

ADULT TRIPS

If you need transportation to the Community Center in order to attend these outings please contact Katie Borden at 206.275.7862.

Tulip Festival

Join us as we “tip toe through the tulips” at the 27th annual Tulip Festival in the beautiful Skagit Valley! Don’t forget your camera as we see the amazing colors that the tulips have to offer. Experience every variety on display, along with daffodils and irises at the Roozengaarde gardens and gift shop, the wide variety of plants and flowers then lunch in LaConner with time to view some shops and other festivities! Lunch is on your own. (Min. Reg. 10)

Course #:	10947
Age:	Adult
Day:	Friday
Date:	April 23
Time:	9:30am – 4:00pm
Fee:	\$16.00
Location:	Depart/Return from Comm. Ctr., Lobby

High Tea at Willows Edge

Join us for a wonderful afternoon of atmosphere, fabulous food, tasty teas and amazing service. We will travel to Mukilteo to enjoy high tea. (Min. Reg. 10)
Fee includes tea and light lunch.

Course #:	11035
Age:	Adult
Day:	Friday
Date:	June 4
Time:	10:00am – 3:00pm
Fee:	\$30.00
Location:	Comm. Ctr., Lobby

Snoqualmie Casino

Visit the newest casino in the Northwest! The 165,000-square foot, mountain-style lodge casino just opened in November, includes a 1,000-seat event center, five restaurants, a cigar lounge and wine bar. It sits on a 56-acre woodsy, secluded site off of I-90 and just outside the city of Snoqualmie. (Min. Reg. 10)

Course #:	11036
Age:	Adult
Day:	Friday
Date:	August 27
Time:	9:30am – 4:00pm
Fee:	\$12.00
Location:	Comm. Ctr., Lobby

Walla Walla Wine Wine!

This 3-day weekend will highlight the region’s best wineries as well as the legendary Walla Walla Balloon Stampede! Celebrating its 36th year, over 40 hot air balloons will fill the skies with vibrant colors each day. Other attractions include the juried arts and crafts show, farmers market, Saturday Nite Glow and classic car show. On Friday we’ll make a few stops at vineyards to stretch our legs and tease our palettes. Upon arrival, you’re on your own Friday night to explore and enjoy the area’s fine cuisine, art and music. Saturday will be a day of visiting wineries and a fabulous vineyard lunch. Once again you will have the evening free to explore all of the local shops, galleries, trails, etc. Finally, we’ll depart mid-morning on Sunday and enjoy a leisurely drive home making a few stops along the way.

Special Instructions: Fee includes: transportation, accommodations (double occupancy) and some meals. Participants should bring money for tastings, additional meals and purchases. A detailed supplies list and itinerary will be available at registration. Hurry...space is limited and the deadline is early! (Min. Reg. 10)
Register by Monday, April 5 (early deadline!)

Course #:	10948
Ages:	Adult
Days/dates:	Friday – Sunday, May 7 - 9
Time:	9:00am Fri. – 8:00pm Sun.
Fee:	\$297.00 per person/ double occupancy
Location:	Depart/Return from Comm. Ctr., Lobby
Facilitator:	Katie Borden

Cooking with Lisa Odegard

Come learn how to make wonderful winter dishes with Lisa Odegard. Lisa has worked in professional kitchens in New York, San Francisco, Oregon and Seattle. She graduated from the Culinary Institute of America and has a baccalaureate in nutrition and business. All class menus and further information can be found on her website at: www.odegardepicurean.com. For questions, please email lisa@odegardepicurean.com. (Min. Reg. 6)

Low fat Rustic Summer Salads and Side Dishes

Enjoy the bounty of summer while you learn how to make quick and easy salads and side dishes to enjoy during the summer.

Course #:	10619
Age:	Adult
Day:	Thursday
Date:	July 22
Time:	10:00am – 12:00pm
Fee:	\$44.00
Location:	Comm. Ctr., Kitchen

ADULT

Summer Desserts

Enjoy low fat desserts without the guilt! You will learn how to make a few and take recipes home to enjoy!

Course #:	10620
Age:	Adult
Day:	Thursday
Date:	Aug. 12
Time:	10:00am – 12:00pm
Fee:	\$44.00
Location:	Comm. Ctr., Kitchen

Bridge - Beginning

Once you try it, you will never give it up! Join instructor Aidee Pokroy as she teaches you how to play one of the world's most popular card games. This fascinating fun game exercises your mind and keeps you constantly interested and challenged. This game is perfect for your retirement years, it provides you the opportunity to meet people with common interests and spend time in an enjoyable interactive setting. (Min Reg. 4) **Prerequisite: You must complete Beg. Bridge Part 1 prior to taking Beg. Bridge Part 2.**

Age: Adult
Day: Tuesday
Fee: \$74.00 (6 wks) / \$62.00 (5 wks)
Instructor: Aidee Pokroy
Location: Comm. Ctr., Clarke Room

Course #:	Date:	Time:
11048	Apr. 6 – May 11 (6 wks)	10:00am – 12:00pm
11049	May 18 – June 15 (5 wks)	10:00am – 12:00pm

Bridge – Intermediate

When you've mastered elementary bridge, Instructor Aidee Pokroy will guide you along improving your bridge skills as you progress to an intermediate level. Remember the game of Bridge provides an excellent opportunity to use your mind, meet new people and have fun. You must complete both parts 1 and 2 Beg. Bridge before progressing to Intermediate Bridge. (Min Reg. 4) **Prerequisite: You must complete both Beginning Bridge Part 1 and Beginning Bridge Part 2 prior to enrolling in Intermediate Bridge.**

Age: Adult
Day: Thursday
Fee: \$74.00 (6 wks) / \$62.00 (5 wks)
Instructor: Aidee Pokroy
Location: Comm. Ctr., Clarke Room

Course #:	Date:	Time:	
11050	Apr. 8 – May 13 (6 wks)	10:00am – 12:00pm	Part 1
11051	May 20 – June 17 (5 wks)	10:00am – 12:00pm	Part 2

Contract Bridge

You do not need a partner to play with this friendly group of players. Play bridge, make new friends and play leisurely. New players are always welcome. Register the first Tuesday of the month. For more information please contact Katie Borden at 206.275.7862.

Age: Adult
Day: Tues. & Thurs.
Time: 12:45pm - 3:00pm
Fee: \$3.00/mo.
Location: Comm. Ctr., Clarke Room

Course #:	Date:
10918	April 6 - 29
10919	May 4 – 27
10920	June 1 – 29
10922	July 1 – 29
11034	Aug. 3 - 31



Beginning Guitar for Adults

Treat yourself to guitar lessons! Dust off that old guitar and learn the chords to your favorite songs. Start from scratch or brush up on your basics, strumming, finger-picking, chord progressions, bar chords...the works! You'll never put the guitar down again. **Special Instructions: Guitars available for rent from the instructor if needed, call Mary at 425.775.3171 prior to the first class. Important to attend all sessions. Bring a notebook to class.**

Age: Adult
Day: Monday
Instructor: Mary Lord
Location: Comm. Ctr., Clarke Room
Fee: \$177.00

Course #:	Date:	Time:
10742	Apr. 19– June 14	6:30pm - 8:00pm
10745	Jul. 12 - Aug. 30	6:30pm - 8:00pm

Digital Photography

Digital Photography is now the photography of choice by both hobbyists and professionals alike. Whether you are planning to purchase a new digital camera or use your existing camera, you will learn the most important features of a digital camera and how to use them. Sign up to learn the basics of digital photography and how to improve your photography.

Some of the subjects and photo techniques to be covered are as follows:

- Latest features of digital cameras including optical and digital zooming
- Default, mode, and image resolution settings
- How to size, format, and email your digital photographs
- Solving the mystery of mega-pixels - capturing vs. printing your photos
- The easiest way to download photographs to your computer
- Storing, organizing, and displaying your digital photographs
- Traveling with your digital camera
- What makes a great photograph including techniques to improve your photography
- Current web sites & publications available to help you with your digital photography

Special Instructions: You may bring your digital camera and instruction booklet to class. You should have basic knowledge of how your camera works.

Age: 16 yrs & up
Course #: 10955
Day: Wednesday
Date: June 23
Time: 6:00pm – 9:00pm
Fee: \$42.00
Location: Comm. Ctr., Groveland Room
Instructor: Duke Coonrad has been a serious student of and photographer over the past 25 years. At the end of this class he will present a digital show of some of his award winning images. Please have the media card that is in your camera.

Dog Obedience

Join our popular dog (and people) training classes taught by the staff of Joyce's Dog Obedience Services, Inc. Joyce and her staff have over 15 years of experience training dogs and people. You will have at least two instructors in your class. Our focus is on teaching owners to utilize leadership techniques that the dog can easily understand. Methods are positive (not permissive), gentle, and take into consideration how people learn. This class is for any age dog. You will learn to teach your dog skills and acceptance of management so that you can experience the fun and pleasure of catching your dog doing something right rather than having to deal with the consequences of what went wrong. (Min. Reg. 5) **Special Instructions: Must attend first night! Puppies and dogs should be vaccinated according to your veterinarian and the AVMA guidelines for his/her age.**

Age: 14 yrs & up
Day: Sunday
Course #: 10926
Date: July 11 – Aug. 15
Time: 4:30pm – 5:30pm
Fee: \$96.00 (6 weeks)
Instructor: Joyce's Dog Obedience Services Inc.
Location: North Mercer Gym
 * No dogs the first night, class meets from 4:30pm – 6:30pm

LANGUAGE CLASSES

French - Beginners II

Bonjour! Do you have some basic knowledge of French? If your answer is Oui, then this is the class for you! Improve your grammar, culture and oral skills in this fun and interactive course with instructor Chole Eisen. (Min. Reg. 6) **Special Instructions: Book fee paid to instructor**

Age: Adult
Course #: 10843
Day: Wednesday
Date: April 7 – May 26
Time: 10:15am -11:15am
Fee: \$52.00 (8 wks)
Instructor: Chloe Eisen
Location: Comm. Ctr., Groveland Room

French - Intermediate

Parlez-vous Francais? This intermediate course requires at least one year of previous French. Culture and language skills stressed. (Min Reg. 6) **Special**

Instructions: Book fee paid to instructor.

Age: Adult
Course #: 10842
Day: Monday
Date: April 5 – May 24
Time: 11:00am - 12:00pm
Fee: \$42.00 (8 wks)
Instructor: Chloe Eisen
Location: Comm. Ctr., Groveland Room

French - Advanced

This class is for students who have at least 2 years experience in grammar and conversational French. (Min Reg. 6) **Special Instructions: Book fee paid to the instructor.**

Age: Adult
Course #: 10841
Day: Monday
Date: April 5 – May 24
Time: 9:00am – 11:00am
Fee: \$67.00 (8 wks)
Instructor: Chloe Eisen
Location: Comm. Ctr., Groveland Room

FINANCIAL CLASSES

Changes in Estate Tax Laws

THE RULES CHANGED AS OF JAN. 1, 2010. Mr. Cole will be joined by a local estate planning attorney to review for you the coming federal guidelines for estate taxation. We will also discuss the Washington State estate tax guidelines. Should you use a will or a living trust? If transferring your wealth to future generations with a minimum of tax erosion is important to you, you won't want to miss this timely and very important workshop.

Age: Adult
Day: Wed.
Date: May 12
Time: 10:00am – 11:30am
Course #: 10927
Fee: \$4.00
Location: Comm. Ctr.
Instructor: Terry Cole

Changes in IRA Rules

If you are over 70 ½ you did not have to take a mandatory distribution in 2009 from your IRA or other retirement plans. What about 2010 and beyond? What NEW RULES take effect only for 2010 regarding Roth conversions? Why are your beneficiary designations more important now than ever before? We will be discussing each of these important issues in detail so that you can plan to take maximum advantage of the new regulations, as well as preserve the tax advantages of your retirement accounts for your heirs.

Age: Adult
Day: Wed.
Date: May 19
Time: 10:00am – 11:30am
Course #: 10928
Fee: \$4.00
Location: Comm. Ctr.
Instructor: Terry Cole

Conservative Investing in a Changing Environment

How should your assets be positioned to take advantage of the market's current opportunities, and still PROTECT YOUR CAPITAL? Given the current level of interest rates, what is the best way to generate income from your portfolio? Which investment assets should be tapped into first? Come learn about a Nobel Prize winning strategy for successful investing.

Age: Adult
Day: Wed.
Date: May 26
Time: 10:00am – 11:30am
Course #: 10929
Fee: \$4.00
Location: Comm. Ctr.
Instructor: Terry Cole

OUTDOOR

NEW!

Introduction to Home Vegetables & Fruit Gardening

Topics will include siting and laying out your garden, incorporating fruit and vegetables into your landscape, soil preparation, seed and plant selection, pest control and irrigation. (Min. Reg. 6)

Age: Adult
Day: Thursday
Date: April 8
Time: 6:00pm – 7:30pm
Course #: 10981
Fee: \$42.00
Location: Comm. Ctr.
Instructor: Lee Buffington

NEW!

Pruning

Landscape professional, Lee Buffington, will introduce the basics of pruning woody plants, ornamental grasses and evergreen perennials. Learn the three basic techniques and when and where to use each. (Min. Reg. 6)

Age: 18 yrs. and up
Day: Thursday
Date: April 15
Time: 6:00pm – 7:00pm
Course #: 10982
Fee: \$42.00
Location: Comm. Ctr.
Instructor: Lee Buffington

NEW!

Garden Design

Lee Buffington of Arcadia Garden Design will guide you through this four-session class to find solutions to your specific landscape issues. The process will include site drawing and analysis, space usage, traffic flow, hardscape, soil improvement, lighting, plant selection and lay-out. At the end of four weeks, you will have a working drawing and installation outline. (Min. Reg. 6)

Age: 18 yrs. and up
Day: Wed.
Date: May 5 - 26
Time: 6:00pm – 7:30pm
Course #: 10982
Fee: \$152.00
Location: Comm. Ctr.
Instructor: Lee Buffington

Birding Trips

Trip leader Bob Sundstrom has led Victor Emanuel Nature Tours trips to Hawaii, Mexico, Belize, Trinidad & Tobago, Iceland, Antarctica, Papua New Guinea and the Southwest Pacific, Canada and throughout the United States. Bob and his wife Sally live in the rural Scatter Creek Valley south of Olympia, Washington. Bob's doctorate in anthropology is from the University of Washington, and he maintains an avid interest in both the natural and cultural settings of his tours. Bob has served on the boards of several nature and conservation organizations, is a member of the Washington State Bird Records Committee, and is a co-author of The National Audubon Society Field Guide to the Pacific Northwest. He is lead writer for the Northwest public radio program BirdNote, broadcast on KPLU 88.5 and archived at www.birdnote.org.

About the Trips: Trips involve some walking and light hiking, please bring binoculars, if meals arrangements are not noted in trip description, please bring a lunch.

Location: All trips meet at the Comm. Ctr. at Mercer View

Spring Sage and Pines

Purple sagebrush violets light the landscape east of Cle Elum, as Brewer's and Vesper Sparrows sing, backed by Sage Thrashers and Western Meadowlarks. Bluebirds are back, migrants like Townsend's Solitaires are arriving, and the last wintering Rough-legged Hawks linger.

Course #: 10675
Day: Friday
Date: April 9
Time: Depart: 6:30am, Return 7:30pm
Fee: \$77.00

Hermit Warblers to Bowerman Basin Shorebirds

A trip west of Olympia with a dual purpose: to find scarce, local, beautiful Hermit Warblers singing in the tall firs of the Black Hills, and to enjoy the spectacle of Bowerman Basin's immense spring shorebird flocks. Near Aberdeen, thousands of Western Sandpipers, Dunlin, and other shorebirds fly in tight formations above the tideflats. Plus a bakery stop near Olympia.

Course #: 10674
Day: Wednesday
Date: April 28
Time: Depart: 6:30am, Return 7:30pm
Fee: \$77.00

Umtanum Rd. to Wenas and Beyond

From Ellensburg, we'll bird the full length of Umtanum Rd. all the way to famed Wenas Creek, making the most of this diverse stretch of sage, canyon, and forest. Birds on tap include White-headed and Lewis' woodpeckers, red naped sapsucker, and many more. Expect a long list of birds today.

Course #: 10672
Days: Friday
Date: May 14
Time: Depart: 6:30am, Return 7:00pm
Fee: \$75.00

Entiat Mts. Overnighter/Stevens Pass

A two day trip. Day #1 leads across Steven's Pass, where west meets east. High elevations near the pass offer considerable variety, such as nesting "slate-colored" Fox Sparrows, Hermit and Varied Thrushes, MacGillivray's and other warblers.

Day #2 is devoted to Swakane canyon and a sequence of habitats in a sheltered canyon in the Entiat Mts., from rimrock and sage and then stands of pine all the way to aspen-rimmed beaver bogs. Chukar are a good possibility, as are brilliant Lazuli Buntings, tiny Calliope Hummingbirds, as well as Say's Phoebe. Two picnic lunches and the night's lodging are included in the fee.

Course #: 10675
Day: Mon. – Tues.
Date: June 28 - 29
Time: Depart: 6:30am, Return 6:30pm
Fee: \$250.00/double occupancy

Alpine Lakes Wilderness and Tuquala Lake

From Cle Elum, we will bird the back roads north through Roslyn and Ronald and up along Kachess and Cle Elum Lakes, and on to Tuquala Lk. in the Alpine Lakes Wilderness. Black Swifts forage here, Lincoln's Sparrows sing along the lake edge, and Western Tanagers and Evening Grosbeaks share the forest with Swainson's, Hermit, and Varied thrushes. Grouse and Williamson's Sapsuckers are possible, Hammond's and Dusky flycatchers overlap, and we'll turn up a diversity of warblers, finches, flycatchers, and hummingbirds

Course #: 10677
Day: Wednesday
Date: July 7
Time: Depart: 6:30am, Return 6:30pm
Fee: \$77.00

Ptarmigan Ridge, Mt. Baker

A focused quest for mountain birds, as we drive north to Mt. Baker and hike out in the Ptarmigan Ridge area. Easier to reach than Mt. Rainier Ptarmigan sites, an average walker can reach White tailed ptarmigan habitat here. Expect a beautiful day, an assortment of wildflowers, and a fair chance to find one of the hardest birds to see in the state. Plan on level to moderately strenuous hiking of at least four miles round trip.

Course #: 10678
Day: Wednesday
Date: August 18
Time: Depart: 6:00am, Return 7:30pm
Fee: \$67.00

Docent-led Spring Walks in Pioneer Park

One hour walks through trails in Pioneer Park, suitable for all ages. Experience the glories and surprises of spring in the park with Audubon Master & Birder, Judy Roan & Washington Native Plant Society Steward, Rita Moore. The focus is on the interactions between the birds we see and the native plants they use. FREE! **Call 206.275.3883 for questions.**

Time: 10:00am
Day: Date:
 Sunday April 11
 Saturday May 29
 Sunday June 20
Location: Meet at kiosk, NW corner of Island Crest Way and 68th.

Beginner Adult Sailing

This class will introduce you to the basics of sailing and teach you how to safely handle a boat on your own. We sail two people to a boat so that the class is both a learning and social experience. Most of our sailors are ready to go out in moderate breeze at the end of the course. This class is conducted mostly on the water, so be prepared to get wet! This class meets 6 times over 2 weeks. **Special Instructions: Everyone must wear a lifejacket on our boats and docks. Lifejackets are provided, but if you have your own bring it! Please wear shoes that can get wet and won't fall off in the water (old sneakers work great!). Comfort in the water is key. We suggest you visit the lake prior to the 1st day of class.**

Course #: 11107
Age: Adult
Day: Mon. – Fri.
Date: July 26 – 30
Time: 5:30pm - 8:00pm
Fee: \$277
Location: Luther Burbank Park, Boat House

VOLUNTEER PROJECTS

Forest Stewardship Training

Want something different than the regularly scheduled volunteer projects? Do you prefer to work on your own? For people ready to lead small projects or work on their own, we offer the Forest Stewardship Training. You will meet with Paul West, the Park Natural Resources Coordinator at the park where you would like to work. Paul will go over policies, safety, tools, techniques, paperwork and answer your questions. At the end of the training you are qualified to work on your own and report your hours. You also can propose to lead group projects that would benefit the park.



Special Projects

Do you have a school, church or business looking for a service opportunity? Groups that want to do service work in a park or open space can contact us. Working with our partner EarthCorps, we can find an event that will fit your group up to 100 people. Projects include all tools, logistical help and on-site guidance you will need to feel a great sense of accomplishment at the end of the day. Your work helps to pass on healthy parks and open spaces to future generations.

For either of these options, please call Paul West at 206.275.7833 to learn more and schedule time to meet.

Mercer Island Parks & Recreation Forest Stewardship Opportunities - Spring 2010 Schedule

Confirm times and meeting locations at registration websites. Please sign up for events in advance.

Day	Date	Time	Park	Activity	Meet at...
Saturday <i>www.earthcorps.org</i>	3/27/10	10am-2pm	Clarke Beach	Maintain/expand past invasive removal	Parking lot
Saturday <i>www.earthcorps.org</i>	4/10/10	10am-2pm	Ellis Pond	Annual Spring Maintenance	90th Ave SE, north of SE 47th St.
Saturday <i>www.mtsgreenway.org</i>	4/17/10	9 am-3pm	Mercerdale Hillside	Invasive removal	76th Ave SE at SE 37th
Saturday <i>Paul.West@mercergov.org</i>	4/17/10	9 am-noon	Wildwood Park	Annual Spring Clean-up	7400 86th Ave SE
Sunday <i>www.earthcorps.org</i>	4/18/10	10am-2pm	Clarke Beach	Maintenance and mulching	Parking lot
Saturday <i>www.earthcorps.org</i>	4/24/10	10 am-2pm	Clarke Beach	Invasive removal and mulching	Parking lot
Saturday <i>www.earthcorps.org</i>	5/8/10	10am-2pm	Island Crest Park	Maintain past invasive removal	Parking lot
Saturday <i>www.mtsgreenway.org</i>	5/15/10	9am-3pm	Upper Luther Burbank	Invasive removal	84th Ave SE & SE 32 St.
Saturday <i>www.earthcorps.org</i>	6/12/10	10am-2pm	Island Crest Park	Invasive removal	Parking lot
Saturday <i>www.mtsgreenway.org</i>	6/19/10	9am-3pm	Luther Burbank, north wetlands	Invasive removal	Parking lot
Thursday <i>www.earthcorps.org</i>	6/24/10	10am-2pm	Pioneer Park	Invasive removal	Island Crest Way & SE 68th
Thursday <i>www.earthcorps.org</i>	7/1/10	10am-2pm	Luther Burbank, north wetlands	Invasive removal	Parking lot
Thursday <i>www.earthcorps.org</i>	7/8/10	10am - 2pm	Island Crest	Invasive removal	Parking lot
Saturday <i>www.earthcorps.org</i>	7/10/10	10am-2pm	Pioneer Park	Maintain/expand past invasive removal	Island Crest Way & SE 68th
Thursday <i>www.mtsgreenway.org</i>	7/15/10	10am-2pm	Mercerdale Hillside	Invasive removal	76th Ave SE at SE 37th
Saturday <i>www.mtsgreenway.org</i>	7/17/10	9am-3pm	Luther Burbank, north wetlands	Invasive removal	Parking lot
Thursday <i>www.earthcorps.org</i>	7/22/10	10am-2pm	Island Crest	Invasive removal	Parking lot
Thursday <i>www.mtsgreenway.org</i>	7/29/10	10am-2pm	Mercerdale Hillside	Invasive removal	76th Ave SE at SE 37th
Thursday <i>www.earthcorps.org</i>	8/5/10	10am-2pm	Pioneer Park	Invasive removal	Island Crest Way & SE 68th
Thursday <i>www.earthcorps.org</i>	8/12/10	10am - 2pm	Luther Burbank, north wetlands	Invasive removal	Parking lot
Saturday <i>www.earthcorps.org</i>	8/14/10	10am-2pm	Ellis Pond	Invasive removal maintenance	90th Ave SE, south of SE 45th
Saturday <i>www.mtsgreenway.org</i>	8/21/10	9 am-3pm	Mercerdale Hillside	Invasive removal	76th Ave SE at SE 37th
Saturday <i>www.mtsgreenway.org</i>	9/18/10	9am-3pm	Luther Burbank, north wetlands	Invasive removal	Parking lot

ART CLASSES

Open Studio

This is a unique non-instructional program for the artist who enjoys still life and landscape painting. You will be able to share in the designing and creating of beautiful still life sets or paint from natural settings. Please use non-toxic paints and bring set ups or pictures to paint from. (Min Reg. 5)

Age: Adult
Course #: 10875
Day: Monday
Date: May 3 – June 28
No Class: May 31
Time: 1:00pm - 4:00pm
Fee: \$50.00 (8 wks)
Facilitator: Genevieve Rees
Location: Comm. Ctr., Clarke Room

Figure Drawing

This class allows you to explore your strengths and seek helpful suggestions from fellow colleagues while drawing from a live nude model. You can use pencils, pastels, charcoal, watercolors or other non-aromatic, non-invasive media. (Min Reg. 10)

Age: Adult
Course #: 10659
Day: Wednesday
Date: Apr. 7 – June 23
Time: 9:30am - 12:30pm
Fee: \$85.00 (12 wks), \$14.00 Drop-In
Facilitator: Lee Berry & Ellen Borison
Location: Comm. Ctr., Art Room

Sculpture

This is a unique non-instructional program designed for the sculptor who wants to work from a live model. Model holds one pose for nine hours. The sculptors rotate around the model. This friendly, positive environment offers artists a chance to share ideas and learn from one another. Bring your own clay, tools and sculpture stand; benches are provided. (Min Reg. 5)

Age: Adult
Course #: 10844
Day: Tuesday
Date: April 6 – Jun. 22
Time: 6:00pm - 9:00pm
Fee: \$85.00 (10 wks)
Instructor: Lori Falterman & Jennifer Mattson
Location: Comm. Ctr., Art Room

Costumed Model Painting

Another opportunity to brush up on your painting! Paint in any medium from a costumed model. Three to four week sustained poses. Only non-aromatic/non-invasive mediums.

Age: Adult
Course #: 10845
Day: Friday
Date: Apr. 9 – June 25
Time: 9:30am - 12:30pm
Fee: \$98.00 (12 wks)
Instructor: Hiroko Seki, Master Artist.
Location: Comm. Ctr., Art Room

Sumi Painting

Covers techniques for design, various stroke and effects, paper preparation and simplicity of Japanese Sumi and Gansai color painting. Master artist Hiroko Seki has a diverse background in instructing to include Bellevue Community College, Seattle Asian Art Museum, Frye Art Museum and more! Learn the beautiful stroke of Sumi painting. (Min. Reg. 5)

Age: Adult
Course #: 10874
Day: Thursday
Date: Apr. 15 – June 3
Time: 1:00pm - 2:30pm
Fee: \$102.00 (8 wks)
Instructor: Hiroko Seki, Master Artist.
Location: Comm. Ctr., Art Room

Ikebana

This creative class will focus on a special theme each week and operate as a workshop. Fresh flowers and branches, dried flowers, driftwood, bleached and unconventional materials will be used. Instructor will demonstrate and introduce materials. Beginning class will use a text book to learn styles, techniques and about materials. (Min Reg. 5) **Special Instructions: Please bring container, scissors, a kengan (plant holder) and materials.**

Age: Adult
Day: Friday
Course #: 11047
Date: April 9 – June 11, No class on April 23rd
Time: 10:00am – 12:00pm
Fee: \$92.00 (10 wks)
Instructor: Mitsuko Hakomori
Location: Comm. Ctr., Groveland Room

Special Effects Workshop

Five day workshop working with 7 water-based media, focusing on introduction to special effects. Beginner and intermediate artists will benefit and soar and advanced artists will achieve higher skill level due to Keith Sluder's inspirational instruction.

Age: Adult
Course #: 11066
Day: Mon. – Fri.
Date: July 19 – 23
Time: 9:00am – 4:00pm
Fee: \$450.00
Instructor: Keith Sluder
Location: Comm. Ctr., Art Room

Watercolor – Intermediate

Learn various techniques for painting landscapes, florals, and figures. Individual attention will be given as you explore this exciting medium. (Min Reg. 5) **Special Instructions:** Supply list available upon registration.

Age: Adult
Course #: 10622
Day: Wednesday
Date: Apr. 7 – May 26
Time: 1:00pm – 3:00pm
Fee: \$77.00 (8 wks)
Instructor: Joan Frey
Location: Comm. Ctr., Slater Room

Chiaroscuro, The Dark and the Light of it

What is it? Why do we need it? Who did it? How can we do it? We will answer the above questions by reviewing Art history and exploring the lives of painters famous for their chiaroscuro technique. Concurrently, we will paint a canvas from a still life set up concentrating on darks and lights over form and narrative. We will interact as a group as well as one on one with the instructor. Positive critiques of each individual work-in-progress will be given at the end of each session.

Age: Adult
Course #: 10615
Day: Tuesday
Date: April 6 - 27
Time: 10:00am – 1:00pm
Fee: \$66.00
Instructor: Claudia Zimmerman,
www.claudiazimmermanart.com
Location: Comm. Ctr., Art Room

NEW!

Why Paint in Oil?

If you are an oil painter, you already know the answer. If not, do yourself a favor and relish the organic, gutsy, elegant medium that serious artists cherish. This is a class for beginning students as well as advanced. We will be using the still life genre to experience the potentials of this medium. The classes are designed so that you can create a piece of art whether you know how to draw or not. We will include discussions on art history and the techniques of well known artists as well as discussions on what makes a piece of art an exemplary creation. There will be positive critiques on the progress of our work at the end of each session.

Age: Adult
Course #: 10616
Day: Tuesday
Date: May 4 - 24
Time: 10:00am – 12:00pm
Fee: \$66.00
Instructor: Claudia Zimmerman,
www.claudiazimmermanart.com
Location: Comm. Ctr., Art Room

NEW!

Garden Art: Mosaic Birdbaths

Learn the basic technique of mosaic art. Use stain glass remnants, glass mosaic tiles and florist gems to create a birdbath in this 3 hour class. Craft instructor, Lee Buffington will lead you through choosing a design, implementing your design and maintaining your birdbath. No glass cutting required with this method.

Age: Adult
Course #: 10980
Day: Thursday
Date: August 12
Time: 6:00pm - 9:00pm
Fee: \$74.00
Instructor: Lee Buffington
Location: Comm. Ctr., Art Room

DANCE



Hula Hoop Dance Class

Enjoy learning to dance with our adult size, slightly weighted, core fitness hula hoops. Tone and strengthen all your muscle groups while you increase mental and physical coordination. Low impact Hoop Dancing allows each person to build their personal fitness level at their own pace. We can get you started hooping, even if you have never done it before. Classes are fun and supportive, hoops provided for class room use. For questions, concerns, or to view our community photo albums, please check out our website at www.hooptothebeat.com. Classes offered three times a week. All classes are multi level.

Age: 16 yrs. and up
Course #: 10641
Day: Tues., Thurs
Date: April 11 – June 6
Time: 12:30pm – 1:30pm
Fee: \$12/class
Instructors: Marcie Spahi, Merissa Sweetland & Kate Taylor
Location: Comm. Ctr., Dance Room

Age: 16 yrs. and up
Course #: 10642
Day: Sunday
Date: April 11 – June 6
Time: 11:00am – 12:30pm
Fee: \$12/class
Instructors: Marcie Spahi, Merissa Sweetland & Kate Taylor
Location: Comm. Ctr., Dance Room

Tap Dance

Have fun while exercising! Listen to great music and create rhythms with your feet. This class offers a combination of easy dance steps, fascinating rhythmic patterns, and lots of fun. Basic Tap Dance experience is required for this course. Tap shoes are recommended, but hard-soled shoes will work. (Min Reg. 3)

Age: Adult
Course #: 11045
Day: Mon. & Fri.
Date: April 5 - July 2
No class 5/31
Time: 1:00pm – 3:00pm
Fee: \$94.00 (13 wks)
Instructor: Darlene Jones
Location: Comm. Ctr., Dance Studio

Beginning Ballroom Dancing

This is a program to teach students the basics of a variety of ballroom dances. Students will focus on lead and follow roles, timing and basic patterns. (Min. Reg. 5)

Age: Adult
Instructor: Jacob Matthew
Location: Community Center, Dance Room

Course #:	Day:	Date:	Time:	Fee:
10881	Wed.	April 7 – May 5	6:30pm – 7:30pm	\$52.00/5 wks
10882	Wed.	May 26 – June 16	6:30pm – 7:30pm	\$42.00/4 wks
10883	Wed.	June 23 – July 28	6:30pm – 7:30pm	\$62.00/6 wks

Beginning Salsa Dancing

This class introduces you to the rhythm and timing of the music, as well as the technique in leading and following. You will learn basic footwork, dance positions and connections between partners. We will teach you fun and easy dance patterns that include single right turns, single left turns, cross body leads and ladies right and left turns. No partner needed. (Min. Reg.)

Age: Adult
Instructor: Jacob Matthew
Location: Community Center, Dance Room

Course #:	Day:	Date:	Time:	Fee:
10885	Wed.	April 7 – May 5	7:45pm – 8:45pm	\$52.00/5 wks
10886	Wed.	May 26 – June 16	7:45pm – 8:45pm	\$42.00/4 wks
10887	Wed.	June 23 – July 28	7:45pm – 8:45pm	\$62.00/6 wks

HEALTH & FITNESS

Power Flex Sports Conditioning

Power Flex is designed to work on strength training, plyometric drills for speed and agility, cardio conditioning, core strength, balance and flexibility. This class will incorporate a variety of workouts to improve participants overall health, strength and fitness levels. Level One is for beginning and intermediate students and participants are encouraged to work at their own pace. Level Two is for intermediate and advanced students. (Min. 10)

Level One

Age: 40+
Day: Mon, Wed, Fri
Time: 8:00am – 9:00am
Location: Comm. Ctr.
Instructor: Janelle Akana

No Class: July 5

Date:	Course #	Fee:
April 2 – 30	10862	\$93.00/13 sessions
May 3 – 28	10863	\$86.00/12 sessions
June 2 – 30	10864	\$93.00/13 sessions
July 2 – 30	10865	\$86.00/12 sessions
Aug. 2 – 30	10866	\$93.00/13 sessions

Level Two

Age: 40+
Day: Mon, Tues, Thurs.
Time: Monday: 7:00am – 8:00am; Tues. & Thurs: 8:00am – 9:00am
Location: Comm. Ctr.
Instructor: Janelle Akana

No Class: July 5

Date:	Course #	Fee:
April 1 – 29	10868	\$93.00/13 sessions; \$65/T&Th
May 3 – 27	10869	\$86.00/12 sessions; \$58.00/T&Th
June 1 – 29	10870	\$93.00/13 sessions; \$65/T&Th
July 1 – 29	10871	\$86.00/12 sessions; \$65/T&Th
Aug. 2 – 31	10872	\$100.00/14 sessions; \$65/T&Th

Fitness Boot Camp

This workout program is for people of all abilities, ages, shapes and sizes who want to challenge themselves. No time to workout? Get your workout done before work and school. Class consists of walking, running, stair climbing, push-ups, sit-ups, strength and circuit training. Make it a family challenge and sign up with your kids! Class operates rain or shine! (Min. Reg. 5) **Special**

Instructions: Bring a water bottle and exercise mat.

Ages: 16 yrs & up
Days: Mon, Wed, Fri.
Time: 6:00am - 7:00am
Fee: \$82.00
Instructor: Joseph Raineri,
Location: High School Stadium/Track, North Mercer Gym

No Class: May 31, July 5

Course #:	Date:
10846	April 5 – 30
10847	May 5 – 28
10848	June 2 – 30
10849	July 7 – 30
10850	Aug 2 – 30

Beginning Pilates

This Matwork and Stretching class is a system of floor exercises designed to introduce beginners to “core” (abdominal and low-back) strength while working the body in correct alignment. You’ll learn to strengthen and stretch muscles simultaneously, improve posture and balance, re-educate muscles and achieve a greater sense of well-being. Instructor, Janis Levine has over 27 years experience as a certified fitness instructor and 11 years teaching Pilates. (Min. Reg. 8) **Special Instructions:**

Bring a water bottle.

Ages: 18 yrs & up
Day: Wed. & Fri
Time: 10:45am – 11:30am
Instructor: Janis Levine
Location: Community Ctr., Clarke Room

Date:	Course #	Fee:
April 7 – May 14	10682	\$152.00/Drop-In \$17.00
May 19 – June 18	10683	\$127.00/Drop-In \$17.00

Advanced Pilates

Pilates Matwork is a more advanced paced floor exercise class and is suited to those familiar with Pilates or Yoga. Increase your overall strength, flexibility, coordination, and achieve balanced muscle development. You'll get amazing abdominal muscles! (Min Reg. 8) **Special Instructions:** Bring a water bottle.

Ages: 18 yrs & up
Day: Wed. & Fri
Time: 9:45am – 10:40am
Instructor: Janis Levine
Location: Community Ctr., Clarke Room

Date:	Course #	Fee:
April 7 – May 14	10688	\$152.00/Drop-In \$17.00
May 19 – June 18	10689	\$127.00/Drop-In \$17.00

Summertime Mixed Level Pilates

Ages: 14 yrs & up
Day: Wed.
Time: 11:00am – 12:00pm
Instructor: Janis Levine
Location: Community Ctr., Dance Room
Special Instructions: Bring a water bottle.

Date:	Course #	Fee:
June 16 – July 21	10690	\$77.00/Drop-In \$17.00

Aerobic Dancing

Share the fun and fitness with friends! Jacki Sorenson, leader in aerobics for more than 25 years, offers great choreographed dance routines that include floor work and vertiform with weights. You will love the music, the safe and effective routines and the fun with friends. Get ready for a total body workout for all levels! (Min. Reg. 8)

Day: Mon. & Wed.
Time: 5:15pm – 6:15pm
Age: 18 yrs & up
Location: Comm. Ctr., Dance Room
Instructor: Delores Ledbetter

No Class: May 31, July 5

Date:	Course #:	Fee:
April 5 – June 23	10837	\$163.00 (23 sessions)
June 28 – August 25	10838	\$121.00 (17 sessions)

Yoga - Hatha Style

This style of Hatha Yoga (Bikram Influenced) is a series of poses with variations, always done in the same progressive order to work the entire body. Work at your own pace. All levels of experience welcome. Bring a towel or yoga mat and wear loose, comfortable clothing. (Min. Reg. 8)

Age: 18 yrs & up
Drop-In Fee: \$18
Instructor: Maude Pauletto
Location: Community Ctr., Dance Room or Groveland Room
Fee: \$75.00

Course #:	Day:	Date:	Time:
10648	Tues.	Apr. 13 – May 18	10:30am – 11:45am
10652	Thurs.	Apr. 15 – May 20	9:00am – 10:15am
10653	Tues.	June 1 – July 6	10:30am – 11:45am
10655	Thurs.	June 3 – July 8	9:00am – 10:15am
10656	Tues.	Jul 20 – Aug 24	10:30am – 11:45am
10658	Thurs.	Jul 22 – Aug 26	9:00am – 10:15am

Prenatal Yoga

Prenatal Yoga can help prepare your body for labor, provide relief from pregnancy related changes and prepare you for motherhood. Connect with other mothers-to-be, use breathwork to ease into each stage of pregnancy and build confidence and stamina for your transition to motherhood. Expectant mothers at any trimester are encouraged to join us. **Permission from your doctor required before attending.**

Day: Thursday
Time: 6:00pm – 7:10pm
Age: 18 yrs & up
Fee: \$54.00/Drop-in: \$12.00
Location: Comm. Ctr., Clarke Room
Instructor: Rachel Lowe

Date:	Course #:
April 1 – May 6 4/8–5/13	10914
May 13 – June 17	10915
July 8 – August 19	10916

ADULT

Jazzercise

Jazzercise is a 60 minute class incorporating cardio, strength, and stretch moves for a total body workout. We've taken moves from hip hop, Pilates, yoga, kick-boxing, and resistance training and bundled them into one hour. All ages, levels, sizes welcome. There is no memorization of routines. Each class is taught follow-the leader style, enabling you to begin anytime. Jazzercise Lite: This 60 minute class pairs moderate aerobics with exercises designed to improve your strength, balance and flexibility Whether you're a senior, newcomer, pregnant, or prefer low impact, you can't go wrong with this popular light version of the original Jazzercise program. No joining fees the first two weeks of April, otherwise, go to www.jazzercise.com for a NEW student offer. **Register at class with the instructor, Lori Hollow 206-632-3079. Please go to www.jazzercise.com for a new student special offer.**

Age: Teen and up
Date: April 1- August 31
No Class: Times are subject to change. See instructor for prescheduled class cancellations and time changes.
Fee: (All prices subject to state tax.)
 2 month unlimited pass \$100 + \$50 joining fee
 12 month minimum monthly autopay \$40.00, \$30 off joining fee
 6 month minimum monthly autopay \$45, \$15 off joining fee
 Walk in welcome \$11.00, no joining fee
Location: Comm Ctr , Room subject to change.
Instructor: Lori Hollow

Day:	Time:	Room:
M, W, F	6:45am - 7:45am	Mercer Room
M, W, F	8:00 – 9:00am & 9:30am – 10:30am	Mercer Room
Tu, Th	7:45am – 8:45am	(Jazz Lite) Dance Room
Monday	6:30pm – 7:30pm	Mercer Room
Tu, Th	5:45pm – 6:45pm & 7:00pm – 8:00pm	Dance Room
Saturday	8:00am – 9:00am	Gym
Sunday	8:30am – 9:30am	Mercer Room

MARTIAL ARTS

Kendo

Learn the art and traditions of Kendo, “the Way of the Sword”. Become skilled in this Japanese samurai style of swordsmanship. Kendo is powerful and graceful posing challenges to build character, mind, and body. Kendo is for the entire family! (Min. Reg. 10)

Age: 8 yrs and up
Time: 7:00pm – 9:00pm
Fee: \$87.00/ Drop In: \$9.00
Instructor: Cascade Kendo Kai, Gary Imanishi
Location: Comm. Ctr., Gym

Course #:	Day:	Date:	Level:	Fee:
10858	Wed.	March 31 – June 16	Advanced	\$82.00
10859	Friday	Apr 2 – June 11	Beginning	\$82.00
10860	Wed.	June 23 – Sept. 8	Advanced	\$82.00
10861	Friday	June 25 – Sept. 10	Beginning	\$82.00

Naginata: ALL LEVELS

This Japanese martial art shows both power and grace. It is characterized by the grandeur of its sweeping movements of the Naginata, a Japanese sword on the end of a six foot pole. This art is for those interested in either competitive fighting, or in the physical beauty of choreographed, practiced movements called kata. Both instructors were members of the US Team at the Naginata Federation World Championships. (Min. 10)

Day: Saturday
Time: 1:30pm – 3:30pm
Age: 13 yrs and up
Location: Comm. Ctr., Gym
Instructor: Kurt and Karen Schmucker
No Class: May 29, July 3, Aug, 7

Date:	Course #	Fee:
April 3 – June 12	10831	\$102.00
June 28 – Aug. 28	11106	\$92.00

Tai Chi

T'ai Chi Ch'uan (Taijiquan) is an ancient Chinese exercise for the harmony of body and mind. Consistent practice provides valuable help in lessening tension and increasing physical, mental and spiritual well-being. (Min. 4)

Tai Chi: Beginning Part 2

This class is for beginners who have completed Part 1 or equivalent.

Time: 6:30pm – 7:45pm
 Age: 16 yrs and up
 Location: Comm. Ctr., Dance Room
 Instructor: Colin Berg

Day:	Date:	Course #:	Fee:
Mon.	April 12– May 24	10833 11146	\$65.00

Tai Chi: Beginning, Part 3.

This class requires completion of Parts 1 & 2.

Time: 6:30pm – 7:45pm
 Age: 16 yrs and up
 Location: Comm. Ctr., Dance Room
 Instructor: Colin Berg
 No class: July 5

Day:	Date:	Course #:	Fee:
Mon.	June 14 – Aug. 9	10835	\$74.00

Tai Chi: Intermediate

Time: 7:45pm – 9:00pm
 Age: 16 yrs and up
 Location: Comm. Ctr., Dance Room
 Instructor: Colin Berg
 No class: July 5

Day:	Date:	Course #:	Fee:
Mon.	April 12 – May 24	10834	\$65.00
Mon.	June 14 – Aug. 9	10836	\$74.00

SPORTS

CO-ED and MEN'S Softball Leagues

We want you to play in our league! Join a great league of fun, energetic and competitive softball teams. There are two divisions in each league; intermediate and advanced, something for everyone. Games are played once a week. Interested? Call 206-275-7863. **Must be registered in full prior to April 9th.**

Day:	Mon., Tues., Wed., or Thurs.
Date:	May – Aug.
Time:	6:00pm – 9:30pm
Fee:	\$677.00 per team
Location:	Homestead Park

Women's Tennis Flights

Doubles play at Seattle Tennis Center. In the summer, matches are at Homestead Park. We offer both recreational and competitive leagues. If interested please call Katie Borden at 206-275.7862.

Adult Tennis

Great way to end your day, get out on the court! Learn the basics skills of tennis or continue to master your advanced skills. (Min. Reg. 4)

Fee: \$52.00
 Location: Island Crest Park, Tennis Courts

Code:	Day:	Date:	Time:	Class:
10703	Tues./ Thurs.	Jun. 29 – Jul. 15	6:00pm - 7:00pm	Beginning
10704	Tues./ Thurs.	Jun. 29 – Jul. 15	7:00pm - 8:00pm	Intermediate
10705	Mon./ Wed.	Jul. 19 – Aug. 4	6:00pm - 7:00pm	Beginning
10706	Mon./ Wed.	Jul. 19 – Aug. 4	7:00pm - 8:00pm	Intermediate
10707	Tues./ Thurs.	Aug. 10 – Aug. 26	6:00pm - 7:00pm	Intermediate
10708	Tues./ Thurs.	Aug. 10 – Aug. 26	7:00pm - 8:00pm	Advanced

Drop-In Activities/Sport Fees:

Dates and times are subject to change. Participants will be notified of these changes through postings at the CCMV.

Youth/Senior Resident: \$2.00
Youth/Senior Non-Resident: \$3.00
18+ Resident: \$3.00
18+ Non-Resident: \$4.00

NO DROP-IN ON THE FOLLOWING DAYS:

4/4, 5/31, 6/18-20, 7/4, 7/5, 7/27-30
(list is subject to change)

Quarterly Passes Available: please check the website for details: www.mercergov.org/ccmv.

All participants are required to check in at the front counter and provide requested information before beginning drop-in play or working out in the Fitness Room.

Pickleball

Socialize and Exercise! This fun and fast indoor coed court game is an exciting combination of tennis and badminton. Everyone plays! Play will be mostly doubles. Bring your own paddle and pickleballs Stop by even if you don't know how to play, it is easy to learn and participants are always willing to explain the game to an interested new-comer to the sport!

Days: Mon., Wed, Fri. 9:30am – 1:30pm;
Sunday 4:00pm – 6:00pm
Age: 18 yrs. & up
Location: Comm. Ctr., Gym

Badminton

Drop-in recreational play for fun and exercise. Bring a raquet and birdies. A limited number of loaner rackets and birdies are available. Friday night location is the North Mercer Gym and the play is more advanced than Saturday.

Day: Friday, 7:30pm -12:00am
(North Mercer Gym)
Saturday (Comm. Ctr. Gym),
4:30-6:30pm
Age: 18 yrs. & up

Drop In Ping Pong

Drop in for a game of ping pong! Improve your mental and physical agility! It's a great way to spend a Friday afternoon or evening with family and friends. Paddles provided. Bring your own ping pong balls or purchase them for \$1.00 at the front desk.

Day: Friday, Saturday
Time: 3:00pm – 9:00pm
Age: All Ages
Location: Comm. Ctrr.

CCMV Open Gym

Weekdays:

Mon. 3pm - 5pm
Wed. 2:30pm – 4:30pm
Fri. 2:30pm - 5pm

Weekends:

Sat. 3:30pm – 4:30pm and 7pm - 10pm
Sun: 2pm – 3:30pm
Age: All

MI Residents – No charge

Non-MI Residents - \$3 session

All times are subject to change. Call the gym hotline for additional times: 206.275.7892.



Did you know... Your Community Center has a Fitness Room!



Our 1,450 square foot fitness room features treadmills, elliptical trainers, stationary bikes, weight training machines and free weights. Amenities include TV and a stunning view! Must be 15 years or older.



Daily drop-in and 30-day passes available.

- Youth/Senior Resident: \$2 drop-in or \$20 for 30 days
- Youth/Senior Non-Resident: \$3 drop-in or \$25 for 30 days
- Adult Resident: \$3 drop-in or \$25 for 30 days
- Adult Non-Resident: \$4 drop-in or \$30 for 30 days



The Fitness Center is typically available for use all of the hours the Community Center is open with the exception of 8-9 am on Wednesdays. Some exceptions may apply.

JANELLE AKANA PERSONAL TRAINING



Mobile: 425.941.4811
Studio: 425.454.5106

MOBILE ~~(425) 450-8870~~
STUDIO ~~(425) 941-4811~~
EMAIL janelle1a@msn.com

*Schedule by Appointment Only.
Inquire at the Front Desk.*



*Lisa, age 49
Ultra Tri Mother of 3*



*TJ and Anna, twins, age 13
Training for a 10k Run.*



Phil, age 91, Healthy and Active



Jackson, age 17, training for Army ROTC

Janelle Akana is the personal trainer at the Community Center at Mercer View. Janelle is available to design and implement personalized workout programs tailored to each person's specific needs. She is also available for fitness room orientations. Please contact Janelle to schedule an appointment.

ABOUT JANELLE

Janelle has spent many years as an athlete, a personal trainer and an aerobics/strength training instructor. She is certified with ACE and ACSM. Janelle has owned and operated her fitness studio in Bellevue for the past fourteen years. She creates individualized workouts to benefit each client's specific needs. Janelle encourages people to begin and maintain a healthy lifestyle despite their age and/or physical limitations.

By training a diverse clientele and teaching a variety of fitness classes, Janelle understands the special needs of many in the community.

Throughout the year, she participates in continued education classes and training seminars on new exercise techniques and attends symposiums and lectures by qualified professionals in their respective fields.

WEIGHT MANAGEMENT
POST REHABILITATION
CIRCUIT TRAINING
CUSTOM PROGRAMS
SENIOR CITIZEN EXERCISE PROGRAMS
SPORT SPECIFIC TRAINING

- Nationally Certified with the
 - American Council on Exercise
 - American College of Sports and Medicine
- Bachelor of Arts in Business Administration - University of Washington
- Owner of Eastside Fitness Studio, Bellevue, WA
- First Aid and CPR Certified
- Certified to teach Lifetime Fitness -
 - Sponsored by Group Health and UW
- Certified to teach Silver and Fit classes -
 - Sponsored by Secure Horizons Insurance Co.
- Healthy Aging Lecturer -
 - Sponsored by American Specialty Health
- Instructed group fitness at the
 - YMCA
 - Washington Athletic Club
 - Mercer View Community Center