

UNIVERSITY PLACE

Parks & Recreation



FALL 2016
Program Guide

KIDZ LOVE SOCCER

KIDZ LOVE SOCCER...

Where the score is always fun-to-fun!

Kids 2 to 10 years of age learn the world's most popular sport from professional coaches trained in the Kidz Love Soccer method, a session experience includes age-appropriate activities: skill demonstrations, fun games and instructional scrimmages conducted in a non-competitive, recreational format.

ALL CLASSES: TUESDAYS, 6-WEEK SESSIONS

CLASS LOCATIONS

FALL I

**Cirque Park
7250 Cirque Dr. W.**

FALL II

**Drum Intermediate
4909 79th Ave W**



MOMMY, DADDY & ME

Ages 2-3 1/2 years

Introduce yourself and your toddler to the "World's Most Popular Game!" As you and your child participate in our fun, age-appropriate activities, your children will be developing their socialization and large motor skills. A variety of activities designed around the game of soccer will be played each week. The fun happens on the field, and in Mommy/Daddy & Me Soccer, you won't have to watch from the sidelines.

SESSION	DATES	TIMES	COST
Fall I	9/13-10/20	4:30-5 p.m.	\$72
Fall II	11/1-12/6	4:30-5 p.m.	\$72



KIDZ LOVE SOCCER



TOT/PRE SOCCER

Ages 3 1/2 - 5 years

Encourages large motor skill development through fun soccer games and introduces small children to a group setting. Teaches basic techniques of the game and builds self-esteem through participation. Little tykes will enjoy running and kicking just like the big kids! *Shin guards required after the first class.*

**ALL PARTICIPANTS WILL RECEIVE
A KIDZ LOVE SOCCER JERSEY!**

SESSION	DATES	TIMES	COST
Fall I	9/13-10/18	5:10-5:45 p.m.	\$72
Fall II	11/1-12/6	5:10-5:45 p.m.	\$72



SOCCER 1 - TECHNIQUES & TEAMWORK

Ages 5 - 6 years

Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at each session, and every participant will have a ball at his/her feet. Small-sided soccer matches will be introduced gradually. *Shin guards required after the first class.*

SESSION	DATES	TIMES	COST
Fall I	9/13-10/18	5:45-6:30 p.m.	\$72
Fall II	11/1-12/6	5:45-6:30 p.m.	\$72



SOCCER 2 - SKILLZ & SCRIMMAGES

Ages 7 - 10 years

Kids will enjoy advanced skill building: dribbling, passing and shooting in a team-play format. Each class will focus on scrimmages that emphasize application of finer technical points. All levels of play are encouraged to come out and enjoy the soccer fun! Each participant will receive a soccer jersey! *Shin guards required after the first class.*

SESSION	DATES	TIMES	COST
Fall I	9/13-10/18	6:30-7:15 p.m.	\$72
Fall II	11/1-12/6	6:30-7:15 p.m.	\$72

KIDZ LOVE SOCCER
CONTACT INFORMATION:
 Rain-out hotline: 1.888.372.5803
 Website: www.kidzlovesoccer.com

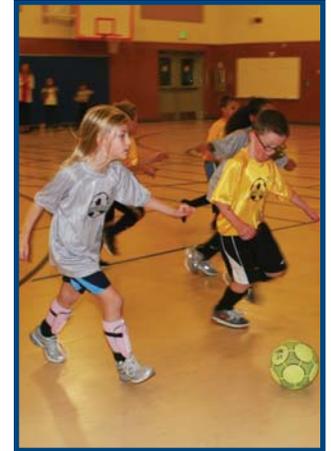
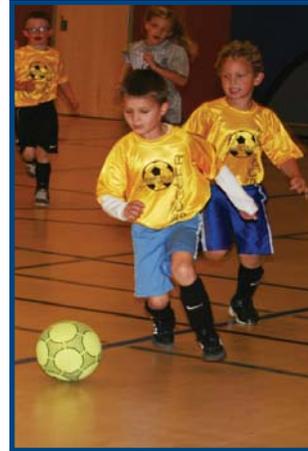


YOUTH SPORTS

INDOOR SOCCER

Instructional Leagues

Leagues available for boys and girls pre-K through 4th grade. This is an instructional, fun and less muddy soccer league, great for introducing youth to the ever-popular game of soccer. Players will be notified of their team placement by late September with practices and games beginning in early October. Emphasis is on participation and having fun!



FLAG FOOTBALL

Instructional Leagues

There are three leagues available, 1st/2nd, 3rd/4th and 5th/6th grades. This is a great way to introduce your child to the sport of football in a fun, recreational league. Players will be notified of team placement by late September. Season begins early October and runs through November. This is a non-tackle, pass-only league with emphasis on teamwork, participation and sportsmanship. Emphasis is on participation and having fun!



SPORT	RESIDENT	NON-RES	DAYS	GRADE
Indoor Soccer	\$70	\$75	Mon-Fri	Pre-K-4th
Flag Football	\$80	\$85	Mon-Sat	1st-6th
DEADLINE: SEPTEMBER 16, 2016				

INDOOR SOCCER LOCATION:
UNIVERSITY PLACE SCHOOLS

FLAG FOOTBALL LOCATION:
UNIVERSITY PLACE FIELDS

INSTRUCTORS:
VOLUNTEER COACHES



WANTED!

Volunteer coaches, officials & site supervisors for ALL youth sport leagues.

If you would like to volunteer as a coach or become an official for the basketball, baseball or softball season, please contact Andy Nelson at 253.460.2530 or e-mail ANelson@CityofUP.com.



YOUTH FLAG FOOTBALL & INDOOR SOCCER

Registration Form

\$10 FEE WILL BE APPLIED FOR LATE REGISTRATIONS

**DEADLINE
SEPTEMBER 16, 2016**

Please complete this form and submit with appropriate registration fee to:
City of University Place ATTN: Recreation Services
3715 Bridgeport Way W. University Place, WA 98466
Fax: 253.460.5416 / Info: 253.460.2530
Walk-In: 3609 Market Place W Suite 102, U.P. 98466/9 a.m.-4 p.m. M-F

Player's Name: _____ Birth Date: ____/____/____
(Last Name) (First Name)

Age: _____ Grade: _____ School Attending: _____ Sex: M F

Parent's Name: _____

Address: _____

City/State: _____ Zip: _____

Hm. Phone: _____ Cell Phone: _____ Work Phone: _____

Email Address: _____

Preferred Coach/Friend: _____

Please Note: This is only a request; we will do our best but there are no guarantees.

INDOOR SOCCER R \$70/ NR \$75

FLAG FOOTBALL R \$80/ NR \$85

PLEASE CHECK PREFERRED DIVISION:

- Pre-K (4-5 yr)
- Kindergarten (5-6 yr)
- 1st/2nd grade
- 3rd/4th grade

PLEASE CHECK PREFERRED DIVISION:

- 1st/2nd grade
- 3rd/4th grade
- 5th/6th grade

____ YS (size 6-8) ____ YM (size 10-12) ____ YL (size 14-16)

Adult T-Shirt Sizes: ____ AS ____ AM ____ AL ____ AXL ____ AXXL

(Please order correct size as shirts will not be exchanged)

Parent/Guardian Permission/Medical Consent:

Parents/guardians of all participants are requested to sign the following release. I/we assume all risks and hazards incidental to such participation including transportation to and from the activities and do hereby waive, release, absolve, indemnify and agree to hold harmless City of University Place Parks Division, City of University Place, University Place School District, team sponsor, supervisors, officials, coaches, volunteers and persons transporting myself or my/our child from any claim arising from injury to myself or my/our child. Furthermore, in case of an emergency, and my child should require medical attention, I give permission for a City of U.P. coach, or the coach's designee, to secure the emergency medical attention required. Any direction to the contrary should be noted and signed. I agree that pictures taken during program hours may be used for future promotional purposes.

Parent Signature: _____ Date: _____

CHECK _____ (payable to "City of University Place") VISA MC AMEX

CARD # _____ / _____ / _____ EXPIRATION DATE: _____ / _____

SIGNATURE: _____ AMOUNT \$ _____

STAFF USE ONLY

Amt. Paid: _____ Cash/Ck/CC

Date: _____ Received By: _____



City of University Place Parks & Recreation

CONCUSSION INFORMATION SHEET

Adapted from the CDC and the 3rd International Conference on Concussion in Sport
"The Lystedt Law" HB 1824

Due to recent Washington State Legislation the City of University Place Parks & Recreation is now requiring all parents/participants to sign documentation acknowledging receipt and understanding of the management of concussion and head injury in youth sports and activities. The participants will not be allowed to practice or play until the paperwork is signed. Please read the following information, sign and return the form along with your Youth Sport registration form to our Parks & Recreation office; 3715 Bridgeport Way W, U.P. 98466

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away. What can happen if my child keeps on playing with a concussion or returns too soon?

If you think your child has suffered a concussion

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under-report symptoms of injuries, and concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

"a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time" and "may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider."

You should also inform your child's coach if you think that your child may have a concussion. Remember, it's better to miss one game than miss the whole season; when in doubt, the athlete sits out.

For current information on concussions visit this: <http://www.cdc.gov/ConcussionInYouthSports>

Participant Name Printed

Participant Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date

YOUTH CULTURAL ARTS

CREATIVE MOVEMENT

pre ballet

This class introduces children to the fun of ballet and music with pre-ballet movement and stretching. Students learn to use their bodies when talking about shapes, alphabet, counting, rhyming and more.

BALLET

for the beginner

Ballet will be introduced with a focus on proper technique, posture and fun! Students will learn basic ballet steps, terminology and an introduction to counting music.

HIP HOP

for beginners

Rhythm and personal style meet in this fun and energetic dance class. Hip Hop is a popular urban dance style that derived from rap music. Starting in New York City in the early 1970s, it has since spread around the world. Students have the opportunity to express their personality while dancing to a wide variety of music. They will be invited to put their own style into the dance choreography. To preserve the continuity of each class, parents will be asked to remain outside the studio during classes, and will be invited to "visit" one class per session.



CLASS	AGE	TIME
Creative Movement	3-5	4:45-5:30 p.m.
Ballet	5-8	5:30-6:30 p.m.
Hip Hop	7-12	6:30-7:30 p.m.

SESSION DATES (THURSDAYS)		COST
Fall I	Sept. 15-29	\$28
Fall II	Oct. 13- Nov. 17	\$55
Fall III	Dec. 1-22	\$37
Location: 3715 Bridgeport Way W, Ste. A-3; 98466		



INSTRUCTOR - HEATHER SMITH

Heather grew up in the town of Oregon, Illinois dancing jazz, lyrical, tap, modern and ballet competitively.

In 2006 she was nominated for Dance America's "Dancer of the Year" and accepted into the University of Illinois, Champaign/Urbana's BFA program as a dance major. During her four years there, she received the Talented Student Scholarship and studied with artists such as Jan Erkert, Linda Lehovec, Rebecca Nettle-Fiol and Tere O'Conner.

Since receiving her BFA in 2010, Heather has become a certified yoga instructor and was the choreographer for Sandals Resort and Spa in Turks and Caicos.



SPECIAL INTEREST

MARTIAL ARTS

With Tiger Tae Kwon Do Academy

LITTLE TIGERS

Martial Arts Intro

Young children will develop confidence, self-esteem and coordination through games and play that explore the fundamentals of martial arts, the basics of self-defenses are taught by certified Master Instructors, and each class emphasizes respect and self-control. Participants will also receive a FREE uniform!



BEGINNER TAE KWON DO

Martial Arts Intro

This program challenges the mind as well as the body while building self-esteem, character and strength. The basics of self defense are taught by a certified Master Instructor. Participants will also receive a FREE uniform!

CLASS	AGE	TIME	COST
Little Tigers	4-5	4:45 p.m.	\$50
Beginner Tae Kwon Do	6-12	6:00 p.m.	\$50

SESSION DATES (MONDAYS & THURSDAYS)	
Fall I	Aug. 22-Sept. 15
Fall II	Sept. 19-Oct. 13
Fall III	Oct. 17-Nov. 10
Fall IV	Nov. 14-Dec. 15
Break on Thanksgiving week	

INSTRUCTOR: CHOI JAESEOK

The classes are instructed by Master Instructor Choi Jaeseok with 20 years of teaching Martial Arts, 6th Dan Black Belt in Tae Kwon Do, Certified Referee of World Tae Kwon Do Federation. He is a member of the USA Tae Kwon Do, affiliated with U.S. Olympic Committee and a member of the World Tae Kwon Do Federation.

**ALL CLASSES ARE HELD AT THE TIGER TAE KWON DO ACADEMY LOCATED AT
7516 40TH ST. W., U.P. 98466**



HEALTH AND FITNESS

T'AI CHI CHI

Joy through movement is 19 movements and one stance of a moving meditation that helps to relax you, heighten energy, and to balance the body and mind. Movements are done softly through hard air with effortless effort to find the balance within.

Instructor: Pamela Draper.



SESSION	DATES	TIME	COST
Sept.	7, 14, 21, 28	1:30-2:30 p.m.	\$38
Oct.	5, 12, 19, 26	1:30-2:30 p.m.	\$38
Nov.	2, 9, 16, 23, 30	1:30-2:30 p.m.	\$38
Dec.	7, 14, 21, 28	1:30-2:30 p.m.	\$38

YOGA ESPECIALLY FOR THOSE 55 & OVER

If you've ever wanted to try yoga, but were intimidated by being in a class with those who are younger, stronger or more flexible, this is the class for you. All classes in this 7-week series are designed to reduce stress, renew your energy and relieve tension from your back, neck, shoulders and hips.

Diane DeMars, certified yoga teacher, has been teaching yoga since 1995. Join her for this gentle, easy to follow practice and learn practical tools to use when your back hurts, your hips feel tight, if you are holding stress in your neck or shoulders or have tired achy legs and more. Class takes place at the University Place Senior/Community Center.

For more information visit www.dianedemars.com.

SESSION	DATES	TIME	COST
Mondays	Sept 12-Oct. 24	6-7:15 p.m.	\$98
Mondays	Nov. 7-Dec. 19	6-7:15 p.m.	\$98
Wednesdays	Sept. 7-28	4:15-5:15 p.m.	\$55
Wednesdays	Oct. 5-26	4:15-5:15 p.m.	\$55
Wednesdays	Nov. 2-23	4:15-5:15 p.m.	\$55
Wednesdays	Dec. 7-28	4:15-5:15 p.m.	\$55
Mondays: 7-week course Wednesdays: 4-week course			

HULACISE/HULANESIAN

We call exercise using basic Hawaiian movements hulacise and the Cook Islanders call their exercise routines Hulanesian. In this exercise class you will learn three weeks of basic Hawaiian exercise and three weeks of Tahitian/Cook Island basic movements. Hulacise/Hulanesian fitness is an excellent cardio workout for improved cardiovascular health. You don't have to be a dancer, it's great for all ages and lots of FUN! You will love the sound of drum and moving your body to the beat.

SESSION DATES		TIME
Summer	July 21-Aug. 25	6:30-7:30 p.m.
Fall I	Sept. 1-Oct. 6	6:30-7:30 p.m.
Fall II	Oct. 13-Nov. 17	6:30-7:30 p.m.

Instructor: Nancy Kaimiola Swezey



SENIOR SERVICES

AARP DRIVER SAFETY PROGRAM

Oct. 19 & 20, 10 a.m.-2 p.m.

Develop safe defensive driving techniques. Certification of completion applies toward a discount on your car insurance. AARP members (with proof) pay \$15; non-members pay \$20. Payment MUST be by check and payable to instructor at time of class.

*If you do not have proof of membership please call 888.687.2277 and ask for a new card.

Pre-registration required, please call 253.564.1992. Must attend both days to receive certificate. U.P. Senior Center 2534 Grandview Dr. W.



SOUPTACULAR

First Tuesday of the month

Enjoy soup, breadsticks and dessert at noon, all free and donated by Bridgeport Place Retirement Community.

Event takes place at the University Place Senior Center.



COFFEE CLUB EDWARD JONES

Second Thursday of the month, 9:30-10:30 a.m.

At the U.P. Senior Center

FOOTCARE

First Wednesday of the month

Senior Footcare is a visiting healthcare service for seniors, diabetics and others who are in need of care for their feet. Our staff consists of only RNs and LPNs because we believe it is important to have nurses assessing the condition of the feet for problems relating to health issues such as diabetes, arthritis and strokes, limited vision and poor circulation.

Please make your appointment by calling Senior Footcare directly at 253.848.9625.

SENIOR CENTER

WEEKLY DROP-IN SCHEDULE

2534 Grandview Drive W., U.P. 98466

Hours: Tuesday - Friday / 9 a.m.-2:30 p.m.

Monday

CLOSED

Tuesday

Bridge: 9-11:30 a.m.

Wednesday

Footcare: 9 a.m.-2:30 p.m.

1st Wednesday of each month

Thursday

Art Group: 10:30 a.m.-2:30 p.m.

All artists and hobbyists welcome! Bring your crafts, sack lunch and join this friendly group for the afternoon.

Mexican Dominoes: 11 a.m.-2 p.m.

New players are always welcome!

Friday

Bingo: 10-11:30 a.m.

CCS Lunch served: noon

Pinochle: 12:30-2:30 p.m.

CCS lunch is a delicious way for you to enjoy a healthy meal with the company of others. \$3 suggested donation.

THE UNIVERSITY PLACE SENIOR CENTER OFFERS SCHOLARSHIPS FOR MOST FEE-BASED PROGRAMS. MINIMAL PAPERWORK IS NEEDED, THIS IS PRIMARILY AN HONOR SYSTEM, PROOF OF AGE, 61+ IS REQUIRED.



TRIPS AND TOURS

BILLY FRANK JR. NISQUALLY NATIONAL WILDLIFE REFUGE

Saturday, Sept. 10 Price: \$15

Depart: 9 a.m. Return: 2 p.m.

Registration Deadline: Sept. 1

This trail starts just prior to the Nisqually River Overlook and is on top of an earthen dike. The salt water tidal estuary is to the north of the trail and freshwater wetlands are to the south. The first 1/2 mile is on top of an earthen dike, the rest is boardwalk. At the beginning of the boardwalk, there is a viewing tower with great views into freshwater wetlands and the salt marsh. There is a spotting scope on the tower. Futhur along is the Shannon Slough Viewing Blind, the McAllister Creek Viewing Platform, and the boardwalk terminates at the Puget Sound Viewing Platform. After the walk we will stop for lunch on your own at the Nisqually Pub or Norma's Burgers.

NOLTE STATE PARK, ENCUMCLAW

Tuesday, Sept. 13 Price: \$10

Depart: 9:30 a.m. Return: 3 p.m.

Registration Deadline: Sept. 2

Nolte State Park is a 117-acre day-park with 7174 feet of freshwater shoreline on Deep Lake in the Green River Gorge. Covered with forests and blessed with water, the land was a resort for many years before it was donated to State parks.



LAKE WILDERNESS ARBORETUM & TRAIL, MAPLE VALLEY

Tuesday, Sept. 27 Price: \$10

Depart: 10 a.m. Return: 2 p.m.

Registration Deadline: Sept. 13

The arboretum at Lake Wilderness presents planting featuring native plants. The trail adjoining the park gives walkers a nearly level gravel trail with woods and views of the lake. The park includes three wetlands, a variety of wildlife and Jenkins Creek.

LATTIN'S CIDER MILL & TENINO PIZZA

Saturday, Oct. 8 Price: \$25

Depart: 9:30 a.m. Return: 4 p.m.

Registration Deadline: Oct. 3

Enjoy a day in the country amid the sweet aroma of apples. Sample our fresh picked crunchy apples. Every weekend enjoy our animal train, face painting, games, petting farm, pony rides, and bobbing for apples. We have our National Award Winning Cider. Lots of good things to eat, bbq, apple crisp, caramel apples, apple pie, hot and cold cider, berry cider, cider donuts, apple cake and our famous Apple Fritters. Wagon rides to our pumpkin patch every weekend starting Saturday, Sept. 28 and every Saturday and Sunday in Oct. from 10 a.m. to 4 p.m. Lunch is on your own at Tenino Pizza.



TRIPS AND TOURS

BOWLING & LUNCH AT NARROWS PLAZA

Tuesday, Oct. 11 Price: \$18

Depart: 11:30 a.m. Return: 2:30 p.m.

Registration Deadline: Oct. 1

Enjoy a tasty lunch while you bowl! Lunch 'N' Bowl includes two games of bowling, rental shoes and lunch!

HISTORY MUSEUM

Tuesday, Oct. 18 Price: \$12

Depart: 10 a.m. Return: 1 p.m.

Registration Deadline: Oct. 11

The Washington State History Museum is located in downtown Tacoma, Washington. It is owned and operated by the Washington State Historical Society under the official approval of the Washington State Legislature.

CENTRALIA OUTLET STORES

Tuesday, Oct. 25 Price: \$20

Depart: 9 a.m. Return: 4 p.m.

Registration Deadline: Oct. 21

The Northwest's Original Outlet Shopping – you will be able to shop on both sides of the freeway to visit all the shopping. Lunch will be on your own if you would like at Country Cousins.

VICTORIA ROSE TEAM ROOM IN PORT ORCHARD

Saturday, Nov. 5 Price: \$20

Depart: 9:30 a.m. Return: 1:30 p.m.

Registration Deadline: Nov. 1

High Tea is available, by reservation, every day between 10 a.m.-2 p.m. Pricing is per person. Items are made fresh every day for your high tea.



SEATTLE PREMIUM OUTLETS & COUNTRY VILLAGE SHOPS IN BOTHELL

Tuesday, Nov. 15 Price: \$35

Depart: 9:30 a.m. Return: 5:30 p.m.

Registration Deadline: Nov. 3

A day of shopping for Christmas or yourself! Head north to the Seattle Premium outlets where they have something for everyone on your list at the best outlet prices, from Nike and Adidas to Banana Republic and a variety of home stores, these outlets are worth visiting, OR spend your time at the Tulalip Casino and earn money for our next stop of the day: the Country Shops. The Country Shops offer a variety of unique boutiques, and restaurants. Dress for the weather, both locations offer open air shopping. Included in your trip fee: transportation and trip management



TRIPS AND TOURS

LEMAY CAR MUSEUM

Tuesday, Nov. 29 Price: \$18

Depart: 1 p.m. Return: 4 p.m.

Registration Deadline: Nov. 22

Come join us for a few hours to tour the LeMay Car Museum, price includes transportation and admission. "The ACM Collection consists of automotive artifacts and 250 automobiles spanning over 100 years of automotive history and approximately another 100 vehicles on exhibit loan from private collections. Unique to ACM is our open storage galleries for collection vehicles not on active display, giving our visitors the opportunity to see the majority of our collection. Our collection celebrates America's love affair with the automobile and includes both domestic and foreign marques."

CASINO HOP - LUCKY EAGLE & RED WIND

Saturday, Dec. 3 Price: \$25

Depart: 9 a.m. Return: 5 p.m.

Registration Deadline: Nov. 29

Enjoy your day at the Casino's first we will stop at the Lucky Eagle in Rochester- enjoy lunch on your own and gamble for a while than next stop is Red Wind.



JOSEPPI'S & ZOOLIGHTS

Tuesday, Dec. 13 Price: \$15

Depart: 4 p.m. Return: 8 p.m.

Registration Deadline: Dec. 6

Begin your evening out by enjoying dinner at Joesepi's and flavorful pasta dishes. Following dinner we are on to the Point Defiance Zoo to enjoy the sights and sounds of Zoo Lights. Explore the Zoo by the glow of handcrafted light displays. Enjoy animals, food, live entertainment, shopping and thousands of holiday lights. Dinner is on your own. Trip fee includes entrance fee to Zoo Lights.



RENTAL FACILITIES

SHELTERS

Cirque Park

7250 Cirque Dr. W.

Sunset Terrace

1902 Seaview St. W.

Kobayashi Park

6420 Chambers Creek Rd. W.

Amenities: Charcoal BBQs, picnic tables-includes ADA tables, power & water, and restrooms.

For more information contact the Parks & Recreation Office at 253.460.2530.



ORCHARD BANDSHELL

Curran Apple Orchard

3920 Grandview Dr. W.

The Curran Orchard Bandshell and grass area is a popular venue for weddings, concerts and family picnics! For more information contact the Parks & Recreation Office at 253.460.2530 or visit us online at www.CityofUP.com.



COST	RESIDENT	NON-RES
Half Day (6 hours)	\$95	\$125
Full Day (9 a.m.-Dusk)	\$190	\$250

Please do your part in obeying park rules:

- Dogs are required to be on a leash when in the park and owner is responsible to scoop after their dog.
- Fireworks & open fires are not permitted.
- Violence of any kind is not permitted.
- Weapons are not permitted, except firearms as constitutionally allowed so long as to not conceal without a valid permit or not aimed or discharged in, into or across any park.
- Alcohol is prohibited.
- Public vending, peddling, sales and advertising is prohibited in City parks with exception to contracted City-sponsored events.
- Insurance is required for the following; bouncer, tent, or canopy larger than 12' x 12'.

COST	RESIDENT	NON-RES
4 Hours	\$50	\$70

BALLFIELDS

Cirque Park 7250 Cirque Dr. W.

Cirque Park amenities: 27 Acres, (2) baseball fields, (1) multi-purpose field, covered picnic shelter, tot-lot, skateboard park, trails, restrooms. Plenty of on-site parking.

CIRQUE PARK	YOUTH	ADULT
Baseball/Softball	\$45/hr Resident	\$55/hr Resident
	\$55/hr Non-Res	\$65/hr Non-Res
Soccer/Football	\$35/hr Resident	\$45/hr Resident
	\$45/hr Non-Res	\$55/hr Non-Res
Field Lighting	\$15/hr	\$15/hr
Field Preparation	\$35 per day (each)	\$35 per day (each)
SUNSET TERRACE	YOUTH ONLY	
	\$15/hr	

Sunset Terrace 1902 Seaview St. W.

Sunset Terrace amenities: 2.25 Acre, (1) youth baseball field, covered picnic shelter, children's play area, restroom. Limited on-site parking. For more information contact the Parks & Recreation Office at 253.460.2530.

SENIOR CENTER

Holiday & Birthday Parties!
Business Meetings!
Wedding Receptions!



1,184 sq. ft.
Maximum Capacity 88
Tables & Chairs
TV/DVD & Surround Sound



COMMUNITY EVENTS

ANNUAL CIDER SQUEEZE

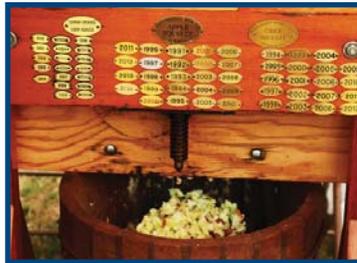
Sunday, August 28 noon- 4 p.m.

The Cider Squeeze is the celebration of a year's growth at the orchard and the culmination of lots of pruning, tending and hard work by adopters and volunteers alike. It's the day we invite the public to come share the bounty of harvest and watch as their apples are pressed to cider while listening to live music. Here's what to expect:

- Pick apples from selected trees
- Walk them through the process to be pressed into cider
- Enjoy some apple pie and other refreshments
- Savor the atmosphere of the orchard with Johnny Applesed, the Big Apple and Sunset Bible Bluegrass Band

It's a great opportunity for you, your kids and friends to spend a leisurely Sunday afternoon and enjoy some lively community fellowship.

Visit www.curranappleorchard.com or contact apples@curranappleorchard.com for more information about the Cider Squeeze or if you are interested in volunteering!



MAKE A DIFFERENCE DAY

Date: Oct. 22, 2016

Time: 9 a.m.-noon

Park Locations: Colegate Park & Riconosciuto Park



We're celebrating Earth Day, Arbor Day, National Parks Week and your local parks in one fun event. It will be the 15th Year of the event. It's gratifying to know you are part of a major county-wide effort with nearly 2,000 other people working in their local parks at the same time.

For more information about Make a Difference Day contact the Parks & Recreation department.

UP CARES

A Federal Tax Exempt 501c(3) UP Community Supported Parks and Recreation (aka) "UP CARES" was established to allow community members who wish to financially support the University Place Parks & Recreation Programs. This will allow tax-free donations and provide the means to solicit grants from those organizations that only support tax-exempt organizations. If you are interested in donating or learning more about this, please contact Jim Baldes at jbaldes@comcast.net.



REGIONAL REC PROVIDERS

U.P. RECREATION PROGRAM CLOSES ITS DOORS

All Recreation services end as of Saturday, December 31, 2016

At the end of 2016 the City of University Place will be closing its Recreation Department. This closure will affect youth and teen sports, as well as Recreation and Senior Center programming. To help serve your recreation needs in the future, the lists on the next two pages have been compiled for your use. These lists are not an endorsement, are not all-inclusive or exhaustive; you are encouraged to check them out as possible choices for your future recreation needs.

REGIONAL RECREATION SERVICES PROVIDERS

METRO PARKS OF TACOMA

www.MetroParksTacoma.org/GO
253.305.1022
4702 S. 19th Street, Tacoma, WA 98405

PIERCE COUNTY PARKS & RECREATION

www.PierceCountyWA.org/index.aspx?nid=114
253.798.4176
9112 Lakewood Dr. SW, Lakewood, WA 98499

CITY OF FIRCREST PARKS & RECREATION

www.CityofFircrest.net/Recreation.html
253.564.8177
555 Contra Costa, Fircrest, WA 98466

CITY OF LAKEWOOD PARKS & RECREATION

www.CityofLakewood.us/parks-and-recreation
253.589.2489
6000 Main Street SW, Lakewood, WA 98499

PENMET PARKS

www.PenMetParks.org
253.858.3400
10123 78th Avenue NW, Gig Harbor, WA 98332

YMCA OF PIERCE COUNTY

www.YMCAPKC.org
253.584.9622
1002 S. Pearl St. (Tacoma) / 9715 Lakewood Dr. SW (Lakewood)

ACTIVITY CENTERS

LIGHTHOUSE ACTIVITY CENTER

5016 E "A" Street, Tacoma, WA / 253.591.5080
Lunch is served every day. Free transportation to the Center if you live in the Tacoma area and meet guidelines.

SOUTH TACOMA ACTIVITY & RECREATION CENTER

3873 S 66th St., Tacoma, WA, 98409
253.404.3939

PIERCE COUNTY / SPRINKER RECREATION CENTER

14824 "C" Street S., Tacoma, WA
253.798.4000

POINT DEFIANCE / RUSTON SENIOR CENTER

4716 N. Baltimore, Tacoma, WA / 253.756.0601
Meals are served every day. Services offered include foot care, exercise classes, yoga, bridge-pinochle & more.

PUYALLUP ACTIVITY CENTER

210 W. Pioneer, Puyallup, WA / 253.841.5555
Lunch is served every day. Services offered include trips & tours, senior workout room, yoga, computers & more.

STEILACOOM COMMUNITY CENTER

2301 Worthington, Steilacoom, WA / 253.581.1076
253.581.1076
Services offered include yoga and bridge.



REC PROGRAMS

REGIONAL YOUTH SPORTS OR DANCE PROGRAMS

METRO PARKS OF TACOMA

www.MetroParksTacoma.org/GO
253.305.1022
4702 S. 19th Street, Tacoma, WA 98405

PIERCE COUNTY PARKS & RECREATION

www.PierceCountyWA.org/index.aspx?nid=114
253.798.4176
9112 Lakewood Dr. SW, Lakewood, WA 98499

CITY OF FIRCREST PARKS & RECREATION

www.CityofFircrest.net/Recreation.html
253.564.8177
555 Contra Costa, Fircrest, WA 98466

LAKEWOOD BASEBALL CLUB

info@LakewoodBaseballClub.org
253.271.8532
P.O. Box 98113, Lakewood, WA 98499

NORTHWEST PROSPECTS ACADEMY - WEST

www.NWProspects.com
253.301.0491 / 815 S. 28th St., Tacoma, WA 98409
Baseball / Softball / Football

DANCE THEATRE NORTHWEST

Dance Lessons
www.DTNW.org / dancetnw@gmail.com / 253.778.6534
2811 Bridgeport Way W. #24, University Place, WA 98466

TIGER TAEKWON DO ACADEMY

Martial Arts
www.Tiger-Taekwondo.com
253.476.2886

TACOMA FIRS GOLF CENTER

Golf Lessons
www.TacomaFirsGolfCenter.com
253.472.6899

TOP CAT TENNIS

Tennis Lessons
topcattennis@aol.com
253.376.45.29

CHALLENGER SOCCER

[www.ChallengerSports.com/
britishsocceramps.aspx](http://www.ChallengerSports.com/britishsocceramps.aspx)

KIDZ LOVE SOCCER

www.KidzLoveSoccer.com

SKYHAWKS SPORTS CAMPS

www.Skyhawks.com

UNIVERSITY PLACE YOUTH SPORTS PROGRAMS

U.P. AQUATIC CLUB

[www.TeamUnify.com/home.jsp?
tabid_0=team=pnupac](http://www.TeamUnify.com/home.jsp?tabid_0=team=pnupac)

U.P. SOCCER CLUB

www.UPSC.org

U.P. JR. VIKING CHEER CLUB

[www.UniversityPlaceJunior
VikingCheer.weebly.com](http://www.UniversityPlaceJuniorVikingCheer.weebly.com)

U.P. VIKING COMMUNITY CHEER

[www.VikingsCommunity
Cheerleading.org](http://www.VikingsCommunityCheerleading.org)

U.P. VIKING FOOTBALL CLUB

www.ETeamz.com/UPVikingFootball

U.P. VIKING LACROSSE CLUB

www.UPLacrosse.com

