

myBonneyLake

Your guide for recreation

Winter 2024-25
Recreation Guide



BONNEY
Lake



YOUTH SPORTS

•**Holiday Hoops with the Sparts - Grades 3 - 8 - NEW!**

Join Sumner High School Head Girls Basketball Coach, *Katie Hyppa*, assistant coaches and your favorite Sumner High School players! Our camp objective is to have fun and spread passion for the sport of basketball by teaching fundamentals of defense and offense. Primary shooting mechanics, passing techniques, ball-handling, and rebounding will be taught. Camp is for boys and girls. Includes t-shirt

Please bring a basketball and water.

Date: December 21
Time: 9:00 - 10:30AM
Cost: \$45 (\$60 for non-resident)
Site: Sumner High School Gyms



•**Coed PeeWee Basketball - Ages 3 - 6**

Register early so you don't miss out on all the fun! We are excited to partner with Skyhawks for this very popular coed program. Score is not kept and the emphasis of the program is on learning and having fun. Two divisions offered; 3/4 year-olds and 5/6 year-olds. Program runs exclusively on Saturday mornings, practices on January 25, February 1, and 8, followed by 3 league games which will wrap up by March 8 (no games President's Weekend). Times will run between 8:30AM and 12:30PM. Practice schedules will be provided via email prior to first practice. If you have a friend request please make a notation on your registration form. We will do our best to accommodate requests. Please bring a water bottle. Includes t-shirt

Registration deadline is January 9

Cost: \$70 (\$85 if non-resident)
 \$15 additional after January 9th
 (if space available)
Site: Robert Miller Gym



•**Skyhawks - Multi Sport Tot Classes -Ages 1.5 - 6 NEW!**

Begin an athletic journey with Skyhawks Multi-Sport Tot indoor Basketball and Soccer! This program offers sports through fun, age-appropriate activities, enhancing balance, coordination and fitness. The engaging introduction to multiple sports is packed with learning and teamwork! Parent participation required for Ages 3.5 and younger.

Days: Tuesdays
Dates: Session 1 - February 18 through March 25
 Session 2 - April 15 through May 20
Times: Ages 1.5 to 3: 10:30 - 11:05AM
 Ages 3 to 4.5: 11:15 - 11:50AM
 Ages 4.6 to 6: 12:00 to 12:45PM
Cost: \$89 (\$104 if non-resident)
Site: Robert Miller Gym, Sumner



•**Season Ready Basketball Clinic - Grades 3 - 8 NEW!**

Basketball season is just around the corner! Join us to get your skills recharged and ready to start the season. Offensive and defensive strategies will be covered as well as skill building. Clinic will be taught by *Coach James Sampson*, who was the director of youth camps for the Seattle Supersonics for 11 years and coached at Mt. Tahoma High School, Lakeridge Middle School. He also coached a 5th grade and 6th grade AAU team to back-to-back National Championships. **Please bring a basketball and water.**

Date: December 15
Time: 3:00 - 5:00PM
Cost: \$40 (\$55 for non-resident)
Site: Sumner High School Gyms

•**Hill & Valley Basketball Skill Clinic - Grades 3 - 8 NEW!**

Join us for an action-packed basketball clinic where players of all skill levels can enhance their game. Clinic portion will occur during the first hour and will focus on building basketball fundamentals like shooting, dribbling, passing, and defense, with an emphasis on team play. Players will then be grouped by ability for 3v3, 4v4 and/or 5v5. game play.

Clinic and league will be overseen by *Coach James Sampson*. Coach Sampson was the director of youth camps for the Seattle Supersonics for 11 years and coached at Mt. Tahoma High School, Lakeridge Middle School. He also coached a 5th grade and 6th grade AAU team to back-to-back National Championships.

Please bring a basketball and water.

Dates: Session 1 - March 2 at Bonney Lake High School
 Session 2 - March 9 at Bonney Lake High School
 Session 3 - March 16 at Sumner High School
 Session 4 - March 23 at Sumner High School
Time: 4:00 - 6:00PM
Cost: \$40 a session or \$125 for all 4 sessions
 \$55 (\$140 for non-residents)

•**Skyhawks - Basketball or Soccer - Ages 3 - 12 NEW!**

Kickstart your child's soccer or basketball journey with Skyhawks! These programs boost young athletes by teaching key skills like dribbling, passing, shooting and ball control while instilling teamwork and sportsmanship.

Dates: Session 1 - Basketball
 Tuesdays, March 11 through April 1
 Session 2 - Soccer
 Wednesdays, March 12 through April 2
Times: Ages 3 to 4: 4:15-4:50PM
 Ages 5 to 8: 5:00 - 5:45PM
 Ages 9 to 12: 6:00 to 6:45PM
Cost: \$69 (\$84 if non-resident)
Site: Robert Miller Gym, Sumner



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!

**Please comment or post on your social media
 #lofyouthsports
 to help us maintain our sponsorship**

YOUTH CAMPS/CLASSES



•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 22. Please note there is an entrance fee for families to attend/watch (\$7 for adults), no cost for participants. Wear leggings or shorts and hair pulled away from the face. Bring a water bottle. Includes t-shirt if registered by December 19.

Date: Saturday, January 18
Time: 9:00AM - 12:00PM
Cost: \$50 (\$65 if non-resident)



•Bonney Lake High School Fastpitch-Softball Clinic

This clinic is for Grades 2 through 8. Join the Bonney Lake High School Fastpitch-Softball program for this exciting camp! All instruction will be held by Panther players and supervised by coaching staff, including Head Coach *Kate Zender*. The camp will focus on fundamentals on both offense and defense including: throwing, catching, hitting, pitching, base running, infield and outfield. Participants will need to bring cleats, tennis shoes, glove, helmet and bat. (Tennis shoes are required if it is raining and clinic is moved indoors to the gym).

Registration deadline: March 11 to guarantee t-shirt

Date: Saturday, March 29
Time: 10:00AM - 1:00PM
Cost: \$55 (\$70 if non-resident)
Site: Bonney Lake High School Softball Field
 Bonney Lake High School Gym (if raining)
 10920 199th Avenue Ct E, Bonney Lake

•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.

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 27 - January 17
 Session 2: January 24 - February 14
 Session 3: February 21 - March 14
 Saturdays: Session 1: December 28 - January 18
 Session 2: January 25 - February 15
 Session 3: February 22 - March 15

Times: Tiny Stars: **Friday class 5:30 to 6:10PM**
 Mini Stars: **Friday class 4:15 to 5:00PM**
 Mighty Stars: **Friday class 4:15 to 5:15PM**
 Girls Beginner: **Saturday class 9:00 to 10:00AM**

Cost: Tiny Stars \$100 (\$85*) per 4-week session
 Mini Stars: \$110 (\$95*) per 4-week session
 Mighty Stars & Girls Beginner: \$125 (\$110*) per 4-week session

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

•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 a 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 7 through February 11
Time: 5:30 - 6:30PM
Cost: \$60 (\$75 if non-resident)
Site: Bonney Lake High School Commons
 Enter through main office doors



•Babysitters Classes - 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

Registration deadline: February 20

Date: Saturday, March 1
Time: 9:00AM - 2:00 PM
Cost: \$85 (\$100 if non-resident)
Site: Daffodil Valley Elementary School
 Room 404
 (enter at back of school)



•Safe at Home - 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

Registration deadline: February 20

Date: Saturday, March 1
Time: 2:00 - 4:00 PM
Cost: \$40 (\$55 if non-resident)
Site: Daffodil Valley Elementary School Room 404
 (enter at back of school)
 1509 Valley Avenue, Sumner

YOUTH CLASSES & SPECIAL EVENTS

•Father/Daughter Dance

Join us for a magical evening of dancing, door prizes, a Valentine theme carnation and a goodie bag 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.

Dates: Saturday, February 8

Time: 6:00 - 8:00PM

Cost: \$50 per couple
\$15 for each additional child

Site: Lakeridge Middle School Commons
5909 Myers Road E, Bonney Lake



•Bricks 4 Kidz - Junior Robotics - Ages 6 -10

Learn robotics in a fun, engaging atmosphere while using Bricks 4 Kidz model plans and LEGO® technology. Program your model build to spin, walk, tumble, play music and more. Students have a hands-on learning experience that actively involves them in their own learning process. 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

Date: Mondays, April 21 - June 2 (No class on 5/26)

Time: 6:00 - 7:00 PM

Cost: \$102 (\$117 if non-resident)

Site: Mountainview Middle School Commons



•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.

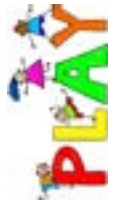
Days: Thursdays

Times: 10:00 - 11:15 AM

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

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

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



•Junior Karate- Ages 8 - 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: Tuesdays and Thursdays, ongoing Sept. 10 - June 12, 2025
No classes if school is closed (winter break, spring break, etc.)

Time: 5:30 - 6:30PM

Cost: \$50 per month for individual (\$65 if non-residents)
*\$15 late fee if not paid prior to the first of the month

Site: Tehaleh Heights Elementary Gym
17520 Berkeley Pkwy E, Bonney Lake

•Thank you to our Fall Sports Sponsors

Flag Football - Executive Homes, LLC

Flag Football -Bonney Lake Lions

Flag Football - SafetyShirtz

Flag Football - Land O'Frost

Peewee Soccer - Land O'Frost

Peewee Soccer - Treasure Island Preschool

Volleyball - Mitchell Concrete

Volleyball - Legends Sports Photography

Volleyball - Land O'Frost

•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 (2024-25 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 at Robert Miller Gym run
June 23 through August 29, 2025.*

*Tentative date for Summer Action Day Camp Registration and
Information is early March 2025*



ADULT CLASSES

•**Beginner Tai Chi Classes**

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: Fridays
Dates: January 31 - March 21
Times: 10:30 - 11:30AM
Cost: \$110 (\$125 if non-resident)
Site: Robert Miller Gym
 15206 Daffodil Street Ct. E, Sumner

•**Intermediate Tai Chi Classes - NEW!**

This intermediate class offers students the opportunity to continue the 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. Intermediate Tai Chi class will continue with the fundamentals of Form #1 learned in the beginner class and students will begin learning the fundamentals of Form #2. Instructor, *Ronny Llanos* has been teaching Tai Chi for 45+ years.

Days: Fridays
Dates: January 31 - March 21
Times: 9:30 - 10:30AM
Cost: \$110 (\$125 if non-resident)
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: Tuesdays and Thursdays, ongoing Sept. 10 - June 12
 No classes if school is closed (winter break, spring break, etc.)
Times: 6:35 - 7:35PM Beginners
 6:35 - 8:00PM Advanced
Cost: \$50 per month for individual (\$65 if non-residents)
 *\$15 late fee if not paid prior to the first of the month
Site: Tehaleh Heights Elementary Gym
 17520 Berkeley Pkwy 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 Session 2 Instructor: Julie Kissick Malloy*

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 develops reliable consistent results. More socialization, off leash walking and agility introduction.

Dates: Saturdays
 Session 1: January 4, 11, 18, 25
 Session 2: February 1, 8, 15, 22
 Session 3: March 1, 8, 15, 22
 Session 4: March 29, April 5, 12, 19

Times: Basic: 2:00 - 3:00PM
 Intermediate A: 3:00 - 4:00 PM
 Intermediate B: 4:00 - 5:00 PM

Cost: \$135 per dog (\$120 per dog within Sumner-Bonney Lake School District)
Site: Robert Miller Gymnasium (indoors), 15206 Daffodil Street Ct. E, Sumner

2024-25 Winter Registration Form

Scan/Email In

Walk In

Mail In

Scan form to: recreation@cobl.us
Call in your Visa/MC information **after** emailing your form.
Phone (253) 891-6500

Robert Miller Gymnasium:
Located behind Daffodil Valley Elem. School
(15206 Daffodil St Ct E Sumner)

Complete & Return To:
City of Bonney Lake Rec. Dept.
1202 Wood Avenue
Sumner, WA 98390

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 ☐ Bonney Lake City Limits
☐ *Dieringer, Puyallup or other School District (Add \$15) per program, per participant



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

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)

Non-Resident Fee \$ _____
Total Amount \$ _____

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 Lake 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.

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.

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.

You are not fully registered until payment has been received.

•Classes are subject to cancellation if minimum enrollment is not met. If class is postponed, rescheduled, or cancelled, a full refund will be made. **No refunds issued for missed classes, camps or clinics. All other refunds incur a \$20 processing fee plus any other expenses, per child, per offering.** 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 \$15 fee per offering/per child.**

Your Recreation Staff:
Alex Latham, Recreation Supervisor
Laura Zerr, Recreation Coordinator
Lisa Tenney, Recreation Coordinator

