

RECREATION GUIDE 2015

parks, recreation and community services



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REGISTRATION

Registration

Everyone must sign up and pay for classes and activities in advance (unless otherwise noted) so we can better plan your programs. Selah Parks and Recreation reserves the right to cancel, reschedule or combine activities as needed. Deadline for registration is two days prior to the class or activity, unless otherwise specified. Register at the Civic Center, 216 S. 1st Street or **online** at www.ci.selah.wa.us

Why are there two prices listed?

Activity fees are noted for each class and are payable upon registration. The first fee listed is Residential Discount Fee (RD) the amount to be paid by the city residents or those who pay property taxes to the city for support of Selah Parks and Recreation programs. The second fee listed is for those people that are not Selah Residents, Non Residents (NR).

New Refund Policy - please see the City of Selah website for full details of this policy at www.ci.selah.wa.us

FROM THE DESK OF THE RECREATION MANAGER

Wow, 2015 is here already. We have a lot of new and exciting thing happening this year. We are anticipating the building of a new park here in town as well as adding new activities for youth and adults.

As many of you may know we have entered the third year of a six year Maintenance and Operations Levy for the Selah Pool and are entering crunch time in regards to figuring out what we will do at the end of six years. Please take the time to complete the survey (<http://goo.gl/XbVTL2>) and give us your thoughts on the future of the Selah Pool. The more descriptive you can be, the more it will help us.

The Volunteer Park Project is coming along as well. This park will be an all-inclusive park in every aspect from the parking lot to the restrooms to the playground. Everything will be fully ADA accessible and encourage inclusive play. We are excited about the project and if you would like to be involved please give me a call and find out how you can help.

For those of you that use the brochures, please note that this will be the only one sent out this year. In an effort to keep you updated more frequently we are sending out a monthly newsletter via email. If you do not currently receive this email but would like to, create an account at <https://apm.activecommunities.com/selahparksandrec>

Thank you all for your continued support of our programs. We look forward to another year of activities and fun!

Charlie Brown
Recreation Manager



Important Phone Numbers

Mayor	509-698-7332
Utilities	509-698-7326
Selah City Hall	509-698-7328
Police Department	509-698-7347
Fire Department	509-698-7310
Municipal Court	509-698-7329
City Manager	509-698-7333
Public Works	509-698-7365
Treatment Plant	509-698-7321
Chamber of Commerce	509-698-7303
Library	509-698-7345
Selah School District	509-698-8000
School High School	509-698-8500
Selah Junior High	509-698-8400
Lince Elementary	509-697-0675
John Campbell	509-698-8100
Selah Bus Garage	509-697-0510

The following programs are not through Selah Parks & Recreation.

Please refer to the numbers listed for assistance.

Selah Dolphins Swim Team	Heidi Herzog	509-930-0735
Selah National Little League	Cori Chapman	509-697-6740
Machine Pitch	Cori Chapman	509-697-6740
Paks & Peppers	Mike Archer	509-952-0319
GYGSA	Dave Scott	509-696-4785
Boy Scout	Jim Mahugh	509-697-3759
Cub Scouts	Clay Graham	509-833-4472
Selah Tomahawks	Larry Nelson	509-225-0877
Selah Spirit Cheer	Angela Ringer	509-698-3262
Kiwanis	Maxine Monroe	509-697-6411
Lions Club	Mike King	509-697-5383
American Legion	Don Christianson	509-697-6490

Selah City Council

Mayor John Gawlik

Council Members

- Roy Sample
- John Tierney
- Dave Smeback
- Brooke Finch
- Allen Schmid
- Jane Williams
- Paul Overby

Selah City Council meets for regular public meetings the 2nd Tuesday of every month at 4:00 PM and 4th Tuesday of every month at 6:30 PM.

Selah Parks and Recreation Board

John Baranowski

T.P. Stokes

Eric Neumeyer

Bill Callahan

Tony Creach

Ken Pendleton - County Representative

Dan Smith - Selah School District

Brooke Finch - City of Selah

Ty Jones - City of Selah Utilities Supervisor

The Board meets for regular public meetings the 1st Monday of every month at 4:00 PM at City Hall.

The City of Selah will be closed for the following holidays:

- New Year's Day
- Martin Luther King, Jr. Day
- President's Day
- Memorial Day
- Independence Day
- Labor Day
- Veterans' Day
- Thanksgiving
- Day after Thanksgiving
- Christmas Day

Mission Statement

To plan, implement and develop affordable recreation services, programs and facilities to meet the present and future recreational needs of the Selah Parks and Recreation community in conjunction with the County, School District, Selah Parks and Recreation Service Area, Selah Parks Foundation and other entities the quality of life.

Parks and Recreation Manager

Charlie Brown

cbrown@ci.selah.wa.us

509-698-7301

Recreation Coordinator

Jessica Camacho

jcamacho@ci.selah.wa.us

509-698-7300

*Selah Civic Center
is a great place to
host your special event!*

- Weddings
- Birthday Parties
- Meeting Rooms
- Public Forums
- Banquets
- Fundraisers
- Anniversaries
- Company Parties
- Business Meetings



Programs at the Civic Center

Selah Shares Clothing

Selah Shares, a nonprofit organization located in the Civic Center, collects and distributes used clothing for those in need at no cost. Donated articles may be left at the Civic Center during office hours only. The facility is run by volunteers who willingly work two hours a month. Clothing distribution days are Tuesdays and Thursdays from 12-2PM. Recipients must be Selah School District residents.

Selah Food Bank

Free food is distributed by volunteers to needy Selah residents on Mondays and Fridays from 9-11AM.

Senior Activities

Selah Silver Set

Our Purpose: To form a liaison between Senior Citizens, the Selah community and the Wenatchee Valley. To become acquainted with each other, reach out to newcomers, discuss local issues and legislation that concerns us, and to plan, as well as engage in fun and good times.

Contact Helen Rapp - 509-697-8171

Senior Nutrition by People for People

Lunch is served Mondays, Tuesdays, Thursdays and Fridays at 11:30AM. Contact People for People Nutrition Program at 509-426-2601 to make your reservation.

Senior Foot Care

Ester Nelson is a Licensed Beautician and personal assistant. Foot Care appointments may be made by calling 969-0713. Please bring your own towel. Cost: \$12.00

Senior Massage

Reba Norman 509-985-1957

Additional Senior Activities

- Pinochle - Tuesdays and Thursdays at 1PM
- Skip bo - Wednesdays at 1PM

Senior Exercise

Come and join us on Mondays and Thursdays from 10:30-11:30 AM for low impact exercise and great fellowship. We visit while we exercise and go out to lunch once a month. Cost \$10 per month.

No class June - August

216 South First Street, Selah WA 98942 509-698-7302

EASTER EGG HUNT

Grab your baskets and join us at Wixson Park for some Easter fun! We will have three age divisions (2 - 4 year olds, 5 - 8 year olds, and 9 - 12 year olds) that will participate in the hunt. The children will look for eggs with sweet treats and surprises. Also hidden in select eggs is a chance for additional prizes valued up to \$100! So grab your rabbit ears and join us for some spring time fun!

Sponsored by BHUC!

Where: Wixson Park
When: 12 PM on Saturday, April 4th
Fee: **FREE EVENT**

OPEN GYM

If you share a common love for sports with your children, bring the family to Lince Gym on Sundays from January through April. You can shoot some hoops, play whiffle ball or start up a volleyball match. Be sure to bring your indoor shoes.

Where: Lince Gym
Dates: Sundays in January - April
Time: 12:00 - 4:00 PM
Fee: Free to Selah Residents

More Family Activities on the back cover!



HARVEST

COMMUNITY CHURCH

WORSHIP WITH US
Sundays at the Selah Civic Center

WWW.HARVESTCC.COM // 509.697.8300

Soccer

Tiny Tots Intro to Soccer

Boys and Girls Ages 3 - 4 and 4 - 5

The class is perfect for introducing the game of soccer to the little tykes. They will learn basic soccer skills, sportsmanship and teamwork. The class is held at Lince Play Field, across from Naches Ave. Parent participation is key to their child's development. Fees include t-shirt.

Where: Lince School Field
 Registration: January 5, 2015 (Spring)
 July 15, 2015 (Fall)
 When: Mar 14 - April 18 (Spring)
 Sep 26 - Oct 31 (Fall)
 Time: Age 3-4 10:00 - 10:45 AM (Max 30)
 Ages 4-5 11:00 - 11:45 AM (Max 40)
 Fee: \$35 RD / \$45 ND

Selah FC Soccer League

Boys and Girls Grades 1 - 6

Boys and girls in 1st grade through 6th grade are invited to sign up for the spring and fall soccer seasons. All teams will play one to two games a week on weekday evenings and Saturdays.

Where: Lince School Field
 Registration: Jan 5 - Feb 8 (Spring)
Final Deadline Feb 15
 July 15 - Aug 30 (Fall)
Final Deadline Aug 15
 When: Mar 14 - Apr 18 (Spring)
 Sep 26 - Oct 31 (Fall)
 Weeknights and Saturdays
 Activity Fee: \$35 RD / \$45 ND
 Jersey Fee: \$15

Basketball

Little Dribblers

Boys and Girls Ages 4 - 6

Designed for children ages 4 - 6 to learn the basics of basketball, sportsmanship and teamwork. Group exercises and games are mixed with basketball skills to promote coordination and balance. Parent participation is key to their child's development. (Max 25 players per session)

Where: Sunset Gym
 Registration: October 5
 When: Check back in September for dates.
 Fee: \$35 RD / \$45 ND

Youth Basketball

Boys and Girls Grades 1 - 6

Boys and girls grades 1 - 6 are invited to sign up for the Parks and Recreation Youth Basketball League. Practices begin the last week of December with games on Saturdays during January and February of 2016. Teams will practice at least once during the week.

Where: Sunset Gym and Selah Intermediate School
 Registration: October 5 - December 2
Final Deadline
 When: Check back in September for dates.
 Fee: \$50 RD / \$65 ND

****Registrations allowed after the registration period will be charged a \$20 Administrative Fee.**

T-BALL

Boys and Girls Ages 5 - 7

Children will be assigned to teams and play games on T-ball fields. Teams will typically play one game a week with one to two practices a week. Fee includes a t-shirt.

Where: John Campbell School Field
 Registration: February 5 - April 12
 When: May 5 - June 4
 Tuesdays and Thursdays
 Fee: \$35 RD / \$50 ND

FLAG FOOTBALL

Boys and Girls Grades 2 - 6

Boys and girls will play together on co-ed teams in two divisions; 2nd-3rd grades and 4th- 6th grades. The games will be played on modified fields with modified rules. This is a “no tackle,” pass only league with 7 on a side. League play will be at Lince Fields during the months of May and June. Fee includes a t-shirt.

Where: SIS School Field
 Registration: February 23 - April 28
 When: May 27 - June 24
 Games on Wednesdays
 Fee: \$50 RD / \$65 ND

TENNIS

Boys and Girls Grades 3 - 8

Instructor Dallin Godfrey

Tennis instruction for youth grades 3 - 8. This class will include instruction on forehand, backhand, serve and net play. Please bring one can of unopened tennis balls and a racket

Where: Carlon Park Tennis Courts
 Registration: April 13, 2015
 When: Tues, Thurs and Fri
 Session 1: Jun 16 - Jun 26
 Session 2: Jul 14 - Jul 24
 Grades 3 - 5 9 - 10 AM
 Grades 6 - 8 10 - 11 AM
 Fee: \$26 RD / \$46 ND



**FREE Pastry
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TENNIS

Tennis 1 - Adult Beginners - Basic introduction to the game of tennis: analysis of the core strokes of the game, serve, forehand, backhand, volley and overhead, scoring and doubles strategy.

Tennis 2 - Adult Intermediate - Reinforcement of basic strokes, application and utilization of spin to control the ball, drills to enhance play and court coverage.

Tennis 3 - High School Beginners - see Adult Beginners for description.

Tennis 4 - High School Intermediate - see Adult Intermediate for description.

Where: Carlon Park Tennis Courts
Session 1: June 15 - July 3

Mondays and Wednesdays
 Tennis 3 5:30 - 7:00 PM
 Tennis 4 7:00 - 8:30 PM

Tuesday and Thursdays
 Tennis 2 5:30 - 7:00 PM
 Tennis 1 7:00 - 8:30 PM

Session 2: July 13 - July 31

Monday and Wednesdays
 Tennis 4 6:30 - 8:00 PM

Tuesdays and Thursdays
 Tennis 2 6:30 - 8:00 PM

Session 3: Aug 10 - Aug 28

Tuesdays and Thursdays
 Tennis 2 6:30 - 8:00 PM

Fee: \$45 per person / per session.

MARCH MADNESS

Adult 3-on-3 Basketball Tournament Men and Women (18 years and older)

This will be a competitive, yet recreational, tournament for adults wanting to play with other community members. Each team will consist of at least three but no more than five players. Gym practice time is available the week of March 2-6 at SIS and Sunset Gyms from 6-9 PM. There are limited team slots. Please check our website for additional information.

Registration: January 5, 2015
 Captains Meeting: February 25, 2015
 Tournament Date: March 7, 2015

HUNTERS EDUCATION

Register online at Washington Fish and Game, then **bring your paperwork** to the Civic Center to pick up your book and pay the fee. Cash and check only.

Where: Selah Civic Center
 Dates: July 13 - 17
 Aug 17 - 21
 Time: 6:00 PM

VOLLEYBALL TOURNAMENT

Join us for a fun and competitive volleyball tournament this Spring. Check back in March for updates!

Dates: May 23, 2015
 Time: 9AM - 5 PM

YOGA

Come join us in a relaxing and friendly Yoga class. Classes are open to anyone regardless of age and physical abilities. Throughout the evening we will be expanding our breath, encouraging our muscles to stretch and gain flexibility. We will build heat in our bodies through Vinyasa Flow and increase our strength while holding poses for several breaths. Yoga can bring clarity of mind and balance into your life. Please sign up at class to receive a punch card for eight classes.

Where: Selah Civic Center
 When: Mondays and Wednesdays
 (starting in March)
 Fee: \$44 RD / \$58 ND

TURKEY BOWL

What better way to celebrate Thanksgiving than with a great game of flag football? Join us the Saturday before Thanksgiving for this fun event. Check back in September for updates!

Date: November 21, 2015
 Time: 9AM - 5PM

DODGEBALL TOURNAMENT

If you can dodge a wrench, you can dodge a ball! Get a team together and sign up for a fun day of dodgeball!

Date: March 28, 2015
 Time: 1PM - 7PM
 Fee: \$15 RD / \$20 ND (per player)

Low interest rates getting you down? Let's talk.



Brooke M Finch, AAMS®
 Financial Advisor

406 S 1st Street Ste #3
 Selah, WA 98942
 509-697-6999

Edward Jones®
 MAKING SENSE OF INVESTING

BASIC BALLROOM DANCING

Adult Men and Women

Basic Ballroom and Beyond Dance classes will teach basic ballroom footwork, framework, spins and turns to music of the 40's and 50's. The six week program offers lessons in foxtrot, cha-cha, tango, waltz and more. A dance partner is recommended but not required. Please pre-register at the Parks and Recreation office or online.

Where: Selah Civic Center
 When: 7:30 - 9:00 PM
 Session 1: Mon, Jan 5 - Feb 9
 Session 2: Mon, Mar 16 - Apr 20
 Fee: Couples: \$30 RD / \$40 ND
 1/2 price for individuals

ZUMBA

Hey you... Yes, YOU! This is what you have been waiting for! Zumba is the kind of workout you don't want to miss. The reason is simple: Every class feels like a party! Come join Whitney on Mondays and Wednesdays at 5:30 PM. You don't even have to know how to dance. Just move your body and follow her lead. It's that easy! Come try it, you will have a blast!

Where: Selah Civic Center
 When: 5:30 - 6:30 PM
 Mondays and Wednesdays
 Fee: \$5 per class / \$20 per month

GYM ON WHEELS

Join us for a variety of cardiovascular drills, muscular strength and endurance activities, core conditioning and more! We incorporate body weight exercises, stability balls, steps, weights, tubing, kettlebells and jump ropes for lots of variety! We provide exercise modifications and encourage all fitness levels to participate. This is a non-competitive, high energy, effective and fun workout. To register contact Laura Menke with Gym on Wheels at 509-728-9676 or e-mail gymonwheels@charter.net.

Where: Selah Civic Center
 When: 5:45 - 6:45
 Tuesdays and Thursdays
 Dates: TBD
 Fee: \$103.87 per person



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*As voted by the Yakima Valley Business Times

Park Name	Location	Acres	Barbeques	Basketball Hoops	Picnic Shelter	Horseshoe Pit	Park Benches	Volleyball	Parking	Picnic Tables	Playground	Trails	Restrooms	Tennis Courts	Ball Fields	Swimming	Skateboard Park
Wixson Park	216 S. 3rd St.	8	*		*		*		*	*	*		*			*	
Playland Park	200 Golf Course Loop	2.8	*	*	*	*		*	*	*	*	*	*				
Carlton Park	400 E. Goodlander	16.5							*	*	*		*	*	*		*
McGonagle Park	300 W. McGonagle	9.8							*	*	*		*		*		
Palm Park	225 HillCrest Dr.	1		*					*		*						
Sunrise Park	N. 1st / Sunrise Addition	0.3								*							
Veterans Park	318 W. Naches Ave.						*										
Legion Park	100 Speyers Rd.						*										
Selah Swimming Pool	216 S. 3rd St.								*				*			*	

Several of Selah’s fine parks and recreation facilities are available on a reservation basis. The shelter at Playland Park and the five covered facilities at Wixson Park can be reserved from 9:00 AM to 8:00 PM. Because Selah’s parks are public facilities, areas outside the reserved facilities are for public use. Call Selah Parks and Recreation office at 698-7300 for details.

All shelters have electricity and water available.

Rentals are \$17 RD or \$20 ND per hour with a 2 hour minimum rental.

Reserve online at <https://apm.activecommunities.com/selahparksandrec>



CARLON PARK BALL FIELDS & TENNIS COURTS

Carlton Park is a four field softball and fastpitch complex. It is available for tournament rental or day use. Wood Field and the Tennis courts are also available to rent. Please call the Selah Parks and Recreation office at 698-7300 for more information.



Francis Pool

214 South 3rd Street
698-7306



ADMISSION FEES

General Admission

17 years and under	\$2.00
Adult	\$3.00
Family	\$10.00
Senior Citizens	\$2.00

No refunds will be given for daily admissions.

Season Passes

Season passes will be on sale at the Selah Parks and Recreation office before the pool opens. See website for refund policy.

Individual Season Pass

\$55.00 RD / \$70.00 ND

Family Season Pass

\$125.00 RD / \$170.00 ND

FAMILY EVENING SWIM

You and your family can join us on Friday evenings from 6:45 - 8:45 for "Family Only Swims." Children under 16 years must be accompanied by an adult family member.

Weekday Evening Swims
Evening swims are held every weekday evening - check online for updated days and times.

No open swim on swim meet nights.

***Swim meet dates:**

TBD

POOL RULES

1. Main pool users must be at least 45" tall and able to swim or be supervised by an adult.
2. Only children, **5 years and younger**, may use the splash pad. Splash pad users **must** be accompanied by an adult.
3. The pool may close due to inclement weather.
4. Swimming suits are required to swim. No denim.
5. Diving is not allowed.
6. Waterproof pull-ups are required for infants and toddlers.
7. Outside toys or inflatables are not allowed.
8. Food and liquids permitted only in fenced area around

RENT THE POOL

Make a splash! Have your own special pool party at the Selah Pool. The pool (including lifeguards) may be rented for private parties. Hourly rate starting at: **\$70 RD / \$80 ND**. Please call for prices on larger groups. Call the pool manager at 698-7307 for details and availability on Saturday mornings and evenings or other "late nights".

PRIVATE SWIM LESSONS

Private lessons for one to three students may be arranged at a fee of **\$20 per half hour class**. Contact the pool manager for details. Offered on Tuesday and Thursday mornings only.

JUNIOR LIFEGUARD CLASS

Swimmers, 12 years and older are invited to take the one week Junior Lifeguard class. Successful participants in the class may be invited to become part of the summer pool staff. One half of the class fee will be refunded upon successful completion of the program plus 40 hours of volunteer service.

Session 1: TBD
 Session 2: TBD
 Time: TBD
 Fee: \$42 RD / \$52 ND

AQUA AEROBICS

Aqua aerobics meets on Mondays, Wednesdays and Fridays from 12:00 - 12:45 PM and 5:30 - 6:15 PM for three weeks.

Dates: TBD
 Fee: \$32 RD / \$38 ND
 Drop in: \$5 per class

SELAH DOLPHINS SWIM TEAM

To be eligible to join the swim team, swimmers must be able to safely swim the width of the pool without assistance and without stopping and touching the bottom.

Cost per swimmer:
 \$95 1st child/\$60 2nd child/\$25 each additional child
 In addition you will need to purchase:
-Season swim pass and an AAU card \$14.
-Individual: \$55 RD/\$70 ND + AAU card \$14
-Family: \$125 RD/\$170 ND + AAU card \$14

Please see our website: www.selahdolphins.com for more information and start dates.
 Please contact Heidi Herzog at 930-0735.

GIVE INPUT!
 Go to this site and help us figure out future of the Selah Pool: <http://goo.gl/XbVTL2>
 Please be as descriptive as possible, the more information we have the easier it will be to put your ideas in motion!



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- After School
- Take Home
- Appetizers
- Parties

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- Organic Gourmet Coffee



432 E Goodlander, Selah at North Park Center 509.697.4804
www.nanakates.com

SWIMMING LESSONS

Fee: \$32 RD / \$40 ND

Morning Classes:

Morning classes meet Monday - Friday for two weeks. Classes last for 25 minutes and begin at 10:00AM, 10:30AM, 11:00AM and 11:30 AM.

Session 1:	TBD
Session 2:	TBD
Session 3:	TBD
Session 4:	TBD

Evening Classes:

Evening classes are held Mondays, Wednesdays and Fridays for three weeks. Classes last for 25 minutes and begin at 5:30 and 6:00 PM.

Session 1:	TBD
Session 2:	TBD
Session 3:	TBD

CLASS DESCRIPTIONS

Parent and Child Aquatics: Familiarizes young children to water and prepares them to learn to swim.
(Ages 6 months to about 3 years old)

Preschool 1: Entry level for non-swimmers. Children learn to be comfortable in the water.
(Ages 4 - 5)

Preschool 2: Entry level for preschoolers who are already comfortable in the water.
(Ages 4 - 5)

Preschool 3: Entry level for preschoolers who are comfortable in the water and able to submerge.
(Ages 4 - 5)

Level 1: Entry level for school aged children that are non-swimmers.
(Ages 6 and above)

Level 2: Entry level for school aged children that emphasizes correct body position, pull and kick mechanics in addition to safety skills.
(Ages 6 and above)

Level 3: Refinement of body position, pull and kick mechanics; breathing mechanics will be introduced. Students learn deep water safety skills.
(Ages 6 and above)

Level 4: Refinement of mechanics of swimming: pull, kick, body position and breathing. Safety skills and how to react in a swimming emergency are also covered.
(Ages 6 and above.)

**Dream Big.
Achieve More.**

Selah
598 North Park Dr.
(509) 697-7236

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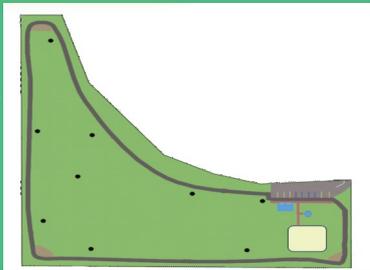
Volunteer Park

Ramps for Wheelchairs



Sensory Toys

Concept: Not the final plan



Volunteer Park Status Update:

In April of 2014, the City of Selah applied for a state grant to develop its Volunteer Park property. We ranked 4th amongst the 70+ applications and in December got word that our project will be funded. This project will be a large undertaking as it will be building a park from the ground up. The area is currently undeveloped, but when completed there will be a walking path, playground, gazebo, restrooms, and a disc golf course. The entire park will be all-inclusive. For those that don't know what that means; it means that every aspect of the park will be usable by those living with or without a handicap. We want to make this a place where we encourage inclusive play and give everyone the same recreational opportunities.

Note for Completion:

The project will need matching funds to supplement the \$359,000 grant that was recently approved by the state. The grant limits how much the city can contribute to the project itself meaning that fundraising will need to occur to complete the project. A committee is being assembled to spearhead this task, but if you would like to be involved there are several ways you can do so. Volunteers are needed to help with installation of playground and other various equipment, materials can be donated, equipment or monetary donations. There are two ways to donate cash, one would be to send a check to the Selah Parks Foundation and the other would be to go to (website) and purchase a gift-brick for a loved one. The bricks will be displayed at the park and your name will be there forever. The engravings on the bricks have a lifetime warranty so we can have them replaced if they are damaged. All donations made to this project are tax deductible and you will receive a letter showing your donation. Work for this project has already begun and the park is slated to be completed in the spring of 2016. If you would like to be part of this effort please contact Charlie Brown, Recreation Manager for the City of Selah at cbrown@ci.selah.wa.us.

Community Calendar

- April 4
 - May 14 - 17
 - June 26 - 28
 - July 3
 - July 10 - 12
 - September 12 - 13
 - September 19
 - October 9
 - December 4 - 5
- Easter Egg Hunt
 - Community Days
 - 16U Softball National Qualifier
 - Independence Day Celebration
 - 14 U Softball State
 - Skewered Apple BBQ
 - Army Base Race
 - Chamber of Commerce Cowgirl Up
 - Selah-bration

Selah 3rd of July Celebration

5K FUN RUN @ CARLON PARK

FOLLOWED BY:

FIREWORKS,

MUSIC

& COMMUNITY FUN!

Selah-bration 2015

Lighted Parade

FREE Santa Pictures!

Frostys Freezin 5K

The Grinch at Nava Kates

Check back in November for updates!

HOWARD'S
MEDICAL SUPPLY

ARMY BASE

MARATHON * 5K

RUN * WALK

This is the 5th year having this family-fun event and each year the Army Base Race grows and grows! Make sure you don't miss out on it this year! Please be sure to check back this summer for updated information!

September 19, 2015

	5K	1/2 Marathon
Prices until August 31st	Prices	Prices
Youth	\$20.00	\$40.00
Adult	\$25.00	\$45.00
After August 31st @ 5PM		
Youth	\$30.00	\$50.00
Adult	\$35.00	\$55.00
Day of Registration	\$40.00	\$60.00

Selah Parks & Recreation
216 S. 1st Street
Selah, WA 98942

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