



New Sign Welcomes Visitors at North Marina Entrance

A new entrance sign at the north end of the Des Moines Marina was dedicated by the Des Moines Arts Commission, Des Moines elected officials, staff and friends of the Marina on September 20th. This project began last summer when Midway Sewer District completed the installation of a standby generator in the traffic island just inside the north entrance to the Marina. As a combination of landscaping and signage to reduce the impact of the gray sound wall that enclosed the generator was being explored, Des Moines resident John Hicks stepped in to save the day. John is an environment chemist, who works in the US Army Corps of Engineers dredging program. His hobby is creating "aquatic art" out of stainless steel and other metals. John's work, which he has titled "Pier Group", now welcomes all who enter the Marina grounds from the north entrance. Marina staff rebuilt the original welcome sign and the supporting background for the aquatic scene. Stop by and enjoy this beautiful artwork.



Members of the Des Moines Arts Commission, City Council, staff and friends watch as Mayor Dave Kaplan cuts the ribbon on the new sign featuring artwork created by Des Moines resident John Hicks (center).

Des Moines Planning, Building & Public Works Director Retires



Grant Fredricks

After a career that spanned 47+ years of continuous public service, including over seven years as the City of Des Moines Planning, Building & Public Works Director, Grant Fredricks retired in November. At the November 8th Des Moines City Council meeting, Grant's message to the community concluded with these comments: "Even though the past 5 years have been very challenging because of the national recession, we still keep finding ways to maintain essential public services... To the community I can say that you should feel justifiably proud of your City Government."

Grant Fredricks is a very talented and dedicated public servant and the City of Des Moines was very privileged to have had him on our team.

What's inside:

- City Council Highlights.....2
- Arts Commission Vacancy2
- New Discount **Waterland Card** and List of Participating Businesses.....3&4
- Business License Renewal Reminder5
- Hyde Shuttle Aids Local Seniors5
- "One Less Bag" Recycling Challenge.....6
- New Des Moines Snow Tracker7
- Expanded School Safety Zone Cameras8
- Sports Night March Madness Style.....8
- Human Services Advisory Committee Vacancy..9
- Senior Center News.....9

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 7:00 p.m.

Dave Kaplan, Mayor
Matt Pina, Mayor Pro Tem
Jeanette Burrage
Dan Caldwell
Melissa Musser
Carmen Scott
Bob Sheckler

City Offices

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

Other Numbers

Emergency.....	911
Animal Control.....	206-870-6549
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



Dave Kaplan
Mayor



Matt Pina
Mayor Pro Tem



Jeanette Burrage
Councilmember



Dan Caldwell
Councilmember



Melissa Musser
Councilmember



Carmen Scott
Councilmember



Bob Sheckler
Councilmember

City Council Highlights

Held Public Hearings:

- Amendment to the Business Park Zone
- Blueberry Lane Zoning Reclassification
- Addendum to SeaMar Development Agreement
- Comprehensive Plan Amendments
- 2013 Tax Levy Rate
- 2013 Budget

Approved the Following Action:

- Established New Development Standards for the Institutional Campus Zone
- Amended Development Standards for the Business Park Zone
- Amended the Official Zoning Map to Change the Zoning Classification for Specific Properties from Residential Single Family – 7200 to Business Park B-P
- Amended the 2012 Budget

- Approved a 3-Year Exemption on B & O Taxes for New Businesses
- Modified the Gambling Tax for New Businesses
- Approved a Tax Exemption to Facilitate the Development of Market Rate Multiple-Unit Dwellings
- Approved Amendments to the 2009 Comprehensive Plan

Other Action Taken:

- Approved the 2012-2032 Transportation Improvement Plan (TIP)
- Approved Alternate SCORE Release Locations
- Passed a Resolution to Support the Automated Fingerprint Identification System

Des Moines Arts Commission Vacancy

The Des Moines City Council is accepting applications from candidates wishing to serve on the Des Moines Arts Commission. Arts Commissioners serve three year terms and are appointed by the Mayor with City Council confirmation. The Commission meets on the 2nd Wednesday of the month from 4:00 p.m. to 5:30 p.m. at the Des Moines Activity Center. For information regarding Arts Commission programs, please go to www.desmoineswa.gov/artscommission or contact Patrice Thorell, Des Moines Parks, Recreation and Senior Services Department, at 206-870-6527.

Applications will be accepted until filled. Interested persons should contact the City Clerk's office for an application form, 21630 11th Ave. S. Suite A, Des Moines, WA 98198, or go to: www.desmoineswa.gov/dept/city_clerk/pdf/ClerkAppointiveApp.pdf.

Get your Waterland CARD



Waterland Fun and Savings!

Discounts and Special Offers
in Des Moines

SHOP * DINE * PLAY

Discover the magic in convenient, spectacular Des Moines.

Use the attached Waterland Card to take advantage of discounts and special offers at participating Des Moines businesses.

Look for the Waterland Card decal at your favorite retailers.



HIGHLAND BEACH ALLIANCE

Brought to
you by



Southwest King County
Chamber of Commerce





Dear Des Moines Resident:

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

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

How does it work?

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

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

Thank you for your consideration and please, Shop Waterland!

Dave Kaplan, Mayor
City of Des Moines

Lynn Wallace, President & CEO
SWKC Chamber of Commerce

Tony Hettler, President
Destination Des Moines

PARTICIPATING “SHOP WATERLAND” BUSINESSES:

All Points Yarn \$20 off \$100 Purchase
 Arturo’s Mexican Restaurant 15% Dinner Menu
 Athen’s Pizza & Pasta..... 2nd Pizza Free with Purchase
 Auntie Irene’s Espresso..... Mocha Monday Special
 Best In Show Pet Salon Free Toothbrushing With Service
 Blue Vanilla Bakery 10% off Weekday Breakfast
 Corky Cellars 25% off Gifts with Wine Purchase
 Des Moines Dog House Free Drink with Order
 Des Moines Drug Free Select Greeting Card with Purchase
 Des Moines Florist 10% off \$50 Bouquet
 EC Computers 20% off Repair Service
 Freedom Snacks Small Popcorn with \$10 order
 George C Scott Glass Studio..... 25% off
 Highline Design Alliance Logo & Graphic Design Special
 John L. Scott Real Estate \$500 Toward Closing Purchase
 Kaihana Sushi 10% off
 Karuna Arts Yoga..... 10% off
 Kickstand Coffee..... \$1 off any coffee
 Kimberly’s Exquisite Jewelry..... Troll Collector Bead Special
 Key Bank Free Gift with New Account
 Mandarin Kitchen Chinese 2nd Entrée Free with Purchase
 Marina Inn..... Free Breakfast Special with Stay
 Marine View Florist 15% off Purchase of \$20 or More

Marine View Massage \$5 off Massage Session
 Naturopath Dr Lynn Mikel Free Vitamin D3 with Purchase
 Page Turner Books 10% off
 Pauline’s Nail Spa \$5 off of \$30 Service
 Pier View Chiropractic Complimentary Stress Test
 Polonez Automotive 5% off Your Service
 Powell Homes..... Free Washer/Dryer with New Home
 Powell Care & Repair 10% off up to \$500 Repair
 Pro Cleaners Laundry by the Pound Special
 Quick Renewal Massage Center \$2 off 30 min. Massage
 Salon Michelle Free Eyebrow Wax with Salon Service
 Scotch & Vine Restaurant 15% off Regular Menu
 Spyro’s Gyros Etc. Gyro Special \$6
 State Farm Insurance Char Shulz Free Gift with Auto Quote
 State Farm Insurance Vickie Bergquist Free Gift with Auto Quote
 Sugar Cookies Espresso Any Drink 50c off
 Super Bowl Pho..... Free Appetizer with Entrée
 The Tag Zone..... 10% off
 Teresa DeLeen Handmade Jewelry \$20 off \$100 purchase
 Tuscany at Des Moines Creek 10% off
 Village Frame & Collectibles..... 15% off Custom Framing
 Vitality Chiropractic Free Giant Exercise Ball
 Waterland Crossfit..... New Member ½ Price Special

It's Business License Renewal Time

Renewal forms for the City of Des Moines Business License have been mailed. All licenses expire December 31, 2012. Please note any corrections on the form and return 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 business license with the City of Des Moines is required if you have a commercial storefront business, an in-home business, single family or multifamily rentals or you are based outside of the City, but are working in the City of Des Moines. Applications, helpful hints and payment information are available online at www.desmoineswa.gov or email us at businesslicense@desmoineswa.gov or call 206.870.6535. Avoid penalties and late fees which can add up to \$513.00 a day, by licensing your business.

Smart911

In September 2012, King County announced the launch of Smart911 - a supplemental data service that allows you to create a Safety Profile which can be seen by emergency responders when you call 9-1-1. King County is the first jurisdiction in Washington State to implement Smart911, with all 9-1-1 centers fully operational by the end of the year.

Citizens who use a cell phone may want to go to Smart911.com and "register" all their addresses. This will associate their cell phone number with their work and home locations so if they call 9-1-1, the location produced can be pinpointed with an identifiable address. It is especially important for people who live in a condo or apartment so 9-1-1 operators will have the apartment number when the call is made.

Create your Safety Profile today at Smart911.com.

Transportation Gateway Project Construction Scheduled to Begin Spring 2013

The City has advertised for construction bids to widen S. 216th Street from 24th Avenue S. to 18th Avenue S. (including the 24th Avenue S. intersection). It is anticipated that construction will begin as early as February, 2013, depending upon weather conditions and finalization of contract details. The contractor will build the improvements using "Green Road" certified sustainable construction techniques that will help to minimize short and long term environmental impacts of the project.

The improvements will result in creation of a "complete street" with curbs, gutters and sidewalks on both sides of the new five-lane roadway including bicycle lanes, transit stop improvements with solar shelter lighting, landscaped planter strips, utility undergrounding, LED street and pedestrian lighting, and traffic signal improvements at 20th Avenue S. and 24th Avenue S. Funding for the project is secured through partnerships with the Washington State Transportation Improvement Board, the Port of Seattle and the Highline Water District. The Water District is funding replacement of a 12" water main through the 24th Avenue S. intersection. The project is being coordinated with the Des Moines Arts Commission. Two foundations are being provided for art projects sponsored by the Arts Commission.

KPG Inc. is the City's engineering firm, who also designed S. 216th Street from Marine View Drive to 11th Avenue S. Similar design features are incorporated into this project. Construction is expected to take about one year and everyone's patience will be important to ensure the safety of construction workers on this heavily traveled corridor.

For further information on the project and future updates, refer to the City's web site at www.desmoineswa.gov/tgp or call the Public Works Department at 206-870-6523.

Hyde Shuttle Will Get You Through the Winter Blues!

Des Moines and Normandy Park residents aged 55+ have a marvelous resource available that can make travel through the cooler months as easy as a warm breeze! The Hyde Shuttle is one of the best ways to get to and from all the places you need to be, no matter what the weather. The spacious, comfortable vans and friendly drivers are ready to go on just one day's notice, to any destination in the coverage area. Right now, they have a need for more drivers to help keep the service going and expand into other routes, too.

Where can you go on the Shuttle? The list is just about as long as your imagination. Shopping, to visit friends, sightseeing, to activities all over the city, grocery stores, movie theaters, farmers markets and even to doctors, dentists and other health care pros. And, the times are when YOU need them: Monday through Friday, from 9AM to 4PM. They come right to your door and take you exactly where you want to go. All the vans are equipped with a lift and can accommodate walkers, scooter chairs and other mobility devices. They'll even take your four-legged friends along for the ride.

One of the best things about using the Shuttle is how easy it is to get started. Just one phone call to the friendly schedulers is all it takes. Call the day before your activity or schedule a regular pick up day every week. Please call 206.727.6262 for a brochure or stop by the Des Moines Activity Center or Field House for more information.

For information on becoming a volunteer driver, please call Brady Wright at 206.878.2066 or email bradyw@seniorservices.org. Currently two drivers are needed, but more would help expand this wonderful service.

Happy Howlidays!

Please make sure your pets enjoy this festive time of year as much as you do by keeping the following in mind:

- Pets feel secure in a routine; make sure to maintain that as much as possible during the holidays.
- Pets need a safe, secure, quiet place to go when company comes over.
- Pets need a healthy diet maintained; their standard food at regular mealtimes, no rich treats or leftovers.
- Don't expect your pet to automatically "take" to holiday visitors.
- Poinsettias, mistletoe, tree trimmings such as tinsel and ornaments, holly berries, ribbons and bows, chocolate, and other assorted items can be toxic to your pet, so keep them out of reach or make sure your pet is not left unattended with temptation.
- Keep a current pet license on your pet at all times, and a micro-chip is a good idea also; with lots of comings-and-goings during the holidays, pets can scoot out an open door and become lost.
- Most of all, have fun with your pets during this fun time of year!

Vehicles on City Right-of-Way

Did you know it is a violation of Des Moines Municipal Code (DMMC) to store your recreational vehicle, boat, camper, utility trailer or cargo trailer on City right of way? The Des Moines Police Department in conjunction with the City code enforcement officer will be delivering notices to violators in an effort to have these vehicles moved voluntarily. These vehicles may be stored on your property but there are some restrictions on that as well. You may want to review DMMC 18.44.110 before moving one of these vehicles onto your property. The penalty is \$513 per day. If you have any questions contact Master Sergeant Doug Jenkins at 206-870-7608.

Take the One Less Bag Challenge, Reduce Waste and Save

Make taking out the trash a little easier with King County's *One Less Bag Challenge*. To help reduce the amount of waste headed to Cedar Hills Regional Landfill, King County is asking residents to reduce their garbage by one less bag per month.

Why One Less Bag? More than half of what ends up in our landfill is easily recycled. By taking the challenge, you can help save valuable resources from going to waste **and** save money on your garbage bill by shrinking your garbage cart size. Here are some tips to help you reduce by one bag of garbage a month:

1. Discover one new thing that you didn't know you could recycle and start recycling it. Check the recycling rules for the City of Des Moines (www.cleanscapes.com). Then, post the guidelines near your recycling bin at home.
2. Put food scraps and food-soiled paper in your food and yard waste cart. Begin with your veggie and fruit trimmings or those leftovers that got lost in the back of the fridge. Then move onto meats, fish and poultry scraps and bones, plate scrapings, egg shells and coffee grounds. You can make food scrap recycling a part of your pre-meal prep and after-meal cleanup routine. For more information, visit recyclefood.com.
3. Don't let one piece of paper hit the garbage can. Remember all junk mail, envelopes, catalogs, magazines, office and craft paper of all shapes, sizes and colors can go in your recycling cart. Food-soiled paper such as dirty paper napkins, paper towels, and pizza delivery boxes go in your yard waste cart. Check out Des Moines recycling guidelines at cleanscapes.com/des_moines to learn which types of paper go in the recycling cart and which go in the yard waste cart, and reduce junk mail at its source by using King County's junk mail opt-out site at <https://kingcounty.catalogchoice.org>.
4. Choose one disposable item that you typically use (and usually toss!) at home and switch to a reusable alternative. For example: paper coffee cups, cleaning wipes, plastic storage containers, and shopping bags can all be substituted with a reusable alternative. Recycling is great but stopping waste at the source is even better!

Des Moines residents who take the One Less Bag Pledge at kingcounty.gov/recyclemore (click on One Less Bag Challenge), will be sent a free kit that includes a spatula for hard-to-clean recyclable containers, a recycling guide with fridge magnet, and 10 compostable bags for food scrap and food-soiled paper recycling.

New Health Point Facility on Pacific Highway

You may be wondering what's under construction at the old Salvation Army site on Pacific Highway S. It's a new medical and dental health care facility known as Health Point. The 39,000 sq.ft. Health Point building is well under way and by December we will probably see the above grade wall and floors. This project is next door to a new single-family residential subdivision called "Landmarque". Continue to watch for more commercial projects coming to Pacific Highway S.





**Puget Sound Starts Here!
Let's all do our part.**

Rain is part of our life in the Pacific Northwest. Stormwater runoff is rain or snowmelt that flows 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.

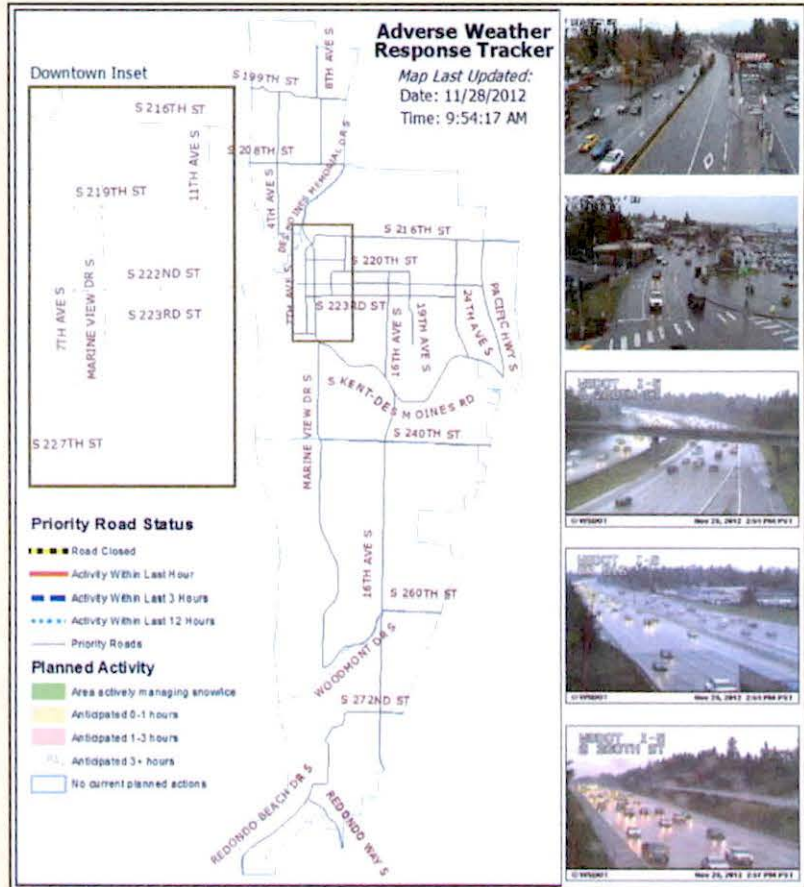
The City of Des Moines has joined with the **Puget Sound Starts Here** Statewide Campaign to keep pollutants out of our waterways. Everyone can help by adopting these simple habits into their daily life:

- Use moderate fertilizer on your lawn.
- Make sure all garbage is placed into lidded containers and protected from rainfall.
- Scoop up after your pet.
- Recycle your yard waste and do not dump yard debris or grass clippings near streams.
- Report any spills, water discoloration, or water sheen.

To report illicit discharges, spills, or dumping, please call 206-870-6869 or the after-hours hotline at 206-550-5612.

Des Moines Snow Tracker

Winter is approaching fast and that means the possibility of snow and ice on our roadways. Don't get caught unprepared this winter. The City has developed a tool for you to track the current driving conditions on major roads. Check out <http://www.desmoineswa.gov/snow> for an active map refreshed every 15 minutes to show current status of our priority roads, as well as estimated times for anticipated road treatment activities. Live images from 5 local traffic cameras are packed onto the page as well so you can see for yourself what the travel conditions are in your area.



CITY OF DES MOINES
Rotating Sculpture Project
ART ON POVERTY BAY

The Des Moines Arts Commission needs your Support!
Help build an outdoor gallery and art walk in the city

Contributions in support of this project can be mailed to:
Des Moines Arts Commission - Sculpture Project
1000 South 220th Street
Des Moines WA 98198

To have an informational flyer mailed to you visit: desmoinesartscommission.com
or contact Shannon Kirshberg at 206.870.9370



Des Moines Expands School Zone Safety Program

Additional Site Selected for School Zone Speed Safety Cameras



The City of Des Moines announces the expansion of its School Zone Safety Program which aims to protect students, drivers, and passengers from injuries or collisions caused by speeding vehicles in school zones.

In October 2011, the City of Des Moines installed Automated Speed Enforcement (ASE) cameras in the school zone along 16th Avenue South in front of Woodmont Elementary School. The City chose this location after conducting comprehensive speed studies in September 2010 and April 2011

In June 2012, due to an 82% reduction in the number of motorists speeding through the Woodmont Elementary school zone, the Des Moines City Council approved continuation of the Automated Speed Enforcement Program and approved the expansion of the program to include an additional school site located on 24th Avenue South in front of Midway Elementary and Pacific Middle Schools. This second site was chosen after conducting another comprehensive speed study, which showed an average of about 100 speed violations per day. This school zone also has a

flashing beacon warning system indicating the school zone is active.

In October 2012, Automated Speed Enforcement (ASE) cameras were installed in the school zone along the northbound and southbound lanes of **24th Avenue South in front of Midway Elementary School and Pacific Middle School.** The speed cameras will only operate on school days when the flashing beacon warning system is operating before and after school: **7:35-8:15 a.m. and 2:35-3:05 p.m. (Early dismissal Fridays 1:05 p.m.-1:35 p.m.) and 8:35-9:15 a.m. and 3:35-4:05 p.m. (Early dismissal Fridays 2:05 p.m.-2:35 p.m.)**. With this new site there will again be an initial 30-day introductory and public education period where warning notices, but no monetary penalty will be issued to the registered owner of any vehicle photographed while speeding. Actual enforcement and the issuance of Notices of Infraction will commence on January 2, 2013.

Our introductory and public education period provides drivers the opportunity to check their speed and comply with our school zone safety program before actual Notice of Infractions will begin to be issued. The intent of this program is to alert drivers to the school zones, reduce speeds, and increase safety for students.

The City of Des Moines can attest to the analysis released by the traffic safety camera company, American Traffic Solutions. This analysis overwhelmingly concludes the use of automated road safety cameras to identify speeding vehicles in school zones has dramatically reduced the number of violations during hours when children are present.

Des Moines is utilizing advanced technology with the goal of improving driving behaviors within

our school zones. Drivers are urged to obey all traffic control signs, slow down and always expect the unexpected. This road safety camera program enhances enforcement abilities while freeing up police resources to focus on other public safety issues.

Revenue generated from this School Zone Safety Program first pays for the equipment, payments to the contractor and covers the City's cost of running the program (i.e. officer's time to review the violations and court time to process). The remaining revenue will go into a dedicated Traffic Safety Fund for projects such as sidewalks along identified school walking routes, crosswalk enhancement projects, street signage, and to provide traffic enforcement activities at school zones that do not have cameras.

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. More information about ATS is available at www.atsol.com.

APRIL 28, 2013, NOON
Half Marathon through Des Moines, Normandy Park, SeaTac and Burien. Save the date! Register at www.covetoclover.com.

SPORTSNIGHT 2013
MARCH MADNESS

SHOW YOUR COLORS FOR KIDS **SATURDAY MARCH 23**
6-11pm
Des Moines Fieldhouse
\$50 per person
\$375 per table
Tailgate Party 5pm
ADULTS ONLY: Must be 21

Grab your school sweatshirt and break out the face paint
MARCH MADNESS IS HERE
Casino Games Auctions Prizes Full Buffet Beer & Wine

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 (HUD) 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. To qualify for these free services you must be an owner occupant within the Des Moines city limits for at least one year with no intention of selling in the next 12 months and have proof of home owner's insurance. Call 206.870.6558 to request an application. Return the completed application forms with the supporting documentation to: City of Des Moines/Minor Home Repair, 21630 11th Ave. S., Des Moines WA 98198. Once your application is processed and evaluated, you will receive a phone call informing you of your acceptance or non-eligibility for our program. Upon acceptance your job will be referred to one of our contractors who will call you to make an appointment to perform those services. Services that are required for your health and/or safety are the highest priority.

Human Services Advisory Committee Vacancy

The City of Des Moines is accepting applications for one vacancy on the Des Moines Human Services Advisory Committee.

The purpose of the Human Services Advisory Committee is to advise the Des Moines City Council on determination of priorities of human service needs within the City, evaluation and recommendation on funding human services requests submitted to the City, and evaluation and review of the performance of the individual human services agencies.

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

SENIOR CENTER NEWS

Fireside Chats 2013

The new year at Des Moines Activity Center begins with a new program called Fireside Chats. Local community leaders will be invited to the Center to sit and chat, answer questions, and provide information on their area of expertise and the services they coordinate. We are pleased to announce our first Fireside Chats below:

- City of Normandy Park Police Chief Chris Gaddis, Tuesday, 1/22, 11:30am
- City of Des Moines Police Chief George Delgado, Wednesday, 1/30, 11:30am; in Spanish Thursday, 1/31, 11:30am.
- City of Des Moines Mayor Dave Kaplan, Wednesday, 4/24, 11:30am.

Foot Care Scholarships

In cooperation with the weekly foot care program offered at Des Moines Activity Center, the Des Moines Legacy Foundation is proud to sponsor foot care scholarships for seniors 50 and older in our community. The regular fee for Karen's Foot Care services is \$27 for a 30-minute appointment. If this fee is a hardship for you, please contact Des Moines/Normandy Park Activity Center at 206.878.1642 for more details on a foot care scholarship.

Emergency Preparedness Kits for Low Income Seniors

This is the time of year we all should have our homes ready for emergency weather conditions. Des Moines/Normandy Park Activity Center provides small emergency preparedness kits for low income seniors in our communities. The kits and hand crank flashlights are paid for by the Des Moines Legacy Foundation. Hand crank flashlights are also available for purchase at \$15 each as a fundraiser for the Senior Center. For more information or to fill out an application for the free emergency kit, please call 206.878.1642 or email seniors@desmoineswa.gov.

Community Supports Seniors and Youth at 13th Annual Bayside Brunch Champagne Auction

It was a truly BIG day at *Under the Big Top*, the 13th annual auction for Des Moines Legacy Foundation on November 4th at Anthony's Homeport in Des Moines. Over 100 guests enjoyed a delicious Executive Chef prepared brunch buffet, champagne and many opportunities to support our local seniors and low income youth via the event's silent and live auctions, raffle tickets, Pot of Gold, and more! The 2012 event would not have been possible without the support of the following sponsors:

GREATEST SHOW ON EARTH- \$2,000

Budd Gould & Anthony's Restaurants
Hunting, Fisher, and Co. P.S., C.P.A's

BIG TOP TENT- \$1,500

Snure Law Office, PSC

CIRCUS RING TENT- \$1,000

Marks and Marks, C.P.A's

STAGE TENT- \$500

Edward Jones-Doug Myers
El Dorado West

Landmark Outreach Services

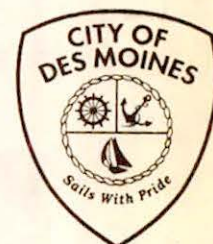
Carmen Scott

Simply the Best Care Adult Family Home

Stafford Healthcare- Des Moines

Wesley Homes- Des Moines, LLC

This year's event raised \$20,019 for the Des Moines and Normandy Park senior programs and services and \$6,050 for recreation scholarships for Des Moines low income youth.



Major improvements under way to preserve Mount Rainer Pool



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 Rainer Pool



Please help economically disadvantaged kids learn to swim. Your simple kindness will help save lives.

Donations are tax-deductible.

Faith Callahan
Memorial Swim
Scholarship Fund
P.O. Box 98711
Des Moines, WA
98198

MAINTAINING ANY 37-year-old public facility can be a challenge. All the more so when that building is a beloved public pool. The humidity and chemicals take a toll on the structure and equipment.

To prolong usage of the Mount Rainer Pool, your Des Moines Pool Metropolitan Park District Board of Commissioners is in the midst of a massive effort to preserve this important facility our voters saved in 2009 by creating the district.

Over the next few months, we will continue with extensive upgrades to the heating and ventilation; lighting; and boiler systems to help us better control the atmosphere in the building and save energy. Please pardon any inconvenience as we complete the following:

Natatorium:

- Replace old ceiling light fixtures with energy-efficient fixtures and bulbs
- Replace the heat exchanger that provides heat for the pool water
- Replace starting blocks and repair deck surface and pool liner
- Coordinate with outside donors for the construction of a new swim competition timer's desk with storage
- Enter into a scheduled maintenance

program with an outside provider for the building and pool heating systems.

Building Energy Efficiency:

- Retain a consulting company to conduct an energy performance audit on the building to identify areas of significant cost savings in electricity and natural gas usage
- Hire a consulting company to assist in seeking (successfully) an award of 25 percent matching grant of approximately \$83,000 from the state for energy-efficiency improvements

Building Exterior Improvements:

- Repair parking lot with new asphalt, new striping and lighting
- Enter into a landscape maintenance contract for year-round site maintenance

Building Interior Improvements:

- Upgrade the building's HVAC systems to improve building climate control, plus providing better control of hot water in locker rooms. Also, replace wall-mounted hair dryers
- Replace lobby windows and door glazing
- Replace all building signage with a uniform style to meet current signage regulations

**FOR THE NEW YEAR:
RESOLVE TO
GET 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, 2013

**GOOD FOR
ONE FREE LESSON
WHEN BUYING A
LESSON PACKAGE
at Mount Rainer Pool**

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

COUPON EXPIRES MARCH 31, 2013

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

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

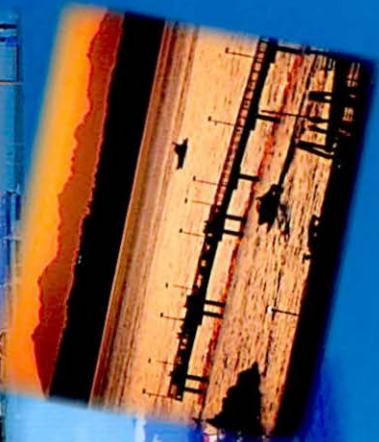
TRY
US
C

SHOP * DINE * PLAY

Discover the magic in convenient, spectacular Des Moines.

Use the attached Waterland Card to take advantage of discounts and special offers at participating Des Moines businesses.

Look for the Waterland Card decal at favorite retailers.



HIGHLINE DESIGN ALLIANCE

Photos by Carmen Scott and Del Rivero

DETACH HERE »

Present this card at any participating Des Moines business for **DISCOUNTS** and **SPECIAL OFFERS**



Support Waterland
Ship Locally

A Service of
Destination Des Moines



Just look for the Waterland Card decal

Waterland

Get your

Brought to
you by



CARD



Southwest King County
Chamber of Commerce

Waterland

CARD

Discounts and
special offers
in Des Moines

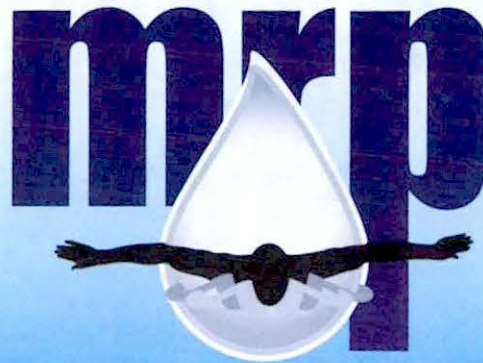
SUPPORT WATERLAND • SHOP LOCALLY

Waterland Fun and Savings!

Discounts and Special Offers in Des Moines

«DETACH HERE

mount rainier pool



SIGN UP FOR WATER EXERCISE NOW

WINTER 2013 SCHEDULE

For prices, please call the pool at: (206) 824-4722 or visit us online at www.mountrainierpool.com

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 - 7:30 am	Available for rentals	Lap Swim		Lap Swim		Lap Swim	Mount Rainier High School/King Aquatics 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/King Aquatics swim teams	Mount Rainier/King Aquatics swim teams	Mount Rainier/King Aquatics swim teams	Mount Rainier/King Aquatics swim teams	Mount Rainier/King Aquatics 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	^{\$1} Public Swim (First Saturday only) 2-3 pm
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	

Mount Rainier Pool • 22722 19th Ave S • Des Moines, WA • Southwest corner of the high school campus

Spring Eggstravaganza

-a leisurely egg-hunt

Saturday, March 30
9-10am
Des Moines Beach Park
\$5

Fun Crafts, Activities & Prizes
Photo Opportunities with the
Easter Bunny!

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

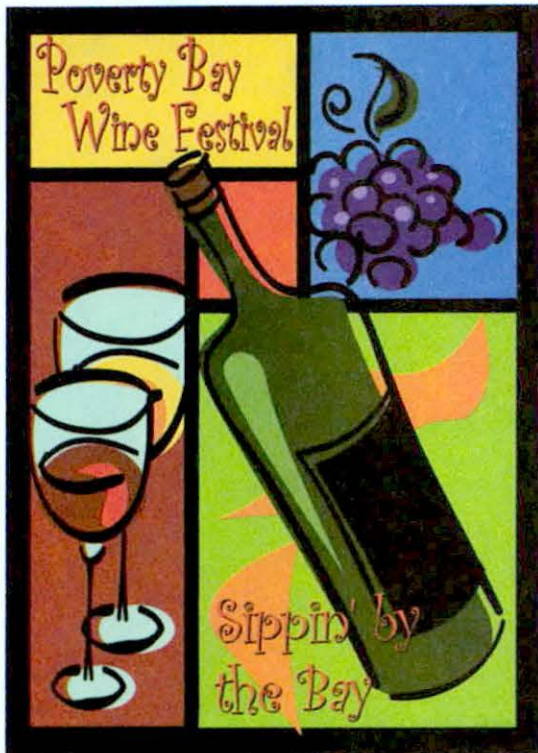
SPORTSNIGHT 2013
MARCH MADNESSSTYLE

SHOW YOUR COLORS FOR KIDS **SATURDAY MARCH 23**
6-11pm
Des Moines Fieldhouse
\$50 per person
\$375 per table
Tailgate Party 5pm
ADULTS ONLY: Must be 21

Grab your school sweatshirt and break out the face paint
MARCH MADNESS IS HERE

Casino Games Auctions Prizes Full Buffet Beer & Wine

9th Annual Poverty Bay Wine Festival



The Landmark On The Sound
Event Center in Des Moines
March 1-3, 2013

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, &
Musical entertainment

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



Meeting & Facility Rentals

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



Beach Park Auditorium

Our historic, yet contemporary, Beach Park Auditorium boasts stained glass windows, an outdoor patio and cathedral ceilings with exposed wood beams that enhance the ambiance in true Pacific Northwest style. Adding to our Northwest elegance, you and your guests can enjoy our picturesque views of the Puget Sound and Olympic Mountain Range. Both create the perfect back-drop, capturing the day, for years of lasting memories.



Founder's Lodge



The NEWLY Renovated Founders Lodge

With its floor to ceiling windows, the panoramic views of the Puget Sound and the Olympic Mountain Range are breathtaking any time of year. Nature is ever present in this rustic venue that spans the babbling Des Moines Creek.



Activity Center



Des Moines Activity Center

This is a true hidden gem that affords a private feel for your guests, yet is just two turns away from the Kent-Des Moines exit off I-5. Gleaming hardwood floors and a large stained glass window compliment exposed wood beams. Ample on-site parking and a first class kitchen make this a perfect event space for weddings, banquets and community events.



Field House



Field House

Built in 1939 as part of the Works Progress Act, the Field House is the only full log cabin in Washington State. The surrounding park features newly installed play equipment, tennis courts, a skate park, baseball/softball field and a picnic shelter. The Field House offers three spaces available for rent.

Events and Facilities Coordinator

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

Shannon Kirchberg

206-870-9370

skirchberg@desmoineswa.gov

www.beachparkeventcenter.com



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, 9am–5:30pm



Des Moines Activity Center Office – Senior Services

2045 S 216th Street, Des Moines WA 98198

PO Box 98576

206-878-1642

Fax 206-878-2260

www.desmoineswa.gov/seniors

E-mail: Seniors@desmoineswa.gov

Hours: Monday – Friday, 9am–4pm

**Check out the
Revised Office
Hours!
Effective
January 2, 2013!**

Holiday Closures

Tuesday, January 1, Mondays January 21, February 18 and May 27.

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 a 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 2012.

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

Send your tax deductible donation to:

Des Moines Legacy Foundation

Attention: Des Moines Parks & Recreation

Scholarships for Youth

PO Box 13582

Des Moines, WA 98198

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



Ooops!

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

**Join your Local PTSA
and show your
2012-13 Membership Card to receive a
10% discount
the first time you enroll your child
in a Des Moines
Recreation Activity*.**

**Offer valid until June 20, 2013.
Call 206-870-6527 for information.**

***Excludes one-time events.**

Senior Activities & Sports

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: 8-8:30am. Return time varies.
Fee Range: \$8-10

Monday	Course & City	Green Fees
April 22	Lake Spanaway	\$15
May 6	Allenmore, Tacoma	\$15
May 20	Delphi, Olympia	\$10
June 3	Nile Golf, Mountlake Terrace	\$15
June 17	Kenwanda, Snohomish	\$16



Batter-up!

Coed Senior Softball League for players age 50 & better, runs May - July. League is comprised of teams from senior centers in King County. Interested? Call 206-878-1642.

It's All About Stuff

Accumulating too much? Get back on the path of removing items, keeping what's important and learn about new homes for the stuff family doesn't want. Carol Mohler, M.ED

M February 25 1-2pm Activity Center

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

Des Moines Activity Center
2045 S 216th, Des Moines WA 98198
1:00—3:30pm \$5

2013
February 24, March 24
April 28, May 26, June 23, July 28
August 25, September 22 & October 27
We provide beverages.
You provide finger-food refreshments—ready to serve!

Adults of All Ages!

Blueprint for Living 2013 and Beyond

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

January 8 & 22 (11am) - Medications Review— Meet with Jill Martin, RN and review how your current medications are working for you.

January 8 - Lighten Up Your Environment— Explore simple ways to chase away the winter blues.

January 15 - How to Avoid Hidden Health Hazards— The cruise, restaurant and healthcare industries share tips to avoid personal health hazards.

February 5 - Keep Your Heart Healthy— Avoiding heart disease and untangling the LDL, HDL, lipid and cholesterol confusion.

February 12 - You Shake Your Family Tree - What Comes Tumbling Out?— Bev Magel introduces you to how to trace your family tree and shares how her life changed after she shook her own family tree!

February 19 - You Gotta Have Heart— Guidelines for taking care of your emotional and spiritual heart.

March 5 - Muscles are Necessary at Every Age— Information, demonstrations and techniques for toning muscles to help your balance and posture, preventing falls, aches and pains.

March 19 - Hand Care is Essential to Good Health— Learn essential hand care tips that add to your health.

March 26 - Recycling: What's the Mystery?— What can be recycled, and where does it all go after collected by CleanScapes. Discover creative ways to reuse or repurpose commonly tossed items, keeping materials that still have value out of the landfill.

April 2 - Create a Healthy Living Space— Hints for cleaning and eliminating common indoor pests while protecting your health and the environment.

April 16 - Learn Proper Care of Medicines and Chemicals— Meet the challenge of storing and disposing of all the chemicals used in your daily life.

May 7 - Appreciating the Gift of Self— Explore the importance of valuing yourself and the connection to your health and wellbeing.

May 21 - The Community "Safety Net" Protects Your Health— Consider and learn about community resources that protect your health and how to show appreciation for their service.

Computer Mobile Lab Classes - NEW

The King County Library System's mobile computer classroom will be at Des Moines Activity Center. Sign-up now for these classes as space is limited.

Adults 50+	FREE	Activity Center
Facebook Basics	Tu January 8	10-11:15am
Blog Basics	Tu February 12	10-11:15am
Email Basics	Tu March 12 & 26	10-11:30am

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

Senior Outings

Day Trips

Explore Puget Sound with Des Moines Activity Center

Washington Banana Museum- Auburn	Wednesday, January 9	9:30am-4pm	\$8
Enumclaw Shopping & Lunch at Krain's Korner	Wednesday, January 16	10am-4pm	\$8
Historic Flight Museum- Mukilteo	Thursday, January 24	9:30am-3pm	\$18
Vintage Antique Motorcycle Museum- Chehalis	Wednesday, January 30	9:30am-4pm	\$17
Washington State History Museum- Tacoma	Wednesday, February 6	10:30am-3:30pm	\$15
Red Wind Casino- Olympia	Wednesday, February 13	9:30am-4pm	\$12
Cheese Factory, Pike Place Market- Seattle	Wednesday, February 20	10am-3pm	\$10
Thorniley Print Collection- Kent	Wednesday, March 6	10am-2pm	\$8
Brightwater Treatment Plant- Woodinville	Wednesday, March 13	8:30-4pm	\$12
Seattle Times Printing Plant Tour- Bothell	Thursday, March 21	11am-5pm	\$18
Wood Sculpture Demonstration- Gig Harbor	Wednesday, March 27	9:30am-3pm	\$10
Ride the Ducks- Seattle	Wednesday, April 10	10am-3pm	\$38
Orca Beverage Plant Tour- Mukilteo	Friday, April 19	9:15am-3pm	\$12
Seattle Great Wheel	Wednesday, April 24	10am-4pm	\$25
Carriage Museum- Raymond	Wednesday, May 8	9am-4pm	\$17
Fort Lewis Museum Tour- Tacoma	Wednesday, May 16	10am-4pm	\$15
Chicago, Village Theatre- Issaquah	Saturday, May 18	1-6pm	\$60
Whale Watching- Seattle	Wednesday, May 22	6:45am-7:45pm	\$75

Out to Lunch

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

Age 50+

\$8 Transportation Fee

Friday, January 4

Harmon Brewery-Tacoma

Friday, February 1

Lola Restaurant, Andra Hotel, Seattle

Friday, March 1

Cliff House-Tacoma

Friday, April 5

Salty's on Alki Beach-Seattle

Friday, May 3

Hilton Hotel-Bellevue

Join us for Meet to Eat Dinner also! Contact us for more information!



Horticulture

Explore Northwest gardens and nurseries through lectures, videos and trips.

Trips Depart at 10am. Lectures, Videos and Workshops at 9:30am.

\$8/van trips

\$2/class lecture

No Host Lunch

Fridays	Destination
January 11	Orchids as House Plants, Dick & Betty Lyons' slide show.
January 25	Empty Bowls lunch, Burien Comm. Ctr. \$15, carpool
February 8	Re-purposed Glass Crafts Workshop
February 22	Northwest Flower & Garden Show-Seattle, Bus / Light Rail
March 8	Cedar Grove Composting Video
March 22	Easter Baskets Craft Workshop
April 12	Windmill Gardens & Watson's Nursery-Sumner
April 26	Lake Washington Technical College Plant Sale
May 10	Des Moines Garden Club Sale, carpool
May 24	Julius Rosso Nursery-Georgetown

Extended Travel Opportunities

Southern Charm

Historic Charleston, Boone Hall Plantation, Beaufort Savannah, Factors Walk, Jekyll Island, St Simons Island and St Augustine.

Washington State Association of Senior Centers

May 26-June 1, 2013

Cascade Locks and Hood River

Pack in a visit to Air and Auto Museum in Hood River, shopping, overnight stay and paddlewheel cruise through the scenic Columbia Gorge.

Wednesday, May 29-Thursday, May 30, 2013

Heritage of America

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

October 4-13, 2013

Pick-up detailed brochures for these extended outings at Des Moines Activity Center.

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 punchcard or \$10/Drop
M Ongoing 6-7pm Field House

Belly Dancing

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

Adults \$45R \$49NR
M Beginners January 17-February 11 7-8pm Founders Lodge
M Intermediate January 17-February 11 8-9pm Founders Lodge
M Beginners February 18-March 25 7-8pm Founders Lodge
M Intermediate February 18-March 25 8-9pm Founders Lodge
M Beginners April 1-May 6 7-8pm Founders Lodge
M Intermediate April 1-May 6 8-9pm Founders Lodge

Kigong

A Korean energy practice incorporating 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 3-February 21 5-6pm \$48 Activity Center
Th March 7-April 25 5-6pm \$48 Activity Center
Th May 9-June 27 5-6pm \$48 Activity Center

Reiki Share

Reiki is a Japanese, hands-on energy, balancing technique which assists the body in its natural ability to heal itself. Reiki is a great compliment to western medical treatments by reducing side effects of surgery, medicines and many treatments and is great for emotional support by reducing stress and anxiety. Come on down and join us. Invite your friends and enjoy an afternoon of great company, great energy and beautiful views! Lead by Julie Conklin.

2nd Sa monthly-ongoing 1-3pm FREE Founders Lodge, Beach Park

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 3-31 \$39 April 2-30 \$36
February 1-28 \$36 May 2-31 \$42
March 1-29 \$39

Functional Fitness

Inhale and be ready to change your life. Proper movement is a key factor in achieving balance and this class focuses on improving joint range of motion and implements gravity-driven exercises to improve quality of life and activities of daily living!

Adults age 50+ \$1 Drop-in Fee
M/W January 7 - May 22 8:30-9:15am Activity Center

Pilates – beginners & advanced

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

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

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. Bring a yoga mat. Instructor: Rhonda Allison.

Adults
Energy Yoga Activity Center
Th January 3-February 21 6:30-7:30pm \$48
Th March 7-April 25 6:30-7:30pm \$48
Th May 9-June 27 6:30-7:30pm \$48
Energy Yoga Normandy Park Cove
M January 14-March 4 1-2pm \$36
M March 18-April 22 1-2pm \$36
M May 6-June 17 1-2pm \$36

Adult Sports

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 15, 2012. Coach's Meeting April 16, 2013.

Adults \$930R \$985NR (price includes sales tax)
SJUMP
Monday Nights Co-ed Recreation Division
League play starts April 29
Tuesday Nights Men's Recreation Division
League play starts April 30

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 18, 2013.

Adults \$175R \$185NR (price includes sales tax)
Sunday Nights March & April Des Moines Field House

**Dance for Parkinson's
starts February 25, 2013.
Call 877-980-7500 for information!**

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	January 3-24	7:15-9:15pm	Field House
Th	February 7-28	7:15-9:15pm	Field House
Th	March 7-28	7:15-9:15pm	Field House
Th	March 28-April 25	7:15-9:15pm	Field House
Th	May 2-23	7:15-9:15pm	Field House
No class 4/12			

Wenatchee Whitewater Rafting

The Sunny-side of the Cascades is a definite Splash! Roller coaster action and generally sunny weather makes this snow-fed river a favorite for river-runners. You'll experience commanding scenery that includes apple orchards and tall bluffs and the whitewater maneuvering in "Boulder Bend, Rock & Roll, Drunkards Drop and Snow Blind" rapids will definitely capture your attention! Participants will paddle self-bailing paddle rafts with an experienced guide. A Neoprene wetsuit and all rafting equipment are included. Trip Leader: Lance Reif, Wildwater River Tours

Age 10+

\$69R \$75NR

Sa	May 18	1-5:30pm
Su	May 19	11am-3:30pm

Location 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 23	8am-4pm	April 13	8am-4pm
March 16	8am-4pm	June 8	8am-4pm

Public Works & Park Service Center - 2255 South 223rd St.

Creative Writing

Do you have a story to tell? Interested in capturing your family's history? Take advantage of Pat Doheny's writing experience and expertise while enjoying a supportive and encouraging environment to keep you going! Beginning and beyond writers are welcome. Instructor: Pat Doheny

Seniors

\$54

Th	January 17 - March 21	10-2pm	Wesley Gardens
Th	April 4 - June 6	10-2pm	Wesley Gardens



Memoir Writing

Learn to write the story of your life. Join others as you share your life in a supportive environment. Instructor: Pat Doheny

Seniors

\$54

Th	January 17 - March 21	2-4pm	Wesley Gardens
Th	April 4 - June 6	2-4pm	Wesley Gardens

Aviation History: Tales from a Current Boeing Production Test Pilot

Boeing test pilot, Captain, Emily Bliss shares her experiences in North Dakota with Lockheed Martin; as a flight instructor, maintenance test pilot and airline pilot. Captain Bliss has over 5,000 hours in 57 types of aircraft.



Adults

T	February 5	7-9pm	Activity Center
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Aviation History: The Flight Attendant Who Changed It All

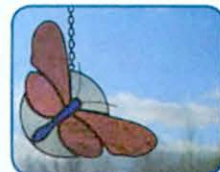
Her name may or may not be familiar to you, but she changed everything in regards to the Civil Rights Act of 1964 and the Equal Pay Act of 1966 for the airline industry. Meet retired Northwest flight attendant Mary Patricia Laffey Inman who fought and paved the way for American women to enjoy equality with men in the American workplace.

Adult

T	April 16	7-9pm	Activity Center
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Glass Light Catchers

Create a glass Light Catcher. All supplies are provided. Students receive a "inspiration for ideas" guideline when registering and should plan to bring a design to class.



Age 14 - Adults

W	January 23	6-9pm	Glass Studio/Des Moines	\$50
Sa	January 26	1-4pm	Glass Studio/Des Moines	\$50

Cement & Glass Stepping Stone

Create your own personal 16-18 inch concrete and glass garden stepping stone. Students receive a "inspiration for ideas" guideline when registering and need to bring a stepping stone design to class.

14 & older

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



Youth Con't

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.

<i>Ages 12 and Up</i>			<i>\$25R \$30NR</i>
W/F	January 2-30	5-6:30 pm	Founders Lodge
W/F	February 1-27	5-6:30 pm	Founders Lodge
W/F	March 1-29	5-6:30 pm	Founders Lodge
W/F	April 3-26	5-6:30 pm	Founders Lodge
W/F	May 1-31	5-6:30 pm	Founders Lodge

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

<i>Ages 5-12</i>			<i>Per child* \$12R \$15NR</i>
Sa	March 9	1pm-6pm	Field House
F	April 19	5pm-10pm	Field House

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



Youth Council members remove a tire from the Des Moines Beach Park, Earth Day 2011.

<i>Grades 6-9</i>			<i>Free</i>
Two Thursdays per month		5-7pm	Des Moines Field House



The Eggstravaganza is one of many Special Events the Youth Council volunteers can be found at. Check out page 13 for this year's Eggstravaganza!

Teen Activities

Field House Dances

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

<i>Grades 6-8 - student ID required for admission.</i>			<i>\$7</i>
	7:30-10:00pm		Field House
Friday,	February 8		Cupid Shuffle
Friday,	April 19		Dancing Doubles
Friday,	June 7		Fashion Disaster

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.



<i>Ages: Middle and High School students</i>			
F	January 11-February 1	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

Introduction to Musical Theatre

Students learn the dance technique that goes into musical theatre numbers as well as performance quality and choreography. The class will culminate in a short review performance for parents and friends. Instructor: Kathleen Brown

<i>Ages 8-12</i>			<i>\$55R \$60NR</i>
W	January 9-February 13	4-5pm	Field House
W	February 20-March 27	4-5pm	Field House
W	April 17-May 22	4-5pm	Field House

Tap for Teens

Create rhythms with your feet and enjoy learning and performing choreography, rhythmic improvisation, and counterpoint. This is great introduction to tap for teens who have not studied much dance. All skill levels are welcome. Instructor: Kathleen Brown

<i>Ages 13-18</i>			<i>\$55R \$60NR</i>
Th	January 10-February 14	4-5pm	Field House
Th	February 21-March 28	4-5pm	Field House
Th	April 18-May 23	4-5pm	Field House

Lyrical Dance for Teens

Discover the artistry of contemporary dance! We will study ballet technique and then incorporate it into more organic movement to create lyrical performance pieces. Instructor: Kathleen Brown

<i>Ages 13-18</i>			<i>\$65R \$70NR</i>
Th	January 10-February 14	5-6:30pm	Field House
Th	February 21-March 28	5-6:30pm	Field House
Th	April 18-May 23	5-6:30pm	Field House



Preschool Dance Classes

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

Ages 3-5

			Field House
M	January 7-February 25	5-5:30pm	\$42R \$47NR
M	March 4-April 1	5-5:30pm	\$35R \$40NR
M	April 15-May 20	5-5:30pm	\$42R \$47NR

Age 3

			Field House
W	January 9-February 27	10-10:30am	\$56R \$61NR
W	March 6-April 3	10-10:30am	\$35R \$40NR
W	April 17-May 22	10-10:30am	\$42R \$47NR

Ages 4-5

			Field House
W	January 9-February 27	10:30-11am	\$56R \$61NR
W	March 6-April 3	10:30-11am	\$35R \$40NR
W	April 17-May 22	10:30-11am	\$42R \$47NR

*No class during spring break April 8-12

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 8-31	10am-12pm	Field House
T/W/Th	February 5-28	10am-12pm	Field House
T/W/Th	March 5-28	10am-12pm	Field House
T/W/Th	April 2- May 2	10am-12pm	Field House
T/W/Th	May 7-30	10am-12pm	Field House

No class 2/19, 4/9-11, 5/28

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 20-24	6-7pm	Field House

What happened to gymnastics?

In order to evaluate the program and better serve you, all youth gymnastics classes will take a break this winter. Please stay tuned and look for new classes to be offered in late Spring-2013. In the meantime, why not sample one of our many dance or martial arts classes!

Acrobats for Kids

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

Ages 5-9

			Field House
M	January 7-February 25	5:30-6:15pm	\$55R \$60NR
M	March 4-April 1	5:30-6:15pm	\$46R \$51NR
M	April 15-May 20	5:30-6:15pm	\$55R \$60NR

*No class during spring break April 8-12

Ballet/Tap/Jazz Combo

Intro to the world of dance in an easy-learning atmosphere for beginners. Each class incorporates Ballet, Tap and Jazz- giving dancers the opportunity to explore. Focus is on self-esteem, grace, posture and body technique. No experience necessary. Instruction: Melanie's Dance Unlimited.

Mondays

Ages 5-8

			Field House
M	1: January 7-February 25	4-4:55pm	\$72R \$77NR
M	2: March 4-April 1	4-4:55pm	\$60R \$65NR
M	3: April 15-May 20	4-4:55pm	\$72R \$77NR

Ages 8-11

			Field House
M	1: January 7-February 25	7:15-8pm	\$55R \$60NR
M	2: March 4-April 1	7:15-8pm	\$46R \$51NR
M	3: April 15-May 20	7:15-8pm	\$55R \$60NR

HIP HOP Dance

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

Mondays

Field House

*No class during spring break April 8-12

Ages 5-7

		6:15-6:45pm	Ages 8-11	6:45-7:15pm
Session 1:	January 7-February 25			\$42R \$47NR
Session 2:	March 4-April 1			\$35R \$40NR
Session 3:	April 15-May 20			\$42R \$47NR

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 \$14 AAU Annual Membership
W	January 9-February 27	4:30-5:10pm	\$85R \$90NR Field House
W	March 6-20	4:30-5:10pm	\$35R \$37NR Field House
W	April 17-June 5	4:30-5:10pm	\$85R \$90NR Field House

No classes between March 27 and April 10.

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

\$60R \$65NR	January 2-31
\$65R \$70NR	February 1–March 31
\$75R \$80NR	April 1-May 24

Age 6-8 Coach-pitch

Des Moines Area Fields
Des Moines Area Fields
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,
U-11 boys and U-11 girls (NEW). *Birth certificates required.

March 12-May 31

\$60R \$65NR
\$65R \$70NR
\$75R \$80NR

January 2-31
February 1–28
March 1-15

Des Moines Fields

Des Moines Soccer Development Series

It's the off season and it's time to work on techniques for the upcoming leagues. This is a skills series for athletes who want to improve their all-around play and a great opportunity for the player who wants to continue to work on the techniques that move them to the next level!

Features Small Sided Games, Tactical Training by working on Foot Skills, Ball Mastery, Speed Drills and playing Futsal.



Age 4-14

January 3-31	T/Th/Sun	5-6:30pm	Field House Indoor/Outdoor
February 4-28	T/Th/Sun	5-6:30pm	Field House Indoor/Outdoor
March 4-31	T/Th/Sun	5-6:30pm	Field House Indoor/Outdoor

\$100R \$110NR

Coming Summer 2013
Camp Khaos
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 7 6:00pm Field House

Tee-Ball/Coach Pitch Coach Meeting
Thursday, May 23 6:00pm Field House

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

Basketball Trainings

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

Features:

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

Gain these skills:

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

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

Ages 7-16

T/Th	March	5:30-6:30pm	\$120R	Field House
T/Th	April	5:30-6:30pm		Field House
T/Th	May	5:30-6:30pm		Field House



Look for screaming
summer deals for
Camp KHAOS 2013!

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	\$260	\$280
Federal Way	January	\$170	\$190
Highline	February	\$235	\$255
Federal Way	February	\$170	\$190
Highline	March	\$275	\$295
Federal Way	March	\$200	\$220
Highline	April	\$220	\$240
Federal Way	April	\$170	\$190
Highline	May	\$275	\$295
Federal Way	May	\$210	\$230
Highline	June	\$120	\$140
Federal Way	June	\$120	\$140

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 21	MLK Holiday Highline & FW	\$35	\$37
M-Tu	Feb 18-19	Mid-Winter Highline & FW	\$60	\$65
F	Mar 8	No School Highline	\$35	\$37
F	Mar 15	No School Federal Way	\$35	\$37
M-F	April 1-5	Spring Break Federal Way	\$150	\$160
M-F	April 8-12	Spring Break Highline	\$150	\$160
F	May 17	No School Highline	\$35	\$37
T	May 27-28	Memorial Holiday Highline & FW	\$60	\$65

*Dates are subject to changes in school district calendars.

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	\$280	\$300
Federal Way	January	\$270	\$290
Highline	February	\$255	\$275
Federal Way	February	\$270	\$290
Highline	March	\$295	\$315
Federal Way	March	\$320	\$340
Highline	April	\$240	\$260
Federal Way	April	\$270	\$290
Highline	May	\$295	\$315
Federal Way	May	\$335	\$355
Highline	June	\$140	\$160
Federal Way	June	\$190	\$210

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	\$360	\$380
Federal Way	January	\$340	\$360
Highline	February	\$325	\$345
Federal Way	February	\$340	\$360
Highline	March	\$380	\$400
Federal Way	March	\$400	\$420
Highline	April	\$310	\$330
Federal Way	April	\$340	\$360
Highline	May	\$380	\$400
Federal Way	May	\$420	\$440
Highline	June	\$165	\$185
Federal Way	June	\$240	\$260

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

Letter from the Director

Stay Active in the Winter/Spring 2013!

Does your New Year's Resolution include staying active this winter?

For your good health, the Des Moines Parks, Recreation and Senior Services Department offers programs for fun, friendship and fitness throughout the year! It is our pleasure to serve you by providing the great programs and services for all ages and abilities found within this edition of Rec and Roll and City Currents. To find out even more about your City's Parks and other City Departments please visit the City of Des Moines Website @ www.desmoineswa.gov.

Planning a spring or summer special event such as a wedding, class reunion or picnic? Book it now at the Des Moines Beach Park Event Center! Des Moines residents and non-profit groups get 20% off rental rates! Indoor facilities include the newly remodeled Auditorium with space for up to 500, the more intimate Founders Lodge that holds up to 80. Outdoor facilities include the Picnic Shelter, meadow and promontory. Other rental spaces include the Field House Gym, Picnic Shelter or Grandstand and the Activity Center with its beautiful patio and garden. Call us today at 206-870-6527.

Don't see the activity to meet your needs? Learn more about offerings provided by our community partners: Des Moines Pool @ www.desmoinespool.com; Destination Des Moines @ www.destinationdesmoineswa.org; Des Moines Farmers Market @ www.dmfm.org; Des Moines Historical Society-www.dmhs.org; Des Moines Library at www.kcls.org/desmoines; and Saltwater State Park @ www.stateparks.com/saltwater.html.

Don't forget that Des Moines Parks, Recreation and Senior Services have engaging before and afterschool programs at your child's elementary school. Our professionally trained, talented and caring recreation staff provides physical activities, nutritious snacks and even help with homework in this safe setting between 6:30am and 6:00pm, Monday through Friday!

Sincerely,

Patrice Thorell

Director

Look What We Have For You!

Before & After School	3 RR
Youth & Teen Basketball	4 RR
Toddler – Teen Activities	5-6 RR
Adult Activities & Fitness	7-8 RR
Senior Activities	9-10 RR
Registration & Scholarship Information	11 RR
Meeting and Facility Rentals	12 RR
Special Events	13 RR

See reverse for City Currents Information



Discover your City's Parks & Recreation Facilities!

Maps are available at the Des Moines Field House, Des Moines Activity Center and at www.desmoineswa.gov.



City of Des Moines
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REC 'n ROLL



Your Guide to Des Moines Parks, Recreation & Senior Services
Winter into Spring 2013