

City of
covington
growing toward greatness
PARKS AND RECREATION

fall 2015 recreation guide



city of
covington
growing toward greatness

LET'S LEARN
covington

LET'S SWIM
covington

LET'S PLAY
covington

www.covingtonwa.gov/parks
(253)480-2480
parks@covingtonwa.gov

Athletics

p 3-4



Youth Recreation

p 5-10



Adult Recreation

p 11



Aquatics

p 12 - 15



A word from the Mayor



It's going to be very easy to get active in our community this fall and winter with all the great programs Covington Parks and Recreation is offering in athletics, recreation and aquatics.

Athletics is offering the ever-popular soccer and the thrills of volleyball for fall. This winter, there will also be youth basketball. You can register the kids NOW for these athletic programs or just come and cheer for our youth athletes as they experience the excitement of team sports!

Recreation is offering some great youth programs like Gymnastics, Super Sitters, Safe at Home Class, Kids Love Soccer, Martial Arts, and Bricks 4 Kidz. Adventurous kids might want to join the Little Explorers' Workshop or Witty CSI Lab starting this fall. Adults looking to get active might want to join in on the Zumba, Martial Arts and Boot Camp fitness activities. Recreation will also be offering the following camps this winter: Chocolate Camp Holiday Edition, Bricks 4 Kidz Winter Break Camp and Gymnastics Holiday Camp.

At Covington Aquatic Center you can take swim lessons year-round and participate in water aerobics for any age or skill level. You are invited to bring your whole family for a "splashing" good time during the family and public swims any day of the week; and at the Friday Night Swims, too. Upcoming popular special events at our pool include the Spooky Swim, Halloween Swim, and the Hollydaze Float-In Movies.

With all of these amazing opportunities approaching quickly, there is an activity for anyone no matter skill level or age. I encourage you to sign up soon to secure your spot in any of these programs as they tend to fill up fast!

Your Mayor,
Margaret Harto

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

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.

Fall Volleyball League

We offer teams for kids entering 2nd grade - 8th grade.

Games are on Saturdays starting on Nov. 7, 2015. Season ends on Dec. 10, 2015.

There are a few spots remaining! Sign up today!

Winter Basketball

This winter Covington Parks & Recreation will be offering youth basketball leagues for ages 3-14. Our winter youth basketball leagues are geared toward providing an opportunity for the recreational basketball player to sharpen skills and broaden his or her knowledge of basketball with emphasis on fun, participation, and sportsmanship. Practices will be one day a week on weekday afternoons and games will be on Saturdays at local schools.

Registration opens September 1 and the last day to register without a late fee is December 11. Practices will start the week of December 14, and the first game will be January 16. There will be 8 weeks of games with the last game being on March 5.

Along with the 8 games, your child will also receive a team t-shirt and a certificate.

Our mission is to provide high-quality youth programs with an emphasis on fun, participation, and sportsmanship.

Grade	Fee
Pre-K	\$63.00
Kindergarten	\$63.00
1st/2nd Grade	\$63.00
3rd/4th Grade	\$70.00
5th/6th Grade	\$70.00
7th/8th/9th Grade	\$70.00

Games begin January 16, 2015.

Games on Saturdays @ Mattson and Cedar Heights

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



**MAPLE VALLEY PARKS & REC
ADULT SPORTS LEAGUES**
come play on our team!
MAPLEVALLEYWA.GOV

Interested in Adult Leagues?

Check out our neighboring city, Maple Valley! They offer adult sports such as co-ed volleyball, kickball, softball, soccer, and more!

Please visit www.maplevalleywa.gov or call (425)432-9953 for more information!

Athletics

Covington Parks & Recreation Youth Athletics Schedule

Updated 8.12.15
 covington city of covington
 growing toward greatness

Sport	Registration	Fees	Grades	Coaches Mtg. Date	Practice Starts the week of	Primary Game Days	Games Start	Picture Day	Season Ends
Fall Soccer (Fall)	Register between June 16-August 14	\$55- Toddler \$63- PreK-3rd \$73- 4th-7th	U Format: U3, U4, U6, U7, U9, U12	Aug. 18, 2015	Aug. 24, 2015	Saturdays	Sept. 12, 2015	Sept. 19, 2015	Oct. 31, 2015
Co-Ed Volleyball (Fall)	Register between June 30-Oct. 16	\$63	2nd/3rd, 4th/5th, 6th/7th/8th	Oct. 15, 2015	Oct. 19, 2015	Saturdays	Nov. 7, 2015	TBA	Dec. 19, 2015
Basketball (Winter)	Register between Sept. 1-Dec. 11	\$63- PreK-3rd \$73- 4th-9th	PreK, Kindergarten, 1st/2nd, 3rd/4th, 5th/6th; 7/8th	Dec. 10, 2015	Dec. 14, 2015	Saturdays	Jan. 16, 2016	TBA	March 5, 2016
Spring Soccer (Spring)	Register between Dec. 1-Feb. 20	\$55- 2 years old \$63- 3-9 years old \$73- 10+	U Format: U3, U4, U6, U7, U9, U12	Feb. 25, 2015	Mar. 1, 2015	Saturdays	Mar. 12, 2016	TBA	April 23, 2016
Baseball (Boys Kid Pitch) (Spring)	Register between Dec. 1-April 10	\$63	6th/7th/8th	April 16, 2015	April 25, 2016	Saturdays	May 7, 2016	TBA	June 18, 2016
Fastpitch (Girls Kid Pitch) (Spring)	Register between Dec. 1-April 10	\$63	6th/7th/8th	April 16, 2015	April 25, 2016	Saturdays	May 7, 2016	TBA	June 18, 2016
Coach Pitch (Spring)	Register between Dec. 1-April 10	\$55	2nd/3rd, 4th/5th	April 14, 2015	April 25, 2016	Saturdays	May 7, 2016	TBA	June 18, 2016
T-Ball (Spring)	Register between Dec. 1-April 10	\$55	Pre-K, Kindergarten, 1st	April 14, 2015	April 25, 2016	Saturdays	May 7, 2016	TBA	June 18, 2016
Co-Ed Flag Football (Summer)	Register between March 13-June 19	\$70	1st/2nd, 3rd/4th, 5th/6th, 7th/8th	June 23, 2015	July 10, 2015	Saturdays	July 16, 2015	TBA	August 27, 2016

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	9/16-10/21	6pm-6:30pm	\$75.00	42200

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	9/16-10/21	5:15pm-5:50pm	\$75.00	42204

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	9/16-10/21	4:30pm-5:15pm	\$75.00	42205

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	9/16-10/21	3:45pm-4:30pm	\$75.00	42206

Martial Arts

Learning, sweating and smiling. Our structured curriculum allows us to focus each week on various drills and activities to promote agility, strength, speed, attention and self-discipline, while learning martial arts.

Prices are for each month: September, October, November, and December

Ages	Day	Time	Ages	Day	Time
4+	Monday*	5pm-6pm	4-9	Saturday	11am-12pm
4-9	Tuesday/ Thursday	4:15pm-5pm	10+	Saturday	12pm-1pm
10+	Tuesday/ Thursday	5pm-6pm			
*Beginners			Monthly Fees: One class per week: \$60.00 Two classes per week: \$80.00		



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

Register online at 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: \$58 per session



Day	Date	Time	Act. #
Mon	8/31-9/28	5pm-5:55pm	42347
Tue	9/1-9/22	6pm-6:55pm	42348
Thu	9/3-9/24	5pm-5:55pm	42349
Mon	10/5-10/26	5pm-5:55pm	42350
Tue	10/6-10/27	6pm-6:55pm	42351
Thu	10/1-10/22	5pm-5:55pm	42352
Mon	11/2-11/23	5pm-5:55pm	42354
Tue	11/3-11/24	6pm-6:55pm	42355
Thu	10/29-11/19	5pm-5:55pm	42356
Mon	11/30-12/21	5pm-5:55pm	42357
Tue	12/1-12/22	6pm-6:55pm	42358
Thu	12/3-12/17	5pm-5:55pm	42359

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: \$58 per session

Day	Date	Time	Act. #
Mon	8/31-9/28	5pm-5:55pm	42291
Mon	8/31-9/28	6pm-6:55pm	42292
Mon	8/31-9/28	7pm-7:55pm	42293
Wed	9/2-9/23	5pm-5:55pm	42297
Wed	9/2-9/23	6pm-6:55pm	42298
Wed	9/2-9/23	7pm-7:55pm	42299
Sat	9/12-10/3	10am-10:55am	42303
Sat	9/12-10/3	11am-11:55am	42304
Mon	10/5-10/26	5pm-5:55pm	42305
Mon	10/5-10/26	6pm-6:55pm	42306
Mon	10/5-10/26	7pm-7:55pm	42307
Wed	10/7-10/28	5pm-5:55pm	42311
Wed	10/7-10/28	6pm-6:55pm	42312
Wed	10/7-10/28	7pm-7:55pm	42313
Sat	10/10-10/31	10am-10:55am	42317
Sat	10/10-10/31	11am-11:55am	423118

Day	Date	Time	Act. #
Mon	11/2-11/23	5pm-5:55pm	42319
Mon	11/2-11/23	6pm-6:55pm	42320
Mon	11/2-11/23	7pm-7:55pm	42321
Wed	11/4-11/25	5pm-5:55pm	42325
Wed	11/4-11/25	6pm-6:55pm	42326
Wed	11/4-11/25	7pm-7:55pm	42327
Sat	11/7-11/28	10am-10:55am	42331
Sat	11/7-11/28	11am-11:55am	42332
Mon	11/30-12/21	5pm-5:55pm	42333
Mon	11/30-12/21	6pm-6:55pm	42334
Mon	11/30-12/21	7pm-7:55pm	42335
Wed	12/2-12/23	5pm-5:55pm	42339
Wed	12/2-12/23	6pm-6:55pm	42340
Wed	12/2-12/23	7pm-7:55pm	42341
Sat	12/5-12/26	10am-10:55am	42345
Sat	12/5-12/26	11am-11:55am	42346





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: \$50 per session

Day	Date	Time	Act. #
Sat	9/12-10/3	9am-9:45am	42207
Sat	10/10-10/31	9am-9:45am	42208
Sat	11/7-11/28	9am-9:45am	42209
Sat	12/5-12/26	9am-9:45am	42210

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: \$50 per session

Day	Date	Time	Act. #
Mon	8/31-9/28	5pm-5:45pm	42211
Mon	8/31-9/28	6pm-6:45pm	42212
Wed	9/2-9/23	3pm-3:45pm	42216
Wed	9/2-9/23	5pm-5:45pm	42217
Wed	9/2-9/23	6pm-6:45pm	42218
Sat	9/12-10/3	10am-10:45am	42221
Sat	9/12-10/3	11am-11:45am	42222
Mon	10/5-10/26	5pm-5:45pm	42223
Mon	10/5-10/26	6pm-6:45pm	42224
Wed	10/7-10/28	3pm-3:45pm	42228
Wed	10/7-10/28	5pm-5:45pm	42230
Wed	10/7-10/28	6pm-6:45pm	42231
Sat	10/10-10/31	10am-10:45am	42234
Sat	10/10-10/31	11am-11:45am	42235

Day	Date	Time	Act. #
Mon	11/2-11/23	5pm-5:45pm	42236
Mon	11/2-11/23	6pm-6:45pm	42237
Wed	11/4-11/25	3pm-3:45pm	42241
Wed	11/4-11/25	5pm-5:45pm	42242
Wed	11/4-11/25	6pm-6:45pm	42243
Sat	11/7-11/28	10am-10:45am	42246
Sat	11/7-11/28	11am-11:45am	42247
Mon	11/30-12/21	5pm-5:45pm	42248
Mon	11/30-12/21	6pm-6:45pm	42249
Wed	12/2-12/23	3pm-3:45pm	42253
Wed	12/2-12/23	5pm-5:45pm	42254
Wed	12/2-12/23	6pm-6:45pm	42255
Sat	12/5-12/26	10am-10:45am	42258
Sat	12/5-12/26	11am-11:45am	42259

Hart's Gymnastics Holiday Camp

Three day Holiday 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	12/28-12/30	8am-3pm	\$100 for one child \$175 for two siblings \$225 for three siblings	42203





bricks 4 kidz

Bricks 4 Kidz Ticket to Ride

This class will take place at Covington Elementary.



Ticket To Ride! Delve into the history and mechanics of favorite amusement park rides this fall season in this imaginative unit. Construct a Carousel Swing, Tilt a Whirl, Loop de Loop ride, Merry Go Round, and many more! Or invent your own ride! Lessons incorporate principles of Science, described in a way children can understand, such as "G-force," inertia, and momentum, as well as math concepts such as "there are 360 degrees in a circle." These engaging lessons will give students an understanding of the physical forces they experience every day.

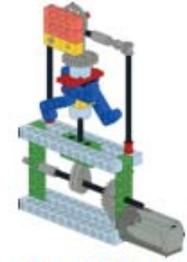
Ages	Day	Date	Time	Fee	Activity #
6-12	Thu	9/10-9/24	3:40pm-4:40pm	\$45.00	42265
6-12	Thu	10/8-10/22	3:40pm-4:40pm	\$45.00	42266
6-12	Thu	11/5-11/19	3:40pm-4:40pm	\$45.00	42267
6-12	Thu	9/10-11/19	3:40pm-4:40pm	\$120.00	42260

Bricks 4 Kidz Classic Arcade Brick Adventures

This camp will take place at Covington City Hall.

Classic Arcade Brick Adventures! Jump into the world of classic arcade and video games! Eat flashing dots, collect coins and rings, and avoid getting killed by enemies. There are so many obstacles to overcome and levels to beat! Campers will build the plumber brothers, a Brick Eater, a jumping hedgehog, alien invaders, and more! Get a free mini model and a certificate at the end of the camp! Campers, please bring light snacks.

Ages	Day	Date	Time	Fee	Activity #
5-12	M-W	12/21-12/23	9am-12pm	\$105.00. Early reg \$100.00 by 11/30	42258



Run & Jump



Red Plumber

Lake Wilderness Lodge



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

The perfect place to...

"say I do"	"inspire big ideas"	"say surprise"	"relax & retreat"
			
Weddings and Receptions	Corporate Meetings & Events	Family Reunions & Celebrations	<ul style="list-style-type: none"> • Picnics • Parties • Auctions • Fundraisers & more.

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	11/14/15	9am-2pm	\$65.00	42201



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	11/14/15	2pm-4pm	\$30.00	42202



This class is also being offered through our neighbors at Maple Valley Parks and Recreation. Please call (425)432-9953 for more information!



Lake Wilderness Golf Course

Winter Golf Memberships
(November 1, 2015 - February 28, 2016)
NOW AVAILABLE

We offer two different membership categories which help you maximize your golfing dollars from December through the end of February.

Preferred Plus \$249.00

- Nov. - Feb. Unlimited Golf 7 days a week
- 10% discount in restaurant and golf shop

Preferred \$209.00

- Nov. - Feb. Unlimited Golf Mon. - Fri.
- 10% discount in restaurant and golf shop

Yearly Discounted Golf Memberships Now Available!
*Contact the Golf Shop for Details.

DOWNLOAD OUR **FREE MOBILE APP** TODAY!





- 3-Click Tee Time Booking
- FREE GPS
- Interactive Score Card
- Live Leaderboards
- Share Rounds on Facebook
- Order Food
- App Only Special Offers

Search *Lake Wilderness Golf* in the Apple App store or Android Market



www.LakeWildernessGC.com

Lake Wilderness Golf Course

\$5.00 OFF

Present this coupon at Lake Wilderness GC and receive \$5.00 OFF the regular 18 hole rate.

Offer Valid 7 days a week after 10:00AM.
Coupon must be presented at time of check in
Coupon may not be combined with any other offer.
Photocopies accepted
Valid through March 31st, 2016



25400 Witte Road SE • Maple Valley • (425) 432-9405



Traveling Chocolate Camp Holiday Edition

This camp will take place at Covington City Hall.

The holidays are coming and so are we. Come join in the fun of the (only) Traveling Chocolate Company. Learn the art of tempering chocolate and take home crispy, crunchy, chewy treats to share or use as gifts. Along the way Candy Maker Monty tells the story of chocolate from the time of Aztecs to candy bars. Learn about the history, ecology and much trivia about the amazing fruit that has warmed the hearts of civilizations for centuries!

Ages	Day	Date	Time	Fee	Activity #
6-13	Sat	12/5/15	1pm-4pm	\$50.00	42389

The Witty CSI Lab

Do you think you have what it takes to be a crime investigator? You will collect clues, identify suspects and solve crimes. Totally minds-on, hands-on, and age appropriate.



This program will take place at Cedar Heights Middle School

Ages	Day	Date	Time	Fee	Activity #
11-15	Wednesdays	9/16-12/2	3:10pm-4:10pm	\$180.00 (12 sessions)	42393



Little Explorers Workshops

Explore, experiment, discover, and play with us! We will take you from your playground to a witty laboratory! Every week you will wear the "lab coat" of a different scientist.

Ages	Day	Date	Time	Fee	Activity #
3-5	Tuesdays	9/15-12/1	10am-11am	\$180.00 (12 sessions)	42391

Little Explorers Workshops will take place at Covington City Hall's Community Room.

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. Wear your workout clothes; comfortable, low-traction shoes and bring a bottle of water. No dance experience is necessary. Ladies only, age 14+. Register ahead of time or buy a punch card (5 visits for \$30.00).

For more information contact Angela at a.caron.fitness@gmail.com



Ages	Day	Date	Time	Fee	Activity #
14+	W/Th	9/9-9/30	5:55pm-6:50pm	\$35.00	42261
14+	W/Th	10/1-10/29	5:55pm-6:50pm	\$40.00	42262
14+	W/Th	11/4-11/19	5:55pm-6:50pm	\$30.00	42263
14+	W/Th	12/2-12/17	5:55pm-6:50pm	\$30.00	42264

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 or e-mail Melissa at info@fitnessbootcampnow.com for more information.

Ages	Day	Date	Time	Fee
14+	M/W/F	9/1-9/26	9:30am-10:15am	\$108.00+ tax
14+	T/Th/Sat	9/1-9/26	5:30am-6:15am*	\$108.00+ tax
14+	M/W/F	10/6-10/31	9:30am-10:15am	\$108.00+ tax
14+	T/Th/Sat	10/6-10/31	5:30am-6:15am*	\$108.00+ tax
14+	M/W/F	11/3-11/28	9:30am-10:15am	\$108.00+ tax
14+	T/Th/Sat	11/3-11/28	5:30am-6:15am*	\$108.00+ tax
14+	M/W/F	12/1-12/27	9:30am-10:15am	\$108.00+ tax
14+	T/Th/Sat	12/1-12/27	5:30am-6:15am*	\$108.00+ tax

* Sat class is from 8:15am-9:00am

Parenting The Love And Logic Way

Six weekly 1.5-hour sessions give you techniques, exercises, and tips for parenting kids of all ages -infants through teens. In the course you will learn how to:

- * Put an end to whining and arguing
- * Reduce the chances of power struggles
- * Help kids learn to solve their own problems
- * Gain respect and cooperation by sharing control
- * Learn to stay calm when you are frustrated or angry
- * Create effective consequences



Appropriate for parents, teachers, and caregivers of any age children. There is a \$15 materials fee due to the instructor at the first class.

Ages	Day	Date	Time	Fee	Activity #
18+	Th	10/1-11/5	7:05pm-8:35pm	\$35.00 individual \$60.00 couple	42395

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



Fall 2015 Swim Lessons Guide

August 31, 2015-December 20, 2015

Listed below are dates, and pricing for the Covington Aquatic Center's swim lesson sessions offered for Fall 2015. 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, 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.	8/31-9/23	9/21	7*	Parent & Child	\$49.00/\$40.25 CDF
Tue. & Thu.	9/1-9/24	9/22	8	Preschool/LTS	\$68.25/\$56.00 CDF
Fri.	9/4-10/23	10/16	8	Competitive	\$108.50/\$89.25 CDF
Sat.	9/5-10/24	10/17	8	Parent & Child	\$56.00/\$46.00 CDF
Sun.	9/6-10/25	10/18	8	Preschool/LTS	\$78.00/\$64.00 CDF
Mon. & Wed.	9/28-10/21	10/19	8	Competitive	\$124.00/\$102.00 CDF
Tue. & Thu.	9/29-10/22	10/20	8		
Mon. & Wed.	10/26-11/18	11/16	7*		
Tue. & Thu.	10/27-11/19	11/17	8		
Fri.	10/30-12/18	12/11	8		
Sat.	10/31-12/19	12/12	8		
Sun.	11/1-12/20	12/13	8		
Mon. & Wed.	11/23-12/16	12/14	8		
Tue. & Thu.	11/24-12/17	12/15	7*		

Note: All fees are as of August 31, 2015, 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 Monday 9/7 (Labor Day), Wednesday 11/11 (Veteran's Day) or Thursday 11/26 (Thanksgiving Day).



American Red Cross



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



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

Use of the following equipment is available for an additional charge:

- Party Room

**The inflatable octopus will be in the water during all rentals on Saturday and Sunday. The inflatable octopus is not available for weekday rentals. The “magic carpet” may be substituted for the inflatable octopus, if the octopus is not available for special weekday rentals.*

All fees rates and information are as of September 3rd, 2013 and subject to change.

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 ¹	Covington Discounted Fee ¹
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) ²	\$45	\$35

¹all rental fees are per hour, unless otherwise noted
²10 minutes following rental room rental used to clean room

Questions?

If you have any questions or want more information, do not hesitate to call or visit us at the Covington Aquatic Center.



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. Ask a cashier about our Aqua Memberships and save money!

Program	General Fee	CDF*
Lap Swims (Per Swim)		
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
Public & Family Swims (Per Hour)		
Individual	\$4.50	\$3.75
10-Visit Card	\$40.50	\$33.75
Family (Household)	\$13.50	\$11.25
Friday Night Promotional Public Swims		
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.

*CDF = Covington Resident Discounted Fee





Aquatics

15

Fall 2015 Schedule

August 31, 2015 - December 27, 2015

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



We will be closed on
11/26/15 (Thanksgiving),
12/24/15 (Christmas Eve),
and 12/25/15 (Christmas).



covington parks and recreation



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

COVINGTON AQUATIC CENTER

Don't miss these great special events!



SPOOKY AND HALLOWEEN SWIMS
COVINGTON AQUATIC CENTER

Spooky Swim - Saturday October 24, 2015 Halloween Swim - Saturday October 31
First Session: 5:00pm-6:30pm
Second Session: 6:30pm-8:00pm more information - www.covingtonwa.gov/cac



Take a step against domestic violence
5k walk to support victims of domestic violence

Saturday, September 26th, 2015 @ 6PM
Free hot dog dinner @ 7PM

SUMMER'S END
5K/10K FUN RUN

Saturday, September 19, 2015 @ 8:30AM
Kentwood High School



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

