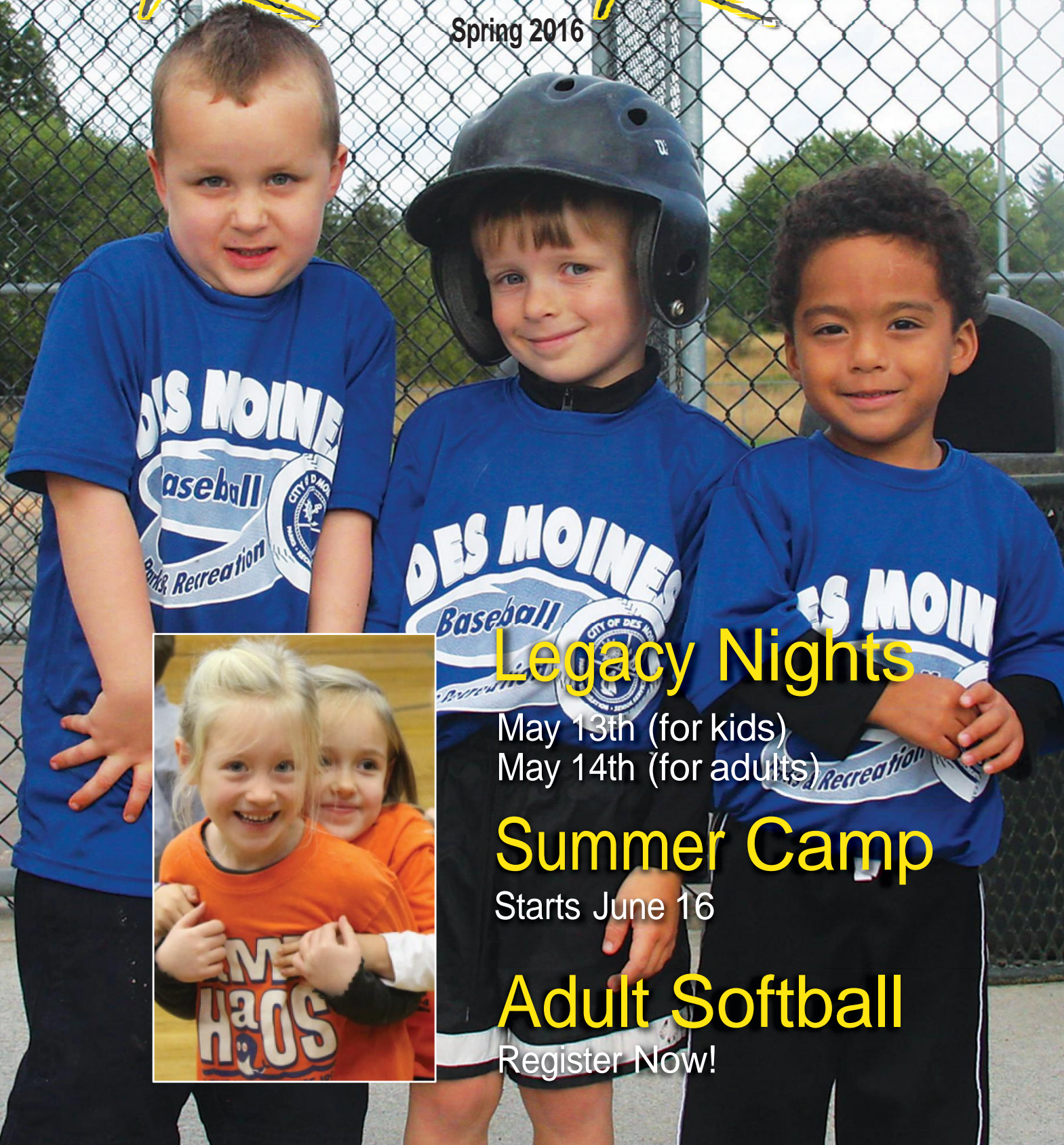


Rec'n Roll



Spring 2016



Legacy Nights

May 13th (for kids)
May 14th (for adults)

Summer Camp

Starts June 16

Adult Softball

Register Now!

NORMANDY PARK market

**Locally Owned
Competitive Pricing
Community Driven**

19805 1st Ave S, Suite 100, Normandy Park, WA 98148

(206) 651-7794

7am-10pm 7 days



Visit our quality produce department. A large selection of organic items. Many items from local farms. See **Sandi**, our produce manager for any questions and requests.

Our award winning floral manager **Felisa**, can help you with your floral design needs and help you get that "just right" bouquet !

Are you looking for the perfect wine, beer or spirits ? See **Kevin**, and he will help you find it. On Friday afternoons, Kevin will be pouring some of our best wines for you to taste !

See our bakery department for custom cakes, pastries and cookies. **Mollie** will design something for your special occasion!

See all our specials in our weekly ad , and look throughout the store for extra special deals ! Get on our email list and like us on Facebook to find out what's happening at Normandy Park Market.

NORMANDY PARK MARKET. IT'S YOUR MARKET !





Sunset in KHAOS

Relax and know your child is fueled with a nutritious snack, will burn off that excess energy and be absorbed in lively games, seasonal arts, crafts and creative play. Time is set aside for homework.

School dismissal–6pm

Sites	Dates	Fee: Res/Non Res
Highline	Mar	\$340 \$360
Federal Way	Mar	\$370 \$390
Highline	Apr	\$240 \$260
Federal Way	Apr	\$230 \$250
Highline	May	\$290 \$310
Federal Way	May	\$320 \$340
Highline	Jun	\$160 \$180
Federal Way	Jun	\$180 \$200

Drop-in Fee:

Highline Sites	\$15 \$17
Federal Way Site	\$18 \$20
*Early Release days	\$20 \$22

Club KHAOS

Kids Having An Outrageous School year!

Our energetic and dedicated staff will ease you and kids through an outrageous school year filled with fun, friendships and enriching experiences to stimulate their imagination, spark their learning skills and develop healthy habits wit K-Fit!

Grades K-6

Mon-Fri

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

Federal Way School District Site: Woodmont Elementary School

Financial Scholarships:

Please call 206-870-6527 for detailed information!

Wake up in KHAOS

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

6:30am-school start

Sites	Dates	Fee: Res/Non Res
Highline	Mar	\$320 \$340
Federal Way	Mar	\$230 \$250
Highline	Apr	\$220 \$240
Federal Way	Apr	\$140 \$160
Highline	May	\$270 \$290
Federal Way	May	\$200 \$220
Highline	Jun	\$150 \$170
Federal Way	Jun	\$110 \$130

Drop-in Fee:

Highline Sites	\$15 \$17
Federal Way Site	\$12 \$14

Sunrise to Sunset

Give yourself a worry-free day and enjoy a significant fee reduction!

Sites	Dates	Fee: Res/Non Res
Highline	Mar	\$420 \$440
Federal Way	Mar	\$460 \$480
Highline	Apr	\$290 \$310
Federal Way	Apr	\$280 \$300
Highline	May	\$360 \$380
Federal Way	May	\$400 \$420
Highline	Jun	\$200 \$220
Federal Way	Jun	\$220 \$240

Break Time

This is where to turn when your child is off-school and you are on-work! Break Time provides a warm caring and safe environment where friendships flourish and leadership skills blossom participating in enriching experiences cleverly presented under the guise of arts, crafts, games, tutoring and reading. Children keep fit participating in active games and athletics. You send lunch, we provide nutritional snacks!

6:30am-6:00pm

Field House

Day	Dates	District	Camp	Fee: Res/Non Res
Fri	Mar 11	FW&H	In-Service	\$35 \$37
Mon-Fri	Apr 4-8	FW&H	Spring Break	\$150 \$160
Thu/Fri	Apr 14-15	FW	Conferences	\$60 \$65
Mon/Tue	May 30-31	FW&H	Memorial Day	\$60 \$65
Thu-Fri	Jun 16-17	FW	Pre Summer	\$60 \$65
Fri	Jun 17	H	Pre Summer	\$35 \$37

EARTH DAY ACTIVITIES APRIL 23

Contact: jbest@desmoineswa.gov or call 206-870-6547

Tiger Kids Martial Arts Course Overview

Instructor: Mitch Mayberry, International Champion, 9th degree Master

Fee: All participants must pay the \$14 AAU Membership in addition to the individual course fees. Uniform optional and available from instructor.

Tiny Tigers Kung Fu & Taekwondo

A fun and less intense Martial Arts program focusing on fun and fitness while developing motor skills, coordination and improved listening skills through the use of games and training aids including bag kicking and sword play for fun.

Ages 3-6		Field House	
Mar 2-23	Wed	4:20-4:50pm	\$45R \$50NR
Apr 20-Jun 8	Wed	4:20-4:50pm	\$90R \$100NR

Tiger Kids/Family Martial Arts & Fitness

Description: Kid's & their Parents or just the kids can have fun while developing coordination, focus and fitness.

Students can progress in Belts & learn the simple moves of Taekwondo/Karate to the cool moves of the Ninja Turtles (Kobudo Weaponry) and Kung Fu step by step promoting confidence, achievement & safety skills. Bag Kicking & Jedi Warrior sparring also for fun.

Ages 7 yrs +		Field House	
Mar 2-23	Wed	4:50-6:00pm	\$45R \$50NR
Colored belts		Field House	
Apr 20-Jun 8	Wed	4:50-6:00pm	\$90R \$100NR

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+		Field House	
Mar 2-30	Wed/Fri	5-6:30pm	\$28R \$33 NR
Apr 1-29	Wed/Fri	5-6:30pm	\$28R \$33 NR
May 4-27	Wed/Fri	5-6:30pm	\$28R \$33 NR
Jun 1-29	Wed/Fri	5-6:30pm	\$28R \$33 NR

Friendship Fitness Fun(d)

Your contribution provides gifts of joy for scholarship recipients and is a long-term investment in our community's well-being.

Contribute to Des Moines Legacy Foundation-Youth Scholarship Fund
 Des Moines Legacy Foundation:
 PO Box 13582, Des Moines WA 98198
www.desmoineslegacy.org



Eggstravaganza

Enjoy a leisurely EGG-HUNT!
 Saturday, March 26, 2016 9-10am
 Des Moines Beach Park \$5

Fun Crafts, Activities & Prizes, Photo Opportunities with the Easter Bunny
 Children Grade-6 & under
 Children under age 5 must be accompanied by an adult

SAVE THE DATE!

FRIDAY MAY 13
 Our Kids-themed Night
 Entertainment/Food
 BEACH PARK DINING HALL
 Tickets: \$30 per person

Legacy for youngsters

Nights
 SATURDAY MAY 14
 Adult Night (21 and older)
 Food and Fare featuring **The Coats**
 BEACH PARK AUDITORIUM
 Tickets: \$75 or \$150 Patron

Young at heart

A TWO-NIGHT EVENT TO BENEFIT LOCAL YOUTH RECREATION

MORE INFORMATION: www.DMLegacy.org or 206.870.6527



TEEN

Des Moines Youth Council

Make new friends and gain leadership and organization skills participating in Des Moines Youth Council. The Council plans civic activities during the school year; upcoming projects include Spring Car Wash, Teen Late Night and NW Harvest. Participants earn credits towards reward activities offered at the end of the year – such as trips to Wild Waves or Seattle Mariners games. Enrollment is open and drop-in participation is encouraged. Call in advance to confirm meeting dates. Facilitator: Julia Cain

Grades 6-9 Pacific Middle School
Thursdays Weekly 3pm Free

Teen Dances

Kick it at theme dance parties hosted by Des Moines Youth Council! Theme dance parties feature contests, concessions and dancing. Facilitator: Parks and Recreation staff.

Spring Fling

Grades 6-8 Field House
Student ID required for admission
Fridays May 20 7:30-10pm \$8

Better Babysitters Class

Participants receive the knowledge and confidence to care for infants to school-age children through videos, activities, hands-on training and discussion for a complete learning experience. Babysitter Training teaches how to: respond to emergencies, make decisions, communicate with parents, manage children, feed, diaper and care for infants and start a babysitting business. Bring a sack lunch and a snack. Bring \$16.50 materials fee to instructor, first day of class. Instructor: Gaylynn Smith, Pro Cert.

Ages 11-15 Des Moines Police Station
Saturday May 14 8:30-2:30pm \$60R \$70NR

ADULT LEAGUES

Adult Men & Coed Softball League

Spring ball is approaching soon! Get to first base with your team and sign-up for a 12-game season topped off with a double elimination post season tournament.

Registration Deadline: Apr 12 Coaches Meeting: Apr 12

Adults \$940R \$995NR

Coed Recreation Division Mon Evenings Starts April 25
Men's Recreation Division Tue Evenings Starts April 26

Senior Adult Coed Softball

Now recruiting avid softball players for Des Moines' recreational senior coed softball teams! Call 206-870-6527 for details.

Age: 50 +

Player fee: Ranges \$20-\$40 (determined after the sign-up and sponsor deadline.)

Practices	Tue/Thu	Apr
Games	Tue/Thu	May 3- early Aug
Game Times	10am	
Practices/Home Games	Steven J Underwood Memorial Park	
Away League Games	Fields throughout King County	



START PLANNING FOR SUMMER!

Check out the May issue for
great deals on Summer Camp.
Starts week of June 20th.



CAMP KHAOS



Fred Meyer

Ask our wine expert

Pondering the perfect pairing? Talk to Andy, our friendly Puyallup Wine Steward. He'll help find a great bottle for your dinner parties, special events or everyday enjoyment.

The best part? He has hundreds of wines to choose from at Freddy's, including a big selection of Northwest varietals. So next time you need a recommendation, just ask!



Andy, Wine Steward
Puyallup Fred Meyer



We support the Rotary Club of Des Moines.

Doug Myers, CFP®
Financial Advisor

22207 7th Avenue S Suite A
Des Moines, WA 98198
206-824-3096
www.edwardjones.com

Edward Jones
MAKING SENSE OF INVESTING

Member SIPC

ADULT ENRICHMENT

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 boating education certificate. Bring a sack-lunch. Fee includes textbook interactive CD and all materials-students are responsible for picking up supplies. Instructors: Poverty Bay Power Squadron.

Ages: 12-Adult	Public Works & Parks Service Ctr		
Sat Mar 12	8am-4pm		\$38
Sat Apr 16	8am-4pm		\$38
Sat Jun 4	8am-4pm		\$38

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	Field House		
Thu Mar 31-May 5	7:15-8:15pm		\$93R \$100NR
Thu May 12-Jun 16	7:15-8:15pm		\$93R \$100NR

Adult Coloring Book Club

Remember the fun and pleasure of coloring in your favorite coloring book? Coloring is BACK in a BIG way and we are hosting an Adult Coloring Book Club as part of our Artists R Us program. Bring your coloring book and colored pencils/crayons, or a coloring page & colors will be provided for you. Research shows that coloring eases stress, provides a chance to unplug, and relaxes you.



Adults	Activity Center		
Wed Ongoing	9:30-11:30am		\$1 donation

Creative Writing

Interested in capturing your family's history? Do you have a story to tell? Take advantage of Pat's writing expertise and get started. Instructor: Pat Doheny

Adults	Wesley Gardens		
Thu Apr 14 - May 19	10am-12pm		\$37

Memoir Writing

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

Adults	Wesley Gardens		
Thu Apr 14 - May 19	2-4pm		\$37

New! Dessert & Discussions

Hosted by social workers from Judson Park Retirement Community, join us for a healthy dessert and a 45 minute monthly topic for mental health discussions. Program offered the 3rd Tuesday of the month.

Adults	Activity Center		
Tue Apr 19, May 17, Jun 21	12:30-1:15pm		Free

New! InterPlay

We often forget our bodies hold wisdom and fun. We will use gentle movement, telling small everyday stories and humming along with our neighbors to have fun, create community, and reconnect with our bodies. Come play with us! Instructor: Pat Doheny.

Adults	Wesley Gardens		
Thu Jun 16- July 21	10am-12noon		\$37

New! SoulCollage

Discover an opening of your heart using imagination and intuition. Cut, paste and have some fun! SoulCollage(R) is a creative art process where you can access your own wisdom and create community with others. Instructor Valarie Matinjussi has facilitated over eighty SoulCollage(R) classes in Washington and Hawaii. All materials will be provided. Please go to www.soulcollage.com prior to first class for inspiration.

Adults	Activity Center		
Wed May 4	1-4pm		\$39

New! Mosaics

Seniors Creating Art is back in Des Moines with a new class making mosaics. Learn the basics of how to design a mosaic, lay and cut tiles, cement, and grout your work. In this 6 week class you'll come away with some beautiful colorful pieces which you designed yourself! This program is designed especially for seniors. The class is free with all materials and supplies included thanks to the Des Moines Legacy Foundation and the Seattle Foundation.



Adults	Activity Center		
Tue April 26- May 31	1-3pm		Free

ADULT/ SENIOR FITNESS



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 Sound Generations. Instructor: Yu San Gartz

Adults

Field House

Tue/Thu/Fri**

Apr 1-29	8-9am or 9:30-10:30am	\$43
May 3-31	8-9am or 9:30-10:30am	\$43
Jun 2-30*	8-9am or 9:30-10:30am	\$40

* Effective Thursday, June 16th, time class time change to 7:15-8:15am or 8:30-9:30am.

** Instead of meeting on the first Friday of the month, the class will meet the first Monday.

Energy Yoga

Release stress and re-direct your energy to gain a sense of wellbeing. 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

Normandy Park Recreation Center

Mon	Apr 18-May 23	11am-12pm	\$39
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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	5 Class punch card	\$35R	\$40NR	or \$10/drop-in
Mon	Ongoing	6-7pm	Field House	

Meditation and Relaxation

Start your day with light stretches followed by breathing exercises to improve mental clarity. Learn relaxation and meditation to release stress, anger and resentment. As one participant commented, "my blood pressure has not been this low in years!" Dress: comfortable, loose clothing according to your need and the weather. Instructor: Sharda Vekaria

Adults

Activity Center

Mon	Apr 4 - 29	8:45-9:45am	\$1 drop in
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No classes in May and June.

Tai Chi - NEW Instructor

This class will introduce the basic movements of Tai Chi with focus on the fundamentals of the practice and emphasis on relaxation. By the end of the 6 weeks, students will have learned a beginning Tai Chi pattern from the Standard 24 form. This course is geared toward students who are new to Tai Chi, but all students, regardless of experience are welcome. Wear comfortable, loose clothing. No class on July 4. Instructor: John Lindsay



Adults

Beach Park Dining Hall

Mon/Wed	Apr 11- May 18	11-12noon	\$60 (\$5 per class)
Mon/Wed	Jun 6- Jul 18	11-12noon	\$60 (\$5 per class)

Senior Dance

Dancing stimulates your mind, body and soul! Stafford Healthcare provides hot beverages.



Activity Center

Sunday	Apr 24	1-3pm	\$5
Sunday	May 22	1-3pm	\$5
Sunday	Jun 26	1-3pm	\$5



Advertise With the City

For information about the City's Street Banner Program, Ballpark Banner Program and Bench Donation Programs contact jb主@desmoineswa.gov or call 206-870-6547.





Dance for Parkinson's (and adults with movement issues)

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 is 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.nwpf.org/ or call 1-877-980-7500.

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

- Participant

Adults Activity Center
 \$5 Suggested Donation/8weeks
 Mondays Jun 6- Aug 1 2-3:30pm

SENIOR ACTIVITIES

Horticulture Trips 2016 Winter/Spring

The \$10 transportation fee does not reflect a no host lunch or garden admission fees.

Age 50 +	\$10 Transportation fee
FRIDAYS DEPARTURE	DESTINATION/DETAILS
Apr 8 9:30am	Portland Avenue and Vassey Nursery, Tacoma, Lunch at Charlie's
Apr 22 9:30am	Lake WA Tech College Plant Sale, Everett Brown bag lunch
May 13 10am	Rhododendron Species Botanical Garden \$5 admission - Federal Way Lunch at Jimmy Mac's Roadhouse
May 20 9am	Cottage Gardens, Lake Forest Park \$5 admission – Seattle Brown bag lunch
Jun 10 9am	Sorticulture, Everett College, Shuttle fare \$1 – Everett, Lunch at the festival
Jun 17 9:15am	Closed Loop Park Garden, Lacey Brown bag lunch

Golf Outings Spring 2016

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

Mondays	Course/City	Green Fees
Apr 25	Meadow Park, Lakewood	\$18
May 9	Lake Spanaway	\$16
May 23	Tahoma Valley, Yelm	\$15
Jun 6	Madronna, Gig Harbor	\$18
Jun 20	Mystery Trip	\$29



3 Way 勳 坳 Register 勳



WALK-IN



PHONE



MAIL-IN Registration

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

BLUEPRINT FOR LIVING WORKSHOPS

Creating a Creative Care Plan

Choose to be proactive and design a care management plan for yourself and/or family members before it is needed. Gain peace of mind knowing that reference materials and resources are gathered in one place for your emergency contacts to access and implement on your behalf, addressing the critical and important information needed in medical emergencies. Instructor: Sheila Goodfellow, CSA, Comfort Keepers

Age 50+

Free

Tuesday Apr 26

10:30am

Activity Center

New! Movies that Matter

We welcome spring with a first Wednesday of the month movie that impacted our history, our laws, our perceptions and acceptance of others. After each film, discussion of the topic will follow. If you are interested in volunteering to help staff choose and lead the discussion on these important movies, please contact Sue at 206-878-1642 or spadden@desmoineswa.gov.

Wednesdays

May 4 1pm *Milk* - A biographical film based on the life of gay rights activist and politician Harvey Milk, the first openly gay person to be elected to public office in California.

Jun 1 1pm *I'll Be Me* - Glenn Campbell's farewell tour as he deals with his diagnosis of Alzheimer's disease.

Get Up (Off the Floor) Workshop

HELP! I've fallen and I can't get up! We will explore fall risks and hazards to avoid to keep you vertical. Reduce your risk of falling. This class will assist you in maintaining your confidence and independence as it relates to fall prevention. We will also take you through the necessary exercises to get up off the floor and explore various methods for getting up. By the end of the classes, you will understand what exercises you can do at home to help your strength to get up easier. Instructor: Kenneth Ray, Judson Park Retirement Community.

Adults 50+

\$5

Tue May 3-24

2-3pm

Activity Center

Many of the Senior Center Activities and classes are held at several locations. Check the location for your class or program or call the Activity Center at 206-878-1642.



CLASSES

Aviation History - Museum of Flight's Full Size Space Shuttle Trainer

Take a close up look at the history, use and current role of the Museum of Flight's Full Size Fuselage Trainer as well as many fascinating facets of just what it was like to fly in space during the Shuttle era. This artifact was used to train all 355 astronauts who flew aboard the Space Shuttle and has a fascinating story to tell of 30 years of human spaceflight history. Presented by Tony Gondola, a certified NASA/JPL Solar System Ambassador who runs the Challenger Learning Center at the Museum of Flight in Seattle where he is responsible for Space Shuttle FFT staff training.

Thu May 19

7pm

Activity Center

Des Moines
PARK
Summer
CONCERT SERIE
Opening Night
July 6th, 7-8:30pm
Every Wednesday
through August 10th
Shakespeare
in the Park
Sunday,
August 7th, 5pm



Mobile Computer Classroom

King County Library System's mobile computer classroom returns to Des Moines Activity Center. Learn basic email vocabulary, create a free account and start the process of composing and sending messages. Register now, space is limited!

Age 50+ Free
 Mon Apr 18 10-11:15am Activity Center

Des Moines Library eBook Class

Come discover how to access thousands of FREE eBooks and learn about our many ebook services. Bringing your own device is encouraged.

Adults Free

eBook & Find Your Next Great Book Demonstration

Wed Apr 6 10-11:15am Activity Center

AARP Smart Drivers

Discover how to be more aware in today's traffic. Reinforce your good habits and iron out the bad habits that crept into your driving pattern. Upon completion of the course, your certification will get you a discount on your auto insurance (as required by law.) A lunch break provides an opportunity to take advantage of the Nutrition Lunch program. Call 206-878-1642 for details!



Age 50+ \$2 Donation
 Tue/Wed Apr 19 & 20 10am-2:30pm Activity Center

ADVERTISE WITH THE CITY

For information about the City's Street Banner Program, Ballpark Banner Program and Bench Donation Programs contact jb@desmoineswa.gov or call 206-870-6547.



SENIOR OUTINGS

Out to Lunch

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

Age 50+ \$10 Transportation Fee
Departures 10-11am / Returns 2pm **Fridays**
 Apr 1 Dog Mountain Farm to Table - Carnation
 May 6 McMenamins Spar Café - Olympia
 Jun 10 Crab Pot Seafood - Bellevue



DAY TRIPS

Explore the Northwest and leave the driving to us!

Age 50+

Saturday Night Fever, Broadway Center - Tacoma			
Sun	Apr 17	2-6pm	\$70
Newsies, Paramount Theatre - Seattle			
Wed	Apr 27	6:30-10pm	\$97
Emerald Downs Race Track - Auburn			
Sat	Apr 30	10:15am-5pm	\$13
Earthquake Center Tour - Seattle			
Wed	May 4	9:15am-2pm	\$15
Historic Marymount Academy & Chapel Tour/ Classic Cars - Spanaway			
Wed	May 11	9:15am-4pm	\$22
3rd Thursday Night Artwalk - Tacoma			
Thu	May 19	4-9pm	\$10
Babies at Northwest Tre - Eatonville			
Wed	May 25	9am-4pm	\$30
Snoqualmie HydroElectric Museum - Snoqualmie			
Wed	Jun 1	9:15am-2pm	\$11
All Merciful Savior Orthodox Monastery - Vashon Island Monastery			
Wed	Jun 8	8am-4:30pm	\$25
Washington State Ski and Snowboard Museum - Snoqualmie Pass			
Wed	Jun 15	9:30am-2:30pm	\$11
Paint Your Wagon, 5th Avenue Theatre - Seattle			
Wed	Jun 22	6-10pm	\$75
A Day of Shopping in Poulsbo - Poulsbo			
Wed	Jun 29	8:30am-5pm	\$15



EXTENDED TRIPS 2016

Albuquerque International Balloon Festival

Sep 29 - Oct 4, 2016

\$2,499/ppdo \$3,099/single

Hosted by Collette Vacations

Highlights: Santa Fe, Santa Fe School of Cooking, Turquoise Train, Balloon Fiesta, Old Town Albuquerque, Indian Pueblo Cultural Center and National Museum of Nuclear Science & History. 6-days, 8 meals, includes airfare from Seattle.

Tropical Costa Rica

Nov 5 - 13, 2016

\$2,599/ppdo \$3,040/single \$2,569/triple

Hosted by Collette Vacations

Highlights: San Jose, Monteverde, Arenal Volcano, Lake Arenal Cruise, Cano Negro Refuge, Zarcero & National Theatre. 9 days, 14 meals, includes airfare from Seattle. Call 206-878-1642 for trip details.

SAVE THE DATES

LEGACY NIGHTS

Fri May 13 - Kid Themed Night
Sat May 14 - Adult Night

www.DMLegacy.org
206-870-6527



REGISTRATION INFORMATION

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, 8am-6pm

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.

Inclement Weather:

During periods of inclement weather radio stations will report school closures and changes. Please listen for the Highline School District report. 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 10am are cancelled. Senior programs held after 10am – call 206-878-1642 for updated information.

School Open/2-hour Late Arrival: All recreation and senior programs held prior to 11am are cancelled.

Recreation programs held after 11am will be scheduled as usual. Senior programs held after 11am – call 206-878-6527 for updated information. When inclement weather occurs during school holidays, evenings or weekends, call 206-870-6527 or 206-878-1642 (Senior Programs) for updated information.

HOLIDAY CLOSURES
Monday, May 30