City of Renton Recreation Division

Let’s Go Renton!

June - September 2022

rentonwa.gov/register
Info & Contacts

Recreation Information
rentonwa.gov/recreation
recreation@rentonwa.gov

Senior Center
rentonwa.gov/rsac
425-430-6633

Questions?
425-430-6700

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Course Fees

Renton Resident (R) and Non-Resident (NR)
“R” indicates a fee for City of Renton residents and “NR” indicates a fee for non-residents.

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Reservations or registration is required to participate in all recreation scheduled activities and programs. Staff and participants will have the choice to wear, or not to wear a mask while in our facilities, with the expectation that all choices will be respected.

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Remember & Honor 2022

MEMORIAL DAY CELEBRATION
MONDAY, MAY 30, 1:00PM

VETERANS MEMORIAL PARK, 1000 S 3RD ST.
RENTONWA.GOV/EVENTS

City of Renton Recreation Division // 2
Gather with your friends & family for a great line-up of movies while sitting under the stars!

In the event of inclement weather, call the inclement weather line at 425-430-6719. Cancellation decision will be made at 5:00 pm.

July 22
FRIDAY

Encanto
Liberty Park
1101 Bronson Way N
Movie @ Dusk
(Part of Renton River Days)

Aug 5
FRIDAY

Jungle Cruise
Kennydale Lions Park
2428 Aberdeen Ave NE
Movie @ Dusk

Aug 13
SATURDAY

Spider-Man: No Way Home
Piazza Park
233 Burnett Ave S
Movie @ Dusk
(SummerFest)

Aug 26
FRIDAY

Sing 2
Thomas Teasdale Park
601 S 23rd St
Movie @ Dusk

Low-back chairs and blankets only in the viewing area please.

rentonwa.gov/events
2022 Summer Concerts and Entertainment Series

**SUMMER CONCERTS**

**JUNE 29**
**THE JEWEL TONES**
Wed, 7-8:30pm, Gene Coulon Park
Motown & Funk

**JULY 12**
**THE KENNYDALES**
Tues, 7-8:30pm, Gene Coulon Park
One Hit Wonder & Yacht Rock

**AUG 17**
**DANNY GODINEZ GROUP**
Wed, 7-8:30pm, Sunset Nbrhd Park
Latin-Infused Rock, Soul & Jazz

**AUG 31**
**CORY WILDS BAND**
Wed, 7-8:30pm, Piazza Park
“Date Night” Blues & Rock

**JUNE 30**
**A WORLD OF MUSIC**
Thur, 11:30am, Liberty Park
Join Eli Rosenblatt for beats and melodies from around the world which inspire unity.

**JULY 11**
**CANTANDO Y JUGANDO 2022**
(Singing & Playing 2022)
Mon, 11am, Sunset Neighborhood Park
Join Marco Cortes to sing and dance along to familiar songs in Spanish and English.

**AUG 1**
**AMAZING MAGIC SHOW**
Monday, 1pm, Heritage Park
Discover the amazing things that happen when you open a book and read with Jeff Evans!

rentonwa.gov/events
On the Road Again!

2022 RENTON RIVER DAYS
July 22-23
Downtown Renton

Parade • Live Music • Food Trucks
Urban Market • Beer & Wine Garden
Fun Walks • Antique Boat Show
Movie in the Park • Rubber Ducky Derby
Road Trip Around Renton-App Activity • Nibble Around Renton

RentonRiverDays.org
FIREWORKS @10PM
DJ STARTING AT 6:30PM
VOLLEYBALL TOURNAMENT

MONDAY, JULY 4TH
GEOE COULON MEMORIAL BEACH PARK, 1201 LAKE WASHINGTON BLVD. N.

RENTONWA.GOV/JULY4

4TH OF JULY
RECREATIONAL COED REVERSE DOUBLES
VOLLEYBALL TOURNAMENT
MONDAY, JULY 4, 8AM–5PM
CEDAR RIVER PARK, $60
Join us to celebrate the 4th of July at Cedar River Park! Pool play in the morning followed by single elimination play in the afternoon. Prizes for 1st and 2nd place in all divisions!
Register today, space is limited.

RENTONWA.GOV/REGISTER
Coed Recreational, B/BB Level #11361
Coed Competitive, A/AA Level #11360
Get Involved in 2022

Volunteer your time and talents to support City of Renton programs, projects and events!

One-time or ongoing opportunities are available to fit your schedule. Volunteering is a great way to connect with community members and make a difference where you live.

1. Create an account at rentonwa.gov/volunteer
2. Check the box(es) that describe your interests
3. You will be notified to register when a related program, project or event is scheduled.

Check back for more information on volunteering for park beautification projects, at the Farmers Market, or becoming a Trail Ranger.

If your group or business would like to participate in a park beautification project, contact Teresa Nishi, at tnishi@rentonwa.gov or 425-430-6694.

Renton Community Concert Band

SUMMER CONCERT

Sunday, June 12, 4pm

Renton IKEA Performing Arts Center
400 S Second St., Renton

Adults = $10, Students & Seniors 50+ = $7.

Tickets can be purchased at Renton Community Center, Renton Senior Activity Center, or at the door on the day of the performance.

rentonwa.gov/events // 425-430-6700
Water Quality Assessment – Ballard Locks Field Trip
Wed, Aug 17, 9am–1pm
ALL AGES. Children must be accompanied by an adult. The Environmental Science Center will lead participants on an exciting and educational experience at the Ballard Locks. Participants will learn more about watersheds and storm water management during this water quality trip, comparing water quality data collected at the Ballard Locks and the Cedar River. Participants will meet at the Renton Community and travel to the Ballard Locks, transportation provided. Space is limited. Registration code #11066

Water Quality and Macroinvertebrate
Wed, June 22, 12:30-2pm
AGES 50 & UP. The Environmental Science Center will provide a fun, interactive opportunity to learn more about the biodiversity of the Cedar River and actions you can take to protect our shared watershed. This program will include water-quality lessons to better understand storm water issues and incorporate behavior change practices which promote stewardship actions. Registration code #11007

Free with registration at rentonwa.gov/register

Funded by King County Department of Natural Resources and Parks Wastewater Treatment Division
RESERVE YOUR TIME AT RCC!

Register for all sessions online at rentonwa.gov/register or call 425-430-6700

Reservations for Fitness Room, Racquetball and Gym usage are available Mon–Fri 9am–7pm and, Saturdays 9am–3pm.

NOTE: All sessions are reservation-based. Please see Indoor Recreational Facility Access information on page 2
### Summer 2022 Day Camps!

**AGES 6 - 14**

Sign up today!
rentonwa.gov/register

**Registration open!**
7am-6pm
$190 Resident
$230 Non-Resident

*Except week of July 5-8: $152 Res / $184 Non-Res*

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<thead>
<tr>
<th></th>
<th>Kennydale Lions Park</th>
<th>Thomas Teasdale Park</th>
<th>Tiffany Park</th>
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<td>1</td>
<td>June 27–July 1</td>
<td>Goin’ Green</td>
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<td>July 18–22</td>
<td>Mad Science</td>
<td>Artful Adventures</td>
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<td>Aug 8–12</td>
<td>Artful Adventures</td>
<td>Summer in Seattle</td>
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<td>For the Fun</td>
<td>To the Extreme</td>
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<td>Aug 22–26</td>
<td>Clowns &amp; Castles</td>
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COYLE OUTSIDE

Call Coyle Outside for details about curriculum 541-760-0774.

Coyle Outside donates 10% annual profit to causes that benefit youth and nature. *Reduction in price this year made possible by the SEEK (Summer Experiences & Enrichment for Kids) Grant from the Washington Recreation & Park Association (WRPA), Association of Washington Cities (AWC), and the Office of the Superintendent of Public Instruction (OSPI)*

For all courses: bring appropriate clothing, snacks and lunch.

Intro to Wilderness Survival

AGES 6–9. No prerequisites needed. Learn the basics of thriving in the wild. Campers learn confidence, initiative, communication and common sense through fun survival scenarios in teams and on their own. Skills taught include shelters, fire building, cordage, navigation, knots, traps, primitive skills and more. We won’t get to everything, there’s too much, but the week is packed! We play survival themed games and the week ends with an exciting final scenario and a certificate of achievement.

RON REGIS PARK
MON-FRI, $250R/$300NR
July 11–15 10870 9am–2:30pm
Aug 15–19 10873 9am–2:30pm

Girls Earth Skills

AGES 9–14. Work in teams to build communication and leadership skills, and work independently to build focus, self-esteem and self-sufficiency by practicing an array of wilderness skills, such as shelter construction, fire building, tool and knife use, knots and ropes, navigation and plant identification. Instructors make it both fun and challenging with creative team scenarios to problem solve in small groups. Play fun games, make new friends and earn a skills certificate.

RON REGIS PARK
MON-FRI, $250R/$300NR
Aug 1–5 10872 9am–4pm

Advanced Wilderness Survival

AGES 9–14. No prerequisites needed. This camp goes in depth into critical survival skills using fun, challenging scenarios. Participants work on their own and in teams to problem solve various skills challenges such as shelter, fire, tool use, knife safety, traps, rope and knots, plant uses, animal tracking, primitive skills, navigation and more (we can’t cover all of it in one week!) Instructors help participants build initiative, self control, confidence and communication skills while making new friends. We play survival-themed games and the week ends with an exciting final scenario and a certificate of achievement.

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RON REGIS PARK
MON-FRI, $250R/$300NR
July 18–22 10871 9am–4pm
**Specialty Camps**

### CARTOONIVERSITY

**AGES 9–14.** A unique opportunity for kids of any skill level to learn all aspects of cartoon drawing from local professional cartoonist Jeff Johnson. This camp emphasizes developing each artist’s own style in a positive, encouraging classroom environment.

**RENTON COMMUNITY CENTER**
**MON–FRI, $400R/$480NR**
**July 18–22** 10856 10am–3pm

### INCREDIFLIX

**AGES 7–13.** Students work in age appropriate groups. All flix will be professionally edited and downloadable within a month after program ends. Taught by IncrediFlix staff. $35 Production Fee included in the cost of half day program, $70 production fee included in the cost of full day program. Check out our website (www.IncrediFlix.com) for examples of each program! Join us for the full day combo for a discount plus free lunch supervision! Bring snack, lunch and drink. Flix emailed within a month after camp ends.

**FULL DAY**
**RENTON COMMUNITY CENTER**
**MON–FRI, $486R/$584NR**
- Live Action & Lego Flix  
  July 11–15 10852 9am–4pm
- Action Movie & Stop Motion Flix  
  July 25–29 10855 9am–4pm

**HALF DAY**
**RENTON COMMUNITY CENTER**
**MON–FRI, $258R/$310NR**
- Live Action Flix  
  July 11–15 10850 9am–12pm
- Lego Flix  
  July 11–15 10851 1–4pm
- Action Movie Flix  
  July 25–29 10853 9am–12pm
- Action Stop Motion Flix  
  July 25–29 10854 1–4pm

### Eastside Dream Elite

**CHEER CAMP**

**AGES 5–12.** Learn to be a cheerleader! This cheer camp is designed for those who want to cheer, jump, and dance. It’s a fun week-long camp where participants will learn to perform cheers and dance routines, and even do some beginning tumbling. All cheerleaders will receive a camp T-shirt and more. Please bring a sack lunch, a snack, and a water bottle, and wear comfortable clothes and tennis shoes. Please have long hair up in a ponytail. Cheer camp is put on by Eastside Dream Elite Cheer & Dance, EastsideDreamElite.com

**RENTON COMMUNITY CENTER**
**TUES–FRI, $170R/$204NR**
**July 5–8** 10784 9:30am–3:30pm

**MON–FRI, $210R/$252NR**
**July 11–15** 10785 9:30am–3:30pm
Sports Science
AGES 6–12. In this class, children will learn the science behind their favorite sports. Students will learn about momentum, energy, measurement, air pressure, and much more as they perform simple experiments related to sports. Perfect for both sports and science lovers, this fun interactive program exercises both the body and the mind.
RENTON COMMUNITY CENTER
$159R/$191NR
July 5–8  10815  9am–12pm

Ninja Adventures
AGES 6–12. Ninja Adventures: Sensei Wu needs you! Design a new dojo for Snapology made from LEGO® bricks and train your men to battle with the best. Go through ninja training and earn your black belt, Snapology–style. Get ready to have fun and become a Master Ninja.
RENTON COMMUNITY CENTER
$199R/$239NR
July 11–15  10816  9am–12pm

Mini-Figure Mania
AGES 6–12. During this class we will let you play with our secret stash of mini-figures...from movie characters to sea creatures! Join us as we shrink ourselves to mini-figure size and create our own mini-figure worlds. Welcome to mini-figure mania!
RENTON COMMUNITY CENTER
$199R/$239NR
July 18–22  10817  9am–12pm

Planes, Trains & Automobiles
AGES 6–12. Cars, buses, trains, and airplanes are all important for communities and the world to stay connected. In Snapology’s Planes, Trains, and Automobiles program, your little learners will explore the importance of transportation and build models of cars, trains, boats, and more using Kid K’NEX Most importantly, they will experience important social interactions while working with a partner and learning with the group. Get ready for your child to come home with a whole new set of transportation facts!
RENTON COMMUNITY CENTER
$199R/$239NR
July 25–29  10818  9am–12pm

Brick Art & Design Lab (Art History)
AGES 6–12. Edgar Degas, a famous artist, once said, ‘Art is not what you see, but what you make others see’. As your child learns about different types of art and the periods they were created, students will be interpreting what they see and creating their own works of art using LEGO® bricks. Through Snapology’s interactive Art History class, children will learn about Da Vinci’s Mona Lisa, Van Gogh’s Starry Night, Wright’s Falling Water, and many more!
RENTON COMMUNITY CENTER
$199R/$239NR
Aug 15–19  10819  9am–12pm

Science of Superpowers
AGES 6–12. In Snapology’s Science of Superpowers program, children will learn about the science behind their favorite heroes’ powers. Students will learn about gravity, aerodynamics, forces, motion, and much more as they learn about flight, super villain fights, and superhero vehicles.
RENTON COMMUNITY CENTER
$199R/$239NR
Aug 22–26  10820  9am–12pm
Scholarships for course fees are available for youth 18 or younger, adults 50 and older, and individuals who participate in Adaptive Rec programs. This program is funded entirely through generous donations from individuals, service organizations, businesses, and grants.

Complete an application at rentonwa.gov/scholarship
For questions, email recreation@rentonwa.gov

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**Kindergarten Here I Come!**

**AGES 4-5.** Children enrolling in Kindergarten for Fall 2022 will get a jump start on the upcoming school year! A terrific curriculum combines general kindergarten learning with widely utilized daily routines to spark interests leaving students wanting more! Bring a small snack to class. Child must be 5 years old by August 31, 2022.

RENTON COMMUNITY CENTER
MON–THUR, $80R/$96NR
Aug 1–4 11058 9:15am–12pm

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**Dancing Around the World With Disney**

**AGES 3-8.** Be Our Guest and travel around the world with us as we experience a new Disney theme each day of the week! This is a perfect introduction to the art of dance for children of all abilities. Dancers create a small craft to take home on the last day of camp.

RENTON COMMUNITY CENTER
MON–FRI, $60R/$72NR
Age 3-4  Aug 1–5 11062 9:15–10:15am
Age 5-6  Aug 1–5 11063 10:30–11:30am
Age 7-8  Aug 1–5 11065 11:45am–1pm

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**Youth Hip Hop Dance**

**AGES 6-12.** Jump, spin and stomp to the beat. Join us for a weekly high energy and engaging 45-minute Hip Hop class with Teacher Kendra. All dancers are welcome at every skill level. We will also be working towards at least 2 dance performances in the year.

RENTON COMMUNITY CENTER
WEDNESDAYS, 5–5:45PM
June 1–29 10903 $40R/$48NR
July 6–27 10904 $30R/$36NR
Aug 3–31 10905 $50R/$60NR

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Apply for a scholarship at rentonwa.gov/giftofplay
Our baseball program is about fun, participation, and skill development. Children will be placed on a team of 8 to 12 players and assigned a volunteer coach.

One practice and one game per week. Each player will receive a shirt and hat. We recommend each player provide their own helmet and glove.

**EARLY JULY — END OF AUGUST • RENTONWA.GOV/REGISTER**

**TBall** Ages 3–6
Practices and games for ages 3–6 will take place on Saturday mornings/afternoons at Kennydale Lions Park or Maplewood Park.
AGES 3–4, JULY 2–AUG 27, $65R/$78NR
10926 10am–2pm Maplewood Park
10924 10am–2pm Kennydale Lions Pk

AGES 5–6, JULY 2–AUG 27, $65R/$78NR
10925 10am–2pm Maplewood Park
10591 10am–2pm Kennydale Lions Pk

**Coach Pitch** Ages 9–11
Games on Wednesday evenings at Cedar River Park. One weekday evening practice will also be scheduled, which will be determined by the volunteer coach.
JUNE 29–AUG 24, $65R/$78NR
10927 5–8pm Cedar River Park

**Girls Coach Pitch Softball** Ages 9–11
Games on Thursdays evenings at Cedar River Park. One weekday evening practice will also be scheduled, which will be determined by the volunteer coach.
JUNE 30–AUG 25, $65R/$78NR
10929 5–8pm Cedar River Park

**Volunteer Coaches Needed!**

**AGES 16 & UP.** Our program would not be possible without the dedication of volunteer coaches. The more coaches we recruit, means more kids participating! Often, multiple coaches are needed for each age group. Our coaches receive a recreation coaching shirt, weekly lesson plans, and the gratification that comes with giving back to your community.

**Facts about coaching:** All equipment and lesson plans are provided. You provide two hours of commitment per week! Volunteer coaches must pass a national background check.

**Contact Sean Conway, sconway@rentonwa.gov** for the application.
CoEd Volleyball Clinic

AGES 8–14. Renton’s Youth Volleyball Clinic will work to improve skills in serving, passing, setting, and hitting! Our coaches will cover ball handling, footwork, and court awareness. Each progressive session will involve full game play, and being a good teammate is encouraged! We offer sessions for beginners and our more seasoned volleyball players. Each player will receive a T-shirt. Knee pads and comfortable clothing recommended.

SATURDAYS, RENTON COMM. CENTER
Beginner $30R/$36NR  July 16–Aug 27  10973  9–10am
Intermediate $60R/$72NR  July 16–Aug 27  10974  10am–12pm

For schedule of location, dates, and times, go to:
rentonwa.gov/summerlunch

Track Trail
Cedar River Trail Park

ALL AGES. Track Trail is a FREE self-guided nature walk starting at Cedar River Trail Park, 1060 Nishiwaki Lane. Families can have fun and learn about animals, trees, salmon, and the outdoors. Educational brochures for families are available at the Track Trail Kiosk. or can be printed at home via kidsinparks.com/cedar-river-trail-park.

Families can have fun and learn about animals, trees, salmon, and the outdoors. Educational brochures for families are available at the Track Trail Kiosk. or can be printed at home via kidsinparks.com/cedar-river-trail-park.

Earn prizes when you record your journey online.

2022 Summer Meal Program
for Greater Renton Area

Renton School District will provide FREE summer meals IN-PERSON to all children ages 1 to 18.

Monday, June 27 - Friday, August 19

- Everyone welcome, ages 1 to 18
- No registration required
- Lunch must be eaten on-site
- Served Monday – Friday (unless noted)
- No lunches served on July 4

For schedule of location, dates, and times, go to: rentonwa.gov/summerlunch

& Family Fun Extravaganza!

These events are in partnership with King County Library System at summer meal sites.

June 30 Thursday, 11:30am
Liberty Park, 1101 Bronson Way N
A WORLD OF MUSIC Beats and melodies from around the world. 11am: Free lunch for ages 1-18

July 11 Monday, 11:00am
Sunset Nghbrhd Park, 2680 Sunset Ln NE
CANTANDO Y JUGANDO 2022 (Singing & Playing)
Familiar songs in Spanish and English. 12pm: Free lunch at elementary for ages 1-18

Tuesday, July 19, 11am
Tiffany Park, 1902 Lake Youngs Way SE
GANSANGO MUSIC & DANCE COMPANY Dance and drumming from West Africa. 12pm: Free lunch at elementary for ages 1-18

Monday, August 1, 1pm
Heritage Park, 233 Union Ave. NE
AMAZING MAGIC SHOW Discover the amazing things that happen when you open a book. 11am: Free arts & crafts, 11:45am: Free lunch for ages 1-18; 2pm: Free snack to children ages 1-18
Skyhawks Sports Academy provides sports programs where children discover and develop athletic skills and social values, such as teamwork, respect and sportsmanship. We offer children a positive sports experience while promoting a healthy, active lifestyle.

**SUMMER 2022**

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<th>Course</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Ages</th>
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<td><strong>MINI-HAWK CAMP (BASEBALL, BASKETBALL &amp; SOCCER)</strong></td>
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<td>9:00 a.m. - 12:00 p.m.</td>
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<td>SSA134549 7/05 - 7/08</td>
<td>T,W,T,F</td>
<td>9:00 a.m. - 12:00 p.m.</td>
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<td>SSA134505 6/20 - 6/24</td>
<td>M-F</td>
<td>9:00 a.m. - 12:00 p.m.</td>
<td>4-7</td>
<td>$145/167.00*</td>
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<td>9:00 a.m. - 3:00 p.m.</td>
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<td>$180/208.00*</td>
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<td>SSA134539 7/05 - 7/08</td>
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<td>$125/143.00*</td>
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<td>7-12</td>
<td>$180/208.00*</td>
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<td><strong>BEGINNING GOLF CAMP</strong></td>
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<td>9:00 a.m. - 12:00 p.m.</td>
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<td>Cedar River Park</td>
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<td><strong>MULTI-SPORT CAMP (BASKETBALL, FLAG FOOTBALL &amp; SOCCER)</strong></td>
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<td>SSA134533 6/27 - 7/01</td>
<td>M-F</td>
<td>9:00 a.m. - 3:00 p.m.</td>
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<td>9:00 a.m. - 3:00 p.m.</td>
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<td>$180/208.00*</td>
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<td>SSA134745 8/22 - 8/26</td>
<td>M-F</td>
<td>9:00 a.m. - 3:00 p.m.</td>
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<td><strong>VOLLEYBALL CAMP</strong></td>
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<td>$145/167.00*</td>
<td>Renton Community Center</td>
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*Non-resident fee applicable to all customers not a resident of Renton.
ADAPTIVE RECREATION

Connect with Adaptive Rec participants through “The Buzz” quarterly publication for virtual activities and in-person activities!

Club Thursday
We’re back and ready to socialize! Spend time with your friends in a fun mini-series of Club Thursday. Each session will have a different theme or activity with a light snack provided. You may only sign up for one of the Club Thursday groups (A or B) so make sure to coordinate with your friends before you sign-up!

7–8:30PM, $24R/$29NR
RENTON SENIOR ACTIVITY CENTER

Group A: #11436
June 16, July 14, Aug 11

Group B: #11437
June 23, July 21, Aug 18

Trivia Night Series
Once over Zoom, now in person! Bring your trivia game for a three-part Summer Trivia Series. Compete with your friends, show off what you know, and if you’re lucky, become the trivia champion for the evening!

THURSDAY, 6–7PM
RENTON SENIOR ACTIVITY CENTER
Jun 9, Jul 7, Aug 4  #11438 $18R/$22NR

Movie Nights at CARCO Theatre

$5, PRE-REGISTRATION REQUIRED
Have you ever wanted your own private movie theater experience? Now’s your chance! Come hang out with your Adaptive Rec friends and enjoy a movie at Carco Theatre! Light snacks provided. This event is open to Adaptive Recreation participants, family, and caregivers.

THURSDAY, 6–8:30PM
CARCO THEATRE
Jun 30  #11439 $5
Aug 25  #11440 $5

Night at Henry Moses Aquatic Center

ALL AGES Come join us for an exclusive swim session at the Henry Moses Aquatic Center! This after-hours event is open only to Adaptive Recreation participants, family, and caregivers. Enjoy the VIP experience and have a fun night swimming, sliding, or maybe just floating in the lazy river!

FRIDAYS, 7:30–9:30PM
HENRY MOSES AQUATIC CENTER
July 1  #11394 $5
July 29  #11396 $5
Aug 26  #11397 $5

Softball

AGES 8 & UP. Special Olympics Softball is open to both youth and adults of all skill levels! Practices are at Renton High School. Bring your own glove and come ready to play!

MONDAYS & WEDNESDAYS, 6–7PM
RENTON HIGH SCHOOL
June 22–Aug 10  #10995 $34R/$40NR

Pickleball Club

AGES 8 & UP. Join us for evening sessions filled with fun, friends, and of course Washington’s state sport, Pickleball! Practices are open for youth and adults of all skill levels. Equipment is provided, but if you prefer, you are welcome to bring your own.

TUESDAYS, 6–7PM
RENTON COMMUNITY CENTER
Jun 21–Aug 23  #10994 $34R/$40NR

Apply for a scholarship at rentonwa.gov/giftofplay
ADULT FITNESS

Dance Fitness and Cardio Hip Hop

AGES 14 & UP. We are movin’ and groovin’ outdoors this summer under the covered area at Honeydew Elementary. This class is a high energy cardio fitness class with warm-up and cool-down. Just have fun and let the music move you to Hip Hop, Reggaeton and some Pop beats. All levels of fitness are welcome to join. Bring a water bottle and towel and get ready to work it!

SATURDAYS, 9:30–10:30AM
HONEYDEW ELEMENTARY

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<td>Aug 6–27</td>
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<td>$20R/$24NR</td>
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Single-session reservations:
June 4–Aug 27  10923 $5R/$6NR

Body Sculpt

AGES 14 & UP. Body sculpt is a fusion of strength training, Pilates and Yoga with a focus on core strength and flexibility. All levels of fitness are welcome to join and modifications will be shown. Join us outdoors this summer at Honeydew Elementary under the covered area for a summer of fitness fun. Just bring a water bottle, a mat and weights 5 lbs or less (optional.)

THURSDAYS, 6–6:45PM
HONEYDEW ELEMENTARY

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<td>Aug 4–25</td>
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Single-session reservations:
June 2–Aug 25  10922 $5R/$6NR

Dance Fitness and Cardio Hip Hop with Body Sculpt

AGES 14 & UP. Come glow and glisten outdoors with a 60 min. Dance Fitness/Cardio Hip Hop session followed by 30 mins of Sculpt toning. The first 60 minutes, just let the music move you and get your cardio fitness in. This will be followed by 30 minutes of Body Sculpt, a fusion of strength training, Pilates and Yoga with a focus on core strength and flexibility. Come and get your workout in for one class or both! All levels of fitness are welcome to join, no experience required. Bring a water bottle and towel and get ready to work!

MONDAYS, 6–7:30PM
HONEYDEW ELEMENTARY

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<tr>
<td>Aug 1-29</td>
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Single-session reservations:
June 6–Aug 29  11004 $5R/$6NR

Cardio Fusion

AGES 16 & UP. Start your day with a well rounded workout! 15 minutes of cardio, 15 minutes of weights, 15 minutes of core (abs/back) and 15 minutes of yoga. All fitness levels welcome!

THURSDAYS, 9:05–10:05AM
RENTON COMMUNITY CENTER

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<td>July 7–28</td>
<td>10900</td>
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<tr>
<td>Aug 4–25</td>
<td>10901</td>
<td>$24R/$29NR</td>
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Single-session reservations:
June–Aug  10902 $7R/$8.50NR

City of Renton Recreation Division // rentonwa.gov/register // 19
### Self Discovery Self Defense

#### Level 1: “Getting Stronger Together!”
This program is ideal for all women ages 15 and up, including individuals who are transgender, non-binary or self-identify as female. Learn confidence, practice verbal boundary setting, how to defend yourself, and how to fight back if necessary.

**TUESDAYS, 5:30–7PM**
RENTON COMMUNITY CENTER

- **June 7–28**: 11256 $95R/$114NR
- **Aug 4–25**: 11255 $95R/$114NR

#### Level 2: “Be Unlimited!”
This program is ideal for all women ages 15 and up, including individuals who are transgender, non-binary or self-identify as female. In this series, we build on everything you learned in Level 1 with additional scenario training, sexual assault prevention and defense, and more!

**TUESDAYS, 5:30–7PM**
RENTON COMMUNITY CENTER

- **Aug 2–23**: 11255 $95R/$114NR

### Self Defense for Pre-Teens/Teens & Moms
This program is ideal for all pre-teens/teens (ages 11-16) and their parent/guardian. Learn confidence, practice verbal boundary setting, how to defend yourself, and how to fight back if necessary.

**TUESDAY, 3–7PM**
RENTON COMMUNITY CENTER

- **Aug 30**: 11256 $185R/$222NR

### Self-Defense for LGBQTIA+ & Allies
Connect with others who share a passion for living an authentic life - and a safe life! Learn confidence, practice verbal boundary setting, how to defend yourself, and how to fight back if necessary. All are welcome; Individuals 15 years and younger require an adult ally.

**SATURDAY, 9AM–12PM**
RENTON COMMUNITY CENTER

- **July 30**: 11253 $185R/$222NR

### Self Defense for Small Business Owners
Repower your confidence and connect with other small business owners in this one-of-a-kind program. Learn how to keep yourself and your employees safe - and network with other entrepreneurs like you!

**SATURDAY, 9AM–12PM**
RENTON COMMUNITY CENTER

- **July 9**: 11252 $185R/$222NR

### Meditation in the Park
**AGES 16 & UP.** Settle into your heart space, discover a more peaceful mind and nourish the body with this mid-week evening meditation. Join us under the large shaded trees along Cedar River at Jones Park, a hidden gem in downtown Renton. All curious minds and open hearts welcome! No experience needed. Bring a mat, eye cover, cushion or blanket for your comfort Optional: notebook and pen to record your insights.

**WEDNESDAYS, 6:30–7:30PM**
JONES PARK

- **June 22**: 10985 $12R/$15NR
- **July 13**: 10986 $12R/$15NR
- **July 27**: 10987 $12R/$15NR
- **Aug 10**: 10988 $12R/$15NR
- **Aug 24**: 10989 $12R/$15NR

### Healing Friday – Yoga and Sound Bath Experience
**AGES 16 AND UP.** Join us outdoors for this unique experience at the Senior Center along the Cedar River. The course will start with gentle yoga flow to align the spine. Participants will then meditate, heal and connect by listening to the beautiful sounds of Tibetan and crystal bowls, ocean drums and the majestic gong. This course will be led by Renata Couri, certified Yoga teacher and Sound Bath Therapist. Don’t miss out, space is limited.

**FRIDAY, 7–8PM**
RENTON SENIOR ACTIVITY CENTER

- **Jun 17**: 11307 $20R/$25NR

### Healing Friday – Yoga and Sound Bath Experience
**AGES 16 AND UP.** Join us outdoors for this unique experience at the Senior Center along the Cedar River. The course will start with gentle yoga flow to align the spine. Participants will then meditate, heal and connect by listening to the beautiful sounds of Tibetan and crystal bowls, ocean drums and the majestic gong. This course will be led by Renata Couri, certified Yoga teacher and Sound Bath Therapist. Don’t miss out, space is limited.

**FRIDAY, 7–8PM**
RENTON SENIOR ACTIVITY CENTER

- **Jun 17**: 11307 $20R/$25NR
ADULT LEAGUES

FOR ALL LEAGUES: Full payment is due at the time of registration. Space is limited. Top teams will advance to a league championship tournament. Tournament winners will receive awards.

**Kickball League**
Coed Adult
Thursday

Remember playing kickball as a kid? It is simple fun, social and anyone can play! Gather your friends, family and co-workers and kick some red rubber balls. Officials provided, four men and four women must be on the field at the start of a game. Summer games are played on Thursday evenings 6–10pm.

Team fee: $350 + WA state sales tax.

**SUMMER,** June 2–July 28, #10564

**FALL,** Aug 11–Oct 6, #10690

**Softball League**
Summer Coed Adult
Sundays

The summer co-ed Rec softball league runs on Sundays from early June to late July. This is a recreational skill level league. All teams are guaranteed 8 single games. All games are played on Sundays at 3pm, 4:15pm, 5:45pm, or 6:30pm. League follows USA Softball format, and provides a certified umpire for all games. **Registration begins April 4.**

Team fee: $400 plus WA state sales tax

**SUMMER,** Early June–Late July, #10566
Seniors 50+

Senior Activity Center
Picnic on the Patio!
Wednesday, July 20, 11:30am–2pm

Celebrate summer with your friends at the Renton Senior Activity Center! The party will be complete with live music, outdoor games, and a special lunch. Reserve your ticket today! Meal and activities are for adults 50+ and reservation is required for each individual. Reservations must be made no later than Wednesday, July 13 in person, by phone, or online. Register with code #11277

(Nothing But) Flowers
AGES 50 & UP. Start the week off right! We will gather in the coffee bar on Monday mornings, then set out to plant and care for flower boxes on the patio areas around the senior center, watering and pulling weeds as needed. Paint your thumbs green and help beautify the building for the warm summer months!
MONDAYS, 9-9:30AM
RENTON SENIOR ACTIVITY CENTER
Jun 6–Aug 29 11018 FREE

Weed & Water with the VISTAs
AGES 50 & UP. Want to get your hands in the soil while hearing what the kids are up to these days? Join Renton’s team of VISTA volunteers in our Community Garden plot, right across the street from the Senior Activity Center. These young adults are working hard to keep Renton fed, active, and well-educated. They’ll be growing vegetables in this shared plot to donate to local food banks. Some of the harvest from this plot may end up on the Senior Center’s grocery cart! A sunhat and water bottle are recommended.
FRIDAYS, 10-11AM
RENTON SENIOR ACTIVITY CENTER
Meet at 10am in the Lobby
Jun 3–Aug 26 11017 FREE

Container Gardening Workshop
AGES 50 & UP. Do you want fresh herbs, flowers, and even vegetables at your fingertips year-round? Do you miss the soothing activity of gardening, but find yourself without an outdoor plot, or lacking the energy to kneel outdoors to weed and harvest? Come to our free indoor, porch, and balcony planting workshop this quarter! We will teach you which veggies and herbs are easiest to grow indoors or in small spaces, what you need to get started, and tips and tricks for keeping up your new hobby. All planting supplies will be provided. This workshop is FREE thanks to the Veterans, Seniors, and Human Services Levy Grant.
RENTON SENIOR ACTIVITY CENTER
FREE
Thur, June 9 11013 10–11:30am
Tue, June 21 11022 6–7:30pm
Thur, July 14 11015 10–11:30am

City of Renton Recreation Division // rentonwa.gov/register // 22
Billiards: Doubles Pool Tournament

AGES 50 & UP. Join us for a fun Doubles Pool Tournament. This is a double elimination tournament. Seeding is random from registered participants. Registration ends 3 days prior to the event. This event is FREE!
RENTON SENIOR ACTIVITY CNTR
Thur, June 30 11005 9am-3:30pm
Thur, Aug 25 11006 9am-3:30pm

Learning Basic Spanish

AGES 50 & UP. A novice class to broaden your linguistic abilities. Our fun and easy course will provide the basics to this beautiful language. Those with previous knowledge of Spanish are also encouraged to join. ¡Te veo pronto!
WEDNESDAYS, 10–11:30AM
RENTON SENIOR ACTIVITY CENTER
June 1–July 6 10930 $30R/$36NR
July 20–Aug 24 10931 $30R/$36NR

Active Minds

AGES 50 & UP. Stretch your mind with our internet lecture series! From history to physics to philosophy and more, we will pull up YouTube videos on various topics of interest, including recorded lectures by experts in their respective fields. At the end of each class we will have a brief discussion on the subject matter and take requests for next week’s lecture topic. Bring pen and paper, coffee will be provided.
MONDAYS, 10–11:30AM
RENTON SENIOR ACTIVITY CENTER
Jun 6–Aug 29 11019 FREE

Selling Your Home in Today’s Market Seminar Series

AGES 50 & UP. Are you thinking about selling or downsizing from your existing home? Join us for one, or all three informational sessions on how to sell your home in today’s market and maximize the bottom line. These sessions will help you navigate this process by covering a wide variety of topics. Discussions include market trends, types of sales, lending solutions, how to prepare your home for sale, financial planning, and scams.
Presented by Kurt Nystrand & Associates, LLC, Keller Williams Realty
TUESDAYS, 10-11:30AM
RENTON SENIOR ACTIVITY CENTER
Session One: June 14, 11338
Session Two: June 21, 11339
Session Three: June 28, 11340

SAVE THE DATE
★ SENIOR RESOURCE FAIR ★
FRIDAY, SEPT 30

HELLO HOLA
SENIORS 50+

Seniors Creating Art
Supply kits donated by King County Library System Foundation. Don’t miss out on these opportunity to create with us! Space is limited.

Watercolor Painting Workshop
AGES 50 & UP. Join us for a morning of watercolor fun as we all learn together. Participants will be given all the tools necessary for painting a small scape of the Sherman Pass Summit, including a video tutorial. Your kit will include a small set of water color paints, brushes, paper, frame mat and an image for your project.
RENTON SENIOR ACTIVITY CENTER
June 29  11335  9:30–11:30am  FREE

Acrylic Painting Workshop
AGES 50 & UP. Join us for a morning of acrylic painting fun as we all learn together. Participants will be given all the tools necessary for painting a Mountain scape with cherry trees, including a video tutorial. Your kit will include a small set of acrylic paints, brushes, canvas, mixing plate and an image of the project.
RENTON SENIOR ACTIVITY CENTER
July 27  11336  9:30–11:30am  FREE

Line Dance
AGES 50 & UP. Develop fleet feet, a positive mind and better balance with popular non-partner dances. Music will be a variety of types from traditional country to ballroom Latin and waltz.
RENTON SENIOR ACTIVITY CENTER
Beginning Line Dance
TUESDAYS, 1–2PM
June 7–28  10909  $20R/$24NR
July 5–26  10913  $20R/$24NR
Aug 9–30  10914  $20R/$24NR

Improver Line Dance
TUESDAYS, 2:15–3:15PM
After learning the basics, move on to new rhythms, new steps and new dance types. A little more difficult than the beginner level, and lots of FUN!
June 7–28  10910  $20R/$24NR
July 5–26  10911  $20R/$24NR
Aug 9–30  10912  $20R/$24NR

Belly Dance
Performance Belly Dance
AGES 50 & UP. This course is for people who are experienced in the exquisite form of the Belly Dance. Saroya Poiriev and her performing group will instruct you through a choreography of new steps and routines with various implements. Precision, flair and elegance will elevate your dancing to a new level.
RENTON SENIOR ACTIVITY CENTER
FRIDAYS, 1–2:30PM
June 3–24  10935  $48R/$58NR
July 8–29  10938  $48R/$58NR
Aug 5–26  10939  $48R/$58NR

Beginning Belly Dance for Fun and Exercise
AGES 50 & UP. This beginner’s class will introduce the art of the Belly Dance. All skill levels shapes and sizes are welcomed. Exercise and enriching your cultural appreciation is a great combination, join the fun!
RENTON SENIOR ACTIVITY CENTER
FRIDAYS, 1–2:30PM
June 3–24  10934  $25R/$30NR
July 8–29  10936  $25R/$30NR
Aug 5–26  10937  $25R/$30NR

Ballroom Dance
AGES 50 & UP. Come dance and groove to the music. Musicians Bonnie Birch and Lyle Schaefer will be playing all the greatest hits. This is a wonderful activity that offers exercise through movement. Join us every Thursday and dance to your favorite music.
RENTON SENIOR ACTIVITY CENTER
June 2–Aug 25  11057  1–3pm  $5 per class

Apply for a scholarship at rentonwa.gov/giftofplay
SENIORS 50+

Strength & Balance
AGES 50 & UP. Studies show adults 50+ who strength train with weights greatly improve their ability to perform their daily activities, by increasing bone density and metabolism, and improving balance. This class teaches resistance training using correct form while maintaining good posture. Both men and women are encouraged to attend.

RENTON COMMUNITY CENTER
TUESDAYS, 1:45–2:45PM
June 7–28 10891 $20R/$25NR
July 5–26 10894 $20R/$25NR
Aug 2–30 10895 $25R/$30NR
THURSDAYS, 10:15AM–11:15AM
June 2–30 10896 $25R/$30NR
July 7–28 10897 $20R/$24NR
Aug 4–25 10898 $20R/$24NR

Senior Fitness
AGES 50 & UP. This exercise class celebrates healthy aging through movement with music! Monday–Wednesday is aerobics class. Includes added thigh, calf, and glut workouts in standing position. Emphasis on balance. Various breathing techniques taught to reduce stress and anxiety. For the 90-minute Friday session, we’ll add upper body and abdominal work using a chair and on the mat and conclude with mindfulness session. Mat required for Friday session.

RENTON SENIOR ACTIVITY CENTER
MON, WED 9:15-10:15 and FRI 9:15AM-10:45AM
June 1–29 10990 $60R/$72NR
July 1–29 11033 $60R/$72NR
Aug 1–31 11034 $70R/$84NR

Martial Movement for Confidence
AGES 50 & UP. In this four session course, practice self-defense strategies, move your body and gain verbal and physical confidence. Sifu Marcie Wombold from Self Discovery Self Defense will lead you through this engaging course. Please dress comfortably for active participation.

RENTON SENIOR ACTIVITY CENTER
THURSDAYS, 10:30–11:30AM
June 9–30 10948 $100R/$120NR
Aug 4–25 10949 $100R/$120NR

Empower Yoga
AGES 50 & UP. Empower Yoga will get your week started right! By practicing yoga postures and breathing techniques, this will lead you to physical fitness and mindful awareness. You will feel empowered, on and off your mat. Come as you are, it is never too late to start. This course will be led by Renata Couri, who comes to us with over 2000 teaching hours. Don’t miss out, space is limited.

RENTON SENIOR ACTIVITY CENTER
MONDAYS, 10:30–11:30AM
June 6–27 11303 $15R/$18NR
July 11–25 11304 $15R/$18NR

Tai Chi
Beginning, Yang Style 24
AGES 50 & UP. Tai Chi for beginners will get you back on your feet and moving again! The Yang style is one of the most popular of Tai Chi forms and it consists of 24 slow, continuous, soft and circular movements in a flowing form. Join our new instructor Marjie Croston for relaxing morning of movement. Whether you are new to Tai Chi or would like to sharpen your skills, please join us. No experience is necessary.

RENTON SENIOR ACTIVITY CENTER
WEDNESDAYS, 3–3:45PM
June 1–29 10888 $20R/$25NR
July 6–27 10889 $16R/$20NR
Aug 3–31 10890 $20R/$25NR

City of Renton Recreation Division // rentonwa.gov/register // 25
SENIORS 50+

Father’s Day Social
Old Fashioned Rootbeer Floats
AGES 50 & UP. Join us in celebrating dads everywhere. Come down and enjoy this special day with us by and have a good Ol’ fashioned Root Beer Float. We will play music and just have a chance to socialize and celebrate those special to us. All our welcome, not just dads. Pre-registration is suggested.
RENTON SENIOR ACTIVITY CENTER
Fri, June 17 11010 12:30–2pm FREE

4th of July Celebration
Apple Pie à la Mode
AGES 50 & UP. To celebrate the 4th of July, join us for some fun music and backyard games. Start your long holiday weekend with a slice of Apple Pie à la Mode! Don’t be shy, it is a chance for you to come down and enjoy time with your friends. Pre-registration is suggested.
RENTON SENIOR ACTIVITY CENTER
Fri, July 1 11011 12:30–2pm FREE

Too Kool for Skool
Ice Cream Social
AGES 50 & UP. Although we are sad to see the end of summer, we are “Too Kool for Skool.” As the rest of the community is set to return to the traditional school year, we will keep the party going. Join us for and Ice Cream Sundae Social with music and your friends. Pre-registration is suggested.
RENTON SENIOR ACTIVITY CENTER
Fri, Aug 26 11012 12:30–2pm FREE

DAY TRIPS

Billy Frank Jr
Nisqually National Wildlife Refuge
Ages 50 and up. Join us for a walk on the wild side—nature’s wild! The Nisqually Wildlife Refuge was created to protect the Nisqually River Delta from development. Meander through the diversity of habitats with over 250 species of birds. Visitors can experience exceptional wildlife viewing opportunities through the mile long board walk. After that, we will stop for lunch on the way back at Farelli’s Wood Fire Pizza in Dupont. Please bring money for lunch and additional purchases.
June 14 11009 9am–4pm $12R/$15NR

Tacoma Rainiers Game
Ages 50 and up. Take me out to the ball game! Travel with us to Cheney Stadium to see the Tacoma Rainiers vs the El Paso Chihuahuas. Hot dog, chips and a water is included in the ticket price along with a Rainiers Hat. Please bring additional money for snacks or souvenirs.
July 26 11052 10am–4pm $25R/$30NR

Quil Ceda Creek Casino
Ages 50 & up. Are you feeling lucky? Take a trip with us to the Quil Ceda Creek Casino just north of Everett. This is one of the newest casinos in the area and smoke free. Once there you will have time on your own to test your luck and then we will meet for lunch at the Kitchen. This eatery has seven different cooked to order options to find exactly what you are looking for. Please bring additional money for lunch and entertainment.
Aug 23 11051 9am–4pm $20R/$25NR

Lunchtime Getaways
Harbor Lights
June 28 11055 10am–3pm $10R/$12NR
Alki Beach, Spud Fish & Chips
Aug 9 11056 10am–3pm $10R/$12NR
SENIORS 50+
WHAT’S HAPPENING AT THE SENIOR CENTER?

Beach Ball Volleyball
THURSDAYS, 12:30–1:30PM
FREE, Register with #10879
It takes a team to bump, set, and spike their way to a win! Beach ball volleyball is played while sitting in chairs and consists of six member teams. Join us every Thursday to enhance your eye-hand coordination, upper body flexibility and cardio fitness. Madrone Room

Bean Bag Baseball
FRIDAYS, 10–11AM
FREE, Register with #10876
We are moving into spring so come and warm up your arm to play Bean Bag Baseball. Show everyone how to hit a home run. We pick different teams each time. You’ll meet new friends while rooting for your team. Cedar River Room

Corn Hole
WEDNESDAYS, 12:30–1:30PM, #10877
FREE with registration
Similar to Horseshoes, Corn Hole is one of the more popular games! Played in pairs, participants throw bean bags at an elevated platform to score points. To score the most points, the bean bag must go in the hole, or you can score points by landing on the board. Each player takes turns throwing to score points. Once the weather turns nice, we will move this outside. Cedar River Rm

Card Games
FREE, Register w/ course numbers
Whether you like playing Bridge or Pinochle, players are getting back into the swing of things. We have time set aside for you to come back and play cards with friends. Alder Room
Bridge #10881
Mondays and Fridays 11am–3:30pm
Duplicate Bridge #10882
Tuesdays 11am–3:30pm
Single-Deck Pinochle #10883
Wednesdays, 11am–3:30pm
Double-Deck Pinochle #10884
Wednesdays, 8:30–10:45am

Seattle Banjo Club and Friends
TUESDAYS, 11AM–12:30PM, FREE Register w/ course numbers below
Come listen to music that you can no longer find on the radio. Join in and sing along to your old time favorites; Five Foot Two, Bill Bailey, California Here I Come and Anytime, to name a few. Sit back, tap your toes to the lively music.
June 14, #11267
July 12, #11268
Aug 9, #11269

Handicraft Group
MONDAYS, 9–11AM
FREE, Register with #10880
Share your knowledge and your crafts! You have been crafting during COVID-19 by yourself, now is the time to come back together and share your secrets. If you have a certain skill, maybe you can share it with others who have the same passion for crafting. If you can knit, crochet, hand sew, etc., bring your own projects and materials and join the group for great camaraderie and support of fellow handcrafters. Creative Crafts Room

Nintendo Wii Games
TUESDAYS, 9–11AM
FREE, Register with #10878
Gaming has evolved from the days of spinning the wheel of life. Wii encourages you to join the fun and experience the laughter in a variety of virtual sports. Bowling is the most popular sport to play, but we have other options! Lounge
SENIORS 50+
WHAT’S HAPPENING AT THE SENIOR CENTER?

Senior BINGO!
1st WEDNESDAYS, 1–2PM
FREE, Register with #11275
BINGO! Join us for a fun filled afternoon of BINGO at the Renton Senior Activity Center with prizes! Don’t miss out and reserve your spot today. *BINGO will run on the first Wednesday of each month, June 1–Aug 3.*

Free Grocery Cart from the Renton Farmers Market
WEDNESDAYS, 10:30AM–1:30PM
Donations for the Senior community are supplied by the Renton Farmers Market vendors. Bring your own reusable grocery bags to “shop” at the cart. Limited quantities and selection may vary.
Renton Senior Activity Center, Lobby

Women United–Pepper Pot Kinship Support Group
2nd and 4th FRIDAYS, 12:30–2:30PM
FREE, Register with #11042
This group consists of grandmothers adding spice to their life! The group meets twice a month on the second and fourth Friday of each month to discuss relevant topics, problem solve, share information and resources related to Grandmothers raising Grandchildren. Hemlock Room

Healthy Smiles Dental Services
FREE with appointment
A licensed dental hygienist from Healthy Smiles, Inc. is available once a month to provide low-cost dental assessments, routine dental cleanings, oral cancer screenings, fluoride treatments and referrals to local dentists and specialists.
For appointment call Healthy Smiles, Inc., 206-650-3272.

Hearing Loss Assoc. of America–Renton
2nd FRIDAYS, 1–2:15PM
FREE, Register with #10908
Group will meet on the second Friday of each month. This group helps inform, educate and support individuals with hearing loss. The program is free and led by a volunteer.

Karen’s Foot Care
WEDNESDAYS, BY APPT., $32
Gentle foot care service for senior citizens. Call the foot care line at 425-430-6662 to schedule a Wednesday appointment. RSAC Nurses Room

Clutter Busters Group
FRIDAYS, 9:30–11AM
FREE, Register with #10887
Helping hoarders, clutterers and creative messy people get control of their living space. This group meets weekly to gain insight and motivation toward overcoming hoarding and disorganization in a supportive, non-judgmental support-group atmosphere. Co-led by Keith Collingwood and Halina Kiljanczyk. Alder Room

Blood Pressure Checks
THURSDAYS, 9:30–11AM
FREE, #11020
Retired nurses keep you healthy by monitoring your blood pressure. Come weekly or once a month to track your health. Feel free to come any time during the 90 minute window on Thursday mornings. The program is FREE. Nurses Room
# RENTON SENIOR ACTIVITY CENTER

211 BURNETT AVE N, MONDAY–FRIDAY, 8 AM–3 PM

NOTE: All sessions are reservation-based.
Register for all sessions online at [rentonwa.gov/register](http://rentonwa.gov/register) or call 425-430-6633.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Pick-Up Senior Lunch</td>
<td>11:30am – 12:30pm</td>
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<tr>
<td>Beach Ball Volleyball</td>
<td>Thursdays, 12:30 – 1:30pm, #10879</td>
<td>Madrone Room</td>
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<td>Bean Bag Baseball</td>
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</tr>
<tr>
<td>Billiards</td>
<td>Monday – Friday, 8am – 3:45pm, #10763</td>
<td>Billiard Room</td>
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| Cards                     | Bridge, Mon & Fri, 11am – 3:30pm, #10881
Duplicate Bridge, Tue, 11am – 3:30pm, #10882
Single-Deck Pinochle, Wed, 11am – 3:30pm, #10883
Double-Deck Pinochle, Wed, 8:30am – 3:30pm, #10884 | Alder Room                     |
| Clutter Busters Group     | Fridays, 9:30 – 11am, #10887 | Alder Room                      |
| Corn Hole                 | Wednesdays, 12:30 – 1:30pm, #10877 | Cedar River Room                |
| Fitness Room              | Monday – Friday, Max 6
8 – 8:45am, 9 – 9:45am, 10 – 10:45am, 11 – 11:45am
12 – 12:45pm, 1 – 1:45pm, 2 – 2:45pm, 3 – 3:45pm | Lounge                       |
| Handicraft Group          | Mondays, 9 – 11am, #10880 | Creative Crafts Room             |
| Nintendo Wii Games        | Tuesdays, 9 – 11am, #10878 | Lounge                          |
| Ping Pong                 | Monday – Friday, 8am – 3:45pm, #11302 | Willow Room                    |
| Puzzles                   | Monday – Friday, 8am – 3:45pm, #10764 | Lounge                        |

Register for all sessions online at [rentonwa.gov/register](http://rentonwa.gov/register) or call 425-430-6633.
NOW OPEN!
North Highlands
AARP Sponsored
Outdoor Fitness Park
organized by FitLot
fitlot.org/parks/renton

Are you a personal trainer looking to teach fitness outdoors? Please inquire about becoming an instructor at our FitLot.
Email recreation@rentonwa.gov

PARKS PLANNING & DEVELOPMENT
Meeting the recreational demand and needs of current and future generations

Coulon North Water Walk
NOW OPEN!
North Highlands
AARP Sponsored
Outdoor Fitness Park
organized by FitLot
fitlot.org/parks/renton

Are you a personal trainer looking to teach fitness outdoors? Please inquire about becoming an instructor at our FitLot.
Email recreation@rentonwa.gov

Coulon Park structures to get a big update

Later this year, expect to see barges and construction fencing at Coulon Park. The 40-year-old Trestle Bridge and the North Water Walk are both receiving major updates to ensure they are available for our community to enjoy for years to come.

The Trestle Bridge, located just north of the Sailing Center and North restrooms, will be completely replaced with a new clear-span bridge. The bridge is a critical component of the park’s walking trail and also is the only emergency access to the north end of the park.

Temporary repairs were made in 2018 to extend the life of the bridge. Now, it must be replaced to ensure safety and preserve the walking trail.

The North Water Walk, which extends in a “U” shape out over Lake Washington past Ivar’s, will have its pilings wrapped to preserve the structure and decking replaced as required by the lease with the WA Department of Natural Resources. The “picnic floats” and connecting access ramps will also be replaced and the seating and tables refurbished. For more information visit Parks Planning and Development at rentonwa.gov/ppnr.
Visit rentonwa.gov/rentals for information on booking a picnic shelter or Renton facility for your next gathering. Shelter and facility reservations are now open!

**RENTAL SPACE FOR YOUR EVENT**

**Picnic Shelters & Facilities**

Visit [rentonwa.gov/rentals](http://rentonwa.gov/rentals) for information on booking a picnic shelter or Renton facility for your next gathering. Shelter and facility reservations are now open!

**Greenhouse Space**

**Community Garden & Greenhouse**

107 Williams Ave N

Year-round temperature-controlled greenhouse. Gardeners are responsible to maintain and water their own plants. All plants must be started from seed in the greenhouse. Water is provided. Table spaces are 4’ x 3’.

Limit 2 spaces per household.

July 18–Dec 30, $34R/$40NR

Register with code 10860, rentonwa.gov/rental
MAPLEWOOD GOLF COURSE

General Information
425–430–6800
Ext. 1 for Pro Shop & Driving Range

Tournament and PGA Instruction Information
425-430-6805
Head Golf Professional

Golf Lesson Information
425-430-6800 Ext. 1

Onsite Golf Pro Shop
7am–8:30pm Monday
6am–8:30pm Tuesday–Sunday

Driving Range
• 30 covered, lighted and heated stations for comfortable use year round
• Monday & Friday 8am–9pm*
• Tue, Wed, Thur, Sat, Sun 6am–9pm*
*Last call for balls and driving range door locked at 8:15pm*

Book tee times online at rentonwa.gov/maplewood

Renton History Museum
235 Mill Ave. S, 425-255-2330
Wednesday–Friday, 10am–4pm
rentonwa.gov/museum

ADMISSION
$5 Adults, $2 Children
Children (8 and younger) and Renton Historical Society members are FREE
Free Admission: first Wednesday of every month

CURRENT EXHIBIT: WITH THIS RING
Visit the Renton History Museum to see the latest exhibit on marriage in Renton. “With This Ring” is the product of many years of research into Renton’s varied unions—happy and not-so-happy—and the remarkable stories surrounding them.
HENRY MOSES AQUATIC CENTER
June 25—September 5

SCHEDULE COMING JUNE 2!
Announcements, updates and the most current aquatic swim schedule and information for Henry Moses Aquatic Center will be available online at rentonwa.gov/hmac

Now Hiring!
Lifeguards needed for the 2022 swim season! Apply online: rentonwa.gov/jobs

Row, Paddle & Play
AGES 11–15. Campers will take to the water, learning skills and techniques for Kayaking, Stand-up-Paddle Board, and Rowing. Stay fit while having fun in a positive environment. Proper swim attire to wear in the water needed.

RENTON ROWING CENTER
$115R/$135NR
Jul 11–15  11346   9am–1pm
Jul 25–29  11349   9am–1pm
Aug 8–12  11350   9am–1pm

Renton Sailing Center
A non-profit organization, promotes the sport of sailing through classes, races, and recreational sailing at Gene Coulon Park at the south end of Lake Washington. Sailing classes begin in May and continue through the end of September.

Providing a safe and memorable experience is our goal!
We can’t wait to see you!

RENTONWA.GOV/HMAC