

PROGRAM SITES

Des Moines Elementary: 22001 9th Ave. S., Des Moines —Highline School District
 North Hill Elementary: 19835 8th Avenue South; Seattle 98148—Highline School District
 Marvista Elementary: 19800 Marine View Dr. SW, Normandy Park—Highline School District
 Midway Elementary: 22447 24th Ave. S, Des Moines ----Highline School District
 Parkside Elementary @ Manhattan Elementary: 440 South 186th St., Burien—Highline School District
 Woodmont Elementary: 26454 16th Ave. S., Des Moines —Federal Way School District

Quality before and after school child care for K – 6th grade children! Your children will have a blast with exciting games, creative activities, arts and crafts and yummy snacks! Plus—time set aside each afternoon to finish their homework! Maximum program capacity is 24 participants at each site.

Limited scholarships available for those in need. Please call (206) 870-6527 for more information.

* **FREE BUS TRANSPORTATION** is available to Before and After School Program Sites from various Highline School District schools. Call the Highline School District Transportation Department for more information.

NOTE: Parents and Guardians are responsible for making transportation arrangements with the Highline School District Transportation Department. Please call: (206) 433-2471.

**Before and After School Prices
 Highline School District Sites: Des Moines, North Hill & Marvista
 Elementary Schools**

	Before AND After School Program		Before ONLY 6:30am-school starts		After ONLY School dismissal-6:00pm	
January No school 1/1, 1/18 Early Release 1/8, 1/15, 1/22 & 1/29	\$350		\$260		\$280	
	Resident Discount Fee	Non Resident Fee	Resident Discount Fee	Non Resident Fee	Resident Discount Fee	Non Resi- dent Fee
February No school 2/12, 2/15 & 2/16 Early Release 2/5 & 2/26	\$310	\$325	\$225	\$240	\$240	\$255
March No School 3/12 Early Release 3/5, 3/19 & 3/26	\$400	\$415	\$290	\$305	\$305	\$320
April No School 4/5-4/9 Early Release 4/2, 4/16, 4/23 & 4/30	\$310	\$325	\$225	\$240	\$240	\$255
May No School 5/21, 5/28 & 5/31 Early Release 5/7 & 5/14	\$350	\$365	\$250	\$265	\$265	\$280
June Early Release 6/4, 6/11 & 6/18 Last day of School 6/23	\$310	\$325	\$225	\$240	\$240	\$255
Drop In Daily Per Drop In Friday Early Release			\$15/Drop	\$17/Drop	\$15/Drop 20/Friday	\$17/Drop \$22/Friday

**Before and After School Prices
Highline School District Sites: Parkside Elementary School**

	Before AND After School Program		Before ONLY 6:30am-school starts		After ONLY School dismissal-6:00pm	
January No school 1/1, 1/18 Early Release 1/8, 1/15, 1/22 & 1/29	\$350		\$300		\$240	
	Resident Discount Fee	Non Resident Fee	Resident Discount Fee	Non Resident Fee	Resident Discount Fee	Non Resi- dent Fee
February No school 2/12, 2/15 & 2/16 Early Release 2/5 & 2/26	\$310	\$325	\$255	\$270	\$205	\$220
March No School 3/12 Early Release 3/5, 3/19 & 3/26	\$400	\$415	\$330	\$345	\$265	\$280
April No School 4/5-4/9 Early Release 4/2, 4/16, 4/23 & 4/30	\$310	\$325	\$255	\$270	\$205	\$220
May No School 5/21, 5/28 & 5/31 Early Release 5/7 & 5/14	\$350	\$365	\$300	\$315	\$240	\$255
June Early Release 6/4, 6/11 & 6/18 Last day of School 6/23	\$310	\$325	\$255	\$270	\$205	\$220
Drop In Daily Per Drop In Friday Early Release			\$16/Drop	\$18/Drop	\$12/Drop \$15/Friday	\$14/Drop \$17/Friday

<p>NO SCHOOL DAY CAMPS Send your children to Des Moines Park & Recreation’s No School Day Camp! We will play games, make cool arts and crafts projects and just have FUN!</p> <p>Ages: K-6th Grade Cost: Resident Discount Fee \$34 Non Resident Fee \$36 Days: 3/12 & 5/21 Time: 6:30am-6:00pm Location: Field House Studio, 1000 S 220th Street Enrollment: 5 min/40 max</p>	<p>MID-WINTER BREAK CAMP 2/12-2/16 Ages: K-6th Grade Cost: Resident Discount Fee \$34/day or \$90/3 days Non Resident Fee \$36/day or \$95/3 days Days: 2/12, 2/15 & 2/16 Time: 6:30am-6:00pm Location: Field House Studio, 1000 S 220th Street Enrollment: 5 min/40 max</p> <p>SPRING BREAK CAMP: FEDERAL WAY SCHOOL DISTRICT - March 29-April 2 HIGHLINE SCHOOL DISTRICT April 5 - April 9 Ages: K-6th Grade Cost: Resident Discount Fee \$34/day or \$150/week Non Resident Fee \$36/day or \$160/week Days: Federal Way School District March 29-April 2 Highline School District April 5-April 9 Time: 6:30am-6:00pm Location: Field House Studio, 1000 S 220th Street Enrollment: 5 min/40 max</p>
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**Before and After School Prices
Federal Way School District: Woodmont Elementary School**

	Before AND After School Program		Before ONLY 6:30am-school starts		After ONLY School dismissal-6:00pm	
January No school 1/1, 1/18 & 1/29	\$342		\$180		\$288	
	Resident Discount Fee	Non Resident Fee	Resident Discount Fee	Non Resident Fee	Resident Discount Fee	Non Resi- dent Fee
February No School 2/15 & 2/16	\$360	\$380	\$180	\$200	\$305	\$325
March No School 3/29, 3/30 & 3/31	\$320	\$340	\$160	\$180	\$270	\$290
April No School 4/1 & 4/2	\$380	\$400	\$190	\$210	\$320	\$340
May No School 5/31	\$400	\$420	\$200	\$220	\$340	\$360
June No School 6/1 Last day of School 6/16	\$200	\$220	\$100	\$120	\$170	\$190
Drop In Daily Per Drop In			\$10/Drop	\$12/Drop	\$18/Drop	\$20/Drop

PRE SCHOOL & YOUTH PROGRAMS

PRE-SCHOOL PLAYHOUSE

Tons of fun for children ages 3-5 years! Arts and crafts, games, songs, puppetry, outdoor activities, snacks and tons of fun! Plus---Mom and Dad can have a break while children have a great time learning, playing and meeting new friends!

Ages: 3-5 years (Must be potty trained)
 Cost: \$65/ 8 classes
 Day / Time: T & TH / 10am-12noon
 Location: Field House Studio—1000 S. 220th St.
 Instructor: Cassie Swan
 Enrollment: 5 min / 15 max
 Dates: 1/5-1/28
 2/23-3/18

Mini KHAOS

Holiday camps for children 3-5 years of age! Join us for fabulous arts and craft projects, songs, games, and much more!

February 8-11 Valentine's Celebration

Join us as we discover compassion for others through crafts, songs, and games that show us how important our friends really are!

Ages: 3-5years (Must be potty trained)
 Cost: \$35 per week
 Day/Time: M-TH/10am-12noon
 Location: Field House Studio – 1000 S. 220th St.
 Enrollment: 5 min/15 max

PRE-SCHOOL DANCE PROGRAM

Our Tiny-Tot classes are designed with the young child in mind. We learn through play, and put an emphasis on FUN! We explore movement in Ballet & Tap each week in this Program. We learn real terminology and technique through a unique blend of play, creative movement and props. Both Ballet & Tap are taught in this easy-paced learning environment. A Must for the energetic child! The all new Mommy & Me class incorporates Parent/Child bonding exercises too, along with learning balance and coordination while bonding with mom! Lots of fun with frolicking and general silliness!

Girls: Leotard, Pink Tights, Pink Ballet Shoes, Black Tap Shoes. ponytails (Ballet Skirts Optional)

Boys: White T-shirt or Beater, Solid Color Bike Shorts/Basketball shorts, Black Ballet Shoes, Black Tap Shoes

Ages/Time: 3 yrs / 10-10:30am OR
4-5 yrs/ 10:30-11:00am
Cost: [Resident Discount Fee \\$46/6 classes](#)
Non Resident Fee \$49/6 classes
Day: W
Location: Field House Studio—1000 S. 220th St.
Instructor: Melanie's Dance Unlimited -- Miss Melanie
Enrollment: 4 min / 12 max
Dates: 1/6-2/10
2/17-3/24

PLAY TIME PALS

Accompany your child to South King Intervention Program's (SKIP) preschool to enjoy time together singing, learning, getting messy and playing an inclusive class led by an early childhood specialist. Each day will include activity centers, table time, circle time and snack. Children will develop friendships with a wide variety of peers, some of whom have special needs. Parents will appreciate the opportunity to discuss developmental issues with the teacher and other parents.

Ages: 24-34 months
Cost: See Below
Day/Time: M/ 11:00-12:30pm
TH/ 11-12:30pm **OR** 1:00-2:30pm
Location: Woodside Elementary School, 18367 8th Ave S, Burien, 98148
Instructor: Peggy Hobart
Enrollment: 2 max.
Dates: 1/4-2/22 [Resident Discount Fee \\$46](#)/Non Resident Fee \$49 (No class 1/19 & 2/15)
1/7-2/25 [Resident Discount Fee \\$61](#)/Non Resident Fee \$64
3/1-4/19 [Resident Discount Fee \\$61](#)/Non Resident Fee \$64
3/4-4/22 [Resident Discount Fee \\$61](#)/Non Resident Fee \$64

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 swordsparring)! Registration for 7-week session includes a T-shirt for first time participants! Instructor, Mitch Mayberry, is a International Champion and a 8th degree Master Instructor. *(Class for 3-4 year olds may end earlier.)*

*Please note: AAU membership required. An additional fee of \$12 (**Payable to AAU**) is required at registration. AAU membership is good for one school year, (September 1st –August 31st).

Ages: 3 and up
Day/Time: W / 4:30-5:10pm—Beginning Class
**Advanced students will receive an additional
15 minutes of instruction from 5:15-5:30
Location: Field House Gym – 1000 S 220th Street
Cost: [Resident Discount Fee \\$66/6 classes](#)
Non Resident Fee \$69/6 classes
Instructor: Mitch Mayberry
Enrollment: 5 min / 20 max
Dates: 1/6-2/10
2/17-3/24
4/14-6/2 [Resident Discount Fee \\$86](#)/Non Resident Fee \$89

GYMNASTICS FOR TODDLERS

This class is designed as a parent-child class. Parents will learn how to act as coach while their child winds through various obstacle courses including rolls, jumps, swings, climbs and balances. Classes begin with interactive warm ups to music and end with a game using hoops, balls, parachute and much more. Parents/siblings are encouraged to stay, but class instruction is for paid participants only.

Ages: 18 months-3 years
Day/Time: Th / 5:30-6:10pm
Cost: [Resident Discount Fee \\$86/8 classes](#)
Non Resident Fee \$89/8 classes
Location: Field House Studio – 1000 S. 220th Street
Instructor: Coaches from The Jungle Gym
Enrollment: 5 min / 12 max
Dates: 1/7-2/25
3/4-4/22 [Resident Discount Fee \\$76/Non Resident Fee \\$79 \(no Class 4/1\)](#)
5/6-6/24

GYMNASTICS FOR PRESCHOOLERS

This high-energy for kids who like to keep moving. Children will learn tumbling skills like cartwheels and handstands as well as bars and beam skills as they build strength, agility, and confidence! Children with previous gymnastics skills will continue to be challenged. Parents/siblings are encouraged to stay, but class instruction is for paid participants only.

Ages: 3-5 years
Day/Time: Th / 6:15-6:55pm
Location: Field House Studio – 1000 S. 220th Street
Cost: [Resident Discount Fee \\$86/8 classes](#)
Non Resident Fee \$89/8 classes
Instructor: Coaches from The Jungle Gym
Enrollment: 5 min / 12 max
Dates: 1/7-2/25
3/4-4/22
5/6-6/24

GYMNASTICS FOR YOUTH

This class focuses on good technique and tumbling routines for beginning and intermediate gymnasts. Skills are taught on an individual basis beginning with cartwheels, handstands and round-offs, as well as beam and bar skills. Gymnasts will progress to more advanced skills like walkovers and handsprings as they gain strength, flexibility and coordination. Children with previous gymnastics skills will continue to be challenged. Beginners are welcome too! Parents/siblings are encouraged to stay, but class instruction is for paid participants only.

Ages: 5 ½-10 years
Day/Time: Th / 7-7:40pm
Location: Field House Studio – 1000 S. 220th Street
Cost: [Resident Discount Fee \\$86/8 classes](#)
Non Resident Fee \$89/8 classes
Instructor: Coaches from The Jungle Gym
Enrollment: 5 min / 12 max
Dates: 1/7-2/25
3/4-4/22
5/6-6/24

KINDERMUSIK LET'S PLAY

It's all about playtime! Children will visit an imaginary playground, pretend they are springy jack-in-the boxes, play instruments, and engage in a story about toys and imagination as they explore the learning focus: "I love to sing! I learn when I play." Instrument: Music CD, Family Magazine and mini tambourine

Ages: Parents and children 1.5 years to 4 years
Cost: [Resident Discount Fee \\$44 plus \\$18 for Home Kits due on 1st day of class](#)
Non Resident Fee \$47 plus \$18 for Home Kits due on 1st day of class
Day/Time: W / 10:00-10:45am
Location: Field House Studio—1000 S. 220th St.
Instructor: Maica Atienza
Enrollment: 5 min / 15 max
Dates: 1/6-1/27

On the Go! We Will get the children moving! They will use their locomotor skills and their active imaginations to drive in cars, chug along in trains, zoom and soar in planes, and bumpity-bump in buses. It's non-stop learning as we explore the learning focus: "I can move quickly and slowly. I have creative ideas."

Ages: Parents and children 1.5 years to 4 years
Cost: [Resident Discount Fee \\$44 plus \\$18 for Home Kits due on 1st day of class](#)
Non Resident Fee \$47 plus \$18 for Home Kits due on 1st day of class
Day/Time: W / 10:00-10:45am
Location: Field House Studio—1000 S. 220th St.
Instructor: Maica Atienza
Enrollment: 5 min / 15 max
Dates: 2/3-2/24

ACROBATS FOR KIDS

What are Acrobats? Ever been to the Circus? We're the performers who like to do flips and look "flexible"! Acrobatics are both gymnastics and martial arts in style, **perfect for both boys and girls**. Rolls, cartwheels, backbends, handstands and walkovers will be covered in addition to other cool moves. A routine set to music will be learned in each class for an optional show in June, complete with costume! Attire: Bike shorts (no BUCKLES or ZIPPERS), leotards and /or tucked and fitted T-shirts. Long hair needs to be pulled back in a pony tail. *No shoes needed!

ACROBATS I—Beginners

Pre-Requisites: None

Ages: 4 - 7 years
Cost: [Resident Discount Fee \\$72/6 classes](#)
Non Resident Fee \$75/6 classes
Day/Time: W / 5-5:55 pm
Location: Field House Studio—1000 S. 220th St.
Instructor: Melanie's Dance Unlimited Instructors
Enrollment: 4 min / 12 max
Dates: 1/6-2/10
2/17-3/24

ACROBATS II & III—Beginners

Acrobats II—Pre-Requisites: None

Acrobats III—Pre-Requisites: Forwards & backwards rolls, cartwheels, backbends from standing, splits, beginning gymnastics floor passes, and basic dance skills.

Ages: 8 - 12 years
Cost: [Resident Discount Fee \\$53/6 classes](#)
Non Resident Fee \$56/6 classes
Day/Time: W / 4:15-5:00pm
Location: Field House Studio—1000 S. 220th St.
Instructor: Melanie's Dance Unlimited Instructors
Enrollment: 4 min / 12 max
Dates: 1/6-2/10
2/17-3/24

Beginner Dance 101

These classes are designed for the beginning dancer who wants to be introduced to the world of dance in an easy-learning environment. We focus on self-esteem as well as grace, posture and beginning body technique in Ballet, Tap & Jazz. Lots of fun with learning! –Marcus, can you put this blurb in before the TWO dance classes...thanks.

BALLET / JAZZ DANCE

Ballet is the true expression of classical art that provides strength, beauty, posture & grace. It provides a strong foundation for all other dance forms and give a dancer poise We offer a well-rounded ballet program including stretching, injury prevention, Barre, Center and Across the floor work in Each Weekly Class, Terminology and proper technique are emphasized. — perfect for the beginning dancer!

Our exciting Jazz / Ballet Combo class incorporates both Classic Technique and cutting-edge moves used in today's musicals and videos. Classes include stretch, Center Floor Work, turns & leaps. Totally Cool, totally New stuff! Designed for the student who wants to learn the latest moves and Find their Groove.

Girls: Leotard, Pink Tights, Pink Ballet Shoes, Hair Bun (Ballet Skirts Optional)

Boys: Solid White T-shirt, Solid Color Bike Shorts, Socks, Black Ballet Shoes

Ages: K-3rd grade
Cost: [Resident Discount Fee \\$53/5 classes](#)
Non Resident Fee \$56/5 classes
Day/Time: M / 4-4:45 PM
Location: Field House Studio—1000 S. 220th St.
Instructor: Melanie's Dance Unlimited
Enrollment: 4 min / 12 max
Dates: 1/4-2/8 (no class 1/18)
2/22-3/22

TAP DANCE

Perfect for both Boys and Girls. Make lots of great noises with your feet in a fun, relaxed atmosphere. We incorporate rhythm, technique & style into all our tap classes. No experience required. Based on the American tap dancing style, using the feet as an instrument. Learn Rhythm, syncopation and timing!

Girls: Leotard, Light Colored Tights, Black Tap Shoes. ponytails (Hot Shorts, Skorts, Capris Optional)

Boys: Solid T-shirt, Solid Color Bike Shorts, Socks, Black Tap Shoes

Ages: K-3rd grade
Cost: [Resident Discount Fee \\$46/5 classes](#)
Non Resident Fee \$49/5 classes
Day/Time: M / 4:45-5:15pm
Location: Field House Studio—1000 S. 220th St.
Instructor: Melanie's Dance Unlimited
Enrollment: 4 min / 12 max
Dates: 1/4-2/8 (no class 1/18)
2/22-3/22

KIDS HIP HOP

The most popular urban moves and grooves! This class is fun, fast paced and will get your heart pumping! Classes are taught by one of the Leading Hip Hop Divas in the area! No experience necessary!

Ages: 1st -5th Grade
Cost: [Resident Discount Fee \\$46/5 classes](#)
Non Resident Fee \$49/5 classes
Day/Time: M / 5:15-5:45pm
Location: Field House Studio—1000 S. 220th St.
Instructor: Melanie's Dance Unlimited
Enrollment: 4 min / 12 max
Dates: 1/4-2/8 (no class 1/18)
2/22-3/22

TEEN HIP HOP

Got MTV? It's never too late to learn to dance! We specialize in older beginning students. Our teen program is specifically designed with the adolescent in mind. No tutus—No little kids in the class! Just teenagers that want to dance who had a little interest or opportunity to learn as a child, or quit after just a few basic years of dance education. We'll whip you into shape, improve your body-tone and technique and teach you how to dance in the process! No experience necessary!

Ages: 6-10th Grade
Cost: [Resident Discount Fee \\$46/5 classes](#)
Non Resident Fee \$49/5 classes
Day/Time: M / 5:45-6:15pm
Location: Field House Studio—1000 S. 220th St.
Instructor: Melanie's Dance Unlimited
Enrollment: 4 min / 12 max
Dates: 1/4-2/8 (no class 1/18)
2/22-3/22

ADULT FITNESS CLASSES

STEP AEROBICS AND LIFT

High-energy workout designed for all fitness levels! Includes warm-up, step aerobics, weight lifting, and cool down.

Cost: \$6/ drop-in, or \$36 punch card (6 punches)
Day/Time: M & W / 9:15-10:45am
Location: Field House Gym – 1000 S. 220th Street
Instructor: Chris Wilcox

PILATES

Tone and sculpt your body with Pilates. This matt based class is designed to strengthen and tone your whole body. Improve your posture and physique in as little as two weeks! Pilates strengthens the deep abdominal and back muscles, while increasing overall physical strength. Adaptable for the rehabilitation of injury and can be used to focus on strength training, flexibility, range of motion or balance. Certified Instructor. Bring sticky matt to class.

Cost: Monthly rates below OR \$10 drop-in
Day / Time: M & W / 6-7pm
Location: Founders Lodge ---22030 Cliff Ave S.
Instructor: Julie Conklin
Enrollment: 5 min / 20 max
Month: January [Resident Discount](#) \$67
January Non Resident Fee \$74
February [Resident Discount](#) \$67
February Non Resident Fee \$74
March [Resident Discount](#) \$90
March Non Resident Fee \$82

DAYTIME PILATES

Get into shape this Fall with Pilates! Based on the teachings of Joseph Pilates, this mat-based discipline will improve the look and feel of your body, while increasing flexibility, stamina, strength and posture. Modifications can be made to support your individual needs. Ideal for beginning and advanced participants. Please bring a “sticky” mat to class. Seniors welcome, modifications available for all age groups and disabilities.

Cost: See monthly rates below OR \$10 drop-in
Day / Time: TU & TH / 11am-12pm
Location: Field House Gym---1000 S. 220th St.
Instructor: Julie Conklin
Enrollment: 5 min / 20 max
Month: January [Resident Discount](#) \$67
January Non Resident Fee \$74
February [Resident Discount](#) \$67
February Non Resident Fee \$74
March [Resident Discount](#) \$75
March Non Resident Fee \$82

BELLY DANCING

Belly Dancing is a fun, effective, low impact form of exercise. Both the beginning and intermediate level classes will 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 has over thirty years of experience in the art of Middle Eastern and American style belly dance. She is an international dancer, teacher and choreographer, and a member of the Babylonian Ensemble, producers of the Mediterranean Fantasy Festival.

NOTE: Wear comfortable clothing, leotard, harem pants, skirt or hip scarf.

Ages: All
Location: Founder’s Lodge—22030 Cliff Avenue S.
Cost: [Resident Discount Fee \\$32/5 classes](#)
Non Resident Fee \$38/5 classes
Day/Time: M / 7:15-8:15pm—Beginning Class
Enrollment: 3 min / 20 max
Dates: 1/4 - 2/8
2/22 - 3/29
4/5 - 5/10
5/17 - 6/28

AMERICA'S BOATING COURSE

This is the new national standard course for Boating Safety. Learn all the essential information to operate a boat with confidence. Since 1914 the United States Power Squadron has taught the best-known boating course to millions of people. Learn all about boat handling & seamanship, needed equipment, boat trailering, and much more. This course exceeds educational requirements in all states. A test is given at the conclusion of the course and a boating education certificate on passing is issued. This course is conducted entirely on one Saturday from 8AM to 4:30 PM. Students should bring their lunches because the working lunch is used for questions and other class functions. Students should register and pick up course materials a week before class in order to do the reading and be prepared for the course.

Materials included in the registration, if picked up. A \$5 each fee will be added to mail materials: an interactive CD as well as textbooks and all other materials needed for the course.

Ages: All
Cost: [Resident Discount Fee \\$35](#)
Non Resident Fee \$40
Day / Time: Sat / 8am-4pm
Location: Public Works & Park Services / 2255 S. 223rd St.
Instructors: Poverty Bay Power Squadron
Enrollment: 6 min / 26 max
Date: 2/20
3/27
4/10
5/8

BASIC DOG OBEDIENCE & GOOD MANNERS

Is your dog driving you crazy? You love your dog, but all the chewing, jumping up, barking, not coming when called and little "accidents" are making life really difficult. Jan Magnuson has the answer! As the Animal Control Officer for the City of Des Moines Police Department, owner of SUNSTAR Animal Services and Champion American Bulldogs and Weimaraners, and All-Breed Dog Obedience Training, Jan has extensive knowledge in how to effectively turn your little "terror" into a well-behaved member of the family. She is also an avid animal lover and will help you and your dog work together to develop a happy, healthy and productive relationship.

*Class is open to all mixed breed and purebred puppies and dogs, from 4 months of age through adulthood.

**Proof of vaccination is required at the start of the first class.

Ages: Dogs must be at least 4 months old
Cost: [Resident Discount Fee \\$75/4 classes](#)
Non Resident Fee \$81/4 classes
Day/Time: Th / 7:15-9:15pm
Location: Field House Gym – 1000 S. 220th St.
Instructor: Jan Magnuson, of SUNSTAR Animal Services Dog Training and Champion American Bulldogs and Weimaraners
Enrollment: 8 min / 15 max
Dates: 1/7 - 1/28
2/4 -2/25
3/4 -3/25

TOUTLE WHITEWATER RAFTING

RIDE RUMBLING RAPIDS IN THE SHADOW OF MT. ST. HELEN'S. Nature is slowly repairing herself in the aftermath of the colossal volcanic eruption but you can still see evidence of the damage. We'll hit big waves and bottomless holes while plunging through Staircase, Tea Kettle, and Hollywood Gorge rapids. Experienced guides scout the river and steer paddle-rafts. Neoprene wet suit-booties and a fantastic deli lunch are included. Go for it!

Ages: 18 years and up
Cost: [Resident Discount Fee \\$92](#)
Non Resident Fee \$99
Dates: Sat, April 24 OR Sun, April 25
Time: 12-4:30pm
Location: Toutle River
Enrollment: 1 min/18 max

WENATCHEE WHITEWATER RAFTING

THE SUNNY SIDE OF THE CASCADES IS A DEFINITE SPLASH. Roller coaster action and sunny weather makes this snow-fed river a favorite for river-runners. You'll experience commanding scenery that includes apple orchards and tall bluffs. Whitewater maneuvering in Boulder Bend, Rock & Roll, Drunkards Drop and Snow Blind rapids will capture your attention. Participants will paddle self-bailing paddle rafts with an experienced guide. Neoprene wet suit-booties & fantastic deli lunch are included. Join us!

Ages: 10 years and up
Cost: [Resident Discount Fee \\$88](#)
Non Resident Fee \$96
Dates: Sat, May 15 OR Sun, May 23
Time: 12-5pm
Location: Wenatchee River between Leavenworth & Cashmere
Enrollment: 1 min/21 max

SKAGIT EAGLE WATCH

NATURE'S SPLENDOR AS FEW HAVE SEEN IT. Each winter up to 300 Bald Eagles congregate in the Skagit Preserve. The magnificent and endangered birds see only the occasional riverboat in their habitat, so sightings are frequent. With wingspans of up to 7', the eagle is truly majestic from close range. Float calmly and comfortably with other enthusiasts in beautiful scenery, watching our National Symbol feeding on the banks, soaring above or perched only yards away. Guides are experienced eagle watchers & the trip includes a delicious Spaghetti lunch. Join us!

Ages: 6 years and up
Cost: [Resident Discount Fee \\$88](#)
Non Resident Fee \$96
Date: Sun, Jan 10 OR Sat, Jan 16
Time: 11m-3:00pm
Location: Skagit River
Enrollment: 1 min/18 max

***NOTE: Participants are responsible for their own transportation.
Directions and trip itinerary provided at registration.
Call Des Moines Parks & Recreation at (206) 870-6527 for more information.***

YOUTH SOCCER LEAGUE

The Des Moines Parks and Recreation Department is thrilled to continue our non-competitive, recreational soccer league. This will be a 6 to 8 game season playing at Zenith Park and Des Moines Field House. There will be week night practices and Saturday games. The league will run from March 15th until May 22nd. Please bring in a copy of your child's birth certificate to identify their age (unless we already have one on file). We will be utilizing the fields at Zenith Park and the Des Moines Field House. A complete list of rules will be available at the Des Moines Field House. Players can sign up as a team or as an individual.

Registration

Registration starts January 4th. Register at Des Moines Field House—1000 S. 220th St
League Dates: March 15- May 22, 2010.

League Costs

Program	Ages	# of Games	Registration	Roster Size
U5 co-ed	4-5	6 to 8	\$65 Resident Discount Fee / \$70 Non-Residents	6 min / 8 max
U7 co-ed	6-7	6 to 8	\$65 Resident Discount Fee / \$70 Non-Residents	6 min / 8 max
U9 boys	8-9	6 to 8	\$65 Resident Discount Fee / \$70 Non-Residents	6 min / 10 max
U9 girls	8-9	6 to 8	\$65 Resident Discount Fee / \$70 Non-Residents	6 min / 10 max

Team Sponsorships

The City of Des Moines Parks and Recreation Department is looking for Soccer Team Sponsors- let your business be seen by thousands of potential customers! Sponsorship of a team is \$135 and you may sponsor more than one team. Team sponsorship allows participation fees to remain affordable, shows community involvement, and advertises your business. To sponsor a team or for more information, please contact Ralph Thomas at 206.870.6586

Scholarships

Scholarships are available to qualified participants. Please have your scholarship information in by February 13, 2010. Those applicants, who qualify for the scholarship, will not be put on a roster until the participant's portion is paid in full. For more information, and an application, please contact the Des Moines Field House at 206-870-6527.

Volunteer Coaches Needed

Coaches are needed for teams in all divisions. To sign up to be a coach, call Ralph Thomas at 206-870-6586.

Coaches Meeting

There will be an informational coaches meeting on Thursday, March 4th at the Des Moines Field House at 6:00pm. All coaches are required to show up for this meeting, as we will discuss the league rules, practice times, and game schedules.

T-BALL LEAGUE – COACH-PITCH

The Des Moines Parks and Recreation Department is once again offering a T-Ball League for boys and girls! . The goal for this program is to develop hand-eye coordination by teaching the players to hit and catch properly. It will also develop team building and social interaction. The playing field, and rules, are modified to fit the age and skill level of the participants. The games will be held at Des Moines Field House, Zenith Park and the Steven J. Underwood Memorial Park. Each team will practice one time in the evening, during the week, and games will primarily be Saturdays.

Volunteer Coaches Needed

Coaches are needed for teams, in all divisions. To sign up to be a coach call Ralph Thomas at 206-870-6586.

Coaches Meeting

There will be an informational coaches meeting on Thursday, May 20th at the Des Moines Field House at 6:00pm. All coaches are required to show up for this meeting, as we will discuss the league rules, practice times, and game schedules.

Team Sponsorships

The City of Des Moines Parks and Recreation Department is looking for T-Ball Team Sponsors. Let your business be seen by thousands of potential customers! Each sponsorship of a team is \$135 and you may sponsor more than one team. Team sponsorship allows participation fees to remain affordable, shows community involvement, and advertises your business. To sponsor a team, or for more information, please contact Ralph Thomas at 206-870-6586.

LITTLE HITTERS:

Ages: 3 – 5 years
Cost: [Resident Discount Fee \\$55](#) / Non Resident Fee \$60 – 1/2-2/31
[Resident Discount Fee \\$65](#) / Non Resident Fee \$70 – 3/1-4/15
[Resident Discount Fee \\$75](#) / Non Resident Fee \$80 – 4/15-5/30
Practices: Start the week of June 1st
Day/Time: Practices once a week (Mon-Fri)
Games Saturdays
Location: Field House, Steven J. Underwood Memorial Park & Zenith Park
Enrollment: 9 players' min. per team / 4 teams min

COACH PITCH:

Ages: 6 – 8 years
Prices: [Resident Discount Fee \\$55](#) / Non Resident Fee \$60 – 1/2-2/31
[Resident Discount Fee \\$65](#) / Non Resident Fee \$70 – 3/1-4/15
[Resident Discount Fee \\$75](#) / Non Resident Fee \$80 – 4/15-5/30
Practices: Start the week of June 1st
Day/Time: Practices once a week (Mon-Fri)
Games Saturdays
Location: Field House & Steven J. Underwood Memorial Park
Enrollment: 9 players' min per team / 4 teams min

ADULT SOFTBALL LEAGUE

The Des Moines Park and Recreation Department is ready to roll again with another season of exciting Co-Ed and Men's Softball! Each team will play 14 games with an end-of-the-season tournament. There will be five different competition levels: (Co-Ed "Rec", Co-Ed "Open", Co-Ed "D&E") and (Men's "Rec/D" and "Open" Division). Registration deadline is Tuesday, April 20, 2010. Team registration packets will be available January, 2010. Coaches meeting will be held April 21, 2010 at the Des Moines Field House at 6:00pm. For more information call 206-870-6586.

Ages: 18 yrs. + / players under 18 need to be authorized by the league director
Cost: [Resident Discount Fee \\$850 team](#) / Non Resident Fee \$900 team
To qualify for the Resident Discount Fee, 50% +1 players on the roster must live within the Des Moines City limits.
Games: 14 games plus end of the season tournament.
Days: Monday Co-Ed "Rec"
Tuesday Men's "Rec/D"
Wednesday Co-Ed "Open Competitive"
Thursday Men's "D&E"
Friday Co-Ed "D&E"
Dates: 5/3 – 7/20
Times: 6:10 & 7:25 & 8:35 & 9:45 if needed
Location: Steven J. Underwood Memorial Park – 21800 20th Ave. S.
Enrollment: 4 min