

MOUNT BAKER

ROWING & SAILING CENTER



Seattle
Parks & Recreation

PROGRAM GUIDE



healthy people
healthy environment
strong communities

register online:
seattle.gov/parks



ANGER



Seattle Parks & Recreation

MOUNT BAKER ROWING & SAILING CENTER

3800 Lake Washington Blvd S, Seattle, 98118
phone: 206-386-1913 / fax: 206-386-1914

REGISTER ONLINE!

READY – Please visit our web site at www.seattle.gov/parks and look for SPARC to see what classes and programs are available for registration.

SET – Contact us to obtain your barcode and PIN number. Take time to make sure all of your questions are answered.

GO – In order to make your online registration go as smoothly as possible, please set up an account 24 hours before the registration date at <http://www.seattle.gov/parks/> and click on the SPARC section.

DIRECTIONS

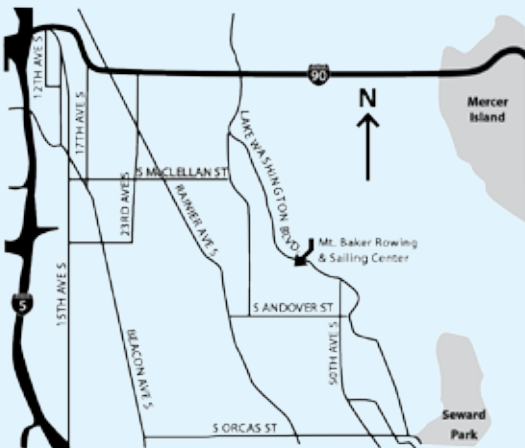
From I-5 North or Southbound: Take the Columbian Way exit, follow east across Beacon Hill, road becomes Alaska S as it crosses MLK. Turn left on Rainier Ave S, then turn right on Genesee St. Go straight through the stop sign Turn left at 43rd Ave S, then right at Lake Washington Blvd S. The Mt Baker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



CLOSURES


Holidays – No programs, No office hours

- New Year's Day**
- Presidents' Day**
- Memorial Day**
- Independence Day**
- Seafair – Facility Closed**
- Labor Day**
- Veterans' Day**
- Thanksgiving Holiday**
- Christmas**

PARKS MANAGEMENT

- Jesús Aguirre, Superintendent**
- Kelly Guy, Recreation Director**
- Kathy Whitman, Aquatics Manager**

ASSOCIATED RECREATION COUNCIL

 For 41 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.

DISCLAIMER NOTE

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, and fees may change after City Council action on the City budget each year. Please visit www.seattle.gov/parks for updated information.





JUNIOR CREW

Grades 8-12

Rowing on a team is an incredible experience that promotes sportsmanship, camaraderie and leadership. Classes teach the fundamentals of the stroke as well as boat handling, water safety, and care of equipment.

Junior Crew runs year-round. New sessions start in February, July, and September. Spring and Fall seasons are geared towards competitive racing. Summer sessions emphasize technique and skill building.

Because rowing 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.

All Junior Crew courses require a 10-minute float test, taken prior to your first class. Float Tests are available at our pools: www.seattle.gov/parks/pools.asp

Full schedule, registration and paperwork can be found at www.mbrsc.org

NOVICE OR EXPERIENCED?

Our Junior Crew team is split into two "squads" Novice and Experienced. Novices are athletes who are brand new to the sport or in their first year of rowing, usually 8th-10th graders.

Experienced rowers have at least one year of rowing experience under their belt. The experienced squad is open to 9th-12th graders.

JUNE JUNIOR SCULLING CAMP

Want to give rowing a try? Or maybe you're looking for some more experience in those smaller, tippy boats: singles, doubles and quads. Try our June Sculling Camp. Just two days a week after school during the month of June.



ADULT ROWING

Mount Baker has adult rowing classes for everyone! No matter your experience level. From beginner lessons to our “Level 4” competitive Masters Team. Our dedicated coaches are ready to take your rowing to the next level.

All courses require a 10-minute float test, taken prior to your first class. Float Tests are available at our pools: www.seattle.gov/parks/pools.asp



INTRO TO ROWING—FREE CLASS!

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 FREE two hour class, offered throughout the Spring and Summer gives an introduction to this fast growing sport known for its physical fitness and teamwork. Space is limited. Sign up early!

No float test required for this intro course.



LEARN TO ROW

Our four-month learn to row series is designed to take you from a complete novice to a competent member of a rowing crew. Instruction will focus on rowing technique in both sweep (one oar) and sculling (two oars). As you progress, you’ll spend more time on the water developing fitness and fine-tuning your stroke. No experience is necessary.

MASTERS’ CREW

Our adult or “masters” crew includes a recreational team (Level 3) and a competitive team (Level 4). Both are coached by our experienced rowing staff and are focused on developing technique, fitness, and community.

Prerequisites for Levels 3 and 4 are the Learn to Row series or equivalent (at least 4 months of coached rowing experience).



ADULT & FAMILY SAILING

Seattle is a city surrounded by water! What better way to experience it than from the helm of a small sailboat? Our Adult and Family Sailing classes are designed to get you out on the water and enjoying Seattle's unique aquatic environment.

All courses require a 10-minute float test, taken prior to your first class. Float Tests are available at our pools: www.seattle.gov/parks/pools.asp



INTRO TO SAILING

Ages 7 and Older

Interested in a fun family outing? This three-hour course is designed for beginners looking for an introduction to sailing on a larger, more stable boat that can hold up to 5 people. Youth under the age of 16 are FREE, but must be registered and accompanied by an adult.

No float test needed for this intro course. Lifejackets will be worn at all times.

LEARN TO SAIL

Ages 16 and Older

In this 18 hour class you'll learn rigging, sailing theory, water safety, boat handling, 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 (V15s and Lasers) and you will get wet. Instructional sailing books are included in the cost of the course.

Looking for a unique class or a next-level challenge? Check out our Level 2 or Women Only sailing classes.



OPEN SAILING & RACING

Ages 10 and Older

Ready to get on the water? During the summer months, Mount Baker hosts Open Sailing on Sunday afternoons and Fun Friday Racing on Friday evenings. Check out a boat from our fleet of V15s, Lasers, Optis and windsurfers. Prerequisite is one Learn to Sail or Youth Sailing class each calendar year OR equivalent experience and attendance at a Boathouse Orientation, held before each session.

YOUTH SAILING AND SUMMER CAMPS

Mount Baker Rowing and Sailing Center offers a variety of summer camps for youth ages 8-18. Whether it is a mix of activities with our Multi-Sport or Adventure Camps or a focus on Sailing or Rowing, Mount Baker Rowing and Sailing Center offers fun, safe and memorable summer experiences. Open to all skill levels. No prior experience necessary.

All courses require a 10-minute float test, taken prior to your first class. Float Tests are available at our pools: www.seattle.gov/parks/pools.asp

YOUTH SAILING CAMP

Ages 10-17

Come sail in our small boat dinghy fleet of sailboats. No need to figure out what skill level (beginner through advanced) your sailor is. 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.

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 (ages 8-11) who wants to check out sailing in a 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.

Beginner and Advanced camps available as your sailor progresses.

YOUTH SAILING TEAM

Summer sessions are open to ages 10-18

School year sessions are open to ages 13-18

Ready to take your sailing to the next level? Join our racing team! Practices are held February through September, with regattas scheduled against other local sailing teams.





YOUTH ADVENTURE CAMP

Ages 11-14

Our full-day Adventure Camp is nonstop WATER-BASED FUN!!! Activities include kayaking, SUP boarding, swimming at our two nearby - lifeguarded beaches, and excursions to 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 safety in mind.

JUNIOR MULTI-SPORT CAMP

Ages 11-15

Are you tired of your youth spending hours on the computer or cell phone? Would you like them to learn the fundamentals of three different sports in the same camp? This half-day 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!



KAYAKING & STAND-UP PADDLEBOARDING

Paddling in a Kayak or Stand-Up Paddleboard (SUP) is a great way to get on the water. Our Intro classes can get you started with the basics. Open Boating is a chance to drop in on weekends and go for a paddle with your family, friends, or all by yourself.



INTRO TO STAND-UP PADDLE BOARDING

Ages 10 and Older

This 1 hour introductory course to SUP is perfect for anyone who is wondering what all the 'buzz' is about! 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. Bring a change of clothes, you will get wet! Participants under the age of 16 years need to be accompanied by an adult participating in the class.



INTRO TO KAYAKING

Ages 12 and Older

Learn the fundamentals of kayaking in our single "skirted" sea kayaks. You'll learn paddling skills, boat recovery, beach and dock approaches, safety, and more. Bring a change of clothes, you will get wet! No prior experience necessary. Life jackets will be provided. Participants under the age of 16 years old must be accompanied by an adult participating in the class.

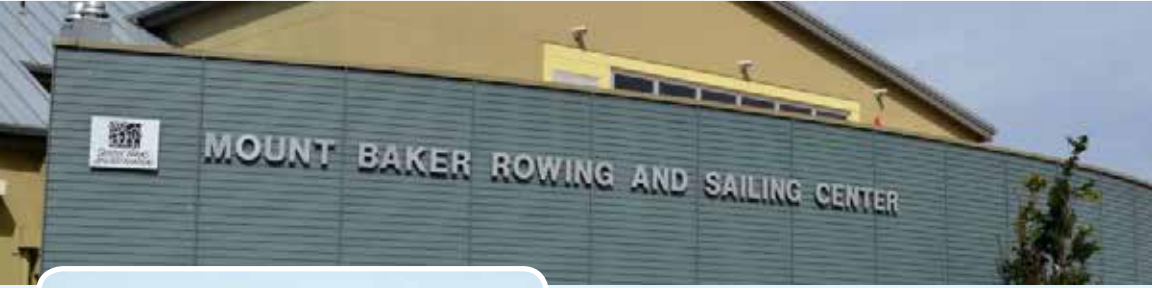
OPEN BOATING

Ages 8 and Older

By popular demand, drop by and check out a Stand-Up Paddle Board or Sit-on-Top Kayak. Saturday and Sunday afternoons, summer only. \$15 per hour. Check our website at www.mbrsc.org/openboating 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). Youth under 18 must be accompanied by a parent or guardian.



OTHER PROGRAMS



LEARN TO WINDSURF

Ages 16 and Older

This nine-hour course will teach 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.

ON-LAND FITNESS

Ages 12 and Older

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. (Youth ages 12-15 must be accompanied by an adult).

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. 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.



GENERAL INFORMATION



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>.

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.



Dear Friends,

At Seattle Parks and Recreation, we have three big priorities in everything we do, and those are to connect people to each other, nurture a love for the environment and promote healthy habits—and our Aquatics programs contribute to all three! Through annual events such as the Polar Bear Swim and major rowing regattas, we provide opportunities for people to gather and build strong communities. Our canoeing, sailing, and swimming classes provide invigorating ways to enjoy nature and experience the health benefits—both physical and mental—of time spent outdoors.

We are blessed to live in an area with water at our doorsteps, and Seattle Parks and Recreation offers a variety of ways for residents to get out and enjoy it. We are proud to offer nine lifeguarded beaches, eight indoor swimming pools, two outdoor pools, 27 hand-carry boat launches, and seven motorized launches. For those who prefer to stay dry, we have more than 6,300 acres of parkland, including 465 parks, 26 community centers, and 120 miles of soft-surface trails.

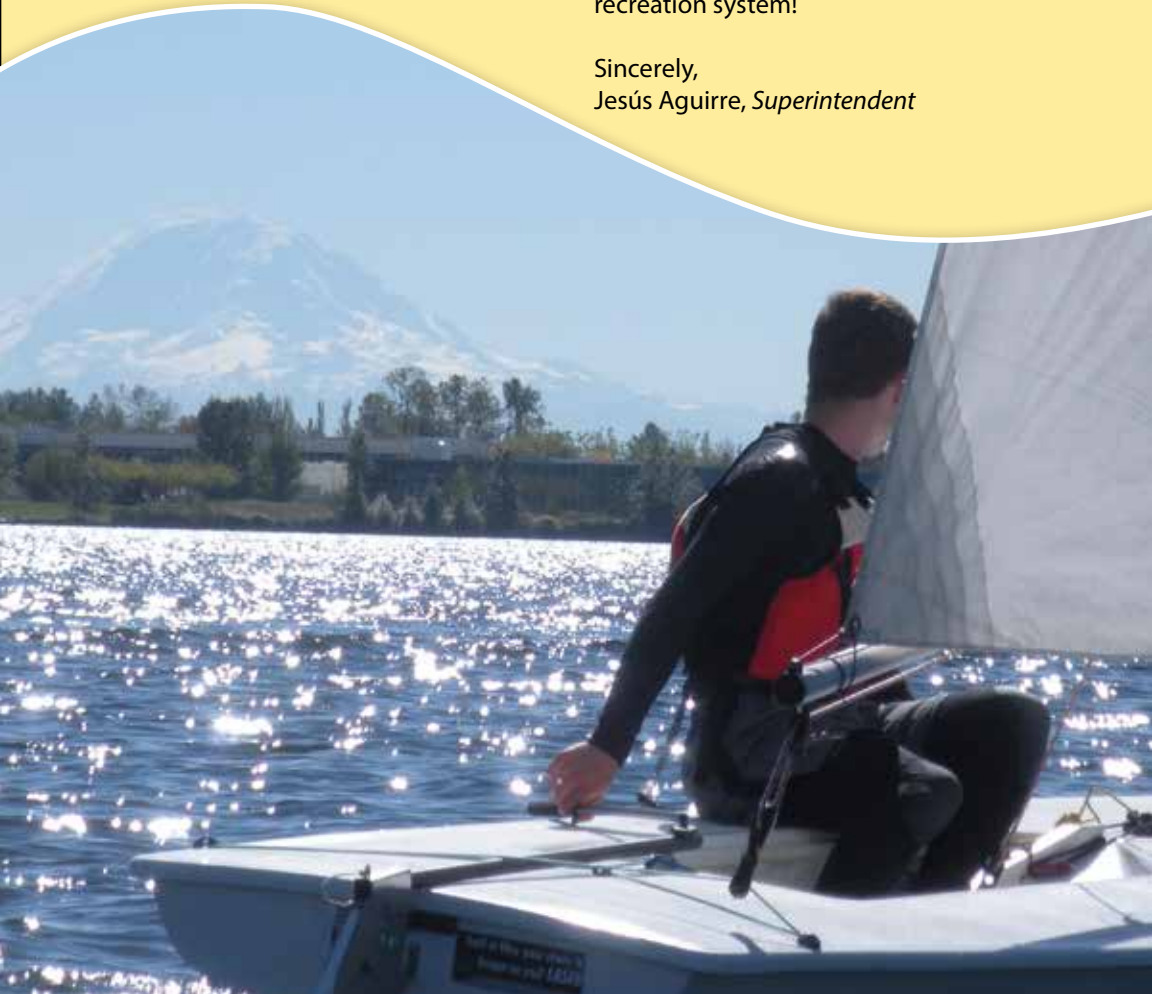
We also offer an incredible variety of programs at our parks and recreation facilities. From akido to Zumba, and everything imaginable in between, Parks and Recreation helps keep people moving and healthy. Through funding from the voter-approved Seattle Park District, we have been able to expand our scholarship program to help make these programs more accessible to all of our residents, including older adults and people with special needs.

We are also working to increase access by strengthening our para-Olympic paddling programs and special events on Green Lake using modified flatwater racing canoes and kayaks.

I believe that just getting people moving is the first step to a healthy lifestyle. And the Green Lake Small Craft Center along with the Mount Baker Rowing and Sailing Center are the perfect places to start taking the first paddle or stroke towards better health.

Thank you and enjoy our wonderful parks and recreation system!

Sincerely,
Jesús Aguirre, *Superintendent*





A ROOM WITH A VIEW



Host your next special celebration or meeting at The Boathouse located at Mount Baker Rowing and Sailing Center. The contemporary space has everything you need including one of the best waterfront views in Seattle.

Your rental includes:

- » Tables and Chairs
- » Audio/Visual System
- » A Large Waterview Deck
- » Catering Kitchen

**VIEW A VIRTUAL TOUR AT
BAKERBOATHOUSE.COM**

Call the Seattle Parks rental office:

206-684-7254 to book the
room and check dates

Call or email the Boathouse for logistical
information events@mbrsc.org

