



MOUNT BAKER ROWING & SAILING CENTER

**2016
PROGRAM
BROCHURE**

**EXPLORE
MORE!**



MOUNT BAKER ROWING & SAILING CENTER
3800 Lake Washington Blvd S, Seattle, 98118

REGISTER ONLINE!
SEATTLE.GOV/PARKS

SEATTLE PARKS AND RECREATION

PROFESSIONAL STAFF

Mount Baker Rowing & Sailing Center:

Jason Coffman – Senior Recreation Program Specialist
Chris Maccini – Recreation Program Specialist

MANAGEMENT

Jesús Aguirre – Superintendent
Kelly Guy – Recreation Director
Kathy Whitman – Aquatics Manager

DIRECTIONS

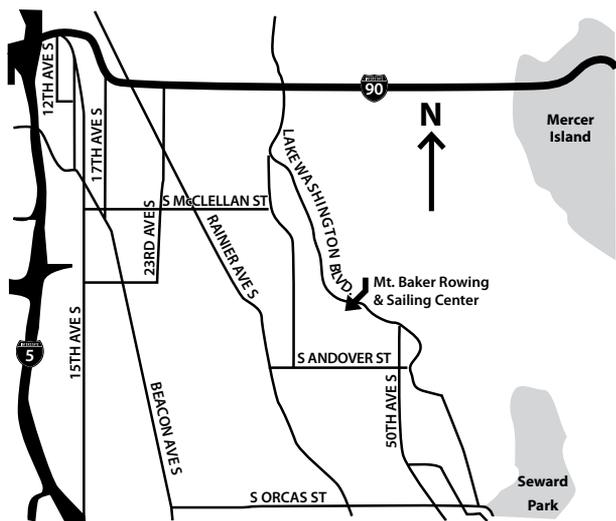
From I-5 North or Southbound: Take the Columbian Way exit, follow east across Beacon Hill, road becomes Alaska S as it crosses MLK. Turn left on Rainier Ave S, then turn right on Genesee St. Go straight through the stop sign Turn left at 43rd Ave S, then right at Lake Washington Blvd S. The Mt Baker Rowing and Sailing Center Facility entrance will be on the left side.

Coming west on I-90, take the Rainier Ave. S exit and follow Rainier Ave. S southbound to S. Genesee St, turn left on Genesee, left on 43rd Ave S, and right on Lake Washington Blvd S. The Mt Baker Rowing & Sailing Center Facility entrance will be on the left side.

METRO BUS INFORMATION

Mount Baker is currently served by several Metro Transit lines with stops within ½-mile of our site. Local Metro service may change, so please check with Metro King County for the most up-to-date bus information. Please visit www.metro.kingcounty.gov or call 206-553-3000.

WHERE TO FIND US:



Disclaimer: Although we strive to be accurate, this brochure is published for information purposes only. Changes may be necessary to the content depending on levels of participation or other factors. Fees may change after printing and after City Council action on the City budget each year. Please visit www.seattle.gov/parks for updated information.

2016 CLOSURES

Holidays – No programs, No office hours

Jan 1	New Year's Day
Jan 16 - 18	Martin Luther King, Jr. Day
Feb 13 - 15	Presidents' Day
May 28 - 30	Memorial Day
July 4	Independence Day
August 2 - 8	Seafair – Facility Closed
Sept 3 - 5	Labor Day
Nov 11	Veterans' Day
Nov 24 - 27	Thanksgiving Holiday
Dec 18 - Jan 1, 2017	Holiday Closure



ASSOCIATED RECREATION COUNCIL

For 40 years, the Associated Recreation Council (ARC) has provided recreation, lifelong learning programs and community-driven leadership in partnership with Seattle

Parks and Recreation. With a goal of providing equitable access to citywide programs for Seattle residents of all ages, ARC works through 37 volunteer Advisory Councils to fulfill its mission of "building community through citizen engagement and participation in recreation and lifelong learning programs." ARC is a 501c3 nonprofit organization. For more information, go to www.arcseattle.org.

MOUNT BAKER BOATING ADVISORY COUNCIL

The Mount Baker Boating Advisory Council (BAC)

sponsors all programs at the facility. The BAC is made up of a group of volunteers who are dedicated to the success of this center. BAC meetings are held monthly and are open to the public who are welcome to attend. Call 206-386-1913 for additional information. As advisory council activities are self-sustaining, we rely on program participation, donations, and contributions to provide financial aid, maintain and upgrade the boating equipment and supplies. (For additional information, please see page 5.)



DEAR FRIENDS:

Mayor Murray presented his 2016 Proposed Budget to City Council in late September 2015 and I'm excited to report that the news is very positive for parks and recreation services, such as the programs and classes listed in this brochure.

Seattle Park District

Most of the changes affecting our budget are related to last year's passage of Proposition 1 and the creation of the Seattle Park District, which provides a new taxing district and revenue source. 2016 marks the first full year of funding for Park District initiatives at more than \$47 million annually. Program and project highlights include:

- **Programs for People:** More staffing and services at community centers, teen programs, lifelong recreation programs and special populations programs that began in 2015.
- **Fix it First:** \$25 million to reduce our major maintenance backlog and restore our urban forests.
- **Maintaining Parks and Facilities:** Increased park maintenance and preventative maintenance.
- **Building for the Future:** Planning and development for five of the 14 park sites acquired and "land-banked" with 2008 Levy funds.

Other Changes

While most of the changes affecting the 2016 Proposed Budget are related to the Park District, non-District related changes include:

- **Two beaches opening early:** We are reallocating resources to open two swimming beaches a month early to address the trend of warmer spring temperatures.
- **Major maintenance:** SPR's 2016 Capital Improvement Budget (CIP) supports major maintenance projects such as environmental remediation, landscape and forest restoration, irrigation system repair, pavement restoration, and replacing major roof and HVAC systems. The CIP also provides funding for algae treatment at Green Lake (\$1.2 million), and moorage improvements (\$2 million).

Overall, the investments in the Mayor's Proposed Budget will allow Seattle Parks and Recreation to continue to provide exceptional services to our growing community.

Thank you for your participation in and support of our precious parks and recreation system.

Jesús Aguirre, Superintendent

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APRIL POOLS DAY

Seattle Parks and Recreation helping to make summertime safer.

Seattle Parks and Recreation will join other public and private aquatic facilities throughout Washington to celebrate the 23rd Annual April Pools Day on Saturday, April 16, 2016.

More than 30 facilities throughout the state are working together to help families prepare for a safe summer by hosting free events that offer water safety tips and activities.

Participants of all ages will have the opportunity to learn hands-on water safety in and out of the water. Activities may include practicing wearing and using life jackets, learning about hypothermia, taking a boat ride, practicing reaching and throwing rescues, and learning about CPR. Participants can enter a drawing for a free life jacket, as well as other prizes.

Don't miss this chance to get ready for fishing and boating season by participating in April Pools Day at your local Seattle Parks and Recreation swimming pool. Learn and have fun together as a family!

Call individual facilities for time of event and specific activities.

- Ballard Pool684-4094
- Evans Pool684-4961
- Helene Madison Pool684-4979
(event on Sunday, April 17)
- Meadowbrook Pool.....684-4989
- Medgar Evers Pool.....684-4766
- Queen Anne Pool.....386-4282
- Southwest Pool684-7440
- Rainier Beach Pool.....386-1925

EVENTS HOSTED BY MOUNT BAKER ROWING AND SAILING CENTER

BAKER DAY

Saturday, March 12

9 a.m. - Noon

Join in the fun! Rowers of all ages will participate in our Annual Inter-Squad Rowing Regatta. Parents of junior rowers are invited to take a few strokes! A HOT breakfast will be served by our Parent Volunteer Group.

JR. CREW AWARDS EVENT

Wednesday, June 1

5 p.m.

Junior Rowers, coaches and family will enjoy a wonderful evening of reflection crowning the Spring season.

NATIONAL LEARN TO ROW DAY! **FREE**

Saturday, June 4

10 a.m.

Join us for an introduction to rowing. Come down to Mt Baker Rowing and Sailing to see what this fast growing, popular sport is all about. Learn the fundamentals on land and water. This is a free drop-in event for adults and teens; 12-15 year olds need to be accompanied by an adult, and 16-17 year olds need parental/guardian signature. Come early!

MT BAKER MILFOIL DODGER SAILING REGATTA

Saturday, August 13

10 a.m. - 2p.m.

Sailors (ages 8 yrs and older) are welcome to participate in our annual youth sailing regatta. Reserve one of our boats or bring your own; Lasers, 420's, Opti's, Bytes, V-15, FJ's and more. Contact us for more information.

SUMMER CAMP GROUP BOATING OPPORTUNITIES

Camp counselors bring your kids (8-18 yrs old) to Lake Washington for boating fun! Your group can come one time, several weeks in a row, for one day or every day for an entire week to paddle on the lake. Kids camps from community centers, public or private camps, or schools are welcome. For more information and to schedule your group, please call 206-386-1913 or email mount.baker@seattle.gov.

WINTER GALA AND FUNDRAISER WITH THE CHRISTMAS SHIP™

Early December

Early evening

Join us for a winter fundraising dinner and gala. The Christmas Ship will be on the lake, bringing carolers and holiday cheer. There will be a live auction and dinner will be served. All proceeds will benefit the programs and facilities at Mount Baker Rowing and Sailing Center. Please check our website for more information in the fall. www.mbrsc.org



LARGE RENTAL SPACE AVAILABLE

Mt. Baker Rowing and Sailing Center's meeting/conference/party room is available for rent. Our second floor room, with a view of Lake Washington and beyond, has seating available for up to 120 persons with a caterer's kitchen. A sound system and two flat screen monitors for presentations or slide shows are built in. Call 206-684-7254 or EMAIL events@mbrsc.org for more information.

REGISTRATION DATES

Winter Quarter: Tuesday, December 1, 2015..... Noon

Spring Quarter: Tuesday, March 8, 2016 Noon

Summer Quarter: Tuesday, April 5, 2016 Noon

Fall Quarter: Tuesday, August 9, 2016 Noon

EVENTS IN THE NEIGHBORHOOD OR SPONSORED BY SEATTLE PARKS AND RECREATION

Seattle Special Events website: www.seattle.gov/specialevents

BICYCLE SUNDAYS

Most Sundays, May – September

Most Sundays from May through September from 10 a.m. to 6 p.m., a stretch of Lake Washington Boulevard South is closed to vehicle traffic and open for bicycles and pedestrians. The area affected is from Mt. Baker Beach Bathhouse south to Seward Park. You will still have access to our parking lot from 43rd Ave. S, or ride your bike to class! Seward Park will have low-cost bike helmets for sale on Bicycle Sundays in the afternoon. Please check the website for more information. <http://www.seattle.gov/parks/bicyclesunday>

ROCK AND ROLL MARATHON & HALF-MARATHON

Saturday, June 18

Start @ 7 a.m.

Marathon starts in Tukwila and winds along Lake Washington finishing at Seattle Center. For more information visit seattle.competitor.com/.

BENAROYA RESEARCH INSTITUTE SEAFAIR TRIATHLON

Saturday, July 23

6:30 a.m. @ Seward Park

Contact seafair.com for more information.

SEAFAIR CLOSURE

Tuesday, August 2 – Monday, August 8

Stan Sayres Park, along with Mt Baker Rowing and Sailing Center is closed while the Seafair Hydro-Racers are in town for the Seafair Cup. For more information please see seafair.com or call 206-728-0123. Hear the "Thunder!"

EMERALD CITY OPEN WATER SWIM

Saturday August 20

7 a.m. @ Seward Park

The swim is held in Andrews Bay, near Seward Park, with both a half-mile and a full mile race. Call 206-684-4766 for more information and for an entry form, or go to seattle.gov/parks/aquatics/openwaterswim.htm.

IRON GIRL SEATTLE TRIATHLON

Sunday, Mid-August (TBD)

7 a.m. @ Stan Sayres Park

Stan Sayres Park is the swim area, and the staging for the bike and foot race happen across Lake Washington Blvd in Genesee Park. Visit irongirl.com/Events/Seattle.htm for more information.

FREE

SEATTLE PARKS AND RECREATION BIG DAY OF PLAY

Date TBD

Join Seattle Parks and Recreation for a free day of fun on and off the water. Hosted by Seattle Parks and Recreation Aquatics, Community Centers and local partners. Stay tuned to our website, www.bigdayofplay.com for more details.

LOW COST LIFE JACKET SALES AT EVANS POOL

Seattle Parks and Recreation will hold sales of low cost lifejackets at Evans Pool on the third Saturday of each month, all summer long. The pool is located at 7201 E. Green Lake Dr. N. The phone number is 206-684-4961.

We extend special thanks to our partners, Seattle Children's Hospital, Fisheries Supply, and the Coast Guard Auxiliary for their support of this event. For more information, please contact David Belanger, at 206-684-7440 or email david.belanger@seattle.gov.

MOUNT BAKER BOATING ADVISORY COUNCIL

In partnership with Seattle Parks and Recreation, the Associated Recreation Council (a non-profit 501 (c) 3 organization) doing business as the Mount Baker Boating Advisory Council sponsors all programs at the Center.

The Boating Advisory Council is a group of volunteers who are dedicated to the success of this center. The Council serves as advisor to the Parks and Recreation staff at the Center and as an advocate for program participants and the community. The Council undertakes the following activities to support and enhance the programs offered:

- Provide oversight and advise on program design and program performance;
- Participate with Seattle Parks and Recreation in long-term planning for the Center;
- Develop annual operating and capital budgets;
- Monitor actual financial performance against approved budgets;
- Organize and conduct various fundraising activities to support the Center's programs and to purchase new equipment;
- Provide marketing support and performance oversight for the Center's meeting and event venue.

Boating Advisory Council meetings usually are held monthly and the public is welcome to attend. Call the Center at 206-386-1913 for more information.



MOUNT BAKER
ROWING and SAILING CENTER

THE BAKER WAY

Beginning with the original community that energized the founding of Mt. Baker Rowing and Sailing Center, emphasis has been on inclusion, neighbors and family, and open communication. Central to this is good sportsmanship, and a belief that learning and participation in sports builds skills – physical, personal, and mental – that translate this culture to every aspect of life.

Coaches at Mt. Baker use a deliberate, open style that has been successful both at developing nationally competitive teams, and at including athletes with a wide variety of abilities.

The construction of Mt. Baker's new event room is now complete. The room is available for your community meetings, your neighborhood workshop, or your family's wedding!

This is a 'call out' to all of you who have, and to those who continue to participate in Mt. Baker's continued success! **THANK YOU – It's the Baker Way!**



PRIVATE INDIVIDUAL / SMALL GROUP INSTRUCTION

Personal instruction by in-house coaches is available for those looking to improve their current skill level or those at the beginner level just looking to try a new water sport. Available for Rowing, Sailing, Paddle Boarding, Sea Kayaking and Windsurfing. Float Test is required. Form located on page 29. Instruction can be for: one individual or up to four (4) equally skilled participants. Fee is \$60/hour.

CORPORATE RETREATS

Are you looking to build your team through a unique retreat experience for your employees? Through the world of water sports, the Mount Baker Rowing and Sailing Center can give you an opportunity to get away from the daily grind and come together, have some fun, and recalibrate the important work you do. Please call our office at 206-386-1913 or email mount.baker@seattle.gov for more information.

To schedule your private lesson, or retreat contact the MBRSC Office at 206-386-1913 or mount.baker@seattle.gov. Private lessons require a Float Test taken prior to the lesson plus a Risk and Release Form on file.

HEALTH AND FITNESS CLASS "ON LAND"

Ages 12 and older (12-15 must be accompanied by an adult) – Get fit at the boathouse!! Have more energy! Improve your health, strength, and cardiovascular fitness! Class incorporates rowing machines, weights, core strength, dynamic stretching, and more.

Note: A float test is not required for this class.



DAYS	TIMES	DATES	FEE	BARCODE	EXCLUDED DATES
WINTER CLASS REGISTRATION BEGINS 12/1/2015 @ NOON					
Monday/Wednesday	6:30 – 7:30 p.m.	1/4 – 1/27	\$39	135603	1/18
		2/1 – 2/29	\$45	135604	2/15
		3/2 – 3/30	\$50	135605	
SPRING CLASS REGISTRATION BEGINS 3/8/2016 @ NOON					
Monday/Wednesday	6:30 – 7:30 p.m.	4/4 – 4/27	\$45	135648	
		5/2 – 5/25	\$45	135649	
		6/1 – 6/29	\$50	135650	
SUMMER CLASS REGISTRATION BEGINS 4/5/2016 @ NOON					
Monday/Wednesday	6:30 – 7:30 p.m.	7/6 – 7/27	\$39	142073	
		8/10 – 8/31	\$39	142074	
FALL CLASS REGISTRATION BEGINS 8/9/2016 @ NOON					
Monday/Wednesday	6:30 – 7:30 p.m.	9/7 – 9/28	\$39	142269	9/5
		10/3 – 10/31	\$50	142270	
		11/2 – 11/30	\$50	142271	
		12/5 – 12/14	\$23	142272	

JUNIOR CREW

Grades 8 – 12. Rowing on a team is an incredible experience! A sense of accomplishment and pride is gained as youth work to meet the physical and mental challenges of the sport of rowing. The rigorous sport also promotes sportsmanship and team camaraderie. Classes teach the fundamentals of the stroke as well as boat handling, water safety, and care of equipment. Spring and Fall seasons are geared towards competitive racing. Summer sessions emphasize technique and skill building. No regattas are scheduled during the summer. If you are unsure which program to register for, call the office at 206-386-1913.

We will enroll students on a first-come, first-served basis. Occasional additional practices may be scheduled. Regatta and event fees are in addition to the course fee listed below. Scholarships and/or discounts are available for people with low income; please pick up an application form from the office.

Because this is a team sport, we encourage regular attendance. The junior rowing program is open only to those in grades 8 to 12; sorry, no exceptions.

**15% discount for additional members of the same family - must register by phone or in person.
Required float test form and all necessary paperwork can be found at www.mbrsc.org.**

TEAM	DAYS	TIMES	DATES	FEE	BARCODE
WINTER/SPRING JUNIOR CREW REGISTRATION BEGINS 12/1/2015 @ NOON					
Experienced: Previous rowing experience as of June 1, 2015 / Novice: Started rowing June 1, 2015 or later					
Experienced Boys	Monday – Friday	3:45 – 6:15 p.m.	2/1 – 5/23 (No 2/15)	\$440	135607
Experienced Girls		4:15 – 6:45 p.m. [°]	2/1 – 5/23 (No 2/15)	\$440	135608
Returning Novice Boys		4 – 6 p.m.	2/1 – 5/23 (No 2/15)	\$427	135610
Returning Novice Girls				\$427	135612
New to Rowing Boys (Limit 10 spots)				\$427	135609
New to Rowing Girls (Limit 10 spots)				\$427	135611
SUMMER JUNIOR CREW REGISTRATION BEGINS 4/5/2016 @ NOON					
Experienced: Previous rowing experience as of June 1, 2015 / Novice: Started rowing June 1, 2015 or later					
Experienced Boys	Monday – Friday	7:30 – 9:30 a.m.	7/5 – 8/26*	\$206	142209
Experienced Girls					142216
Novice Boys	Monday – Friday	9:30 – 11:30 a.m.	7/5 – 7/29	\$119	142219
Novice Girls					142221
Novice Boys	Monday – Friday Session 2	9:30 – 11:30 a.m.	8/9 – 9/2**	\$119	142220
Novice Girls					142222
FALL CLASS REGISTRATION BEGINS 5/24/2016 @ NOON					
Experienced Boys	Monday – Friday	3:45 – 6:15 p.m.	9/6– 11/7	\$255	142256
Experienced Girls		4:15 – 6:45 p.m. ^{°°}	9/6 – 11/7	\$255	142257
Novice Boys		4 – 6 p.m.	9/12– 11/7	\$238	142254
Novice Girls		4 – 6 p.m.	9/12 – 11/7	\$238	142255

* No practice during Seafair 8/1 – 8/8; Monday through Monday.

** Session II Novice rowing starts on Tuesday, August 9.

° Experienced Girls practice will be 3:45 – 6:15 p.m. until March 9, 2015 due to daylight savings.

°° Beginning October 17, 2016 Experienced Girls practices moves to 3:45 - 6:15 p.m. due to diminishing daylight.

JUNIOR CREW CONDITIONING

Stay fit for the upcoming season! Continue your conditioning with land and water time at Mt. Baker.

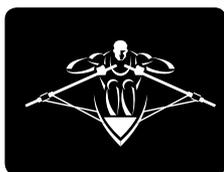
TEAM	DAYS	TIMES	DATES	FEE	BARCODE
WINTER CLASS REGISTRATION BEGINS 12/1/2015 @ NOON					
Experienced Boys	Mon/Tue/Thu/Fri/Sat	4 – 6 p.m.	1/4 – 1/30 (No 1/16 and 1/18)	\$112	135613
Experienced Girls		9:30 – 11:30 a.m.		\$112	135614
Novice Boys	Tue/Wed/Thu/Sat	4 – 5:30 p.m.	1/5 – 1/30 (No 1/16)	\$74	135615
Novice Girls		9:30 – 11:30 a.m.		\$74	135616
FALL CLASS REGISTRATION BEGINS 5/24/2016 @ NOON					
Experienced Boys	Mon/Tue/Thu/Fri/Sat	4 – 6 p.m.	11/14 – 12/17*	\$122	142259
Experienced Girls		9:30 – 11:30 a.m.		\$122	142260
Novice Boys	Tue/Wed/Thu/Sat	4 – 5:30 p.m.	11/15 – 12/17*	\$80	142261
Novice Girls		9:30 – 11:30 a.m.		\$80	142262

* No practice 11/24 – 11/26

JUNE JUNIOR SCULLING

(Ages 13 – 18; Grades 8 – 12) This June session is for any youth who are new to rowing or want to continue rowing, but in Mt Baker's small boat fleet of singles, doubles, and quads. Find out what all those small/tippy boats are all about. **Please note: Spring novice rowers will be experienced rowers for this course.**

TEAM	DAYS	TIMES	DATES	FEE	BARCODE
SPRING CLASS REGISTRATION BEGINS 3/8/2016 @ NOON					
Experienced Rowers	Tuesday/Thursday	4 – 6 p.m.	5/31 – 6/23	\$80	135643
Novice Rowers	Monday/Wednesday	4 – 6 p.m.	6/1 – 6/22	\$70	135678



Learn about scholarships for youth rowing:

Rainier Valley Rowing

<http://www.pocockfoundation.org/rainier-valley-rowing/>

"Inspiring young people to push their limits, expand their opportunities, and become healthy and engaged members of their communities" in partnership with Pocock Rowing Foundation, Seattle Parks and Recreation, and Mt. Baker Boating Advisory Council.



INTRODUCTION TO ROWING

Ages 12 and up! 12-15 year olds must be accompanied by an adult. Curious about rowing? Want to understand the difference between sweep and sculling? Here's your chance to step inside a long, sleek rowing shell (boat) and try it. This two-hour class gives an introduction to this fast growing sport known for its physical fitness and teamwork. Sign up early!

Note: a float test is not required for this two-hour introductory class.

DAYS	TIMES	DATES	FEE	BARCODE
WINTER CLASS REGISTRATION BEGINS 12/1/2015 @ NOON				
Saturday	10 a.m. – noon	2/27	FREE	135606
SPRING CLASS REGISTRATION BEGINS 3/8/2016 @ NOON				
Saturday	10 a.m. – noon	4/16	FREE	135657
		6/4	FREE	135658
SUMMER CLASS REGISTRATION BEGINS 4/5/2016 @ NOON				
Saturday	10 a.m. – noon	6/25	FREE	142084
Saturday	10 a.m. – noon	8/27	FREE	142085



2016 CLOSURES

Holidays – No programs, No office hours

- | | |
|--|--|
| Jan 1New Year's Day | August 2 - 8.....Seafair – Facility Closed |
| Jan 16 - 18Martin Luther King, Jr. Day | Sept 3 - 5Labor Day |
| Feb 13 - 15.....Presidents' Day | Nov 11Veterans' Day |
| May 28 - 30.....Memorial Day | Nov 24 - 27Thanksgiving Holiday |
| July 4Independence Day | Dec 18 - Jan 1, 2017Holiday Closure |

LEARN TO ROW

ADULT ROWING - LEVEL 1A

Ages 16 and older. In the 18-hour Level One course, you will experience both on-water and on-land rowing. Coaches will spend class time teaching terminology, fitness skills, basic rowing technique, boat balancing, and water comfort. Over the course, your coach will teach on land using rowing simulators aka "ergometers" then move to actual on-water rowing with your classmates where you will learn both "sweep" (one oar) and "scull" (two oars) technique. This class focuses on the fundamentals critical for your future rowing endeavors!

DAYS	TIMES	DATES	FEE	BARCODE	EXCLUDED DATES
WINTER CLASS REGISTRATION BEGINS 12/1/2015 @ NOON					
Mon/Wed/Fri	9 – 11 a.m.	3/14– 4/1	\$100	135617	
Tue/Thu/Sat	T/Th 6 – 7:30 a.m. • Sat 7 – 9 a.m.	3/5 – 3/31	\$100	135618	3/19
SPRING CLASS REGISTRATION BEGINS 3/8/2016 @ NOON					
Tue/Thu/Sat	T/Th 6 – 7:30 a.m. • Sat 7 – 9 a.m.	4/30 – 5/21	\$100	135663	5/7
Tue/Thu/Sat	T/Th 6:30 – 8 p.m. • Sat 7 – 9 a.m.	4/30 – 5/21	\$100	135664	5/7
SUMMER CLASS REGISTRATION BEGINS 4/5/2016 @ NOON					
Tue/Thu/Sat	T/Th 5:30 – 7:30 a.m. • Sat 7 – 9 a.m.	7/5 – 7/23	\$100	142109	
FALL CLASS REGISTRATION BEGINS 8/9/2016 @ NOON					
Mon/Wed/Fri	9 – 11 a.m.	9/12 – 9/30	\$100	142274	

ADULT ROWING - LEVEL 1B

Ages 16 and older. This second learn to row course uses your previous rowing experience (Learn to Row 1A or equivalent from another rowing center required) to further develop your rowing skills. Taught in a team format, this class will include more time on the water building your foundation of skill and fitness. You will continue to refine your sweep and sculling technique while gaining exposure to the coxswain position and other various roles within a boat.

DAYS	TIMES	DATES	FEE	BARCODE
WINTER CLASS REGISTRATION BEGINS 12/1/2015 @ NOON				
Mon/Wed/Fri	9 – 11 a.m.	4/4 – 4/29	\$126	135619
Tue/Thu/Sat	T/Th 6 – 7:30 a.m. • Sat 7 – 9 a.m.	4/2 – 4/28	\$116	135620
SPRING CLASS REGISTRATION BEGINS 3/8/2016 @ NOON				
Tue/Thu/Sat	T/Th 5:30 – 7:30 a.m. • Sat 7 – 9 a.m.	5/31 – 6/25	\$126	135665
Tue/Thu/Sat	T/Th 6 – 8 p.m. • Sat 7 – 9 a.m.	5/31 – 6/25	\$126	135666
SUMMER CLASS REGISTRATION BEGINS 4/5/2016 @ NOON				
Tue/Thu/Sat	T/Th 5:30 – 7:30 a.m. • Sat 7 – 9 am	8/9 – 9/1	\$105	142110
FALL CLASS REGISTRATION BEGINS 8/9/2016 @ NOON				
Mon/Wed/Fri	9 – 11 a.m.	10/3 – 10/28	\$126	142275

ADULT ROWING

ADULT ROWING - LEVEL 2A & 2B

Ages 16 and older. Level 1A and 1B or equivalent experience from another club are required for these courses. Each course builds upon skills learned in previous sessions. Level 2 is designed for the experienced novice or returning rower looking for a supportive environment to further develop physical fitness and rowing technique in both sweep and sculling. Coaches will expect regular attendance as you work alongside your teammates towards rowing proficiency in sweep and sculling. You will enjoy increased time on the water, integrated rows with experienced rowers, as well as an increased emphasis on the stamina- and strength-building necessary for a long and successful rowing career.

LEVEL 2A				
DAYS	TIMES	DATES	FEE	BARCODE
SPRING CLASS REGISTRATION BEGINS 3/8/2016 @ NOON				
Mon/Wed/Fri	9 – 11 a.m.	5/2 – 5/27	\$120	135668
Tue/Thu/Sat	T/Th 5:30 – 7:30 a.m. • Sat 7 – 9:30 a.m.	5/3 – 5/26 (No class 5/7)	\$110	135667
SUMMER CLASS REGISTRATION BEGINS 4/5/2016 @ NOON				
Tue/Thu/Sat	T/Th 5:30 – 7:30 a.m. • Sat 7 – 9 a.m.	6/28 – 7/30	\$150	142111
Tue/Thu/Sat	T/Th 6 – 8 pm • Sat 7 – 9 a.m.	6/28 – 7/30	\$150	142112
FALL CLASS REGISTRATION BEGINS 8/9/2016 @ NOON				
Tue/Thu/Sat	T/Th 5:30 – 7:30 a.m. • Sat 7 – 9 a.m.	9/6 – 9/29	\$110	142277
Mon/Wed/Fri	9 – 11 a.m.	10/31 – 11/23	\$100	142276

LEVEL 2B				
DAYS	TIMES	DATES	FEE	BARCODE
SPRING CLASS REGISTRATION BEGINS 3/8/2016 @ NOON				
Mon/Wed/Fri	9 – 11 a.m.	6/1 – 6/29	\$130	135670
Tue/Thu/Sat	T/Th 5:30 – 7:30 a.m. • Sat 7 – 9:30 a.m.	6/4 – 6/30	\$100	135669
SUMMER CLASS REGISTRATION BEGINS 4/5/2016 @ NOON				
Tue/Thu/Sat	T/Th 5:30 – 7:30 a.m. • Sat 7 – 9 a.m.	8/9 – 9/1	\$110	142113
Tue/Thu/Sat	T/Th 6 – 8 p.m. • Sat 7 – 9 a.m.	8/9 – 9/1	\$110	142114
FALL CLASS REGISTRATION BEGINS 8/9/2016 @ NOON				
Tue/Thu/Sat	T/Th 5:30 – 7:30 a.m. • Sat 7:30 – 9:30 a.m.	10/1 – 10/29	\$120	142279
Mon/Wed/Fri	9 – 11 a.m.	11/28 – 12/16	\$90	142278

OH, NO! YOU CANCELLED IT!

Sometimes courses are cancelled because people wait too long to register.
Please register early to avoid disappointment!

ADULT ROWING

ADULT ROWING - LEVEL 3

Ages 16 and older. Recreational rowing Level 3: Rowing level 1 and 2 courses or equivalent experience is required as prerequisite. Join this course to continue to develop your rowing skills, increase your aerobic capacity, and improve your overall fitness level. Sweep and sculling will be encouraged by staff. Safety, coxing, and equipment care should be second nature upon enrollment to this course. Regular attendance is strongly encouraged. Fun and fitness on the water is the priority.

DAYS	TIMES	DATES	FEE	BAR-CODE	EXCLUDED DATES
WINTER CLASS REGISTRATION BEGINS 12/1/2015 @ NOON					
Mon/Wed/Fri	9:15 – 11:15 a.m.	1/4 – 1/29	\$105	135579	1/18
		2/1 – 2/29	\$115	135584	2/15
		3/2 – 3/30	\$124	135586	
Tue/Thu/Sat	T/Th 5:30 – 7:30 a.m. • Sat 7 – 9 a.m.	2/16 – 3/31	\$181	135589	3/19
Tue/Thu/Sat	T/Th 6 – 7:30 p.m. • Sat 7 – 9 a.m.	2/16 – 3/31	\$148	135594	3/19
SPRING CLASS REGISTRATION BEGINS 3/8/2016 @ NOON					
Mon/Wed/Fri	9:15 – 11:15 a.m.	4/1 – 4/29	\$124	135631	
		5/2 – 5/27	\$115	135632	
		6/1 – 6/29	\$124	135633	
Tue/Thu/Sat	T/Th 5:30 – 7:30 a.m. • Sat 7 – 9 a.m.	4/2 – 4/30	\$124	135634	
		5/3 – 5/26	\$95	135635	5/7
		5/31 – 6/30	\$134	135636	
Tue/Thu/Sat	T/Th 6 – 8 p.m. • Sat 7 – 9 a.m.	4/2 – 4/30	\$124	135637	
		5/3 – 5/26	\$95	135638	5/7
		5/31 – 6/30	\$134	135639	
SUMMER CLASS REGISTRATION BEGINS 4/5/2016 @ NOON					
Mon/Wed/Fri	9 – 11 a.m.	7/1 – 7/29	\$114	142060	7/4
	9:15 – 11:15 a.m.	8/10 – 8/31	\$95	142172	
		9/2 – 9/30	\$114	142173	9/5
Tue/Thu/Sat	T/Th 5:30 – 7:30 a.m. • Sat 7 – 9 a.m.	7/2 – 7/30	\$124	142174	
		8/9 – 8/30	\$95	142175	
		9/1 – 9/29	\$114	142178	9/3
Tue/Thu/Sat	T/Th 6 – 8 p.m. • Sat 7 – 9 a.m.	7/2 – 7/30	\$124	142183	
		8/9 – 8/30	\$95	142185	
	T/Th 6 – 7:30 p.m. • Sat 7 – 9 a.m.	9/1 – 9/29	\$114	142187	9/3
FALL CLASS REGISTRATION BEGINS 8/9/2016 @ NOON					
Mon/Wed/Fri	9:15 – 11:15 a.m.	10/3 – 10/31	\$124	142248	
		11/2 – 11/30	\$105	142249	11/11, 11/25
		12/2 – 12/16	\$67	142250	
Tue/Thu/Sat	T/Th 5:30 – 7:30 a.m. • Sat 7:30 – 9:30 a.m.	10/1 – 10/29	\$124	142251	
Tue/Thu/Sat	T/Th 6 – 7:30 p.m. • Sat 7:30 – 9:30 a.m.	10/1 – 10/29	\$85	142252	

ADULT ROWING

ADULT ROWING - LEVEL 4

Ages 18 and older. Advanced/competitive rowing. Rowing level 3 or equivalent experience is required. Athletes must be able to perform competently in sweep and sculling, demonstrate proper boat handling, boat safety, and coxing. This program is designed for the rower who wants to race or the rower who wants to train alongside the racers. The expectations and goals are self-driven, but the program develops the rower for success; physically and mentally. A commitment to regular attendance is required.



*Tired of remembering to pay each month?
Ask us about setting up automatic monthly payments.*

DAYS	TIMES	DATES	FEE	BARCODE	EXCLUDED DATES
WINTER REGISTRATION BEGINS 12/1/2015 @ NOON					
Tue/Wed/Thu/Sat	T/W/Thu 5:30 – 7:30 a.m. • Sat 7 – 9 a.m.	2/16 – 3/31	\$291	135596	3/19
SPRING CLASS REGISTRATION BEGINS 3/8/2016 @ NOON					
Tue/Wed/Thu/Sat	T/W/Thu 5:30 – 7:30 a.m. • Sat 7 – 9 a.m.	4/2 – 4/30	\$190	135640	
		5/3 – 5/26	\$157	135641	5/7
		5/31 – 6/30	\$201	135642	6/25
SUMMER CLASS REGISTRATION BEGINS 4/5/2016 @ NOON					
Tue/Wed/Thu/Sat	T/W/Thu 5:30 – 7:30 a.m. • Sat 7 – 9 a.m.	7/2 – 7/30	\$190	142190	
		8/9 – 8/31	\$157	142195	
		9/1 – 9/29	\$179	142199	9/3
FALL CLASS REGISTRATION BEGINS 8/9/2016 @ NOON					
Tue/Wed/Thu/Sat	T-Th 5:30 – 7:30 a.m. • Sat 7:30 – 9:30 a.m.	10/1 – 11/3	\$224	142253	

WINTER SATURDAY MORNING ROWING

Ages 18 and older. Rowing levels 1 and 2 or equivalent is a prerequisite. Classes emphasize the fundamentals of the stroke as well as boat handling, water safety, coxing, and care of equipment. Mt. Baker Crews row sweep (with one oar per person) and scull (with two oars).

DAYS	TIMES	DATES	FEE	BARCODE	EXCLUDED DATES
WINTER CLASS REGISTRATION BEGINS 12/1/2015 @ NOON					
Saturday	7:30 – 9:30 a.m.	1/9 – 2/6	\$38	135627	1/16
FALL CLASS REGISTRATION BEGINS 8/9/2016 @ NOON					
Saturday	7:30 – 9:30 a.m.	11/5 – 12/17	\$57	142258	11/26

WINTER CONDITIONING FOR ADULT ROWERS!

Ages 18 and older. Conditioning classes are open to all level rowers. Some rowing experience required. This is a great way to get in shape for the coming season! Activities will include erging, calisthenics, and weight lifting.

DAYS	TIMES	DATES	FEE	BARCODE	EXCLUDED DATES
WINTER CLASS REGISTRATION BEGINS 12/1/2015 @ NOON					
Tuesday/Thursday	6 – 7:30 a.m.	1/5 – 2/11	\$54	135621	
	6 – 7:30 p.m.			135602	
FALL CLASS REGISTRATION BEGINS 8/9/2016 @ NOON					
Tuesday/Thursday	6 – 7:30 a.m.	11/1 – 12/15	\$78	142281	11/24
	6 – 7:30 p.m.			142263	11/24



Book the Boathouse at MBRSC for your next meeting or special event



What the Boathouse at Mount Baker has to offer...

Mount Baker Rowing and Sailing Center offers a beautiful new boathouse venue on the shores of Lake Washington in South Seattle's charming Mount Baker neighborhood. This contemporary upper-floor event space is bathed in natural light and accented with reclaimed hardwood finishes. A gas fireplace and a vintage wooden racing shell create a warm, comfortable ambiance, while two balconies showcase 180-degree panoramic views of Lake Washington and the Cascades. The venue is equipped with a catering kitchen and A/V system with built in speakers and two large flat screens. Additionally, a smaller room and outdoor park can be reserved for expanded activity space.

On-Site Tours:

Tuesdays: 5 – 7 p.m.
Thursdays: 3 – 5 p.m.
Saturday: 9:30 – 11:30 a.m.

More information can be found at:

www.mbrsc.org
www.seattle.gov/parks/Reservation
email: events@mbrsc.org
Monday – Friday; call 206-684-7254



Amenities

Main Hall

- Elevator
- Air Conditioning/Heat
- Gas Fireplace
- Hardwood Floors
- Two Unisex Restrooms
- Fourteen 5-ft Round Tables
- Twelve 6-ft Rectangular Tables
- Six Tall Bistro Tables
- 150 Padded Folding Chairs
- Folding Glass Doors Opening to Two Balconies

A/V

- PA System with Microphone
- iPod/MPS Adapter
- iPod Adapter
- DVD/BluRay/CD Player
- WiFi Access
- Two Large Flat Screens/Monitors

Kitchen

- Full-Size Refrigerator
- Convection Oven
- Ice Maker
- Coffee Maker and Pump Pots
- Three Sinks
- Dishwasher
- Rolling Catering Tables

Make the Mount Baker Boathouse the venue for your next special celebration or gathering. The comfortable space has everything you will need for your event including tables, chairs, and a multi-media system perfect for slideshows, presentations and speeches.

Choose the food and beverage service that matches your taste and budget. A well-equipped spacious kitchen offers the opportunity for a self-served or a catered event.

This new venue will make your event a unique experience for you and your guests.



OPEN BOATING

NEW!

Ages 8 and up. Youth under 18 must be accompanied by a parent or guardian.

By popular demand, drop by and check out a Stand-Up Paddle Board or Sit-on-Top Kayak. Saturday and Sunday afternoons, only June 25 – August 27, \$15 per hour. Check our website at www.mbrsc.org/open-boating for the most up-to-date information and hours.

No reservations necessary. All equipment is available on a first-come, first-served basis. A Float Test is not required for participation, but is required for paddling outside Wetmore Cove (the small cove near the Boathouse).



SUMMER CAMP GROUP BOATING OPPORTUNITIES



Camp counselors bring your kids (8-18 yrs old) to Lake Washington for boating fun! Your group can come one time, several weeks in a row, for one day or every day for an entire week to paddle on the lake. Kids camps from community centers, public or private camps, or schools are welcome. For more information and to schedule your group, please call 206-386-1913 or email mount.baker@seattle.gov.

INTRO TO SAILING

Ages 7 and older. Interested in a family outing? This course is designed for beginners looking for an introduction to sailing on a larger, more stable boat that can hold up to 5 people. Foot-wear must be worn. Please come dressed for the weather. Courses will be held rain or shine, but we reserve the right to reschedule the course due to adverse weather conditions. A minimum of 3 participants are needed for this class to run so make sure to register early! Youth under the age of 16 are FREE, but must be registered and accompanied by an adult.

Note: A float test is not required for this class.

DAYS	TIMES	DATES	FEE	BARCODE
WINTER CLASS REGISTRATION BEGINS 12/1/2015 @ NOON				
Saturday	1:30 – 4:30 p.m.	5/7	\$35 Adult Youth under 16 FREE	135659
		5/21		135660
Wednesday	6 – 9 p.m.	6/5		135661
Sunday	1:30 – 4:30 p.m.	6/1		135662
SUMMER CLASS REGISTRATION BEGINS 4/5/2016 @ NOON				
Wednesday	6 – 9 p.m.	6/22	\$35 Adult Youth under 16 FREE	142095
Tuesday	6 – 9 p.m.	6/28		142093
	5:30 – 8:30 p.m.	8/16		142094
Sunday	1:30 – 4:30 p.m.	7/10		142088
		8/14		142089
		9/11		142090
Saturday	1:30 – 4:30 p.m.	7/23		142086
		8/20		142087
Thursday	6 – 9 p.m.	7/21		142091
	5:30 – 8:30 p.m.	8/25		142092
FALL CLASS REGISTRATION BEGINS 8/9/2016 @ NOON				
Sunday	1:30 – 4:30 p.m.	9/18	\$35 Adult Youth under 16 FREE	142273



LEARN TO SAIL – LEVEL 1

Ages 16 and older. In this 18-hour class learn rigging, sailing theory, water safety, tack, jibe, capsize recovery, and more. Plan to bring a change of clothes and a towel to each class. We teach in small dingy type sail boats (Lasers, Vanguard 15s) and you will get wet. Instructional sailing books are included in the cost of the course.

All needed paperwork can be found at www.mbrsc.org.

DAYS	TIMES	DATES	FEE	BARCODE
WINTER CLASS REGISTRATION BEGINS 12/1/2015 @ NOON				
Saturday	12:30 – 5 p.m.	4/2 – 4/23	\$200	135671
		4/30 – 5/21		135672
Sunday	12:30 – 5 p.m.	6/5 – 6/26		135673
Tue/Wed/Thu	6 – 9 p.m.	6/7 – 6/16		135674
		6/21 – 6/30		135675
SPRING CLASS REGISTRATION BEGINS 3/8/2016 @ NOON				
Saturday	12:30 – 5 p.m.	7/9 – 7/30	\$200	142117
		9/10 – 10/1		124119
Tue/Wed/Thu	6 – 9 p.m.	7/5 – 7/14		142120
	5:30 – 8:30 p.m.	8/9 – 8/18		142121
Sunday	6 – 9 p.m.	8/13 – 8/21		142118

WOMEN ONLY LEARN TO SAIL

Back by popular demand, a Learn to Sail course just for women. It includes the same 18 hour curriculum as our traditional Learn to Sail course, taught by a female instructor for female students. All skill levels are welcome. Open to women 16 and older.

DAYS	TIMES	DATES	FEE	BARCODE
SUMMER CLASS REGISTRATION BEGINS 4/5/2016 @ NOON				
Tue/Wed/Thu	6 – 9 p.m.	7/19 – 7/28	\$200	142126

LEARN TO SAIL – LEVEL 2

Ages 16 and older. Learn to Sail Level 1 or equivalent experience required. In this 13.5 hour class, continue to learn about rigging, sailing theory, water safety, tack, jibe, and capsize recovery in a Laser sail boat. Plan to bring a change of clothes and a towel to each class. This class will be taught in single person Lasers and you will get wet.

DAYS	TIMES	DATES	FEE	BARCODE
SUMMER CLASS REGISTRATION BEGINS 4/5/2016 @ NOON				
Sunday	12:30 – 5 p.m.	7/10 – 7/24	\$150	142115
		9/11 – 9/25		142116



OH, NO! YOU CANCELLED IT!

Sometimes courses are cancelled because people wait too long to register. Please register early to avoid disappointment!

FUN FRIDAY SAIL RACING

Ages 10 and older with sailing experience. Summer racing series on Friday nights, starting in June! No racing experience necessary. Every race is a learning moment. Participants must have at least one sail class completed in 2015, either a youth sailing camp or an adult 'Learn to Sail' course or attend a safety training and boathouse orientation. If it is your first time attending, please arrive early. All sailors must have a float test and current paperwork on file. Those under 18 need a signed medical form on file. Skippers meeting at 6 p.m. for course layout and rules to participate. Secure your equipment early with pre-registration. Fifteen percent discount when you sign up for all five sessions. Day of registration will be on a first come/first served basis. Enjoy some evening sailing and friendly racing! Safety first.

NOTE: If you have NOT taken a sailing class at Mt Baker in 2015, you MUST attend our safety training and boat house orientation. The orientation course is scheduled one hour prior to every scheduled Fun Friday Sail Race. Start time is 4:45 p.m. Please be prompt and ready to start on time.

DAYS	TIMES	DATES	FEE	BARCODE
SUMMER CLASS REGISTRATION BEGINS 4/5/2016 @ NOON				
Friday	5:45 – 8:45 p.m.	7/8	\$28 Single, \$38 Double	142061
		7/15		142062
		7/22		142063
		8/12		142064
		8/19		142065

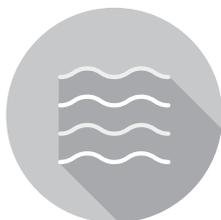


FUN SUNDAY OPEN SAIL

Ages 10 and older. Fun Sunday Open Sail! Sailing enthusiast wanted! Designated 420's Lasers, Laser II's and sailboards are available for OPEN sailing. Sailors must register in advance or arrive between 3 and 3:45 p.m. to register. REGISTRATION closes PROMPTLY at 3:45 p.m. Sailors who have completed a Learn to Sail or Windsurfing Class from Mt. Baker are eligible to check out equipment. All other sailors must have a float test and current paperwork on file and demonstrate competency in rigging their boat; perform a capsized recovery in Wetmore Cove and demonstrate proficiency while on the water in their sailboat. All boats must be back on the dock at 5:45 p.m. Safety First! First come first served. Boats are limited. Discounts are available for multiple Sunday registrations (15% discount for 5 registrations).

NOTE: Open sail is available for small boat dinghy sailors and windsurfers. If you have NOT taken a sailing/ windsurfing class at Mt Baker in 2015, you MUST attend our safety training and boat house orientation. The orientation course is scheduled one hour prior to every scheduled Open Sail. Start time is 2 p.m. Please be prompt and ready to start on time.

DAYS	TIMES	DATES	FEE	BARCODE
SPRING CLASS REGISTRATION BEGINS 3/8/2016 @ NOON				
Sunday	Begins at 3 p.m. Boats must return to the dock by 5:45 p.m.	6/5	\$24 Single, \$35 Double	135644
		6/12		135645
		6/19		135646
		6/26		135647
SUMMER CLASS REGISTRATION BEGINS 4/5/2016 @ NOON				
Sunday	Begins at 3 p.m. Boats must return to the dock by 5:45 p.m.	7/10	\$24 Single, \$35 Double	142066
		7/17		142067
		7/24		142068
		8/14		142069
		8/21		142070
		8/28		142071
		9/11		142072
FALL CLASS REGISTRATION BEGINS 8/9/2016 @ NOON				
Sunday	Begins at 3 p.m. Boats must return to the dock by 5:45 p.m.	9/18	\$24 Single, \$35 Double	142264
		9/25		142265
		10/2		142266
		10/9		142267
		10/16		142268



FLOAT TEST

All participants must pass a float test before the first water session of a small craft class. Float tests can be taken at any public/private pool or beach that has a certified American Red Cross Lifeguard. Float Test Form on page 29.

YOUTH SAILING CAMP

Ages 10-17. Mount Baker's sailing camps are for ALL skill levels. Come sail in our small boat dinghy fleet of sailboats. No need to figure out what skill level (beginner through advance) your sailor may be. Each week, our trained sailing staff will review the roster and determine each camper's skill individually and quickly assign them into compatible groups by experience and aspirations. Safety, skill development, and FUN are our goals.

DAYS	TIMES	DATES	FEE	BARCODE
SUMMER CLASS REGISTRATION BEGINS 4/5/2016 @ NOON				
Monday – Friday	12:30 – 4:30 p.m.	6/27 – 7/1	\$196	142135
		7/5 – 7/8**	\$157	142136
		7/11 – 7/15	\$196	142137
		7/18 – 7/22	\$196	142138
		7/25 – 7/29	\$196	142139
No camps the week of Seafair				
Monday – Friday	12:30 – 4:30 p.m.	8/9 – 8/12**	\$157	142140
		8/15 – 8/19	\$196	142141
		8/22 – 8/26	\$196	142142

** Class starts on Tuesday

YOUTH SAILING TEAM

Advanced beginners to racers; Ahoy! Join the Mt. Baker Youth Sailing Team (Try your hand in our Optimis, Lasers or Vanguard 15s). All practices will develop the necessary skills and knowledge to enjoy the winds on Lake Washington and/or racing on Puget Sound in local sailing regattas. Program fees do not include regatta fees and associated costs.

**Winter and spring classes (February – May) are age restricted to 13 – 18 years old.
Summer classes (June – September) are open to participants ages 10 – 18 years old.**

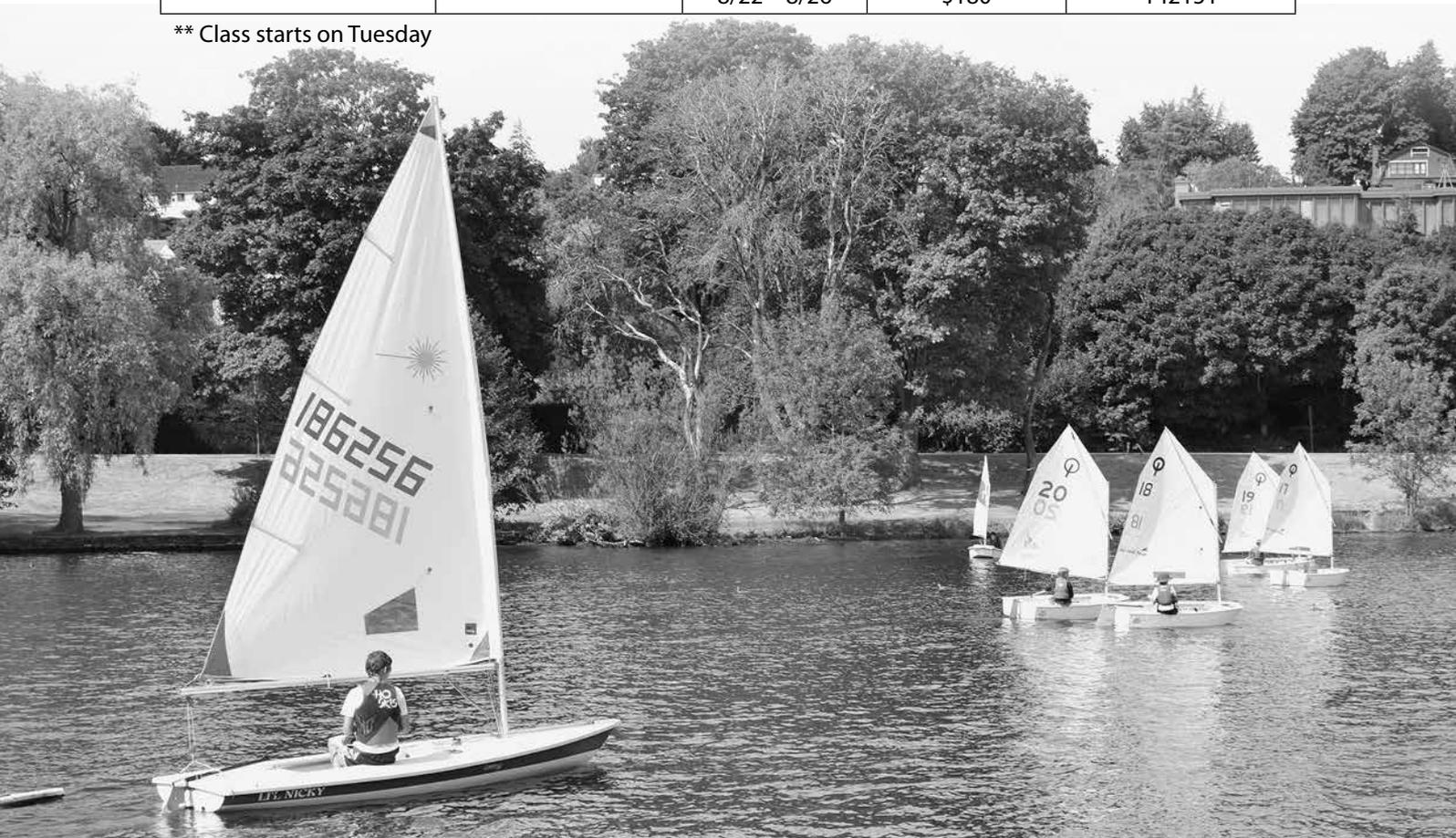
DAYS	TIMES	DATES	FEE	BARCODE	EXCLUDED DATES
WINTER CLASS REGISTRATION BEGINS 12/1/2015 @ NOON					
Saturday	10 a.m. – 12:30 p.m.	2/6 – 3/12	\$30	135629	2/13
SPRING CLASS REGISTRATION BEGINS 3/8/2016 @ NOON					
Monday/Wednesday	3:30 – 6:30 p.m.	3/14 – 4/27	\$100	142495	
		5/2 – 6/22	\$100	135688	5/30
SUMMER CLASS REGISTRATION BEGINS 4/5/2016 @ NOON					
Tuesday/Thursday	5:30 – 8 p.m.	7/5 – 7/23	\$156	142143	
		8/9 – 8/30	\$137	142144	
	4:30 – 7 p.m.	9/1 – 9/29	\$176	142145	

YOUTH SUNSHINE SAILORS

Ages 8-11. Has your child shown interest in boating? Perhaps in sailing! This is a perfect sailing camp for the younger sailor who wants to check out sailing in a very stable “single-handed” (one sailor) sailboat. These young sailors will take to Lake Washington in our fleet of Pram sailboats that are lightweight, easy to maneuver, flat bottom boats. The camp will also include: rigging, knots, basic rules of the water, and teamwork with an emphasis on safety and FUN!

DAYS	TIMES	DATES	FEE	BARCODE
SUMMER CLASS REGISTRATION BEGINS 4/5/2016 @ NOON				
BEGINNER CLASSES (No Experience Necessary)				
Monday – Friday	9:30 a.m. – 12:30 p.m.	6/27 – 7/1	\$180	142153
		7/1 – 7/8**	\$144	142154
		7/11 – 7/15	\$180	142155
		7/18 – 7/22	\$180	142156
		7/25 – 7/29	\$180	142158
Tuesday – Friday		8/9 – 8/12**	\$144	142159
Monday – Friday		8/15 – 8/19	\$180	142160
Monday – Friday		8/22 – 8/26	\$180	142161
ADVANCED BEGINNER (Must have 1 week of Beginner in 2015 or 2016)				
Monday – Friday	1 – 4 p.m.	7/25 – 7/29	\$180	142147
Tuesday – Friday		8/9 – 8/12**	\$144	142148
Monday – Friday		8/15 – 8/19	\$180	142150
		8/22 – 8/26	\$180	142151

** Class starts on Tuesday



YOUTH ADVENTURE CAMP

Ages 11-14. It's nonstop WATER-BASED FUN! Boating and water opportunities are boundless. Your camper/boater may be introduced to the many boating activities sponsored by Mt. Baker Rowing and Sailing Center. Other activities may include but are not limited to swimming at our two nearby - lifeguarded beaches, as well as excursions to our nearby parks and community centers. Field trips off-site will use public transportation with possible destinations of the Seattle Aquarium, Seattle waterfront, and Colman Pool among others. All water and land activities are influenced by the weather of the day; sunshine, wind, rain, no wind, etc. Camp activities are generated collaboratively with FUN and SAFE activities as a priority.

DAYS	TIMES	DATES	FEE	BARCODE
SUMMER CLASS REGISTRATION BEGINS 4/5/2016 @ NOON				
Monday – Friday	8:30 a.m. – 4 p.m.	6/27 – 7/1	\$300	142127
Tuesday – Friday		7/5 – 7/8**	\$240	142128
Monday – Friday		7/11 – 7/15	\$300	142129
		7/18 – 7/22	\$300	142130
		7/25 – 7/29	\$300	142131
No camps the week of Seafair				
Tuesday – Friday	8:30 a.m. – 4 p.m.	8/9 – 8/12**	\$240	142132
Monday – Friday		8/15 – 8/19	\$300	124133
		8/22 – 8/26	\$300	142134

** Class starts on Tuesday





JUNIOR MULTI-SPORT CAMP

Ages 11 – 15; Grades 6 – 9. Are you tired of your youth spending hours on the computer or cell phone? Would you like them to learn the fundamentals of three (3) different sports in the same camp? This week long camp will introduce and develop skills in 3 very different sports. Our weather patterns will allow us to be flexible in our learning; rowers want calm waters, windsurfers want wind and paddlers can play in all conditions. Be a part of boating at Mt Baker!

All needed paperwork can be found at www.mbrsc.org.

DAYS	TIMES	DATES	FEE	BARCODE
SUMMER CLASS REGISTRATION BEGINS 4/5/2016 @ NOON				
Tuesday – Friday	1 – 5 p.m.	8/9 – 8/12**	\$112	142106
Monday – Friday		8/15 – 8/19	\$140	142107
		8/22 – 8/26	\$140	142108

** Class starts on Tuesday

INTRO TO STAND-UP PADDLE BOARDING

Ages 10 and older. Those under the age of 16 years need to be accompanied by an adult participating in the class. This 1-hour introductory course to SUP is perfect for anyone who is wondering what all the 'buzz' is about! Stand-up paddle boarding is part of the Polynesian waterman legacy, popularized as a sport in the early 1960's and has made a resurgence from the traditional big-board surfing. You will get basic standing, paddling, and recovery during the course with our trained instructors. While touring the shores of Lake Washington, you will find SUP can be a great form of exercise too! Life jackets, paddle, and board provided, wet suits are not. You bring the smile and we'll provide the fun!

DAYS	TIMES	DATES	FEE	BARCODE
SUMMER CLASS REGISTRATION BEGINS 4/5/2016 @ NOON				
Thursday	6:30 – 7:30 p.m.	7/7	\$15	142072
		8/11		142102
Wednesday	6:30 – 7:30 p.m.	7/13		142098
		8/10		142101
Tuesday	6:30 – 7:30 p.m.	7/19		142100
Saturday	11 a.m.– noon	7/16		142099
		8/13		142103
		8/27		142105
Sunday	5 – 6 p.m.	7/10		142097
		8/21		142104

LEARN TO WINDSURF

Ages 16 and older. You must weigh at least 90 pounds in order to sail on the boards. In this 9-hour course you gain the fundamentals of windsurfing as a solid base for fun in the future! Skills include rigging, terminology, balance, stance, wind knowledge, and sail adjustment. All windsurf equipment (boards, sails, etc.) is provided for all classes (Wet/dry suits recommended September – May, not provided but rental info available in office). Instructors will use the teaching techniques and stable recreation boards with smaller sails to increase control, as well as a dry land sailboard simulator. Several intermediate boards, which are much more responsive, are also available. Personal lessons are available upon request. Join us during Open Sail. First come first served. Limited space available.

DAYS	TIMES	DATES	FEE	BARCODE
SPRING CLASS REGISTRATION BEGINS 3/8/2016 @ NOON				
Tue/Wed/Thu	6 – 9 p.m.	6/14 – 6/16	\$100	135677
SUMMER CLASS REGISTRATION BEGINS 4/5/2016 @ NOON				
Tue/Wed/Thu	6 – 9 p.m.	7/5 – 7/7	\$100	142123
		7/19 – 7/21		142124
		8/16 – 8/18		142125
Sunday	2 – 5 p.m.	8/14 – 8/28		142122
FALL CLASS REGISTRATION BEGINS 8/9/2016 @ NOON				
Sunday	2 – 5 p.m.	9/11 – 9/25	\$100	142280

INTRO TO KAYAKING

Ages 12 and older and at least 54 inches in height. Participants ages 12 – 15 must be accompanied by an adult. Learn fundamental paddling skills, boat recovery, beach and dock approaches, safety, emergency preparedness, to include gear, food, and more. Bring a change of clothes - you will get wet! Enjoy paddling in our single "skirted" sea kayaks. No prior experience necessary. Life jackets will be provided. Wet suits recommended September – May.

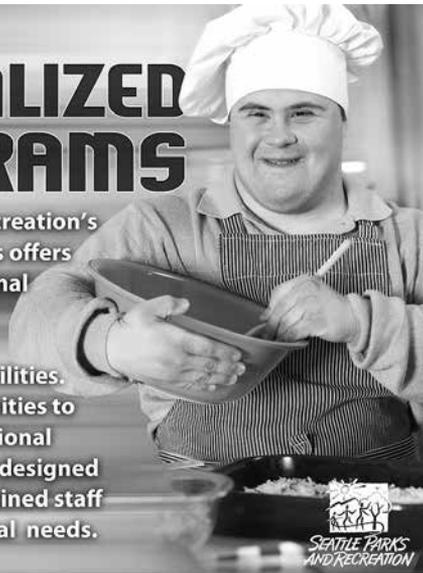
A float test is NOT required for this 2-hour introduction class. A personal flotation device (life jacket) must be worn at all times and are provided. All youth under 18 will require a completed medical form in addition to the Risk and Release Form.

DAYS	TIMES	DATES	FEE	BARCODE
SPRING CLASS REGISTRATION BEGINS 3/8/2016 @ NOON				
Saturday	10 a.m. – 12 p.m.	5/14	\$20	135651
		6/11		135652
		6/18		135653
Sunday	2:30 – 4:30 p.m.	6/12		135654
Tuesday	6:30 – 8:30 p.m.	6/7		135655
Wednesday		6/15		135656
SUMMER CLASS REGISTRATION BEGINS 4/5/2016 @ NOON				
Tuesday	6:30 – 8:30 p.m.	7/19	\$20	142080
Wednesday		7/6		142081
		7/27		142082
		Thursday		6/23
8/11				142083
Saturday	10 a.m.– noon	7/9		142076
		8/13		142077
Sunday	2:30 – 4:30 p.m.	7/17		142078
		8/14		142079



SPECIALIZED PROGRAMS

Seattle Parks and Recreation's Specialized Programs offers year-round recreational activities for people with physical and developmental disabilities. We provide opportunities to participate in recreational activities specifically designed and conducted by trained staff for people with special needs.



We provide recreation programs for all ages including cooking, fitness, social gatherings, drama, crafts, games, and after school activities. Also offered are weekend outings, special events, a variety of Special Olympics sports competitions, and both day and overnight summer camps. Our partner Seattle Adaptive Sports hosts a variety of wheelchair and adaptive sports programs.

View an on-line brochure by going to: seattle.gov/parks (select the link to Specialized Programs under Popular Links) or contact our office at 206-684-4950.

DID YOU KNOW?

Seattle Parks and Recreation has over 40 indoor venues, rental facilities and hundreds of beautiful parks and gardens available to rent to weddings, private functions or any special event.

If you're interested in reserving a community center for an event or any other within the city, please call the community center directly.

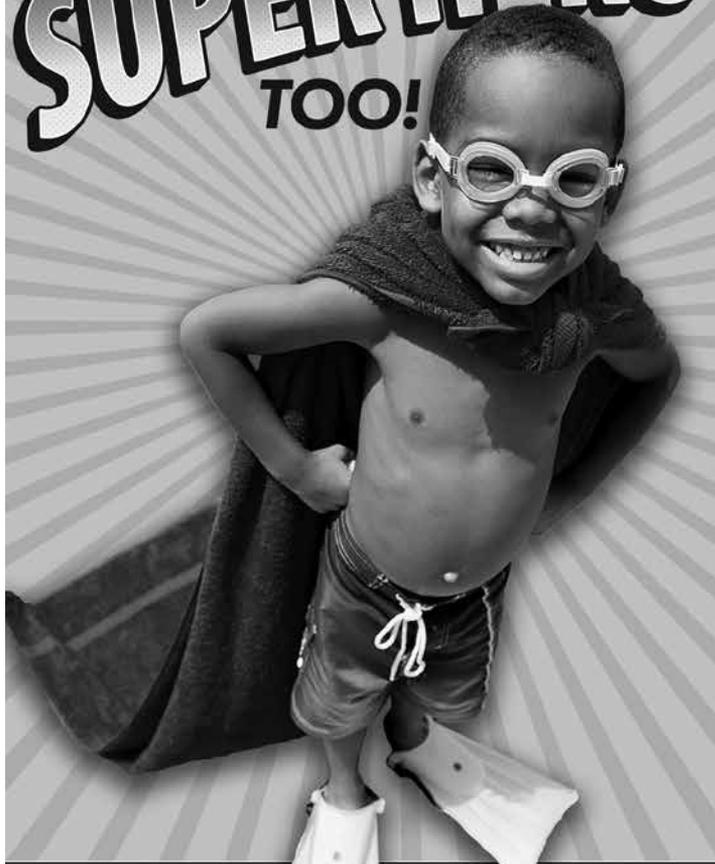
For more information on how to reserve a space for your event, call: outdoor special events 206-684-4080; picnics, weddings and ceremonies 206-684-4081; Indoor venues 206-684-7254. Or visit our website at: www.seattle.gov/parks/weddings.

SEATTLE PARKS AND RECREATION SUMMER YOUTH BOATING AND OUTREACH

Make your donation today to Seattle Parks and Recreation Summer Youth Boating and Outreach. Your donation will help expose youth to a variety of boating programs. For more information call Mt. Baker Rowing and Center: 206-386-1913. Make your donation via mail or in person at 3800 Lake Washington Blvd. S, 98118.

Donate online to: www.arcseattle.org/get-involved

YOU CAN BE A SUPER HERO TOO!



Seattle Children's
HOSPITAL • RESEARCH • FOUNDATION

AS PART OF OUR COMMITMENT TO WATER SAFETY, Seattle Parks and Recreation – in partnership with Seattle Children's Hospital, Tulalip Tribes and the support of many caring individuals – is offering Learn to Swim Scholarships to offset the cost of swim lessons for youth ages 4 to 16.

HOW TO DONATE: To make a contribution to the Learn to Swim Scholarship Fund, visit any Seattle Parks and Recreation pool or donate online to <https://donatenow.networkforgood.org/learntoswim>. For more information, call your local pool or 206-684-7185. Be a hero and help every child become a super swimmer!

DO YOU KNOW A CHILD WHO NEEDS A SCHOLARSHIP? For more information on applying or to receive a low-income scholarship application, please contact your neighborhood pool. Funding is limited. Approved scholarships can be used for Kinder lessons (ages 4 to 5), Beginning Swimmer lessons (ages 6 to 16) and Advanced Swimmer lessons (ages 6 to 16).



<https://donatenow.networkforgood.org/learntoswim>

CITY POOLS

Ballard Pool

1471 NW 67th
206-684-4094

Evans Pool

7201 E Green Lake Dr N
206-684-4961

Madison Pool

13401 Meridian Ave N
206-684-4979

Meadowbrook Pool

10515 35th Ave NE
206-684-4989

Medgar Evers Pool

500 23rd Ave E
206-684-4766

Queen Anne Pool

1920 1st West
206-386-4282

Rainier Beach Pool

825 Rainier Ave S
206-386-1944

Southwest Pool

2801 SW Thistle
206-684-7440

**A Float Test can be taken at any of the above city pools OR AT ONE OF THE OUTDOOR POOLS.
Regular charges apply.
Personal Identification is required.**

SUMMER OUTDOOR POOLS

COLMAN POOL will be open weekends beginning May 29, and seven-day operations begin June 19. This pool offers outdoor swimming in a heated salt water pool.
8603 Fauntleroy Way SW (on the beach in Lincoln Park)
206-684-7494

MOUNGER POOL in the heart of Magnolia opens May 15 for daily operation. Come enjoy this outdoor facility that features a lap pool, a warm water shallow pool and a 50' corkscrew water slide.
2535 32nd Ave West • 206-684-4708

QUICK HISTORY

Seattle Parks and Recreation has been offering recreation opportunities since 1891. Outdoor aquatics programming has been a cornerstone of the comprehensive recreation focus with a long history of safety and fun:

There are more than 400 parks and open areas, with almost 6,200 acres of park land for you to enjoy.

Did You Know?



**ORIGINAL ONLY — NO COPIES
ACCEPTED OR PROVIDED**

FLOAT TEST

Original Only - No copies accepted or provided

Every participant must successfully pass a float test prior to the first water session of a small craft class. It is also a membership requirement for boating organizations sponsored by Seattle Parks and Recreation. In deep water, while wearing long pants and a long-sleeved shirt, you must float, tread water or swim in place for 10 minutes. In the final minute of the test you must put on a life vest while continuing to tread water. A 10-minute float test is valid for three years.

Float tests must be taken at public swimming pools or public beaches under the supervision of a lifeguard certified by the American Red Cross. Regular pool admission is charged.

NAME _____ Phone: _____

ADDRESS _____

The above named individual has successfully passed a float test as required for participation in a small craft program sponsored by Seattle Parks and Recreation.



**SEATTLE PARKS
AND RECREATION**

SWIMMING POOL / BEACH / OFFICE USE ONLY

Identification Verified: _____ Initial: _____

Lifeguard name: _____

Signature: _____

Date: _____

VALIDATION STAMP



GENERAL INFORMATION

REGISTRATION AND QUESTIONS

Take your choice...	Contact
 FIRST CHOICE: Online registration using the SPARC system	www.seattle.gov/parks and click on the SPARC logo
 SECOND CHOICE: Register by phone. The Business Service Center is open weekdays 9 a.m. to 5 p.m. Your local community center or swimming pool can also help you with registration.	206-684-5177
 THIRD CHOICE: Mail in forms, or drop them in the our mail slot.	Mt. Baker Rowing & Sailing Center 3800 Lk Washington Blvd. S, Seattle 98118
 FOURTH CHOICE: If you have other questions, call us during our reduced office hours (not until at least 24 hours after registration begins). Please check for the current office hours.	206-386-1913

After registering for a course, you will be emailed or given required forms to complete and turn in on or before the first day of class.

PAYMENT

You can pay for classes by mail, in person during office hours, or by telephone with a credit card. We accept Visa, MasterCard, and American Express. Payment is due when you register. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee.

FINANCIAL ASSISTANCE

Through the support of generous donors, our advisory councils help ensure that our activities, classes, and sports are available to everyone, regardless of their ability to pay. Financial assistance or low income rates are offered for all youth and adult programs, and are granted based on financial need. For further information, to make a donation or to request an application, please call us at 206-386-1913.

DISCOUNTS

Seniors over the age of 65, and youth under 18 are eligible for a 15% discount when registering for an all-ages, full-priced course. Additional family members registering for the same course are eligible for a 15% discount. To receive a discount, you must register in person or by phone. Discounts are not available through online registration. Limit one discount per person per registration.

REFUNDS

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event, or program that is canceled for any reason by Seattle Parks or the Advisory Council will receive a full refund.
- Anyone registered for a program who requests a refund before the second class session will receive a prorated refund minus a service charge of 10% or \$5, whichever is greater.
- Anyone registered for a day camp, trip, overnight camp, special event, or facility rental, who requests a refund 14 days or more before its start, may receive a refund minus a 10% or \$5 service charge, whichever is greater.
- Anyone registered for a day camp, trip, overnight camp, special event, or facility rental, who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- A service charge of 10% or \$5, whichever is greater, will be assessed to those who have enrolled in a boating program but do not pass the required float test. We recommend that anyone who has any doubts about their swimming ability should take the float test prior to enrolling.
- Please read the entire policy for specific information, available upon request.

NON-DISCRIMINATION

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin or presence of any sensory, mental or physical handicap. (Seattle Municipal code 18.12.280).

ADA COMPLIANCE

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids, or other accommodation, please call 206-615-0140 or TDD 206-223-7061. If possible, please allow 10 working days advance notice.

SPECIAL POPULATIONS

For information on programs for youth/adults with disabilities, please call the Special Populations Office at 206-684-4950, or visit the web at <http://www.cityofseattle.net/parks/SpecialPops/index.htm>.

Important Notice: We have attempted to provide the most up-to-date information, however changes may have occurred since going to print. Please contact your local community center or pool for updates. We apologize for any inconveniences this may cause.

REGISTRATION FORM

ADULT NAME (Last) _____ (First) _____ DATE _____

ADDRESS: _____ CITY _____ ZIP _____

PHONE (home) _____ (work) _____ (cell) _____

Emergency Contact _____ Emergency Phone(s) _____

EMAIL _____

ASSUMPTION OF RISK AND RELEASE FORM: Injuries to participants in small craft programs may occur from risks inherent in the sports or activities; from placing stress on the body that it has not been prepared for; from accidents in learning or practicing techniques; from falling to follow training, safety or racing rules; from the use of transportation to and from regattas, races and other events and from administration of first aid. For example, I might slip and fall; I might be struck by part of a boat; my boat might capsize or I might be thrown overboard into cold water; it may hit another boat or run into an obstruction or the shore, and the collision injure me. The severity of the injury can range from minor cuts, scrapes, or muscle strains to catastrophic injury such as paralysis or even death. I will be exposed to the weather, including rain, wind, cold and sun, I might become ill through chill or suffer sunburn and heat exhaustion. In order to avoid injuries I will obey the directions of my instructors and will follow all safety rules. I will tell my instructor about any limitations or medical restrictions on my participation. In consideration for my acceptance as a participant, I agree to assume the risks, release and hold the City of Seattle, its advisory councils, and sponsoring organizations, and their employees, independent contractors and agents harmless from claims for injuries and damages, which may occur from or as a result of my participation in the program. I agree that this assumption of risk and release shall bind my heirs and my estate. Participation authorized; risks assumed; and release granted. Authorizing signature below acknowledges having read all statements above. Participant's signature required, or the signature of a parent or guardian is required for participants under 18 years.

PARTICIPANT SIGNATURE:** _____ **DATE** _____

**Parent/Guardian for anyone 17 years of age or younger

PARTICIPANTS NAME		BIRTH DATE	EO*	GENDER	COURSE NUMBER	CLASS DESCRIPTION	CLASS FEE
Last	First						
Total							

*ETHNIC ORIGIN: Information is used for statistical purposes and is not required for participation. A=Asian; B=Black/African American; H=Hispanic; N=Native American; W=Caucasian; O=Other.

Complete the following information if paying by credit card: Type (circle): Visa MasterCard AmExpress

Card Number: _____ Expiration Date: _____

Name as Shown on Card: _____ Signature: _____

How did you hear about our facility or programs?

- Drive/walk by Word of Mouth Brochure Parks Website
- Other - please explain: _____

Date: _____

You can also find this information on-line at www.seattle.gov/parks

