

UMPQUA BANK & FIRCREST PARKS & REC PRESENT

# CONCERT PICNIC MARKET

**THURSDAY  
AUGUST 22  
5:00-8:30**  
FIRCREST PARK

**VENDORS &  
FOOD TRUCKS 5:00-8:30  
CONCERT 6:00-8:00**



HARMONIOUS FLUNK BAND



UMPQUA  
BANK

FIRCREST  
PARKS & RECREATION  
www.cityoffircrest.net

FIRCREST  
PARKS & RECREATION

# August 2024

**SEPTEMBER SENIOR TRIP  
ISSAQUAH SALMON HATCHERY  
WEDNESDAY, SEP 18TH**

LUNCH AT




**\$30**

MEET 9:00 AM  
DEPART 9:15 AM  
LEAVE TO  
COME HOME 3:30 PM

FIRCREST PARKS & RECREATION



Variety of  
youth camps  
[skyhawks.com](http://skyhawks.com)

**AUGUST SENIOR TRIP  
LAKEWOLD GARDENS  
THURSDAY, AUG 15TH**

LUNCH AT  
CARRS




**\$30**

TEA & PASTERIES AT  
Steeped in Comfort

FIRCREST PARKS & RECREATION

ROY H. MURPHY COMMUNITY CENTER

Hours:

Monday-Friday 8AM-9PM

Saturday-Sunday 9AM-5PM



253-564-8177



555 Contra Costa Ave,  
Fircrest, WA 98466

All programs & prices are  
subject to change. For the most  
up to date information please  
call or visit our website:

**[cityoffircrest.net](http://cityoffircrest.net)  
[fircrest.recdesk.com](http://fircrest.recdesk.com)**



## Littles

Storytime Returns  
Sept 3rd\*\*

### Tot Gym

Tu, Th 11-1:30PM

Free

Toys, games, sports, puzzles, activities, and more. Y0-5

### Snapology

Register @ [snapology.com](https://snapology.com)

\$60+

Hands-on, engaging, and interactive activities. Y4+

### Creative Movement Ballet

Th - 10AM | 10:45AM

\$156

Express the inner joy of movement through ballet. Y3-6

## Youth

### 16&Under Open Gym

M-F - 2PM-4:15PM

Free

Open gym with rotating activities.

### Family Pickleball

Saturdays 9:30AM-1PM

Free

Drop-in pickleball for families. All experience levels welcome.

### Kids Summer Camp

July-August

\$165/  
\$195

More information on flyer

### Cross Country

Starting September

\$50/  
\$80

K-6th Grade - 4:00PM  
Sept 13th - Nov 15th

### Wednesday Workouts

Starting September

\$100

Basketball skills, strategies, & movements. K-4th/5th-8th

### Creative Movement Ballet

Th - 12:15AM

\$156

Express the inner joy of movement through ballet. Y6-8

[fircrest.recdesk.com](https://fircrest.recdesk.com)

## Adult Athletics

### Basketball

Adult Drop-In  
M, W, F 12-2PM

\$2-4  
or  
Pass

Drop-In competitive or independent for 18+

### Volleyball

Th - 6-8:30PM

\$2-4  
or  
Pass

Drop-In volleyball, all experience levels welcome.

### Pickleball

M, W, F 8:30-11:30AM

\$2-4  
or  
Pass

Drop-In pickleball, all experience levels welcome.

### Ping Pong

Tu, Th 8:30-11:30AM

Free

Fun and competitive drop-in table tennis.

### Beginner Pickleball

Saturdays 9:30AM-1PM

Free

Drop-in pickleball for families. All experience levels welcome.

## Adult Fitness

### Gentle Yoga

M, W, 1st & 3rd F 9AM

\$6-  
\$50

Build strength, increase flexibility, & improve balance.

### Yoga Fusion

Thursdays 9AM

\$6-  
Included w/  
Gentle Yoga  
Fee

Dynamic blend of yoga, pilates, and functional movement.

### Chair Yoga

M, W 10:30AM

\$6-  
\$35

Includes seated, standing, balance postures and breath practices.

[cityoffircrest.net](https://cityoffircrest.net)

## Adult Fitness

### Barre Classes

W 6PM, Su 10:30AM

\$15-  
\$50

Low-Impact work out comb. pilates, yoga, and ballet.

### Barre/HIIT Class

F 10:30AM

\$15-  
\$50

Full body workout, alternating strength and cardio.

### Beginner Barre Class

Su 9:30AM

\$15-  
\$50

Low-Impact work out comb. pilates, yoga, and ballet.

## Adult Activities

### Senior Mornings

M, W, F 9-11AM

Free

Rotating coffee, doughnuts, games, newspaper & community.

### Aug Senior Day Trip

Lakewold Gardens

\$30

Visit our Community Center or website to sign up.

### Sept Senior Day Trip

Issaquah Salmon Hatchery

\$30

Visit our Community Center or website to sign up.

### Pinochle Group

Thu & F 12-4PM

Free

Pinochle Group in the Gathering Space.

### Bridge for Beginners

W 3:30-5:30PM

Free

Weekly meetup for anyone new or returning to bridge.

facebook & instagram  
[@fircrestparksandrec](https://www.facebook.com/fircrestparksandrec)