

## Basic Principles of Pilates

New to Pilates or need a refresher? Come learn the five basic principles of Pilates in a free 30-minute session with one of our instructors. This will include breathing, pelvic placement, rib cage placement, shoulder stabilization, and head and neck placement.

- Mutually agreeable time
- Free
- Honest Movement Pilates, 22605 SE 56th Street, Suite 230, Issaquah
- 425-557-4239 or [info@honestmovement.com](mailto:info@honestmovement.com)

## December Dash 5K run/walk

All ages

Dash around downtown Issaquah and surrounding trails while benefiting the Issaquah Food Bank. Meet in the Issaquah High School parking lot. Registration fee includes t-shirt.

- Saturday, Dec. 13
- 8 a.m.
- Issaquah High School, 700 Second Ave. SE
- \$15
- Emily Carl, 425-837-6110 or [carle@issaquah.webnet.edu](mailto:carle@issaquah.webnet.edu)

## Grand Ridge Mine Hike

Stephen Grate leads an interpretive hike of the Grand Ridge mine site, in operation 1908-1942. Begin with a brief presentation on the history of Issaquah's mining operations. Visit the remains

of mine entrances and other discernible features.

3.5 hours, 3 miles over moderate terrain. Rain or shine. Sponsored by Issaquah History Museums.

- Dec. 13, Feb. 1, Mar. 14
- Meet at 10 a.m.
- \$6 per person, or \$3 for members.
- Begin at Issaquah Depot Museum
- Register at 425-392-3500 or [www.issaquahhistory.org](http://www.issaquahhistory.org)



## Group Personal Training

Adults 18+

Groups of 3-8 work out together in a beautiful, private room with state-of-the-art functional fitness equipment and props. Professional and certified

Sammamish Club personal

trainers will motivate you to achieve your goals including weight loss, sport specific training, overall toning, and more. More than 30 different classes to choose from.

- Monthly Sessions, meet one time a week
- Variable times, 30 or 55 minute class
- Sammamish Club, 2115 NW Poplar Way, Issaquah
- \$20- \$40 per class
- Contact Fitness Director Connie Nap at [Connien@sammamishclub.com](mailto:Connien@sammamishclub.com) or 425-313-3131

## Ice Skating Lessons

5+

Lessons year-round for skaters of all ages. Enroll your first-time skater in our tots (5 year olds) or Basic 1 class (ages 6+). Adult skating, too!

- Saturdays, Jan. 10-Feb. 21 or Tuesdays, Jan. 13-Feb. 24
- 12:45-1:15 p.m. Saturdays or 6-6:30 p.m. Tuesdays
- \$107
- Castle Ice Arena, 12620 164th Ave. SE, Renton
- 425-254-8750



## Issaquah-Superior Mine Hike

Stephen Grate leads an interpretive hike of the historic

Issaquah-Superior mine site. Begin with a brief presentation on the history of Issaquah's mining operations. Visit company homes on Mine Hill Road, the route of the old rail spur and other remaining features. 2.5 hours, 2 miles over easy/moderate terrain. Rain or shine. Sponsored by Issaquah History Museums.

- Sunday, Dec. 7
- Saturdays, Jan. 17, Feb. 14
- Meet at 10 a.m.
- \$6 per person, or \$3 for members.
- Begin at Issaquah Depot Museum
- Register at 425-392-3500 or [www.issaquahhistory.org](http://www.issaquahhistory.org)

## Little League Baseball, Softball, T-Ball

Boys 5 -12

Girls 5 -14

Little League is a fantastic way to develop skills and meet new friends. Little League is focused on skill development, team work, sportsmanship and fair play.

Registration for 2009 league play is now open. Save \$25 for early registration, prior to Jan. 15. Teams will be formed in

February, practice begins in March.

- March- May
- T-Ball \$80; Baseball/Softball \$90- \$115
- [www.issaquahlittleleague.org](http://www.issaquahlittleleague.org)

### Guided Mountain Hikes

Join the Issaquah Alps Trails Club on various hikes throughout the year. Each hike is graded for difficulty. No fees. All hikes begin at the Issaquah Trails House at the corner of First and Bush near the Community Center. The club's website lists upcoming hikes, but this is a sampling of what's ahead.

- Dec. 7, 9:30 a.m., Cougar Mt., 5 miles
- Dec. 13, 9 a.m., Tiger Mt., 8 miles
- Dec. 20, 10 a.m., Tradition Lake loop, 6 miles
- Dec. 21, noon, Lower trails from downtown Issaquah, 5 miles
- Dec. 25, 10 a.m., Cougar Mt., 6 miles
- Go to [www.issaquahalps.org](http://www.issaquahalps.org)

### Playful Family Yoga Workshop Kids 4+ and adults

Kids, grab your grown-up! Come experience a creative form of yoga practice with a partner! Storytelling,

music, creative arts, and earth care blend seamlessly with yoga movement to educate the "whole" child. Children learn invaluable skills that set the groundwork for meeting challenges and growing strong physically, mentally and emotionally, cultivating self-esteem for a lifetime of successful achievement. Pre-registration required.

- Sunday, January 11
- Session I, 11:30am-12:30pm - kids 4-6 years old
- Session II, 1:00-2:00pm - kids 7 and older
- \* Hot Yoga of Issaquah, 485 Front Street North, Suite



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[www.issaquah-kidsclub.com](http://www.issaquah-kidsclub.com)

**425-392-8887**



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**We Do  
Birthday  
Parties!**

*Dance Premier Too - Klahanie Center*

D-2

- \$20 for two (\$7 each additional person)
- 425-392-6878 or [www.hotyogaofissaquah.com](http://www.hotyogaofissaquah.com)

**Pre-Competitive Swim Team**

Ages 8 & older

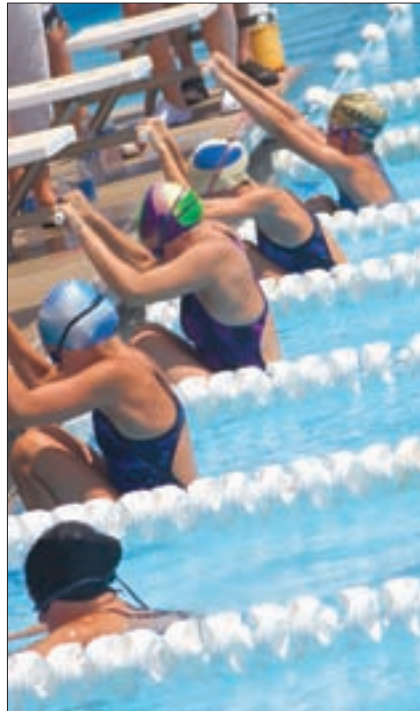
Join our pre-competitive program designed for fun! Coach Melanie will direct the group in stroke technique and endurance using dry land and in-water teaching.

- Year-round, Mondays/Wednesdays/Fridays
- 3:30-5:00 p.m.
- Sammamish Family YMCA, 4221 228th Ave SE, Issaquah
- \$75 per month for Facility Members; \$80 per month for Program Members + \$35 annual program membership
- Call 425-391-4840 or email [aprice@seattleyymca.org](mailto:aprice@seattleyymca.org)

**Youth Swim Lessons**

Ages 3-5 and 6-11

Learn to swim at the Y!



Beginning through advanced levels of swim lessons are offered with trained instructors for up to 5 kids per class. Lessons are available year-round in the evenings and weekends.

- Sessions: Sept. 8-Oct. 11; Oct. 13-Nov. 15, Nov. 17-Dec. 13
- Go to [www.sammamishymca.org](http://www.sammamishymca.org) for a list of the levels and times offered.
- Sammamish Family YMCA, 4221 228th Ave SE, Issaquah
- Cost varies based on chosen number of days per week
- Call 425-391-4840 or email [aprice@seattleyymca.org](mailto:aprice@seattleyymca.org)

**Tai Chi**

Ages 55+

This class combines Tai Chi movements and postures with music. These are gentle movements that will exercise your whole body while you are listening to Chinese music. Instructor Ted Thomas.

- Mondays, weekly
- 9-10 a.m.
- Free
- Issaquah Valley Senior Center, 75 NE

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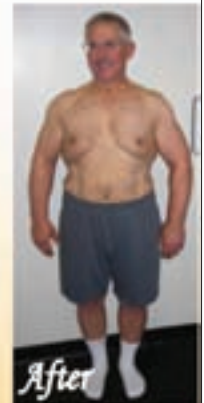
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Creek Way  
• 425-392-2381

## Youth Lacrosse

Spring 2009 Issaquah Youth Lacrosse registration is now open for boys and girls grades 2-8. IYL is the largest youth lacrosse program, and feeds two of the top three teams in the state: 2008 High School State Champions Issaquah, and state semi-finalist Skyline.

- Practice/play dates vary
- \$110-\$295 depending on league
- [www.IssaquahYouthLacrosse.com](http://www.IssaquahYouthLacrosse.com)

## Adult Pilates-Mat

Ages 18+

Famous for developing strength, flexibility and coordination, not to mention flat abs., Pilates is appreciated by everyone from elite athletes to seniors. These exercises develop core strength, flexibility, and efficient movement patterns. No experience necessary.

- Wednesdays for 19 weeks, begins Jan. 7
- 9:30-10:30 a.m.
- Dance Premier, 26613 SE Duthie Hill Road
- [www.dancepremier.com](http://www.dancepremier.com) or

[dancepremier.desk@comcast.net](mailto:dancepremier.desk@comcast.net), 425-427-2328

## Other contacts you should know:

Issaquah Eagles Football  
[www.issyfootball.org](http://www.issyfootball.org)

Issaquah Gliders Track Club  
[www.thegliders.8k.com](http://www.thegliders.8k.com)

Issaquah Little League, North  
425-313-7564

Issaquah Little League, South  
425-391-9747

Issaquah Soccer Club  
[www.eysa.org](http://www.eysa.org)

Issaquah Sportsmen's Club  
[www.issaquahsportsmensclub.com](http://www.issaquahsportsmensclub.com)

Issaquah Swim Team  
[www.istsockeyes.org](http://www.istsockeyes.org)

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## Snoqualmie Springs School

*"Foundation Education"*

*Pre-Kindergarten, All day Kindergarten, 1st & 2nd Grades*

### Open House & Registration for Fall 2009

Friday, Jan. 9th 4-6pm • Saturday, Jan 10th 1-3pm

- Accelerated academic program
- Music, Spanish, Technology & Physical Education Specialists
- Limited class size, with individualized instruction
- Dedicated certified teachers and educational assistants
- Log school in forest setting, one block south of Kiahanie QFC
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Call Joe Drovetto, Chief Admin.  
425-392-1196  
email [snosprings@yahoo.com](mailto:snosprings@yahoo.com)

25237 SE Issaquah-Fall City Rd.  
Issaquah, WA 98029  
[www.snosprings.com](http://www.snosprings.com)



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[redgatecamp@earthlink.net](mailto:redgatecamp@earthlink.net)  
[redgatefarmdaycamp.com](http://redgatefarmdaycamp.com)

**RGF** 23836 SE 24th St. Sammamish, WA 98075

## Now Enrolling

# WINTER Youth Karate



\$67

*Includes*

- 4 Weeks of Lessons and Complete Official Karate Uniform
- No Contract To Sign

- **Pine Lake** - Pine Lake Community Club  
21333 SE 20th, Sammamish  
Tuesdays 5:00pm & 6:15pm
- **North Bend** - Opstead Elementary Gym  
1345 Stilson Ave SE, North Bend  
Fridays 5:30pm & 6:45pm
- **Snoqualmie** - Snoqualmie Elem. Gym  
39801 SE Park St., Snoqualmie  
Tuesdays 5:30pm & 6:45pm

Call or Register Online  
(425) 454-6633  
[www.washotokan.com](http://www.washotokan.com)  
**Washington Shotokan Assoc.**  
12754 Bel-Red Road  
Bellevue, WA