

Covington Recreation Guide

Summer 2014



*New athletic programs
come to the city's parks
& recreation department*

*Unique summer camps
will help kids pass the
time this summer*

*All new programs
scheduled just for
kids and teens*



Covington
parksandrecreation

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

Details inside 

Kid and Teen Programs

Kids Programs

BRICKS 4 KIDZ

The **Bricks 4 Kidz**® LEGO® program teaches S.T.E.M. initiative and provide an atmosphere for kids to build unique creations, learn & play and have loads of fun using LEGO® bricks.

ANIMAL GROSSOLOGY

Spend the week discovering the zany biology of animals as we explore fascinating facts about the animal kingdom, focusing on a “creature of the day”. Build a different animal LEGO® model each day and fill your “Animal Grossology” booklet with crazy and cool facts to become a certified Bricks 4 Kidz Grossologist!

3241 | Mon-Wed | June 23-June 25 | 9:00am-12:00pm
Ages 6-12 | \$105.00 | Community Room in City Hall

BRICK OLYMPICS

Explore Olympic games ranging from gymnastics to biking to soccer! Campers love the way the models move and the fun they have playing with them after they’re built - hitting a plastic golf ball with the mini-golf model, watching the gymnast spin around the bar and many more exciting challenges!

3242 | Mon-Wed | June 23-June 25 | 1:00pm-4:00pm
Ages 6-12 | \$105.00 | Community Room in City Hall

DAVINCI’S PLAYGROUND SERIES

In this 4-day series, we’ll explore and create as Leonardo DaVinci did: as an artist, a scientist, an engineer, an inventor, and more! Daily themes are: Monday - Bodies in Motion; Tuesday - How You See It; Wednesday - Making Waves; and Thursday - Simple Machines. Preregistration Required.

3270 | Mon-Thur | July 07-July 10 | 9:00am-12:00pm
Ages 8-12 | \$110.00 | Community Room in City Hall

3271 | Mon-Thur | Aug 18-Aug 21 | 9:00am-12:00pm
Ages 8-12 | \$110.00 | Community Room in City Hall

STEAMBOAT STUDIO

Steamboat Studio offers unique and engaging classes for kids and adults. Our programs draw from diverse elements of art, science, engineering, and culture, with an emphasis on hands-on learning and exploration to create fun, engaging programs that will bring out the artist, inventor, and innovator in you!

PASSPORT TO ART AND CULTURE

Travel around the world of art and culture! Explore a different country or region each day and create artwork and crafts inspired by them. You’ll explore the cultural traditions of each region, including art, music, and food. It’s a journey for all the senses! Preregistration required.

3253 | Mon-Thur | June 30-July 03 | 9:00am-12:00pm
Ages 8-12 | \$110.00 | Community Room in City Hall

3254 | Mon-Thur | Aug 11-Aug 03 | 9:00am-12:00pm
Ages 8-12 | \$82.50 | Community Room in City Hall

K-6 ARTS AND CRAFTS TIME

Join us for a fun and creative time making arts and crafts! Choose one of our project ideas, or come up with one of your own. We’ll bring a wide variety of supplies each week including paints, pastels, pencils, paper, markers, glue, yarn, tape, and more! Limit 30 participants. Pre-registration guarantees your space in class. Drop-in fee: \$20.00 on a space available basis.

3248 | Fridays | July 11-Aug 22 | 9:00am-11:00am
Ages 5-12 | \$120.00 | Community Room in City Hall

3249 | Tuesday | July 01 and Aug 12 | 1:00pm-3:00pm
Ages 5-12 | \$36.00 | Community Room in City Hall

3257 | Thursday | July 03 and Aug 14 | 1:00pm-3:00pm
Ages 5-12 | \$36.00 | Community Room in City Hall

ENGINEERING CHALLENGE-FOR KIDS!

Build things, float things, make things go! Using the Engineering Design Process, and everyday materials like straws, balloons, paperclips and tape, you’ll team up to solve a different challenge each day. Get some science and physics know-how to help you in your quest, and then test your design and try to make it even better. Participants may attend a single class day, or the entire week. \$75.00/session or \$20.00/class day.

3272 | Mon-Thur | July 07-July 10 | 1:00pm-3:00pm
Ages 8-12 | Community Room in City Hall

3274 | Mon-Thur | Aug 18-Aug 21 | 1:00pm-3:00pm
Ages 8-12 | Community Room in City Hall

Teen Programs

TEEN PUNCH CARD PROGRAM

Purchase a 6-session punch card valid for any of our Summer Teen Classes for \$99!

TEEN TIME TRAVEL: ANCIENT ART AND CULTURE

Travel through time to explore the art and culture of ancient civilizations, and create historically inspired art in this fun, engaging class that’s just for teens!

Greece - 3300 | Monday | July 14
Scandinavia - 3301 | Monday | July 21
China - 3302 | Monday | July 28
Egypt - 3305 | Monday | August 04

All Classes are 9:00am-11:00am | Ages 13+ | \$20.00 per class or \$75.00 for full sessions (4) | Community Room in City Hall

ART EXPLORATION FOR TEENS

Explore a variety of artistic techniques in a casual, relaxed atmosphere.

Clay Printmaking - 3304 | Wednesday | July 16
Sumi Ink - 3305 | Wednesday | July 23
Batik - 3306 | Wednesday | July 30
Impasto Painting - 3307 | Wednesday | August 06

All classes are 9:00-11:00am | Ages 13+ | \$20.00 per class or \$75.00 for full session (4) | Community Room in City Hall

Kid and Teen Programs

TEEN ART STUDIO

Relax and enjoy time to create anything you'd like! We'll bring a variety of supplies like oil and chalk pastels, watercolor and acrylic paints, paint brushes, drawing pencils and various art papers. Instructor will be available to answer questions and provide tips on technique. Limit 30 participants. Pre-registration recommended. Drop-in on a space available basis.

3308 | Monday | June 30 | 1:00pm-3:00pm
Ages 13+ | \$20.00 | Community Room in City Hall

3309 | Wednesday | July 02 | 1:00pm-3:00pm
Ages 13+ | \$20.00 | Community Room in City Hall

3310 | Monday | August 11 | 1:00pm-3:00pm
Ages 13+ | \$20.00 | Community Room in City Hall

3311 | Wednesday | August 13 | 1:00pm-3:00pm
Ages 13+ | \$20.00 | Community Room in City Hall

ENGINEERING CHALLENGE, REAL WORLD EDITION

Think you can design the fastest balloon powered car? Maybe so, but can you do it in a limited time, and with a limited budget? In this fun, fast-paced class, we're adding a Real World twist to this classic design challenge. Make a quick concept sketch to "sell" your idea and get funding. Then, with your play money budget, you'll "shop" for supplies, including everyday materials like straws, balloons, tape, and cardboard, plus a few time-savers and performance enhancers for extra dough! Then you or your team will try to build your balloon-powered car before time runs out! What design choices will you make? How will your concept stack up against the rest? Will your balloon powered car win the race? Join us for a fun, fast-paced class where smart choices can help you come out on top! Limit 30 participants. Preregistration recommended. Drop-in on a space available basis

3312 | Wednesday | July 11 | 2:00pm-4:00pm
Ages 13+ | \$20.00 | Community Room in City Hall

ENGINEERING CHALLENGE, FAST & FURIOUS EDITION

We'll have 3 different fast-paced challenges that will test your knowledge, creativity, and resourcefulness. Get some quick science and physics tips to get started, then use everyday materials like craft sticks, tape, and rubber bands, to build, lift, and launch your way to success! Limit 30 participants. Preregistration recommended. Drop-in on a space available basis.

3313 | Friday | August 22 | 2:00pm-4:00pm
Ages 13+ | \$20.00 | Community Room in City Hall

City of Covington Community Room located in Covington City Hall



Your event. Our place.

Rent the Community Room for your next event! Birthday parties. Baby showers. Luncheons. Work meetings. Anniversary celebrations. Classes. Wedding receptions. Whatever event you are planning, the City of Covington's Community Room is the perfect space to host it.

Space Details:

Capacity	90 - Sit Down 120 - Reception-style
Square Footage	1,500 sq. ft.
Amenities	9 round five-foot tables 2 six-foot tables 2 eight-foot table Podium Ample free parking Full kitchen (additional fee)



For more information call us at
(253) 480-2400 or find it on the web
CovingtonWA.gov/roomrentals.html

Athletics

SUMMER ADULT SOFTBALL

The City of Covington Parks and Recreation Department is excited to announce Summer Coed Adult Softball. Register online at www.covingtonwa.gov/athletics or by calling (253) 480-2480. Don't have a team? Become a Free Agent and you will be added to a team!

FALL SPORTS - REGISTRATION COMING SOON

FALL SOCCER LEAGUES - YOUTH AGES 2-12

Soccer practices are weeknights and begin the week of Aug. 25. Games are Saturdays and begin Sept. 6 and end Oct. 25 (8 games). Practices and games are held at Covington schools and fields. Coaches and sponsors are always needed. Each participant will receive a team t-shirt. Registration deadline is July 31, after which participants will be placed on a space available basis with a \$15 late fee.

Co-ed Team Division Toddler (Age 2) - Program Fee \$58
Co-ed Team Divisions 3/4 and 5/6 - Program Fee \$68
Gender Specific Division 7/8-Program Fee \$68
Gender Specific Divisions 9/10, 11/12 - Program Fee \$78

FLAG FOOTBALL LEAGUES - YOUTH AGES 7-12

Football practices are weeknights and begin the week of Aug. 25. Games are Saturdays and begin Sept. 6 and end Oct. 25 (8 games). Practices and games are held at Covington schools and fields. Coaches and sponsors are always needed. Participants will receive a team t-shirt. Registration deadline is July 31, after which participants will be placed on a space available basis with a \$15 late fee.

Co-ed Team Divisions 7/8, 9/10, and 11/12- Program Fee \$78

VOLLEYBALL LEAGUES - YOUTH AGES 7-14

Volleyball practices are weeknights and begin the week of Oct. 20. Games are Saturdays and begin Nov. 1 and end Dec. 13 (7 games). Practices and games are held at Covington schools. Coaches and sponsors are always needed. Participants will receive a team t-shirt. Registration deadline is Oct. 16, after which participants will be placed on a space available basis with a \$15 late fee.

Co-ed Team Divisions 7/8, 9/10, 11/12 and 13/14 - Program Fee \$58

KIDZ LOVE SOCCER

Kidz Love Soccer has been providing communities with fun, organized soccer classes and camps for children ages 2 - 12 for years. Our team of trained instructors love teaching and bring a lot of energy and enthusiasm to the soccer field. Our youth classes teach kids all the fundamentals of soccer in a high-energy, non-competitive program designed to encourage good sportsmanship and a love for sports.

MOMMY/DADDY & ME SOCCER (Ages 2-3½ years)

Introduce yourself and your toddler to the world's most popular sport! Through our age-appropriate activities, your child will be developing their large motor and socialization skills. In Mommy/Daddy & Me Soccer parents are a part of the action!

3101 | Thursdays | July 10-August 7 | 5:15-5:45pm
Ages 2-3½ | \$53.00 | Covington Community Park

WEATHER INFORMATION HOTLINE (253) 480-2490

Call for up-to-date Covington Parks and Recreation program/event adjustments and rainouts due to poor weather.

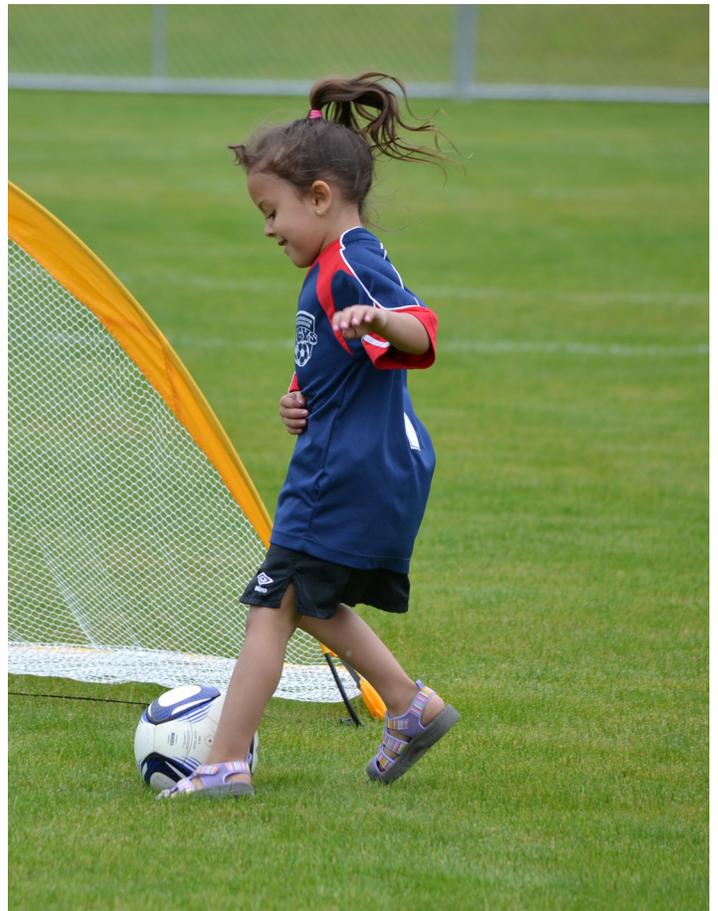
RECREATION & ATHLETICS REFUND POLICY

Full refunds, less ActiveNet online registration fee(s) will be given for any Recreation and Athletics program postponed, rescheduled or cancelled by the Covington Parks and Recreation Department.

Recreation and Athletics program credits and refunds must be requested at least one week prior to the start of the program. An administrative fee of \$10.00 per student will be assessed for each Recreation or Athletics program refund processed.

All Recreation and Athletics program credits and refunds requests made less than one week prior to the start of a program must be pre-approved and will only be given due to an extended illness or injury when verified by a healthcare professional and will carry a \$10.00 administrative fee per student for processing.

No program make-ups or discounts will be given for absences. No refunds or credits will be given once a program has begun. Some programs have specific refund policies. Please check prior to registration.



Athletics

TOT/PRE-SOCCER (Ages 3½-5 years)

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. Shin guards are required after the first meeting.

3102 | Thursdays | July 10-August 7 | 4:30-5:05pm
Ages 3½-5 | \$53.00 | Covington Community Park

SOCCER 1 (Ages 5-6 years)

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. Shin guards are required after the first meeting.

3203 | Thursdays | July 10-August 7 | 3:45-4:30 pm
Ages 5-6 | \$53.00 | Covington Community Park

SOCCER 2 – SKILLZ & SCRIMMAGES (Ages 7-10 years)

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.

3204 | Thursdays | July 10-August 7 | 6:00-6:45 pm
Ages 7-10 | \$63.00 | Covington Community Park

Summer Camps

SKYHAWKS SUMMER SPORTS CAMPS

Register at www.skyhawks.com | 1.800.804.3509

BASKETBALL CAMP

This fun, skill-intensive program is designed for beginning to intermediate athletes. An active week of passing, shooting, dribbling and rebounding makes this one of our most popular programs. Boys and girls will also learn vital life lessons such as respect, teamwork and responsibility. Participants should bring a lunch, a snack, a water bottle and wear appropriate clothing and gym shoes. Each participant will receive a T-shirt, a ball, and a player evaluation.

3243 | Mon-Thur | June 30-July 03 | 9:00am-3:00pm
Ages 7-12 | \$119.00 | Kentlake High School

SOCCER CAMP

Skyhawks is the nation's #1 camp for learning the fundamentals of soccer. Using our progression curriculum, boys and girls will gain the technical skills & sport knowledge required for that next step into soccer. Please wear appropriate clothing, shin guards, and cleats or comfortable shoes. Bring a lunch, a snack, a water bottle, and sunscreen. Each participant will receive a T-shirt, a ball, and a player evaluation.

3244 | Mon-Fri | July 07-July 11 | 9:00am-3:00pm
Ages 7-12 | \$145.00 | Covington Community Park

FLAG FOOTBALL CAMP

Boys and girls learn skills on both sides of the football including the core components of passing, catching and defense - all in a fun and positive environment. Please wear appropriate clothing and running shoes. Bring a water bottle, sunscreen, and two snacks. Each participant will receive a T-shirt, a ball, and a player evaluation.

3245 | Mon-Fri | July 21-July 25 | 9:00am-12:00pm
Ages 7-12 | \$109.00 | Covington Community Park

GYMNASTICS SUMMER CAMP

Our five day Summer Gymnastic Camp will be offering crafts, T-shirt, and a gymnastics medal. We will also be working on all events, tramp, and playing in our Wacky World inflatable. All a part of a fun five days at Hart's gymnastics. Hart's will provide a simple snack and campers should bring a sack lunch. Located at Hart's Gymnastic Center.

3228 | Mon-Fri | July 14-July 18 | 8:00 am-3:00 pm
Ages 6 – 12 | \$125.00/1 child \$200/2 siblings \$250/ 3 Siblings

3229 | Mon-Fri | Aug 11-Aug 15 | 8:00 am-3:00 pm
Ages 6 – 12 | \$125.00/1 child \$200/2 siblings \$250/ 3 Siblings

KENTWOOD YOUTH TRACK & FIELD SUMMER CAMP

The Kentwood Track and Field Youth Summer Camp exists to teach participants the basic components of Track & Field. Campers will be exposed to all event areas of Track & Field and will have multiple opportunities to learn and practice. Each participant will receive a camp T-shirt and daily snacks. The camp is run by Steve Roche the head Track and Field coach at Kentwood High School, as well as assistant coaches, and current and former Kentwood athletes. Parents are encouraged to come on Friday for a camp Track Meet.

3220 | Mon-Fri | July 07-July 11 | 9:00am-12:00pm
Ages 6-14 | \$75.00 | Kentwood High School



Gymnastics & Dance

HART'S GYMNASTIC CENTER

The following classes will be held at Hart's Gymnastic Center www.hartsgymnastics.com

GYMNASTICS-GIRLS (Ages 6 – 12 years)

At Hart's Gymnastic Center we combine the fun with fitness while offering you the best gymnastic instruction in the Northwest!

- 3208 | Mondays | July 07- July 28 | 5:00-5:55 pm | \$58.00
- 3209 | Mondays | July 07- July 28 | 6:00-6:55 pm | \$58.00
- 3210 | Wednesdays | July 09- July 30 | 5:00-5:55 pm | \$58.00
- 3211 | Wednesdays | July 09- July 30 | 6:00-6:55 pm | \$58.00
- 3212 | Saturdays | July 12- Aug 02 | 10:00-10:55 am | \$58.00
- 3213 | Saturdays | July 12- Aug 02 | 11:00-11:55 am | \$58.00
- 3214 | Mondays | Aug 04- Aug 25 | 5:00-5:55 pm | \$58.00
- 3215 | Mondays | Aug 04- Aug 25 | 6:00-6:55 pm | \$58.00
- 3216 | Wednesdays | Aug 06-Aug 27 | 5:00-5:55 pm | \$58.00
- 3217 | Wednesdays | Aug 06-Aug 27 | 6:00-6:55 pm | \$58.00
- 3218 | Saturdays | Aug 09-Aug 30 | 10:00-10:55 am | \$58.00
- 3219 | Saturdays | Aug 09-Aug 30 | 11:00-11:55 am | \$58.00

GYMNASTICS-BOYS (Ages 6 – 12 years)

Boys will learn beginning level skills on the six Olympic men's events while also enjoying the trampoline and loose foam pits.

- 3226 | Wednesdays | July 9-July 30 | 5:00-5:55 pm | \$58.00
- 3227 | Wednesdays | Aug 6- Aug 27 | 5:00-5:55 pm | \$58.00

GYMNASTICS-PRESCHOOL (Ages 3 - 5 years)

In the Preschool classes your child will be introduced to basic movement and gymnastics.

- 3105 | Mondays | July 7-July 28 | 5:00-5:45 pm | \$50.00
- 3106 | Wednesdays | July 9-July 30 | 3:00-3:45 pm | \$50.00
- 3107 | Wednesdays | July 9-July 30 | 5:00-5:45 pm | \$50.00
- 3108 | Saturdays | July 12-Aug 02 | 10:00-10:45 am | \$50.00
- 3109 | Saturdays | July 12-Aug 02 | 11:00-11:45 am | \$50.00
- 3110 | Mondays | Aug 04-Aug 25 | 5:00-5:45 pm | \$50.00
- 3111 | Wednesdays | Aug 06-Aug 27 | 3:00-3:45 pm | \$50.00
- 3112 | Wednesdays | Aug 06-Aug 27 | 5:00-5:45 pm | \$50.00
- 3113 | Saturdays | Aug 09-Aug 30 | 10:00-10:45 am | \$50.00
- 3114 | Saturdays | Aug 09-Aug 30 | 11:00-11:45 am | \$50.00

GYMNASTICS-MOVEMENT (Ages 16 mos. - 3 years)

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

- 3103 | Saturdays | July 12-Aug 02 | 9:00-9:45 am | \$50.00
- 3104 | Saturdays | Aug 09-Aug 30 | 9:00-9:45 am | \$50.00

DANCE ARTS COVINGTON

All dance classes will be held at Dance Arts studio - 31040 E Lake Morton Dr SE Kent, WA 98042.

DISNEY PRINCESSES AND FRIENDS (Ages 5 – 8 years)

Each day we will focus on a different princess and incorporate dancing, acting, arts, and crafts to go with the theme. A performance for family and friends will be held on the last day of each camp. Wear comfortable clothes to move in and ballet slippers.

- 3224 | Mon-Thur | June 16-June 20 | 10:00am-12:30pm | \$120.00
- 3225 | Mon-Thur | June 23-June 27 | 10:00am-12:30pm | \$120.00
- 3230 | Mon-Thur | July 14- July 18 | 10:00am-12:30pm | \$120.00
- 3231 | Mon-Thur | July 21-July 25 | 10:00am-12:30pm | \$120.00
- 3232 | Mon-Thur | July 28- Aug 01 | 10:00am-12:30pm | \$120.00

POP STARS (Ages 9 – 13 years)

Have you ever wanted to star in a music video? Well now here's your chance! Students will get to create their own video performance incorporating dancing, lip syncing, fashion, Please bring a water bottle and a snack. Parents are welcome to observe the performances on the last day of camp. Wear comfortable clothes to move in and clean sneakers.

- 3233 | Mon-Thur | June 16-June 20 | 10:00am-12:30pm | \$120.00
- 3234 | Mon-Thur | June 23-June 27 | 10:00am-12:30pm | \$120.00
- 3235 | Mon-Thur | July 14- July 18 | 10:00am-12:30pm | \$120.00
- 3261 | Mon-Thur | July 21-July 25 | 10:00am-12:30pm | \$120.00
- 3262 | Mon-Thur | July 28- Aug 01 | 10:00am-12:30pm | \$120.00



Fitness

ZUMBA

Come join the "Fitness Party" and dance your way to fitness using fun, high-energy Latin and international rhythms. It's easy to do, effective and exhilarating! No experience is necessary.

- 3406 | Tue/Thur | July 1- July 31 | 5:30-6:30pm | Ages 14+ | \$45.00
10 classes or Punch Card 5 Visits \$30 | Community Room in City Hall

- 3407 | Tue/Thur | Aug 4- Aug 28 | 5:30-6:30pm | Ages 14+ | \$36.00
8 classes or Punch Card 5 Visits \$30 | Community Room in City Hall

HATHA YOGA-CHILDREN WELCOME- FRIENDSHIP PARK

This yoga class will take place outdoors at Friendship Park located at 15808 SE 254th Place. Build strength and flexibility while your child(ren) are next to your mat or playing nearby! Come early to set up your spot and settle your kiddo(s), stay late to socialize with other active parents. Bring a yoga mat and wear workout clothing. Water and snacks are encouraged, but please be aware that the park doesn't have bathrooms. Don't forget your sunglasses and sunscreen.

- 3408 | Tue/Thur | July 1- July 31 | 10:00-11:00am | Ages 12+ | \$70.00
10 classes or Punch Card 5 Visits \$45 | Community Room in City Hall

- 3409 | Tue/Thur | Aug 4- Aug 28 | 10:00-11:00am | Ages 12+ | \$56.00
8 classes or Punch Card 5 Visits \$45 | Community Room in City Hall

Join us for the

Covington Days Festival!

Volunteer

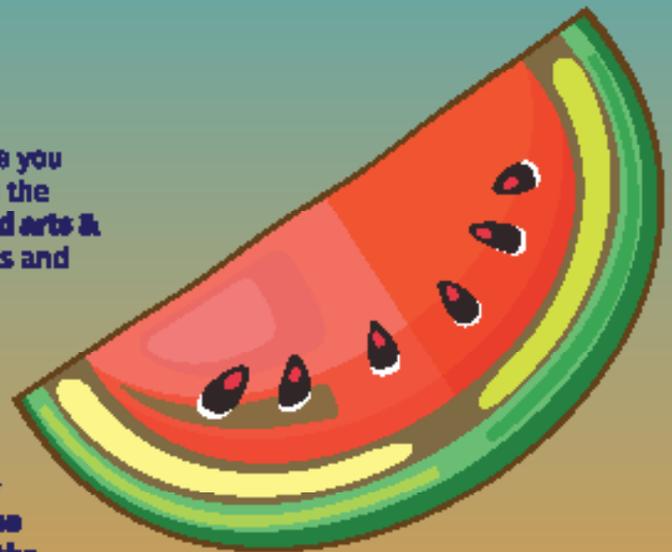
We have a ton of volunteer shifts available throughout the festival! **We need kids zone attendants, festival ground monitors, and main entrance attendants.** Shifts are a minimum of two hours and volunteers must attend a volunteer meeting the week before the festival. We have great volunteer thank you gifts, too!

Arts & Crafts Vendors

Do you make and sell handmade products, or have you ever wanted to try? The Covington Days Festival is the perfect opportunity to set up a booth! **The reduced arts & crafts vendor fee is only \$30.** Find out more details and even download a vendor application form at www.covingtonwa.gov/covingtondays

Parade Participation

Showcase your group, organization or business by marching in the festival parade! **Participating in the parade is free and fun!** The more creative you are the better chance you have at impressing the judges and winning a parade award. Parade applications can also be found on our website



Saturday, July 19 and Sunday, July 20



Online at www.covingtonwa.gov/covingtondays

Aquatics

Swimming Classes

SWIMMING LESSON SESSIONS

MONDAY-FRIDAY MORNING SESSIONS

30-minute classes, 7:30am-12:00pm

6/16 - 6/27, 10-class session 31CLASSCODE.26

6/30 - 7/11, 9-class session 32CLASSCODE.26

7/14 - 7/25, 10-class session 33CLASSCODE.26

7/28 - 8/8, 10-class session 34CLASSCODE.26

8/11 - 8/22, 10-class session 35CLASSCODE.26

MONDAY/WEDNESDAY EVENING SESSIONS

30-minute classes, 4:00pm-7:00pm

6/23 - 7/23, 10-class session 31CLASSCODE.24

7/28 - 8/27, 10-class session 32CLASSCODE.24

TUESDAY/THURSDAY EVENING SESSIONS

30-minute classes, 4:00pm-7:00pm

6/24 - 7/24, 10-class session 31CLASSCODE.35

7/29 - 8/28, 10-class session 31CLASSCODE.35

FRIDAY EVENING SESSIONS

30-minute classes, 4:00pm-7:00pm

6/27 - 8/29, 9-class session 31CLASSCODE.06

SATURDAY EVENING SESSIONS

30-minute classes, 4:00pm-7:00pm

6/28 - 8/30, 9-class session 31CLASSCODE.07

SUNDAY EVENING SESSIONS

30-minute classes, 4:00pm-7:00pm

6/29 - 8/24, 8-class session 31CLASSCODE.01

SWIMMING LESSON PRICING

10-CLASS SESSIONS

Parent & Child, \$67.50 (CDF \$55.00)

Preschool Aquatics, \$95.00 (CDF \$77.50)

Learn-to-Swim, \$95.00 (CDF \$77.50)

Competitive, \$150.00 (CDF \$125.00)

9-CLASS SESSIONS

Parent & Child, \$60.75 (CDF \$49.50)

Preschool Aquatics, \$85.50 (CDF \$69.75)

Learn-to-Swim, \$85.50 (CDF \$69.75)

Competitive, \$135.00 (CDF \$112.50)

8-CLASS SESSIONS

Parent & Child, \$54.00 (CDF \$44.00)

Preschool Aquatics, \$76.00 (CDF \$62.00)

Learn-to-Swim, \$76.00 (CDF \$62.00)

Competitive, \$120.00 (CDF \$100.00)

PARENT & CHILD AQUATICS

All Parent & Child classes are scheduled for 30 minutes with availability scheduled between the listed time ranges.

PARENT & CHILD AQUATICS (CLASS CODE: 11)

This is a split-level class of both Parent & Child Level 1 and Level 2. A parent or guardian must accompany the infant or child in the water. Our instructors follow a plan to introduce new swimming and water safety skills that are developmentally appropriate for infants and young children. It is important to understand this program is not designed to teach children to become good swimmers or survive in the water on their own, rather we teach infants and young children to enter and exit the water safely, feel comfortable in the water, submerge and explore breath control, explore floating on the back and front, and play safely in the water.

PRESCHOOL AQUATICS

For each level of Preschool Aquatics, our instructors follow a plan to introduce new swimming and water safety skills that are developmentally appropriate for young children. Certain milestones are necessary for successful completion of each level. It is quite common for children to participate in several sessions of a level before they are able to successfully demonstrate all the skills to move on. That's okay! It is not important how quickly they move through a level, but that they acquire each skill. All Preschool Aquatics classes are scheduled for 30 minutes with availability scheduled between the listed time ranges.

PRESCHOOL AQUATICS LEVEL 1 (CLASS CODE: 21)

Milestones include: entering the water independently using the ladder, steps, or side and travel at least five yards; submerging mouth and blowing bubbles for at least three seconds; exiting the water safely; gliding on front for at least two body lengths; rolling to back and floating for three seconds; and recovering to a vertical position.

PRESCHOOL AQUATICS LEVEL 2 (CLASS CODE: 22)

Milestones include: gliding on front at least two body lengths; rolling to back, floating on back for five seconds then recovering to a vertical position; gliding on back for at least two body lengths; rolling to front, floating for five seconds then recovering to a vertical position; swimming using combined arm and leg actions on front for three body lengths; and rolling to back, floating for five seconds, rolling to front then continuing to swim on front for three body lengths.

PRESCHOOL AQUATICS LEVEL 3 (CLASS CODE: 23)

Milestones include: stepping from the side into chest-deep water; moving into a front float for five seconds, rolling to back, floating for five seconds then recovering to a vertical position; moving into a back float for five seconds, rolling to front then recovering to a vertical position; pushing off and swimming using combined arm and leg actions on front for five body lengths; rolling to back, floating for 15 seconds, rolling to front then continuing to swim for five body lengths.

PRIVATE SWIMMING LESSONS

One-on-one swimming lessons are tailored to meet the student's needs. Private Lessons are booked individually with available instructors, as water space allows during lessons. Students may enroll in individual dates, or in multiple Private Lessons to create their own customized "session," to work their own schedule and goals. Students may also register together for the same Private Lesson over-the-phone or in-person at the Covington Aquatic Center, subject to Semi-Private Swimming Lesson fees.

Private Swimming Lessons cost \$35.00 (CDF \$29.00)/30-minute class session
Semi-Private Lessons cost \$22.00 (CDF \$18.00) each student/30-minute class session

Aquatics

LEARN-TO-SWIM AQUATICS

For every level of Learn-to-Swim, our instructors follow a plan to introduce new swimming and water safety skills and build on previously learned skills. It is common for children to participate in several sessions of a Learn-to-Swim level before they successfully demonstrate each skill to move on. All Learn-to-Swim classes are scheduled for 30 minutes with availability scheduled between the listed time ranges.

LEARN TO SWIM AQUATICS LEVEL 1 (CLASS CODE: 31)

Milestones include: entering the water independently using ladder, steps, or side; traveling at least five yards, bobbing three times then safely exiting the water.; gliding on front supported at least two body lengths; rolling to a back float for three seconds with support; and recovering to a vertical position with support.

LEARN TO SWIM AQUATICS LEVEL 2 (CLASS CODE: 32)

Milestones include: stepping from the side into chest-deep water; moving into a front float for five seconds, rolling to back, floating for five seconds then recovering to a vertical position; moving into a back float for five seconds, rolling to front then recovering to a vertical position; and pushing off and swimming using combined arm and leg actions on front for five body lengths, rolling to the front then continue swimming for five body lengths.

LEARN TO SWIM AQUATICS LEVEL 3 (CLASS CODE: 33)

Milestones include: Learn-to-Swim Level 3 include: jumping into deep water from the side; swimming the front crawl for 15 yards; maintaining position by treading or floating for 30 seconds; and swimming the elementary backstroke for 15 yards.

LEARN TO SWIM AQUATICS LEVEL 4 (CLASS CODE: 34)

Milestones include: swimming the front crawl for 25 yards; swimming the elementary backstroke for 25 yards; swimming the breaststroke for 15 yards; swimming the back crawl for 15 yards; and open turns on the front and back.

LEARN TO SWIM AQUATICS LEVEL 5 (CLASS CODE: 35)

Milestones include: performing a shallow-angle dive into deep water; swimming the front crawl for 50 yards; swimming the breaststroke for 25 yards; and swimming the back crawl for 25 yards.

LEARN TO SWIM AQUATICS LEVEL 6 (CLASS CODE: 36)

Milestones include: swimming 500 yards continuously using any three strokes of choice, swimming at least 50 yards of each stroke; jumping into deep water and performing a survival float for five minutes; and performing a surface dive, retrieving an object from the bottom of the pool at a depth of 7-10 feet, returning to the surface and returning to the starting point. Once participants complete Level 6 they may want to continue to further refine their strokes or are eligible to participate in our Competitive Swimming class.

COMPETITIVE SWIM TRAINING (CLASS CODE: 51)

Competitive Swim Training focuses on the four competitive swimming strokes (crawlstroke, back crawl, breaststroke, and butterfly), swimming drills, endurance, interval training, starts turns, and other competitive swimming skills. Students must be at a Learn-to-Swim Level 6 skill level in the competitive swimming strokes in order to participate in this class.

Competitive Swim Training classes are scheduled for 1-hour with availability scheduled between the listed time ranges.

ADVANCED SWIM TRAINING (CLASS CODE: 61)

This Class is intended for competitive swimmers or lap swimmers, at least 13 years old, who wish to practice their skills, improve their technique, and continue to develop their swimming endurance.

Advanced Swim Training classes are scheduled for one hour with availability scheduled between the listed time ranges.

Advanced Training LIFEGUARD TRAINING

The American Red Cross Lifeguarding course teaches candidates the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries. Please bring a swimsuit and towel for the skills evaluation on the first day and for every class.

*Course Materials Provided.

COURSE PREREQUISITES:

*Must be at least 15 years of age before the last scheduled class.

*Must be able to demonstrate 300-yard swim continuously demonstrating breath control and rhythmic breathing using a combination of the front crawl and breaststroke.

*Must be able to tread water for two minutes using only the legs.

*Must be able to swim 20 yards head-high using front crawl or breaststroke, starting in the water, surface dive 12-feet, retrieve a 10-pound brick, return to the surface, swim 20 yards on the back to return to the starting point with both hands on the brick and exit the water without using a ladder or steps within one minute and 40 seconds without swim goggles.

3191.76 | Sat, Tue-Fri | June 21- June 27 | 8:00-3:00pm
Ages 15-Adult | \$240.00 (CDF \$200.00)

3291.06 | Fri | July 25- August 29 | 3:00-8:00pm
Ages 15-Adult | \$240.00 (CDF \$200.00)

AQUATICS CLASS LOCATION AND CONTACT INFORMATION

All aquatics classes are located at the Covington Aquatic Center
18230 SE 240th St, Covington, WA 98042,
next to Tahoma High School.

Phone: (253) 480-2480
Email Address: parks@covingtonwa.gov
Website: www.covingtonwa.gov/CAC

Schedule and program information is subject to change. For the most up-to-date information, please visit www.covingtonwa.gov/CAC.

Aquatics

AQUATIC VOLUNTEER ACADEMY

The Aquatic Volunteer Academy (AVA) course uses a combination of junior lifeguard and Instructor aide training to teach water safety, drowning prevention, and basic swim instruction skills. The course will help develop swimming skills, introduce critical life saving techniques, and cover basic emergency response. Please be aware that while AVA teaches water safety, it is not a lifeguard certification class. Upon successful completion, participants are eligible to volunteer at the Covington Aquatic Center as Junior Lifeguards and Instructor Aides. The skills evaluation will occur on the first day of the course. Please bring a swimsuit and towel for the skills evaluation and every class. (100% attendance and participation is required.)

COURSE PREREQUISITES:

- *Must be 11-15 years of age before the last scheduled class.
- *Must be able to swim front crawl stroke for 25 yards.
- *Must be able to tread water for one minute.
- *Must be able to swim under water for 10 feet.

3193.35.1400 | Mon/Wed/Fri | August 4- August 8
2:00-5:00pm | Ages 11-15 | \$40.00 (CDF \$30.00)

Day Camps

DASH & SPLASH

Dash over to the Aquatic Center and splash into the fun! This camp keeps you moving with outdoor group games and activities for the first hour, followed by an hour of in-water activities led by our certified American Red Cross Lifeguard and Water Safety Instructors. There are opportunities to participate in skill building sessions, such as learning to dive or improving diving or swimming skills. Participants should wear comfortable workout clothing and running shoes to each class and bring a swimming suit, towel, water bottle, and sunscreen. Public swims immediately follow the Dash & Splash camp from 2-4 p.m. throughout the summer. Participants may stay for the public swims by paying the drop-in rate or purchasing an Aqua Membership. A summer Aqua Membership is included in the "Dash & Splash Package."

3181.35.1200 | Tue/Thu | June 24- July 24 | 12:00-2:00pm
Ages 6-14 | \$95.00 (CDF \$77.50)

3281.35.1200 | Tue/Thu | July 29- August 28 | 12:00-2:00pm
Ages 6-14 | \$95.00 (CDF \$77.50)

Dash & Splash Package: This package includes both sessions of Dash & Splash and a 3-Month Youth Aqua Membership - all for the price of a standard 3-Month Aqua Membership! Swim all summer long and enjoy our Dash & Splash camp, all at an affordable price!

Dash & Splash Package \$112.50 (CDF \$93.75)

Water Exercise

DROP-IN WATER AEROBICS

Water Aerobics courses 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.

DEEP WATER EXERCISE

Deep Water Exercise 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.

9:30am-10:30am Sunday - Saturday
8:00pm-9:00pm Tuesday/Thursday

SHALLOW WATER EXERCISE

This is a low impact class that provides a great aerobic and cardiovascular workout with muscle toning. It is fun and adaptable to any fitness level, from those recovering from a 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.

8:30am-9:30am Monday - Friday

WATER AEROBICS PRICING

There are three different ways to pay for Water Exercise: Drop-In Rates, 10-Visit Discount Cards, and WaterX Memberships, which include unlimited participation for the duration of the membership. How much money you save with the options depends upon how often you come to class. Choose the option that works best for you!

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, \$170.00 (CDF \$140.00)
3-Month Senior/Disabled, \$130.00 (CDF \$105.00)
12-Month Youth/Adult, \$340.00 (CDF \$280.00)*
12-Month Youth/Adult, \$260.00 (CDF \$210.00)*

**Monthly payment plan available for 12-Month Memberships*



Aquatics

Pool Schedule

SUMMER SCHEDULE RUNS 6/16/14-8/31/14

Pool Closed 7/4/14 for Holiday

Sundays

9:30am - 10:30am Deep Water Exercise Class
 9:30am - 12:00pm Swimming Lessons
 11:30am - 1:00pm Lap Swim
 12:00pm - 1:00pm Family Swim
 1:00pm - 2:00pm Public Swim (with Octopus!)
Private Parties available starting at 2:00pm

Mondays / Wednesdays

5:30am - 7:00am Lap Swim & Family Swim
 7:30am - 12:00pm Swimming Lessons
 8:30am - 9:30am Shallow Water Exercise
 9:30am - 10:30am Deep Water Exercise
 11:30am - 1:00pm Lap Swim
 12:00pm - 1:00pm Family Swim
 2:00pm - 4:00pm Public Swim (with Magic Carpet!)
 4:00pm - 7:00pm Swimming Lessons
 7:00pm - 8:00pm Public Swim (Monday Half-Public Swim Only)
 8:00pm - 9:00pm Lap Swim & Family Swim

Tuesdays / Thursdays

7:30am - 12:00pm Swimming Lessons
 8:30am - 9:30am Shallow Water Exercise
 9:30am - 10:30am Deep Water Exercise
 11:30am - 1:00pm Lap Swim
 12:00pm - 1:00pm Family Swim
 2:00pm - 4:00pm Public Swim (with Magic Carpet!)
 4:00pm - 7:00pm Swimming Lessons
 7:00pm - 8:00pm Public Swim (with Magic Carpet!)
 8:00pm - 9:00pm Lap Swim & Deep Water Exercise

Fridays

5:30am - 7:00am Lap Swim & Family Swim
 7:30am - 12:00pm Swimming Lessons
 8:30am - 9:30am Shallow Water Exercise
 9:30am - 10:30am Deep Water Exercise
 11:30am - 1:00pm Lap Swim
 12:00pm - 1:00pm Family Swim
 2:00pm - 4:00pm Public Swim (with Magic Carpet!)
 4:00pm - 7:00pm Swimming Lessons
 7:00pm - 8:00pm Lap Swim & Half-Public Swim
 8:00pm - 10:00pm Promotional Public Swim (with Octopus!)

Saturdays

9:30am - 10:30am Deep Water Exercise Class
 9:30am - 12:00pm Swimming Lessons
 11:30am - 1:00pm Lap Swim
 12:00pm - 1:00pm Family Swim
 1:00pm - 2:00pm Public Swim (with Octopus!)
 2:00pm - 3:00pm Public Swim (with Octopus!)
Private Parties available starting at 3:00pm

Private Parties

PRIVATE POOL RENTALS

The Covington Aquatic Center is available for Private Party Rentals on weekends, and as scheduled, depending upon availability. Private rental fees are based upon the number of swimmers

Pool Rentals

Pool Rentals include private use of the swimming pool, are fully lifeguarded, and include all available amenities, which generally includes the use of the diving board, rope swing, water slide, and octopus.

Saturdays, 3:00-8:00pm

Sundays, 2:00-5:00pm

**Other times may be available, upon request.*

Party Room Rentals

The Party Room at the Covington Aquatic Center is available for rental along with, or separately from Pool Rentals, subject to availability. It is reserved in 50-minute increments, starting on the hour. (The last 10-minutes of each hour are reserved for lifeguards to inspect and clean, as necessary.)

PRIVATE POOL RENTAL PRICING

Fees are listed per hour

1-25 Swimmers	\$150.00	(CDF \$125.00)
26-60	\$195.00	(CDF \$160.00)
61-90	\$235.00	(CDF \$195.00)
91-120	\$260.00	(CDF \$215.00)
121-150	\$280.00	(CDF \$230.00)
Party Room (50-minutes)	\$45.00	(CDF \$35.00)



DON'T MISS THESE GREAT SPECIAL EVENTS!



Saturday, July 19 & Sunday, July 20



Fridays - July 25, Aug. 1 & Aug. 8



Saturday, Aug. 16 | 10 a.m.-2 p.m.

**Community Tree Lighting
Celebration**



Saturday, Dec. 6

Registration Information

Online

Class information and details can be viewed online at www.CovingtonWA.gov/Parks. You must create a user account if you want to register and pay online.

Phone

Register for Covington Parks & Recreation programs by calling (253) 480-2480.

Mail

Or, mail in a printed form to sign up for classes. Forms can be downloaded from the web or picked up at Covington City Hall at 16720 SE 271st St. in Covington.