

Fircrest

RECREATION

2012 WINTER/SPRING ACTIVITY GUIDE

THE CITY OF FIRCREST



**ROY H. MURPHY COMMUNITY CENTER
555 CONTRA COSTA AVENUE
(253) 564-8177**

DATES, TIMES, AND LOCATIONS FOR THE CITY OF FIRCREST RECREATION PROGRAMS AND EVENTS

Introduction

As I write this letter, our department is heavily engaged in winter planning and activities. In this Winter/Spring Recreation Activity Brochure, you will find information covering youth and adult recreation programs, senior activities and services and community events. We hope you will include some of the activities in this brochure as part of your winter plans. This season we are offering some new classes, as well as your familiar favorites. Classes fill up quickly, so register soon!

Staying active year-round promotes health and wellness. In addition, joining community-based recreation activities is a great way to meet people in your community with similar interests. Come in from the cold and warm up by participating in a program or event!

For updated information please go online to our website <http://www.cityoffircrest.net/Recreation.html>, as we continue to expand the information that is listed. In addition, the town reader board is a great way to spot one of our featured programs.

Jeff Grover,
Parks and Recreation Director

City Officials

Fircrest City Council

David M. Viafore, Mayor
Robert Thaden, Mayor ProTempore
Chris Gruver
Matthew Jolibois
Kathy L. McVay
Hunter George
Denny Waltier

Recreation Staff

Parks & Recreation Director

Jeff Grover 253-238-4160
Email: jgrover@cityoffircrest.net

Recreation Coordinator

Chris Wells 253-238-4161
Email: cwells@cityoffircrest.net

Recreation Office Assistant

Jenny Huntsman 253-238-4162
Email: jhuntsman@cityoffircrest.net

Winter/Spring Hours

Monday-Thursday	8 AM - 9 PM
Friday	8 AM - 10 PM
Saturday	9 AM - 5 PM



Cover Photo Contest

If you have a photo of a Fircrest event you'd like to see featured on the cover of our brochure, please submit a high resolution file to jgrover@cityoffircrest.net. For more information contact Jeff Grover at (253) 238-4160.

Important Numbers

City Hall	253-564-8901
Public Works	253-564-8900
Police Non-Emergency	253-565-1198
Fire Non-Emergency	253-564-2581
Municipal Court	253-564-8922
Community Center	253-564-8177
Pool	253-564-8188

Community Events

Daddy Daughter Dance

February 24, 7 - 9PM

Dads and Daughters enjoy an evening just for you! An array of music will please all age groups and tastes! Come prepared to dance the night away. All ages welcome, refreshments and party favors provided. A photographer will be available for pictures. Refreshments include soda, coffee, & cake. Get your tickets at the Roy H. Murphy Community Center starting January 16. Cost is \$14 per couple, \$6 per additional child

Fish 'N Fun

March 24, 8AM - 3PM

We will have a pool stocked with trout to be caught by kids 10 years & younger on Saturday, March 24. The times are 8 AM to 12 PM (must have a ticket) and from 1-3 PM (open fish). Kids need to bring their own fishing poles. Tickets for fishing reservations will be given at the Roy H. Murphy Community Center beginning Saturday, March 10.

Easter Egg Hunt & Eggstravaganza

April 7, 10AM

The Fircrest Annual Easter Egg Hunt will be held on Saturday, April 7 at 10 AM. Fircrest Tot Lot for children 4 & under and at Fircrest Park for children ages 5-9. Join us at 9 AM for crafts, games, and refreshments before the event kicks off!

Mother & Son Sports Ball

May 11, 6 - 8PM

Moms, enjoy an evening of fun with your son at the community center. All ages welcome, pizza, refreshments, and party favors provided. Pre-registration required. Cost is \$14 per couple, \$6 per additional child.

Youth Night

Join us for music, snacks, fun and games the first Friday of each month. Bring a friend and enthusiasm and be ready for a good time from 6 to 9 PM.

January 6	February 3	March 2
April 6	May 4	June 1

Support your Community

FIRCREST KIWANIS

Join us every 2nd Thursday of the month at the Fircrest Recreation Center at 7 PM.

FIRCREST COMMUNITY CENTER ADVISORY COMMITTEE

The Fircrest Community Center Advisory Committee is working hard and has come up with some great ideas to enhance our beautiful parks and family programs. I invite you to stop by and sit in on a meeting. They meet the third Tuesday of the month at 7 PM at the Community Center.

INSTRUCTORS WANTED!

Here is your opportunity to teach youth/adult/senior classes in arts & crafts, dance, science, health, fitness, sports & hobbies at our Community Center. If you have an idea, please send us your resume & brief course description to the Community Center.

555 Contra Costa Ave

Fircrest WA 98466

VOLUNTEER

If you are interested in volunteering for any or all of these upcoming special events contact the staff at the Community Center, 253-564-8177.

FACILITY RENTALS

Facility	Daily Rental Rates	Deposit	After Hours Fee
O Gym	\$ 350 Res /\$575 Non-Res	\$250 Res / \$500 Non-Res	\$15 hour
o Sr. Rm.	\$ 55 Res/ \$80 Non-Res	\$100 Non-Res	NA
o Rm. B	\$ 55 Res/ \$80 Non-Res	\$100 Non-Res	NA
o Rm. C	\$ 55 Res/ \$80 Non-Res	\$100 Non-Res	NA
o Pavilion	\$ 50 Res/ \$100 Non-Res	\$100 Non-Res	NA
o Whittier	\$ 100 Res/ \$185 Non-Res	\$100 Non-Res	NA

Youth Activities

Fircrest Youth Baseball (Kindergarten-4th Grade)

This fun recreational league develops and enhances baseball skills, rule knowledge, teamwork, and sportsmanship. The leagues offered are K/1st grade T-ball, 1st/2nd grade Coach Pitch, 3/4th grade Boys Hollywood, and 3/4th grade Girls Modified Fast Pitch. Practices will begin mid April. Volunteer coaches will determines the practice days, times, and location. Coaches are needed!! Please contact Chris Wells at (253) 238-4161 or by email at cwells@cityoffircrest.net for more information.

Registration Dates:

Residents- January 30 - March 9

Non-Residents-February 27 - March 9

Fee: \$25/Residents

\$60/Non-residents



Pee Wee Indoor Soccer

Pee Wee Sports are instructional leagues for kids ages 4-5. All games and practices for both leagues will be held on Saturdays. Pee Wee sports programs are 6 weeks long with 2 weeks of practice followed by 4 league games.

Indoor Soccer

Practices will begin on March 10th.

Registration Dates: January 23 - February 17

Fee: \$30/Residents

\$40/Non-residents

FUN! FUN!! FUN!!!

Toddler Sports Time

The gym will be reserved for toddlers only. We will have toddler sized sports equipment for children. *Child must be accompanied by an adult at all times.*

Days: Mondays & Wednesdays

Time: 10:30- 11:30 AM

Fee: Free!!



Pee Wee T-Ball

T-Ball

Practices will begin on May 5th.

Registration Dates: February 27 - April 13

Fee: \$20/Residents

\$40/Non-residents



Homework Help

NEW!

Does your student need some extra help with her school work? Is there an important test coming up? Is she needing more help with writing her essay? Does he need a quiet place to do homework or read a book after school? Then this is for you!!

Days: Tuesdays & Thursdays

Time: 4 - 6 PM

Fee: \$25 per week



Intro to Acting

NEW!

Taught by local actress, Samantha Camp, this course will be a "back to basics" course emphasizing the foundations of drama. This includes stage direction, character development, given circumstances, and improvisation.

Days: Wednesdays

Time: 4 - 5 PM

Fee: \$50 per session

Ages: 10 - 18 years old

Session 1: Jan 25 - Feb 29

Session 2: Mar 7 - Apr 11

Session 3: Apr 18 - May 23

Creative Movement

Taught by Damaris Caughlan-Artistic Director, Metropolitan Ballet of Tacoma. Her approach and style with teaching young dancers is to help them express their inner joy of movement. Ms. Caughlan introduces disciplines such as self control, listening skills, and patience along with basic ballet fun in this wonderfully creative class. MBT is accredited through Columbia Virtual Academy and home school class may count as one PE credit.

Session I - January 5 - March 15

Session II- March 22 - May 31

Day: Thursdays

Ages: 3.5 - 5 years old

Time: 9:15 - 10 AM

Ages 5 - 9 years old (Home School Class)

Time: 10:15 - 11 AM

Fee: \$66.00 per session

Youth Bowling

NEW!

Learn the proper bowling skills and meet other bowlers. Fee includes professional instruction, equipment, shoes, and two games of bowling each day! Classes are held at Narrows Plaza Bowling alley. Ages 7 - 18 years old.

Days: Tuesdays

Time: 5:30 - 6:30 PM

Fee: \$30 per 4 week session

Session 1: February 7 - 28

Session 2: March 6 - 27

Adult Activities and Classes

Spring Men's 4X4 Basketball League

This self-officiated league is for men 30 years and over. Space is limited to first 12 teams. Team registrations are due no later than March 16th. Eight (8) league games and a single elimination end of season tournament are included. Teams are to provide their own uniforms.

Days: Tuesdays and/or Thursdays
 Fee: \$100 per team
 Additional \$10 for each non-resident player

Old School Basketball

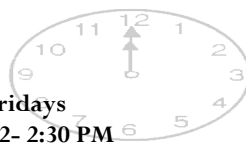
Lost a step or just don't want to compete with the younger players? Then this is for you!! Come play with the veteran Fircrest basketball players to prove you still got game. 50 years and older only.

Days: Mondays, Wednesdays, Fridays
 Time: Mon/Wed -12-2:30PM
 Fridays- 10:30 - 12 PM
 Fee: Free residents / \$1 non-residents



Noon Hoops

Come join us for some noon basketball on Fridays from noon-2:30pm. All are welcome!



Days: Fridays
 Time: 12- 2:30 PM
 Fee: Free residents / \$3 non-residents

Table Tennis

Join us for table tennis every Tuesday from 8 to 11 AM. There are lots of men and women playing Table Tennis and you can join in the fun!

Days: Tuesdays
 Time: 8- 11 AM
 Fee: \$1.00

**Youth Sports Coach
 After-School Program**

Volunteer!!

**Community Events
 Parks Appreciation**

Contact Chris Wells at (253) 238-4161 or cwells@cityoffircrest.net for more information

Adult Softball Leagues

The City of Fircrest parks and recreation department will offer both an adult men's and co-ed softball leagues this year. The men's league will play on Tuesdays and/or Wednesday nights and the co-ed league will play on Thursday nights at the Fircrest Community Center or Whittier Park. Each league will consist of an 8-game season along with a single elimination end of season tournament. League play will begin the last week of May. Registration is limited to the first 6 teams in the co-ed division and 12 teams in the men's division. Game times will be 6, 7, or 8 PM.

Registration Dates: March 19 - May 4
 Fee: \$450 per team / additional \$8 for each non-resident player on team roster

Intro to Acting (Adults) **NEW!**

Taught by local actress, Samantha Camp, this class will be a foundation building course for new actors and a refresher course for the more experienced actors. Given circumstances, stage direction, and character development will be covered. Scene work and monologue work will also be the focus. Come join the fun!

Days: Saturdays
 Time: 10 AM- 12 PM
 Fee: \$100 per 6 week session

Session 1: February 4 - March 10
 Session 2: March 24 - April 28

Baby Sign, Say, & Play **NEW!**

Parents or grandparents and baby will learn signs through theme based songs, games, books and activities. Each class also includes parent education components and will boost your baby's intellectual development. Registration fee includes take home kit. Ages 8 months to 3 years old.

Days: Saturdays
 Time: 10 - 11 AM
 Fee: \$150 per 6 week session
 Session 1: February 4 - March 10

Foodmatters- The Documentary **NEW!**

Foodmatters is a hard hitting, fast paced look at our current state of health. This class will discuss natural approaches to preventing and reversing cancer, obesity, heart disease, depression, mental illness, and many other chronic conditions. This is a free screening with a follow up 8 week course available for a fee of \$42. Pre-registration is required. Facilitated by Patti Winfrey and Gloria Labelle.

Dates: Saturday, February 11, March 10, or April 21 Time: 10- 12 PM Fee: Free (screening/interview)

Adult Activities (Continued)

Clubs & Meetings

We host a variety of clubs and meetings such as the Chrysanthemum and Dahlia Societies, the Facetors (rock hounds), the Railroad Club, Watercolor and Sumi painting classes, Calligraphy class, Red Hat Ladies, Al-Anon, plus many more.

Come check us out!

Knitting Class

Learn to read and complete patterns. Supplies Needed: 1 pair of # 8, 10 inch knitting needles and a 7 ounce skein.

Dates: TBA

Time: Mondays, 6 - 8 PM

Fee: \$30

Pinochle and Bridge

Do you enjoy playing cards and meeting new people? We have a friendly group that plays every Thursday from 10 AM-2 PM at the community center. Bring a sack lunch. Everyone is welcome.

Fee: \$1.00

Sumi Painting

Students will be introduced to basic Japanese brush painting techniques using ink and water. Free classes for seniors sponsored by the Puget Sound Sumi Artist Education Program. Supplies are provided.

Dates: 2nd Tuesday of the month

Time: 10 AM - 12 PM

Fee: Free!!

Instructor: Fumiko Kimura



Rhythm of Life **NEW!**

Creative Arts Therapies is the practice of using music, dance, and visual arts to foster human growth, development, expression, community, and healing. Classes will provide an opportunity to create new experiences and foster a renewed ability to relax. All ages are welcome.

Days: Tuesdays

Time: 6:30 - 8 PM

Fee: \$35 per 6 week session

Session 1: January 24 - February 28

Hand and Foot Canasta

Active senior singles group meets Monday mornings at 11 AM to play this fun and interesting card game. Beginners welcome. Bring a snack to share. Join anytime!

Fee: FREE!!



Gun-Fu Karate

This adult class emphasizes self-defense and physical conditioning. Gun-Fu models itself on the movement of animals and the direct execution of instinct in a self-defense application.

Days: Tuesdays 7 - 9 PM

Saturdays 10 AM - 1 PM

Fee: \$20.00 per month

Instructor: Bill McCabe

Belly Dancing

This popular Middle Eastern dance form will be offered for all levels, beginning to advanced.

Day: Wednesdays

Time: Beginner-6:15 PM

Intermediate-7:15 PM

Advanced- 8:15 PM

Fee: \$50 per session

Session 1: January 25 - March 14

Session 2: March 28 - May 16

Instructor: Debbie Anderson



20.20.20 Aerobics

Join us for twenty minutes of rhythmic stretching and Pilates to benefit core posture. Twenty minutes of aerobic movement designed to strengthen major muscle groups and the cardio vascular system. Twenty minutes of strength training using free weights and exercise ball, followed by a cool down.

Days: Monday, Wednesday, Friday

Time: 8- 9 AM

Fee: \$5.00 per class

Instructor: Diane Moseid



Ditch the workout, join the party! This fun and exciting class will be taught by a certified Zumba instructor and offers a fun way for you to get in shape while learning some great Latin moves! Must pre-register at the Community Center.

Days: Mondays & Wednesdays

Time: 7:30 - 8:30 PM

Fee: \$35.00 per session / \$10.00 Drop-In

Session 1: January 4 - 30

Session 2: February 1 - 29

Session 3: March 5 - 28

Session 4: April 2 - 30

Session 5: May 2 - 30

Zumba Gold for Seniors **NEW!**

Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for like the zesty Latin music, like salsa, meringue, cumbia, and reggae ton; the exhilarating, easy-to follow moves; and the invigorating, party-like atmosphere. Active older adults want camaraderie, excitement and fitness as a regular part of their weekly schedule. Zumba Gold is the perfect fit. It's a dance-fitness class that feels friendly, and most of all, fun. Remember to bring water and a towel.

Days: Mondays, Wednesdays, Fridays

Time: 9:30 - 10:15AM

Fee: \$35.00 per session / \$5.00 Drop-In

Session 1: January 9 - 30

Session 2: February 1 - 29

Session 3: March 2 - 30

Session 4: April 2 - 30

Senior Activities (55+)

**Join us for
our exciting
senior trips!**

Our Senior Trips are a great way to meet people in our community and save money on gas.

Register in the office for up to 3 trips.

Non Residents may register two weeks after Fircrest residents receive their brochures.

All trips cost \$10.00 per person.

Payment is due at time of registration and is non-refundable for participant cancellations.

There may be additional fees for trips due to entrance fees or ticket costs.

253. 564.8177



LET'S GO!

Red Wind Casino

Wednesday, January 11

9 AM – 3:30 PM

There is always something in the wind at the Red Wind Casino.
Lunch on your own.

Seattle Premium Outlets

Wednesday, January 25

9 AM – 3:30 PM

Find impressive savings at over 110 outlet stores. Lunch on your own.

Volunteer Park Conservatory & Seattle Asian Art Museum

Thursday, February 2

9 AM – 3:30 PM

Enjoy the Victorian style greenhouse featuring plants from all over the world. Then to the museum to see Asian art exhibitions. *Conservatory admission is a \$3.00 donation at the door. SAAM admission is free.* Lunch on your own.

Little Creek Casino

Wednesday, February 22

9 AM – 3:30 PM

Discover your winning streak! You will find a tempting selection of fine food and beverages around the corner. Lunch on your own.

Bellevue Square

Wednesday, March 14

9 AM – 3:30 PM

Enjoy browsing and shopping at over 200+ unique stores. Lunch on your own

Molbak's Nursery and Red Hook Brewery in Woodinville

Wednesday, March 28

9 AM – 3:30 PM

A colorful array of flowers for the spring. Pick some up for yourself or a friend. Lunch on your own at Red Hook Brewery.

University Village

Wednesday, April 25

9 AM – 3:30 PM

Enjoy browsing and shopping at University Village's unique stores. Lunch on your own.

Snoqualmie Casino

Wednesday, May 9

9 AM – 4:30 PM

Join us as we visit the NW's newest and grandest casino! Choose one or our eight in-house restaurants for lunch on your own.

Alki Beach & Dukes

Wednesday, May 23

9 AM – 3:30 PM

Enjoy a walk at Alki Beach at your own pace on their paved trails and then enjoy lunch at Duke's Chowder House. Lunch on your own.

Poulsbo

Wednesday, June 13

9 AM – 3:30 PM

Enjoy a day exploring beautiful Poulsbo. Explore the arts and craft galleries, antiques, specialty shops, and bookstore. Lunch on your own.

www.cityoffircrest.net

555 Contra Costa Ave
Fircrest WA 98466
Phone: 253-564-8177
Fax: 253-238-4173



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Tacoma, WA

Permit No. 236

FIRCREST AFTER-SCHOOL PROGRAM

Come join us at the recreation center to enjoy Gym Games, Arts & Crafts, Video Game Challenges, Homework Help, Ping Pong, Foosball, and other fun activities.

Days: Monday - Friday

Ages: 6 - 13 years old

Times: 3:30 - 6 PM

Fee: Free!!

If you would like to volunteer and assist with our after-school program, please call 564-8177

