



CITY OF FIRCREST PARKS & RECREATION

ROY H. MURPHY COMMUNITY CENTER

555 CONTRA COSTA AVENUE

(253) 564-8177

2019 SUMMER ACTIVITY GUIDE



Parks & Recreation Staff

Parks & Recreation Director
 Jeff Grover
 Email: jgrover@cityoffircrest.net

Recreation Coordinator
 Chris Wells
 Email: cwells@cityoffircrest.net

Community Events Specialist
 Judy Schmidtke
 Email: jschmidtkey@cityoffircrest.net

Office Assistant
 Jenny Huntsman
jhuntsman@cityoffircrest.net

Parks Supervisor
 Andy Piercy
 253-238-4163

Community Center Summer Hours



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

Please call for detailed open gym hours as they change daily based on programing and rentals.

Important City 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
Fircrest Pool	253-564-8188
Pool	253-564-8188

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

www.cityoffircrest.net

Community Events

Go Hawaiian Pool Party

June 1, 5:30-8:30PM

Come celebrate the opening of our pool season with music, food, swimming and FUN!! Cost is \$2 per resident, \$5 resident family, \$3 non-residents.

Fircrest Community Garage Sale

June 8, 9:00AM-2:00PM

Join us for the community garage sale taking place at Fircrest Park...rain or shine! Buy a space and sell your stuff or have fun looking through other booths. This is your chance to clear out the clutter and make a few dollars or find a new treasure of your own.

Strawberry Feed & Band Concert

June 23, 5:30-7:00PM

Listen to great music at the Ron Russo Pavilion at Fircrest Park while enjoying Strawberry Shortcake. Shortcake will be served at 5:30 PM and the band will begin at 6 PM. Cost is \$2.00 per shortcake.

Fircrest Picnic and Rod Run

July 7, 10:00AM-3:00PM

A time honored tradition is back again to showcase over 300 cars at Fircrest Park. The Fircrest Kiwanis will be serving a great breakfast and burgers for lunch.

Fircrest Fun Days

July 19, 6:30-10:30PM

July 20, 9:00AM-10:30PM

Come celebrate the Dog Days of Summer! Friday evening will feature a Twilight pedal around the park, field games and a Movie in the Park. We kick off Saturdays activities with the First annual Furry 4K, followed by festivities throughout the day. There's something for almost everyone, including: live entertainment, artisans, crafters, food trucks, beer garden, karaoke, Kiwanis Furcrest Top Pet Contest, yoga in the park, pony rides, train around the park, bouncy houses, pet adoption event, games, demonstrations and more. The day will conclude with a spectacular fireworks over the park.

Concert in the Park

August 1 & 29, 5:30-8:30PM

Enjoy an evening in the park with live music, local farmers market and food trucks. August 1 will feature the Groovin Higher Orchestra- a music tribute to the 60's-70's.

National Night Out

August 6, 6:00-9:00PM

Join the Fircrest Police Department at Fircrest Park for an array of emergency vehicles, police cars, fire trucks, ambulances, free giveaways, free rides, balloons and more! Finish off the evening with a fireworks show in memory of Rob Freeman.

Movie & Picnic in the Park

August 10, 6PM

ORIGINAL MOTION PICTURE SOUNDTRACK



(Movie starts at 9:00PM)

Support your Community

FIRCREST KIWANIS

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

Tacoma Narrows Rotary – Service Above Self - Meets every Tuesday, 7:00 a.m. in the meeting room at Tower Lanes Bowling Center 6323 6th Avenue. Tacoma Narrows Rotary is an action oriented group of men and women focused on local and global efforts to improve the quality of life for all people. Locally our emphasis is on education and the basic needs of the children in University Place and Fircrest.

INSTRUCTORS WANTED!

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

Youth Activities

Youth Flag Football

This league will provide participants a fun and exciting opportunity to engage in continuous action while introducing youth to the sport of football. We will offer two separate divisions and players will be notified of team placement in August. Emphasis is on participation, sportsmanship, and fun! Volunteer coaches are needed.

Divisions/Grades: (1st - 3rd Grade) & (4th - 5th Grade)
Registration Dates: June 24 - July 19
Fee: \$40 per player

Pee Wee Basketball League

Pee Wee Basketball is an instructional league for Pre - Kindergarten kids ages 4-5 years old. All games and practices will be held on Wednesday nights from July 24 - August 28. Our Pee Wee sports programs are 6 weeks long and include 2 weeks of practice followed by 4 league games. Uniforms will be provided and only 40 spots are available, so sign-up now!

COACHES ARE NEEDED!

Contact Chris Wells (253) 238-4161 for more information

Registration Dates: June 3- July 5
Ages: 4 & 5 years old
Fee: \$40 per player

NEW!

UPS Loggers Basketball Camp

Logger basketball camps provide instruction for players to learn the fundamentals of basketball and develop skills necessary to improve on a daily basis. A strong emphasis on teamwork and positive communication will be a common theme throughout the camp along with becoming a better teammate both on and off the court.

Register online: www.loggerathletics.com
Dates: July 15 - 18
Times: 8:45am - 2:00pm
Fee: \$150
Location: UPS Memorial Fieldhouse

NEW!

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.

Ages 11 - 15 years old.

June 7

July 5

August 2

Skyhawks Sports Camps

Skyhawks camps are tailored specifically to each sport and provide quality instructors dedicated to the improvement of individual skills and development of personal excellence. The atmosphere of these camps is one of fun and sportsmanship. The following camps will be offered in Fircrest / U.P. this summer - Soccer, Basketball, Baseball, Flag Football, and Volleyball. Please register online at www.skyhawks.com

Mini-Hawk Camp (Soccer, Baseball & Basketball)

July 8- 11	Ages 4 - 6	9 AM - 12 PM	\$105	Fircrest Park
------------	------------	--------------	-------	---------------

Soccer Camps

July 8 - 11	Ages 6 - 8	9 AM - 12 PM	\$105	Whittier Park
July 8 - 11	Ages 8 - 12	9 AM - 3 PM	\$139	Whittier Park

August 12 - 15	Ages 5 - 8	9 AM - 12 PM	\$105	Fircrest Park
August 12 - 15	Ages 7 - 12	9 AM - 3 PM	\$139	Fircrest Park

Tiny- Hawk Soccer Camp

July 8- 11	Ages 3 - 4	6 PM - 6:45 PM	\$45	Fircrest Park
------------	------------	----------------	------	---------------

Flag Football Camp

July 15 - 18	Ages 7 - 12	9 AM - 12 PM	\$105	Fircrest Park
--------------	-------------	--------------	-------	---------------

Basketball Camp

August 5 - 8	Ages 5 - 7	9 AM - 12PM	\$105	Wainwright Intermediate
August 5 - 8	Ages 7 - 12	9 AM - 3PM	\$139	Wainwright Intermediate



Benefits of Youth Sports

Youth team sports teach children how to work with and get along with peers and how to have positive interactions with coaches and other adults. A meaningful and influential relationship with a coach encourages children to seek out other beneficial mentorships throughout their life. Sports provide the opportunity to build new friendships and learn how to manage oneself in a social and group environment.

Youth Activities-Continued

Coach Dawson's Top Cat Tennis Camps

Top Cat Tennis has been conducting tennis camps in the Tacoma area for over a decade. Lessons will be taught by Chet Dawson, tennis coach at Curtis Senior High School. A positive atmosphere will allow young players to learn the game of tennis and have fun doing it! Classes are held Monday through Thursday at the Fircrest Park Tennis Courts.

Times: 9:00 AM - 12:00 PM

Ages: 5-12 years old

Fee: \$95

Session 1: June 24 - 27

Session 2: July 1 - 5 (no camp July 4th)

Session 3: July 8 - 11

Session 4: July 15 - 18

Session 5: July 22 - 25

Session 6: July 29 - Aug 1

Session 7: August 5 - 8

Session 8: August 12 - 15

Session 9: August 19 - 22

Session 10: August 26 - 29



Early Bird Registration: \$90.00

Summer Drop-In Program

Let our trained recreation staff help your children learn a wide variety of skills including outdoor games, arts & crafts, board games, and game room challenges to enhance their summer fun.

Dates: June 24 - August 15 (Monday - Thursday)

Ages: 8-13 years old

Time: 10 AM - 2 PM

Fee: FREE

Fircrest Pool Schedule & Fees

Open Swim, Days and Hours

Weekday Open Swim Hours for May 25 through June 14:

Monday - Friday 3:30-6:30 PM

Weekend and Holiday Hours:

Saturday & Sunday: 1:30-6:00 PM & 6:30-8:30 PM

Weekday Open Swim Hours Starting June 17:

Daily: 1:30- 4:30 PM

Monday/Wednesday/Friday 5:30- 8:30 PM

Family Swim

Tuesday & Thursday

June 18 - July 2 & Aug. 13 - 29 5:30- 8:30 PM

July 9 - August 8 6:30- 8:30 PM

Cost

Fircrest Residents \$3.00

Non-Residents \$6.00

Swim Lessons

Summer swim lessons are offered for children of all ages* and levels. Half-hour lessons are every weekday morning for two-week sessions between 9 AM - 12 PM. Signups will be held on Thursday evenings, four days before the session begins. Don't forget to ask about our early bird sign ups.

Cost & Sign up times:

Fircrest Residents \$40

Non-Residents \$55

6:30- 8:30 PM

7:30- 8:30 PM

Sessions:

June 24 - July 5*

July 8 - July 19

July 22 - August 2

August 5 - August 16

Sign up date

June 20

July 3 (Wed)

July 18

August 1

Lessons will be held on July 4th

NO REFUNDS WILL BE GIVEN

Child must be 32" at the shoulder to be enrolled

Swim Team

To join the swim team you must meet one of four requirements. For a list of the requirements, please call the pool office.

Fircrest Residents

\$60

Non-Residents

\$100

Monday - Friday 12:00 - 1:30 PM

Monday - Friday 4:30 - 5:30 PM

Dates: June 24 - August 10



Night Swim Lessons

Night swim lessons will be offered on Tuesday and Thursday nights for five weeks in half-hour sessions.

Session I:

July 9 - August 8

Sign up July 3 (Wed)

5:30-6:00 PM or 6:00-6:30 PM

Pool Office Phone Number: (253) 564-8188

www.cityoffircrest.net

Adult Activities

Summer Men's 4 on 4 Basketball League

This self-officiated league is for men 25 years and over. Space is limited to first 12 teams. Team registrations are due no later than June 14h. Eight league games and a single elimination end of season tournament are included. Teams will need their own uniforms.

Days: Tuesdays and/or Thursdays

Fee: \$100 per team plus an 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.

Days: Mondays, Wednesdays, Fridays

Time: Mon/Wed /Fri-12-2:30 PM

Fee: Residents-Free / Non-residents-\$1



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.

Fee: \$1.00

Tennis Doubles

Meet for doubles tennis at the Whittier Courts. Join us for some good competition. Must bring a great attitude for fun. Starts on June 17

Days: Monday, Wednesday, Friday

Time: 9:00 - 10:30 AM

Fee: FREE!!

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 and its FREE!

Fee: FREE!!

Gentle Yoga

Do you think your physical limitations or age would prevent you from doing yoga? Have you been curious about yoga but were concerned about feeling out of place in a class? This class is for you! Improve your posture, increase your flexibility, build strength, and reclaim your ability to balance. Practice standing, seated, and reclining yoga poses that meet your physical needs now while expanding your abilities over time, and enjoy breathing and relaxation techniques to invite inner calm. Please bring a yoga mat, a water bottle, and a blanket or towel to class.

Days: Mondays, Wednesdays, Fridays

Time: 9:00 - 10:00AM

Fee: \$30.00 per month/ \$4.00 Drop-In / Free for Silver Sneakers

Chair Yoga

Silver/Sneakers Flex Chair Yoga offers the many benefits of yoga without getting up and down off the floor. Challenging, yet easily modified to meet your needs. Your Gentle Hatha Yoga practice will include using the breath and pairing it to movement, stretching your central axis (spine) in all five directions, and improving your strength, flexibility, and balance through a series of gentle yoga poses and balance activities. Relax, warm up, use your bodyweight for strength building in common yoga poses, balance activities, and cool down.. Finish with relaxation to integrate the practice. Bring a water bottle, a small blanket or towel, and your yoga mat. All adult beginners are welcome.

Days: Fridays

Time: 10:30-11:30AM

Fee: \$10 per month / \$4 Drop-in / Free for Silver Sneaker Members

Mindful Mondays

Learn how to activate your calming system with mindfulness.

This class is designed to reduce stress, improve sleep, increase joy, improve memory and concentration.

Days: Mondays

Time: 6:30-7:30 PM

Fee: \$20 per month or \$7 per drop in

\$10 per month for seniors and teens

\$4 per drop in for seniors and teens

Instructor: Nicole Reed

NEW!

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: 8:00 - 11:00 AM

Fee: \$1.00

Adult Activities-Continued

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. **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.

Tulalip Casino

Wednesday May 29th

9:00 AM – 4:30 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.

Pike Place Market

Wednesday June 12th

9:00 AM – 3:30 PM

Shop Seattle's market . Lunch on your own.

Poulsbo

Wednesday June 26th

9:00 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.

Westport & Winery Garden Tour

Wednesday, July 10th

9:00 AM – 4:30 PM

We will spend time in Westport , get candy at Granny Hazels then head to the Westport Winery Garden Resort and stop by for a tasting and tour of the gardens. Tastings are an extra charge and lunch is on your own.

Bainbridge Island Shopping and Distillery

Wednesday, July 24th

9:00 AM – 4:30 PM

You'll be delighted by our charming downtown and the Bainbridge Island Organic Distillers which makes multiple varieties of whisky. Tastings are an extra charge and lunch is on your own.

Port Townsend & FairWinds Winery

Wednesday, August 7th

9:00 AM – 4:30 PM

Enjoy the scenic drive, shopping and lunch with your friends. We will stop to take a tour and enjoy a taste at the FairWinds Winery. Tastings are an extra charge and lunch is on your own.

The Museum of Flight

Wednesday August 21st

9:00 AM – 3:30 PM

One small step! One amazing story! Destination Moon: The Apollo 11 Mission. The Museum of Flight is the world's largest independent, non-profit air and space museum in the world. Admission is extra and lunch on your own.

Centralia Antique Row & Outlet Mall

Wednesday, September 4th

9:00 AM – 3:30 PM

You will visit the Centralia Antique District featuring a collection of fine antique shops and then a stop at the Outlet Mall. Lunch on your own.

(An SR-71A Blackbird in NASA service, with an experimental fixture mounted on the plane's rear, in 1999. NASA photo)

Senior Foot Care

Available each month at the community center. Includes: soaking feet for 5-10 minutes, cleaning around cuticles and under nails, clipping and filing of nails, removing top layers of calluses or small corns and applying lotion. Foot care service takes 20 minutes, by appointment only. Bring your own towel. \$30.00

Book Exchange Program

Do you like to read? We have a book shelf in our Sr. Room where a variety of books are traded. There are several to choose from, just bring an old book you are done with and take one off of our bookshelf.



Community Center Facility Rentals

Facility	Daily Rental Rates	Deposit	After Hours Fee
Gym	\$ 350 Res / \$575 Non-Res	\$250 Res / \$500 Non-Res	\$15/hr
Sr. Rm.	\$ 55 Res/ \$80 Non-Res	\$100 Non-Res	N/A
Rm. B	\$ 55 Res/ \$80 Non-Res	\$100 Non-Res	N/A
Rm. C	\$ 55 Res/ \$80 Non-Res	\$100 Non-Res	N/A
Pavilion	\$ 57 Res/ \$115 Non-Res	\$100 Non-Res	N/A
Whittier	\$ 115 Res/ \$212 Non-Res	\$100 Non-Res	N/A
Pool	\$100 per hour Residents	N/A	
	\$150 per hour Non-Res	\$100 Non-Res	
Wading	\$75 per hour Residents	N/A	
	\$100 per hour Non-Res	\$100 Non-Res	

(The pool is available for rentals most Saturdays and Sundays 11 AM—1 PM, June - September)
(The wading pool is available for rentals 7 days a week 10 AM –Noon, June 3 – September 3)