



# Recreation Guide

Winter 2017



Daddy Daughter Spring Fling  
Coming on April 15, 2017



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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.



# Athletics: What does it take to 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, coaching and league information.
- Must attend mandatory coaches meeting.
- Coaches choose their own practice day.
- The seasons are around two months long.
- We are non-competitive, fun and instructional!

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

# Athletics

## YOUTH ATHLETICS

### WINTER BASKETBALL LEAGUE

Our winter youth basketball league aims to provide an opportunity for recreation basketball players to learn about team work and sportsmanship. Practices begin the week of January 2 and the first game will be January 14. There will be eight weeks of games with the last game on March 4. There will be one weekday evening practice each week which is determined by the volunteer coach. The last day to register without a late fee is December 4, 2016.

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

### SPRING SOCCER LEAGUE

Registration opens December 1 and the last day to register without a late fee is February 20. Practices begin the second week of March with the first game on March 18. There will be seven weeks of games with the season ending on April 29. There will be one weekday evening practice each week which is determined by the volunteer coach. Players will receive a medal at the end of the season.

Fees: Toddler-2nd Grade \$65; 3rd-8th Grade \$75



### SPRING T-BALL, COACH PITCH, & BASEBALL

Registration opens December 1 and the last day to register without a late fee is March 31. Practices begin the first week of May with the first game on May 13. There will be eight weeks of games with the season ending on July 1. There will be one weekday evening practice each week which is determined by the volunteer coach. Players will receive a medal at the end of the season.

Fees: PreK & Kindergarten \$55; 1st-6th Grade \$65

Interested in girls' fast pitch? Check out Kent or Auburn Parks and Recreation.

\*Space is limited in youth athletic leagues so sign up early to reserve a spot on a team. We cannot guarantee spots will be available on the registration deadline.

## Winter '17- Fall '17 Youth Athletics Schedule

SPORT	REG. OPENS	REG. CLOSES	FIRST GAME	PICTURE DAY	SEASON ENDS
Winter Basketball	Early Sept.	Dec. 4, 2016	Jan. 14, 2017	Jan. 21, 28, 2017	March 4, 2017
Spring Soccer	Dec. 1, 2017	Feb. 20, 2017	March 18, 2017	March 25, 2017	April 29, 2017
Spring Base/Tball	Dec. 1, 2017	March 31, 2017	May 13, 2017	May 13, 2017	July 1, 2017
Summer Flag Football	March 14, 2017	June 16, 2017	July 15, 2017	July 15, 2017	Sept. 2, 2017
Fall Soccer	June 13, 2017	Aug. 11, 2017	Sept 9, 2017	Sept. 30, 2017	Oct. 28, 2017
Fall Volleyball	June 20, 2017	Oct. 6, 2017	Nov. 4, 2017	Nov. 18, 2017	Dec. 16, 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

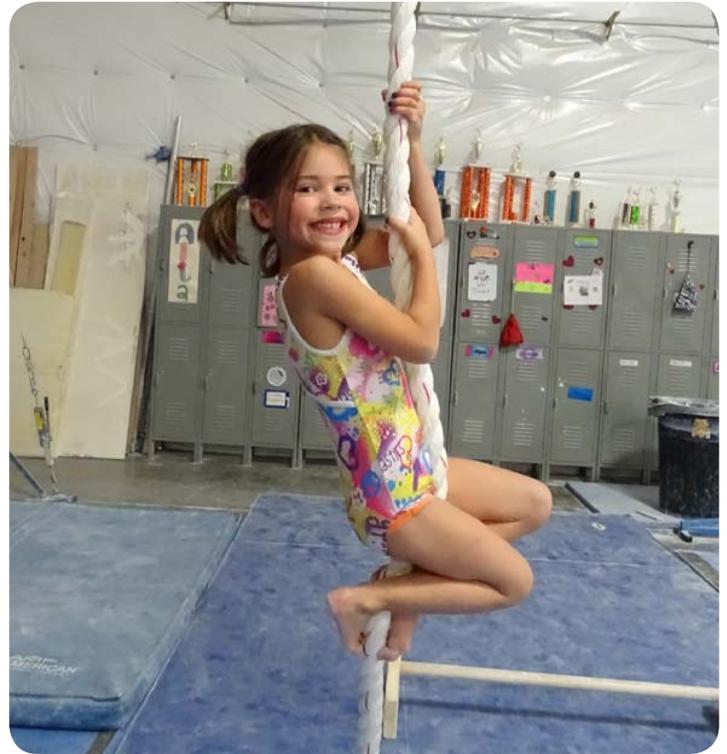
This Parent & Tot class is the ideal place to have organized safe fun exploring movement with your child in a gymnastic environment.

Class	Age	Date	Day	Time	Fee
12204	16m-3	1/7-1/28	Sat	9-9:45 a.m.	\$55
12205	16m-3	2/4-2/25	Sat	9-9:45 a.m.	\$55
12206	16m-3	3/4-3/25	Sat	9-9:45 a.m.	\$55

### 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
12207	3-5	1/2-1/23	M	5-5:45 p.m.	\$55
12243	3-5	1/2-1/23	M	6-6:45 p.m.	\$55
12208	3-5	1/4-1/25	W	3-3:45 p.m.	\$55
12209	3-5	1/4-1/25	W	5-5:45 p.m.	\$55
12244	3-5	1/4-1/25	W	6-6:45 p.m.	\$55
12242	3-5	1/7-1/28	Sat	9-9:45 a.m.	\$55
12210	3-5	1/7-1/28	Sat	10-10:45 a.m.	\$55
12211	3-5	1/7-1/28	Sat	11-11:45 a.m.	\$55
12212	3-5	1/30-2/20	M	5-5:45 p.m.	\$55
12245	3-5	1/30-2/20	M	6-6:45 p.m.	\$55
12213	3-5	2/1-2/22	W	3-3:45 p.m.	\$55
12214	3-5	2/1-2/22	W	5-5:45 p.m.	\$55
12246	3-5	2/1-2/22	W	6-6:45 p.m.	\$55
12241	3-5	2/4-2/25	Sat	9-9:45 a.m.	\$55
12215	3-5	2/4-2/25	Sat	10-10:45 a.m.	\$55
12216	3-5	2/4-2/25	Sat	11-11:45 a.m.	\$55
12217	3-5	2/27-3/20	M	5-5:45 p.m.	\$55
12247	3-5	2/27-3/20	M	6-6:45 p.m.	\$55
12218	3-5	3/1-3/22	W	3-3:45 p.m.	\$55
12219	3-5	3/1-3/22	W	5-5:45 p.m.	\$55
12248	3-5	3/1-3/22	W	6-6:45 p.m.	\$55
12240	3-5	3/4-3/25	Sat	9-9:45 a.m.	\$55
12220	3-5	3/4-3/25	Sat	10-10:45 a.m.	\$55
12221	3-5	3/4-3/25	Sat	11-11:45 a.m.	\$55



### 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
12222	6-12	1/2-1/23	M	5-5:55 p.m.	\$62
12223	6-12	1/2-1/23	M	6-6:55 p.m.	\$62
12249	6-12	1/2-1/23	M	7-7:55 p.m.	\$62
12224	6-12	1/4-1/25	W	5-5:55 p.m.	\$62
12225	6-12	1/4-1/25	W	6-6:55 p.m.	\$62
12250	6-12	1/4-1/25	W	7-7:55 p.m.	\$62
12226	6-12	1/7-1/28	Sat	10-10:55 a.m.	\$62
12227	6-12	1/7-1/28	Sat	11-11:55 a.m.	\$62
12228	6-12	1/30-2/20	M	5-5:55 p.m.	\$62
12229	6-12	1/30-2/20	M	6-6:55 p.m.	\$62
12251	6-12	1/30-2/20	M	7-7:55 p.m.	\$62
12230	6-12	2/1-2/22	W	5-5:55 p.m.	\$62
12231	6-12	2/1-2/22	W	6-6:55 p.m.	\$62
12252	6-12	2/1-2/22	W	7-7:55 p.m.	\$62
12232	6-12	2/4-2/25	Sat	10-10:55 a.m.	\$62
12233	6-12	2/4-2/25	Sat	11-11:55 a.m.	\$62
12234	6-12	2/27-3/20	M	5-5:55 p.m.	\$62
12235	6-12	2/27-3/20	M	6-6:55 p.m.	\$62
12253	6-12	2/27-3/20	M	7-7:55 p.m.	\$62
12236	6-12	3/1-3/22	W	5-5:55 p.m.	\$62
12237	6-12	3/1-3/22	W	6-6:55 p.m.	\$62
12254	6-12	3/1-3/22	W	7-7:55 p.m.	\$62
12238	6-12	3/4-3/25	Sat	10-10:55 a.m.	\$62
12239	6-12	3/4-3/25	Sat	11-11:55 a.m.	\$62

# 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 a water bottle and a smile! Ballet shoes are recommended.

Class	Age	Date	Day	Time	Fee
12277	4-6	1/9-3/30	Th	4:15-5 p.m.	\$100

\*Located in Covington Community Room. No class 2/23.

### 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
12278	7-9	1/9-3/30	Th	5-6 p.m.	\$100

\*Located in Covington Community Room. No class 2/23.



### 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
12280	10-12	1/9-3/30	Th	6-7 p.m.	\$100

\*Located in Covington Community Room. No class 2/23.



## SPORTS RECREATION

### EBI BASKETBALL SKILLS CLASS

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
12301	1st-5th grade	1/25-3/8	W	4-5 p.m.	\$90

\*Located at Sawyer Woods Elementary. No class on 2/22.

### MARTIAL ARTS

The martial arts curriculum focuses each week on various drills and activities to promote agility, strength, speed, attention, and self-discipline. Classes are taught by and held at the Great Northwest Martial Art Academy, 22415 SE 231st St., in Maple Valley



Class	Age	Date	Day	Time	Fee *
12367	4-9	1/1-1/31	M	5-6 p.m.	\$55/\$75
12368	4-9	2/1-2/28	M	5-6 p.m.	\$55/\$75
12369	4-9	3/1-3/31	M	5-6 p.m.	\$55/\$75
12370	4-9	1/1-1/31	Tu/Th	4:15-5 p.m.	\$55/\$75
12371	4-9	2/1-2/28	Tu/Th	4:15-5 p.m.	\$55/\$75
12372	4-9	3/1-3/31	Tu/Th	4:15-5 p.m.	\$55/\$75
12373	4-9	1/1-1/31	Sat	11 a.m.-12 p.m.	\$55/\$75
12374	4-9	2/1-2/28	Sat	11 a.m.-12 p.m.	\$55/\$75
12375	4-9	3/1-3/31	Sat	11 a.m.-12 p.m.	\$55/\$75
12376	10+	1/1-1/31	Tu/Th	5-6 p.m.	\$55/\$75
12377	10+	2/1-2/28	Tu/Th	5-6 p.m.	\$55/\$75
12378	10+	3/1-3/31	Tu/Th	5-6 p.m.	\$55/\$75
12379	10+	1/1-1/31	Sat	12-1 p.m.	\$55/\$75
12380	10+	2/1-2/28	Sat	12-1 p.m.	\$55/\$75
12381	10+	3/1-3/31	Sat	12-1 p.m.	\$55/\$75

\*One class per week \$55; two classes per week \$75



# Youth Recreation

## KIDZ LOVE SOCCER

This program provides kids with the positive framework where 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.

### 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
12257	2-3.5	3/15-4/26	W	6:15-6:45 p.m.	\$77

\* Classes are located at Covington Community Park. No class on 4/12.

### TOT & PRE-SOCCER

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

Class	Age	Date	Day	Time	Fee
12255	3.5-5	3/15-4/26	W	5:30-6:05 p.m.	\$77

\* Classes are located at Covington Community Park. No class on 4/12.

### SOCCER 1: TECHNIQUES & TEAMWORK

Players will learn dribbling, passing, receiving, shooting, defense, etc. Fun skill games are played at every session and 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
12254	5-6	3/15-4/26	W	4:45-5:30 p.m.	\$77

\* Classes are located at Covington Community Park. No class on 4/12.

### SOCCER 2: SKILLS & SCRIMMAGES

Kids will enjoy skill building like dribbling, passing, receiving, and shooting in a team play format. All skill levels are welcome and each participant received a Kidz Love Soccer jersey! Shin guards are required.

Class	Age	Date	Day	Time	Fee
12256	7-10	3/15-4/26	W	4-4:45 p.m.	\$77

\* Classes are located at Covington Community Park. No class on 4/12.

## CHEER/NINJA TRAINING

### CHEER/SENIOR CHEER 101

A cheerleading class for youth who want to learn competitive cheerleading but are not ready for the full commitment of a team. Coaches will train the athletes on

jumps, motions, basic tumbling, and stunting. Participants who take Cheer 101 will be prepared for tryouts for prep, all-star, or school cheer programs. Classes held at Pacific NW Cheer 1222 6th Ave N. Kent, WA 98032.

Class	Age	Date	Day	Time	Fee
12294	5-11	1/4-2/8	W	5-6 p.m.	\$65
13294	5-11	2/15-3/22	W	5-6 p.m.	\$65
12295	12-18	1/4-2/8	W	6-7 p.m.	\$65
13295	12-18	2/15-3/22	W	6-7 p.m.	\$65

### NINJA KIDS TRAINING

This class will focus on core strength, body control, team work, team challenges, and basic tumbling skills. There is a class for boys and a coed class for both boys and girls. It is a great place to start your ninja warrior career through play and fun. Classes held at Pacific NW Cheer 1222 6th Ave N. Kent, WA 98032.

Class	Age	Date	Day	Time	Fee
12290	4-11 Boys	1/10-2/14	Tue	6-6:50 p.m.	\$65
13290	4-11 Boys	2/21-3/28	Tue	6-6:50 p.m.	\$65
12291	4-11 Boys	1/7-2/11	Sat	12-12:50 p.m.	\$65
13291	4-11 Boys	2/18-3/25	Sat	12-12:50 p.m.	\$65
12292	4-11 CoEd	1/5-2/9	Thu	6-6:50 p.m.	\$65
13292	4-11 CoEd	2/16-3/23	Thu	6-6:50 p.m.	\$65
12293	4-11 CoEd	1/7-2/11	Sat	1-1:50 p.m.	\$65
13293	4-11 CoEd	2/18-3/25	Sat	1-1:50 p.m.	\$65

## MUSIC

### MUSIKGARTEN - 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
12306	16m-3	2/1-3/22	W	10-10:30 a.m.	\$100

### MUSIKGARTEN - 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
12307	3-5	2/1-3/22	W	10:45-11:30 a.m.	\$120

# Youth Recreation

## BRICKS 4 KIDZ LEGO® PROGRAMS

### AFTER SCHOOL PROGRAM: GADGETS & GIZMOS

This class is all about the fun of doing something with what you've built. From a spinning top to a spin art model, kids will love playing with their creations. Lots of learning happens too, like "3-in-a-row" game model and learning about friction and symmetry.

Class	Age	Date	Day	Time	Fee
12284	5-10	1/18-3/1	W	4-5 p.m.	\$90

\*Located at Sawyer Woods Elementary School. No class 2/22.



### AFTER SCHOOL PROGRAM: INTERESTING INVENTIONS

Learn the difference between inventions and discoveries, how to solve problems, and find out how inventors get their ideas patented. Each week, kids are encouraged to think of what they could invent or improve to solve a problem.

Class	Age	Date	Day	Time	Fee
12285	5-10	1/19-3/2	Th	3:30-4:30 p.m.	\$90

\*Located at Horizon Elementary School. No class 2/23.

### BRICKS 4 KIDZ - PRESIDENTS BREAK CAMP

This junior robotics camp offers all the fun of building with LEGO bricks plus the challenge of basic computer programming. Using drag and drop icon-based software provides introduction into the world of computer programming and robotics that will equip campers to succeed in a technology-based marketplace. Located at the Covington City Hall Community Room.

Class	Age	Date	Day	Time	Fee
12286	7-12	2/20-2/23	M-Th	9 a.m.-12 p.m.	\$160 or \$40/day

## SAFETY CLASSES

### SAFE AT HOME

This 2-hour course is designed for children ages 8-11 to learn about potential dangers when home alone. Learn how to be responsible and safe in any situation. We 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
12202	8-11	2/11	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
12201	11-16	2/11	Sat	9 a.m.-2 p.m.	\$65

## CULINARY/HEALTH CLASSES

### KIDS IN THE KITCHEN - VALENTINE CHOCOLATES

Students will learn skills to make their own chocolates for Valentine's Day. They will make two varieties of chocolate candies to take home. Each student will make their own fillings and dipping chocolate as well as learning decorating skills. Please bring an apron. Located at Covington City Hall Community Room.

Class	Age	Date	Day	Time	Fee
12302	8-16	2/11	Sat	9 a.m.-12:30p.m.	\$40

### KIDS IN THE KITCHEN - ROYAL ICING SUGAR COOKIES

Students will make cookies in fun Spring season shapes. Each student will make their own sugar dough and roll, cut, bake and decorate their cookies. They will learn two different royal icing techniques as well as how to make their own icing at home. Please bring an apron. Located at Covington City Hall Community Room.

Class	Age	Date	Day	Time	Fee
12303	8-16	3/18	Sat	9 a.m.-12:30p.m.	\$35

**Sweetheart Swim**  
Feb. 11 2017

Grab a sweetheart and head to the **Covington Aquatic Center** on Saturday, Feb. 11 for a special **2-FOR-1 ADMISSION** price!

**Public Swim - 2-3 p.m.**  
2 Swimmers for \$4.50 (General Fee) or \$3.75 (Covington Resident Fee)  
Your sweetheart can be anyone you choose - friends, family members or significant others too!

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

# 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 that 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
12290	14+	1/1-1/31	Tue/Th	6-6:45 p.m.	\$72
12289	14+	1/1-1/30	MWF	5:30-6:15 a.m.	\$108
12296	14+	1/1-1/31	Sat	7:30-8:15 a.m.	\$40
12291	14+	2/1-2/28	Tue/Th	6-6:45 p.m.	\$72
12293	14+	2/1-2/28	MWF	5:30-6:15 a.m.	\$108
12297	14+	2/1-2/28	Sat	7:30-8:15 a.m.	\$40
12292	14+	3/1-3/31	Tue/Th	6-6:45 p.m.	\$72
12295	14+	3/1-3/31	MWF	5:30-6:15 a.m.	\$108
12298	14+	3/1-3/31	Sat	7:30-8:15 a.m.	\$40

\*Located in the Covington Community Room on MWF and Sat. 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 average \$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 in the Covington City Hall Community Room.

Class	Age	Date	Day	Time	Fee
12280	18+	3/14	Tue	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. Visit [www.maplevalleywa.gov/parks](http://www.maplevalleywa.gov/parks) for registration details.

## ADULT COED SOFTBALL LEAGUES

### WINTER - ADULT COED 16" BIG BALL SOFTBALL LEAGUE

Big Ball softball (sometimes called mush ball) is softball but using a bigger, squishier softball and any kind of bat. Team fees include one 16" ball, umpires, postseason playoffs, field rental and championship t-shirts to the winners. Games are played Sunday afternoons, scheduled around the Seahawks Playoff Games with no games on Superbowl Sunday 2/5. Registration deadline is January 6 or when the league fills.

Age	Day	Date	Time	Fee	Location
18+	Sun	1/15-2/26	1-4 p.m.	\$325/team	Ravensdale Park

### SPRING - ADULT COED SOFTBALL LEAGUE

Round the bases in our NEW spring, double wall bat softball league. Umpires, postseason playoffs and championship t-shirts are included. Teams play five games and top four teams advance to the playoffs. Registration deadline is March 24 or when league fills.

Age	Day	Date	Time	Fee	Location
18+	F	4/7-5/12	6-10p	\$425/team	Ravensdale Park

## ADULT COED VOLLEYBALL LEAGUE

Competitive and recreational divisions are offered and teams play eight matches. Referees, postseason playoffs and championship t-shirts are included. Teams play with three males and three females on the court. A maximum of 24 teams will be allowed to register so early registration is encouraged. Registration deadline is December 23 or when the league fills.

Age	Day	Date	Time	Fee	Location
18+	F	1/6-3/24	6-10 p.m.	\$493/team	Tahoma Jr. High School

# 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.	1/2-1/25	1/23	8
Tue. & Thurs.	1/3-1/26	1/24	8
Fri.	1/6-2/24	2/17	8
Sat.	1/7-2/25	2/18	8
Sun.	1/8-2/19	2/12	7
Mon. & Wed.	1/30-2/22	2/20	8
Tue. & Thurs.	1/31-2/23	2/21	8

### SWIM LESSONS PRICING

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

### 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. Students should wait next to the sign until class begins and an instructor calls out the student's name.

\* 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.

### 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.

## NO SCHOOL & HOLIDAY SWIMS

- Monday, January 16 - 1-2 p.m.
- Monday, February 20 - 1-2 p.m. & 2-3 p.m.
- Tuesday, February 21 - 1-2 p.m. & 2-3 p.m.
- Wednesday, February 22 - 1-2 p.m. & 2-3 p.m.
- Thursday, February 23 - 1-2 p.m. & 2-3 p.m.
- Friday, February 24 - 1-2 p.m. & 2-3 p.m.

# 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/Veterans	\$6.50	\$5.25
10-Visit Card Youth/Adult	\$74.25	\$60.75
10-Visit Card Senior/Disabled/Vets	\$58.50	\$47.25

### WATERX MEMBERSHIP PRICING

Program	General Fee	CDF
3-Month Youth/Adult	\$173.25	\$141.75
3-Month Senior/Disabled/Veterans	\$136.50	\$110.25
12-Month Youth/Adult	\$346.50	\$283.50
12-Month Senior/Disabled/Vets	\$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+	2/18-2/24	Sat, M-F	7 a.m.-3 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	2/20-2/24	MWF	10 a.m.-2 p.m.	\$40 GF/\$30 CDF



# Aquatics

## POOL SCHEDULE JAN 2-FEB 25

### 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/Veterans	\$4.50	\$3.75
Senior/Disabled/Vets 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: 1/1/17 and 2/26-3/5/17

## 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.

# APRIL POOLS DAY

**April 15, 2017**

Join us for the biggest **FREE** water safety event of the year and tons of fun at the Covington Aquatic Center on **Saturday April 15th from 1-3pm!**



**1-2 p.m. - Free Lessons and Fun!**  
 Free swimming lessons!  
 Free diving lessons!  
 Water safety games and activities!  
**2-3 p.m. - Free Public Swim!**  
 Swing, slide, dive, and swim!



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

# Underwater Egg Hunt!

Two sessions:  
**1:30pm-2:30pm**  
**3:30pm-4:30pm**

**April 16, 2017**



Pre-Registration is required to attend this event!

**\$4.50**  
 (\$3.75 for City of Covington Residents)  
 Register early to get a spot in this fun event!



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

# DADDY daughter

SPRING FLING

Grandpas, uncles, or big brothers, too!

Dance Contest  
 Refreshments

Great for all ages!

**6-8:30 p.m.**  
**Saturday, April 15**



\$25 per couple  
 \$10/additional daughter

Location:  
**Kentwood High School Commons**

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

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 Membership Chair Jim Tanasse at 206-954-8499 or e-mail [covingtonrotaryclub@gmail.com](mailto:covingtonrotaryclub@gmail.com).