía la ciudad de Des Moines, George Delgado, se presentó ante el grupo y respondió preguntas que el grupo tenía. Todos del grupo Latino, pero sobre todo las señoras, estaban encantados de tener una figura tan importante en la comunidad hacer tiempo para visitarlos. En una entrevista al Jefe de Policía Delgado dijo, "el centro de actividades de Des Moines es una línea de vida importante para nuestros adultos mayores," y sus palabras muestran son un ejemplo de la importancia de los servicios necesarios para estos grupos vulnerables."

Si usted es mayor de 60 años, por favor, acompañenos los jueves para el Programa de Almuerzo Latino en el Centro de Actividades de Des Moines/Normandy Park en el 2045 S. 216th St, Des Moines, WA 98198 de 10:30am-1:30pm, se sugiere una donación de

\$3.00 para el almuerzo. Para obtener más información, por favor llame al Centro al 206-878-1642 y para el Programa de Sea Mar Nutrición y Socialización, por favor llame a Gloria Nava al 206-766-6595.

Transportation Fair

Tired of commuter traffic? Ready for help to get around the community for shopping, appointments, etc? Des Moines Activity Center and Senior Services are hosting a Transportation Fair on Tuesday, June 18, from 11am-1pm. Representatives from the Hyde Senior Shuttle, Volunteer Transportation (medical appointments), Sound Transit (ORCA & Light Rail), Hopelink ,METRO (ACCESS & Taxi Scripts) and Catholic Community Services will have booths full of good information to help you get out and about safely and affordably! There will be door prizes and the opportunity to enjoy a great meal at the center at noon. For more information call Brady Wright, Hyde Shuttle, 206-878-2066.

Dance for Parkinson's

In this eight-week program, you will stretch and strengthen muscles, focusing on balance and rhythm through many styles of dance. Working with professional dancers specially trained in the Dance for PD® method, participants learn how to use thought, imagination, eyes, ears and touch to control movement. Whether seated or standing, people with Parkinson's disease, caregivers and friends are encouraged to explore dance movements in a welcoming environment with LIVE MUSIC. No dance experience necessary. Presented by Seattle Theatre Group (STG) and Spectrum Dance Company, These classes are based on the Dance for PD® method, a program developed by Mark Morris Dance Group and the Brooklyn Parkinson Group.

Register at www.nwfp.org/Events.aspx or call 1-877-980-7500. The summer program is offered on Mondays, June 10- July 29, 2-3:30pm, at Des Moines Activity Center. Thanks to the Des Moines Legacy Foundation for their funding support. Suggested donation for the 8 week course is \$5.00



"They made me laugh out loud, which is harder to do these days."

— Participant

"Thank you—we love your time spent with us to help mentally, physically and with a loving spirit!"

—Participant

Des Moines Transportation Gateway Project Update

Construction of the Transportation Gateway Project has begun. In February, the contractor, SCI Infrastructure, started construction on South 216th Street between 18th Avenue and 24th Avenue South. Work has started on the north side of South 216th Street in the vicinity of the Post Office. A new 12" water main will be installed at the 24th Avenue S intersection on behalf of the Highline Water District. Upon completion of major intersection work, traffic will be shifted over to allow completion of work on the south side of the street.

A "Greenroads" approach to design and construction was chosen by the City, the contractor and construction engineers in an attempt to minimize construction impacts on the community and utilize environmentally sustainable building techniques. It is expected that the City, the contractor and the project engineers will seek Greenroads certification of this project (Similar to LEED building certification - see the project web site for more information). Still, this is major roadwork and impacts such as heavy equipment noise and traffic delays cannot be fully avoided.

Utility relocation and construction on 24th Avenue South between South 216th Street to South 208th Street will begin this spring and by 2014 the city expects improvements to both streets fronting the vacant Des Moines Creek Business Park (DMCBP), owned by the Port of Seattle. These improvements provide urban infrastructure needed to support development in the North Central and Pacific Ridge communities.

Funds for these two corridor improvements are from the Federal Highways Administration, the Washington State Transportation Improvement Board, Port of Seattle, Highline Water District, Midway Sewer District, King County Metro and the City of Des Moines. Simultaneously, the City of SeaTac is completing design of the



Mulching and recycling vegetation with a big tub grinder

24th/28th Avenue South connection and expects to complete their improvements by 2016 in time for the opening of the Sound Transit Link light rail extension to South 200th Street.

The last phase of the Transportation Gateway Project, South 216th Street between 24th Avenue South and 29th Avenue South has been designed and the City is seeking funding for the right-of-way and construction phases of the project. When finished, the City will have developed "complete streets" along these three contiguous arterials supporting planned economic and urban development. New pedestrian bus shelters and roadway LED lighting along with art work, wide sidewalks, landscape planters, bike lanes and street furniture, will create a sustainable street environment that is conducive for walking, bicycling and driving.

For more information or project updates, call 206.870.6525 or visit www.desmoineswa.gov/dept/pub_works/projectgateway.html.

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**Spring into Summer
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**9 weeks - \$99
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In the same building as The Scotch and Vine. Entrance in back.





CITY PIPE PROGRAM

City staff installing pipe before closing ditch

Do you have a nuisance ditch located in front of your property that you would like to be filled? In a joint venture with home owners, the City of Des Moines Public Works crews will provide all of the heavy equipment and labor to install pipes, catch basins and backfill material (gravel) in order to fill the ditches if the owner pays for the cost of the materials. Because this work must occur during the summer months (during dry weather conditions), now is the time to make your request. Work will be completed on a first come basis and as time allows between other priority tasks being performed by the City crews. For those interested, a cost estimate can be obtained from Leon Serechan at 206.870.6567. He will make a site visit and suggest improvements that are needed for your particular site (some restrictions apply).

Accepting Applications

The City of Des Moines is now accepting applications for one opening on its Human Services Advisory Committee. This seven member committee advises the Des Moines City Council on human services issues in our community and makes recommendations for human services funding. The position is for a three year term. The Committee meets approximately six times a year. For more details please call Sue Padden, 206-878-1642.

The Des Moines Museum has new hours:

We are now open the 1st Saturday of every month as well as our usual summer schedule every Saturday from Memorial Day to Labor Day.

Hours: 12-4pm

We are located at 728 S 225th St above the historic IOOF Hall. Phone: (206) 824-5226

Youth Recreation Scholarships Help Children Participate in Life Enhancing Activities!

It can be very difficult for the children of low income families to afford Des Moines Parks and Recreation programs such as the After School Program, Youth Soccer, Youth Basketball or Day Camp. These programs provide children with social skills, teamwork, exercise, friendships and mental wellbeing.

Thanks to the efforts of the Des Moines Legacy Foundation and the Rotary Club of Des Moines, \$21,320 scholarship funds were provided to Des Moines children in 2012. The funds that make participation possible are raised at community events such



as Sports Night, Bayside Brunch and Poverty Bay Wine Festival as well as through donations by businesses and individuals.

If you would like to help a child's dreams come true by sponsoring a Des Moines Youth Recreation Scholarship, please call Des Moines Parks, Recreation and Senior Services at 206-870-6527.



Volunteers Needed to Provide Rides for Des Moines Seniors

Senior Services' Volunteer Transportation provides vital rides for Des Moines seniors. Using their own vehicles, volunteer drivers help older adults maintain their independence by taking them to necessary medical appointments. Clients appreciate their improved access to medical care, meaningful interactions with caring volunteers, and increased peace of mind. Unfortunately, the program does not have enough drivers to meet the demand for transportation from older residents of the Des Moines community. For those interested in helping out, call (206) 748-7588, email Hilary at hilaryc@seniorservices.org, or visit www.seniorservices.org/transportation. Mileage reimbursement is provided. All driving to medical appointments is scheduled in advance. Your time in providing transportation to medical appointments for seniors in our community helps our older adults to age in place and provide important medical support and independence. Thank you for caring.



PUBLIC INVITED!

South Sound Boating Opening Day at Des Moines Yacht Club

Free Food, Music, Fun and Information



Mark your calendar! South Sound Opening Day for boating is right here at the Des Moines Yacht Club on May 11 featuring family fun for the whole gang! Yes, there will be boats and Coast Guard personnel with boating safety materials, and plenty of pomp with bagpipes and a flag ceremony. There will also be free hot dogs, guided tours of the Yacht Club and grounds, classic cars, pigs roasting on the spit and our own award-winning Mt Rainier Jazz Band directed by bandleader Matt Montgomery playing music from the big band era.

The Des Moines Yacht Club's gates will open at 11:00 am. Parking space is limited so please park and walk in through one of two gates (entrances located behind the Bank of America or at the south end of the Marina near Anthony's Restaurant). Everything is open to the public right through the evening's dinner/dance. For reservations for the dinner/dance (tickets: \$20/adult, \$6/children under 12) please call the club at 206.878.7220 by April 30.

EVENT SCHEDULE:

- 11:00 am Gates and displays are open (hot dogs served by the firepit until noon)
- 11:50 am Jazz Band performance begins
- 12:00 noon Opening Flag Ceremony
- 12:45 pm Jazz Band continues
- 4:00 Static displays close
- 6:00-10:30 pm Dinner Dance in the Club Ballroom, BYOB

ROTARY CLUB OF DES MOINES

POVERTY BAY

BLUES & BREWS

AUG 24, 2013

Beach Park in Des Moines

SAVE THE DATE

Join us for a day of brews, blues, barbecue and sunshine.

For info: www.DMRotary.org

The Blues and Brews supports the charitable projects of the Rotary Club of Des Moines.

Des Moines Waterfront Farmers Market

Join us every Saturday
June thru October
Located in the Marina
10am to 2pm

Special Events

JUNE 1 Opening Day
 JULY 13 Pancake Feed
 AUG 10 Health & Fitness Day
 SEPT 7 Back to School/Kid's Day
 OCT 26 7th Annual Chili Cook-off

More information available at: www.DMFM.org

IS YOUR CHILD SAFE AROUND WATER?



Summer is a great time for children to learn to swim and it can be a lifesaver
Sign up today

MOUNT RAINIER POOL

APRIL • MAY • JUNE 2013*

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 - 7:30 am	Available for rentals	Lap Swim		Lap Swim		Lap Swim	Swim Team
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		Swim Team	Swim Team	Swim Team	Swim Team	Swim Team	Public Swim 1-2 pm
5 - 7 pm		Swim Lessons & Swim Team	Swim Lessons & Swim Team	Swim Lessons & Swim Team	Swim Lessons & Swim Team	Family Swim 6 - 7 pm	\$1 Public Swim (First Sat. monthly)
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		

*For Prices or the July - August schedule, please call: 206.824-4722 or visit us at www.mountrainierpool.com

COUPON EXPIRES AUGUST 31, 2013

GOOD FOR ONE FREE LESSON
 when signing up for a full session*
 of summer swim lessons at
Mount Rainier Pool

CONSUMER: Coupon void if copied. Cash value 1/100¢. LIMIT: One coupon per family. Offer may not be combined with any other offer.

COUPON EXPIRES AUGUST 31, 2013

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. Offer may not be combined with any other offer.

YOUR TAX DOLLARS AT WORK



In 2009, the voters reaffirmed their commitment that Des Moines remain a swimming community by forming the Des Moines Pool Metropolitan Park District. They elected a board of commissioners tasked with making critical repairs and bringing the Mount Rainier Pool's inherited operating deficits under control.

Taking advantage of both state and private grants, your commissioners have invested \$350,000 to significantly renovate and improve the efficiency of our 38-year-old facility. We've upgraded an antiquated boiler system; retrofitted the aging heating, ventilation and air conditioning system; and updated both the interior and exterior lighting. These energy-saving upgrades will allow the pool district to save an estimated \$15,000 annually in natural gas and electricity costs. Additionally, we've patched leaks in the pool, replaced the pool's circulation pump and starting blocks; repaired broken windows; repaired broken sidewalks and parking lot paving; re-striped the parking lot; replaced rusted-out lockers and hair dryers; and replaced building signage.



Since assuming responsibility for the pool, we have maintained the same quality swim lesson program and are dedicated to assuring that every child within the district have the opportunity to learn to swim. Water aerobics, lap swimming and pool rentals remain among the services we offer the community.

Come check us out at both the pool - 22722 19th Ave. S. - and our office/meeting facility at 22015 Marine View Drive S. in downtown Des Moines.



Top: New boiler burner
Above: New signage
Above, right: New lockers
Right: New and old circulation pump

MEETING AND FACILITIES RENTALS

Des Moines facilities highlight the breathtaking beauty of the Northwest offering the perfect setting for weddings, banquets and other community events! Outdoor shelters are great for summer picnics and family gatherings!

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 will enjoy picturesque views of Puget Sound and the Olympic Mountain Range. Both create the perfect back-drop to capture your day for years of lasting memories.

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.

Des Moines Activity Center

The Des Moines Activity Center 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 Interstate 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.

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, and a baseball/softball field and picnic shelter. Choose from one of three spaces available for rent.

Beach Park Picnic Shelter

Located adjacent to the Dining Halls expansive deck, this shelter offers your guests all the amenities that Des Moines Beach Park has to offer with up to 9-picnic tables, electricity and lights. The perfect location for your next company or family gathering.

Des Moines Field House Picnic Shelter

Features 3-picnic tables, 2-barbecue pits and access to the Field House play equipment, tennis courts and Skateboard Park. The park and accompanying amenities are open to the general public from 8am-dusk daily. Capacity: 32 guests

Wooton Park Gazebo

Picturesque Wooton Park features an open gazebo adjacent to Redondo Beach. The Gazebo has electrical outlets and 2-barbecue pits and is ideal for photo shoots, family picnics and other small gatherings. Amenities include a half-court basketball area, playground, large grass commons, 5-picnic tables, a rose garden and ample free parking. Public restrooms are located across Redondo Beach Drive, adjacent to the pier.

Contact

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

Shannon Kirchberg
Events and Facilities Coordinator
206-870-9370
skirchberg@desmoineswa.gov
www.beachparkeventcenter.com



Beach Park Auditorium



Des Moines Activity Center



Founders Lodge

Picnic Shelter



Des Moines Field House



Wooton Park Gazebo

SUMMER CELEBRATIONS!

BEACH PARK Summer Concerts

When the weather heats up, cool off at the Beach Park Summer Concert Series. Bring a blanket and picnic dinner and enjoy entertainment for the whole family! See you rain or shine on the Beach Park Meadow!

Wednesdays
7-8:30pm • FREE

Sponsored by Des
Moines Arts Commission

- July 10 The Sway
- July 17 The Kings of Swing
- July 24 Cherry Cherry
- July 31 Just One Look
Linda Ronstadt Tribute Band
- Aug 7 Des Moines Got Talent!
- Aug 14 Mambo Cadillac



Outdoor Family FREE! Movie Night

Grab your friends, family, flashlight and blanket &/ or lawn-chair and join us for family-friendly movies under the stars! Seating begins at 8pm and movies begin at dusk.

- July 26 - Brave (PG)
- Aug 9 - The Avengers (PG-13)
- Aug 23 - Hotel Transylvania (PG)



POVERTY BAY

Poetry Slam

Saturday,
August 17
12-4pm

Mesmerize the audience with your poems and Haiku's and wow the judges! Cash prizes for 1-3rd place.

Visit our web site for location details
www.desmoinesartscommission.com

Thanks to our sponsors:

Family, food, fun and music!

Celebrate Des Moines FIESTA STYLE

Wednesday August 14th
6 to 8:30 PM
Des Moines Beach Park
22030 Cliff Ave South
206.878.1642

Got Talent

Des Moines Got Talent
Wednesday, August 7
7:00pm – 8:30pm
Beach Park Meadow Stage

Enjoy the Best of Des Moines' music, dance, theatre, comedy, poetry, novelty and spoken arts performers! Auditions slated for May.



SENIOR OUTINGS

MEET TO EAT

Out to Lunch

Enjoy a no-host lunch at new and old favorite eateries all around the Sound.

Age 50+	\$8 Transportation Fee
Departures 10:30-11am	Return 2pm
Friday, June 7	The Butter Biscuit-Sumner
Friday, July 5	Massimo Italian Grill-Gig Harbor
Friday, Aug 2	Josseppi's Italian-Tacoma
Friday, Sept 6	Johnny's Dock-Tacoma

Dinner with Friends

Enjoy no-host dining garnished with laughter and companionship.

Age 50+	\$8 Transportation Fee
Departure 5pm	
Tuesday, June 11	Lighthouse Bar & Grill-Des Moines
Tuesday, July 9	Stanford's-Tukwila
Tuesday, Aug 13	Mama Stortini's Italian-Kent Station
Tuesday, Sept 10	Circo Circo Mexican Restaurant-Kent



HORTICULTURE OUTINGS

Explore lush and varied Northwest gardens and nurseries. No host lunch and garden admission fees when applicable.

Age 50+ \$8 Transportation Fee or *car-pool
10am departure unless otherwise noted

FRIDAYS DESTINATION:

June 7	Everett Sorticulture Plant & Garden Art Sale (9:30am)
June 21	Bradner Garden & Kuboto Garden-Seattle
July 12	Wesley Gardens & Private Garden Tours-Des Moines Normandy Park *
July 19	Enviro House at Snake Lake-Tacoma
Aug 9	Mima Mounds & Monarch Art Garden-Tenino (9:30am)
Aug 16	Vassey and Portland Avenue Nurseries-Tacoma
Aug 23	Renton Waterworks Park*
Sept 13	Powell Woods-Federal Way*
Sept 27	Emerald Heights Garden Tour-Redmond

REGISTRATION INFORMATION

City of Des Moines Parks, Recreation and Senior Services Department

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
recreation@desmoineswa.gov
www.recreation@desmoineswa.gov
Hours: Monday - Friday, 9am-5:30pm

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
seniors@desmoineswa.gov
www.seniors@desmoineswa.gov
Hours: Monday - Friday, 9am-4pm

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 payment by check or Visa/MasterCard information.

Registration forms are available in the offices or online at www.desmoineswa.gov/recreation/forms

Registration Policies:

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

Registration is taken on a first paid basis. Returned check Fee: \$40 (plus 50% surcharge if collection action needed).

Refund Policy/Cancellations:

When 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 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 by the close of each calendar year.

No refund will be issued for:

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

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

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.

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, please call us at 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.

Holiday Closures:

Monday, May 27, Thursday, July 4 and Monday, Sept 2

SENIOR ACTIVITIES

Blueprint for Living Workshops

Adults Tuesdays 10:45-11:45am Activity Center
Facilitators: Valley Cities Counseling & Consultation unless otherwise noted. Funding support from Des Moines Legacy Foundation



April 23 – A little FIB – Atrial Fibrillation= a Big Problem

What is Atrial Fibrillation, what are the symptoms, what can you do to assess your risks and what are the steps you can take to minimize your risk. Presented by Emily Hitchens, Retired Professor of Nursing

May 7 – Appreciating the Gift of Self

Explore the importance of valuing yourself and that connection to your well being.

May 21 – The Community Safety Net Protecting Your Health

Learn about resources that protect your health and ways to show appreciation.

June 4 – Sunshine, Friend & Enemy

The benefits of sunshine and staying protected from the sun.

June 18 – To Drive or Not to Drive

Join us for frank discussion on this challenging issue, then take in the Transportation Fair.

TRANSPORTATION FAIR

Tuesday, June 18, 11am - 1pm

Join us for a Transportation Fair with representatives from METRO First Transit (ACCESS & Taxi Script), Senior Services (Shuttle and Volunteer Transportation), Sound Transit (ORCA & Light Rail), Hopelink and Catholic Community Services on hand to answer your questions and connect you or family members to safe and affordable transportation options.

July 2 – Take a Vacation without Leaving Home

Periodic vacations are healthy so consider staycations - low cost and fun vacation opportunities in your own community!

July 16 – The Healthy Value of Social Media

Texting, tweeting, computer apps, kindles, smart phones and more. Social media surrounds us and it is not going away so learn how working with it can contribute to your health.

Aug 6 – Expect to Forget

Preparing yourself to forget is the first step to preventing troublesome forgetfulness at any age.

Aug 20 – Keeping Your Memory

Playing brain games and stimulating your intellect provides your memory with a healthful workout.

Sept 3 – Substance Abuse

Substance abuse comes in many forms for older adults and often has fatal results. This session focuses on the special risks and dangers.

SENIOR OUTINGS



DAY TRIPS

Explore the Northwest and leave the driving to us!

UW Seismology Lab, Seattle	Wednesday, June 12	9:30am-3:30pm	\$9
Museum of History & Industry, Seattle	Wednesday, June 19	9:30am-3pm	\$20
Elizabeth & Alexander Tea Room, Bothell	Wednesday, June 26	10am-4pm	\$11
Sweet Decadence Chocolate Shop, Newcastle	Wednesday, July 10	10:15am-2pm	\$8
Woodland Park Zoo, Seattle	Wednesday, July 17	9:30am-3pm	\$8
Explore Vashon Island	Wednesday, July 24	8:15am-5pm	\$15
Hydroplane Museum, Kent	Wednesday, July 31	10am-3pm	\$13
Crystal Mt. Gondola	Wednesday, Aug 7	8:30am-5pm	\$30
Bainbridge Island	Wednesday, Aug 14	8:15am- 4:30pm	\$19
Northwest Trek, Eatonville	Wednesday, Aug 21	8:30am-5pm	\$27
Mariners vs Texas Rangers, Seattle	Wednesday, Aug 28	11:30am-4pm	\$52
Deception Pass Boat Tour, Anacortes	Monday, Sept 9	8am-5pm	\$33

EXTENDED TRIPS

Heritage of America

Immerse yourself in history and fall foliage while journeying through New York, Philadelphia, Gettysburg, the Shenandoah Valley in Virginia, Charlottesville, Williamsburg and Washington DC with Washington State Association of Senior Centers.

Oct 4-13, 2013

Call 206-878-1642 for pricing and details.

ADULT & SENIOR FITNESS & SPORTS

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 and a water bottle always recommended. Cosponsors: Group Health and Senior Services. Instructor: Mary Brown.

Adults			Field House
May 2-31	T/Th/F	8-9am or 9:30-10:30am	\$42
June 4-July 2	T/Th/F	7:30-8:30am or 8:45-9:45am	\$42
July 9-July 30	T/Th/F	7:30-8:30am or 8:45-9:45am	\$33
Aug 1-30	T/Th/F	7:30-8:30am or 8:45-9:45am	\$42

Cancer Recovery Fitness Class

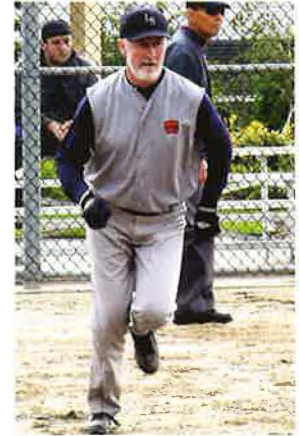
Re-set and accelerate your recovery from cancer! Learn techniques to relieve symptoms of lymphedema, regain your endurance, strength and range of motion. Please bring a "sticky" mat to class. Instructor: Julie Conklin, Certified Cancer Exercise Specialist trained in the most recent exercise methods related cancer recovery and rehabilitation.

Adults			\$68R \$73NR per month
T/Th	Ongoing	5-5:45pm	Founder's Lodge

Adult Men & Coed Fall Softball League

Batterup! Slide your team into late summer action and enjoy great competition and friendly bantering! Each team plays 14-games and participates in a single elimination post-season tournament. Team Registration Deadline: July 5, 2013
\$930R \$985NR includes sales tax
 Field: SJUMP

Monday Night Co-ed Recreation
 Division League Play Aug-Oct
Tuesday Night Men's Recreation
 Division League Play Aug-Oct



SENIOR ACTIVITIES

Senior Dance

Dancing stimulates your mind, body and soul! Join us on Sundays for live dance music with Randy Litch! Stafford Healthcare provides hot beverages and a door prize - you bring finger-food refreshments!

Adults of all ages welcome!

1-3pm	\$5
Activity Center	
Su May 26	
Su June 23	
Su July 28	
Su August 25	
Su September 22	
Su October 27	



Golf Outings

Enjoy playing 9 holes at Puget Sound courses. Transportation is available on a first paid basis. All players draw numbers to determine playing partners and tee position.

\$8-10 Transportation Fee **No Host Green Fee & Lunch**
 Departure Times: 8-8:30am
 Return time: Varies

Date	Course/City	Green's Fee
May 6	Allenmore, Tacoma	\$16
May 20	Delphi, Olympia	\$9
June 3	Nile Shrine, Mountlake Terrace	\$16
June 17	Kenwanda, Snohomish	\$17
July 1	Madrona, Gig Harbor	\$17
July 15	Cascade, North Bend	\$15
July 29	Tahoma Valley, Yelm	\$13
Aug 12	Bellevue	\$26
Aug 26	Mystery Trip	\$25



Dance for Parkinson's *Do you have a movement disorder?*

Dance for Parkinson's is designed for you! 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. Funding support from Des Moines Legacy Foundation. Register at www.nwfp.org/Events.aspx or call 877-980-7500.

Adults			\$5 Suggested Donation
M	June 10-July 29	2-3:30pm	Activity Center

ADULT ENRICHMENT

Dog Obedience: 90 Minute Starter Class

Start off on the right paw with your canine companion with this starter! Course provides an introduction to basic dog behavior, discussion on training equipment, how to work with your dog – including basic commands such as “sit”, “down”, “heel”, “come”, “stay” and good manners commands. This class is intended to start you off on the right “paw” with your canine companion.

Puppies at least 3 months **\$25R \$29NR**
 Sa May 18 10:30-12pm Field House
 Sa June 15 10:30-12pm Field House

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 **\$85R \$89NR**
 Th May 2-23 7:15-9:15pm Field House
 Th June 6-27 7:15-9:15pm Field House
 Th July 11-Aug 1 7:15-9:15pm Field House
 Th Aug 8-29 7:15-9:15pm Field House
 Th Sept 5-26 7:15-9:15pm Field House

ADULT & SENIOR FITNESS & SPORTS

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.



Adults **\$32R \$37NR 5-class punch card or \$10/drop-in**
 M Ongoing 6-7pm Field House

Kigong

A Korean energy practice incorporating gentle stretches with choreographed movements to teach inner strength and increase flexibility while boosting the immune system. Practitioners report feeling more relaxed but energized. These mind-body exercises are kind to the joints and muscles and increase overall balance. Instructor: Rhonda Allison.

Adults **\$48**
 Th May 9-June 27 5-6pm Activity Center
 Th July 11-Aug 29 5-6pm Activity Center

Pilates – Beginners and advanced

A low impact exercise regime based on the design of Joseph Pilates to strengthen, tone, stretch, encourage proper breathing and facilitate good posture. In 10 sessions, you feel better, 20 sessions you look better, 30 sessions you have a completely new body. Please bring a “sticky” mat to class. Instructor: Julie Conklin.

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

Energy Yoga

Release stress and re-direct your energy to gain a sense of well being. Sustained poses and gentle stretches will improve muscle strength, range of motion, balance and stability reaching the deep core muscles that stabilize the spine and increase flexibility. Bring a yoga mat. Instructor: Rhonda Allison.

Adults **\$36 at Normandy Park Cove / \$48 at Activity Center**
 M May 6-June 17 1-2pm Normandy Park Cove
 Th May 9-June 27 6:30-7:30pm Activity Center
 M June 24-July 29 1-2pm Normandy Park Cove

Belly Dance

Enjoy a fun, effective, low impact exercise consisting 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 **\$45R \$49NR** **Founder's Lodge**
 W May 15-June 19 Beginners 7-8pm
 W May 15-June 19 Intermediate 8-9pm
Adults **\$45R \$49NR** **Auditorium**
 W July 24-Aug 28 Beginners 7-8pm
 W July 24-Aug 28 Intermediate 8-9pm
Adults **\$60R \$65NR** **Founder's Lodge**
 W Sept 4-Oct 23 Beginners 7-8pm
 W Sept 4-Oct 23 Intermediate 8-9pm



ADULT ENRICHMENT



Wenatchee Rafting

Flowing through the Bavarian themed village of Leavenworth, the Wenatchee River's big waves and nearly 300 days of sunshine have made it the most popular river rafting destination in Washington. Whitewater rafting trips on the Wenatchee River will take your breath away with thrilling class III+ whitewater action and incredible scenery. A great trip for all skill levels and includes all river equipment. So join us for an exciting day on the Wenatchee!

Age 10+ **\$69R \$75NR**
 Sa June 22 1:30pm Location provided at registration
 Su June 23 9am Location provided at registration

White Salmon River Rafting

In the beautiful Columbia River Gorge discover the wild and scenic stretch of the White Salmon River that offers non-stop whitewater action and clear glacier melt from Mt. Adams. Starting your rafting experience in BZ Corner it won't take long to get hooked on the excitement of this gorgeous river. The very first rapid, class III+ "Top Drop" will give you just a little taste of the whitewater action there is to come. Don't worry the ride isn't over yet, class V "Husum Falls" is an optional exhilarating 10-foot waterfall close to the end of the trip and is guaranteed to take your breath away. Riding the "bull" through "Rattlesnake" rapid is a highlight for most guests on the White Salmon.

Age 10+ **\$69R \$75NR**
 Sa Aug 3 1:30pm Location provided at registration
 Su Aug 18 9am Location provided at registration

Tieton River Rafting

The Tieton is the most anticipated river of the season. Located near Yakima in the Snoqualmie National Forest, the Tieton River roars with over 14 miles of endless class III+ whitewater excitement. While just a creek in the summer, RimRock dam releases throughout September feeding the mighty Tieton and creating intense rapids like "High Noon", "Waffle-wall" and "Grasshopper." Join us at the end of the season for roller coaster waves, and beautiful desert weather.

Age 10+ **\$69R \$75NR**
 Su Sept 15 9am Location provided at registration
 Sa Sept 28 1:30pm Location provided at registration

Glass Sun Catchers Workshop

Create your own unique glass light catcher. All supplies are provided. Students will receive an inspiration for ideas sheet prior to the workshop and need to have a design when they come to class. Instructor: George C. Scott, local glass artist.

Age 14-Adults **\$55**
 Sa June 15 1-4pm Glass Studio/Des Moines

Cement & Glass Stepping Stone Workshops

Create your own personal 16"-18" concrete and glass garden stepping stone. Students will receive an inspiration for ideas sheet prior to the workshop and need to have a design when they come to class. Instructor: George C. Scott, local glass artist.

Age 14-Adults **\$75**
 W June 19 6-9pm Glass Studio/Des Moines
 Sa June 22 1-4pm Glass Studio/Des Moines



Watercolor Workshop

"Creating art is like an addiction, the more you do the more you want, I love it all," comments this Northwest award winning artist. Join her for a morning of instruction and an afternoon outside with your canvas, paints and guidance. Students bring their own supplies and sack lunch. Instructor: Nancy Bogni

Adults **\$25R \$29NR**
 Sa Aug 17 10am-3pm Activity Center

Aviation History: Outer Space Adventure

Former NASA astronaut, Bonnie J. Dunbar, shares her aviation experiences in "outer space" and her experiences as President and CEO of the Museum of Flight (2005-10). This is just a tip of the iceberg- join us for all the details of her exciting career in aviation.

Adult **\$2 suggested donation**
 T Date TBA 7-9pm Activity Center

Women's Self Defense

Dedicated to teaching defensive concepts and techniques against various types of assault, by utilizing easy, effective and proven self defense tactics; this course begins with crime prevention, risk reduction and avoidance and progresses to the basics of hands on self-defense. Instructors: Normandy Park Police Department staff certified in Women's Self Defense.

Teen and Adult Women, Age 12+ **Free**
 T/Th July 9-July 18 2-4pm Activity Center

YOUTH ACTIVITIES



YOUTH

Fishing with your Kids

Dads, Moms and Grandparents - teach your child(ren) different ways to fish our local Washington waters for salmon, steelhead or sturgeon and learn techniques to make every outdoor opportunity a success. Most methods demonstrated are from a boat however some bank fishing will be covered.

Fishermen & women of all ages **\$45R / \$55NR**
Th July 11-25 6-8pm Field House

Acrobats for Kids

Been to the Circus? That is where you'll find Acrobats-it is all about speed and flexibility! Acrobatics are both gymnastic and 'martial art' in style, perfect for both boys and girls. Rolls, Cartwheels, Backbends, Handstands and Walkovers will all be covered in addition to the Pretzels and Wigwags-specific to Acro work—great fun for all ages! Instruction: Melanie's Dance Studio

Age 5-9 **\$55R \$60NR**
M July 8-Aug 19 6-6:45pm Field House

HIP HOP Dance

Got MTV? Want to learn the latest moves from Coast to Coast? Learn to dance like "America's Best Dance Crew" and pick up the latest in Hip-Hop and LA Funk. Instruction: Melanie's Dance Studio staff with industry and award-winning choreographer expertise. No experience needed.

\$42R \$47NR
Age 5-7 7:15-7:45pm
Age 8-11 7:45-8:15pm
M July 8-Aug 19 Field House

Ballet

Ballet is the true expression of classical art that provides strength, beauty, posture and grace. A well rounded weekly program including stretching, injury prevention, Barre, Center and Across the floor work. Terminology and proper technique are emphasized. Perfect for the beginning dancer. Instruction: Melanie's Dance Studio

Age 5-8 **\$55R \$60NR**
M July 8-Aug 19 6:45-7:30 Field House

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! Instructor: Mitch Mayberry, International Champion, 8th degree Master Instructor.

Age 4+ **\$85R \$90NR plus \$14 AAU Membership**
W June 26-Aug 14 4:30-5:10pm Field House
Note: colored belts stay until 5:30pm

Kokondo Martial Arts

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

Age 12+ **\$25R \$30NR**
W/F June 5-28 5-6:30 pm Founders Lodge
W/F July 3-31 5-6:30 pm Founders Lodge
W/F Aug 2-30 5-6:30 pm Founders Lodge

LEGO® Junior Engineering I

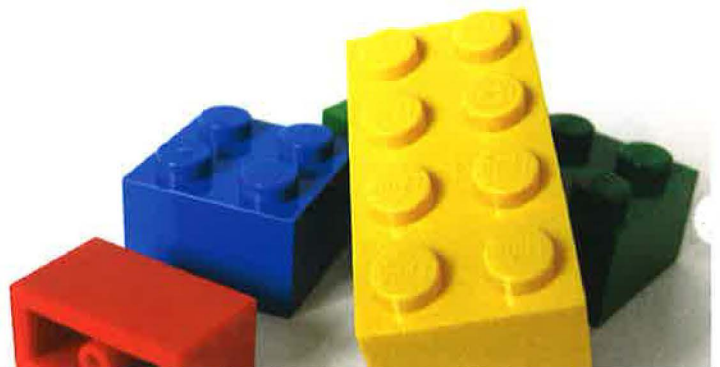
Students will creatively build and modify machines using basic engineering skills using our LEGO® kits. A great hands-on summer workshop! Instruction: All About Learning

Grade 1-3 **\$142R \$147NR**
M-F July 15-18 9am-12pm Founders Lodge

LEGO® Collision Cars

Students will use our unique LEGO® kits to build a variety of battling machines and learn how machines work and compete. Workshop features exploring, problem solving and risk-taking and experimentation. Instruction: All About Learning

Grade 4-8 **\$142R \$147NR**
M-F July 15-18 12:30-3:30pm Founders Lodge



YOUTH ACTIVITIES

Youth Sailing Camp

Designed for kids, this course combines on-the-water experience with dockside activities and trainings. Focus is on safety on the water, sailing basics and nomenclature, wind awareness, rigging, rules of the road and sailing etiquette. On the water instruction takes place just west of the main breakwater and instructors accompany students with a chase boat.



Age 11-15 **\$50R \$55NR***

*K2 Camp participants are eligible for fee reduction.

M-F Aug 5-9 1-4pm

Des Moines Marina

M-F Aug 12-16 5-8pm

Des Moines Marina

M-F Aug 19-23 1-4pm

Des Moines Marina

M-F Aug 26-30 5-8pm

Des Moines Marina

Tennis

This fun and rewarding introduction to tennis emphasis is on serves and ground strokes. Instructor: Steve Walters, USPTA Certified Tennis Pro

Session 1

M/W

Age 6-8 6:15-7pm

Age 9-13 7-7:45pm

Session 2

M/W

Age 6-8 5:15-6pm

Age 9-13 6-6:45pm

Age 14-Adult 6:45-7:30pm

Session 3

M/W

Age 4-5 5:45-6:15pm

Age 4-5 6:15-6:45pm

Age 6-8 5-5:45pm

Age 6-8 6:45-7:30pm

Age 9-13 4:15-5pm

Age 14-Adult 7:30-8:15pm

Session 4

M/W

Age 4-5 5:45-6:15pm

Age 4-5 6:15-6:45pm

Age 6-8 5-5:45pm

Age 6-8 6:45-7:30pm

Age 9-13 4:15-5pm

May 1-29

\$60R \$65NR

\$60R \$65NR

June 3-26

\$60R \$65NR

\$60R \$65NR

\$60R \$65NR

July 8-31

\$40R \$45NR

\$40R \$45NR

\$60R \$65NR

\$60R \$65NR

\$60R \$65NR

Aug 5-28

\$40R \$45NR

\$40R \$45NR

\$60R \$65NR

\$60R \$65NR

\$60R \$65NR

\$60R \$65NR

TODDLER/PRESCHOOL

Preschool Dance Classes

Expect lots of fun with frolicking and general silliness in these classes designed with the young child in mind. The emphasis on fun and play as students explore movement in Ballet, Jazz & Tap through a unique blend of play, creative movement and props balanced with real terminology and technique. Instruction: Melanie's Dance Studio

Age 3-5

\$32R \$37NR

T June 18-July 9 10:45-11:30am

Founder's Lodge

T July 23-Aug 13 10:45-11:30am

Founder's Lodge

Mini Kickers

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

Age 3-5

\$30R \$35NR

M-F June 24-28 5:30-6:30pm

Field House

M-F July 15-19 5-6pm

Field House

M-F Aug 12-16 10-11am

Field House

Dr. Seuss & His Silly Stories

Do you eat green eggs and ham? Are you a zook or a yook? Can you walk on stilts like the king? Which Dr Seuss books do these questions reference? Your children will have an amazing time exploring the fun and wonderful worlds created in Dr. Seuss books through activities, crafts, games, and more.

Age 2½-4

\$33R \$38NR

Tu-F July 23-26 9-9:45am

Field House Studio

Tu-F Aug 20-23 9-9:45am

Field House Studio

Kiddie Chefs

Children prepare and taste a variety of foods in a group setting; learning how to measure ingredients, prepare food and enjoy a story while eating their own home-made creation. Bring an apron. We'll have new recipes each session.

Age 2-4 +parent

\$45R \$50NR

Tu-F July 23-26 10-10:45am

Field House Studio

Tu-F Aug 20-23 10-10:45am

Field House Studio



Help a Child Attend a Camp or Activity

Your contribution gives local children and teens the opportunity and joy of attending Des Moines Parks and Recreation programs! Make a donation at www.desmoineswa.gov/recreation or by calling 206-870-6527.



YOUTH SPORTS



LEAGUES

Fall Youth Recreation Soccer League

Registration is open between June 1 and Aug 31. Birth Certificates are required.

U-5 coed age 3-5, U-7 coed age 6-7, U-9 boys age 8-9, U-9 girls age 8-9, U-11 boys age 10-11, U-11 girls age 10-11

Season Dates: Aug 20-Oct 31

Des Moines Fields

\$60R \$65NR	May 1-28
\$65R \$70NR	July 1-31
\$75R \$80NR	Aug 1-20



Tee-Ball / Coach-Pitch Coed Leagues

Get out the leather glove, swing the aluminum bat and enjoy team building and social interaction! Focus is on developing hand-eye coordination through hitting, fielding, throwing and catching properly. Playing field and rules are modified to fit participant age and skill levels.

\$75R \$80NR

Age 3-5 Tee-ball

Age 6-8 Coach-Pitch

June 1-July 31

Des Moines Area Fields

Coaches Meeting Information

Fall Soccer Coaches	Aug 9	6pm	Field House
Coach-Pitch	May 23	6pm	Field House
Tee-Ball Coed	May 23	6pm	Field House



SPORTS CAMPS

Skateboard Camp

Learn to skate like a pro at the Des Moines Skate Park. Beginners learn the basics skills of skateboarding for safely navigating through the park including 3-ways to stop, how to push, turn and Ollie! Beyond beginners will learn new techniques to improve skills. Must have helmet and skateboard. Instruction: ALLABOARD.

Age 4+

\$60R \$65NR

M-F	June 18-22	10-11:30am	Des Moines Skate Park
M-F	Aug 5-9	10-11:30am	Des Moines Skate Park

Basketball Training

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 / 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.

Age 7-16

\$120*

T/Th	May 2-30	5:30-6:30pm	Field Hou.
T/Th	June 4-27	5:30-6:30pm	Field House
T/Th	July 2-30	5:30-6:30pm	Field House
T/Th	Aug 6-29	5:30-6:30pm	Field House

UK International Soccer

They are back for three exciting camps! Coaches: UK professionals.

Age 4-14	9am-12pm	\$103/half-day
Age 8-14	9am-3pm	\$165/full-day
Week 1	July 15-19	Field House
Week 2	July 29-Aug 2	Field House
Week 3	Aug 19-23	Field House

Interested in hosting a UK Coach for the week? Contact Ralph at 206-870-6586, email stewart.boniface@uksocca.com or go to www.uksocca.com for details.

Diamond Skills Baseball Camp

Professional instruction at recreational prices! Expect individual skills and drills as well as game situations and contests like Camp Olympics from enthusiastic coaches. Facilitators: Mt Rainier HS's new coach Bob Odegard and staff.

M-Th	July 22-25	\$150R \$170NR
Age 7-11	12-3pm	Mt Rainier HS Baseball Field
Age 12-15	4-7pm	Mt Rainier HS Baseball Field

Group discounts and scholarships available, call 206-870-6527

SUMMER CAMP

Camp KHAOS (Kids Having An Outrageous Summer!)

Monday- Friday 6:30am-6pm
Field House

Our energetic and dedicated staff will introduce your child to a sizzling summer filled with fun, friendship and age appropriate interactive activities to spark their imagination. Activities such as arts and crafts, indoor and outdoor games, swimming are built around a weekly theme. All participants receive a Camp KHAOS T-shirt.

Discounts available for multiple children per family - call 206-870-6527 for information.

Note: Add \$10 per week of camp when payment is received less than one-week in advance

Age 4-11

Registration Fee: \$25R \$30NR
Weekly Fee*: \$148R \$153NR
Daily Rate: \$38R \$43NR

*Free Lunch for
All KHAOS
Participant!*



K2 Teens

Step up to the next level of KHAOS! K2 features outrageous fun, cool adventures and two exciting field trips each week – one with KHAOS and the other is exclusive for teens!

Age 12-15
Registration Fee: \$25R \$30NR
Weekly Fee*: \$164R \$169NR
Daily Rate: \$45R \$47NR

*Week 3: Fee will be prorated due to holiday.

WEEK	DATES	THEMES/HIGHLIGHTS	WEEKLY ADVENTURE
1	6/17-21	Minute to Win It	KHAOS - TAG Zone K2 - Gameworks
2	6/24-28	Bounce Into Fun & Fitness	KHAOS - Trampoline Nation K2 - Frisbee Golf
3	7/01-05	Party in the USA	KHAOS - Hilline Lanes K2 - LaserQuest
4	7/08-12	Footloose	KHAOS - Pattison's West K2 - Seattle Underground Tour
5	7/15-19	Urban Adventures	KHAOS - STORM Game K2 - Wild Waves
6	7/22-26	Get Dirty	KHAOS - Northwest Trek K2 - Theo Chocolate Tour
7	7/29-8/02	Sick Science	KHAOS - Dash Point State Park K2 - Movies
8	8/05-09	Challenge Week	KHAOS - Tacoma Rainiers K2 - Mt Rainier
9	8/12-16	Surf's Up	KHAOS - Field Day K2 - Wild Waves
10	8/19-23	Under the Big Top	KHAOS - Family fun Center K2 - Seattle Bouldering Project
11	8/26-30	Peace Out!	KHAOS - Steel Lake BBQ K2 - Kayaking

**15% off
Weeks at
Camp KHAOS**

Must present this coupon.
Offer ends
May 31, 2013

**Scholarships
Available!**





Des Moines Parks, Recreation & Senior Services

Like

Message

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15% off Weeks at Camp KHAOS
Must present this coupon. Offer ends May 31, 2013



Highlights ▾



Michelle Wills, parent
HELP - My whole family is coming to town this summer! How can I entertain them and make their summer exciting?



Kaylene Moon, Senior Adult
Gene and I would have rusted out a long time ago without Enhance Fitness, is it still on for summer? And what great trips are slated for summer?



Joshua Kelley, parent
As a parent of a young child, how can I keep her engaged, active and wore out by bed time?



Cassie Swan, Recreation Specialist
Thrill them with river rafting on the White Salmon River or entertain them with movies and concerts in the park - see page 12. Summer is packed with opportunities to get out of your comfort zone - where the magic happens!



Sue Padden, Senior Services Manager
Our nationally recognized Enhance Fitness program summer dates and times are on page 8; Roam the northwest with us; Crystal Mountain, Eatonville, Vashon and Bainbridge tea rooms, chocolate shops and gardens as well as golf outings and dining out at great eateries! Details on pages 10-11!



Ralph Thomas, Recreation Coordinator
Josh, you'll find something for kids of all ages this summer! Check out Basketball Training to keep your skills fresh, UK Soccer, Diamond Skills Baseball camp, Sailing classes and Camp KHAOS. Keep those growing minds engaged and try the new LEGO Camps.

Help a Child Attend a Camp or Activity

Your contribution gives local children and teens the opportunity and joy of attending Des Moines 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.

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.

Your gift will help a Des Moines child participate in 2013! 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.



Discover more awesome Summer Celebrations & programs with a LIKE of Des Moines Parks, Recreation & Senior Services!

Rec'n 2011

SPRING INTO SUMMER 2013



Camp KHAOS

pg 3

SOCCER AND BASEBALL SEASON!

Youth Sports Leagues and Camps

pg 4

Lots of Trips on the Horizon

pg 10-11

Adult Fitness Classes

pg 8

SPRING INTO A NEW YOU



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