

CITY OF FIRCREST PARKS & RECREATION

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

2017 WINTER/SPRING ACTIVITY GUIDE

(PHOTO: SUSAN MCCLUNG, FIRCREST PHOTO CONTEST)

Introduction

The City of Fircrest is a special place to live, work and play. The Parks and Recreation Department is pleased to serve the community with a wide array of leisure and recreational activities. We offer a robust youth sports program which includes basketball, baseball, football, soccer, tennis and a variety of sports camps. The Parks and Recreation Department staff takes great pride in being able to provide these sports programs, and many other activities, in our very own parks and at the Community Center. Our youth sports programs, community events and activities would not exist without the support and dedication of members from the City of Fircrest Council.

Recent engineering assessments of the Fircrest Pool and Roy H Community Center indicate that both facilities are in need of repair, remodel or replacement if they are going to continue serving Fircrest going forward. A committee has been formed by the Fircrest City Council to explore options for both facilities. The input of Fircrest residents will assist in shaping the decisions that need to be made for the future of these facilities. Therefore, a survey is being distributed to all Fircrest households to complete, so that in planning for the future, our city government officials will understand what our residents value about these facilities in our unique community. The results of this survey will be used to guide planning the future of the Fircrest Pool and the Roy H. Murphy Community Center.

In this activity brochure you will find a wide variety of programs and community events, for all ages. We hope you will include some of these activities as part of your winter plans.

Be well,

Jeff Grover, Parks & Recreation Director

City Officials

Fircrest City Council

Matthew Jolibois

Hunter T. George

Jason Medley

Shannon Reynolds

Blake J. Surina

Denny Waltier

Brett L. Wittner

Recreation Staff

Parks & Recreation Director
Jeff Grover

Email: jgrover@cityoffircrest.net

Recreation Coordinator
Chris Wells
Email: cwells@cityoffircrest.net

Recreation Office Assistant
Jenny Huntsman
Email: jhuntsman@cityoffircrest.net

Parks Supervisor
Andy Piercy 253-238-4163

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 next 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

253.564.8177

Community Events

Daddy Daughter Dance

February 17, 7 - 9 PM

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. Get your tickets at the Roy H. Murphy Community Center starting January 23. Cost is \$14 per couple, \$6 per additional child

Fish 'N Fun

March 25, 8 AM - 2 PM

We will have a pool stocked with trout to be caught by kids 10 years & younger on Saturday, March 25. The times are 8 AM to 12 PM (must have a ticket) and from 1 - 2 PM (open fish). Kids need to bring their own fishing poles. Tickets for fishing reservations will be available at the Roy H. Murphy Community Center beginning Saturday, March 4. (Experienced fishers always welcome to volunteer)

Easter Egg Hunt & Eggstravaganza

April 15, 10 AM

The Fircrest Annual Easter Egg Hunt will be held on Saturday, April 15 at 10 AM. Fircrest Tot Lot for children 4 & under and at Fircrest Park for children ages 5-9. Join us at 9 AM at the Community Center for crafts, games, and refreshments before the event kicks off!

Spring Craft Fair

May 6, 9 AM - 4 PM

Shop 30+ vendor boutiques showcasing purses, jewelry, candles, kid's art and decorative accessories for the home and garden.

Mother & Son Dance

May 12, 6 - 8 PM

Moms, enjoy an evening of fun and dancing with your son at our 2nd Annual Mother Son Dance. Pizza and refreshments provided. Pre-registration is required. Cost is \$15 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 3 April 7 May 5 June 2

Support your Community

FIRCREST KIWANIS

Join us every 2nd Thursday of the month at the Fircrest Recreation Center at 6 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 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.

FIRCREST FUN DAYS COMMITTEE

Join this exciting group of community members as they continue to make this years Fircrest Fun Days even more fun! For more information or to attend a meeting email Jeff Grover at jgrover@cityoffircrest.net.

FACILITY RENTALS

Facility	Daily Rental Rates	Deposit	After Hours Fee
o Gym	\$ 350 Res/ \$575 Non-Res	\$250 Res/ \$500 Non-Res	\$15 per 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

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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, 2/3rd grade Coach Pitch, 4/5th grade Boys Incrediball, and 4/5th grade Girls Modified Fast Pitch. Practices will begin mid-April. Volunteer coaches will determine 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 23- March 3

Non-Residents - February 20 - March 3

Fee: \$40/Residents

\$70/Non-residents



Pee Wee Indoor Soccer

Pee Wee Indoor Soccer is an introductory instructional league for Pre-Kindergarten kids ages 4-5 years old. Most games and practices will be held on Saturdays. Pee Wee sports programs are 6 weeks long and include 2 weeks of practice followed by 4 league games. Team t-shirts will be provided.

Indoor Soccer

Practices will begin on March 18, 2017

Registration Dates: January 23 - February 10

Fee: \$30/Residents

\$50/Non-residents

FUN! FUN!! FUN!!!



Pee Wee T-Ball

Pee Wee T-Ball is an introductory instructional league for Pre-Kindergarten kids ages 4-5 years old. All games and practices will be held on Saturdays. Pee Wee sports programs are 6 weeks long and include 2 weeks of practice followed by 4 league games. Team t-shirts will be provided.

T-Ball

Practices will begin on May 13, 2017

Registration Dates: February 23 - April 10

Fee: \$30/Residents

\$50/Non-residents



Creative Movement Ballet

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.

Session I - January - March 9

Session II- March 16 - May 25

Day: Thursdays

Ages: 3.5 - 5 years old

Time: 9:15 - 10 AM

Fee: \$66.00 per session

Instructor: Damaris Caughlan

Basketball Skills Training

Each training session is 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.

Days: Mondays

Ages: 6-10 yrs old

Time: 6:00 - 7:15 PM

Fee: \$80 per session

Instructor: Charles Simmons

Session I - April 3 - 24

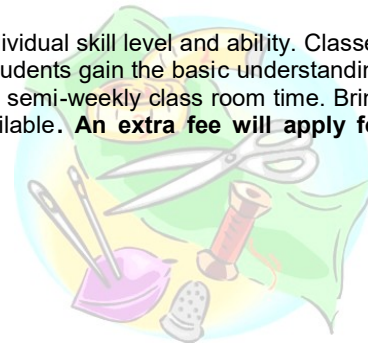
Session II- May 1- 22

Youth & Adult Activities and Classes

Youth and Adult 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.**

Days: Wednesdays
Time: 4 - 6 PM (Youth Class)
Day: Wednesdays
Time: 6 - 8 PM (Adult Class)
Fee: \$12.50 per class (Youth) / \$15 per class (Adult)



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.

Day: Mondays, Wednesdays, Fridays
Time: 9:00 - 10:00 AM
Fee: \$30 per month or \$3 drop-in



Body Back

Body Back is a results-based workout designed specifically for moms to focus on themselves. Each session runs for 8 weeks and includes before & after assessments and photos. Class runs 2 times a week and provides nutrition, guidance, weekly challenges to keep you motivated, support, accountability, community and FUN!

Days: Mondays & Wednesdays
Time: 6:30 - 7:30 PM
Fee: \$299
Dates: January - March 2
March 20 - May 11

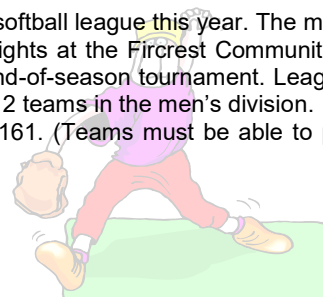


NEW!

Adult Softball Leagues

The City of Fircrest Parks and Recreation Department will offer both an adult men's and co-ed softball league this year. The men's league will play on Tuesday 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. Contact Chris Wells for registration information 253-238-4161. (Teams must be able to play games during all of the days and times listed above.)

Registration Dates: March 13 - April 21
Fee: \$450 per team / additional \$8 for each non-resident player on team roster



Adult Men's 4X4 Basketball League

This self-officiated league is for men 25 years and over. Space is limited to the first 12 teams. Team registrations are due no later than March 10th. 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



253.564.8177

Adult Activities (Continued)

Parks and recreation have three values that make them essential services to communities:

1. Economic Value
2. Health and Environmental benefits
3. Social Importance

Just as water, sewer, and public safety are considered essential public services, parks are vitally important to establishing and maintaining the quality of life in a community, ensuring the health of families and youth, and contributing to the economic and environmental well-being of a community and a region.

There are no communities that pride themselves on their quality of life, promote themselves as a desirable location for businesses to relocate, or maintain that they are environmental stewards of their natural resources, without such communities having a robust, active system of parks and recreation programs for public use and enjoyment.

National Recreation and Park Association

Noon Hoops

Come join us for some open gym basketball. All are welcome!



Days: Monday, Wednesday, Friday
Time: 12 - 2:30 PM
Fee: Free residents / \$3 non-residents
 40 years or older \$1 non-residents

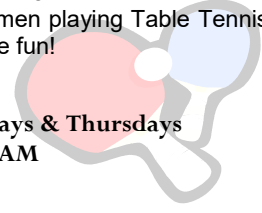
Pinochle and Bridge

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

Fee: \$1.00

Table Tennis

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



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

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!!

Friday Night Crafter

Let's Craft & Color!

It's a social event, it's a party, it's a blast! Bring your coloring sheets, journaling, craft projects, scrapbooking, knitting, painting or other projects to work on.



Date: 2nd Friday of the Month
Time: 5:00 - 10:00 PM
Ages: 16 years and up
Cost: Free

Belly Dancing

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



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

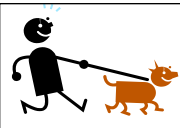
Session 1: January - March 1
Session 2: March 8 - May 3

Instructor: Debbie Anderson

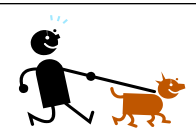
Adult Foot care

Foot care is available each month at the Fircrest Community Center. Appointments will include soaking, cleaning, clipping and filing of nails, removing top layer of calluses or small corns, and applying foot lotion and a light massage. Foot care service appointments take 20 minutes. Bring your own towel.

Foot care is available at the Fircrest Community Center on the 1st Wednesday and 4th Thursday of the month.
 Call (253) 848-9625 for cost and to make an appointment



Reminder!!



Please remember no dogs, cats or other animals shall be permitted to run loose in the parks. All dogs are required to be on a leash or confined to their owner's property at all times. Also, please pick up and properly dispose of your dog's waste! Doggie bags are located around Fircrest Park and near the restrooms at Whittier Park. Thank you for helping us keep our parks safe and clean!

**Youth Sports Coach
 Community Events**

Volunteer!!

**After-School Program
 Parks Appreciation**

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

253.564.8177

50+ Adult Trips

The following 50+ Adult Trips are a great way to get out and about without worrying about driving through traffic or finding a parking spot. Each trip is \$20 and includes round trip transportation.

Kirkland Shores & Shops

Wed. Jan 18 9:00 AM – 3:30 PM

There is plenty to do! Visit boutique shops and art galleries or just walk along the beautiful shores of Lake Washington. **Lunch on your own.**

Seattle Art Museum (SAM)

Friday, Feb 3 9:00 AM – 3:30 PM

See the extensive new permanent collections, exciting international exhibitions and diverse programs. This is a self-guided tour so enjoy the museum at your leisure. Free day for seniors (62+). **Lunch on your own.**

Seattle Aquarium

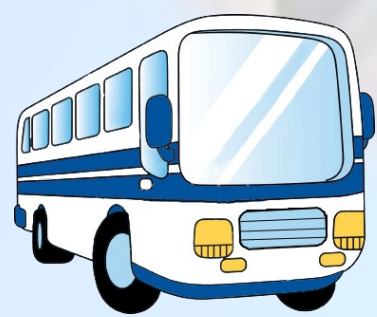
Wed. Feb 15 9:00 AM – 3:30 PM

See, touch and explore something new and exciting. Admission cost for seniors 65+ \$20.95 (*pay at the door*). Bring a picnic or **Lunch on your own** in the café.

Molbaks and Red Hook Brewery

Wed. March 22 9:00 AM – 3:30 PM

Come see what's in store for Spring! Whether it is a planter garden or outdoor furniture, you will find what you are looking for! **Lunch on your own.**



Lucky Eagle Casino

Wed. April 5 9:00 AM – 3:30 PM

Fun is the name of the Game! Play on over 800 slot machines or on their gaming tables. Come hungry and enjoy their dining specials! **Lunch on your own.**

Uptown Gig Harbor & Tides Tavern

Wed. April 19 9:00 AM – 3:30 PM

Shop Uptown Gig Harbor then enjoy a walk & shop through historic downtown Gig Harbor. Finish with lunch at the Tides Tavern or one of the other great restaurants. **Lunch on your own.**

University Village

Wed. May 3 9:00 AM – 3:30 PM

University Village showcases local and national retailers in an open air setting unlike any other. **Lunch on your own**

Pike Place Market & Seattle Great Wheel

Wed. May 24 9 AM – 3:30 PM

Shop Seattle's market then take a ride on The Seattle Great Wheel which is the largest observation wheel on the west coast, standing 175 feet tall. Tickets \$11 plus tax for ages 65+ (purchase at the pier). **Lunch on your own.**

Poulsbo

Wed. June 7 9 AM – 3:30 PM

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

Join us for our exciting
50 + trips!

- *Our 50 + trips are a great way to meet people in our community and save money on gas.*
- *Each trip costs \$20.00 which is due at registration and is non refundable.*
- *There may be additional fees for some trips due to entrance fees or ticket costs.*

Register in the Community Center office

Roy H Murphy Community Center
555 Contra Costa
Fircrest WA 98466
253.564.8177





How Americans Stay Active and Fit During Winter

A Park Pulse poll conducted by the National Recreation and Park Association asked 1,000 Americans ages 18+ what their favorite ways to stay physically fit are during winter.

Four in five Americans

make an effort to **stay physically fit** during winter

Top 3 Activities:



46%

Walking, jogging, running or hiking outdoors



28%

Using home fitness equipment or a personal fitness device



25%

Working out at a local gym or recreation center

NRPA encourages adults and children to stay active and fit year round at their local parks and recreation centers.

www.nrpa.org/Park-Pulse



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The National Recreation and Park Association Survey was conducted by Wakefield Research (www.wakefieldresearch.com) among 1,000 nationally representative Americans, ages 18+, between November 28th and December 1st, 2016, using an email invitation and an online survey. Quotas have been set to ensure reliable and accurate representation of the U.S. adult population 18 and older. The margin of error for this study is +/- 3.1 percentage points at the 95% confidence level.

Get Out and Walk

Walking **30 minutes a day** can help you...



Save Money
on travel and doctors' visits



Boost Your Mind
and feel good about yourself



Help the Planet
by reducing air pollution

Get walking every day with these tips:



Start Slow

Just 10 minutes at a time is a great way to get started!



Make a Plan

Put walking on your calendar to make sure you have time to walk.



Walk Fast

Fast enough that you cannot sing, but are able to talk.



Find a Buddy

Walk with a partner to help you stick to your walking plan and connect with others.



Walk Instead of Drive

Find a safe route to walk to work, school, the store or other places you normally would drive.



Change Your Scenery

Walk in a park or trail you've never visited. Discover new places and have fun!

Your local park is a great place to walk everyday.



www.nrpa.org/Walking

