



Meet Your 2012 City Council

In January, **Jeanette Burrage**, a former Des Moines City Councilmember and Superior Court Judge, and **Dan Caldwell**, a long time resident and Highline Water District Commissioner, joined the Des Moines City Council and **Bob Sheckler** began his fifth Council term. **Dave Kaplan** was elected by fellow Councilmembers to serve as Mayor for the next two years and **Matt Pina** was elected Mayor Pro Tem. Completing the seven-member City Council are **Carmen Scott** and **Melissa Musser**.

At their retreats on January 14 and March 10, Council formulated their vision and mission statement, goals and strategic objectives as listed below.

Vision

An inviting, livable, safe waterfront community embracing change for the future while preserving our past.

Mission Statement

We protect, preserve, promote and improve the community by providing leadership and services reflecting the pride and values of Des Moines citizens.

Goals

1. Protect people and property
2. Improve economic stability and vitality
3. Maintain the City's infrastructure
4. Enhance the City's infrastructure
5. Provide efficient and effective customer-oriented City services
6. Preserve, enhance and celebrate the historic elements of the City
7. Encourage community involvement
8. Enhance livability for all generations
9. Preserve livability for all generations
10. Participate in regional and state issues and decisions
11. Protect the natural environment
12. Enhance the natural environment



Standing L-R: Dan Caldwell, Bob Sheckler, Melissa Musser, Matt Pina
Seated L-R: Carmen Scott, Dave Kaplan, Jeanette Burrage

Short Term Strategic Objectives

- Review and modify/update the institutional zoning code regulations pertaining to Highline Community College and retirement communities.
- Conduct a marketing/branding exercise for the City.
- Continue and enhance the City's collaborations with Highline Community College and Central Washington University.
- Develop and implement a process to deal with nuisance properties.
- Implement a public documents request tracking and paperless archiving software system.
- Develop and begin implementation of a Marina and Beach Park Business Plan.
- Develop alternative revenue sources.
- Increase opportunities to recognize community members/organizations and City staff.

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DES MOINES DIRECTORY

City Hall
21630 11th Avenue South
206-878-4595

Business Hours: Monday – Friday
8am – 4:30pm
www.desmoineswa.gov

City Council

City Council meets 1st, 2nd and 4th
Thursdays at 7:00 p.m.
Dave Kaplan, Mayor
Matt Pina, Mayor Pro Tem

Jeanette Burrage
Dave Caldwell
Melissa Musser
Carmen Scott
Bob Sheckler

City Offices

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

Other Numbers

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

Utilities and Services

Century Link.....	800-573-1311
CleanScapes.....	206-762-4900
Comcast.....	877-778-7008
Highline Water District.....	206-824-0375
Lakehaven Wtr/Sewer.....	253-941-1516
Midway Sewer District.....	206-824-4960
Puget Sound Energy.....	800-321-4123
SW Suburban Sewer.....	206-244-9575
Water District #54.....	206-878-7210

CALL BEFORE YOU DIG:
Utility Locates:..... 800-424-5555

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- Identify development regulations to delete or revise, starting with provisions related to insulated windows for airport noise mitigation in new construction.
- Review and modify as needed business park regulations along the S. 216th commercial corridor.
- Review and modify as needed the development regulations along Pacific Highway commercial corridor from S. 210th Street to S. 272nd Street.
- Finalize and implement the City's Emergency Management Plan.
- Develop and implement a plan to improve communications with the community.
- Conduct a comprehensive review of Redondo issues and services.
- Study Beach Park's future and designations.
- Continue to explore and develop opportunities in the 89 acre buyout area known as the Des Moines Creek Business Park.
- Work with local water utilities to identify low cost sources of water ("green lawns").
- Develop a plan to build a new Court House and City Hall in Des Moines.

Process

- Budget process.
- Permit process.
- Council process.

Long Term Strategic Objectives

- Determine how to fund ongoing maintenance of infrastructure and construction of new/upgraded infrastructure including safe, walkable streets.
- Work with the Pool District to keep a pool in the City.
- Continue to improve interactions with the Police Department, the Des Moines Police Guild, and the Des Moines Police Management Association.
- Continue to improve the City's reputation in the business and development community.
- Review and modify as needed development regulations in neighborhoods and residential areas.
- Continue to improve our collaboration with Highline Community College and Central Washington University.

You can see your City Council in action on the first, second and fourth Thursdays of the month in the Council Chambers at 21630 11th Ave. S. **Meetings start at 7:00 p.m.** Videos of past council meetings can be found on the City's website at www.desmoineswa.gov. Council meetings are also cablecast on Channel 21 on the Tuesday, Wednesday and Saturday following a Council meeting at 9:00 a.m., 1:00 p.m. and 7:00 p.m.

Thank You Councilmembers Scott Thomasson and Dan Sherman

In December we said good-bye to two City Councilmembers who have devoted countless hours to making the City of Des Moines a better place to live, work and play. **Scott Thomasson** was a member of the Des Moines City Council for 24 years, including six years as Mayor and six years as Mayor Pro Tem. **Dan Sherman** served as a Councilmember for 16.5 years, including two years as Mayor Pro Tem. We thank Scott and Dan for their many contributions to our community and wish them well.



Scott Thomasson



Dan Sherman

Senior Services Advisory Committee Opening

The City of Des Moines is accepting applications for an opening on the Des Moines/Normandy Park Senior Services Advisory Committee.

The purpose of the Senior Services Advisory Committee is to advise the Des Moines and Normandy Park City Councils on policy and budget subjects related to senior services.

Interested persons should contact Senior Services Manager, Sue Padden, 206.870.6584, or Spadden@desmoineswa.gov for details on the scope of duties and an application form. Applications are also available on the City's web page www.desmoineswa.gov.

Human Services Advisory Committee Openings

The City of Des Moines is accepting applications for potential candidates for one appointment to the Des Moines Human Services Advisory Committee.

The purpose of the Human Services Advisory Committee is to evaluate and recommend annual funding for human services requests submitted to the City. Committee members serve staggered two year terms.

Interested persons should contact Sue Padden, 206.870.6584, or Spadden@desmoineswa.gov for details on the scope of duties and an application form. Applications are available on the City of Des Moines web page www.desmoineswa.gov.

Spring Into Recycling!

Spring is a great time to clean out closets, garages and basements! By making sure we are recycling what we can, we can divert more material from the landfill.



As of November 2011, new items are accepted in your recycling bin! Items such as old reusable water bottles (Nalgene), clean plant pots, CD cases (with paper booklet removed), plastic 5-gallon buckets, and plastic laundry baskets or plastic furniture can be placed in your recycling cart. You can also recycle CFL light bulbs and batteries with special care. Please place bulbs or batteries in a plastic (Ziploc) bag and place on top (not in) your recycling cart. CleanScapes takes the bulbs and batteries back to their facility to carefully process and recycle. However, if you live in an apartment or have a commercial business, please contact CleanScapes directly to request pick-up of these items. You can also set out small appliances (2x2x2 feet, under 35 lbs) to be collected on your recycle day by placing it on top of your recycle bin.

Other items that can be recycled with special care include motor oil and cooking oil. For instructions on how to recycle these items and to learn more about CleanScapes' recycling program, please visit the website at: http://www.cleanscapes.com/des_moines/recycling_guidelines/what_do_i_do_with/. Or if you have any questions you can contact CleanScapes customer service at 206-762-4900, 8am-5pm, 7 days a week.

Update on the Daisy Sonju Community Garden and Orchard

We're so proud of our community garden! Over 400 pounds of produce was donated to the Food Bank in 2011, and these gardeners are going to try to beat that this year. Seventeen gardeners took home lots of fresh produce from their own plots and everyone shared the beauty of Ms. Sandlin's Parkside School butterfly garden. What's up this summer?

- Three new wheelchair- and disabled-access raised beds for use by local seniors.
- The pea patch is bigger, with 8 new patches being added this spring.
- **Orchard Tree Grant: Vote for Sonju Park Community Garden and Orchard starting April 16th at www.communitiestakeroot.com for new trees to replant our orchard!**



Volunteers are welcome and needed to help weed, water and harvest from the community garden, attend work parties, or help with management of the garden. Please contact friendsofsonjupark@hotmail.com or Des Moines Parks, Recreation and Senior Services at 206-870-6527 for more information. The garden is located at 24728 16th Ave S.



Be a Good Neighbor

The City receives many complaints that involve private property. Some of the complaints listed below could be resolved by property owners taking a quick look around their property to see where they could do things differently and have a huge affect on the aesthetics of their neighborhood.

- Lawn clippings, old furniture or litter on private or public property.
- Cars parked in front of mail boxes so the mail can't be delivered.
- High school and college students and staff parking in front of private residences.
- Trees/shrubs on private property blocking sight distances around driveways and intersections.
- Litter and leaves clogging street drains.
- Unkempt property with garbage, weeds and junk cars.

Please be considerate of your neighbors and do all you can to keep your neighborhood safe and looking good.

Comprehensive Plan Amendments Adopted

The 2011 Annual Amendment to the City of Des Moines Comprehensive Plan was adopted by the City Council on January 5, 2012 per Ordinance No. 1532. The Comprehensive Plan is the official statement adopted by the City Council setting forth goals and policies to protect the health, welfare, safety, and quality of life of Des Moines' residents. The Comprehensive Plan was developed, and has been amended on an annual basis, in accordance with the State Growth Management Act.

A key change made in 2011 is the establishment of the BP-Business Park land use designation for a 15.48-acre area located in the northeastern portion of the North Hill Neighborhood. This area was deemed unsuitable for residential development due to the high noise levels from aircraft landing at Sea-Tac Airport. This change will facilitate redevelopment opportunities and the creation of new jobs and tax revenues for the City.

Des Moines is a regional leader in the Communities Putting Prevention to Work through our adoption of goals, policies and strategies related to Healthy Eating and Active Living. The City is one of the first communities nationwide to establish a "Healthy Element" in our Comprehensive Plan that addresses the link between public health and the built environment! This work was funded by a grant through the National Centers for Disease Control and Seattle-King County Public Health. Ongoing efforts to improve access to healthy foods and promote active living will continue through September of 2012.

Other proposed changes to the Comprehensive Plan include changes to the land use designation for the SCORE Jail to PF-Public Facility; adoption of a new land use policy to establish a campus designation and zoning for Highline Community College; and a new housing policy that provides for the location of affordable housing in the South Des Moines Neighborhood.

For additional information on the 2011 Comprehensive Plan Amendments, please contact Planning Manager Denise Lathrop at 206-870-6563.

Des Moines Business Owners Get a Boost

Did you know that at Highline Community College there is a free counseling service for your small business? If you have challenges with your business - such as building a customer base, lack of capital, managing employees, taxes, etc. - you know that you are not the first or the only business owner to experience them.

Wouldn't it be nice to sit down with someone who would give you personal and experienced advice on managing your business, for free? The **Small Business Development Center** ("SBDC" a program supported by the federal Small Business Administration) has two experienced counselors - previous business owners themselves - who succeeded in the start-up world and now offer coaching to others.

They will walk you through many of the typical areas of company ownership - cost control, navigating banking and lending, advertising, and human resource management. Together you will assess **your** business's strengths and weaknesses, and build profitability. They offer free professional research on market opportunities - and further resources such as training seminars, workshops and conferences. Information is available at their website, www.wsbdc.org. Or contact Highline Community College at 206-870-3785 and ask for the **Small Business Development Center**, they will be happy to make an appointment for you to come in and discuss your interests.

Funding for your business is a common challenge. Wouldn't it be helpful to know which banks are lending to companies like yours, and how to complete the paperwork? The **SBDC** has answers.

If you (or a friend or family member) have dreamed of a start-up business idea, but have never turned your vision into reality, the **StartZone Microenterprise Development Program** is designed to help you get started. Also funded by the Small Business Administration, **StartZone** can be reached through <http://startzone.highline.edu/>, or by phone as above.

Many business owners in Des Moines - such as local restaurants, tour companies, even realtors - have used the Small Business Development Center and StartZone, and credit their success to this professional assistance. These services are made available for free through funding provided by the City of Des Moines, in partnership with the cities of SeaTac, Burien, Normandy Park, and Tukwila, as well as the Port of Seattle and Highline Community College. Small businesses in all of these cities are eligible for counseling through this local center.

Downtown Water System Project

The construction of Water District #54's new water system in the Downtown area is complete, except for paving. All of the water mains are installed and the contractor is presently restoring the sidewalk areas north of S. 223rd street. Dependent on the weather, all of the temporary paving patches will be removed and permanent pavement placed. The work involved installing nearly 4,400 linear feet of 12-inch diameter water mains in Marine View Drive below the west sidewalk area between S. 219th and S. 227th Streets and within the side streets of S. 220th, S. 222nd, S. 225th and S. 226th from the east side of Marine View Drive to 7th Avenue S. With this project, the Downtown (Marina District) will have sufficient fire flow for any new development as well as reduce the damaging flow velocities within the older pipes. For additional information and construction updates please visit the City website at www.desmoineswa.gov or contact Water District #54 at 206-878-7210.





Good News!

The City received a \$4 million Transportation Improvement Board (TIB) Grant award for the construction of S. 216th Street portion of the Transportation Gateway Project between 18th Ave. S. and 24th Ave. S. Construction is anticipated to begin in late 2012 or early 2013.

Des Moines Classic BBQ!

Friday July 20th, 6:30pm

Des Moines Marina North Lot

Sponsored by Destination Des Moines and Des Moines Marina

Join us for the 6th Annual Des Moines Classic BBQ, July 20th at 6:30 pm. Enjoy great food, classic cars, wooden boats, hydroplanes and live entertainment. The Des Moines Classic beer garden will also be back! Tickets are \$20.00 per person, \$15.00 for seniors. All net proceeds go to support Fireworks Over Des Moines.

6th Annual Classic Car and Wooden Boat Show

Saturday, July 21st

10am - 3pm

Sponsored by Knights Car Club and Destination Des Moines

If you love the automobile and its history, you will be smiling at the fantastic display of factory stock, custom cars and trucks and a chance to talk to owners about their cars! Dash plaques will be awarded to the first 200 car participants. Also, come share our Wooden Boat history both in and out of the water. This is your chance to tour luxury yachts and talk to their skippers!

Food Vendors, Live Entertainment and a Beer Garden!

Car Wash Fundraiser?

Protect Our Streams and Puget Sound

Car washes can provide a fun way to raise money for your organization. However, runoff from these activities can contain soap and automotive fluids that are toxic to fish, 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 free 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.

Proclamation Applauds Employees' Performance During Storm

By Proclamation, on January 26th the Des Moines City Council officially recognized and extended its appreciation to those City of Des Moines employees who, above and beyond their normal duties, diligently assisted in preparing for and then responding to the nearly unprecedented regional winter snow and ice storm which occurred between January 14 and January 19, 2012, and commended them for their personal sacrifices, hard work and caring service to the community.



Aging Your Way!

You can help create a vision for our community that will support you as you age. The following projects were created by citizen volunteer teams at the *Aging Your Way Summit* in November. Each project team needs your energy and ideas!

- Healthcare/Lifestyle changes, advocacy for health reform
- Neighborhood Watch networks to support homebound seniors
- Crosswalk flags in Downtown Des Moines (proposed)
- Raising awareness of community events & programs
- Art Walk using empty store fronts
- Multigenerational projects



For more information on *Aging Your Way, Des Moines*, to learn more about or get involved in the above community projects, please call Sue Padden, Des Moines Senior Services Manager, at 206-878-1642.

Leash Law Reminder

Spring is on the way and with it comes warmer weather and more daylight to enjoy our time outdoors with our families and pets! Des Moines has lots of wonderful parks, beaches and trails to walk on and play with our dogs, but please remember that ALL of Des Moines has a leash law and is a scoop law area.

For those who would like to take their dogs to an off-leash area, Grandview Off-Leash Dog Park is the perfect solution! It is only a few

blocks out of Des Moines, just north of Kent-Des Moines Road on Military Road in the City of SeaTac.



The fine in Des Moines for a dog off leash in a park is \$291 and off leash in the Marina is \$513. Please keep your dog under proper leash control (and don't forget to scoop!) so that EVERYONE can enjoy our beautiful city! Thanks!

MEET BEACH NATURALISTS



Join trained volunteers on **Richmond Beach, Carkeek Park, Golden Gardens, South Alki, Lincoln Park, Seahurst and Des Moines Beach Park.** Look for signs at the entrance to the beaches.

May 7	10:00-2:00*	June 6	11:00-2:30*	July 3	10:00-2:00*
May 8	10:30-2:30*	June 16	9:30-11:30	July 4	10:30-2:30*
May 20	10:30-1:00	June 17	10:00-12:30	July 5	11:00- 2:30
June 2	9:30-12:30	June 23	12:30-3:30	July 6	12:00-3:00
June 3	9:30-1:00*	June 30	8:30-11:00	July 21	12:00-2:30
June 4	10:00-1:30*	July 1	9:30-12:30	July 22	12:30-2:30
June 5	10:00-2:00*	July 2	9:30-1:00		*Lowest Tides

Additional beaches:

Olympic Sculpture Park

June 3	9:30-1:00*
June 23	12:30-3:30
July 1	9:30-12:30
July 4	10:30-2:30*
July 5	11:00- 2:30
July 6	12:00-3:00
July 21	12:00-2:30

Redondo Beach

May 7	10:00-2:00*
May 8	10:30-2:30*
June 2	9:30-12:30
June 3	9:30-1:00*
July 1	9:30-12:30
July 3	10:00-2:00*
July 4	10:30-2:30*

Tillicum Village/ Blake Island

July 3	11:00-3:30*
July 4	11:00-3:30*
July 5	11:00-3:30

Visit www.seattleaquarium.org for beach directions or call 206.386.4365.

For program information contact Janice Mathisen, j.mathisen@seattleaquarium.org or 206.386.4365

The Beach Naturalist Program is co-sponsored by the following partners

- Seattle Aquarium ♦ King Conservation District ♦ The Boeing Charitable Trust
- Amgen Foundation ♦ Lake Washington/Cedar/Sammamish Watershed (WRIA 8)
- Watershed Ecosystem Forum for WRIA 9 (Green/Duwamish and Central Puget Sound Watershed)
- Seattle Parks and Recreation ♦ People for Puget Sound ♦ Washington Department of Fish and Wildlife

2012



Celebrate Des Moines!

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 15, 5-8:30 pm at Des Moines Beach Park, the birthplace of Des Moines! It's a Caribbean theme with Caribbean food & beverages, Caribbean sounds and Caribbean fun! There will be a free performance by the Toucans Steel Drum Band, the last concert of the summer.

For more information call Des Moines Activity Center at 206-878-1642.



2012 Fireworks Over Des Moines

Wednesday July 4, 2012

Des Moines Marina North Lot

Event Time: 6:00pm

Show Time: 10:00pm

Presented by Destination Des Moines and Powell Homes

It just wouldn't be the Fourth without fireworks! A spectacular 20 minute fireworks display over the historic Des Moines waterfront will begin at 10:00 p.m. Bring your family, picnic, lawn chairs or blankets and sit back and watch the fireworks show and the pre-show entertainment. A \$2 per person donation is requested, but not required, at entry points to support the event. No personal fireworks, alcohol, portable BBQs, pets or vehicles will be allowed inside gated areas at Des Moines Marina north parking lot or Beach Park. For information regarding handicap parking, please call Des Moines Marina at 206-824-5700.



The success of Fireworks Over Des Moines depends on community business donations, as well as volunteer support. Please make a tax-deductible donation in any amount to:

Destination Des Moines – Fireworks Over Des Moines Fund

c/o 22506 Marine View Dr. S #301, Des Moines, WA 98198 or online at

www.destinationdesmoineswa.org. Call 206-824-5700 or visit our website for more information.

City of Des Moines and the National League of Cities Bring Free Prescription Discount Card Program to Residents

Discount card offers average savings to residents of 23%

April will launch a program to help provide residents with some relief from the high cost of prescription medications. Through the program -- sponsored by the National League of Cities (NLC) -- the City is making free prescription discount cards available to city residents. The discount cards offer city residents an average of 23 percent savings off the retail price of prescription medications.

The NLC Prescription Discount Card can be used by all residents of Des Moines and has no restrictions based on a resident's age, income level, or existing health coverage. The card can be used at all pharmacies in the City, as well as at more than 60,000 participating retail pharmacies across the country.

"Given the current economic climate, where many people need to watch what they spend, we are happy to partner with the National League of Cities to make this prescription discount card available to our residents," said Des Moines Mayor Dave Kaplan. "This card

helps residents who are completely uninsured, as well as residents who have insurance, but have specific medications that are not covered by their insurance. In both scenarios, residents experience significant savings on prescription medications not covered by health plans. And, there is no cost for the City either."

Residents can obtain a free NLC Prescription Discount Card in a number of ways. They can print them from the Internet at www.caremark.com/nlc or can get a card at Des Moines Activity Center, Des Moines Field House, Des Moines City Hall, Des Moines Library and the Des Moines Area Food Bank. Residents can also use www.caremark.com/nlc to locate the nearest participating pharmacy or call toll-free at 1.888.620.1749 for assistance with the program. Citizens may also download the card from the City of Des Moines web page at www.desmoineswa.gov/prescription.

"We're pleased to have joined forces with the City of Des Moines to help their residents

maintain their health in a cost-effective way," said Marc Shapiro, Program Director, National League of Cities. "By offering a health-focused program that provides significant cost savings and is easy to use, we are helping our member cities target an important need among their residents. We hope that the Prescription Discount Card program brings to residents welcome relief from the high cost of prescriptions."

CVS Caremark administers the NLC Prescription Discount Card program.

About NLC

The National League of Cities (NLC) is the nation's oldest and largest organization devoted to strengthening and promoting cities as centers of opportunity, leadership and governance. NLC is a resource and advocate for 19,000 cities, towns and villages, representing more than 218 million Americans. To learn more about NLC, go to www.nlc.org.

Healthy Des Moines Movement

City of Des Moines – Receives National Recognition as a Local Health Champion!

In February 2012, Des Moines was one of 18 local health champions recognized by the National Centers for Disease Control and Prevention (CDC) for our efforts to address health inequities and improve our community's health. This recognition is part of Communities Putting Prevention to Work, an initiative to join community organizations, local cities, schools districts and public health in addressing the leading causes of preventable death (e.g., heart disease, diabetes, obesity, cancer etc.). There have been many champions working together for a vibrant and livable Des Moines. These elected officials, individuals, groups and organizations are dedicated partners and passionate advocates, who champion and accelerate efforts toward vibrant and livable communities. The long-term impact of the policies, systems and environment changes within the Healthy Des Moines movement is:



Healthier Residents



Vibrant & Livable Des Moines



New Residents, Businesses & Visitors

Take Part in the Healthy Des Moines Movement - Your NEW Parks & Trails Map is Waiting for You!

It's time for a walk in the park! It's time to hit the trails! According to physical activity experts, in order to maintain good health every person should do thirty minutes or more of moderate-intensity physical activity five or more days a week. The City of Des Moines and our neighboring cities have a NEW! FREE! regional map. The map highlights parks, amenities, and trails within the communities of Des Moines, Burien, Normandy Park, Renton, SeaTac, and Tukwila. It's the tool we all need to get out and get moving!

Stop by the Des Moines Field House at 1000 S. 220th Street to say hello, learn about our upcoming programs/special events, and pick up a copy of the Parks & Trails Map. The map is made possible by funding from the Department of Health and Human Services and Public Health – Seattle & King County.

Prescription Drug Take Back Day

Saturday, April 28, 2012
Bartell Drugs
21615 Pacific Highway So.
9am-1pm

Bartell Drugs - Redondo
27055 Pacific Highway So.
2pm-6pm



Des Moines Adopts Complete Streets Ordinance

The Des Moines community cares about safe places for active living in our neighborhoods. Our NEW Complete Streets Ordinance insures that the right of way is planned, designed, and operated to provide safe access for all users via automobile, foot, bicycle, and transit. On February 9, 2012 the Des Moines City Council unanimously approved a policy ordinance to make reasonable efforts to include all users in the design of new transportation facilities. Having a "Complete Streets" ordinance will also allow the City to compete for future grant monies on State Highways through Des Moines, such as Kent-Des Moines Rd. The City aims to make our streets safe and complete for not only vehicles, but bikers and walkers of all ages as well.



Recent South 216th Project Made Improvements for All Users

For additional information on the Healthy Des Moines Movement, please call Sue Anderson, 206-870-6528.

NEW "Healthy Des Moines Element" Adopted

The City of Des Moines is among many communities in the nation that are struggling to address critical issues related to public health including poor nutrition, lack of physical activity and high rates of diabetes and obesity. Many of these issues are directly related to the design of the built environment that affects the health and well being of our residents, especially vulnerable population groups.

Recognizing the critical health risks in our community, the City of Des Moines adopted a "Healthy Des Moines Element" into the Comprehensive Plan. New policies relating to land use, food access and the transportation system provide a framework and identify the actions for making the necessary changes to build a healthy, vibrant Des Moines that fosters healthy eating and active living in our community. Notable policies support:

- Transportation system improvements that make it easier for children and their families to safely walk and bike to school.
- Des Moines Food Bank, Farmers Market and other organizations that provide food assistance to low-income residents to increase intake of fresh fruits, vegetables and other non-processed foods.
- Creation of community gardens.
- Implementation of nutritional standards and healthy food procurement policies for City owned and operated facilities and City sponsored programs.

Waterland Parade

July 21st

Mark your calendar! The Waterland Parade is coming to Marine View Drive Saturday, July 21st. Check the website and Facebook page for updated information at <http://parade.destinationdesmoineswa.org/>! If you have questions, please email info@destinationdesmoineswa.org.





DES MOINES LEGACY FOUNDATION



We are committed to making your Summer 2012 memorable by supporting:



The new Des Moines Beach Park Auditorium



Des Moines Food Bank Summer Meals Program



Des Moines Activity Center's programs & services for older adults and their families.

Des Moines Arts Commission Summer Concerts



Youth Scholarships for summer camps & classes



Des Moines Farmer's Market.

*Making A Lasting Difference...
Des Moines Legacy Foundation*

Des Moines Waterfront Farmers Market



**Join us every Saturday
June thru October**

Located in the Marina

10am to 2pm

More information available at
www.DMFM.org

NOW ACCEPTING



SUMMER IS COMING • WILL YOUR CHILD BE SAFE AROUND WATER?

Summer is a great time for children to learn to swim. It might not only be a lifesaver, it can put them on the path to a life-long healthy lifestyle.

Sign up today.

COUPON EXPIRES AUGUST 31, 2012

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, 2012

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

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

* A FULL SESSION IS DEFINED AS TWO LESSONS PER A MONTH, OR ONE TWO-WEEK MORNING SUMMER SESSION

mount rainier pool



MOUNT RAINIER POOL

APRIL • MAY • JUNE 2012*

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 - 7:30 am	Available for rentals	Lap Swim		Lap Swim		Lap Swim	King Aquatics
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		King Aquatics Swim Team	King Aquatics Swim Team	King Aquatics Swim Team	King Aquatics Swim Team	King Aquatics Swim Team	Public Swim 1-2 pm
5:30 - 7 pm		Swim Lessons & King Aquatics	Swim Lessons & King Aquatics	Swim Lessons & King Aquatics	Swim Lessons & King Aquatics	Family Swim 6 - 7 pm	\$1 Public Swim (First 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, please call the pool at: 206.824-4722 or visit us online at www.mountrainierpool.com

***VISIT OUR WEBSITE FOR JULY AND AUGUST SCHEDULE CHANGES**



2012 Beach Park Summer Concerts

When the weather heats up, cool down by the water 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 the Des Moines Arts Commission

- July 11 Michael Powers
- July 18 The Coats
- July 25 Sedentary Sousa Band
- August 1 Crème Tangerine
- August 15 Toucan's Steel Drum Band



The Des Moines Arts Commission proudly announces the Reinstallation Ceremony of

the Beyer's Panels

Saturday, June 2, 2012

2:30 – 6pm

Des Moines City Hall

21630 11th Ave S # C, Des Moines, WA 98198

Enjoy a tour of the City of Des Moines' Art Collection

Light refreshments will be served.

Meet Camille Pathe, Artist



12th Night

Friday, July 13, 2012

7 – 8:30pm

Des Moines Beach Park Founders Lodge & Stage

22030 Cliff Avenue South; Des Moines WA 98198

Bring a picnic dinner and enjoy this classic play performed by Seattle Shakespeare Company!



2nd Annual Poverty Bay Poetry Slam

Saturday, August 4, 2012

2 – 4:00pm

Des Moines Beach Park Founders Lodge & Stage
22030 Cliff Avenue South; Des Moines WA 98198

Bring your poems and Haiku's & Come rhyme and entertain with the best! Mesmerize the audience and win over the judges!

- 1st Prize \$75
- 2nd Prize \$50
- 3rd Prize \$30



Des Moines Got Talent*

Wednesday, August 8, 7 – 8:30pm Beach Park

Featuring the Best of Des Moines' music, dance, theatre, comedy, poetry, novelty and spoken arts performers!

*How to Audition: Call the Des Moines Parks Department, 206-870-6527 or e-mail recreation@desmoineswa.gov to schedule.

Auditions Dates:

- Friday, April 13 6-9pm
- Saturday, April 14 1-4pm
- Sunday, April 15 2-5pm

Audition Location:

Highline Community College, Des Moines



Sponsored by Des Moines Arts Commission, Parks, Recreation and Senior Services, Des Moines Legacy Foundation & 4Culture

Poverty Bay Art Festival 2012

Saturday August 18

10am - 5pm

At the newly renovated Des Moines Beach Park Auditorium!
22030 Cliff Avenue South; Des Moines WA 98198

Tickets: \$5

Please bring canned goods to donate to Des Moines Food Bank. Interested in displaying your art?

Contact Nancy Stephan at nstephan@yahoo.com or 206-870-7413.

Host your Special Event in our facility!

Des Moines Facilities highlight the breathtaking beauty of the Northwest offering the perfect setting for any family, company or community event!

Indoor Facilities-

Up to 500 Guests:

Beach Park Auditorium — Booking now for June 2012 & beyond.

Up to 225 guests:

Des Moines Field House

Up to 125 guests:

Des Moines Activity Center with Mary's Patio Garden

Up to 60 guests:

Founder's Lodge & Des Moines Field House Studio



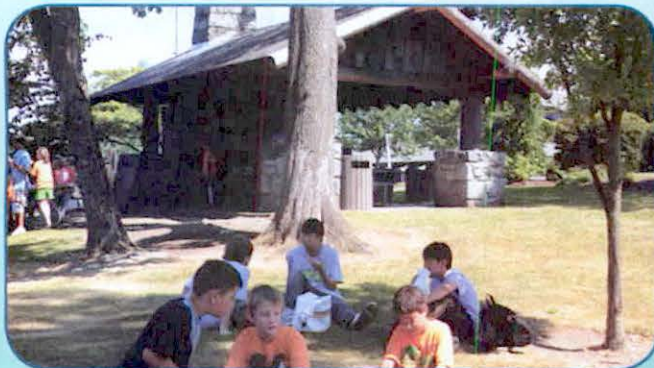
Des Moines Outdoor Shelters are great for summer picnics and family gatherings!

Des Moines Field House Shelter

Midway Park Shelter

Wooton Park Gazebo

Our facilities are available at competitive rates!



Field Rentals available contact us for details.

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

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

Special Events

Celebrate Des Moines Caribbean Style

Wednesday, August 15, 2012

5-8:30pm

Des Moines Beach Park,
22030 Cliff Avenue S

Caribbean foods, beverages and
FREE fun for everyone!

Featured Band!
Toucans Steel Drum Band



For more information call 206--878-1642

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

Des Moines Activity Center

2045 S 216th, Des Moines WA 98198

1:00—3:30pm \$5

April 22

May 20

July 20

September 23

October 28

Refreshments: Potluck Snacks

Adults of All Ages!

REGISTRATION INFORMATION

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

Parks and Recreation Administrative Office

1000 South 220th Street, Des Moines WA 98198

206-870-6527

TDD Line: 206-824-6024

Fax: 206-870-6587

www.recreation@desmoineswa.gov

Monday – Friday, 8am–4:30pm



Des Moines Activity Center Office – Senior Services

2045 S 216th Street, Des Moines WA 98198

PO Box 98576

206-878-1642

Fax 206-878-2260

www.desmoineswa.gov/50plus

Hours: Monday – Friday, 8am–4pm

Holiday Closures

Monday, May 28, Wednesday, July 4, Monday, September 3

Resident Priority:

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

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

How to Register:

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

Phone: Visa/Mastercard.

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

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

Registration Policies:

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

Registration is taken on a first paid basis.

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

Refund Policy:

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

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

No refunds will be issued for the following:

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

Medical illness or other extenuating circumstances will be handled on a case-by-case basis.

Documentation of the circumstance may be required.

Disclaimer:

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

Accommodation of Disabilities:

The City of Des Moines is committed to accommodating citizens with disabilities and special needs. Des Moines Parks, Recreation and Senior Services will make every reasonable effort to ensure that programs are accessible. If you need assistance participating in our programs, call 206-870-6527. TTY/ TTD 206-824-6024.

Gender Equity Statement:

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

15% OFF

Purchased before May 31, 2012

Must present coupon.

Weeks at **CAMP KHAOS**

Offer good through 5/31/12



Outdoor Family Movie Night

FREE at Des Moines Beach Park

7/27

The Adventures of Tin Tin PG

8/17

The Lorax PG

Grab a blanket, some chairs, your friends and family and join us!

Seating begins at 8pm and movies begin at dusk and are shown under the stars.

Movies are free and family-friendly.

Concessions available.

Will You Help a Child Attend a Camp or Activity?

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

Des Moines Parks and Recreation receives scholarship support from Des Moines Legacy Foundation and local services organizations such as the Rotary Club of Des Moines. However, the need for scholarships has increased dramatically surpassing funds available in 2011.

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

Send your tax deductible donation to:

Des Moines Legacy Foundation

Attention: Des Moines Parks & Recreation

Scholarships for Youth

PO Box 13582

Des Moines, WA 98198

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



Day Trips

Explore Puget Sound with Des Moines Activity Center

Teatro ZinZani – Seattle		
Sunday, June 3	10:30am-3pm	\$81
Consignment Stores - South King County		
Wednesday, June 13	10am-3pm	\$10
West Seattle Foot Ferry/Aquarium		
Wednesday, June 20	10:15am-4pm	\$12
King Tut Exhibit @ Pacific Science Center		
Wednesday, June 27	10:30am-4:30pm	\$25
Day in Gig Harbor		
Wednesday, July 11	9:45-4pm	\$10
LeMay Museum – Tacoma		
Wednesday, July 18	9:30am-3pm	\$18
Paramount Theatre Silent Movie – Seattle		
Monday, July 23	6-9pm	\$15
Gates Foundation Tour – Seattle		
Wednesday, July 25	9:30am-4pm	\$8
Whidbey Island		
Wednesday August 1,	8:30am-5pm	TBD
Crystal Mountain Gondola Ride		
Wednesday, August 8	8am-5pm	\$30
Day in Downtown Edmonds		
Wednesday, August 22	9:30am-4pm	\$10
Victorian Rose Tea Room - Port Orchard		
Wednesday, August 29	9:30am-4pm	\$15

Out To Lunch- First Friday of the month

June 1	Pearl Restaurant, Bellevue
July 6	McCormick & Schmick's Haborside, Lake Union
August 3	Lobster Shop, Ruston Way, Tacoma
Sept. 7	Indochine Restaurant, Tacoma



Horticulture

Explore Northwest gardens and nurseries with our "growing" horticulture group! As we spring into summer we will visit many gardens and nurseries.

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

May 11	Des Moines Garden Club Plant Sale*
May 18	Windmill Garden & Watson's Nursery, no-host lunch
June 8	Everett Garden Art Festival & Botanical Garden
June 15	Scott Indo Chinese Garden, Kent*
June 22	Daisy Sonju Garden Tour with Kim Richmond*
July 13	Cha New Life Farm, Carnation
July 20	Foothills Trail & Pat Fisk Gardens & GE & B Nursery, Enumclaw
July 27	Dunn Gardens Tour, Seattle (\$10) & Swanson Nursery
August 10	Canter-Berry Blueberry Farm & Terry's Berries, Auburn
August 24	Bellevue Botanical Garden, "Art in the Garden"



Salish Sea Stories

Join us for the rich experiences people living by the Salish Sea have to share!

Aviation History Part VII: The Women of Aviation

The valuable role of women in aviation is showcased: Enjoy stories of the first college graduate to be hired as a flight attendant by United Airlines; a 40-year veteran Northwest Airlines flight attendant and a current female commercial airline pilot. Facilitator: John McEvoy.

Adults

Suggested Donation: \$2

T 7-9pm



June 19 Activity Center

Interested in sharing your stories?
Contact us at 206-878-1642!

Senior Activities

Golf Outings

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

Fee Range: \$8-10 No Host Green Fee and lunch

Mondays	Course & City	Green Fees
May 7	Battle Creek, Marysville	\$18
May 21	Delphi, Olympia	\$9
June 4	Scott Lake, Olympia	\$10
Jun 18	Mystery Trip	\$14
July 2	Bellevue (18 holes)	\$25
July 16	Madronna, Gig Harbor	\$16
July 30	Cascade, North Bend	\$14
August 13	Twin Rivers, Fall City	\$18
August 27	Lipoma Firs, Puyallup	\$17

TLC (Tender Loving Care) for Me

Tuesdays, 1st & 3rd monthly 12:30- 2pm Activity Center
Join us in a welcoming and safe setting to share experiences, challenges, get professional advice and resolve problems. Sessions facilitated by counselors from Valley Cities.

Caring Counseling

Tuesday, 1st & 3rd monthly 11:30am-12:30pm Activity Center
A Valley City counselor joins us during the lunch hour and is available to answer questions, provide information, resources and referrals. Just ASK!

Many thanks to Des Moines Legacy Foundation for providing the funding for Valley Cities Counseling & Consultation presentations.

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! Classes are based on the Dance for PD® method, a program developed by Mark Morris Dance Group and the Brooklyn Parkinson Group. Presented by Seattle Theatre Group (STG) and Spectrum Dance Company and offered with funding support from Des Moines Legacy Foundation. Register on line at www.nwfp.org/Events.aspx or call 877-980-7500.



Adults Donations Welcome
M June 4-July 23 2-3:30pm Activity Center

Blueprint for Living 2012 and Beyond

Adults Tuesdays 10-11:30am (unless otherwise noted) DMAC
Facilitators: Valley Cities Counseling & Consultation unless otherwise noted.

April 24 —Tissue and Organ Donation (Time: 10:30am)

Curious about the impact and process of tissue and organ donation? The Northwest Tissue Service, Eye Bank and a representative from the Organ Donors group will provide details and address questions you have about this important "gift" opportunity.

May 1—"I Can't Remember, Am I Losing My Mind?"

Review normal challenges with memory, and take home tips on memory boosters. An update on Alzheimer's and other dementias will be covered.

May 8 —Creating an Effective Care Plan (Time: 10:30am)

Be proactive and design a care management plan for yourself and/or family members and gain peace of mind knowing that reference materials and resources are gathered in one place for your emergency contacts to access and implement, addressing the critical and important information needed in medical emergencies.

Presented by Sheila Goodfellow, CSA-Comfort Keepers

May 15 —Dealing with a Friend or Family Member with Dementia

Communicating with a loved one with dementia is challenging, discover information and practical tips on how to communicate and get cooperation when you need it!

June 5 —Managing Stress

Stress related health problems cause pain and cost money. Learn how to live your life with more joy and ease by managing your stress.

June 19 —The Healing Power of Nature

Take advantage of your surroundings and explore how nature may boost your mood and your immune system.

June 19 —Understanding Your Property Taxes & Local Levy Rate (12:30pm)

Assessors will be available to help you fill out King County Property Tax Exemption forms.

July 3 —Is it Collecting or is it Hoarding

Plain talk about the differences between collecting and hoarding. Learn to manage your "stuff" so it doesn't manage you.

July 17 —Strategies for Organizing your Home

What do you really need to keep and what can you safely discard. No matter whether large or small, organizing your living space feels good and is healthy.

August 21 —Coping with Chronic Pain

We all experience pain from time to time, but living with chronic pain presents many challenges. We will explore alternatives for helping you and your loved ones deal with chronic pain and the impact it has on your lives.

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 while experiencing an absolute blast in one hour of calorie-burning, body-energizing, awe-inspiring movements that engage and captivate for life! Instructor: Lauren Coughlin

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

Pilates – beginners & advanced

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

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

Belly Dancing

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

Adults **Founder's Lodge**
M April 30-June 11 Beginners 7-8pm \$25R \$28NR
M April 30-June 11 Intermediate 8-9pm \$25R \$28NR
M June 18-July 9 Beginners 7-8pm \$25R \$28NR
M June 18-July 9 Intermediate 8-9pm \$25R \$28NR
M July 30-August 27 Beginners 7-8pm \$32R \$35NR
M July 30-August 27 Intermediate 8-9pm \$32R \$35NR

Kigong

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

Adults **\$8 drop-in**
Th June 21-August 16 5-6pm \$48 Activity Center
Th August 23-October 11 5-6pm \$48 Activity Center
No class 7/5

Energy Yoga

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

Adults **\$8 drop-in**
Energy Yoga Activity Center
Th June 21-August 16 6:30-7:30pm \$48
Th August 23-October 11 6:30-7:30pm \$48
Energy Yoga Normandy Park Cove
M April 16-May 21 1:30-2:30pm \$36
M June 4-July 16 1:30-2:30pm \$36
M July 23-August 27 1:30-2:30pm \$36
No class July 2 & 5

Functional Fitness

Inhale and be ready to take charge of your life. Proper movement is a key factor in achieving balance in the body and this class focuses on improving joint range of motion and implementing gravity-driven exercises to improve quality of life and activities of daily living and keep you doing the activities you enjoy!

Students describe Allison's instructional style as stimulating and informative seasoned with humor and pizzazz! Instructor: Dr. Allison, Chiropractor

Age 50 & better **\$1 drop-in**
M/W April-August 1 8:30-9:15am Activity Center
*No class May 28-30 or July 2-4

Enhance Fitness

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

Adults **Field House**
Tues/Thu/Fri 8-9:00am or 9:30-10:30am
May 1-31 \$39
June 1-15 \$18
Tu/Thu/Fri Revised Summer Times: 7:30-8:30am or 8:45-9:45am
June 19-29 \$16
July 3-31 \$39
August 2-31 \$39

Adult Men & Coed Fall Softball League

This is a great opportunity for folks to play at our beautiful complex. Each team plays 14-games and a single elimination post season tournament. Registration deadline: July 16, 2011.

Adults **\$930R \$985NR (price includes sales tax)**
SJUMP
Monday Nights Co-ed Recreation Division League Play August-October
Tuesday Nights Men's Recreation Division League Play August-October



Senior Softball

Batter-up for active adults age 50 and better!

Des Moines Activity Center sponsors two coed softball teams that compete against teams throughout King County. Practices and home games are played on Tuesday and Thursday mornings at the Steven J. Underwood Park fields. League games begins in May and runs through July. Teams receive partial sponsorship funding and players pay the balance. To learn more about sponsorship opportunities or if you are interested in playing on one of our two teams, contact:

Abbie Nielsen, Recreation Coordinator, Des Moines Activity Center
206-878-1642, anielsen@desmoineswa.gov

City of Des Moines Parks, Recreation and Senior Services www.desmoineswa.gov

Adult Enrichment

Wenatchee Whitewater Rafting

The Sunny-side of the Cascades is a definite splash! Roller coaster action and generally sunny weather makes this snow-fed river a favorite for river-runners. You'll experience commanding scenery that includes apple orchards and tall bluffs. The whitewater maneuvering in "Boulder Bend, Rock & Roll, Drunkards Drop and Snow Blind" rapids will definitely capture your attention. Participants will paddle self-bailing paddle rafts with an experienced guide. All rafting equipment is included. Join us!

Trip Leader: Rod Admundson, Wild Water River Tours, INC.

Ages 6+		\$78R \$85NR	
Su	June 24	12pm-4:30pm	Location provided at registration
Su	July 15	12pm-4:30pm	Location provided at registration

Skagit Whitewater Rafting

Explore lush woods in North Cascades National Park.

The Upper Skagit River is essentially a relaxing calm water float and devoted to scenery so magnificent it earned a place in the National Wild and Scenic River System. Wildlife is often seen along the banks. The tranquility is shattered for one-quarter mile by an easy section of fun-filled Class III whitewater. After that, enjoy the peace and quiet and undisturbed natural beauty. Experienced guides steer professional quality paddle rafts. All rafting equipment is included. Join us!

Ages 6+		\$78R \$85NR	
Sa	August 4	12-4pm	Location provided at registration
Su	August 26	12-4pm	Location provided at registration

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 3-24	7:15-9:15pm	Field House
Th	June 7-28	7:15-9:15pm	Field House
Th	July 5-26	7:15-9:15pm	Field House
Th	August 2-23	7:15-9:15pm	Field House
Th	September 6-27	7:15-9:15pm	Field House



Watercolor Workshop-all Levels

Enjoy a morning with instruction and afternoon outside with your canvas and paints. Students bring their own supplies (supply list provided) and a sack lunch. Instructor: Nancy Bogni

Adults		\$25R \$29NR	
Sa	August 18	10am-3pm	Activity Center



"Plums" by Nancy Bogni

Drawing Workshop

Explore texture, line weight, angles and movement in this introductory workshop. Instructor will provide materials. Instructor Chandelle Anderson

Adults		\$24R \$29NR	
Sa	April 21	10am-4pm	Activity Center

Portrait Drawing Workshop

Learn the art of capturing a person's likeness and personality in this fun drawing class. Working from photographs and live models, learn the basics of how to begin with the facial structure, block in light and shadow, and fill in details.

You will also learn the importance of line weight, texture, angles, and movement which bring a drawing to life! Instructor will provide materials for first class meeting and provide a supply list. Instructor: Chandelle Anderson



Adults		\$28R \$33NR	
W	June 6-27	6-8pm	

Ooops!

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

Youth Recreation Activities

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

Ballet/Tap

Ballet is the true expression of classical art that provides strength, beauty, posture and grace and is the foundation for all other dance forms. The Tap portion features fun, making lots of great noises with your feet and incorporates rhythm, technique & style. Pink ballet slippers and black tap shoes are required for this class. Instruction: Melanie's Dance Unlimited



Grades K-3

M July 9-August 6

6-6:45pm

Session Fee: \$48R \$53NR

Field House

Hip Hop Dance

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

Ages: 4-7 yrs

M July 9-August 6

6:45-7:15pm

Session Fee: \$48R \$53NR

Field House

Ages: 8-12 yrs

M July 9-August 6

7:15-7:45pm

Session Fee: \$48R \$53NR

Field House

Fishing with Your Kids

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

Fishermen & women of all ages

Th July 12 & 19

6-8pm

\$45R \$55NR

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 and Up

W June 20-August 15

4:30-5:10pm

\$83R \$88NR plus \$12 AAU Fee

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; learn to defend yourself against punches, grabs, chokes, bear hugs and more. Instructor: Gerry Flock

Ages 12 and Up

Session 1 W/F May 30-July 6

5-6:30pm Founder's Lodge

Session 2 W/F July 11-August 17

5-6:30pm Founder's Lodge

Session 3 W/F August 22 - September 28

5-6:30pm Founder's Lodge

\$35R \$39NR

Acrobats For Kids

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

Acrobats I & II

Age 5-10

W 6-6:45pm

July 11-August 8

\$48R \$54NR

Field House

Parent's Night Out

Give the sitter a break and drop the kids off for a night full of fun while you enjoy a night out on the town!

Ages 4-11

Friday

June 29

6-10pm

Field House

Friday

July 13

6-10pm

Field House

Friday

August 24

6-10pm

Field House

\$12R \$15NR per day

Teen Activities

Field House Dances

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



Grades 6-8 - student ID required for admission.

F June 1

Beach Party

7:30-10pm

Field House

\$7

Teen Hip Hop

It's never too late to learn to dance! Instructors offer beginning students a program specifically designed for teens that want to dance. We'll whip you into shape, improve your body-tone and technique and teach you how to dance. No experience necessary. Instructor: Melanie's Dance Unlimited

Ages: 12-14

M July 9-August 6

7:45-8:15pm

\$48R \$53NR

Field House

Ocean Shores Camp Out!

Looking to get out of the house? Join us for an overnight camping trip and beach adventure! We'll trek out to Ocean City State Park, pitch tents and explore beautiful Ocean Shores. Adventures include low-ride bicycling at low tide, putt-putt golf, go-karts, arcade time and more! Enjoy camp cooking & s'mores around the camp fire! Space is limited, don't miss out!

Ages 11-15

Th-F July 26-27

Depart 10am

\$125R \$138NR

Return by 1pm



Youth Sailing Program

A sailing program designed for kids with little to no sailing experience. The course combines on-the-water experience with dock-side activities and training covering safety on the water, sailing basics, sailing nomenclature, wind awareness, rigging, rules of the road and sailing etiquette. Classes will be held at the Des Moines Marina with the on-water instruction taking place just west of the main breakwater. Instructors accompany students in the sailboat and with a chase boat. There are typically 8 to 12 students per session. Priority is on safety, fun and learning. Scholarships are available please contact our office. If you are currently enrolled with the K2 summer camp the sailing program is \$25 per session.

Ages 12-18		\$135R \$140NR	
M-F	August 6-10	1-4pm	Des Moines Marina Office
M-F	August 13-17	1-4pm	Des Moines Marina Office
M-F	August 20-24	5-8pm	Des Moines Marina Office
M-F	August 27-31	1-4pm	Des Moines Marina Office

Tennis

A fun and rewarding introduction to the game of tennis with the emphasis on introducing serves and ground strokes. Participants will love their first tennis experience and want to continue playing.

Field House Courts

Session-1	M/W	June 4-27
Ages 6-8	5:15-6pm	\$60R \$65NR
Ages 9-12	6-6:45pm	\$60R \$65NR
Age 13-Adult	6:45-7:30pm	\$60R \$65NR

Session-2	M/W	July 9-August 1
Ages 4-5	5:45-6:15pm	\$40R \$45NR
Ages 4-5	6:15-6:45pm	\$40R \$45NR
Ages 6-8	5-5:45pm	\$60R \$65NR
Ages 6-8	6:45-7:30pm	\$60R \$65NR
Ages 9-12	4:15-5pm	\$60R \$65NR

Session-3	M/W	August 6-29
Ages 4-5	5:45-6:15pm	\$40R \$45NR
Ages 4-5	6:15-6:45pm	\$40R \$45NR
Ages 6-8	5-5:45pm	\$60R \$65NR
Ages 6-8	6:45-7:30pm	\$60R \$65NR
Ages 9-12	4:15-5pm	\$60R \$65NR

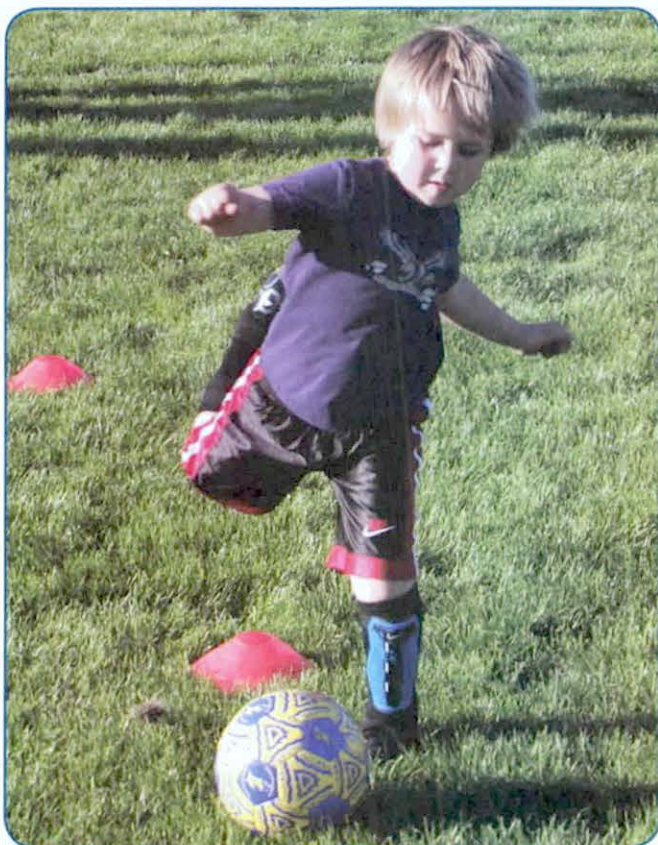


Toddler/Preschool Activities

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. Facilitators: Staff

Age 3-5		\$30R \$35NR	
M-F	June 25-29	5:30-6:30pm	Field House
M-F	July 23-27	5-6pm	Field House
M-F	August 27-31	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.

Ages 2½-4		\$33R \$38NR	
W	June 6-27	9-9:45am	Field House
W	July 11-August 1	9-9:45am	Field House
W	August 8-29	9-9:45am	Field House

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.

Ages 2-4 plus adult		\$45R \$50NR	
W	June 6-27	10-10:45am	Field House
W	July 11-August 1	10-10:45am	Field House
W	August 8-29	10-10:45am	Field House

Leagues

Fall Youth Recreation Soccer League

Registration starts on June 1 and closes August 31.
 U-5 co-ed 3-5, U-7 co-ed 6-7, U-9 boys 8-9, U-9 girls 8-9
 *Birth certificates required.
 August 20-October 31 Des Moines Fields
 \$60R \$65NR June 1-29
 \$65R \$70NR June 30-July 31
 \$75R \$80NR August 1-31



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. Sign-up Deadline: May 31
 Age 3-5 Tee-ball \$75R \$80NR
 Age 6-8 Coach-pitch Des Moines Area Fields

Coaches Take Note:

Fall Soccer Coaches Meeting	August 9	6pm	Field House
Coach Pitch Coach Meeting	May 24	6pm	Field House
Tee Ball Coed Coach Meeting	May 24	6pm	Field House

For information about coaching, sponsorship and scholarship opportunities please contact our office at 206-870-6527.

Sports Camps

Skateboard Camp

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

Ages 4+ \$60R \$65NR
 Helmet Mandatory
 M-F June 18-22 10-11:30am Des Moines Skate Park



Hoop Time Skills Camp

It's Summer - time to challenge yourself and improve your game! This is a skills developmental camp designed to help all players improve while having fun. Offensive focus: dribbling, passing, and shooting. Defensive drills: foot positioning and handwork. Facilitators: Mt. Rainier's Coach Johnson and Skills legend Marv Johnson.

Ages 7-16 \$65R \$75NR
 M-F July 9-13 12:30-3:30pm
 Location TBD



Basketball Clinic

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

Features:

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

Gain these skills:

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

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



Ages 7-16

T/Th	May 1-31	5:30-7pm	\$120R Field House
T/Th	June 5-28	5:30-7pm	Field House
T/Th	July 3-26	5:30-7pm	Field House
T/Th	August 7-30	5:30-7pm	Field House

UK International Soccer

UK International Soccer Camp is back for 3-exciting camps. Coaching: UK professional coaches.

Age 4 - 14 \$103/half-day

Age 8 - 14 \$165/full day

Week 1 July 16-20

Week 2 July 30-August 3

Week 3 August 20-24

Interested in hosting a UK Coach for the week? Contact Ralph at 206.870.6586, email stewart.boniface@uksocca.com or check out UK Soccer at www.uksocca.com for details.



Diamond Skills Baseball Camp

Professional instruction at recreation prices. Individual skills and drills as well as game situations and contests like Camp Olympics from enthusiastic coaches. Instructors: Supervisor, Darren Rawie, Head Varsity Coach, Mt. Rainier High School, Hal DeBerry, Head Varsity Coach, Newport High School.

Age 7-11 Years \$150R \$170NR

M-Th July 23-26 12-3pm Mt. Rainier High Baseball Field

Age 12-15 Years

M-Th July 23-26 4-7pm Mt. Rainier High Baseball Field

Group discounts and scholarships available.



KHAOS
Kids having an
outrageous
summer!

Now
accepting
age 4 kids!

REC'n' ROLL Summer Camps

15% OFF

Weeks at CAMP KHAOS

Purchased before May 31, 2012
Must present coupon.
Offer good through 5/31/12



Camp KHAOS

Our energetic and dedicated staff will introduce your child to a sizzling summer filled with fun interactive activities that will spark their imagination and fill their day. Expect age appropriate activities such as arts and crafts, games, swimming, outdoor activities and a chance to make new friends all designed around the weekly theme!

Age 4-11

Weekly Fee: \$135R \$140NR
Daily Rate: \$35R \$37NR
Week 1 & 11: M-W 3-day: \$90R \$95 NR
Week 3: No camp 7/4 \$108R \$113NR

K2 Teens

The next generation of Camp KHAOS! Outrageous fun, cool adventures and 2 exciting field trips each week. We'll go on all the KHAOS field trips and a K2-exclusive field trip.

Age 12-15

Weekly Fee: \$145R \$150NR
Week 1 & 11: M-W 3-day \$100R \$105 NR
Week 3: No camp 7/4, \$116R \$121NR
Daily Rate: \$37R \$40NR

K2 Late Night

Join your K2 friends and favorite leaders for adventure, dinner, games and more!

Ages 12-15 & enrolled in K2

\$25R \$27NR per day

Thursday July 12 6-10pm Field House
Thursday August 16 6-10pm Field House

Teens check out pages 5-6RR
for more activities!

Youth Scholarships Available for
Des Moines Youth!
Please call 206-878-6527 for information.
Funding Support provided by
Des Moines Legacy Foundation and
Des Moines Rotary.

KHAOS Camps

Monday – Friday | 6:30am-6:00pm Field House

Participants receive a Camp KHAOS T-shirt!
KHAOS Summer 2012 Registration Fee: \$25R \$30NR
Add \$10 per week of camp when payment is received less than one-week in advance.
Enrolling more than one child per family?
Call 206-870-6527 for discount information!

Weekly sessions begin June 18 and continue through August 31.

Free lunch for
all KHAOS
participants!

Week	Dates	Themes / Highlights	Weekly Adventure!
1	6/18-6/22	Hello Summer Fun Skate in to Summer, make new friends, and get in the KHAOS spirit!	KHAOS – Pattison's West K2 – ACME Bowl
2	6/25-6/29	Tag, You're It! The many variations of Tag!	KHAOS – TAG Zone K2 – Laser Quest
3	7/2-7/6	Animal Planet Connect with nature and meet some furry, slimy, scaly friends from the zoo!	KHAOS – Point Defiance Zoo K2 – Rattlesnake Lake
4	7/9-7/13	It's a Sports STORM Have a ball trying your skills at a variety of sports!	KHAOS – Seattle Storm Game K2 – Disc Golf
5	7/16-7/20	So You Think You Can Cook? Cook up a kooky concoction and win-over staff "Top Chef" style cook off!	KHAOS – Theo Chocolate Factory Tour K2 – Wild Waves
6	7/23-7/27	Science EGGstravaganza Bill Nye has nothing on us! Find out what happens when you place Mentos in pop and marvel at other insane experiments.	KHAOS – Gene Coulon Park K2 – Pike Place Market
7	7/30-8/3	Yo Ho, a Pirate's Life for Me Blimey! Ready ye sea legs and search for me buried treasure during this wacky week of plunder!	KHAOS – Seafair Ship Tours K2 – Henry Moses Aquatic Center
8	8/6-8/10	The Voice Polish those dance moves, belt out that song, dust off those instruments and rock it at our Celebrate Des Moines talent show!	KHAOS – Movies K2 – West Seattle Day
9	8/13-8/17	KHAOS Olympic Adventures London 2012 - we are kicking it in high gear with competitive field games, FUN, prizes and more!	KHAOS – Field Day K2 – Seattle Boulderling Project
10	8/20-8/24	Aloha to Summer A hui hou kākou – "Until we meet again" a luau is to reflect on summer memories and new friends!	KHAOS – Family Fun Center K2 – Federal Way Community Center
11	8/27-8/31	To Infinity and Beyond Use your imagination as we soar through the solar system and check out what's new in space!	KHAOS – Movies

Welcome!

REC 'n ROLL

Make Des Moines Your First Choice for Summer Family Fun!

Des Moines Parks, Recreation and Senior Services, Arts Commission and Marina and our community partners, Des Moines Waterfront Farmer's Market, Destination Des Moines and Rotary Club of Des Moines have an outstanding line-up of special events and activities taking place throughout spring and summer that will make it hard to leave town! Additional event details can be found on the pages of this brochure.

Des Moines Waterfront Farmer's Market	Every Saturday, June-October	10am-2pm	Marina
Summer Lunch Bunch	Weekdays & Saturdays, June-August	Lunchtime	M-F call 206-870-6527 Sat Farmer's Market
Partnering with the Food Bank's Summer Meal Program			
City Art Tour	Saturday, June 2	2:30-6pm	City Hall
Beyer wood carings & Pathe paintings	Saturday, June 2	2:30-6pm	City Hall
Camps, Camps & More Camps	Weekdays, June-August	6:30am-6pm	Field House
World's Strongest Apple	Saturday, June 16	10am-5pm	Marina
Powell Homes/Destination Des Moines	Wednesday, July 4	5-11pm	Marina
Fireworks Over Des Moines	Wednesday, July 4	5-11pm	Marina
Mid Sound Sailing Races & Social	Thursday, July 5-August 9	6pm	Marina
Beach Park Auditorium Opening Celebration	Wednesday, July 11	5-7pm	Beach Park Auditorium
Beach Park Summer Concert Series	Wednesdays, July 11-August 15	7-8:30pm	Beach Park
Shakespeare in the Park-12th Night	Friday, July 13	7-8:30pm	Beach Park
Community BBQ	Friday, July 20	6:30pm	Marina
Classic Car & Boat Show	Saturday, July 21	10am-3pm	Marina
Destination Des Moines Waterland Parade	Saturday, July 21	5:45pm	Marine View Drive
Outdoor Family Movie The Adventures of Tin Tin	Friday, July 27	8pm	Beach Park
Puget Sound Anglers	Saturday, August 4	6am	Marina
South King County Chapter Salmon Derby	Saturday, August 4	2-4pm	Beach Park
Poverty Bay Poetry Slam	Saturday, August 4	2-4pm	Beach Park
National Night Out	Tuesday, August 7	TBD	Contact Des Moines Police Department
Des Moines Got Talent	Wednesday, August 8	7-8:30pm	Beach Park
Celebrate Des Moines Caribbean Style	Wednesday, August 15	5-8:30pm	Beach Park
Outdoor Family Movie-The Lorax	Friday, August 17	8pm	Beach Park
Poverty Bay Arts Festival	Saturday, August 18	10am-5pm	Beach Park Auditorium
Rotary Poverty Bay Blues & Brews Festival	Saturday, August 25	12pm-8pm	Beach Park

Thank you for your support of your Parks, Recreation and Senior Services Department!
Sincerely,

Patrice Thorell
Director

Look What We Have For You!

Facilities & Fields	2,12RR
Summer Camps	3RR
Sports & Camps	4-5RR
Toddler-Teens	5-6RR
Adult Activities, Fitness, Sports ...	7-8RR
Senior Activities	9-10RR
Special Events	8cc, 2, 11, 12-13RR
Registration Info	11

See reverse for City Currents Information

Des Moines Beach Park Auditorium Opening Ceremony!

Meet us at the Beach Park, Wednesday, July 11, 2012 5:00pm - 7:00pm

Des Moines City Council invites you to join us for the grand opening celebration of Des Moines Beach Park Auditorium (newly renovated former Covenant Beach Camp Tabernacle.)

Auditorium Celebration Highlights

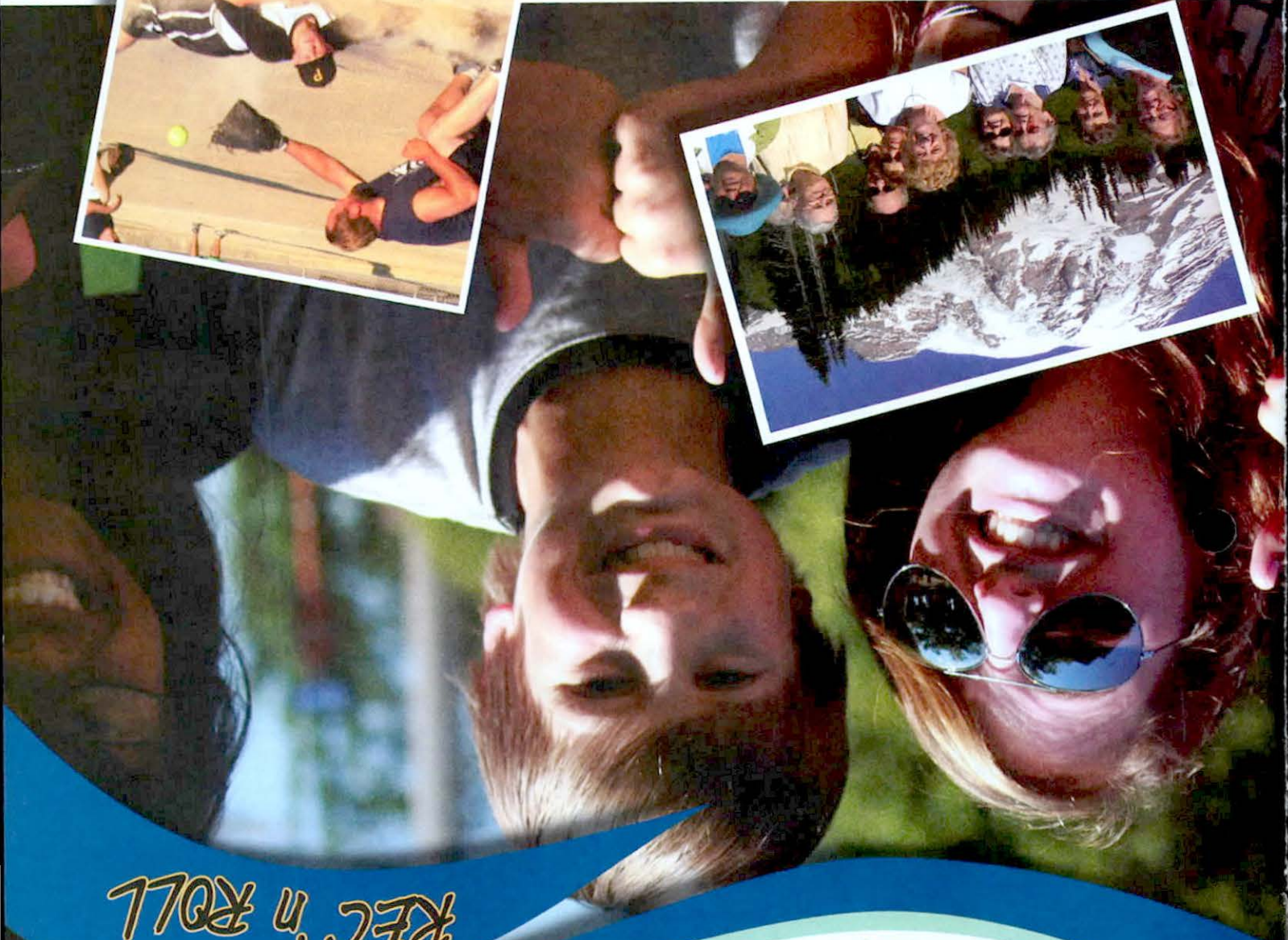
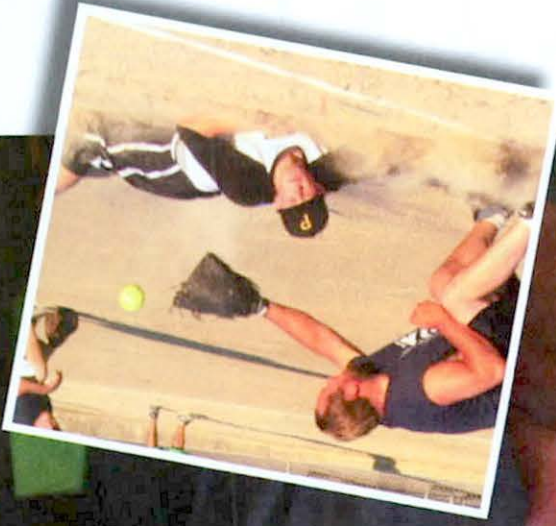
- 5:00-7:00pm** Smilin' Scandinavians | Displays of the historic eras of Des Moines | Refreshments
- 6:30pm** Ribbon Cutting
- 7:00-8:30pm** Enjoy our first Free Summer Concert in the Park | Michael Powers



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

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REC 'n ROLL

Waterland Summer Fun Guide 2012

Des Moines Parks, Recreation & Senior Services