SPECIAL EVENTS

12th Anniversary...

Daddy Daughter Dance

*Dads & daughters will enjoy an evening just for them!*

An array of music will please all age groups and tastes! Come prepared to dance the night away. All ages welcome! Participants will receive refreshments, party favors and a night of fun and entertainment that both daddy and daughter will never forget. U.P. Parks & Recreation wants all girls to enjoy this special event! Uncles, grandfathers, big brothers, and even mom is welcome to accompany their little princess.

A photographer will be there to provide you with pictures for a small fee.

*Pictures are available prior to start of event for pre-registered guests only.*

The PhotoBooth will also be back this year! It was such a huge hit last year! Refreshments to include punch, coffee, cookies & cupcakes.

**ALL AGES WELCOME!**

EVENT DATE
Saturday, February 7, 2015

TIME
6:30-9 pm

WHERE
Curtis High School-Cafeteria
8425 40th St. W., U.P.

EARLY BIRD FEES
$35 per couple + $5 each additional child

AT THE DOOR FEES
(LIMITED SPACE)
$40 per couple + $5 each additional child

Sponsored by...American Party Place and Forza Coffee Co. @ 27th & Bridgeport
ALL CLASSES:

WINTER SESSION: TUESDAYS, 9 WEEKS
LOCATION: Drum Intermediate School Gym
4909 79th Ave W, 98467

SPRING SESSION: TUESDAYS, 9 WEEKS
LOCATION: Cirque Park Soccer Field
7250 Cirque Dr. W, 98467

MOMMY, DADDY & ME Ages 2-3 1/2 yrs
Introduce yourself and your toddler to the “World’s Most Popular Game!” As you and your child participate in our fun, age-appropriate activities, your child will be developing his/her large motor and socialization skills. A variety of activities designed around the game of soccer will be played each week. The fun happens on the field, and in Mommy/Daddy & Me Soccer, you won’t have to watch from the sidelines.

Winter 1/27-3/24 4:30-5:00 pm/ID#8878 $95
Spring 4/7-6/2 9:45-10:15 am/ID#8879 $95

TOT SOCCER Ages 3 1/2-4 yrs
Encourages large motor skill development through fun soccer games and introduces small children to a group setting. Little tikes will enjoy running and kicking just like the big kids!

Spring shin guards required after the first class.

Winter 1/27-3/24 5:10-5:45 pm/ID#8876 $95
Spring 4/7-6/2 10:25-11:00 am/ID#8870 $95

SKILLZ & SCRIMMAGES 7-10 yrs
Kidz will enjoy advanced skill building: dribbling, passing and shooting in a team-play format. Each class will focus on scrimmages that emphasize application of finer technical points. All levels of play are encouraged to come out and enjoy the soccer fun!

Spring shin guards required after the first class.

Winter 1/27-3/24 6:30-7:15 pm/ID#8874 $95
Spring 4/7-6/2 5:30-6:15 pm/ID#8875 $95

ALL PARTICIPANTS WILL RECEIVE A KIDZ LOVE SOCCER JERSEY!
University Place Parks & Recreation Youth Sports Leagues invites children from Pre-k through 7th grade to join a recreational sport league. Leagues will focus on teamwork, sportsmanship, basic fundamental instruction and most importantly, HAVING FUN!!!

Days of games and practices will vary as they are determined by the coach’s preferences and/or field availability.

Coaches forming teams need to pick up a packet at the Recreation office: 3609 Market Place W Suite 102, U.P. 98466

T-BALL instruction
Coed leagues available for boys and girls Pre-k - 1st Grade.

COACH-PITCH instruction
Coed leagues available for boys and girls 1st & 2nd Grade.

BOYS BASEBALL
Hollywood & Regulation Instruction
Leagues available for boys 3rd/4th, 5th/6th & 7th Grade.

GIRLS FASTPITCH
Modified & Fast-pitch Instruction
Leagues available for girls 3rd/4th, 5th/6th & 7th Grade.

$55 Resident / $60 Non-resident
EARLY BIRD: January 17 - February 13, 2015
$60 Resident / $65 Non-resident
FINAL DEADLINE: February 14 - March 13, 2015
$65 Resident / $70 Non-resident
$10 fee will be applied after March 13 for late registrations

LEAGUE RUNS MID APRIL - MID JUNE.
For more information, printable registration form, or on-line registration, visit www.CityofUP.com or call 253.460.2530.

SUMMER BASEBALL SEASON 2014
The U.P. Parks & Recreation Department is excited to offer a SUMMER YOUTH BASEBALL SEASON. This league will be for those who want to extend their baseball season ten more games. The summer baseball season will start after the 4th of July and run through the middle of August. Games will be played on weekdays (Monday-Thursday) in the evenings, likely playing two games per week between 5:30-9 pm. Practices will be reserved after schedule is out. Coed Coach Pitch (1 ump), Boys & Girls: 10U, 12U, 14U (no Hollywood) teams/player.

Games to be played at Cirque Park & Sunset Terrace.

COST:
$70 Resident
$75 Non-Resident

REGISTRATION DEADLINE:
FRIDAY, JUNE 12

*This is a no frills league; we are offering ten games and practice if we have space. We will not order jerseys, take conflicts, and kids will need to have a destination for the team they want to be on. Coed Coach Pitch (1 ump), Boys & Girls: 10U, 12U, 14U (no Hollywood) teams/player.

For more information contact the Parks & Rec. Office at 253.460.2530.

WANTED!

VOLUNTEER COACHES, OFFICIALS & SITE SUPERVISORS!
...for ALL Youth Sport Leagues
If you would like to volunteer as a coach or become an official for the Basketball, Baseball or Softball season, please contact Andy Nelson at 253.460.2530 or e-mail ANelson@CityofUP.com.

LEAGUE RUNS MID APRIL - MID JUNE.
For more information, printable registration form, or on-line registration, visit www.CityofUP.com or call 253.460.2530.

Youth outdoor soccer league
University Place Parks & Recreation is excited to announce a new youth sport league! We have been offering a youth indoor soccer league for years but now we are going to take it outside to the field! A coed summer outdoor soccer league for pre-k through 2nd grade will begin after Mid-July. This will be a six game season and games will be held during the week, no weekend games.

This is an instructional league great for introducing the youth to the ever-popular game of soccer. Players will be notified of their team placement by end of June. Emphasis is on participation and having fun.

DAYS: Monday-Thursday (days & times will vary)
LOCATION: University Place school fields and Cirque Park

Lead by volunteer coaches

AGE/GRADE          ID# 
Pre-k/Kindergarten (ages 4-6) 8896
1st & 2nd Grade 8897

The cost for the league is $55 which will also include a uniform.

REGISTRATION DEADLINE: FRIDAY, JUNE 12
REGISTRATION FORM

Please complete this form and submit with appropriate registration fee to:
City of University Place  ATTN: Recreation Services
3715 Bridgeport Way W  University Place, WA 98466
Fax: 253.460.5416 / Info. 253.460.2530
Walk-In: 3609 Market Place W Suite 102, U.P. 98466/9 am-4 pm, M-F

Player’s Name: ________________________________ Birth Date: __ / __ / _____
(Last Name) (First Name)

Age: __________ Grade: __________ School Attending: __________________________

Sex: □ M □ F

Parent’s Name: __________________________________ Hm. Phone: ____________________

Cell Phone: ____________________

Address: _____________________________________________________________

City/State: __________________________ Zip: ________________

Email Address: __________________________________________________________

Preferred Coach/Friend: ________________________________________________

**Please Note: This is only a request; we will do our best but there are no guarantees.**

If we need a coach for your child’s team would you be willing to coach? If so check here: ☐

WE ARE EXCITED TO ANNOUNCE THAT WE ARE NOW OFFERING A DISCOUNT FOR COACHES!

**This activity is not sponsored by or endorsed by the University Place School District**

Parent/Guardian Permission/Medical Consent

Parents/Guardians of all participants are requested to sign the following release. I/W e assume all risks and hazards incidental to such participation including transportation to and from the activities and do hereby waive, release, absolve, indemnify and agree to hold harmless City of University Place Parks Division, City of University Place, University Place School District, team sponsor, supervisors, officials, coaches, volunteers and persons transporting myself or my/our child for any claim arising from injury to myself or my/our child. Furthermore, in case of an emergency, and my child should require medical attention, I give permission for a City UP coach, or the coach’s designee, to secure the emergency medical attention required. Any direction to the contrary should be noted and signed. I agree that pictures taken during program hours may be used for future promotional purposes.

Parent Signature: __________________ Date: __________

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Co-Ed Leagues

$55 Resident / $60 Non-resident
EARLY BIRD: January 17-February 13, 2015
$60 Resident / $65 Non-resident
FINAL DEADLINE: February 14-March 13, 2015
$65 Resident / $70 Non-resident
$10 fee will be applied after March 13 for late registrations

Boys Baseball & Girls Fastpitch

$70 Resident / $75 Non-resident
EARLY BIRD: January 17-February 13, 2015
$75 Resident / $80 Non-resident
FINAL DEADLINE: February 14-March 13, 2015
$80 Resident / $85 Non-resident
$10 fee will be applied after March 13 for late registrations

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T-Shirt Sizes: __________ YS (size 6-8) __________ YM (size 10-12) __________ YL (size 14-16)

(please order correct size as shirts will not be exchanged)

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CHECK ________ (payable to “City of University Place”) VISA _____ MC_____
CARD # __________ / __________ / __________ EXPIRATION DATE: __ / __ / ______
SIGNATURE: __________________________ AMOUNT $ ________

STAFF USE ONLY

Amt. Paid: Cash / Ck / CC

Date: Received By: __________________
A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of a concussion yourself, seek medical attention right away.

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of a concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries, and concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete’s safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new “Zackery Lystedt Law” in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

“a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time” and “may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”.

You should also inform your child’s coach if you think that your child may have a concussion. Remember, it’s better to miss one game than miss the whole season; when in doubt, the athlete sits out.

For current information on concussions visit this: http://www.cdc.gov/ConcussionInYouthSports

Participant Name Printed  Participant Signature  Date

Parent or Legal Guardian Printed  Parent or Legal Guardian Signature  Date
REGISTRATION FORM
Please complete this form and submit with appropriate registration fee to:
City of University Place  ATTN: Recreation Services
3715 Bridgeport Way W. University Place, WA 98466
Fax: 253.460.5416 / Info. 253.460.2530
Walk-In: 3609 Market Place W Suite 102, U.P. 98466/9 am-4 pm M-F

Player’s Name: ____________________________________________________________
(Last Name) (First Name) Birth Date: ______ / ______ / ______

Age: ______ Grade: ______ School Attending: ____________________________________ Sex: □ M □ F

Parent’s Name: ____________________________________________________________ Hm. Phone: __________________ Cell Phone: __________________

Address: __________________________________________ City/State: __________ Zip: ______________

Email Address: __________________________________________ Preferred Coach/Friend: ______________________

**Please Note: This is only a request; we will do our best but there are no guarantees.

OUTDOOR SOCCER
Please check preferred division:
□ Pre-K/Kinder. (4-6 yr)/ID#8896
□ 1st/2nd grade/ID#8897

SOCRER
$55

BASEBALL/SOFTBALL
Resident: $70
Non Resident: $75

Youth t-shirt sizes: ______YS (size 6-8) ______YM (size 10-12) ______YL (size 14-16)
________ AS ______ AM ______ AL ______ AXL ______ AXXL
(Please order correct size as shirts will not be exchanged)

**This activity is not sponsored by or endorsed by the University Place School District
Parent/Guardian Permission/Medical Consent:
Parents/Guardians of all participants are requested to sign the following release. I/We assume all risks and hazards incidental to such participation includ-
ing transportation to and from the activities and do hereby waive, release, absolve, indemnify and agree to hold harmless City of University Place Parks
Division, City of University Place, University Place School District, team sponsor, supervisors, officials, coaches, volunteers and persons transporting myself
or my/our child for any claim arising from injury to myself or my/our child. Furthermore, in case of an emergency, and my child should require medical
attention, I give permission for a City of U.P. coach, or the coach’s designee, to secure the emergency medical attention required. Any direction to the
contrary should be noted and signed. I agree that pictures taken during program hours may be used for future promotional purposes.

Parent Signature: __________________________ Date: __________________________

CHECK ______ (payable to “City of University Place”) VISA _____ MC_______
CARD # ______ / ______ / ______ / ______ EXPIRATION DATE: ______ / ______
SIGNATURE: __________________________ AMOUNT $__________

DEADLINE
June 12, 2015

STAFF USE ONLY
Amt. Paid: Cash / Ck / CC
Date: Received By:________________________
Jr. Lady Viks Basketball Clinic - FREE

Lady Viks’ goal is to aid in the improvement of basketball skills through teaching fundamentals. Through drills and repetition, each participant will be able to integrate these skills into a total basketball package. Come and experience how to build a solid basketball foundation taught in a fun-filled atmosphere with a serious objective and a respectful approach to this great game.

Dates: December 13
Time: 9 am-12 pm
Fee: FREE
Location: Curtis Junior High School Gymnasium
Gender: Girls Only Camp
Grades: Kindergarten-7th Grade

*Please bring a basketball and water on the days of camp.

For additional information call Jackie Thomas at 253.566.5710x2157 or email jackiethomas@upsd.wednet.edu.

Baseball & Softball
In-Season Skill Development

University Place Parks and Recreation is working with Northwest Prospects Academy for off-season training opportunities for those youth in and around our community that would like to get a jump start on their baseball & softball Season.

“Learn from those who lived it” - Northwest Prospects Academy is a development-based baseball and softball company for young athletes, boys and girls alike, with a 10,000 sq. ft. indoor sport turf facility located in Tacoma. Through individual lessons, weekly clinics, and camps throughout the year, their staff teach the skills necessary to compete both on and off the field. The full-time professional instructors are current & former standout four-year college, MILB & MLB players/coaches who have a unique ability to teach, mold, and mentor players of varying skill and ability levels. They create a fun, exciting, and competitive environment where players are able to overcome the fear of failure and maximize their confidence and love of the game.

Contact NPA and let them know you heard about this opportunity through University Place Parks and Recreation and receive $25 off of your training. Visit their website at www.NPAbaseball.com or call 253.301.0491.
**CREATIVE MOVEMENT**  *pre ballet*

This class introduces children to the fun of Ballet and music with pre-ballet movement and stretching. Students learn to use their bodies when talking about shapes, alphabet, counting, rhyming and more.

<table>
<thead>
<tr>
<th>Ages 3-5 years</th>
<th>$55 6 weeks - Thursdays</th>
<th>CLASS ID</th>
</tr>
</thead>
<tbody>
<tr>
<td>Winter I</td>
<td>1/15-2/19</td>
<td>4:45-5:30 pm</td>
</tr>
<tr>
<td>Winter II</td>
<td>3/5-4/9</td>
<td>4:45-5:30 pm</td>
</tr>
</tbody>
</table>

**BALLET**  *for the beginner*

Balloon will be introduced with a focus on proper technique, posture, and fun! Students will learn basic ballet steps and terminology, and an introduction to counting music.

<table>
<thead>
<tr>
<th>Ages 5-8 years</th>
<th>$55 6 weeks - Thursdays</th>
<th>CLASS ID</th>
</tr>
</thead>
<tbody>
<tr>
<td>Winter I</td>
<td>1/15-2/19</td>
<td>5:30-6:30 pm</td>
</tr>
<tr>
<td>Winter II</td>
<td>3/5-4/9</td>
<td>5:30-6:30 pm</td>
</tr>
</tbody>
</table>

**HIP HOP**  *for beginners*

Rhythm and personal style meet in this fun and energetic dance class. Hip Hop is a popular urban dance style that derived from rap music. Starting in New York City in the early 1970s, it has since spread around the world. Students have the opportunity to express their personality while dancing to a wide variety of music. They will be invited to put their own style into the dance choreography. To preserve the continuity of each class, parents will be asked to remain outside the studio during classes, and will be invited to “visit” one class per session.

<table>
<thead>
<tr>
<th>Ages 7-12 years</th>
<th>$55 6 weeks - Thursdays</th>
<th>CLASS ID</th>
</tr>
</thead>
<tbody>
<tr>
<td>Winter I</td>
<td>1/15-2/19</td>
<td>6:30-7:30 pm</td>
</tr>
<tr>
<td>Winter II</td>
<td>3/5-4/9</td>
<td>6:30-7:30 pm</td>
</tr>
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</table>

**INSTRUCTOR - Heather Smith**

Heather grew up in the town of Oregon, Illinois dancing jazz, lyrical, tap, modern and ballet competitively. In 2006 she was nominated for Dance America’s “Dancer of the Year” and accepted into the University of Illinois Champaign/Urbana’s BFA program as a dance major. During her four years there she received the Talented Student Scholarship and studied with artists such as Jan Erkert, Linda Lehovec, Rebecca Nettle-Fiol and Tere O’Conner. Since receiving her BFA in 2010 Heather has become a certified yoga instructor and was the choreographer for Sandals Resort and Spa in Turks and Caicos.

**CLASS LOCATION:** Windmill Village Bldg. A-3
3715 Bridgeport Way W, UP 98466

**TO REGISTER:** Contact the Parks & Recreation Office at 253.460.2530 Online: www.CityofUP.com

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**YOUTH GUITAR CLASSES**

They’re back! Register now!

Learn how to play the guitar! Youth ages 7-11 learn basic chords and note reading on the acoustic guitar. Students must provide their own guitars. NO ELECTRIC GUITARS.

<table>
<thead>
<tr>
<th>Tuesdays – 8 Weeks</th>
<th>$100</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ages: 7-11 years</td>
<td></td>
</tr>
<tr>
<td>Beginning Guitar</td>
<td>5:50pm/ID#8907</td>
</tr>
<tr>
<td>Continuing Guitar</td>
<td>6:50pm/ID#8908</td>
</tr>
</tbody>
</table>

**Winter Session:** January 27 - March 7

**Location:** 3715 Bridgeport Way W, Ste. A-2; 98466

**INSTRUCTOR:** Scott Ross

Scott has over 20 years of experience in music composition, performance, instruction and management. He is an accomplished songwriter, recording artist and producer who has worked with both major and independent record labels to release numerous albums. Originally from Tacoma, Steve returned home to be closer to family but is still active in touring and performing across the U.S. and Europe.

*Private lessons available; contact Recreation Office for details.

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**NEW! PIANO & VOICE LESSONS**

University Place Parks and Recreation is excited to announce that we will be offering piano and voice lessons! Each lesson is in an individual setting for 30 minutes. Register for Piano or Voice OR a combo lesson with 15 minutes of piano and 15 minutes of voice. These lessons are available for ages six through senior citizen.

<table>
<thead>
<tr>
<th>Ages: 6 years and up</th>
<th>Individual Lessons: 30 minute sessions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>First Come-First Serve Time Slots – Start at 3pm with the last time being 7pm</td>
</tr>
<tr>
<td>Mondays – 4 Weeks</td>
<td>$100</td>
</tr>
<tr>
<td>Winter I Session:</td>
<td>January 26 - February 23</td>
</tr>
<tr>
<td>Winter II Session:</td>
<td>March 9 – March 30</td>
</tr>
<tr>
<td>Wednesdays – 4 Weeks</td>
<td>$100</td>
</tr>
<tr>
<td>Winter I Session:</td>
<td>January 28 - February 25</td>
</tr>
<tr>
<td>Winter II Session:</td>
<td>March 11 – April 11</td>
</tr>
</tbody>
</table>

**TO REGISTER CALL THE RECREATION OFFICE AT 253.460.2530**

**Location:** 3715 Bridgeport Way W, Ste. A-2; 98466

**INSTRUCTOR:** Jeanne Kramer-Bachelor of Music in Music Production & Engineering/Voice

Jeanne is a local singer/songwriter who has been teaching voice and piano lessons to children and adults in homes, music schools and music stores for nearly 15 years. In 1994 she recorded her first solo album earning her a scholarship to Berklee College of Music.

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**DANCE**

We Create Community Through People, Parks, Programs and Partnerships
INTERNATIONAL BELLY DANCING

Classes are for adults, and children 12 years and older with approval from the instructor. All abilities welcome. Middle Eastern Belly Dance is a low-impact form of dance appropriate for all body types and backgrounds. Learn the history, basic movements, isolation techniques and more. No dance experience necessary.

Instructor: Kiara and Nona Mizuta
Kiara and Nona Mizuta are international, award winning instructors and the owners of Jeweled Scarab Dance Company. They have been teaching their unique “fusion” style of dance worldwide for over eight years.

Tuesdays, 5:30-6:30 pm - $40/6 weeks
Session I: 1/6-2/10 ID#8829
Session II: 2/24-3/24 ID#8830
Session III: 4/14-5/19 ID#8831

Classes are held at the University Place Sr/Community Center 2534 Grandview Dr. W., U.P. 98466

To register call the Recreation Office at 253.460.2530 or register online at www.cityofup.com.

HULACISE/HULANESIAN

Thursdays 6:30-7:30 p.m. $30 (6 weeks)

Kaimiola Polynesian Dance presents Hulacise/Hulanesian, under the direction of Hula Instructor Nancy Kaimiola Sweezey

We call exercise using basic Hawaiian movements hulacise and the Cook Islanders call their exercise routine Hulanesian. In this exercise class you will learn three weeks of basic Hawaiian exercise and three weeks of Tahitian/Cook Island basic movements. Hulanesian is a combination of Hawaiian movements, Tahitian movements, Samoan movements and Maori movements. Hulacise/Hulanesian fitness is an excellent cardio workout for improved cardiovascular health. You don’t have to be a dancer; it’s great for all ages and lots of FUN! You will love the sound of drum beats and moving your body to the beat.

Winter I Session: January 8 - February 12/ID#8836
Winter II Session: February 19 - March 26/ID#8837
Spring I Session: April 2 - May 7/ID#8838

Classes are held at the U.P. Sr/Community Center - 2534 Bridgeport Way W. 98466. To register call the Recreation Office at 253.460.2530.

LINE DANCING

Students will familiarize with basic line dance steps by learning to dance to beginner level contemporary and country music. Steps include the waltz, cha-cha, rumba, the two-step and more. Come and enjoy this fun, low-impact form of exercise! This class is open to ALL ages and requires pre-registration.

Classes will run on a monthly basis and meet in the Windmill Village Complex - Building A3 - 3715 Bridgeport Way W, 98466

Thursdays - 11 a.m. - 12 p.m.
$30 (monthly)

Session I: January 8-29/ID#8846
Session II: February 5-26/ID#8847
Session III: March 5-26/ID#8854
Session IV: April 2-30/ID#8855

To register call the Recreation Office at 253.460.2530 or register online at www.cityofup.com.

About the instructors: Sung Hwang
Sung has been line dancing since 2009 and has attended line dancing workshops in Chicago, Las Vegas, Massachusetts, Vancouver B.C and several other local workshops. She currently volunteers at KWA as a line dance instructor for senior citizens and is excited to share her love of line dancing with the University Place community.
**HEART & SOUL CHAIR YOGA for seniors**

Chair Yoga is a wonderful way for people with physical limitations to experience the relaxation and increased flexibility that yoga brings. Many health benefits are seen with regular practice of yoga, and now everyone can participate, even if they cannot get down onto the floor. Each class includes gentle, slow motion movements and stretches for nearly every muscle and joint in your body (from head to toe). The muscle movements will help restore or maintain your flexibility and range of motion. Most of the movements will be done seated in a chair. We may also do a few poses standing by your chair. Each person is encouraged to proceed at his/her own pace. Held at the Sr/Community Center, 2534 Grandview Dr W

**WEDNESDAYS 3-4 P.M.**
**$25 - 3 weeks**
- Winter I Session: January 14-28 - ID#8839
- Winter II Session: February 11-25 - ID#8840
- Winter III Session: March 11-25 - ID#8841
- Spring I Session: April 8-22 - ID#8842

Call the Senior Center for details at 253.564.1992.

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**YOGA**

All classes in this seven week series are designed to reduce stress, renew your energy, and relieve tension from your back, neck, shoulders and hips. Your continued practice of Yoga will improve your balance, strength, flexibility, reduce chronic pain, stiffness and create a sense of ease in your body, mind and spirit. All classes will be held at the U.P. Sr/Community Center.

**$98 - 7 weeks**
- Winter I Session: January 14-28 - ID#8839
- Winter II Session: February 11-25 - ID#8840
- Winter III Session: March 11-25 - ID#8841

**$75 - 7 weeks (first time students)**
- Winter I Session: January 14-28 - ID#8839
- Winter II Session: February 11-25 - ID#8840
- Winter III Session: March 11-25 - ID#8841

**MIXED**

- Winter I Session: 1/5-2/16 - ID#8825
- Winter II Session: 3/2-4/13 - ID#8827

**EXPERIENCED**

- Winter I Session: 1/5-2/16 - ID#8826
- Winter II Session: 3/2-4/13 - ID#8828

**$55 - 4 weeks**
- Winter I Session: 1/5-2/16 - ID#8826
- Winter II Session: 3/2-4/13 - ID#8828

**MIXED - Mini Sessions**

- Winter I Session: 1/7-28 - ID#8821
- Winter II Session: 2/4-25 - ID#8822
- Winter III Session: 3/4-25 - ID#8823
- Spring I Session: 4/1-22 - ID#8824

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**NOWNESS YOGA**

Take your practice to a deeper level to reach new heights.

Nowness Yoga is a practice which helps you to silence the mind and opens you to the stillness within. Experience the natural flow of Yoga which takes you to the Pure Experience of the Authentic YOU.

The day will consist of Yoga, Balance, Focus, Breathing and Lightness. You will learn to be truly present while enjoying the many benefits of yoga.

Whether you are new to Yoga or an Experienced Yoga practitioner, you will leave the workshop with the tools and techniques to deepen your practice and experience more joy in your daily life.

Saturdays 10 a.m. - 4 p.m. $65/session
- January 17-ID#8863
- February 21-ID#8864
- March 21-ID#8865
- April 18-ID#8866

Wear comfortable clothes, bring a yoga mat, two blankets and a light lunch, snack, etc. Even if you are new to Yoga. Call the Recreation Office at 253.460.2530 to register. Workshops will be held at the University Place Sr/Community Center - 2534 Grandview Dr W.

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Diane DeMars, Certified Yoga Teacher, has been teaching yoga since 1995. Join her for this gentle, easy to follow practice and learn practical tools to use when your back hurts, or your hips feel tight, or you are holding stress in your neck or shoulders or have tired achy legs and much more. Yoga can help! More information: www.dianedemars.com
**BOOTCAMP FITNESS**

High intensity circuit training for all levels

Are you ready to get fit? This class is designed to continually “shock” the body; as research demonstrates it is the most efficient and effective way to improve your cardiovascular system, lose weight and build/tone muscle. The endless variety of exercises will ensure no two classes are the same, and every class will feel new and exciting. Best fat burning, body sculpting exercises to help improve your fitness level, tone up and slim down.

**TAKE EACH CLASS AT YOUR OWN PACE!**

**EARLY RISERS**

Mondays, Wednesdays & Fridays
5:30-6:30 am  $150 - 6 weeks

Winter I Session:  1/21-3/6  ID#8931
No class during Mid Winter Break 2/16-20

Winter II Session:  3/9-4/24  ID#8932
No class during Spring Break 4/13-17

**MOM’S MORNING BOOTCAMP**

Mondays, Wednesdays & Fridays
9:15 - 10:15 am  $150 - 6 weeks

Winter I Session:  1/21-3/6  ID#8929
No class during Mid Winter Break 2/16-20

Winter II Session:  3/9-4/24  ID#8930
No class during Spring Break 4/13-17

**UNLIMITED CLASSES AVAILABLE FOR $195 per session**

Winter Classes will be held in the Curtis Jr. High Weight Room.

Instructor: Lori Cooney - a graduate of the National Academy of Sports Medicine. Lori has made a life of educating others. She currently teaches physical fitness and she is a Special Education Teacher, who works with students in a multitude of situations in the University Place School District, as well. Lori has dedicated her life to physical fitness since her time as a high school and collegiate athlete. Now that Lori has become a personal trainer, she looks forward to combining her two favorite life lessons, education and physical fitness. Lori is a highly motivated, direct person who will guide you in meeting your individual physical fitness goals.

To register call the Recreation Office at 253-460.2530 or online at www.CityofUP.com.

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**S.A.I.L FITNESS**

Join Leigh for a total body workout with lots of fun and action for older adults. Increase your strength and balance with this low impact cardio and toning workout. No experience necessary, equipment is provided; wear comfortable clothing and tennis shoes. Classes take place in the Windmill Village Complex, located at 3715 Bridgeport Way W, Suite A-3, UP. 98466

$40 (Monthly)  $5 Walk In
Monday, Wednesday & Friday
10:30-11:30 am  ID #
Winter I session:  1/5-1/30  #8832
Winter II session:  2/2-2/27  #8833
Winter III session:  3/2-3/30  #8834
Spring I Session:  4/1-4/29  #8835

**TAI CHI CHIH for older adults**

Joy through Movement is 19 movements and one stance of moving meditation that helps to relax you, heighten energy, and to balance the body and mind.

Movements are done softly through hard air with effortless effort to find the balance within. The class involves up to one hour of movement and meditation, although we meet for 1.5 hours, a half hour is instruction and education. Movements can be done standing or seated. Wear comfortable clothing, socks (2-pair) and you may want to bring a throw rug to stand on.

Wednesdays, 1:30-3 pm
$76 - 8 weeks or $38/month

Session I:  1/14-3/4  ID# 8857
Session II:  3/11-4/29  ID# 8860

**THE HEALTHY EDGE with Coach Mardee**

Education, Empowerment, Accountability, Support Tools, Coaching, Results... the Healthy Edge is a program that empowers people to move closer to health vitalistically by educating them on what proper nutrition is and how to move in a healthier direction for their life. Learn skills that will help you change your lifestyle for a better you. This is not a “diet” or “quick fix”, you will gain the tools for real results.

Contact the Recreation Office for brochures, flyers or questions at 253.460.2530 or check out Coach Mardee’s website: www.coachmardee.com.

**SAIL**

**HEALTH & FITNESS**

Wednesdays - 6-8 p.m. - January 14-March 4
$550 per household - ID#8856

(fee includes one set of course materials, additional sets available for $25)

Class Location: Sr/Community Center: 2534 Grandview Dr . W . 98466

Attend a free information session to find out if this is for you: Wednesday, December 17 7pm in the University Place Civic Building, 3609 Market Place West. See Page 13 for more information.

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**THE HEALTHY EDGE with Coach Mardee**

Education, Empowerment, Accountability, Support Tools, Coaching, Results... the Healthy Edge is a program that empowers people to move closer to health vitalistically by educating them on what proper nutrition is and how to move in a healthier direction for their life. Learn skills that will help you change your lifestyle for a better you. This is not a “diet” or “quick fix”, you will gain the tools for real results.

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**SAIL**

**HEALTH & FITNESS**

Wednesdays - 6-8 p.m. - January 14-March 4
$550 per household - ID#8856

(fee includes one set of course materials, additional sets available for $25)

Class Location: Sr/Community Center: 2534 Grandview Dr . W . 98466

Attend a free information session to find out if this is for you: Wednesday, December 17 7pm in the University Place Civic Building, 3609 Market Place West. See Page 13 for more information.
NEW CLASSES BEGIN SOON!

Feel Like a Prisoner In Your Own Body?

SET YOURSELF FREE

- Reclaim Control
- End Cravings
- Feel Vibrant
- Live Your Dream
- Love Your Life

UNLOCK YOUR HEALTHY MINDSET!
with THE HEALTHY EDGE

University Place WASHINGTON

CLASSES START

Wednesday, Jan 14–Mar 4, 2015  6–8pm

$550 per household (fee includes one set of course materials, additional sets available for $25)

At University Place Community Center; 2534 Grandview Drive West

For more information or to register for classes, contact the University Place Recreation Office – 253-460-2530 or Community Center – 253-564-1992.

“The Healthy Edge is not only about what is good for me but why I do, and eat the way that I do. I learned that so much of what I eat is a strong hold of the mind.” - David

“At last, someone understood what I was feeling and going through! That’s why I chose to go on this journey.” - Sandi

Coach Mardee, MA, CCC
Parks & Recreation

CAMP UPLAY

Mid-Winter ~ February 16-20, 2015
Spring~April 13-17, 2015

Grades K-6th

You won’t want to miss our Spring Break Camps!

We will have something for everyone - sports, arts & crafts, field trip, movies, & much, much more!

Grab a friend and head to CAMP UPLAY!

*This activity is not sponsored or endorsed by the University Place School District.

Regular Hours
9 am-4 pm
$110~Resident
$120~Non Resident

Extended Hours
7 am-6 pm
$130~Resident
$140~Non Resident

Camp Location:
Curtis Jr. High Gym
Info: Recreation Office
253.460.2530
www.CityofUP.com
We Create Community Through People, Parks, Programs and Partnerships

**UPlay Break Day Camps**

**REGISTRATION FORM**

Please complete this form and submit with appropriate registration fee to:
City of University Place  ATTN: Recreation Services
3715 Bridgeport Way W. University Place, WA 98466
Fax: 253.460.5416 / Info. 253.460.2530

WALK-IN: 3609 MARKET PLACE W SUITE 102, U.P. 98466/9 AM-4 PM, M-F

Register for both break camps NOW and save $20!

**Child's Name__________________________ Age____ DOB____/____/____ Sex: ___M___ F___ (’13-'14) Grade____

(last) (first)

Child's Address ______________________ City ______________ Zip ____________

Parents' Name (Both) ______________________ Child Lives With: ___ Mother ___ Father ___ Both Parents

Home Phone: ___________________________ Cell Phone: (Mother) ___________________________ (Father) ___________________________

Mother’s Work Place: __________________ Phone: ___________________________

Father’s Work Place: __________________ Phone: ___________________________

School Child Attends: ____________________ Emergency Contact: __________________ Phone: ___________________________

List all persons, including parent(s), authorized to pick up your child(ren):

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
<th>Relationship to child</th>
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Child's Physician: __________________ Address __________________ Phone: __________________

Medical Insurance Company: __________________ Child’s medical history/caution:

(medications, allergies, drugs, physical or mental handicap, other; attach another piece of paper if needed)

* This activity is not sponsored by or endorsed by the University Place School District.

**Parent/Guardian Permission/Medical Consent:**
Parents/Guardians of all participants are requested to sign the following release. I/We assume all risks and hazard incidental to such participation including transportation to and from activities and do hereby waive, release, absolve, indemnify and agree to hold harmless City of University Place Parks Division, City of University Place, University Place School District, supervisors, administrators, leaders, volunteers and persons transporting myself or my/our child for any claim arising from injury to myself or my/our child.
Furthermore, in case of an emergency, and my child should require medical attention, I give permission for a City of University Place staff to secure the emergency medical attention required. I agree that pictures taken during program hours may be used for future promotional purposes. Any direction to the contrary should be noted on this form and signed.

Signature of Parent or Guardian: ___________________________ Date: ___________________________

**Mid-Winter Break Camp ID# / February 16-20 (Check One) #8938**

Reg. Hrs: 9 am-4 pm  Ext. Hours: 7 am-6 pm
$110 Resident  $130 Resident  
$120 Non-Res.  $140 Non-Res.

**Spring Break Camp ID# / April 13-17 (Check One) #8937**

Reg. Hrs: 9 am-4 pm  Ext. Hours: 7 am-6 pm
$110 Resident  $130 Resident  
$120 Non-Res.  $140 Non-Res.

**DAY CAMP LOCATION:** Curtis Jr. High School Gymnasium

VISA ____ Mastercard ____ Card # _______ / _______ / _______ / _______ / _______ Exp. Date _______ / _______

Authorized Signature ___________________________ Check# _______ (make payable to “City of University Place)
MARTIAL ARTS
*brought to you by...*  
*Tiger Tae Kwon Do Academy*

**Little Tigers** (4-5 years) - $50 (4 weeks)  
*Martial Arts Intro*  
Young children will develop confidence, self-esteem and coordination through games and play that explore the **fundamentals of martial arts**. Participants will also receive a **FREE uniform**!

**Monday & Thursday 4:45 pm**

- Winter I Session: 1/5-1/29  ID#8941  
- Winter II Session: 2/2-2/26  ID#8942  
- Winter III Session: 3/2-3/26  ID#8943  
- Spring I Session: 3/30-4/23  ID#8944

**Beginner Tae Kwon Do** (6-12 years) - $50 (4 weeks)  
*Martial Arts Intro*  
This program challenges the mind as well as the body while building self-esteem, character and strength. The basics of self defense are taught by a certified Master Instructor.  
Participants will also receive a **FREE uniform**!

**Monday & Thursday 6 pm**

- Winter I Session: 1/5-1/29  ID#8945  
- Winter II Session: 2/2-2/26  ID#8946  
- Winter III Session: 3/2-3/26  ID#8947  
- Spring I Session: 3/30-4/23  ID#8948

*About the Instructor: The classes are instructed by Master Instructor Choi Jaeseok with 20 years of teaching Martial Arts, 6th Dan Black Belt in Tae kwon do, Certified Referee of World Taekwondo Federation. He is a member of the USA Taekwondo, affiliated with U.S. Olympic Committee and a member of the World Taekwondo Federation.*

All classes are held at the *Tiger Tae Kwon Do Academy* located at 7516 40th St. W, 98466

*To register contact the Parks & Recreation office 253.460.2530 or stop by between 9 am-4 pm.  
3609 Market Place W Ste 102, U.P. 98466*
Adult Education Classes

**Fitness for your brain!** We are now offering educational classes to stretch your brain and strengthen your critical thinking. This winter’s classes are being taught by educators from Tacoma Community College, they are bringing college level classes into the community just for you! Classes take place at the University Place Senior/Community Center, pre-registration required. All classes will be held at the University Place Senior Center. Ages 18+

**Poetry for Anyone**
For many people, studying poetry in school was intimidating. Poetry can seem like a tangle of secret symbols and codes. But it doesn’t have to be that way. Poems communicate with us much more directly than we might expect. You actually may already know how to read poetry! In this course, I will present some ways to think about poems that you might not have considered before, making connections you might not have previously considered, and opening up new reading experiences. For each class session we will closely read a poem or two. Copies of the poems will be provided by the instructor.

*Taught by poet and T.C.C. English Instructor, Lawrence White. Registration Deadline: Monday, February 9.*

**Tuesdays 4:00-5:00 p.m.**
February 17 - April 7 (8 weeks)
$88 (supplies provided)

**Meditation for Everyone**
In this class, we’ll explore the benefits of developing a personal meditation practice. Participants will read about the practice of meditation from several different perspectives/traditions and share their experiences with meditation with one another as we work to develop our meditation practice. The course is suitable for anyone interested in exploring the theory and practice of meditation while working to incorporate a beneficial practice into their lives. The focus will be on making meditation practice accessible to everyone. Participants should dress comfortably for each session.

*Instructed by Dan Enbysk, lay practitioner with several years of personal meditation experience as well as experience at several meditation retreats in the United States and overseas. Registration Deadline: Monday, March 2.*

**Wednesdays 6:00-7:00 p.m.**
March 11 - April 29 (8 weeks)
Call for pricing - 253.564.1992

**The Dystopic Novel and Politics**
If utopic novels explore the possibilities of human society and politics in places that might never exist, dytopic novels explore the worst possibilities of human society and politics and even the eclipsing of politics. In this class, we will read, discuss and explore three dystopic novels with an eye towards understanding the purposes of politics, the limits of politics and the necessity of politics.

In Yevgeny Zamyatin’s, *We*, George Orwell’s, *Nineteen-eighty four* and Ray Bradbury’s, *Fahrenheit 451*, these themes take center stage. Participants will need to purchase the three texts.

*Taught by T.C.C. Political Science instructor, Dan Enbysk. Registration Deadline: Monday, March 2.*

**Wednesdays 7:30-8:45 p.m.**
March 11 - April 29 (8 weeks)
Call for pricing - 253.564.1992
WINE...DINE....WIN!

March 3-5 - Trip ID#8919
Double Occupancy - 249
Single Occupancy - 359
Other rates can be provided upon request
$100 non-refundable deposit will hold your room
Payment due in full by January 26

This tour has a little something for everyone so don’t miss out on our first trip of 2015!

Day one of our three day adventure takes us into the Skagit Valley, we’ll make a stop at the Skagit Valley Gardens where you can browse, shop, and enjoy the early spring flowers. Skagit Valley Gardens has an extensive nursery and gift shop - don’t miss out on their cafe homemade goodies either!

After lunch we’ll head to the Swinomish Casino. From here you have two options; stay at the casino and enjoy gaming OR we’ll take you into lovely Anacortes for time to stroll and shop at your own pace. Upon returning to Swinomish we’ll check in for the night. Rooms are furnished to capture the Swinomish culture and the natural beauty of this unique region of Anacortes. Local artwork, luxury bedding, stylish furnishings and glass-enclosed showers will ensure your comfort and pleasurable stay. You won’t go hungry while you’re here, the hotel/casino has four restaurants to choose from.

Day two has a relaxing late morning departure. Following your lunch stop, you’ll enjoy the Padilla Bay national Estuarine with plenty of time to explore the trails, interpretive center and start your day with fresh air. Next is a winery stop, and an opportunity for tasting and a tour. Your hotel stay Wednesday will be at the luxurious Tulalip Casino. Measuring an expansive 500 square feet, the hotel rooms are among the most spacious in the Pacific Northwest. From the contemporary design and Native American decor to magnificent views through floor-to-ceiling windows, each of the rooms sets the scene for a relaxing stay. The hotel is home to the Oasis Pool, including a waterfall & whirlpool. Eight restaurant options will ensure you are happy with your meals, and if that isn’t enough there are plenty of restaurants within walking distance from the hotel. Seattle Premium Outlets are adjacent to the Tulalip Hotel and our hotel provides shuttle service between the two. You can enjoy your evening gaming or shopping or make time for both, the night will be yours to do what you like.

Day three is also a later departure and we’ll head to Clearwater Casino via ferry ride. Once again, the choice is yours, enjoy time at the casino or we’ll take you into quaint and historic Poulsbo for the afternoon on your own.

Your three day tour includes: two nights hotel stay, transportation and trip management. Departure day breakfast, wine tasting & tour. At the Swinomish Casino you’ll enjoy: One $10 food credit, one $10 slot play, one $5 keno one $5 match table play. At the Tulalip Casino you’ll enjoy: complimentary breakfast at Eagles Buffet, $20 for $30 gaming voucher. **Trip details may be subject to change.

COMING...JUNE 2015

Escape to the Rainforest

This relaxing and rustic journey will take you into the Hoh and Quinault Rainforest where we’ll soak in hot springs, enjoy a beach walk and hopefully discover a waterfall or two. Additional details to come soon!
**Bill and Melinda Gates Foundation & Theo Chocolate Factory Tour**  
Tuesday, January 27 - $39 - Trip ID#8808
What does it take to change the world? How can each of us make a difference? The Bill & Melinda Gates Foundation Visitor Center takes visitors of all ages on an interactive journey that brings to life the connections we share with others across the globe. Explore inventions like a life-saving mosquito net, an ingenious personal water filter, and a storage device that can keep vaccines cool for 30 days or more. Learn about the unprecedented effort to eradicate polio in our lifetime. Immerse yourself in debates and education, health and poverty - and decide your own priorities. Tell the world what your foundation would do. Join us for a behind the scenes look at the making of your favorite chocolate bar! In this hour-long tour, our passionate guides will introduce you to the process of farming and harvesting the amazing crop that is cacao. Your lunch stop will be at the FareStart Cafe; an on the job training site for youth enrolled in the Barista Training and Education Program, a collaborative effort between YouthCare and FareStart. Revenue generated by the Cafe goes directly towards the student training programs. The menu includes a variety of cold and hot sandwiches, salads and soups.  
*Registration Deadline: Tuesday, January 20*

Depart Civic Building at 9 a.m., return at 5 p.m.

**Black Diamond Bakery & Maple Valley historical Fire Engine Museum**  
Saturday, February 7 - $18 - Trip ID#8809
Your first stop is the Historical Fire Engine Museum located at the maple Valley Community Center. After a stop there, you’ll head to the historic Black Diamond Bakery for lunch and dessert of course. Following lunch you’ll have time to wander through the Black Diamond Depot Museum, if you’d like, it is within walking distance from the bakery.  
*Registration Deadline: Monday, February 2*

Depart Civic Building at 10 a.m., return at 2:30 p.m.

**South Sound Wine Trail**  
Saturday, February 21 - $39 - Trip ID#
Begin your tasting experience at Stina’s Cellars in Lakewood WA, next you’ll head to DuPont for lunch at the DuPont Super Buffet. Following lunch you’ll head south to Stottle Winery and then wrap up your day at Medicine Creek Winery. Each location offers their own specialty and unique atmosphere. All tastes are included in your tour. Lunch is on your own. *Registration Deadline: Monday, February 16.*

Depart City Hall at 11 a.m., return at 5:45 p.m.

**Safeco Field Tour & Seattle Waterfront**  
Tuesday, March 10 - $37 - Trip ID#8812
It’s baseball season! Let’s learn a little about the behind the scenes of our Mariners! Start your day with time on your own at the Seattle Waterfront. Grab lunch and explore the shops. Next you’ll head to Safeco Field for a docent lead tour. Safeco Field is the fabulous home of the Seattle Mariners. Guests are treated to a 19.59-acre outdoor baseball park with real grass and retractable roof. Tour one of the premier baseball facilities ever built, including areas of the park that aren’t normally open to the public. (All areas are subject to availability depending on activities within the ballpark). *Registration Deadline: Tuesday, March 3.*

Depart City Hall at 10 a.m., return at 5 p.m.
**Seattle Premium Outlets & Skagit Valley Casino**  
**Saturday, April 4 - $34 - Trip ID#8814**

Freshen up your wardrobe for spring and pad your pocket book! Head to the wonderful Seattle Premium Outlets for shopping, grab lunch, get lucky at the casino and enjoy a day of fun! The Outlets are home to a huge variety of stores including Eddie Bauer, Coach, Ann Taylor Loft, Calvin Klein, Adidas, Nike, Puma... the list is almost endless. Your driver will provide stops at both destinations and ensure your day includes shopping and/or gaming and you get the best of both worlds.  

*Registration Deadline: Tuesday, April 7.*

Depart Civic Building at 9 a.m., return at 5:15 p.m.

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**Chihuly Glass Garden & Seattle Great Wheel**  
**Wednesday, April 29 - $25 - Trip ID#8939**

Enjoy two hours at the Chihuly Museum for a leisurely lunch or to lose yourself in this amazing outdoor collection of world famous glass art. The biggest highlight is a 4,500 square foot glasshouse that will display the largest suspended structure that Chihuly has ever made. The exhibition center includes nine galleries. Next we’ll head to the Great Wheel. Haven’t heard of Seattle’s Great Wheel? It is Seattle’s newest addition to the waterfront. The Seattle Great Wheel opened to the public on June 29, 2012. Since then, it has become an icon of the city and a destination for tourists and locals alike. The Wheel is the largest observation wheel on the west coast, standing 175 feet tall. The wheel extends nearly 40 feet beyond the end of the pier, over Elliott Bay. With fully-enclosed gondolas and covered waiting area, the rain can’t stop the wheel from spinning!  

*(Date subject to change)*

*Registration Deadline: Tuesday, April 7.*

Depart Civic Building at 11 a.m., return at 5 p.m.

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**Tulip Festival – Skagit Valley**  
**Thursday, April 23 - $59 - Trip ID#8813**

Get ready to head north to the Skagit Valley for time at the tulip fields, an early lunch stop and an opportunity to enjoy the festivities and beauty of the area. Every year hundreds of thousands of people come to the Skagit Valley in April for the Skagit Valley Tulip Festival. As one of Washington State’s most popular destination events, and a much loved month for getaway vacations to La Conner, visitors are treated to acres and acres of brightly colored tulips, display gardens and are simply stunning. There are photo opportunities around every corner.

*Registration Deadline: Monday, April 13.*

Depart Civic Building at 8:30 a.m., return at 6 p.m.

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**Woodinville Lavender Farm & Garden**  
**With a stop at Molbak’s & Maltby Cafe**  
**Saturday, May 2 - $29 - Trip ID#8940**

Start your day with a late breakfast at the Maltby Cafe, winner of several awards for Best Breakfast in Seattle. Join them for breakfast or lunch and don’t forget to try one of their famous homemade Cinnamon Rolls, made fresh daily. After breakfast you’ll head to the Woodinville Lavender Farm. Enjoy the beauty of the Woodinville Lavender Farm, shop the store or take a walk. The beautifully landscaped property and patio overlooking the lavender fields will instantly relax you. The farm store offers a large range of lavender products including, plants, fresh cut bouquets, aromatherapy, cleaning, home decor, bath & body and culinary items, including a variety of lavender flavored ice cream bars! Your next stop will be more shopping and exploring at Molbak’s Garden & Home. Ready for lunch? Molbak’s is home to the Garden Cafe where farm to table goodness awaits you.

Depart Civic Building at 10 a.m., Return at 5:30 p.m.
The University Place Senior Center strives to create a pleasant and enjoyable experience on all trips. Group travel is a privilege and the good of the group must be kept forefront. In order to ensure the trip experience is positive for all, the following codes of conduct have been created. Failure to abide by the code of conduct for trips and tours may result in your ability to participate being limited or revoked.

1. Safety is paramount. Day trip participants shall follow all safety rules and regulations established by the University Place Senior Center. A participant who endangers the safety and welfare of himself/herself or another may not be allowed to participate in future trips.

2. Participants shall not engage in or threaten abusive behavior including verbal harassment, menacing, physical aggression, or sexual harassment.

3. Participants shall not use loud, disruptive, lewd, or profane language.

4. Participants are encouraged to report their concerns about the trip, participant behavior, and or safety items to the driver or Recreation Supervisor.

5. Trip itineraries and timelines are created to ensure that participants enjoy every aspect of the trip stress-free. Participants must return to the designated meeting location on or before the announced departure time, as determined by the trip driver/escort. Participants who delay trips by not returning to the designated meeting locations on time may not be allowed on future trips.

6. The University Place Senior Center reserves the right to evaluate any trip participant as to the appropriateness of a trip for their participation.

7. Participants must be able to participate independently while on a day trip/overnight trip or provide their own caregiver for assistance. The caregiver must pay for their place on the trip.

8. Participants are responsible to make the Recreation Supervisor and driver aware of any special needs or medical concerns, including needing the wheel chair lift on the shuttle.

I have read the University Place Senior Center trips and tours code of conduct and agree to abide by the rules outlined herein.

Printed Name: __________________________________________________________

Signature: ___________________________ Date: ___________________________
AARP Smart Driver’s Class
Develop safe defensive driving techniques. Certification of completion applies toward a discount on your car insurance. AARP members (with proof) pay $15; non-members pay $20. Payment MUST be in check and payable to instructor at time of class. *If you do not have proof of membership please call 1.888.687.2277 and ask for a new card.

January 28 & 29 10 am-2 pm
Pre-registration required please call 253.564.1992. Must attend both days to receive certificate. U.P. Sr. Community Center 2534 Grandview Dr. W.

SHUTTLE UP
Shuttle UP will be provided to Souptacular, the first Tuesday of the month at the University Place Senior Center.

January 6
February 3
March 3
April 7

This is a FREE transportation service, picking you up from your home, bringing you to the senior center and then returning you to your home.

Pick up will be between 11:15 and 11:45 a.m. Departing from the senior center at 1 p.m., following lunch.

Please call to schedule your ride the Friday before: 253.564.1992.

ESTATE PLANNING:
What is it, and how does it effect me?
FREE - Tuesday, January 27 12:30-1:30 p.m.

Having proper estate planning documents such as wills and durable powers of attorney is an essential part of planning for and protecting your future. Elder Law and Estate Planning attorney Bryana M. Cross will lead a discussion about estate planning basics and walk you through what you need to know. She will answer important questions such as: What are the most important Estate Planning documents to have, and what can happen if a person does not have those documents? Hope to see you there! Refreshments provided.

Presenter: Bryana M. Cross, Attorney at Law
Class takes place at the University Place Sr/Community Center
RSVP - 253.564.1992

SENIOR SCHOLARSHIP FUND
Our Senior Scholarship Fund is designed to be easy to apply for, confidential and stress free. This program aims to increase every senior’s ability to participate in our programs.

Scholarship requests can be made for day trips, fitness programs, computer classes, dance classes, and other programs offered through the University Place Senior Center.

Enjoying the company of others while participating in active, healthy programs is important for everyone. We want all seniors to have this opportunity!

Please contact Jennifer Robinson for an application or further details, 253.564.1992.

ART WITH CECILIA SULLIVAN
Mondays 12:30-3 p.m.

Introduction to Water Miscible Oil Painting
Immerse yourself in the experience and spirit of expressionistic painting with Cecilia as you explore water miscible oils and styles and techniques of the Old Masters.

Weekly demonstrations will center around an Old Master technique or style and include color theory, light affect and composition. Photo images will be provided or you can use your own or plein aire sketches. You will be supported through daily demonstrations and one on one coaching.

Various types and sizes of supports will be used graduating from 5x7 to 9x12. As you move through the stages of painting, you will learn more about expressing with vibrant color and textural brushstroke in your own style.
**Senior Community Center**

*Holiday & Birthday Parties! Business Meetings! Wedding Receptions!*

**Facility Amenities**
- 1,184 sq. ft. room
- 319 sq. ft. commercial kitchen
- Maximum capacity 88
- Tables & chairs
- TV / DVD & surround sound / microphone speaker

*Call for rental fees & room availability*

**Rental Information & Application**: Please call 253.564.1992

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### Senior Weekly Drop-In Schedule

**Senior Community Center**

2534 Grandview Drive W., U.P. 98466

**Hours**: Monday - Friday / 9 AM - 2:30 PM

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<th>Monday</th>
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<tbody>
<tr>
<td>Bridge</td>
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<td></td>
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<tr>
<td>Pinochle</td>
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<table>
<thead>
<tr>
<th>Tuesday</th>
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<tbody>
<tr>
<td>Bridge</td>
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<table>
<thead>
<tr>
<th>Wednesday</th>
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<tbody>
<tr>
<td>Senior Foot Care</td>
</tr>
<tr>
<td>First Wednesday of the month. Appointments begin at 9 am and end at 2 pm. Please make your appointment by calling Senior Footcare directly at 253.848.9625. $30 per person.</td>
</tr>
<tr>
<td>Senior Footcare is a visiting healthcare service for seniors, diabetics and others who are in need of care for their feet. Our staff consists of only RN’s and LPN’s because we believe it is important to have nurses assessing the condition of the feet for problems relating to health issues such as diabetes, arthritis and strokes, limited vision and poor circulation.</td>
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<tr>
<td>Lazy Lunch Bunch Movie</td>
</tr>
<tr>
<td>Third Wednesday of the month</td>
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<tr>
<td>Bunco</td>
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<tr>
<td>Second Wednesday of the month</td>
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<tr>
<th>Thursday</th>
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<tbody>
<tr>
<td>Arts, Crafts &amp; Hobbies</td>
</tr>
<tr>
<td>Bring your own art, craft or hobby projects to work on with others who have similar talents and interest. Bring a lunch to enjoy while you create your own masterpiece!</td>
</tr>
<tr>
<td>Old Timer’s Coffee Group</td>
</tr>
<tr>
<td>1st &amp; 3rd Thursday of each month</td>
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<tr>
<th>Friday</th>
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<tbody>
<tr>
<td>Bingo</td>
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<tr>
<td>Arrive early, play Bingo before lunch! Prizes provided, occasional white elephant bingo.</td>
</tr>
<tr>
<td>Senior Lunch</td>
</tr>
<tr>
<td>Catholic Community Services serves lunch at Noon! Reservations required one week in advance 253.460.2530; $2.50 donation appreciated.</td>
</tr>
<tr>
<td>Pinochle, Dominos &amp; Games</td>
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<table>
<thead>
<tr>
<th>Monday - Friday</th>
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<tbody>
<tr>
<td>Men’s Coffee Crew</td>
</tr>
<tr>
<td>If you love to talk and tell great stories, this is the group for you!</td>
</tr>
</tbody>
</table>
Thank You Sponsors!

A special thank you to all of our Youth Indoor Soccer & Flag Football League Sponsors.

Floor Covering Express ~ Poth Investigations ~ The Lawn Boys ~

If you would like more information about sponsoring a University Place Recreation Youth Sports Team contact the Parks & Recreation office at 253.460.2530 or stop by the office Monday-Friday between 9 am-4 pm.

Located at 3609 Market Place W, Suite 102

TEAM SPONSORS NEEDED! We are looking for team sponsors for our Youth Basketball and Youth Baseball & Softball leagues. One team is $195, four teams for $700 and six teams for $1000. Company name will be placed on the back of the t-shirts/jerseys, recognition on the City of University Place website, Facebook, TeamSideline website as well as in our Program Guide. Sponsors also receive a picture plaque of the team that they sponsor. For more information contact the Recreation Office at 253.460.2530.

University Place Youth Council

“Youth With A Mission To Make A Difference”

Join the University Place Youth Council and be a part of the group that created the Cirque Slam and the Mother Son Sports Ball. This motivated group of teens meets the first and second Monday of each month. The focus of UPYC is to provide constructive activities and positive role models for the youth of University Place. UPYC also provides community support by assisting with community and local charities or events. This is a great way to get to know U.P. teens grades 8-12 while contributing in a meaningful way to your community and surrounding area.

Youth Council applications can be picked up at the UP Parks & Recreation Office, 3609 Market Place W Suite 102, UP

For more information please contact Andy Nelson at 253.460.2530 or e-mail, ANelson@CityofUP.com.

COMMUNITY SUPPORTED PARKS & RECREATION

A Federal Tax Exempt 501c(3) “UP Community Supported Parks and Recreation” has been established to allow community members that wish to financially support the University Place Parks and Recreation Programs. This will allow tax-free donations and provide the means to solicit grants from those organizations that only support tax-exempt organizations. If you are interested in donating or learning more about this please contact Jim Baldes at jbaldes@comcast.net.
CURRAN APPLE ORCHARD

Free Pruning Parties
Saturdays 10 am-1 pm
February 7 & 21
March 7 & 21
April 11 & 25
If you’d like more information regarding our Pruning Parties, email at apples@curranappleorchard.com.

Free Insect Apple Maggot Class-Orchard Barn
Saturday, May 9
9 am-10 am
Sticky Apple Traps
10 am-12 pm

FREE Summer Concert Series
All concerts are from 6:30-8 pm, come out and enjoy this free event!

THURSDAYS
July 9
July 23
August 6
August 20

Annual Cider Squeeze
Don’t miss this FREE event, fun for the whole family! Enjoy live music, games, activities, apples and cider!

Sunday, August 30
Please note: Cider Squeeze date has changed to August due to the Gravensteins being ready earlier due to hotter summers.
12-4 pm

TAHOMA AUDUBON EVENTS

Adriana Hess Audubon Center - Winter Open House & 15th Anniversary
Friday, December 5, drop by anytime between 2-5 p.m.
Location: Adriana Hess Wetland Park - 2917 Morrison Rd. W

115th Annual Christmas Bird Count (CBC)
Saturday, December 20
Join the longest running citizen science project and start a new family tradition this winter! Pick one of seven survey circles from across the area, including University Place and join others in counting bird species. There will be a celebration dinner with report back. Free to participate in the survey. To sign up call 253.565.9278 or to learn about the CBC visit: http://wa.audubon.org/christmas-bird-count-1 or www.tahomaaudubon.org

University Place WINTER FEST

Saturday, December 6, 2014
Experience the holiday magic with the annual celebration of the Christmas Tree Lighting in Market Square, always the first Saturday in December.

UPAC SHARKS

Learn to swim faster and competitively as part of a positive team while having FUN at University Place Aquatic Club (UPAC). Local state-of-the-art pool, easy after-school hours. More info at www.upacsharks.org.
Contacts:
Craig Mallory at coachcraig@upacsharks.org
Jennifer Lopez at lopezsilversj2@yahoo.com

We Create Community Through People, Parks, Programs and Partnerships