

An aerial photograph of the Roy H. Murphy Community Center and its surrounding park area. The center is a large, modern building with a grey roof and a large blue swimming pool. To the left of the pool is a parking lot with several cars. To the right of the pool is a basketball court. The building is surrounded by green grass and trees. In the background, there are two baseball fields with brown dirt bases and green grass. A road runs along the right side of the image.

# CITY OF FIRCREST PARKS & RECREATION

ROY H. MURPHY COMMUNITY CENTER

555 CONTRA COSTA AVENUE

(253) 564-8177

2019 WINTER/SPRING ACTIVITY GUIDE



# Introduction

As we welcome 2019, it's a great time to reflect on what a wonderful year 2018 was for the City of Fircrest Parks & Recreation Department. We are so grateful to serve such a vibrant and active community. The City of Fircrest's Parks and Recreation department maintains the community's park system of 26 acres including two multi-use parks that contain six competition size tennis courts, three outdoor basketball courts, seven soccer fields, two playgrounds, two bocce courts, four baseball fields, one swimming pool, a wading pool and a 10,000 sq. ft. Community Center with gym, four meeting rooms, restrooms and offices. The Recreation Department uses these facilities to provide social, physical and personal recreation activities for all ages during their leisure time.

A few highlights from 2018: Replaced the playground at Fircrest Park, Renovated the Tennis Courts at Whittier Park

Here's a sneak peek at some projects and events on the horizon:

We will be installing a new irrigation system at the Whittier Park Soccer Fields early this year. The current system was installed in the late 70's and is needing frequent repairs and is no longer functioning efficiently.

We have made some great changes to our Community Events line up for 2019. We will be moving our Annual Fircrest Fun Days to July this year, so mark your calendars for July 19 & 20. We are also working with the Whittier PTSA and the Fircrest Kiwanis on some preliminary plans for a spring fun run.

We want to thank all of our volunteers, sponsors, & donors for a great year. The Pool & Community Steering Committee spent many hours working alongside staff, the City Council and ARC Architects to come up with a design for a future Pool and Community Center. ARC Architects are nearing the final phases of the design. Please look for more information on our website.

If you have any questions regarding a program or activity offered by the department, or if you would like to see a program offered that is not currently offered, please do not hesitate to call or visit our office or our website at <http://www.cityoffircrest.net/Recreation.html>. The Fircrest Parks and Recreation Department takes great pride in serving our citizens.

## City Officials

### Fircrest City Council

Mayor Hunter T. George

Mayor Pro Tempore Denny Waltier

David M. Viafore

Shannon Reynolds

Brett L. Wittner

Blake J. Surina

Jamie Nixon

## Recreation Staff

### Parks & Recreation Director

Jeff Grover

Email: [jgrover@cityoffircrest.net](mailto:jgrover@cityoffircrest.net)

### Recreation Coordinator

Chris Wells

Email: [cwells@cityoffircrest.net](mailto:cwells@cityoffircrest.net)

### Recreation Office Assistant

Jenny Huntsman

Email: [jhuntsman@cityoffircrest.net](mailto: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](mailto: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 15, 6:30 - 8:30 PM

Dads (*dad, grandpa, uncle, or any other special person who fits the role*) 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 beginning Saturday, January 19. Pre-registration required. Cost is \$20 per couple, \$5 per additional child.

## **Fish 'N Fun**

March 23, 8 AM - 12 PM

We will have a pool stocked with trout to be caught by kids 10 years & younger on Saturday, March 23. The times are 9 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 2. This is a free event!

## **Easter Egg Hunt & Eggstravaganza**

April 20, 10 AM

The Fircrest Annual Easter Egg Hunt will be held on Saturday, April 20 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! Cost is free!

## **Spring Craft Fair**

May 4, 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 10, 6:30 - 8:30 PM

Moms, enjoy an evening of fun hanging out and dancing with your son and other families and friends. Pizza and refreshments provided. Pre-registration required. Cost is \$20 per couple, \$5 per additional child. Tickets available beginning Saturday, April 13.

## **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 for ages 10 - 14 years old.

February 1   March 8   April 5   May 17   June 7

## **Support your Community**

### **FIRCREST KIWANIS**

Join us every 2nd Thursday of the month at the Fircrest Community 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 help to re-invent this great Fircrest pastime. Fircrest Fun Days will take place on July 19 & 20, 2019. For more information or to attend a meeting email Jeff Grover at [jgrover@cityoffircrest.com](mailto:jgrover@cityoffircrest.com).

## **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

253.564.8177

# 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. 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](mailto:cwells@cityoffircrest.net) for more information. **Practices will begin mid-April & games begin around the first week of May.**

### Registration Dates:

Residents - January 28 - March 2

Non-Residents - February 11 - March 2

Fee: \$40/Residents

\$70/Non-residents



## Pee Wee Indoor Soccer

Pee Wee Indoor Soccer is an 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. Uniforms will be provided.

### Indoor Soccer

First practice will be held on Saturday, March 16, 2019

Registration Dates: January 11 - February 9

Fee: \$30/Residents

\$50/Non-residents



## Pee Wee T-Ball

Pee Wee T-Ball is an 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. Uniforms will be provided.

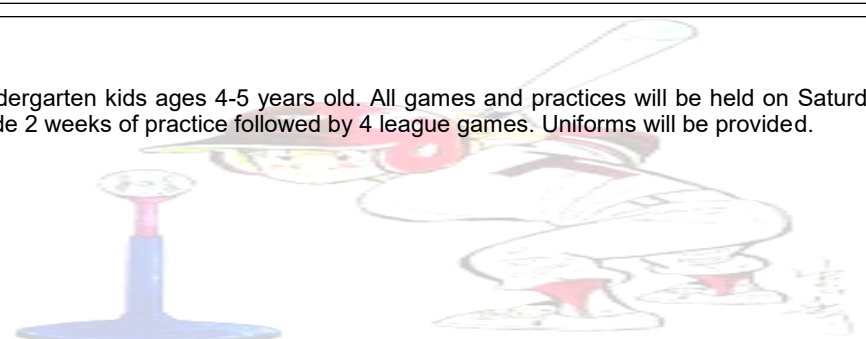
### T-Ball

First practice will be held on Saturday, May 11, 2019

Registration Dates: February 25 - April 6

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 10 - March 28

Session II- April 4 - May 30

Day: Thursdays

Ages: 3.5 - 5 years old

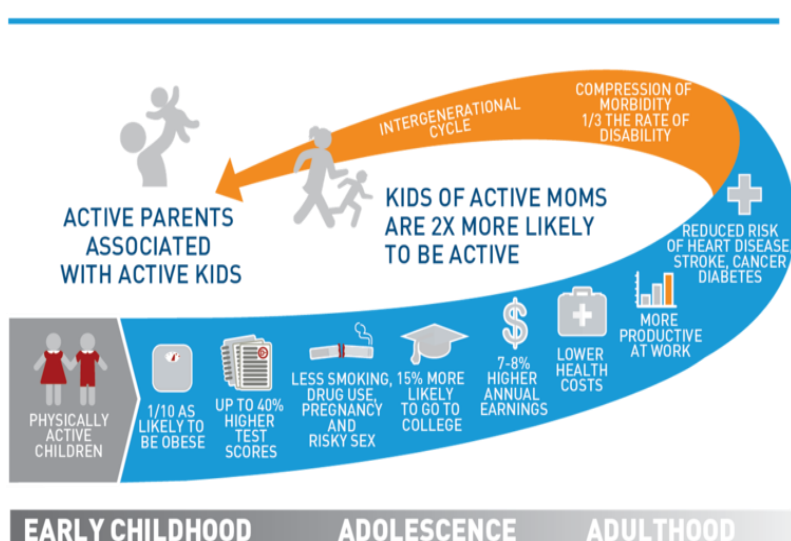
Time: 9:00 - 9:45 AM

Fee: \$108 session I

\$81 session II

## ACTIVE KIDS DO BETTER IN LIFE

### WHAT THE RESEARCH SHOWS ON THE COMPOUNDING BENEFITS



253.564.8177



# Youth & Adult Activities and Classes

## ***Benefits of Recreational Activities on Adults***

Although playing recreational sports may have fallen by the wayside as we've grown up, it's just as rewarding – maybe even more so – to play them as adults. Given that they grant everything from our recommended daily exercise, to a chance to socialize, to a renewed sense of goal-setting and competition, recreation leagues and other adult activities ought to be seriously considered by all adults looking for a place to blow off some steam *and* have fun.

## ***Family Fun Night at Fircrest Community Center***

Come on down to the community center to enjoy a fun night of board games, gym games, video games, and maybe even a movie!!! We will supply the kid vs parent activities and you supply the participants. This is a free event and all children must be accompanied by an adult. **If you would like to volunteer for this event, please call 253 564-8177**

**Days:** Friday

**Dates:** March 15

**Time:** 6:00-8:00 PM

**Ages:** All ages are welcomed; children must be with an adult

## ***Gentle Hatha 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. Silver Sneakers and Silver and Fit are accepted for this class.

**Days:** Monday, Wednesday, Friday

**Time:** 9:00 AM - 10:00 AM

**Fee:** \$30 per month or \$4 Drop-in

**Instructor:** Cynthia Endicott

## ***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. Silver Sneakers and Silver and Fit are accepted for this class.

**Day:** Friday

**Time:** 10:30 AM - 11:30 AM

**Fee:** \$10 per month or \$4 Drop-in

## ***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.

**Registration Dates:** March 11 - April 20

**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 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

253.564.8177

# Adult Activities

## Americans' Engagement with Parks and Recreation

**92%** of Americans agree parks and recreation are **important local government services** (comparable to police/fire/schools/transportation)

**4 in 5 Americans agree** that the NRPA Three Pillars of Conservation, Health and Wellness, and Social Equity represent what they see as the **priorities for their local park and recreation agency**

**85%** of Americans seek **high-quality parks and recreation amenities** when they are choosing a new place to live

**95%** of Americans say it is important for their local park and recreation agency to **protect the natural environment** by acquiring and maintaining parks, trails, and green spaces

**87%** of Americans want their local park and recreation agency to **invest in critical infrastructure** that would improve their community's ability to **withstand or recover quickly** from natural disasters



Download the report at [www.nrpa.org/Engagement](http://www.nrpa.org/Engagement)

© 2017 National Recreation and Park Association

## Noon Hoops

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



**Days:** Monday, Wednesday, Friday  
**Time:** 12 - 3:00 PM  
**Fee:** Free

## Pinochle

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

## Bridge

We have **free** bridge lessons on Tuesdays 6-8 PM

## 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

It's a social event, it's a party, it's a blast! Bring your craft projects, scrapbooking, knitting, painting etc. to work on. Coffee provided, bring a treat to share.

**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 9 - March 6  
**Session 2:** March 13 - May 8

**Instructor:** Debbie Anderson



## Senior 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 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](mailto:cwells@cityoffircrest.net) for more information

253.564.8177



# Adult Activities

## Join us for our exciting trips!

Our Senior Trips are a great way to meet people in our community and save money on gas. **All trips cost \$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. You may pre-register for up to three trips.

### Bellevue Square

Wed, Feb 13th

9:00 AM – 3:30 PM

A superb collection of 200 shops and restaurants, major stores and intimate boutiques! **Lunch on your own.**

### North Bend Premium Outlets

Wed, Feb 27th

9:00 AM – 3:30 PM

Enjoy exceptional brand name stores with extraordinary savings. **Lunch on your own.**

### Olympia Thrift Tour

Wed, Mar 13th

9:00 AM – 3:30 PM

SHOP 'til YOU DROP ! We will be heading to downtown Olympia to shop at Budd Bay Bargains, the Estate Store, & Goodwill's high-end Blue store. **Lunch on your own.**

### Gilman Village

Wed, Mar 27th

9:00 AM – 3:30 PM

Enjoy a day exploring the arts and craft galleries, antiques, specialty shops, gifts, bakery and bookstore. Gilman Village, located in Issaquah, has been a landmark for almost half a century. **Lunch on your own.**

### Seattle Art Museum (SAM)

Friday, April 5th

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.**

### Molbak's Nursery & Redmond Town Center

Wed, April 10th

9:00 AM – 3:30 PM

A colorful array of flowers for the spring to tempting to resist. Pick some up for yourself or a friend. Then off to the Redmond Town Center for some shopping and lunch. **Lunch on your own.**

### Port Orchard

Wed, April 24th

9:00 AM – 3:30 PM

Located on the beautiful Sinclair Inlet on Puget Sound, we will visit the downtown corridor which offers shopping, museums, entertainment, galleries, and dining. **Lunch on your own.**

### Willows Run Discovery Trail Mini Golf

Wed, May 8th

9:00 AM – 3:30 PM

At Discovery Trails themed 18-hole mini golf course, journey with us if you dare ...through this wilderness retreat of eagle, coyote, cougar and bear. Where along the way you're sure to find ...hazards and rewards of a most peculiar kind. Enjoy lunch in the Fire Creek Bar and Grill. **Lunch on your own. (Admission fee of \$11.00 pay at the door)**

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



Construction of Roy H. Murphy Community Center 1960