

CITY OF BURIEN

Fall 2016

# Recreation Guide

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Creative  
Chefs**

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[www.Register.BurienParks.net](http://www.Register.BurienParks.net)  
206.988.3700





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## BURIEN RECREATION GUIDE Fall 2016

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## Rentar Las Instalaciones o Para Un Programa

**¿SABÍA USTED** que puede rentar el Centro Comunitario o los cobertizos para picnics en el Parque Seahurst para su reunión familiar? Ofrecemos también una amplia gama de clases para todo el mundo, desde los más chicos hasta los adultos mayores. Si no habla inglés, lo podemos atender más rápido si trae un amigo o familiar que le pueda interpretar. Visite el Centro Comunitario en el 14700 6th Ave SW en Burien de lunes a jueves de las 8:30 AM a las 8:00 PM, viernes de las 8:30 AM a las 5:00 PM, y sábados de las 8:00 AM a las 12:00 PM.

**¿NO HABLA INGLÉS? Ver las pagina 39.**



### SCHOLARSHIPS AVAILABLE FOR LOW INCOME YOUTH

- > Pay 50% less than the listed fee if your family qualifies for free/reduced lunches
- > Must be a Burien resident
- > Call 206.988.3700 for information



In consideration for the privilege to distribute these materials, the Highline School District shall be held harmless from any cause of action, claim or petition filed in any court or administrative tribunal arising out of the distribution of these materials, including all costs, attorney's fees and judgments or awards.

BURIEN

# DIA DE LOS MUERTOS

DAY OF THE DEAD CELEBRATION



- Altars/Ofrendas
- Arts & Crafts
- Traditional Music
- Dance
- Food
- Stories & More!

206.988.3700  
[BurienWa.gov/DDLM](http://BurienWa.gov/DDLM)

## FRIDAY, OCT 28 // 6-9PM

Burien Community Center, 14700 6th Ave SW

Help us celebrate the tradition of honoring and remembering our ancestors and families.



CITY OF BURIEN • SEAHURST BEACH

# Family Campfire

FRIDAY, SEPTEMBER 23  
6:00-8:00PM

SEAHURST BEACH  
1600 SW SEAHURST DR SW, BURIEN

Celebrate our beautiful beach, watch the sunset,  
roast marshmallows, learn about sealife, and more!

Bring your camp chair and blanket!



Photos: ©Michael Brunk / nwlens.com

[www.BurienWA.gov/SeahurstCampfire](http://www.BurienWA.gov/SeahurstCampfire) • 206.988.3700



# Ready, Steady, Balance

Fall Prevention Campaign

## September 19-23

Get your medication reviewed and complete  
at least **2 other activities** to **WIN PRIZES!**

All services, classes & seminars at:  
**Burien Community Center, 206.988.3700**  
14700 6th Ave SW, Burien

**SEE PAGE 21 for schedule!**



### 6 WAYS TO PREVENT FALLS



Get your medication reviewed



Attend a Healthy Eye Seminar & get your vision checked



Attend a Hearing Seminar & get your hearing checked



Learn about ways to keep your home safe



Attend a Balance Fitness Class



Attend a Tai Chi Class

# AFTER-HOURS BEACH WALKS



ENVIRONMENTAL  
SCIENCE CENTER

## Come to the beach when tides and lights are out!

Join the Environmental Science Center, beach naturalists and fellow Puget Sound enthusiasts to see marine animals in a whole new light—your FLASHLIGHT!

*Bring hats, gloves, wading boots, and flashlight.*

All walks held from 8:00pm–10:00pm

Sunday, November 13, Sunday, December 11  
and Friday, January 13

ENVSCIENCECENTER.ORG // 206.248.4266



## FREE FAMILY SWIM PASSES NOW AVAILABLE!

Low-income families who qualify for free/reduced lunches and live within Burien city limits can now receive FREE Family Swim Passes for the Evergreen Community Aquatic Center. Passes are good for Open and Lap Swims.

Pick up your pass at the  
Burien Community Center  
14700, 6th Ave SW

Information: 206.988.3700



## EVERGREEN COMMUNITY AQUATIC CENTER

Evergreen Community Pool is a beautiful facility located next to the Evergreen High School campus and athletic field complex at the south end of White Center.

606 SW 116th St. Seattle, WA 98146

[www.evergreenpool.org](http://www.evergreenpool.org) • 206.588.2297

- Public Swims
- Lessons for all ages
- Aquarobics
- Family Swims
- Lap Swims
- WhiteWater Aquatics Swim Team

# Burien WALKS & Stays Healthy



## Local Walking Paths & Trails

Caminos y Senderos Peatonales en los Vecindarios

EASY	Gravel surface & minimal distance
	<p><b>Hazel Valley Park</b> 251 SW 126th • .25 mile gravel loop</p> <p><b>Lake Burien School Park</b> 14640 18th Ave SW • .25 mile flat gravel loop</p> <p><b>Lakeview Park</b> 422 SW 160th • .20 mile gravel loop</p> <p><b>Miller Creek Trail</b> 14455 Des Moines Memorial Dr • .5 mile paved</p> <p><b>Puget Sound Park</b> 135 SW 126th Street • .5 mile cinder track</p> <p><b>Sylvester Middle School Track</b> 16222 Sylvester Rd SW • .25 mile track</p>
MODERATE	Non-gravel surface, more distance, & some inclines
	<p><b>Mathison Park</b> 533 S 146th • .25 mile loop trail</p> <p><b>Salmon Creek Ravine</b> 12540 Shorewood Dr SW • 1.9 miles of trails</p>
MODERATE to HIGH	Longer distance, steep inclines, and/or uneven surfaces
	<p><b>Seahurst Park</b> 1600 SW Seahurst Dr SW</p> <p>Nature Trail: .75 mile</p> <p>Service Road Trail: 1.15 miles</p> <p>North Shoreline Trail: .4 mile</p> <p>South Shoreline Trail: .3 mile</p>



**Wabi burien**  
Events & Advocacy for a Walk/Bike Community

Join Burien neighbors and others to walk and talk for fun conversation and exercise. Walking allows you to get the kinks out, clear the cobwebs, change your outlook, and get a body that feels and functions better!

*burien's*  
**walk**  
**talk**

1st Sunday of every month at 2:00pm

*wabi*  
**weekday**  
**walkers**

3rd Wednesday of the month, times may vary

Each month's meet-up location and walking route will be posted on WABI website a few days before the walk. Walks go rain or shine.

[www.WabiBurien.org](http://www.WabiBurien.org)  
[info@WabiBurien.org](mailto:info@WabiBurien.org)

## Family & All Ages



### KARATE

#### Beginning Karate for NEW Students

REGISTER EARLY...This popular class fills quickly! Learn the basics of blocking, striking, kicking, self-defense, and more. For students who want advancement in Belts and to move to the next level (Beginning for Continuing Students), uniforms and a Seattle Tang Soo Do \$40 Association membership fee are required after 5 weeks of this session. No class 11/23.

Age: 2Y-4Y Fee: \$62 / RD \$56 Classes: 7  
**19285 Sept 13-Oct 25 9:30am-10:15am Tue**

BCC Manhattan Room Instructor: Paul Miller

#### Beginning Karate for CONTINUING Students

This is a continuation of the Beginning class for returning White Belt students. No class 11/23.

Age: 2Y-4Y Fee: \$56 / RD \$48 Classes: 6  
**19286 Nov 8-Dec 13 9:30am-10:15am Tue**

BCC Manhattan Room Instructor: Paul Miller

#### Advanced Karate-Tang Soo Do

Continuation of Intermediate class for students with Green Belts and higher (or by Instructor's permission only). No class 11/23.

Age: 8Y and up Fee: \$114 / RD \$99 Classes: 23  
**19148 Oct 3-Dec 21 6:00pm-7:00pm Mon, Wed**

BCC Manhattan Room Instructor: Paul Miller

#### Intermediate Karate-Tang Soo Do

For Tang Soo Do graduates who have earned the rank of Yellow, Orange & Purple belts (or by instructor's permission only). No class 11/23.

Age: 8Y and up Fee: \$114 / RD \$99 Classes: 23  
**19149 Oct 3-Dec 21 7:00pm-8:00pm Mon, Wed**

BCC Manhattan Room Instructor: Paul Miller

## DANCE

#### Dance with Me

Have fun with your child while enhancing the mind body connection through the Brain Dance and use of nursery rhymes, movement games, props and more. In this class we will explore the elements of dance to a variety of music styles. Both parents and caregivers are welcome.

Age: 2Y-4Y Fee: \$62 / RD \$56 Classes: 7  
**19285 Sept 13-Oct 25 9:30am-10:15am Tue**

Age: 2Y-4Y Fee: \$56 / RD \$48 Classes: 6  
**19286 Nov 8-Dec 13 9:30am-10:15am Tue**

BCC Manhattan Room Instructor: New City Dance Co



## SOCCER

#### Mommy/Daddy & Me Soccer

Introduce 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 their large motor skills and socialization skills. The fun happens on the field, and in Mommy/Daddy & Me Soccer, parents are part of the action, not watching from the sidelines! All kids receive a Kidz Love Soccer jersey! No class 11/24.

Age: 2Y-3Y Fee: \$82 / RD \$78 Classes: 6  
**19179 Sept 15-Oct 20 3:30pm-4:00pm Thur**

Lake Burien Park Instructor: Kidz Love Soccer, PNW

Age: 2Y-3Y Fee: \$82 / RD \$78 Classes: 6  
**19180 Nov 3-Dec 15 5:00pm-5:30pm Thur**

Cedarhurst Elem Gym Instructor: Kidz Love Soccer, PNW

## Parent & Child

# Indoor Tot Spot

Looking for new ways to engage your toddler? Visit our indoor playground, perfect for those wet and cold days. The play area is equipped with ride-on-toys, tumbling mats, playground equipment and plenty more.

### Tues & Thur 10am-12pm

Age: Crawlers to 5 year old

Drop In: \$2 per child (cash only)

Punch Card: \$20 for 10 visits (Visa, MC, cash or check)

Returns September 27th



## Fun Green Holidays at Tot Spot

King County's Tom Watson, the KOMO4 TV EcoConsumer, will be at Tot Spot showing parents how to make your family's holidays greener—gifts, decorating, entertaining and more—and doing a very simple green-holidays crafts project with the 2 to 5-year-olds. A Spanish-speaking environmental educator will accompany Tom and share in the fun!

All Ages Free Classes: 1  
**19238 Nov 15 10:30am-12:00pm Tue**

BCC Seahurst Room Instructor: Tom Watson

# Preschool

## Burien Co-op Preschool

Experience the power of PLAY with your child in a developmentally appropriate cooperative preschool. Program meets September to May.

**INFORMATION/REGISTER:**

www.BurienCo-op.org or 206.241.6714

### Day Programs

<b>FIREFLIES 1's</b> Tuesdays 9:45–11:15am \$40/month + \$13.80 quarter	<b>OTTERS 3's</b> Tue/Wed/Thur 9:30–11:30am \$112/month + \$41.50 quarter
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<b>DRAGONFLIES 2's</b> Wed/Thur 9:45–11:45am \$77/month + \$27.80 quarter	<b>ORCAS 4's</b> Tue/Wed/Thur 12:15–2:45pm \$121/month + \$41.50 quarter
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Students must meet age requirement by August 31 of current school year.

Community Center Annex  
425 SW 144th St • Registration fee: \$50

## Adventure Pals

Join us in Burien for a fun, parent/child playgroup for children ages 24-36 Months. Enjoy time together singing, learning, and getting messy in an inclusive playgroup led by an Early Childhood Specialist. Children will develop friendships with a variety of peers, including peers with special needs.

### Classes Held on MONDAYS

- » Classes run in 7-9 week sessions
- » You may register for the morning OR the mid-day class
- » Registration opens 2 weeks prior to the start of each session
- » Registration forms and payment in full are due prior to the start of each session

For session dates and information, call Children's Therapy Center in Burien, 253-216-0720.



CHILDREN'S THERAPY CENTER  
*Celebrate what is. Commit to what can be.*



## DANCE

### Pre Ballet

Calling all little ballerinas. Learn ballet through creative movement and games to classical music. Students will learn rhythm, flexibility, ballet vocabulary and basic positions while focusing on being expressive through their movement and imagination. Dress code: leotards, tights or leggings and leather bottom ballet shoes.

Age: 3Y–5Y Fee: \$62 / RD \$56 Classes: 7  
19208 Sept 14–Oct 26 10:00am–10:45am Wed

Age: 3Y–5Y Fee: \$56 / RD \$48 Classes: 6  
19209 Nov 9–Dec 14 10:00am–10:45am Wed

BCC Manhattan Room Instructor: New City Dance Co

### NEW CITY DANCE COMPANY

*Academy of Ballet, Tap, Jazz, Modern and Hip-Hop*

408 SW 153rd St Burien, WA 98166 (206) 242-7989

### Pre Ballet/Tap

Can't decide between ballet or tap? Why not try both? Students will have fun exploring the gracefulness of ballet and the upbeat rhythm of tap. Dress code: leotards, tights or leggings, tap shoes and leather bottom ballet shoes.

Age: 3Y–5Y Fee: \$62 / RD \$56 Classes: 7  
19210 Sept 14–Oct 26 4:30pm–5:15pm Wed

Age: 3Y–5Y Fee: \$56 / RD \$48 Classes: 6  
19212 Nov 9–Dec 14 4:30pm–5:15pm Wed

BCC Manhattan Room Instructor: New City Dance Co

### PRESCHOOL PARENT ATTENDANCE POLICY

For most preschool classes, parents are encouraged to attend the first day of class unless otherwise stated in the class description. Parents are discouraged from attending all other classes so that their child can completely focus on the class content.

### SCHOLARSHIPS AVAILABLE

Please call 206.988.3700 for more information.





## SPORTS

### Tot Soccer

Little tykes will enjoy running and kicking just like the big kids! Encourages large motor skill development through fun soccer games and introduces small children to the group setting. All participants receive a soccer jersey! Shin guards are required after the first meeting. No class 11/24.

Age: 3Y-4Y Fee: \$82 / RD \$78 Classes: 6

19181 Sept 15-Oct 20 4:10pm-4:40pm Thur

Lake Burien Park Instructor: Kidz Love Soccer, PNW

19183 Nov 3-Dec 15 5:40pm-6:15pm Thur

Cedarhurst Elem Gym Instructor: Kidz Love Soccer, PNW

### Pre Soccer

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. All participants receive a soccer jersey! Shin guards are required after the first meeting. No class 11/24.

Age: 4Y-5Y Fee: \$82 / RD \$78 Classes: 6

19182 Sept 15-Oct 20 4:40pm-5:15pm Thur

Lake Burien Park Instructor: Kidz Love Soccer, PNW

19184 Nov 3-Dec 15 5:40pm-6:15pm Thur

Cedarhurst Elem Gym Instructor: Kidz Love Soccer, PNW

### Little Hoopers

Introduce your children to basketball in this fun program specific for preschoolers! Children ages 3 to 5 learn the basics of basketball in a fun, kid friendly environment. Parents will be invited to join their child during the last half of the program as they learn to dribble, pass, shoot and more!

Age: 3Y-5Y Fee: \$35 / RD \$30 Classes: 4

19141 Sept 19-Oct 10 3:30pm-4:15pm Mon

19143 Oct 15-Nov 5 10:30am-11:15am Sat

19142 Nov 7-28 3:30pm-4:15pm Mon

BCC Seahurst Banquet Hall Instructor: Thalia Perez

### Preschool Sport Skills

Children will get an introduction to basketball, flag football, soccer, gymnastics, volleyball. They will practice listening skills, how to follow directions and improve their eye-to-hand coordination, balance and muscle control. Perfect for building confidence, making new friends, and learning the importance of teamwork!

Age: 3Y-5Y Fee: \$40 / RD \$35 Classes: 5

19146 Sept 19-Oct 17 4:30pm-5:15pm Mon

19147 Nov 7-Dec 5 4:30pm-5:15pm Mon

19144 Oct 15-Nov 12 11:30am-12:15pm Sat

BCC Seahurst Banquet Hall Instructor: Thalia Perez

### Baseball & Softball

PAC WEST LITTLE LEAGUE

Ages: 4-18 yrs • March-June and Fall  
[www.pacwestlittleleague.com](http://www.pacwestlittleleague.com) • 206.243.9229

TEE-BALL AND COACH PITCH LEAGUES

Des Moines Parks and Recreation  
 Ages: 3-5 yrs for Tee-Ball;  
 6-8 yrs for Coach Pitch • January-May  
[www.desmoineswa.gov](http://www.desmoineswa.gov) • 206.870.6527

### Basketball

YOUTH BASKETBALL LEAGUES

Des Moines Parks and Recreation  
 Grades: 5-6 boys; 7-8 boys and  
 (separate) girls; 9-10 boys • December-February  
[www.desmoineswa.gov](http://www.desmoineswa.gov) • 206.870.6527

### Full Teen Hoops

SOUTHWEST BOYS & GIRLS CLUB

Grades: 7-12 • Spring  
 Register as a player or a team  
[www.sw.positiveplace.org](http://www.sw.positiveplace.org) • 206.436.1910

### Football & Cheerleading

BURIEN BEARCATS

Ages: 7-14 yrs • Spring  
[www.burienbearcats.org](http://www.burienbearcats.org) • 206.824.4018

PUGET SOUND LANCERS

Grades: 1st-8th, Kindergarteners can play if they play up with 1st & 2nd graders • Aug-Nov  
[www.leaguelineup.com/pugetsoundlancers/](http://www.leaguelineup.com/pugetsoundlancers/)  
 253.777.5243

### Lacrosse

SOUTHWEST TITAN LACROSSE CLUB

Grades: 3-6 boys; 5-6 girls; 7-8 boys & (separate) girls;  
 9-12 girls and boys (separate) • March-May  
[www.swlacrosseclub.org](http://www.swlacrosseclub.org)

### Soccer for Players with Disabilities

TOPSOCCER

Ages: For boys/girls age 4 yrs and up and men/women with cognitive and/or physical disabilities.  
 Games played at Starfire Sports facility in Tukwila  
[korrio.com/groups/tukwila-topsoccer](http://korrio.com/groups/tukwila-topsoccer)

### Soccer

HIGHLINE SOCCER CLUB (FORMERLY WEST HIGHLINE SOCCER)

Ages: 5-18 yrs. 7 to U19 • Sept-late Fall  
[www.highlinesoccerclub.com](http://www.highlinesoccerclub.com)

YOUTH SOCCER

Des Moines Parks and Recreation  
 Ages: 3-5 yrs co-ed; 6-7 yrs co-ed;  
 8-9 yrs and 10-11 yrs boys or girls • Spring  
[www.desmoineswa.gov](http://www.desmoineswa.gov) • 206.870.6527

HIGHLINE SPRING SOCCER CLUB

Ages: 5-12 yrs • Spring  
[www.highlinesoccerclub.com](http://www.highlinesoccerclub.com)

HIGHLINE PREMIERE FOOTBALL CLUB

Ages: U8, U9, and U10  
 For players looking for higher competitive levels • August-September  
[www.highlinepremiere.com](http://www.highlinepremiere.com)

# Youth



## ART

### Adventures in Art

Explore the world of art through painting, drawing, printmaking, clay and more. Your young artist will learn color mixing, design principles and construction while making work that expresses a sense of adventure. This is wonderful, messy fun, so please dress accordingly! Returning students welcome. All supplies provided.

Age: 7Y–11Y Fee: \$100 / RD \$96 Classes: 8  
**19027 Sept 29–Nov 17 4:30pm–6:00pm Thur**  
 MAC Multipurpose Room Instructor: John Taylor

### Going Buggy

**NEW** Use your imagination to make colorful creatures as you combine art and your love of bugs, butterflies and crawly creatures! Using paint, buttons, colorful wire you will create a variety of bugs, including a 3D bug that lights up! All supplies provided.

Age: 7Y–11Y Fee: \$32 / RD \$30 Classes: 1  
**19028 Nov 19 10:00am–12:00pm Sat**  
 MAC Multipurpose Room Instructor: Debbie Thoma



### Kid's Clay

Pinch, roll, coil, and paint your original artwork in this fun and messy class. Learn all the basics of handbuilding each week as you learn a different way to play with clay! Complete your one-of-a-kind pieces with colorful slips and glazes. All supplies provided.

Age: 6Y–10Y Fee: \$100 / RD \$96 Classes: 8  
**19030 Oct 4–Nov 22 4:00pm–5:30pm Tue**  
 MAC Handbuilding Room Instructor: Pamela Fredback

### Kid's Clay Workshop: Ornaments

**NEW** Decorate the holidays with one-of-a-kind ornaments made by you! Using basic handbuilding techniques, your child will create 5 beautiful handmade ornaments to give as gifts or decorate your home for the winter holidays. Complete your creations on the second week with colorful glazes.

Age: 6Y–10Y Fee: \$37 / RD \$35 Classes: 2  
**19032 Nov 5–12 10:00am–11:30am Sat**  
 MAC Handbuilding Room Instructor: Pamela Fredback

## DANCE

### Intro to Break Dance

This high-energy form of self expression helps develop rhythm, athleticism and body control. Time during each class will be allotted for structured learning of techniques and free form presentation of movements. No class 11/24.

Age: 6Y–10Y Fee: \$29 / RD \$25 Classes: 6  
**19226 Sept 15–Oct 20 7:00pm–7:45pm Thur**  
**19227 Nov 3–Dec 15 7:00pm–7:45pm Thur**  
 BCC Hilltop Room Instructor: David Dinh

### Hip Hop

**NEW** This class teaches rhythm, coordination, and age-appropriate hip hop choreography. Hip Hop is upbeat and great for kids who like to move. No class 11/24.

Age: 7Y–11Y Fee: \$29 / RD \$25 Classes: 6  
**19224 Sept 15–Oct 20 6:00pm–6:45pm Thur**  
**19225 Nov 3–Dec 15 6:00pm–6:45pm Thur**  
 BCC Hilltop Room Instructor: David Dinh

### YOUTH PARENT ATTENDANCE POLICY

For most youth classes, parents are encouraged to attend the first day of class unless otherwise stated in the class description. Parents are discouraged from attending all other classes so that their child can completely focus on the class content.

### SCHOLARSHIPS AVAILABLE

Please call 206.988.3700 for more information.

# KID'S NIGHT IN



## IT'S TIME FOR A PAJAMA PARTY AT THE BURIEN COMMUNITY CENTER!

Drop your kids off in their pajamas for an evening of fun while you have a night on the town. Each month is themed with crafts, physical activities, and dinner provided. From spooky treats and crafts during Trick or Treat night to snowball fights during our Winter Wonderland, your child will want to come back every month!

**AGES 5-12 YEARS**

- OCTOBER 21: **TRICK OR TREAT** :: 6pm-9pm :: #19242
  - NOVEMBER 18: **MINUTE TO WIN IT** :: 6pm-9pm :: #19243
  - DECEMBER 16: **WINTER WONDERLAND** :: 6pm-9pm :: #19244
- @ Burien Community Center :: \$27 / RD \$23 per child

### Youth Winter Break Day Camps

# Winter Camp CRAZ

**Arts \* Games \* Songs \* Field Trips**

Join Winter CRAZ Camp for fun with arts & crafts, group games, camp songs, field trips and much, much more! Snack will be provided. Campers are responsible for bringing their own lunch. There is a minimum of 10 participants.

Dec 19-22 & Dec 27-30 \* 7:00am-6:00pm \* 1st-6th Grades  
BCC Eagle Landing Room • Per Week: \$136 / RD \$130

**Winter Wonderland**

**In Summer!**

19250 Dec 19-22 Classes: 4 Mon-Thur 19251 Dec 27-30 Classes: 4 Tue-Fri



## COOKING

### Creative Chefs **NEW**

#### Cook Up a Tasty Stew

...And all the fixin's to go with it. \$10 supply fee to instructor.

Age: 6Y-11Y	Fee: \$12 / RD \$10	Classes: 1
19233 Oct 1	10:00am-12:00pm	Sat
DHH Down Stairs	Instructor: Patty Charboneau	

#### Let's Have Fun and Play with Our Food!

Learn how to make some spooky treats with yummy food. \$10 supply fee to instructor.

Age: 6Y-11Y	Fee: \$12 / RD \$10	Classes: 1
19234 Oct 29	10:00am-12:00pm	Sat
DHH Down Stairs	Instructor: Patty Charboneau	

#### 'Tis the Season for Yummy Sweets

Let's do some baking! \$10 supply fee to instructor.

Age: 6Y-11Y	Fee: \$12 / RD \$10	Classes: 1
19235 Dec 3	10:00am-12:00pm	Sat
DHH Down Stairs	Instructor: Patty Charboneau	

# Youth



## SPORTS

### Basketball Basics

This class will focus on basketball skills such as passing, dribbling, shooting, running/agility as well as basic rules of the game. Children will learn training and conditioning as well as teamwork and sportsmanship. Children should be prepared to have fun and wear comfortable clothes and appropriate sports shoes.

Age: 5Y-7Y      Fee: \$45 / RD \$40      Classes: 5  
 19152 Sept 19-Oct 17      6:00pm-6:45pm      Mon  
 19205 Nov 7-Dec 5      6:00pm-6:45pm      Mon  
 Southern Heights Elem Gym      Instructor: Thalia Perez

### Level Up - Basketball Training

This class is an excellent opportunity for children to learn or improve on basketball skills such as passing, dribbling, shooting, running/agility as well as basic rules of the game. Children will learn training and conditioning as well as teamwork and sportsmanship. Children should be prepared to have fun and wear comfortable clothes and appropriate shoes.

Age: 7Y-10Y      Fee: \$45 / RD \$40      Classes: 5  
 19153 Sept 19-Oct 17      7:00pm-7:45pm      Mon  
 19207 Nov 7-Dec 5      7:00pm-7:45pm      Mon  
 Southern Heights Elem Gym      Instructor: Thalia Perez

### Soccer 1

Players will learn dribbling, passing, receiving, shooting, and defense. Fun skill games are played at every session and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Perfect for first time players while being fun and engaging for kids with some experience. All participants receive a soccer jersey! Shin guards are required after the first meeting. No class 11/24.

Age: 5Y-6Y      Fee: \$82 / RD \$78      Classes: 6  
 19185 Sept 15-Oct 20      5:15pm-6:00pm      Thur  
 Lake Burien Park      Instructor: Kidz Love Soccer, PNW  
 19187 Nov 3-Dec 15      6:15pm-7:00pm      Thur  
 Cedarhurst Elem Gym      Instructor: Kidz Love Soccer, PNW

## FITNESS

### Yoga

**NEW** This is a beginners yoga class that is structured around stretch, strength & breath. Designed to incorporate awareness of self, inner quiet and focus. It will also be challenging and fun, so get ready to move! Your own Yoga mat is optional. Bring a water bottle.

Age: 8Y-11Y      Fee: \$35 / RD \$30      Classes: 6  
 19231 Sept 12-Oct 17      6:00pm-6:45pm      Mon  
 19232 Nov 7-Dec 12      6:00pm-6:45pm      Mon  
 BCC Hilltop Room      Instructor: Cristina Middleton



**More Youth Sports  
See Page 9**

*Facepainting at Arts-a-Glow See back cover*

*Teen Wheel See page 13*



# Specialized Recreation

Participants must provide their own transportation and attendant if necessary.



## Participant Info

**Inclusion** As with all programs Burien Parks, Recreation and Cultural Services provides, Special Recreation programs are inclusive for anyone interested in participating in these classes.

**Behavior Policy** In order to provide a successful experience for all participants, please note the following:

Participants must be able to function in a group environment with limited supervision.

- If closer supervision is needed, a caregiver or chaperone is welcome to accompany the participant at no cost. If there is an admission fee into a venue, caregiver/chaperone would need to pay the admission cost.
- Unacceptable behaviors include but aren't limited to self abuse, physical or verbal abuse towards others, violent behaviors, profanity, and constant unwillingness to participate in activities.
- Non compliance may result in requirement of caregiver accompaniment or possible dismissal from activities.

### Attendant Staffing

(1:1, Aides, Chaperones, Care Providers)

Burien Parks staff provides leadership for our programs and staff ratios will depend on individual programs. We cannot provide attendant care, such as assistance using restrooms, personal transfers, eating, or dispensing medications. A participant's own attendant may accompany him/her if this type of assistance is needed.

## Art Escape: Tuesdays

Tangrams, spirals and spheres, we will explore and create the shapes that suit us best with paint, oil pastel, collage and assemblage. For the artist in everyone looking for an inclusive fun and open place to create. All supplies provided.

Age: 10Y and up    Fee: \$53 / RD \$50    Classes: 5  
**19040 Sept 6–Oct 4    10:00am–12:00pm    Tue**  
**19039 Oct 18–Nov 15    10:00am–12:00pm    Tue**  
 MAC Multipurpose Room    Instructor: Shariana Mundi

## Art Escape: Wednesdays

Through artist eyes we will be looking at shapes that are 'trending' this season. Using traditional designs like Tangrams, spirals and spheres, we will explore and create the shapes that suit us best with paint, oil pastel, collage and assemblage. For the artist in everyone looking for an inclusive fun and open place to create. All supplies provided.

Age: 10Y and up    Fee: \$53 / RD \$50    Classes: 5  
**19041 Sept 7–Oct 5    10:00am–12:00pm    Wed**  
**19042 Oct 19–Nov 16    10:00am–12:00pm    Wed**  
 MAC Multipurpose Room    Instructor: Shariana Mundi

## Rhythm & Rhyme

The beat goes on and we found it! Join us in our rockin' and rollin' rhythmic fun. Drumming may never be the same again! Welcome to all abilities & all rhythms!

Age: 10Y and up    Fee: \$35 / RD \$33    Classes: 5  
**19043 Sept 7–Oct 5    1:30pm–3:00pm    Wed**  
**19044 Oct 19–Nov 16    1:30pm–3:00pm    Wed**  
 MAC Multipurpose Room    Instructor: Shariana Mundi

## Studio Art

An art studio for artists with untapped and diverse abilities. Come and work on your own ideas & projects with mentoring and coaching to assist in further developing your skills and portfolio. Work from imagination, pictures and still life. All art supplies provided. Please bring your lunch. Instructor approval needed.

Age: 12Y and up    Fee: \$97 / RD \$92    Classes: 5  
**19045 Sept 8–Oct 6    11:00am–2:00pm    Thur**  
**19046 Oct 20–Nov 17    11:00am–2:00pm    Thur**  
 MAC Multipurpose Room    Instructor: Shariana Mundi



## PLAY & LEARN

DROP-IN PLAY TIME for parents, families and children ages 6 months to 5 years. A great way to meet other families with young children.

**Age: 6 months – 5 years • Free • Tuesdays, 10:00am–11:30am**



SKIP Early Intervention  
127 SW 156th St, Burien  
253.216.0720



### Social Clubs Young Adult Nights Out

Come join local young adults from Burien, Des Moines, Tukwila, and SeaTac for an evening of fun, food, games, and friends. Must provide own transportation.

No registration is required.

**Ages 13 to 25 • 5:00–7:00pm • \$6.00**

**Sept 9**

**Potluck & Games**

Angle Lake Park  
19408 Internatnl Blvd  
SeaTac

**Oct 14**

**Bowling**

Hi-Line Lanes  
15733 Ambaum Blvd  
Burien

**Nov 18**

**Cooking & Games**

Tukwila  
Community Center  
12424 42nd Ave S

**Dec 9**

**Bowling**

Hi-Line Lanes  
15733 Ambaum Blvd  
Burien



### Volunteer Opportunities:

Looking for volunteers to help with the Social Clubs. If you are interested contact Amanda Morales at **206.988.3711** or **amandam@burienwa.gov**

### Free Transportation

#### Burien HYDE Shuttle Bus:

Available weekdays for personal trips to doctor, shopping, and other errands.  
206.727.6262

**Metro Bus Access:** A shared-ride van transportation service for seniors or disabled individuals who are unable to ride regular Metro buses.  
206.205.5001 or 206.689.3113

### TOPSoccer

The Outreach Program for Soccer (TOPSoccer) is a community-based soccer program for boys and girls and men and women, aged 4 years and older, who have a cognitive and/or physical disability. The program is based on skill level, not age, and participants include players, coaches, and buddy-volunteers who are paired with each player to assist with the game. TOPSoccer creates an environment where all participants make lasting memories and simply have fun with the game! Games played at Starfire Sports facility in Tukwila.

**korrio.com/groups/tukwila-topsoccer/**



# Adult Art

## Knitting 101

Knitting is as new today as it is historic; almost every culture knits. In this relaxed class for beginners, learn to cast on, knit, purl, combine stitches and bind off. Students will be knitting a scarf before they know it! There is a supply list for this class, please call for list. No class 10/15.

Age: 15Y and up Fee: \$59 / RD \$55 Classes: 5

**19037 Sept 24–Oct 29 10:30am–12:30pm Sat**

MAC Multipurpose Room Instructor: Barbara Kerr

## Learn to Crochet

Let's explore the possibilities of crocheting! Learn chain, single, half-double and double crochet stitch. Learn how to read a pattern both written and charted. Learn unique stitch patterns that can be used for a scarf, shawl or blanket. So many tricks and tips will be covered. Left-handers welcome. There is a supply list for this class, please call for list. No class 10/15.

Age: 15Y and up Fee: \$59 / RD \$55 Classes: 5

**19038 Sept 24–Oct 29 1:00pm–3:00pm Sat**

MAC Multipurpose Room Instructor: Barbara Kerr

## Introduction to Silk Screen Printing

**NEW** This introductory workshop will introduce you to the use and the means of producing screens for non-toxic screen printing. Historically, screen printing has been used to print wall paper, highway signs, t-shirts, fabrics, ceramic decals and tiles, as well as fine art. We will cover the basic operation of silk screen printing, including how screen printing works, as well as different ways of creating screens to print including direct drawing on the screen, simple block out printing and photo image screening. Students will learn how to make their own screen prints for fabric, paper or clay. Screen-printing can be messy, please dress accordingly.

Age: 15Y and up Fee: \$48 / RD \$46 Classes: 2

**19114 Oct 1–8 4:00pm–6:00pm Sat**

MAC Multipurpose Room Instructor: John Taylor



## Acrylic Painting Studio: Beginning to Advanced

Learn how to work with acrylics, 'the most adaptable art material of the modern age!' This class will cover a range of acrylic techniques, tools and additives with creative assignments to get the juices flowing. This course is accessible for beginners and still challenging for continuing and advanced students. A fun atmosphere designed to broaden your uses for and understanding of acrylic painting. Basic supplies will be provided.

Age: 15Y and up Fee: \$156 / RD \$150 Classes: 8

**19035 Sept 26–Nov 14 6:30pm–9:00pm Mon**

MAC Multipurpose Room Instructor: John Taylor

## Acrylic Painting Open Studio

An open studio for Acrylic Painting students. Students must be signed up for Acrylic Painting Studio. Students must bring in their own painting supplies.

Age: 15Y and up Fee: \$27 / RD \$25 Classes: 8

**19273 Sept 29–Nov 17 6:30pm–8:30pm Thur**

MAC Multipurpose Room Monitor: Carolyn Bing



## CERAMICS



### MASTER ARTIST WORKSHOP

## Intentional Imperfections

with **DAMIAN GRAVA**

In this one day workshop, Damian will demonstrate his techniques and discuss his philosophies about the joys of the imperfect pot. His pots have free flowing lines and undulations that reflect the natural environment and the craftsman's hand. Demonstrations will include soft clay altering techniques on cups, bowls, serving platters and large jars. Use of slips and locally harvested ceramic material will be discussed. There will be a slide talk showing finished pieces and Damian's inspirations for his work, along with a fun and freeing exercise on the wheel to help loosen up your own work. All supplies provided. Please bring a lunch.

Age: 15Y and up Fee: \$110 / RD \$105 Classes: 1

**19155 Oct 15 10:00am–4:00pm Sat**

MAC Throwing Room

*Bio: Damian earned a BS in geology with a minor in art, specializing in ceramics, from Keene State College in New Hampshire. The relationship connecting art and science has fueled his passion for ceramics ever since. Damian has earned a living as a ceramic artist since 2000, when he was a resident at Pottery Northwest and studio assistant for Matt Patton. He creates soda fired utilitarian pottery that he exhibits locally and nationally. Currently Damian is the Director at the Redmond Clay Studio, and teaches at several art center in Seattle.*



## CERAMICS

### Clay Class Information:

1. Class and Studio Only fees include firing fees. Please remember that MAC does not have the space to allow for production pottery. Extra firing fees will be assessed if kiln space is being overused.
2. Students are responsible for purchasing their own clay and tools unless otherwise noted.
3. Orders for supplies will be taken at the first class and must be accompanied by a check. Some clay also available for purchase at Moshier.
4. Open Studio: students enrolling in classes marked by a 🏠 are encouraged to use MAC's free open studio times. These times can be used while the class you are enrolled in is in session. Mondays: 12–3:30pm, Tuesdays: 12–3:30pm, Wednesdays: 9:30am–9pm, Saturdays: 10am–3:00pm.

### Beginning to Advanced Ceramics 🏠

A relaxed class environment where students of all skill levels can delve into handbuilding or throwing on the potters wheel. Class will offer individual attention for beginning students and demonstrations for more advanced students. Fee includes glazes and firing.

Age: 15Y and up Fee: \$251 / RD \$240 Classes: 11  
**19022 Sept 12–Nov 21 9:30am–12:00pm Mon**  
 MAC Throwing Room Instructor: Alec Davis

### Beginning to Intermediate Pottery Wheel 🏠

This class is for people new to wheel throwing and those who have learned the basics and want to further develop their work. Fundamentals of centering, throwing, trimming and glazing will be covered in this course. For those with more experience, we will explore altered forms and textured surfaces. Fee includes glazes and firing.

Age: 15Y and up Fee: \$251 / RD \$240 Classes: 11  
**19018 Sept 8–Nov 17 6:30pm–9:00pm Thur**  
 MAC Throwing Room Instructor: John Taylor

### Beginning to Advanced Handbuilding 🏠

Learn handbuilding construction techniques such as coil and slab methods as well as experiment with surface design and using the potters wheel. For all experience levels. Fee includes glazes and firing.

Age: 15Y and up Fee: \$274 / RD \$262 Classes: 12  
**19023 Sept 7–Nov 23 6:30pm–9:00pm Wed**  
 MAC Handbuilding Room Instructor: Hunter McGee

### Pottery Wheel: Monday PM 🏠

This class is for students who have learned the fundamentals of throwing. Work with the instructor to increase your skill level in throwing, as well as learn more about glazing and firing. It is recommended that students take Beginning Pottery Wheel before signing up for this class. Fee includes glazes and firing.

Age: 15Y and up Fee: \$251 / RD \$240 Classes: 11  
**19024 Sept 12–Nov 21 6:30pm–9:00pm Mon**  
 MAC Throwing Room Instructor: Deborah Schwartzkopf

### Pottery Wheel: Tuesday AM 🏠

This class is for students who have learned the fundamentals of throwing. Work with the instructor to increase your skill level in throwing, as well as learn more about glazing and firing. It is recommended that students take Beginning Pottery Wheel before signing up for this class. Fee includes glazes and firing.

Age: 15Y and up Fee: \$274 / RD \$262 Classes: 12  
**19020 Sept 6–Nov 22 9:30am–12:00pm Tue**  
 MAC Throwing Room Instructor: Victoria Hamilton

### Clay: On and Off the Wheel 🏠

Give your wheel thrown pieces a little personality! Learn altering techniques, new forms both on and off the wheel and improve craftsmanship through demonstrations and one-on-one guidance. A variety of surface options such as slips, terra sigillatas, and textures will be covered. For all experience levels. Fee includes glazes and firing.

Age: 15Y and up Fee: \$274 / RD \$262 Classes: 12  
**19019 Sept 6–Nov 22 6:30pm–9:00pm Tue**  
 MAC Throwing Room Instructor: Lauren Laughlin



### Handbuilding: Forms in Nature 🏠

Drawing on nature as your inspiration, you will create sculptural and functional ware using coil, slab and pinch methods. Whether it's the unfurling of a fern leaf or the spiral of a pine cone, explore the beauty of nature as you interpret it into your own unique piece. Objects will be brought in for inspiration. Fee includes glazes and firing.

Age: 15Y and up Fee: \$251 / RD \$240 Classes: 11  
**19017 Sept 8–Nov 17 9:30am–12:00pm Thur**  
 MAC Handbuilding Room Instructor: Janet Crawley

### Intermediate to Advanced Pottery Wheel 🏠

Explore your creativity with clay, using wheel-based techniques. Gain a greater understanding of the aesthetics of form, with one-on-one guidance by an experienced instructor. Handbuilding and surface decoration techniques, including slips, underglazes and glazes will be integrated to enhance and expand students' technical skills. This class is designed for intermediate to advanced students. Fee includes glazes and firing.

Age: 15Y and up Fee: \$228 / RD \$218 Classes: 10  
**19021 Sept 8–Nov 10 9:30am–12:00pm Thur**  
 MAC Throwing Room Instructor: Molly Hueffed

### Clay For Seniors

This class for seniors will introduce students to several methods of handbuilding, pinching, coiling and rolling slabs to make bowls, vases, cups and more. No experience required. All supplies provided. NO OPEN STUDIO TIME with this class. Work must be made in class to be fired at the studio.

Age: 50Y and up Fee: \$56 / RD \$53 Classes: 7  
**19025 Oct 4–Nov 15 9:30am–11:30am Tue**  
 MAC Handbuilding Room Instructor: Shari Kaufman

# Adult Enrichment

## COMPUTERS 50+

### Computers 101

From turning the computer on and off, to learning the difference between hardware and software and how to install each. We will focus on making the vocabulary of the PC (Personal Computer) understandable, and learning how to be comfortable interfacing with the computer through customization of everything about its look and feel. This class is designed for novices and for those who want to increase their familiarity with the OS (Operating System). Bring your laptop, if you have one.

Age: 50Y and up    Fee: \$35 / MD \$26    Classes: 1  
**19100** Sept 16    9:30am–12:00pm    Fri  
**19101** Dec 2    9:30am–12:00pm    Fri  
 BCC Chelsea Room    Instructor: John McLaughlin

### Intermediate Computers

We will pick up where Computer Basics left off. However, if you feel comfortable using a computer but want to learn some tips and tricks, this class will help you become more familiar with features of the computer that make everyday tasks easier. Part of the class time will also be dedicated to individual questions. Bring your specific questions and/or listen and learn as others have their queries answered. Bring your laptop, if you have one.

Age: 50Y and up    Fee: \$35 / MD \$26    Classes: 1  
**19102** Sept 23    9:30am–12:00pm    Fri  
**19103** Dec 9    9:30am–12:00pm    Fri  
 BCC Chelsea Room    Instructor: John McLaughlin

### Advanced Computers

For users who are comfortable with daily computer use but want to know more about the technical aspects to keep their computer up to date and in shape. The focus will be on understanding Windows Task Manager, uninstalling software that you no longer use or need and making sure your computer security is up to date. Bring your laptop, if you have one.

Age: 50Y and up    Fee: \$35 / MD \$26    Classes: 1  
**19104** Sept 30    9:30am–12:00pm    Fri  
 BCC Chelsea Room    Instructor: John McLaughlin



### Digital Photos: Your Camera & Computer

Bring your digital camera and cable and we will explain all of those buttons and symbols and how they can help you take better photos. Then we will break down how to upload them to the computer, quickly edit them, and publish them to the internet or email them to your family. A demonstration camera and sample photos will be available. Bring your digital camera, cables and laptop, if you have them. (Make sure cameras are charged or bring extra batteries.)

Age: 50Y and up    Fee: \$35 / MD \$26    Classes: 1  
**19108** Oct 14    9:30am–12:30pm    Fri  
**19109** Nov 4    9:30am–12:30pm    Fri  
 BCC Chelsea Room    Instructor: John McLaughlin

### All About Email

**NEW** You will learn how to set-up an email account and learn all the features: compose and send a message, reply, forward, and attach files and photos. You will also learn all about how to use instant message and video programs associated with the most popular online email programs. Bring your laptop, if you have one.

Age: 50Y and up    Fee: \$35 / MD \$26    Classes: 1  
**19110** Oct 28    9:30am–12:00pm    Fri  
 BCC Chelsea Room    Instructor: John McLaughlin

### Smart Device: Phones & Tablets

Don't feel outsmarted by your smart device. Bring your phone or tablet to the computer lab and learn the gestures that will put you in control. Also learn about several applications (apps) that will help you get the best from your device.

Age: 50Y and up    Fee: \$35 / MD \$26    Classes: 1  
**19106** Oct 7    9:30am–12:00pm    Fri  
**19107** Nov 18    9:30am–12:00pm    Fri  
 BCC Chelsea Room    Instructor: John McLaughlin

## DANCE

### Beginning Ballroom Dance

Everyone's wild for Ballroom Dance! You'll learn either Foxtrot, Waltz, Tango, Swing or Cha Cha so you can dance the night away. Perfect for beginners! This is a couple's class; fee is per person. Students will focus on one of the major ballroom dances each session.

Age: 16Y and up    Fee: \$72 / RD \$66    Classes: 6  
**19049** Sept 20–Oct 25    6:00pm–7:00pm    Tue  
**19050** Nov 8–Dec 13    6:00pm–7:00pm    Tue  
 BCC Seahurst Banquet Hall    Instructor: Jacob Matthew

### Advanced Ballroom Dance

This class is for those who have mastered previous classes and would like more advanced steps and good technique for movement skills. Builds on skills learned in earlier levels adding more detailed lead/follow instruction and style. Teacher's permission is required for this class.

Age: 16Y and up    Fee: \$72 / RD \$66    Classes: 6  
**19047** Sept 20–Oct 25    7:00pm–8:00pm    Tue  
**19048** Nov 8–Dec 13    7:00pm–8:00pm    Tue  
 BCC Seahurst Banquet Hall    Instructor: Jacob Matthew

**\$10.00**  
 DISCOUNT  
 (for those 50+)

**ON ANY DANCE OR FITNESS CLASS!**

This coupon is good for ANY dance or fitness class for participants who are 50 years or older and are new to that class or haven't participated in a dance or fitness class in the last 3 months.

**SHAPE UP! 50+**

## ENRICHMENT

### Innovative Stitches

Get together with other local fiber arts enthusiasts to share your love of all things stitched; needlework, beading, quilting and more! You may work independently or collaborate with others on a project. Bring your creativity and supplies and be prepared to make close-knit bonds with others. All skill levels are welcome.

Age: 18Y and up Fee: \$16 / RD \$14 Classes: 7  
 19111 Sept 7–Oct 19 10:00am–12:00pm Wed  
 19112 Nov 2–Dec 14 10:00am–12:00pm Wed

BCC Shorewood Room

### The Coloring Project

**NEW** Unleash your inner artist and take some Digital Downtime for yourself! Coloring is a great tool for relaxation, creativity and connection. Join us as we are led through focused discussions in a friendly space. This time can also be used for active meditation, to spark inspiration, and problem solve. Coloring is also great for connection—to self and to others. All Coloring materials will be provided. Use a FIT PASS to drop in for a single session: \$13/ RD \$10.

Age: 13Y and up Fee: \$40 / RD \$35 Classes: 4  
 19275 Sept 8–29 6:00pm–8:00pm Thur  
 19276 Oct 27–Nov 17 6:00pm–8:00pm Thur

BCC Shorewood Room Instructor: Andrea Koehler

### The Coloring Project: Holiday Edition

**NEW** Looking to craft something special for the holiday season but don't have that much time? Join us and make personalized holiday cards and gifts to give to your loved ones. All Coloring materials will be provided.

Age: 13Y and up Fee: \$13 / RD \$10 Classes: 1  
 19277 Dec 15 6:00pm–8:00pm Thur

BCC Shorewood Room Instructor: Andrea Koehler

### How Money Works

**NEW** Do you want to take control of your money? You can do it! Learn tips and tricks to free yourself from debt, pay yourself first, use time to your advantage and get financially independent. Refreshments will be provided.

Age: 18Y and up Free Classes: 1  
 19283 Oct 18 6:30pm–7:30pm Tue  
 19284 Oct 22 8:30am–9:30am Sat

BCC Shorewood Room Instructor: Rene' Yoshino

## SELF-DEFENSE

**Bio:** Joanne Factor has been helping people discover their inner superheroes since 1994. She has taught self-defense to women from six to senior, from sorority sisters to grandmothers and business executives, homeless women and those in transitional housing, and just about everyone in between. Joanne's unique combination of strength and sensitivity has brought many invitations to teach.

### Self-Defense for Women

**IT'S BACK!** In this short introductory class you'll learn the most important lesson: that you do have choices. In just 2 hours you'll learn about real risks, assailant tricks, crucial targets, and how to create an impact. You will practice using your voice as well as your hands and feet (and elbows and knees). Athletic prowess not required, but the desire to emPOWER yourself is! Great class to take with a friend or two. Girls 14-17 must be registered with a parent.

Age: 14Y and up Fee: \$47 / RD \$41 Classes: 1  
 19203 Oct 8 10:00am–12:00pm Sat

BCC Hilltop Room Instructor: Joanne Factor

### Senior Self Defense

**IT'S BACK!** Finally you have more time for classes, fun events, and travel—but are you now concerned that you'll be seen as an easier target? Maintain your independence by learning a few tips, tricks, and skills to keep at bay those who may mean you harm. You will learn to recognize when someone is looking at you like a victim, how to evade and thwart their dastardly plans, and a few simple yet highly effective physical moves to surprise and stun your attacker. Athletic prowess not required! EmPOWERment has never been more fun! This is a great class to take with your friends and is structured for both men and women.

Age: 50Y and up Fee: \$47 / RD \$41 Classes: 1  
 19204 Oct 20 11:00am–1:00pm Thur

BCC Hilltop Room Instructor: Joanne Factor

## PARENTS IN TECH

### Parents in Tech

Getting lost with all the homework your child is coming home with? Jump in and learn the basics of computers and the Internet. Find out about internet safety and how to have good communication between parents, students and teachers. You don't have to be an expert to have a handle on your child's online world.

Age: 18Y and up Free Classes: 10  
 Sept 12–Nov 14 9:30am–11:30am Mon

BCC Chelsea Room Instructor: Aida Chimal

## Free CPR Classes

- Curriculum is American Heart Association "Friends & Family CPR"
- Covers adult, child and infant CPR, choking and AED use
- Taught by AHA Certified Burien Firefighters

Note: This class is NOT for those needing a healthcare provider certification (BLS for HCP).

**Burien–Normandy Park Fire Department**  
 15100 8th Ave SW Burien

Pre-registration required  
 206.242.2040 / CPR-info@burienfire.org

## Free Drop-In Blood Pressure Testing

**Mondays, Wednesdays & Thursdays, 9am – 4pm**

- No pre-registration necessary
- Available at Fire Station 15100 8th Ave SW Burien

## Parents in tech



En este taller aprenderá herramientas básicas y útiles en tecnología para mejorar habilidades en computación, tecnologías de estudio, mejorar la comunicación y motivación para padres de familia.

206-734-7119 Atención en español

# Adult Enrichment

**NO REGISTRATION REQUIRED!**

Sponsored by the Burien Library Guild

## The Anti-Inflammation Diet: Foods That Turn Off Inflammation

BCC, Hilltop Room  
Thursday, October 6, 1:00pm

**NEW** Do you experience chronic inflammation? What you eat, your nutrition can help you lower inflammation in the body? Chronic inflammation is thought to be the root cause of many chronic diseases like heart disease, cancer, Alzheimer's, and Parkinson's Disease. It can make symptoms of auto-immune diseases, like Rheumatoid arthritis, more painful and difficult to manage. Many food components have been shown to lower inflammation at the cellular level and also boost your immune system. Kim will describe how these food components act as inflammation fighters and which ones you can include in your diet to get the most health and prevention benefits.



## The Mediterranean Diet

BCC, Shorewood Room  
Wednesday, November 2, 6:00pm

**NEW** The Mediterranean Diet is one of the most effective and delicious diets you can adopt to improve your health. US News & World Report ranks it the top healthiest diet 5 years running! It's been associated with lowering the risk of many chronic diseases like heart disease, stroke, cancer of the stomach and colon, depression and the diseases of aging, like dementia, Parkinson's Disease and Alzheimers. Come & Learn the science behind the diet. Kim will show you how to incorporate important principles of this diet into easy, simple and delicious meals to optimize your health & longevity!

## What Your Mother Never Told You: Optimizing Nutrition & Health During Menopause and Beyond

BCC, Shorewood Room  
Thursday, November 17, 1:00pm

Kim Larson will discuss how menopause affects your hormones, appetite, metabolism and fat storage and what you can do to lose or maintain weight, have more energy and improve your well-being as you age. Kim will explain how nutrition plays a major role in managing weight, blood pressure, blood sugars, and your risk for breast cancer and heart disease during this season of life and what you can do to enjoy your best health.

## GENERAL INTEREST 50+

### AARP Smart Driver Course

AARP offers a two-day Safe Driver Course. You may be able to get a deduction from your insurance company, if you complete this course. Fee is \$2 at the time of registration and \$15 for AARP members / \$20 for non-members to be paid in class.

Age: 50Y and up    Fee: \$2    Classes: 2  
19079 Nov 15-16    12:30pm-4:30pm    Tue-Wed  
BCC Shorewood Room    Instructor: Richard Silva

### Current Events & Local Issues

Join lively discussions with your peers. Topics include world, national and local events. Voice your opinions on the world of politics, finances, religion and many more subjects.

Age: 50Y and up    Fee: \$29 / MD \$20    Classes: 10  
19083 Sept 8-Nov 10    1:00pm-3:00pm    Thur  
BCC Shorewood Room    Moderator: Rose Clark

### Writers Workshop

Whether your goal is to write your family history or the 'great American novel', a beginner or published author, you'll expand your horizons and hone your communication skills with the encouragement of this friendly, supportive group. Join the fun! No class 11/11.

Age: 50Y and up    Fee: \$39 / MD \$30    Classes: 10  
19113 Sept 9-Nov 18    10:00am-12:00pm    Fri  
BCC Shorewood Room    Instructor: Sallie Tierney

### Art History: Art & Cultures of the Middle East

Join us for the first of 2 quarters from prehistoric to modern traditions of the Middle East. The earliest Mesopotamian cities of Ur, Nineveh and Babylon display magnificent palaces, walls and temples, paintings, sculptures, and stone reliefs, and tombs full of jewelry, ceramics, and seals. Libraries survive full of tablets revealing the origin of the Genesis tradition. Here is the home of 3 great religions; and the crossroad to Asia. There will be a museum trip.

Age: 50Y and up    Fee: \$68 / MD \$59    Classes: 7  
19188 Sept 15-Oct 27    9:30am-12:00pm    Thur  
BCC Shorewood Room    Instructor: Elizabeth Rodgers



### Public Transportation Education Workshop

**IT'S BACK!** First Transit provides seniors and individuals with disabilities the education to safely and confidently use public transportation. Come learn all your options for getting around and qualify to take a free, escorted bus ride to a special location.

Age: 65Y and up    Free    Classes: 1  
19219 Sept 13    9:30am-10:30am    Tue  
BCC Chelsea Room    Instructor: First Transit

### Public Transportation Education: Field Trip

**IT'S BACK!** An instructor from First Transit will be on-site to educate seniors and individuals with disabilities in the intricacies of public transportation with a field trip on the Metro bus. To be eligible to go on this field trip, you must first attend the in-class education workshop on 10/4. Meet at the Burien Transit Center at 10am.

Age: 65Y and up    Free    Classes: 1  
19220 Sept 14    9:30am-2:30pm    Wed  
BCC Lobby    Instructor: First Transit

### Prosperity Begins with a Plan

**NEW** Make smart and informed choices in retirement and get a good look at how to achieve a stable, steady income in retirement. There will be lots of time for discussion so please bring your questions.

Age: 50Y and up    Free    Classes: 1  
19239 Nov 15    10:30am-11:30am    Tue  
BCC Chelsea Room    Instructor: Morgan Stanley

# Ready, Steady, Balance

## Fall Prevention Campaign

### HEALTH & WELLNESS 50+

#### Overwhelmed When You Think About Downsizing/Moving?

**NEW** This seminar is designed to de-mystify the challenges of moving that sometimes get in the way of the positive decision to sell your home and move to a retirement community, condo or smaller home. You'll leave with all the motivation and practical tips you need to decide which possessions to keep, give away, sell, toss or donate to charity. Presented by: Terry Denend and Sue McCullough, owners of Rightsizing for Seniors.

Age: 50Y and up Free Classes: 1  
19137 Sept 28 10:30am-11:30am Wed  
BCC Chelsea Room Instructor: Comfort Keepers

#### Get Up Off the Floor: Workshop

**NEW** HELP! I've fallen and I can't get up! Explore fall risks and hazards to avoid to keep you vertical. Reduce your risk of falling and maintain your confidence and independence as it relates to fall prevention. Learn the necessary exercises to get up off the floor and explore various methods for getting up. By the end of the classes, you will understand what exercises you can do at home to help your strength to get up easier. Hosted by Judson Park Retirement Community.

Age: 50Y and up Free Classes: 4  
19138 Oct 4-25 11:00am-12:00pm Tue  
BCC Shorewood Room Instructor: Kenneth Ray

#### Old is Not a Four-Letter Word

**NEW** Learn how to navigate the journey through old, on behalf of ourselves, our parents, and (if we are lucky enough) our grandparents. This talk will outline in simple terms the planning, the tips and the how-tos that this journey requires. Hosted by the American Association of University Women.

Age: 50Y and up Free Classes: 1  
19139 Oct 5 6:30pm-8:00pm Wed  
BCC Shorewood Room Speaker: Susan M. Towle, RN, BSN

#### Senior Scam Prevention

**NEW** Unfortunately, many prey upon older adults and seniors and try to scam them out of money or talk them into services and products they don't need. Keep informed of scams and deceptive business practices in the marketplace. Presented by: Better Business Bureau Northwest.

Age: 50Y and up Free Classes: 1  
19136 Oct 12 10:30am-11:30am Wed  
BCC Chelsea Room Instructor: BBB Northwest

Get your medication reviewed and complete at least 2 other activities to **WIN PRIZES!**

**September 19-23, 2016**

Held at the Burien Community Center  
Call 206.988.3700 for appointments

#### ► Monday, September 19

10:45-11:45am Lakeview Room	Tai Chi	Instructor: Viola Brumbaugh
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#### ► Tuesday, September 20

9:30-10:00am Shorewood Room	Hearing Seminar	Sponsor: Highline Hearing Professionals
10:00am-1:00pm Consultation Room	Individual Hearing Screening, by appointment	Sponsor: Highline Hearing Professionals
10:00am-1:00pm Seahurst Room	Fall Risk Assessment, drop-in	Sponsor: Pacific Lutheran University
12:45-1:45pm Manhattan Room	Balance Fitness Techniques	Instructor: Vivian Bowles
2:00-4:00pm Chelsea Room	Individual Medication Reviews, by appointment	Sponsor: Burien Walgreens
6:00-7:00pm Hilltop Room	Tai Chi	Instructor: Viola Brumbaugh

#### ► Wednesday, September 21

10:30-11:30am Chelsea Room	Fall Prevention: Home Safety Presentation	Sponsor: King County EMS Fall Prevention Program
11:30am-1:30pm Chelsea Room	Individual Medication Reviews, by appointment	Sponsor: Burien Bartell Drugs
1:30-3:30pm Chelsea Room	Individual Medication Reviews, by appointment	Sponsor: Burien Fred Meyer

#### ► Thursday, September 22

1:00-3:00pm Seahurst Room	Individual Mobility Review, by appointment	Sponsor: Judson Park
1:00-3:00pm Chelsea Room	Individual Medication Reviews, by appointment	Sponsor: Burien CVS
5:45-6:45pm Manhattan Room	Balance Fitness Techniques	Instructor: Vivian Bowles

#### ► Friday, September 23

1:00-2:00pm Shorewood Room	Video Screening: Falling Monologues
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Schedule of activities subject to change.



# Adult Fitness

★ TRY SOMETHING NEW! ★

## FREE FITNESS TRIAL WEEK

SEPT 12-17

@ the Burien Community Center

No need to register, just show up, take one or all of the classes offered, and see what fitness is all about in Burien.

Monday, Sept 12		
Yoga Stretch & Strength	9:00am	Hilltop
Meditation Practice	10:15am	Hilltop
Low Impact Chair Yoga	11:00am	Hilltop
Zumba	5:30pm	Seahurst
Pilates	5:30pm	Lakeview
Boot Camp	7:00pm	Lakeview
Wednesday, Sept 14		
Zumba	5:30pm	Seahurst
Gentle Yoga	6:00pm	Hilltop
Thursday, Sept 15		
MixedFit	7:00pm	Seahurst
Saturday, Sept 17		
MixedFit	10:00am	Manhattan

## CARDIO

### Boot Camp

**FIT PASS** In Boot Camp no two classes are the same! Each session will be a mix of body weight and free weight exercises that raise your heart rate while also building strength. Worried you can't keep up? All exercises can be modified to fit your individual needs. If you are looking to sweat, burn fat, build muscle, and have fun, then Boot Camp is the place to be!

Age: 16Y and up Fee: \$59 / RD \$54 Classes: 6  
 19051 Sept 19–Oct 24 7:00pm–8:00pm Mon  
 19052 Nov 7–Dec 12 7:00pm–8:00pm Mon  
 BCC Lakeview Room Instructor: Robin Martin

### Early Bird Fitness

**FIT PASS** Guarantee yourself a regular work-out by scheduling it into your day BEFORE work or daily responsibilities begin! A terrific opportunity to improve flexibility, muscle tone, circulation and endurance. No class 11/25.

Age: 16Y and up Fee: \$67 / RD \$61 Classes: 18/17  
 19053 Sept 19–Oct 28 6:00–7:00am Mon, Wed, Fri  
 19054 Nov 7–Dec 16 6:00–7:00am Mon, Wed, Fri  
 BCC Seahurst Banquet Hall Instructor: Pam Odegard

### Stroller Strides®

 Stroller Strides® is a stroller-based fitness program designed for moms with little ones. Each 60-minute, total body workout incorporates power walking, strength, toning, songs and activities. Certified fitness instructors offer a variety of fun class formats both indoors and outdoors. All locations also offer a free Our Village Group so moms can form lasting friendships with other moms through organized playdates, moms' nights out, and activities for the whole family.

Age: 18Y and up Fee: \$60/monthly  
 9:30am–10:30am Starting October M, T, W, TH, F  
 Classes: BCC Lakeview Room Instructor: Stroller Stride  
 Registration and schedule can be found at <https://fit4mom-burien-desmoines.front-deskHQ.com> or just drop in and pay before class starts.

### MixedFit®

**FIT PASS** MixedFit® is a people inspired dance fitness program that is a perfect mix of explosive dance moves and boot camp toning. We dance to music that you would hear on the radio or in the club. Our moves are easy to follow, repetitive, and explosive allowing students of all fitness levels to maximize their workout all while having fun.

Age: 14Y and up Fee: \$37 / RD \$33 Classes: 6  
 19279 Sept 22–Oct 27 7:00pm–8:00pm Thur  
 19280 Nov 10–Dec 22 7:00pm–8:00pm Thur  
 19281 Sept 24–Oct 29 10:00am–11:00am Sat  
 19282 Nov 5–Dec 10 10:00am–11:00am Sat  
 BCC Manhattan Room Instructor: Chiara Pfeifer

### Zumba

**FIT PASS** Join the Zumba craze, with its fusion of Latin and international inspired music and dance moves that create an exciting and effective aerobic/fitness workout. Whether you know how to dance or not, Zumba will keep you coming back for more.

Age: 16Y and up Fee: \$52 / RD \$48 Classes: 7  
 19168 Sept 19–Oct 31 5:30pm–6:30pm Mon  
 19169 Nov 7–Dec 19 5:30pm–6:30pm Mon  
 19170 Sept 21–Nov 2 5:30pm–6:30pm Wed  
 19171 Nov 9–Dec 21 5:30pm–6:30pm Wed  
 BCC Seahurst Banquet Hall Instr: Anne Marie Littleton

### Zumba Gold

**FIT PASS** Zumba Gold is an easy to follow program that lets you move to the beat at your own speed. It's an invigorating Latin influenced dance fitness class that feels fresh and exhilarating. Benefit from the low-impact moves on a physical and emotional level. This class is designed for the active older adult, the true beginner, people who are not used to exercising, or are limited physically. No class 11/11 & 11/25.

Age: 16Y and up Fee: \$47 / RD \$41 Classes: 6/5  
 19201 Sept 23–Oct 28 10:00am–11:00am Fri  
 19202 Nov 4–Dec 16 10:00am–11:00am Fri  
 BCC Manhattan Room Instructor: Cristina Herrera

**FIT PASS**

\$13 / RD \$10

## NEED A WORKOUT ON THE GO?

### WANT TO MIX UP YOUR FITNESS ROUTINE?

Look for the **FIT PASS** symbol for class options. Passes must be purchased 10 minutes before class. Good for classes that have met minimum registration. Refunds, credits, or discounts do not apply.

## ADULT DROP-IN VOLLEYBALL



### MONDAYS & WEDNESDAYS

Scrimmages 6:30–9:00pm • Starts Sept. 19

Hazel Valley Elementary School Gym

402 SW 132nd St., Burien (west-side, down stairs)

Follows Highline School District schedule

*Have fun, meet people!*

- > \$4 fee each night
- > Must sign in on hold harmless sheet
- > For players ages 16 and up, no minor children allowed in facility due to risk and liability
- > RECREATIONAL LEVEL PLAY ONLY (Unsafe play, foul language & not playing as a team will be warned, then asked to leave)

Call 206.988.3700 to verify play

## CYCLE

### Group Ride at HAC

**NEW**  **HIGHLINE ATHLETIC CLUB** This high energy class is challenging, fun, and one of the best ways to improve cardiovascular fitness while burning lots of calories. Indoor cycling is low impact, making it suitable for most people, and can accommodate all ability levels. Bring a towel and water. No class 11/24.

Age: 16Y and up Fee: \$57 / RD \$50 Classes: 6

19126 Sept 20–Oct 6 5:30pm–6:30pm Tue, Thur

19127 Oct 18–Nov 3 5:30pm–6:30pm Tue, Thur

19128 Nov 15–Dec 6 5:30pm–6:30pm Tue, Thur

Highline Club Gym Instructor: Highline Athletic Club

### R-30 at HAC

**NEW**  **HIGHLINE ATHLETIC CLUB** Don't have a lot of time to work out? Try this 30 minute indoor cycling class to get a total-body workout! This high energy class is challenging, fun, and one of the best ways to improve cardiovascular fitness while burning lots of calories. Indoor cycling is low impact, making it suitable for most people, and can accommodate all ability levels. Bring a towel and water.

Age: 16Y and up Fee: \$41 / RD \$36 Classes: 6

19214 Sept 19–Oct 5 6:35pm–7:05pm Mon, Wed

19215 Oct 17–Nov 2 6:35pm–7:05pm Mon, Wed

19216 Nov 14–30 6:35pm–7:05pm Mon, Wed

Highline Club Gym Instructor: Highline Athletic Club

## PILATES

### Pilates

**FIT PASS** Classes consist of circuit style mat work routines designed to develop abdominal core strength, increase all over flexibility, improve muscular endurance and create a mind to body connection that will enhance movement. Classes will complement all sporting & outdoor activities. Hand weights, Magic Circle and wall exercises will also be included. Appropriate for men and women of all fitness levels.

Age: 16Y and up Fee: \$52 / RD \$48 Classes: 6

19195 Sept 19–Oct 24 5:30pm–6:30pm Mon

19196 Nov 7–Dec 12 5:30pm–6:30pm Mon

BCC Lakeview Room Instructor: Shari Klein

## STRENGTH TRAINING

### Kettlebell Foundations

**FIT PASS** Introducing the ultimate fitness program that increases your endurance, power, strength, and confidence to burn fat fast! Kettlebell utilizes all of your core muscles that are essential for maintaining good health. This class takes the beginning moves and combines them into a challenging workout. All fitness levels welcome. Please bring water & hand towel. No class 11/22, 11/24 & 11/26.

Age: 16Y and up Fee: \$62 / RD \$57 Classes: 7

19064 Sept 6–Oct 18 7:00pm–8:00pm Tue

19065 Oct 25–Dec 13 7:00pm–8:00pm Tue

19066 Oct 27–Dec 15 6:15pm–7:15pm Thur

19061 Sept 8–Oct 20 6:30pm–7:30pm Thur

19062 Sept 10–Oct 22 8:15am–9:15am Sat

19063 Oct 29–Dec 17 8:15am–9:15am Sat

BCC Lakeview Room Instructor: Clay Fife

## HIKING LECTURES

### Flora and Fauna: Patagonia Brought to Life

September 12th, 6:30–8:00pm  
Burien Library Multi-Purpose Room

**NEW FREE** Patagonia is a truly magical region of the world. During this presentation you will see this world brought to life through pictures. With close to 500 species of animals and around 2,500 species of plants this is a journey you will not soon forget.

### Take Your Hiking from the Pacific NW to Patagonia

September 28, 6:30–8:00pm  
BCC, Shorewood Room

**NEW FREE** During this presentation you will learn how to take your day hiking to the next level. Evelyn will reveal Patagonia's beauty and biodiversity through stunning photographs. You will learn where to go, what to expect and how to pack. Come fall in love with this truly magical place where there is an adventure opportunity for everyone.



**Bio:** A native of Punta Arenas, Chile, Evelyn's passion is exploring the glaciers, mountains, whales, penguins, and guanacos of the Patagonia region. Throughout her life she has hiked on almost all of the continents of the world and plans to explore Antarctica next. After moving to Seattle she founded Crux Expeditions and for more than 11 years she has inspired people of all ages and fitness abilities connect with themselves and others through nature. [www.cruxexpeditions.com](http://www.cruxexpeditions.com)

# Adult Fitness

## SWIM

### Aqua Fit

**HAC** HIGHLINE ATHLETIC CLUB A wonderfully beneficial aerobic workout in the water for adults, seniors and anyone with body ailments. A great way to get an aerobic workout and tone muscles in a non-impact environment. Foam dumbbells and other devices are used to add resistance and intensity. Please advise your instructor if you are not a swimmer. The pool is 4.5 feet deep. Please provide your own towels. No class 11/24.

Age: 18Y and up Fee: \$80 / RD \$72 Classes: 12

19120 Sept 20–Oct 27 8:30am–9:30am Tue, Thur

19122 Nov 8–Dec 20 8:30am–9:30am Tue, Thur

19121 Sept 20–Oct 27 6:00pm–7:00pm Tue, Thur

19123 Nov 8–Dec 20 6:00pm–7:00pm Tue, Thur

Highline Club Pool Instructor: Highline Athletic Club

### Yoga in Water **NEW**

**HAC** HIGHLINE ATHLETIC CLUB De-stress, breathe and move in and under the water. Find balance while building strength and endurance through yoga like moves. Bring goggles and a desire to relax. After class, enjoy the healing elements of the hot tub and dry and wet heat sauna.

Age: 18Y and up Fee: \$34 / RD \$30 Classes: 5

19125 Sept 20–Oct 18 5:00pm–5:40pm Tue

19124 Oct 25–Nov 22 5:00pm–5:40pm Tue

19217 Nov 29–Dec 27 5:00pm–5:40pm Tue

Highline Club Pool Instructor: Highline Athletic Club

### Private Stroke/ Technique Lessons **NEW**

**HAC** HIGHLINE ATHLETIC CLUB Private swimming lessons are a great way to accelerate learning and accomplish goals in a focused way. Get more out of your swimming experience with one on one attention. There will be four half-hour classes, tailored to your needs and arranged based on your schedule. The pool is 4.5 feet deep.

Age: 18Y and up Fee: \$84 / RD \$80

19119 Four ½ hour sessions, to be arranged

Highline Club Pool Instructor: Highline Athletic Club

**What is a FITPASS?  
See page 22**



## YOGA

### Yoga Stretch & Strength

**FIT PASS** Do you want to feel great about yourself? Join us to experience increased health by calming and de-stressing the mind and body as we move into basic yoga postures and breathing practices. We'll stretch, strengthen and learn to release tension and increase flexibility while practicing on a mat. Janet provides options within a posture and encourages each person to participate at their own level.

Age: 16Y and up Fee: \$56 / RD \$51 Classes: 6

19164 Sept 19–Oct 24 9:00am–10:15am Mon

19166 Nov 14–Dec 19 9:00am–10:15am Mon

19165 Sept 21–Oct 26 9:00am–10:15am Wed

19167 Nov 9–Dec 14 9:00am–10:15am Wed

BCC Hilltop Room Instructor: Janet Crawley

### Meditation Practice

**FREE** Learn how to calm your mind and create an atmosphere of peace and joy as we practice sitting quietly, focusing on the sound of our own breath. Realize many benefits of your meditation: lowering stress, decreasing anxiety, finding more energy. All are welcome no matter if you are a beginner or a practiced meditator. Chairs, mats and blankets are available for sitting. You may attend once a week, on Monday or Wednesday, or choose to come twice a week. Please no late arrivals.

10:15am–10:45am Mondays and Wednesdays – follows Yoga Stretch and Strength class schedule

BCC Hilltop Room Instructor: Janet Crawley

### Gentle Chair Yoga

**FIT PASS** A great class for seniors, adults, and individuals returning from an injury, who want to gain flexibility and balance while stretching, breathing, and practicing relaxation techniques in a safe and comfortable setting. Through modifications and props, you will gain muscular strength, endurance, and flexibility; and increase stamina, lung capacity and overall wellness. For all body types.

Age: 16Y and up Fee: \$56 / RD \$51 Classes: 6

19055 Sept 19–Oct 24 11:00am–12:15pm Mon

19057 Nov 7–Dec 12 11:00am–12:15pm Mon

19056 Sept 21–Oct 26 11:00am–12:15pm Wed

19058 Nov 9–Dec 14 11:00am–12:15pm Wed

BCC Hilltop Room Instructor: Janet Crawley

### Gentle Yoga

**FIT PASS** A unique combination of postures and movements to relax your mind. Connect with your body & spirit while you experience this gentle form of yoga. A great class for all levels with emphasis on breath and flow of energy within your body. No class 11/23.

Age: 16Y and up Fee: \$47 / RD \$41 Classes: 6

19059 Sept 21–Oct 26 6:00pm–7:30pm Wed

19060 Nov 9–Dec 21 6:00pm–7:30pm Wed

BCC Hilltop Room Instructor: Lori Leberer RYT 200

## TAI CHI

### Tai Chi for Everybody

**FIT PASS** This ancient Chinese Martial Art is a form of exercise that combines movement and meditation. In this class, we will work on basic alignment, relaxation and coordination. Each class begins with a full body joint lubricating longevity exercise set followed by form practice. Relieve stress and have fun, while gaining strength, balance and flexibility. No class 11/24.

Age: 16Y and up	Fee: \$66 / RD \$60	Classes: 8
19172 Sept 6–29	10:45am–11:45am	Tue, Thur
19173 Oct 4–27	10:45am–11:45am	Tue, Thur
19174 Nov 1–24	10:45am–11:45am	Tue, Thur
19178 Dec 6–29	10:45am–11:45am	Tue, Thur

BCC Lakeview Room Instructor: Viola Brumbaugh

### Chen Tai Chi Chuan

Tai Chi is an ancient Chinese martial art practiced by millions every day to improve health and develop self-defense. Chen family Tai Chi is the original form of this art. In this class we will practice Joint Lubrication Qigong, Silk Reeling, and the Chen 18 Essential Forms. Improve balance and flexibility, reduce stress and joint discomfort, develop strength and focus.

Age: 16Y and up	Fee: \$137 / RD \$130	Classes: 10
19175 Oct 4–Dec 6	6:00pm–7:00pm	Tue

BCC Hilltop Room Instructor: Viola Brumbaugh

### Qigong—Health of Body, Mind & Spirit

Improve your health, increase your energy, and speed your recovery from illness. Qigong's stretching and strengthening movements activate 'qi' in your body, stimulate your immune system, strengthen your internal organs, and rejuvenate your soul. No class 11/23.

Age: 16Y and up	Fee: \$100 / RD \$95	Classes: 10
19176 Oct 5–Dec 14	10:45am–11:45am	Wed

BCC Lakeview Room Instructor: Viola Brumbaugh

## SCHOLARSHIPS AVAILABLE

Please call 206.988.3700 for more information.

## FITNESS 50+

### Balance Fitness for Fall Prevention

**FIT PASS** Balance problems are aggravated as you grow older, either due to the natural aging process or some underlying disease. This class will focus entirely on specific exercises for balance. These movements will not only train your muscles to respond to balance cues, but will also increase your confidence in your body's own ability to respond when needed. When exposed to balance exercises regularly, the results have been excellent. Good for those with Parkinson's Disease or other strength/balance concerns.

Age: 50Y and up	Fee: \$21 / RD \$12	Classes: 8
19076 Sept 6–29	10:30am–11:30am	Tue, Thur
19071 Oct 4–27	10:30am–11:30am	Tue, Thur
19072 Nov 1–22	10:30am–11:30am	Tue, Thur
19078 Dec 6–29	10:30am–11:30am	Tue, Thur

BCC Manhattan Room Instructor: Vivian Bowles

### Advanced Balance Fitness

**FIT PASS** Are you ready for the next level of Balance Fitness for Fall Prevention? Continue to strengthen your core muscles and build the sense of balance that is so important as we age. Reduce your risk of falling, while improving your balance, flexibility, strength and confidence through focused exercises.

Age: 50Y and up	Fee: \$21 / RD \$12	Classes: 8
19073 Sept 6–29	11:35am–12:35pm	Tue, Thur
19074 Oct 4–27	11:35am–12:35pm	Tue, Thur
19075 Nov 1–22	11:35am–12:35pm	Tue, Thur
19077 Dec 6–29	11:35am–12:35pm	Tue, Thur

BCC Manhattan Room Instructor: Vivian Bowles

### SilverSneakers Classic

 Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Handheld weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support. Free to qualified SilverSneakers members. No class 9/5, 10/28, 11/11, 11/25, 12/23 and 12/26.

Age: 50Y and up	Fee: \$35 / RD \$30 / Free	Monthly
19096 Sept 2–30	12:15pm–1:00pm	Fri, Mon, Wed
19097 Oct 3–31	12:15pm–1:00pm	Mon, Wed, Fri
19098 Nov 2–30	12:15pm–1:00pm	Wed, Fri, Mon
19099 Dec 2–30	12:15pm–1:00pm	Fri, Mon, Wed

BCC Seahurst Banquet Hall Instructor: Alex Lewis

### 3 R's of Exercise: Retain, Restore, Renew

**FIT PASS** Exercise and fitness routines specifically designed for seniors: stretching, balance, strength and coordination. Adaptations for those with specific physical problems. This is an easy way to improve your fitness while working out with other seniors. No class 11/24.

Age: 50Y and up	Fee: \$57 / RD \$48	Classes: 12
19080 Sept 13–Oct 20	9:30am–10:30am	Tue, Thur
19081 Nov 1–Dec 8	9:30am–10:30am	Tue, Thur

BCC Hilltop Room Instructor: Eileen Broomell

### Enhance Fitness

**FIT PASS** A medium level aerobic exercise session, this class includes warm-up, aerobics, weights (provided) and cool-down. We encourage new people to view a class before they register. Call 206.988.3700 if you are a Group Health member, you may be eligible for free classes. No class 9/5, 11/11, 11/25, 12/23 and 12/26.

Age: 50Y and up	Fee: \$35 / RD \$30 / Free	Monthly
19084 Sept 2–30	8:45am–9:45am	Fri, Mon, Wed
19085 Sept 2–30	9:45am–10:45am	Fri, Mon, Wed
19086 Sept 2–30	10:45am–11:45am	Fri, Mon, Wed
19087 Oct 3–31	8:45am–9:45am	Mon, Wed, Fri
19088 Oct 3–31	9:45am–10:45am	Mon, Wed, Fri
19089 Oct 3–31	10:45am–11:45am	Mon, Wed, Fri
19090 Nov 2–30	8:45am–9:45am	Wed, Fri, Mon
19091 Nov 2–30	9:45am–10:45am	Wed, Fri, Mon
19092 Nov 2–30	10:45am–11:45am	Wed, Fri, Mon
19093 Dec 2–30	8:45am–9:45am	Fri, Mon, Wed
19094 Dec 2–30	9:45am–10:45am	Fri, Mon, Wed
19095 Dec 2–30	10:45am–11:45am	Fri, Mon, Wed

BCC Seahurst Banquet Hall Instructor: Alex Lewis

### Sitting Fit

This senior exercise class is performed entirely in the seated position. It will consist of a light warm up, stretching and breathing exercises. Upper and lower body exercises with wrist/ankle weights and/or dumbbells will help strengthen bones and health. A cool down will end the class. The class is taught in an encouraging and supportive environment where everyone goes at his/her own pace during the workout. No class 11/11 and 11/24.

Age: 50Y and up	Fee: \$10	Monthly
19218 Sept 19–Nov 30	3:30–4:30pm	Mon, Wed, Fri

BPA Community Room Instructor: Alex Lewis

# Travel for Adults 50+

## Travel Information

- Trip times are subject to change.
- No substitutions allowed.
- Cancellations must adhere to refund policy.
- A cold or common illness is not considered "medical illness."

### TRIP RATINGS

All trips involve some degree of walking. See below for walking rating:

**EASY \*** Mostly paved, minimal walking distance

**MODERATE\*\*** Sometimes paved, may include stairs, moderate walking distance

**DIFFICULT\*\*\*** Some difficult terrain, uneven ground, stairs, incline, and/or extensive walking

## Washington State Fair at Puyallup\*

It's the biggest party in the state, and you're invited! Enjoy delicious food and dazzling entertainment. Trip includes escort and transportation. Admission is free with a canned food donation. Lunch is on your own.

Age: 50Y and up    Fee: \$23 / RD \$20    Classes: 1  
**19252 Sept 2                      9:00am–5:00pm                      Fri**

Vehicle Transportation PaRCS Bus

## Cedar River Watershed Tour\*\*

Get in-depth information along with spectacular views of Seattle's drinking water supply. You will begin at the Cedar River Watershed Education Center in North Bend and travel behind the scenes into the watershed. There will be some light hiking on level ground. Trip includes tour, escort and transportation. Lunch is on your own.

Age: 50Y and up    Fee: \$20 / RD \$17    Classes: 1  
**19260 Sept 7                      9:00am–5:00pm                      Wed**

Vehicle Transportation PaRCS Bus

## Fall Colors in Leavenworth\*

**NEW** Take the scenic drive to Washington's own little Bavarian town. Experience the quaint village; locally made gourmet delights, charming shops and alpine architecture. Trip includes escort and transportation. Lunch is on your own.

Age: 50Y and up    Fee: \$28 / RD \$25    Classes: 1

**19263 Sept 15                      8:00am–6:00pm                      Thur**

Vehicle Transportation PaRCS Bus

## Chihuly Walking Tour\*\*

**NEW** Learn all about local glass pioneer Dale Chihuly's work on this easy and entertaining walk around downtown Tacoma. Before our walking tour there will be time to explore the Tacoma Art Museum. Lunch and admission with tour (\$22) are on your own. Trip includes escort & transportation.

Age: 50Y and up    Fee: \$17 / RD \$15    Classes: 1

**19255 Sept 23                      10:00am–4:00pm                      Fri**

Vehicle Transportation PaRCS Bus

## Angel of the Winds Casino\*

Check out 'The World's Friendliest Casino,' nestled in the Arlington area. Trip includes escort and transportation. Lunch is on your own.

Age: 50Y and up    Fee: \$23 / RD \$20    Classes: 1

**19257 Sept 26                      9:00am–5:00pm                      Mon**

Vehicle Transportation PaRCS Bus

## Renton Civic Theatre: Jekyll & Hyde The Musical\*

The epic struggle between good and evil comes to life on stage in the musical phenomenon, Jekyll & Hyde. Trip includes admission, escort and transportation. No meal stop. **MUST REGISTER BY 9/9.**

Age: 50Y and up    Fee: \$46 / RD \$40    Classes: 1

**19269 Sept 30                      7:00pm–10:30pm                      Fri**

Vehicle Transportation PaRCS Bus

## Mount Rainier\*

Take in the fall colors as we drive to Mount Rainier National Park. Explore the new Paradise Jackson Visitor Center and surrounding trails. Trip includes admission, escort and transportation. Lunch at Paradise Inn or Paradise Camp Deli (\$7-\$12) is on your own.

Age: 50Y and up    Fee: \$32 / RD \$28    Classes: 1

**19264 Oct 4                      9:00am–6:00pm                      Tue**

Vehicle Transportation PaRCS Bus



## Water Taxi to Seattle Waterfront & Great Wheel\*\*

**NEW** Treat yourself to a hometown favorite with a trip to explore the waterfront and ride in the Great Wheel. We will avoid the construction by taking the water taxi from West Seattle. Trip includes escort and transportation. Admission (Great Wheel \$13), water taxi cost (\$4.50), and lunch are on your own. Trip includes escort and transportation. Lunch is on your own.

Age: 50Y and up    Fee: \$17 / RD \$15    Classes: 1

**19258 Oct 13                      11:00am–4:00pm                      Thur**

Vehicle Transportation PaRCS Bus

## Flying Heritage Collection\*

**NEW** Explore Paul Allen's impressive aeronautical collection of iconic warriors and workhorses, many of which are the last of their kind. We will have lunch at Ivar's at Mukilteo Landing afterwards. Trip includes escort and transportation. Lunch and admission (\$10) are on your own.

Age: 50Y and up    Fee: \$17 / RD \$15    Classes: 1

**19256 Oct 18                      9:00am–5:00pm                      Tue**

Vehicle Transportation PaRCS Bus

## Tulip Casino & Seattle Premium Outlets\*

Whether you want to shop, gamble or do both, this trip is for you. Experience the sights and sounds of this Vegas-style casino and/or spend the day at one of Seattle's premium outlet malls. Trip includes escort and transportation. Lunch is on your own.

Age: 50Y and up    Fee: \$17 / RD \$15    Classes: 1

**19259 Oct 24                      9:00am–5:00pm                      Mon**

Vehicle Transportation PaRCS Bus

## King County Elections Tour\*

**NEW** The big election only happens once every four years! See democracy in action! You will walk the 1/5 mile loop circling the ballot processing area. See every step a ballot takes, from signature verification to opening to scanning. Trip includes escort and transportation. Lunch is on your own.

Age: 50Y and up Fee: \$17 / RD \$15 Classes: 1  
 19261 Nov 1 9:00am–2:00pm Tue

Vehicle Transportation PaRCS Bus

## Tour of Paramount Theater\*\*

**NEW** Learn more about this historic Theatre while getting a glimpse behind the scenes. After the tour, there will time for lunch and browsing downtown. Trip includes escort and transportation. Lunch is on your own.

Age: 50Y and up Fee: \$17 / RD \$15 Classes: 1  
 19266 Nov 9 9:00am–3:00pm Wed

Vehicle Transportation PaRCS Bus

## Bill & Melinda Gates Foundation Tour\*

Enjoy a 60-minute tour of the Bill & Melinda Gates Foundation Visitors Center, which provides an educational and inspiring experience for all. Trip includes admission, escort and transportation. Lunch is on your own.

Age: 50Y and up Fee: \$17 / RD \$15 Classes: 1  
 19254 Nov 15 10:00am–3:00pm Tue

Vehicle Transportation PaRCS Bus

## Little Creek Casino\*

Feeling lucky? Join us for a trip to the Little Creek Casino. Experience the sights and sounds of this Vegas-style casino. Trip includes escort and transportation. Lunch is on your own.

Age: 50Y and up Fee: \$23 / RD \$20 Classes: 1  
 19267 Nov 30 9:00am–5:00pm Wed

Vehicle Transportation PaRCS Bus

## Festival of Trees\*

Kick off the holiday season with a special tour of Multicare's Festival of Trees, each of which are decked out to the 9's with festive spirit and unique themes. We get a special viewing before these spectacular trees go up for auction. Then, enjoy lunch and leisure time in downtown Tacoma. Trip includes admission, escort and transportation. Lunch is on your own.

Age: 50Y and up Fee: \$23 / RD \$20 Classes: 1  
 19262 Dec 1 9:00am–3:00pm Thur

Vehicle Transportation PaRCS Bus

## Holiday at Molbak's\*

More than just garden enthusiasts will enjoy Molbak's holiday displays as they turn the nursery into a winter-time paradise. Enjoy stunning displays of holiday colors, plants, and decorations, and free Kringle and coffee. We will stop for lunch at Red Hook Brewery. Trip includes escort and transportation. Lunch is on your own.

Age: 50Y and up Fee: \$20 / RD \$17 Classes: 1  
 19265 Dec 5 10:00am–5:00pm Mon

19270 Dec 13 10:00am–5:00pm Tue

Vehicle Transportation PaRCS Bus

## Red Wind Casino\*

This little casino is nestled just outside of Yelm. They have a FABULOUS lunch buffet that may steal you away from gaming tables and slot machines. Trip includes escort and transportation. Lunch is on your own.

Age: 50Y and up Fee: \$23 / RD \$20 Classes: 1  
 19253 Dec 8 9:00am–5:00pm Thur

Vehicle Transportation PaRCS Bus

## Renton Civic Theatre: The Game's Afoot\*

Also known as Holmes For The Holidays- the danger and hilarity are non-stop in this glittering whodunit set during the Christmas holidays. Trip includes admission, escort and transportation. No meal stop. **MUST REGISTER BY 11/28.**

Age: 50Y and up Fee: \$40 / RD \$35 Classes: 1  
 19272 Dec 16 7:00pm–10:30pm Fri

Vehicle Transportation PaRCS Bus

## Bellevue Garden d'Lights\*\*\*

**IT'S BACK!** Bundle up and take a self-guided tour of the Garden d'Lights at the Bellevue Botanical Gardens. Beautiful light displays kick off the holiday season. Trip includes escort & transportation. Admission (\$5) and dinner are on your own.

Age: 50Y and up Fee: \$17 / RD \$15 Classes: 1  
 19271 Dec 20 3:00pm–8:30pm Tue

Vehicle Transportation PaRCS Bus

**PRE-REGISTRATION  
 REQUIRED FOR TRIPS**



**The Washington State Assoc.  
 of Senior Center's (WSASC)**

## EXTENDED TRAVEL OPPORTUNITIES

### Australia & New Zealand: South Pacific Wonders

Optional 3-Night Fiji Post Tour Extension  
 (+ ~\$1,000)

### February 7–21, 2017

HIGHLIGHTS: Cairns, Great Barrier Reef, Sydney, Sydney Opera House, Christchurch, Mount Cook National Park, Queenstown, Milford Sound, Arrowtown. 15 days, 19 meals: 12 breakfasts, 2 lunches, 5 dinners.

**\*Double \$6,599; Single \$7,719;  
 Triple \$6,549**

\*Included in price: round trip air from Sea-Tac Intl Airport, air taxes and fees/surcharges, hotel transfers

### Iceland: Land of Fire & Ice July 2–10, 2017

HIGHLIGHTS: Reykjavik, Golden Circle, Thingvellir National Park, Gullfoss Waterfall, Geysir, Snæfellsnes Peninsula, Cave Tour or Lava Field Walk, Eyjafjallajökull Volcano Visitor Center, Skogar Museum, Skógafoss, Vatnajökull National Park & Glacier, Blue Lagoon or Whale Watching. 9 days, 13 meals: 7 breakfasts, 6 dinners.

**\*Double \$4,499; Single \$5,299;  
 Triple \$4,449**

Prices good till Jan 3, 2017.



Info / registration:  
**www.wsasc.org** or  
 call Sheri at **206.767.2321**

# Adults 50+ Services & Programs

At The Burien Community Center 14700 6th Ave SW • 206.988.3700

## Drop In Activities



Human Services	Mondays @ 8:30am	Lobby
Bridge*	Mondays @ Noon–2:30pm	Chelsea Room
Open Art Studio	Mondays @ 12:30pm–3:30pm	Shorewood Room
Knitting	Tuesdays @ 2:00pm	Lobby
Pinochle*	Tuesdays & Thursdays @ 12:30pm	Chelsea Room
Wii Bowling	Wednesdays @ 10:00am	Eagle Landing Room
Whist*	Wednesdays @ 1:00pm	Chelsea Room
Ping Pong & Puzzles	Tuesdays & Fridays @ 11am–2:30pm Saturdays @ 10:00am–Noon	Eagle Landing Room

\*Please use these times to utilize the **Chelsea Room Lending Library**

## Social Services & Transportation

These services are NOT available at the Community Center. Call the phone numbers below for assistance.

### Membership Opportunities

A membership offers you reduced fees on some programs, a bi-monthly activity newsletter mailed to your home, and an opportunity to financially support all of the City's senior programs. Your support is appreciated!

### Scholarships Available

Thanks to the generosity of the Edith Trucks Trust Fund, reduced senior program fees are available for those 50 years and older.

### Senior Information & Assistance: Provided by Community Living Connections

The most comprehensive network that helps adults facing aging and disability issues get the information and support they need to make informed decisions. This includes older adults, adults with disabilities, their caregivers, families and professionals. **206.962.8467** or toll free **1.844.348.5464** (KING)

### MEALS on WHEELS

Delivery of free frozen microwavable meals to home bound seniors. **206.248.5680**

### Volunteer Drivers Needed

If you're interested in providing a few hours a week to drive the shuttle, call for more information. **206.748.7588**

### Free Burien Shuttle Bus Rides

The **HYDE Shuttle Bus** provides free weekday transportation for seniors or those with disabilities who need to get to and from their personal appointments. Take advantage of this wonderful service and schedule trips to the doctor, grocery store, or other nearby areas. **206.727.6262**

### Metro Bus Access

A shared-ride van transportation service for seniors or disabled individuals who are unable to ride regular Metro buses. **206.205.5001** or **206.689.3113**

### Volunteer Transportation

Get one-on-one service from a trained volunteer strictly for medical appointments, not limited to your local area. **206.448.5740**

# Adults 50+ Services & Programs



Travel for those age 50+, see page 26



Sitting Fit, see page 25

## Personal Services

Appointments are required for these services available at the Community Center. Call early, since many services fill up weeks in advance. **206.988.3700**

### Foot Care Clinic

Every Thursday, 9:00am–3:00pm.  
\$33 per person per visit, by appointment.

### Attorney Consultations

Provided free-of-charge by local attorney Frank DeMarco.

September 15, October 20, and November 17 by appointment.

### Metro ORCA Bus Passes

Apply for the Regional Reduced Fare Permit for Seniors &/or disabled citizens.

2nd Tuesday of every other month, September 13 and November 8

### Hearing Clinic

Free ear checks and hearing screens by Highline Hearing Professionals.

Wednesday, November 2, 10:00am. Call for appointment.

### Reiki Group Therapy

Local Reiki practitioners provides gentle, restful hands-on healing and relaxation.

**All ages welcome.**

2nd Tuesday of the month, by appointment, 10:30am–12:30pm, September 13, October 11, November 8 and December 13, \$5 minimum donation.

### Chair Massage

Local and licensed massage therapist offers chair massages to ease the body of tension and stress symptoms. Donations start at \$2 per 15-minutes.

2nd Wednesday of the month, 10:00am–Noon: September 14, October 12, November 9 and December 14. Call for appointments.

### Statewide Health Insurance Benefits (SHIBA)

A free service that provides free, unbiased, and confidential assistance with Medicare and health care choices.

4th Wednesday of the month, 9:00am–12:00pm, September 28, October 26, November 23 and Dec. 28



### Medicare Consultations

Still have questions about Medicare? Meet with experts that will help you get a better understanding of how Medicare works as well as seven Medicare traps and how our information can help you avoid them.

1:00pm–3:00pm, September 9, October 14 & 21, November 4 & 18, and Dec. 2

### Flu Shots

Onsite flu shots will be offered to those ages 7 and up. Please bring your insurance or Medicare Card. Call 206.988.3700 to make an appointment.

Wednesday, September 21, 1:30pm–3:30pm, hosted by Bartell's.

Thursday, September 22, 10am–3pm, hosted by Walgreens.

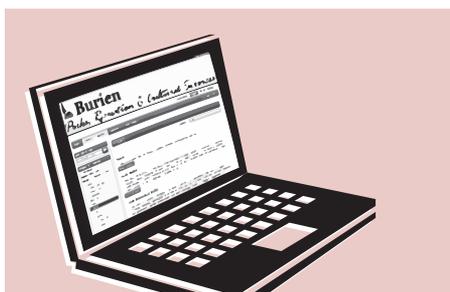
### Diabetes Support Group

**NEW** Learn about living well with diabetes with new topics every month. We welcome all people who live with diabetes and their families. Led by Leslie Merklin-Barber BSN, RN, CDE and Rita Nauer, RD, CD, CDE.

First Monday of every month, 7:00pm–8:00pm. September 12, October 3, November 7, and December 5.

# Registration Information

## THREE WAYS TO REGISTER...



**ONLINE**

**Register.BurienParks.net**



**WALK IN**

**14700 6th Ave SW**



**CALL US**

**206.988.3700**

- Pre-registration is required for all classes unless otherwise stated.
- All fees are due at the time of registration.
- No "on site" registration will be taken by instructors.
- All classes/activities have a minimum and maximum enrollment.
- Registration is required at least three (3) working days in advance to ensure class minimums are met.
- There is a \$25 service fee for all returned checks and declined credit cards.



### BURIEN PARKS, RECREATION & CULTURAL SERVICES

*Our purpose is to enrich and inspire our community through quality experiences, people and places. We promote a healthy, livable community with opportunities for physical activity as well as personal and cultural enrichment.*

### PROGRAM LOCATIONS

BCC Burien Community Center	14700 6th Ave SW
Burien Park Apartments	500 SW 148th St
Cedarhurst Elementary	611 S 132nd St
Chelsea Park	839 SW 137th St
Community Center Annex	425 SW 144th St
Dottie Harper House	421 SW 146th St
Evergreen Community Aquatic Center	606 SW 116th, Seattle
Green House Community Garden	437 SW 144th
Green House Field	437 SW 144th St
Highline Athletic Club	125 S 156th St
Highline High School	225 S 152nd St
Hazel Valley Elementary	402 SW 132nd St
Lake Burien Park	14640 18th Ave SW
MAC Moshier Community Art Center	430 S 156th St
Moshier Field	430 S 156th St
Seahurst Elementary	14603 14th Ave SW
Seahurst Park	1600 SW Seahurst Dr SW
Southern Heights Elementary	11249 14th Ave S, Seattle
Sylvester Middle School	16222 Sylvester Rd SW
Town Square Park	480 SW 152nd St



To view these locations on your PC, visit [www.bit.ly/BPclasslocs](http://www.bit.ly/BPclasslocs)

To view these locations on a smartphone, scan this QR Code

# Registration Information

## Satisfaction Guaranteed

We wish to provide you with the highest-quality programs and services possible. 100% CREDIT will be issued if you are dissatisfied with the quality of your instructor or facility, please call 206.988.3700 prior to the 2nd class and we will issue you a full credit or process your Refund Request Form.

## Refunds & Credits

When appropriate, we will gladly refund or credit your class fee for these amounts:

- 100%: When class is canceled by the Burien Parks, Recreation, and Cultural Services Department due to insufficient enrollment OR when you request to withdraw from the class a minimum of 3 business days prior to the first class and accept a credit.
- 100% (less a \$5.00 processing fee): When you request to withdraw from the class a minimum of 3 business days prior to the first class and prefer a refund. No refunds will be issued if you request to withdraw from:
  - Programs costing \$5.00 or less
  - One day program
  - Trip or Travel programs where admission was purchased in advance
  - Special Events
  - A scholarship was used to pay for a program

Credits will be valid for one (1) calendar year. Refunds take approximately 3 weeks to process, and will not be issued from a credit. Medical illness or other extenuating circumstances will be handled on a case-by-case basis. Documentation of the circumstance may be requested.

## Recreation Scholarship Program

Scholarships are available for youth who are Burien residents and adults 50+ for Adult/Senior Programs.

Call 206.988.3700 for scholarship information.

## Accessibility

Individuals with or without disabilities may register for all programs offered by the City of Burien provided program safety requirements can be met. The Parks, Recreation & Cultural Services Department provides reasonable accommodation for people with disabilities. Please contact the Parks & Recreation office three (3) weeks in advance of the program start date to discuss accommodations. Reasonable accommodations will be determined on a case by case basis.

## Inclement Weather Policy

During periods of bad weather, radio stations will report school closures and changes in schedules. Please listen for the Highline School District report.

1. SCHOOL CLOSED: All Burien Parks & Rec classes and programs are canceled. Canceled classes will be refunded.
2. SCHOOL OPEN/TWO HOUR LATE ARRIVAL: Burien Parks & Rec classes are as follows:
  - Classes held prior to 10:00am are canceled.
  - Classes held after 10:00am: call 206.988.3700 for updated information.
3. EARLY RELEASE due to inclement weather: call 206.988.3700.

PLEASE NOTE: During extended periods of inclement weather, some classes will continue to be canceled. Canceled classes will be listed on the **206.988.3700** after hour's message line and at **www.BurienParks.net**.

## Disclaimer

This Recreation Guide is a general schedule of programs, activities and events. Dates, times and locations are subject to change. For updated information, call **206.988.3700** or visit **www.BurienParks.net**.

## Photography & Video

The City of Burien takes videotape or photographs of people enjoying our parks or facilities. Photographs may be used for promotional purposes and are used at the discretion of and become the property of the City of Burien. Should you not want photographs of your child utilized for publications or posted on our website and social media promotion, please let our staff or your instructor know.

## FIND US AT...

**Burien Community Center**  
14700 6th Ave SW, Burien, WA 98166

### OFFICE HOURS

Monday–Thursday, 8:30am–8:00pm  
Friday, 8:30am–5:00pm  
Saturday, 8:00am–12:00pm

**PHONE 206.988.3700**

**FAX 206.243.2784**

**WEBSITE** [www.BurienParks.net](http://www.BurienParks.net)

**EMAIL US** [parksinfo@burienwa.gov](mailto:parksinfo@burienwa.gov)

## HOLIDAY CLOSURES

Labor Day . . . . . Mon., Sept. 5  
Veteran's Day . . . . . Fri., Nov. 11  
Thanksgiving Day . . . . . Thur., Nov. 24  
Day after  
Thanksgiving . . . . . Fri., Nov. 25  
Christmas Eve  
. . . . . Fri., Dec. 23 and Sat., Dec 24  
Christmas . . . . . Mon., Dec. 26

## HOLIDAY HOURS

Dec 27–30 . . . . . 8:30am–5:00pm

# SPECTACULAR SEAHURST PARK



**BREATHTAKING BEAUTY. CLOSE-TO-HOME. EXPERIENCE IT!**

## **RELAX**

to the soothing  
sound of waves

## **WATCH**

a magnificent sunset over  
the Olympic Mountains

## **WALK**

on forested trails  
in peaceful solitude

## **OBSERVE**

the diversity of marine  
life on the beach

## **EXCITE**

the kids with the new  
climbing play structure



# SEAHURST PARK PICNIC SHELTERS

## RESERVATIONS AVAILABLE

Reservations accepted through Sept. 30

**Morning Half Day** 9:00am–2:00pm

**Afternoon Half Day** 3:00pm–Dusk\*

**Full Day** 9:00am–Dusk\*

\*Dusk between approximately 7:00pm–9:30pm

**By Phone:** call 206.988.3700

**In-Person:** at BCC, 14700 6th Ave SW

**Online:** visit [BurienParks.net](http://BurienParks.net)



### Nori Shelter *Northern-most shelter*

75 people

6 tables, 3 BBQs

**Half Day:** \$90 / \$75 *RESIDENT DISCOUNT*

**Full Day:** \$145 / \$125 *RESIDENT DISCOUNT*

### Coral Shelter *Central location*

75 people

5 tables 3 BBQs, water

**Half Day:** \$90 / \$75 *RESIDENT DISCOUNT*

**Full Day:** \$145 / \$125 *RESIDENT DISCOUNT*

### Sea Star Shelter *Southern-most shelter*

75 people

5 tables, 3 BBQs, water

**Half Day:** \$90 / \$75 *RESIDENT DISCOUNT*

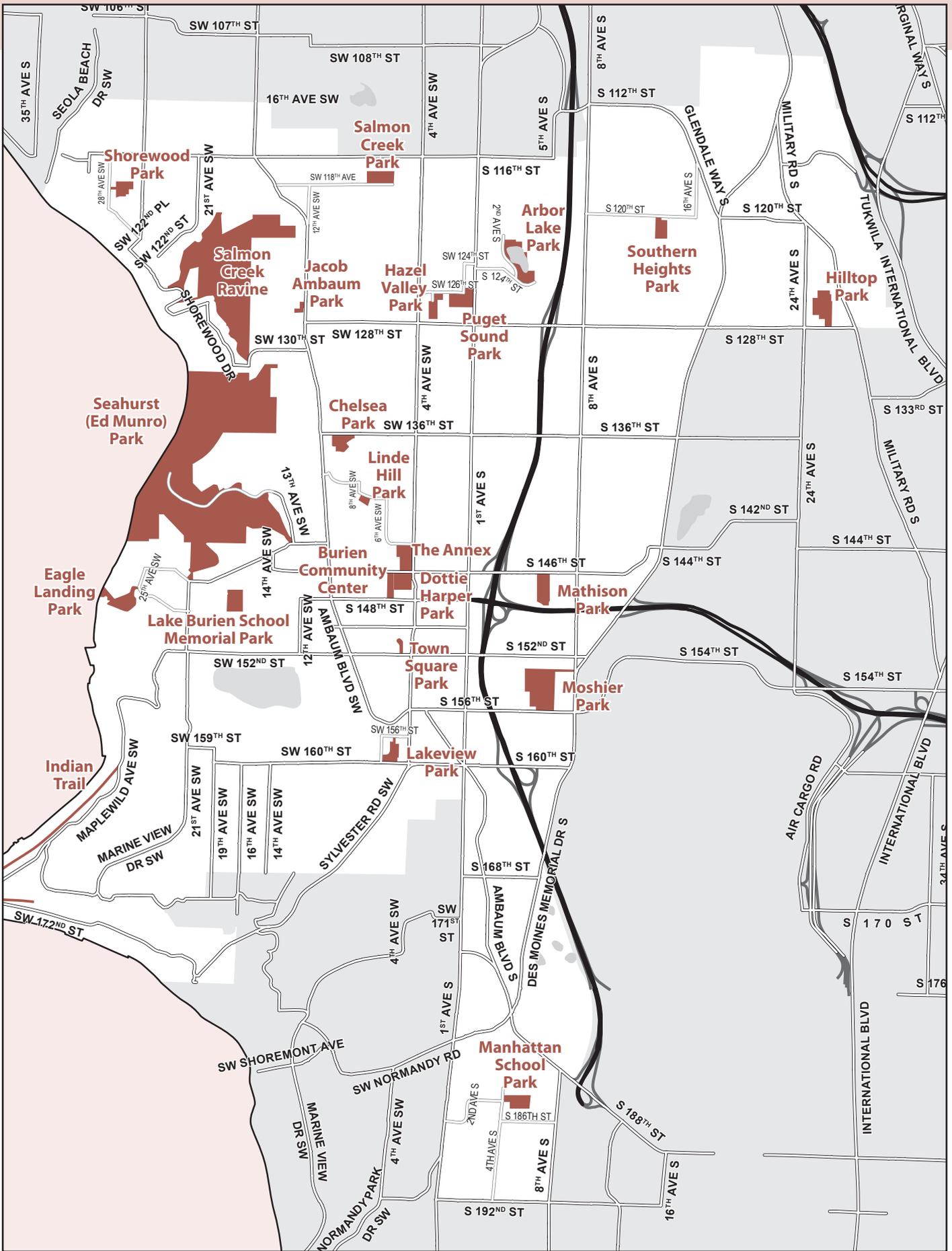
**Full Day:** \$145 / \$125 *RESIDENT DISCOUNT*



# Parks & Facilities

# Parques e Instalacions

	Acreage	Basketball Court	Barbeque	Picnic Area/Tables	Picnic Shelter	Play Toy	Restrooms	Saltwater Beach	Skate Park	Tennis Court	Water Feature	Sports Fields	Gravel Trails	Paved Trails	ADA Accessible
<b>Arbor Lake Park</b> 12380 2nd Ave S, 98168	8.54		★		★										
<b>Community Center Annex</b> 425 SW 144th St, 98166							★								
<b>Community Center Annex Park</b> 14549 4th Ave SW, 98166	4.8	★		★					★					★	★
<b>BCC</b> 14700 6th Ave SW							★								★
<b>Chelsea Park</b> 839 SW 136th St, 98166	3.0			★	★	★					★		★	★	
<b>Des Moines Memorial Park</b> 15623 Des Moines Memorial Dr, 98148	.01														
<b>Dottie Harper Park</b> 421 SW 146th St, 98166	3.9			★	★								★	★	★
<b>Eagle Landing Park</b> 14641 25th Ave SW, 98166	6.21												★		
<b>Green House / Community Garden</b> 437 SW 144th St, 98166	.75														
<b>Hazel Valley Park</b> 251 SW 126th St, 98146	2.86			★										★	★
<b>Hilltop Park</b> 2600 S 128th St, 98168	7.36		★	★											
<b>Jacob Ambaum Park</b> 12621 Ambaum Blvd SW, 98146	1.04	★	★	★		★	★							★	★
<b>Lake Burien School Memorial Park</b> 14640 18th Ave SW, 98166	4.6					★	★			★			★		★
<b>Lakeview Park*</b> 422 SW 160th St, 98166	2.8	★		★		★								★	
<b>Linde Hill Park (141st St Pond)</b> 651 SW 141st St, 98166	1.0													★	★
<b>Manhattan School Playground Park*</b> 18386 4th Ave S, 98148	1.0			★		★					★			★	★
<b>Mathison Park</b> 533 S 146th St, 98168	5.3		★	★		★							★	★	★
<b>Miller Creek Trail</b> 14455 Des Moines Memorial Dr, 98148	10			★									★	★	★
<b>Moshier (William E) Memorial Park &amp; Moshier Art Center</b> 430 S 156th St, 98148	15.2						★				★			★	★
<b>Puget Sound Park</b> 135 SW 126th St, 98146	5	★		★		★							★		
<b>Salmon Creek Park</b> 700 SW 118th St, 98146	4.58			★										★	
<b>Salmon Creek Ravine Park</b> 12540 Shorewood Dr SW, 98146	87.77												★		
<b>Seahurst (Ed Munro) Park</b> 1600 SW Seahurst Park Rd, 98166	182.5		★	★	★	★	★	★					★	★	★
<b>Shorewood Park</b> 11830 28th Ave SW, 98146	3.4												★		
<b>Southern Heights Park*</b> 12025 14th Ave S, 98168	3.27					★									
<b>Town Square Park</b> 480 SW 152nd St, 98166	1.0									★			★	★	★
<b>Triangle Park</b> 15345 Ambaum Blvd SW, 98166	.10														



# Performing Arts

## BURIEN ACTORS THEATRE

Burien Actors Theatre, Annex to Burien Comm  
Ctr, 4th Ave SW & SW 146th • Tickets \$7-20  
[www.burienactorstheatre.org](http://www.burienactorstheatre.org) • 206.242.5180

### The Toxic Avenger

*A musical comedy with book and lyrics by Joe DiPietro  
and music and lyrics by David Bryan*

Sept. 23–Oct. 30, Ages 13 and older

Toxic Avenger is a love story and laugh-out-loud musical that has it all—an unlikely hero, his beautiful girlfriend, a corrupt New Jersey mayor and two actors who play. . .well, pretty much everyone else. . .bullies, mobsters, old ladies, and stilet-to-wearing backup singers.

### The Ultimate Christmas Show

*A holiday comedy written by Reed Austin & Martin Tichenor*

Nov. 25–Dec. 18

When bad weather snows them in, three members of St. Everybody's Non-Denominational Universalist Church have to perform the entire holiday pageant themselves. This irreverent trip through the holidays promises a good time gift-wrapped in song, parody, an elf ballet, and delightfully twisted holiday cheer.

## HI-LINERS MUSICAL THEATRE

[hi-liners.org](http://hi-liners.org), 206.617.2152, [info@hi-liners.org](mailto:info@hi-liners.org)

### Oliver!

September 10, 11, 17, 18, 24 & 25  
Saturdays at 7:30pm, Sundays at 1:30pm

The Highline Perf. Arts Center, 401 S. 152nd St  
Pre-purchase \$12–\$25, at the door \$15–\$28,  
all seats reserved. *Opening night: all seats \$12!*

This award-winning musical adaptation of the classic Dickens' novel springs to life with some of the most memorable characters and songs to ever hit the stage, in a production designed to make these classic favorites relevant to a 21st Century audience.

### DownStage Center Fall Classes

Begins in October

The Burien Annex, 14501 SW 4th St

Ages 5 and up

Speak up, collaborate, create art, invent stories, imagine, sing, shout, dance. Taking classes can help you get into a show, or get into college! Put down the remote or game controller and...ACT!

### Auditions for DownStage Center Winter Show

September • Burien Annex, 14501 SW 4th St  
Ages 7–18

Programming features a “no tears” workshop style audition, a rehearsal schedule tailored to the needs of our youngest actors, and performance opportunities in small venues just right for developing voices.

## BURIEN ARTS ASSOCIATION

206.244.7808

### Highline Classic Jazz Festival

September 24, 3:00 – 11:00pm  
\$25/person for all 6 venues, under 18 is FREE

America's original art form from Dixieland thru cool 1960's Jazz, at five music venues in Olde Burien plus vintage jazz films at the Tin Theater. Dance, dine, drink and stroll between all the venues for the single cover price of \$25. [www.highlineclassicjazz.com](http://www.highlineclassicjazz.com)

### Vision 20/20

Saturday, Nov. 19, 6:30–11:00pm • All ages  
Burien Community Center, 14700 6th Ave SW  
The event is free, but donations are accepted!

Vision 20/20 is Burien's own homegrown Art Party! Over 400 pieces of art created by more than 20 artists for this event. Silent auction, door prizes, music, wine and delicious food donated by our local restaurants. Dress up in your fanciest gown, tuxedo or costume attire! [www.burienarts.org/2vision2020](http://www.burienarts.org/2vision2020)

## THE B-TOWN BEAT & ART ALLEY

[b-townbeat.com/nwmm](http://b-townbeat.com/nwmm), 206.954.3511

### Monthly Music and Art Walk

First Thursdays, May–October, 6–9pm  
At businesses along SW 152nd St & 153rd St.  
Art Alley between 4th & 6th SW south of SW  
152nd St. All ages, family friendly, free to all!

B-Town Beat Music & Art Walk takes place at over 25 local businesses each month, with venues hosting local artists and musicians. Art Alley highlights street art by local, national and international artists.

## HIGHLINE PERF. ART CENTER

For upcoming events: [highlinepac.org](http://highlinepac.org)

### Jose Iniguez—Opera/Bolero Concert to benefit Para los Niños

September 30, 6:30pm  
Highline Perf. Arts Center, 401 S 152nd Street

Celebrate Hispanic Heritage Month with Opera & Bolero Tenor José Iniguez as he brings this musical blend to life accompanied by the Seattle Philharmonic Chamber Orch. & Mariachi Huenachi.  
[www.brownpapertickets.com/event/2569007](http://www.brownpapertickets.com/event/2569007)

## NW SYMPHONY ORCHESTRA

[northwestsymphonyorchestra.org](http://northwestsymphonyorchestra.org), 206.242.6321

### Family Concert

Friday, October 28, 7:30pm  
Highline Perf. Arts Center, 401 S 152nd Street

Bring the whole family to this fun concert with music from Star Wars and other popular favorites. Children are invited to wear family friendly costumes to this family oriented concert.

## NORTHWEST ASSOCIATED ARTS

[www.nwassociatedarts.org](http://www.nwassociatedarts.org), 206.246.6040

### Auditions for Youth Choruses

Auditions through September by appt.  
Rehearsals begin on September 13 & 14 at  
North Hill Elem School, 19834 8th Ave S  
Auditioning young voices grades 3-12 for their  
KidSounds, YouthSounds, and TeenSounds choirs.

### Auditions for ChoralSounds Northwest

Auditions: appointment in September, Tues.,  
7:00–9:15pm at Glendale Lutheran Church.

Be a part of the exciting growth under Artistic  
Director Ryan Ellis. For ages 17 plus.

### Auditions for SilverSounds Northwest Senior Chorus

Rehearsals begin September 27 at  
Southminster Presb. Church, Des Moines  
For retired individuals who have experience singing  
in an ensemble (especially tenors and basses) who  
are free during the daytime for rehearsal.

KidSounds, YouthSounds & TeenSounds  
**2016 Christmas Concert**

Fri, December 9, 7pm • All seats \$15  
17 and under free with paid adult.  
Highline Perf. Arts Center, 401 S 152nd Street  
Singers from 3rd -12th grade demonstrate their  
musical talents in this festive evening of song.

ChoralSounds Northwest

### 2016 Christmas Concert

Sat, Dec. 10, 7:30pm & Sun., Dec. 11, 2pm  
Highline Perf. Arts Center, 401 S 152nd Street  
Reserved \$25, Festival \$20, 17 & under free  
Singers will bring a terrific program of seasonal  
musical favorites, under the baton of Ryan Ellis.

## MOMENTUM DANCE ACADEMY

[MomentumDanceAcademy.org](http://MomentumDanceAcademy.org), 206.242.1239

### The Nutcracker

Sat., Dec. 3, 2016, 1:00 & 7:00pm, \$16–\$20  
Highline Perf. Arts Center, 401 S 152nd Street  
A beautiful rendition of Tchaikovsky's The  
Nutcracker that has quickly become a Christmas  
tradition for families throughout the Highline area.

### Christmas Time is Here

Mon., Dec. 19, 7:00pm, \$12–\$16  
Highline Perf. Arts Center, 401 S 152nd Street  
Tap, Jazz, Contemporary, Irish, Theatre Arts, and  
Hip Hop dancers in a celebration of Christmas.

### Dance Lessons

Momentum Dance Academy Studio  
15811 Ambaum Blvd. SW, Suite 160  
3 years old through Adult



# A CENTER FOR ALL OCCASIONS

## UN CENTRO PARA EVENTOS CON LA FAMILIA

**If there is a special occasion in your future, the Burien Community Center will be ready to serve you and your guests.**

Reservations are currently being taken from 3–12 months in advance. Hourly rates of \$35–\$100 according to event, room, time, and dates. The Burien Community Center Seahurst Room will accommodate up to 200 people and includes an on-site kitchenette. Four smaller meeting rooms can accommodate up to 60 people.

For additional information or to inquire about rental dates please contact us at [facilityrentals@burienwa.gov](mailto:facilityrentals@burienwa.gov) or 206.988.3700 or visit [www.BurienParks.net](http://www.BurienParks.net).

Wedding Receptions // Reunions  
Retirement Parties // Dances  
Corporate Parties // Baptisms  
Birthday Parties // Baby Showers  
...and much more!

## BURIEN COMMUNITY CENTER

14700 6th Ave SW • 206.988.3700  
[facilityrentals@burienwa.gov](mailto:facilityrentals@burienwa.gov)  
[www.BurienParks.net](http://www.BurienParks.net)

## BRING PARKS & REC TO YOUR PHONE

Get your own FREE BurienParks.net mobile app for SmartPhones & iPads. Get up-to-date info on city parks, recreation classes, news, arts and community events.



Download the BurienParks.net App



Scan with your SmartPhone or visit [www.m.BurienParks.net](http://www.m.BurienParks.net)





The Tin Room Bar Presents  
**BURIEN**  
**BRAT TROT**  
 &  
**BAVARIAN FEST**

**Sunday October 2**



**Chase Bret the Brat through the streets of Burien with this fast, fun and frivolous 5k to benefit kids in our community! Stay after for Bavarian Fest - the best street party in town!**

Presented by

PROCEEDS TO BENEFIT  
 HIGHLINE SCHOOLS FOUNDATION

THANK YOU TO OUR LEAD SPONSORS:  
 Alaska AIRLINES | CHI Franciscan Health | HMS HOST



**WWW.BURIENBRATTROT.COM**



Buy local, buy handmade, buy sustainable,  
 buy one of a kind...

Moshier Holiday

# POTTERY SALE

Saturday, December 3rd  
 10:00am-3:00pm

Moshier Art Center  
 430 S 156th St, Burien

Twice a year the potters at the Moshier Community Art Center gather to sell their handmade wares. Come to this amazing sale to find hundreds of items such as mugs, bowls, serving dishes, casseroles, garden art, jewelry, planters, and more! Come early for the best selection.

Cash or checks accepted.

**MOSHIERARTCENTER.ORG**  
**206.988.3700**



Disfrute este programa tan popular patrocinado por la Clínica de Sea Mar en colaboración con el Departamento de Parques de Burien. Aprenda a estirarse, relajarse y estar saludable. Está abierto para jóvenes y adultos.

**Yoga los Martes de 5:30-7pm**

**ZUMBA LOS MIÉRCOLES DE 5:30-6:30PM**

EN BURIEN COMMUNITY CENTER

Otras clases también se proveen, clases de cocina y diabetes. Por favor llamar a Edgar Lopez para registrarse. **206.812.6171**

# BURIEN DIA DE LOS MUERTOS



Únase a esta celebración de la tradición de honrar y recordar nuestros antepasados y familias.

Baile y comida • Altares  
Música tradicional  
Artes y artesanías  
Cuentos y mucho más

206.988.3700  
BurienWa.gov/DDLM

**VIERNES, 30 DE OCTUBRE // 6-9 PM**

Burien Community Center  
14700 6th Ave SW



# Fogata

en la Playa Seahurst

**VIERNES, 23 DE SEPTIEMBRE  
DE LAS 6:00 A LAS 8:00 PM**

**PLAYA SEAHURST  
1600 SW SEAHURST PARK RD, BURIEN**

**S'Mores Deliciosos • Cuentos y Canciones**

www.BurienWA.gov/SeahurstCampfire • 206.988.3700



## ¿EN QUÉ LE PODEMOS AYUDAR?

**SERVICIOS HUMANOS  
DISPONIBLES**

**8:30 am – 2:00 pm  
12 de septiembre**

¿Necesita usted o uno de sus seres queridos conectar con servicios sociales o de salud?  
¿Necesita ayuda para pagar la cuenta de luz y más. El personal de Sound Generations estará en el Centro Comunitario de Burien para prestar servicios humanos los lunes de las 8:30 de la mañana a las 2 de la tarde a partir del 12 de septiembre.

**No tiene que hacer cita.**



City of Burien  
14700 6th Ave SW  
Burien, WA 98166

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Seattle, WA

Festival de Internas y Procesion!

# BURIEN arts-a-glow

Lantern Festival & Procession!  
Saturday, September 10  
5:00–10:00 pm

lantern making, artist installations

face painting, music, performers

food trucks and more!



Dottie Harper Park // 421 SW 146th  
www.BurienWa.gov/GLOW // 206.988.3700 // #artsaglow