



# Recreation Guide

Fall 2016



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# COVINGTON PARKS & RECREATION

## Covington City Hall

16720 SE 271st St.  
Covington, WA 98042  
(253) 480-2400

## Covington Aquatic Center

18230 SE 240th St.  
Covington, WA 98042  
(253) 480-2480

## Covington Community Park

17649 SE 240th St.  
Covington, WA 98042

## CONNECT WITH THE CITY



Facebook/CityofCovington  
Twitter/CovingtonWash

# Things You Need to Know

## THREE WAYS TO REGISTER

### 1. REGISTER ONLINE 24/7

[www.covingtonwa.gov/parks](http://www.covingtonwa.gov/parks)  
Online payments can only be made by credit or debit card.  
*\*Please note there is a third party nonrefundable processing fee for each online registration.*

### 2. REGISTER BY PHONE

(253) 480-2480  
Monday-Friday 8:30 a.m.-8:30 p.m.  
Saturday 8:30 a.m.-2:30 p.m.  
Sunday 9:30 a.m.-1:30 p.m.

### 3. REGISTER IN PERSON

Parks and recreation offices are located inside the Covington Aquatic Center at 18230 SE 240th Street Covington, WA 98042  
Monday-Friday 8:30 a.m.-8:30 p.m.  
Saturday 8:30 a.m.-2:30 p.m.  
Sunday 9:30 a.m.-1:30 p.m.

## REGISTER EARLY!

If a program does not meet its minimum student enrollment, then it may need to be cancelled. We encourage you to register early for programs you would like to join. If a program is cancelled, registered participants will receive a refund.



## PHOTOGRAPHY

Photographs and video may be taken of participants of classes and programs and may be used for publicity purposes.

## ATHLETICS WEATHER HOTLINE

Call the Parks and Recreation Weather Hotline at (253) 480.2490 for weather related program cancellations. You can also speak to a staff member at the registration desk by calling (253) 480-2480 extension 0.



# Get Involved: Join a City Commission

Each year, 40 community-minded and passionate individuals serve on the City's commissions. Our commissioners provide valuable leadership to the City through their active participation on the Covington Economic Development Council and the Arts, Human Services, Parks and Recreation, and Planning Commissions.

Now is your chance to join this group of concerned and dedicated citizens who play a significant role in city government. Commission positions are great for citizens who want to be advocates, proactive participants, and leaders in the growth of Covington. Commission members participate in advisory, advocacy, and planning activities.

The Planning Commission, Arts Commission and Human Services Commission will have openings this Fall. Visit [www.covingtonwa.gov/city\\_government/commissions.html](http://www.covingtonwa.gov/city_government/commissions.html) for more details about openings, responsibilities, and how to apply.

Please help us extend a special thank you to the Covington Rotary Club for funding our recreation grant program!

Powered by Covington Rotary Club

# Rotary



## We Change The World:

- We Serve 250 area students via Back Pack Buddies
- We Support the Elk Run Farm Start Up
- We Serve Breakfast to Staff & Teachers at Kentlake HS
- We Serve Breakfast on Fridays to Students at Kentwood HS
- We Underwrite Covington Team Sports
- We Support The Covington Domestic Violence Walk
- We Support Kentlake Interact Rotary Club
- We Support Kentwood Interact Rotary Club
- We Build Houses in Honduras
- We Educate Children in Guatemala
- We Support Local Transitional Housing
- We Support the Back to School BBQ at Real Life Church
- We Support Scholarship Programs at Green River College
- We Support Local Park Preservation
- We Support Shop with a Cop
- We Support Communities In Schools
- We Support Mighty Miracles
- We Support "We the People"
- We Support the Covington Christmas Tree Lighting

If you want to "Change the World" please call Jim Tanasse our Membership Chair at 206-954-8499 or e-mail [covingtonrotaryclub@gmail.com](mailto:covingtonrotaryclub@gmail.com).

# Athletics

## YOUTH ATHLETICS

### FALL VOLLEYBALL LEAGUE

Covington Parks is offering co-ed youth volleyball for kids entering the 2nd grade – 8th grade. Your child will have the chance to learn and sharpen their volleyball skills with an emphasis on fun, participation, and sportsmanship in our co-ed league.

Matches are on Saturdays beginning November 5 at Cedar Heights Middle School and the season ends December 17. There will be one weekday evening practice each week which is determined by the volunteer coach.

Fees: 2nd – 8th Grades \$63

### WINTER BASKETBALL LEAGUE

This winter, Covington Parks will be offering youth basketball leagues for kids ages 3rd grade – 8th grade. Our winter youth basketball league is geared toward providing an opportunity for the recreation basketball players to learn about team work and sportsmanship.



Practices begin the week of January 2, 2017, and the first game will be January 14, 2017. There will be eight weeks of games with the last game being on March 4, 2017. There will be one weekday evening practice each week which is determined by the volunteer coach.

Registration opens September 1, 2016 and the last day to register without a late fee is December 4, 2016.

Fees: PreK-1st/2nd Grade \$65; 3rd-8th Grade \$75

## What does it take to be a coach?

The kids need you! We are looking for volunteer coaches for our youth athletics programs. Here's what it takes to be a coach:

- Spend 1-4 hours per week depending on division
- We supply all equipment and coaching and league info.
- Must attend mandatory informational coaches meeting.
- Coaches choose their own practice day.
- The seasons are around two months long.
- We are non-competitive, fun and instructional!

Interested? Please visit our athletics website at [www.covingtonwa.gov/athletics](http://www.covingtonwa.gov/athletics) to get your coach's application today!



## Fall '16 - Summer '17 Youth Athletics Schedule

SPORT	REG. OPENS	REG. CLOSES	FIRST GAME	SEASON ENDS
Fall Soccer	Mid June	Mid August	Sept. 12	Oct. 29
Fall Volleyball	Mid June	Early October	Nov 5	Dec 17
Winter Basketball	Early September	Early December	Jan. 14, 2017	March 4, 2017
Spring Soccer	Early December	Early February	March 8, 2017	April 29, 2017
Spring Base/TBall	Early December	Early February	May 13, 2017	July 1, 2017
Summer Flag Football	Mid March	Early June	July 8, 2017	Aug. 26, 2017

# Youth Recreation

## GYMNASTICS

Hart's gymnastic program is family-friendly while offering the highest quality coaches and staff. Classes are held at Hart's Gymnastic Center, 26415 79th Ave S. Kent, WA 98032.

### MOVEMENT - Ages 16 mos.-3 years

This Parent & Tot class is the ideal place to have organized safe fun exploring movement with your child in a gymnastic environment.

Class	Age	Date	Day	Time	Fee
42204	16m-3	9/10-10/1	Sat	9-9:45 a.m.	\$55
42205	16m-3	10/8-10/29	Sat	9-9:45 a.m.	\$55
42206	16m-3	11/5-11/26	Sat	9-9:45 a.m.	\$55
42207	16m-3	12/3-12/17	Sat	9-9:45 a.m.	\$41.25

### PRESCHOOL - Ages 3-5

Designed for preschoolers ready to participate without the help of a parent/guardian, this class will continue to explore movement as they go through tunnels, climb over blocks, cross balance beams, and explore the gym.

Class	Age	Date	Day	Time	Fee
42210	3-5	8/31-9/28	W	3-3:45 p.m.	\$55
42211	3-5	8/31-9/28	W	5-5:45 p.m.	\$55
42212	3-5	8/31-9/28	W	6-6:45 p.m.	\$55
42213	3-5	9/10-10/1	Sat	9-9:45 a.m.	\$55
42214	3-5	9/10-10/1	Sat	10-10:45 a.m.	\$55
42215	3-5	9/10-10/1	Sat	11-11:45 a.m.	\$55
42208	3-5	9/12-10/3	M	5-5:45 p.m.	\$55
42209	3-5	9/12-10/3	M	6-6:45 p.m.	\$55
42218	3-5	10/5-10/26	W	3-3:45 p.m.	\$55
42219	3-5	10/5-10/26	W	5-5:45 p.m.	\$55
42220	3-5	10/5-10/26	W	6-6:45 p.m.	\$55
42221	3-5	10/8-10/29	Sat	9-9:45 a.m.	\$55
42222	3-5	10/8-10/29	Sat	10-10:45 a.m.	\$55
42223	3-5	10/8-10/29	Sat	11-11:45 a.m.	\$55
42216	3-5	10/10-10/31	M	5-5:45 p.m.	\$55
42217	3-5	10/10-10/31	M	6-6:45 p.m.	\$55
42226	3-5	11/2-11/23	W	3-3:45 p.m.	\$55
42227	3-5	11/2-11/23	W	5-5:45 p.m.	\$55
42228	3-5	11/2-11/23	W	6-6:45 p.m.	\$55
42229	3-5	11/5-11/26	Sat	9-9:45 a.m.	\$55
42230	3-5	11/5-11/26	Sat	10-10:45 a.m.	\$55
42231	3-5	11/5-11/26	Sat	11-11:45 a.m.	\$55
42224	3-5	11/7-11/28	M	5-5:45 p.m.	\$55
42225	3-5	11/7-11/28	M	6-6:45 p.m.	\$55
42234	3-5	11/30-12/21	W	3-3:45 p.m.	\$55
42235	3-5	11/30-12/21	W	5-5:45 p.m.	\$55
42236	3-5	11/30-12/21	W	6-6:45 p.m.	\$55
42237	3-5	12/3-12/17	Sat	9-9:45 a.m.	\$41.25
42238	3-5	12/3-12/17	Sat	10-10:45 a.m.	\$41.25

42239	3-5	12/3-12/17	Sat	11-11:45 a.m.	\$41.25
42232	3-5	12/5-12/19	M	5-5:45 p.m.	\$41.25
42233	3-5	12/5-12/19	M	6-6:45 p.m.	\$41.25

### GIRLS - AGES 6-12

Students learn the basics of fun and safe gymnastics while emphasizing basic gymnastic skills, safety, strength, and flexibility. They will expand their skills with use of the trampoline and working on all Olympic events.

Class	Age	Date	Day	Time	Fee
42243	6-12	8/31-9/28	W	5-5:55 p.m.	\$62
42244	6-12	8/31-9/28	W	6-6:55 p.m.	\$62
42245	6-12	8/31-9/28	W	7-7:55 p.m.	\$62
42246	6-12	9/10-10/1	Sat	10-10:55 a.m.	\$62
42247	6-12	9/10-10/1	Sat	11-11:55 a.m.	\$62
42240	6-12	9/12-10/3	M	5-5:55 p.m.	\$62
42241	6-12	9/12-10/3	M	6-6:55 p.m.	\$62
42242	6-12	9/12-10/3	M	7-7:55 p.m.	\$62
42251	6-12	10/5-10/26	W	5-5:55 p.m.	\$62
42252	6-12	10/5-10/26	W	6-6:55 p.m.	\$62
42253	6-12	10/5-10/26	W	7-7:55 p.m.	\$62
42254	6-12	10/8-10/29	Sat	10-10:55 a.m.	\$62
42255	6-12	10/8-10/29	Sat	11-11:55 a.m.	\$62
42248	6-12	10/10-10/31	M	5-5:55 p.m.	\$62
42249	6-12	10/10-10/31	M	6-6:55 p.m.	\$62
42250	6-12	10/10-10/31	M	7-7:55 p.m.	\$62
42259	6-12	11/2-11/23	W	5-5:55 p.m.	\$62
42260	6-12	11/2-11/23	W	6-6:55 p.m.	\$62
42261	6-12	11/2-11/23	W	7-7:55 p.m.	\$62
42262	6-12	11/5-11/26	Sat	10-10:55 a.m.	\$62
42263	6-12	11/5-11/26	Sat	11-11:55 a.m.	\$62
42256	6-12	11/7-11/28	M	5-5:55 p.m.	\$62
42257	6-12	11/7-11/28	M	6-6:55 p.m.	\$62
42258	6-12	11/7-11/28	M	7-7:55 p.m.	\$62
42267	6-12	11/30-12/21	W	5-5:55 p.m.	\$62
42268	6-12	11/30-12/21	W	6-6:55 p.m.	\$62
42269	6-12	11/30-12/21	W	7-7:55 p.m.	\$62
42270	6-12	12/3-12/17	Sat	10-10:55 a.m.	\$46.50
42271	6-12	12/3-12/17	Sat	11-11:55 a.m.	\$46.50
42264	6-12	12/5-12/19	M	5-5:55 p.m.	\$46.50
42265	6-12	12/5-12/19	M	6-6:55 p.m.	\$46.50
42266	6-12	12/5-12/19	M	7-7:55 p.m.	\$46.50

### GYMNASTICS HOLIDAY CAMP

This camp includes all gymnastic events, the tumbling tramp, loose foam pit, Wacky World inflatable, crafts and you even get a Hart's Gymnastics t-shirt. Campers should bring a sack lunch and snack.

Class	Age	Date	Day	Time	Fee
42203	6-12	12/26-12/28	M-W	8 a.m.-3 p.m.	\$105-\$230

\*\$105 for one child; \$180 for two siblings; \$230 for three siblings.

# Youth Recreation

## DANCE

### PRE-BALLET - Ages 4-6 years

This is an introductory class for 4-6 year olds that is full of fun, music and learning. Class will focus on the fundamentals of creative movement and beginner ballet techniques and terminology. Students should bring lots of water and a smile! Ballet shoes are recommended.

Class	Age	Date	Day	Time	Fee
42277	4-6	9/22-12/8	Th	4:15-5 p.m.	\$110

\*Located in Covington Community Room. No class on Thanksgiving Day.

### JAZZ - Ages 7-9 years

This is a beginning jazz class for 7-9 year olds. Dancers will learn to properly execute classical and contemporary jazz steps and techniques. They will also train to understand rhythm and musicality. Jazz shoes or dance paws are recommended. Bring lots of water!

Class	Age	Date	Day	Time	Fee
42278	7-9	9/22-12/8	Th	5-6 p.m.	\$110

\*Located in Covington Community Room. No class on Thanksgiving Day.

### DANCE TEAM- Ages 10-12 years

Dance team is a fun class for 10-12 year olds involving a variety of dance genres. Dancers will learn ballet, jazz, pom and hip hop techniques, as well as more advanced skills like leaps, jumps and turns.

Class	Age	Date	Day	Time	Fee
42280	10-12	9/22-12/8	Th	6-7 p.m.	\$110

\*Located in Covington Community Room. No class on Thanksgiving Day.

### WINTER BREAK DANCE CAMP - Ages 7-14 years

Campers will enjoy three days full of fun, music and dancing! Dancers will learn to properly execute dance techniques, skills and tricks, as well as learn routines. There will be a variety of dance genres such as ballet, jazz, pom and hip hop. Campers also get a camp t-shirt. Please wear comfortable clothes and sneakers or dance shoes. Campers should bring lots of water and lunch.

Class	Age	Date	Day	Time	Fee
42279	7-14	12/19-12/21	M-W	9 a.m.-3 p.m.	\$100

\*Located in Covington Community Room. No class on Thanksgiving Day.

## SPORTS CLASSES

### EBI BASKETBALL SKILLS CAMP

This class is targeted for players that are at the beginning to early stages of learning the game of basketball. EBI will work with the players on fundamentals of the game to learn skills such as passing, ball handling and shooting.

Class	Age	Date	Day	Time	Fee
42301	2nd-5th grade	9/21-10/26	W	3-4 p.m.	\$90

\*Located at Sawyer Woods Elementary School (subject to change)

**Halloween SWIM**

Monday, October 31, 2016

Lights out, a glowing pool, and ghoulish fun await you at the Covington Aquatic Center!

7-8 PM Public Swim  
8-9 PM Lap & Family Swim

EVENT FEES (at the door):  
General Fee: \$4.50;  
Covington Discounted Fee: \$3.75

www.covingtonwa.gov/cac | (253) 480-2480  
18230 SE 240th St. Covington, WA 98042

### YOUTH FLAG FOOTBALL SKILLS CLASS

Youth flag football skills classes are at Lake Wilderness Park this fall! This is the perfect program for young athletes wanting an introduction to flag football or to further brush up on their skills.

This class is offered by our neighbors at Maple Valley Parks and Recreation

Players will learn passing, catching, and de-flagging techniques along with defense in a fun and encouraging environment. Each class ends with scrimmages to high step into the glory of scoring touchdowns! Both boys and girls are welcome.

Coach Mike Leeper played football at William Penn University and coached football locally at Bothell, Interlake and Shorecrest High Schools and is owner/coach at MyGym in Kent.

Age	Date	Day	Time	Fee
6-7	9/9-10/7	Th	4:30-5:25 p.m.	\$55
8-11	9/9-10/7	Th	5:30-6:25 p.m.	\$55

For more Information visit [www.maplevalleywa.gov](http://www.maplevalleywa.gov).

# Youth Recreation

## KIDZ LOVE SOCCER

This program provides children with the positive framework whereby all players are nurtured, built up and developed as young athletes. A typical class includes age-appropriate soccer activities: warm up, skill introduction, games and instructional scrimmages always conducted in a non-competitive, recreational format. Classes are located at Covington Community Park.



### MOMMY/DADDY & ME SOCCER

As you and your child participate in fun, age-appropriate activities, your child will be developing their large motor skills and socializing skills. The fun happens on the field, and in Mommy/Daddy & Me Soccer parents are a part of the action! Each child receives a Kidz Love Soccer jersey!

Class	Age	Date	Day	Time	Fee
42274	2-3.5	9/14-10/19	W	5:45-6:15 p.m.	\$77

### TOT & PRE-SOCCER

Little tykes will enjoy running and kicking just like the big kids! Children will learn the basic techniques of the game while building self-esteem and learning to follow instructions in a nurturing teaching environment. Each participant receives a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

Class	Age	Date	Day	Time	Fee
42273	3.5-5	9/14-10/19	W	5-5:35 p.m.	\$77

### SOCCER 1: TECHNIQUES & TEAMWORK

Players will learn dribbling, passing, receiving, shooting, defense, etc. Fun skill games are played at every session. Small-sided soccer matches will be introduced gradually. Each participant receives a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

Class	Age	Date	Day	Time	Fee
42272	5-6	9/14-10/19	W	4:15-5 p.m.	\$77

## MUSIC

### MUSIKARTEN - FAMILY MUSIC FOR TODDLERS

Together we'll sing, chant, move, dance, listen, and play simple instruments, all activities that bridge the natural connection between music and movement. Additionally, you'll receive a wonderful CD, a parent activity book, and an instrument or scarf to use at home for more time together. Located at Covington City Hall Community Room.

Class	Age	Date	Day	Time	Fee
42306	16m-3	9/28-11/9	W	10-10:30 a.m.	\$100
42308	16m-3	11/16-1/18	W	10-10:30 a.m.	\$100

### MUSIKARTEN - PRESCHOOL MUSIC: CYCLE OF SEASONS

This class was developed to build attention and self-expression with activities include singing, chanting, moving, focused listening, musical games, exploring musical instruments, creative movement and storytelling.

The Cycle of Seasons nurtures your growing child's ability to use language and participate in dramatic play within a musical context. Fun family packets including music CDs are included for use at home to increase family involvement in the learning process. Located in the Covington City Hall Community Room.

Class	Age	Date	Day	Time	Fee
42307	3-5	9/28-11/9	W	10:45-11:30 a.m.	\$120
42309	3-5	11/16-1/18	W	10:45-11:30 a.m.	\$120

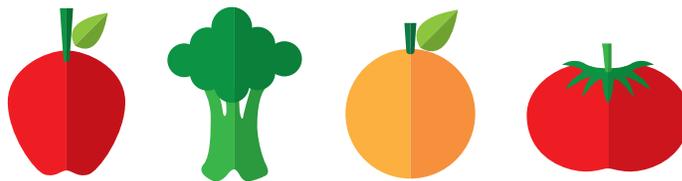
## CULINARY/HEALTH CLASSES

### KIDS IN THE KITCHEN

Students will learn skills that they can take home for the holidays. Recipes include: caramel popcorn for Halloween; pumpkin squares and pecan pie squares for Thanksgiving and Shortbread cookies and chocolate peppermint bark for Christmas.

The instructor will cover basics in kitchen sanitation and safety. There will be lots of hands on learning, as well as taste testing of the food we make in class. Please bring a 3-ring binder, pen or pencil, and apron. Located at Covington City Hall Community Room.

Class	Age	Date	Day	Time	Fee
42282	8-15	9/28-10/26	W	5:15-7:55 p.m.	\$190
42302	8-15	11/2-12/7	W	5:15-7:55 p.m.	\$190



### HEALTHY KIDS, HAPPY PARENTS

Figuring out what to feed your kids can be a challenge with picky eaters and ever-changing food trends. Join us for an evening of conversation with other parents, moderated by a Registered Dietician from MultiCare, as we discuss strategies to help keep your family healthy and happy.

You'll enjoy a light, healthy appetizer while your children ages 1-5 engage in active fun and games oriented around health and nutrition. Located in the Covington City Hall Community Room.

Class	Age	Date	Day	Time	Fee
42305	1-5	10/11	Tue	5:30-6:45 p.m.	\$10 adults/\$2 kids

# Youth Recreation

## BRICKS 4 KIDZ LEGO® PROGRAMS

### AFTER-SCHOOL PROGRAM: A PIRATE'S QUEST

Shiver me timbers as we explore the popular culture behind the life of a pirate. Build a motorized pirate ship, a helm and an anchor, as we batten down the hatches and prepare for mutiny. Beware me mateys, if it's too late, you must abandon rowboat to escape. Anchors aweigh! Located at Crestwood Elementary.

Class	Age	Date	Day	Time	Fee
42284	5-10	9/15-10/20	Th	3:10-4:10 p.m.	\$90

*\*Register for the 11/3-12/15 session also and pay \$150 for both*

### AFTER SCHOOL PROGRAM: BRICK EXPLORER QUEST

Get ready for a building quest that will take you on exciting missions around the globe! Explore far away kingdoms as your favorite brick knight for resources needed to construct a base camp to complete your quest. Build a lava launcher to defeat an evil jester, and many more! Do you have what it takes to go on an extreme explorer quest with LEGO Bricks? Located at Crestwood Elementary.

Class	Age	Date	Day	Time	Fee
42285	5-10	11/3-12/15	Th	3:10-4:10 p.m.	\$90

*\*Register for the 9/15-10/20 session also and pay \$150 for both.  
\*No class on 11/24 - Thanksgiving Day.*

### PRESCHOOL LEGO® CLASS

These classes are specifically designed for your preschoolers to learn about letters, numbers, shapes, and colors. They will create exciting models using DUPLO and LEGO bricks, allowing them to build in a scale designed for their little hands! You may come and join the class and see your little ones' eyes lit up! Located at the Covington City Hall Community Room.

Class	Age	Date	Day	Time	Fee
42287	3-5	10/4-11/22	Tue	10:30-11:30 a.m.	\$96

### BLACK DIAMOND LEVEL

LEGO building to the next level! Challenge your problem solving and building skills with our Black Diamond level motorized model plans and technic pieces. How many LEGO bricks and gears will you use to build a giant moving spider, chameleon, and a dragon? Will your crane work and lift heavy objects? Will your air show and soccer model be stable enough to play with? You are sure going to do a lot of hands-on learning about Engineering, Physics, Math, and more! Let's find out in this special LEGO class! Located at the Covington City Hall Community Room.

Class	Age	Date	Day	Time	Fee
42288	7-12	9/23-10/28	F	4:30-5:30 p.m.	\$90

## BRICKS 4 KIDZ - WINTER BREAK CAMP

Don't get left out in the cold! Bring the winter fun indoors with interactive Bricks 4 Kidz models of some popular winter activities from the hair-raising thrill of the luge to the more relaxing pace of the horse and sleigh. We'll build the all-business snowplow as well as the all-fun snow mobile. And our winter theme wouldn't be complete without ice hockey and skiing. No snow? No problem - all you need to create these winter memories are our bricks and your imagination. Located at the Covington City Hall Community Room.

Class	Age	Date	Day	Time	Fee
42286	5-10	12/19-12/22	M-Th	9 a.m.-12 p.m.	\$140 or \$35/day

*\*Only \$120 if registering early by 10/29.*

## SAFETY CLASSES

### SAFE AT HOME

This two hour course is designed for children ages 8-11 to learn to be aware of potential dangers when left home alone. Come learn how to be responsible and safe in any situation. We will cover family communication, first aid, internet, gun, phone, fire, and door safety. Located at the Covington City Hall Community Room.

Class	Age	Date	Day	Time	Fee
42202	8-11	11/12	Sat	2-4 p.m.	\$30

### SUPER SITTERS

Boys and girls, come for a day of fun while earning your Super Sitters certificate. This class will cover leadership and the business of babysitting, basic care for children, understanding children of different age groups, safety, and first aid. Bring a sack lunch and snack to class. Located at the Covington City Hall Community Room.

Class	Age	Date	Day	Time	Fee
42201	11-16	11/12	Sat	9 a.m.-2 p.m.	\$65

## ASTRONOMY

### SEATTLE ASTRONOMICAL STAR PARTY

The community is invited to sail the Milky Way with local astronomers who will provide star gazing expertise along with access to telescopes, binoculars and star charts. Explore the Moon, the planets, constellations, stars, clusters and galaxies that each season's night scape presents. Dress warmly and bring a small flashlight (red filters are provided). Children with parental supervision are welcome and astronomers will bring the stars alive for small ones. Inclement weather (more than a few isolated clouds) will likely cause cancellation of the Star Party. Notice would be posted at the Seattle Astronomical Society website [www.seattleastro.org](http://www.seattleastro.org). Otherwise, just look to the sky before you come!

Class	Age	Date	Day	Time	Fee
42304	All	9/9, 10/7, 11/4, 12/9	Fri	See below	FREE

*\*9/9 7:30 p.m.; 10/7 7 p.m.; 11/4 6 p.m.; 12/9 6 p.m.*

# Adult Recreation

## FITNESS, CLASSES & EVENTS

### BOOTCAMP - OUTDOOR GROUP FITNESS

This high intensity interval training (HIIT) program Incorporates strength, balance, agility, core stability, cardio, and flexibility. The experience will include constant motivation, positive reinforcement, and a fun, safe environment and is perfect for all different fitness levels, ages and sizes. Register at [www.fitnessbootcampnow.com](http://www.fitnessbootcampnow.com) or email Melissa at [info@fitnessbootcampnow.com](mailto:info@fitnessbootcampnow.com) for more information.

Class	Age	Date	Day	Time	Fee
42290	14+	9/1-9/29	Tue/Th	6-6:45 p.m.	\$72
42289	14+	9/2-9/30	MWF	5:30-6:15 a.m.	\$108
42293	14+	10/1-10/29	Tue/Th	6-6:45 p.m.	\$72
42292	14+	10/3-10/31	MWF	5:30-6:15 a.m.	\$108
42296	14+	11/1-11/29	Tue/Th	6-6:45 p.m.	\$72
42295	14+	11/2-11/30	MWF	5:30-6:15 a.m.	\$108
42299	14+	12/1-12/31	Tue/Th	6-6:45 p.m.	\$72
42298	14+	12/2-12/30	MWF	5:30-6:15 a.m.	\$108

\*Located in the Covington Community Room on MWF and at Jenkins Creek Elementary on Tue/Th.

### POWER COOKING

Looking for a way to save time and make healthy family meals on a budget? Chop, dice, slice and cook your way to a month of healthy dinner entrees. You'll learn how to fix and freeze 30 nutritious meals, sample the savory finished products and take home a free booklet filled with a months worth of great-tasting, healthy and easy-to-prepare recipes (nutritional analysis included).

Three recipes will be made and sampled in class. Using this method a month of dinner entrees for a family of four averages \$250 a month, so save yourself time, money and the stress of getting dinner on the table...Learn to PowerCook!

This class is taught by a registered dietitian and certified diabetes educator from MultiCare. Proceeds from the class go towards future health and nutrition classes in the area to promote healthy living. Located at Covington City Hall Community Room.

Class	Age	Date	Day	Time	Fee
42277	18+	10/25	Tu	5:30-8:30 p.m.	\$35



The Covington Parks & Recreation Department aims to offer a wide variety of recreational and athletic opportunities to the community. If you don't find a class, sport or event in Covington, we encourage you to check in with our neighbors to the east - Maple Valley. These are a few of their opportunities.

## NEW - MEN'S SOFTBALL LEAGUE

Coming this fall. All men's recreational softball teams are encouraged to register for this Friday night league in Maple Valley. Teams will play 8 games on Friday nights this fall and games begin at 6:10, 7:20, & 8:30 p.m. at Ravensdale Park. For this league composite bats will be allowed (must have 1.20 USSSA stamp) but no over-the-fence homeruns as this is a rec league. Don't have a team but want to play? Join the players' pool to be picked up by a team or if enough sign-up new teams will be formed. More Information: [www.maplevalleywa.gov](http://www.maplevalleywa.gov).

Age	Day	Date	Time	Fee	Location
18+	F	9/9-10/28	6-10p	\$515/team	Ravensdale Park

## ANNUAL TURKEY BOWL - ADULT FLAG FOOTBALL

Burn those Thanksgiving Day calories on the grid iron in this two-day, non-contact, flag football tournament. Six players per side play on a modified field (74x30 yards) with an intermediate size football on turf fields. Three games are guaranteed, playing two on Saturday and one on Sunday. There will be two recreational divisions of play offered: C and D (recreational). Referees, fields and tournament champion t-shirts included. Space is limited teams so early registration is encouraged. Registration deadline is November 21. Call Bobby for more information at 425.432.9953.

Age	Day	Date	Time	Fee	Location
18+	Sat/Sun	11/26-11/27	9 a.m.-5 p.m.	\$300/team	Ravensdale Park

# Aquatics

## SWIM LESSONS

### LEARN TO SWIM

We are pleased to offer a comprehensive program designed by the American Red Cross. Classes are offered for all ages and all ability levels. Beginning levels focus on water adjustment and introduce basic swimming and water safety skills. More advanced levels concentrate on stroke development, stroke refinement and additional water safety skills.

### WHAT CLASS IS RIGHT FOR YOU?

Placing of your child into the correct level is critical for their success. Each swimming level focuses on different skills, depending on age and ability. If your child is a beginner, they will start in the first level of either Parent & Child Aquatics, Preschool Aquatics, or Learn to Swim, depending on their age. If your child has had lessons before or has some swimming experience, their swimming ability needs to be assessed to determine the appropriate level in our swim lesson program. We provide Placement Tests free of charge during our Public Swims.

Ages	Classes
6 months-4 years	Parent & Child Aquatics Levels 1 & 2
4-5 years	Preschool Aquatics Levels 1-3
6-14 years	Learn to Swim Levels 1-6
15+ years	Adult Lessons

### SWIM LESSONS SCHEDULES

Days	Date	Grade Day	# Classes
Mon. & Wed.	8/29-9/21	9/19	8
Tue. & Thurs.	8/30-9/22	9/20	8
Fri.	9/2-10/21	10/14	8
Sat.	9/3-10/22	10/15	8
Sun.	9/4-10/23	10/16	8
Mon. & Wed.	9/26-10/19	10/17	8
Tue. & Thurs.	9/27-10/20	10/18	8
Mon. & Wed.	10/24-11/16	11/14	7*
Tue. & Thurs.	10/25-11/17	11/15	8
Fri.	10/28-12/16	12/9	8
Sat.	10/29-12/17	12/10	8
Sun.	10/30-12/18	12/11	8
Mon. & Wed.	11/21-12/14	12/12	8
Tue. & Thurs.	11/22-12/15	12/13	7*

\*No classes conducted on Halloween 10/31/16 or Thanksgiving Day 11/24/16.

### SWIM LESSONS PRICING

Class	Fee	CDF	# Classes
Parent & Child	\$50.75	\$42.00	7
Preschool/LTS	\$70.00	\$57.75	7
Competitive	\$110.25	\$91.00	7
Parent & Child	\$58.00	\$48.00	8
Preschool/LTS	\$80.00	\$66.00	8
Competitive	\$126.00	\$104.00	8

\* All fees are as of August 29, 2016, and are subject to change per CMC 8.40.040. The Covington Resident Fee (discounted) is denoted with CDF.

### THE FIRST DAY

On your first day, arrive early and know the time and level of your lesson. The instructor will meet the registered students at the location indicated on your registration receipt. Each class meets at a station, which is easily found by locating the signs around the perimeter of the pool area. Students should wait next to the sign until the class begins and an instructor calls out the student's name.

### REGISTRATION FOR ENROLLED STUDENTS

On Grade Day instructors will make a final determination whether students will progress to the next level or continue working on their skills in their current level. Immediately after class on Grade Day, you may find out at the front desk whether your child will continue at the same level or move to the next level and register for an upcoming session. If you would prefer not to wait until Grade Day to register your child, you may only register early for the level in which your child is currently enrolled.

### WHAT'S NEXT

Progressing through our lesson program is a significant achievement. But the fun doesn't stop! Once your child has reached the upper Learn to Swim Levels, they may be interested in other aquatic classes that we offer, such as Learn to Dive, Competitive Swimming, Advanced Swim Training, Aquatic Volunteer Academy, and more! Information about these programs is available at the Covington Aquatic Center front desk. We also offer:

#### Group Lessons

Group Lessons are available for every skill ability and age, 6-months and up! Classes run in scheduled seven to eight class sessions:

- 2 days/week (Mondays & Wednesdays)
- 2 days/week (Tuesdays & Thursdays)
- 1 day/week (Fridays, Saturdays, or Sundays)

#### Private Lessons

Private Lessons are available in 30-minute sessions, and scheduled in advance with an individual instructor. (See program flyer for more information.)

#### Special Classes

The Covington Aquatic Center also offers programs such as Learn-to-Dive, Advanced Swim Training, 1-day clinics, and more.

### HOW TO REGISTER

For individual class availability and registration, please visit [www.covingtonwa.gov/cac](http://www.covingtonwa.gov/cac), contact us over the phone at (253) 480-2480, or come see us in person at the Covington Aquatic Center, 18230 SE 240th St. in Covington.

# Aquatics

## WATER EXERCISE

The American College of Sports Medicine suggests rhythmic, continuous exercise 3-5 days a week for 20-60 minutes – depending on the exercise. Water exercise classes are great aerobic and cardiovascular workouts that will help you increase your cardiovascular endurance, improve your heart rate, and help lower cholesterol and blood pressure. All of our water exercise classes are 1-hour long, and are separated into four different classes as listed below. WaterX classes are available on a drop-in basis on the days and times listed on the pool schedule.

### WATERX BOOTCAMP

This class is for individuals who would like a low impact, but intense cardio, and muscle building workout, incorporating a mixed version of Shallow and Deep WaterX classes.

### WATERX STRETCH

Classes located in the shallow end, they focus on strengthening joints, core, and stretching all the minor and major muscle groups of our body. It does this by incorporating proper breathing, balance, and warm-up of the muscles.

### WATERX - SHALLOW AEROBICS

Classes located in the shallow end which utilizes aerobic and cardiovascular components. Being low-impact classes, they emphasize stretching, developing muscular strength, and developing range of motion.

### WATERX - DEEP AEROBICS

Classes located in the deep end which give one of the greatest aerobic and toning workouts available with no impact to the body's joints! These aerobic and cardiovascular classes provide muscular conditioning with particularly excellent core strengthening.

### WATERX CLASS PRICING

Program	General Fee	CDF
Drop-In Youth/Adult	\$8.25	\$6.75
Drop-In Senior Disabled	\$6.50	\$5.25
10-Visit Card Youth/Adult	\$74.25	\$60.75
10-Visit Card Senior/Disabled	\$58.50	\$47.25

### WATERX MEMBERSHIP PRICING

Program	General Fee	CDF
3-Month Youth/Adult	\$173.25	\$141.75
3-Month Senior Disabled	\$136.50	\$110.25
12-Month Youth/Adult	\$346.50	\$283.50
12-Month Senior/Disabled	\$273.00	\$220.50

\*Monthly payment plan available for 12-Month Memberships

## LIFEGUARD TRAINING COURSES

The Covington Aquatic Center offers American Red Cross Lifeguard Training classes. Through videos, group discussion and hands-on practice, you'll learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. Successful completion results in a 2-year certification in Lifeguarding that includes first aid, professional-level CPR and AED in one certificate.

Age	Date	Day	Time	Fee
15+	Oct 2, 9, 16, & 23	Sun	7 a.m.-3 p.m.	\$260 GF/\$210 CDF
15+	Dec 26-30	M-F	1-8 p.m.	\$260 GF/\$210 CDF

## AQUATIC VOLUNTEER ACADEMY

Make friends, build work experience, gain free access to the pool, and learn the basics of volunteering at the Covington Aquatic Center. After completing the Aquatic Volunteer Academy, you can become a Jr. Lifeguard and Swim Instructor Aide. This is a volunteer program that can earn you community service hours on any day of the week. This is a great way to get involved!

Upon successful completion of the Aquatic Volunteer Academy, each participant will be eligible to begin volunteering at Covington Aquatic Center as a junior lifeguard and swim instructor aide. The experience you gain volunteering as a junior lifeguard and instructor aide is extremely valuable and will put you ahead of others when it comes time to apply for a job as a lifeguard or swim instructor. Furthermore, if you log 150 volunteer hours, you may enroll in a Lifeguard Training course at no cost (a value of \$260).

Pre-requisites:

Must be 11-15 years of age, and be able to swim front crawl 25 yards, tread water for 1 minute, and swim underwater for 10 feet.

Age	Date	Day	Time	Fee
11-15	Dec 19, 21, & 23	MWF	10 a.m.-2 p.m.	\$40 GF/\$30 CDF



# Aquatics

## POOL SCHEDULE 8/29-12/31

### SUNDAY

9:30 a.m.-10:30 a.m.	WaterX Deep Aerobics
9:30 a.m.-12:00 p.m.	Swimming Lessons
11:30 a.m.-1:00 p.m.	Lap Swim
12:00 p.m.-1:00 p.m.	Family Swim
1:00 p.m.-2:00 p.m.	Public Swim
2:00 p.m.-5:00 p.m.	Private Parties

### MONDAY/WEDNESDAY

5:30 a.m.-7:00 a.m.	Lap Swim
7:30 a.m.-8:30 a.m.	WaterX Bootcamp
8:30 a.m.-9:30 a.m.	WaterX Shallow Aerobics
9:30 a.m.-10:30 a.m.	WaterX Deep Aerobics
9:30 a.m.-11:30 a.m.	Swimming Lessons
11:30 a.m.-1:00 p.m.	Lap Swim & Family Swim
4:00 p.m.-7:00 p.m.	Swimming Lessons
7:00 p.m.-8:00 p.m.	Half-Public Swim
8:00 p.m.-9:00 p.m.	WaterX Bootcamp & Lap & Family Swim

### TUESDAY/THURSDAY

7:30 a.m.-8:30 a.m.	WaterX Stretch
8:30 a.m.-9:30 a.m.	WaterX Shallow Aerobics
9:30 a.m.-10:30 a.m.	WaterX Deep Aerobics
9:30 a.m.-11:30 a.m.	Swimming Lessons
11:30 a.m.-1:00 p.m.	Lap Swim & Family Swim
4:00 p.m.-7:00 p.m.	Swimming Lessons
7:00 p.m.-8:00 p.m.	Public Swim
8:00 p.m.-9:00 p.m.	WaterX Deep Aerobics & Lap/Family Swim

### FRIDAY

5:30 a.m.-7:00 a.m.	Lap Swim
7:30 a.m.-8:30 a.m.	WaterX Bootcamp
8:30 a.m.-9:30 a.m.	WaterX Shallow Aerobics
9:30 a.m.-10:30 a.m.	WaterX Deep Aerobics
9:30 a.m.-11:30 a.m.	Swimming Lessons
11:30 a.m.-1:00 p.m.	Lap Swim & Family Swim
4:00 p.m.-7:00 p.m.	Swimming Lessons
7:00 p.m.-8:00 p.m.	Half-Public Swim & Lap Swim
8:00 p.m.-9:00 p.m.	Public Swim (Promotional)
9:00 p.m.-10:00 p.m.	Public Swim (Promotional)

### SATURDAY

8:30 a.m. -9:30 a.m.	Special Athletes Swim
8:30 a.m. -12:00 p.m.	Swimming Lessons
9:30 a.m.-10:30 a.m.	WaterX Deep Aerobics
11:30 a.m.-1:00 p.m.	Lap Swim
12:00 p.m.-1:00 p.m.	Family Swim
1:00 p.m.-2:00 p.m.	Public Swim
2:00 p.m.-3:00 p.m.	Public Swim
3:00 p.m.-8:00 p.m.	Private Parties



Find us on Facebook at [www.facebook.com/covingtonaquaticcenter](http://www.facebook.com/covingtonaquaticcenter)

\*All fees are as of Aug. 29, 2016, and are subject to change per CMC 8.40.040. The Covington Resident Fee (discounted) is denoted with CDF.

## RECREATIONAL SWIMS

Lap Swims, Family Swims, Public Swims, and Friday Night Promotional Swims are available on a drop-in basis. Visit our website at [www.covingtonwa.gov/cac](http://www.covingtonwa.gov/cac) to view our pool schedule and Google Calendar.

### LAP SWIMS (per swim)

Program	General Fee	CDF
Youth/Adult Single	\$6.50	\$5.25
Youth/Adult 10-Visit Card	\$58.50	\$47.25
Senior Disabled	\$4.50	\$3.75
Senior/Disabled 10-Visit Card	\$40.50	\$33.75

### PUBLIC & FAMILY SWIMS (per hour)

Program	General Fee	CDF
Individual	\$4.50	\$3.75
Individual 10-Visit Card	\$40.50	\$33.75
Family Rate	\$13.50	\$11.25

### FRIDAY NIGHT PROMOTIONAL PUBLIC SWIMS

Program	General Fee	CDF
Individual - 1 Hour	\$3.50	\$2.75
Individual - 2 Hour	\$5.00	\$4.00

\*\*Swims will be cancelled or the pool will be closed on the following dates: Thanksgiving 11/24/16; Christmas Eve 12/24/16; and Christmas Day 12/25/16.

## POOL RENTALS

The pool is available to rent for private parties like birthdays, youth groups, and more. Use of the following equipment is included in a pool rental:

- "Big Red" the large inflatable octopus
- The Water Slide
- Diving Board
- Rope Swing
- Water Basketball
- Mats, Noodles, Inner Tubes, and Life Jackets

# of Swimmers	General Fee	CDF
1-25 swimmers	\$150.00	\$125.00
26-60 swimmers	\$195.00	\$160.00
61-90 swimmers	\$235.00	\$195.00
91-120 swimmers	\$260.00	\$215.00
121-151 swimmers	\$280.00	\$230.00

\*Prices above are per hour

The party room accomodates up to 25 people and is available for an additional fee: \$45 General Fee or \$35 CDF. Party room can also be rented apart from the pool.

Reservations must be made prior to the rental. Facilities are booked by the hour, and payment must be received at the time of the reservation. To make a reservation, contact the Covington Aquatic Center at (253) 480-2480.

COVINGTON PARKS & RECREATION PRESENTS

# HALLOWEEN TEEN DANCE



FRIDAY, OCT. 28 • 6-8:30 PM

COSTUME CONTEST • FOOD • GAMES & PRIZES

LIVE DJ • ENTRANCE: \$5 • AGES 12-15

CEDAR HEIGHTS MIDDLE SCHOOL COMMONS

[www.covingtonwa.gov/rec](http://www.covingtonwa.gov/rec)



# SPOOKY SWIM



Saturday, Oct. 29, 2016

Lights out, a glowing pool, and ghoulish fun await you at the Covington Aquatic Center!

Session One: 5-6:30 PM

Session Two: 6:30-8 PM

Pre-registration (10/1-10/28) - General Fee: \$7.50; Covington Discounted Fee: \$6.75  
Day of event (10/29) - General Fee: \$11.25; Covington Discounted Fee: \$9.00



[www.covingtonwa.gov/cac](http://www.covingtonwa.gov/cac) | (253) 480-2480  
18230 SE 240th St. Covington, WA 98042

City of Covington's Community

# Tree Lighting



Join us from  
4-6 p.m.  
\*tree lighting  
is at 5 p.m.

On Saturday  
**DEC. 3**



\*Located on 168th Place SE next to Pier 1

- ★ Make-and-take ornament craft for kids!
- ★ Free hot cocoa, cider, popcorn, & cookies provided by Covington Kiwanis, Lions and Rotary Clubs
- ★ Santa will arrive in style - on a fire truck!
- ★ Help the Mayor flip the switch and light the tree!

Visit [www.CovingtonHollydaze.com](http://www.CovingtonHollydaze.com) for more info on other Hollydaze events presented by the Covington Kiwanis Club



# Hollydaze Float-in Movie

at the Covington Aquatic Center

Friday Nights 8-10 pm  
December 2, 9, & 16

Enjoy a classic holiday movie while floating and swimming around the pool! There will be fun games and activities with holiday prizes each night!



Pre-registration (by 12/1, 12/8 and 12/15)- General Fee: \$7.50; Covington Discounted Fee \$6.00  
Day of event (12/2, 12/9, and 12/16)- General Fee: \$11.25; Covington Discounted Fee \$9.00



Register online at [www.covingtonwa.gov/cac](http://www.covingtonwa.gov/cac)  
Register by phone at (253) 480-2480