



DES MOINES

# CITY CURRENTS

**SUMMER 2014**

**INSIDE**

**City's Roadmap  
FOR 2035**

**Art on  
POVERTY BAY**


**Online Permitting  
WATERLAND CITY**

**A View from  
THE BENCH**

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**OLYMPIC  
VIEW**  
D E N T A L

**GENERAL, COSMETIC  
& IMPLANT DENTISTRY**

**PAUL A. CHILTON D.D.S.**

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Treatment

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# On the flip side...

## Your Guide to Des Moines Parks, Recreation & Senior Services

*Flip the magazine over to check out the summer schedule. Don't miss:*

### Blueprint for Living Summer 2014

Lifelong learning is year-round for all ages. Des Moines Senior Activity Center is offering the following short, but very informative workshops this summer:

- **WHOSE GOT YOUR BACK?**  
Growing Older without Kids (whether you have them or not)
- **Advance Directives: Your Life, Your Choices**
- **Preserving Your Family Treasures**

- Camp KHAOS 2014
- Summer Camps and Activities schedule
- Senior Outings to great local destinations and travel to New England or Cuba!
- Des Moines Summer Events Calendar



## SUMMER 2014

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## Your new neighborhood helpful place.



### Ace Hardware

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**City Council Highlights  
from Mid February to Mid April  
Ordinance 1592-1595  
Resolution 1252-1257**

**Held Public Hearings:**

- Modification of Parking Provisions.
- Support for King County Wide Transportation District Proposition 1.
- Application for Approval of a Shoreline Variance Request to the Shoreline Master Program (LUA2013-0025 Greg Lindstrom).
- Draft Ordinance No. 14-011, Modifying Commercial Space Requirements for Mixed-Use Developments in the Marina District.

**Approved the following action:**

- Parking Code, Amending DMMC 18.210.070, Ordinance No. 1592.
- Second Development Agreement with the Port of Seattle – Des Moines Creek Business Park, Resolution No. 1252.
- Fixing a Time for a Public Hearing to Consider Draft Ordinance No. 14-011 Which Amends the "Environmental Performance Standards, Use Restrictions, and General Limitations" Codified in DMMC 18.115.050(9), Resolution No. 1253.
- Authorized Des Moines Dollars for Scholars Scholarship Reception to be held at the Des Moines Activity Center, Resolution No. 1254.
- Approved the 2014 Des Moines Farmers Market Agreement, Resolution No. 1255.
- Authorization of Deposit and Withdrawals of Funds in Local Government Investment Pool

(LGIP), Resolution No. 1256.

- Council Support of King County Transportation Benefit District Proposition 1, Resolution No. 1257.
- Repealing Chapters 11.24 DMMC, "Stormwater Pollution Prevention Manual – Adopted by Reference" and 11.28 DMMC "Supplemental Storm Water Standards", Ordinance No. 1593.
- Modification of Zoning Requirements Regulating Commercial Space in the Marina District, Ordinance No. 1594.
- Public Disturbance Noise Code, Ordinance No. 1595.

**Other Action Taken:**

- Approved Task Assignment for Redondo Parking Study.
- Proclamation for Human Trafficking Awareness Day.
- King County Parks Property Tax Levy Agreement.
- Approved Transportation Gateway Project S 216th Street Segment 1-A.
- Washington State Future City Regional Competition Proclamation.
- Approved Application of a Shoreline Variance Request to the Shoreline Master Program (LUA2013-0025, Greg Lindstrom).
- Approved Lease with George Potts & Andrea Petersen, dba Ocean Quest Dive Charters, LLC.
- Approved Task Assignment for Design Services for Marina South Parking Lot Stormwater Retrofit Project.

**DES MOINES DIRECTORY**



**City Hall**

21630 11th Avenue South  
206-878-4595

**Business Hours**

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

**City Council**

Dave Kaplan, Mayor DKaplan@desmoineswa.gov  
Matt Pina, Mayor Pro Tem MPina@desmoineswa.gov  
Jeanette Burrage JBurrage@desmoineswa.gov  
Melissa Musser MMusser@desmoineswa.gov  
Jeremy Nutting JNutting@desmoineswa.gov  
Vic Pennington VPennington@desmoineswa.gov  
Bob Sheckler BSheckler@desmoineswa.gov

**City Offices**

City Attorney	206-870-6553
City Clerk	206-870-6519
City Manager	206-870-6541
Planning/Building	206-870-7576
Engineering	206-870-6522
Facilities Rentals	206-870-9370
Finance Director	206-870-6512
Marina	206-824-5700
Municipal Court	206-878-4597
Parks Administration	206-870-6527
Police Department	206-878-3301
Public Works/Park Maintenance	206-870-6559
Recreation	206-870-6527
Senior Services	206-878-1642

**Other Numbers**

Emergency	911
Animal Control	206-870-6549
Field House	206-870-6527
Fire (non-emergency)	253-839-6234
Library, Des Moines	206-824-6066
Library, Woodmont	253-839-0121
Police Dispatch (non-emergency)	206-878-2121

**Utilities and Services**

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

**CALL BEFORE YOU DIG:**

Utility Locates 800-424-5555

DES MOINES



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Peter Philips 206-284-8285, peter@philipspublishing.com

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Maddie DuBray 206-284-8285, maddie@philipspublishing.com

**EDITOR CITY CURRENTS**  
Autumn Lingle 206-870-6552, ALingle@desmoineswa.gov

**EDITOR REC N' ROLL**  
Abbie Nielsen 206-870-6583, anielsen@desmoineswa.gov

**DES MOINES CITY COUNCIL**



Dave Kaplan  
Mayor



Matt Pina  
Mayor Pro Tem



Jeanette Burrage  
Councilmember



Melissa Musser  
Councilmember



Jeremy Nutting  
Councilmember



Bob Sheckler  
Councilmember



Vic Pennington  
Councilmember

**City Council meets  
1<sup>st</sup>, 2<sup>nd</sup> and 4<sup>th</sup>  
Thursdays at 7pm**

**Advertise in  
City Currents**

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



# FEEL LIKE A KID AGAIN

THE SECRET TO STAYING YOUNG IS TO KEEP ACTIVE

Water is a great equalizer. It supports your body weight. With proper flotation devices, almost anyone can exercise in the water no matter what the physical disability.

Swimming is an activity that builds strength, endurance and muscle tone.

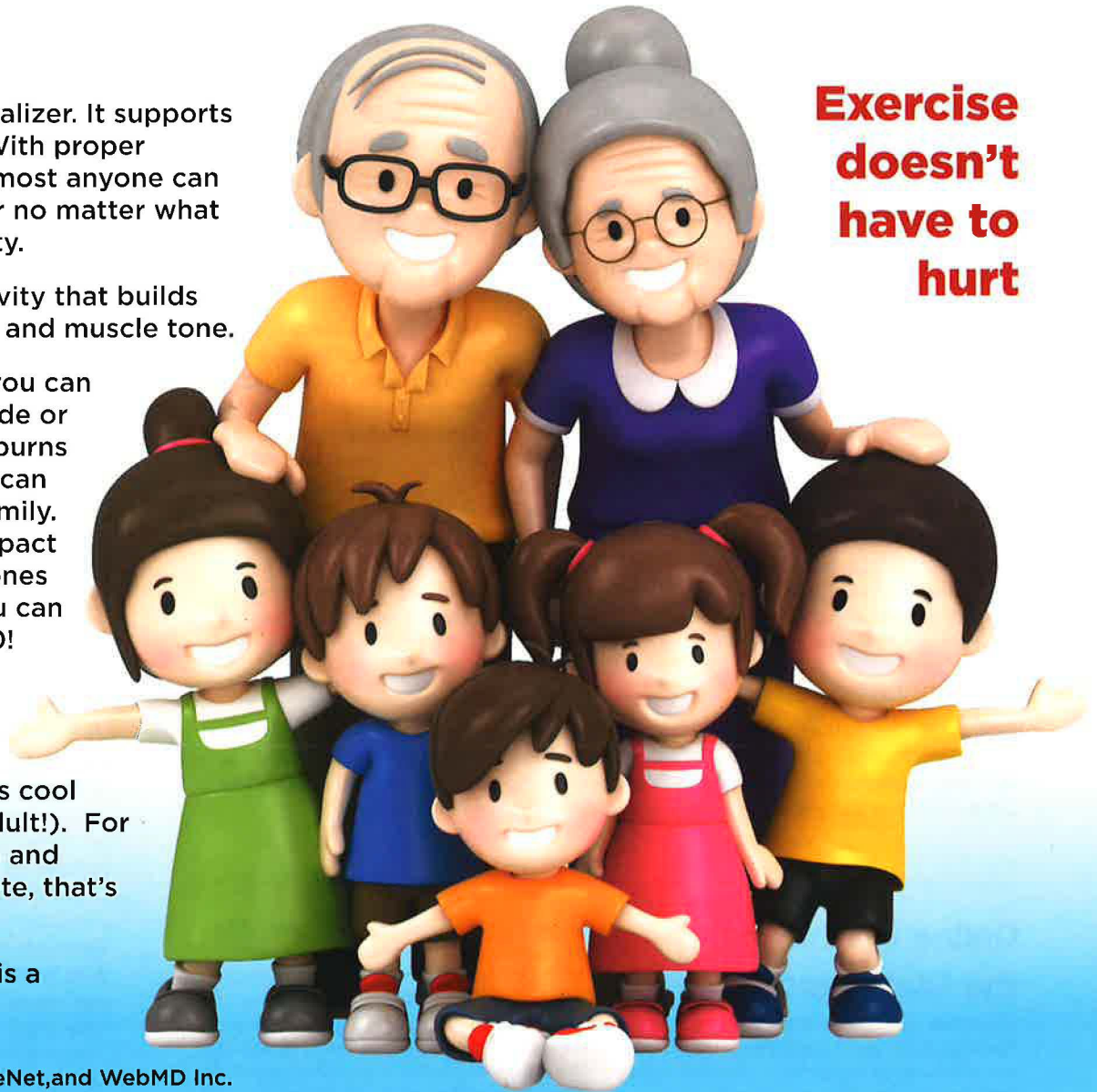
It's an activity that you can do all year long, inside or outside. Swimming burns lots of calories. You can share it with your family. Swimming is low-impact (just in case your bones are creaky). And you can do it until you're 100!

It's not too late to start if you never learned how (learning new stuff is cool even when you're adult!). For those who can swim and would like to compete, that's available as well.

All in all, swimming is a winner!

— Richard Weil, MedicineNet, and WebMD Inc.

**Exercise  
doesn't  
have to  
hurt**



## COME SWIM WITH US



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DES MOINES  
206.824.4722

[www.mountrainierpool.com](http://www.mountrainierpool.com)



# DES MOINES 2035

Charting Our Course for a Sustainable Future

The City of Des Moines is updating its Comprehensive Plan in accordance with the Washington State Growth Management Act (GMA) governed by RCW 36.70A. Des Moines will take about one year to complete its review and update which is due to the state in June 2015. The update will include:

- A VISION of how we want to grow/develop over the next 20 years;
- New estimates of population and job growth;
- More information about how the Plan relates to other City and regional plans/regulations;
- New Economic Development Element;
- A more clear, concise and accessible document.



## What is the Comprehensive Plan?

Des Moines is expected to add 3,000 new housing units and 5,000 new jobs BY 2035. The Des Moines Comprehensive Plan serves as a roadmap that expresses our community's goals and aspirations for how we want to grow and prosper in the future. It is the City's official policy guide that defines—through goals, policies and implementation strategies—how Des Moines should best accommodate forecasted household and job growth, manage traffic, and provide open space and recreational opportunities and other vital services. The plan is "comprehensive" in both scope and coverage. It addresses the use of land and buildings, the movement of traffic and pedestrians, the provision of parks, schools, and public facilities, and protection of the environment. It addresses residential neighborhoods, commercial areas, public and institutional lands, and public rights-of-way. The plan provides a guide for public investments and capital improvements, and can help to ensure that local public dollars are spent wisely. Finally, the comprehensive plan can serve as a marketing tool to promote Des Moines's unique assets, and help to attract new families, businesses, investment and development to the community.

## Stay Connected

Public participation is a key component in the effort to update the Comprehensive Plan. To stay informed on the Comprehensive Plan review and update, or to receive information about upcoming meetings, please contact Nikole Coleman-Porter [ncoleman@desmoineswa.gov](mailto:ncoleman@desmoineswa.gov) or 206 870 6551 or visit our webpage at: [www.desmoineswa.gov/CompPlan2015](http://www.desmoineswa.gov/CompPlan2015).

## Online Permitting in the Waterland City

PermitTrax, our new permitting software in the Planning, Building and Public Works Department, was introduced in August 2011. We have enjoyed many benefits from this updated software ever since! One of these began in April 2013 when we began to offer online permitting for some Residential permits that do not require plan review (reroof, electrical, plumbing and mechanical). These are permits that homeowners or properly licensed contractors could always apply for and receive immediately over-the-counter at the Community Development office at City Hall. Emails announced the new online opportunity to many of the contractors who stop in from time to time and the new system caught on quickly!

Contractors have become accustomed to securing permits online in many neighboring jurisdictions and they have really enjoyed how easy it is for them here. Applicants go to a page

on the City website ([www.desmoineswa.gov/mypermits](http://www.desmoineswa.gov/mypermits)) and follow the directions there, paying with a Visa or MasterCard. To access this form, use the following address ([www.desmoineswa.gov/mypermits](http://www.desmoineswa.gov/mypermits)) and follow directions for paying with a Visa or MasterCard. The application routes to the Permit Specialists, where they confirm applicant information, add proper inspections and (if approved) reply with a permit to the applicant. It is a very welcome process to contractors! No expense for travel, no hours spent on special trips to our offices just to get permits that cost as little as \$75.00.

Online permitting has been a very successful addition to the City's service offerings. Since the beginning, thirteen months ago, staff have issued 426 online permits. That's 29% of all permits issued for the same period of time. Imagine the gasoline expense saved, the pollution avoided, the hourly expense of permit runners saved and the amount of paper saved! We are very glad to be offering this new service to our customers!

## Pacific Highway South Subarea Planning is Underway

In January 2014, Des Moines kicked off the Pacific Highway South Subarea Planning for the area around South 240th Street and Highline Community College (HCC), often referred to as "Midway." This work builds upon the Envision Midway project that was completed in the 2008-09 time frame and engaged a broad range of stakeholders to create a unified vision for the area that is bisected by an irregular boarder between the cities of Des Moines and Kent.

The subarea planning effort will establish the policy framework, land use and development standards to facilitate the transformation of the Midway area from a lower density, auto-oriented strip development to a mixed use employment/activity center that capitalizes on the opportunities provided by Highline Community College, Metro's RapidRide and Sound Transit's Link Extension investments. Initially, the City will be considering zoning changes that implement Envision Midway, and respond to immediate development opportunities. We are also taking a broader look at the subarea to identify additional opportunities to create new jobs, provide for housing choices and increase city revenues.

A public open house seeking community input was held at Highline Community College on March 26, 2014. Staff will continue to coordinate with stakeholders to finalize the subarea plan for the Midway area that includes: improving development regulations; creating overlay zones around future and potential light rail station areas; developing informative but not overly restrictive design guidelines; capital improvement plans; and funding strategies. To learn more, share your ideas and get involved contact Nikole Coleman-Porter, Planner at: [ncoleman@desmoineswa.gov](mailto:ncoleman@desmoineswa.gov) or visit our webpage at: [www.desmoineswa.gov/PacHwyPlanning](http://www.desmoineswa.gov/PacHwyPlanning).

# Panattoni Development Company, Inc. to Break Ground on Phase I of the Des Moines Creek Business Park Summer 2014

The 89 acres of property located on 24th Avenue South between South 216th Street and South 208th Street, commonly referred to as the "Port Buy Out Area", has remained vacant since the mid-1990s following the removal of the homes that once occupied the area as part of a noise mitigation program for Seattle-Tacoma International Airport. Since 2005, the City and the Port have been working together to bring economic development to the City and the region through the development of the area which is now referred to as the Des Moines Creek Business Park (DMCBP).

In June 2013, the Port of Seattle announced that it had selected Panattoni Development Company, Inc. to develop the DMCBP. Des Moines City Council approved the Master Plan for Phases I and II of the three-phased development on February 20, 2014. The Port of Seattle is expected to approve the long term ground lease and development agreement with Panattoni in May 2014.

Phases I and II include five buildings containing up to one million square feet of flexible-use, manufacturing, office, distribution, and industrial business park uses able to accommodate tenants that desire immediate proximity to Sea-Tac Airport for their business. An economic impact analysis performed for the Port estimates 1,500 jobs and \$6.1 million in annual ongoing tax revenues to state and local governments to be created by the development. The build-out of the project is expected to be completed in several phases over 7 years.

Panattoni Development Company, Inc. currently operates 28 offices in the United States, Canada, and Europe and has extensive experience in the development of industrial, office, retail, and mixed-use projects. The DMCBP project is being marketed by Kidder Mathews of Seattle.

Earthwork for Phase I will commence in early summer and will be coordinated with the improvements to 24th Avenue South currently under construction.





**NORMANDY PARK**  
senior living

**ARTEGAN.COM**



**AMENITIES**

- 3 Delicious Meals Daily
- Robust Activities and Wellness Program
- 24-Hour Staff Assistance
- Activities and Business Center
- Housekeeping and Linen Services
- Scheduled Transportation
- Whirlpool Spa
- Respite Services
- Hospice Services
- Pets Welcome

## Welcome Home

**Apartment Homes**  
Choose from Studios, one-bedroom and two-bedroom apartment homes, each with spacious bathrooms and an emergency communication system for your security.

**Memory Care**  
Responding to growing community needs, construction is underway to offer Today's Memories, our centerpiece of services for those with memory impairment including Alzheimer's disease and other types of dementia. Services will include residential care, adult day care, and adult night specialty programs. Opening Fall 2013!

**GREAT LOCATION**  
*Located just a few blocks from Highline Medical Center, shops and restaurants with easy freeway and airport access.*

**JOIN US FOR LUNCH**  
*Make your reservation for a complimentary lunch and tour. Taste the Normandy Park ART of Life for yourself.*

**206-241-0821**  
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*Accepting most long-term care insurances*



# YOU'RE INVITED:

## RAINWATER AND YOUR SURFACE WATER MANAGEMENT UTILITY

The City of Des Moines uses the money from stormwater fees that you pay to maintain the public drainage system and rainwater management facilities in your neighborhood. This money goes toward things like:

- **Flood Control**
- **Street Pipe and Ditch Maintenance**
- **Water Quality and Stream Health**

The City is working on a future plan for management of your surface water facilities and **would like your input!** Please join the City at one of several **public meetings**.

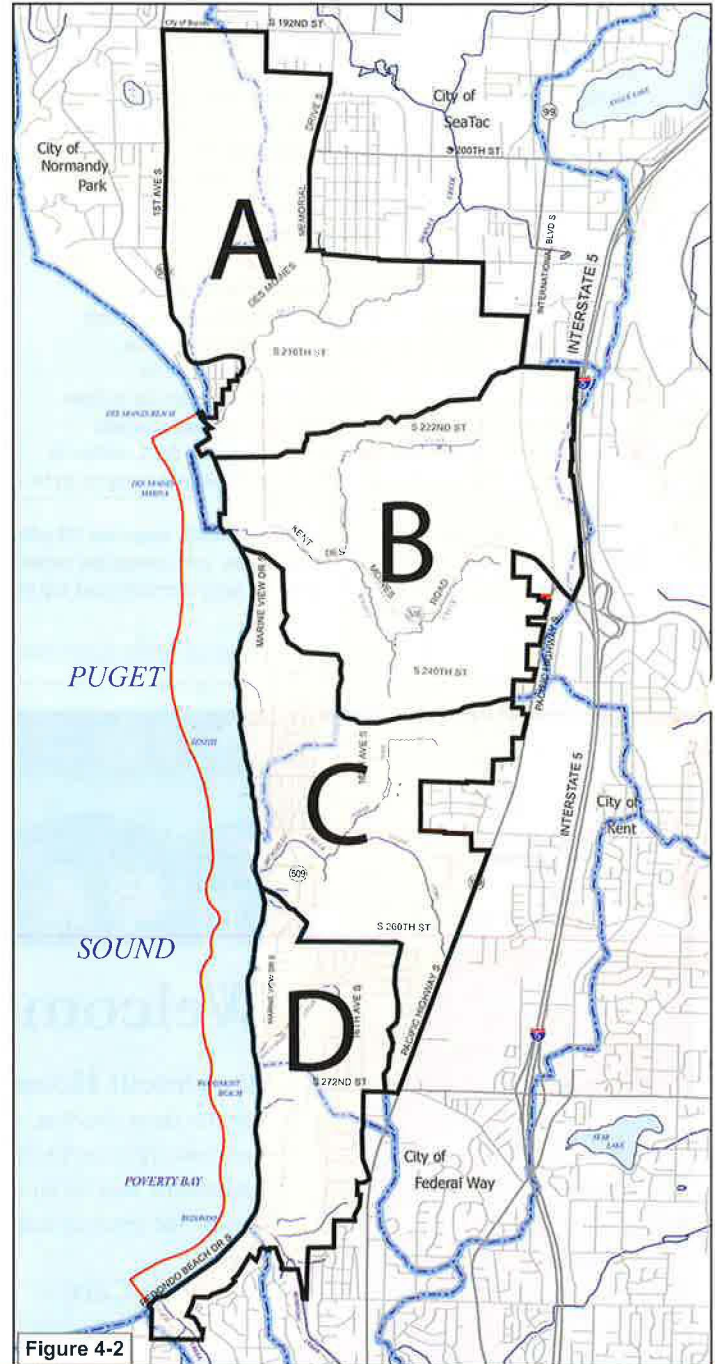


Figure 4-2

### WHAT HAS THE CITY DONE SO FAR?

The Surface Water Management Division has already reviewed data on the current surface water management program, conducted several surveys of City staff who work on managing surface water, and met with a City Council Committee. A draft list of potential surface water management projects and ranking criteria have been developed and we need your input!

### HOW DO I FIT INTO THIS PROCESS?

The City would like to invite you to attend a public meeting in your drainage area to provide input on what is most important to you for future stormwater spending. For example, should we select projects first that reduce flooding or keep pollutants out of the water? Should the rainwater management projects all be selected based on the most extreme problems, even if that means there is no project in your neighborhood? These and other issues will be discussed at each meeting.

### PUBLIC MEETINGS:

Meeting will be held in each of the Basin Areas noted on the map above. If you are unable to attend the meeting for your area, please attend one of the others.

**Area A:** May 19, 2014, 5:30 – 7:30 pm  
**Area B:** May 20, 2014, 5:30 – 7:30 pm  
 Founders Lodge at the Beach Park  
 22030 Cliff Ave S, Bldg A, Des Moines

**Area C:** May 29, 2014, 5:30 – 7:30 pm  
**Area D:** May 30, 2014, 5:30 – 7:30 pm  
 Woodmont Elementary School  
 26454 16th Ave S, Des Moines

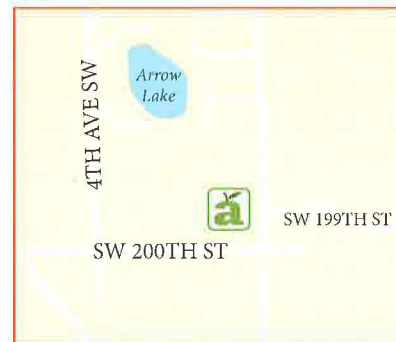


# NORMANDY PARK márket

*Normandy Park's locally owned community market*



*Happy Hour Sales!*  
*4pm - 7pm*  
*Every Monday*  
*Follow us on Facebook*



[www.normandyparkmarket.com](http://www.normandyparkmarket.com)  
[facebook.com/normandyparkmarket](https://facebook.com/normandyparkmarket)

## A VIEW FROM THE BENCH

HAVING SERVED AS MUNICIPAL COURT JUDGE for the City of Des Moines for almost seven years, I have come to appreciate the importance that technology plays in the performance of my duties. Whether serving in a large city or in a small rural town, judges are called upon daily to make difficult decisions that directly impact not only the lives of the people appearing before them, but also the lives of victims, families, and to a certain extent the community at large. In order to effectuate this task, judges are reliant upon information so they may render the best most informed decision possible. This need for information has made technology an essential tool in the arsenal of dispensing justice. Currently, our courts are facing a technological crisis as the statewide Judicial Information System (JIS) which they have relied upon, is being rendered obsolete by the technological advances we have seen over the last few decades. The current system used by our courts was created in 1981 and the language spoken by the system is no longer a standard



programming language in the technology industry.

The inability to use some of the newer technology to improve court efficiency has caused some courts, to go "off grid" and create their own case management systems whose information is primarily available at the local level. This has caused frustration with other courts, as information necessary to assist a judge in rendering a decision is hampered by the inability to fully access these local systems. The State of Washington has recognized the potential impact to public safety because we do not have a statewide case management system which is equally accessible by all courts. To this end, the State has provided funding for the completion of a statewide case management system for the Superior court level, and we are hopeful that funding will likewise be appropriated for a statewide case management system for the district and municipal courts that serve our citizens.

As incoming president of the District and Municipal Court Judges Association, one of my top priorities is to push forward with the creation and implementation of a statewide case management system for our court level. The Association is working with the Administrative Office of the Courts and other

stakeholders to ensure we have a product that works for all courts- large and small, urban and rural. This is not an easy task. There are approximately two hundred and seventy two district and municipal courts throughout our state and each has different needs and requirements that are unique to their situation. However, we must recognize that while we may differ philosophically on how to best run our individual courts, we all need as much information as possible in order to perform our function. As we move forward in our efforts to harness technology and its uses to help us become more informed and efficient courts, we must always be cognizant that we serve a justice system not a system for just us.

Judge Veronica Galvan

## Fireside Chats 2014

We continue our informative and interesting Fireside Chats at Des Moines Activity Center. Local community leaders are invited to the center to answer questions and provide information on their area of expertise and the services they coordinate. Our spring/summer Fireside Chats are as follows.

### Rikki Marohl, Des Moines Waterfront Farmers Market

Be the first to hear about all the plans for the summer 2014 Des Moines Farmers Market! The market manager will talk about the history of the market and what the future holds. She will also discuss the importance of supporting local farms and eating healthy.

T 5/20 11:30am DMAC

### Glenn Akramoff, City of Normandy Park City Manager

City Manager Glenn Akramoff will join us to share "what's new" with the Normandy Park community.

T 6/10 11:30am DMAC

### Mike Regeimbal, Attorney

Local attorney Mike Regeimbal, will discuss the importance of basic estate planning, briefly covering wills, financial and medical durable power of attorney, health care directives, community property agreement and revocable living trust.

Th 7/24 11:00am (English) DMAC  
7/24 12:30pm (Spanish)

El abogado Mike Regeimbal, quien tiene su oficina aquí en Des Moines, hablara sobre la importancia de hacer un testamento, carta poder, decisiones medicas cuando la persona esta inconsciente, poder irrevocable para la administración de sus bienes, y bienes mancomunados.

## Summer 2014 DESTINATION DES MOINES

**Des Moines Waterfront Farmers Market** – Every Saturday from 10am-2pm starting June 7th until October 25th in the north parking lot of the Des Moines Marina.

**Smoke on the Water** – Thursday, July 3rd from 5pm – 8pm. Community BBQ fundraiser to support the Fireworks over Des Moines.

**Fireworks Over Des Moines Independence Day Celebration** – Friday, July 4th ALL DAY. To included ticketed concert at Des Moines Beach Park featuring Magic Carpet Ride – with original members of Steppenwolf! Fireworks to begin at dusk around 10:15pm from Fishing Pier.

**Free Summer Concert Series** – Every Wednesday from 7pm – 8:30pm starting July 9th until August 13th at Beach Park Meadow.

**Waterland Festival** – Friday, July 18th through Sunday, July 20th. See page 17 for more detailed information and event times.

**Shakespeare in the Park: The Two Gentlemen of Verona** – Saturday, August 2nd from 7pm – 9pm, admission is FREE.



[www.destinationdesmoines.com](http://www.destinationdesmoines.com)  
[facebook.com/destinationdesmoines](https://facebook.com/destinationdesmoines)

## Avoid household maintenance practices that result in illicit discharge

It's important to maintain your home, landscapes and cars. Unfortunately, if done incorrectly, some of these maintenance practices could lead to an illicit discharge. Here are some tips to help you keep it green while you clean:

- Take your car to a commercial car wash or wash it on the lawn so that the wash water drains to a landscaped area. (Make sure to avoid parking over drinking wells or septic systems.)

- When pressure washing homes, garages or sheds, use the lowest setting and aim the wash water to a landscaped area. If possible, avoid using cleaning products and sweep/rake up paint chips to prevent them from entering stormdrains.

- Sweep sidewalks and driveways instead of using pressure washers (place swept up debris in garbage), or aim the wash water to a landscaped area.

- When cleaning carpets, filter and flush dirty water (if on sewer) or filter and spread over landscaped area if you are on a septic system (dirty wash water and cleaning agents can harm your septic system). If you are having your carpets professionally cleaned, ask the company about their wash water disposal policy first.

- Dispose of yard waste in a compost bin, yard waste bin or at a collection facility. Never dispose of yard waste in drainage ditches or stormwater ponds, as they interfere with the function of these stormwater facilities.

Following these maintenance tips will help ensure that only rain goes down the drain. For more information or to report an illegal discharge, please contact Tyler Beekley at 206.870.6869 or email at [tbeekley@desmoineswa.gov](mailto:tbeekley@desmoineswa.gov). After hours call hot line 206.550.5612.

## Summer Volunteer Opportunity! Puget Sound Starts Here! Let's all do our part

The City is continuing a great volunteer activity for anyone interested in protecting the environment and working outdoors. The Surface Water Management Department is looking for Storm Drain Marker volunteer(s) to place "Puget Sound Starts Here" markers near neighborhood catch basins in our community. The Storm Drain Marker program will help raise awareness about the impact of pollution in the waterways of Des Moines and act as a measure to help stop illegal dumping down our drains which ultimately lead to Puget Sound. During the spring we had 8 volunteers mark over 400 storm drains!

For more information about volunteering, please call Tyler Beekley at 206.870.6869 or email at [tbeekley@desmoineswa.gov](mailto:tbeekley@desmoineswa.gov).



## MEET BEACH NATURALISTS

Join trained volunteers and explore the beach with us! Look for signs at the beaches listed on the dates and hours here.

[www.seattleaquarium.org](http://www.seattleaquarium.org)

*Please note: low tide usually falls in the middle of the hours listed.*

### DES MOINES BEACH PARK:

May 31	11:30am-2:30pm
June 14*	10:30am-2:30pm
June 15*	11:30am-3:30pm
June 27	10am-1:30pm
June 28	10:30am-1:30pm
June 29	12pm-2:30pm
July 10	9:30am-12:30pm
July 11	9:30am-1:30pm
July 12*	10am-2pm
July 13*	10am-2pm
July 14	10:30am-2:30pm

July 26	10:30am-1pm
July 27	11am-1:30pm
Aug. 9	9:30am-12:30pm
Aug. 10	10:30am-1:30pm
Aug. 11	10:30am-1:30pm

### REDONDO BEACH:

June 14*	10:30am-2:30pm
June 15*	11:30am-3:30pm
July 12*	10am-2pm
July 13*	10am-2pm
Aug. 9	9:30am-12:30pm
Aug. 10	10:30am-1:30pm

*The Beach Naturalist Program is sponsored by the following partners: Amgen Foundation, City of Burien, City of Des Moines, City of Shoreline, Seattle Department of Parks & Recreation*



## Wesley Homes DES MOINES

Cottages & Apartments  
Assisted Living  
Home Health Care  
Adult Day Care  
Skilled Nursing

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Thursday of  
every month!

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WESLEY HOMES™



Wesley Homes is a not-for-profit organization offering retirement communities and home health services for older adults. It is affiliated with the Pacific Northwest Conference of the United Methodist Church.

## Des Moines residents are looking good!

Amazing results have occurred due to our focus on healthy eating and active living in the Highline Schools and cities of Des Moines, SeaTac, Burien and Normandy Park. The obesity rates are dropping while the rest of Washington State is rising. We are gaining momentum and this work will have a powerful impact on our youth—another great reason to live in Des Moines!

Here's a link to the Centers for Disease Control report: [http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6307a4.htm?s\\_cid=mm6307a4\\_w](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6307a4.htm?s_cid=mm6307a4_w)

# Parks, Recreation and Senior Services Receives \$30k for Out-of-School Time Programs

City of Des Moines Parks, Recreation & Senior Services, in partnership with the National Recreation and Park Association (NRPA), has received a \$30,000 grant to support its out-of-school time healthy food access and nutritional literacy programs. The gift is part of a \$2.3 million grant NRPA received from the Walmart Foundation to support out-of-school time programs in 50 park and recreation agencies. The purpose of the grant is to:

- Increase the number of healthy meals children in low-income communities receive through the Summer Food Service Program (SFSP) and the Child and Adult Care Food Program (CACFP) during out-of-school times. All meals provided by the Des Moines Food Bank.
- Provide evidence-based, age-appropriate nutrition literacy to children that create behavior change by teaching the importance of healthy eating.
- Implement nutrition and physical activity standards that increase access to healthier foods and increase opportunities for physical activity.

Walmart 



National Recreation and Park Association

The City of Des Moines's grant will help increase access to healthy foods and improve opportunities for physical activity. Grantees will also receive additional support for meals provided through USDA afterschool and summer feeding programs as well as nutritional literacy materials to help ensure life-long healthy habits for Des Moines's youth.

This grant supports NRPA's new campaign—Commit to Health—which encourages the implementation and evaluation of Healthy Eating, Physical Activity (HEPA) standards in park and recreation sites across the country. NRPA's goal is to have at least 2,000 participating sites in five years.

According to the USDA's 2010 Hunger report, 16.2 million American children live in food-insecure households. The same report finds that 19.5 million low-income children receive free or reduced meals during the school year, but fewer than 3 million of these children participate in the Summer Food Service Program. During summer months, these children may not have access to quality food to help them grow—making the Recreation Department and the Des Moines Food Bank's work during out-of-school times that much more critical.

"Across the country, community parks and recreation are a vital health resource for all people," said Barbara Tulipane, President and CEO of NRPA. "This generous grant from the Walmart Foundation will allow park and recreation agencies to expand the critical work they do to improve quality of life and foster life-long healthy habits among the youth in their communities."

## The Village at Judson Park

### Your Preferred Provider for Short Term Rehabilitation and Person-Directed Nursing Care

Commission of Accreditation for Rehabilitation Facilities (CARF) awarded Judson Park a 5 year accreditation for high quality care services and appointed the Village a special accreditation in Person-Directed Care

24 hour Registered Nursing station site

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The Village Medical Director voted Medical Director of the year by AMDA in 2011

Inpatient/Outpatient (physical, occupational and speech) therapy - Specialized for older adults

Our therapists specialize in faster recovery, earlier discharge, and enhanced quality of life

23620 Marine View Drive South  
Des Moines, WA 98198  
(206) 423-9712 • judsonpark.com



### BLOOD DRIVE

Monday, June 16 -  
11:00 AM - 5:00 PM

For information call Maggie at 206-384-9149 or email: [maggiex@psbc.org](mailto:maggiex@psbc.org)

To schedule an appointment on June 16 call Janet at 206-870-6547

Des Moines Activity Center,  
2045 S 216th, Des Moines, WA





## Volunteer Projects

Soren Pedersen, a running start student at Highline College and an Eagle Scout, spent several weeks and hours planning an Eagle Scout Service Project for a neighboring city. Just 5 days before the project was to be performed, it fell through. He had 23 volunteers ready to help him and now no project to do! He then contacted our Parks and Recreation Department. Staff met with Soren and within 3 days a project and the details were ironed out.

With gloves, goggles, loppers, wheelbarrows and saws in hand, Saturday, March 1, Soren and his volunteers met at our Beach Park. In two shifts, morning and afternoon, they cut, sawed, pulled and disposed of ivy that was choking our beautiful trees. This was an immense project and Soren's group did make a mark on the north hillside.

If you represent a group or would like to volunteer in the City's Adopt A Spot project or any other daylong event, we would love to hear from you. Please call 206-870-6547 and ask for Janet.

## A Big Thanks to Gerry Flock

The City of Des Moines is extending a warm thank you to its Kokondo instructor, Gerry Flock. He was the winner of our 2014 50/50 Sports Night Raffle, which raised \$2400.00. He generously donated his winnings back to the Des Moines Legacy Foundation. This donation will help provide scholarships to underprivileged youth and allow them to participate in various activities within the Recreation Department. It's our pleasure to honor his contribution. Thanks again, Gerry!



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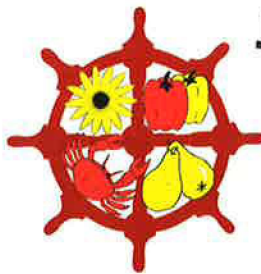
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Includes complimentary 29-point inspection! Up to 5 quarts of conventional 5W30 oil & oil filter.  
Reg. \$49.95



### NO APPOINTMENT NECESSARY!

Plus tax & hazardous waste disposal fee. Synthetic oil, heavy duty trucks & some models additional. PLEASE PRESENT COUPON when service order is written. Cannot be combined with any other coupons, discounts or specials. EXPIRES 12/31/14

## Des Moines Waterfront Farmers Market



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

### Special Events

June 7.....Opening Day & Food Truck-In  
July 19.....Waterland Weekend - Food Truck Fair  
Aug 9....Health/Fitness Day - Health Driven Food Trucks  
Sep 13...Kids Back to School/Safety Day - Food Truck-In  
Oct 25.....8th Annual Chili Cook-Off



More information available at: [www.DMFM.org](http://www.DMFM.org)



Des Moines/Normandy Park/Burien seniors age 55+ or disabled.  
Your door to the market every other Saturday 11am to 2pm  
Call 206-727-6262  
At least 3 days before the Saturday Market  
Sponsored by The Rotary Club of Des Moines.

## FROM THE CHIEF'S DESK

I'M FREQUENTLY ASKED ABOUT CRIME IN OUR COMMUNITY and what I'm doing about it. The staff of the Des Moines Police Department works hard at being a presence in our community; and we do the best we can to cover as much of the City with the allocated staffing. What does that mean? It means one supervisor and three to four officers per shift are responsible for responding to dispatched calls for service, transporting arrested subjects to jail, doing follow-up on open criminal cases, working speed enforcement in school zones or other emphasis areas, and writing reports and filing the appropriate paperwork with the court. Proactive patrolling is done with the left over time. The patrol division works a 12-hour shift and there are two shifts in a 24-hour period. Various parts of the day tend to be busier than others, such as commute times, weekends and holidays, good weather days, and during major sporting events such as Super Bowl. Being everywhere at once is not a possibility,



so we're doing the best we can to communicate and educate.

The Police Department has experienced a 7% increase in number of calls for service. In 2013, the DMPD responded to 21,025 calls for service, an increase from the 19,677 calls in 2012. The average response time to high priority calls is 3.42 minutes. High priority calls are calls where a suspect is present and/or the dynamics of the call necessitate the immediate presence of an officer for safety reasons. Our officers handled an average of 8.21 calls per officer, per shift in

2013. The average time on a call depends on the call type. Officers interview victims and witnesses, collect evidence, conduct interviews/interrogations of suspects, transport suspects and process them at the jail. Depending on the nature of the crime, this can take anywhere from 30 minutes up to two hours, then comes the writing of the report(s).

Our Crime Prevention staff is made up of two officers that work closely with neighborhood associations and businesses to provide training on crime trends with

an emphasis on minimizing exposure in an effort to reduce crime. Block Watch and Business Watch are programs that encourage communication and train citizens and business owners on what they have to do to increase safety. In 2013, the Des Moines Police Department conducted 41 Block Watch meetings. Business Watch is a relatively new program to the City of Des Moines. The police department is coordinating with businesses to share the latest crime trends affecting businesses and providing training on creating a safer environment for employees and customers. Our Crime Prevention Officers meet with citizens on a daily basis to address the crime occurring in their respective communities. The Officers analyze the issues affecting a community, apply the appropriate crime prevention solutions, collaborate with patrol staff, and work with community members on the necessary crime prevention measures need to impact a problem.

As we approach the warm summer months, we ask everyone in our community to not only take steps to protect your property and possessions, but to communicate with your neighbors about things that do not appear normal, or about strangers in a neighborhood. Do not walk with your cell phone in plain view, be aware of your surroundings, and share crime prevention tips with those around you or anyone you feel needs the information. The Des Moines Police Department wants to be made aware of any crime or safety issues that you observe. As I stated earlier, being everywhere at once is not an option, so let's communicate and educate each other. It's important that one call 911 when criminal behavior is observed, or a situation that may result in someone being at risk exists. Another option would be to call the Des Moines Police non-emergency number at 206-878-2121 to let our Officers know. Our City Council continues to make public safety their priority, and I'm working with them on options to increase police department staffing. We appreciate the support of our community, especially those citizens who are inquiring about our evolving volunteer program. Please reach out to us on problems big or small. If they affect you, they may affect those around you. Let us help. Together with our community, we believe we can make our Des Moines a safe and increasingly desirable destination.

Please feel free to contact me with ideas and suggestions for "From the Chief's Desk."

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



Tony Hettler

# John L. Scott®

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**ON JUNE 1ST, 2014 THE DES MOINES POLICE DEPARTMENT** will be launching a new crime prevention program called **DOG WALKER WATCH**. The objective of this program is to encourage dog walkers to be an additional set of eyes and ears for their neighborhood and to report suspicious people, vehicles and activities immediately to 9-1-1.

The program doesn't expect you to change your normal routine, all we are asking is that you become more alert and aware of your surroundings. Registration for the program is free. For more information on Dog Walker Watch contact CSO Tonya Seaberry (206) 870-7619 or email at [tseaberry@desmoineswa.gov](mailto:tseaberry@desmoineswa.gov).

**THE LOVELY WEATHER OF SPRING AND SUMMER** makes

us want to get outside in the fresh air and sunshine and take our doggie friends for a walk! We are very dog-oriented and dog-friendly in Des Moines, and we encourage folks to stroll around town with their happy, well-behaved canine companions. Oftentimes, we dog owners are approached by someone who wants to say hello and pet our wonderful dogs, so it is important that it is a positive experience for the dog, the dog owner, and the person greeting our dogs.

Take some good advice from Boogie the Boston Terrier about how NOT to greet a dog, and then see the correct way: <https://www.flickr.com/photos/lililila/12783111054/sizes/l/>

Please contact me if you would like me and my friendly doggies, Daisy and Willow, to do a Dog Bite Prevention presentation to your group or class- we are always happy to oblige!

Master Animal Control  
Officer J. Magnuson  
Des Moines Police Department  
21900- 11 Av S,  
Des Moines, WA 98198  
Desk (206) 870-6549  
Main (206) 878-3301  
[www.desmoineswa.gov](http://www.desmoineswa.gov)



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Wesley Homes Home Health is a not-for-profit home care agency offering in-home care and medically supervised home health services for people who love life at home.



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# ART ON POVERTY BAY

## The Second Annual Outdoor Sculpture Garden

Presented by the Des Moines Arts Commission

The Des Moines Arts Commission is pleased to exhibit a new and exciting variety of sculptures in our expanded citywide outdoor sculpture gallery. Sculptures will be installed soon along Marine View Drive S., at the Des Moines Marina, in Redondo, and on S. 216th Street near the Activity Center and Post Office. The Grand Opening for the new rotation will be Saturday, June 21, at 11 AM on the Compass Rose of the Des Moines Marina. Everyone is welcome to come celebrate and to meet the artists!

The 2014 gallery of sculptures includes works by artists Sabah Al-Dhafer, Karsten Boysen, Andries Breedt, Dan Klennert, Lin McJunkin, Pat McVay, Leo E. Osborne, Kris Vermeer and the Puget Sound Skill Center Welding Class. Des Moines sculptor George C. Scott's 'Octavia' at S. 216th Street and Marine View Drive will be on exhibit for another year – thank you, George! Two of our favorites will remain with us permanently; The salmon circling the poles in 'Graduated Progression' at S. 227th Street and Marine View Drive S. is a gift from the Puget Sound Skills Center's welding class, and 'Yakutat,' the baby seal created by Gretchen Daiber has been purchased by special donations and will remain in the city as a memorial to Clark Snure, a metal artist himself and a long-time activist in Des Moines with the Legacy Foundation, Rotary and the Arts Commission.

Art On Poverty Bay is an ongoing outdoor sculpture garden project created for the enjoyment of the people of Des Moines as well as visitors to our community. Many of the works on display are available for purchase through the Des Moines Arts Commission. If you would like to contribute your efforts or funds to Art On Poverty Bay, or if you have any questions, please contact City of Des Moines Parks, Recreation, and Senior Services at 206-870-6547.

Sincere THANKS to all of our many donors for making Des Moines a place for great art!



## Des Moines Arts Commission Position Available

**Interested in serving your community through the Arts?** The City of Des Moines Arts Commission (DMAC) has one position available. Commission members are appointed by the Mayor and serve for a 3 year term. The deadline for application submittals is June 9, 2014.

Participation on the Commission includes attendance at monthly meetings and working to promote Performing Arts, Community Arts and Visual Arts. As a commissioner, you will also be encouraged to volunteer at DMAC events.

Arts Commission applications are available on line at: [www.desmoineswa.gov/](http://www.desmoineswa.gov/). Applications are submitted to:

City Clerk  
City of Des Moines  
21630 11th Ave. South, Suite A  
Des Moines, WA 98198

*If you would like to volunteer at Arts Commission events or would like more information, please contact Des Moines Parks, Recreation and Senior Services at 206-870-6527.*





## Waterland Festival returns as a 3-day event July 18-20!

Now in its 55th year, the Des Moines Waterland Festival (presented by Destination Des Moines) is returning as a 3-day event jam-packed with family fun! The festival will be held the weekend of July 18-20, 2014. Mark your calendar and join us for the best festival in years!



### Friday, July 18

Noon - 9:00 pm: Children's Carnival presented by Clowns Unlimited  
Des Moines Field House

### Saturday, July 19

8:30 AM to 10:00 AM -  
Waterland 5k Run  
Beach Park Trail & Marina  
10:00 AM to 9:00 PM -  
Children's Carnival and Pony Rides  
Des Moines Field House  
Classic Wooden Boat Show  
Des Moines Marina  
10:00 AM to 2:00 PM -  
Des Moines Farmers Market  
Des Moines Marina  
12:00 PM to 3:00 PM -  
Old Fashioned Picnic and Ice Cream Social  
Wesley Homes  
5:45 PM - Junior Parade  
6:00 PM - Grand Parade - Parades begin at 240th and continue through Downtown Des Moines along Marine View Dr S

### Sunday, July 20

10:00 AM - 6:00 PM -  
Classic Car and Wooden Boat Show  
(Des Moines Marina)  
Taste of Des Moines and Beer/Wine Garden.  
(Des Moines Marina)  
10:00 AM - 6:00 PM - Children's Carnival  
Des Moines Field House

Find festival updates, the parade application and volunteer opportunities on our website: [www.destinationdesmoines.org/waterlandfestival](http://www.destinationdesmoines.org/waterlandfestival). Also look for updates on our Facebook page: [www.facebook.com/desmoineswaterlandfest](http://www.facebook.com/desmoineswaterlandfest)

We hope to see everyone there! For more information contact: Elana Bryan at 206-444-5794 or [waterlandfestival@comcast.net](mailto:waterlandfestival@comcast.net).

## 5th Annual! POVERTY BAY

Presented by the Rotary Club  
of Des Moines

Event Benefits "Music 4 Life"

# BLUES & BREWS

Tickets  
\$25  
Available  
online

[www.bluesandbrewsfest.org](http://www.bluesandbrewsfest.org)

## Saturday August 23rd, 2014 Des Moines Beach Park

Dr. Bae has been named a "SEATTLE TOP DENTIST" by her peers and recognized in the *Seattle Metropolitan Magazine*

Dr. Vivian Bae has been serving the Des Moines/Burien area since 2005. As members of the local community, her office is committed to providing personal, high quality dental care to you and your entire family.



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SIGN UP FOR

# SUMMER

## SWIM LESSONS

**SUMMER** is right around the corner and that means its time for **SWIM LESSONS**. We live here in Southwest King County with abundant access to water, be it Puget Sound, the Green River or numerous lakes. Make sure your kids are safe by having them trained in this life-saving skill. **CLASSES ARE FILLING FAST**, so don't miss their chance to learn from the best swim instructors around.

C'mon, **JUMP IN!**



MOUNT RAINIER POOL							
MAY • JUNE 2014 SCHEDULE*							
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 - 7:30 am	Available for rentals	Lap Swim		Lap Swim		Lap Swim	Swim Team
7:30 - 8:30 am		Pool Maintenance	Pool Maintenance	Pool Maintenance	Pool Maintenance	Pool Maintenance	
8:30 - 9:30 am		Shallow Water Ex/Lap Swim	Shallow Water Ex/Lap Swim	Shallow Water Ex/Lap Swim	Shallow Water Ex/Lap Swim	Shallow Water Ex/Lap Swim	
11 am - 1 pm		Lap/Family swims	Lap/Family swims	Lap/Family swims	Lap/Family swims	Lap/Family swims	
1 - 2:30 pm		Lessons	Lessons	Lessons	Lessons	Lessons	Lap Swim 12-1 pm
2:30 - 5:30 pm		Swim Team	Swim Team	Swim Team	Swim Team	Swim Team	Public Swim 1-2 pm
5:30 - 7 pm		Swim Lessons & Swim Team	Swim Lessons & Swim Team	Swim Lessons & Swim Team	Swim Lessons & Swim Team	Family Swim 6 - 7 pm	\$1 Public Swim (First Sat. monthly)
7 - 8 pm		Public Swim	Water Exercise	Public Swim	Water Exercise	Public Swim	Available for rental 2 (3) -10 pm
8 - 9 pm		Lap Swim/Exercise		Lap Swim/Exercise		Lap Swim	

\*For prices or the July-August schedule, please call: 206.824-4722 or visit us online at [www.mountrainierpool.com](http://www.mountrainierpool.com)



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# MEETING SPACE & FACILITY RENTALS



BEACH PARK AUDITORIUM



BEACH PARK FOUNDERS LODGE



DES MOINES ACTIVITY CENTER



FIELD HOUSE GYM



## BEACH PARK AUDITORIUM

Our historic, yet contemporary Beach Park Auditorium boasts stained glass windows, a large outdoor patio, and cathedral ceilings. Exposed wood beams enhance the ambiance in true Pacific Northwest style. This facility is equipped with 25 round tables, 13 six foot tables and 250 chairs.

## BEACH PARK FOUNDERS LODGE

Nature is ever present in this updated rustic venue spanning the Des Moines Creek. Floor to ceiling windows offer breathtaking views of the Puget Sound and Olympic Mountain Range beyond. Patio doors open directly onto a wraparound deck pouring into the meadow, just feet from the waters edge.

## DES MOINES ACTIVITY CENTER

The Activity Center is a true hidden gem that has a charm accentuated by wood flooring, a brick fireplace and stained glass. Opening onto a 50'x50' concrete patio, this venue features a peak-a-boo view of Mt. Rainier and looks to Stephen J. Underwood Memorial Park. The patio is highlighted by the trellised landscaping of Mary's Rose Garden and a running fountain.

## FIELD HOUSE GYM

The Field House is a full Log Cabin located in the heart of Des Moines. Generations of memories have been hosted in this venue, including weddings, corporate events, graduations and much more. Its log cabin appeal is enhanced with a full-length decorative stone fireplace, a 19'x16' stage and maple flooring.

# HOSTING AN OUTDOOR EVENT...

Outdoor venues are the perfect location for company or family gatherings of any type. Every event is one of kind when set in the gorgeous City of Des Moines.



BEACH PARK PICNIC SHELTER



BEACH PARK MEADOW



FIELD HOUSE PICNIC SHELTER



WOOTTON PARK GAZEBO

## CONTACT

**Shannon Kirchberg**  
 Events and Facilities Coordinator  
 206.870.9370  
[skirchberg@desmoineswa.gov](mailto:skirchberg@desmoineswa.gov)  
[www.beachparkeventcenter.com](http://www.beachparkeventcenter.com)

**BEACH  
 PARK**  
 EVENT CENTER  
 DES MOINES • WASHINGTON

# 2014 Beach Park FREE SUMMER CONCERT SERIES

7PM TO 8:30PM, WEDNESDAYS, AT THE BEACH PARK MEADOW



7/09: CASTAWAYS



7/16: MURPHTONES



7/23: TED VIGIL



7/30: CASACADA



8/6: THE COATS



8/13: BITTER TONIC

Beer and wine garden serviced by Destination Des Moines. Food will be available for purchase. Free kids crafts weekly!



MORE DETAILS AT THE DMAC WEBSITE [WWW.DESMOINESARTSCOMMISSION.COM](http://WWW.DESMOINESARTSCOMMISSION.COM) OR CALL 206.870-6527

SEATTLE SHAKESPEARE COMPANY WOODEN O PRODUCTIONS

## FREE SHAKESPEARE

in parks across the Puget Sound

### The Two Gentlemen of Verona

**Saturday, August 2, 2014**  
at 7:00pm at the  
Des Moines Beach Park Meadow  
22030 Cliff Avenue South Des Moines WA, 98198

As the two gents Valentine and Proteus play out their foolish ideas of love, their servants Speed and Launce create a comic contest of their own in a hilarious battle of wits. This mid-century take on the impulsive nature of romance will win your heart.

Sponsored by:

For park maps, show dates and more information, please visit [www.seattleshakespeare.org](http://www.seattleshakespeare.org)

## Des Moines Day at Sounders Women Soccer!

Sunday, June 22, 2pm  
Starfire Sports Field, Tukwila

Des Moines Adults \$15  
Des Moines children FREE  
with proof of Des Moines City school enrollment.

ORDER TICKETS  
[www.sounderswomen.tix.com](http://www.sounderswomen.tix.com)  
USE PROMO DISCOUNT CODE: DESMOINES

A percentage of Adult ticket sales benefit Des Moines Legacy Foundation's Low Income Youth Recreation Scholarships!  
For more information: Yvonne Nutting at [yvonnenuiting@comcast.net](mailto:yvonnenuiting@comcast.net).

Des Moines Parks and Recreation and NW Entertainment present...  
STEPPENWOLF'S GREATEST HITS

**BORN TO BE WILD**

FEATURING ORIGINAL MEMBERS OF  
STEPPENWOLF AND PEGASUS

JULY 4TH 2014 6PM-10PM

with special guests...

**MOM'S ROCKET**

and



**Fireworks Over Des Moines**  
immediately following  
the concert at 10:15pm

Des Moines Beach Park Meadow  
22030 Cliff Ave South

A Portion of Ticket Sales benefit Scholarships  
for kids wanting to participate  
in Parks and Recreation  
Classes and Activities.

TICKETS \$15





# SENIOR OUTINGS

## DAY TRIPS

Explore the Northwest and leave the driving to us!

<b>Funny Girl, Village Theatre</b> Issaquah	Sat May 31	1-6pm	\$62
<b>Pike Place Market Food Tour</b> Seattle	Wed June 4	11:15am-4pm	\$54
<b>Sister's Summer School Catechism, Centerstage</b> Federal Way	Sat June 14	1:15-4:30pm	\$30
<b>Recycled Spirits Metal Sculpture</b> Elbe	Wed July 9	8am-5pm	\$20
<b>Raspberry Fields Forever</b> Lynden	Wed July 16	8am-5pm	\$15
<b>Powellswood Storytelling Festival</b> Federal Way	Sat July 19	10am-4pm	\$24
<b>Mariners Take On New York Mets</b> Seattle	Wed July 23	11am-4pm	\$55
<b>Johnson Observatory</b> Mt St Helens	Wed July 30	8am-5pm	\$31
<b>Explore Snohomish</b> Snohomish	Wed Aug 6	9:30am-4:30pm	\$11
<b>Clearwater Casino Cruise</b> Agate Pass	Wed Aug 13	9:15am-6:30pm	\$82
<b>Crystal Mt Gondola</b> Crystal Mountain Resort	Wed Aug 20	8:30am-5pm	\$30
<b>Japanese-American Exclusion Memorial &amp; Bainbridge Island Historical Museum</b> Bainbridge Island	Wed Aug 17	9am-4pm	\$21
<b>War Memorials &amp; Farmer's Market</b> Olympia	Wed Sept 10	9:30am-4pm	\$11



## REGISTRATION INFORMATION

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

**PARKS AND RECREATION  
ADMINISTRATIVE OFFICE**  
1000 South 220<sup>th</sup> 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 216<sup>th</sup> 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](http://www.desmoineswa.gov/recreation/forms)

#### Registration Policies:

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

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

#### Refund Policy/Cancellations:

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

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

No refund will be issued for:

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

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

#### Disclaimer:

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

#### Accommodation of Disabilities:

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

#### Gender Equity Statement:

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

If you have questions or comments contact Patrice Thorell, Parks, Recreation and Senior Services Director.

#### Holiday Closures:

Friday, July 4, 2014  
Monday, September 1, 2014



## SENIOR ACTIVITIES

### BLUEPRINT FOR LIVING WORKSHOPS

Join us for provocative presentations designed to enhance your independence.

#### Whose Got Your Back? Growing Older without Kids

Adult children and spouses are called our "insurance policy" in old age because we assume they will step in and help when necessary. But will they? Join the conversation and learn how having adult children who live far away or not having adult children or close family members may impact your aging well plan. Facilitator: Liz Taylor, Longtime aging specialist & weekly Seattle Times columnist.

**Sa June 14 10:30am-12noon \$13 Activity Center**  
Advanced registration and payment required: Contact [www.AgingDeliberately.com](http://www.AgingDeliberately.com), press "Calendar of Events" or call/email Liz at 360-468-4441 or [lizt@agingdeliberately.com](mailto:lizt@agingdeliberately.com).

#### Advance Directives: Your Life, Your Choices

Learn how to make informed decisions about your end of life care and find guidance for the important conversations to have with loved ones and how to document your wishes so your family and health care provider know the choices you've made. Facilitator: Group Health trained presenter.

T	July 15	1-3pm	Free	Activity Center
T	July 29	7-9pm	Free	Activity Center

#### Preserving Your Family Treasures

Learn how to best preserve your family heirlooms and antiques. Gain practical advice and easy to use guidelines on preserving treasures paper, photos, objects or any collection. You are invited to display your treasure during the workshop. Contact us for information on setting up your display.

Presenter: Nancy Salguero, Curator of Collections for Highline Historical Society.

Th	July 17	11am	Free	Activity Center*
Th	July 17	1pm	Free	Activity Center**

\*Spanish \*\*English

#### AARP Smart Drivers

Discover how to be more aware in today's traffic. Reinforce your good habits and iron out the little bad habits that have crept into your driving pattern. Upon completion of the course your certificate will get you a discount on your auto insurance as required by state law.

Lunch break provides an opportunity to take advantage of the Nutrition Lunch Program. For more details on the lunch program call 206-878-1642.

**Adults Age 50+ \$15AARP Member/\$20AARP Non-member**  
**Aug 19 & 20 10am-2:30pm Activity Center**

## GET OUT THERE....



TimothyDexter

Plan your 2015 getaway to **Washington DC and Ireland**. Check out the Fall Issue for details

### Autumn in New England – Oct 1-7, 2014

Take in New England's beautiful fall colors! This 7-days trip includes visits to Boston, Salem, House of Seven Gables, Norman Rockwell Museum, Southern Vermont, Bennington, Vermont farm and country store and apple orchard, Wolfeboro Portland Head Light, Kennebunkport and more. You'll get 9 meals (6 breakfasts, 3 dinners—one of which is lobster!); flight, hotel transfers and guide.\$2,479\* double occupancy

### Cuba – Rediscovery and Cultural Exploration – Oct 19-27, 2014

Take a never-before-seen-tour of Cuba, as we are guided through Trinidad, Cienfuegos, Havana, the Cuban Fine Arts Museum, Casa Fuster and more! See pottery demonstrations and cigar making, while you eat, drink, and breathe Cuba on this 9 days tour of this newly "opened" country. This 9-day trip includes 19 meals (8 breakfasts, 5 lunches, 6 dinners), flight, hotel transfers and guide.\$4,649\* double occupancy

## MEET TO EAT

### Out to Lunch

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

**Age 50+ \$9 Transportation Fee**  
**Departures 10:30-11am Return 2pm**  
Friday, Sept 5 WildFin American Grill, Renton

### Dinner with Friends

Enjoy no-host dining garnished with laughter and companionship.

**Age 50+ \$9 Transportation Fee**  
**Departure 5pm**  
Tuesday, June 10 Mandarin Kitchen, Des Moines  
Tuesday, July 8 The Greek House, Burien  
Tuesday, Aug 12 Billy Baroo's, Foster Golf Course, Tukwila  
Tuesday, Sept 9 Verrazano's Italian, Federal Way

# SENIOR ACTIVITIES



## Golf Outings

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

### \$9-11 Transportation Fee

Departure Times: 8-8:30am

### No Host Green Fee & Lunch

Return time: Varies

Date	Course/City	Green's Fee
June 2	Cascade, North Bend	\$16
June 16	Mystery Trip, Surprise	\$25
June 30	Fort Lewis, Tacoma	\$15
July 14	Lake Wilderness, Maple Valley	\$21
July 28	Nile Shrine, Mountlake Terrace	\$16
Aug 11	Madronna, Gig Harbor	\$17
Aug 25	Rolling Hills, Bremerton	\$19
Sept 8	Auburn	\$17
Sept 22	Twin Rivers	\$20

## HORTICULTURE OUTINGS

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

Age 50+ **\$9 Transportation Fee or \*car-pool**

10am departure unless otherwise noted

### FRIDAYS DESTINATION:

May 16*	PowellsWood Garden, Federal Way	
May 23	Anderson Garden, Enumclaw	
June 6	Sorticulture-Everett	9:30am
June 13	Ghosthorse Hollow-Snohomish	9:30am
June 27	Old Goat Farm, Orting	
July 11	Fort Borst Park, Centralia	
July 25*	Sondra Shira's Garden, Renton	
Aug 8	Lavender Farm, Woodinville	
Aug 22	Urban Garden Co & Portland Avenue Nursery, Tacoma	
Sept 12*	Soos Creek Botanical Garden, Kent	
Sept 26*	Kubota Gardens, Renton	



## Mobile Computer Classroom Workshops

King County Library System's mobile computer classroom returns to Des Moines Activity Center with a variety of workshops! Register now, space is limited!

Adults 50+

FREE

### Email

Learn the basic Email vocabulary, create a free account and start the process of composing and sending messages.

W June 11 10:45am-12pm Activity Center

### Internet Basics

Learn the vocabulary, explore how to find websites, understand services and security and get tips on how to achieve useful results.

W June 11 12:30-1:45pm Activity Center

**Computer Lab** will return in the fall with more workshops. Let us know what you would like to learn by Email at [seniors@desmoineswa.gov](mailto:seniors@desmoineswa.gov)!





## ADULT & SENIOR FITNESS

### Zumba

Ditch the workout – Join the Party! Working-out is healthy, rewarding and beneficial, but it's never been known to be exhilarating until now! Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a unique program that will blow you away and help you achieve long term benefits.

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

### Child & Adult Yoga

Sequence of poses designed to enhance body awareness and balance while developing physical endurance with an emphasis on brain education. We will also do partner poses, static and dynamic meditation and breathing exercises. Please bring mats and water bottles. Child must be accompanied by an adult.

**Age 7+ and Adult** \$61  
 W June 25-Aug 30 1pm Normandy Park Community Ctr

### Kigong

Regain energy and sense of personal power. Learn how to relax while reducing stress. Improve joint strength, balance and range of movement and work to your own capability. Appropriate for any age. Learn and practice 3 short energy circulation forms. Instructor: Rhonda Allison.

**Adults** \$36  
 Th May 29-July 3 5:30-6:30pm Activity Center

### Energy Yoga

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

**Adults** \$36  
 M May 12-June 23 1-2pm Normandy Park Community Ctr  
 M June 30-Aug 4 1-2pm Normandy Park Community Ctr

### Enhance Fitness

Improve physical conditioning levels and decrease the risk of falling with stretching, low-impact aerobics, strength training and balance exercises. Gym-type shoes are required and a water bottle always recommended. Cosponsors: Group Health and Senior Services. Instructor: Mary Brown.

**Adults** Field House  
 T/Th/F June 2-27 7:30-8:30am or 8:45-9:45am \$37  
 T/Th/F July 1-31 7:30-8:30am or 8:45-9:45am \$40  
 T/Th/F Aug 1-29 7:30-8:30am or 8:45-9:45am \$40

### Fit2Live360 **FIRST CLASS FREE!**

Meet Fit2Live360: a family of well-rounded experienced athletes and trainers who motivate, inspire and support people with weight loss to strengthen and tone muscles, improve cardiovascular health and get rid of "problem areas". Fit2Live360 family focuses on interval training, running/walking, circuit training, abdominal strengthening, core conditioning and exercise band work. First Visit FREE.

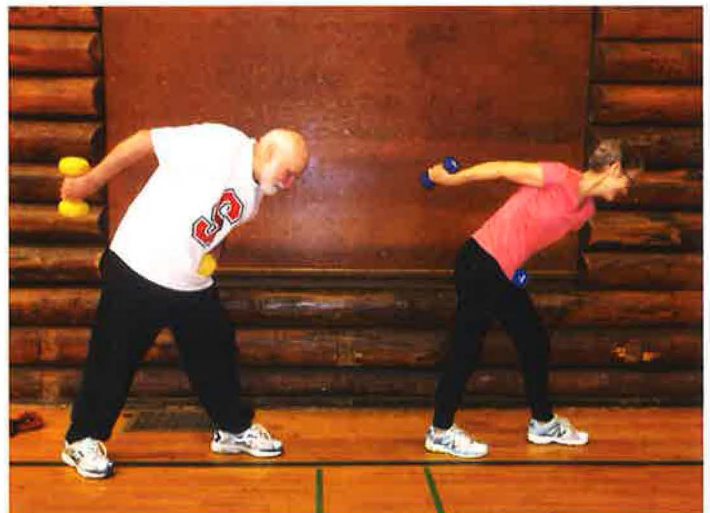
**Adults** \$150  
 M/T/Th June 3-17 6-7pm Field House  
 M/T/Th July 1-31 6-7pm Field House  
 M/T/Th Aug 1-29 6-7pm Field House

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

Dance for Parkinson's is designed for you! Stretch and strengthen your muscles, focus on balance and rhythm through many styles of dance and discover how to use your thought, imagination, eyes, ears and touch to control movement in a welcoming environment accompanied by live music. Caregivers and friends are invited to join in! No dance experience necessary. Classes are based on the Dance for PD® method, a program developed by Mark Morris Dance Group and the Brooklyn Parkinson Group. Presented by Seattle Theatre Group (STG) and Spectrum Dance Company. Funding support from Des Moines Legacy Foundation. Register at <http://www.nwpcf.org/Programs.aspx?Event=313> or call 877-980-7500. Drop in participants welcome



**Adults** \$5 Suggested Donation  
 M June 9-July 28 2-3:30pm Activity Center



## YOUTH ACTIVITIES

### TODDLER/PRESCHOOL

#### Mini Kickers

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

Age 3-5

\$30R \$35NR

M-F	June 23-27	5-6pm	Field House
M-F	July 14-18	5-6pm	Field House
M-F	Aug 11-15	9-10 am	Field House

### YOUTH

#### Fishing with your Kids

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

Fishermen & women of all ages

\$30R \$35NR

Th	July 10 & 17	6-8pm	Field House
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#### Tiger Kids Martial Arts

Improve motor skills and coordination while building self-confidence through the use of martial arts and fun games - bag kicking and padded sword-sparring! Includes a white belt for first time participants! Instructor: Mitch Mayberry, International Champion, 8th degree Master Instructor.

Age 4+

\$85R \$90NR plus \$14 AAU Membership

W	June 25-Aug 13	4:30-5:10pm	Field House
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Note: colored belts stay until 5:30pm

#### Kokondo Martial Arts

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

Age 12+

\$25R \$30NR

W/F	June 4-27	5-6:30 pm	Field House
W/F	July 2-30	5-6:30 pm	Field House
W/F	Aug 1-29	5-6:30 pm	Field House

## ADULT ENRICHMENT

### Dog Obedience

Love your dog but all the chewing, jumping, barking and little "accidents" testing you? Dog Obedience should turn your little "terror" into a well-behaved pet. Proof of vaccination is required at first class. Instructor: Jan Magnuson, Animal Control Officer, Champion Trainer.

Dogs 4+ months

\$85R \$89NR

Th	June 5-26	7:15-9:15pm	Field House
Th	July 10-31	7:15-9:15pm	Field House

### Adult Men & Coed Fall Softball League

Batterup! Slide your team into late summer action and enjoy great competition and friendly bantering! Each team plays 14-games and participates in a single elimination post-season tournament. Team Registration Deadline: July 8, 2014.

\$930R \$985NR includes sales tax

Field: SJUMP

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



### Sunday Afternoon Dance

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

Adults of all ages welcome!

1-3pm \$5

Activity Center

Su	July 27
Su	August 24



## OUTDOOR FAMILY MOVIE NIGHT

Aug 8 \* Despicable Me 2

Aug 15 \* The LEGO Movie

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

LAW OFFICES OF GEHRKE,  
BAKER, DOULL & KELLY



Des Moines Orthodontics  
Douglas Peyton DDS, MS

# Out-of-School Time

**Free!** Have fun and make friends!

Be part of a new summer activity featuring a nutritional lunch, snack and supervised recreation activities. Trained Parks and Recreation staff lead activities that promote fun, fitness, creativity and offer youth the opportunity to develop friendships through active play, arts and crafts, games, and team building. Children are free to come and go during the day and pre-registration is suggested. Drop-in welcome!



## Tiempo fuera de la escuela

**¡Divertirse y hacer amigos!**

Sea parte de una nueva actividad de verano con un nutritivo almuerzo y botana, y actividades recreativas supervisadas. Personas entrenadas conducen actividades que promueven la diversión, la buena salud, la creatividad, y ofrecen a los jóvenes la oportunidad de hacer amistades por medio del juego activo, artes y artesanía, juegos, y trabajo en equipos. Los niños son libres de ir y venir durante el día. ¡Se recomienda preinscripción, pero son bienvenidos a asistir sin inscripción!

**Age 4-15**

M-F	June 18 – Aug 29	12:30-5:30pm	Midway Elementary
M-S	June 18 – Aug 30	12:30-5:30pm	Midway Park

**FREE Meals & Snacks for ages 1-18**

M-F	June 18 – Aug 29	12:30pm	Midway Elementary
M-S	June 18 – Aug 30	12:30pm	Midway Park

**Free!**



Funding support provided a National Recreation and Parks Association Grant in partnership with the Walmart Foundation and Des Moines Area Food Bank.

# YOUTH CAMPS



## Skateboard Camp

Learn to safely navigate the skate park like a pro! Beginner students will learn the basics of skateboarding; push, stop, turn and manual. Intermediate students will learn shuck-its, kick flips, grinds and more! Helmet and Skateboard required. Instruction: All-A-Board & Alchemy staff

<b>Age 4+</b>			<b>\$60R \$65NR</b>
M/W/Th	July 14-17	9-11:30am	Beginners Des Moines Skate Park
M/W/Th	July 14-17	12-2:30pm	Intermediate Des Moines Skate Park

## Rams Hardwood Basketball Camp

Players will receive expert instruction focused on individual development and team work. Improve dribbling, shooting, rebounding, and other essential basketball skills and use them in games and competition. Facilitators: Mt Rainier HS Head Coach Ken Bush with current and past players.

<b>Age 7-11</b>			<b>\$100R \$110NR</b>
M-Th	July 7-11	9am-12pm	Mt. Rainier Gym
<b>Age 12-16</b>			<b>\$100R \$110NR</b>
M-Th	July 7-11	1-4pm	Mt. Rainier Gym

Discounts available for groups of 5 or more participants!

## Diamond Skills Baseball Camp

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

M-Th	July 21-24		<b>\$125R \$145NR</b>
Age 7-11		1-4pm	Mt Rainier HS Baseball Field
Age 12-15		4-7pm	Mt Rainier HS Baseball Field

Discounts available for groups of 5 or more participants!

## Youth Sailing Camp

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

<b>Age 11-15</b>			<b>\$50R \$55NR*</b>
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\*K2 Camp participants are eligible for fee reduction.

M-F	Aug 4-8	1-4pm	Beginning Youth	Des Moines Marina
M-F	Aug 11-15	5-8pm	Beginning Youth	Des Moines Marina
M-F	Aug 18-22	5-8pm	Adult & Sail w/your Kid	Des Moines Marina
M-F	Aug 25-29	1-4pm	Intermediate Youth	Des Moines Marina

## Tennis

Get into the swing of tennis and enjoy fun, age appropriate skill development and fundamentals. Classes are designed by skill level and then age. Note: Coach may move students to a different class based on skill level. Instructor: Patrick Nam, Head Coach at Todd Beamer HS.

Session-1	M/Th	June 2-26	Field House Courts
Session-2	M/Th	July 3-28	Field House Courts
Session-3	M/Th	Aug 4-28	Field House Courts

<b>Age 6-10</b>	M/Th	3:00-3:45	<b>\$65R \$70NR</b>
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Designed for kids to have fun and learn to play a great sport

<b>Junior Level-1</b>	M/Th	3:45-5:00	<b>\$85R \$90NR</b>
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Beginner-Intermediate (HS JV to C-team) Fundamentals, correct grips and basic stroke production.

<b>Junior Level-2</b>	M/Th	5:00-6:15	<b>\$85R \$90NR</b>
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Intermediate-Advanced (HS JV to Varsity) Footwork, tennis strategy/tactics, modern ground-strokes & volleys

<b>Age 18-Adults</b>	M/Th	6:15-7:30	<b>\$85R \$90NR</b>
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Beginner, intermediate or recreational Enhance skills and benefit from a good workout.



## YOUTH SPORTS



### LEAGUES

#### 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.

Age 3-5 Tee-ball **\$75R \$80NR**  
 Age 6-8 Coach-Pitch  
 June 1-July 31 Des Moines Area Fields

#### 3-on-3 Sunday Night Co-ed Basketball Summer League

Get basketball game experience and meet new players! Participants sign-up individually and Parks & Recreation staff make the team placements. No games 7/6

Grades K-2, 3-4 & 5-6 **\$65R \$70NR**  
 Su June 15 - July 27 TBD Field House

#### Fall Youth Recreation Soccer League

Registration is open between June 1 and Aug 31. Birth Certificates are required. U-6 coed age 3-5, U-8 coed age 6-7, U-10 boys age 8-9, U-10 girls age 8-9

Season Dates: Aug 20-Oct 31 Des Moines Fields  
 \$60R \$65NR June 1-30  
 \$65R \$70NR July 1-31  
 \$75R \$80NR Aug 1-20

#### Coaches Meeting Information

Fall Soccer Coaches	Aug 9		
Coach-Pitch	May 27	5:30pm	Field House
Tee-Ball Coed	May 27	5:30pm	Field House

### Help a Child Attend a Camp or Activity

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

### SPORTS CAMPS

#### Basketball Training

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

Features:

Training and conditioning / Passing, shooting, dribbling and playing without the ball in your hands!

Gain these skills:

In/Out crossover / In/Out pin move / Jab step / Shooting mechanics / Jump stop step through / Ways to make your teammates even better! Coach Johnson brings with him the knowledge, passion and skills to improve any basketball player at any skill level.

<b>Age 7-16</b>			<b>\$120R</b>
T/Th	June 3-26	4:30-5:30pm	Field House
T/Th	July 1-31	4:30-5:30pm	Field House
T/Th	Aug 5-28	4:30-5:30pm	Field House

#### UK International Soccer

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

<b>Age 4-14</b>	<b>9am-12pm</b>	<b>\$106 half-day</b>
<b>Age 8-14</b>	<b>9am-3pm</b>	<b>\$165 full-day</b>
Week 1	July 14-18	Field House
Week 2	July 28-Aug 1	Field House
Week 3	Aug 18-22	Field House

Interested in hosting a UK Coach for the week? Contact Ralph at 206-870-6586, email [stewart.boniface@uksocca.com](mailto:stewart.boniface@uksocca.com) or go to [www.uksocca.com](http://www.uksocca.com) for details.

## Coach Appreciation Night

**Tuesday, June 10, 2014 6-7:30pm Field House**

ATTENTION PAST, PRESENT AND FUTURE COACHES!

We want to celebrate you and thank you for your service! You are invited to join us for our first ever appreciation night and enjoy some ice cream. Coaches are welcome to bring family, but please RSVP by June 5, 2014 so we can make sure to have enough goodies. For more information contact Matt Gehrke at 206-870-6528.

# SUMMER CAMP



**Scholarships Available!**



## Camp KHAOS

### Camp KHAOS (Kids Having An Outrageous Summer!)

Monday- Friday 6:30am-6pm Field House  
Let us fill your child's summer days with play, fitness, friendship and new experiences under THE supervision of caring, experienced camp staff. Leaders plan amazing activities – arts, outdoor games, friendly challenges and swimming all around a fun weekly theme. It's all here! All participants receive a Camp KHAOS T-shirt.

Multiple child discounts are applied within immediate family. Call 206-870-6527 for information.

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

#### Age 4-11

Registration Fee: \$25  
Pre Week\*: \$89R \$92NR  
Week 2\*\*\*: \$119R \$123NR  
Weekly Fee\*: \$148R \$153NR  
Daily Rate: \$40R \$45NR



#### K2 Teens

K2 will have your teen out on adventures throughout the week building new friendships, playing games, and creating memories! K2-Teens will join in on KHAOS trips and the K2 trip listed plus a bonus trip tbd.

#### Age 12-15

Registration Fee: \$25  
Pre Week\*: \$98R \$101NR  
Week 2\*\*\*: \$131R \$135NR  
Weekly Fee\*: \$164R \$169NR  
Daily Rate: \$45R \$50NR

*Free Lunch for All KHAOS Participants!*

WEEK	DATES	THEMES/HIGHLIGHTS	WEEKLY ADVENTURE
Pre	6/18-20	Summer Warm Up	KHAOS - Starplex Cinemas K2 - Frisbee Golf
1*	6/23-27	Fear Factor	KHAOS - Trampoline Nation K2 - Greenlake & Outdoors for All bike demo
2**	6/30-7/3	Moovin' & Groovin'	KHAOS - Pattison's West K2 - LeMay Car Museum & Microsoft Visitor Center
3	7/7-11	Nickelodeon Days	KHAOS - The Tag Zone K2 - FW Community Center & UW Campus Tour
4	7/14-18	Barnyard Palooza	KHAOS - Woodland Park Zoo K2 - Wild Waves & Teen Choice
5	7/21-25	Legends, Castles, and Dragons, Oh My!	KHAOS - Magic Show K2 - Geocaching HQ & Java & Clay Cafe
6	7/28-8/1	KHAOS Excellent Adventures	KHAOS - Ride the Ducks K2 - Laser Quest & Cedar River Watershed
7	8/4-8	Camp Throw Down	KHAOS - HiLine Lanes K2 - International District & VMAC Training
8	8/11-15	Camp Scene Investigators	KHAOS - Pacific Science Center K2 - Everett Boeing Tour & Pt Defiance Park
9	8/18-22	Game over	KHAOS - Family Fun Center K2 - Franklin Falls & Dillanos Coffee Roasters
10	8/25-29	Peace Out!	KHAOS - Gene Coulon BBQ K2 - Joint Base Lewis McCord & Improv

### Swimming this summer?

The KHAOS Swimmer's Shuttle transports Camp KHAOS campers to lessons at Mount Rainier Pool.

**10-lessons** M-F Morning swim sessions \$65  
Session-1 June 23-July 4  
Session-2 July 7-18  
Session-3 July 21-August 1  
Session-4 Aug 4-15  
Session-5 Aug 18-29

## OUT IS IN! Join us as we celebrate Parks and Recreation Month in July!

Parks and recreation programs are an integral part of communities throughout this country, including the City of Des Moines. Our parks and recreation are vitally important to establishing and maintaining our quality of life, ensuring the health of all citizens, and contributing to the economic and environmental well-being of a community and region.

Parks and recreation programs build healthy, active communities that aid in the prevention of chronic disease, and also improve the mental and emotional health of all citizens. Parks and recreation programs increase a community's economic prosperity through increased property values, expansion of the local tax base, increased tourism, the attraction and retention of businesses, and crime reduction.

Parks and recreation areas are fundamental to the environmental well-being of our community to improve water quality, improve the quality of the air we breathe, and produce habitat for wildlife. Our parks and natural recreation areas ensure the ecological beauty of our community and provide a place for children and adults to connect with nature and recreate outdoors.



## PARK & RECREATION MONTH JULY 2014



Recreation  
206-870-6527  
Senior Services  
206-878-1642  
Meeting & Facility Rental  
206-870-9370

# DES MOINES Summer EVENTS CALENDAR



EVENT	DATE	TIME	LOCATION
Des Moines Waterfront Farmers Market	June 07–Oct 25	10am-2pm	Marina Parking Lot
Art on Poverty Bay Ribbon Cutting	June 21	11am-12pm	Marina - Compass Rose
*Smoke on the Water BBQ	July 03	6-9pm	Des Moines Beach Park Meadow
*Born to be Wild Concert	July 04	6-10pm	Des Moines Beach Park Meadow
Fireworks Over Des Moines	July 04	10:30pm	Marina Parking Lot
Beach Concert: Castaways	July 09	7-8:30pm	Des Moines Beach Park Meadow
Beach Concert: Fabulous Murphtones	July 16	7-8:30pm	Des Moines Beach Park Meadow
Old Fashioned Picnic	July 18	5-8pm	Wesley Homes
*Waterland Children's Carnival	July 18, 19, 20	Varies	Field House Park
*Waterland 5K Fun Run	July 19	8:30-10am	Marina Parking Lot
Waterland Parade	July 19	5:45pm	Marine View Drive
Waterland Wheels & Keels Car & Boat Show	July 19-20	varies	Marina & Marina Parking Lot
Taste of Des Moines	July 20	10am-6pm	Marina Parking Lot
Beach Concert: Ted Vigil	July 23	7-8:30pm	Des Moines Beach Park Meadow
Beach Concert: Casacada	July 30	7-8:30pm	Des Moines Beach Park Meadow
Shakespeare in the Park: Two Gentlemen	Aug 02	7-8:30pm	Des Moines Beach Park Meadow
Beach Concert: The Coats	Aug 06	7-8:30pm	Des Moines Beach Park Meadow
Movie Night in the Park	Aug 08	After Sunset	Des Moines Beach Park Meadow
Beach Concert: Bitter Tonic	Aug 13	7-8:30pm	Des Moines Beach Park Meadow
Movie Night in the Park	Aug 15	After Sunset	Des Moines Beach Park Meadow

# Rec'n 2011

SPRING INTO SUMMER 2011



## Camp KHAOS

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## Exciting Summer Camps

pg 5-6

## Beach Park Summer Concert

SCHEDULE pg 13

## Lots of Trips on the Horizon

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SENIORS

