

City of Fircrest Parks and Recreation

Activity Guide

October- December 2016



Introduction

Hello Community Members,

We are transitioning our way into fall and have a great line up of activities and events for the whole family. We were very happy with the success and turnout of all our summer events. The enclosed brochure has information about our Fall 2016 Recreation Programs at the Community Center. Your Recreation Staff, working with input from volunteers, citizens, and the City Council, have put together an active and exciting fall line-up of classes, exciting special events, and youth sports. Keep yourself and your family informed on what is going on at the Roy H. Murphy Community Center. Information is posted regularly at <http://www.cityoffircrest.net/Recreation.html>, on the bulletin board in the Community Center, the City's Facebook page, and the City's reader board.

We will be working on a couple parks projects this fall. At the Gene Goodwin Memorial Tot Lot we will be replacing the red and tan play structure with a new nature themed structure geared for kids 2-5 yrs old. At Thelma Gilmur Park we will be adding a new covered park kiosk. The kiosk will contain a park map, and information on the native species you will see in the park.

If you have any ideas of something you would like to see in your parks or something that needs attention, please feel free to contact me at the Fircrest Community Center at 253-564-8177.

Jeff Grover, Director
Fircrest Parks & Recreation

City Officials

Fircrest City Council

Matthew Jolibois, Mayor
Hunter T. George, Mayor Pro Tempore
Blake Surina
Brett Wittner
Jason Medley
Shannon Reynolds
Denny Waltier

Recreation Staff

253 - 564 - 8177

Parks & Recreation Director

Email: jgrover@cityoffircrest.net

Recreation Coordinator

Email: cwells@cityoffircrest.net

Recreation Office Coordinator

Email: jhuntsman@cityoffircrest.net

Parks Supervisor

Andy Piercy 253-238-4163

Fall Hours

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



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

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.

www.cityoffircrest.net
253 - 564 - 8177

Community Events

Haunted Trails

October 27, 7:00 - 8:30 PM

Join us for a spooky walk down the trails at Thelma Gilmur Park on Thursday, October 27, 7 PM to 8:30 PM. Volunteers are needed to haunt the trails, so contact the Community Center for more information. \$3 suggested donation.

Pumpkin Patch

October 31, 6:00 - 8:00 PM

Come to the Community Center to play carnival games and win candy. This event is for children ages 10 and under. Receive a grab bag with \$1.00 donation.

Holiday Bazaar

November 19 & 20

The Community Center gym will be full of original craft and gift items. Event hours are Saturday, November 19, 10 AM - 5 PM, and Sunday, November 20, 10 AM - 4 PM.

Tree Lighting Ceremony

December 4, 7:00 PM

Tree lighting will take place at Alice Peers Park. Refreshments, entertainment, and a visit with Santa to follow at the Community Center.

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 6:00 to 9:00pm.

October 7 Video Game Challenge
November 4 Basketball Extravaganza
December 2 Movie Night

Support your Community

FIRCREST KIWANIS

Join us every 2nd Thursday of the month at the Fircrest Community Center at 6:00 PM.

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 your resume & brief course description to Chris Wells, cwells@cityoffircrest.net.

VOLUNTEER

If you are interested in volunteering for any or all of these upcoming special events, please contact the staff at the Community Center, 253-564-8177 or fill out the volunteer application located on the Parks and Recreation Departments webpage.

PARKS PROJECTS

The City recently applied for and received a grant from the Washington State Recreation and Conservation Office. The City of Fircrest will use this grant to replace a playground structure and perimeter fence at the Gene Goodwin Tot Lot Neighborhood Park. The new structure will offer the latest elements in recreational play and safety for children ages 2 to 5 and the new fence will ensure that children remain safely contained at the playground. The Fircrest Kiwanis is the secondary sponsor for this project and donated \$6,500 for the renovation. Construction is scheduled to begin in November.

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	\$57 Res/ \$115 Non-Res	\$100 Non-Res	NA
o Whittier	\$115 Res/ \$212 Non-Res	\$100 Non-Res	NA

Youth Activities

Fircrest Youth Basketball

Join our popular recreation basketball league which concentrates on teaching the basic skills of basketball through practice and games. Practice is once or twice a week with games once a week. Players will improve their skills in a safe and positive environment while learning valuable life skills. Volunteer coaches will determine practice days, times, and location. Practices will begin early December and games will start in early January.

The 4th and 5th grade leagues will be scheduled in cooperation with Metro Parks Tacoma and games can be played on Monday-Saturday. The K/1st and 2/3rd grade leagues will be played at Fircrest Community Center on Saturdays.

Priority registration dates for Fircrest residents only October 10 - November 1.

Non-Residents can register beginning November 2.

Registration Dates: October - November 11

Co-Ed Leagues: K/1st and 2/3rd Grade

Boys Leagues: 4th and 5th Grade

Girls Leagues: 4th/5th Grade

Fee: \$40/Residents \$70/Non-residents



2/3rd Grade Boys Basketball Tournament

Come out and play in our 2/3rd grade post season youth basketball tournament at the Fircrest Community Center. Teams will be guaranteed (3) games and we will award 1st, 2nd, and 3rd place team trophies and individual T-shirts for championship team players. There will also be individual all-star awards handed out to players who were chosen by opposing coaches that show skill, leadership, teamwork, and hard work. Contact Chris Wells for more information at (253) 238-4161 or by email at cwells@cityoffircrest.net.

Date: March 10 - 11, 2017

Grade: 2/3rd grade

Fee: \$125 per team

Fircrest Fall Basketball Training

Training sessions are designed to help student athletes improve their skill, raise their basketball IQ, and get a good basketball workout! Trainings will cover: footwork, ball handling, scoring options, passing and receiving, setting and using screens, cutting and court spacing, basketball IQ/strategy, strength and conditioning. Our sessions feature motivational/educational talks from local coaches, trainers and mentors, individual skill development, team skill development and competition.

Day: Mondays
Ages: 6 - 10 years old
Time: 6:00 - 7:00 PM

Fee: \$80 per session

Session 1: October 3 - 24
Session 2: November 7 - 28



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 1: September 22 - December 8

Day: Thursdays
Ages: 3.5 - 5 years old
Time: 9:15 - 10:00AM
Fee: \$66.00 per session

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



WHY SHOULD KIDS PLAY SPORTS?

Sports, whether team-based or individual, are a great activity for children that provide a variety of benefits other than physical activity. Participation in sports can help build self-esteem and confidence, can motivate children to excel academically and can help build social skills. Participation also can teach children the benefits of goal setting and practice.

Children today spend less time outdoors than any other generation, devoting only four to seven minutes to unstructured outdoor play per day while spending an average of seven and a half hours in front of electronic media. As a result, child obesity has reached unprecedented levels.

It is imperative that we implement innovative strategies to reconnect our children and adults with the natural world, connect communities with green space, provide opportunities for outdoor recreation and play, and educate parents and caregivers about the important role the natural world plays in the life and development of us all.

Youth and Adult Activities

Ski & Snowboard with Alpine West

Winter is just around the corner and the City of Fircrest Parks and Recreation department is pleased to bring to you the Alpine West Ski & Snowboard School. With a great snow season expected, this is the perfect opportunity for first timers to learn how to ski and snowboard or for experienced skiers and snowboarders to fine tune their skills. Alpine West provides quality Ski and Snowboard instruction for the entire family, ages 5 and up. Register at the community center or call (253) 564-8177 for more information.



Lessons are located at the Summit at Snoqualmie. Transportation bus pick-up is at the 6th Avenue Safeway in Tacoma at 7:30am.

SATURDAY EARLY RISER

January 14 - February 18

6 week session

SKI & SNOWBOARD

10:30 AM - 12:30 PM

Lessons Only

\$180

Lessons & Transportation

\$276

(Pre-registration is required)



SUNDAY FAMILY DAY

January 15 - February 19

6 week session

SKI & SNOWBOARD

10:30 AM - 12:30 PM

Lessons Only

\$180

Lessons & Transportation

\$276

(Pre-registration is required)

Adult Activities

Sewing Class

Come join our class of beginning and intermediate sewers which is geared towards each sewer's individual skill level and ability. Classes and instructions are meant to inspire creativity and confidence in the participants abilities and help students gain the basic understanding of sewing concepts. Participants can bring in any project that they would like to complete during the semi-weekly class room time. Bring your own portable sewing machine, scissors and pens as a limited supply of machines will be available. **An extra fee will apply for sewing kits and/or other supplies.**

Day: Saturdays
Time: 1:00 - 4:00 PM
Fee: \$24 (16 yrs & up)
 \$21 (15 yrs & under)
Dates: October 1, 15, 29
 November 12
 December 3, 17

Instructor: Lyn Upton

Gentle Yoga

The class is designed for you to develop strength, improve balance, and increase flexibility while learning and practicing basic Hatha yoga poses. The class follows a typical Hatha format with relaxation and breathing, warm up, learning and practicing asanas, sun salutation, and closing with relaxation and meditation.

Days: Monday, Wednesdays, Fridays
Time: 9:00 AM - 10:00 AM
Fee: \$30 per month or \$3 Drop-in
Instructor: Cynthia Endicott

Flex Chair Yoga

Class includes chair and standing poses only. For those adults who prefer to focus on developing balance and strength while seated or standing but prefer not to work on the floor, we designed a fun and challenging Hatha Yoga based class that will give you an understanding of yogic breathing, and poses while increasing overall fitness.

Day: Fridays
Time: 10:30 AM - 11:30 AM
Price: \$10 per month or \$3 drop-in

Instructor: Cynthia Endicott

Belly Dancing

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



Day: Wednesdays
Time: Beginner-6:00 PM
 Intermediate-7:00 PM
 Advanced-8:00 PM
Fee: \$50 per session

Adult Activities

Clubs & Meetings

We host a variety of clubs and meetings such as the Dahlia Society, the Facetors (rock hounds), the Railroad Club, Sumi water color painting classes, Haiku, Al-Anon, plus many more.

Come check us out!

Pinochle

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

Cost: \$1.00

Senior Foot Care

Foot care is available each month at the Community Center. Includes soaking, cleaning, clipping and filing of nails, removing top layer of calluses or small corns and applying foot lotion. Foot care services take 20 minutes. Bring your own towel.

Call (253) 848-9625 for an appointment

Open Gym Volleyball

If you need some practice, want to meet new people, or just can't get enough of a great game...then come down and join us on Wednesday nights at the Fircrest Community Center for open gym volleyball.

September 21 - November 2
Days: Wednesdays
Time: 6:30 - 8:30 PM
Ages: 16 years old and up
Cost: Free residents / \$1 Non-residents



Hand and Foot Canasta

Active senior singles group meets Monday mornings at 11:00 AM to play this fun and interesting card game. Beginners are welcomed. Bring a snack to share. Join anytime!

Cost: FREE!!



Friday Night Crafter

Let's Craft & Color!

It's a social event, it's a party, it's a blast! Bring your coloring books, craft projects, scrapbooking, knitting, painting or your choice. Of activity.

Date: 2nd Friday of the Month
Time: 5:00 - 9:00 PM
Ages: 16 years and up
Cost: Free



CPR Class

Free CPR classes are taught by the Tacoma Fire Department for citizens living within the City of limits of Fircrest, Fife, or Tacoma. These classes are taught with funds from the EMS levy. All classes are taught by firefighters who bring real life experience to the classroom. Other CPR classes are available at other locations. **You must pre-register for these classes by calling (253) 594-7979**

Date: Sunday, November 19, 2016

Time: 9:30am - 12:30pm

Location: Fircrest Community Center

Men's 4X4 Basketball League

This self-officiated league is for men 25 years and over. Space is limited to first 12 teams. Eight (8) league games and a single elimination end of season tournament are included. Teams are to provide their own uniforms. Call for information on future leagues. You may have one player that is 18-25yrs old on your roster.

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

Noon Hoops

Come join us for some noon basketball on Mondays, Wednesdays and Fridays from 12 (noon) -3pm.

All ages are welcome!

Days: Mondays, Wednesdays & Fridays
Time: 12-2PM on Mon/Wed /Fri
Fee: Free residents / \$1 Non-residents



Table Tennis

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

Fee: \$1.00

Sponsorship opportunities are available for local businesses and/or families. Our Gym Banner program is a great way to get your logo seen. We are always looking for event sponsors. This is a great way to connect with your community.

Senior Activities

Seattle Art Museum (SAM)

Enjoy the extensive collections, exhibitions and diverse programs at your leisure.

FREE day for seniors (ages 62+) is the 1st Friday of the month.
10:00 am—5:00 pm

Museum of Glass

The Museum's galleries are dedicated to both temporary exhibitions and their permanent collections that feature 20th and 21st-century glass.

Third Thursday of each month
Free admission: 5 to 8 pm

Tacoma Art Museum

Tacoma Art Museum houses collections, exhibitions, and learning programs, emphasizing art and artists from the Northwest and broader western region.

Third Thursday of each month
Free admission: 5 to 8 pm

THE POWER OF PARKS

Do you know the power of your local parks and recreation? Yes, they provide beautiful green spaces and fun programs, but they do so much more and the benefits are immense. Learn more at www.nrpa.org/power-of-parks and watch the video.

PARKS HAVE ENVIRONMENTAL POWER

1 ACRE OF TREES
absorbs the carbon dioxide produced by
DRIVING A CAR 11,000 MILES.

PARKS HAVE HEALTH POWER

Increased access to places for physical activity leads to a
25% increase
in people exercising
3 or more days a week.

PARKS HAVE SAFETY POWER

In Macon, GA, a revitalized park that included new programming and beautification efforts
reduced incidents of crime and violence by
50%.

Sources:
Centers for Disease Control, Environmental Protection Agency,
American Planning Association

PARKS HAVE COMMUNITY POWER

Parks strengthen community ties and
bring diverse populations together.

Parks have the power to strengthen communities, transform lives, and protect the future.

Parks are the most powerful aspect of every community.

National Recreation and Park Association

#PowerOfParks

Senior Trips!

Thank you for your patience while we are looking for our next great senior bus driver.

While there are no trips scheduled at this time, once we have a driver we will post a trip list in the office and on our website.

For your convenience we have listed some of the more popular "free" senior activities available in the surrounding areas.

253 564.8177





City of Fircrest Parks and Addresses

Alice Peers: 601 San Juan

Fircrest Park: 555 Contra Costa

Masko Park: 805 San Juan Ave

Thelma Gilmer Park: 1404 Evergreen Drive

Tot-Lot: 611 Contra Costa

Whittier Park: 921 Contra Costa

Photo: Masko Park Rhododendron Garden