

myBonneyLake

Your guide for recreation

Winter 2023-24
Recreation Guide

Mark your calendars!
Tree Lighting Festival

Photo courtesy of Jim Grasley



BONNEY
Lake



YOUTH SPORTS

•PeeWee Basketball for Ages 4 & 5

Register early so you don't miss out on all the fun! This very popular coed program is for children ages 4 and 5. Score is not kept and the emphasis of the program is on learning and having fun. Program runs exclusively on Saturday mornings, practices on January 20, 27, February 3, followed by 4 league games. Times will run between 8:30AM and 12:30PM. Coaches will be provided schedules/times prior to first practice. If you have a coach or friend request please make a notation on your registration form. We will do our best to accommodate requests but they are not guaranteed. Please bring a water bottle. Includes T-Shirt
Registration deadline is December 20

Cost: \$69 (\$60 if a Sumner/BL resident)
\$10 additional after December 20th
(if space available)

Site: Robert Miller Gym

***Please note that 6-year-olds may play in the youth league 1st grade division.**



Volunteer Coaching -Making a Difference

Please consider volunteering to coach your child's team. We are always looking for volunteer coaches to coach our pee wee and youth sports. You can make a difference and make some great memories for your child at the same time. Please contact the Recreation Department for further information or make a notation on your registration form that you are interested in coaching your child's team.

Coaches will contact players after they have completed the volunteer clearance process. Coaches receive a team t-shirt. Coaches must be CPR/First Aid certified, pass a background check and follow all City of Bonney Lake volunteer guidelines. If interested in coaching, please let the office know as soon as possible.

•Indoor Playpark for Toddlers & Pre-K

Everything is set up with children ages 1-5 in mind. We have music and toys for fun in a safe indoor environment. Enjoy a small bouncy house and a coloring station along with toys to ride on. A parent, guardian or adult caretaker must be present to supervise the child(ren) in their charge at all times. Punch cards available; one punch per child, per visit.

Days: Tuesdays and Thursdays

Closed Dec. 21 thru Jan.2, Feb. 20, April 9, 11

Cost: Pass/punch card - 10 visits \$49, \$40 residents
5 visits \$34, \$25 residents

Site: Robert Miller Gym
15206 Daffodil St Ct E, Sumner



•After School Volleyball Camp for Grades 4 & 5 (only)

Play with your fellow classmates at school! This camp introduces the basic fundamentals of volleyball and team play and is open to Sumner-Bonney Lake students. Register early as spots are limited (30 per school). Students will develop fundamental skills in a fun, active and purposeful camp atmosphere. A sports physical is not required to participate. Program runs two afternoons (directly after school) per week and culminates with an all district jamboree on April 18 at Bonney Lake High School from 6:00 to 8:00PM. Please note if your child needs an Epi-Pen or inhaler on the registration form. An Epi-pen or inhaler will be needed at camp as coaches do not have access to medication kept in the nurse's office at school. **Registration is ONLY through the Recreation Dept. office**

Days: Tuesday and Thursday (subject to coach's schedule)

Dates: March 19 - April 16

No Camp during conferences March 27, 28, or during Spring Break April 8 -12

Time: Directly after school (check with your school)

Camp runs 60-90 minutes, depending on coach

Cost: \$55 (\$65 after February 26 if space is available)

Site: Local Elementary school gymnasiums

•Help Wanted - Youth Sports Officials

The Recreation Department is hiring for our upcoming pee wee basketball and youth basketball seasons. Minimum age requirement is 14 years of age. If you are interested in joining our team, please apply online at: www.citybonneylake.org



Click "Employment" and then the "Government Jobs" tab and scroll down to "Youth Sports Official" and start your application. After completing your online application, please email our office to schedule an interest appointment. Please email our office at: zerrl@cobl.us

•Thank you to our Fall/Winter Sports Sponsors

Flag Football - Cascade Orthopaedics

Flag Football - SafetyShirtz

Flag Football - Tarragon Homes

Volleyball - Mitchell Concrete

Volleyball - Tarragon Homes



We would like to give a special thank you to **Land O'Frost Youth Sports** for their generous sponsorship of our youth sports leagues.

Please support them by purchasing their tasty lunch meats!

For more information on Land O'Frost products, recipes or their youth sports sponsorship program go to:

www.landofrost.com/youth-sports

YOUTH SPORTS/CLASSES

•Bonney Lake High School Dance Classes - Grades K-8

Join the Bonney Lake High School Dance Team for weekly dance class! Classes will focus on ballet barre, across the floor technique, turns, leaps and jumps. Wear leggings or shorts and hair pulled away from the face. Students will perform one dance at the February 2nd girls basketball game. (Please note there is an entrance fee for families to attend/watch, no cost for participants). All classes will be taught by supervised BLHS dance team students and Coaches. Includes t-Shirt.

Days: Tuesdays

Dates: January 9 through February 6

Time: 5:30 - 6:30PM Grades K - 8

Cost: \$69 (\$60 Sumner/BL residents)

Site: Bonney Lake High School Commons
Enter through main office doors



•Gymnastics Classes - Ages 1-12

Bars, beams, floor and more! Coaches instruct gymnasts through various skills in a safe and fun manner. Gymnasts will also learn strength, flexibility, balance, and positive self-image. All classes Minimum 3, Maximum 8

Tiny Stars: (Coed - Ages 1 to 3) Parent/tot introduction to gymnastics. Fine and gross motor skill development with hands-on parent assistance.

Mini Stars: (Coed - Age 4) Fine and gross motor skill development and beginning tumbling skills.

Mighty Stars: (Girls - Ages 5 & 6) Gymnasts will master basic tumbling skills and be introduced to vault, bars, balance beam and floor exercise and simple routines.

Girls Beginner: (Ages 7 to 12) Gymnasts continue with basic skills on vault, bars, beam and floor learning a foundation for higher levels.

Dates: Fridays: Session 1: December 29 - January 19
Session 2: January 26 - February 16
Session 3: February 23 - March 15

Saturdays: Session 1: December 30 - January 20
Session 2: January 27 - February 17
Session 3: February 24 - March 16

Times: Tiny Stars: **Friday class 5:30 to 6:10PM**

Mini Stars: **Friday class 6:15 to 7:00PM**

Mighty Stars: **Friday class 6:00 to 7:00PM**

Girls Beginner: **Saturday class 9:00 to 10:00AM**

Cost: Tiny Stars \$94 (\$85*) per 4-week session

Mini Stars: \$104 (\$95*) per 4-week session

Mighty Stars & Girls Beginner: \$119 (\$110*) per 4-week session

Site: Ascend Gymnastics - Sumner
1627 45th Street E, Bldg. D-103, Sumner

•Spartan Winter Cheer Camp Grades K-8

Join Sumner High School Cheer coaches, *Molly Goff* and *David Vinson*, and your Sumner Spartan cheer squad for a winter cheer clinic. Have lots of fun and learn a dance, cheers, and jumps. Then, show off your dance and cheers at the JV girls basketball game on Tuesday, January 16. (Please note there is an entrance fee for families to attend/watch, no cost for participants). Wear leggings or shorts and hair pulled away from the face. Bring a water bottle.

Includes t-shirt if registered prior to December 13

Date: Saturday, January 13

Time: 9:00AM - 12:00PM

Cost: \$59 (\$50 Sumner/BL residents)

Site: Sumner High School Gym



•Junior Karate- Ages 8 thru 11

Train in Isshinryu Karate, a traditional martial art from Okinawa. Junior Karate will focus on fitness, coordination, self-confidence, courtesy and respect. Learn karate techniques, forms and self-defense skills. Earn belt promotions and compete in optional regional tournaments. Have fun in a safe and positive class setting. Instructor, *Michael Osborn*, is a 7th degree black belt, Isshinryu Karate.

Days: Mondays and Wednesday, ongoing Sept. 7 - June 13

No classes if school is closed (winter break, spring break, etc.)

Times: 5:15 - 6:15PM

Cost: \$59 per month for individual (\$50 for Sumner-BL residents)

\$49 per month per additional family member (\$40 residents)

*Register and pay prior to the 1st of each month - \$10 late fee thereafter

Site: Donald Eismann Elementary Gym
13802 Canyon View Blvd E, Bonney Lake



Sensei Osborn

YOUTH SPORTS/CLASSES

•**Strength & Endurance 101 - Ages 8 - 14 NEW!**

Join, SHS health and physical education teacher, *Casey Adcox*, for an introduction to strength and endurance training. A mixture of muscular endurance through body weight exercises, band work, core exercises and cardiorespiratory fitness through station work, tabata and games. Proper lifting techniques will be emphasized. Min: 5 Max: 15 students

Date: December 21, 22, 26, 27, 28, 29, January 2 & 3

Times: 11:00AM - 12:00 PM

Cost: \$129 (\$120 for Sumner/Bonney Lake School District residents)

Site: Sunset Stadium Weight Room



•**Chris Hyppa Futures Winter Break Skills Camp - Grades 1- 5**

Join Global Skill Development Coach, *Chris Hyppa*, for an overall skills camp. Camp will focus on movements, ball handling, scoring, footwork and defense. Camp includes game play and contests. Get your skills ready for the upcoming basketball season. Players will be grouped by grade and skill level. Please bring a basketball and water bottle daily.

Date: December 21 & 22

Times: 9:00 - 11:00 AM

Cost: \$129 (\$120 for Sumner/Bonney Lake School District residents)

Site: Lakeridge Middle School Gym

•**Safe at Home for Ages 8-12**

This two-hour course is designed for children to learn about potential dangers when home alone. Learn how to be responsible and safe in any situation. We will cover family communication, first aid, internet, gun, phone, fire and door safety.

Min, 10 Max. 30

You must pre-register for this class, no registrations taken at the door.

Date: Saturday, March 2

Times: 2:00 - 4:00 PM

Cost: \$49 (\$40 for Sumner/Bonney Lake residents)

Site: Daffodil Elementary School Room 404

(enter at back of school)

1509 Valley Avenue, Sumner

•**Weight Room 101 - Ages 12 - 17 NEW!**

This class is ideal for students who have goals of high school athletics or learning the basics of a weight room. Join, SHS health and physical education teacher, *Casey Adcox*, and learn safe and proper lifting form, principles of how to build a workout. Focus will include proper form for squat and bench with high repetition and lower weight model exercises. Four sessions will focus on chest, shoulders, and triceps and four sessions focusing on leg, back and biceps.

Min: 5 Max: 15 students

Date: December 21, 22, 26, 27, 28, 29, January 2 & 3

Times: 12:15 - 1:45 PM

Cost: \$169 (\$160 for Sumner/Bonney Lake School District residents)

Site: Sunset Stadium Weight Room

•**Bricks 4 Kidz - Ages 9-14**

Learn robotics in a fun, engaging atmosphere! Build and program real working robots using software. Students will program the robots they build using Bricks 4 Kidz® model plans and LEGO® technology to create exciting dynamic machines. Join us for this action-packed 4-week class where students learn real-life skills while having real-kid fun. All students take home a custom mini figure (kits are for use in the classroom only). Min: 6 Max: 16 students

Date: Fridays, March 1 - 22

Times: 5:00 - 6:30 PM

Cost: \$105 (\$96 for Sumner/Bonney Lake School District residents)

Site: Daffodil Elementary Gym



•**Babysitters Classes for Ages 11-16**

Boys and girls, come for a day of fun while earning your Super Sitters Certificate! This class will cover leadership and the business of babysitting, basic care for children, understanding children of different age groups, safety and first aid. Bring a peanut-free sack lunch and a snack to class. Min, 10 Max. 30

You must pre-register for this class, no registrations taken at the door.

Date: Saturday, March 2

Times: 9:00AM - 2:00 PM

Cost: \$94 (\$85 Sumner/BL residents)

Site: Daffodil Elementary School

Room 404

(enter at back of school)

1509 Valley Avenue, Sumner



Land O'Frost Food Drive

We are partnering with Northwest Harvest to help end hunger in our community. Northwest Harvest partners with food programs throughout Washington to create a Food Access Network which provides millions of pounds of food each year to a network of over 300 food programs, including the Bonney Lake Food Bank.

This event is sponsored by Land O'Frost Great Tasting Lunch Meat and is hosted by the City of Bonney Lake

Drop off your non-perishable food donations at the Recreation Department Office at Robert Miller Gym on weekdays between 9:00AM and 3:00PM through November 21st



SPECIAL EVENTS

•Father/Daughter Dance

Join us for a magical evening of dancing, door prizes, goodie bag and a Valentine theme carnation upon departure! Don't miss out on this special event and create a lifetime of memories. Capture the evening with a free 4 x 6 professional photographer (additional photos available for purchase). Space is limited so register early! No refunds on unused tickets. Tickets go on sale Monday, December 4, 2023 at 9:00AM.

Dates: Saturday, February 17

Time: 6:00 - 8:00PM

Cost: \$45 per couple,
\$15 for each additional child

Site: Lakeridge Middle School Commons
15909 Myers Road E, Bonney Lake



•Tree Lighting Festival - December 2

Light up your night at the annual Bonney Lake Tree Lighting Ceremony. The annual event is Saturday, December 2nd at 6 p.m. at the Public Safety Building. Enjoy free activities, music, refreshments, and help countdown the lighting of the tree. Bring nonperishable food to support the Bonney Lake Food Bank.

This free event is made possible by the generosity of our partners: Bonney Lake High School Jazz Choir, Bonney Lake Arts Commission, East Pierce Fire & Rescue, Bonney Lake Kiwanis, Snowshoe Evergreen, and CJ's Deli

*Event details are subject to change.

•Summer Action Day Camp 2024

Summer will be here before we know it and that means it is time to start thinking about summer plans!

Summer Action Day Camp offers weekly theme based activities, arts, crafts, games and loads of fun.

Come, join us and learn new games, make new friends and have the best summer ever.

Program is for children completing grades K through 5 (2023-24 school year).

Check for current program information and updates at:

https://www.ci.bonney-lake.wa.us/government/departments/Executive/Recreation_Program

Themed weekly sessions run June 24 through August 23, 2023 at Robert Miller Gym.

Tentative date for Summer Action Day Camp Registration/Information - early March 2024



ADULT CLASSES

•**Qigong Classes - NEW!**

Adult: Ages 13 & Up.

Qigong is a thousand year old discipline designed to improve physical and mental health by stimulating the twelve meridians. This class will introduce the Mawangdui Daojin, a system based on the famous silk paintings unearthed from an archeological excavation in Changsha, Hunan Province. Also included in the course will be primary warm-ups, Meridian Tapping and breath work. Instructor, *Ronny Llanos*.

Days: Wednesdays

Dates: January 10, 17, 24, 31, February 7, 14, 21, 28

Times: 10:00 - 11:00AM

Cost: \$110

Site: Robert Miller Gym

15206 Daffodil Street Ct. E, Sumner

•**Beginner Tai Chi Classes - NEW!**

Adult: Ages 13 & Up.

For centuries the beautiful art of Tai Chi Chuan has been a daily prescription for perfect health and longevity. It emphasizes correct posture, relaxation, balance, breath control, mental serenity and concentration. This beginning Tai Chi class will cover these basic fundamentals of Classic Yang Style, the most widely practiced Tai Chi form in the world and one of the most accessible and rewarding disciplines for health and wellness. Instructor, *Ronny Llanos* has been teaching Tai chi for 45+ years.

Days: Wednesdays

Dates: January 10, 17, 24, 31, February 7, 14, 21, 28

Times: 11:00AM - 12:00PM

Cost: \$110

Site: Robert Miller Gym

15206 Daffodil Street Ct. E. Sumner

•**Karate - Ages 12 to Adult**

Train in Isshinryu Karate, a traditional martial art from Okinawa. Learn karate techniques, forms and self-defense skills. Earn belt promotions and compete in optional regional tournaments. Benefits include fitness, confidence, self-discipline and fun all in a safe and positive class setting. Great for teens, adults and seniors. Instructor, *Michael Osborn*, is a 7th degree black belt, Isshinryu Karate.

Days: Mondays and Wednesday, ongoing Sept. 6 - June 17

No classes if school is closed (winter break, spring break, etc.)

Times: 6:30 - 7:30PM Beginners

6:30 - 8:00PM Advanced

Cost: \$59 per month for individual (\$50 Sumner/BL residents)

\$49 per month for each additional family member (\$49 S/BL)

**\$10 late fee if not registered/paid prior to 1st of the month attending

Site: Donald Eismann Elementary Gym

13802 Canyon View Blvd E, Bonney Lake



Photo courtesy of Jim Grasley

•**Dog Obedience Training**

Does your dog jump up on people or won't come when called? Barge through the door before you? Can't walk nicely without pulling on a lead? If any of these issues are true for your dog, then it is time for dog obedience training! Classes are offered for all dogs ages 3 months and older. Vaccination records required. Class taught indoors. *Instructor: Jim Grasley*

Basic Training: We teach you techniques to get your dog to be polite and well behaved. Review of household manners, management techniques and common problems such as jumping up, digging, and chewing the wrong things, etc. Cues such as *Down, Stay, Give, Settle, Come, Leave It, Sit* and Loose-lead walking will be taught. Socialization with other dogs and humans is emphasized.

Intermediate Training: For all dogs that have completed the Basic course or have instructor's permission. Builds on previous learned behaviors and develop reliable consistent results. More socialization, off leash walking and agility introduction included.

Dates: Saturdays

Session 1: January 6, 13, 20, 27

Session 2: February 3, 10, 17, 24

Session 3: March 2, 9, 16, 23

Time: Basic: 2:00 - 3:00PM

Intermediate A: 3:00 - 4:00 PM

Intermediate B: 4:00 - 5:00 PM

Cost: \$129 per dog (\$120 per dog within SBLSD)

Site: Robert Miller Gymnasium (indoors), 15206 Daffodil Street Ct. E, Sumner

2023-24 Winter Registration Form

Mail In

Walk In

Scan/Email In

Complete & Return To:

City of Bonney Lake Rec. Dept.
2002 Main Street E, Suite 200
Bonney Lake, WA 98391

Robert Miller Gymnasium:

Located behind Daffodil Valley Elem. School
(15206 Daffodil St Ct E Sumner)

Scan form to: recreation@cobl.us

Call in your Visa/MC information **after** emailing your form.
Phone (253) 891-6500

Parent or Guardian Full Name: _____

Street Address: _____ City: _____ Zip: _____

Contact Phone #1: (____) _____ Contact Phone #2: (____) _____

E-mail (please print clearly): _____

Reside In: ☐ Sumner/Bonney Lake School District Boundaries

☐ *Dieringer School District Student. (Add \$9)

☐ *Bonney Lake City Limits

☐ *Other Locations (Add \$9)



Participant Name	Age	Grade	School	Gender M/F	Time/Session #	Activity Description	\$\$ Fee \$\$
If applicable, would you like to coach?						Coach/Friend Request:	Sub-total
						*Non-Resident Fee	\$
						Total Amount	\$

Please check appropriate t-shirt size: (if applicable) NOTE: T-shirts tend to run small

___ Youth X-Small (2-4) ___ Youth Small (6-8) ___ Youth Medium (10-12) ___ Youth Large (14-16)

___ Adult Small (34-36) ___ Adult Medium (38-40) ___ Adult Large (42-44) ___ Adult X-Large (46-48)

I assume all risks and hazards of the conduct of the program and release from responsibility any person providing transportation to and from activities. In case of injury, I do hereby waive all claims of legal actions, financial or otherwise, against the City of Bonney Lake. In absence of signature, payment of fee and/or participation in the program shall constitute acceptance of the conditions set forth in the release. I grant full permission to use any photographs, video tapes, motion pictures, recordings, or any other records of this program for promotional purposes. The City of Bonney does not discriminate on the basis of sex, race, creed, religion, color, national origin, age, honorably discharged veteran or military status, sexual orientation including gender expression or identity, the presence of any sensory, mental or physical disability, or the use of a trained dog guide or service animal by a person with a disability in its programs and activities.

In signing below, I attest that as a participant or parent/guardian of a program participant, I will not attend class or allow my child to attend class if I/we have any of the concerning symptoms noted below, or someone in our household has any concerning symptoms listed below, or has a known positive Covid-19 case. Concerning symptoms disallowing participation in class/camp or program (per Washington DOH guidelines): Cough, headache, fever of 100.00 or higher or a sense of having a fever, congestion or runny nose (not related to allergies), new loss of taste or smell, muscle or body aches, nausea, vomiting or diarrhea, chills, unusual fatigue or sore throat.

Signature of Participant or Parent/Guardian if Participant is under 18 years of age _____

We provide reasonable accommodations for those with disabilities. Please contact the Recreation Office two weeks in advance of program start date to discuss any special accommodations necessary. Accommodations will be determined on a case by case basis.

Registration Information-Please Read

•Pre-registration and payment of fees in advance is required for all programs. Please put dates/times of all clinics, camps and classes on your calendar and attend as you will **not** receive a reminder notification. No refunds issued for missed classes, camps or clinics. League registrations will receive phone notification from the coach detailing practice schedules.

•Register by mail or e-mail. No telephone registrations accepted.

•Confirmations and/or receipts are not sent.

•Registrations are processed on a first-come, first-served basis. If the class is full when we receive your registration form, we will let you know.

•Please make checks payable to City of Bonney Lake (COBL). A \$35 service fee is incurred for all checks returned NSF (non-sufficient funds).

•All program fees include applicable sales taxes.

•Classes are subject to cancellation if minimum enrollment is not met. If class is postponed, rescheduled, or cancelled, a full refund will be made. All other refunds incur a \$20 processing fee. Refund requests must be in writing to: recreation@cobl.us

•This class schedule is published for information purposes only. The Recreation Department reserves the right to make any necessary changes in the content and provision of the class descriptions or schedules without notice.

***To qualify for a Resident Fee, families & youth must attend Sumner-Bonney Lake School District schools or live within the City of Bonney Lake. All other addresses are considered non-residents and require an additional \$9 fee per offering/per child.**

Your Recreation Staff:

Alex Latham, Recreation Supervisor
Laura Zerr, Recreation Coordinator
Lisa Tenney, Recreation Coordinator

