winter 2016 recreation guide

city of covington
growing toward greatness

LET'S LEARN

LET'S SWIM

LET'S PLAY

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

What's happening this winter in Parks and Rec?

We in the Covington Parks and Recreation Department are excited for the sensational line-up of activities in the upcoming months. Young or not so young, we have something to fit everyone in our community! Come out and let us see your smiling faces as you participate in whatever calls your name.

This winter, our athletics program is offering youth basketball and in the Spring, you can look forward to T-ball, coach pitch baseball, baseball, softball and soccer. We are always looking for volunteer coaches so if you or anyone you know would like to do so, please contact us.

In addition to our regular activities such as gymnastics, Super Sitters, Safe at Home, Kidz Love Soccer, and Bricks 4 Kidz, the recreation department is proud to bring you new classes like Green Thumb Gardeners, Budding Chefs, Go and Grow, and Glow Nutrition Class. Other activities offered include Zumba, Bootcamp and Power Cooking.

You can burn off your Thanksgiving dinner at the Covington Aquatic Center. We have four types of Water X classes including stretch, bootcamp, deep water and shallow wateraerobics. These exercises are great for people recovering from an injury to those who want an intense cardio workout. We have outstanding swim lessons year-round with classes ranging from infants to adult. Swim lessons are an important life skill for children and adults alike, it's never too late to learn!

On top of all of these amazing activities and programs, please join us for our upcoming special events. The Covington Aquatic Center's Hollydaze Float-In Movies will be held on Friday, December 4, 11 and 18. During these public swim events, classic holiday movies are shown while you take a swim! The City's Annual Tree Lighting Event located by Pier 1 Imports will be held on Saturday, Dec. 5 from 4-6 p.m. You won't want to miss the live music, a live reindeer, caroling, hot cocoa, crafts and a visit by Santa Claus! And save the date for the Sweetheart Swim on Valentine's Day, too!

We hope to see you this winter in one of our great classes or special events, or even on an athletic team or as a coach! It is also a great time to try something you never thought you would do!

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.*

Winter Basketball League

We offer teams for kids ages 3-9th grade.
Games are on Saturdays starting on Jan. 16, 2016. Season ends on March 5, 2016 (8 game season).
Practice one weekday a week beginning the week of Jan. 4.
There are only a few spots remaining! Sign up today!

Youth Spring Soccer League

We are excited to get our spring soccer league going again! We will offer teams for kids age 3 – 6th grade.

Games on Saturdays starting March 12, 2016. Season ends on April 23, 2016.

Practice one weekday a week starting Feb. 29; 7 game season. Registration opens on Dec. 1, 2015 and closes Feb. 20, 2016. Space is limited, sign up early to reserve a spot on a team. We cannot guarantee spots on the registration deadline.

Grade	Fee
Toddler (Ages 2 & 3)	$63.00
Pre-K (Ages 3 & 4)	$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

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

Adult Dodgeball League

We are excited to offer our first adult sport, DODGEBALL!

Games will be on Thursdays at Cedar Heights Middle School. Game times will be between 6pm-8pm. Games begin on March 10th and the championship games will be on April 21st.

League champions receive a championship shirt and their photo on the city webpage.

Registration begins on Dec. 1, 2015. Team registration only. Registering online is preferred.

Age	Fee
16+	$300 (team fee)

Game Days – March 10, March 17,
March 24, March 31,
April 14, April 21
(No games the week of spring break)

Adult 4-ON-4 Basketball League - Register today!

Adult 4-ON-4 Basketball League

Maple Valley Parks & Recreation's REC 4-on-4 adult basketball league returns this spring. This low cost league features teams having 4 players on the court and play full court basketball. The league is without referees, standings, awards or playoffs. Teams will play 8 games. This league is a "call your own fouls" league and the success of the league/enjoyment of the teams involved will depend upon SPORTSMANSHIP. A gym supervisor will keep score and make sure everyone is playing by the rules. A maximum of 9 teams will be allowed to register. Early registration is encouraged. Registration deadline is February 20. **Register online at www.maplevalleywa.gov**

Age	Day	Date	Time	Fee	Location
18+	F	3/4-4/29	6-10p	$290	TJH

Adult Soccer League on Ravensdale Park Turf Fields

Register Now!

Adult Coed Recreation Level Soccer League

Come play on our team this spring as Maple Valley Parks & Recreation's first ever Adult Coed Soccer League kicks off! Games will be played during the week at Ravensdale Park. Games are played with (2) 40 minute halves. Teams will play 8 games. A team is made up of 5 males, 5 females and a Goalkeeper of either gender. This will be a great league for all recreational level players. Certified referees, playoffs and champion t-shirts are included. Space is limited to 8 teams so early registration is encouraged. Registration deadline is February 20 or when the league fills. **Register online at www.maplevalleywa.gov**

Ages	Day	Dates	Time	Fee	Location
18+	TH	3/3-5/5	8-11p	$925	RAV

Don't have a team? Join the players' pool to be picked up or form a new team.

Covington Parks & Recreation Youth Athletics Schedule

Updated 11.13.15

www.covingtonwa.gov/parks

Sport	Registration	Fees	Grades	Coaches Mtg. Date	Practice Starts the week of	Primary Game Days	Games Start	Picture Day	Season Ends
Basketball (Winter)	Register between Sept. 1-Dec. 11	$63– PreK-3rd $73– 4th-9th	PreK, Kindergarten, 1st/2nd, 3rd/4th, 5th/6th; 7/8/9th	Dec. 10, 2015	Jan. 4, 2016	Saturdays	Jan. 16, 2016	TBA	March 5, 2016
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	1st/2nd, 3rd/4th, 5th/6th, 7th/8th	TBA	June, 27 2016	Thursdays & Saturdays	July 9, 2015	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, 2015	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

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

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	3/9-4/20	6pm-6:30pm	$75.00	12257

* No class 4/6 for Spring Break

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	3/9-4/20	5:15pm-5:50pm	$75.00	12255

* No class 4/6 for Spring Break

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	3/9-4/20	4:30pm-5:15pm	$75.00	12254

* No class 4/6 for Spring Break

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	3/9-4/20	3:45pm-4:30pm	$75.00	12256

* No class 4/6 for Spring Break

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.

GREAT NORTHWEST MARTIAL ARTS ACADEMY

Ages	Day	Time
4-9	Monday	5pm-6pm
4-9	Tues/Thurs	4:15pm-5pm
4-9	Saturday	11am-12pm
10+	Tues/Thurs	5pm-6pm
10+	Saturday	12pm-1pm

Monthly Fees: One class per week: $55
Two classes per week $75

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

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	1/4-1/25	5pm-5:55pm	12240
Mon	2/1-2/22	5pm-5:55pm	12241
Mon	2/29-3/21	5pm-5:55pm	12242

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. #
Mon	1/4-1/25	5pm-5:55pm	12222
Mon	1/4-1/25	6pm-6:55pm	12223
Mon	1/4-1/25	7pm-7:55pm	12249
Wed	1/6-1/27	5pm-5:55pm	12224
Wed	1/6-1/27	6pm-6:55pm	12225
Wed	1/6-1/27	7pm-7:55pm	12250
Sat	1/9-1/30	10am-10:55am	12226
Sat	1/9-1/30	11am-11:55am	12227
Mon	2/1-2/22	5pm-5:55pm	12228
Mon	2/1-2/22	6pm-6:55pm	12229
Mon	2/1-2/22	7pm-7:55pm	12251
Wed	2/3-2/24	5pm-5:55pm	12230

Day	Date	Time	Act. #
Wed	2/3-2/24	6pm-6:55pm	12231
Wed	2/3-2/24	7pm-7:55pm	12252
Sat	2/6-2/27	10am-10:55am	12232
Sat	2/6-2/27	11am-11:55am	12233
Mon	2/29-3/21	5pm-5:55pm	12234
Mon	2/29-3/21	6pm-6:55pm	12235
Mon	2/29-3/21	7pm-7:55pm	12253
Wed	3/2-3/23	5pm-5:55pm	12236
Wed	3/2-3/23	6pm-6:55pm	12237
Wed	3/2-3/23	7pm-7:55pm	12254
Sat	3/5-3/26	10am-10:55am	12238
Sat	3/5-3/29	11am-11:55am	12239

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	1/9-1/30	9am-9:45am	12204
Sat	2/6-2/27	9am-9:45am	12205
Sat	3/5-3/26	9am-9:45am	12206

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. #
Mon	1/4-1/25	5pm-5:45pm	12207
Mon	1/4-1/25	6pm-6:45pm	12243
Wed	1/6-1/27	3pm-3:45pm	12208
Wed	1/6-1/27	5pm-5:45pm	12209
Wed	1/6-1/27	6pm-6:45pm	12244
Sat	1/9-1/30	10am-10:45am	12210
Sat	1/9-1/30	11am-11:45am	12211
Mon	2/1-2/22	5pm-5:45pm	12212
Mon	2/1-2/22	6pm-6:45pm	12245
Wed	2/3-2/24	3pm-3:45pm	12213
Wed	2/3-2/24	5pm-5:45pm	12214

Day	Date	Time	Act. #
Wed	2/3-2/24	6pm-6:45pm	12246
Sat	2/6-2/27	10am-10:45am	12215
Sat	2/6-2/27	11am-11:45am	12216
Mon	2/29-3/21	5pm-5:45pm	12217
Mon	2/29-3/21	6pm-6:45pm	12247
Wed	3/2-3/23	3pm-3:45pm	12218
Wed	3/2-3/23	5pm-5:45pm	12219
Wed	3/2-3/23	6pm-6:45pm	12248
Sat	3/5-3/26	10am-10:45am	12220
Sat	3/5-3/26	11am-11:45am	12221

Hart's Gymnastics Spring Break Camp

Three day Spring Break GymnasticCamp 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	12203

LET'S LEARN

Bricks 4 Kidz Mission To Space

This class will take place at Covington Elementary.

"To infinity and beyond!" Space, often called "the last frontier", has inspired scientists, star-gazers and adventurers for generations. Get inspired to go on your own adventure and join us on a Mission 2 Space! Discover some incredible structures at Kennedy Space Center's Launch Complex 39, travel the surface of the moon on a lunar rover, and explore Mars onboard the "Curiosity". Our tour would not be complete without a visit to the International Space Station. We'll provide the LEGO® Bricks; all you need to bring for this adventure is your imagination!

Ages	Day	Date	Time	Fee	Activity #
6-12	Thu	1/14, 1/21, 1/28	3:40pm-4:40pm	$45.00	12259
6-12	Thu	2/4, 2/11, 2/25	3:40pm-4:40pm	$45.00	12260
6-12	Thu	3/10, 3/17, 3/24	3:40pm-4:40pm	$45.00	12264
6-12	Thu	1/14-3/24	3:40pm-4:40pm	$120.00	12265

Bricks 4 Kidz - Forces Of Nature

Fasten your seatbelts; we're in for some wild weather! This unit is all about the amazing and powerful forces of nature, as you explore the when, where, how and why of all kinds of natural phenomenon. We'll examine a map of the Pacific "Ring of Fire" where most tsunamis occur, view a diagram of the tectonic plates and learn how their movement creates earthquakes, define the area known as "Tornado Alley" in North America, and find out what hurricanes are called in different parts of the world. Each LEGO® model represents the motion of that particular weather or event, with a seat for a mini-figure to take in the action! Take cover because we're about to take a trip through some wild weather! You will love to build moving models of a tornado, a tsunami, an earthquake, a cyclone, and more. Learn how they move, why they happen and what you can do to stay safe!

Ages	Day	Date	Time	Fee	Activity #
6-12	Fri	1/15, 1/22, 1/29	3:10pm-4:10pm	$45.00	12266
6-12	Fri	2/5, 2/12, 2/26	3:10pm-4:10pm	$45.00	12267
6-12	Fri	3/4, 3/18, 3/25	3:10pm-4:10pm	$45.00	12268
6-12	Fri	1/15-3/25	3:10pm-4:10pm	$120.00	12269

This class will take place at Crestwood Elementary.

Bricks 4 Kidz President's Week Camp

This camp will take place at Covington City Hall.

Try our latest camp! Each day offers an exciting theme for our master builders! Wear a shirt or costume suited for our theme of the day! Choose the whole week or a day or two, you will definitely have a BLAST!
Day 1, Feb.15 - Everything is Awesome
Day 2, Feb.16 - A Pirate's Quest
Day 3, Feb.17- Super Hero Academy
Day 4, Feb. 18 - Ninja Spinning Camp

Ages	Day	Date	Time	Fee	Activity #
5-12	M-Th	2/15-2/18	9am-12pm	$140.00. Early reg $120.00 by 1/29 $35.00 drop in/day	12258

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	2/13/16	9am-2pm	$65.00	12201

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	2/13/16	2pm-4pm	$30.00	12202

First Aid/CPR/AED Training

This 6 hour course covers all the basics: first aid, medical emergencies, trauma, pediatrics, infant/child/adult CPR(new standards), infant/child/adult airway obstructions, environment emergencies, bloodborne pathogens, home safety, disaster preparedness and the use of an AED (automatic external defibrillator). CPR is taught to American Heart Association standards and the course meets L&I's requirements for business and industry. We are also able to give CEU for electricians and plumbers licensed in the State of Washington, journeyman level or higher. All students get the opportunity to practice the skills they learn and build confidence to make a difference in an emergency. Included in this class is our full color reference manual for each student and a 2-year completion card. Bring a sack lunch or money for food during lunch.

Ages	Day	Date	Time	Fee	Activity #
14+	Sat	3/5/16	9am-3pm	$70.00	12301

LET'S LEARN

Go, Grow, and Glow Nutrition Education Camp

The mission of this class is to engage students in a hands-on, brains-on experience in the STEM disciplines focused on nutrition and healthy eating habits. Instructors facilitate learning with tutorials, experiments, games and cooking activities in an environment designed to be safe, supportive, enriching and most importantly-fun! The topics covered in the six week class will span food science and technology, nutrition, cooking, biology, chemistry, mathmatics and engineering. Students can expect to learn how their bodies use food to Go, Grow and Glow while gaining skills to make healthy choices.

This camp will take place at Covington City Hall.

Grades	Day	Date	Time	Fee	Activity #
3rd-6th	Thu	1/7-2/11	4pm-5:30pm	$135.00	12349

Green Thumb Gardeners and Budding Chefs

Five weeks of hands-on gardening and cooking activities! Travel a plant's life from seed to seed, plant and grow your own salad garden and taste your way through the five food groups with delicious and nutritious dishes each week. You'll also discover how nutrients help us to Go, Grow, and Glow!

Ages	Day	Date	Time	Fee	Activity #
6-12	Thu	2/25-3/24	4pm-5:30pm	$115.00	12299

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	1/29-3/18	4pm-4:50pm	$200.00. Early reg $180.00 by 1/8 $160.00 per additional family member	12258

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.

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

Ages	Day	Date	Time	Fee	Activity #
3-5	Tuesdays	1/5-1/26	10am-11am	$60.00	12391
3-5	Tuesdays	2/2, 2/9, 2/23, 3/1	10am-11am	$60.00	12392
3-5	Tuesdays	3/8-3/29	10am-11am	$60.00	12393

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	1/6-1/27	5:45pm-6:40pm	$35.00	12261
14+	W/Th	2/3-2/25	5:45pm-6:40pm	$40.00	12262
14+	W/Th	3/2-3/31	5:55pm-6:50pm	$45.00	12263

Bootcamp - Outdoor Group Fitness

FITNESS BOOTCAMP

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+	T/Th/Sat	1/2-1/30	5:30am-6:15am	$108.00+ tax
14+	T/Th/Sat	2/2-2/28	5:30am-6:15am	$108.00+ tax
14+	T/Th/Sat	3/1-3/31	5:30am-6:15am	$108.00+ tax

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

Power Cooking

MultiCare BetterConnected

Looking for a way to save time and make healthy family meals on a budget? Chop, dice, slice and cook your way to a month of healthy dinner entrees. You'll learn how to fix and freeze 30 nutritious meals, sample the savory finished products and take home a free booklet filled with a months worth of great-tasting, healthy and easy-to-prepare recipes (nutritional analysis included). Three recipes will be made and sampled in class. Using this method a month of dinner entrees for a family of four averages $250 a month, so save yourself time, money and the stress of getting dinner on the table...Learn to PowerCook!

This class is taught by a registered dietitian and certified diabetes educator from MultiCare. Class is supported in part by Covington King County library and Covington Friends of the library volunteers. Proceeds from the class go towards future health and nutrition classes in the area to promote healthy living.

Ages	Day	Date	Time	Fee	Activity #
18+	Tue	3/15/16	5:30pm-8:30pm	$35.00	12300

Aquatics

Winter 2016 Swim Lessons Guide

December 28, 2015 - February 21, 2016

Listed below are dates, and pricing for the Covington Aquatic Center's swim lesson sessions offered for Winter 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, 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
Mon. & Wed.	12/28-1/20	1/18	8
Tue. & Thu.	12/29-1/21	1/19	8
Sat.	1/2-2/20	2/13	8
Sun.	1/3-2/20	2/14	8
Fri.	1/8-2/19	2/12	7*
Mon. & Wed.	1/25-2/17	2/15	8
Tue. & Thu	1/26-2/18	2/16	8

** No classes shall be conducted on Friday 1/1/16 (New Years)*

Pricing

Parent & Child	$49.00/$40.25 CDF	7 classes
Preschool/LTS	$68.25/$56.00 CDF	7 classes
Competitive	$108.50/$89.25 CDF	7 classes
Parent & Child	$56.00/$46.00 CDF	8 classes
Preschool/LTS	$78.00/$64.00 CDF	8 classes
Competitive	$124.00/$102.00 CDF	8 classes

JUST ADD WATER

REGISTER NOW

SWIM LESSONS

American Red Cross

city of covington growing toward greatness

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

[1]*all rental fees are per hour, unless otherwise noted*
[2]*10 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.

Aquatics

LET'S SWIM

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 Youh/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*

LET'S SWIM

Aquatics

15

Winter 2016 Schedule

December 28, 2015 - February 21, 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: December 21-23, 2015, December 28-31, 2015, January 18, 2016, and February 15-19, 2016

covington parks and recreation

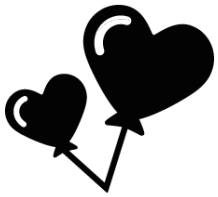
city of covington
growing toward greatness
COVINGTON AQUATIC CENTER

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

Don't miss these great special events!

Hollydaze Float-In Movie
Covington Aquatic Center
Friday December 4, 11, and 18, 2015
8:00pm-10:00pm
Pre-Registration: $7.50 (GF), $6.75 (CDF)
Day Of: $11.25 (GF); $9.00 (CDF)

Community Tree Lighting Ceremony
Don Henning Roundabout (by Pier 1 Imports)
Saturday December 5, 2015
Festivities begin at 4:00pm
Tree Lighting at 5:00pm
Santa arrives at 5:30pm



Sweetheart Swim
Covington Aquatic Center
Saturday February 13, 2016
2:00pm-3:00pm
2 Swimmers for $4.50 (GF) or $3.75 (CDF)

Daddy Daughter Spring Fling
Cedar Heights Middle School
Saturday April 16, 2016
6:00PM-8:30PM
$25 per couple; $10 per additional daughter

The City of MAPLE VALLEY Parks & Recreation

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

LET'S LEARN

LET'S SWIM

LET'S PLAY