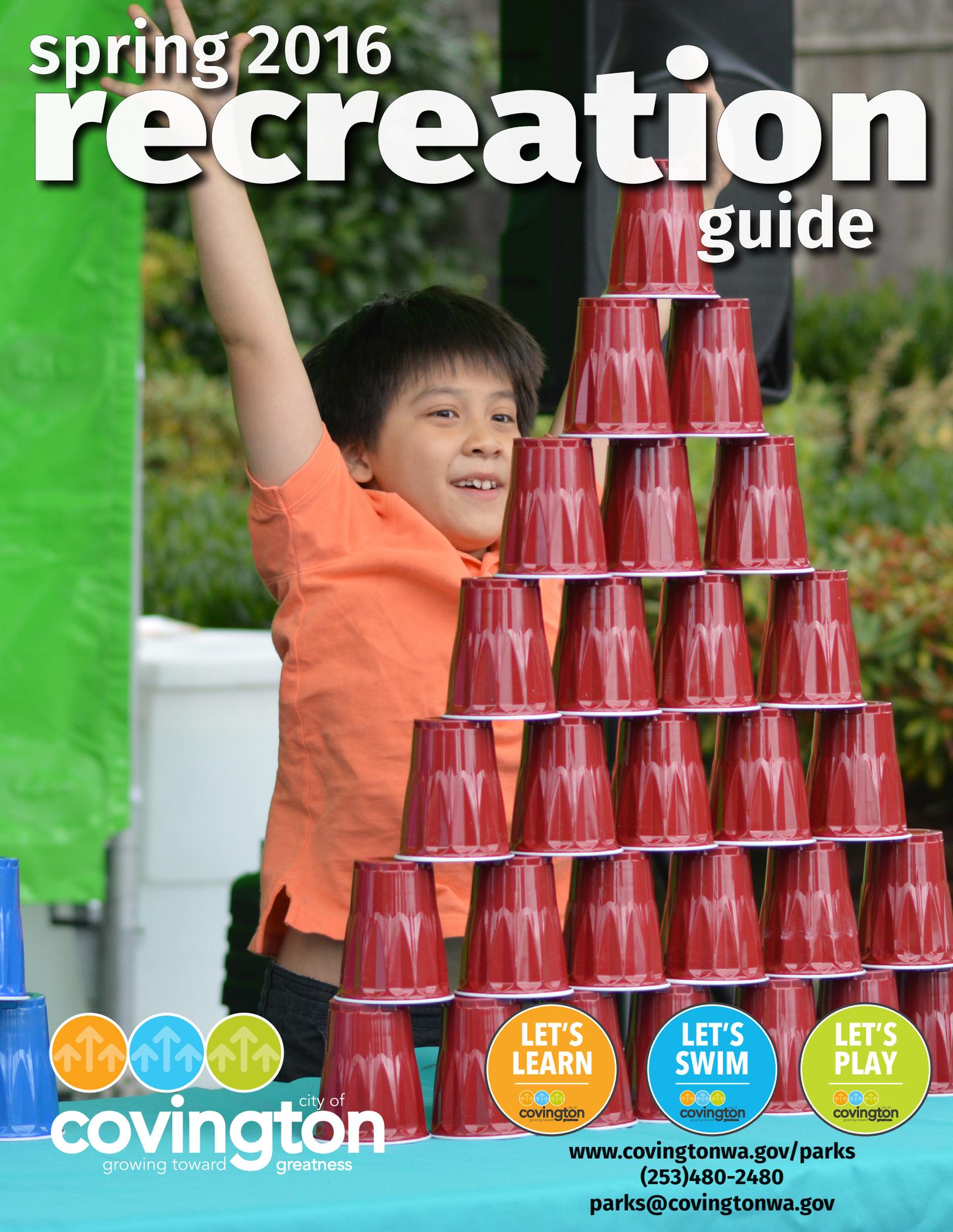


spring 2016

# recreation guide



city of  
**covington**  
growing toward greatness

**LET'S LEARN**  
covington

**LET'S SWIM**  
covington

**LET'S PLAY**  
covington

[www.covingtonwa.gov/parks](http://www.covingtonwa.gov/parks)  
(253)480-2480  
[parks@covingtonwa.gov](mailto:parks@covingtonwa.gov)

**Athletics**

p 3-4



**Youth Recreation**

p 5-10



**Adult Recreation**

p 11



**Aquatics**

p 12 - 15



**Our Mission is to build a great community together through people, parks, and programs.**

## A Word from Our Mayor ...



The City of Covington proudly presents our Spring 2016 Recreation Guide. This brochure includes information about Covington Parks & Recreation Department programs and events, as well as other local activities offered by our neighbors in Maple Valley and Black Diamond. The City of Covington strives to provide high quality facilities and programming at an excellent value to our citizens and the surrounding community, and we encourage everyone to try something new this spring! Sign-up to learn to play guitar, or try out a WaterX class, or the Adult Fitness Bootcamp. Bring the kids for a unique experience at our Underwater Egg Hunt at the Covington Aquatic Center, or treat your little girl to a date at the Daddy-Daughter Dance. There's something for everyone, and anyone can join in the fun! We have soccer and baseball sports in the spring, and flag football coming up in the summer. Take a look at the opportunities for youth and adults to learn, swim, and play in our community!

## Registration Information



### Phone

Phone payments must be made with a debit or credit card only.

**253-480-2480**

Monday - Friday  
8:30am-8:30pm

Saturday: 8:30am-2:30pm

Sunday: 9:30am-1:30pm



### In Person

Parks & Recreation Offices located at the Covington Aquatic Center

**18230 SE 240th Street  
Covington, WA 98042**

Monday - Friday  
8:30am-8:30pm

Saturday: 8:30am-2:30pm

Sunday: 9:30am-1:30pm



### Online

24 hours a day; 7 days a week

**[www.covingtonwa.gov/parks](http://www.covingtonwa.gov/parks)**

Online payments must be made with a debit or credit card only.

\*Please note: there is a nonrefundable third party processing fee attached to all online registrations.



# Athletics

3

## Youth Spring Baseball League



We will also be offering spring baseball! All divisions are co-ed. Games on Saturdays starting May 14, 2016. Season ends on June 25, 2016.

Practice one weekday a week starting May 2; 7 game season. Registration opens on Dec. 1, 2015 and closes April 10, 2016. Space is limited, sign up early to reserve a spot on a team. We cannot guarantee spots on the registration deadline.

Interested in fastpitch? Check out Kent or Auburn Parks and Rec.

Grade	Fee
Pre-K (TBall)	\$55.00
Kindergarten (TBall)	\$55.00
1st/2nd Grade (CP)	\$63.00
3rd/4th Grade (CP)	\$63.00
5th/6th Grade (KP)	\$63.00

CP: Coach Pitch; KP: Kid Pitch

## Flag Football Powered by USA Football & NFLPlay60



Covington Parks and Recreation is proud to offer co-ed flag football league again this summer! This league is powered by USA Football and NFLPLAY60. Our league is geared toward providing an opportunity for your child to sharpen skills and broaden his or her knowledge of football with an emphasis on fun, participation, and sportsmanship.

Grade	Fee
Kindergarten <b>*NEW*</b>	\$70.00
1st/2nd Grade	\$70.00
3rd/4th Grade	\$70.00
5th/6th Grade	\$70.00
7th/8th Grade	\$70.00

All players will receive an NFL team jersey and flag belt. Players must provide their own mouth guard. Games will be on Saturdays throughout the summer at Covington Community Park across from Tahoma High School.

**Games start on July 9, 2016 and ends on August 27, 2016.**

Registration opens March 14 and the last day to register will be June 17, 2016. Practices will start the last week of June.



When registering, please sign up for the grade your child will be going into Fall 2016.



**The City of Covington is always looking to hire referees and volunteer coaches. If you are interested, please call or e-mail:**

**Sean Conway, Athletics Specialist  
253-480-2489  
sconway@covingtonwa.gov**



 Weather Information Hotline  
(253)-480-2490

Register online at [www.CovingtonWA.gov/Parks](http://www.CovingtonWA.gov/Parks) or call (253)480-2480

# Athletics



## Covington Parks & Recreation Youth Athletics Schedule

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



Updated 1.14.16

Sport	Registration	Fees	Grades	Coaches Mtg. Date	Practice Starts the week of	Primary Game Days	Games Start	Picture Day	Season Ends
Spring Soccer (Spring)	Register between Dec. 1-Feb. 20	\$63- PreK-2nd \$73- 3rd-6th	PreK, Kindergarten, 1st/2nd, 3rd/4th, 5th/6th	TBA	Feb. 29, 2016	Saturdays	Mar. 12, 2016	TBA	April 23, 2016
Baseball (Kid Pitch) (Spring)	Register between Dec. 1-April 10	\$63	5th/6th	TBA	May 2, 2016	Saturdays	May 14, 2016	TBA	June 25, 2016
Coach Pitch (Spring)	Register between Dec. 1-April 10	\$63	1st/2nd, 3rd/4th	TBA	May 2, 2016	Saturdays	May 14, 2016	TBA	June 25, 2016
T-Ball (Spring)	Register between Dec. 1-April 10	\$55	Pre-K, Kindergarten	TBA	May 2, 2016	Saturdays	May 14, 2016	TBA	June 25, 2016
Co-Ed Flag Football (Summer)	Register between March 14-June 17	\$70	Kindergarten, 1st/2nd, 3rd/4th, 5th/6th, 7th/8th	TBA	June, 27 2016	Thursdays & Saturdays	July 9, 2016	TBA	August 27, 2016
Fall Soccer (Fall)	Register between June 14-August 12	\$63- PreK-2nd \$73- 3rd-6th	PreK, Kindergarten, 1st/2nd, 3rd/4th, 5th/6th	TBA	Aug. 29 2016	Saturdays	Sept. 12, 2016	TBA	Oct. 29, 2016
Co-Ed Volleyball (Fall)	Register between June 21-Oct. 7	\$63	2nd/3rd, 4th/5th, 6th/7th/8th	TBA	Oct. 17, 2016	Saturdays	Nov. 5, 2016	TBA	Dec. 17, 2016
Basketball (Winter)	Register between Sept.-Dec. 2016	\$63- PreK-2nd \$73- 3rd-9th	PreK, Kindergarten, 1st/2nd, 3rd/4th, 5th/6th; 7/8/9th	TBA	Jan. 2017	Saturdays	Jan. 2017	TBA	March 2017

To sign up for our sports leagues, please call 253-480-2480



# Youth Recreation

# 5

## Kidz LOVE SOCCER

All levels are welcome to come and enjoy learning the world's most popular sport! Kidz Love Soccer provides children with the positive framework whereby all players are nurtured, built up, and developed as young athletes. A typical class session includes age-appropriate soccer activities: warm up, skill introduction, fun games and instructional scrimmages always conducted in a non-competitive, recreational format led by the professional staff. Shin guards are required after the first class (except Mommy/Daddy & Me). Rainout Hotline – 888-372-5803 Receive cancellation notifications on your smartphone with the Kidz Love Soccer app.

All classes held at Covington Community Park.

### Mommy/Daddy & Me Soccer

Introduce yourself and your toddler to the world's most popular sport! As you and your child participate in our 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!

Ages	Date	Time	Fee	Activity #
2-3.5	5/11-6/15	6pm-6:30pm	\$75.00	22257

### Tot and 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.

Ages	Date	Time	Fee	Activity #
3.5-5	5/11-6/15	5:15pm-5:50pm	\$75.00	22255

### Soccer 1: Techniques & Teamwork

Players will learn dribbling, passing, receiving, shooting, age-specific 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.

Ages	Date	Time	Fee	Activity #
5-6	5/11-6/15	4:30pm-5:15pm	\$75.00	22254

### Soccer 2: Skillz & Scrimmages

Kidz will enjoy advanced skill building: dribbling, passing, receiving, shooting, etc. in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. All skill levels are welcome to come enjoy the world's most popular sport! Each participant receives a Kidz Love Soccer jersey! Shin guards are required.

Ages	Date	Time	Fee	Activity #
7-10	5/11-6/15	3:45pm-4:30pm	\$75.00	22256

## Martial Arts

Our structured Martial Arts curriculum allows us to focus each week on various drills and activities to promote agility, strength, speed, attention and self-discipline



Ages	Day	Time
4-6	Monday	4:15-5:00 pm
7-9	Monday	5:00-6:00 pm
10 & up	Monday	6:00-7:00 pm
4-6	Tuesday	4:15-5:00 pm
7-13	Tuesday	5:00-6:00 pm
7-13	Thursday	4:15-5:00 pm
Adults	Thursday	5:00-6:00 pm
4-6	Saturday	11:00-11:45 am

Monthly Fee: One Class per week \$60 Two classes per week \$82

Classes held at Great Northwest Martial Arts Academy 22415 SE 231st St. Maple Valley, WA 98038

Register online at [www.CovingtonWA.gov/Parks](http://www.CovingtonWA.gov/Parks) or call (253)480-2480

# 6

# Youth Recreation



## Gymnastics

\*All gymnastics classes will take place at Hart's Gymnastics at 26415 79th Ave SE Kent, WA 98032

At Hart's Gymnastic Center, we create an environment where the love of gymnastics is combined with both quality coaching and safety to help each individual gymnast maximize his or her potential. We believe that gymnastics has something to offer everyone - whether in a recreational or competitive setting. Our gymnastic program is family friendly while offering the highest quality of coaches and staff.

### Boys

Hart's Gymnastic Center is equipped with all 6 Olympic events for men's gymnastics. Our staff is both highly motivated and trained. Your student will have a great time with skill progression while being taught in a fun and safe atmosphere.

Ages: 6 - 12 years  
Fee: \$62 per session



Day	Date	Time	Act. #
Mon	3/28-4/25	5pm-5:55pm	22240
Mon	5/2-5/23	5pm-5:55pm	22241
Mon	6/6-6/27	5pm-5:55pm	22242

### Girls

This class is for the student with little or no gymnastics experience. Students learn the basics of FUN and SAFE gymnastics while we emphasize basic gymnastic skills, safety, strength, and flexibility. Handstands, cartwheels, walking on the balance beam, and a front support on the bars are just a few of the exciting things that students learn while mastering the skills necessary for graduation to the next level! Students will continue to expand their skills and coordination while using our trampoline and working on all of the Olympic events!

Ages: 6 - 12 years  
Fee: \$62 per session

Day	Date	Time	Act. #	Day	Date	Time	Act. #
Mon	3/28-4/25	5pm-5:55pm	22222	Mon	5/2-5/23	7pm-7:55pm	22251
Mon	3/28-4/25	6pm-6:55pm	22223	Wed	5/4-5/25	5pm-5:55pm	22230
Mon	3/28-4/25	7pm-7:55pm	22249	Wed	5/4-5/25	6pm-6:55pm	22231
Wed	3/30-4/27	5pm-5:55pm	22224	Wed	5/4-5/25	7pm-7:55pm	22252
Wed	3/30-4/27	6pm-6:55pm	22225	Wed	6/1-6/22	5pm-5:55pm	22236
Wed	3/30-4/27	7pm-7:55pm	22250	Wed	6/1-6/22	6pm-6:55pm	22237
Sat	4/2-4/23	10am-10:55am	22226	Wed	6/1-6/22	7pm-7:55pm	22254
Sat	4/2-4/23	11am-11:55am	22227	Sat	6/4-6/25	10am-10:55am	22238
Sat	4/30-5/21	10am-10:55am	22232	Sat	6/4-6/25	11am-11:55am	22239
Sat	4/30-5/21	11am-11:55am	22233	Mon	6/6-6/27	5pm-5:55pm	22234
Mon	5/2-5/23	5pm-5:55pm	22228	Mon	6/6-6/27	6pm-6:55pm	22235
Mon	5/2-5/23	6pm-6:55pm	22229	Mon	6/6-6/27	7pm-7:55pm	22253





# Youth Recreation

# 7

## Movement

During this class, the parent/guardian works through specialized activities designed to improve balance, strength, large muscles coordination and hand-eye coordination. Tots are encouraged to crawl, climb, and jump through obstacle courses that are set up using "small size" gymnastic equipment. Parents and tots will work together, laugh, and explore movement as they participate in a variety of age appropriate activities. This class will leave both the parents and the tots wanting to come back for more.

Ages: 16 mo - 3 years  
 Fee: \$55 per session

Day	Date	Time	Act. #
Sat	4/2-4/23	9am-9:45am	22204
Sat	4/30-5/21	9am-9:45am	22205
Sat	6/4-6/25	9am-9:45am	22206

## Preschool

This class is designed for the preschooler who is ready to participate without the help of a parent/guardian. Your child will continue to explore movement through gymnastics as they go through tunnels, climb over blocks, cross balance beams, and explore the gym. Obstacle courses will be set up weekly to maximize balancing, strengthening, and skill building in a POSITIVE, FUN, and SAFE environment. Your child will also begin to learn basic gymnastic skills (forward and backward rolls).

Ages: 3 - 5 years  
 Fee: \$55 per session

Day	Date	Time	Act. #	Day	Date	Time	Act. #
Mon	3/28-4/25	5pm-5:45pm	22207	Wed	5/4-5/23	3pm-3:45pm	22213
Mon	3/28-4/25	6pm-6:45pm	22243	Wed	5/4-5/25	5pm-5:45pm	22214
Wed	3/30-4/27	3pm-3:45pm	22208	Wed	5/4-5/25	6pm-6:45pm	22246
Wed	3/30-4/27	5pm-5:45pm	22209	Wed	6/1-6/22	3pm-3:45pm	22218
Wed	3/30-4/27	6pm-6:45pm	22244	Wed	6/1-6/22	5pm-5:45pm	22219
Sat	4/2-4/23	10am-10:45am	22210	Wed	6/1-6/22	6pm-6:45pm	22248
Sat	4/2-4/23	11am-11:45am	22211	Sat	6/4-6/25	10am-10:45am	22220
Sat	4/30-5/21	10am-10:45am	22215	Sat	6/4-6/25	11am-11:45am	22221
Sat	4/30-5/21	11am-11:45am	22216	Mon	6/6-6/27	5pm-5:45pm	22217
Mon	5/2-5/23	5pm-5:45pm	22212	Mon	6/6-6/27	6pm-6:45pm	22247
Mon	5/2-5/23	6pm-6:45pm	22245				

## Hart's Gymnastics Spring Break Camp

Three day Spring Break Gymnastic Camp at Hart's Gymnastic Center. Including all gymnastics events, tumbling tramp, loose foam pit, Wacky World inflatable, crafts and a Hart's t-shirt.

Ages	Day	Date	Time	Fee	Activity #
6-12	M-W	4/4-4/6	8am-3pm	\$105 for one child \$180 for two siblings \$230 for three siblings	22203



## bricks 4 kidz



### Bricks 4 Kidz Black Diamond Level

This class will take place at Covington City Hall's Community Room.

LEGO® building to the next level! Challenge your problem solving and building skills with our Black Diamond motorized model plans and technic pieces. How many LEGO® Bricks and gears will you use to build a giant moving spider, chameleon and 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 much more! Let's find out in this special LEGO® class!

Ages	Day	Date	Time	Fee	Activity #
7-12	Thu	4/14, 4/21, 4/28	4:30pm-5:30pm	\$45.00	22259
7-12	Thu	5/5, 5/12, 5/19	4:30pm-5:30pm	\$45.00	22260
7-12	Thu	6/2, 6/9, 6/16	4:30pm-5:30pm	\$45.00	22261
7-12	Thu	4/14-6/16	4:30pm-5:30pm	\$120.00	22262

### Bricks 4 Kidz - Wheels In Motion

These wheels are ready to roll. You will use LEGO® Bricks, axles, pulleys, gears, motors, and more to build a variety of models on wheels. Some are familiar vehicles, such as a fire engine and delivery truck. Other amazing models, such as the Rescue Robot and K-9 Bot, will give you more to learn. Do you have a need for speed? Put your Speed Bot model to the test as you race against others using remote controls! We'll explore concepts of speed and force, and gain non-vehicle knowledge from the unconventional Wheels in Motion models as well. Let's roll!

Ages	Day	Date	Time	Fee	Activity #
5-10	Fri	4/15, 4/22, 4/29	3:10pm-4:10pm	\$45.00	22266
5-10	Fri	5/6, 5/13, 5/20	3:10pm-4:10pm	\$45.00	22267
5-10	Fri	5/27, 6/3, 6/10	3:10pm-4:10pm	\$45.00	22268
5-10	Fri	4/15-6/10	3:10pm-4:10pm	\$120.00	22269

This class will take place at Crestwood Elementary.

### Bricks 4 Kidz Jurassic Brick Land Camp

This camp will take place at Covington City Hall.

Are you ready for the adventure of a lifetime? Put on your hiking boots and camouflage... you're about to enter Jurassic Brick Land! Campers will build a world that comes to life with gentle Brontosaurus, ferocious Velociraptor, terrifying T.Rex and more. We'll learn about amazing dinosaurs that lived on the earth and swam the seas during the era and millions of years later. Show us your building skills using our specialized project kits! Come learn, build, and play at Jurassic Brick Land! Campers take home a mini figure and certificate at the end of a week camp. Please bring light snacks.

Ages	Day	Date	Time	Fee	Activity #
5-12	M-Th	4/4-4/7	9am-12pm	\$140.00. Early reg \$120.00 by 3/18	22258



## 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. Register early as this class fills quickly! Boys can be babysitters too! Held in Covington City Hall's Community Room.

Ages	Day	Date	Time	Fee	Activity #
11-16	Sat	5/21/16	9am-2pm	\$65.00	22201



## Safe at Home

Come learn how to be responsible and safe in any situation. We will cover family communication, first aid, internet, gun, phone, and door safety. Held at Covington City Hall's Community Room.

Ages	Day	Date	Time	Fee	Activity #
8-11	Sat	5/21/16	2pm-4pm	\$30.00	22202

## Gross Out STEAM Mania



Yuck! If you like all things gross and weird come to our hands-on program full of XL bubbles, super edible slime, explosions, bubbling potions and fuzzy molds. You will mix up fake blood, make an intestine model, and learn the science behind various, gross bodily functions. Making a mess and bizarre experiments are welcome! It's a hands-on, minds-on journey into the science of plain gross. Held at Covington Elementary School.

Ages	Day	Date	Time	Fee	Activity #
6-12	Tue	4/12-5/3	3:40pm-4:40pm	\$48.00	22393
6-12	Tue	5/10-5/31	3:40pm-4:40pm	\$48.00	22392

## Lake Wilderness Lodge



Call or Click for a Self Guided Tour and Info: **(425) 432-9953**  
www.maplevalleywa.gov/lwlodge  
lodge@maplevalleywa.gov

The perfect place to...

<p>"say I do"</p>  <p>Weddings and Receptions</p>	<p>"inspire big ideas"</p>  <p>Corporate Meetings &amp; Events</p>	<p>"say surprise"</p>  <p>Family Reunions &amp; Celebrations</p>	<p>"relax &amp; retreat"</p>  <ul style="list-style-type: none"> <li>• Picnics</li> <li>• Parties</li> <li>• Auctions</li> <li>• Fundraisers &amp; more.</li> </ul>
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## Spring Break Soccer Camp

Spend your Spring Break playing soccer with us at Covington Community Park. This camp is taught by the lead referees from the City of Covington Athletics program. Each day we will practice skills such as dribbling, shooting, passing, receiving, etc. All skill levels are welcome. We will end the day with a scrimmage and some fun games. Each participant will receive a camp t-shirt. Please dress for the weather and bring a lunch, a snack, and a water bottle. Shin guards are required.



Ages	Day	Date	Time	Fee	Activity #
6-12	M-F	4/4-4/8	9am-3pm	\$115 for one child \$210 for two siblings \$300 for three siblings	22200



## Skyhawks Multi-Sport

Our Multi-Sport (soccer, basketball & baseball) class is designed to introduce young athletes to a variety of different sports in one setting. For this program we combine 3 sports in one five week session. Athletes will learn the rules and essentials of each sport through skill-based games and scrimmages. By the end of the session, your child will walk away with knowledge of (3) new sports along with vital life lessons such as respect, teamwork, and self-discipline.

Skyhawks will take place at Meridian Elementary Gymnasium.



Register at [www.skyhawks.com](http://www.skyhawks.com) or call 800-804-3509

Ages	Day	Date	Time	Fee	Activity #
6-9	Wednesday	4/20-5/18	3:45pm-4:35pm	\$50.00	22300

## Bike Challenge and Safety Rodeo

Help us start the summer with this free fun biking event! The Maple Valley Police will have a bike Rodeo to help kids' brush up on safety skills for the start of the outdoor season. Then we invite all youth bike riders between 5 and 11 years old to speed through the challenging race course set up in Lake Wilderness Park. All participants receive ribbons and one lucky child will win a new donated bike or one of several other prizes. We hope to see everyone back for this year's race.

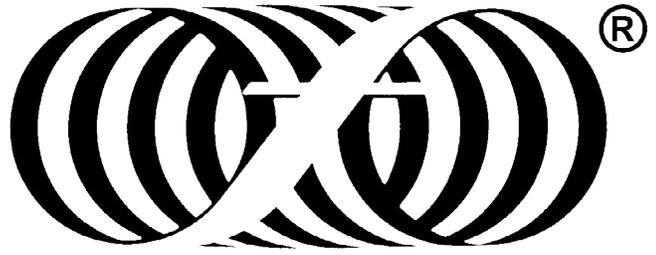
NOTE: This event is separate from the Kid's Festival in 2016!  
For more info go to: [www.maplevalleywa.gov](http://www.maplevalleywa.gov)



## Imagine That Move

Enrich your life and expand your abilities. Through these gentle, innovative Awareness Through Movement lessons you'll explore sequences that guide your attention, intention, and movement to create, recover and improve existing and lost movement skills. You'll have the opportunity to observe how you move, notice unnecessary tension, and improve your overall coordination. Among other things, you can ease pain and chronic discomfort, improve posture and balance, and empower yourself in daily activities. Held in Covington City Hall's Community Room.

Ages	Day	Date	Time	Fee	Activity #
18+	Tue	4/19-5/10	10am-11am	\$35.00	22400
18+	Tue	5/17-6/7	10am-11am	\$35.00	22401



*Feldenkrais*  
**Method**

## Guitar Lessons

This class will take place at Covington City Hall.

This course will teach guitar lessons in a 50-minute classroom setting for both beginners and those with some experience. By the end of the 8 week course the student should have mastered the following: All basic (open) chords, dominant 7 chords, and barre chords, major and minor scales in all positions on the guitar neck, know every note on the neck of the guitar, be comfortable with alternate picking, know and understand the building blocks of most blues and rock songs, and be able to play a selection of well-known popular songs.



Ages	Day	Date	Time	Fee	Activity #
11+	Fri	4/15-6/24	4pm-4:50pm	\$330.00. Early reg, 10% off by 3/28 20% discount per additional family member	22394

## Bootcamp - Outdoor Group Fitness



Join our high intensity interval training (HIIT) program and learn to love working out again. Incorporating strength, balance, agility, core stability, cardio, and flexibility. Your experience will include constant motivation, positive reinforcement, and a fun, safe environment. Class meets at Covington City Hall's Community Room. Perfect for all different fitness levels, ages and sizes.

Register at [www.fitnessbootcampnow.com](http://www.fitnessbootcampnow.com)  
or e-mail Melissa at  
[info@fitnessbootcampnow.com](mailto:info@fitnessbootcampnow.com)  
for more information.

Ages	Day	Date	Time	Fee
14+	T/Th/Sat	4/2-4/30	5:30am-6:15am	\$108.00+ tax
14+	T/Th/Sat	4/2-4/30	6pm-6:45pm	\$108.00+ tax
14+	T/Th/Sat	5/3-5/31	5:30am-6:15am	\$108.00+ tax
14+	T/Th/Sat	5/3-5/31	6pm-6:45pm	\$108.00+ tax
14+	T/Th/Sat	6/2-6/30	5:30am-6:15am	\$108.00+ tax
14+	T/Th/Sat	6/2-6/30	6pm-6:45pm	\$108.00+ tax

\*Sat class is from 7:30am-8:15am



## Spring 2016 Swim Lessons Guide

February 29, 2016-June 19, 2016

Listed below are dates, and pricing for the Covington Aquatic Center's swim lesson sessions offered for Spring 2016. Pricing is based upon the number of classes in a session. Classes are 30 minutes in length (except for Competitive Swimming Lessons, Adult Swim Training, and Advanced Swim Training, which are all 1-hour in length).

**For individual class availability and registration, please visit us online at [www.covingtonwa.gov/cac](http://www.covingtonwa.gov/cac), or contact us over the phone at (253) 480-2480, or in-person at 18230 SE 240th St. Covington, WA 98042**

Days	Dates	Grade Day	# of Classes	Pricing		
Mon. & Wed.	2/29-3/23	3/21	8	Parent & Child	\$49.00/\$40.25 CDF	7 classes
Tue. & Thurs.	3/1-3/24	3/22	8	Preschool/LTS	\$68.25/\$56.00 CDF	
Fri.	3/4-4/22	4/15	8	Competitive	\$108.50/\$89.25 CDF	
Sun.	3/6-4/24	4/17	7*	Parent & Child	\$56.00/\$46.00 CDF	
Mon. & Wed.	3/28-4/20	4/18	8	Preschool/LTS	\$78.00/\$64.00 CDF	8 classes
Tue. & Thurs.	3/29-4/21	4/19	8	Competitive	\$124.00/\$102.00 CDF	
Mon. & Wed.	4/25-5/18	5/16	8			
Tue. & Thurs.	4/26-5/19	5/17	8			
Fri.	4/29-6/17	6/10	8			
Sat.	4/30-6/18	6/11	8			
Sun.	5/1-6/19	6/12	8			
Mon. & Wed.	5/23-6/15	6/13	7*			
Tue. & Thurs.	5/24-6/16	6/14	8			

Note: All fees are as of September 3, 2013, and are subject to change per CMC 8.40.040. The Covington Resident Fee (discounted) is denoted with CDF.

\*No classes shall be conducted on Easter Sunday 3/27/16 or Memorial Day 5/30/16



**American Red Cross**

18230 SE 240th St.  
Covington, WA  
(253) 480-2480  
parks@covingtonwa.gov



**covington**  
growing toward greatness

COVINGTON AQUATIC CENTER



# Aquatics

## Pool Rentals

Great for: birthday parties, youth groups, sports teams, church groups, aquatics training, scout groups, and more!



### Reservations

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.

### Amenities

Use of the following equipment is included in a pool rental:

- “Big Red” (the large inflatable octopus)\*
- The “Magic Carpet” (the floating walkway)\*
- “Speedy McBlue” (the water slide)
- Diving Board
- Rope Swing
- Water Basketball
- Mats, Noodles, Inner Tubes, and Life Jackets

### Days/Times

Sundays: 2:00–5:00pm  
 Saturdays: 3:00–8:00pm

### Fees

Fees are per hour, and pool rentals are based upon the number of people in the rental party.

	General Fee <sup>1</sup>	Covington Discounted Fee <sup>1</sup>
Pool rentals		
25 people or less .....	\$150	\$125
26-60 people.....	\$195	\$160
61-90 people .....	\$235	\$195
91-120 people .....	\$260	\$215
121-150 people.....	\$280	\$230
Party Room (per 50 minutes) <sup>2</sup> .....	\$45	\$35



Covington Seahorses  
 Covington Parks and Recreation

Seahorse Swim Clinics

**REGISTER NOW**

Stay in shape. Improve your strokes. Get coached!

[www.covingtonwa.gov/cac/seahorses.html](http://www.covingtonwa.gov/cac/seahorses.html)

## Lake Wilderness Beach Opens June 25

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The City of Maple Valley is the proud owner of Lake Wilderness Park. This premier Park has been a favorite get-a-way location for over 100 years. The clean water, fresh air, safe surroundings along with an award winning life guarding staff has made it one of the Northwest's premier lakes for families. During a summer visit from June 25 – August 28 the public has many aquatic and recreational opportunities from which to choose. Boat and paddle board rentals, as well as, a concession stand are available during open hours of 12 – 7:00 p.m.

## WaterX Classes

WaterX classes are available on a drop-in basis at the Covington Aquatic Center, with a couple of payment options to help save money for regular participants.

**WaterX Bootcamp classes** are for individuals who would like a low impact, but intense cardio, and muscle building workout.

**WaterX Stretch focuses** on strengthening joints, core and stretching all the small and major muscle groups of our body. It does this by incorporating proper breathing, balance and warm-up of the muscles. This class takes place in the shallow water with the option to use the shallow portion of the deep end of the pool.

**WaterX Deep Aerobics** classes give one of the greatest aerobic and toning workouts available with absolutely no impact to the body's joints. Workouts during this one-hour drop-in class include the use of Hydro-Fit™ equipment provided by the pool. No swimming is required.

**WaterX Shallow Aerobics** is a low impact class which provides a great aerobic and cardiovascular workout with muscle toning. It is fun and adaptable to any fitness level, from those recovering from surgery or struggling with weight loss to professional athletes, getting into the pool is cool! Workouts during this one-hour drop-in class include the use of Hydro-Fit™ equipment provided by the pool. No swimming is required.

### WaterX Pricing

#### Drop-In Rates

Youth/Adult: \$8.25 (CDF \$6.75)

Senior/Disabled: \$6.50 (CDF \$5.25)

#### 10-Visit Discount Cards

Youth/Adult: \$74.25 (CDF \$60.75)

Senior/Disabled: \$58.50 (CDF \$47.25)

#### WaterX Memberships

3-Month Youth/Adult: \$165.00 (CDF 135.00)

3-Month Senior/Disabled: \$130.00 (CDF \$105.00)

12-Month Youth/Adult: \$330.00 (CDF \$270.00)\*

12-Month Senior/Disabled: \$260.00 (CDF \$210.00)\*

\*Monthly payment plan available for 12-Month Memberships

## Recreational Swims

Lap Swims, Family Swims, and Public Swims are available on a drop-in basis as listed on the schedule at on the opposite page and the website at [www.covingtonwa.gov/cac](http://www.covingtonwa.gov/cac). Ask a cashier about our Aqua Memberships and save money!

Program	General Fee	CDF*
<b>Lap Swims (Per Swim)</b>		
Youth/Adult	\$6.50	\$5.25
10-Visit Card	\$58.50	\$47.25
Senior/Disabled	\$4.50	\$3.75
10-Visit Card	\$40.50	\$33.75
<b>Public &amp; Family Swims (Per Hour)</b>		
Individual	\$4.50	\$3.75
10-Visit Card	\$40.50	\$33.75
Family (Household)	\$13.50	\$11.25
<b>Friday Night Promotional Public Swims</b>		
Individual 1 Hour	\$3.50	\$2.75
Individual 2 Hours	\$5.00	\$4.00

## Private Parties

You can rent the pool! - The Covington Aquatic Center is available for private parties on weekends. More information available on our website at [www.covingtonwa.gov/cac](http://www.covingtonwa.gov/cac).

\*CDF = Covington Resident Discounted Fee





# Aquatics

## Spring 2016 Schedule

# 15

### February 29, 2016 - June 19, 2016

#### Sunday

9:30am-10:30am	WaterX Deep Aerobics
9:30am-12:00pm	Swimming Lessons
11:30am-1:00pm	Lap Swim
12:00pm-1:00pm	Family Swim
1:00pm-2:00pm	Public Swim
2:00pm-5:00pm	Private Parties

#### Monday/Wednesday

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

#### Tuesday/Thursday

7:30am-8:30am	WaterX Stretch
8:30am-9:30am	WaterX Shallow Aerobics
9:30am-10:30am	WaterX Deep Aerobics
9:30am-11:30am	Swimming Lessons
11:30am-1:00pm	Lap Swim & Family Swim
4:00pm-7:00pm	Swimming Lessons
7:00pm-8:00pm	Public Swim
8:00pm-9:00pm	WaterX Deep Aerobics & Lap & Family Swim

#### Friday

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

#### Saturday

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

Extra Public Swims: March 11, 2016,  
April 4-April 8, 2016, May 27, 2016, May 30, 2016  
and June 17, 2016.

Check our Facebook or website for times & updates!

/CovingtonAquaticCenter



### Underwater Egg Hunt

Sunday 3/27/16  
1:30pm-2:30pm  
3:30pm-4:30pm



### April Pool's Day

Sat 4/16/16  
1pm-3pm



**covington parks and recreation**

(253) 480-2480  
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Covington, WA 98042  
parks@covingtonwa.gov  
www.covingtonwa.gov/cac

# Don't miss these great special events!

## Underwater Egg Hunt!

## March 27, 2016

Pre Registration

**\$4.50**  
(\$3.75 for City of Covington Residents)

Session 1- 1:30pm-2:30pm  
Session 2- 3:30pm-4:30pm

Day Of Registration

**\$5.50**  
(\$4.50 for City of Covington Residents)

# APRIL POOLS

COMPLETELY FREE!

DAY

April 16, 2016

# DADDY

# daughter

## SPRING FLING

DI'Y Guy Dance Contest Refreshments

Grandpas, uncles or big brothers, too!

Great for all ages!

**6-8:30 p.m.**  
**Saturday, April 16**

presented by:

Cedar Heights Middle School Multi-purpose Room

\$25 per couple  
\$10/additional daughter

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

It is our goal to offer high quality Athletic, Recreation and Aquatic programs that meet the needs of our customers. If you do not see a program that interests you, please visit our neighbors and partners at the City of Maple Valley and Black Diamond to see if they offer a program that meets your needs.



Weather Information Hotline  
(253) 480-2490



Registration Number  
(253) 480-2480



Register In Person  
18230 SE 240th Street  
Covington, WA 98042

