

**Our NEW Annual Brochure is
coming – watch for it!**

Health & Fitness Class "On Land"

Ages 16+

It's never too late to get fit. Improve your health, strength and cardiovascular fitness.

Get fit! Be healthy! Have more energy! This "on-land" class is designed for you! **No boating experience is necessary.** Increase your stamina. Strengthen your core, tone your muscles, and increase your flexibility. This conditioning course will develop your fitness by using free weights, physio-balls, ergometers, and some yoga. Each class is one hour - twice a week.

Health & Fitness Class "On Land" AM

- #50728 1/6/2010 - 1/27/2010 Mon, Wed 7 - 8 a.m.
Activity Fee \$35.00
- #51302 1/6/2010 - 1/27/2010 Mon, Wed 8 - 9 a.m.
Activity Fee \$30.00
- #50729 2/1/2010 - 2/24/2010 Mon, Wed 7 - 8 a.m.
Activity Fee \$35.00
- #51303 2/1/2010 - 2/24/2010 Mon, Wed 8 - 9 a.m.
Activity Fee \$35.00
- #50730 3/1/2010 - 3/31/2010 Mon, Wed 7 - 8 a.m.
Activity Fee \$50.00
- #51304 3/1/2010 - 3/31/2010 Mon, Wed 8 - 9 a.m.
Activity Fee \$50.00

Health & Fitness Class "On Land" PM

- #50724 1/6 - 1/27/2010 Mon, Wed
6:30 - 7:30 p.m. Activity Fee \$30.00
- #50725 2/1 - 2/24/2010 Mon, Wed
6:30 - 7:30 p.m. Activity Fee \$35.00
- #50726 3/1 - 3/31/2010 Mon, Wed
6:30 - 7:30 p.m. Activity Fee \$50.00

Conditioning for Rowers!

Ages 18+

Some rowing experience required. This is a great way to get in shape for the coming season! Some activities will include erging, calisthenics, and weight lifting.

Conditioning classes are open to all level rowers! Try us out. You might like it. Many people have said that rowing is the "best workout I have ever had!"

- #49258 1/5 - 1/28/2010 Tue, Thu 6 - 7:30 a.m.
- #49239 1/5 - 1/28/2010 Tue, Thu 6:15 - 7:45 p.m.
- #49261 2/2 - 2/25/2010 Tue, Thu 6 - 7:30 a.m.
- #49240 2/2 - 2/25/2010 Tue, Thu 6:15 - 7:45 p.m.
- #49241 3/2 - 3/25/2010 Tue, Thu 6:15 - 7:45 p.m.

Activity Fee - Adult \$44.00, Senior \$40.00

SEATTLE PARKS AND RECREATION PROFESSIONAL STAFF:

Mount Baker Rowing & Sailing Center
Peggy Tosdal – Sr. Rec.Program Specialist
Gwen Wessels – Recreation Leader

MANAGEMENT:

Timothy Gallagher – Superintendent
Sue Goodwin – Director of Recreation
Kathy Whitman – Aquatics Manager

MISSION:

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

MOUNT BAKER Rowing & Sailing Center

Winter 2010 Programs

Conditioning - Youth

This is a great way to increase strength and endurance. Varsity - one season of rowing required. Novice - no rowing experience is required.

Ages 13 - 19

Stay fit for the upcoming season! Continue your conditioning with land and water time at Mt. Baker. *****This course requires a float test taken prior to class. The float test cannot be taken at the Rowing Center.*****

Varsity Boys: #49245 1/4 - 1/26/2010 Mon, Tue, Thu 4 - 5:30 p.m., Sat 9:30 - 11 a.m.

Varsity Girls: #49247 1/4 - 1/27/2010 Mon, Wed, Fri 4 - 5:30 p.m., Sat 9:30 - 11 a.m.

Activity Fee \$53.00

Novice Boys: #49130 1/5 - 1/26/2010 Tue/Thu 4 - 5:30 p.m., Sat 9:30 - 11 a.m.

Novice Girls #49131 1/6 - 1/26/2010 Tue/Thu 4 - 5:30 p.m., Sat 9:30 - 11 a.m.

Activity Fee \$40.00

Youth Novice or Varsity Crew

Rowing on a team is an incredible experience! A sense of accomplishment and pride are gained as youth work to meet the physical and mental challenges of the sport of rowing. The rigorous sport also teaches sportsmanship and team camaraderie. The program is open to boys and girls ages 13-19 and in grades 8-12. No exceptions! Classes teach the fundamentals of the stroke as well as boat handling, water safety, and care of equipment. All classes are geared towards competitive rowing.

Experienced crew is for returning or varsity rowers who have completed a novice season. If your athlete started rowing AFTER June 2009, register for the Novice Program. Attendance at all practices is encouraged. Occasional additional practices may be scheduled during the season.

Regattas are held on weekends with an occasional Friday for travel. Payment can be made on-line up till January 23 if you are paying the full amount. Starting January 24, we will accept registrations in person or by phone if spots are still available. **Varsity Boys Practice will begin @ 3:45 pm until March 8th. ***This course requires a float test taken prior to class. The float test cannot be taken at the Rowing Center.*****

Varsity Boys: #49119 1/28 - 5/17/2010
Mon - Fri 4:15 - 6:45 p.m.

Varsity Girls: #49123 1/28 - 5/17/2010
Mon - Fri 3:45 - 6:15 p.m.

Activity Fee \$400.00

Novice Boys: #49126 1/28 - 5/17/2010
Mon - Fri 4 - 6 p.m.

Novice Girls: #49128 1/28 - 5/17/2010
Mon - Fri 4 - 6 p.m.

Activity Fee \$360.00



MOUNT BAKER Rowing & Sailing Center

Winter 2010 Programs

Intro to Kayaking

Ages 12+ and at least 54 inches in height

You won't find a better place to learn to sea kayak! Sheltered, flat water with wilderness terrain in your own backyard: South Seattle, Lake Washington. This one session class is perfect for beginners who are just checking out the sport and want to learn some proper paddling technique. For more in-depth instruction see "Learn to Sea Kayak". Youth must be accompanied by an adult. Call the office for age exception. Wet suits are recommended September - May. A float test is not required for this 2.5 hour introduction class, but recommended. A personal flotation device (life jacket) must be worn at all times and is provided.

#49114 3/20/2010 Sat 9 - 11:30 a.m.

Activity Fee - Adult \$35.00, Senior \$30.00,
Youth \$28.00

Intro to Rowing

Ages 12+

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. Here's your opportunity to find out what all the excitement is about. This two hour class is strictly an introduction to this fast growing sport known for its physical fitness and teamwork. No float test is required for this two hour introduction class. A personal flotation device must be worn on the water.

Ages 12 and up; 12-15 year olds must be accompanied by an adult. Sign up early!

#49116 2/26/2010 Fri 9 - 11:30 a.m.

#51305 2/27/2010 Sat 9:30 a.m. - 12 p.m.

Activity Fee - Adult \$30.00, Senior \$26.00,
Youth \$20.00

Intro to Sailing

Ages 7+

Interested in a family outing? This course is designed for beginners looking for an introduction to sailing on a larger, more stable boat. The Flying Scot is an 19-foot centerboard sailboat, which can hold up to five people. You will be introduced to the helm, being part of a crew, points of sail, parts of the boats, and basic safety rules on the water. Foot-wear must be worn, no black-soled shoes, please come dressed for the weather. The courses will be held rain or shine, but we reserve the right to reschedule the course due to adverse weather conditions. No float test is required for this three hour class. Life-jackets are required to be worn on the water and are provided. Sign up early!

#52377 2/20/2010 Sat 1 - 4 p.m.

#49117 2/21/2010 Sun 1 - 4 p.m.

#52378 3/20/2010 Sat 1 - 4 p.m.

52379 3/28/2010 Sun 1 - 4 p.m.

Activity Fee - Adult \$40.00, Senior \$34.00,
Youth \$32.00



MOUNT BAKER Rowing & Sailing Center

Winter 2010 Programs

Learn to Sea Kayak MAR

Ages 12+ and at least 54 inches in height

Learn the fundamental paddling skills, boat recovery, beach and dock approaches, safety, emergency preparedness, to include gear, food and more. Small class size. Bring a change of clothes. You will get wet! Enjoy paddling in our single 'skirted' kayaks. No prior experience necessary. Life-jackets will be provided. Wet suits are recommended September - May. *****This course requires a float test taken prior to class. The float test cannot be taken at the Rowing Center.*****

#49153 3/27/2010 - 3/28/2010 Sat, Sun
9 a.m. - 1:30 p.m.

Activity Fee - Adult \$95.00, Senior \$81.00,
Youth \$76.00

Learn to Sail

Ages 16+

Learn rigging, sailing theory, water safety, and more. Plan to bring a change of clothes the first day. Instructional sailing books are available for \$15. Participants MUST attend the first ten hours of class or arrange to acquire the information and skills through our personal instruction program. Wet-suits recommended September - May. *****This course requires a float test taken prior to class. The float test cannot be taken at the Rowing Center.*****

#49151 3/6/2010 - 3/27/2010 Sat 12:30 - 5 p.m.
#49152 3/7/2010 - 3/28/2010 Sun 12:30 - 5 p.m.

Activity Fee - Adult \$180.00, Senior \$153.00

Learn to Row 101 A - Level One

(New to Rowing)

Ages 16+

This 18 hour course is the first of two for our 'learn to row' program. This first part is designed for those who have no rowing experience. This course will introduce the fundamental stroke, terminology on and off the water and much more. The first part of the course will be spent learning the language of rowing, strengthening your core (torso/trunk muscles that support and stabilize your movements) which is essential to rowing successfully, and developing the technical base on our rowing simulators aka "ergometers". After which, the class will move to dockside rowing and then to the water. A solid base of rowing is essential to the health of the participant's future rowing endeavors. *****This course requires a float test taken prior to class. The float test cannot be taken at the Rowing Center.*****

#49134 2/28 - 3/28/2010 Sat, Sun 9 - 11 a.m.

#49138 3/2 - 3/27/2010 Tue, Thu 6 - 7:30 a.m.,
Sat 9 - 11 a.m.

#49140 3/8 - 3/26/2010 Mon, Wed, Fri 9 - 11 a.m.

Activity Fee - Adult \$100.00, Senior \$85.00,
Youth \$80.00

Holiday Closures

Jan 16, 17, 18 – Feb 13, 14, 15

Special Event

Baker Day Sat March 13

Facility Closed - Furlough Days

Jan 15, Feb 12, Mar 12

MOUNT BAKER Rowing & Sailing Center

Winter 2010 Programs

Rowing 301

Ages 18+

Rowing courses 101-A, 101-B and 201 required or equivalent 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. Fun and fitness on the water is the priority. *****This course requires a float test taken prior to class. The float test cannot be taken at the Rowing Center.*****

#49274 1/4 - 1/29/2010 Mon, Wed, Fri 9 - 11 a.m.
Activity Fee: Adult \$96.00, Senior \$82.00
#49276 2/1 - 2/26/2010 Mon, Wed, Fri 9 - 11 a.m.
Activity Fee: Adult \$96.00, Senior \$82.00
#49270 3/2 - 3/30/2010 Tue, Thu 5:30 - 7:30 a.m.,
Sat 7 - 9:30 a.m. Activity Fee: A \$115.00, S \$98.00
#49279 3/1 - 3/31/2010 Mon, Wed, Fri 9 - 11 a.m.
Activity Fee: Adult \$115.00, Senior \$98.00

Rowing 401

Ages 18+

Advanced/Competitive Rowing 401: Athletes must be able to perform the basic stroke 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. *****This course requires a float test taken prior to class. The float test cannot be taken at the Rowing Center.*****

#49251 3/2/2010 - 3/30/2010 Tue, Thu 5:30 - 7:30
a.m., Sat 7 - 9:30 a.m. Adult \$115.00, S \$98.00

Rowing - Saturday Only

Ages 18+

Rowing is an incredible experience! A sense of accomplishment and pride are gained as individuals rowing in a boat come together to row effectively as one. Classes teach 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). Personal lessons are available upon request. A complete medical assessment, by a licensed professional is strongly recommended for all adult rowers. Rowers must have the equivalent of Rowing 201 skill set to participate. *****This course requires a float test taken prior to class. The float test cannot be taken at the Rowing Center.*****

#49264 1/9 - 2/27/2010 Sat 7 - 9:30 a.m.
Adult \$75.00, Senior \$64.00
#49266 3/6 - 4/24/2010 Sat 7 - 9:30 a.m.
Adult \$88.00, Senior \$75.00

Sunday Sculling

Ages 16+

Enjoy the water sculling on Lake Washington. Quads, doubles and singles complement our fleet of sculling boats. Novice to advanced scullers are welcome to join us. Technical skills are developed as well your fitness base. Rowing 201 or equivalent is a prerequisite for this class. *****This course requires a float test taken prior to class. The float test cannot be taken at the Rowing Center.*****

#49282 3/7/2010 - 4/25/2010 Sun 9 - 11 a.m.
Adult \$77.00, Senior \$65.00, Youth \$60.00

MOUNT BAKER Rowing & Sailing Center

Winter 2010 Programs

REGISTER ON-LINE!

READY – Please visit our website 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/user ID and PIN/password numbers. Take time to make sure all of your questions are answered.

GO – Register online beginning at noon on Tuesday December 8 for winter classes.

We accept Visa, MasterCard and American Express when registering online or by mail. You may also mail in a check or money order with mail in registrations.

Please make checks payable to “City of Seattle” or “C.O.S.”

Complete the registration form, which can be found at <http://www.seattle.gov/parks/boats/MTBAKER.HTM#/forms> and include payment mailed to the following address:

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

Phone: 206-386-1913

After registering for a course, you will be mailed 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.

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)

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 cancelled for any reason by the department or Advisory Council will receive a full refund.
- Anyone who registers for a 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 10% or \$5 service charge, whichever is greater.
- Anyone who registers for a 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 class), will receive no refund.

Please read the entire policy for specific information, available upon request.

FINANCIAL ASSISTANCE

Our advisory councils want to 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 most youth programs and some adult programs. Financial assistance is limited to specific programs and is granted based on financial need. For further information or an application, please call us at 206-386-1913!

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>.

MOUNT BAKER Rowing & Sailing Center Winter 2010 Programs
