

Biking

Bicycling - Riding with Confidence

Designed for novice riders returning to bicycling after years away or wanting to practice their riding skills around town for short errands, recreation or fitness. Focus is on gear shifting, braking, traffic laws and safety. Bring a bike in good working order to each class.

Instr: Cascade Bicycle Club

Age: 18 + yrs	Fee: \$85R/\$102N		
Tue, Thu	May 18-20	6-8pm	31882
			Senior Center Room 109
Sat	May 22	10am-1pm	Garden Plaza

Bicycling - Urban Cycling Techniques

Learn to interact positively and confidently with urban traffic. Designed for recreational cyclists or commuters, this workshop covers bicycle traffic laws, lane positioning, basic equipment and maintenance, emergency maneuvers and safety, with both on-bike and classroom time. Optional extra hour before second class to learn how to fix a flat. Optional half hour after second session to take the League of American Bicyclists' exam. Bring a bike in good working order to the 2nd class.

Instr: Cascade Bicycle Club

Age: 18 + yrs	Fee: \$95R/\$114N		
Session 1			
Thu	Jun 10	6-9pm	31880
Sat	Jun 12	9am-2pm	
			Senior Center Room 109
			Garden Plaza
Session 2			
Thu	Aug 12	6-9pm	31881
Sat	Aug 14	9am-2pm	
			Senior Center Room 109
			Garden Plaza

Geology

You'll never look at a rock the same way if you sign up for one or all of these geology field trips! If you have a curious child or are looking for a unique family outing, these programs are just a stones-throw away. Geology Adventures has been in business over 20 years; all trips led by an experienced geologist. Youth 17 and under must be accompanied by an adult. Fee is per person. Trips run rain or shine.

Geology Amber Collecting

Collect fossil remnants of the tropical beaches which formed Tiger Mountain! You'll also discover amber in multiple colors at the only amber locality in the Northwest, investigate historic mining ruins and find plant fossils, all while examining the geologic forces which shaped our region. All tools supplied. Access requires a 2 mile hike, round trip, with little elevation change. Dress for the weather. Maximum of two children per adult. Youth 17 and under must be accompanied by an adult. Fee is per person. Directions included on class receipt.

Instr: Geology Adventures

Loc: Outings - Trips & Tours	Fee: \$35R/\$42N		
Age: 6 + yrs			
Sat	May 8	10am-2pm	31650
Sat	May 29	10am-2pm	31651

Geology Crystal Collecting

Collect abundant quartz crystals, pyrite, peacock ore, and other pretty minerals at a private copper prospect overlooking the Snoqualmie valley. Learn to identify minerals as you dig for treasures on this exciting day trip near North Bend, and the kids can fill their backpacks with pretty rocks! Bring appropriate vehicle for logging road conditions; 4WD is NOT necessary but vehicles must have at least 6 inches of ground clearance. No minivans or station wagons, they will bottom out on stream crossings! Hike is less than 1/2 mile over varied and sometimes steep terrain. Dress for the weather. Maximum two children per adult. Youth 17 and under must be accompanied by an adult. Fee is per person. Directions included on class receipt.

Instr: Geology Adventures

Loc: Outings - Trips & Tours	Fee: \$37R/\$44N		
Age: 7 + yrs			
Sat	Jun 12	10am-3pm	31652
Sun	Jun 27	10am-3pm	31654
Sat	Jul 31	10am-3pm	31653



Geology Glowing Rocks

Find rocks that glow in the dark! On this evening trip to Tiger Mountain, you'll learn the fascinating story of fluorescence, then use our portable ultraviolet lights to unearth minerals you can keep. Bring a flashlight for the short hike to our locality. Dress for the weather. Maximum of two children per adult. Youth 17 and under must be accompanied by an adult. Fee is per person. Directions included on class receipt.

Instr: Geology Adventures

Loc: Outings - Trips & Tours	Fee: \$33R/\$40N		
Age: 8 + yrs			
Fri	May 14	9-10:30pm	31655
Fri	Jul 30	9-10:30pm	31656

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Adventures in Boating

Learn how to keep your boating adventures safe and enjoyable this summer! In 2005, a law was passed requiring boat operators to take a boater safety education course in order to operate a boat in Washington state. The law applies to operators of motorboats with 15 horsepower or greater. Topics covered in this course will include: Know Your Boat, Before You Get Underway, Operating Your Boat Safely, Legal Requirements of Boating, Boating Emergencies, and Enjoying Water Sports. All materials included. Class is free but participants must register! A \$10 certificate fee is payable to the State after the successful completion of the class.

Instr: King County Sheriff's Office

Loc: Old Redmond Schoolhouse Community Center - Room 201	Free		
Age: 13 + yrs			
Tue, Thu	Apr 20-Apr 22	6-10pm	31927

Swimming - Conquering Your Fear of the Water

Did you know the more comfortable you are around water, the more likely it is that your child will be comfortable around water? If you've been intimidated by the water in the past, this class is a great way to become more comfortable in and around the water. Designed for adults (with or without kids) who have a desire to be comfortable in the water, regardless of skill level or experience. The first half of the class will be 'on land' with a discussion about the unique learn-to-swim challenges faced by adults, our swimming past, what makes learning as an adult different, how fear works and the steps to learn freedom in deep water. Then we'll move to the Redmond Pool where you'll learn how to happily put your face in the water, find your signature float and the path to learning to swim. Bring a swimsuit and towel.

Instr: Orca Swim School

Loc: ORSCC Rm 108	Fee: \$60R/\$72N		
Age: 18 + yrs			
Sat	Jun 19	12:30-2pm	32276
		2:30-4pm	Redmond Pool

HOW TO READ CLASS INFORMATION

Adult Trail Ride ← *Class name* ← *Description*

This program is designed for the recently experienced adult horsemen. The trail ride through the forest at Farrel-McWhirter is a unique and invigorating experience.

← *Non-Resident Fee*

Loc: Farrel-McWhirter Park Barn	← <i>Resident Fee</i>	← <i>Fee: \$35R/\$42N</i>
Age: 18 + yrs	← <i>Fee: \$35R/\$42N</i>	← <i>30569</i>
Fri	← <i>Date</i>	← <i>Class Time</i>
Fri	Apr 23	4:10-5:30pm
← <i>Class Days</i>	← <i>Date</i>	← <i>Location</i>
		← <i>Class #</i>

FEE CODE: R/N

See page 62 for map. Fee Waivers are available. Call the Recreation Office at 425-556-2300 for application and details. Please write a separate check for each class if registering by mail. Thank you.

Nature Vision

Nature Vision was started by Clay Heilman, who first began leading outdoor programs for the City of Redmond over 20 years ago! Nature Vision's programs have received the Award of Excellence from the Environmental Education Association of Washington, and are designed to expose young people and their families to the wonders of nature. Each Nature Vision class will include hands-on activities, a guided walk by a trained naturalist, and fun facts about the day's topic.

Parent & Child Summer Bug Safari

What would summer be without peeking under rocks for ants, unearthing a log peppered with milk bugs, or following a butterfly? Join a Nature Vision naturalist for a family bug hunt where we will, gently and respectfully, seek out and learn about the lives of some of your tiniest neighbors! Feel free to bring a picnic lunch for after the program and enjoy summer in the park.

Instr: Nature Vision

Loc: Watershed Preserve - Parking Lot

Age: 5+ yrs & parent

Fee: \$15R/\$18N

Thu Jun 24

11am-12pm

31896

Walk in the Woods

Come experience the wonders of the woods as we take a walk through some of Redmond's most beautiful parks. A naturalist will guide you in exploring and discovering the beauty and intricacies of our Pacific Northwest Forest ecosystem. Dress for the weather. Register each child separately, maximum of two children per adult. Note: OK to bring younger sibling under 2 years at no charge, but you must be able to hike with them! Meeting location included on class receipt.

Instr: Nature Vision

Age: 2+ yrs & parent Fee: \$15R/\$18N

Watershed Preserve

Tree Frog Trail Sat May 8 10-11am 31897

Farrel-McWhirter Park

Mackey Creek Trail Sat Jun 12 10-11am 31898

Watershed Preserve

Trout Loop Sat Jul 31 10-11am 31899

Farrel-McWhirter Park

Juel Park Loop Sat Aug 14 10-11am 31900



Tiny Treks

Tiny Treks is for families who want to teach their children about the world through the outdoor exploration of their natural surroundings.

Curriculum is designed to open the hearts and minds of young children to nature. Instructor Ann Glaser has a degree in geography, is a recently certified teacher, dances, sings, plays guitar and loves introducing nature to young children. Ann has traveled and backpacked around the world and her classes reflect her years of outdoor and artistic experiences. Each week and each session is a different theme.



Fairy Tale Camp for Parent & Child

Explore the outdoors with your child through fairy tales. We'll hike and look for the Billy Goats Gruff Bridge. Drop stones for Hansel and Gretel to find their way home. Eat goodies from Little Red Riding Hood's basket. Activities include a short hike, circle time with singing and laughter, a craft or outdoor exploration and a snack. Tiny Treks camp requires one adult participant per family.

Instr: Ann Glaser

Loc: Farrel-McWhirter Park - Outdoor Education Areas

Age: 2-5 yrs

Fee: \$80R/\$96N

Tue-Fri Jun 15-Jun 18 10am-12pm 32540

Tue-Fri Jul 27-Jul 30 10am-12pm 32541

Things that Fly Camp - Parent & Child

Come experience camp with Tiny Treks! Hike with your child and look for butterflies, fly kites, make a spider web, sing about bugs. Activities include a short hike, circle time with singing and laughter, a craft or outdoor exploration and a snack. Tiny Treks camp requires one adult participant per family.

Instr: Ann Glaser

Loc: Farrel-McWhirter Park - Outdoor Education Areas

Age: 2-5 yrs

Fee: \$80R/\$96N

Tue-Fri Jun 8-Jun 11 10am-12pm 32524

Tue-Fri Jun 22-Jun 25 10am-12pm 32531

Family Days

Come experience four days of summer family fun with Tiny Treks! This class is designed so you can bring your school age and preschool child to the same class. Hike with your child and look for butterflies, fly kites, make a spider web, sing about ants. Activities include a short hike, circle time with singing and laughter, a craft or outdoor exploration and a snack. These 4 action packed Mondays will meet at a different location each week. Locations to be announced! Tiny Treks requires one adult participant per 2 children.

Instr: Ann Glaser

Loc: Farrel-McWhirter Park - Outdoor Education Areas

Age: 2-6 yrs

Fee: \$80R/\$96N

Mon Jun 9-30 10am-11:30am 32542

Mon Aug 2-Aug 23 10am-11:30am 32563



Rafting

More detailed program information and driving instructions are included on class receipt. Trip times include equipment fitting, instruction, lunch (if included) and actual time on the water. Trips run rain or shine. Youth 17 and under must be accompanied by an adult. Fee is per person.

Wenatchee Whitewater Rafting

The sunny side of the Cascades is a definite splash! Roller coaster action and sunny weather make this snow fed river a favorite for rafting enthusiasts. You'll experience commanding scenery that includes apple orchards and tall bluffs, and the whitewater maneuvering in 'Boulder Bend, Rock & Roll, Drunkards Drop, and Snow Blind' rapids will certainly capture your attention. Participants will paddle self-bailing rafts with an experienced guide. All rafting equipment and a fantastic deli lunch are included. Please provide cell phone number, height, weight and shoe size when registering. Youth 10-17 must be accompanied by an adult. Fee is per person. Note: a sleeveless neoprene wetsuit is provided for the trips in May & June, but not the July trip as it is warmer and a wetsuit is not needed at that time of year.

Instr: Wildwater River Tours

Loc: Outings - Trips & Tours		Fee: \$85R/\$102N	
Age: 10 + yrs			
Sat	May 15	12-5pm	31928
Sun	May 23	12-5pm	31929
Sun	Jun 27	12-5pm	31930
Sun	Jul 11	12-5pm	31931

Skagit Whitewater Rafting

Explore lush woods in the North Cascades National Park! The Upper Skagit River is essentially a relaxing, calm water float and devoted to scenery so magnificent it earned a place in the National Wild and Scenic River System. Wildlife is often seen along the banks. However, the tranquility is shattered for one-quarter mile by an easy section of fun-filled Class III whitewater. After that, once again enjoy the peace and quiet and undisturbed beauty of the woods. Experienced guides steer professional quality paddle rafts. All rafting equipment is provided. Please provide cell phone number, height, weight and shoe size when registering. Youth 6-17 years must be accompanied by an adult. Fee is per person.

Instr: Wildwater River Tours

Loc: Outings - Trips & Tours		Fee: \$75R/\$90N	
Age: 6 + yrs			
Sun	Aug 1	1-4:45pm	31932
Sat	Aug 14	1-4:45pm	31933

Nisqually River Float

No experience is necessary for this leisurely float trip on the historic river that served as a pathway to Indians and settlers. You'll follow meandering river channels through a flood plain of unsurpassed natural beauty, and wildlife is often seen along the riverbanks. Experienced guides steer professional quality rafts. Fee includes all rafting equipment and a fantastic deli lunch. Youth 6-17 years must be accompanied by an adult. Fee is per person.

Instr: Wildwater River Tours

Loc: Outings - Trips & Tours		Fee: \$85R/\$102N	
Age: 6 + yrs			
Sun	Aug 29	12-4:30pm	31934



REI®

REI offers a variety of FREE clinics on a wide array of topics. To REGISTER and for more information, call 425-882-1158 or visit www.rei.com. Pre-registration is required.

Bike Maintenance 101

Learn the absolute essentials in this hands-on clinic! You'll learn how to change a flat tire and clean & lube your chain. Bring your front wheel for a hands-on experience.

Loc: Redmond REI - REI Classroom		Age: 15 + yrs	
Wed	May 5	7-8pm	31918

Intro to Bike Maintenance - Brake & Shifter Adjustments

Do your brakes squeal every time you apply them, or perhaps does your gear shifter have a mind of its own? We can help! Shifters and brakes can be maintained and adjusted easily. Learn great tips and simple techniques to make your bike safer and your riding experience a lot more pleasant from an REI cycling expert.

Loc: Redmond REI - REI Classroom		Age: 15 + yrs	
Thu	May 6	7-8pm	31922

Introduction to Family Hiking

Have you been thinking about planning a family hiking trip this summer? It's easier than you think to get your whole family out enjoying our beautiful Pacific Northwest trails! Get the latest information on gear, clothing and scenic destinations to explore this summer. Taught by an REI expert, you will discover kid-friendly tips for activities and local hiking trails. Class includes a copy of REI's Family Adventure Journal.

Loc: Redmond REI - REI Classroom		Age: 9 + yrs	
Wed	Jun 16	7-8pm	31919

Introduction to Hiking

July is a great month to hit the trails around Seattle. Snow has melted off and wildflowers are in full bloom. Learn the absolute essentials in this hands-on clinic, from what gear you will need for our summer climate, to great accessible destinations.

Loc: Redmond REI - REI Classroom		Age: 12 + yrs	
Wed	Jul 7	7-8pm	31921

Introduction to Navigation

Learning to navigate is an important skill, whether on a hiking trail in the summer, or a snowshoeing trip in the winter. Join King County Search & Rescue for this special presentation and learn the basics of map and compass skills. The experts of Search & Rescue will introduce newcomers to understanding map symbols, orienting the map and compass, triangulation, declination adjustment and other fundamental navigation skills. Participants are strongly encouraged to bring their own compasses for a hands-on experience.

Loc: Redmond REI - REI Classroom		Age: 15 + yrs	
Tue	Jun 15	6-7:30pm	31925
Wed	Jul 21	6-7:30pm	31926

Using Your GPS

Understanding how your GPS transmits and receives signals is an important part of learning how it works! This class will cover basic GPS functions as well as creating waypoints, using waypoints and understanding tracks and routes. Bring your GPS unit for maximum hands-on experience.

Loc: Redmond REI - REI Classroom		Age: 15 + yrs	
Wed	May 12	6:30-8pm	31920