



Des Moines Beach Park (Covenant Beach National Historic District) Heritage Trail Brings History to Life

The Des Moines Beach Park Heritage Trail brings to life Des Moines' rich history that stems from its seafaring, commercial and recreational development along the Puget Sound waterfront beginning in the 1800's. Heritage Trail markers are located along the Marina's north promenade and throughout the Des Moines Beach Park. Enjoy a brisk walk and learn more about the many eras of Des Moines and the authentic Swedish church camp buildings identified on this site map. You may also visit the Heritage Trail on line at <http://desmoinesartscommission.com/heritage-trail.html>.

Background of Des Moines Beach Park

In 1986, the City of Des Moines purchased the Des Moines Beach Park, a 20 acre park valley with saltwater beachfront on Puget Sound, to serve the region as a recreational site. In 1988 Covenant Beach Historic District was placed on the Washington State Register of Historic Places and in January of 2006 Covenant Beach Bible Camp was listed on the National Register of Historic Places.

The significance of Des Moines Beach Park Historic District stems from its role in different periods in the history and development of Des Moines. These periods include the Native American presence, the first European-American settlement, establishment of the



sawmill industry and Des Moines town site, and the use of the site as a recreational park (1917-1931) and later as a church camp (1931-1986). Cabins and communal buildings of the recreational park and Covenant Church camp eras dot the landscape with their rustic Swedish architectural heritage. Des Moines Beach Park is one of the only surviving and the most intact regional representation of the rustic parks and camps of those earlier times.



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See reverse for Parks & Recreation Information

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 7:30 p.m.
Bob Sheckler, Mayor
Dave Kaplan, Mayor Pro Tem
Melissa Musser
Matt Pina
Carmen Scott
Dan Sherman
Scott Thomasson

City Offices

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

Other Numbers

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

Utilities and Services

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

CALL BEFORE YOU DIG:

Utility Locates:..... 800-424-5555

Des Moines City Council



Bob Sheckler
Mayor



Dave Kaplan
Mayor Pro Tem



Melissa Musser
Councilmember



Matt Pina
Councilmember



Carmen Scott
Councilmember



Dan Sherman
Councilmember



Scott Thomasson
Councilmember

City Council Highlights

Held Public Hearings:

- Vacation of Public Rights of Way at 274th (12-16th Avenues South) and at Interurban Heights
- Land Use Review Procedures
- Extension of Waterview Planned Unit Development (PUD)

Approved the Following Action:

- Amended parking regulations in the Marina District
- Amended some property zoned Restricted Service to Highway Commercial
- Granted Lakehaven Utility a Water/Sewer Franchise
- Established rules for Electric Vehicle Infrastructure
- Accepted a program and financing contract for energy upgrades at City facilities
- Adopted annual Budget Adjustment
- Added new FEMA requirements to some Flood Zone areas
- Adopted the 2012-2031 Transportation Improvement Plan
- Authorized a funding measure named 'Proposition 1' to be presented to the voters for Parks and Street Improvement funds
- Approved *Landmarque* Final Plat

Other Action Taken:

- Authorized an extension of scheduled Farmer's Markets
- Authorized the *Des Moines Rotary Club* to hold the annual 'Blues and Brews' Festival at Beach Park and Marina
- Authorized *Destination Des Moines* to hold a 'Waterland Parade'
- Authorized the *2011 Des Moines Classic Car & Boat Show*
- Established a *Sister City* Affiliation Policy
- Established the City of Changle, Fujian Province, China, as Des Moines' sister city
- Supported Sound Transit's application for funding for a Sound Link at South 200th Street

Legally Speaking- NEW Format!

Free legal information is available for adults aged 50+ on the following topics: Living Trust, Will guidance (not preparation), Financial Durable Power of Attorney, Medical Durable Power of Attorney and Health Care Directives. Visits are limited to a maximum of three per year. Local attorney Mike Regeimbal provides this free service. Please call the Des Moines Activity Center at 206-878-1642 to make an appointment. Dates are January 26, February 23, March 22, April 26, and May 24, 2012.

New Solid Waste Collection Services for Des Moines



A new solid waste collection contract and services with CleanScapes, Inc. for Des Moines residential and commercial customers began on November 1, 2011. CleanScapes is expanding the range of recyclables collected including plastics, motor oil, bottled kitchen fat/oil/grease, scrap metal, household batteries, and fluorescent tubes and bulbs. Commercial garbage customers will now receive recycling collection as part of their regular garbage service and fees.

Beginning in 2012, CleanScapes will use hybrid compressed natural gas trucks, making Des Moines the first community in King County to use this type of green fleet.

Delivery of new CleanScapes carts and containers and pick-up of the old carts owned by Allied Waste occurred in late October and early November. Please contact CleanScapes at the number below if you have not received your new carts or the old carts have not been collected.

All customers should have received a "welcome packet" from CleanScapes along with educational material about recycling and composting. CleanScapes' community outreach team has contacted many multi-family and commercial customers in Des Moines to discuss options for increased recycling and composting. If you would like a visit to your commercial or multi-family site to assess your recycling needs, please contact CleanScapes at the number below.

For service questions and tips on recycling, composting, or reducing waste, visit CleanScapes' Des Moines website at: http://www.cleanscapes.com/des_moines/community/ or call the Des Moines Customer Service line at 206-762-4900. The customer service center is open 7-days a week from 8am-5pm.

2011 Comprehensive Plan Amendments

On December 1st the Des Moines City Council adopted the 2011 Comprehensive Plan amendments. A key change establishes the BP-Business Park land use designation for a 16-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. The change will facilitate redevelopment opportunities and the creation of new jobs and tax revenues for the City.

Other proposed changes to the Comprehensive Plan include changes to the land use designation for the SCORE Jail to PF-Public Facility and adoption of a new land use policy to establish a campus designation and zoning for Highline Community College.

Business License Renewal Time

Renewal forms for City of Des Moines business licenses have been mailed. All licenses expire December 31, 2011. Please note any corrections on the form and return it with your payment. Des Moines Municipal Code 5.04.020 requires all persons wishing to conduct any business within the City of Des Moines to first secure a City of Des Moines business license. A City of Des Moines business license is required if you have a commercial storefront business, an in-home business, or you are based outside of the City, but are working in the city of Des Moines. For example, but not limited to, contractors applying for building, electrical and plumbing permits, etc. Application forms, helpful hints and payment information are available online at www.desmoineswa.gov. If you have any questions, please contact us by email at businesslicense@desmoineswa.gov or call 206-870-6580. Avoid penalties and late fees, which can add up to \$513.00 a day, by licensing your business today.

Des Moines' Pet Adoption Program a Huge Success

Des Moines Animal Control has had its own pet adoption program since early 2010, and has had great success (and great fun) in adopting/rescuing many sweet, healthy pets into new loving homes.

During the period of January through September of 2011, 13 dogs and 6 cats were adopted out or placed into rescue in the "forever" homes that they deserve.

Before a dog or cat is adopted into a new home, he/she is examined by a veterinarian, has a behavior assessment, is vaccinated, micro-chipped, has parasite control, any needed grooming, and is spayed/neutered. Assistance is also offered with training and/or problem solving after the pet is in its new home.

The goal is to have success all the way around, and working together to place homeless adoptable pets into new responsible homes makes everyone happy.

Animal Licenses Must Be Renewed in January

All dogs and cats over 6 months of age must be vaccinated for rabies, licensed, and wear the tag on their collar. Annual license fee for altered dogs and cats is \$20.00, unaltered is \$60.00. Animal licenses (dog and cat) are valid January through December. There is a 60 day late fee of 50% of the license fee, and 120 day late fee of 100% of the license fee. Senior citizens, 65 and over, may obtain a lifetime license for their altered pet for no charge.

Licenses may be purchased by mail, or in person at the Des Moines Police Department, at 21900 11th Avenue South, or through Animal Control Officer Jan Magnuson at 206-870-6549.



Des Moines Transportation Gateway Project Update

The City is nearing completion of purchasing the right-of-way required for the first two phases of the project. These phases include widening of 24th Avenue S. from S. 208th to S. 216th Street, including roadway transitions south of the S. 216th Street intersection as well as widening S. 216th Street from 24th to 18th Avenue S.

The City has applied to the Transportation Improvement Board for two construction grants for these two phases. The grants incorporate sustainable LED lighting into the street lighting system. The objective is to transform these two roadways by adding two additional travel lanes, turn lanes, bicycle lanes, curbs, gutters, sidewalks, planter strips, and underground utilities creating a pedestrian friendly streetscape for this major gateway to the City.

Planned economic growth in the Pacific Ridge and North Central neighborhoods, including the Port of Seattle 89 acre Des Moines Creek Business Park, will eventually require more roadway capacity. Future development and grant funding is expected to cover most costs of these roadway frontage improvements.

For more information or project updates, call 206-870-6525 or visit www.desmoineswa.gov/tgp.

Downtown Water System Project

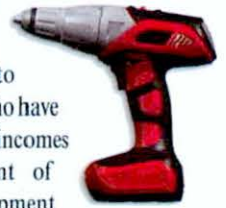
In September, Laser Underground began construction of the new water system in the Downtown area. The work involves installing nearly 4,400 linear feet of 12-inch diameter water mains in Marine View Drive below the west sidewalk area between S. 219th and S. 227th Streets and within the side streets of S. 220th, S. 222nd, S. 225th and S. 226th from the east side of Marine View Drive to 7th Avenue S. This effort also involves directional borings below Marine View Drive for each of the four side-street water-main crossings in order to avoid impacts to the old brick and concrete panels located in Marine View Drive.

Marine View Drive will remain open for 2-way traffic for the duration of the project although it will be necessary to close the south bound lane of Marine View Drive in the vicinity of the work and utilize the center turning lane as the south bound lane.

Work is scheduled to be completed by April 2012. For additional information and construction updates please visit the City website at www.desmoineswa.gov or contact Water District #54 at 206-878-7210.

Low Income Housing Repair Assistance Program

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



Services provided include:

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

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

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

Safety – installation of smoke alarms, carbon monoxide alarms and locksets

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

Services that are required for your health and/or safety are the highest priority.

Please call 206-870-6558 for additional information.

Surface Water Management Helping To Protect Puget Sound



Puget Sound Starts Here! Let's all do our part! Summer is gone and the rain has returned. Rain is part of our life in the Pacific Northwest. Stormwater runoff is rain or snowmelt that flows off from pavement areas,

rooftops, and lawns into the nearest stream, creek, catch basin, or directly to Puget Sound -- mostly without any treatment. Stormwater runoff poses a high risk to Puget Sound because it can transport everything in its way such as petroleum products, pesticides, animal waste, and construction runoff.

The City of Des Moines has joined with the Puget Sound Starts Here! statewide campaign to keep pollutants out of our waterways. Everyone can be environmentally friendly by adopting these simple habits into their daily life:

- Moderate the amount of fertilizer on your lawn.
- Make sure all garbage is placed into containers and protected from rainfall.
- Scoop after your pet.
- Recycle your yard waste and do not dump yard debris or grass clippings near streams.
- Report to Public Works any water discoloration or water sheen.

For more information or to report illegal discharge, please call Laura Techico at 206-870-6595; after hours call the hot line at 206-550-5612.

Des Moines Creek Business Park

The City continues aggressively pursuing the initial phases of new development of this 89-acre site with the Port of Seattle and potential developers. Last year the City and Port cleaned up the site by consolidating outdated property lines, removing old streets that previously served residential use, and consolidating Port of Seattle ownership within the site and City ownership of the rights-of-way needed to build new City streets to service the development.

A potential developer is in the latter stages of "due diligence" as it decides whether to build a project on the site. The "due diligence" consists of drilling holes up to 20 feet in depth, digging test pits throughout the site and completing a topographic survey to determine how much earth moving is required and how the site should be laid out. If the developer decides to proceed, they will finalize a ground lease with the Port, develop a Master Plan for a significant part of the site, and apply for either a Planned Unit Development or subdivision, which will function to coordinate the construction of individual buildings on the site with the goal of beginning site development this spring.

If the project proceeds, the City, Port and developer would make a public announcement on the first major tenant in January or February.

The City is also talking with large national retailers about their interest in developing on the southern portion of the site. Accommodating these or comparable development in the Business Park will require significant investments in "Gateway" transportation systems serving the site. (See related City Currents article.)

AARP Income Tax Assistance

Trained AARP volunteers provide assistance with preparing 2011 income tax returns. This program is designed for the low income. Appointments will begin on Tuesdays, February 7 through April 17th from 11am-3pm at Des Moines Activity Center, 2045 S. 216th Street. 1040A forms only please. No real estate, rentals, or complicated tax returns will be accepted. To make an appointment please call Des Moines Activity Center, 206-878-1642.

PermitTrax – The City's New Permitting System

A new Des Moines permitting system called "PermitTrax" became operational on August 1, 2011. The City of Des Moines has implemented portions of this new permitting system that will accommodate and manage the building development processes for all divisions of the City along with South King Fire and Rescue. This system has replaced the "Sierra" permitting system that was outdated and no longer technically supported. PermitTrax will greatly enhance the capabilities of the City to provide improved customer service. The portion of the system that issues permits, and lists and schedules inspections, is operational. By December, the public will be able to view permit information online and be able to schedule inspections online. By spring, it is our goal to allow the public to apply for certain permits online. Instructions on how to navigate this system will be posted on the City of Des Moines website at www.desmoineswa.gov/mypermits.

Human Services Advisory Committee Openings

The City of Des Moines is accepting applications for potential candidates for three appointments to the Des Moines Human Services Advisory Committee. Applications will be accepted until 3pm Friday, January 27th at either Des Moines City Hall, 21630 11th Ave. S., or Des Moines Activity Center, 2045 S. 216th St. 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.

If interested, please contact Sue Padden at spadden@desmoineswa.gov or 206-870-6584 for details on the scope of duties and an application form. Applications are also available on the City of Des Moines web page www.desmoineswa.gov.

North Hill Elementary Wins King County 'Bag your Bags' Event

Congratulations to Des Moines' North Hill Elementary School for their efforts to promote recycling! North Hill competed against Burien's Shorewood Elementary to see who could collect the most plastic bags and plastic wrap. North Hill students collected a whopping 630 pounds of bags over a one month period, enough to fill a school bus. Both schools will receive a Trex® bench made from recycled plastic bags.

The program was sponsored by the King County Solid Waste Division's 'Bag Your Bags, Bring 'Em Back!' program in conjunction with local grocery stores. This campaign encourages the use of reusable bags and the recycling of clean plastic bags and plastic wrap by bagging them up and depositing them in bins located at participating grocery stores. More information may be found at www.bagyourbags.com.



Photo courtesy of King County Solid Waste Division

Des Moines Healthy Eating Active Living Initiative

Putting Prevention to Work!

The City of Des Moines recently received a grant from Public Health - Seattle & King County and the U.S. Department of Health and Human Services to develop a new Healthy Eating and Active Living (HEAL) Initiative!



Kids Receive Healthy Snacks in their Goodie Bags at Pumpkinpalooza!

The purpose of the initiative is to increase access to opportunities for physical activity and healthy foods through policy, systems and environments that make “the healthy choice the easy choice”. The City of Des Moines is working closely with Public Health – Seattle & King County, the cities of Burien, SeaTac, and Normandy Park and the Highline School District, all of whom are members of the Healthy Highline Communities Coalition and the state-wide Communities Putting Prevention to Work Coalition.

As part of the HEAL Initiative, healthy snacks with healthy messages were provided for the children’s Halloween goodie bags. City staff also taught children about healthful eating at the recent Celebrate Des Moines special event by engaging youth in coloring Choose My Plate activity sheets that were laminated for “Healthy Plate” Placemats! Children learned that healthy plates include filling half of their plates with fruits and vegetables. Try this concept with your family to encourage healthful eating!

For additional information please contact Sue Anderson, at sanderson@desmoineswa.gov; 206-870-6528. For more information on healthful eating, visit www.choosemyplate.gov.



Children Create “Healthy Plate” Placemats at Celebrate Des Moines!

Safe Routes to School

On Wednesday, October 6th, the Highline School District led a collaborative effort to make it easier for children and families to be active and to walk to school. The District kicked off a Walking Group for their Safe Routes to School (SRTS) pilot program at Midway Elementary School. The walk was designed around the International Walk to School Day theme. A number of elementary schools in the District are walking!

The Midway walking group stretched an entire block! Some of the walkers included 80 students and 15 parents, Highline School District and Midway Elementary administrators and staff, Public Health - Seattle & King County staff, Bicycle Alliance of Washington, and City of Des Moines staff. At Midway’s request, the City of Des Moines Police Department provided a patrol car to provide extra traffic speed control. The City is also working with consultants to assess the existing conditions and plan for safe routes to schools.

Students sign in at the end of each walk, and the school’s collective mileage is tracked through a thermometer poster. **The school’s goal is to reach 500 miles by the end of the year.** Students receive small incentives for participating.

Join us in Walking Children Safely to Midway Elementary School!

Who: Midways’ students, families, community leaders/advocates, and friends

When: Every Thursday 8:30-8:40 A.M. (until the end of the school year)

Where: The ¼ mile walk begins at Grace Lutheran Church and ends at the school



New School Zone Safety Program Initiated

The City of Des Moines has started a new road safety camera program to prevent speeding in school zones. The purpose of the School Zone Safety Program is to protect students, as well as motorists and passengers, from injuries or crashes caused by speeding vehicles near Woodmont Elementary School. The City has installed speed compliance cameras in the school zone along the northbound and southbound lanes of 16th Avenue South near the school. After a two-month warning period, citations are now being issued to any vehicle photographed while speeding. **To create a safer school zone for children, the speed cameras will only operate on school days when the flashing beacon warning system is operating, which is also part of the safety program before and after school: 7:40 – 8:20 a.m. and 2:40 – 3:10 p.m.**



This location was selected after conducting comprehensive speed studies in September 2010 and April 2011. The results of the speed studies showed an average of 100 to 130 speeding violations during peak pick-up and drop-off times during the day.

This road safety camera program enhances enforcement abilities while freeing up other police resources to focus on the mission of promoting traffic safety. A recent analysis released by American Traffic Solutions overwhelmingly concludes that the use of automated road safety cameras dramatically reduced the number of violations during hours when children are present.

Revenue generated from this School Zone Safety Program first pays for the equipment, payments to the contractor and the cost of running the program (i.e. officer’s time to review the tapes and court time to process).

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The remaining revenue will go into a dedicated Traffic Safety Fund for other safety projects aimed at enhancing pedestrian safety—particularly in and around schools in our community.

The City of Des Moines has contracted with American Traffic Solutions Inc. (ATS), which provides road safety programs for nearly 300 communities across North America. Additional information about speed enforcement cameras is available at www.desmoineswa.gov and more information about ATS is available at www.atsol.com.



Sports Night Brings Opportunities For Youth Scholarships

The 10th Annual Sports Night *Vegas Style* is bringing a new look with a new date and a splash of excitement to Des Moines! Be a part of this great event held Saturday, March 31, 2012 from 6:00-11:00pm at the Des Moines Field House.

As in the past, this year's event will be a Casino Night Dinner and Auction to raise funds for youth scholarships in the Greater Des Moines area. New this year will be a live tribute to Frank Sinatra and Dean Martin as you play games, eat great food, drink beverages of your choice and spend money like you were a high roller in Vegas.

Tickets are \$50 each or purchase a table for 8 for \$375. Tickets will be limited to the first 150 and will be on sale January 1st. Call the Des Moines Field House at 206- 870-6527 for more information, to purchase tickets, or make a donation.

Snow and Ice Event Priorities and Operations

During snow and ice events, the City's maintenance crews are out very early in the morning or late at night to provide the safest possible driving conditions for our citizens, the commuting public, and emergency vehicles that use the City's rights-of-way.

Potential Locations for Roadway Closures

Public Works crews respond on notice to snow and ice concerns in case of heavy snow fall or black ice conditions. Crewmembers may close steep hills and streets that have a history of icy conditions. The following is a list of streets that may be closed:

- 4th Ave. South--S. 210th to S. 216th
- S. 206th St--9th Ave. S. to DMMD
- S. 208th St--9th Ave. S. to DMMD
- S. 212th St--7th Pl. S. to DMMD
- S. 224th St.--30th Ave. S. to Pac Hwy S.
- S. 234th St.--25th Ave. S. to KDM Rd.
- S. 240th St.--24th Ave. S. to 16th Ave. S.
- S. 250th St.--20th Ave. S. to 16th Ave. S.
- 10th Ave. S.--S. 226th St. to KDM Rd.
- S. 230th St.--12th Ave. S. to KDM Rd.

Snow Plowing & Sanding

The first priority for anti-icing, plowing, and sanding applications is for life-line and emergency response routes. After these primary roadways are cleared, other arterial roadways, and eventually residential streets can be addressed. The amount of snow or ice is the deciding factor in how soon residential areas are serviced. Depending on weather conditions, sometimes main arterials require repeated plowing or sanding, which delays the lesser priority areas.

Following is a priority list for anti-icing, sanding, and plowing:

PRIORITY A

- A.1 Pacific Hwy S.: S. 216th St. to KDM Rd.
- A.2 Kent Des Moines Road.: Pacific Hwy S. to MVD
- A.3 MVD: Kent Des Moines Rd. to Des Moines Memorial Drive
- A.4 S. 216th St.: MVD to I-5 (City Limits)
- A.5 Des Moines Memorial Drive: MVD to S. 208th St. (City Limits)
- A.6 16th Ave. S.: KDM to Pacific Hwy. S.
- A.7 S. 272 St.: Pacific Hwy. S. to 12th Ave. S./Marine View Drive

- A.8 Marine View Drive: S. 272nd St. to Redondo Beach Dr.
- A.9 Redondo Beach Drive: Redondo Way to Federal Way City Limits
- A.10 Redondo Way: Redondo Beach Drive to Federal Way City Limits
- A.11 S. 260th St.: 16th Ave. S. to Pacific Hwy. S.
- A.12 Woodmont Dr.: 16th Ave. S. to MVD
- A.13 MVD: Woodmont Dr. to Kent Des Moines Rd.
- A.14 S. 240th St.: MVD to Pacific Hwy. S.
- A.15 Fire Station Driveways

PRIORITY B

- B.1 S. 227th St.: MVD to Marina
- B.2 7th Ave. S.: S. 227th St. to MVD
- B.3 S. 223rd St.: 7th Ave. S. to 24th Ave. S.
- B.4 24th Ave. S.: KDM to S. 216th St.
- B.5 S. 200th & S. 199th St.: DMMD to 1st Ave. S.
- B.6 8th Ave. S.: S. 200th St. to S. 192nd St.
- B.7 S. 208th St.: DMMD to 1st Ave. S.
- B.8 4th Ave. S.: S. 199th St. to S. 216th St.
- B.9 11th Ave. S.: S. 216th St. to S. 220th St.
- B.10 S. 220th St.: 9th Ave. S. to 19th Ave. S.
- B.11 16th Ave. S.: S.220th St. to KDM

PRIORITY C

- C.1 S. 222nd St.: 6th Ave. S. to 223rd St.
- C.3 S. 219th St.: 7th Ave. S. to 11th Ave. S.
- C.4 19th Ave. S.: S. 220th St. to S. 229th St.
- C.5 8th Ave. S.: S. 208th St. to S. 200th St.

PRIORITY D

- D.1 Utility District Driveway – upon request
- D.2 Residential Streets

Other Services

The Department also provides sandbags to the City's citizens at \$2.00 per bag for the individual's use for traction or extra vehicle weight.

Current Equipment Resources

- Three dump trucks with snow plows and sanders
- Two 4x4 trucks with snow plows and sanders
- One road grader
- One front-end loader
- Two backhoes

Arts Alive! Family Performance Series



Arts Alive!, a family performance series presented by Des Moines Parks and Recreation and the Des Moines Arts Commission, offers fun for the

whole family on the third Saturday of the month at 10:30 a.m. at the Des Moines Activity Center, 2045 S. 216th St. The lineup includes music, slithery reptiles, zany performances and more.

Single tickets are just \$3 in advance and \$5 at the door and for families they are \$10 in advance and \$15 at the door. Tickets can be purchased online at Brown Paper Tickets or in person or by phone from the Des Moines Parks & Recreation Department at 206-870-6527.

We hope to see you in 2012 at one of the performances!

- January 21** Reptile Man
- February 18** Goofy Gideon Magic Show
- March 17** Harmonica Pocket –
Get Loose with Seuss Show

Call for Arts Commissioners

The Des Moines City Council is accepting applications for candidates wishing to serve on the Des Moines Arts Commission. The mission of the Des Moines Arts Commission is to provide leadership in establishing cultural opportunities to improve the quality of life, enhance the aesthetic environment and to promote Des Moines as a center for great arts. Recent projects include the Poverty Bay Arts Festival, Arts Alive Series, Arts Explosion, Shakespeare in the Park, and the summer concert series.

Commissioners serve three year terms and are appointed by the Mayor with City Council confirmation. The Commission meets on the second Wednesday of the month from 4:00 p.m. to 5:30 p.m. at the Des Moines Activity Center. Applications will be accepted until all positions are filled. Learn more about the programs supported by Des Moines Arts Commission and print an application form at www.desmoinesartscommission.com. Completed application forms should be submitted to the City Clerk's Office at 21630 11th Ave S. #A, Des Moines, WA 98198.

Contact the City Clerk at 206-870-6519 with questions.

Teens Giving Back to the Community Through Service



Is your child interested in participating in volunteer projects, meeting teens from a variety of schools, and earning service learning credit while having fun? Des Moines Youth Council is actively involved in the community and invites teens in 6th through 9th grade to join. Meetings are held every other Thursday from 6-7 pm.



The Des Moines Youth Council has contributed volunteer hours to the Des Moines community at events including Celebrate Des Moines, Spaghetti Night, the Field House Dance and the Halloween Carnival, where they produced a haunted hallway. Come join the fun today!

Please call 206-870-6527 for additional information.



Upcoming Events

Big Money Raffle – Win up to \$10,000!

Enter the Destination Des Moines Big Money Raffle for your chance to win up to \$10,000. Tickets can be purchased for \$10 from any Destination Des Moines Board Member or from Salon Michelle and Corky Cellars in Des Moines. On the evening of our 2nd Annual Valentine's Day Sweetheart Ball first, second and third place prize winners will be announced. Only 5000 tickets will be sold so be sure to get yours today! All proceeds go toward events like the Fourth of July celebration and Waterland parade.

Contact Destination Des Moines for more information on these events at: info@destinationdesmoineswa.org or visit our website at www.destinationdesmoineswa.org.

Valentine's Day Sweetheart Ball

The 2nd Annual Destination Des Moines Valentine's Day Sweetheart Ball takes place at the Landmark on the Sound in Des Moines on February 11th. This will be a fun-filled evening featuring entertainment by Joey Jewell and his Orchestra with a tribute to Frank Sinatra and Friends. Included in your ticket price are custom hors d'oeuvres prepared by Ian Hamilton, corsages, boutonnieres, dancing and first toasts. Portraits and a no-host bar will also be available. Buy your tickets from our website today!

Date: February 11, 2012
Time: 6:30pm – 11:00pm
Location: Landmark on the Sound (23600 Marine View Dr S., Des Moines WA 98198)
Price: \$55 for adults/ \$50 for 65+ (senior discount not available online)



DES MOINES LEGACY FOUNDATION



Des Moines Legacy Foundation Calendars

2012 Calendars \$5

Available at Des Moines Activity Center, Field House, City Hall and Des Moines Drug and Hallmark

Des Moines Legacy Foundation Note Cards

\$2.50/each, 5 cards/\$10

Featuring Carmen Scott's photos of the Northwest and Des Moines locations and events. Available at Des Moines Drug and Hallmark.

2011 Board of Directors

President- Clark Snure	Vice President- Gene Achziger
Treasurer- Hallie Marks	Secretary- Patrice Thorell
Kathy Arnold	Wayne Corey
Al Isaac	Keith Noess
Georgie Nupen	Sue Padden
Kim Richmond	Carmen Scott
Charleen Schulz	Laura Rex Straight

There are two openings on the board of directors. For more information contact Sue Padden, 206.870.6584 or spadden@desmoineswa.gov

Dance for Parkinson's

Do you have a Movement Disorder?

Dance for Parkin'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.nwplf.org/Events.aspx or call 877-980-7500.

Adults

Donations Welcome

M	March 5 - April 23	2-3:30pm	Activity Center
M	June 4 - August 6	2-3:30pm	Activity Center



★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Thank You to Our Sponsors! (\$500 and above)

- ◆ Budd Gould & Anthony's Restaurants
- ◆ Hunting, Fisher, and Co. P.S., C.P.A's
- ◆ Snure Law Office, PSC
- ◆ Des Moines Drug & Hallmark
- ◆ Edward Jones-Doug Myers
- ◆ El Dorado West
- ◆ Highline Hearing Professionals
- ◆ Judson Park Retirement Community
- ◆ Carmen Scott
- ◆ Wesley Homes- Des Moines, LLC

★ ★ ★ ★ ★ ★ ★ ★ ★ ★



On behalf of the Des Moines Legacy Foundation, we want to thank sponsors and attendees for their contributions to our 2011 Bayside Brunch that was held on November 6, 2011, at Anthony's HomePort in Des Moines.

This year, contributions helped to raise over \$24,000 for Des Moines area senior citizen services and programs. This support helps to ensure that seniors in our area age with dignity, respect and independence. In addition, guests also helped to raise \$6,625 for youth parks and recreation programs. For the complete list of our Brunch sponsors please go to our web page www.desmoineslegacy.org/Brunch 2011.

We are grateful your support of our vision for a brighter future in our community through parks, recreation and senior services.

Des Moines Legacy Foundation





jump in!



MOUNT RAINIER POOL

Winter/Spring 2011-2012

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 - 7:30 am	Available for rentals	Lap Swim		Lap Swim		Lap Swim	Mount Rainier HS/ King swim teams
7:30 - 8:30 am		Pool Maintenance	Pool Maintenance	Pool Maintenance	Pool Maintenance	Pool Maintenance	
8:30 - 9:30 am		Shallow Water Ex/Lap Swim	Shallow Water Ex/Lap Swim	Shallow Water Ex/Lap Swim	Shallow Water Ex/Lap Swim	Shallow Water Ex/Lap Swim	
11 am - 1 pm		Lap/Family swims	Lap/Family swims	Lap/Family swims	Lap/Family swims	Lap/Family swims	
1 - 2:30 pm		Lessons	Lessons	Lessons	Lessons	Lessons	Lap Swim 12-1 pm
2:30 - 5:30 pm		Mount Rainier HS/ King swim teams	Mount Rainier HS/ King swim teams	Mount Rainier HS/ King swim teams	Mount Rainier HS/ King swim teams	Mount Rainier HS/ King swim teams	Public Swim 1-2 pm
5:30 - 7 pm		Swim Lessons & King Aquatics	Swim Lessons & King Aquatics	Swim Lessons & King Aquatics	Swim Lessons & King Aquatics	Family Swim 6 - 7 pm	S1 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

Be a life-saver: Help make sure every kid learns how to swim



**DES MOINES
POOL**

METROPOLITAN PARK DISTRICT
P.O. Box 98711
Des Moines, WA 98198

visit us online at:
www.desmoinespool.com

Operators of your
Mount Rainier Pool



The ability to swim is a key component in the safety and long-term health of our children. That was the belief of the late Faith Callahan, who swam regularly at Mount Rainier Pool until shortly before her passing at age 106. Faith helped convince voters in 2009 to save the pool so that our kids would continue to have a place to learn to swim.

But swimming lessons remain beyond the reach of some of our poorest children. That's why we've named our scholarship fund after Faith and continue to work to ensure that all Des Moines children know how to swim, regardless of their economic situation.

As the holidays approach, consider making a tax-deductible gift to the Faith Callahan Memorial Swimming Scholarship Fund at either the pool, or by mail at: P.O. Box 98711, Des Moines, WA 98198

Thank you.

**'Tis the season
to stay in shape**

SPECIAL PRICES
on our **Adult Lap Swim Pass**

1-year pass \$350

3-month pass: \$100



**WE JUST WANT TO SAY:
'THANKS, DES MOINES'**

COUPON EXPIRES MARCH 31, 2012

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

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

COUPON EXPIRES MARCH 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.

Arts Alive!

Join us for a line-up of music, slithery reptiles zany performances and more!
 This family performance series is wonderful fun for everyone.
 3rd Saturdays at 10:30am \$3 advanced, \$5 at the door
 At Activity Center \$10 family/advance, \$15 family/at the door



January 21 Reptile Man

February 18 Goofy Gideon's
 Magic Show

March 17 The Harmonica
 Pocket's Get Loose
 with Seuss Show

Register by calling 206-870-6527.



CELEBRATE LEAP YEAR 2012

Wednesday, February 29, 2012
 Des Moines Activity Center
 2045 S 216, Des Moines
 8:30am - 12pm
 \$3 Suggested Donation



Festivities include, games, contests, mini TLC &
 massage sessions from The Wellness Sanctuary
 and Pajama Parade topped off with a scrumptious
 french toast breakfast

Advanced registration requested:
 206-878-1642

Sponsored by
 Village Green Retirement Campus



Rotary Club of Des Moines

8th Annual Poverty Bay Wine Festival



The Landmark On The Sound
 Event Center in Des Moines
 March 2-4, 2012

- Friday, 5:00pm - 10:00pm
- Saturday, noon - 7pm
- Sunday, noon - 5pm

\$25.00 advance • \$30.00 at the door

*Featuring tastings from over 20 Northwest
 wineries, samplings of Northwest cuisine, &
 live musical entertainment.*

Buy tickets at www.dmrotary.org or at Corky Cellars - 206.824.9462



Salish Sea Stories

Join us for the rich experiences people living by the Salish Sea have to share! Please contact Des Moines Activity Center staff, 206-878-1642 if you would like to share your stories. Advanced sign-up requested, please call!

Adults

\$2 Suggested Donation

Aviation History: Part VI - Yesterday and Today

John McEvoy provides a history of the Federal Aviation Administration air carrier inspection and the experiences of a retired airline pilot. A current Boeing 787 test engineer will reveal the testing and certification of the Dreamliner.

T February 21 7-9pm Activity Center

Des Moines Beach Park: The Birthplace of Des Moines



A look back at the eras of Des Moines Beach and Creek from native summer camps to logging, mills and pioneers. Learn about Daddy Draper and the creation of the picnic park, the Dance Hall that becomes a Tabernacle, and the story of the Covenant Beach Bible Camp from 1931-1987. From the early beginnings to today's activities and future plans at our communities' birthplace. Presented by Carmen Scott, Des Moines Historical Society

T March 13 10:30am Activity Center
 T March 27 7pm Activity Center

Special Events

WELCOME
TO *Fabulous*
SPORTS NIGHT
Las Vegas Style

**DOUBLE DOWN
FOR KIDS**

**SATURDAY
MARCH 31**
6 - 11pm

Des Moines Fieldhouse
1000 S. 220th St.

TICKETS
\$50 per person • \$175 per table
Call: 206.870.6527
email: recreation@desmoineswa.gov

Auctions • Prizes
Buffet • Beer & Wine
Casino Games

Live Entertainment
Tribute to Frank Sinatra & Dean Martin



SPONSORED BY DES MOINES LEGACY FOUNDATION • PROCEEDS BENEFIT YOUTH RECREATION ACTIVITIES

Eggstravaganza

**a leisurely
egg-hunt**

Saturday, April 7, 2012
9-11am
Des Moines Beach Park
\$5

Prizes for every child!
Photo opportunities
with the Easter Bunny!

Children grade 6 & under
Children under age 5
need to be accompanied by an adult.



Facilities & Field Rentals

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

Indoor Facilities

- Up to 500 Guests:**
Beach Park Auditorium
- 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



Field Rentals

The following fields are available for rent:
Des Moines Field House Park Fields
Steven J Underwood Memorial Park Fields
Zenith Park

Des Moines outdoor shelters are also available for fall family gatherings.

For booking and additional inquiries visit or contact:
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.

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, January 16, Monday, February 20, Monday, May 28

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.

Inclement Weather:

During periods of inclement weather radio stations will report school closures and changes. Please listen for the Highline School District report. (Note: For programs held in Federal Way schools, listen for the Federal Way School District report.)

School Closed: All Des Moines Recreation & Senior Services Department programs are cancelled.

School Open/1-hour Late Arrival:

Recreation programs will operate as scheduled.

Senior programs prior to 10:00AM are cancelled.

Senior programs held after 10:00AM – call 206-878-1642 for updated information.

School Open/2-hour Late Arrival:

All recreation and senior programs held prior to 11:00AM are cancelled. Recreation programs held after 11:00AM will be scheduled as usual. Senior programs held after 11:00AM – call 206-878-6527 for updated information. When inclement weather occurs during school holidays, evenings or weekends, please call 206-870-6527 or 206-878-1642 (Senior Programs) for updated information.

Accommodation of Disabilities:

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

Gender Equity Statement:

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

Will You Help a Child Attend a Camp or Activity?

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

Des Moines Parks and Recreation receives scholarship support from Des Moines Legacy Foundation and 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.



Ooops!

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

Join your Local PTSA
and show your
2011-12 Membership Card to receive a
10% discount
the first time you enroll your child
in a Des Moines
Recreation Activity*.

Offer valid September 1, 2011 – June 15, 2012.

Call 206-870-6527 for information.

*Excludes one-time events.

Senior Activities

Blueprint for Living 2012 and Beyond

Adults Tuesdays 10-11:30am DMAC

Facilitators: Valley Cities Counseling & Consultation unless otherwise noted.

January 3 **New Year, New Opportunities**
Refresh your outlook on life and health and discover how to benefit from a positive outlook on life, regardless of challenges we face.

January 17 **Create Your 2012 Wellness Plan**
Create your individualized plan for physical, mental and spiritual wellness and helpful tips on achieving your plan.

January 24 **What's New in Rehab Therapy**
Learn about the new Virtual Rehab Therapy which makes exercise more fun and interesting to help improve recovery. We will discuss pain modality treatments using ultrasound, electrical stimulation and diathermy to aid in decreasing pain, joint stiffness and increasing strength. Presented by Wesley Homes.

February 7 **The Importance of a Healthy Heart**
February is the month of the heart, are you taking care of yours? Learn to keep your heart healthy, including simple tips that provide great benefits.

February 21 **Caring for a Broken Heart**
Coping skills to help recover from grief and loss as well as strategies to reinvest in life.

March 6 **Managing Chronic Health Conditions**
Life happens and health problems are distracting. Explore ways to manage the impact they have on your life!

March 20 **Coping with Chronic Pain**
Living with chronic pain is challenging; explore alternatives that help you and your loved ones deal with chronic pain and the impact it has on your life!

April 3 **Plain Talk About Caregiving**
Basics of Caregiving explores the "who, what, when, where and how".

April 17 **Self Care for Caregivers**
Take care of yourself while caring for others. Discover resources and strategies that help you cope with the stress of caregiving.

April 24 **Tissue and Organ Donation (time change: 10:30-11:30am)**
Have you ever wondered 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 answer any questions you may 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.

Out to Lunch

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

Age 50+ \$8 Transportation Fee
Friday, January 6 Seastar Restaurant, Seattle
Friday, February 3 Lucky Diner, Seattle
Friday, March 2 Bush Gardens, Seattle
Friday, April 6 The Palisades, Seattle
Friday, May 4 McCormick Woods, Port Orchard

Day Trips

Explore Puget Sound with Des Moines Activity Center

Seattle Art Museum- Asian Art Exhibit		
Thursday, January 5	9:30am-3pm	\$8
Club Hollywood Casino-Seattle		
Wednesday, January 11	10am-2pm	\$8
Rosalie Whyel Museum of Doll Art-Bellevue		
Wednesday, January 18	9am-4pm	\$20
White River Museum-Auburn		
Wednesday, January 25	11am-3pm	\$10
Panama Hotel Tour-Seattle		
Wednesday, February 8	10:45am-3pm	\$19
Tulalip's Hibulb Cultural Center-Marysville		
Wednesday, February 15	9am-4pm	\$17
The Odd Couple-Village Theater-Issaquah		
Saturday, February 25	12:30-6pm	\$59
Neely Mansion-Auburn		
Wednesday, March 7	10am-3pm	\$9
Briarwood Farms-Rochester		
Wednesday, March 14	10am-4pm	\$15
Mint Factory-Chehalis		
Wednesday, March 21	9am-4pm	\$12
Maritime Museum-Tacoma		
Wednesday, April 11	9:30am-3pm	\$10
Black Sheep Creamery & Blue Rose Dairy- Winlock		
Wednesday, April 25	9am-4pm	\$12
Ostrom Mushroom Farm-Lacey		
Wednesday, May 9	10am-4pm	\$12
The Producers-Village Theater-Issaquah		
Saturday, May 19	12:30-6pm	\$59
Skokomish Tribal Center & Museum-Skokomish		
Wednesday, May 23	8:45am-4pm	\$15

Horticulture

Explore Northwest gardens and nurseries through informative lectures, videos and trips. Trips Depart at 10am.

\$8/van trips \$3/class lecture No Host Lunch

Fridays	Destination
January 13	Stevenson's Garden of Verse: powerpoint presentation
January 20	The Sonju Garden-Formulation and Future
January 27	Gardens of the World Video
February 10	Northwest Flower & Garden Show - via light rail
February 17	The farms that support Des Moines Farmer's Market
February 24	Tulips, Spring Bulbs & Formal Gardens, Video
March 9	Gardening in Alaska: lecture/Michelle Crawford
March 16	Roses & Rose Gardens, Video
March 23	Center for Urban Horticulture-Seattle, Trip
March 30	Flower World-Maltby, Trip
April 13	Coenosium Gardens-Eatonville, Trip
April 20	Seattle Tilth Garden, Trip
April 27	Lake Washington Tech. College Plant Sale, Trip
May 11	Des Moines Garden Club Plant Sale, Carpool
May 18	Windmill Garden & Watson's Nurseries, Trip

Join us for Fun & Games all week long! Call 206-878-1642 for details!

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

Adults **\$63R \$69NR/10-class punchcard or \$10/Drop**
 M Ongoing 6-7pm Field House
 No class: 1/2, 1/16, 2/20, 4/9, 5/28

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 **\$45R \$49NR**
 M Beginners January 23-March 5 7-8pm Founders Lodge
 M Intermediate January 23-March 5 8-9pm Founders Lodge
 M Beginners March 12 - April 23 7-8pm Founders Lodge
 M Intermediate March 12 - April 23 8-9pm Founders Lodge
 No class 2/20 & 4/9

Kigong

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

Adults
 Th January 5-February 23 5-6pm \$48 Activity Center
 Th March 1-April 19 5-6pm \$48 Activity Center
 Th April 26-June 14 5-6pm \$48 Activity Center

Morning Yoga

Give yourself the gift of vibrant health this year! Yoga practice provides tremendous benefits to the body, mind and spirit. Focusing on correct alignment while using props to make each pose accessible, you will gain flexibility, strength and coordination. Developing a deeper inner connection cultivates a feeling of peace and joy to the whole being. Beginners and more experienced students welcome. Required props: sticky mat, 8 foot strap and yoga blocks.

Adults **Session Fee: \$32R \$35NR**
 F January 6-27 6:30-7:30 am Founders Lodge
 F February 3-24 6:30-7:30 am Founders Lodge
 F March 9-30 6:30-7:30 am Founders Lodge
 F April 6-27 6:30-7:30 am Founders Lodge

No class 1/16, 2/20 & 4/9

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
Energy Yoga **Activity Center**
 Th January 5-February 23 6:30-7:30pm \$48
 Th March 1-April 19 6:30-7:30pm \$48
 Th April 26-June 14 6:30-7:30pm \$48
Energy Yoga **Normandy Park Cove**
 M January 9-February 27* 1:30-2:30pm \$48
 M March 5-April 9 1:30-2:30pm \$48
 M April 16-May 21 1:30-2:30pm \$48

No class 1/16 & 2/20 *Held at Field house during construction.

Recreation: 206-870-6527

Senior Services: 206-878-1642

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

T/Th/F 8-9am or 9:30-10:30am Field House
 January 3-27 \$33 April 5-27 \$31
 February 2-28 \$33 May 1-31 \$39
 March 1-30 \$39

Functional Fitness

Workshops with Allison will keep you balanced, feeling fit and moving with confidence. Inhale and be ready to change your life. Students describe Allison's classes as stimulating and informative offset with humor and pizzazz. Advanced registration required.

Adults age 50+

No class 1/16, 2/20, 4/1

Assessment Circuit

Test out your Balance and Agility with this snappy fitness circuit and discover your strengths and areas to focus on!

Tu January 31 9-10am Field House
 Tu April 3 9-10am Field House

\$2 Suggested Donation (Free for students enrolled in Enhanced Fitness)

Functional Fitness & Movement Coaching

One-on-one with Allison to improve the "activity of daily living" of your choice* and experience a difference! Such as breathing, standing & sitting, lifting and stretching, walking, transferring, stair climbing, even reading! 20-minute sessions available.

Tu 8:45-11:30am \$5 DMAC

Balance for Safety

Focus on reducing risk factors for falling – learn realistic strategies to enhance your balance, minimize outside interferences and build your confidence.

M January 9-February 6 8:30-9:15am \$8 DMAC

Core Swings

Twist and Turn your way into spring activities and sports by strengthening your core. Learn techniques to strengthen your back and protect your spine while you enjoy your favorite activities.

M February 13-March 12 8:30-9:15am \$8 DMAC

Spring Cleaning

Tackle your garden and spring clean effectively when you strengthen those muscle groups to bend, squat, pull, lift and stretch.

M March 19-April 16 8:30am – 9:15am \$8 DMAC

Golf Outings



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

Fee Range: \$8-10

No host green fee and lunch

Monday	Course & City	Green Fees
April 23	Tapps Island, Sumner	\$15
May 7	Battle Creek, Marysville	\$18
May 21	Delphi, Olympia	\$9

Teen Activities

Ski Bus

Join the crew heading to the mountain! Participants must show helmet and season pass. Friendly proficient staff will enhance your enjoyment at Snoqualmie. Class participants grouped by similar age and ability. To register call: 425-868-3820 or visit skimohan.com
Beginning lessons are at 5:30pm All other lessons are at 7:30pm.

Ages: Middle and High School students

F January 6-February 10 2:30-11pm Departs/Returns from Aviation HS
\$285: 6 wks transportation & lessons
\$195: 6 wks transportation only* *must be advanced skier or boarder.
\$140: 6 wks lessons only
\$40: single week transportation only

Babysitting Class

This fun, interactive class teaches sitters about how to respond in emergency situations, provide care to their charges, age appropriate activities and simple, kid friendly meals and snacks.

Ages 11-16 **\$25R \$29NR**
Th February 2-16 5-6 pm Field House Studio

ASP@P After School Program at Pacific

Looking for after school fun? Join us for ASP@P!
We will play sports and active games in the gym, create cool craft projects and win great prizes with cool contests; all thanks to the generosity of **Des Moines Rotary Club!** Activities are staffed by Des Moines Parks & Recreation.



Pacific Middle School Students *Free*
F January-June After school-5pm Pacific Middle School

Field House Dances

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

Grades 6-8 - student ID required for admission. **\$7**
7:30-10:00pm Field House
Friday, February 10 Pajama Jam
Friday, April 20 Neon Night
Friday, June 1 Beach Party

See page 7 for Kokondo Martial Arts classes

DES MOINES YOUTH COUNCIL



Make new friends and gain leadership and organizational skills participating in Des Moines Youth Council. The Council plans civic activities earning credits toward reward activities offered at year's end. Previous rewards include trips to Roller Skating, Wild Waves, and Seattle Mariners and Seattle Sonics

games. Enrollment is open and drop-in participation is encouraged. Call in advance to confirm meeting dates. Leader: Parks and Recreation staff

Grades 6-9 *Free*
Th 6-7pm Des Moines Field House

8-RR

Adult Enrichment

Dog Obedience

Love your dog, but 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. Instructor: Jan Magnuson, Animal Control Officer, Champion Trainer

Dogs 4+ months **\$85R \$89NR**
Th 7:15-9:15pm January 5-26 Field House
Th 7:15-9:15pm February 2-23 Field House
Th 7:15-9:15pm March 1-22 Field House
Th 7:15-9:15pm March 29-April 26 Field House
Th 7:15-9:15pm May 3 -24 Field House
No class 4/12

Skagit Eagle Watch

View nature's splendor. Each winter up to 300 Bald Eagles gather at the Skagit Preserve. These magnificent endangered birds typically see only the occasional riverboat in their protected habitat, so sightings are frequent. With up to 7 feet of wingspan, the eagle is truly majestic. You'll float calmly and comfortably with other enthusiasts. Guides are experienced eagle watchers. All rafting equipment is included. Transportation is not included.

Age 6+ **\$78R \$85NR**
Su 11am-2:45pm January 22 Directions provided at registration
Sa 11am-2:45pm January 28 Directions provided at registration

Washington State Boaters American Boating Course

Learn the essential information to operate a boat: boat handling, seamanship, necessary equipment, boat trailering, and much more. This course exceeds educational requirements in all states and a test is given at the conclusion of the course to qualify you for a Washington State Boaters education certificate. Bring a sack lunch. Fee includes textbook, interactive CD and all materials. Students are responsible for picking up supplies at Des Moines Field House. Instructors: Poverty Bay Power Squadron.

Age 12-Adult **\$35**
February 25 8am-4pm April 14 8am-4pm
March 17 8am-4pm June 9 8am-4pm
Public Works & Park Service Center - 2255 South 223rd St.

Memoir Writing

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

Seniors **\$54**
Th January 12 - March 15 2-4pm Wesley Gardens
Th March 29 - May 31 2-4pm Wesley Gardens

Seniors Making Art - Printmaking

Make expressive and colorful prints with paint, ink, plates and linoleum blocks. Experiment with 3 different techniques. Previous experience in art is NOT necessary, instructor encourages exploration. Materials provided. Instructor: Gail Baker.

Adults age 50 & better *Free*
M January 23 - March 19 10am-12pm
No class 2/20 & 3/12
Sponsored by Seniors Making Art - a nonprofit program founded by Dale Chihuly. Funding provided by Des Moines Legacy Foundation.

Ballet 1 – new & returning

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

Ages 5-8

M	January 9-February 13	4:30-5pm	Field House	\$38R \$42NR
M	February 27-March 26	4:30-5pm	Field House	
M	April 2-May 7	4:30-5pm	Field House	

No class 1/16 or 4/9

Ballet 2

Dancers progress with combinations of steps, terminology and FUN!

Ages 4-6

Th	January 12-February 9	10:30-11:15am	Field House	\$52R \$55NR
Th	February 16-March 15	10:30-11:15am	Field House	
Th	March 22-April 26	10:30-11:15am	Field House	

No class 4/12

Ballet 3

By the end of the session dancers will be able to demonstrate the five positions of the arms and feet as well as ballet steps at the barre and center. Returning dancers continue to add on to their existing knowledge.

Ages 6-8

Th	January 12-February 9	6:30-7:30pm	Field House	\$73R \$78NR
Th	February 16-March 15	6:30-7:30pm	Field House	
Th	March 22-April 26	6:30-7:30pm	Field House	

No class 4/12

Ballet/Jazz Combo

Ballet provides strength, beauty, posture and grace; focus is on stretching, Barre, Center and Across-the-floor work with emphasis on terminology and technique. Recommended attire provided at registration. Instruction: Melanie's Dance Unlimited

Ages 9-11

M	January 9-February 13	6:45-7:30pm	Field House	\$52R \$55NR
M	February 27-March 26	6:45-7:30pm	Field House	
M	April 2-May 7	6:45-7:30pm	Field House	

No class 1/16, 4/9

Jazz 1

A totally cool class, blending classic technique, new and cutting edge moves!

Ages 5-8

M	January 9-February 13	5-5:30pm		\$38R \$42NR
M	February 27-March 26	5-5:30pm		
M	April 2-May 7	5-5:30pm		

No Class 1/16 & 4/9

Tap Dance 1

Make lots of great noises with your feet and incorporate rhythm, technique & style. Recommended attire provided at registration. Instruction: Melanie's Dance Unlimited

Ages 5-8

M	January 9-February 13	4-4:30pm	Field House	\$38R \$42NR
M	February 27-March 26	4-4:30pm	Field House	
M	April 2-May 7	4-4:30pm	Field House	

Tap Dance 2

Ages 9-11

M	January 9-February 13	7:30-8pm	Field House	\$38R \$42NR
M	February 27-March 26	7:30-8pm	Field House	
M	April 2-May 7	7:30-8pm	Field House	

Balloonimals

Create awesome balloon sculptures with Goofy Gideon. Beginning class will create dogs, giraffes, hats, swords, and a gigantic monkey! Advanced class expands to Mario & Luigi, ballerinas, giant octopi and more. Leave each day with a contractor's trash bag filled with your creations.



Ages 6-12

Field House Studio

Beginner

W January 11-February 15 5:30-6:30pm \$55R \$59NR

Advanced

W February 22-March 28 5:30-6:30pm \$55R \$59NR

Sign-up for both classes and only pay \$98R

Note: \$20 supply fee is paid to the instructor at the first class – each child receives several hundred balloons and a hand pump.

Now that's what I call MAGIC

Take a trip into the world of magic and impress your friends with your skills! Learn "stage" tricks, "floating magic wand" and "torn and restored newspaper", in the beginner class. Advanced magic is about sleight of hand and card and coin tricks. Students learn stage theory and performance technique. Session concludes with a short show for family and friends!

Ages 6-12

Field House Studio

Beginner

W January 11-February 15 6:30-7:30pm \$55R \$59NR

Advanced

W February 22-March 28 6:30-7:30pm \$55R \$59NR

Sign-up for both sessions and only pay \$98R \$105NR

Note: \$20 supply fee is paid to the instructor at the first class

Cirque du We Play

School's out and it is time to learn some fun new skills to impress your friends! Join Goofy Gideon to learn how to make balloon sculptures and do magic tricks. This is the Balloonimals and MAGIC classes combined.

Ages 6-12

Founders Lodge

M-F April 9-13 9-11 am \$98R \$105

Note: \$30 supply fee is paid to the instructor at the first class

Parents Night Out

Attention, all parents, you deserve the afternoon off! While your children go swimming, play games, make art projects and experience the power of play you can do something special for yourself. Snacks provided

Ages 5-12

Per child* \$25R \$29NR

Sa	February 4	1pm-6pm	Founders Lodge
Sa	March 3	1pm-6pm	Founders Lodge
F	April 20	5pm-10pm	Activity Center
Sa	May 5	1pm-6pm	Field House

*\$15 for each additional sibling

Kokondo Martial Arts

Perfect for beginners! 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.

Ages 12 and Up

\$35R \$39NR

W/F	January 11-February 17	5-6:30 pm	Field House Studio
W/F	February 22-March 30	5-6:30 pm	Field House Studio
W/F	April 18-May 25	5-6:30 pm	Field House Studio

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

M	January 9-February 13	9:15-9:55am	Field House Studio
M	February 27-March 26	9:15-9:55am	Field House Studio
M	April 2-May 7	9:15-9:55am	Field House Studio
No class 1/16 or 4/9			

Super Science

Kids explore and learn about the world around us. Topics will include plants, life cycles, animals, chemistry and food chains. Each session offers new topics and activities.

Ages 3-5

\$38R \$43NR

M	January 9-February 13	10-10:45am	Field House Studio
M	February 27-March 26	10-10:45am	Field House Studio
M	April 2-May 7	10-10:45am	Field House Studio
T	January 10-February 7	12:15-1pm	Field House Studio
T	February 14-March 20	12:15-1pm	Field House Studio
T	March 27-May 1	12:15-1pm	Field House Studio
No class 1/16, 2/21, 4/9 or 4/10.			

Gardening Galore

Learn how to grow colorful flowers and your own veggies, taste different veggies, create imaginative garden and enjoy a garden party on the last day.

Ages 2½-4

\$33R \$38NR

M	January 9-February 13	11-11:30am	Field House Studio
M	February 27-March 26	11-11:30am	Field House Studio
M	April 2-May 7	11-11:30am	Field House Studio
No class 1/16 or 4/9			

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

M	January 9-February 13	11:45-12:30pm	Field House Studio
M	February 27-March 26	11:45-12:30pm	Field House Studio
M	April 2-May 7	11:45-12:30pm	Field House Studio
No class 1/16 or 4/9			

Petite Picassos

Let your child's inner creative spirit run wild in this fun hands-on class taught by a professional artist. We will use washable paint and mixed media to create take-home projects that will excite your child and begin a rich relationship with art. Each session offers new projects.

Ages 16-36 months plus adult

\$38R \$43NR

T	January 10-February 7	9:15-9:45am	Field House Studio
T	February 14-March 20	9:15-9:45am	Field House Studio
T	March 27-May 1	9:15-9:45am	Field House Studio
No class 2/21 or 4/10			

Youth Recreation Activities



Youth Gymnastics – new & returning

This fun-filled class develops flexibility, coordination, agility, balance, and muscle strength on an individual basis and focuses on cartwheels, handstands, rolls, basic beam, and basic bar work. Instruction: Jungle Gym

Ages 6-9

\$45R \$48NR

Tu January 10-31 6:10-6:50pm

Field House Studio			
Tu	February 7-March 6	6:10-6:50pm	Field House Studio
Tu	March 13-April 3	6:10-6:50pm	Field House Studio
Tu	April 17-May 8	6:10-6:50pm	Field House Studio

Tiger Kids Martial Arts

Get fit, learn self defense, develop motor skills and coordination while enhancing listening skills and respect for others. Bag kick & padded sword sparring included! Students can progress in rank/belt: start learning the simple moves of Taekwondo and The Karate Kid, progress to the Ninja Turtles then the cool moves of Jackie Chan's Kung Fu. Taught by a 8th Degree Black Belt Master in multiple styles. First time students receive a free white belt.

Ages 3 and up

Fee plus \$12 AAU Annual Membership

W	January 4-February 8	4:30-5:10pm	\$68R \$73NR	Field House
W	February 15-March 21	4:30-5:10pm	\$68R \$73NR	Field House
W	April 18-June 6	4:30-5:10pm	\$89R \$93NR	Field House

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.

Ages 5-8

\$52R \$59NR

M	January 9-February 13	6-6:45pm	Field House
M	February 27-March 26	6-6:45pm	Field House
M	April 2-May 7	6-6:45pm	Field House
No class 1/16 & 4/9			



Toddler/Preschool Activities

Robyn's Nest Preschool

Take a break while children have a great time learning, playing and meeting new friends under our watchful eye. Activities include arts and crafts, games, songs, puppetry, outdoor fun. Facilitators: Staff, trained, CPR/First Aid certified.

Ages 3-5			\$89R \$93NR
T/W/Th	January 4-26	10am-12pm	Field House
T/W/Th	January 31-February 23	10am-12pm	Field House
T/W/Th	February 28-March 22	10am-12pm	Field House
T/W/Th	March 27-April 26	10am-12pm	Field House
T/W/Th	May 1-24	10am-12pm	Field House
T/W/Th	May 30-June 7*	10am-12pm	Field House
* \$40R \$44NR			
No class 2/21, 4/10-12, 5/29			

Mini Kickers

Start soccer off right with an introduction to warming-up, stretching, dribbling, passing, shooting and defensive work and meet other kids in the community.

Age 3-5			\$25R 30NR
M-F	May 14-18	6-7pm	Field House



Tiny Tiger Martial Arts

Fun and fitness for little girls and guys! Learn the basics of martial arts while developing motor skills, self-esteem and coordination through the use of games and training aids.

Ages 3 and up			\$68R \$73NR plus \$12 annual AAU Fee
W	January 4-February 8	4:30-5:30pm	Field House
W	February 15-March 21	4:30-5:30pm	Field House
W	April 18-June 6*	4:30-5:30pm	Field House
*Fee: \$89/\$93			

Gymnastics – parents & toddlers

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

Age 18 months-3 years			\$45R \$48NR
Tu	January 10-31	5-5:30pm	Field House
Tu	February 7-March 6	5-5:30pm	Field House
Tu	March 13-April 3	5-5:30pm	Field House
Tu	April 17-May 8	5-5:30pm	Field House
No class 2/21			

Preschool Gymnastics – new & returning

This high-energy and fun-filled class teaches the basics and focuses on listening skills and socialization while developing coordination, agility, balance, and muscle strength at an individual pace. Instruction: Jungle Gym

Ages 3-5			\$45R \$48NR
Tu	January 10-31	5:35-6:05pm	Field House
Tu	February 7-March 6	5:35-6:05pm	Field House
Tu	March 13-April 3	5:35-6:05pm	Field House
Tu	April 17-May 8	5:35-6:05pm	Field House
No class 2/21			

Preschool Dance Class

Ballet & Tap classes are taught in an easy-paced learning environment punctuated with frolicking and general silliness! Instruction: Melanie's Dance Unlimited Instructors!

Age 3		Field House	\$38R \$42NR
W	January 11-February 8		10-10:30am
W	February 15-March 14		10-10:30am
W	March 21-April 25		10-10:30am
Age 3-5		Field House	\$38R \$42NR
M	January 9-February 13		5:30-6pm
M	February 27-March 26		5:30-6pm
M	April 3-May 7		5:30-6pm
Age 4-5		Field House	\$38R \$42NR
W	January 11-February 8		10:30-11am
W	February 15-March 14		10:30-11am
W	March 21-April 25		10:30-11am
No class 1/16 & 4/9			

Ballet 1

Children with previous dance experience will continue to add to their repertoire of dance steps. We will begin demonstrating the core techniques dancers need for a strong body in a developmentally appropriate and fun way.

Ages 3-5			
M	January 9-February 13	4:30-5pm	\$38R \$42NR
M	February 27-March 26	4:30-5pm	\$38R \$42NR
M	April 2-May 7	4:30-5pm	\$38R \$42NR
No class 1/16, 4/9			

Sports

Land Frost
Great Tasting Lunchmeat

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

Age 6-8 Coach-pitch

\$60R \$65NR January 3-31

\$65R \$70NR February 1-March 31

\$75R \$80NR April 1-May 31

Des Moines Area Fields



Spring Youth Recreation Soccer League

Registration starts on January 3 and closes March 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.

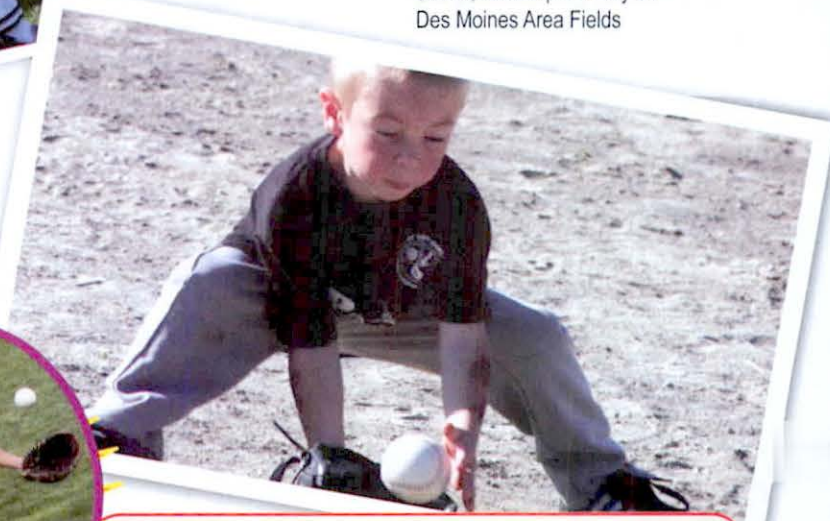
March 12-May 31

\$60R \$65NR January 3-31

\$65R \$70NR February 1-29

\$75R \$80NR March 1-17

Des Moines Fields



Coming Summer 2012
Youth Sailing Classes
UK Soccer Camp at
Des Moines Field House
Diamond Skills Baseball
Camp



Coaches Take Note:

The Spring Youth Recreation Soccer League's Coaches Meeting

Tuesday, March 6 6:00pm Field House

Tee-Ball/Coach Pitch Coach Meeting

Thursday, May 24 6:00pm Field House

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

Adult Men & Coed Softball League

This is a great opportunity for folks to play at our beautiful complex. Each team plays 14-games and a double elimination post season tournament. Registration deadline: April 13, 2012. Coach's Meeting April 17, 2012.

Adults \$930R \$985NR (price includes sales tax)

SJUMP

Monday Nights Co-ed Recreation Division

League play starts April 23

Tuesday Nights Men's Recreation Division

League play starts April 24

Adult Dodgeball League

This is a great opportunity for folks to play a sport that they never forgot about, they just haven't had the chance at breaking out their inner youth. Each team plays 8-games and a single elimination post season tournament. Registration deadline: February 17, 2012.

Adults \$175R \$185NR (price includes sales tax)

Sunday Nights

March & April

Des Moines Field House

Batter-up!

Coed Softball league for adults age 55 begins in March. Contact Des Moines Activity Center for details on the league!



Look for screaming
summer deals for Camp
KHAOS 2012!

Navigating the School Year

B-4 SCHOOL

Enjoy peace of mind as your child eases into a morning balanced with individual play, group activities, homework and a nutritious snack.

Grades K-6

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

Sites	Dates	Fee: Res	Non Res
Highline	January	\$235	\$255
Federal Way	January	\$190	\$210
Highline	February	\$250	\$270
Federal Way	February	\$190	\$210
Highline	March	\$290	\$310
Federal Way	March	\$190	\$210
Highline	April	\$205	\$225
Federal Way	April	\$160	\$180
Highline	May	\$275	\$295
Federal Way	May	\$200	\$220
Highline	June	\$130	\$150
Federal Way	June	\$105	\$125

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

BREAK TIME CAMPS

No school again? Wait... Break Time provides a safe environment where your child will be busy with craft projects, games, sports, outdoor activities and much more. You send a lunch, we provide snacks!

Grades K-6

6:30am-6:00pm Field House

Day	Date	District	Fee: Res	Non Res
M	Jan 16	MLK Holiday Highline & FW	\$35	\$37
F	Jan 27	No School Federal Way	\$35	\$37
M-Tu	Feb 20-21	Mid-Winter Highline & FW	\$60	\$65
F	Mar 9	No School Highline	\$35	\$37
F	Mar 16	No School Federal Way	\$35	\$37
M-F	April 2-6	Spring Break Federal Way	\$150	\$160
M-F	April 9-13	Spring Break Highline	\$150	\$160
F	May 4	No School Federal Way	\$35	\$37
F	May 18	No School Highline	\$35	\$37
T	May 29	Memorial Holiday Highline & FW	\$35	\$37

*Dates are subject to changes in school district calendars.

Recreation: 206-870-6527 Senior Services: 206-878-1642

AFTERMATH

Relax knowing your child, fueled by a nutritious snack, will be burning off excess energy while absorbed in lively games, seasonal arts & crafts and creative play. Time is set aside for homework.

Grades K-6

M-F School dismissal - 6:00pm

Sites	Dates	Fee: Res	Non Res
Highline	January	\$250	\$275
Federal Way	January	\$305	\$325
Highline	February	\$270	\$290
Federal Way	February	\$305	\$325
Highline	March	\$310	\$330
Federal Way	March	\$305	\$325
Highline	April	\$225	\$245
Federal Way	April	\$255	\$275
Highline	May	\$295	\$315
Federal Way	May	\$320	\$340
Highline	June	\$140	\$160
Federal Way	June	\$170	\$190

Drop-in Fee: M-Th \$15R \$17NR, F \$20R \$22NR Highline Sites
\$18R \$20NR Federal Way Site

FORTH & AFT

Balance your child's day Before (B-4) and AFTer school and give yourself a worry-free day. Registering for both Forth & Aft offers you a significant fee reduction.

Sites	Dates	Fee: Res	Non Res
Highline	January	\$325	\$345
Federal Way	January	\$380	\$400
Highline	February	\$340	\$360
Federal Way	February	\$380	\$400
Highline	March	\$400	\$420
Federal Way	March	\$380	\$400
Highline	April	\$285	\$305
Federal Way	April	\$320	\$340
Highline	May	\$380	\$400
Federal Way	May	\$400	\$420
Highline	June	\$180	\$200
Federal Way	June	\$210	\$230

Pre-registration is required - note: prices are subject to change.

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

Federal Way School District Site: Woodmont Elementary School

Note: Program dates and times follow each school district's calendar.

Financial Scholarships Available: For detailed information please call 206-870-6527

Welcome!

REC 'n ROLL

Community Betterment Through People, Programs and Parks!

Did you ever wonder how the Des Moines Parks, Recreation and Senior Services Department is able to provide so many great program offering such as sports, recreation classes, senior services, human services, cultural programs, community gardens and community events?

Well, it is with the help of our volunteer base, hundreds strong, of youth and adult sports coaches, senior program volunteers, youth council members and Highline Community College students! And, community members also get their hands dirty to manage the Sonju Community Garden and assist with the maintenance of critical areas such as Des Moines Creek!

What's your passion? There are endless community volunteer opportunities and we can help match you or your group with a project or program that meets your interests.

The Parks and Recreation Department works closely with the Des Moines Legacy Foundation, Des Moines Rotary Club and Destination Des Moines as well as the City Council appointed Arts Commission, Human Services Advisory Committee, Senior Services Advisory Committee, Lodging Tax Committee and Historic Preservation Commission.

If you want to get more involved in your community, please fill out the application (available at http://www.desmoineswa.gov/dept/city_clerk/citizen_adv.html) for one of the following volunteer positions available in 2012: Des Moines Arts Commission (three year terms), Human Services Advisory Committee (two year terms), Senior Services Advisory Committee (two year terms) and, Lodging Tax Advisory Committee (reviewed annually). To volunteer for senior services programs, as a coach or to assist with gardens or community special events, please call our offices at 206-870-6527 for Recreation and Parks or 206-878-1642 for Senior Services.

We believe that **with you** we can shape the best possible community in which to live, work and play.

Sincerely,

Patrice Thorell
Director

Look What We Have For You!

Facilities & Fields	2, 12 RR
Before & After School	3 RR
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Toddler – Teen Activities ...	5-8 RR
Adult Activities & Fitness ..	8-9 RR
Senior Activities	10 RR
Registration Information ...	11 RR
Special Events	12-13 RR
See reverse for City Currents Information	



2012 Sonju Community Orchard and Garden
Season Opens in April

Take to the water Spring Break And enjoy an exhilarating week!

Learning to sail in our on-the-water course. Course covers water safety, sailing basics, wind awareness, rigging and rules of the waterways using 14 foot dinghies. An escort boat will accompany the boats while sailing just outside the Des Moines Marina entrance. Sneakers and a Coast Guard approved life jacket required.

Teens \$135R \$140NR
M-F April 9-13 1-4pm Des Moines Marina



Summer Sailing Camp details will be available by May 2012!

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

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REC 'n ROLL

Your Guide to Des Moines Parks, Recreation & Senior Services
Winter Into Spring 2012