



Explore Urban Nature Summer 2009

JUNE - SEPTEMBER

**ENVIRONMENTAL
LEARNING CENTERS**



Camp Long



Discovery Park



Carkeek Park

***Shifting into Carbon
Neutral - First Steps***
See page 3



**Help celebrate Seattle Summer Streets by participating in
the Seattle Parks and Recreation BICYCLE SUNDAY summer event.**

See page 9 for details.

Healthy Parks | Healthy You

See page 12 for details.

seattle's environmental learning centers



Camp Long

This "Jewel of the Emerald City" is one of Seattle's best kept secrets. Located in West Seattle, this 68-acre forested park and Environmental Learning Center offers visitors an opportunity to enjoy nature, hike, camp overnight in rustic cabins, rock climb, and learn about nature.

Hours of operation

Tuesday–Sunday 10 a.m.–6 p.m.
Open Sundays March–October

Phone and address:

206-684-7434 FAX 206-684-7435
5200 35th Ave. SW
Seattle WA 98126
email: camplong@seattle.gov

Please visit our web site at
www.seattle.gov/parks



Discovery Park

This 550-acre open space is located five miles northwest of downtown Seattle. Discovery Park features 8 miles of trails that take you through four distinct habitats— pond, meadows, forests, and saltwater beaches. Stop by the Environmental Learning Center located at the east entrance to the park to pick up a map and to find out what is happening in the park on the day of your visit.

Hours of operation

Tuesday–Sunday 8:30 a.m.–5 p.m.

Phone and address:

206-386-4236 Fax 206-684-0195
3801 W. Government Way
Seattle, WA 98199
e-mail: discover@seattle.gov



Carkeek Park

Explore the secrets of the watershed. 220 acres of lush forest, meadows, wetlands, creeks, and beach formed by the magical processes of water and time. Find a quiet moment to roam the trails, or watch the sunset. Visit the Learning Center, slide through a salmon at the playground or touch time at the historic Piper's Orchard. Carkeek is a treasure chest of wonders waiting to be discovered.

Hours of operation

Monday–Friday 10 a.m.–4 p.m.*

Phone and address:

206-684-0877 FAX 206-684-7323
950 NW Carkeek Park Road
Seattle, WA 98177
e-mail: carkeek.park@seattle.gov

***New operating hours for Carkeek Park are 8:30am-5pm, Tues – Sat and begin 6/22/09.**

MANAGEMENT STAFF

- Tim Gallagher, Superintendent
- Christopher Williams, Deputy Superintendent
- Robb Courtney, Parks & Recreation Director
- Patti Petesch, Environmental Programs Manager

PROFESSIONAL STAFF

- Sheila Brown, Camp Long Education Programs Supervisor
- Belinda Chin, Carkeek and Discovery Park Education Programs Supervisor

VISION STATEMENT

Creating community through people, parks and programs.

JOIN AN ELC ADVISORY COUNCIL

Camp Long, Carkeek Park, and Discovery Park all have Advisory Councils. Each Council provides volunteer input to programs and policies of Seattle Parks and Recreation as they relate to each site. Camp Long meets on the 3rd Thursday, Carkeek Park meets on the 4th Monday, and Discovery Park meets on the 4th Wednesday. Please call any of the ELCs for more details.

YOUR COMMUNITY CENTER ADVISORY COUNCIL

Most classes, workshops, sports programs, special events and facility rentals are funded through the local advisory council, rather than from City of Seattle budgets. Revenues generated through program fees offset program costs to make these activities self-sustaining. We also rely on participation, donations, and contributions to maintain and upgrade equipment. Advisory council members create scholarship opportunities through grant writing and other fundraising activities.

Join Us! Citizen direction and participation is essential to our success. Monthly meetings are held to talk about programs, policies, and financial issues. Our advisory councils always are looking for new members. If you would like to get involved, please contact the facility staff for further information.

GET SET, READY, GO! PROGRAM REGISTRATION

Online registration (SPARC) begins May 26 at noon for community centers, pools, and the Lifelong Recreation programs. A barcode and PIN are needed to register online. To obtain these login numbers, visit seattle.gov/parks, click SPARC, and follow the instructions. Allow one week for new account requests.

Walk-in and phone-in registration also begins May 26 during operation hours at all Environmental Learning Centers.

Mail-in registration for community centers and Lifelong Recreation programs is accepted beginning May 26 (no mail-in registration for pools). These registrations will not be processed prior to this date.

HOLIDAY CLOSURES

Saturday, July 4 - Independence Day

Important Notice: *The information listed in this brochure was developed based on levels of service approved in the 2009 budget. At the time of printing, the City Council had not finished its deliberations on mid-year budget reductions, so there may be changes. Please contact your local ELC, community center or pool for updates. Please visit www.seattle.gov/parks for updated information.*

Reduce Your Fuel Use, Help the Climate

As part of the Climate Action Now (CAN) initiative, Seattle Parks and Recreation is encouraging Seattle citizens and visitors to examine their lifestyles and make changes to improve the health of our planet and all those who live here.

**learn about ways to
reduce your carbon footprint at**

www.seattlecan.org

Seattle Climate Action
NOW

At Environmental Learning Centers (ELCs) around the city (Camp Long, Carkeek Park and Discovery Park), we offer programs that provide recreational opportunities that leave no, or little, carbon footprint, such as guided bicycle rides and

free walks. We also offer programs that can help you figure out what a carbon footprint is and offer suggestions for change. Look to Seattle parks this summer for fun, healthy recreational opportunities. Do things close to home rather than driving long distances for your recreation. Let this be the summer you truly lessen your carbon footprint.

Remember, if you want to drive even less, you can get to every ELC on a bus. Routes #33 and #24 serve Discovery Park. Routes #75 and #28 serve Carkeek Park. Route #21 goes to Camp Long. You can plan any bus trip at www.kingcounty.gov/tripplanner/.

Go outside and play this summer! Go for a walk or ride a bike. Give your car some time off. Walk to your local green space or park and have a picnic rather than drive far away from home. Celebrate where you live and support local businesses. There's a lot for you to do in your Seattle parks.

Read more about the Seattle Climate Action Now campaign at <http://seattlecan.org/about/>.

Parks is Working to Reduce Our Fuel Use

Seattle Parks has set a goal of reducing our fuel use by 10% compared to what we used in 2007. We plan to make this reduction in a number of ways, including: adjusting work routes, reducing vehicle idling, maintaining proper tire pressures, carrying less equipment in our vehicles, and improving the efficiency of our small equipment such as mowers and blowers. We are making good progress. In 2008 we reduced our fuel use by 5% compared to the previous year.

Seattle Parks has also begun to look at the long-term potential to reduce fuel use. We are closely examining our vehicle purchases to make sure the most efficient vehicles are purchased for the job. We are also looking at the potential for other technologies to substitute for fuel use, such as examining electric carts to replace the current gas carts at our golf courses.

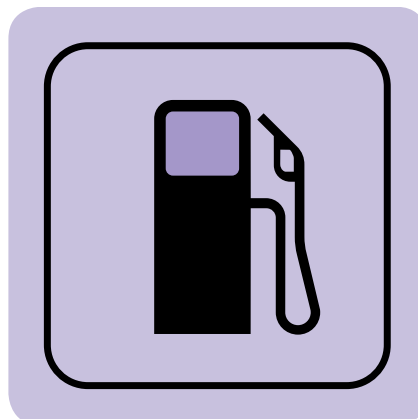


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Although we strive to be accurate, this brochure is published for information purposes only. Changes may be necessary to the content depending on levels of participation or other factors, and fees may change after City Council action on the City budget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



seasonal events



DISCOVERY PARK

Exploring the Beach at Low Tide

FREE

Ages 6 and older

Join Discovery Park Naturalists to experience some of the best low tides of the season! We will explore the intertidal world searching for sea stars, moon snails, sea anemones and clams on the North Beach. Due to the long walk and rocky beach, this walk is suitable for adults and families with children 6 and up. Please dress for the weather and wear shoes that can get wet.

#44148 7/19 Sun 8:30 - 10:30 a.m.

Family Low Tide Beach Walk

FREE

Ages 3 and older

Join Discovery Park naturalist staff as we explore the intertidal world of sea stars, moon snails, sea anemones and clams on our sandy South Beach. This walk is perfect for families with small children.

#44149 7/5 Sun 9:30 - 11:30 a.m.

#44150 7/25 Sat 1 - 3 p.m.



CARKEEK PARK

Summer Fruit Tree Pruning Class

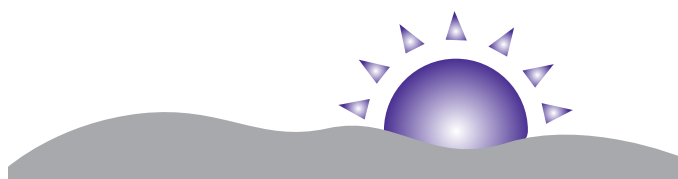
Ages 18 and older

Professional horticulturists will share their expertise in fruit tree pruning techniques. A work party following the class (noon-3) in Carkeek Park's Piper Orchard will provide an opportunity to practice your newly learned skills. Please register minimum of one week in advance.

Location: Carkeek ELC Meeting Room

#43372 7/18 Sat 9:30 - 11:30 a.m.

Activity Fee \$35



Summer Solstice Sunset Potluck

All ages

Join us in welcoming summer with a campfire celebration. Enjoy summer songs and stories accompanied by a majestic sunset. Bring a food dish to share. We'll provide drinks and tableware. Please register by calling 684-0877

Location: Fire Circle

#43375 6/20 Sat 6 - 7:30 p.m.

Adult Fee \$2, Child Fee (12 & Under) \$1

Forest Primeval to Urban Oasis

FREE

All ages

Celebrate Carkeek's storied past and people. What stories lie beneath the Carkeek forest? This seeming "wild" place has been many things: dairy, orchard, exotic animal food and pasture. Tours include stories, historic markers and outdoor art like "Heaven and Earth." Call 206-684-0877 to get involved, volunteer, or find out more.

6/27 Sat 1 - 5 p.m.





CAMP LONG

Arts in Nature Festival

This is a family-friendly, multidisciplinary event produced by Nature Consortium encompassing an innovative mix of traditional, eclectic, experimental & adaptive music and art forms. There will be dance, music, theatre, fire performances, wandering performances, hands-on art activities and an outdoor "museum of sound" consisting of installations blending sound, auditory arts, music and visual arts inside the park's rustic cabins, which meander through the forested outer perimeter of the park. Fest attendees have the opportunity to enter and explore each cabin. Performances are acoustic & take place in 5 different venues throughout the park: the Lodge, a forested grove by the Pond, on the climbing Glacier, in the Meadow, and in a Geodesic Dome. There will be a wide array of eclectic and traditional music offerings ranging from experimental and improvised to early music, classical, world, jazz and folk. Dance troupes will perform in various locations throughout the park, and wandering musicians and performers are encouraged to roam the forested landscape. There will be an interactive arts area where attendees can create Eco-Art projects such as Instruments from Recyclables & Found Objects, Leaf Printing, Mask Making and naturalist activities. For more info contact Nature Consortium at 206-923-0853 or info@naturec.org

8/22 Sat
11 a.m. - 9 p.m.

8/23 Sun
11 a.m. - 6 p.m.

\$5 per person
donation
suggested



Mater Matrix Mother and Medium

Join fellow Seattleites to crochet, knot and twist recycled fabrics into artwork. Mandy Greer will host an ongoing series of participatory art events throughout Seattle in May and June. For the full calendar of events, visit the Matter Matrix Mother blog.

See the artwork at Camp Long in West Seattle
June 15 - July 31. Camp Long is open Tuesday-Sunday 10 a.m.-6 p.m.

Meet the artist and witness the creation of the artwork. Greer will be installing her artwork near the Polliwog Pond 11 a.m.-2 p.m. every Tuesday and Thursday, **June 15-July 9.**

The project culminates in a performance produced by Greer in collaboration with choreographer and dancer Zoe Scofield. The performance will take place near Polliwog Pond at Camp Long on Thursday, **July 16** at 6:30 p.m.

This artwork commissioned with Seattle Public Utilities 1% for Art Funds administered by the Seattle Office of Arts & Cultural Affairs in partnership with Restore our Waters.



For more information about ways to protect and improve Seattle's urban waterway, visit the Restore Our Waters webpage at <http://www.seattle.gov/util/restorourwaters/>

volunteer opportunities



DISCOVERY PARK

Discovery Park Habitat Restoration Work Parties

Ages 8 and older

Summer Sweep of Weeds - make a difference naturally by removing invasive plants and preparing for fall planting. We'll provide tools, gloves and guides - you bring the energy!

#43411	7/18	Sat	1 - 4 p.m.
#43412	8/15	Sat	1 - 4 p.m.
#43413	9/19	Sat	1 - 4 p.m.



CARKEEK PARK

Carkeek Outdoor Work Parties: STARS

Ages 15 and older

Looking for exercise, camaraderie, and a fun way to help the community? Join us at Carkeek Park and be one of our "STARS" (Stream, Trails and Reforestation Stewards)! We are continually restoring and improving our native landscape. Help us keep invasive plants at bay; create safe, user-friendly trails; replenish our native forests; and protect our streams from erosion and run-off. All year, we have outdoor work parties on the third Saturday of the month. Times are subject to change. Please call 206-684-0877 to confirm the time and place.

Location: Admin Building

6/27-9/19 Sat 9 a.m. - Noon

Creek Stewards

Ages 18 and older

Creek Site Stewards adopt and care for habitat plantings along a creek, monitor their sites, and have the opportunity to learn more about creek related topics through Site Steward workshops. Please call Daniel Juen at 206-386-4162 for details.

Location: Admin Building

6/22-9/14 Mon 9 a.m. - 5 p.m.

Fish-Friendly Car Wash Kit

FREE

Available at Carkeek Park and Camp Long

Ages 1 and older

Volunteer car washes are a great way to build community, but the soap can harm local fish and impact water quality. Use a FREE car wash kit to divert the soapy water away from our local water. Please call Carkeek Park at 206-684-0877 or Camp Long at 206-684-7434 for additional information.

Available for borrowing to groups.

Outdoor Opportunities (O2)



The O2 Program is an outdoor and environmental education program for teens 15-19. This free program is located at Discovery Park, Camp Long and Seward Park. Each summer, there are a variety of day trips, service projects and overnight trips. Typical activities include backpacking, rock climbing, car camping, river rafting, sea kayaking and mountain biking trips. This program is specifically designed for teens that have never done these activities—no experience is necessary! For more information, please visit our website at www.seattle.gov/parks/teens/o2 or call Matt Axling at 206-390-1018.

volunteer opportunities

Llandover Woods Open Space

Ages 18 and older

Llandover Woods is located at NW 145th St. and 3rd Ave. NW, just north of Carkeek Park. It is 9-plus acres of woodlands with trails, and is cared for in large part by volunteers, the Stewards for Llandover Woods. Community activism and the enthusiastic support of concerned neighbors led to the establishment of Llandover Woods as a park. Stewards for Llandover Woods will be hosting a work party each month to restore habitats at risk from invasive plants. On each work party day, there will be a bird walk beginning at 9 a.m. to explore the jewels of Llandover and from 10 a.m. – noon, Volunteers will remove invasive plants from 10 a.m. - Noon. We'll provide tools, gloves and instructions. Please contact Glenn Austin at 206-364-9252 or gaustin@path.org for more information or to register for one of these work parties.

Location: Admin Building

6/27-9/19 Sat 10 a.m. - Noon

Piper Orchard at Carkeek Park

Ages 5 and older

You can find Piper Orchard along the Piper's Creek Trail between the McAbee entrance and the Metro Pump Substation in Carkeek Park. The Orchard was reclaimed from overgrowth in 1983 by dedicated members of a local home orchard society and volunteers. Join the friends of Piper Orchard to help maintain the historic site. Volunteers prune, trim and clear debris. Please contact Paul Donaldson at 206-364-0877 or pdpiper@aol.com for additional information or call Carkeek Park at 206-684-0877 to register

Location: Admin Building

6/27-9/19 Sat 10 a.m. - 1 p.m.



CAMP LONG

Camp Long First Saturdays

Ages 8 and older

Lend a hand in your community park. Help with; forest restoration, trail maintenance, invasive plant removal, planting and weeding. Volunteers meet the first Saturday of each month (the second Saturday on holiday weekends) to help beautify the park. Please join us! Children must be accompanied by an adult. Please RSVP by calling 206-684-7415.

6/6, 7/11, 8/1, 9/12 Sat 10 a.m. - 1 p.m.



Key to Program Location



Carkeek Park

206-684-0877



Camp Long

206-684-7434



Discovery Park

206-684-4236

Thank the Earth for Your Birth

All Ages

Celebrate birthdays at Camp Long and give Mother Earth a present, too! When you bring your party to the park, you can spend time with human, plant and animal friends. After you and your guests enjoy an hour or two of restoration, come inside to celebrate your birth and your day's accomplishments. You can have your cake and "weed it" too!



living green programs



CARKEEK PARK

Living with Wildlife: Urban Corridors

Ages 15 and older

With cities and suburbs spreading into forested areas, wildlife is sharing smaller and smaller tracts of habitat. The forests at Carkeek Park, along with backyard habitats, serve as important urban corridors for wildlife "traffic." Learn forest and backyard practices that can help minimize negative interactions with wildlife.

Location: Carkeek ELC Meeting Room

#43334 7/25 Sat 1:30 - 3 p.m.

Activity Fee \$10

Master Forester Program for Volunteers

Ages 18 and older

Come to Carkeek Park for a unique volunteer training series to learn and apply practical, hands-on urban forest restoration skills as a Master Forester. Topics include Pacific Northwest climax forest types, challenges of forest management in a metropolitan setting, native plant identification, invasive plant issues, Carkeek Park's forest management plan, and field skills. The Master Forester Program will begin at the end of June and will run for 11 non-consecutive Saturday mornings, including classroom presentations, field demonstrations and work parties. Please register in advance. First session is June 27. Please call 206-684-0877 for further dates.

Location: Admin Building

#43339 6/27 Sat 8:30 a.m. - Noon

Activity Fee \$25

Seattle is taking action to prevent one of the biggest threats to the future of our city and the planet - global warming. Through Seattle Climate Action Now, we are leading by example and helping you take steps today to reduce climate-changing pollution in your home, at work, and on the road.

Get involved in Seattle Climate Action Now by visiting www.seattleCAN.org. You'll find tips for reducing your emissions; climate-related events in your neighborhood; and a community of people and organizations across the street and across the city ready to help provide clean, renewable power, improve transit and reduce independence on cars, build energy-efficient homes and offices, create new jobs in a greener economy, and conserve natural resources and reduce waste.

From Puget Sound to the snow-capped Cascade Mountains, we are lucky to live in one of the most beautiful places on the planet. Please join us as we work to leave our city and our world a better place for our children and their children.



CAMP LONG

Bike Maintenance for Families

Ages 8 and older

Get ready for a summer of biking with a well maintained bike, ready to roll! Join avid biker Jason Goodman, in learning how to maintain your bike in good condition and learn some great biking routes in West Seattle that connect you to your favorite parks! Jason will also introduce you to his sturdy homemade bike bags.

#43263 6/27 Sat 10 a.m. - Noon

Activity Fee \$7

Drip Irrigation Demonstration

FREE

Ages 8 and older

Would you like to reduce your water consumption and learn how to install the latest drip irrigation technology? Come with pictures of your own garden and get helpful tips for designing your own system. Instructor is Gretchen Graber

#43271 8/15 Sat 10 a.m. - Noon



DISCOVERY PARK

Bicycling, Ballard, Birding, and Beyond

FREE

Ages 8 and older

Enjoy a carbon-neutral family activity. Bicycle Ballard and bird at Golden Gardens, the Hiram M. Chittenden Locks, and Discovery Park. Any activity that creates NO carbon emissions that adds to climate change while doing it is considered carbon

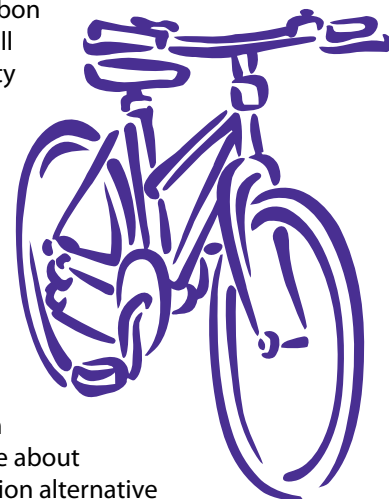
neutral. Woo-hoo! We will start at Ballard Community Center, travel to Golden Gardens, backtrack down the Burke-Gilman trail to the Locks, cross the Locks, head up into Discovery Park and return to Ballard Community Center.

Along the way we stop to watch birds and other wildlife, get to know each other and learn a bit more about bicycling as a transportation alternative and other forms of carbon-neutral recreation.

This is a great outing if you're new to bicycling or bicycling in the city.

Location: Ballard Community Center

#43403 8/8 Sat 11 a.m. - 3 p.m.





DISCOVERY PARK

Twilight Hike

Ages 8 and older

Come enjoy a naturalist-led hike through Discovery Park while the sun sets and the park atmosphere changes. Which animals are heading to bed? Which ones are just beginning to wake up? We'll explore the park for signs of these transitions.

#43423 9/4 Fri 7 - 9 p.m.
Activity Fee \$5



CAMP LONG

Summer Night Flight Campfire

Ages 5 and older

Join us as bats, moths and owls take to the night sky. We'll engage our trusty bat detector, poke around for pellets, learn to hoot and mill around with moths at night lights. Then we gather around the campfire for s'mores and a story. What's not to love?

#43307 8/8 Sat 8:30 - 10:30 p.m.
Activity Fee \$7



Camp Long Owls

Ages 5 and older

Will the juvenile Barred Owls be begging for food by hissing? Or will they be missing? Join us for some Barred Owl nightlife! Bring a flashlight.

#43268 7/18 Sat 8:30 - 10:30 p.m.
#43269 9/19 Sat 8:30 - 10:30 p.m.
Activity Fee \$7

Walk. Bike. Shop. Breathe. Play. This summer the streets are your playground.

Sunday, May 31 - 9 a.m. to 5 p.m.

West Seattle 5k Run / Walk and Seattle Summer Streets Spectacular
 Alki Ave SW from California Way SW to 63rd Ave SW

Sunday's in June - Seattle Parks Summer Streets - Noon to 3 p.m.

June 7: Discovery Park | June 14: Volunteer Park
June 21: Seward Park | June 28: Magnuson Park

Saturday, July 31 - 9 a.m. to 4 p.m.

University District Chamber Celebrates Seattle Summer Streets
 University Way NE between NE 50th St and NE 45th St

Saturday, August 8 - 11 a.m. to 3 p.m.

Rainier Valley Chamber's Heritage Parade and Seattle Summer Streets
 Rainier Ave S from S Orcas to S Alaska streets

nature programs



DISCOVERY PARK

Snakes Alive!

Ages 8 and older

Join Nick Sutton, local zookeeper, as he leads an exploration of native snakes and other reptiles in their natural habitat.

Location: Outside Space #1

#43420 7/12 Sun 1 - 3 p.m.

Activity Fee \$5



CAMP LONG

Beavers

All ages

Baffled by beavers? Come and learn about the dynamic life of these master builders and the very important ecological role they play. Join us in exploring the life, lodges, behaviors and physical adaptations of these industrious, fascinating and busy mammals. Also learn how we can live together with beavers in our backyards! Instructor: Sue Johnson

Location: Trailhead at 25th Ave SW and Brandon St.

#43261 7/25 Sat 1 - 3 p.m.

Activity Fee \$7

Nature Journaling for the Whole Family!

Ages 6 and older

Families create simple field journal pamphlets (we provide all materials) and embark on a nature walk to sketch and make nature rubbings with artist Maria Coryell-Martin! Maria will share her art with you and help you to become a better artist and observer. Fun is the name of this game...a scavenger hunt is included!

Location: West Shelter

#43302 8/30 Sun 1 - 3 p.m.

#43304 9/12 Sat 1 - 3 p.m.

Activity Fee \$18

Herbal Salve Making

Ages 12 and older

Jayne Simmons, farmer and owner of Sister Sage Herbs and Good Food Gardens, will teach this introductory herb class. Learn to identify the healing plants that are growing near your doorstep. See them prepared into a healing salve for cuts and burns. We will discuss the entire process of making the salve, from choosing the right plants for your situation, harvesting, drying, storage, and infusing herbs in oil. You'll leave with a small container of salve and recipes for lip balm and other salves. We may have time to walk about and find some of the plants we discuss.

#43296 7/25 Sat 10 a.m. - Noon

Activity Fee \$18

Art and Environmental Awareness

Ages 8 and older

Join Maria Coryell-Martin in looking for ways to bridge art and environmental awareness. She will share her work as an expeditionary artist reflecting her worldwide journey! Learn to practice journaling (both formal and informal) to increase your observations, writing, inquiry and meditation. Learn sketching and watercolor techniques through activities and nature exploration. Then conclude by sharing your art and discoveries together! Suggested materials; journal, pencils, pens, measuring tool.

Field Sketching and Watercolor

Location: East Shelter

#43274 9/13 Sun 1 - 4 p.m.

Activity Fee \$25

Introduction to Nature Drawing

Location: West Shelter

#43299 8/29 Sat 1 - 4 p.m.

Activity Fee \$25

Family Butterfly and Bug Hunt

Ages 3 and older

Use butterfly nets to gently catch a variety of insects, then use magnifiers and bug boxes to look at them up close. Smaller students and scientists alike will learn from and enjoy this program.

#43276 7/18 Sat 1 - 3 p.m.

Activity Fee \$7

Herbal Simple Syrups

Ages 12 and older

Jayne Simmons, farmer and owner of Sister Sage Herbs and Good Food Gardens, will teach this introductory herb class. Learn how to identify and prepare common weeds into nutritious and delicious home remedies and tonics. Fresh plants will be available for proper identification. We'll talk about safe harvesting from urban environments and ethically wild crafting in emergency situations on the trail. We will discuss harvesting times, drying methods, and different ways to extract the healing properties from these herbs. Jayne will bring several flavors of simple syrups to make herbal soda pops to try. You'll leave with syrup you made in class and recipes to try at home.

Location: Main Lodge

#43298 8/1 Sat 10 a.m. - Noon

Activity Fee \$18



DISCOVERY PARK

Adventures with a Naturalist

Take a short walk and explore a different area of Discovery Park each month. A naturalist leads the walk to answer your questions and provide interesting tidbits.

Summer at the Beach

Ages 50 and older

Experience the beach during a great low tide. Search for sea stars, moon snails, and nudibranchs in the intertidal zone. Check out the West Point Light Station and get the latest scoop on the renovations.

#43400 7/23 Thu 10 a.m. - Noon
Activity Fee \$3

Stroll Through the Park

Ages 50 and older

Meet in the north parking lot of Discovery Park for a quarter mile walk along the Wolf Tree Nature Trail, followed by a visit to the adjacent reflecting ponds. Please note that there are four sets of stairs with 20 risers and two sets of stairs with three risers on this walk.

#43401 8/20 Thu 10 a.m. - Noon
Activity Fee \$3

South Meadow History

Ages 50 and older

Meet in the south parking lot of Discovery Park for a walk through the meadow and the Fort Lawton Historic District. Enjoy the magnificent views of the Olympic Mountains and Puget Sound. Share some tales of the fort years.

#43402 9/24 Thu 10 a.m. - Noon
Activity Fee \$3

Lifelong Recreation

Programs Offering Arts, Fitness, & Social Opportunities for People... **Age 50+**



It's never too late to start taking care of your body and mind and to make new friends. Check us out and if you like our programs, tell your friends!

Classes, Trips, Special Events

Seattle Parks and Recreation, through its Lifelong Recreation Program, offers classes, trips and special events for people age 50+. Classes include arts, physical activity and fitness, education, and special interest. Trips provide people with experiences that reflect the beauty and uniqueness of our region. Special events are both citywide and community-specific activities that include opportunities to learn, get involved, and have fun.

Designed for You

Lifelong Recreation partners with your community center and other community organizations to provide activities that respond to your needs. Please let us know what you would like to see offered.

Walking Programs

For information about our city-wide walking programs, contact the Sound Steps Walking Program coordinator, Mari Becker at 206.684.4664 or sound.steps@seattle.gov.

In Your Neighborhood

Each geographic area of the city has a recreation specialist that tailors these senior-specific programs to meet your needs. We offer a complete listing of all of these programs in the Lifelong Recreation brochure available at your community center and on-line.

We will also mail the brochure to you upon request.

Registration

Register for classes and trips from your brochure, or on-line, or contact your recreation specialist.

free walks, talks, and other programs



DISCOVERY PARK

Butterflies - Winged Wonders

FREE

Ages 8 and older

The Washington Butterfly Association is hosting a butterfly outing at Discovery Park. Join experts as they share the wonder of our local butterflies - Lorquin's Admirals, Western Swallowtails, and more!

#43410 6/14 Sun 1:30 - 4:30 p.m.

Save the Frogs!

FREE

A Photographic Presentation on the Amphibian Extinction Crisis

All ages

Frog populations worldwide are declining at alarming rates and nearly one-third of the world's 6,490 amphibian species may disappear. Amphibians are faced with multiple problems including pollution, infectious diseases, habitat loss, invasive species, climate change, and over-harvesting for the pet and food trades. Join Dr. Kerry M. Kriger, founder and executive director of the nonprofit organization Save the Frogs, for a presentation on these threats and how they affect various groups of amphibians. See photos of amphibians from around the world and learn how you can be part of the solution. A question and answer session follows the talk. For more information about Dr. Kriger, please visit his website at www.savethefrogs.com/kerrykriger.html

6/25 Thu 7 - 8:30 p.m.

From Military Fort to City Park

FREE

Ages 12 and older

What did Discovery Park look like 50 years ago? What about 100 years ago? Explore the rich and fascinating history of Fort Lawton and its evolution into Discovery Park. After viewing historic photos of the fort, participants will take a van tour of important historical areas of the park.

#43418 7/11 Sat 2 - 4 p.m.

Bird Tours for All Seasons

FREE

Ages 8 and older

Discovery Park naturalists lead these Saturday morning walks. If birds are not around, we explore other seasonal happenings at Discovery Park. Please register in advance. Be sure to bring your binoculars.

#44140 7/11 Sat 8 - 10 a.m.

#44141 7/18 Sat 8 - 10 a.m.

#44142 7/25 Sat 8 - 10 a.m.

#44143 8/8 Sat 8 - 10 a.m.

#44144 8/29 Sat 8 - 10 a.m.

#44145 9/12 Sat 8 - 10 a.m.

Sensational Spiders

FREE

Ages 4 and older

Friend or foe? Spiders have received a bad rap throughout history. We'll dispel some of the myths and discover the important role spiders play in our world.

#44151 9/19 Sat 2 - 3:30 p.m.

Bird Tours at Discovery Park

FREE

Ages 8 and older

Discover the wonders of birding. Join experienced leaders as we explore for fall migrants and year-round residents within Discovery Park's many varied habitats. Please dress for the weather and bring binoculars. Please register at least a week in advance.

#44146 9/19 Sat 8 - 10 a.m.

#44147 9/26 Sat 8 - 10 a.m.



Healthy Parks | Healthy You

Saturday, August 22, 2009

9:30 a.m. - 3:30 p.m.

**Seward Park • 5902 Lake Washington Blvd. S
Seattle, WA 98118**

Bring the entire family for a day of fitness demonstrations, healthy activities, and, information booths, 5k and 10k run/walk, guest speakers and a concert.

You've all heard about the rising obesity statistics across America. It is happening right here in King County as well. Believe it or not, 54% of King County adults were deemed overweight in 2004; this is up from 37% in 1987. Obesity can lead to significant health problems including diabetes, increased risk for certain types of cancer, and heart disease. However, just 30 minutes of moderate exercise most days of the week, combined with a healthier diet, can be enough to make a difference.

Seattle Parks and Recreation offers residents endless opportunities to achieve those 30 minutes of moderate exercise—trails, playgrounds, gyms, pools, fitness classes, athletic fields, beaches—and the list goes on. We've decided to capitalize on this natural fit and encourage residents to use our public system of parks, pools, community centers and golf courses to get fit. Our initiative is called "Healthy Parks, Healthy You". Find more information at www.seattle.gov/parks

For more information, please go to our web site at: www.seattle.gov/parks/healthyparks

free walks, talks, and other programs



CARKEEK PARK

Summer Bird Walk

FREE

Ages 8 and older

Catch the birding “bug” and enjoy these bird walks led by an Audubon Master Birder. Explore Carkeek Park trails searching for migrants and year round residents. Learn the basics of bird watching on the fourth Saturday of the month. Please dress for the weather and bring binoculars.

Location: Admin Building

#43364	6/27	Sat	8 - 10 a.m.
#43366	7/25	Sat	8 - 10 a.m.
#43368	8/22	Sat	8 - 10 a.m.

Piper’s Creek Watershed Tours

FREE

Ages 18 and older

Are you curious about the new street drainage projects in Broadview? Want to see the new sustainably-designed Environmental Learning Center at Carkeek Park? Always wondered what the “Welcome to Piper’s Creek Watershed” sign really is about? Free tours are available Monday - Thursday for groups of eight or more. Please call 206-386-9154 for more information or to schedule your group. Please allow two weeks for scheduling.

Location: Admin Building

6/22-9/14	Mon	10 a.m. - 4 p.m.
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Stories of Our World

FREE

Ages 3 and older

Seasoned storytellers tell tales and spin yarns about people’s quest to understand nature and their relationship to it. We’ll feature family-oriented themes each week. Bring your own stories, too! We provide s’mores. Donations will be accepted. Call in advance to sign up, 206-684-0877.

Location: Fire Circle, unless otherwise noted.

Tide and Sea

#43343	6/12	Fri	7 - 8:30 p.m.
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Family and Home

#43346	6/26	Fri	7 - 8:30 p.m.
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Great Outdoors

#43349	7/17	Fri	7 - 8:30 p.m.
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Living Forest

Location: Admin Building

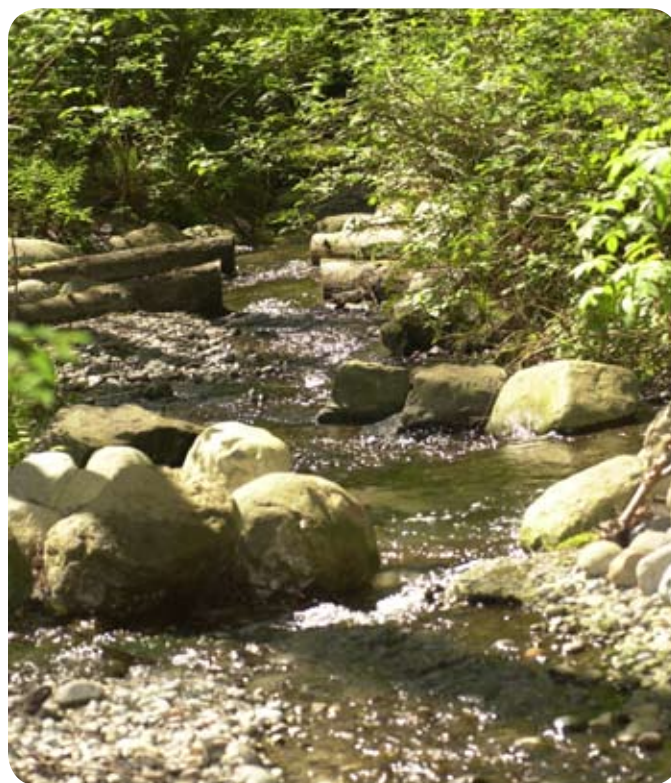
#43351	7/31	Fri	7 - 8:30 p.m.
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Earth’s Sacred Space

#43360	8/14	Fri	7 - 8:30 p.m.
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Connections

#43362	8/28	Fri	7 - 8:30 p.m.
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Piper’s Creek

Walk the Talk

FREE

Ages 7 and older

On one of Seattle Parks and Recreation Department’s “Walking Wednesdays”, wander through Carkeek Park with a naturalist to discover treasures you’ll only find on foot. Please register at least a week in advance by calling 206-684-0877 or emailing carkeek.park@seattle.gov.

Second Wednesday of each month

Location: Carkeek ELC Meeting Room

Where am I?

FREE

Learn to use a map and compass on this “footloose” adventure!

#43377	6/10	Wed	1 - 2:30 p.m.
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Green Scavenger Hunt

FREE

What does it mean to be “green”? Find simple ways to care for our planet.

#43378	7/8	Wed	1 - 2:30 p.m.
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Nature Notes

FREE

Through drawing or writing, record what you experience when you are outdoors and make it even more meaningful to you.

#43380	8/12	Wed	1 - 2:30 p.m.
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Old Fashioned “Unplugged” Fun

FREE

Croquet or Bocce? Badminton or Volleyball? Come outside and play!

#43381	9/9	Wed	1 - 2:30 p.m.
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free walks, talks, and other programs



CAMP LONG

Mee-Kwa-Mooks Beach Safari

FREE

Ages 3 and older

Rejuvenate at the end of your week and enjoy some of the best low tides of the year. Find amazing marine animals and intertidal plant life, and discover the fascinating interrelationships within the tidal zone! Dress for possible windy weather and wear shoes that can get wet and handle slippery surfaces. Meet at Mee-Kwa-Mooks Park, 4503 Beach Dr. SW

Location: Me-Kwa-Mooks Park

#43301 7/18 Sat 9 - 11 a.m.

FIRST SATURDAY FREE WALKS IN SOUTHEAST SEATTLE

Please register by calling 206-684-7434

All ages

First Saturday Free Walks are for all ages. Explore your backyard. Seattle has more than 6,000 acres of park property with more than 400 parks. You could visit a new park every day of the year and still have more than 35 left! Share these incredible spaces with a naturalist while we learn about the natural history and habitat these spaces provide in our backyards. Family oriented. All ages are welcome!

Pritchard Beach

FREE

This wonderful piece of property would never have undergone the most dramatic facelift had it not been for a small group of committed citizens who saw the potential of returning the property to its "natural" state. Bring your binoculars – there's great birding at Pritchard!



Location: Pritchard

Beach - 8400 55th Ave S

#43285 7/11 Sat 2 - 5 p.m.

Jefferson Park Rejected or Neglected

FREE

Jefferson Park is in the midst of redevelopment - come for the best views of downtown Seattle, stay for the Blue Angels' air show.

Location: Jefferson Community Center entrance

3801 Beacon Ave S

#43287 8/1 Sat 11:30 a.m. - 1:30 p.m.

Genesee Wildflower Meadow

FREE

Genesee Park, aside from hosting the biggest summer parties in Seattle, has undergone a major makeover from an estuary to a landfill and back to a wildlife meadow. Come explore this space and see the vista of Mt. Adams and the I-90 bridge.

Location: 4316 S Genesee - north parking lot

#43290 9/5 Sat 11:30 a.m. - 1:30 p.m.



Longfellow Creek Yancy Street

FREE

Dragonfly Pavilion

This is by far the coolest art you will ever find on a trail, unless you're trekking the Southwest where petro glyphs are as common as cacti. Explore the north reaches of Longfellow Creek and Puget Park, both natural areas in the Delridge neighborhood. Find out about this great wildlife corridor.

Location: SW Dakota and 28th Ave. SW – just south of City Fitness

#43277 7/11 Sat 11:30 a.m. - 1:30 p.m.

Roxhill Bog

FREE

Let's celebrate International Bog Day! Roxhill is the headwaters of Longfellow Creek. Roxhill has a history of wet, squishy turf until July - ever wonder why? It's the peat! Find out how this big open lawn became great habitat and filters the water going in to Longfellow Creek.

Location: 2850 SW Roxbury – meet at restroom shelter

#43279 8/1 Sat 11:30 a.m. - 1:30 p.m.

Duwamish Greenbelt

FREE

Is it open? Is it public? Is it safe? What is it? The West Duwamish Greenbelt is the largest piece of un-connected property you own. It's located on the east ridge of West Seattle. The Nature Consortium has spearheaded and supported restoration of this property with weekly work parties.

Location: Meet at 14th Ave SW and SW Holly St

#43284 9/5 Sat 11:30 a.m. - 1:30 p.m.

Tot Treks

Ages 2-3 w/adult

Adults, explore the wonders of nature with your 2-3 year olds. Discover life in the pond, forest, and field and meet new friends. Please arrive 10 minutes before class time and wear weather appropriate clothing. Two children can be registered with one adult. No strollers please.

Activity Fee: Adult/Child \$7. There is a \$3.50 charge for each additional person.



DISCOVERY PARK

Bug Safari

#43424	7/8	Wed	10:30 - 11:45 a.m.
#43425	7/11	Sat	10:30 - 11:45 a.m.

Sandy Seashore

#43426	7/22	Wed	10:30 - 11:45 a.m.
#43427	7/25	Sat	10:30 - 11:45 a.m.

Bees, Bugs, and Berries

#43429	8/15	Sat	10:30 - 11:45 a.m.
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Meadow Munchers

#43431	8/29	Sat	10:30 - 11:45 a.m.
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Shapes in Nature

#43432	9/2	Wed	10:30 - 11:45 a.m.
#43433	9/12	Sat	10:30 - 11:45 a.m.



CAMP LONG

Flower Fun!

Please register by 7/4/09

#43308	7/7	Tue	10 - 11 a.m.
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Beach Fun

Location: Me-Kwa-Mooks Park

Please register by 7/18/09

#43309	7/21	Tue	10 - 11 a.m.
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Berries-n-Beez

Please register by 8/1/09

#43310	8/4	Tue	10 - 11 a.m.
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More Beach Fun

Location: Me-Kwa-Mooks Park

Please register by 8/15/09

#45225	8/18	Tue	10 - 11 a.m.
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Campfire with S'mores

Please register by 8/29/09

#43311	9/1	Tue	10 - 11 a.m.
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Like a Lichen! Moss for the very first time!

Please register by 9/12/09

#43312	9/15	Tue	10 - 11 a.m.
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Oh, the Webs we Weave!

Please register by 9/26/09

#43313	9/29	Tue	10 - 11 a.m.
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CARKEEK PARK

Carkeek Area Neighbors (CAN)

Ages 18 and older

This group of neighbors and friends of Carkeek Park was formed to discuss community safety issues. CAN is now a subcommittee of the Carkeek Park Advisory Council. Meetings are open to the public. For more information, please call Jack Heavner, the facilitator for CAN, 206-782-7054.

Location: Admin Building

6/22-9/14 Mon 7 - 9:00 p.m.



CAMP LONG



Longfellow Creek is Longing for You

The Longfellow Creek Stewardship Committee is the umbrella group that cares for the Longfellow Creek watershed, trails and green spaces. They arrange work parties, obtain grants for habitat and trail improvements and create outdoor events to celebrate Longfellow Creek. The Council provides the leadership to protect and improve Longfellow Creek and the surrounding neighborhoods. They cultivate partnerships and sponsor projects and events. Find out what you can do to improve the habitat in your own backyard. Please call Sheryl Shapiro at 206-615-1443 for more information. Be sure to ask about guided walks, Legacy Trail maps and/or presentations for your group or class.

Cool Moms for a Hot Planet

CoolMom.org is a Seattle-based non-profit that brings busy moms into the climate action network in three ways: education, lifestyle change and supporting policies that mitigate global climate change. An important part of their work occurs at the grassroots level with community-based activism in neighborhood CoolMom groups. The goal is to build a better future for our children by encouraging sustainable living practices for how families live, learn, work and play. They promote stewardship of the natural environment and seek to instill a conservation ethic in future generations. For more information about a CoolMom group in your neighborhood, please contact Abby Suplizio at Abigail_k@yahoo.com.



CAMP LONG & DISCOVERY PARK



Shakespeare in the Park

1st Both Discovery Park and Camp Long host Shakespeare this summer.

The Comedy of Errors. This is light, frothy entertainment, driven by coincidence and slapstick humor - all in a single day. The story centers around two sets of identical twins accidentally separated at birth. When Antipholus and his servant, Dromio, of Syracuse travel to Ephesus, they do not know about Antipholus and his servant Dromio of Ephesus. When the Syracusan twins encounter the friends and families of the Ephesus twins, there is a series of wild mishaps based on mistaken identities.

Camp Long	7/25	Sat	7 p.m.
Discovery Park	7/26	Sun	3 p.m.

2nd *The Life and Death of King John.* This historical piece dramatizes the reign of King John of England (ruled 1199-1216). He is the son of Henry II and Eleanor of Aquitaine and the father of Henry III. The play opens with a plea from the French King Phillip for King John to abdicate in favor of his nephew and includes dizzying changes of alliances, a Papal excommunication and a subsequent reconciliation. In the end... well, I don't want to ruin it for you.

Camp Long	7/24	Fri	7 p.m.
Discovery Park	8/2	Sun	3 p.m.



Deadhorse Canyon, Southeast Seattle
Ian Edelstein—photo

Earth Keepers Summer Nature Day Camp

Ages 6 – 12

Carkeek Park Environmental Learning Center's (ELC) summer day camp programs are designed for elementary-aged children using outdoor spaces to explore, learn, and play. Our caring, professional environmental education staff opens a world of discovery for children with growth, development and fun in mind.

Each camp session is Monday-Friday, 9 a.m. to 4 p.m., and is designed for children ages 6-12. Child must have completed kindergarten. We offer eight separate outdoor sessions with a different focus. Activities include learning games, park exploration, arts, crafts, guest presenters, and supervised unstructured play time. Staff to camper ratio is approximately 1:10.

Daycare is available before (8-9 a.m.) and after (4-5 p.m.) every camp session. These fees are shown below.

If you have any questions, please call 206-684-0877.

Location: Picnic Shelter #2, next to play area

Enrollment forms must be received by Carkeek Park staff before registration.

Registration begins March 3, at noon

Before and After Care available as enrollment allows. (Please see table on page 18)



Piper's Creek at Carkeek Park
Ian Edelstein—photo



CARKEEK PARK

Week 1: Tide pools – Window to Puget Sound

Two worlds collide where land meets Puget Sound.

#38186 6/22-6/26 Mon-Fri 9 a.m. - 4 p.m.

Activity Fee \$200

Week 2: Survivor Island

Learn the basics of wilderness survival.

#38187 6/29-7/2 Mon-Thu 9 a.m. - 4 p.m.

Fri - no camp

Activity Fee \$165

Week 3: Watershed Wilderness in the City

Journey the waters of Piper's Creek Watershed

#38188 7/6-7/10 Mon-Fri 9 a.m. - 4 p.m.

Activity Fee \$200

Week 4: Carkeek's Incredible Time Machine

Explore the diverse human history of this area over centuries.

#38189 7/13-7/17 Mon-Fri 9 a.m. - 4 p.m.

Activity Fee \$200

Week 5: Wet & Squiggly Tide Pool Wonders

Discover the amazing world of tide pools on the beach at Carkeek Park.

#38190 7/20-7/24 Mon-Fri 9 a.m. - 4 p.m.

Activity Fee \$200

Week 6: Buggin' Out

Discover the fascinating world of the six-legged bugs and insects.

#38191 7/27-7/31 Mon-Fri 9 a.m. - 4 p.m.

Activity Fee \$200

Week 7: Furs, Tails, Tracks, and Trails

Discover the forest and wetland habitats of Carkeek Park.

#38192 8/3-8/7 Mon-Fri 9 a.m. - 4 p.m.

Activity Fee \$200

Week 8: Survivor Island (repeat of week 2)

Learn the basics of wilderness survival.

#38193 8/10-8/14 Mon-Fri 9 a.m. - 4 p.m.

Activity Fee \$200

before/after camp care

Earth Keepers Before and After Camp Care

Ages 6 – 12

Program minimum is seven registered campers. Fees must be paid before a child is allowed to attend. A \$1/minute late fee is charged for late pick-up.

Location: Shelter #2, unless otherwise specified by day camp staff

Registration: Mondays the week before day camp session begins

Activity Fee is \$50 per week (Monday-Friday), except for Week #2 (Monday-Thursday)

Before Camp

Week #1

#39783 6/22 – 6/26 Mon – Fri 8 – 9 a.m.
Activity Fee: \$50

Week #2

#39784 6/29 – 7/2 Mon – Thu* 8 – 9 a.m.
Activity Fee: \$40

Week #3

#39785 7/6 – 7/10 Mon – Fri 8 – 9 a.m.
Activity Fee: \$50

Week #4

#39786 7/13 – 7/17 Mon – Fri 8 – 9 a.m.
Activity Fee: \$50

Week #5

#39787 7/20 – 7/24 Mon – Fri 8 – 9 a.m.
Activity Fee: \$50

Week #6

#39788 7/27 – 7/31 Mon – Fri 8 – 9 a.m.
Activity Fee: \$50

Week #7

#39789 8/3 – 8/7 Mon – Fri 8 – 9 a.m.
Activity Fee: \$50

Week #8

#39790 8/10 – 8/14 Mon – Fri 8 – 9 a.m.
Activity Fee: \$50

*No Friday Camp

After Camp

Week #1

#39791 6/22 – 6/26 Mon – Fri 4 – 5 p.m.
Activity Fee: \$50

Week #2

#39792 6/29 – 7/2 Mon – Thu* 4 – 5 p.m.
Activity Fee: \$40

Week #3

#39793 7/6 – 7/10 Mon – Fri 4 – 5 p.m.
Activity Fee: \$50

Week #4

#39794 7/13 – 7/17 Mon – Fri 4 – 5 p.m.
Activity Fee: \$50

Week #5

#39795 7/20 – 7/24 Mon – Fri 4 – 5 p.m.
Activity Fee: \$50

Week #6

#39796 7/27 – 7/31 Mon – Fri 4 – 5 p.m.
Activity Fee: \$50

Week #7

#39797 8/3 – 8/7 Mon – Fri 4 – 5 p.m.
Activity Fee: \$50

Week #8

#39798 8/10 – 8/14 Mon – Fri 4 – 5 p.m.
Activity Fee: \$50





DISCOVERY PARK

Nature Day Camp

Each year Nature Day Camp explores new and different themes about plants, animals, and the environment we live in. We look forward to having your child grow up with us. At Nature Day Camp we enjoy meeting new friends, songs, games, adventure, new places, crafts, exploration, and much, much more. Adults, be prepared to learn from your campers - they'll be bringing home lots of new information and will want to share it with you. No camp week of 6/29-7/3.



Nature Adventure Day Camp

Age 6-8

All Nature Adventure camp weeks are the same, curriculum does not change. Campers explore the four habitats of Discovery Park: beach, pond, meadow, and forest. It all ends with a festival celebrating the week.

Week 4

#42228 7/6-7/10 Mon-Fri 9 a.m. - 3 p.m.
Activity Fee \$230

Week 5

#42229 7/13-7/17 Mon-Fri 9 a.m. - 3 p.m.
Activity Fee \$230

Week 6

#42230 7/20-7/24 Mon-Fri 9 a.m. - 3 p.m.
Activity Fee \$230

Week 7

#42231 7/27-7/31 Mon-Fri 9 a.m. - 3 p.m.
Activity Fee \$230

Week 8

#42232 8/3-8/7 Mon-Fri 9 a.m. - 3 p.m.
Activity Fee \$230

Week 9

#42233 8/10-8/14 Mon-Fri 9 a.m. - 3 p.m.
Activity Fee \$230

Week 10

#42234 8/17-8/21 Mon-Fri 9 a.m. - 3 p.m.
Activity Fee \$230

Nature Play Day Camp

Ages 4 - 6

Campers enjoy hands on discovery of nature, through songs, movement, crafts, and exploration. We visit the four habitats of the park: beach, pond, meadow, and forest and end the week with a pint-sized festival. All Nature Play camp weeks are the same, curriculum does not change.

Week 1

#42223 6/8-6/12 Mon-Fri 9 a.m. - 12:30 p.m.
Activity Fee \$205

Week 2

#42224 6/15-6/19 Mon-Fri 9 a.m. - 12:30 p.m.
Activity Fee \$205

Week 3

#42225 6/22-6/26 Mon-Fri 9 a.m. - 12:30 p.m.
Activity Fee \$205

Week 11

#42226 8/24-8/28 Mon-Fri 9 a.m. - 12:30 p.m.
Activity Fee \$205

Week 12

#42227 8/31-9/4 Mon-Fri 9 a.m. - 12:30 p.m.
Activity Fee \$205

Tween Nature Trek Day Camp

Ages 9-12

Hey older kids, ready for something cool and exciting? Then join us for TNT, Tween Nature Trek. We have a blast doing experiments, crafts, games, exploration, and meeting cool new friends. All TNT camp weeks are the same, curriculum does not change.

Week 6

#42235 7/20-7/24 Mon-Fri 9 a.m. - 3 p.m.
Activity Fee \$275

Week 7

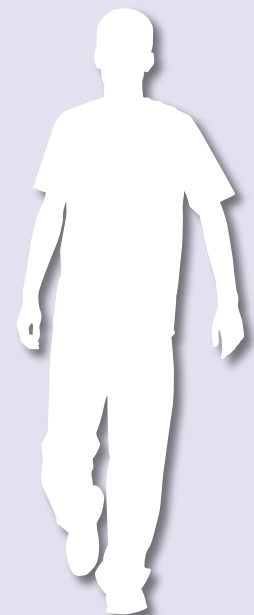
#42236 7/27-7/31 Mon-Fri 9 a.m. - 3 p.m.
Activity Fee \$275

Week 8

#42237 8/3-8/7 Mon-Fri 9 a.m. - 3 p.m.
Activity Fee \$275

Week 9

#42238 8/10-8/14 Mon-Fri 9 a.m. - 3 p.m.
Activity Fee \$275



JUNE

Wednesday, June 10

Walk the Talk - Where am I? pg 13, 1-2:30 p.m.

Friday, June 12

Stories of Our World: Tide and Sea, pg 13, 7-8:30 p.m.

Sunday, June 14

Butterflies - Winged Wonders, pg 12, 1:30-4:30 p.m.

Saturday, June 20

Summer Solstice Sunset Potluck, pg 4, 6-7:30 p.m.

Monday, June 22

Beginning Tuesday, June 23, the new operating hours for Carkeek Park will be 8:30 a.m. - 5 p.m., Tuesday – Saturday.

Thursday, June 25

Save the Frogs! pg 12, 7-8:30 p.m.

Friday, June 26

Stories of Our World: Family and Home, pg 13, 7-8:30 p.m.

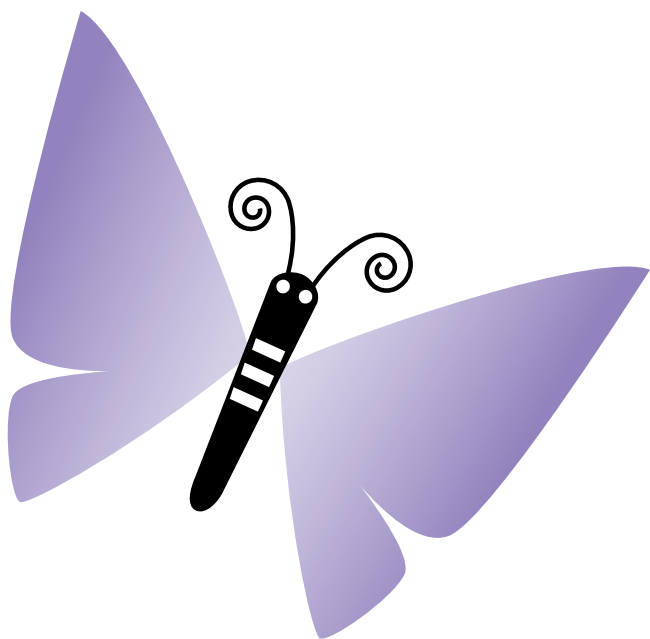
Saturday, June 27

Forest Primeval to Urban Oasis, pg 4, 1-5 p.m.

Master Forester Program for Volunteers, pg 8, 8:30 a.m.-Noon

Bike Maintenance for Families, pg 8, 10 a.m.-Noon

Summer Bird Walk, pg 13, 8-10 a.m.



JULY

Sunday, July 5

Family Low Tide Beach Walk, pg 4, 9:30-11:30 a.m.

Wednesday, July 8

Walk the Talk - Green Scavenger Hunt, pg 13, 1-2:30 p.m.

Tot Trek: Bug Safari, pg 15, 10:30 - 11:45 a.m.

Saturday, July 11

From Military Fort to City Park, pg 12, 2-4 p.m.

Bird Tours for All Seasons, pg 12, 8-10 a.m.

1st Saturday Free Walk-Pritchard Beach, pg 14, 2-5 p.m.

1st Saturday Free Walk-Dragonfly Pavilion, pg 14,
11:30 a.m.-1:30 p.m.

Tot Trek: Bug Safari, pg 15, 10:30 - 11:45 a.m.

Sunday, July 12

Snakes Alive! pg 10, 1-3 p.m.

Friday, July 17

Stories of Our World: Great Outdoors, pg 13, 7-8:30 p.m.

Saturday, July 18

Summer Fruit Tree Pruning Class, pg 4, 9:30-11:30 a.m.

Discovery Park Habitat Restoration Work Parties, pg 6, 1-4 p.m.

Mee-Kwa-Mooks Beach Safari, pg 14, 9-11 a.m.

Bird Tours for All Seasons, pg 12, 8-10 a.m.

Sunday, July 19

Exploring the Beach at Low Tide, pg 4, 8:30-10:30 a.m.

Wednesday, July 22

Tot Trek: Sandy Seashore, pg 15, 10:30 - 11:45 a.m.

Thursday, July 23

Summer at the Beach, pg 11, 10 a.m.-Noon

Friday, July 24

Shakespeare in the Park-Discovery Park, pg 16, 7 p.m.

Saturday, July 25

Family Low Tide Beach Walk, pg 4, 1-3 p.m.

Living with Wildlife: Urban Corridors, pg 8, 1:30-3 p.m.

Summer Bird Walk, pg 13, 8-10 a.m.

Bird Tours for All Seasons, pg 12, 8-10 a.m.

Beavers, pg 10, 1-3 p.m.

Herbal Salve Making, pg 10, 10 a.m. - Noon

Tot Trek: Sandy Seashore, pg 15, 10:30 - 11:45 a.m.

Shakespeare in the Park-Camp Long, pg 16, 3 p.m.

Sunday, July 26

Shakespeare in the Park-Discovery Park, pg 16, 7 p.m.

Friday, July 31

Stories of Our World: Living Forest, pg 13, 7-8:30 p.m.

AUGUST**Saturday, August 1**

Herbal Simple Syrups, pg 10, 10 a.m. - Noon

1st Saturday Free Walk-Roxhill Bog, pg 14, 11:30 a.m.-1:30 p.m.

Sunday, August 2

Shakespeare in the Park-Camp Long, pg 16, 3 p.m.

Saturday, August 8

Bicycling, Ballard, Birding, and Beyond, pg 8, 11 a.m.-3 p.m.

Summer Night Flight Campfire, pg 9, 8:30-10:30 p.m.

Bird Tours for All Seasons, pg 12, 8-10 a.m.

Wednesday, August 12

Walk the Talk - Nature Notes, pg 13, 1-2:30 p.m.

Saturday, August 15

Discovery Park Habitat Restoration Work Parties, pg 6, 1-4 p.m.

Drip Irrigation Demonstration, pg 8, 10 a.m.-Noon

Tot Trek: Bees, Bugs, and Berries, pg 15, 10:30 - 11:45 a.m.

Thursday, August 20

Stroll Through the Park, pg 11, 10 a.m.-Noon

Saturday, August 22

Arts in Nature Festival, pg 5, 11 a.m.-9 p.m.

Healthy Parks, Healthy You, pg 12, 9:30 a.m. - 3:30 p.m.

Summer Bird Walk, pg 13, 8-10 a.m.

Sunday, August 23

Arts in Nature Festival, pg 5, 11 a.m.-6 p.m.

Friday, August 28

Stories of Our World: Connections, pg 13, 7-8:30 p.m.

Saturday, August 29

Family butterfly and bug Hunt, pg 10, 1-3 p.m.

Tot Trek: Meadow Munchers, pg 15, 10:30 - 11:45 a.m.

Bird Tours for All Seasons, pg 12, 8-10 a.m.

Sunday, August 30

Nature Journaling for the Whole Family! pg 10, 1-3 p.m.

SEPTEMBER**Wednesday, September 2**

Tot Treks: Shapes in Nature, pg 15, 10:30 - 11:45 a.m.

Friday, September 4

Twilight Hike, pg 9, 7-9 p.m.

Saturday, September 5

1st Saturday Free Walk-Duwamish Greenbelt, pg 14,
11:30 a.m.-1:30 p.m.

Wednesday, September 9

Walk the Talk - Old Fashioned "Unplugged" Fun, pg 13, 1-2:30 p.m.

Saturday, September 12

Nature Journaling for the Whole Family! pg 10, 1-3 p.m.

Tot Treks: Shapes in Nature, pg 15, 10:30 - 11:45 a.m.

Bird Tours for All Seasons, pg 12, 8-10 a.m.

Sunday, September 13

Field Sketching and Watercolor, pg 10, 1-4 p.m.

Saturday, September 19

Discovery Park Habitat Restoration Work Parties, pg 6, 1-4 p.m.

Bird Tours at Discovery Park, pg 12, 8-10 a.m.

Sensational Spiders, pg 12, 2-3:30 p.m.

Thursday, September 24

South Meadow History, pg 11, 10 a.m.-Noon

Saturday, September 26

Bird Tours at Discovery Park, pg 12, 8 - 10 a.m.

Please note: *Beginning Sept. 22, Carkeek Park will operate Tuesday - Saturday*



Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card or online while registering. We accept Visa, MasterCard and American Express. Please make checks and money orders out to City of Seattle. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.)

Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include a user fee paid to Seattle Parks and Recreation to defray operating costs. Class and program fees include Washington State sales tax where applicable.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

Anti-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 the presence of any sensory, mental, or physical handicap.

Refund Information

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 cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.

–Anyone who registers for a class, lesson, day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.

–Anyone who registers for a class, lesson, day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.

–If a participant drops a class for which he or she is registered prior to the second session of a series, the course will be refunded less \$5 or 10% of the fee (whichever is greater). If a participant drops a class for which he or she is registered after the second session of a series, the course will not be refunded. Please read the entire policy, #7.16, for specific information.

Accommodation for people with disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodations, please call 206-615-0140 or TDD 206-684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area that is not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Meeting Room Rentals

The environmental learning centers offer several spaces for meetings, presentations, workshops, social events and outreach events. Tables and chairs are provided, however, must be set up by the renter. A refundable damage deposit is required for all rentals.

More Information

Please contact environmental learning center staff at 206-386-4236 for cost and availability.



Carkeek Park



Discovery Park—Classroom



Discovery Park Multi-Purpose room



Camp Long Lodge

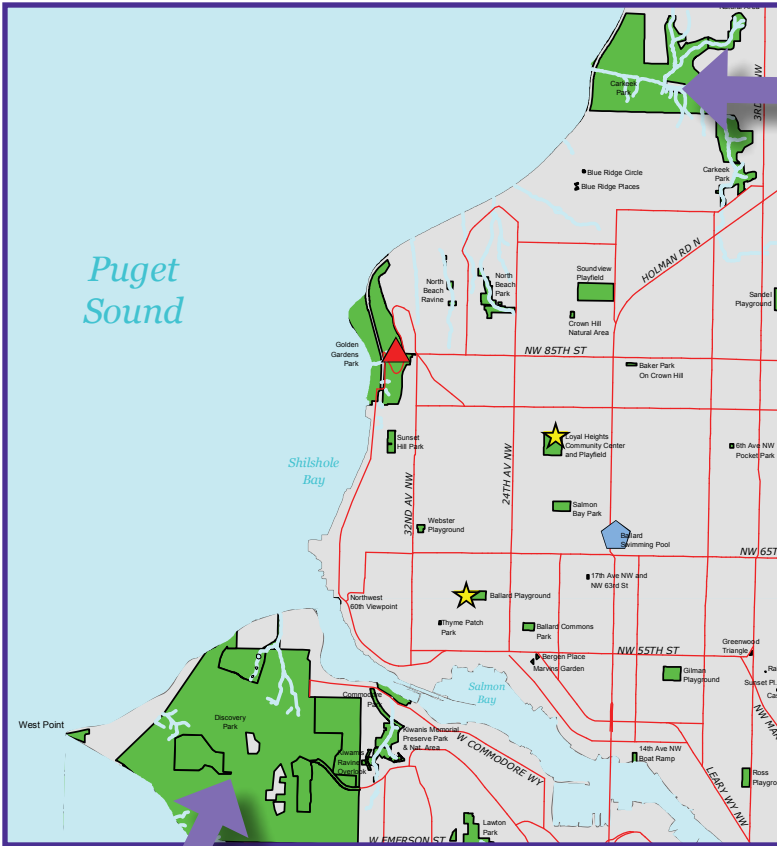
Erik Stuhaug—photo



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