Si View Metro Parks
Programs • Facilities • Parks • Special Events
Also Featuring: City of North Bend | Meadowbrook Farm | Snoqualmie Valley Libraries | Mount Si Senior Center | Sallal Grange

Winter 2020

Registration opens December 6th!

www.siviewpark.org / 425-831-1900
Welcome to Si View Metro Parks

VALLEY Center Stage
119 W North Bend Way, North Bend WA

Admission:
$18 for General
$14 for Seniors (65+) or Students
Pay-What-You-Will Thursday’s - $10 suggested minimum

For tickets visit: ValleyCenterStage.org

Murder on the Orient Express

One of Agatha Christie's greatest mystery novels.
The elegant Orient Express passenger train of the 1930s is stopped in its tracks by heavy snowfall.
A murder is discovered, and the famous detective Hercule Poirot must now unwind the clues and solve the crime!

February 14 – March 1, 2020

A Christmas Carol

Charles Dickens' heartwarming and timeless story of joyful redemption.
Don’t miss this wonderful holiday play for the whole family!

November 29 – December 21, 2019

Neil Simon’s Brighton Beach Memoirs

Neil Simon brings to life the hardships of depression era youth Eugene Jerome, a Jewish-American teenager in the throes of puberty and obsessed with the Yankees.
With witty and unforgettable observations, Eugene learns about girls, family, relationships, and a world on the verge of war.

April 3 - 18, 2020
Dear Si View Community,

Parks and recreation services are essential to strong communities. Enhancing the quality of life for residents, supporting the health of families and youth, and contributing to the economic and environmental health of the community as a whole, we are committed to our mission in Snoqualmie Valley. We continue to evolve as a regional park and recreation services provider by actively pursuing community input, efficient operations, equitable investments and strategic planning.

The recent Aquatics Center Feasibility Study is a good example of our philosophy for community building. The study was driven by the goals outlined in the District’s Comprehensive Plan, and took an in-depth look at our growing community’s aquatics needs and how to best address them. Given the fact the the over 40% of current Si View Pool users reside outside District boundaries, the study considered the needs of the upper Snoqualmie Valley including City of Snoqualmie, and communities of Fall City and Preston. Through a public process, we have arrived at a proposal for a regional aquatics facility that is truly community driven and provides for the immediate and future needs of our community with space for both recreational and competition swimming as well as day camp. Complete with a conceptual design, cost estimate and operations plan provided by nationally recognized industry experts, this study provides a detailed footprint for moving forward. To deliver a regional caliber facility, collaboration and regional resources will be necessary for the capital investment. Disappointingly, partnership negotiations have not been productive to-date with potential collaborative partners taking a more short sighted approach to the immediate and future needs of the Valley. The District will continue to weigh the options for a best path forward with or without partners. It may come to phasing the project, or ultimately a scaled project that addresses most but not all needs, but leaves open the opportunity to address all needs at a future date and phase. The data and community input collected for the Aquatic Feasibility study will continue to guide the District's decisions moving forward. As negotiations are still ongoing, we invite you to stay informed by signing up for our e-news list on our website.

Si View Metro Parks has been, and will continue to be, an endeavor guided by comminute input. We value your trust and will continually strive to earn it by acting in ways that are fiscally responsible and sustainable. Thank you for your foresight and for supporting your Park District.

Si View Metro Parks strives to enhance the quality of life for residents in Snoqualmie Valley through recreation programs and parks. Providing an extensive array of recreation programs and a number of seasonal community events, the District connects with residents of all ages and abilities. The main campus is located at Si View Park, in the heart of North Bend. With grand views of Mount Si, a historic Community Center, indoor pool, multiuse sports fields, picnic shelter and playgrounds, it is the only such regional recreational facility serving as the social, cultural and educational hub in the community. Through partnerships and cooperative arrangements, Si View Metro Parks actively manages, operates and schedules nearly 900 acres of parkland in the upper Snoqualmie Valley. In all, this system of parks, programs and trails supports a range of active and passive recreation experiences.

A five member Board of Commissioners govern the Si View Metropolitan Park District. Commissioners serve six-year terms and are the legislative body responsible for adopting the District budget and developing goals, policies and regulations which guide the District's future.

2019 Board of Commissioners:

Catherine Fredenburg
Linda Grez
Mark Joselyn
Susan Kelly
Bud Rasio

Brochure Changes/Errors Disclaimer
Due to the large amount of information available in the Si View Metro Parks program guide, errors and changes before and after publication may occur. We apologize for any errors in this brochure and will attempt to advise you of any changes as quickly as possible. Thank you for your patience and understanding when these situations arise. Please visit our website www.siviewpark.org for program updates.

Photo Policy

The Si View Metropolitan Park District reserves the right to photograph or videotape participants in Park District programs, facilities or parks for the District’s promotional materials.

Thank You Commissioner Grez!

It is bittersweet that we bid farewell to our longtime MPD park commissioner Linda Hamm Grez. We celebrate her and wish her well as she refocuses her community service in a different direction. Linda’s many years of exceptional vision, knowledge and keen perception; coupled with her passion and selfless desire to better the quality of lives for all Valley residents is immeasurable. Her interest and willingness to attend Snoqualmie Valley Governance Assoc. meetings, school board meetings and various city meetings, has kept Linda well informed and abreast of current Valley happenings. Always prepared and informed, ready to ask the tough questions, Linda’s professionalism have made park district discussions and decisions always productive and robust. Thank you, Linda, for making us move forward and outward in positive and thoughtful directions to best serve and improve the quality of life for the many residents of our growing Valley.

Thank you!
Registration Information

Key Dates
Winter program registration opens Friday December 6th. Early registration is recommended as many popular programs fill quickly.

Payments
Payment for fee classes is due at the time of registration. All major credit cards are accepted. Make checks payable to Si View MPD. Si View Gift Cards are accepted online, by phone or in person.

Resident and Non-resident Fees
Program fees are based on the residency status of patrons. Fees listed as R apply to those who reside within the boundaries of the Park District. Rates listed as NR apply to those residing outside Park District boundaries. For more information about the District and the boundary map, visit www.siviewpark.org/about-si-view.phtml.

Withdrawals/Transfers
Withdrawals requested 5 or more business days prior to the first class are subject to a $10 administrative fee. Withdrawals requested less than 5 business days prior to the first class receive 50% refund. No refunds are issued after the first day of class. Transfers must be requested at least 5 days before the first day of class and will be granted on a space available basis. Some programs may require a non-refundable/non-transferable deposit. Full refunds are issued for classes cancelled due to low enrollment.

Waiting Lists
When a student is interested in registering for a class that has been filled, his/her name can be placed on a waiting list. This does not guarantee a spot for the student, but individuals will be contacted if a spot becomes available.

Scholarships
Everyone should have the opportunity to enjoy a recreational experience, even if money is a concern. Scholarships are available for youth and people with disabilities. Please be prepared to provide proof of residency in Snoqualmie Valley School District and income verification. Contact us for more information and an application form. The forms are also available on our website.

Gift Cards
Give the gift of recreation! Si View Metro Parks gift cards are available online as well from our office. Gift cards can be redeemed for services offered through the park district. Cards are not redeemable for cash. Cards can be re-loaded for additional value and they do not expire. Minimum card purchase is $20.

Staff

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Web: www.siviewpark.org

Office Hours:
9:00AM-5:00PM, Mon-Fri

Follow us on social media!

Sign up for our e-newsletter for the latest program updates at www.siviewpark.org

Registration Info
Winter program registration opens December 6th!

Online
24/7 with any major credit card or Si View gift card at www.siviewpark.org

Phone
Monday-Friday 9:00AM-5:00PM with any major credit card or Si View Gift Card at 425-831-1900

Walk In
Monday-Friday 9:00AM-5:00PM at the Community Center Center or in our administrative office located at 400 SE Orchard Drive in North Bend with any major credit card, Si View Gift Card, check payable to Si View MPD or cash.

Early registration recommended!
Facility Rentals

Si View Community Center, Pool & Park | Tollgate Farm Park | Meadowbrook Farm | Torguson Park | North Bend Train Depot | Sallal Grange | South Fork Landing

Whether you need a venue for a large wedding, kid’s birthday party or simply a meeting room, we are here to help. Non-profit groups may be eligible for discounted rates. All rentals require a refundable damage deposit. For more information about available parks and facilities, please visit www.siviewpark.org or call (425) 831-1900.

Facilities

Si View Community Center
400 SE Orchard Drive North Bend
Historic Si View Community Center can be rented for large fundraisers, weddings and more. Meeting rooms are available for business and as well as social gatherings. The Community Center offers a gymnasium with an elevated stage, classrooms, commercial kitchen (risk category I), and a welcoming lobby area with a fireplace. Onsite parking, tables, chairs, and AV equipment available. Community Center.

Si View Pool
400 SE Orchard Drive North Bend
Have a splashing good time with all of your friends at the Si View Pool. The pool is available for private rentals on week ends. When you rent the pool for a private party you get the entire pool to yourself. Lifeguards and pool toys (small mats, noodles and balls), lifejackets included. Or make it a party package with one-hour pool rental, and an hour party room rental. We set up the room for you with tables and chairs, you do the decorating. NOTE: All kids under 6 years of age must be accompanied by an adult in the water.

Meadowbrook Farm
1711 Boalch Avenue North Bend
The Interpretive Center at Meadowbrook Farm is a perfect location for weddings, family reunions, business retreats and social events. Your guests will enjoy spectacular views of Mount Si and the serenity of Snoqualmie Valley. The center boasts a natural log interior with large barn-style sliding doors providing the option for open air events. Call us for a personal tour of the Center.

North Bend Train Depot
205 McClellan Street North Bend
Train Depot amenities include a spacious meeting room, and a small picnic area at the adjacent William Henry Taylor Park. It is suitable for business and community meetings, workshops, or even small weddings. The meeting room offers beautiful woodwork and plenty of natural light. Tables and chairs are available. Meeting area is on two levels separated by few stairs and a rail, making it ideal for small group projects.

The Sallal Grange
12912 432nd Ave SE North Bend
The Grange is well suited for fundraisers, weddings, and special occasions, as classroom space, or business and community meetings. Amenities include a large main hall with a stage, a separate dining hall, a commercial kitchen, rest rooms, and ample parking for your guests. Tables and chairs are provided.

Parks and Athletic Fields

Si View Park
400 SE Orchard Drive North Bend
Our picnic shelter is located next to the Big Rock playground and basketball court, offering an ideal location for outdoor birthday parties and family gatherings. Shelter is available for groups up to 40 guests. The athletic fields include a baseball field with a 90 ft. baseline and two grass multisport fields (300mx195m) most commonly used for soccer and lacrosse. Fields can be reserved for practices, games and/or tournaments.

Tollgate Park
1300 West North Bend Way North Bend
Tollgate Farm Park amenities include open grass fields, picnic area and playground. Parking access is from North Bend Way. The fields and picnic areas can be rented for sports practices and events.

Torguson Park
750 East North Bend Way North Bend
This park supports a variety of activities with ballfields and soccer field, skate park, picnic shelter, tot lot playground, climbing tower, pump track, and parking for 190 vehicles. Athletic fields can be reserved for practices, games, tournaments and special events. The picnic shelter, located next to the tot lot playground is the perfect spot for outdoor birthday parties.

South Fork Landing
14303 436th Ave SE North Bend
South Fork Landing is Si View’s newest community park! This multi-use property can host a wide range of events, both indoor and outdoor. Along with 36 acres of open space, there is an onsite pro shop that can be reserved for meetings, parties, and social gatherings for groups of up to 40 guests. The park also has a large pond area and disc golf course for visitors to enjoy. Rentable options include the full park site, pro shop, and field areas. The park is located 436th AVE SE. Parking is off SE 142nd Street.

Visit the Rentals section of our website www.siviewpark.org for reservation details.
Capital Bond Projects Update
The proceeds from the $14.7M Capital bond passed in 2018 by District voters are connecting and protecting our local parks as our community continues to grow. The first round of bond sales in the amount of $8.9M was completed in early 2019, with the second round in the amount of $5.8M anticipated in three years. Staggering the projects and bond sales allows the District the time necessary to provide a product of high quality. It also allows the District to strategically time project implementation for the best opportunity to match the capital revenue with available grants, collaborative partners, or adjacent development to stretch each bond dollar as far as possible. Projects completed and/or in progress:

- **$1.8M** South Fork Landing: 28 acre acquisition of public open space for a future community park; $350K received in CFT grant funding
- **$1M** South Fork Landing: 8 acre acquisition of public open space for a future community park
- **$522K** William Henry Taylor Park: Park Street parcel acquisition for future park expansion and community programming space
- **$529K** Tollgate Farm Park: Construction of gravel trail and board walks for pedestrians and bicyclists connecting Tollgate Farm Park to Snoqualmie Valley Trail; $150K received in King County Parks grant funding
- **$429K** Torguson Park: improvements to baseball quad outfields with leveling, irrigation and drainage; $200K received in King County Parks grant funding
- **$243K** Torguson Park: Bike Park phase II with lighting installation to expand usability during winter months
- **$256K** Tanner Trail: Acquisition and construction of section of Tanner Trail from 424th Ave SE to the roundabout on North Bend Way
- **$150K** Tennant Trailhead Park: Phase I design and construction of multiuse non-motorized trails; $150K received in LWCF grant towards acquisition costs
- **$110K** Torguson Park: installation of new cyclone fencing, and netting for field six
- **$700K** Torguson Park: Skate park renovation project with features for all ages and abilities; $150K from Si View CIP
- **$1.9M** Tollgate Farm Park: Agricultural programs infrastructure improvements including improved SE access, Farmhouse interior renovation, restrooms; $288K received in HCPF and 4Culture grants
- **$375K** Tollgate Farm Park: Construction of a separated pathway from Tollgate Farm Park to downtown North Bend along North Bend Way

Future Aquatics Center Planning
The Aquatics Feasibility Study has been completed. Please check out page 25 for key findings and next steps.

South Fork Landing
Master planning for this future community park is now in progress with preliminary site analysis, initial stakeholder input and first public meeting completed. Project consulting team lead by Berger Partnership is now developing a conceptual site plan for further community input. A community meeting to review the site plan will take place early in the New Year.

In October, Si View Metro Parks completed a purchase of an additional eight acres adjacent to the property to complement the future park layout and preserving it from development. The District received a $350,000 grant from the Conservation Future Program towards the SFL property acquisition. The now 36-acre public park is currently open to the public as an informal park, open from 7AM to dusk. Park entrance and parking area is located off SE 142nd Street. An 18-hole disc golf course has been installed on site and quickly become a favorite among park visitors.

Tennant Trailhead Park
We are optimistic that the initial construction phase for non-motorized trail system at Tennant Trailhead Park will begin in 2020, with opportunities for volunteer help. Be sure to sign up for our New Community Park communications email list at www.siviewpark.org for the latest updates. The master plan envisions a passive recreation park that provides year-round recreation for local residents and the broader region with a non-motorized trail system for mountain bikers and hikers, picnic areas and viewpoints. The first phase of the project is funded through the 2018 Capital Bond proceeds.

Join us for a Parks Tour!
Are you new to the community, or just curious about your local park district operations and local park improvement plans? Join us for a Si View parks tour highlighting our current parks and facilities, and learn more about upcoming projects funded by the 2018 Capital Bond. Check out details and registration info on page 8.
Tollgate Farm Park
Despite our best efforts, the central meadow project to grade and level the open fields at Tollgate Farm Park did not get completed before the arrival of the rainy season. Given the high water table at this site, suitable earthwork window can be very short. This work will continue in the spring of 2020 to finish leveling natural grass multi-use fields suitable for both active and passive recreation. This project is funded through the competitive Youth and Amateur Sports Grant program managed by King County Parks. The field work will be completed in Spring of 2020 with fields ready for Fall 2020 play season.

The Farmhouse interior project is now under construction. The Farmhouse will be rehabilitated for community use for educational programming and events. This project phase was awarded $270,000 in grant funding through the Washington State Heritage Capital Projects fund and $18,000 from the King County 4Culture Landmark Capital Grants program. The construction work is being completed by Zeigler Construction LLC.

Lights at Torguson Bike Park
The pump track is now illuminated! With our short daylight hours for much of the winter season, the lighting will increase the usability of the pump track and offer a safe, accessible, outdoor recreation activity for youth year round. The bike park hours are 7AM to 8PM daily. The lights are on a push button system, conserving energy when park is not in use.

Connecting with Our Communities
Are you a Park District resident of unincorporated North Bend or Snoqualmie neighborhoods such as Ernie’s Grove and Tokul Hill? We’d love to hear from you! We are looking to form a stakeholder group to explore park and trail improvement opportunities in these areas. Please contact Minna Rudd mrudd@siviewpark.org for more information.

Program Fee Changes
In 2019, the District implemented a two tiered pricing structure based on the District residency status of patrons. Beginning in April 2020 registration window, there will be a 15% differential between the two rates. Both rates can be found in this guide with R indicating resident cost and NR indicating non-resident cost. Residents living within the boundaries of the Park District directly support the operations of the Park District programs and services through property taxes. With community growth, programs are frequently attended by the broader community with nearly 40% of the program participants coming from outside District boundaries. For more equitable support from all patrons, program participants from outside District boundaries pay a non-resident rate. Drop-in fees and non-District owned facility rentals are not subject to out of District pricing. For questions about your residency status, please contact us at (425) 831-1900.

Stay in Touch
The activity guide is published three times a year, but there is much that happens in between each publication! We would love for you to stay informed by joining our email list - with over 600 programs annually and a number of park projects in progress, there is much to share. We’ve added categories so that you can subscribe to updates on specific topics that interest you, from new park projects to monthly E-news. Sign up form is available on our website www.siviewpark.org.
Looking for a family activity that is fun, educational and affordable? Check out our Family Fun Days! Family Fun Days are held throughout the year at Si View Community Center, or partnering agencies, with quality entertainment and refreshments. Each event will offer something different, but always absolute fun for all ages! Family Fun Days are funded by Si View Metro Parks and sponsoring agencies; your donations at the door are greatly appreciated and support our efforts.

Si View Holiday Bazaar
Come celebrate the season with the annual Si View Holiday Bazaar featuring over 40 talented artisans with a variety of locally handmade goods, perfect for gift giving. We also have entertainment throughout the day from carolers to youth dances. Admission is free. Note the new longer shopping hours!

Ages: All SA Dec 7
9:00AM-4:00PM Free admission

Easter Egg Hunt at Si View Park
April 11 at Si View Park
Sponsored by Moose Lodge and Si View Metro Parks
Children elementary school age and younger are welcome to participate in this popular egg hunt, Event starts at 9AM sharp! We will divide participants into four age groups to ensure lots of fun for everyone! Moose Lodge Pancake Breakfast to follows the egg hunt, kids eat free. For more info, please call 425-888-0951.

Age: All SA Apr 11
9AM Free

January Family Fun Night
Featuring The Reptile Man
Come learn about reptiles! The Reptile Man shares fascinating facts about various reptiles. The show is educational and fun for all age groups. After the show the adults and kids will have an opportunity to handle or touch some of the reptiles. All of the venomous species have been surgically devenomized, so that they pose no serious risk of injury to anyone. Dinner is served 6:00-6:45PM and the show goes from 6:45-7:45pm. Sponsored by Si View Metro Parks.

Age: All F Jan 24
6:30PM-7:45PM Suggested Donation $10/ family

March Family Fun Night
Featuring a Family Game Night!
Come join us for game night at Si View Community Center! Bring your family and friends and be ready for a night of classic board games and BINGO! We will have prizes for winners and entertainment for all! We will also provide refreshments, snacks and treats! Starts at 6:30PM. Sponsored by Si View Metro Parks.

Age: All F Mar 20
6:30-8:00PM Suggested Donation $10/ family

Volunteer with Si View!
Volunteers are truly a gift to the community! Si View volunteers help with seasonal events and projects, from one time clean-up parties to ongoing program assistance. Our youth recreation basketball program alone has nearly 100 volunteers each season assisting with coaching, refereeing and team coordination. We appreciate all our volunteers and invite you to join the team. Together we can do so much more! Learn more and apply at www.siviewpark.org/volunteer.phtml.

Swim Lessons | Youth Sports | Dance | Preschool classes | Camps and more!
Financial need based scholarships are available for youth and people with disabilities for programs offered through Si View Metro Parks. Choose from swim lessons, sports, arts and others! Scholarships are funded through Si View Community Foundation and generous private donations.
Apply today! Up to $250 per individual per calendar year may be awarded, towards programs administered by Si View Metro Parks.
For more info, visit www.siviewpark.org or call 425-831-1900.
Preschool Programs

Child Only Classes

We love parents...but in order to assist us in offering quality programs for your preschooler, we ask that you not remain the classroom unless it is otherwise stated in the class description. Experience has shown that preschoolers are easily distracted due to their short attention spans.

Frozen Dance
Dancers will learn dances to songs from the movie including “Let It Go”, “Do You Want to Build a Snowman”; and all the new songs from the new movie! Students will be taught ballet technique, as well as sing, dance, play like Elsa, Anna and Olaf.

Creative Movement
This is great for boys and girls to enhance coordination and balance. We will move to the beat and have fun learning to listen and use our imagination. This is a great time for all to use creative movement and make new friends. Come join the FUN!

Pirates & Princesses
It’s time for an adventure! Take out your sword or wand and join us while we explore dance through pirate songs and fairytales.

Imagination in Motion
Let your imagination run wild! We will start each class with an obstacle course then incorporate music, tumbling and movement as we move to the beat. This is a perfect time for all to use creative movement and make new friends. Great for boys and girls to enhance coordination and balance.

Little Princesses Ballet
A dream is what your heart makes and this class is every little girl’s dream. Come join this 4 week session of dancing, singing, playing, and reading all about princesses. We will read a different princess story each week as we dance, sing and twirl around. Please wear comfortable clothes or princess dress up if your princess wishes.

Dancing with Disney
Come dance to your favorite Disney tunes. This is a great class for boys and girls. During class time we will dance, sing, and play to many Disney greats. Learn the basic dance steps of jazz, hip hop, and ballet while moving your body to the beat, strengthen coordination and creativity. Come join the FUN!

Mindful Mondays
A fun, hands on, engaging class that teaches children self-awareness and how to appropriately handle tough situations, emotions, and thoughts. Unique opportunity for your child to open up about their daily experiences.

Awesome Artists
Designed specifically for children in pre-K and kindergarten, young artists will learn about the basic elements of art. Applying these concepts we will create unique works of art with materials by real artists including acrylic and water color paint, pastels, and clay. Our projects in this session will be Winter and Spring themed. Class fee includes all child-friendly materials. Some materials are messy please have your artist dress accordingly.

Little Flips Gymnastics
Our preschool classes will help young children learn the basic skills of gymnastics in a fun and playful environment while improving their motor skills. We encourage them to try new things and build on skills they have already learned. Preschool classes are designed to provide young boys and girls with the opportunity to develop basic gymnastic and tumbling ability through exercises focusing on coordination, balance, strength, and fun! Classes get the children running, tumbling, jumping and more!

UK Petite Soccer
U.K. Petite Soccer Programs offer young children the perfect introduction to the world’s most popular sport! Our unique games based approach to teaching soccer provides every child the opportunity to develop motor skills, social skills, coordination and general athletic ability in a stimulating, motivating, educational environment. All participants 5 and older are required to wear shin guards. (Shin guards are optional for 3 & 4 year olds, but encouraged.)
Parent and Child Classes

Our Parent & Child classes bring families, caregivers and their young children to learn, play, and grow together. These developmentally appropriate, play-based and fun-filled classes are taught by experienced instructors with a wealth of wisdom and insight in early childhood education. Each class provides many opportunities to learn more about being a parent, chances to get to know other parents in our community, and special times for children to learn and play with other children.

Busy Bees
Busy Bees’ Movement Class (parent/child class)
Come buzzzzz around with your busy bee having fun singing and dancing with other parents and children. Class focuses on movement and fun, incorporating elements of dance such as rhythm, balance, and coordination. Also includes action songs, playing instruments and parachute time. Siblings over 8 months must be registered. Maximum of 2 children per adult.

- 15443 Busy Bees #1
  Age: 1-2
  Min: 6 Max: 15
  Instructor: Sara Werner
  Location: Si View Community Center
  R: $40.00 | NR: $44.00
  T Jan 14-Feb 04 9:45AM-10:25AM

- 15444 Busy Bees #2
  Age: 1-2
  Min: 6 Max: 15
  Instructor: Sara Werner
  Location: Si View Community Center
  R: $40.00 | NR: $44.00
  T Mar 03-24 9:45AM-10:25AM

- 15445 Busy Bees #3
  Age: 1-2
  Min: 6 Max: 15
  Instructor: Sara Werner
  Location: Si View Community Center
  R: $40.00 | NR: $44.00
  T Mar 31-Apr 28, no class Apr 14 9:45AM-10:25AM

Hot Tot Art & Science
Come and join us as we explore the worlds of art and science! We will read books and talk about ice and snow and what we see during the winter time. We will also talk about colors and shapes. We will combine all of these to create arts and crafts with a variety of materials. If your youngster has not yet attended preschool, this class is a great introduction to circle time, structured activities, and the development of fine motor skills. If your child is already in preschool, this class will reinforce ideas that will continue in preschool and kindergarten. New projects are introduced each session and some are messy. This is a child/parent class.

- 15634 Northwest Winter Wonders
  Age: 2-4
  Min: 6 Max: 12
  Instructor: Sam Sinanan
  Location: Si View Community Center
  R: $60.00 | NR: $66.00
  F Jan 10-Feb 14 9:30AM-10:05AM

- 15635 Spring is Coming!
  Age: 2-4
  Min: 6 Max: 12
  Instructor: Sam Sinanan
  Location: Si View Community Center
  R: $60.00 | NR: $66.00
  F Feb 28-Apr 10, no class 3/27 9:30AM-10:05AM

Si View Indoor Playground

Come explore our indoor playground! We have four playscapes: an infant section with lots of toys to stimulate gross and fine motor skills, an area for climbing and balancing dexterity, a large tumbling section with foam blocks that make for great imaginative play, and a fast lane with trikes and cars for littles whose engines are always revving. Indoor playground operates three days a week—9:30AM-11:30AM on Mondays, Wednesdays, and Fridays when school is in session. The drop in cost is $1 per person, including adults.

We also have a NEW, 10 punch pass available for purchase. Indoor playground is a great opportunity for kids to practice social skills while their grown-ups make connections with local families. We look forward to seeing you!

Si View Indoor Playground
Age: 0-5
Min: 8 Max: 100
Instructor: Si View Staff
Location: Si View Community Center Gym
Drop in $1 per person (child and adult)
10-Punch Pass: R $80 | NR $88
*no playground Jan 1, 27, Feb 17, 19, 21, Mar 9, Apr 13, 15, 17, May 25 or when schools are delayed or cancelled
Si View Before & After School Program

Save the date! 2020-2021 school year care registration opens Tuesday June 9th for new and returning families to the program. Contact us today at (425) 831-1900 to inquire about space in the 2019-2020 school year program.

Si View Before & After School Program offers a safe and enriching place for all Snoqualmie Valley School District students. Through activities such as swimming, arts and crafts, science projects, sports, occasional field trips, and special homework time, participants gain new skills, create lasting friendships, and develop healthy habits.

This is a great program for kids who want to be active and academically successful. The Si View Before & After School Program is housed at Si View Community Center. After School programs are also available at Fall City Elementary School and North Bend Elementary School. We offer monthly and daily (min. 2 days per week) registration options.

Join our Youth Programs team!

It’s not too early to think summer positions! Starting in February, we will be hiring responsible, fun-loving individuals who love working with kids for our growing youth summer programs! Seasonal positions with our summer camps for grades K-8 will include entry level youth counselors as well as leadership roles. Hours and days are flexible, and you get to work with an amazing team! Contact Aimee Wilson for application timeline: awilson@siviewpark.org.

Youth Programs

Parents Night Out

Take some time for yourself; grab dinner and a movie or just relax at home while the kids have a great time at Si View Community Center playing games, watching movies, and swimming. Pizza dinner included! Please register by Wednesday prior.

15497 Parents Night Out 1/10 Grades: K-5
Min: 10 Max: 30
Instructor: Si View Staff
Location: Si View Community Center
R: $30.00 | NR: $33.00

15498 Parents Night Out 2/14 Grades: K-5
Min: 10 Max: 30
Instructor: Si View Staff
Location: Si View Community Center
R: $30.00 | NR: $33.00

15499 Parents Night Out 3/13 Grades: K-5
Min: 10 Max: 30
Instructor: Si View Staff
Location: Si View Community Center
R: $30.00 | NR: $33.00

Kids Night Out

Kids Night Out: Just like parents like to get out and have a good night, so do kids! Drop off the kids with us here at Si View Community Center, and we will take them out for a fun night. Dinner at a local restaurant and a special activity included. Please register by Wednesday prior.

15496 Kids Night Out 4/10 Grades: K-5
Min: 5 Max: 10
Instructor: Si View Staff
Location: Si View Community Center
R: $58.00 | NR: $63.80

No School Day Camps

School is out for the day, come to Si View and play! Our no school day camps are open to all K-5th grade students and include a full day of activities. Structure camp activities run 9AM to 4PM, extended care from 6:30AM to 6:30PM included. Be sure to pack a lunch and snacks for a busy day of playing!

14565 No school Day Camp 1/20 Grades: K-5
Min: 10 Max: 30
Instructor: Si View Staff
Location: Si View Community Center
R: $73.50 | NR: $80.85

14566 No school Day Camp 1/27 Grades: K-5
Min: 10 Max: 40
Instructor: Si View Staff
Location: Si View Community Center
R: $73.50 | NR: $80.85

14574 No school Day Camp 3/9 Grades: K-5
Min: 10 Max: 40
Instructor: Si View Staff
Location: Si View Community Center
R: $73.50 | NR: $80.85

School Break Camps

Si View Before & After School Program offers a full week of fun for K-5th graders. Campers will explore the best activities from our summer collection, play outdoors and maybe even swim at the pool! Structured camp activities run from 9AM to 4PM, extended care hours from 6:30AM to 6:30PM are included. Be sure to pack a lunch and snacks for a busy day of playing!

14568 Mid Winter Break Camp Grades: K-5
Min: 10 Max: 50
Instructor: Si View Staff
Location: Si View Community Center
R: $247.00 | NR: $271.70

14569 Spring Break Camp Grades: K-5
Min: 10 Max: 50
Instructor: Si View Staff
Location: Si View Community Center
R: $247.00 | NR: $271.70

Sno-Valley Youth Council

Come join a leadership program for local youth! This program is open to all SVSD middle and high school students who are interested in serving and doing unique community service projects. This is an opportunity for youth to speak and to be heard, gain some new skills, build a new group of friends, and earn community service hours. The Youth Council meets on the 2nd and 4th Monday when school is in session. This is a free program, but please register. For more information, please contact Zach Todd zztdod@siviewpark.org.

15371 Sno-Valley Youth Council Grades: 6-12
Min: 4 Max: 20
Instructor: Si View Staff
Location: North Bend Train Depot
R: Free

Teen Nights

Gym games! Board games! Trivia! Swimming! Si View Teen Night events are open to current 6-8th grade students only, please bring your student ID. Activities vary from month to month, and may include active gym games, board games, trivia contests, swimming and more. Snacks are available for purchase. Pre-registration is required, no ticket sales at the door. Pre-register online, by phone or in-person at Si View. Doors open at 7pm, please arrive no later than 7:30pm. All participants must be signed in and out by an adult.

15491 Teen Night 2/07 Grades: 6-8
Min: 10 Max: 55
Instructor: Si View Staff
Location: Si View Community Center
R: $5.00 | NR: $5.50

15492 Teen Night 3/06 Grades: 6-8
Min: 10 Max: 55
Instructor: Si View Staff
Location: Si View Community Center
R: $5.00 | NR: $5.50

15495 Teen Night 4/03 Grades: 6-8
Min: 10 Max: 55
Instructor: Si View Staff
Location: Si View Community Center
R: $5.00 | NR: $5.50

School in Session Camps

Si View Metro Parks facilitates some of the best programs in the Snoqualmie Valley and we want you join us! Our Counselor in Training Camp is designed to set your child up for success. At CIT Camp we train youth to be strong leaders by teaching them a variety of techniques and skills using a hands-on approach. We start the day off by getting to know each other and breaking down the barriers between individuals by having fun, then begin learning about what it takes to be a leader and then develop an action plan. Participants who have successfully completed our CIT Camp will have the opportunity to apply for a CIT position with our youth programs for volunteer positions.

15500 Counselor in Training Camp Grades: 6-8
Min: 5 Max: 8
Instructor: Si View Staff
Location: Si View Community Center
R: $35.00 | NR: $39.00

Enrichment Classes

Enrichment Classes at NBE and OES

In partnership with local PTA organizations, Si View offers after school enrichment classes at North Bend and Opstad Elementary schools. Class offerings vary seasonally and may include programs such as rock climbing, Guitar lessons, Yoga, Chess, Art, Technology classes and more. Visit www.siviewpark.org for details.

Winter session January 28-March 15
Spring session April 20 to June 1

Teen Nights

Gym games! Board games! Trivia! Swimming! Si View Teen Night events are open to current 6-8th grade students only, please bring your student ID. Activities vary from month to month, and may include active gym games, board games, trivia contests, swimming and more. Snacks are available for purchase. Pre-registration is required, no ticket sales at the door. Pre-register online, by phone or in-person at Si View. Doors open at 7pm, please arrive no later than 7:30pm. All participants must be signed in and out by an adult.

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R: $5.00 | NR: $5.50

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Min: 10 Max: 55
Instructor: Si View Staff
Location: Si View Community Center
R: $5.00 | NR: $5.50

Counselor in Training Camp

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15500 Counselor in Training Camp Grades: 6-8
Min: 5 Max: 8
Instructor: Si View Staff
Location: Si View Community Center
R: $35.00 | NR: $39.00
Welcome to Si View Dance Program!

The Dance Program at Si View offers a high level of professional instruction with a strong emphasis on technique, fitness and fun. Each student receives individual attention, initiating the joy and appreciation of dance and music. We allow each student the freedom of creative expression in a nurturing and motivating environment designed to enhance self-esteem. Dance classes are taught by experienced instructors: Sara Werner, Cristie Coffing, Anna Maria Maccarrone, Lia Werner, Lindsey Flanagan, and Emmy Fansler.

NEW: Check out our new dance page siviewpark.org/dance.phtml. This page is your one stop shop for dance information: registration, schedules, season information, instructor information, dress code, and more!

Suggested dress code for our classes:

- **Combination Classes**: Pink leotard & pink tights, pink ballet slippers & black tap shoes
- **Ballet and Creative Dance**: Black leotard, pink tights, pink ballet slippers
- **Tap and Jazz**: Black tap or jazz shoes, black tights or leggings and black leotard
- **Modern**: Leggings, t-shirt and bare feet
- **Hip-Hop**: Contemporary fashions that allow for big body movements, tennis shoes or shoes that support the feet while jumping and stomping. No jeans please.
- **Boys**: Boys in the above classes wear white t-shirt, black sweatpants or shorts and black ballet shoes.

All classes are scheduled at Si View Community Center. There is a minimum enrollment of 4 students for each dance class, and classes in the youth program are capped at 12 students. Some exceptions may apply upon instructor approval. Dance classes are formatted as limited viewing. Watch week is currently scheduled for the week of March 2. If you have a special guest in town or you just want to check in on the class, please talk with the instructor and they will do their best to accommodate you. Parent video weeks: parents will be allowed to come to the last five minutes of class and take a cellphone video the week of April 6-11 and the week of May 4-9.

Students enrolled in all dance classes are eligible to participate in our Spring recital tentatively scheduled for Saturday May 16, with pictures on May 9. Please note the location, dates and time of the recital is to be determined. Construction at Mt. Si High School may result in changes to recital plans. We hope to solidify recital details as early as possible and we will share updated information as soon as available.

There is an additional recital fee of $75/dancer/class. This fee includes costumes and recital event expenses. The recital fee must be paid by cash or check (payable to Sara Werner) on the first day of class. If you are unable to make the first day of class, please set up a time prior to classes starting to get measured and the fee paid. A late fee will be added to all payments not received by the end of the first week of classes—February 1.

No classes currently scheduled on 2/17-2/22, 4/13-4/18

*If any classes get cancelled due to weather/instructor illness we will do our best to reschedule
# Youth Programs

**Si View Dance Program**

Positive! Fun! Enriching!

## Create Choreography

This new choreography class will meet 5 times before recital week—once a month to guide the dancers through the process of creating choreography. This extra performance opportunity will allow dancers time to create their own work to put on stage during our recital day. Solos, duets and small groups will be determined at the first class meeting as well as homework of finding music. Each month we will share our progress and have deadlines to stay on track leading up to recital time. Costumes will be coordinated for recital day. Come create with us and share your talent with the audience on our big day!

<table>
<thead>
<tr>
<th>Course ID</th>
<th>Ages</th>
<th>Times</th>
<th>Fee R/NR</th>
</tr>
</thead>
<tbody>
<tr>
<td>15688</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Age: 8 &amp; up</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Min: 6 Max: 20</td>
<td>F 1/17, 2/17, 3/13, 4/3, 5/1, recital week TBA</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Instructor: Sara Werner, Cris Coffing</td>
<td>3-4pm / 5-6pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Location: Si View Community Center</td>
<td>Cost: R $75/ NR $82.50</td>
<td></td>
</tr>
</tbody>
</table>

## Dance Troupe

**Auditions are January 10th, 2019 from 3:45-4:45pm.** We will cast and dance the story of *Wizard of Oz*. We will collaborate on costumes and build a small set. We require parent involvement with gathering our costumes, helping creating the set, and backstage the day of the show. **Tuition Scholarships:** the dance instructors will have 5 tuition scholarships available for a % of the troupe fee. These are lead volunteer parent positions. To apply: contact Sara at sara@wenerhome.com. In addition, the dance instructors will be providing 1 full tuition scholarship based on merit/need. Please see Sara for more information. **Dance Troupe member are required to participate in at least one technique class as well. Recital fee: $75/ dancer.**

*All class minimum registration: 4; maximum registration: 12; class minimum and maximum subject to change pending approval by Si View Dance

<table>
<thead>
<tr>
<th>Class Name</th>
<th>Course ID</th>
<th>Ages</th>
<th>Times</th>
<th>Fee R/NR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Ballet</td>
<td>15521</td>
<td>3-5</td>
<td>10:00a-10:45a</td>
<td>$165.00 / $181.50</td>
</tr>
<tr>
<td>Dance Combo 2</td>
<td>15522</td>
<td>4-6</td>
<td>10:45a-11:30p</td>
<td>$165.00 / $181.50</td>
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<tr>
<td>Dance Combo 1</td>
<td>15523</td>
<td>2.5-4.5</td>
<td>1:15p-2:00p</td>
<td>$165.00 / $181.50</td>
</tr>
<tr>
<td>Ballet 1/2</td>
<td>15524</td>
<td>5-7</td>
<td>5:00p-5:45p</td>
<td>$165.00 / $181.50</td>
</tr>
<tr>
<td>Jazz 1/2</td>
<td>15525</td>
<td>6-8</td>
<td>5:45p-6:30p</td>
<td>$165.00 / $181.50</td>
</tr>
<tr>
<td>Jazz 3/4</td>
<td>15526</td>
<td>9-12</td>
<td>6:30p-7:25p</td>
<td>$172.50 / $189.75</td>
</tr>
<tr>
<td>Teen Jazz</td>
<td>15527</td>
<td>13 &amp; up or IP</td>
<td>7:30p-8:30p</td>
<td>$180.00 / $198.00</td>
</tr>
</tbody>
</table>

**Mandatory Parent/Student Meeting: F January 17th 2020 4:00-4:45PM.**

**F 1/24-May 16**: Audition warm-up  Age: 6 & up  Min: 4 Max: 30  2:30-3:00PM  Location: Si View Community Center  Cost: R $189/ NR $217.80

**F 1/24-May 16**: Dance call times will be between 2:30-6pm on Fridays and are subject to change. A detailed schedule will be provided after the cast and scenes are finalized. Please note there will be weekend call times. **Si View Dance Troupe will perform during the recital, tentatively scheduled for Saturday, May 16. Time to be announced and date subject to change. Prior to auditions, Si View Dance Instructors will be hosting an audition warm-up. Dancers are highly encouraged to attend this warm up to prepare themselves for auditions.**

<table>
<thead>
<tr>
<th>Class Name</th>
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<th>Ages</th>
<th>Times</th>
<th>Fee R/NR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Ballet</td>
<td>15528</td>
<td>2-4</td>
<td>4:15p-5:00p</td>
<td>$165.00 / $181.50</td>
</tr>
<tr>
<td>Pre-Jazz</td>
<td>15529</td>
<td>3-5</td>
<td>5:00p-5:45p</td>
<td>$165.00 / $181.50</td>
</tr>
<tr>
<td>Dance Combo 2</td>
<td>15530</td>
<td>4-6</td>
<td>5:45p-6:30p</td>
<td>$165.00 / $181.50</td>
</tr>
</tbody>
</table>

**SATURDAY 1/25-5/9 (class 2/22, 4/18)**

<table>
<thead>
<tr>
<th>Class Name</th>
<th>Course ID</th>
<th>Ages</th>
<th>Times</th>
<th>Fee R/NR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Creative Dance</td>
<td>15532</td>
<td>2-4</td>
<td>9:00a-9:40a</td>
<td>$157.50 / $173.25</td>
</tr>
<tr>
<td>Pre-Ballet</td>
<td>15533</td>
<td>3-5</td>
<td>9:40a-10:25a</td>
<td>$165.00 / $181.50</td>
</tr>
<tr>
<td>Ballet 1/2</td>
<td>15534</td>
<td>5-7</td>
<td>11:15a-12:00p</td>
<td>$165.00 / $181.50</td>
</tr>
<tr>
<td>Dance Combo 1</td>
<td>15535</td>
<td>2.5-4.5</td>
<td>12:00p-12:45p</td>
<td>$165.00 / $181.50</td>
</tr>
</tbody>
</table>
Girls On The Run

Heart and Sole is Girls on the Run’s middle school program that meets unique needs of girls in 6th-8th grades. The program considers the whole girl, body, brain, heart, spirit, and social connection. All while doing so in a positive environment with structure to learn about new ideas. Running is incorporated into each session to encourage physical wellness and teach life skills such as team building, creating a support system, standing up for ourselves and others, and decision making. The girls prepare for celebratory Girls on the Run 5K event at the end of the program. We are in search of volunteers willing to become coaches with Girls on the Run program!

Instructor: Volunteer coaches
Min: 8  Max: 15 M,W  Mar 02-May 17
Location: Si View Park
15501  Girls On The Run Age: 12-15 with Girls on the Run program!

UK Elite Wednesday Program

Our unique soccer class allows for kids to enjoy the experience of a class setting with fundamentals along with a team/league setting. UK Elite coaches will host classes the first 2-3 weeks of the program to then turn the program into a league type setting with forming teams of equal ability levels and ages. Teams could change weekly depending on the numbers and attendance each week.

Instructor: UK Elite Soccer
Min: 6  Max: 12 M  Apr 06-Jun 08, no class 5/25
Location: Si View Park
15410  UK Individual Development Soccer Age: 5-7
Location: Si View Park
R: $140.00 I NR: $154.00

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Our unique soccer class allows for kids to enjoy the experience of a class setting with fundamentals along with a team/league setting. UK Elite coaches will host classes the first 2-3 weeks of the program to then turn the program into a league type setting with forming teams of equal ability levels and ages. Teams could change weekly depending on the numbers and attendance each week.

Instructor: UK Elite Soccer
Min: 6  Max: 12 M  Apr 06-Jun 08, no class 5/25
Location: Si View Park
15411  UK Individual Development Soccer Age: 8-10
Location: Si View Park
R: $140.00 I NR: $154.00

UK Petite Soccer

U.K. Petite Soccer Programs offer young children the perfect introduction to the world’s most popular sport! Our unique games based approach to teaching soccer provides every child the opportunity to develop motor skills, social skills, coordination and general athletic ability in a stimulating, motivating, educational environment. All participants 5 and older are required to wear shin guards. (Shin guards are optional for 3 & 4 year olds, but encouraged.)

Instructor: UK Elite Soccer
Min: 6  Max: 12 T  Jan 21-Mar 17
Location: Si View Park
R: $200.00 I NR: $220.00
15408  UK Petite Soccer Age: 3-5
Location: Si View Community Center
R: $142.00 I NR: $156.16

Ready...Set...Coach!

Girls on the Run empowers girls to reach their full potential. Through an intentional curriculum led by volunteer coaches, girls learn about self-esteem, healthy relationships, and contributing to their community. Coaches lead practices twice a week for ten weeks and receive a full training before the season begins. Coaching applications are due January 17th, 2020.

Not a runner? Not a problem! Girls on the run is for anyone looking to inspire girls to be healthier, more confident, and empowered. This is much more than a running program. For more info, contact Aaron Colby acolby@siviewpark.org.

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Youth Sports

Spring Recreational Basketball
Si View Youth Sports offers a spring recreational basketball league that caters to every level of play for both boys and girls. Games will be on Saturdays and during the week depending on gym availability. Teams will consist of 7-10 players. Volunteer coaches are always needed!

15663 Spring Recreational Basketball Grades: 3-4
Min: 20 Max: 50
Location: Local schools
R: $28.00 | NR: $30.20

15664 Spring Recreational Basketball Grades: K-2
Min: 20 Max: 50
Location: Local schools
R: $28.00 | NR: $30.20

15652 Spring Recreational Basketball - 5th-6th Grade Grades: 5-6
Min: 25 Max: 50
Location: Local schools
R: $32.00 | NR: $39.20

Volleyball
Join our volleyball program for boys and girls lead by instructor Cristin Stahlberg, a former Turnwater HS player and collegiate player at Seattle University. This 6-week session concludes with a mini-tournament on the final day. Come join the fun!

15450 Winter Volleyball Class Grades: 2-5
Min: 10 Max: 20
Location: Si View Community Center
R: $126.00 | NR: $138.60

15414 Spring Volleyball Class Grades: 2-4
Min: 10 Max: 20
Location: Si View Community Center
R: $126.00 | NR: $138.60

15415 Spring Volleyball Class Grades: 5-6
Min: 10 Max: 20
Location: Si View Community Center
R: $126.00 | NR: $138.60

Big Flips Gymnastics
This class will provide instruction for girls and boys who would like to learn beginning-intermediate skills. The teachers will teach to each individual child’s particular skill level. Skills will be taught on Bars, Beam, Vaulting, and Tumbling. The great benefits of gymnastics are the increased flexibility, strength, balance, coordination, discipline and power through their training. Gymnastics is great preparation for all other sports!

15451 Big Flips Gymnastics Age: 6-12
Min: 6 Max: 12
Instructor: Jet’s Gymnastics Express
Location: Si View Community Center
R: $178.00 | NR: $197.00

15452 Big Flips Gymnastics Age: 6-12
Min: 6 Max: 12
Instructor: Jet’s Gymnastics Express
Location: Si View Community Center
R: $153.00 | NR: $168.30

Parkour
This fun, high-energy class will provide skills used in Parkour. Parkour is the non-competitive physical discipline of training to move freely over and through any terrain using only the abilities of the body, principally through running, jumping, climbing, and specialized movement. In practice it focuses on developing the fundamental attributes required for such movement, which include functional strength and fitness, balance, spatial awareness, agility, coordination, precision, control and creative vision. Classes are perfect for girls and boys looking for an exciting new activity!

15455 Parkour Age: 6-12
Min: 6 Max: 12
Instructor: Jet’s Gymnastics Express
Location: Si View Community Center
R: $185.00 | NR: $203.50

15456 Parkour Age: 6-12
Min: 6 Max: 12
Instructor: Jet’s Gymnastics Express
Location: Si View Community Center
R: $185.00 | NR: $203.50
Youth Programs

Safe Kids 101 Home Alone Class
How do parents know when their child is ready to stay home alone? What should your child know about first aid, choking, fire prevention or aggressive dogs? Don’t know how to initiate the discussion on stranger danger, abduction, abuse or digital safety like cyberbullying or sexting? This class has you covered, teaching your child how to be safer at home and in the community! All participants will receive the Safe Kids 101 book. Bring a water bottle and a snack.

Super Sitters Teen Class
This program is designed to train young people in basic babysitting and home safety skills. Students completing this course will be better prepared to provide a safer and more positive infant/child care experience. Taught by a hospital-qualified instructor, this class includes parent expectations, basic first aid, home and fire safety, Heimlich maneuver, telephone tips, toys and activities and infant care. Participants receive a Babysitting 101 handbook and a course completion card. Bring a morning snack, a sack lunch, and a drink.

Mindful Mondays
A fun, hands on, engaging class that teaches children self-awareness and how to appropriately handle tough situations, emotions, and thoughts. Unique opportunity for your child to open up about their daily experiences.

Homeschool Programs

Homeschool Clay Creations
Join us for this 6-week class as we explore the art and science of creating with clay. Designed for both new and returning students, we will learn about the properties of clay and how it comes from, as well as some history of people and pottery. With age-appropriate guidance, artists will learn about and apply the four hand building methods to create unique works of art. We will also experience the art of glazing their pieces. Class fee includes all child-friendly materials and kiln firing. Projects will be fired and will be available for pick-up within 2-3 weeks after completion of the course. Clay can be messy, please have your artist dress appropriately!

Homeschool Art Class
Designed for both new and returning students of different ages and abilities, this 6 week session will focus on the art of painting. Students will learn about and apply the elements of art while learning about famous painters and their masterpieces. With age-appropriate projects and guidance, your artist will create their own masterpieces with acrylics, watercolors and dimensional paints. Class fee includes all non-toxic materials. Painting can be messy, so please have your artists dress accordingly!

Homeschool Karate
Our Homeschool Karate option provides an afternoon time for homeschool students. The program follows the youth karate curriculum with opportunities for belt testing throughout the school year.

Mindful Mondays
Age: 8-12
Min: 5 Max: 15
Instructor: Madeline Primack
Location: Salal Grange
R: $90.00  |  NR: $99.00

Homeschool Clay Creations
Age: 6
Min: 6 Max: 12
Instructor: Sam Simanan
Location: Si View Community Center
R: $150.00  |  NR: $165.00

Homeschool Paint The Town
Age: K-5
Min: 6 Max: 12
Instructor: Sam Simanan
Location: Si View Community Center
R: $90.00  |  NR: $99.00

Homeschool Karate
Age: 8+
Min: 4 Max: 8
Instructor: Mt Si School of Karate
Location: Si View Community Center
R: $115.00  |  NR: $126.50

R = Resident Cost  |  NR = Nonresident Cost
Mt Si School of Karate offers martial arts training for students ages 4 to adult. We believe and teach the concept that our students need to be well-rounded, educated, competent individuals. We believe that encouragement works better than threats in motivating students to work harder and to push themselves through mental plateaus encountered in their training. We are systematic in acknowledging our students achievements, whether in the martial arts or in their outside lives. Life skills are incorporated to our curriculum throughout the year, for application at home, in school, and in their martial arts training including:

FOCUS / DETERMINATION / COURAGE / TEAMWORK / COMPASSION / BALANCE / EFFORT / SELF-DISCIPLINE / TECHNIQUE / RESPONSIBILITY / ACCURACY / COMPASSION / GRATITUDE / PATIENCE / RESPECT / PERSEVERANCE / LOYALTY

New students are welcome to observe a class anytime. For more information, please contact Sensei Michael Morris at senseimichael@live.com.

All students will need a karate uniform. Uniforms can be purchased from the instructor; cost is $30 for Little and Big Dragon sizes, and $40 for youth and adult sizes. Students in youth and adult classes will also need protective sparring gear which can be purchased from the instructor. Cost of the set is $87. Students have opportunities for belt testing in the Fall and Spring. Tournaments are held 2-4 times a year, participation is optional.

No classes are scheduled for Wednesday Jan 1 (New Year’s Day), Thursday Jan 2 (Maintenance closure), Saturday Jan 4 (Maintenance closure), Jan 20 (MLK Day), or Monday Feb 17 (Presidents Day).

Little Dragons Ages 4-5
Mt Si School of Karate offers an introductory karate class for ages 4-5. Basic self-defense skills are taught in a fun, safe and active environment. Stranger safety and life skills emphasized. Uniform fee of $30 payable to the instructor.

Big Dragons Ages 5-7
Continuation class for students who have successfully completed the once a week Little Dragons program (or instructor permission) and getting ready to transition to the Youth Karate program. Uniform fee of $30 payable to the instructor.

Youth Karate Ages 7-12
Karate is for everyone! In our youth program, students learn the importance of Black Belt Excellence, a metaphor for demonstrating strong character, both in karate and in life. This program improves concentration, develops confidence and helps students achieve personal excellence. Karate uniform fee $40 payable to instructor.

Teen/Adult Karate Ages 12+
Karate is for everyone! At Mt Si School of Karate, we believe that developing and maintaining a sound body and mind are critical to getting the most out of life. In our adult program, you will experience a unique approach to self-defense and exercise designed to benefit all areas of your life. Karate uniform fee of $40 payable to instructor.
Punch passes can be purchased online or onsite. Passes are sold per instructor and only valid for the classes the specific instructor offers. Drop-in classes do not require pre-registration. You can pay a drop-in fee for a single visit or purchase a punch pass for multiple visits. Passes are sold for 5 or 10 visits.

Instructor: Stephanie Merrow  
Jan 08-Apr 29  
Min: 4 Max: 20  
Ag: 16+  
Location: Meadowbrook Farm  
7:00PM-8:00PM  
Drop in: $10  
R $45 | NR $49.50 5 classes  
R $90 | NR $99 10 classes

Instructor: Judy Baldwin  
Jan 06-Apr 27  
Min: 4 Max: 20  
Ag: 16+  
Location: Meadowbrook Farm  
6:00PM-7:00PM  
Drop in: $10  
R $75 | NR $82.50 10 classes  
R $45 | NR $49.50 5 classes

Instructor: Kathy Stuart  
TH Jan 9-Apr 30  
Min: 4 Max: 20  
Ag: 16+  
Location: Si View Social Room  
6:30PM-7:30PM  
Drop in: $12  
R $90 | NR $99 10 classes  
R $50 | NR $55 5 classes

Instructor: NA  
M, W  
Min: 2 Max: 15  
Ag: 16+  
Location: Meadowbrook Farm  
7:00PM-8:00PM  
Drop in: $10  
R $80 | NR $88 5 classes  
R $40 | NR $44 5 classes

Instructor: Stephanie Morrow  
W Jan 08-Apr 29  
Min: 4 Max: 20  
Ag: 16+  
Location: Meadowbrook Farm  
6:00PM-7:00PM  
Drop in: $12  
R $90 | NR $99 10 classes  
R $50 | NR $55 5 classes

**Belly Dancing**

Women of all ages, sizes and inclinations are rediscovering an empowering themselves through the ancient, feminine, dance practice playfully called “Belly Dancing”. The fluid and graceful movements help to tone and strengthen the back and abdominal muscles while improving posture and self-confidence, all to wonderful music. This class covers fundamentals as well as choreographing a dance. Dress for comfort. Teens, adults and seniors all are welcome. This is exercise for everyone!

Min: 4 Max: 20  
Instructor: Kathy Stuart  
TH Jan 9-Apr 30  
Location: Si View Social Room  
6:30PM-7:30PM  
Drop in: $12  
R $90 | NR $99 10 classes  
R $50 | NR $55 5 classes

**Yoga w/Judy**

This class is meant to help students who are new to Yoga, learn the basics for a solid yoga foundation and experienced yogis, an opportunity to practice the Ashtanga fundamentals. Yoga poses are broken down to give you the confidence and skills for alignment, breath work, strength and flexibility. Please bring a yoga mat (yoga block and strap encouraged).

Min: 4 Max: 20  
Instructor: Judy Baldwin  
M Jan 06-Apr 27  
Location: Meadowbrook Farm  
6:00PM-7:00PM  
Drop in: $10  
R $75 | NR $82.50 10 classes  
R $45 | NR $49.50 5 classes

**Yoga w/Stephanie**

This class is meant to help students who are new to Yoga, learn the basics for a solid yoga foundation and experienced yogis, an opportunity to practice the Ashtanga fundamentals. Yoga poses are broken down to give you the confidence and skills for alignment, breath work, strength and flexibility. Please bring a yoga mat (yoga block and strap encouraged).

Min: 4 Max: 20  
Instructor: Stephanie Morrow  
W Jan 08-Apr 29  
Location: Meadowbrook Farm  
6:00PM-7:00PM  
Drop in: $10  
R $75 | NR $82.50 10 classes  
R $45 | NR $49.50 5 classes

**Barre**

A challenging and unique workout combining pilates, yoga, and ballet barre. This class is geared to all levels and abilities. This hour long class is designed to tone and strengthen as well as increase flexibility throughout your entire body using isometric movements. Students will need to supply their own yoga mat for each class.

Min: 2 Max: 15  
Instructor: Jamie Joppa  
T Jan 07-Apr 28  
Location: Meadowbrook Farm  
7:00PM-8:00PM  
Drop in: $10  
R $80 | NR $88 10 classes  
R $40 | NR $44 5 classes

**Pickelball Open Gym**

Pickelball is a paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. The game combines many elements of tennis, badminton and ping-pong and is played with a paddle and a plastic ball in a doubles or singles format. Indoor pickelball open gym hours are available on Mondays and Wednesdays. Bring along a friend and come check it out!

Min: 2 Max: 12  
Instructor: NA  
M, W  
Location: Si View Gym  
12:00PM-1:30PM  
Drop in: $3.50 adults | $2.50 seniors

**Join Our High Energy Fitness Class Instructor Team!**

We have openings for fitness instructors teaching group format classes that are suitable for all fitness levels. Group fitness instructors are responsible for teaching all scheduled classes, beginning and ending on time, provide adequate warm-up, content and cool down period, prepare appropriate equipment and music for each class, maintain a positive experience for all participants, and help with promotion of classes. Limited equipment is available on site. Group fitness instructor certification preferred, CPR/AED certification required. Please contact Aaron Colby at 425-831-1900 or acolby@sierviewpark.org for more information and to submit course proposal.

**Co-ed Volleyball League**

If you are looking to play some ball then come join our 5 on 5 men’s league. Our league will consist of 4 to 8 teams, and each team will be guaranteed 7 games played on Wednesday Evenings. All games are played at Si View Community Center. Referees and scorekeepers are provided. Playoffs will take the top 4 teams to determine the champion.

**Adult Sports Leagues**

**Mens 18+ League Age: 18+**

Min: 4 Max: 8  
W Starts Feb 5  
8:15PM-10:15PM  
Location: Si View Gym  
Team Cost: R $255.00 | NR $280.50

**Mens 18+ Basketball League Age: 18+**

Min: 4 Max: 8  
W Starts Feb 5  
8:15PM-10:15PM  
Location: Si View Gym  
Team Cost: R $255.00 | NR $280.50

**Mens 18+ Basketball League Age: 18+**

Min: 4 Max: 8  
W Starts Feb 5  
8:15PM-10:15PM  
Location: Si View Gym  
Team Cost: R $255.00 | NR $280.50

**Barre**

A challenging and unique workout combining pilates, yoga, and ballet barre. This class is geared to all levels and abilities. This hour long class is designed to tone and strengthen as well as increase flexibility throughout your entire body using isometric movements. Students will need to supply their own yoga mat for each class.

Min: 2 Max: 15  
Instructor: Jamie Joppa  
T Jan 07-Apr 28  
Location: Meadowbrook Farm  
7:00PM-8:00PM  
Drop in: $10  
R $80 | NR $88 10 classes  
R $40 | NR $44 5 classes

**Pickelball Open Gym**

Pickelball is a paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. The game combines many elements of tennis, badminton and ping-pong and is played with a paddle and a plastic ball in a doubles or singles format. Indoor pickelball open gym hours are available on Mondays and Wednesdays. Bring along a friend and come check it out!

Min: 2 Max: 12  
Instructor: NA  
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12:00PM-1:30PM  
Drop in: $3.50 adults | $2.50 seniors

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We have openings for fitness instructors teaching group format classes that are suitable for all fitness levels. Group fitness instructors are responsible for teaching all scheduled classes, beginning and ending on time, provide adequate warm-up, content and cool down period, prepare appropriate equipment and music for each class, maintain a positive experience for all participants, and help with promotion of classes. Limited equipment is available on site. Group fitness instructor certification preferred, CPR/AED certification required. Please contact Aaron Colby at 425-831-1900 or acolby@sierviewpark.org for more information and to submit course proposal.

Min: 2 Max: 15  
Instructor: Jamie Joppa  
T Jan 07-Apr 28  
Location: Meadowbrook Farm  
7:00PM-8:00PM  
Drop in: $10  
R $80 | NR $88 5 classes

**Open Gym Schedule**

Open gym times subject to change during league play. Please check website for schedule updates.

**January 6-April 30**

**Monday**

12:00-1:30PM Pickleball
8:15PM-9:30PM Basketball

**Tuesday**

12:00PM-1:30PM Family Open Gym
8:15PM-9:30PM Youth Hoops FREE with SVSD Student ID

**Wednesday**

12:00-1:30PM Pickleball
8:15PM-9:30PM Basketball

**Thursday**

12:00PM-1:30PM Family Open Gym
8:15PM-9:30PM Basketball

**Saturday**

10:30AM-12:00PM Half-court

Open gym times subject to change during league play.

Adults $4 | Youth/senior $3
10 punch adult R $34 | NR $37.40
10 punch youth/senior R $25.50 | NR $28.05
Ballroom Dance
Want to learn to dance? For weddings, cruises, taverns/clubs or parties? Or, heard that learning to dance is good for your body, your brain and your spirit? Now is your chance. Swing and Foxtrot are both fun, easy to learn, and can be danced to a wide variety of music. Cha Cha is sassy and playful while Waltz is slow, flowing, and beautiful. These courses are for absolute beginners as well as for those who want to keep improving. The goals for the class is to have fun, learn the basics, a few cool moves, and get pointers and instruction in a friendly non-critical dance environment. Leather soled shoes and casual dress are encouraged. Classes take place in the Si View Social Room.

15432 Beginner Ballroom — Swing Age: 16+
Min: 6 Max: 20 M Jan 13-Feb 10, no class Jan 20
Instructor: John Gibson 7:15PM-8:00PM
Location: Si View Community Center R: $40.00 | NR: $44.00

15433 Beginner Ballroom — Tango Age: 16+
Min: 6 Max: 20 M Jan 13-Feb 10, no class Jan 20
Instructor: John Gibson 8:05PM-8:45PM
Location: Si View Community Center R: $40.00 | NR: $44.00

15434 Beginner Ballroom — Cha Cha Age: 16+
Min: 6 Max: 20 M Feb 24-Mar 16
Instructor: John Gibson 7:15PM-8:00PM
Location: Si View Community Center R: $40.00 | NR: $44.00

15435 Beginner Ballroom — Foxtrot Age: 16+
Min: 6 Max: 20 M Feb 24-Mar 16
Instructor: John Gibson 8:05PM-8:45PM
Location: Si View Community Center R: $40.00 | NR: $44.00

15436 Beginner Ballroom — Swing Age: 16+
Min: 6 Max: 20 M Apr 06-27
Instructor: John Gibson 7:15PM-8:00PM
Location: Si View Community Center R: $40.00 | NR: $44.00

15437 Beginner Ballroom — Waltz Age: 16+
Min: 6 Max: 20 M Apr 06-27
Instructor: John Gibson 8:05PM-8:45PM
Location: Si View Community Center R: $40.00 | NR: $44.00

Line Dance
Come join our growing country dance community in the Snoqualmie Valley! Line dancing is a blast, and you don’t need a partner or any previous experience to participate. We will be learning one new dance each week with time for practice and review. All levels of dance ability are welcome at both sessions, although dances taught at the intermediate class will be slightly more complicated. Cowboy/girl boots are encouraged, but any leather soled shoes will work. Whether you want to wow people on the dance floor or are looking for a fun way to burn some calories, this class is for you!

15493 Beginning Line Dance Age: 16+
Min: 5 Max: 25 TH Jan 07-Feb 13, no class Feb 06
Instructor: Amanda Johnson 7:40PM-8:40PM
Location: Si View Community Center R: $50.00 | NR: $55.00

15494 Intermediate Line Dance Age: 16+
Min: 5 Max: 25 TH Feb 27-Mar 26
Instructor: Amanda Johnson 7:40PM-8:40PM
Location: Si View Community Center R: $50.00 | NR: $55.00

Senior Tap
You are never too old to make some noise! Let yourself go in this beginning/intermediate tap class. Learn the basic steps and rhythm, traveling steps and shuffles. Wear comfortable clothing and bring your tap shoes.

15438 Beginning Tap Age: 16+
Min: 5 Max: 15
Instructor: John Gibson 7:15PM-8:00PM
Location: Si View Community Center R: $50.00 | NR: $55.00

Paddle Board Yoga Fitness
Outdoor SUP season is right around the corner! Come build your SUP foundation in a warm, calm, safe pool environment before it’s time to go outside on the lake, river & ocean. We will cover entering & exiting the water safely fundamentals of fitness on a stand up Paddleboard. No SUP experience required. Dress for a HOT yoga class.

15495 SUP Yoga - Winter/Spring Session Age: 18+
Min: 6 Max: 10 S Mar 01, Apr 05, May 03
Instructor: Lindsay Lambert 2:00PM-3:00PM
Location: Si View Pool R: $60.00 | NR: $66.00

What adult classes would you like to see on the schedule?
We are constantly evaluating our class offerings and looking to serve the needs of the community? Are you interested in adult dance classes? More fitness classes? Special interest classes? Let us know what community programs would be of most interest to you! Email Aaron acolby@siviewpark.org.
Specialized Recreation

We are pleased to offer Specialized Recreation programs for people with special needs. We encourage people with special needs to participate in all of our recreation programs and activities, but feel it is important to give the option of inclusive and specialized programming. Parents & caregivers are welcome to join at no cost. For more information about our specialized recreation program, please contact Ryan Goodman at 425-831-1900.

We are excited to continue the recently implement program format that allows participants to experience multiple classes within one season. Our list of programs will alternate each week, maximizing the ability for everyone to be involved. We will rotate between Supper Club, Dinner Parties, Bowling and a Friday Fun Night. Choose from Half or Full series, and during the registration process select the activities and dates that work for you. Please note that a minimum of three participants is needed for each program date to run.

Winter Series Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 27</td>
<td>Supper Club</td>
<td>Little Si</td>
</tr>
<tr>
<td>Feb 3</td>
<td>Community Club</td>
<td>Sallal Grange</td>
</tr>
<tr>
<td>Feb 10</td>
<td>Bowling</td>
<td>Adventure Bowling</td>
</tr>
<tr>
<td>Feb 24</td>
<td>Community Club</td>
<td>Sallal Grange</td>
</tr>
<tr>
<td>Mar 2</td>
<td>Supper Club</td>
<td>The Ram</td>
</tr>
<tr>
<td>Mar 9</td>
<td>Bowling</td>
<td>Adventure Bowling</td>
</tr>
<tr>
<td>Mar 16</td>
<td>Community Club</td>
<td>El Caporal</td>
</tr>
<tr>
<td>Mar 23</td>
<td>Bowling</td>
<td>Adventure Bowling</td>
</tr>
<tr>
<td>Apr 3</td>
<td>Supper Club</td>
<td>Sallal Grange</td>
</tr>
</tbody>
</table>

Choose five activities from the 10-week schedule that rotate between Supper Club, Dinner Parties, Bowling and a Friday Fun Night. See schedule for program dates.

Bowl and Pizza
We are sure to have an evening of fun, food, friends, and strikes! Please bring $20-$25 for bowling, shoes, and food/drinks. Van transportation to and from the bowling alley is provided. We will meet at Si View Community Center at 5PM and return at 8PM.

Community Club
Join us for an evening of cooking and eating at our dinner parties. We will plan and prep and enjoy to full dining experience from start to finish. Cooking will take place at Sallal Grange. Van transportation to and from the Grange is provided. We will meet at Si View Community Center at 5PM and return at 7PM.

Supper Club
It’s time for a dinner out! We’ll be visiting a variety of restaurants near North Bend. Transportation is provided, but please bring $20-25 for food, beverage and tip. We will meet at Si View Community Center at 5PM and return at 7PM. (1/27-Little Si, 3/2-The Ram, 3/16/El Caporal).

Friday Fun Night
Let’s spend an evening together at Si View! We will make dinner, watch a movie, dance and play games. Activities start at 5PM and end at 8PM.

Valentine’s Dance
Come celebrate Valentine’s Day with music, dancing, and special treats at Issaquah Senior Center! Snacks and refreshments will be provided by our friends from Issaquah. Van transportation from Si View Community Center provided as well.

Thank you for your support!
### Winter Pool Schedule January 6-April 30

<table>
<thead>
<tr>
<th>Hours</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:45-7:30</td>
<td>Lap Swim</td>
<td>Lap Swim</td>
<td>Lap Swim</td>
<td>Lap Swim</td>
<td>Lap Swim</td>
<td>Lap Swim 6:30-8:00</td>
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<tr>
<td>7:30-8:30</td>
<td>Water Aerobics</td>
<td>Water Aerobics</td>
<td>Water Aerobics</td>
<td>Water Aerobics</td>
<td>Water Aerobics</td>
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<tr>
<td>9:30-11:30</td>
<td>Swim Lessons &amp; Monday only homeschool lessons</td>
<td>Swim Lessons &amp; Monday only homeschool lessons</td>
<td>Swim Lessons &amp; Wednesday only homeschool lessons</td>
<td>Swim Lessons &amp; Gentle Water Exercise 10:25-11:25</td>
<td>Lap Swim 8:30-9:30 School rental 9:30-11:00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:30-12:35</td>
<td>Lap Swim</td>
<td>Lap Swim</td>
<td>Lap Swim</td>
<td>Lap Swim</td>
<td>Maintenance</td>
<td>Public Swim 12:05-1:05</td>
<td></td>
</tr>
<tr>
<td>12:35-3:00</td>
<td>Swim Lessons &amp; Monday only homeschool lessons</td>
<td>Swim Lessons</td>
<td>Swim Lessons &amp; Wednesday only homeschool lessons</td>
<td>Swim Lessons</td>
<td>Friday only swim lessons 1:30-4:00</td>
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<td></td>
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<tr>
<td>3:00-3:30</td>
<td>Maintenance</td>
<td>Maintenance</td>
<td>Maintenance</td>
<td>Maintenance</td>
<td>Maintenance</td>
<td></td>
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</tr>
<tr>
<td>3:30-4:00</td>
<td>Maintenance</td>
<td>Swim Team 3:45-4:40</td>
<td>Maintenance</td>
<td>Swim Team 3:45-4:40</td>
<td>Camp Swim 4:00-5:00</td>
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<tr>
<td>4:00-7:00</td>
<td>Swim Lessons</td>
<td>Swim Lessons &amp; Swim Team</td>
<td>Swim Lessons</td>
<td>Swim Lessons &amp; Swim Team</td>
<td>Public Swim 5:00-6:00 $2.00</td>
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</tr>
<tr>
<td>7:00-8:00</td>
<td>Public Swim</td>
<td>Lap Swim 7:35-8:35</td>
<td>Public Swim 7:35-8:35</td>
<td>Lap Swim 7:35-8:35</td>
<td>Family Swim 6:05-7:20 $2.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:05-9:05</td>
<td>Lap Swim</td>
<td></td>
<td></td>
<td>Lane Swim</td>
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</tr>
</tbody>
</table>

#### Drop-in pool schedule

- **December 23 – January 5**: Regular schedule resumes January 6

### Pool Closures:

- **Jan 20**: Martin Luther King Junior Day
- **Feb 14 at 11am – Feb 23**: Annual maintenance closure

#### Pool Dimensions:
- 17 yards in length; 8 yards in width 5 yards of 3 ½ feet depth, 12 yards of varying depth 5 ft to 9 ft

#### Pool Closures:

- **December 25 & January 1**: Closing at 9:45am on December 24 & December 31

### Shower Hours

- **M-F**: 5:45AM-8:45AM
- **M-Th**: 11:45AM-12:30PM
- **F**: 7:30PM-8:30PM
- **5:00PM-7:00PM
- **SA**: 6:30AM-8:00AM 12:15PM-1:00PM

#### Under age of 6 must have a parent in water, within arm's reach

- Under age of 3 and non-potty trained must wear a swim diaper

- Family swim – parent must be in the water regardless of the age of the child

- Shower required prior to entering pool

- Swim test for anyone wanting to go into the deep water required; swim width of pool on front with face in the water and swim width of the pool on back

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**Aquatics**

**Pool Closures:**
- Jan 20: Martin Luther King Junior Day
- Feb 14 at 11am – Feb 23: Annual maintenance closure
Aquatics

Aquatic Exercise Programs

Need to add variety to your workout schedule? At Si View Pool we offer two types of water exercise programs – Gentle Water Exercise & Deep Water Aerobics. Water exercise increases cardiovascular fitness, strength, flexibility and promotes weight loss and increased health. No swimming ability necessary (if going in deep water you should be comfortable in deep water – deep water students use flotation). Water exercise is a drop in program, pre-registration is not required. Classes can be self-adapted to meet your specific needs. First class is FREE!

Deep Water Aerobics Classes
This class is a great cardiovascular workout. A no impact water exercise class, using buoyant and resistant equipment. Emphasis is on strength, range of motion and flexibility. It is a workout that can be adjusted to any participant level. Routines are diverse to hold participant interest.

Gentle Water Exercise
This class is geared for people with mobility and joint issues, but open to anyone interested in participating. The Gentle Water Exercise Program is designed to help ease the pain associated with joint and mobility issues through stretching, flexibility and warming movement while providing a fun and social opportunity. No swim skills required.

Steps for Healthy Swimming
Protection Against Recreational Water Illnesses (RWIs)

- RWIs are illnesses caused by germs that can contaminate water in pools. Practice the following steps to protect yourself and others from getting sick. For additional information, please contact the pool staff.
- PLEASE don’t swallow pool water. Blow bubbles instead.
- PLEASE wait at least 45 minutes after eating before entering the pool.
- PLEASE practice good hygiene. Shower with soap before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.
- PLEASE don’t bring children to class if they have been vomiting in the last 24 hours.
- PLEASE take your kids on bathroom breaks or check diapers often. Waiting to hear “I have to go” may mean that it’s too late.
- PLEASE change diapers in a bathroom or a diaper-changing area and not at poolside. Germs can spread in and around the pool.
- PLEASE wash your child thoroughly (especially the rear end) with soap and water before they go swimming. Invisible amounts of fecal matter can end up in the pool.
- PLEASE don’t swim when you have diarrhea. You can spread germs in the water and make other people sick.

Paddle Board Yoga Fitness
Outdoor SUP season is right around the corner! Come build your SUP foundation in a warm, calm, safe pool environment before it’s time to go outside on the lake, river & ocean. We will cover entering & exiting the water safely fundamentals of fitness on a stand up Paddleboard. No SUP experience required. Dress for a HOT yoga class.

15409 SUP Yoga - Winter/Spring Session
Age: 18+
Min: 6 Max: 10
Instructor: Lindsay Lambert 2:00PM-3:00PM
Location: Si View Pool
Cost: $60.00 | NR: $66.00

Have a splashin’ good time with all of your friends at the Si View Pool.

Pool Parties and Private Rentals
When you rent the pool for a private party you get the entire pool to yourself. Lifeguards and pool toys (small mats, noodles and balls), lifejackets included. Or make it a party package with one-hour pool rental, and an hour party room rental. We set up the room for you with tables and chairs, you do the decorating. Private rentals and party packages are available on Saturdays and Sundays. Reserve your booking at www.siviewpark.org or call Ryan at (425) 831-1900.

Private rental fees/per hour
1-25 people R $125.00 | NR $137.50
26-40 people R $155.00 | NR $170.50
41-50 people R $185.00 | NR $203.50

*Punch passes expire one year from date of purchase.
Aquatics

Swim Lesson General Information

Register Early!
- Registration for ALL Winter sessions programs begins on Friday, December 6th.
- Register early; classes with insufficient registration may be combined or cancelled.
- Class you want is full? Register for your second choice and place yourself on a waitlist.

Registration Information
- Select a class on the conservative side of the student’s skills. It is preferable that they succeed in the appropriate class rather than struggle in one that is difficult.
- Skills listed are the skills that will be worked on in that level.
- If your child graduates to a higher level than you have been registered for, you will make every effort to accommodate a transfer.
- Students will progress through levels at different speeds depending on age, physical coordination, practice outside of class; etc.; when registering for multiple sessions we recommend that you not register for higher levels from session to session; it is best to register for the same level for 2 sessions, and then move them up to a higher level the following session.
- To receive a full refund the participant needs to be withdrawn 5 days prior to the first day of class; please see page 3 for further information.
- Instructors can be requested, but are not guaranteed.

Parent/Guardian Communication
- We would like to make the most of you and your child’s experience and believe it is important for you to communicate with your instructor regarding progress in our swim lesson program.
- We have five minutes scheduled in between lessons for communication to occur.

Make up classes
- Participants may not make up classes that they have missed; they are encouraged to attend the rest of the session.
- Make up classes due to facility closure are not offered; you will receive a credit for any cancelled classes.

Swimming in clothes – Done on the last day of EVERY session.
We will be teaching the students how it feels to swim in clothing. On the last day, please have your child wear long pants and a T-shirt over their swim suit. Upper youth level classes will be going over safety skills.
Levels swimming in clothes: Pre 4, Pre 5 and Youth Levels 1-3. Youth Level 4 & 5 will be learning self-rescue technique, basic rescue techniques and open water swimming safety skills.

Infant-Toddler Program
Ages 6 months – 3 ½ years
All children not fully potty trained must wear a swim diaper with a plastic diaper cover.

Parent Tot - Ages 6 months – 3 years
SKILLS TAUGHT: Verbal cuing, reach & pull arms, kicking, bubble blowing, submersion, and safe entry. Students are also introduced to unassisted skills as they become ready and becoming comfortable doing the skills with the instructor. This is a parent and child program, parent is in the water with their child.

Puddle Jumpers I – Ages 2 ½ - 3 ½
Recommend Parent Tot program at least once prior to enrolling in Puddle Jumpers I class: this will increase their comfort in the water. Only take Puddle Jumpers I once; Parent is in for the first four classes (first 2 for Saturday) and the child completes the session with the instructor only.
SKILLS TAUGHT: Water entry and exiting unassisted, blowing bubbles, aquatic breathing, submersion, assisted front floating, assisted back floating, assisted front glides, kicking assisted and unassisted with chin in water, jumping in assisted and unassisted.

Puddle Jumpers II – Ages 2 ½ - 3 ½
Must take Puddle Jumpers I to register for Puddle Jumpers II. PARENT DOES NOT GET IN THE WATER FOR Puddle JUMPERS II.
Same skills as in a Pre 1 class, with focus on listening skills and following directions; can advance to Pre 1 when 3 years old or when comfortable with being in water.

Preschool Swim Lessons
Ages 3-6
(Must turn 3 prior to the end of the session)

PRE-1
SKILLS TAUGHT: Blowing bubbles; humming; submerging whole head; buoyancy; front float for 5 to 10 seconds; assisted back float 10 seconds; propulsion (kicking with face out of water then face in the water assisted and unassisted); Students must be comfortable submerging completely under water before advancing to Pre 2.

PRE-2
SKILLS TAUGHT: Humming; submersion; buoyancy (front and back floating unassisted); front glides and back glides unassisted; rolling over (front float to back float / back to front comfortably) unassisted; propulsion (kicking on front and back) w/out support; Students must excel on front skills, back skills and must be comfortable rolling from front to back and back to front without making contact with the pool floor to advance to Pre 3.

PRE-3
SKILLS TAUGHT: Main focus in this level is breathing (front glide w/ rolling over, intro to side breathing - letter “L” position for the width of pool); intro to crawl stroke and back stroke; intro to elementary back stroke (arms only for the width of pool); Students must excel in tall arms with rolling over to breathe to advance to Pre 4.

PRE-4
SKILLS TAUGHT: Crawl stroke; side breathing, kicking, arms and coordination; back stroke; elementary back stroke; intro to breast stroke kick; pike and surface dives, standing dives and intro treading water. Students that excel in crawl and back stroke will advance to Youth 3.

PRE-5
SKILLS TAUGHT: Refining crawl stroke w/ side breathing; refining back stroke; refining elementary back stroke; breast stroke; butterfly; intro to sidestroke and flip turns. Students must excel in all strokes and tread water for 30 seconds to advance to Youth 5 or swim team.

Youth Swim Lessons
Ages 6-12
(5 year olds can register for Youth lessons with skill mastery of Preschool lessons)

YOUTH 1
SKILL TAUGHT: Humming, submerging whole head; buoyancy; front & back glides assisted/un-assisted; intro to rolling over; propulsion (kicking w/support and w/out support); jumping into the deep end unassisted. Students must be comfortable submerging, excel on front and back skills, and be independent in skills before advancing to YOUTH 2.

YOUTH 2
SKILL TAUGHT: Main focus is breathing (front glide w/rolling over, intro to side breathing); intro to crawl; intro to back stroke; intro to elementary back stroke (arms only); changing direction; Intro to treading water, lifejacket intro, surface dives and deep water intro; Students must excel on breathing/rolling over and comfort in deep water to advance to YOUTH 3.

YOUTH 3
SKILL TAUGHT: Crawl stroke with side breathing; back stroke; intro to dolphin & breaststroke kick; swimming underwater; pike and surface dives; standing dives from the side; intro to open turns and treading water. Students must excel in crawl with side breathing, backstroke (kick at/near surface) and elementary back to advance to YOUTH 4.

YOUTH 4
SKILL TAUGHT: Refining crawl stroke w/ side breathing; refining back stroke; refining elementary back stroke; breast stroke; butterfly; intro to sidestroke and flip turns. Students must excel in all strokes and tread water for 30 seconds to advance to YOUTH 5 or swim team.

YOUTH 5
SKILL TAUGHT: Refining crawl stroke, back stroke, breast stroke; butterfly; side stroke, diving from block; flip turns. Must excel in all strokes to advance to Swim Team.
Aquatics

Lesson Schedule

<table>
<thead>
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<th>Classes</th>
<th>M/W</th>
<th>T/TH</th>
<th>F</th>
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<td>9:10</td>
<td>9:45</td>
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<tr>
<td>Puddle Jumpers 1</td>
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<td></td>
<td>(PJ 1&amp;2 combo)</td>
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<td>10:55</td>
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<tr>
<td>Adult</td>
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<td>8-8:30</td>
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</tbody>
</table>

Private lessons

We offer private or semi-private lessons for students 3 years and older. Private lessons have the benefit of fitting available staff schedules while providing you with a lesson option that targets your specific needs and those of your children. Call Si View Pool or e-mail Bridget bverhei@siviewpark.org to make your arrangements. Cost: R $40/ NR $44 per ½ hour for private lesson, R $60/ NR $66 per ½ hour for semi-private lesson ($30/ $33 per student). Should you need to cancel your private lesson(s) a 24 hour notice is required to receive a refund (minus $10 processing fee).

Adult Swim Lessons

We offer lessons for adults who already have comfort in the water.

Beginner: Air exchange, submerging whole head with air exchange; front & back glide - assisted and unassisted; introduction to rolling over; kicking on front and back - with and without support; jump into deep end unassisted. Introduction to crawl stroke arms & back stroke arms; introduction to crawl stroke w/rolling & breathing; introduction to elementary back stroke arms; water safety - treading water, life-jackets and floating on back in deep water.

Intermediate/Advanced: Building on skills learned in adult beginner class; crawl stroke with side breathing; refining backstroke; refining elementary back stroke legs and arm & leg coordination; breaststroke; sidestroke and butterfly. Diving - surface dives and diving from side.

Stingrays – Swim Team

The Stingrays are a developmental swim team. We use this team to get swimmers ready to compete on a United States Swimming Association team. We work on stroke technique for the major strokes, starts and turns. To join the swim team you must be able to do 2 lengths of crawl stroke, back stroke, breast stroke, and one length of butterfly. Successful completion of Youth 5 is recommended.

*Swim team follows the swim lesson session dates

Staff Profile

Ethan Peterson

Ethan started working at Si View Pool as a swim instructor and lifeguard in the winter of 2017 and would never dream of working at any other pool. To teach kids to swim is both very important and enjoyable. There are not many better sights than to see a kid happily learning to swim or them with the biggest smile on their face as they come to swim lessons. Along with lifeguarding, Ethan also enjoys playing the guitar, making short and/or art films, and backpacking.

Allison Jones

Allison started working at Si View in June of 2017. She really enjoys teaching kids how to swim. During her first two years of high school, she was on the Girls Mount Si High School swim team. Currently she is at Mount Si but doing running start at Bellevue College and will continue to do that until graduation in spring of 2020. When she goes off to college, she hopes to go into the field of Marine Biology. She has always enjoyed the water and hopes that you do too.
Si View Metro Parks has completed a comprehensive aquatics feasibility study for Snoqualmie Valley. This study was commissioned to better understand the community’s aquatics needs and how to best address them – this was one of the top priorities in the District’s 2017 Comprehensive Plan Update. The study was performed by an independent team of nationally-recognized architects and planners.

The aquatics feasibility study recommendations for facility size and amenities are based on the specific needs and program elements compiled during demographic and market research, through a multi-layered public outreach process, and in accord with Si View Metro Parks’ mission to provide parks and recreational services to improve the quality of life and benefit the health, safety and well-being of area residents.

Key Findings:

- The current Si View pool is the only public aquatics facility in the Snoqualmie Valley with a population base of nearly 40,000 residents. The primary service area includes Si View Metropolitan Park District residents and the secondary service area includes the City of Snoqualmie residents and the nearby communities of Fall City and Preston.

- In order to meet current and future aquatics needs of the full service area, a facility with a large recreation pool and a separate tank for lap programming and aquatic competitions is needed to support programming for all ages and abilities.

- Survey data and public meeting comments show strong support for such a facility.

- Based on a thorough business plan analysis, such an aquatics facility would be sustainably funded through program and user fees, with some level of operational support by Si View Metro Parks General Fund.

- To deliver such a facility, community collaboration is necessary for capital funding and operations. This could include capital contributions from cities, King County, Snoqualmie Valley School District and other potential partners.

Facility Features

The proposed 46,594 sq foot facility includes a 4,600 sq foot beach entry warm temperature recreation pool with interactive water features, river current, flexible programming space with a three lane 25 yard lap area, and a separate 109’ long water slide. A separate 6,210 sq foot cooler temperature competition pool ranges in depth from 3’6” to 13’3” to accommodate diving. The 25 meter by 25 yard pool design allows for ten 25 yard lap lanes or eight 25 meter lap lanes, 1 meter spring boards, climbing wall and 25 yard floating cage water polo.

Proposed dry spaces include a 2,500 sq foot multi-purpose room, 1,700 sq of classroom spaces, locker rooms and restrooms for both pools, office area, maintenance and storage spaces with a layout that allows for simultaneous full programming of both pool areas to maximize operational efficiency. Additionally, a 2,000 sq foot outdoor splash pad with spray features and multiple zones for age appropriate play that does not require a lifeguard is proposed.

Funding Options

The proposed design is such that it allows for a phased construction approach depending on available funding. A first phase could include the recreation pool and dry classroom spaces, and a later phase could add the separate competition pool and multi-purpose room. For the full build out of the facility, community collaboration is necessary to fund the capital investment. The District is actively working to develop partnerships for a collaborative funding model that would allow a full build out of a public aquatic center and the best community benefit. Given the magnitude and longevity of the proposed project, all potential options will be investigated and considered to ensure the best possible outcome for the community.

To build the full facility in one phase, using the current schematic design, the estimated construction cost is $43M based on a construction timeline beginning in 2021. If separated to two phases, again based off the current schematic design, the first phase cost would be $28M and later phase an additional $21M.

Next Steps

Si View Metro Parks will survey District residents for the level of support of a capital bond measure. Community discussions with potential project partners are ongoing, and depending on available funding, construction could begin as soon as 2021 with a phased or full build out approach. The full build out could be completed as early as 2023 and a phased project in 2026.

For the latest project information, full feasibility study and proposed plans, please visit our website www.siviewpark.org/newpool.phtml.
Meadowbrook Farm is 460 acres of historic public open space on the Snoqualmie Valley floor, located within the cities of Snoqualmie and North Bend. The mythical birthplace of the Snoqualmie tribe, “Hyas Kloshe Ilahee” (the Great Good Land) was maintained for thousands of years by the Snoqualmies as a hunting and food-growing prairie. Early white settlers homesteaded the land for farms, and these were consolidated during the late 1800s to form the world’s largest hop ranch. Subsequent farmers raised crops, dairy herds, green chop and hay.

The land was acquired as jointly owned public open space by the cities of Snoqualmie and North Bend in 1996 for wildlife habitat, historic and cultural interpretation, ongoing agriculture, and public recreation; today much of Meadowbrook Farm remains open field and wetland forest, as it has been for centuries. The land is managed by the Meadowbrook Farm Preservation Association, a 501(c)(3) non-profit organization established by the cities to implement the master site plan for the property. Come walk across the meadow and through the woods, come for a class or just admire the view of this beautiful place.

Meadowbrook Farm is located at
1711 Boalch Avenue in North Bend.

• For additional information about classes, please contact Mary Norton by email maryjoe4813@gmail.com
• To learn more about the Meadowbrook Farm Preserve, please visit www.meadowbrookfarmpreserve.org or email info@meadowbrookfarmpreserve.org
• For facility rental information, please contact Si View Metro Parks, 425-831-1900.

Walk to Big Cedar
9 ½ feet in diameter
Imagine a tree 500 years old! Take a short hike to see this living, valley floor old growth forest giant, and learn about the many ways Native Americans and early pioneers used cedar in their everyday lives. Ideal short two mile hike for families with children. Local botanical discussion en-route. Meet at Meadowbrook Farm Interpretive Center; dress for the weather and wear boots that can handle several inches of water!

Instructor: Mary Norton
Location: Meadowbrook Farm Interpretive Center
Ages: All
Fee: Free

Tour of Meadowbrook Farm
Get to know this amazing public open space park! Take an insider’s tour of Meadowbrook Farm to learn about the history, wildlife, trails and possibilities of this beautiful place. Dress for the weather; some walking involved.

Instructor: Tim Noonan/Mary Norton
Location: Meet at Interpretive Center
Ages: All Ages
Fee: Free

Update on Elk in the Upper Snoqualmie Valley
Join wildlife biologist Harold Erland to find out about our own local elk herd as well as recent surprise wildlife visitors to the upper valley. What does the Upper Snoqualmie Valley Elk Management Group’s latest research tell us about our elk? What are the best places and times to see elk? Come for a fascinating evening about the elk who share our valley!

Instructor: Harold Erland
Location: Meadowbrook Farm Interpretive Center
Ages: All, families welcome
Fee: Free

A Birding Adventure: Birds in Washington
When a wildlife biologist and his bird-watching wife plan the birding trip of a lifetime, where do they go? What do they see? Join biologist Harold Erland to hear about their trip, and share the special places and special birds to see in our own state. Find out about Washington birds, and bird visitors from afar, and how you might plan your own birding adventure.

Instructor: Harold Erland
Location: Meadowbrook Farm Interpretive Center
Ages: All, families welcome
Fee: Free

Check availability online and reserve now for 2020!
425-831-1900 siviewpark.org

Attractive event venue surrounded by natural beauty, just minutes from I-90 near downtown North Bend.

Corporate Meetings Conference Workshops Retreats Special Occasions

NEW

A New

NEW
The City of North Bend is blessed by outstanding outdoor recreation opportunities. Team sports, hiking, fishing, bicycling, climbing, river sports, wildlife observation, and the presence of scenic areas abound, and all within city limits, not to mention the vast recreational playground immediately surrounding the city. The city’s system of parks and trails provides numerous places for enjoying these opportunities, all within a short walk or bike ride from residents’ front doors, truly making North Bend the premiere outdoor adventure destination in the Puget Sound region.

Volunteer at Your Favorite Community Event!

- Do you love North Bend?
- Do you enjoy helping your community, making new connections, and strengthening existing ones?
- Do you want to be close to the action, providing input about events?

If you answered “yes” to any of these questions, please join your fellow neighbors and friends, and become an event volunteer!

Volunteering at one of your local community events is a positive, fulfilling way to enhance community participation while having FUN. Event volunteers help in a wide variety of areas, such as:
- Committees that provide input and feedback in the planning process
- Set-up, take-down
- Game, toy, booth monitors
- ID checkers
- Cross-walkers

...And much more!

If you are interested in volunteering for a local community event, contact Bre Keveren, bkeveren@northbendwa.gov, or call (425) 888-7669.

Adopt a Park or Trail

The Adopt a Park and Adopt a Trail Program is a great way to engage volunteers in the improvement and enhancement of North Bend’s park system. It is a volunteer program that recruits and trains residents to assist in basic care and maintenance of city parks, trails, and other outdoor public spaces.

Who Can Sign Up?

Everyone is welcome to sign up. Adopt a North Bend park or trail as an individual, family, youth group, church, sports organization, group of friends, or as a business. Whoever you are, you are a valuable part of our community and can play an important part in the beauty of our parks and trails.

How Does Volunteering Help You?

Volunteering allows you to take an active role in the beautification of your community, and you can take pride in the park or trail that you have adopted. Once you have volunteered for at least six months, we will acknowledge you or your group or business on a small plaque installed in the park in thanks for your help in the care and upkeep of the park or trail.

If you are interested in adopting a park or volunteering, please contact Mike McCarty, MMcCarty@northbendwa.gov or call (425) 888-7649.

2020 Special Events

Please consider volunteering at one of these upcoming special events! For more information on upcoming events, check the city’s Event Calendar by visiting www.DiscoverNorthBend.com/35/Events

March

Sip Suds & Si

July 18

Block Party

July 19

Legends Car Show

October 31

Trick-Or-Treat Street

We love our volunteers!

Celebrate the Season in North Bend

Holly Days

December 6, 5-8 PM

An Old-Fashioned Downtown Festival

Tree lighting • Santa • Streetside smores • Live performances
Crafting for kids • Holiday dining & shopping

OUTDOORS • NEXT DOOR TO
101 W. North Bend Way

Offsite Programs
All library programs are FREE!
The Snoqualmie Valley Libraries offer a variety of programs to encourage a life-long love of reading. This is just a sampling of regularly offered programs. Generally, no registration is required and newcomers are always welcome. Check at your local library for a schedule of programs coming up this month. Reasonable accommodation for individuals with disabilities is available; please contact the library prior to the event if you require accommodation.

Snoqualmie Valley Book Swaps
March 2020 Fall City, North Bend, and Snoqualmie; check branches for dates and times
Bring up to 5 good condition books to the library and trade them in for some new-to-you titles collected by the Friends of the Library! (Limit 5 trade-ins per child, per event.)

Fall City Library
Toddler Story Time
Stories, books, songs and surprises! Help your child get ready to read with this half-hour story time for our youngest patrons. Lots of wiggling and giggling guaranteed! A short play time follows the program.
Ages: Newborn-3  T 10AM

Preschool Story Time
Share books, sing songs, and have fun with other preschool pals! Explore early literacy activities to help children learn to read.
Ages: 3-6  T 11AM

North Bend Library
Toddler Story Time
Stories, books, songs and surprises! Help your child get ready to read with this half-hour story time for our youngest patrons. Lots of wiggling and giggling guaranteed! A short play time follows the program.
Ages: Newborn-3  TH 10AM

Preschool Story Time
Share books, sing songs, and have fun with other preschool pals! Explore early literacy activities to help children learn to read.
Ages: 3-6  TH 11AM

Snoqualmie Library
Toddler Story Time
Enjoy bouncy rhymes and tickles, familiar songs and stories with your little one! Build early learning skills in this active fun-filled, half-hour program. A short Social Time with blocks, toys and bubbles takes place right after Story Time.
Ages: Newborn-3  W 10AM

Preschool Story Time
Join us for stories, songs, rhymes and fun with preschool pals! This program includes books, music and movement designed to help build early learning skills as your child gets ready to read. A short playtime follows the program.
Ages: 3-6  W 11AM

Spoilers!
Think you have good bluffing skills? Like to make stuff up? Drop in to challenge the North Bend Children’s librarian to Spoilers. We’ll pick a book you want to read. You read the book, the librarian reads only half of the book. If you can fool the librarian into thinking the story ends differently than it actually does, you win! Small prizes available for winners. Contact the children’s librarian for more information at 425-888-0554 or pjburton@kcls.org
Ages: 8-18  W 3:30PM-4:30PM

Family “Pajama” Story Time
Shake your sillies out with stories, bouncy rhymes, and tickles, songs and fun before bedtime. Wear your PJs if you like! Come early for play time with blocks and toys at 6:45 pm.
Ages: All with adult  TH 7:00PM

www.kcls.org

Fall City Library (FC)
33415 SE 42nd Place  425-222-5951
North Bend Library (NB)
115 E 4th Street  425-888-0554
Snoqualmie Library (SN)
7824 Center Blvd SE  425-888-1223

www.kcls.org
The Sallal Grange is a small community grange which is part of the Washington State Grange system. We celebrate our rural community, friendship, our love of food, and great music. The Sallal Grange has been a part of the North Bend and Snoqualmie Valley communities since its inception in 1931. In recent years, we have supported local food banks, funded scholarships, coordinated fundraisers, offered concerts, helped provide handmade quilts & blankets to children in traumatic situations, and much more. We also work to create community by holding swap meets, bazaars, game nights, open mic nights, and contra dances to name a few.

For details on events and activities, check our website www.sallalgrange.org or email us at info@sallalgrange.org.

Rental inquiries: Si View Metro Parks 425-831-1900

Special Events
Check our web page www.sallalgrange.org for special events including Rummage Sales & Flea Markets, Concerts, and community talks. You can also sign up for updates via our mailing list there.

Electronics Recycling
Dispose of unwanted electronics for FREE! Drop them off at the Sallal Grange and they will be safely recycled or donated. Check www.sallalgrange.org for a list of items we can and cannot accept.

Dairy Drive
Every week, we, the volunteers from the Sallal Grange visit the supermarket in town and ask shoppers to buy cheese while they’re shopping and donate it to us for the local food bank. Almost all the cheese that the elderly, homeless, and children get from our local food bank comes across the Sallal Grange’s little table. Interested in volunteering? Email DFL@sallalgrange.org to schedule when you’d like to spend a couple of hours finding out how awesome and generous the residents of our valley are. (Spoiler alert: REALLY awesome and generous).

Venue Rentals
The Sallal Grange, conveniently located minutes from I-90, is great for receptions, celebrations, reunions, banquets, awards parties, rehearsals, meetings, concerts, and fund-raising events. We offer an open floor plan for many seating arrangements, a commercial-rated kitchen that’s perfect for catering, and plenty of parking. The space is charming enough for smaller groups of about 10 and open enough to accommodate 100. Chairs and tables are provided.

The Grange features a spacious dining area, a large auditorium with an elevated stage, and a projector suitable for movies or presentations. The kitchen has plenty of space for many helping hands and includes a work sink which makes easy cleanup after artistic activities. An open back yard offers ample space for a BBQs, outdoor games, weddings and more. For weddings and receptions we offer a separate bridal space, as well as a groomsmen’s hospitality space as a way to make your special day even more special.

Contact Si View Metro Parks at (425) 831-1900 to schedule a showing or book your next event!
Mt. Si Senior Center

Programs for adults 50 and older

411 Main Avenue S • North Bend WA 98045
www.mtsiseniiorcenter.org • 425-888-3434
Senior Center Hours Monday—Friday 9AM—4PM

We are exploring our region. Below are just a few. Drop in or visit our website to learn about more local trips.
Burke Museum • Volunteer Park Conservatory
Asian Art Museum • Suquamish Casino
Skagit Valley Tulip Tour • Lavender Festival • and more!

Let Us Entertain You
1st Friday Films 1st Fri each month at 1:30PM
TED Talks last Tue each month at 1:30PM
Classical Guitar 1st Wed ea month, 11:30AM - 12:30PM
Tom Lyons on Piano 2nd Thu ea month, 12:00PM -1:00PM

Lunch by Chef Joy • Mon-Fri at noon
A delicious, nutritious meal served daily.
Adults 50+ and their guests are welcome.

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<th>Ages</th>
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Special Lunches
Birthdays 2nd Th each month
Valentines F, Feb 14 St. Patrick’s Day Tu, Mar 17
Mardi Gras Tu, Feb 25 Easter Celebration F, Apr 10

Mt. Si Senior Center is available for Rentals
Contact programs@mtsiseniiorcenter.org

Health, Wellness, Information & Assistance

Anti-Coagulation & Blood Clinic every Tue 12PM-1PM
Blood pressure checks every Wed 11AM
Dental care 1st & 4th Wed each month
Foot Care call for an appointment
Enhance Wellness call for an appointment
Do you or someone you know need help with making healthy lifestyle changes? Work 1:1 with a personal health coach to make a positive behavior change in your life.

Fun Classes, Social Events and Education
Soap Making • Memoir Writing • Painting • Essential Oils • Tea at 3
Upcycling • Hand Embroidery • Fundamentals of Personal Finance
Humanities Washington Speaker Series • A Capella Performances

Recreational Activities

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<tr>
<th>Activity</th>
<th>Days</th>
<th>Times</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bring It On Billiards</td>
<td>M, T, W, Th, F</td>
<td>9:00AM</td>
<td>$2 mbrs, $4 non-mbrs</td>
</tr>
<tr>
<td>Calling All Puzzlers</td>
<td>M, T, W, Th, F</td>
<td>All Day</td>
<td>Free</td>
</tr>
<tr>
<td>Crafter’s Corner</td>
<td>M</td>
<td>11:00AM to 4:00 PM</td>
<td>Free</td>
</tr>
<tr>
<td>Yarn Therapy</td>
<td>M, Th</td>
<td>11:00AM to 4:00 PM</td>
<td>Free</td>
</tr>
<tr>
<td>SnoValley Quilters</td>
<td>W</td>
<td>11:00AM to 4:00 PM</td>
<td>Free</td>
</tr>
<tr>
<td>Hand Embroidery</td>
<td>F</td>
<td>1:00PM</td>
<td>Free</td>
</tr>
<tr>
<td>Adult Coloring Club</td>
<td>M, T, W, Th, F</td>
<td>1:00PM</td>
<td>Free</td>
</tr>
</tbody>
</table>

Fitness Classes

<table>
<thead>
<tr>
<th>Class</th>
<th>Days</th>
<th>Times</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Huff and Puff</td>
<td>M, W, F</td>
<td>9:00AM</td>
<td>Donation</td>
</tr>
<tr>
<td>Functional Fitness</td>
<td>M, W, F</td>
<td>10:00AM</td>
<td>$50/10 class punch card</td>
</tr>
<tr>
<td>Yoga</td>
<td>M, W, F</td>
<td>11:00AM</td>
<td>$50/10 class punch card</td>
</tr>
<tr>
<td>River City Ramblers</td>
<td>M, W, F</td>
<td>11:00AM</td>
<td>Donation</td>
</tr>
<tr>
<td>S.A.I.L.</td>
<td>T, Th</td>
<td>9:00AM</td>
<td>Free</td>
</tr>
<tr>
<td>Balls &amp; Bands</td>
<td>T, Th</td>
<td>10:00AM</td>
<td>Free until 8/31, $5 drop in</td>
</tr>
<tr>
<td>Line Dancing</td>
<td>T, Th</td>
<td>11:00AM</td>
<td>Donation</td>
</tr>
<tr>
<td>Seniorcize</td>
<td>M, Th</td>
<td>11:00AM</td>
<td>Donation</td>
</tr>
<tr>
<td>Silver Gloves 50+ Boxing</td>
<td>M</td>
<td>12:30PM</td>
<td>$50/10 class punch card</td>
</tr>
</tbody>
</table>

Tabletop Games

<table>
<thead>
<tr>
<th>Activity</th>
<th>Games</th>
<th>Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tiles</td>
<td>Dominoes, Rummykub, Scrabble, Mahjong</td>
<td>M</td>
</tr>
<tr>
<td>Cards</td>
<td>Pinoche, Cribbage, Bridge, Hand &amp; Foot, Rummy</td>
<td>Tu</td>
</tr>
<tr>
<td>Dice</td>
<td>BUNCO, Boggle, Yahtzee</td>
<td>W</td>
</tr>
<tr>
<td>Cards</td>
<td>Pinoche, Cribbage, Bridge, Hand &amp; Foot, Rummy</td>
<td>Th</td>
</tr>
<tr>
<td>Strategy</td>
<td>Chess, Checkers, Risk, Chinese Go, Contract Bridge</td>
<td>F</td>
</tr>
</tbody>
</table>

Find out what’s going on!
Pick up a newsletter, visit our website, or like Mt. Si Senior Center on Facebook

Snoqualmie Valley Transportation is your local bus company
We offer both fixed route and door-to-door service M-F for $1
Call 425-888-7001

Mt. Si Senior Center is available for Rentals
Contact programs@mtsiseniiorcenter.org

30
Offsite Programs

RAINFOUR

BINGO

Celebrity Red Carpet
January 25

Mardi Gras Mayhem
February 29

The Spy Who Loved Me
April 04

Summer Camp
June 27

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Mt. Si Senior Center • 411 Main Ave. S • North Bend

5 Ways to Thrift Like a Pro

1. Give yourself time
2. Be Open Minded
3. Be Creative
4. Visit often
5. Have Fun!

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Mon—Fri 10am—4pm

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- Socialization
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- Nutrition
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- Phone Calls
- Interactive group workshops
- Email

Mt. Si Senior Center
411 Main Ave S
North Bend, WA 98045

Speak with our Senior Advocate, Britt Isbell, to schedule your appointment.

Phone: 425-888-3434 ext 4
advocate@mtsiseniorcenter.org

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For a Healthy Independent Lifestyle

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Call 425-888-3434 for upcoming classes.

River City Ramblers

Line Dance

Yoga Stretch

Fitness for You

Boxing

Huff & Puff

Seniorize

S.A.I.L.

*Restrictions apply. Call center for details.
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