



## ADULT DANCE

### Ballet Basics -Virtual



Have you always wanted to take a ballet class but something got in the way? Here's the good news, it's never too late to learn ballet! No reason to be intimidated! This adult ballet basic class offers something for everyone from young adults to seniors and provides a fun way to tone and tighten your body while learning the fundamental techniques in a positive and supportive environment. Ballet develops balance, coordination, strength, stamina, self-confidence, and body-centered awareness. This class is for those with little or no dance training but want to embrace one of the most beautiful and graceful of all dance styles.

### MONDAY

6 CLASSES (NO CLASS 11/11, 11/25, 1/20, 2/17)

AGE:18+

19767	Mon	9/9-10/14	7-8pm
19768	Mon	10/21-12/9	7-8pm
19769	Mon	1/6-2/24	7-8pm
19770	Mon	3/3-4/7	7-8pm

\$54

LOCATION: ZOOM (VIRTUAL)  
INSTRUCTOR: MARCO CARRABBA

### WEDNESDAY

6 CLASSES (NO CLASS 12/25, 1/1)

AGE:18+

19771	Wed	9/4-10/9	6-7pm
19772	Wed	10/16-11/20	6-7pm
19773	Wed	12/4-1/22	6-7pm
19774	Wed	1/29-3/5	6-7pm

\$54

3 CLASSES

19775	Wed	3/12-3/26	6-7pm
-------	-----	-----------	-------

\$27

LOCATION: ZOOM (VIRTUAL)  
INSTRUCTOR: MARCO CARRABBA

### Ballet Open Level Virtual



Take your training to the next level. This class is for those who have had some ballet training and is a good additional class for a Basic or Intermediate level class. Emphasis is on improving technical strength and more movement. Students are encouraged to work at their own ability.

AGE:18+

6 CLASSES (NO CLASS 12/25, 1/1)

19776	Wed	9/4-10/9	7:15-8:15pm
19777	Wed	10/16-11/20	7:15-8:15pm
19778	Wed	12/4-1/22	7:15-8:15pm
19779	Wed	1/29-3/5	7:15-8:15pm

\$54

3 CLASSES

19781	Wed	3/12-3/26	7:15-8:15pm
-------	-----	-----------	-------------

\$27

LOCATION: ZOOM (VIRTUAL)  
INSTRUCTOR: MARCO CARRABBA

### Walk in-Hula Out!

So you have always wanted to learn the Hula? Now is the time. Our Hula classes welcome everyone to come and dance with us; no previous training is necessary, just expect to work the body a little, meet some new friends and enjoy. Instructor, Jeanne Makanaokalani is a graduate of Uncle George Naope of Hilo Hawai'i, with 15 years' experience teaching for Kirkland Parks.

### Pikaki Beginning and Intermediate Hula

The Pikaki class teaches the basic steps and hand motions for those who are new to Hula and for those who are wanting to improve existing skills.

AGE:18+

19797	Sun	9/15-11/17	12-1pm
19799	Sun	1/19-3/23	12-1pm

R \$120/NR \$134

LOCATION: NKCC  
INSTRUCTOR: JEANNE MAKANAOKALANI

### 'Ilima Advanced Hula

The 'Ilima class is for the dancer with a more extensive background with kahiko, 'auana, hula implements and some performing experience.

AGE:18+

19796	Sun	9/15-11/17	11am-12pm
19798	Sun	1/19-3/23	11am-12pm

R \$120/NR \$134

LOCATION: NKCC  
INSTRUCTOR: JEANNE MAKANAOKALANI



# PARTNER DANCING *with* CHARLES ENGLAND

Partner Dancing at the Peter Kirk Community Center. Adults and teens. Each participant must be registered.

## Ballroom

It's time to learn to dance. Easy basics in Fox Trot, Waltz, and Swing with emphasis on lead/follow skills. Everything you need for a night out dancing.

AGE:16+

19846	Thu	9/12-10/10	7-8pm
19849	Thu	1/16-2/13	7-8pm

R \$65/NR \$78

LOCATION: PKCC

INSTRUCTOR: CHARLES ENGLAND



## East Coast Swing

The All-American Swing Dance! Dance to Big Band Swing, Rock 'n Roll and more. Both single and triple rhythm styles will be taught in this fun and easy class. (No class on 11/7)

AGE:16+

19847	Thu	10/17-11/21	7-8pm
19851	Thu	2/20-3/20	7-8pm

R \$65/NR \$78

LOCATION: PKCC

INSTRUCTOR: CHARLES ENGLAND

## Salsa

Hot! Hot! Hot! Solid basic steps and turns in Salsa and Merengue. Dance the night away! (No class on 11/7)

AGE:16+

19848	Thu	10/17-11/21	8-9pm
19852	Thu	2/20-3/20	8-9pm

R \$65/NR \$78

LOCATION: PKCC

INSTRUCTOR: CHARLES ENGLAND

## West Coast Swing

The coolest, smoothest and most playful form of swing on the planet! West Coast Swing can be danced to all types of music, from Blues, Jazz and R & B to Top 40 pop of all eras.

AGE:16+

19845	Thu	9/12-10/10	8-9pm
19850	Thu	1/16-2/13	8-9pm

R \$65/NR \$78

LOCATION: PKCC

INSTRUCTOR: CHARLES ENGLAND

## Tap Happy Adults

Learn new skills and increase positive endorphins through the joy of Tap Dance! This beginner's class offers you a great workout to upbeat music without feeling the effort of a monotonous workout. Learn routines and tap dance techniques, while developing balance, strength, flexibility and rhythm. We will be dancing to everything from Classic Rock, and America's Top 40 to Big Band, Jazz and Broadway Musicals! If it has a beat, and feels good, we will be dancing to it...Please wear tap shoes or character shoes.

AGE:16+

19970	Tue	9/10-11/12	6:25-7:25pm
19971	Tue	1/14-3/18	6:25-7:25pm

R \$110/NR \$132

LOCATION: NKCC

INSTRUCTOR: DEBBY SCHAEPERKOETTER

## TAP HAPPY II

AGE:16+

19972	Tue	9/10-11/12	7:30-8:30pm
19973	Tue	1/14-3/18	7:30-8:30pm

R \$110/NR \$132

LOCATION: NKCC

INSTRUCTOR: DEBBY SCHAEPERKOETTER



ASK US  
ABOUT OUR  
SCHOLARSHIP  
PROGRAM  
See page 41

## ARTS & CRAFTS

### Watercolor Painting

Whether you are a beginner or advanced painter, you will enjoy learning techniques for a successful painting. Jean demonstrates every step and provides individual assistance to all. Working from photo references provided by instructor, you will paint still life, florals, landscapes/seascapes, animals and more. Supply list available at PKCC.

AGE:18+			
19563	Tue	9/3-9/24	6-9pm
19564	Tue	10/1-10/22	6-9pm
19565	Tue	10/29-11/19	6-9pm
19566	Tue	11/26-12/17	6-9pm
19567	Tue	1/7-1/28	6-9pm
19568	Tue	2/4-2/25	6-9pm
19569	Tue	3/4-3/25	6-9pm

R \$65/NR \$78

LOCATION: PKCC

INSTRUCTOR: JEAN PRATT-BEUOY

### Oil Painting the Easy Way

Paint along as Jean demonstrates the entire painting and provides individual assistance. Your own style will emerge as you paint many subjects from still life to landscapes to florals. You will quickly learn composition, color mixing, brush use, establishing depth and more. This class offers something for all levels. Supply list available at PKCC. (No class 12/26)

AGE:18+			
19580	Thu	9/5-9/26	6-9pm
19581	Thu	10/3-10/24	6-9pm
19582	Thu	10/31-11/21	6-9pm
19583	Thu	12/5-1/2	6-9pm
19585	Thu	1/9-1/30	6-9pm
19586	Thu	2/6-2/27	6-9pm
19587	Thu	3/6-3/27	6-9pm

R \$65/NR \$78

LOCATION: PKCC

INSTRUCTOR: JEAN PRATT-BEUOY



## ADULT FITNESS

### Adult Zumba

This dance inspired class is great for anyone interested in fitness. These easy-to-follow dance routines encourage aerobic fitness, using a combination of low-intensity and high-intensity moves. Come and enjoy the calorie-burning dance fitness party. Please note - this class is a HIGH intensity class. You will be moving around for 45 minutes straight! If you are looking for a lower intensity class; please see our Zumba Gold offerings. (No class 1/23 and 2/13)

AGE:18+			
19654	Thu	9/12-10/10	6-6:45pm
19656	Thu	1/9-2/20	6-6:45pm
19657	Thu	2/27-3/27	6-6:45pm

R \$90/NR \$108

19655	Thu	10/31-11/21	6-6:45pm
-------	-----	-------------	----------

R \$72/NR \$86

LOCATION: NKCC

INSTRUCTOR: TANYA DANCE FITNESS

### Latin Heat Zumba

This dance class includes a wide range of dances originating in Latin America, Puerto Rico and Cuba. Examples include the Cha-cha-cha, Rumba, Cumbia, Bachata, Reggaeton, Samba, Salsa and Merengue. This class allows you to be a part of the Latin explosion in today's music and culture! Dancers will learn Latin ballroom basics and fuse these basics with jazz dance technique for a fun, stylized experience. (No class 11/27)

AGE:18+			
20057	Wed	9/11-10/9	8:30-9:15am
			R \$50/NR \$60
20058	Wed	10/23-12/18	8:30-9:15am
			R \$80/NR \$96
20059	Wed	1/8-2/12	8:30-9:15am
20060	Wed	2/26-4/2	8:30-9:15am
			R \$60/NR \$72

LOCATION: NKCC

INSTRUCTOR: MARIETTA SARKISOVA

**MORE ART CLASSES!**

See page 65

**MORE ZUMBA CLASSES!**

See page 48

### Cardio & Core with Joleen

Need to lift your heavy carry-on into the overhead storage on an airplane? Easy! Become stronger and more agile in ways that you can use every day! Full body Functional Training and High Intensity Interval Training (HIIT) for results you can measure and feel! Different activities and games each week will keep it interesting, while evidence-based approaches will help you progress your fitness goals with this fun loving group. Modifications will be shown for different fitness levels. (No class 11/11, 11/27, 11/28, 1/20)

#### AGE:16+

19616	Mon	9/9-10/7	6-7pm
19617	Tue	9/10-10/8	9-10am
19618	Wed	9/11-10/9	6-7pm
19619	Thu	9/12-10/10	9-10am

R \$55/NR \$66

19620	Mon	10/28-12/16	6-7pm
19622	Wed	10/30-12/18	6-7pm
19623	Thu	10/31-12/19	9-10am
19624	Mon	1/13-3/3	6-7pm

R \$77/NR \$92

19621	Tue	10/29-12/17	9-10am
19626	Tue	1/14-3/4	9-10am
19627	Wed	1/15-3/5	6-7pm
19629	Thu	1/16-3/6	9-10am

R \$88/NR \$104

LOCATION: NKCC  
INSTRUCTOR: JOLEEN LESTER

### MORE ADULT EXERCISE CLASSES!

See page 47

### Virtual Cardio & Core

These classes are offered virtually. Zoom login will be sent prior to class. Enjoy working out with friends from the convenience of your home or vacation destination.

#### AGE:18+

19630	Wed	3/12-4/9	6-7pm
19631	Thu	3/13-4/10	9-10am

R \$55/NR \$66

LOCATION: VIRTUAL  
INSTRUCTOR: JOLEEN LESTER

### CardioBox

A 45-minute total body workout session, using the basic principles of boxing, and various body conditioning / strengthening exercises. This class is designed for anyone with or without prior boxing experience. In this class, you will learn the different strikes used in boxing, along with footwork, body movement and defense. You will stay active, moving from one round to another, with more than 50% of the time on the bag. Additionally, you will be utilizing other equipment to condition and strengthen your body. (No class 1/20)

#### AGE:18+

19495	Mon	9/23-10/28	7:15-8pm
19497	Mon	1/6-2/17	7:15-8pm

R \$60/NR \$72

19496	Mon	11/18-12/16	7:15-8pm
19498	Mon	3/3-3/31	7:15-8pm

R \$50/NR \$60

LOCATION: NKCC  
INSTRUCTOR: SHARON GOH ADAMS



### Rock Steady Boxing (RSB)

Taught by certified Affiliate Coaches, Rock Steady Boxing (RSB) is an evidence-based boxing fitness class designed specifically to help fight the effects of Parkinson Disease. Non-contact boxing drills, strength, balance, cardio and coordination activities are provided with a "tough love" approach and create the basis for functional improvements for people with any level of Parkinson's. In addition to improved strength and function, participants enjoy a new sense of confidence and build supportive relationships with fellow class members. Participants must complete a \$40 assessment and receive affiliate coach approval prior to joining class. (No class 10/15, 10/17, 10/18, 10/25, 11/28, 11/29, 12/6, 12/26, 1/2)

#### AGE:18+

Fall	Tue, Thu, Fri	9/10-3/7	10:15-11:30am
Fall	Tue, Thu, Fri	9/10-3/7	11:45am-1pm
Winter	Tue, Thu	3/11-4/11	10:15-11:30am
Winter	Tue, Thu	3/11-4/11	11:45am-1pm

### 10 VISIT PUNCH CARD

\$120

LOCATION: NKCC  
INSTRUCTOR: JOLEEN LESTER





## Tai Chi & Meridian Stretching

This energy-based class applies meridian stretching techniques and Tai Chi/Ki Gong forms to open blockages and release stagnant energy in the body. This holistic training allows you to detox at a deeper physical, emotional, and mental level to help rejuvenate your well-being.

5 CLASSES (NO CLASS 11/28)

AGE:18+

19960	Thu	11/21-12/26	3-4:15pm
19961	Thu	3/6-4/3	3-4:15pm

R \$65/NR \$78

LOCATION: PKCC  
INSTRUCTOR: HELEN HUANG

## Tai Chi & Meridian Stretching



5 CLASSES (NO CLASS 11/25)

AGE:18+

19962	Mon	11/18-12/23	4:45-6pm
19963	Mon	3/3-3/31	4:45-6pm

\$55

LOCATION: ZOOM (VIRTUAL)  
INSTRUCTOR: HELEN HUANG

ASK US ABOUT OUR SCHOLARSHIP PROGRAM  
See page 41

## SPECIAL INTEREST

### Mindfulness Meditation



Lay a solid foundation for self-sufficient meditation practice by introducing proper postures, breathing, chanting, and body-scanning (vipassana) techniques. Study methods to effectively release and manage physical and mental stress. Through mindfulness practice, learn to enjoy living fully in the present moment.

6 CLASSES

AGE:18+

19964	Tue	1/8-2/12	7:30-8:30pm
-------	-----	----------	-------------

\$65

LOCATION: ZOOM (VIRTUAL)  
INSTRUCTOR: HELEN HUANG



### Ukulele Beginning Fun 1.0

Aloha! The ukulele is a fun and engaging instrument that you can play! It's portable, fairly inexpensive, and great for playing songs with friends! It's also a great primer for learning other stringed instruments. Whether you're a beginner or have a little experience, you're invited to join our friendly group classes. We'll learn a couple of chords each week, learn to strum, and will be playing music together at our first class! Only requirements; a ukulele, and a willingness to try something new.

AGE:14+

19724	Tue	10/8-11/5	5:45-6:45pm
19725	Tue	03/18-4/15	5:45-6:45pm

R \$50/NR \$60

LOCATION: NKCC  
INSTRUCTOR: JULIE METTEER

### Ukulele Fun 2.0

Take your next step with your ukulele. We'll go over chords we learned in the beginner's course and learn a few new chords that may require another finger or two. We'll also go over strumming patterns, single note picking, and more as we go along and become more confident playing our ukuleles together.

AGE:14+

19727	Tue	10/8-11/5	7-8pm
19728	Tue	3/18-4/15	7-8pm

R \$50/NR \$60

LOCATION: NKCC  
INSTRUCTOR: JULIE METTEER

### Beginning Guitar Turbo Charge

This fast-paced course covers all the basics - from tuning and strumming, all the way up to common chord progressions. Learn major, minor and 7th chords, basic rhythms and beginning theory. Good for acoustic styles. Must be at least 15 years old at the start of class. Bring your own guitar. If you are bringing an electric guitar no amp is necessary.

AGE:15+

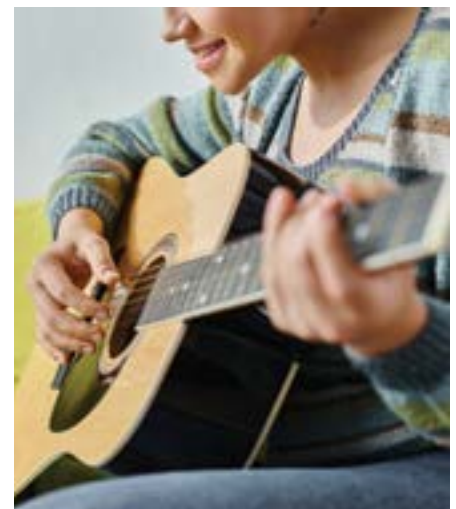
19803	Wed	11/6-12/18	7-8pm
19804	Wed	3/5-4/9	7-8pm

R \$90/NR \$108

19805	Wed	9/11-10/30	7-8pm
19806	Wed	1/8-2/26	7-8pm

R \$120/NR \$144

LOCATION: NKCC  
INSTRUCTOR: SCOTT LAWSON





### Self Defense for Women

Learn the 4 most crucial safety lessons: recognizing when someone means harm, using your body language and voice to interrupt an intended assault, simple yet effective physical skills to neutralize an attacker, and how to deal with the emotional fallout of an assault. Practice strikes to vulnerable targets, creating an impact, and releases from some common grabs. Great class to take with a friend! Bring a lunch or snack and water bottle. This class is intended for people of marginalized genders, including cis and trans women, as well as non-binary folks and trans men. This class centers on the experiences of women and all people who have lived experiences of misogyny.

AGE:18+  
 19809 Sat 10/12 1:45-4:45pm  
 R \$89/NR \$107

LOCATION: NKCC  
 INSTRUCTOR: STRATEGIC LIVING, LLC

### Voice Overs - Now is your time!

In what could be the most enlightening two hours you've ever spent, this class will show you how you can actually begin using your speaking voice for commercials, films, audiobooks, and more. Most people go about it the wrong way. In this introductory class, you will learn a unique, outside the box way to break into this creative, fulfilling, and potentially lucrative industry.

AGE:18+  
 19753 Mon 9/23 6-8pm  
 19754 Mon 11/4 6-8pm  
 19937 Mon 1/27 6-8pm  
 R \$40/NR \$48

LOCATION: NKCC  
 INSTRUCTOR: LISA FOSTER



### Gardening – Fall is for Planting

Autumn is the time for planting in the Northwest. Get ready to preen, prune, and plant with the cooling relief from those hot days of summer. Let's learn to prepare and rejuvenate soil, reinvigorate your trees and shrubs and deal with pests. Autumn is truly the best time for your garden. Instructor has over 40+ years in the horticulture industry, so bring your questions.

AGE:18+  
 19668 Sat 9/14 9:30-11:30am  
 R \$40/NR \$48

LOCATION: NKCC  
 INSTRUCTOR: KEN BOLSER

### Gardening – Getting Ready for Spring

Learn all you need to know about spring planting, soil preparation, late spring and summer pruning for the shapeliest of shrubs and trees, and what to do with what you have or plan to purchase. All the aforementioned while being water conscience and environmentally friendly. Instructor has over 40 + years in the horticulture industry, so bring your questions!

AGE:18+  
 19969 Sat 3/22 9:30-11:30am  
 R \$40/NR \$48

LOCATION: NKCC  
 INSTRUCTOR: KEN BOLSER

# SPONSOR

# AN EVENT

COME PARTNER WITH US!

The City of Kirkland offers a wide variety of events that reflect the incredible quality of life we enjoy. We invite local businesses, organizations, and corporations to partner with us in collaboration and promotion of your business for a truly unique marketing opportunity. The best part of sponsorship is engaging directly with customers while showing community support.

Visit [kirklandwa.gov/CommunityBuildingEvents](http://kirklandwa.gov/CommunityBuildingEvents) to view our Sponsorship Package Guide

# ADULTS



## Stand-Up Paddle Board Lesson and Sunset Tour

Learn the basic fundamentals of stand-up paddle boarding and enjoy an evening on Juanita Bay! Land and water skills, safety instruction and tours are provided by expert Seattle Paddle Guides (formerly Northwest Paddle Surfer). Sighting bay resident wildlife is common during tours, like turtles, otters, eagles, and herons. Paddleboard and safety equipment provided. Participants must be able to swim. This activity is great for individuals, friends, and families as it's open to ages 12 and up. Stand-Up Paddleboard weight limit is 225 pounds. Registration closes 8:00 AM the Tuesday before the program date.

### AGE:12+

20134	Wed	9/4	5-6:30pm
20135	Wed	9/11	5-6:30pm

R \$75/NR \$90

LOCATION: JUANITA BEACH PARK  
INSTRUCTOR: SEATTLE PADDLE

## Sunset Kayak Tour and Lesson

Learn the basic fundamentals of kayaking and enjoy an evening on Juanita Bay! Tours, land and water kayaking instructions, and safety skills are taught by industry expert Seattle Paddle kayak guides (formerly Northwest Paddle Surfers). Sighting bay resident wildlife during tours is common, like turtles, otters, eagles, and herons. Kayaks and PFD provided. Kayak weight limit is 250 pounds for singles, 500 pounds for doubles. This activity is great for individuals, friends, and families as it's open to ages 12 and up. Registration closes 8:00 AM the Tuesday before the program date.

### SINGLE KAYAKS

#### AGE:12+

20130	Wed	9/18	5-6:30pm
20132	Wed	9/25	5-6:30pm

R \$65/NR \$78

### DOUBLE KAYAKS

#### AGE:12+ WITH ADULTS

20131	Wed	9/18	5-6:30pm
20133	Wed	9/25	5-6:30pm

R \$95/NR \$114

LOCATION: JUANITA BEACH PARK  
INSTRUCTOR: SEATTLE PADDLE



## Sound Bath with Ethereal Sound & Wellness

Experience deep relaxation and restoration while participating in a series of Sound Bath classes brought to you by Savannah Powers of Ethereal Sound & Wellness. Immerse yourself in soothing sounds created by singing bowls, gongs, and chimes to reduce stress and promote a sense of balance and well-being. What to bring: blanket, mat, pillow, and water. Please arrive 10-15 minutes early, no late entry.

### AGES:18+

#### RESTORATIVE

20181	Tue	9/10	6:30-7:30pm
-------	-----	------	-------------

#### CANDLELIGHT

20182	Tue	10/8	6:30-7:30pm
20183	Tue	11/12	6:30-7:30pm
20184	Tue	12/10	6:30-7:30pm
20185	Tue	1/14	6:30-7:30pm
20186	Tue	2/11	6:30-7:30pm
20187	Tue	3/11	6:30-7:30pm

R \$40/NR \$48

LOCATION: HERITAGE HALL  
INSTRUCTOR: SAVANNAH POWERS



## REAL ESTATE

### Home Sellers Workshop

A Senior Mortgage Specialist and Senior Real Estate Professional will explain how to gain the knowledge you need to maximize your home's value in today's market! Learn essential tips on preparing your home for sale, pricing principles, marketing strategies & contract negotiations and calculating net proceeds. Whether you're a first-time, or experienced seller, this workshop is your roadmap to success.

AGE:18+

20077	Wed	9/11	6:30-8:30pm
20078	Wed	2/5	6:30-8:30pm

R \$12/NR \$14

LOCATION: PKCC

INSTRUCTOR: KIM PRATER

### Home Buyer Workshop

Unlock the door to your dream home. Join a Senior Mortgage Specialist and Senior Real Estate Professional to gain invaluable insights into the home buying process including understanding mortgages, financing options, navigating the market and negotiating offers. Whether you're a first-time buyer or seasoned homeowner, this class is your key to making informed decisions.

AGE:18+

20079	Thu	1/23	6:30-8:30pm
-------	-----	------	-------------

R \$12/NR \$14

LOCATION: PKCC

INSTRUCTOR: KIM PRATER

### Retire & Upsize, Downsize, or Rightsize Your Dream Home

NEW

Join a Senior Mortgage Specialist for a free roundtable workshop on why the Home Equity Conversion Mortgage for Purchase (H4P) loan may be optimal for homebuyers 62 and over to purchase their next home.

AGE:18+

20080	Wed	2/19	6:30-8:30pm
-------	-----	------	-------------

R \$12/NR \$14

LOCATION: PKCC

INSTRUCTOR: KIM PRATER

### Federally Insured Reverse Mortgage Program

Are you or your spouse at least 62 years of age and have equity in your home? If yes you may qualify to stay in your home for your lifetime without having another mortgage payment, possibly receiving a portion of your home equity in one lump sum or having it as an additional income every month again with zero payment (you are still responsible for taxes, insurance and maintenance). Join a local Reverse Mortgage Specialist for a round-table workshop and gather the information needed to make you feel comfortable and confident with a decision based on your personal scenario.

AGE:18+

19554	Wed	10/9	10:30am-12pm
19555	Wed	3/26	10:30am-12pm

R \$12/NR \$14

LOCATION: PKCC

INSTRUCTOR: KIM PRATER

## RECREATION SCHOLARSHIP FUND

APPLY for a recreation scholarship.

DONATE toward a recreation scholarship.

For more details, visit [kirklandwa.gov/RecreationScholarships](http://kirklandwa.gov/RecreationScholarships)



## SPORTS

### Small Goal Soccer

Small Goal Soccer will provide affordable, quality, fun, fast paced 6v6 soccer for all adults. We will together build a strong soccer community and leave no player behind. Viva! Full teams and free agents who need a team can join us for the action! League winners receive championship shirts and a trophy.

**AGE:18+**

19907	Coed	Thu	9/5-11/7	7-10pm
19906	Men's	Thu	9/5-11/7	7-10pm
19966	Coed	Thu	12/5-2/20	7-10pm
19965	Men's	Thu	12/5-2/20	7-10pm

**\$795/TEAM**

19908	Free Agent	Thu	9/5-11/7	7-10pm
19967	Free Agent	Thu	12/5-2/20	7-10pm

R \$79.50

LOCATION: 132ND SQUARE PARK  
INSTRUCTOR: SMALL GOAL SOCCER



ASK US ABOUT OUR SCHOLARSHIP PROGRAM  
See page 41



### Winter 2025 Volleyball League registration opens Dec 3 at 7am

Teams compete in various Women's and COED rec leagues. All gender identities and gender expressions are welcome.

**AGE: 18+**

19786	Coed Lower	Wed	1/22-3/29	7:20-9pm
19785	Coed Inter	Tue	1/21-3/18	7:20-9pm
19784	Coed Upper	Tue	1/21-3/18	6:15-10pm
19782	Women's Lwr	Mon	1/20-3/17	7:20-9pm
19783	Women's Inter	Mon	1/20-3/17	7:20-9pm
17402	Women's Upper	Mon	1/20-3/17	6:15-10pm

\$400/team

### INDIVIDUAL FREE AGENT TEAM MEMBER

19788	Coed Lower Div	1/22-3/29	7:20-9pm
-------	----------------	-----------	----------

\$50/person

LOCATION: KAMIAKIN MIDDLE OR EMERSON HIGH SCHOOL

### Open Gym at Kamiakin Middle School

(No open gym 11/10, 11/24, 12/22, 12/29, 1/5, 2/16, 4/13, 4/20)

**AGE:18+**

20129	Sun	9/15-6/15	5-8pm
-------	-----	-----------	-------

**DROP-IN OPTION**

\$5.25 per visit

**3 VISIT PUNCH CARD**

\$13

**10 VISIT PUNCH CARD**

\$42

Follow us on FB for up-to-date information on open gym emergency closures!

**KENDO CLASSES**

See page 23



# Harvest Festival Cornhole Tournament 2024

Saturday, October 5 • 11:15am to 1pm

Come join us for a cornhole competition for the ages at the Harvest Festival! Limited space available, sign up your team early to reserve a spot. Bags start flyin' at 11:15am. Check-in begins at 10:45am @ the Tennis Courts at Juanita Beach North on Saturday, October 5.

- ◆ **Double Elimination Tournament**
- ◆ **Championship prizes to 1st & 2nd place teams**  
Thank you Sparrow!
- ◆ **Limited space available.** #19361 \$15/team.  
You only need to register one person from your team.

Location: Juanita Beach Park



# The Kirkland Initiative



A PREMIERE CITY  
LEADERSHIP PROGRAM

We are looking for Kirkland residents who want to change the world, one local leader at a time.



## Apply today!

[www.kirklandwa.gov/kirklandinitiative](http://www.kirklandwa.gov/kirklandinitiative)

### An Opportunity for All in Kirkland

Join the free 8-week,  
3-hour course

- ✓ Network with neighbors and City officials and staff
- ✓ Learn Kirkland's civic engagement process and policies
- ✓ Gain leadership skills that will last a lifetime



## All Are Welcome

The City of Kirkland is committed to offering programs and services that are inclusive and where people from all backgrounds feel a sense of belonging, regardless of race, gender identity, gender expression, sexual orientation, socioeconomic position, or physical/cognitive ability.



Please visit [www.kirklandwa.gov/Recreation](http://www.kirklandwa.gov/Recreation) for our inclusion policies. Kirkland Parks and Community Services is committed to accommodating people with disabilities and will make every reasonable effort to ensure that programs and services are accessible. To request an accommodation, please call us at 425-587-3300. TTY/TTD 425-587-3111.

Alternate Formats: Persons with disabilities may request materials in alternative formats. Persons with hearing impairments may access the Washington State Telecommunications Relay Service at 711.

Kirkland Parks and Community Services staff are unable to provide personal care (feeding, toileting assistance, giving medications, transfers, etc.). Participants in need of personal assistance are encouraged to participate with a caregiver. Older adults with care needs may be eligible for community-based programs, such as adult day care centers (see page 57). Contact EvergreenHealth Community Health Care Access Team at 425-899- 3200 for other options.

## Inclement Weather

The safety of program participants and staff is the primary consideration when determining whether programs should be canceled, rescheduled, or modified due to inclement weather, excessively high or low temperatures, poor or icy road conditions, poor air quality, or other events which may jeopardize safety. The City of Kirkland typically follows the lead of the Lake Washington School District when determining cancellations during the school year. When school is not in session, City staff will evaluate conditions and make the appropriate decision to cancel or delay programs. When air quality levels in Kirkland are deemed unhealthy according to the Environmental Protection Agency's (EPA) website [www.airnow.gov](http://www.airnow.gov), all outdoor programs will be canceled or rescheduled. Additionally, the Peter Kirk Pool will be closed, and beaches will not be staffed by lifeguards. Refunds will be considered on an individual program basis but are not guaranteed. Our inclement weather hotline is 425-587-3335.

## Title VI

Kirkland's policy is to fully comply with Title VI of the Civil Rights Act by prohibiting discrimination against any person on the basis of race, color, national origin or sex in the provision of benefits and services resulting from its programs and activities. Any person who believes his/her/their Title VI protection has been violated may file a complaint with the City.

To request an alternate format, file a complaint or for questions about Kirkland's Title VI Program, contact the Title VI Coordinator at 425-587-3011 or [titlevicoordinator@kirklandwa.gov](mailto:titlevicoordinator@kirklandwa.gov).

Para pedir un formato alternativo, presentar una queja o si tiene preguntas sobre el Programa del Título VI de Kirkland, comuníquese con el coordinador del Título VI llamando al 425-587-3831 o en [titlevicoordinator@kirklandwa.gov](mailto:titlevicoordinator@kirklandwa.gov).

Para solicitar um formato alternativo, registrar uma reclamação ou tirar dúvidas sobre o Programa Título VI de Kirkland, entre em contato com o Coordenador do Título VI pelo telefone 425-587-3831 ou em [titlevicoordinator@kirklandwa.gov](mailto:titlevicoordinator@kirklandwa.gov).

Чтобы запросить другой формат, подать жалобу или задать вопросы о программе Title VI г. Киркланда, свяжитесь с координатором по номеру 425-587-3831 или по электронной почте [titlevicoordinator@kirklandwa.gov](mailto:titlevicoordinator@kirklandwa.gov).

如需获取其他格式、提出投诉或对柯克兰的第六章计划 (Title VI Program) 有疑问, 请致电 425-587-3831 或发送电子邮件至 [titlevicoordinator@kirklandwa.gov](mailto:titlevicoordinator@kirklandwa.gov) 与第六章协调员联系。

Để yêu cầu một định dạng khác, nộp đơn khiếu nại hoặc nếu có câu hỏi về Chương Trình Tiêu Mục VI của Kirkland, hãy liên hệ với Điều Phối Viên Tiêu Mục VI theo số 425-587-3831 hoặc [titlevicoordinator@kirklandwa.gov](mailto:titlevicoordinator@kirklandwa.gov).

다른 형식을 요청하거나, 민원을 제기하거나, 커클랜드의 제VI편 프로그램 (Title VI Program)에 관한 문의 사항이 있는 경우, 전화 425-587-3831번 또는 이메일 [titlevicoordinator@kirklandwa.gov](mailto:titlevicoordinator@kirklandwa.gov) 로 제VI편 코디네이터에게 문의하십시오.

## Refunds / Cancellations / Transfers

- To request a transfer or cancellation, please email us at [eparks@kirklandwa.gov](mailto:eparks@kirklandwa.gov) or call 425-587-3330.
- Some programs have specific cancellation requirements outside our general cancellation policy listed below. For detailed information,

please see our Refund and Cancellation Policies at [www.kirklandwa.gov/Recreation](http://www.kirklandwa.gov/Recreation).


- Refunds are granted if a request is made at least five business days prior to the start of a program, less a \$10.00 administrative fee applied to each program withdrawn.
- A 50% refund of the registration fee will be granted for program withdrawal requests received less than five business days prior to the start of program.
- Please note: Programs paid by check or cash will be refunded by check. No refunds will be given for programs that cost less than \$10.00.
- No refunds will be issued on or after the first day of program.
- Online enrollments resulting in withdrawals are subject to cancellation policies listed above.
- A 100% refund will be given if a program is canceled by Kirkland Recreation.
- Transfers must be requested five business days prior to the start of a program. (Exception: progressive level transfers directed by program instructor.)
- Visit [www.kirklandwa.gov/ParkRentals](http://www.kirklandwa.gov/ParkRentals) for facility rental cancellation and change policies.
- Community Center Special Events: Unless otherwise noted, event tickets will be available until 5pm seven business days prior to the event. No tickets will be sold the day of the event. Event tickets are not refundable or transferable.


## Disclaimer

This schedule of activities is published for informational purposes only. We strive to produce the most accurate guide possible. However, some program information may have changed after this guide has gone to print. We will make every effort to notify participants of the changes. Our website [www.kirklandparks.net](http://www.kirklandparks.net) will be most up to date.

## WATCH FOR THESE ICONS

 New Program

 Virtual Program

 Family Program