

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

September - December 2011

REC 'n ROLL



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

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# Welcome!

## REC 'n ROLL

### Letter from the Director

#### Creating Community through People, Parks and Programs

Your Parks, Recreation and Senior Services staff, Arts Commission, program partners and volunteers proudly invite you to Get Moving to have a healthy and active fall season.

We hope you and your family will enjoy taking advantage of the many programs and activities found within this Fall Rec 'n Roll Guide and adjoining City Currents. Check out our super fall program discounts available in the Rec 'n Roll e-newsletter. As part of a new Healthy Highline Communities Coalition initiative, we are committed to help improve our citizen's quality of life through active living and healthy eating opportunities.

Family Friendly and Free! Celebrate Des Moines at Des Moines Beach Park on September 17th from 11:00 am to 2:00 pm. The fun includes a free Ice Cream Social, balloons, outdoor games, family entertainment and a heritage walk through the eras of this National Historic District!

Don't forget the Poverty Bay Arts Festival sponsored by the Arts Commission and local businesses takes place throughout the Marina District on Saturday, September 10, 2011. A complete event schedule can be found on page 9cc.

Keep Moving! The Before and After School program, conveniently located at your child's elementary school, features fun games and activities, nutritious snacks and even help with homework see more details on page 3. For the young at heart, choose from the many Senior Activity Center wellness and mind enhancing programs, special events and trips on pages 9-10 that will keep you on your toes. If fitness is your passion, you can pick from many exercise, dance and sports programs for all ages and abilities. We offer fall youth soccer and winter basketball and don't forget that volunteer coaching is a great way to keep fit!

Facilities for Rent! The Field House Gym and Picnic Shelter, Activity Center and patio and Beach Park Founders Lodge and newly renovated Auditorium (available in 2012) and park grounds are available for class reunions, weddings, special events and group meetings. Call the recreation office at 206-870-6527 for pricing and availability.

Nature and Wildlife Abound in Des Moines! Take relaxing walks to your neighborhood or waterfront parks and fishing piers, or visit the Des Moines Creek Trail and enjoy the beautiful views and watch salmon run upstream in late October.

We look forward to meeting you at one of your Des Moines Parks, Recreation and Senior Services Department programs or special events this fall!

Sincerely,

*Patrice Thorell*

#### Look What We Have For You!

|                                  |          |
|----------------------------------|----------|
| Celebrate Des Moines.....        | 2 RR     |
| Before & After School.....       | 3 RR     |
| Youth & Teen Basketball .....    | 4 RR     |
| Toddler – Teen Activities .....  | 5-7 RR   |
| Adult Activities & Fitness ..... | 7-8 RR   |
| Senior Activities .....          | 9-10 RR  |
| Registration Information .....   | 11 RR    |
| Special Events.....              | 12-13 RR |

See reverse for City Currents Information

### Celebrate Des Moines

#### Free Family Fun at Beach Park, the birthplace of Des Moines!

Saturday, September 17, 2011  
11:00am-2:00pm

- Balloon Animals
- Face Painting
- Entertainment
- Field Games
- Scavenger Hunt
- Ice Cream Social
- Heritage Trail at Des Moines Beach Park from the 1880's to present

Shuttle available between Farmers Market and Beach Park  
Sponsored by Des Moines Parks & Recreation, Arts Commission, Wesley Homes, Judson Park and 4-Culture

# Navigating Back to School



## 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    | September 1-30 | \$275    | \$295   |
| Federal Way | September 2-30 | \$210    | \$230   |
| Highline    | October 3-31   | \$260    | \$280   |
| Federal Way | October 1-29   | \$190    | \$210   |
| Highline    | November 1-30  | \$250    | \$270   |
| Federal Way | November 1-30  | \$185    | \$205   |
| Highline    | December 1-20  | \$180    | \$200   |
| Federal Way | December 1-17  | \$120    | \$140   |

Drop-in Fee: \$15R \$17NR Highline Sites  
\$10R \$12NR 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    | September 1-30 | \$380    | \$400   |
| Federal Way | September 2-30 | \$420    | \$440   |
| Highline    | October 3-31   | \$360    | \$380   |
| Federal Way | October 1-29   | \$380    | \$400   |
| Highline    | November 1-30  | \$340    | \$360   |
| Federal Way | November 1-30  | \$370    | \$390   |
| Highline    | December 1-20  | \$250    | \$270   |
| Federal Way | December 1-17  | \$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

Recreation: 206-870-6527

Senior Services: 206-878-1642

## AFTERMATH

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

*Grades K-6*

M-F School dismissal – 6:00pm

| Sites       | Dates          | Fee: Res | Non Res |
|-------------|----------------|----------|---------|
| Highline    | September 1-30 | \$295    | \$315   |
| Federal Way | September 2-30 | \$335    | \$355   |
| Highline    | October 3-31   | \$280    | \$300   |
| Federal Way | October 1-29   | \$305    | \$325   |
| Highline    | November 1-30  | \$270    | \$290   |
| Federal Way | November 1-30  | \$300    | \$320   |
| Highline    | December 1-20  | \$195    | \$215   |
| Federal Way | December 1-17  | \$190    | \$210   |

Drop-in Fee: M-Th \$15R \$17NR, F \$20R \$22NR Highline Sites  
\$18R \$20NR 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 | Dates                            | Fee: Res | Non Res |
|-----|----------------------------------|----------|---------|
| F   | October 14                       | \$35     | \$37    |
| M-W | Conference Week: November 21-23* | \$90     | \$95    |
| M-F | Winter Break: December 21-31*    | \$280    | \$296   |

\*Daily Drop-in Fee: \$35R \$37NR



# 2011 Youth & Teen Basketball Leagues



Hoop season is here and the focus shifts to learning basketball techniques, team building, providing players with a competitive experience – all for a great affordable price! League Sponsor: Land O'Frost Lunchmeat Meats.

**Season:** November – early March  
**Games:** Played on weekends at local schools and the Field House  
**Practices:** Scheduled one night a week.

## Coed Youth Division:

Features 8-foot baskets, and emphasis is on skill development, team play and fun!

| Division  |
|-----------|
| Grade K   |
| Grade 1-2 |



## Teen Division:

Teams participate in the South King County Teen Basketball league with teams from Tukwila, Renton & SeaTac Parks & Recreation Departments.

| Boys Division | Girls Division |
|---------------|----------------|
| Grade 7-8     | Grade 7-8      |
| Grades 9-10   |                |

## Check Out Our Early Bird Rates!

Register in September and enjoy the best Early Bird rate! Register later and the fee increases!

| Registration Dates       | Player Fee          |
|--------------------------|---------------------|
| September 1 - October 3  | \$60R \$65NR        |
| October 4 - November 7   | \$70R \$75NR        |
| November 8 -18           | \$80R \$85NR        |
| November 19 - December 2 | \$95R \$100NR       |
| December 2               | Registration closes |

## Youth Recreation Division:

Teams play in local league. The program focus is on skill building, team building while providing a competitive experience that is structured and supervised.

| Boys Division | Girls Division |
|---------------|----------------|
| Grade 3-4     | Grade 3-4      |
| Grades 5-6    | Grade 5-6      |
| Grade 7-8     | Grade 7-8      |
| Grade 9-10    |                |

## Coaches Take Note:

Mandatory Coaches' Meeting  
 Tuesday November 1                      6:00pm                      Field House

## Financial Scholarships:

Application deadline is October 31. Please allow 2 weeks for processing. Remember: Qualified scholarship players will be placed on a roster only when the participant's fee-portion is paid in full.

## Adult Leagues

### "You Need to Kick IT Fair" Adult Coed Kickball League

Fun, fitness, sportsmanship, competition and feeling like you are in middle school again. That's what our department hopes to accomplish with the 1st ever "You Need to Kick IT Fair" Kickball League. Get 10 of your closest friends or folks and enjoy reliving your youth! Includes end of Season Tournament. Games played at the Des Moines Field House and Steven J. Underwood Memorial Park.



Ages 15-102                      \$240R \$260NR  
 Sunday Nights                      October 2- November 7                      6pm



# Toddler/Preschool Activities



## Pre-School Playhouse

Mom and Dad - 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.

|                 |                        |           |             |
|-----------------|------------------------|-----------|-------------|
| <i>Ages 3-5</i> |                        |           |             |
| T/W/Th          | September 13-October 6 | 10am-12pm | Field House |
| T/W/Th          | October 11-November 3  | 10am-12pm | Field House |
| T/W/Th          | November 8-December 1  | 10am-12pm | Field House |
| no class 11/24  |                        |           |             |



## 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.

|                |                 |             |             |
|----------------|-----------------|-------------|-------------|
| <i>Age 3-5</i> |                 |             |             |
| M-F            | September 12-16 | 5:30-6:30pm | Field House |

## So You Want to be a Pirate?!

Yo Ho, Yo Ho! A pirate's life for me! Join us for a whale of a time learning about pirates. Hunt for treasure, play games, sing songs and make a treat to eat and enjoy!

|                 |            |           |             |
|-----------------|------------|-----------|-------------|
| <i>Ages 3-5</i> |            |           |             |
| Sa              | October 15 | 10-11am   | Field House |
| <i>Ages 6-9</i> |            |           |             |
| Sa              | October 15 | 11am-noon | Field House |

## Tiny Tiger Martial Arts

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

|                 |                         |             |             |
|-----------------|-------------------------|-------------|-------------|
| <i>Ages 3-5</i> |                         |             |             |
| W               | September 14-October 26 | 3:55-4:25pm | Field House |
| W               | November 2-December 14  | 3:55-4:25pm | Field House |

*\$73R \$78NR plus \$12 annual AAU Fee*

## Preschool Dance Classes

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

**Session 1:**

|                 |                         |          |             |
|-----------------|-------------------------|----------|-------------|
| <i>Ages 3-5</i> |                         |          |             |
| M               | September 12-October 17 | 5:30-6pm | Field House |
| M               | October 24-December 5   | 5:30-6pm | Field House |
| no class 10/31  |                         |          |             |

*\$45R \$50NR*

## Gymnastics – parents & toddlers

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

|                              |                         |             |                    |
|------------------------------|-------------------------|-------------|--------------------|
| <i>Age 18 months-3 years</i> |                         |             |                    |
| Tu                           | September 13-October 25 | 5:30-6:10pm | Field House Studio |
| Tu                           | November 1-December 13  | 5:30-6:10pm | Field House Studio |
| No class 11/25               |                         |             |                    |

*\$70R \$75NR*

## Preschool Gymnastics – new & returning

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

|                 |                         |             |                    |
|-----------------|-------------------------|-------------|--------------------|
| <i>Ages 3-5</i> |                         |             |                    |
| Tu              | September 13-October 25 | 6:15-6:55pm | Field House Studio |
| Tu              | November 1-December 13  | 6:15-6:55pm | Field House Studio |

*\$70R \$75NR*

## Creative Ballet

Dancers are introduced to basic ballet steps, posture, and placement. Using a positive learning atmosphere, children are encouraged for their accomplishments as they begin their journey as dancers.

|   |                         |             |  |
|---|-------------------------|-------------|--|
| <i>Ages 2-4</i>   |                         |             |  |
| <i>Session 1 &amp; 2 \$48R \$53NR; Session 3 \$29R \$34NR</i> |                         |             |  |
| Th  | September 15-October 13 | 9:15-9:45am |  |
| Th  | October 20-November 17  | 9:15-9:45am |  |
| Th  | December 1-December 15  | 9:15-9:45am |  |
| Th  | September 15-October 13 | 4:30-5:00pm |  |
| Th  | October 20-November 17  | 4:30-5:00pm |  |
| Th  | December 1-December 15  | 4:30-5:00pm |  |

## Ballet 1

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

|   |                         |              |  |
|---|-------------------------|--------------|--|
| <i>Ages 3-5</i>   |                         |              |  |
| <i>Session 1 &amp; 2 \$64R \$69NR; Session 3 \$39R \$44NR</i> |                         |              |  |
| Th  | September 15-October 13 | 9:45-10:25am |  |
| Th  | October 20-November 17  | 9:45-10:25am |  |
| Th  | December 1-December 15  | 9:45-10:25am |  |
| Th  | September 15-October 13 | 5-5:40pm     |  |
| Th  | October 20-November 17  | 5-5:40pm     |  |
| Th  | December 1-December 15  | 5-5:40pm     |  |

**See Tutus & Tiara's on page 6-RR**



# Youth Recreation Activities

## Youth Gymnastics – new & returning



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

**Ages 6-9 \$70R \$75NR**

|    |                         |          |                    |
|----|-------------------------|----------|--------------------|
| Tu | September 13-October 25 | 7-7:40pm | Field House Studio |
| Tu | November 1- December 13 | 7-7:40pm | Field House Studio |

## Tiger Kids Martial Arts

Improve motor skills and coordination while building self-confidence through the use of martial arts and fun games - bag kicking and padded sword-sparring! Includes a white belt for first time participants! Advanced students/colored belts - class until 5:30pm Instructor: Mitch Mayberry, International Champion, 8th degree Master Instructor.

**Ages 3 and Up \$73R \$78NR plus \$12 AAU Membership**

|   |                                     |             |             |
|---|-------------------------------------|-------------|-------------|
| W | Early Fall: September 7- October 26 | 4:30-5:10pm | Field House |
| W | Late Fall: November 2- December 14  | 4:30-5:10pm | Field House |

## Acrobats For Kids

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

**Ages 5-8 \$55R \$60NR**

|   |                          |          |             |
|---|--------------------------|----------|-------------|
| M | September 12-October 17* | 6-6:45pm | Field House |
| M | October 24-December 5*   | 6-6:45pm | Field House |

## Tutus & Tiara's – new & returning

Our classically trained ballerina leads students in a mini ballet class, dance themed games and dress-up! Dancers will get to dress up in a costume. Older dancers will learn a dance to show their parents at the end of event. Dress Code: Ballet shoes or socks, tights or leggings, and a leotard or t-shirt.



**Ages 3-5 \$12R \$15NR**

|    |           |           |             |
|----|-----------|-----------|-------------|
| Sa | October 8 | 9:15-10am | Field House |
|----|-----------|-----------|-------------|

**Ages 6-9 \$15R \$18NR**

|    |           |         |             |
|----|-----------|---------|-------------|
| Sa | October 8 | 10-11am | Field House |
|----|-----------|---------|-------------|

## Hip Hop Dance

Try out urban moves and grooves and have fun in this face paced class! No experience necessary! Instruction: Melanie's Dance Unlimited

**Ages: 5-7 yrs \$45R \$50NR**

|   |                         |          |                    |
|---|-------------------------|----------|--------------------|
| W | September 14-October 19 | 4-4:30pm | Field House Studio |
| W | October 26-December 7   | 4-4:30pm | Field House Studio |

**Ages: 8-11 yrs \$45R \$50NR**

|   |                         |          |                    |
|---|-------------------------|----------|--------------------|
| W | September 14-October 19 | 4:30-5pm | Field House Studio |
| W | October 26-December 7   | 4:30-5pm | Field House Studio |

**Ages 12-15 \$ 45R \$50NR**

|   |                         |          |                    |
|---|-------------------------|----------|--------------------|
| W | September 14-October 19 | 5-5:30pm | Field House Studio |
| W | October 26-December 7   | 5-5:30pm | Field House Studio |

no class 11/23

## Ballet 1 – new & returning

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

**Ages 5-8 \$45R \$50NR**

|   |                         |          |             |
|---|-------------------------|----------|-------------|
| M | September 12-October 17 | 4:30-5pm | Field House |
| M | October 24-December 5   | 4:30-5pm | Field House |

no class 10/31

## Ballet 2

Dancers progress with combinations of steps, terminology and FUN!

**Ages 4-6 Session 1 & 2 \$64R \$69NR; Session 3 \$39R \$44NR**

|    |                         |               |             |
|----|-------------------------|---------------|-------------|
| Th | September 15-October 13 | 10:30-11:15am | Field House |
| Th | October 20-November 17  | 10:30-11:15am | Field House |
| Th | December 1-December 15  | 10:30-11:15am | Field House |
| Th | September 15-October 13 | 5:45-6:30pm   | Field House |
| Th | October 20-November 17  | 5:45-6:30pm   | Field House |
| Th | December 1-December 15  | 5:45-6:30pm   | Field House |

## Ballet 3

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

**Ages 6-8 Session 1 & 2 \$96R \$101NR; Session 3 \$58R \$68NR**

|    |                         |             |             |
|----|-------------------------|-------------|-------------|
| Th | September 15-October 13 | 6:30-7:30pm | Field House |
| Th | October 20-November 17  | 6:30-7:30pm | Field House |
| Th | December 1-December 15  | 6:30-7:30pm | Field House |

## Ballet/Jazz Combo

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

**Ages 9-11 \$55R \$60NR**

|   |                         |             |             |
|---|-------------------------|-------------|-------------|
| M | September 12-October 17 | 6:45-7:30pm | Field House |
| M | October 24-December 5   | 6:45-7:30pm | Field House |

## Jazz 1

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

**Ages 5-8 \$45R \$50NR**

|   |                         |          |  |
|---|-------------------------|----------|--|
| M | September 12-October 17 | 5-5:30pm |  |
| M | October 24-December 5   | 5-5:30pm |  |

no class 10/31.

## Tap Dance 1

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

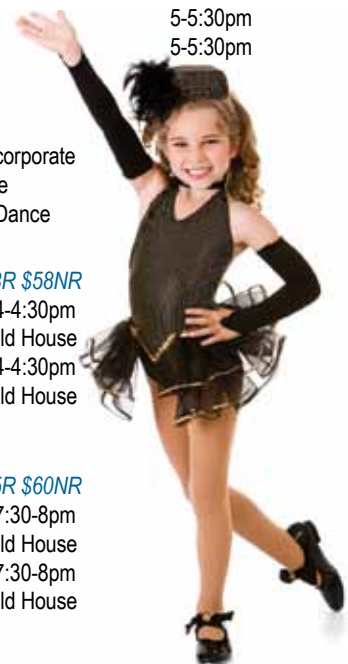
**Ages 5-8 \$53R \$58NR**

|   |                         |          |             |
|---|-------------------------|----------|-------------|
| M | September 12-October 17 | 4-4:30pm | Field House |
| M | October 24-December 5   | 4-4:30pm | Field House |

## Tap Dance 2

**Ages 9-11 \$55R \$60NR**

|   |                         |          |             |
|---|-------------------------|----------|-------------|
| M | September 12-October 17 | 7:30-8pm | Field House |
| M | October 24-December 5   | 7:30-8pm | Field House |



# Teen Activities

## ASP@P After School Program at Pacific

Looking for after school fun on Fridays? Play sports and active games in the gym, create cool craft projects and win great prizes with cool contests; all thanks to the generosity of the Des Moines Rotary Club! Activities are staffed by Des Moines Parks & Recreation.



*Pacific Middle School Students* *Free*  
 F October -June After school-4:30pm Pacific Middle School

## Field House Dances

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

*Grades 6-8 - student ID required for admission.* *\$7*  
 October 28 7:30-10:00pm Field House Thriller Night  
 December 16 7:30-10:00pm Field House Winter Wonderland



## Snowbound Ski & Snowboard Bus

This is the hottest package deal in town, so join the crew heading to the mountain! Registration includes season pass and Grayline bus transportation to and from Snoqualmie. Participants must show helmet and season pass before boarding the bus. Parent information

meeting at Aviation HS on Tuesday, November 5 at 7pm.

*Ages: Middle and High School students* *Call for pricing*  
 F January 6-March 9 2:30-11pm Departs/Returns from Aviation HS

## DES MOINES YOUTH COUNCIL

Make new friends and gain leadership and organizational skills participating in Des Moines Youth Council. The Council plans civic activities during the school year earning credits toward reward activities offered at the end of the year. 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. Parents are encouraged to attend our first meeting on October 7. Call in advance to confirm meeting dates. Leader: Parks and Recreation staff.



*Grades 6-9* *Free*  
 Friday 1:45-2:15pm Pacific Middle School

# Adult Enrichment

## Dog Obedience

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



*Dogs 4+ months* *\$78R \$85NR*  
 Th 7:15-9:15pm September 1-29\* Field House  
 Th 7:15-9:15pm October 6-27 Field House  
 Th 7:15-9:15pm November 3-December 1\* Field House  
 \*No class 9/15 or 11/24

## Tieton Whitewater Rafting

With 14 miles of twisting, turning rapids flowing through trees and towering cliffs, you won't want to miss this adventure! The Tieton is located on the eastern side of White Pass along Highway 12. In September when Rimrock Lake is emptied the Tieton roars with whitewater excitement. No experience necessary. Participants must be in average physical condition and able to paddle with team members under professional guidance. Rafting equipment & wetsuit are included. Trip Leader: Rod Admundson, Wild Water River Tours, INC.

*Age 12-Adult* *\$78R \$85NR*  
 Su September 11 12-3:45pm Location provided at registration  
 Sa September 17 12-3:45pm Location provided at registration

## Skagit Eagle Watch

View nature's splendor. Each winter up to 300 Bald Eagles gather at the Skagit Preserve. These magnificent endangered birds typically see only the occasional riverboat in their protected habitat, so sightings are frequent. With up to 7 feet of wingspan, the eagle is truly majestic. You'll float calmly and comfortably with other enthusiasts. Guides are experienced eagle watchers. All rafting equipment is included. Trip Leader: Rod Amundson, Wild Water River Tours, INC.

*Age 6+* *\$78R \$85NR*  
 Sa December 3 11am-2:45pm Location provided at registration  
 Su December 4 11am-2:45pm Location provided at registration

## 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 Sate Boaters education certificate. Bring a sacklunch. Fee includes textbook interactive CD and all materials. Students are responsible for picking up supplies at Des Moines Activity Center. Instructors: Poverty Bay Power Squadron.

*Age 12-Adult* *\$35*  
 Sa September 17 8am-4pm Public Works & Parks Service Ctr.  
 Sa October 15 8am-4pm Public Works & Parks Service Ctr.  
 Classes will also be scheduled February - March 2010  
 Public Works & Park Service Center - 2255 South 223rd St.

## Aviation History: Part V

### From Drawing Board to Delivery - the Birth of a Boeing Airplane

Retired flight test engineer John McEvoy details how a plane is created - from initial design through the step by step pains of fabrication, first flight, certification, training and final delivery to the customer. Focus will be on the Boeing 707, but the Boeing 747, 757 and 777 will also be discussed. This is a two part series.

#### Adults

|         |   |              |       |                 |
|---------|---|--------------|-------|-----------------|
| Part 1: | T | September 13 | 7-9pm | Activity Center |
| Part 2: | T | September 20 | 7-9pm | Activity Center |

## Make Your Own Glass Ornaments

Here is your opportunity to make your own special glass ornaments for the holiday of your choice.... think pumpkins, Christmas or Hannukah. Students will choose either "icicle" or round glass ornaments. Instructor: George C. Scott.



#### Adults and teens age 14+

\$55R \$59NR

|    |            |       |                              |
|----|------------|-------|------------------------------|
| W  | October 26 | 6-9pm | Instructor Studio/Des Moines |
| Sa | October 15 | 1-4pm | Instructor Studio/Des Moines |

## Adult Fitness

### Zumba®

Ditch the workout – Join the Party! Working-out is healthy, rewarding and beneficial, but it's never been known to be exhilarating until now! Zumba®



fuses hypnotic Latin rhythms and easy to follow moves to create a unique program that will blow you away and help you achieve long term benefits while experiencing an absolute blast in one hour of calorie-burning, body-energizing, awe-inspiring movements that engage and captivate for life!

|               |         |   |                  |
|---------------|---------|---|------------------|
| <b>Adults</b> |         | <b>\$63R \$69NR/10-class punchcard or</b> | <b>\$10/Drop</b> |
| M/W           | Ongoing | 6-7pm                                     | Field House      |

### Belly Dancing

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

|                |              |                         |       |                |
|----------------|--------------|-------------------------|-------|----------------|
| <b>Adults</b>  |              | <b>\$43R \$48NR</b>     |       |                |
| M              | Beginners    | September 12-October 17 | 7-8pm | Founders Lodge |
| M              | Intermediate | September 12-October 17 | 8-9pm | Founders Lodge |
| M              | Beginners    | October 24-December 5*  | 7-8pm | Founders Lodge |
| M              | Intermediate | October 24-December 5*  | 8-9pm | Founders Lodge |
| no class 10/31 |              |                         |       |                |

### Kigong

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

|                |                        |       |      |                 |
|----------------|------------------------|-------|------|-----------------|
| <b>Adults</b>  |                        |       |      |                 |
| Th             | September 1—October 20 | 5-6pm | \$48 | Activity Center |
| Th             | October 27-December 15 | 5-6pm | \$42 | Activity Center |
| No class 11/24 |                        |       |      |                 |

## Dance for Parkinson's

### Do you have a Movement Disorder?

Dance for Parkinson's is designed for you! This introductory course will enhance your life through dance. Stretch and strengthen your muscles, focus on balance and rhythm through many styles of dance and discover how to use your thought, imagination, eyes, ears and touch to control movement in a welcoming environment accompanied by live music. Caregivers and friends are invited to join in! No dance experience necessary. Classes are based on the Dance for PD® method, a program developed by Mark Morris Dance Group and the Brooklyn Parkinson Group.



Presented by Seattle Theatre Group (STG) and Spectrum Dance Company and offered with funding support from Des Moines Legacy Foundation.

#### Adults

Free

|   |               |          |                 |
|---|---------------|----------|-----------------|
| M | November 7-28 | 2-3:30pm | Activity Center |
|---|---------------|----------|-----------------|

### Morning Yoga

A perfect way to begin your day and week! A regular Yoga practice provides tremendous benefits to the body, mind and spirit. Focusing on correct alignment while using props to make each pose accessible, you will gain flexibility, strength and coordination. Developing a deeper inner connection cultivates a feeling of peace and joy to the whole being. Beginners and more experienced students welcome. Required props: sticky mat, 8 foot strap and yoga blocks. \*No class on October 10.

#### Adults

Session Fee: \$69R \$74NR

|     |                         |           |             |
|-----|-------------------------|-----------|-------------|
| Mon | September 12-October 24 | 9:30-11am | Field House |
| Mon | November 7-December 12  | 9:30-11am | Field House |

### Energy Yoga

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

**Adults** **\$48R \$52NR**

#### Energy Yoga Activity Center

|    |                          |             |      |
|----|--------------------------|-------------|------|
| Th | September 1—October 20   | 6:30-7:30pm | \$48 |
| Th | October 27 – December 15 | 6:30-7:30pm | \$42 |

#### Energy Yoga Normandy Park Cove

|   |                         |             |      |
|---|-------------------------|-------------|------|
| M | September 12-October 24 | 1:30-2:30pm | \$42 |
| M | October 31- December 12 | 1:30-2:30pm | \$42 |

No class 11/24

### 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 | 8:05-9:05am or 9:30-10:30am             |  | Field House |
|        | September 6-30                          |  | \$33        |
|        | October 4-28                            |  | \$33        |
|        | November 1-29* no class 11/11, 11/24-25 |  | \$28        |
|        | December 1-22                           |  | \$28        |

# Senior Activities

## Day Trips

Explore Puget Sound with Des Moines Activity Center



|  |        |             |
|--|--------|-------------|
| <b>Emerald Queen Casino –Tacoma</b>                  |        |             |
| Wednesday, September 7                               | \$6    | 9am-4pm     |
| <b>Mount Rainier National Park</b>                   |        |             |
| Tuesday, September 20                                | \$20   | 8am-6pm     |
| <b>Octoberfest – Seattle</b>                         |        |             |
| Wednesday, September 28                              | \$8    | 10:30am-3pm |
| <b>Queen of Seattle Paddle Wheel Cruise– Seattle</b> |        |             |
| Wednesday, October 12                                | \$40   | 11:30am-4pm |
| <b>Edmonds Museum - Edmonds</b>                      |        |             |
| Wednesday October 26                                 | \$15   | 9am-4pm     |
| <b>Golden Games- Federal Way</b>                     |        |             |
| Monday, October 31                                   | \$23   | 9am-4pm     |
| <b>Annie Get your Gun, Village Theatre- Issaquah</b> |        |             |
| Saturday, November 12                                | \$TBA. | 12:30-5pm   |
| <b>The Museum of Communications - Seattle</b>        |        |             |
| Tuesday, November 15                                 | \$15   | 9am-3pm     |
| <b>Governor's Mansion Holiday Decor – Olympia</b>    |        |             |
| Wednesday, December 7                                | \$25   | 10am-4pm    |
| <b>Spanaway Christmas Lights– Spanaway</b>           |        |             |
| Wednesday, December 14                               | \$15   | 5:30-9pm    |

## Horticulture

Explore Northwest gardens and nurseries with our "growing" horticulture program and ease into fall with lectures! Trips Depart at 10am.

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

| Fridays      | Destination  |
|--------------|--|
| September 9  | Bellevue Botanical Gardens                         |
| September 16 | Seattle Sculpture Garden & Spaghetti Factory Lunch |
| September 23 | Olympia Farmer's Market & Gardens & lunch          |
| October 14   | Bastyr Herb Garden & lunch                         |
| October 28   | Puyallup Pumpkin Patch & lunch at Windmill Nursery |
| November 4   | Washington Pottery Company, Kent & Bonsai Garden   |
| November 18  | Seymour Conservatory & Gardens in Tacoma & lunch   |
| December 2   | Garden Journal Workshop at DMAC \$10 material fee  |
| December 16  | Wright's Nursery, Lynwood, Holiday Decor & lunch   |

## Out to Lunch

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

|   |                         |
|---|-------------------------|
| Age 50+                                   | \$8 Transportation Fee  |
| <b>C.I. Shenanigans-Tacoma</b>            | Friday, September 2     |
| <b>New Castle Golf Course, New Castle</b> | Friday, October 7       |
| <b>Hunt Club-Sorrento Hotel, Seattle</b>  | Friday, November 4      |
| <b>Cedarbrook Lodge, Seatac</b>           | Friday, December 2      |
| <b>Seastar Restaurant, Seattle</b>        | Friday, January 6, 2012 |

## Extended Trips

### Mystery Trip 2011

Once again a fabulous trip to somewhere in the Pacific Northwest is slated for October 2011! Cost includes transportation, escort, hotel and breakfast. Registration plus \$50 deposit deadline: 9/9/11

T-Th October 18-20

\$250ppdo

### Collette Travel Music Cities Nashville, Memphis and New Orleans

Enjoy a toe-tapping time on this tour of America's most famed musical cities and revel in the blues, jazz, country, and good old rock 'n' roll!

Trip features 2-nights in Memphis, "birthplace of the blues," and tour of Elvis Presley's Graceland.

Enjoy reserved seats at the Grand Ole Opry in Nashville, Tennessee and tour historic RCA Studio B, to see where country legends recorded hit songs. A visit to the Country Music Hall of Fame is sure to have you humming long after you return home.

Top it off in the French Quarter at the New Orleans School of Cooking,

March 18-25 2012

\$2199 ppdo

\$2699 single

Want to learn more? Join us Tuesday, September 27 at 1pm at Des Moines Activity Center for a Collette Travel Information Presentation: Attendees receive a \$50-off coupon good for this trip. Pre-registration requested: call 206-878-1642. Detailed trip brochures now available at the activity center.



## Golf Outings



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

Fee Range: \$8-10

No host green fee and lunch

| Monday       | Course & City                | Green Fees |
|--------------|------------------------------|------------|
| Sept. 6 (T)  | Horseshoe Lake, Port Orchard | \$20+ Tax  |
| September 19 | Mystery Trip                 | \$15       |
| October 3    | Kenwanda, Snohomish          | \$18       |
| October 17   | High Cedars, Orting          | \$16       |

**Coming This Fall – call 206-878-1642 for more details!**

### Reflecting on Current Events

Take part in lively discussions on world, national and local events and weigh in on the ever changing world of politics, finances, religion and technology's impact on society. Facilitator: Don Custer.

Age 50+ \$20  
T October 11- November 15 1-3pm Activity Center

### Aging Your Way - Workshop for Baby Boomers

Do you have the Peter Pan complex, "I will never get old?" Join the rest of the baby-boomer generation with similar feelings and help us design a community that will have what you want as time goes on! Facilitated by Senior Services and Des Moines Activity Center.

Target Participants: Des Moines and Normandy Park residents age 45-65  
W November 30 5:30-8:30pm Activity Center



### Life in Motion

Learn how to properly lift, strengthen your body's core, restore your spine and move well! Proper movement is a key factor in achieving balance and this class focuses on improving joint range of motion and implementing gravity-driven exercise to improve quality of life and activities of daily living. Instructor: Dr. Allison, Chiropractor

Age 50 & better \$1 drop-in Fee  
M/W September 12-December 14 8:30-9:30am Activity Center

### Creative Writing

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

Seniors \$54  
Th September 22 – December 8 10am-12pm Wesley Gardens  
No class 10/20, 11/24

### Memoir Writing

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

Seniors \$54  
Th September 22 – December 8 2-4pm Wesley Gardens  
No class 10/20, 11/24

### Spinning Demonstration

Local weaver and "spinner" will demonstrate how to use a spinning wheel and share samples of items created from yarns the artist has spun. Weaver/spinner: Virginia Bird

T October 4  
2:30pm Activity Center



### Blueprint for Living 2011 and Beyond

Featuring a series of presentations to design and live your life well and your way! Presentations offered by Valley Cities Counseling & Consultation unless otherwise noted.

Adults

Activity Center

#### Friendships Contribute to Wellness

Learn about the connection between friendships and health.  
October 4 10-11am Activity Center

#### Friendship Dynamics are Complicated

Not all friendships last a lifetime, not all friendships are healthy.  
October 18 10-11am Activity Center

#### Prepare for a Healthy Winter

Keep yourself healthy and your mood cheerful during the gray days of winter.  
November 1 10-11am Activity Center

#### Thankfulness is Healthy

An "Attitude of Gratitude" can help you maintain your physical and mental health  
November 15 10-11am Activity Center

#### Spiritual Wellness Comes in Many Forms

Exploring the relationship between our physical, emotional and spiritual wellness  
December 6 10-11am Activity Center

#### The Healthy Value of Spiritual Growth

Learn the benefits of nourishing your spiritual self.  
December 20 10-11am 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**

September 25 ❖  
October 23 ⌘  
November 27 ❖

⌘❖ Bring fruit or cookies ready to serve  
❖ Last names A-M  
⌘ Last names N-Z

**Adults of All Ages!**

## REGISTRATION INFORMATION

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

### Parks and Recreation Administrative Office

1000 South 220th Street, Des Moines WA 98198

206-870-6527

TDD Line: 206-824-6024

Fax: 206-870-6587

[www.recreation@desmoineswa.gov](http://www.recreation@desmoineswa.gov)

Monday – Friday, 8am–4:30pm



### Des Moines Activity Center Office – Senior Services

2045 S 216th Street, Des Moines WA 98198

PO Box 98576

206-878-1642

Fax 206-878-2260

[www.desmoineswa.gov/50plus](http://www.desmoineswa.gov/50plus)

Hours: Monday – Friday, 8am–4pm

### Holiday Closures

**Monday, September 5, Friday, November 11, Thursday-Friday, November 24-25, Monday, December 26 & Monday, January 2.**

### 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](http://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 other local services organizations such as the Rotary Club of Des Moines. However, the need for scholarships has increased dramatically surpassing funds available in 2010.

Your gift will help a Des Moines child participate in 2011!

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](http://www.desmoineswa.gov/recreation)  
or by calling 206-870-6527.



# Ooops!

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

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

**Offer valid September 1, 2011 – June 30, 2012. Call 206-870-6527 for information.**

**\*Excludes one-time events.**

# Special Events

## Poverty Bay Arts Festival

**SEPT. 10**  
10am - 4pm  
City of Des Moines  
Marina District



SPONSORED BY



CHECK OUT OUR WEBSITE [POVERTYBAYARTSFESTIVAL.COM](http://POVERTYBAYARTSFESTIVAL.COM) FOR FURTHER DETAILS

Art Walk 10am-4pm Marina District  
Silent Arts Auction 10am-3pm Odds Fellow Hall  
Poetry Slam Registration 12-2pm Barnacles Restaurant

## Join us for our Annual Spaghetti Night

HOLIDAY | Fernwood at the Park  
Independence. Recreation. Learning.

**Friday, October 7**

**5pm – 7:30pm**

Des Moines Activity Center

**\$8/Adults, \$5/Children, \$20 Family Rate\***

Enjoy a scrumptious dinner prepared by Fernwood at the Park, featuring spaghetti, salad and dessert. Des Moines Activity Center, 2045 S 216th Street, 206-878-1642  
\*2 adults and children under age 12



## Facilities & Field Rentals

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

### Indoor Facilities

**Up to 500 Guests:**

Beach Park Auditorium

**Up to 225 guests:**

Des Moines Field House

**Up to 125 guests:**

Des Moines Activity Center with Mary's Patio Garden

**Up to 60 guests:**

Founder's Lodge & Des Moines Field House Studio



### Field Rentals

The following fields are available for rent.

Des Moines Field House Park Fields  
Steven J Underwood Memorial Park Fields  
Zenith Park

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

**For booking and additional inquiries visit or contact:**

Des Moines Parks, Recreation & Sr. Services

1000 S. 220th Street, Des Moines, WA 98198

Phone: (206) 870-6527 Fax: (206) 870-6587

E-mail: [recreation@desmoineswa.gov](mailto:recreation@desmoineswa.gov)

Website: [www.desmoineswa.gov/facility](http://www.desmoineswa.gov/facility)

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

## Arts Alive!

Join us for a line-up of music, slithery reptiles zany performances and more!  
This family performance series is wonderful fun for everyone.

|                          |                      |                                  |
|--------------------------|----------------------|----------------------------------|
| 3rd Saturdays at 10:30am |                      | \$5 in advance & \$7 at the door |
| October 15               | The Not-Its          | Field House                      |
| November 19              | Alex Zerbe           | Field House                      |
| January 21               | Reptile Man          | TBD                              |
| February 18              | Caspar Baby pants    | TBD                              |
| March 17                 | The Harmonica Pocket | TBD                              |

## Toddler Pumpkinpalooza

Come dressed in your best costume for pumpkin painting, carnival games, and more. Children receive age-appropriate goodies as they leave.

Ages 0-4 \$7/\$9NR  
W October 26 10am-12:00pm Field House

Parks & Recreation joins Landmark Event Center for

## HALLOWEEN CARNIVAL

**SATURDAY, OCTOBER 29, 5-8PM**

\$5/child

Landmark Event Center, 23660 Marine View Drive South

Everyone in the family is invited to join in on an evening of fun! Kids 12 and under will enjoy a variety of "frightfully fun" skill challenging games. If able, we request non-perishable food donations for the Des Moines Food Bank.



## Breakfast with Santa.

You are cordially invited to enjoy a delicious pancake breakfast with Santa. Kids will have the opportunity to participate in holiday activities and visit with Santa about their Christmas wish list. Children must attend with a parent or responsible adult and children age 2 and younger are free, but must have a ticket. Pre-registration is required.

When: Saturday, December 17.

Two seating times at 9-10:15am & 10:45am-12:00pm

Where: Des Moines Activity Center

Cost: \$8 per child and \$4 per adult



## Argosy Christmas Cruise Ship & Bonfire

Thursday, Dec 8

Redondo

8:50-9:10pm

Thursday, Dec 15

Des Moines Beach Park

7:10-7:30pm

FREE

Join revelers as they watch the decorated Argosy Christmas Cruise ship anchor offshore for a session of caroling with local performers amplified toward the shore to get you into the holiday spirit. This holiday tradition can be chilly – dress for the weather!



## Des Moines Waterfront Farmers Market

Join us every Saturday  
now thru October 29th

Upcoming  
Special Event

Back to School/Kid's Day

SEPT 10

Information and fun  
events just for kids

NOW ACCEPTING



Located in the South Marina Park

10am to 2pm

www.DMFM.org



## 5th ANNUAL CHILI COOKOFF

October 29th

COME TO  
EAT

OR

COME TO  
COMPETE



More information available at DMFM.org  
or email desmoinesfm@gmail.com