



CLASSES, ACTIVITIES, CAMPS, SPECIAL EVENTS, AND MORE!

NORTHWEST COMMUNITY CENTERS

FALL 2016

COMMUNITY CENTERS

BALLARD
BELLTOWN
BITTER LAKE
GREEN LAKE
LOYAL HEIGHTS
MAGNOLIA
QUEEN ANNE

POOLS

BALLARD
EVANS
QUEEN ANNE



REGISTER
8/9

EXPLORE MORE!

register online:
seattle.gov/parks



Dear Neighbor,

As we move into fall and the kids are back in school, there's a crispness in the air and a switch of gears in our activities. It's time for cross-country, volleyball and youth flag football, and for heavier sweaters and boots. I hope you'll check out the listings at a community center near you and choose something you love to do.

I'm pleased to report that we at Seattle Parks and Recreation (SPR) are well on our way to meeting our Seattle Park District goals for 2016, the first full year of funding. New recreation programs getting up and running include Put Art in the Parks, Get Moving and Recreational Opportunities for All.

Put the Art in Parks is a partnership with the Office of Arts & Culture to "activate" parks with about 40 temporary art installations and performances representing cultures and communities in Seattle from all over the world.

Get Moving is an effort to partner with nonprofits and community groups to get up to 1,000 participants "get moving" with fun, healthy activities.

Recreational Opportunities for All will help us reach deeper into the communities we serve by creating partnerships with neighborhood organizations and nonprofits to offer recreation programs to underserved populations.

I hope you'll join us this fall, whether it's to play a sport, take a class, rent a facility, start swimming, learn about the environment, celebrate Halloween, provide a safe place for your teen or bring the kids for a cornucopia of activities. And remember, we're all about healthy people, healthy parks and strong communities.

We're working hard to increase access for everyone, and we'll be coming to you for feedback through surveys and evaluations as we strive to serve you better.

Follow me at @SPRSupt on Twitter to watch my fall activities, and please share your adventures with me!

Sincerely,
Jesús Aguirre, *Superintendent*

REGISTER AUGUST 9

Seattle Parks and Recreation is pleased to offer several options to register for programs and activities.

We hope our registration options listed on this page will guide you to a choice that works best for you. While some of our Community Centers continue to operate on limited hours and with limited staff, we ask for your patience and understanding if we are not able to respond as quickly as you may expect.

Thank you for your continued support of Seattle Parks and Recreation.



BEST CHOICE

Stop by your local community center to register for programs and meet the staff. Take a peek at the recreation center and the program space. Staff welcomes face-to-face interaction! *Please note hours of operation, as they vary across community centers.*



FIRST CHOICE

Online registration using the SPARC system by going to seattle.gov/parks and clicking on SPARC. Please note that you will need to set up an account prior to having access to the online SPARC system. This may take up to a week to process. We do our best to set up accounts for registration within 48 hours.



SECOND CHOICE

Call your local recreation center during our hours of operation at the phone number listed at: seattle.gov/parks/centers.asp. All staff can assist you with registration during their operating hours listed on their home page linked from the above web address.



THIRD CHOICE

Register by phone with our Business Service Center at 206-684-5177. The Business Service Center is open Monday through Friday between 8:30 am and 6 pm. Questions may be emailed to ParksBSC@seattle.gov.



FOURTH CHOICE

Mail in or drop off registration requests with payments and/or required forms to your local community center. For the address of your local community center, please visit: seattle.gov/parks/centers.asp.

IN THIS BROCHURE:

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NEW PROGRAMS

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FREE PROGRAMS

WE ALSO HAVE YOUR FAVORITE DANCE, TENNIS, POTTERY, BASKETBALL, KARATE, ART, SOCCER, YOGA, AND PIANO CLASSES AND SO MUCH MORE AT YOUR LOCAL COMMUNITY CENTER!

INTERESTED IN TEACHING A CLASS OR WORKSHOP AT SEATTLE COMMUNITY CENTERS?

Please contact the following Assistant Recreation Coordinators with your programming idea(s) for Northwest Seattle.

Mary Pat Byington: marypat.byington@seattle.gov

Sara Marckx Russell: sara.marckxrussell@seattle.gov

Nick White: nick.white@seattle.gov

Faizah Osayande: faizah.osayande@seattle.gov

Classes are scheduled approximately six months in advance.



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BALLARD CC

6020 28th Ave. NW / Seattle, 98107
Ph: 206-684-4093 **Fax:** 206-684-7199

HOURS

Closed 10/13 for staff training

Mon/Fri 9 a.m.-2 p.m.
 Tue/Wed/Thu 9 a.m.-2 p.m.
 4-9 p.m.
 Sat/Sun Closed

BELLTOWN CC

415 Bell Street / Seattle, 98121
Ph: 206-684-7245

HOURS

Mon/Wed 3-8 p.m.
 Tue/Thu/Fri 9:30 a.m.-2:30 p.m.
 Sat/Sun Closed

BITTER LAKE CC

13035 Linden Ave. N / Seattle, 98133
Ph: 206-684-7524 **Fax:** 206-684-0858

HOURS

Mon-Thu 9 a.m.-9 p.m.
 Fri/Sat 9 a.m.-7 p.m.
 Sunday Closed

GREEN LAKE CC

7201 E Green Lake Dr. N / Seattle, 98115
Ph: 206-684-0780 **Fax:** 206-684-7550

HOURS

Mon-Fri 1-9 p.m.
 Saturday 9 a.m.-5 p.m.
 Sunday Closed

LOYAL HEIGHTS CC

2101 NW 77th St. / Seattle, 98117
Ph: 206-684-4052

HOURS

Mon/Wed 9 a.m.-9 p.m.
 Tue/Thu 9 a.m.-8 p.m.
 Friday 10 a.m.-9 p.m.
 Sat/Sun Closed

MAGNOLIA CC

2550 34th Ave. W / Seattle, 98199
Ph: 206-386-4235 **Fax:** 206-386-4230

HOURS

Mon-Fri 1-8 p.m.
 Sat/Sun Closed

QUEEN ANNE CC

1901 1st Ave. W / Seattle, 98119
Ph: 206-386-4240 **Fax:** 206-386-4284

HOURS

Mon-Fri 1-9 p.m.
 Registered Programs 9:30 a.m.-1 p.m.
 Saturday 10 a.m.-3 p.m.
 Sunday Closed

BALLARD POOL

1471 NW 67th St. / Seattle, 98117
Ph: 206-684-4094

EVANS POOL

7201 E. Green Lake Dr. N / Seattle 98115
Ph: 206-684-4961

QUEEN ANNE POOL

1920 1st Ave. W / Seattle, 98119
Ph: (206) 386-4282

CLOSURES

9/5, Mon Labor Day
 9/15, Thu All staff Conference
 11/11, Fri Veteran's Day
 11/24, Thu Thanksgiving
 11/25, Fri Day after Thanksgiving
 12/26, Mon Christmas Day Observed
 1/2/17, Mon New Year's Day Observed

PARKS MANAGEMENT

Jesús Aguirre, Superintendent
 Christopher Williams, Deputy Superintendent
 Kelly Guy, Recreation Director
 Katie Gray, Deputy Recreation Director
 Kathy Whitman, Aquatics Manager
 Barb Wade, Recreation Manager

COORDINATORS

Chris Easterday, Green Lake CC
 Cynthia Etelamaki, Bitter Lake CC
 Katie Fridell, Belltown and Magnolia CC
 Monica Haugen, Loyal Heights CC
 TomiJo McCarrier, Ballard CC
 Gina Saxby, Queen Anne CC

ASSISTANT COORDINATORS

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DISCLAIMER NOTE

Although we strive to be accurate, this brochure is published for information purposes only. Changes may be necessary to the content depending on levels of participation or other factors, and fees may change after City Council action on the City budget each year. Please visit www.seattle.gov/parks for updated information.

GREEN LAKE PUBLIC SHOWER HOURS

GREEN LAKE COMMUNITY CENTER OPERATES FREE PUBLIC
 SHOWERS AS A SERVICE TO THE COMMUNITY.

M-F 10 a.m.-8 p.m. | Sat 9 a.m.-4:30 p.m.
 Towel Rental .50¢



➤ RECURRING EVENTS

FAMILY SKATE NIGHT

All Ages

Join us for this popular Bitter Lake family tradition! We will have great music and play fun games. Bring your own skates and roller blades, or borrow a pair of ours. Please note: No toy skates allowed. Birthday party package available, please call the center for more info, 206-684-7524. No Skate Night 10/21, 11/11, and 11/25.

Location: Bitter Lake CC Annex (13040 Greenwood Ave N)
9/9-12/16 Fri 6:30-8:15 p.m. \$4/skater

PARENT'S NIGHT OUT

Ages 3-10

Get some alone time without your little ones, knowing they are in good hands with our professional childcare staff. Cheese pizza and fruit will be served. Children must be fully toilet trained to participate.

Location: Ballard CC

9/9	Fri	6-9 p.m.	\$20
10/14	Fri	6-9 p.m.	\$20
11/18	Fri	6-9 p.m.	\$20
12/9	Fri	6-9 p.m.	\$20

\$5 sibling discount

FAMILY FUN NIGHTS

All Ages

Magnolia CC will host a family fun night full of activity. Family Fun Night is designed to get the kids moving with a gym full of toys, tumbling mats, and more.

Location: Magnolia CC

COUNTY FAIR STORYTIME AND TREATS

9/23	6:30-8 p.m.	\$3
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PRINCESS BRIDE MOVIE AND POPCORN

10/7	6:30-8 p.m.	\$3
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IMAGINATION PLAYGROUND GONE WILD

11/4	6:30-8 p.m.	\$3
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GINGERBREAD HOUSE NIGHT

12/2	6:30-8 p.m.	\$3
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FAMILY FUN NIGHT

All Ages

Do you have a lot of energy and want to have some fun? Enjoy an amazing and fun night at QACC jumping and bouncing around in different bounce houses. Join the fun every first Fri of the month.

Location: Queen Anne CC/Gym

9/2	Fri	6:30-8:30 p.m.
11/6	Fri	6:30-8:30 p.m.
10/7	Fri	6:30-8:30 p.m.
11/4	Fri	6:30-8:30 p.m.

- 1) BALLARD CC
- 2) BALLARD POOL
- 3) BELLTOWN CC
- 4) BITTER LAKE CC
- 5) GREEN LAKE CC/EVANS POOL
- 6) LOYAL HEIGHTS CC
- 7) MAGNOLIA CC
- 8) QUEEN ANNE CC & POOL

BELLTOWN ARTWALK**FREE!****All Ages**

Join us every second Friday of the month to kick-off the Belltown Artwalk. Pick up a free map of participating venues, check out the center's featured artists, enjoy refreshments, and raffle prizes. Doors open from 6-7:30 p.m. Other participating venues remain open till 9 p.m.

Location: Belltown CC**8/12, 9/9, 10/14, 12/9****Fri 6-7:30 p.m.****↘ SPECIAL EVENTS****↘ AUGUST 2016****NATIONAL NIGHT OUT****FREE!****All Ages**

Come meet your downtown neighbors at our National Night Out event at the Belltown Bash! Enjoy food, music, dancing, and entertainment for all. Partnering with the CWD Group and other local businesses.

Location: Belltown CC**8/2 Tue 5-8 p.m.**

National Night Out enhances the relationship between neighbors and law enforcement while bringing back a true sense of community. So come celebrate with your neighbors! We will have hot dogs, music, carnival games, and face-painting. Please contact the community center at 206-684-7524 with any questions.

Location: Bitter Lake CC**8/2 Tue 5-7 p.m.****BACKPACK NIGHT
AND SPAGHETTI SOCIAL****FREE!****All Ages**

Let's get ready to go back to school! We will be handing out school supplies to help everyone get geared-up for class. School supplies available to children ages 5-18. We will also be serving a delicious spaghetti dinner as we hand out school supplies. Please contact the community center at 206-684-7524 if you have school supplies you would like to donate for this wonderful event. Pre-registration required.

Location: Bitter Lake CC**8/19 Fri 5-7 p.m.****↘ SEPTEMBER 2016****STORY TIME AT TOT GYM****FREE!****Ages 4 and under**

Magnolia Community Center and Magnolia Library are inviting families to the fall opening of the Tot Gym. Bring your children to enjoy stories, rhymes, songs, and fun with our children's librarian, then stay to play at the Tot Gym. This event is free and everyone is welcome.

Location: Magnolia C.C.**9/7 Wed 11 a.m.****ALLEYOOP, SEATTLE'S PREMIER
CHILDREN'S ENTERTAINER!****Ages 5 and younger**

With 40 year's experience as a children's educator and entertainer, Alleyoop has won two Parent's Choice Awards and brings laughter, joy and inspiration to children everywhere! Fresh off his Latin American tour, Alleyoop, is coming to Green Lake! Come join him for songs, stories and musical games. Meet his puppets, 'Billy Bear the Silly Bear' and 'Toby the Tortoise'. Don't miss out on his legendary performances!

Location: Green Lake CC**9/21 Wed 10:30 a.m. \$3/child****↘ OCTOBER 2016****GREEN LAKE WELLNESS FAIR****FREE!**

This event is a partnership between the Green Lake Chamber of Commerce, Green Lake Community Center and Hearthstone/Village Cove. Come to educational lectures presented by notable Northwest health experts. Talk to exhibitors-local health and wellness practitioners-and learn about the latest therapies for maintaining health in Mind, Body & Spirit at any age. Mark your calendar and don't miss this great opportunity to learn and grow in your journey to feel and look your best! For more information please visit www.greenlakewellnessfair.com

AGING WELL**Ages 50+****Location: The Bridge at Village Cove****(6846 Woodlawn Ave. NE Sea, 98115)****10/7 Fri 12-4 p.m.****WELLNESS FOR ALL AGES****All Ages****Location: Green Lake CC****10/8 Sat 10 a.m.-4 p.m.**

FALL FEST

Ages 2-10

Time to celebrate fall! Join us for a day of fantastic fall activities. You can try your hand at the apple press, make your own scarecrow (bring old clothes), and of course, play games.

Location: Ballard CC**10/8 Sat 11 a.m. \$5****HALLOWEEN CARNIVAL**

All Ages

Join us for a fright fest of activities, games, and challenges. Dress in costume and remember to bring a bag for your goodies. Festivities include carnival games, crafts, mini pumpkin decorating, cookie decorating, and a cake walk. Volunteers are needed to help set-up, clean-up, and run carnival games. Proceeds from tickets supports the Loyal Heights Community Center scholarship fund.

Location: Loyal Heights CC**10/21 Fri 6-9 p.m.****Game tickets \$0.50, Unlimited Bracelets \$12****BIG PUMPKIN BASH**

All Ages

Bring the entire family out for a night of ghoulish-good fun! We will have carnival games, face painting, and the ever popular cake walk! Please bring a can of food to donate to our local food bank. Don't forget to wear your costumes. Volunteer hours are available during this event. Please call 206-684-7524 for more details.

Location: Bitter Lake CC Annex (13040 Greenwood Ave N)**10/22 Sat 6-8 p.m.****Carnival Game Tickets .25 cents each****TOT CARNIVAL**

All Ages

Have your tots try on their Halloween costumes and join in some pre-Halloween fun. Our mini carnival will have games, treats, and fun for all. Costumes are optional but encouraged!

Location: Queen Anne CC**10/28 Thu 10 a.m.-1 p.m. \$3/tot****HAUNTED BOUNCE AND PIRATE POOL PARTY**

Ages 5-15

Green Lake Community Center and Evans Pool are cohosting a haunted celebration! The dimly lit gym will be adorned with glow in the dark accessories from 6-8 p.m. and complete with two haunted bouncy houses for kids to enjoy! Then from 7-8 p.m., 'Rrrrr' pool staff is throwing a pirate themed pool party where each swashbuckler will have to dodge the floating pumpkins! With healthy snacks provided, this event is absolutely kid tested and parent approved fun! (Swimsuits are a must!) Canned food donation will be collected at the door.

Location: Green Lake CC**10/28 Fri 6-8 p.m.****FREE!****LIL SPOOKY**

Ages 4 and under

Get the little spooky ones dressed for our morning Halloween event, we will be serving treats, decorating pumpkins, playing games, and bouncing around. Costumes are encouraged.

Location: Magnolia C.C.**10/28 Fri 11 a.m.-1 p.m. \$4/child**➤ **NOVEMBER 2016****HOLIDAY POTTERY-PARENT AND CHILD**

Ages 5-12

Holiday Pottery is a two week ceramic class where you and your child will have the chance to work on some holiday gifts together! The instructor will present some ideas and show different holiday theme projects to work on with your children. You are also welcome to bring your own family projects to the class. The second week of class you will glaze your projects together.

Instructor: Liang-Yin Chen**Location: Green Lake CC****11/19 and 12/3 Sat 9-10 a.m. \$90****12/5 and 12/12 Sat 9-10 a.m. \$90**➤ **DECEMBER 2016****ARGOSY CHRISTMAS SHIP**

All Ages

Join the festivities as the Argosy Ship arrives at the Hiram M. Chittenden Locks where beautiful songs of the holiday will be heard far and wide. This event is hosted by Ballard and Loyal Heights Community Centers.

Location: Hiram M. Chittenden Locks**TBA**

LOCAL GIFT AND ANTIQUE SHOW

All Ages

Find gifts and treasures for your loved ones at this three-day special event. Are you interested in selling your crafts, goods, and antiques? You can buy a table or tables to show and sell your creations.

Location:**12/2-12/4 Fri-Sun****1 table \$20; 2 tables \$25; 3 tables \$30; 4 tables \$35****MULTI-CULTURAL DINNER**

All Ages

Come join us for a culinary tour around the world! Use this annual Bitter Lake tradition to introduce your family to food from different cultures. We have something for everyone! Food is one of the best ways to experience and celebrate our diversity.

Location: Bitter Lake CC**12/9 Fri 5:30-7 p.m.****\$10/family of 4+ or \$3 per individual****GINGERBREAD JUBILEE**

Ages 1 and older

Who likes to make Gingerbread Houses or even a Gingerbread Village? Well look no further than our Gingerbread Jubilee. Wear clothes you do not mind getting frosting or sugar on. You bring your imagination, we will provide the rest!

Location: Ballard CC**12/16****Fri****5-7 p.m.****\$5****NOON YEAR'S EVE**

Ages 1 and older

Join us in the gym for toys, noise maker and other fun activities; don't forget the ball dropping at noon! Come celebrate and ring in the New Year with the Ballard Community Center!

Location: Ballard CC**12/31****Sat****11 a.m.****\$3/child****VOLUNTEERS WANTED!**

The below Pathway of Lights event is not possible without support by dozens of volunteers. Individuals and groups help set up/break down and perform! Music groups need to be able to play unamplified music. Performances last 30-45 minutes. If you are interested please contact the Green Lake Community Center at, 206-684-0780, or e-mail us at, chris.easterday@seattle.gov. Volunteers help make this a fun family night on the lake. This event is sponsored by Seattle Parks and Recreation and the Green Lake Advisory Council.

PATHWAY OF Lights 2016

Green Lake
Saturday, December 10
4:30-7:30pm

Experience the warm glow of luminaries, refreshments, and sounds of the season performed by local schools and artists.
Please bring a non-perishable food donation to benefit the local food bank.

BRING YOUR OWN LIGHTS AND CANDLES TO ADD TO THE AMBIANCE! FREE!

If you are interested in volunteering, please call Green Lake Community Center at 206-684-0780.

Presented with support from

Seattle City Light
FamilyWorks

This event is hosted by the Green Lake Advisory Council.

SEATTLE PARKS AND RECREATION
PRESENTS

All drop-in programs require a fee of \$3 (Adults) or \$2 (ages 65+), unless otherwise noted. Drop-in activities are subject to change, based on community center activities. Call center within 48 hours prior to verify daily schedule. **Save today with a Quick Card.**
No program 9/5, 9/15, 11/11, 11/24, 11/25, and 12/26.

TODDLER GYM PLAY TIME

Ages Walkers-5 years

Children play, learn, and develop both motor and social skills in this highly interactive drop-in social and play time. Toddlers will meet new friends, play on bouncy toys, ride scooters and tricycles, play with bouncy balls, and much more. (Parents must accompany their child at all times.) \$3 per child.

BALLARD COMMUNITY CENTER

M/W/F 9:30 a.m.-12:30 p.m.

BITTER LAKE COMMUNITY CENTER

Mon/Wed 9:30 a.m.-12:30 p.m.

LOYAL HEIGHTS COMMUNITY CENTER

Tue/Thu 10 a.m.-1:30 p.m.

MAGNOLIA COMMUNITY CENTER

Wed/Fri 11 a.m.-1 p.m.

QUEEN ANNE COMMUNITY CENTER

Tue/Thu 10 a.m.-1 p.m.

TODDLER PLAY ROOMS

Enjoy a dedicated play space filled with lots of children's toys of all shapes, sizes, and mobility. It's a great way for your child to learn and socialize with others. Parental supervision required. Must adhere to posted rules. So what are you waiting for? Come in from the wet and cold and play! Public Health-Seattle and King County requires that you take away changed diapers. **\$3 per child.**

BALLARD COMMUNITY CENTER

Ages 4 and younger

Enjoy the toddler open gym at no extra charge on M/W/F.

Mon-Fri 9 a.m.-1:30 p.m.

T/W/Th 4-8:30 p.m.

BELLTOWN COMMUNITY CENTER

Ages 7 and younger

M/W 3-8 p.m.

T/Th/F 9:30 a.m.-2:30 p.m.

GREEN LAKE COMMUNITY CENTER

Ages 5 and younger

Available for rentals on Saturday and Sundays!

Mon-Fri 10 a.m.-8 p.m.

Saturday 9 a.m.-4:45 p.m.*

QUEEN ANNE COMMUNITY CENTER

Ages 5 and younger

M-F 10 a.m.-8:30 p.m.

*Private rentals are available on Saturdays from 1-5 p.m. Please call the center at (206) 684-0780 before coming on Saturday afternoons.

SAVE SOME CHANGE! WITH OUR DISCOUNT QUICK CARD – NEW OPTIONS AVAILABLE!

QUICK CARD IS A PREPAID DISCOUNT ADMISSION CARD THAT PROVIDES ACCESS TO MANY RECREATIONAL CHOICES AT SEATTLE PARKS AND RECREATION.

To purchase a discount quick card, visit any center. A photo is taken at the time of purchase. Cards are issued to individuals and are not transferable.

TODDLER PLAY 10 ADMISSIONS: \$24

DROP-IN GYM 10 ADMISSIONS: \$27 (Adults), \$18 (Seniors)

FITNESS ROOM 10 ADMISSIONS: \$27 (Adults), \$18 (Seniors)

PUNCH CARD 30 DAY UNLIMITED: \$20 (Adults), \$13 (Seniors)

Contact your community center for more information.



All drop-in programs require a fee of \$3 (Adults) or \$2 (ages 65+), unless otherwise noted. Drop-in activities are subject to change, based on community center activities. Call center within 48 hours prior to verify daily schedule. **Save today with a Quick Card.**
No program 9/5, 9/15, 11/11, 11/24, 11/25, and 12/26.

LOYAL HEIGHTS WEIGHT ROOM

Ages 18 and older

Take a little time to get a workout in our fitness room. The room features several pieces of cardio equipment, Kaiser Compress machines, a punching bag, free weights, a cable machine, squat rack, and more.

Location: Loyal Heights CC

Mon 9 a.m.-8:45 p.m.

Tue/Thu 10:30 a.m.-7:45 p.m.

Wed 10:30 a.m.-8:45 p.m.

Fri 10 a.m.-8:45 p.m.

QUEEN ANNE WEIGHT ROOM

Ages 18 and older

Commit to get fit! In our friendly, non-intimidating fitness room, you can set and meet your goals no matter what your level of fitness is. Put on that old pair of sweats, grab your sneakers, we are into fitness, not fashion. No program on 5/30.

Location: Queen Anne CC

Mon-Fri 1:30-8:30 p.m.

Sat 10:30 a.m.-2:30 p.m.

SOUND STEPS WALKING PROGRAM – GREEN LAKE WALKERS

FREE!

Ages 50 and older

Gather your friends or meet new ones on Wed mornings as we walk outside around the lake (or do laps around the gym on unfavorable weather days). Bring good walking shoes, a water bottle, and dress for the weather. Walk at your own pace. Meet inside the community center gym to do some stretching before you start your walk. Please register at Green Lake CC by call 206-684-0780.

Location: Green Lake CC

9/14-12/28 Wed 10-11 a.m.

DROP-IN ADULT WATER COLOR

Ages 18 and older

Join us each week for painting, sharing ideas, and critiques. We will paint still life scenes, share reference photos, and/or work on our own independent projects. This group is open to watercolorists at all levels. This is not a class. To participate, please bring your own paints, brushes, paper, and unbreakable water container.

Location: Loyal Heights CC

Fri 11 a.m.-3 p.m.

ADULT DODGEBALL DROP-IN

Just when you thought there wasn't enough dodgeball... The Green Lake Community Center has offered to host a weekly foam dodgeball drop-in on Wednesday nights, ALL YEAR ROUND!!! The night will begin with team dodgeball played on side courts. After everyone is sweaty and tired we'll finish off the night with full court giant dodgeball games. Check in at the front desk.

Location: Green Lake CC

9/7-12/28 Wed 7-9 p.m.

NEW

\$3 drop-in

♠ CARDS AND GAMES

BRIDGE

Ages 50 and older

Since the 1930s, Bridge has been one of the most popular card games in the world. Each player sits opposite his partner at a card table (in this age of computers the concept could be a simulated). Bridge is played with a standard deck of 52 playing cards. One of the players deals all of the cards, 13 to each player, in clockwise rotation, beginning with the player to the left of the dealer.

Location: Green Lake CC

9/12-12/27 Tue 10:15 a.m.-1:15 p.m.

NEW

AMERICAN MAH JONG

Ages 50 and older

This game is played with a set of 144 tiles based on Chinese characters and symbols. Although some regional variations use a different number of tiles. In most variations, each player begins by receiving 13 tiles. In turn players draw and discard tiles until they complete a legal hand using the 14th drawn tile to form 4 groups (held) and a pair (head). There are fairly standard rules about how a piece is drawn, how a piece is stolen from another player, and thus melded, the use of simples (numbered tiles) and honors (winds and dragons), the kinds of melds, and the order of dealing and play. No program 9/15

Location: Green Lake CC

9/14-12/29 Thu 10:15 a.m.-1:15 p.m.

NEW

TEENS

TEEN LATE NIGHT

Ages 13-19

Late Night is a safe and supportive environment for teens ages 13-19. This recreation based program is held on Fridays and Saturday evenings from 7 p.m.-12 a.m. with a focus on positive teen interactions and engagement where all teens are welcomed. The Late Night Program is aligned and supportive of the city's Race and Social Equity framework, including education and employment readiness programs. Come to your local Late Night and explore more of what we have to offer!

Contact your local neighborhood specialist for more information.

Fri and Sat Nights 7 p.m.-Midnight

NORTH: (206) 684-7523

Bitter Lake Community Center
Meadowbrook Teen Life Center

CENTRAL: (206) 684-4550

Garfield Teen Life Center

SOUTHEAST: (206) 551-7316

Rainier Community Center
Rainier Beach Community Center
South Park Community Center (Fridays Only)
Van Asselt Community Center (Saturdays only)

SOUTHWEST: (206) 684-7438

Delridge Community Center
High Point Community Center
Southwest Teen Life Center



CITYWIDE YOUNG ADULT PROGRAM
presents

GREAT NIGHT

IT'S BACK

AGES 19+ / SATURDAY / 7 PM-12 AM
LEARN LIFE SKILLS THROUGH RECREATION
JEFFERSON COMMUNITY CENTER

THIS PROGRAM PROVIDES:
WORKSHOPS | TRAININGS
CERTIFICATIONS | SPORTS | FREE FOOD



POWER OF PLACE™
Parks Youth Violence Prevention Team

JOB TRAINING OPPORTUNITIES VARY AND REQUIRE ADVANCED ENROLLMENT,
PLEASE ASK FOR THE SCHEDULE AT THE FRONT DESK.

FOR MORE INFO PLEASE CONTACT:

Cindy Sandino-Chang
206.551.7316 or

cindy.sandino-chang@seattle.gov



PLEASE REGISTER
EARLY TO AVOID
DISAPPOINTMENT.

SOMETIMES COURSES ARE
CANCELED BECAUSE PEOPLE
WAIT TOO LONG TO REGISTER!

DROP-IN PROGRAMS

All drop-in programs require a fee of \$3 (Adults) or \$2 (ages 65+), unless otherwise noted. Drop-in activities are subject to change, based on community center activities. Call center within 48 hours prior to verify daily schedule. **Save today with a Quick Card.**
No program 9/5, 9/15, 11/11, 11/24, 11/25, and 12/26.

BALLARD

BELLTOWN

BITTER LAKE

GREEN LAKE

LOYAL HEIGHTS

MAGNOLIA

QUEEN ANNE

Starting in November gym availability will be limited due to Citywide Basketball season. Please call your center for current availability.

BASKETBALL Ages 18 and under Free!			Monday 7-9 p.m. <i>(until week of 11/17)</i>	T/Th/F 10 a.m.-2 p.m.	Tue 6-7:45 p.m. <i>(until 11/15)</i> Friday 7-8:45 p.m.	Tuesday 5-8 p.m.	T/Th/F 6-8:30 p.m.
DODGEBALL				Wednesday 7-9 p.m.	Monday 7-8:45 p.m.		
FUTSAL	Thursday 6:30-8:30 p.m.						
JUGGLING	Wednesday 6:30-8:30 p.m.						
PICKLEBALL	Tuesday 11:15am-1:15pm. Wednesday 6:30-8:30 p.m.		Tue/Fri 10 a.m.-1 p.m. Thursday 6:45-8:45 p.m. <i>(until week of 11/17)</i>	Saturday 11 a.m.-2 p.m.	Friday Noon-2 p.m.		
TABLE TENNIS (PING PONG)	<i>Open to the public at any time. Equipment is available during operating hours. Tables are located outside.</i>			Tue/Fri 6-9 p.m. <i>(until week of 11/21)</i> Wednesday 10 a.m.-1p.m. Saturday 5-9 p.m. Sunday 4-9 p.m. \$5 or \$45 <i>(10-visit) punch card (14 tables)</i>			
TAI CHI				Mon (\$5) 7-8 p.m.			
VOLLEYBALL	Tuesday 6:30-8:30 p.m. Thursday 11:30-1:30 p.m.			Thursday 7-9 p.m. <i>(until 11/17)</i>		Thursday 5-8 p.m.	

➤ FALL 2016

PRESCHOOL PROGRAM

Seattle Parks and Recreation operates half-day preschool programs in 12 neighborhood community centers. Our school-readiness program meets the developmental needs of young children, focusing on emotional, social, physical, and cognitive skills to prepare children for success in school and in life. Classrooms are set up with safe and nurturing environments, fun-filled learning areas, consistent schedules and routines, and both large and small group times. Preschool activities include art, dramatic play, library time, cooking, discovery science, singing, and outdoor play.

- » For children ages 3-5 years.
- » Low teacher-child ratio of 1:8.
- » Staff is trained in Early Childhood curriculum, CPR/First Aid, Food Handling.
- » Children need to be fully potty trained (no diapers or pull-ups permitted).

During the school year, our Preschool Programs are based on *The Creative Curriculum for Preschool* from *Teaching Strategies*. Children attending at least three days a week will be observed and assessed using *The Creative Curriculum* developmental objectives.

Register NOW at your local community center!

A non-refundable \$25 deposit is required during registration, and the balance of September fees is due **August 1, 2016**. The remaining monthly fees are due one week before the program start date.

CHILD CARE HOTLINE: 206-684-4203

This is a 24-hour line giving information about program closures due to extreme weather or emergencies. It is updated each day by 6 a.m. and as needed.

IMPORTANT DATES*

Registration Opens	Registration is now open!
First Day of Preschool	9/7/2016
Veterans Day Closure	11/11/2016
Thanksgiving Closure	11/24/2016-11/25/2016
Christmas Day Closure	12/26/2016
New Year's Day Closure	1/1/2017

*Check with your local community center preschool for any additional closures.



Ages	Days	Time	Price/month
BALLARD COMMUNITY CENTER			
3-4	T/Th	9 a.m.-12:30 p.m.	\$238
3-4	M/W/F	9 a.m.-12:30 p.m.	\$355
4-5	M/W/F	9 a.m.-12:30 p.m.	\$355
BITTER LAKE COMMUNITY CENTER			
3-5	T/Th	9:30 a.m.-1 p.m.	\$238
3-5	M/W/F	9:30 a.m.-1 p.m.	\$355
3-5	M-F	9:30 a.m.-1 p.m.	\$533
GREEN LAKE COMMUNITY CENTER			
3-5	T/Th	10 a.m.-1 p.m.	\$207
3-5	M/W/F	10 a.m.-1 p.m.	\$310
3-5	M-F	10 a.m.-1 p.m.	\$457
LOYAL HEIGHTS COMMUNITY CENTER			
3-4	M-Th	9:30 a.m.-12:30 p.m.	\$360
4-5	M-Th	9:30 a.m.-12:30 p.m.	\$360
MAGNOLIA COMMUNITY CENTER			
3-4	T-Th	9:30 a.m.-1 p.m.	\$332
3-4	M-Th	9:30 a.m.-1 p.m.	\$389
4-5	M-Th	9:30 a.m.-1 p.m.	\$389
4-5	M-F	9:30 a.m.-1 p.m.	\$494
QUEEN ANNE COMMUNITY CENTER			
3-5	T/Th	9:30 a.m.-1 p.m.	\$238
3-5	M/W/F	9:30 a.m.-1 p.m.	\$355
3-5	M-F	9:30 a.m.-1 p.m.	\$533

\$3/day multiplied by the number of days the 'class' meets per week sibling discount can be applied.

Details could be subject to change. Please contact your local community center if you have any other questions.

↘ FALL 2016

Do you want your child to have **fun, engaging opportunities that support continued learning and personal growth outside of school?** The focus of our program is to provide children with opportunities to develop socially, emotionally, and physically. The atmosphere at our program is one that emphasizes community relationships, but also recognizes individual achievement, creativity, and original thinking. We make it our mission to promote self-awareness, self-control, conflict resolutions skills, and positive decision-making abilities. We work in partnership with local schools to make sure your child's educational experience is constantly being enriched. Our trained staff works daily to offer activities in areas such as: arts and culture, environmental stewardship, health and fitness, academic support, and more.

- » For children ages 5-12
- » We ensure quality and consistent care with qualified staff
- » We welcome all members of the community
- » A morning and afternoon snack will be provided
- » Scholarship applications may be picked up at your local community center, DSHS child care subsidies are also accepted

IMPORTANT DATES*

Registration Opens	Registration is now open!
First Day of Program	9/7/2016
Veteran's Day Closure	11/11/2016
Thanksgiving Closure	11/24/2016-11/25/2016
Winter Break	12/19/2016-12/30/2016
Christmas Day Closure	12/26/2016
New Year's Day Closure	1/2/2017

*Check with your local community center for any additional closures.

Registration information

A non-refundable \$25 deposit for each program (before and after-school) is required during registration, and the balance of September fees are due 2 weeks prior to first program day. The remaining monthly fees are due by the 25th of the preceding month.

Program days and times are under development in response to Seattle Public Schools' bell time changes and families' needs. Please check with your local community center closer to program start date for the most up to date information.

IMPORTANT

Thank you!



↘ CAMP INFORMATION

EARLY DISMISSALS

9/28/2016: 2-HOUR EARLY DISMISSAL

10/26/2016: 2-HOUR EARLY DISMISSAL

11/16/2016: 2-HOUR EARLY DISMISSAL

FEES:

- » **Before & After School Combo & After School only participants:** No additional fee
- » **Before School only participants:** \$28/day (1 hour), \$35/day (2 hours), \$42/day (3 hours)
- » **Not currently enrolled:** \$32/day (1 hour), \$40/day (2 hours), \$48/day (3 hours)

ONE DAY CAMPS: (7 A.M.-6 P.M.)

PROFESSIONAL DEVELOPMENT DAY | 10/14/2016 (FRI)

FEES:

- » \$45/day (not currently enrolled participants or part-time enrolled participants who aren't scheduled for that day)
- » \$3/day sibling discount can be applied
- » NO ADDITIONAL FEE for current Before and/or After-School participants when enrolled in the month and day the camp occurs.

NOVEMBER PARENT/TEACHER CONFERENCES

Most Seattle public schools schedule the November Parent Conferences for three full days before Thanksgiving. Three one-day camps will be offered.

11/21/2016 (MON)-11/23/2016 (WED)

FEES:

- » \$45/day for all participants
- » \$3/day sibling discount can be applied

BREAK CAMPS: (7 A.M.-6 P.M.)

WINTER BREAK CAMP | 12/19/2016-12/30/2016*

**Programs are closed on 12/26/2016 (Christmas)*

FEES:

- » \$210 (week 1), \$168 (week 2) or \$45/day at select sites
- » \$3/day sibling discount can be applied

Note: Not all sites offer the camps mentioned above. Please check with your local community center for more details.



↘ GENERAL INFORMATION

TRANSPORTATION FOR PUBLIC SCHOOL STUDENTS

Seattle Public Schools will transport children within the district's busing zones (see the Seattle school district web site for specific schools). If a child comes from outside the Seattle Schools' busing zones, or if a child will be coming from a private school, the family is responsible for transportation.

CHILD CARE HOTLINE: 206-684-4203

This is a 24-hour line giving information about program closures due to extreme weather or emergencies. It is updated each day by 6 a.m. and as needed.

SPECIALIZED PROGRAMS

Seattle Parks and Recreation's Specialized Programs offers year-round recreational activities for people with physical and developmental disabilities. We provide opportunities to participate in recreational activities specifically designed and conducted by trained staff for people with special needs.



We provide recreation programs for all ages including cooking, fitness, social gatherings, drama, crafts, games, and after school activities. Also offered are weekend outings, special events, a variety of Special Olympics sports competitions, and both day and overnight summer camps. Our partner Seattle Adaptive Sports hosts a variety of wheelchair and adaptive sports programs.

View an on-line brochure by going to: seattle.gov/parks (select the link to Specialized Programs under Popular Links) or contact our office at 206-684-4950.

*Please consider volunteering as a coach
or helping with recruitment of coaches.
Our low cost leagues can't operate without the
dedication of our awesome coaches!*

↘ FALL YOUTH SPORTS

REGISTRATION OPEN NOW

REGISTRATION ENDS OCT. 7, 2016

Register online through SPARC (online registrations still need to turn in paperwork at your community center) or register in person at your community center

Fee: \$35

GIRLS VOLLEYBALL LEAGUE

Age Groups: 10-11, 12-13, and 14-17 (Age as of 8/31/16)

Minimum: 5 Girls per team

The Citywide Girls Volleyball League provides players the opportunity to develop and solidify fundamental skills, team play, and sportsmanship. Players may sign up online or at their local community center. For registration materials please go to <http://www.seattle.gov/parks/Athletics.htm>. Practices take place at the community center or nearby school gym and begin in early September. Games are played on weeknights and begin in mid-September and conclude with a weekend jamboree in mid-November. PRACTICE TIMES VARY...CHECK WITH YOUR LOCAL CENTER FOR SPECIFIC DATES AND TIMES. If your local community center does not have enough kids or a coach to form a full team, you will be given the option of transferring to a nearby center's team if a spot is available or withdrawing with a full refund. Register early for your best chance of securing a spot on a team.

Teams will be forming at the following Community Centers:

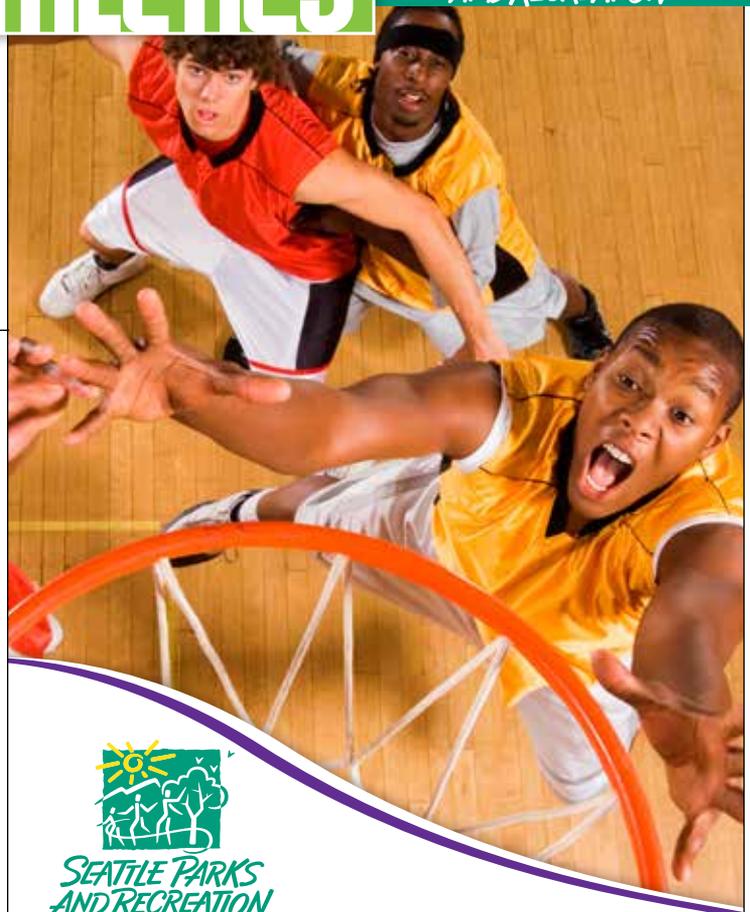
Alki, Ballard, Bitter Lake, Delridge, Garfield, Green Lake, Hiawatha, High Point, IDCCC, Jefferson, Laurelhurst, Loyal Heights, Magnolia, Magnuson, Meadowbrook, Miller, Montlake, Northgate, Queen Anne, Rainier, Rainier Beach, Ravenna-Eckstein, SWTLC, South Park, Van Asselt and Yesler.

YOUTH FLAG FOOTBALL LEAGUE (COED)

Age Groups: 6-7, 8-9, 10-11, 12-14

Minimum: 5 players per team

Players learn basic skills, team play, and sportsmanship in this citywide league. Players may sign up at their community center and are placed on teams. Games are played in accordance with NFL flag football rules and field dimensions. League play begins the last week in September and concludes in mid November. Teams practice at their local community center. **Teams will be forming in NE, NW, Central, South and West Seattle.**



SEATTLE PARKS
AND RECREATION

YOUTH BASKETBALL LEAGUE (GIRLS AND BOYS)

Boys Age Groups: 10, 11, 12, 13, 14-15, and 16-17*

Girls Age Groups: 10, 11, 12, 13, and 14-17*

Minimum: 7 players per team

Seattle Parks and Recreation's Youth Basketball League provides young athletes the opportunity to learn and solidify the fundamentals of basketball while participating in weekly-organized practices and games. League games begin the first week of January and run through the month of March with the opportunity for post-season play at the end of the regular season. Practices occur at the home community center and games (on Saturdays and Sundays) occur at various community centers throughout the city.

*Age as of August 31, 2016

Registration begins October 4, 2016 (Noon)

Practices begin November 2016

League Games begin January 7, 2017

Fee: \$70

WWW.SEATTLE.GOV/PARKS/ATHLETICS

YOUTH CROSS COUNTRY (GIRLS AND BOYS)

Ages 8-17

To register or for more info please visit, www.raincityflyers.com or call 206-523-4233.

Practices begin in early September at Woodland Park. Dress for the weather.

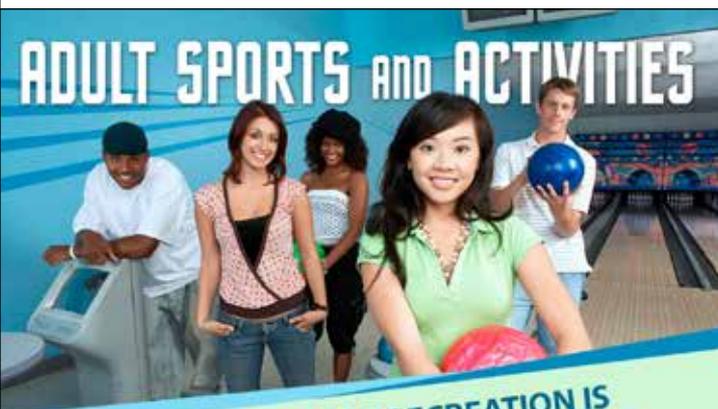


YOUTH SPORTS GENERAL INFORMATION

I WANT TO PLAY...HOW DO I GET STARTED?

1. To participate in most Seattle Parks Youth Sports leagues (for basketball and volleyball, for example) **you can either recruit a coach and put together your own team or you can be placed on an existing team with the help of community center staff.** Call for more information. For some sports (Track & Field, for example) all you need to do is go into your community center to get registered.
2. **Get registered!** (Paperwork is at community centers).
3. **Start practices and get ready for fun** honing your skills and competing against other neighborhood community centers!

If your center doesn't offer a sport, the staff will refer you to the next closest center. Centers need a minimum number of players and a volunteer coach to offer the sport.



SEATTLE PARKS AND RECREATION IS OFFERING AFFORDABLE AND FUN ADULT SPORTS AND ACTIVITIES!
 ENJOY BOWLING, ROLLER DERBY, WOMEN'S VOLLEYBALL, COED DODGEBALL, MEN'S BASKETBALL AND GET OUT AND GO GROUPS FOR FALL. MEET NEW FRIENDS, BOND WITH OLD FRIENDS AND GET MOVING TOGETHER!



GET MORE DETAILS AT
WWW.SEATTLE.GOV/PARKS/ATHLETICS
 OR CALL 206 684-7092

LOVE THE SPORT? LOVE KIDS? WANT TO GIVE BACK TO YOUR COMMUNITY? BECOME A VOLUNTEER COACH!

Our low-cost leagues can't operate without the dedication of our awesome coaches!

I WANT TO COACH... HOW DO I GET STARTED?

1. Talk to community center staff about applying for a coaching position.
2. Fill out a background check form at the center and then a volunteer registration form online.
3. Work with community center staff to form your team rosters.
4. Request practice times and confirm that all kids are registered prior to the first practice.
5. Attend coaches meeting/training and get ready for a rewarding experience!

↘ TOTS

MUSIKAL MAGIK INFANT/TODDLER DEVELOPMENT

Ages 6 months-3 years

Have a toddler and a baby or a baby who is not quite a tot? This music class is for both! Tap your sticks and pound on drums. Who knew music could be so much fun? Parent and child, shake your eggs and dance with scarves! Pound on drums and play along with a live guitar! Teacher Katy guides you through fun exercises that help develop your child's musical, social, physical, verbal, and cognitive skills with the magic of music. No class 10/14, 11/11 and 11/25.

Instructor: Katy Webber

Ages 6 months-2 years

9/16-10/21	Fri	9:30-10:15 a.m.	\$60
10/28-12/16	Fri	9:30-10:15 a.m.	\$72

Ages 1½-3

9/16-10/21	Fri	10:20-11:05 a.m.	\$60
10/28-12/16	Fri	10:20-11:05 a.m.	\$72

Ages 6 months-3 years

9/16-10/21	Fri	11:15 a.m.-Noon	\$60
10/28-12/16	Fri	11:15 a.m.-Noon	\$72

LITTLE CHEFS

Ages 2-5

Create appetizers, bake desserts, beverages and more. We'll focus on kitchen rules, safety procedures, and an introduction to basic utensils. Have fun and create in the kitchen! Participants will be able to eat and take home their creations. No class 11/22

Instructor: Laura

10/4-11/1	Tue	10:30 a.m.-Noon	\$100
11/8-12/6	Tue	10:30 a.m.-Noon	\$100

PRE-K SPORTS

Ages 2-3

Your little stars will learn the basics of basketball, soccer, t-ball, track, and more in a fun and safe environment! This program is designed to build coordination and self-esteem in your child. Class size will be limited to 12 children. Please sign up quickly, as space is limited. Parents are required to participate in the class. No class 11/21.

9/12-10/24	Mon	9:30-10:15 a.m.	\$49
10/31-12/12	Mon	9:30-10:15 a.m.	\$42

MOMMY/DADDY & ME SOCCER KIDZ LOVE SOCCER

Ages 2-3½

Introduce yourself and your toddler to the "World's Most Popular Sport"! As you and your child participate in our fun age-appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field, and in Mommy/Daddy & Me Soccer parents are a part of the action! No class 9/15, 10/13 and 11/24

9/8-10/27	Thu	4:15-4:45 p.m.	\$63
11/3-12/15	Thu	4:15-4:45 p.m.	\$63

TOT/PRE-SOCCER-KIDZ LOVE SOCCER

Ages 3½-5

Little tykes will enjoy running and kicking just like the big kids! Encourages large motor skill development through fun soccer games and introduces small children to the group setting. Shin guards are required after the first meeting. No class 9/15, 10/13 and 11/24

9/8-10/27	Thu	5-5:35 p.m.	\$63
11/3-12/15	Thu	5-5:35 p.m.	\$63

PARENT/TOT POTTERY CREATIONS CLASS

Ages 2-4

Enjoy a special hour spent with your tot experimenting with clay! This class focuses on allowing parents and children to work together as teams or individually in a group environment. Projects will involve various hand building techniques including pinch, coil, and slab construction. No previous experience is necessary. Both parent and child need to be registered. No class 11/22.

Instructor: Cynthia Yatchman

9/13-10/4	Tue	9:45-10:45 a.m.	\$60
10/11-11/1	Tue	9:45-10:45 a.m.	\$60
11/8-12/6	Tue	9:45-10:45 a.m.	\$60

PIANO AND GUITAR LESSONS

Ages 4 and older

Students at all levels are welcome for lessons in piano and guitar. As a bonus instructor Bruce will teach one or more phrases or characters in Mandarin Chinese per lesson. If you do not have an instrument yet, please consult instructor for appropriate choices. Lessons are 30 minutes, once per week. Please call 206-684-4093 to schedule your lessons.

Instructor: Bruce Howard

FEE IS PER SESSION

9/6-9/27	Tue	4-8:30 p.m.	\$22
10/4-10/25	Tue	4-8:30 p.m.	\$22
11/1-11/29	Tue	4-8:30 p.m.	\$22
12/9-12/27	Tue	4-8:30 p.m.	\$22

➤ YOUTH

KIDS AT CLAY

Ages 5-12

Explore the art of pottery while making creative AND functional pieces! Plates/cups/spiderdogs??? Prepare to get MESSY--dress for it! NO wheel work, hand-build only. No class 11/22, 11/24

Instructor: Andrea Hays

Ages 5-8

9/13-12/13 Tue 4-5:30 p.m. \$156

Ages 9-12

9/22-12/15 Thu 4-5:30 p.m. \$144

DANCE SAMPLER

Ages 7-10

Bring Social Studies to life! This class will give your child a chance to be exposed to various styles of Dance including Irish Step, Bollywood, Urban Step, Line Dancing, West African, and Folk Dances from various countries. Each week will consist of a physical warm-up, technical exposure to a different style of Dance, and a combination/routine with a different focus. Please have your child wear appropriate active wear. Dance shoes are not necessary; however shoes with a flexible soft sole or socks are preferred. No class 11/23

Instructor: Calliope Orr

9/14-10/26 Wed 6:50-7:50 p.m. \$75

11/2-12/14 Wed 6:50-7:50 p.m. \$65

Soccer I-Kidz Love Soccer

Ages 5-6

Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session. Small-sided soccer matches will be introduced gradually. Shin guards are required after the first meeting. No class 9/15 and 11/24

9/8-10/27 Thu 5:45-6:30 p.m. \$63

11/3-12/15 Thu 5:45-6:30 p.m. \$63

HOT SHOTS

Ages 6-8

Join us for six weeks of Co-Ed instructional basketball. Learn the basics of basketball in a fun, safe environment! In the last couple weeks of the session players will participate in a friendly non-competitive scrimmage toward the end of each practice. No class 10/27 and 11/24.

Instructor:

9/22-10/20 Thu 3:45-4:45 p.m. \$42

11/3-12/15 Thu 3:45-4:45 p.m. \$42

FENCING-OPEN

Ages 12 and older

This class is for those who have completed the intermediate class or for experienced fencers who want to stay in practice and improve their skills. Fencers at this level must have all their own equipment and wear appropriate fencing attire. This includes mask, jacket, plastron, knickers, glove, and electric gear. We usually have two or three electric strips set up and all weapons are welcome. There are no enrollment limits for Open Fencing. No class 9/15 and 11/24.

Instructor: Pat Reeves

9/6-12/15 T/Th 7-9 p.m. \$110



PLEASE REGISTER EARLY TO AVOID DISAPPOINTMENT.

SOMETIMES COURSES ARE CANCELED BECAUSE PEOPLE WAIT TOO LONG TO REGISTER!

LIFELONG RECREATION
ARTS, FITNESS, & SOCIAL OPPORTUNITIES FOR PEOPLE AGE 50+

Like us on Facebook

SEATTLE PARKS AND RECREATION

Engage with your community and remain active. Learn something new, get fit, meet friends, or join us for field trips to places you have always wanted to visit.

NEW THIS YEAR!

Are you caring for a loved one living with memory loss? Lifelong Recreation now offers Dementia-Friendly Recreation opportunities!



Find out more at www.seattle.gov/parks/seniors/ where you can download the Lifelong Recreation brochure and sign up for our email newsletter. Contact us at (206) 684-4951.

ADULTS

TOTAL BODY TABATA XPRESS

Ages 18 and older

This amazing, non-stop workout is fast becoming known as the best fat-burning workout ever! Developed in Japan, the Tabata formula has been scientifically proven to increase your endurance and athletic performance, decrease your body fat, and increase your metabolism. Combines 20-second intervals of high intensity exercise followed by 10 seconds of rest. The series repeats 8 times, then on to another set of exciting exercises. The hard, intense exercise session of 45 minutes will fly by and will be followed by an extended stretch. Several layers of modifications will be provided to accommodate different levels of fitness. You know it's time.

No class 9/15, 10/13 and 11/24.

Instructor: Katie Franklin

9/1-9/29	Thu	9:30-10:30 a.m.	\$16
10/6-10/27	Thu	9:30-10:30a.m.	\$12
11/3-11/17	Thu	9:30-10:30a.m.	\$12
12/1-12/15	Thu	9:30-10:30a.m.	\$12

Drop-in: \$5

BEYOND BOWLS

Ages 15 and older

This mixed level class for 15 years and older goes beyond making bowls using hand building, extruder and wheel throwing techniques. You will need your own tools; please bring them or purchase a kit for \$17. Clay bags cost \$10 after the first 25lbs are used. Purchases can be made during facility operating hours only. No class 9/15, 11/24.

Instructor: Andrea Hays.

9/20-11/8	Tue	6-8:30 p.m.	\$160
9/22-11/10	Thu	6-8:30 p.m.	\$140

DAYTIME POTTERY

Ages: 18 and older

During this mixed level class, students will learn to hand build, use the wheel glaze and many other techniques. You will need your own tools; please bring them or purchase a kit for \$17. Clay bags cost \$10 after the first 25lbs are used.

Instructor: Lynda Locke

9/19-11/7	Mon	10 a.m.-12:30 p.m.	\$160
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POTTERY MAYHEM

Ages 18 and older

EXPERIENCED POTTERS ONLY

This is an intense, free style four week program, where the studio will be open and you're welcomed to come and make as many pieces as you can! Instructors will be in studio to load the kiln, but there will be NO teaching. Clay bags cost \$10 after the first 25lbs are used. No class 11/22-11/24.

11/15-12/15 T/W/Th 5:30- 8:30 p.m. \$75

ROLLER DERBY

Ages 18 and older

Adult Roller Derby is the fastest growing sport in the world, with over 60 leagues forming weekly, globally. Our program is athletic, instructional, non-violent, a great workout and has an amazing community. Seattle Parks and Recreation has teamed up with Seattle Citywide Derby to provide the first league of its kind. We are partnering with Seattle Citywide and USA Roller Sports. This training program is for all skill levels and includes roller derby training with the possibility of forming teams. Participants must provide their own equipment. Call Jayson Powell-adult sports program coordinator at 206-684-7092 for more information about the class. No class 11/13 and 11/27.

9/18-12/11 Sun 10:30 a.m.-12:30 p.m. \$10/class



↘ TOTS

PARENT AND CHILD CREATIVE MOVEMENT

Ages 1½-3

This class introduces tiny dancers to the basis of movement and rhythm with the guidance of their parents. We will use music, stories, and games to encourage development in a variety of gross movement patterns. Dancing together, parents and their tiny ones will reinforce bonds trust, love, and healthy routines.

Instructor: TBA

9/13-10/4	Tue	10-10:45 a.m.	\$48
10/11-11/8	Tue	10-10:45 a.m.	\$60
11/15-12/6	Tue	10-10:45 a.m.	\$48

JAZZ AND TUMBLING

Ages 3-5

In this upbeat class, dancers will see dance basics through the exciting lens of jazz and safely test their limits learning the foundations of tumbling. From shimmies to somersaults, dancers will be guided through a wide range of skills that get them moving, smiling, and feeling strong.

Instructor: TBA

9/13-10/4	Tue	11-11:45 a.m.	\$48
10/11-11/8	Tue	11-11:45 a.m.	\$60
11/15-12/6	Tue	11-11:45 a.m.	\$48

↘ YOUTH AND ADULT

BEGINNING AND INTERMEDIATE GROUP GUITAR LESSONS

Ages 8 and older

Come learn the basics of playing guitar such as chords, scales, and other skills necessary to play your favorite songs! This class is appropriate for total beginners with no musical experience, as well as students with some experience. Please bring a six-string acoustic or electric guitar (along with practice amp) to each class. Class size is limited to six students, so register early to secure your spot!

Instructor: Kareem Eltantawi

Ages 8-12

9/26-10/31	Mon	6-7 p.m.	\$60
11/7-12/12	Mon	6-7 p.m.	\$60

Ages 13 and older

9/26-10/31	Mon	7-8 p.m.	\$60
11/7-12/12	Mon	7-8 p.m.	\$60

CAPOEIRA

Ages 16 and older (younger with instructors permission)

Capoeira is a collective art form that brings together dance, music, acrobatics, and martial arts. Capoeira was created four centuries ago by African slaves in Brazil. New students always welcome!

Instructor: Jeff Forde

9/12-10/24	Mon	7-8:30 p.m.	\$70
10/31-12/5	Mon	7-8:30 p.m.	\$60
9/14-10/26	Wed	7-8:30 p.m.	\$70
11/2-12/7	Wed	7-8:30 p.m.	\$60

Drop-in: \$11

MEDITATION

Ages 18 and older

Find stability in your life. The class is taught by a local meditation teacher with over 20 years of experience. No class 10/12, 11/9, and 12/14.

Instructor: Burt Singer

9/21-10/26	Wed	6-7 p.m.	\$25
11/2-12/21	Wed	6-7 p.m.	\$30

H.U.M.P. DAY FITNESS SERIES

Ages 18 and older

Every second Wednesday of the month, we offer a different fitness event; join us for **Healthy Urban Movement Parties!** All parties are one-time events and advance registration is not required. For a complete listing, visit <http://www.seattle.gov/parks/centers/Belltown/more.pdf>. Schedule subject to change.

BOLLYWOOD DANCE

9/14	Wed	6:30-7:30 p.m.	\$5
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AEROBICS

10/12	Wed	6:30-7:30 p.m.	\$5
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ZUMBA

11/9	Wed	6:30-7:30 p.m.	\$5
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CAPOEIRA

12/14	Wed	6-7:30 p.m.	\$5
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CREATIVE COOKING SKILLS FOR BEGINNER AND INTERMEDIATE COOKS

Ages 18 and older

All classes are hands-on one-time workshops. Sign up for 2 or more classes, and receive a discounted rate of \$30 per class. Bring Your Own Apron

Instructor: Carrie Carrillo

THAI FOOD

Thailand is an amazing country with a vibrant, delicious food culture. In this class we will be learning to make fresh rolls with peanut sauce, spicy glass noodle salad, hot & sour prawn soup, and green curry with chicken. BYO Apron.

9/26 Mon 5:30-8:30 p.m. \$35

GREEK FOOD

Greece is a diverse nation full of amazing cuisine. In this class we will only have time to make a couple of those dishes. We'll learn to make spanakopita (a spinach and feta filo pie), skordalia (a dip made of potatoes and garlic), moussaka (an eggplant and meat casserole), and pasticcio (a pasta, meat, and white sauce casserole).

10/5 Wed 5:30-8:30 p.m. \$35

CHINESE FOOD

China is a vast country full of many cultures with a huge variety of food traditions. Choosing only a few dishes is difficult, so I am picking several of my favorites for this class. We will learn how to make chili wontons, scallion pancakes, zha jiang mian (like a spaghetti Bolognese) and stir fried fresh vegetables (depends on what looks best at the market). BYO Apron.

10/19 Wed 5:30-8:30 p.m. \$35

COMFORT FOOD 101

When people ask what my favorite comfort food is one of my first answers is meatloaf. It's filling, easy to make, and very easy to adapt. We will learn how to make two different meatloaves, seasoned oven fries, and roasted cabbage. BYO Apron.

10/24 Mon 5:30-8:30 p.m. \$35

PUMPKIN PIES AND TARTS

Love pumpkin pie but only know how to make it from a can? Want to be able to wow your friends at Thanksgiving with an alternative take on an old classic? In this class we will discuss pumpkins, how to pick the best one for making pie, and several different ways to make traditional pumpkin pie for alternate diets. We'll also learn how to spice things up a bit and give that pie a twist. Lastly we'll make decadent pumpkin mousse tarts to really change things up and tantalize your taste buds. BYO Apron.

11/2 Wed 5:30-8:30 p.m. \$35

TURKEY AND FIXINGS

Thanksgiving is a daunting time for many cooks. To brine, not to brine. To stuff, not to stuff. What relatives to invite, how to keep them from fighting, and how much to make. In this class we'll discuss how to properly cook a turkey to keep it moist, and avoid the dreaded dry white meat. We'll also talk sides, what do you need, what can you experiment with, and what is stuffing and its purpose. I will share some of my families' favorite recipes as well. Due to time restrictions we will be roasting a turkey breast, but you will learn how to cook the whole bird. BYO Apron.

11/7 Mon 5:30-8:30 p.m. \$35

BREAD BOWLS AND SOUPS

Love to get the bread bowl when you are at the Renaissance Festival? Always wanted to learn how to make your own? In this class we will learn how to make two kinds of bread bowls, a traditional plain white and a pretzel bowl. Then we'll learn how to make a delicious pumpkin apple soup to fill it. This soup is adaptable as a main course, a side dish, or an appetizer. You will learn how you can change some of the ingredients to customize it to your personal tastes as well. BYO Apron.

12/5 Mon 5:30-8:30 p.m. \$35

HOLIDAY COOKIES

Love making edible gifts for your friends for the holidays? Have a few favorite cookie recipes but are constantly on the lookout for more? Come learn some new recipes, techniques, and decoration tips. We will be learning how to make and decorate sugar cookies and spritz cookies, and how to make snickerdoodles. BYO Apron.

12/14 Wed 5:30-8:30 p.m. \$35



↘ TOTS

PRE-BALLET

Ages 3-4

Girls and boys experience the joy of dancing while learning movement skills and ballet vocabulary. This class combines ballet technique and creative dance. Motor skills, posture, balance, coordination, and musicality are emphasized through games, exercises, and choreography. Students should wear ballet shoes, dance attire, and have long hair pulled back. No class 11/26.

Instructor: Fawnia Chauvaux

9/10-10/22	Sat	11-11:45 a.m.	\$70
10/29-12/17	Sat	11-11:45 a.m.	\$70

↘ YOUTH

AARON BROOKS FOUNDATION DRILLS AND SKILLS

FREE!

Ages 10-18

The Drills and Skills mission is to empower youth to become successful citizens by providing a safe, nurturing environment where they can develop academic, social, and leadership skills. The participants will start each session with tutoring and homework time, followed by structured activities to develop their interpersonal skills, and ending with physical activity, such as basketball drills and other sports.

Instructor: James Hampton

9/12-12/12	Mon	3-7 p.m.
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LITTLE HOOPERS INSTRUCTIONAL BASKETBALL

Ages 5-9

Learn the basics of basketball in a fun and safe environment! Students will learn basic basketball skills which instructors will incorporate into organized group games. All participants will receive a t-shirt.

Instructor: TBD

9/22-10/20	Thu	5-5:50 p.m.	\$45
10/27-12/8	Thu	5-5:50 p.m.	\$54

BALLET 1 AND 2

Ages 5-10

Girls and boys experience the joy of dancing through ballet technique. Students will learn ballet vocabulary, motor skills, posture, balance, coordination, musicality, and motor planning. This class has a classic ballet structure and includes choreography and creative expression. Students should wear ballet shoes, dance attire, and have long hair pulled back. No class 11/26.

Instructor: Fawnia Chauvaux

BALLET 1 (AGES 5-6)

9/10-10/22	Sat	Noon-12:45 p.m.	\$70
10/29-12/17	Sat	Noon-12:45 p.m.	\$70

BALLET 2 (AGES 7-10)

9/10-10/22	Sat	1-2 p.m.	\$70
10/29-12/17	Sat	1-2 p.m.	\$70

PIANO LESSONS

Ages 6 and older

Learn to play the piano from an experienced professional teacher in weekly 30-minute private lessons. Training includes sight-reading, technique, expression, theory, and chords. Each 30-minute lesson is \$25. No class 9/15.

Instructor: Clint Gawthrop

9/13-9/27	Tue	4-9 p.m.	\$75
10/4-10/25	Tue	4-9 p.m.	\$100
11/1-11/29	Tue	4-9 p.m.	\$125
12/6-12/27	Tue	4-9 p.m.	\$100
9/8-9/29	Thu	4-9 p.m.	\$75
10/6-10/27	Thu	4-9 p.m.	\$100
11/3-11/17	Thu	4-9 p.m.	\$75
12/1-12/29	Thu	4-9 p.m.	\$125

ROLLER SKATING LESSONS

Ages 5 and older

Come participate in some intergenerational skating for beginning and intermediate roller skaters and roller bladers. Class will be divided according to skill level. Come and learn to skate or improve the skills you have developed so far. After lessons you can practice with others during Friday Night Family Skate! No class 10/21.

Instructor: Dona Ely

9/9-9/30	Fri	5:30-6:30 p.m.	\$40
10/7-10/28	Fri	5:30-6:30 p.m.	\$30
12/2-12/16	Fri	5:30-6:30 p.m.	\$30

THE DIVA UPGRADES DRILL TEAM

Ages 7-18

This drill team utilizes military and dance routines based on creative movement. Participants will gain leadership skills, sportsmanship, and personal discipline with opportunities to demonstrate these skills at performances throughout the community. *A \$5 annual non-refundable insurance fee will be required prior to registration for all gymnastics, tumbling, and circus arts classes. Registration fee and insurance are annual costs but participants need to register every quarter. No class 11/11 and 11/25.

Instructor: Renee Pierce

9/13-12/16 T/W/F 5-6 p.m. \$35

TEENS**AARON BROOKS FOUNDATION DRILLS AND SKILLS****FREE!**

Ages 10-18

The Drills and Skills mission is to empower youth to become successful citizens by providing a safe, nurturing environment where they can develop academic, social, and leadership skills. The participants will start each session with tutoring and homework time, followed by structured activities to develop their interpersonal skills, and ending with physical activity, such as basketball drills and other sports.

Instructor: James Hampton

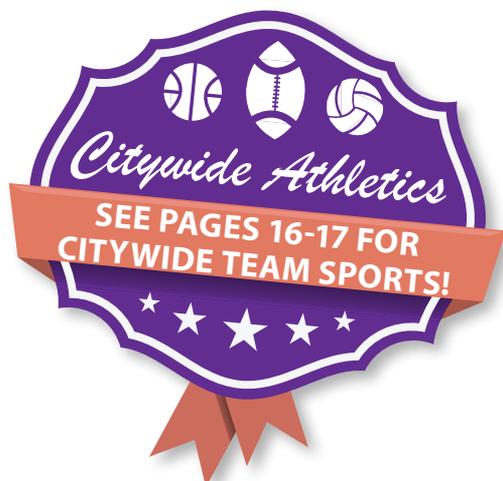
9/12-12/12 Mon 3-7 p.m.

TEEN CHEFS!**FREE!**

Ages 11-18

This 8-week class will provide hands-on cooking and nutrition education for participants. Learn how to sustainably prepare your own meals. Have a favorite recipe you'd like to share with the group? Bring it to class and we'll cook it together!

9/13-11/1 Tue 4-5:30 p.m.

**TEEN ADVISORY COUNCIL****FREE!**

Ages 11-18

Here is a chance for teens to represent their peers by planning after-school activities and field trips for themselves and their friends! Participants will also engage in discussions regarding issues in and around their community, as well as ideas to help solve them. For more information, please call the community center at 206-684-7524.

9/22-12/15 Thu 4-5 p.m.

COMMUNITY SERVICE HOURS**FREE!**

Ages 13-19

High school students seeking to fulfill community service hours can earn them by helping out at special events. Please contact the community center at 206-684-7524 for opportunities.

Ongoing**ADULTS****BEGINNING/INTERMEDIATE AND ADVANCED KENDO**

Ages 8 and older

Kendo (way of the sword) is a co-ed martial art based on samurai traditions requiring manners, and mental and physical discipline. Participants use bokken (oak sword) for weeks 1-4 and at week 5, a shinai (bamboo sword) is also required. All equipment can be purchased at class. Beginning students wear loose fitting clothes. Beginners will focus on learning footwork and sword handling. Continuing students will progress to intermediate kendo where they will advance to striking live targets. Once the student has progressed in skill they will be able to move into wearing armor and engage in bouts with other students. Students remain at the intermediate level until they are ready for armor. Participants must register by 10/5/16. No class 11/24.

Instructor: J Marsten, 7th Degree**Beginning/Intermediate**

9/22-12/15 Thu 6:30-8 p.m. \$72

Advanced Kendo

9/22-12/15 Thu 7-9 p.m. \$96

MARTIAL MOVEMENT

Ages 15 and older

In this 10 week course, students will learn practical self-defense while developing their will, discipline, awareness, strength, and coordination through a kinesthetic exploration of traditional martial arts in a non-traditional format. Forms provide the framework through which you will practice balance and naturally efficient, effective, graceful movement. Both open-hand and sword techniques are presented in an individually driven curriculum. You can practice either barefoot or with light, non-marking, indoor-only shoes. Clothing should be breathable and comfortable; anything that allows you to move freely.

Instructor: Eron Hennessey

9/14-11/16 Wed 7-8:30 p.m. \$120

NIA: DANCE FITNESS FOR EVERY BODY

Ages 15 and older

NIA is the art of moving the body's way; a barefoot cardio-dance workout that builds flexibility, agility, mobility, strength, and stability, in your mind, body, and soul. NIA is fun, low impact, and is adaptable to individual needs and abilities. This 10 week course is great for anyone, as previous experience with NIA is not necessary! Wear clothes that you can dance in—we will be moving!

Instructor: Jena Hennessey

9/17-11/19 Sat 9:15-10:30 p.m. \$120

PIANO LESSONS

Please see youth section for details.

TRADITIONAL HATHA YOGA

Ages 18 and older

This class will be geared for all levels Hatha Yoga focusing on mindful movements. Students will be guided through a variety of traditional poses, and breathing exercises, increasing their flexibility and strength. Every session will be an opportunity to better understand one's body and mind, in a safe and peaceful environment.

Instructor: Yeji Keating

9/20-10/27 T/Th 7-8 p.m. \$120

11/1-12/15 T/Th 7-8 p.m. \$120



EXPLORE THE WILD SIDE OF SEATTLE THROUGH YOUR ENVIRONMENTAL LEARNING CENTERS!

Many Seattle parks now have programs for adults and families focusing on the natural and cultural history of Puget Sound and your role in that history. Contact an environmental learning center to learn more about these unique programs.



DISCOVERY PARK

206-386-4236
3801 Discovery Park Blvd
discover@seattle.gov

- » located 5 miles northwest of downtown Seattle
- » 8 miles of trails
- » ponds, saltwater beaches, forests, and meadows

CAMP LONG

206-684-7434
5200 35th Ave SW
camplong@seattle.gov

- » located in West Seattle
- » 68-acre forested park with hiking trails
- » climbing rock with instructors
- » rustic cabins for rent
- » wetlands loaded with frogs and salamanders
- » campfire programs

CARKEEK PARK

206-684-0877
950 NW Carkeek Park Road
carkeek.park@seattle.gov

- » located in North Seattle
- » roam the trails
- » play at the playground
- » explore the historic Piper's Orchard



Learn about and sign up for programs on SPARC, an online registration service. Each park also has its own web page at:
www.seattle.gov/parks/Environment/learning.htm

↘ SPECIALTY CAMPS

JEDI-CRAFT ADVENTURE GAME

Ages 5-6

Mine, craft, and build the Star Wars universe using LEGO! Roll the dice to gather Jedi resources. Then build a Pod Racer, craft a Droid, or create the Treehouse Village of Endor! This novice Play-Well LEGO game is inspired by the Minecraft tablet game and the Star Wars fantasy setting.

12/28-12/30 W-F 9 a.m.-Noon \$120

JEDI-CRAFT SURVIVAL GAME

Ages 7-12

Mine, craft, and build the Star Wars universe using LEGO! Roll the dice to gather Jedi resources. Then build a Starship, craft Light Sabers, and use the Force to survive Empire attacks. This advanced Play-Well LEGO game is inspired by the Minecraft tablet game and the Star Wars fantasy setting.

12/28-12/30 W-F 1-4 p.m. \$120

↘ TOTS

PARENT/TOT MUSIC AND MOVEMENT

Encourage the development of your child's social, physical, verbal, and cognitive skills with the magic of movement to music! Teacher Hannah seamlessly guides the children through fun and creative exercises that help build their confidence and mentioned skills. Children will get to beat on drums, play homemade egg-maracas along with a live guitar, and swiftly dance to their heart's desire with colorful scarves. Come feel the magic of music!

Instructor: TBA

Ages 6 months-1.5 years

9/14-10/19 Wed 10:15-11 a.m. \$80

11/2-12/7 Wed 10:15-11a.m. \$80

Ages 1.5-3

9/14-10/19 Wed 11:15 a.m.-Noon \$80

11/2-12/7 Wed 11:15 a.m.-Noon \$80

CREATIVE DANCE

Ages 2-4

Students will explore expressive movement using music, stories, and props. We will focus on developing motor skills, balance, and co-ordination along with imagination and creativity. A variety of dance concepts and vocabulary will be introduced in a fun, safe, and engaging way. No class 11/28.

Instructor: TBA

9/17-10/22 Sat 9:15-10 a.m. \$80

10/29-12/10 Sat 9:15-10 a.m. \$80

PRE-BALLET

Ages 3-5

A step up from Creative Dance, this pre-ballet class is more structured and teaches the development of basic ballet-related skills and vocabulary. Your child's creativity will be musically encouraged through more advanced concepts. Students should be bare foot or wear ballet slippers with their hair pulled back, out of their face. No class 11/28.

Instructor: Hannah Kaye

9/17-10/22 Sat 10-10:45 a.m. \$80

10/29-12/10 Sat 10-10:45 a.m. \$80

PARENT AND CHILD POTTERY

Ages 3-6

Create clay art with your kids! Kids learn different hand building terms and techniques, coil slab, pinch pot, etc. We will also make and decorate pots, cups, bowls, and plates on a pottery wheel. No class 9/15.

Instructor: Liang-Yin Chen

9/22-11/10 Thu 10-11 a.m. \$95

PEE WEE SPORTS

Ages 3-5

This class introduces young children to sports skills such as soccer, hockey, basketball, track, and field and more.

Instructor: Coach Brown

9/12-10/17 Mon 11:15-11:45 a.m. \$75

10/24-11/28 Mon 11:15-11:45 a.m. \$75

↘ YOUTH

YOUTH BASKETBALL SIGN-UPS

Just reminder, youth basketball league sign-ups begin Tuesday, October 4th at Noon. Please see page 16 for more details.

BALLET 1

Ages 5-7

A class for those students wanting to explore ballet in an engaging, inclusive, and fun way. We will develop ballet skills and vocabulary with inspiring creativity and expression. Students will learn the fundamentals of good posture, alignment, balance, and placement. Barre and center work will be introduced, as well as combinations and choreography. Students should wear ballet slippers or bare feet, close fitting attire, and have their hair pulled off the face. All students welcome. No class 11/28.

Instructor: Hannah Kaye

9/17-10/22 Sat 10:45-11:45 a.m. \$65

10/29-12/10 Sat 10:45-11:45 a.m. \$65

YOGA FOR KIDS

Ages 5-8

Students will explore breathing techniques, basic yoga postures, and relaxation exercises through play, adventure, and creativity. A variety of yoga and movement concepts will be explored through physical exercise. If possible, students should bring their own mats. No class 11/28.

Instructor: Hannah Kaye

9/17-10/22 Sat 11:45-12:45 a.m. \$65
 10/29-12/10 Sat 11:45-12:45 a.m. \$65

INDOOR NERF SOCCER

Ages 5-6

Get ready for some fun! Gather your friends to learn and play indoor Nerf soccer. Learn to pass, kick, and score!

Instructor: Coach Brown

9/16-11/4 Fri 5-6 p.m. \$85

HOT SHOTS

Ages 6-7

Join us for six weeks of Co-Ed instructional basketball. Learn the basics of basketball in a fun, safe environment! In the last couple weeks of the session players will participate in a friendly non-competitive scrimmage toward the end of each practice.

Instructor: Jason Dahlke

9/17-10/22 Sat 10-11 a.m. \$75
 10/29-12/10 Sat 10-11 a.m. \$75

MULTI SPORTS

Ages 5-6

This class introduces young children to sports skills such as soccer, hockey, basketball, track and field and more. Parents are encouraged to participate with their child.

Instructor: Coach Brown

9/20-11/8 Tue 5-6pm \$85

PIANO LESSONS

Ages 6-17

Learn to play the piano from an experienced professional teacher in weekly 30-minute private lessons. Training includes sight-reading, technique, expression, theory, and chords. Must have access to electric key board or piano for home practice. Each lesson is 1/2 hour long. No class 9/15.

Instructor: TBA

9/8-9/29 Thu 5-8:30 p.m. \$25/lesson
 10/6-10/27 Thu 5-8:30 p.m. \$25/lesson
 11/3-11/17 Thu 5-8:30 p.m. \$25/lesson
 12/8-12/29 Thu 5-8:30 p.m. \$25/lesson



PRE-SEASON BASKETBALL FUNDAMENTALS WITH ERNIE CHATTERS

Skilz and Drills will take your child's basketball to the next level, with the assistance of 27 year GLCC basketball coach Ernie Chatters. This co-ed program focuses on fundamentals, shooting, and all court play. Sessions will include 2 skilz days and one day of scrimmage! No class 9/15.

Ages 8-11

9/12-10/6 M/W/Th 5-6 p.m. \$145*
 10/10-11/3 M/W/Th 5-6 p.m. \$150

Ages 12-16

9/12-10/6 M/W/Th 6-7 p.m. \$145*
 10/10-11/3 M/W/Th 6-7 p.m. \$150

TABLE TENNIS TRAIN/COMPETE SATURDAYS!

All ages group lessons and tournament.

Who: Anyone.

Pay \$20 for the tournament on whatever Saturday you first show up; it gets you the rest of the month plus the tournament, or if it's the last Saturday, then just the tournament by itself. Please help set up tables at the West end of the gym.

Prerequisites: Interest in Ping Pong

Instructor: Dr. Tom Veatch

Sat 5-7 p.m.

End-of-Month Saturday Tournament costs \$20, includes volunteer group coaching free, gym drop in fees for the entire month of Saturdays.

YOUTH POTTERY

Ages 6-12

In this program, students will learn how to throw bowls, mugs, and plates on pottery wheels. They will also make animal sculptures, coil vases, clay whistles, masks, etc. Students will explore different surface decoration techniques such as graffito, carving, and painting with slip to finish their clay projects.

Instructor: Liang-Yin Chen

9/19-11/7 Sat 10-11 a.m. \$165

FREESTYLE FRISBEE

Ages 8-12

Freestyle Frisbee and overall disc training course is a fun class taught by 2012 freestyle Frisbee World Champion, Mike Galloupe (Frisbee Mike). Each class students will learn about a different type of disc, or disc sport such as; catch and throw, wiz rings, spin jammers, accuracy and distance, disc golf, ultimate Frisbee disc game-Tron, and freestyle.

Instructor: Michael Galloupe 'Frisbee Mike'

9/14-10/19 Wed 4-5 p.m. \$75



TEENS

TEEN SWIM

Ages 11-18

Teens with school ID can swim for FREE. (Youth are \$3.75 without school ID).

Tue 7-8 p.m.

FREE!

SERVICE LEARNING HOURS

Ages 14-18

High School students who need service learning hours, Green Lake CC is the place to come volunteer and receive them! Call 206-684-0780, or stop by and talk to Chris to learn more.

FREE!

PATHWAY OF LIGHTS – SERVICE LEARNING HOURS

We really need students to help with the set-up, clean-up, and during the event on Saturday, December 10th. Set-up time is from 1-4:30 p.m., event time is 4:30-7:30 p.m., and clean-up is from 7:30-9 p.m. Please let us know what shift you can commit to. Hours can be applied to high school volunteer credits.

FREE!

ADULTS

ADULT PIANO LESSONS

Ages 18 and older

Learn to play the piano from an experienced professional teacher in weekly 30-minute private lessons. Training includes sight-reading, technique, expression, theory, and chords. Must have access to electric key board or piano for home practice. Lessons are ½ hour long. No class 9/15.

Instructor: TBA

FEE IS PER LESSON

9/8-9/29	Thu	5-8:30 p.m.	\$25
10/6-10/27	Thu	5-8:30 p.m.	\$25
11/3-11/17	Thu	5-8:30 p.m.	\$25
12/8-12/29	Thu	5-8:30 p.m.	\$25

NEW

ADULT POTTERY-HAND BUILDING/SCULPTURE

Ages 18 and older

Students will make hand built slab vases, teapot sets, press mold, imprinting boxes, painting with slip, carving, and inlay design. They will also throw on the pottery wheels to make dinner ware like bowls, plates, saucers, pitchers, sugar jars with lids, etc. No experience needed. Just come to exercise your imagination through the art making process. Students will each receive a free bag of clay and access to the studio during the quarter. Sign up early, classes fill up fast.

Instructor: Liang-Yin Chen

9/20-11/8 Tue 10 a.m.-12:30 p.m. \$205

NEW

ADULT POTTERY-BEGINNING

Ages 18 and older

In this beginning pottery class students will discover the beauty of both hand-building and wheel-throwing techniques. Students will learn how to make bowls, cups, plates, and vases, alter shapes from wheel thrown pieces, and decorate pieces with color slip design and glaze. Students will each receive a free bag of clay and free studio time during the quarter.

Instructor: Liang-Yin Chen

9/20-11/8 Tue 6:30-9 p.m. \$205

ADULT POTTERY-INTERMEDIATE

Ages 18 and older

This course is for students who already have the basic throwing skills and wants to try larger forms on wheel or hand-built sculptures. We will continue working with large wheel throwing pieces, combined with hand-built sculptures, double-wall pots, upside-down plates, and more. Students will learn to use under-glaze, oxide painting, and mocha diffusion surface decoration to finish their clay projects. Students will each receive a free bag of clay and access to studio during the quarter. Sign up early, classes fill up fast!

Instructor: Liang-Yin Chen

9/21-11/9 Wed 6:30-9 p.m. \$205

BRING YOUR SPICE! NOVICE TRIATHLON PROGRAM

Ages 18 and over

Triathlon foundation for new multi-sport athletes. Clinics in goal setting, bike safety, and nutrition. Team camaraderie during group bike and run workouts. Swim drills on own time, with suggested instructions provided for all workouts. Plan to work out independently 3-5 days per week. Requirements: Attendance at the Bike Safety Clinic on 9/21. Must have a bike in good working condition, properly fitted bike helmet, working front and rear lights, reflective gear, waterproof jacket, running shoes, swimsuit, swim cap, and goggles. Must have the ability to swim 50 yards front crawl with side breathing without stopping, run ¼ mile, and bike 1 mile. Doctor's approval recommended for pregnancy and chronic conditions. Bring a list of fitness goals to the meeting on 9/14. Triathlons change lives, come and bring your spice to the sport!

Instructor: Elizabeth Kennedy

9/14-11/6 Wed 6:30-7:30 p.m. \$105

NEW

METABOLIC TRAINING AND CORE STRENGTH BOOTCAMP

Ages 18 and older

All fitness levels will enjoy this high-energy, fitness experience focused on building core strength and increasing lean muscle mass, thereby improving your body's ability to burn stored body fat. Metabolic training involves exercises with minimal rest in between movements during your 30-minute session, in an effort to maximize calorie burn and increase metabolic rate during and after the workout. Your metabolism, or metabolic rate, is how many calories your body burns at rest. Modifications will be provided to accommodate joint-challenged and varying levels of fitness. Sessions will be outdoors weather permitting, and indoors during foul weather. Please bring a yoga mat, resistance bands, water bottle, and sweat towel.

Instructor: Marlina Velasco

10/11-11/17	T/Th	7:15-7:45 a.m.	\$120
11/29-1/5	T/Th	7:15-7:45 a.m.	\$120

MOMMY AND ME FITNESS

Ages 18 and older

Mommies of all fitness levels with kiddos in strollers can get back into shape or maintain functional fitness in a fun, kid-friendly, social environment. The program is designed so you'll love your workout and kiddos will stay engaged! Get toned, increase your strength, flexibility, and cardiovascular fitness with 45-minute intervals that combine 2 minutes of intense core strength and conditioning movements followed by 1 minute power-walk/jog with stroller. You and your children will benefit from flexibility training during your 15-minute cool down. Modifications will be provided to accommodate joint-challenged and varying levels of fitness. The fun will happen outdoors or indoors based on weather. Please bring a yoga mat, resistance bands, water bottle, and sweat towel.

Instructor: Marlina Velasco

10/20-11/17	T/Th	9-10 a.m.	\$120
11/29-1/5	T/Th	9-10 a.m.	\$120



FUEL YOUR FITNESS WORKSHOP

Ages 18 and older

Learn simple approaches to calculating your macronutrient (food) intake based on personal goals and activity level each day, and design your own meal plans to prepare for your next athletic challenge or achieve optimal metabolic fitness. Each workshop is a stand-alone but most beneficial when participating in all workshops in the five-week series. Bring a notepad, your mobile device, and your accountability partner.

Week 1: Intro, class overview, and basics on nutrition. Week 2: Tips on creating scheduled meals and recipes. Week 3: How do specific types of protein, carbs, and fats affect metabolism and physiology? Week 4: What types of foods cause inflammation? Learn to design an anti-inflammatory meal plan protocol. Week 5: Vegan, vegetarian, gluten-free, dairy-free, and sugar-free meal planning made easy.

Instructor: Marlina Velasco

10/20-11/17	Thu	10:15-11:15 a.m.	\$100
12/1-12/29	Thu	10:15-11:15 a.m.	\$100



HAWAIIAN HULA DANCE

Ages 14 and older

Learn dance steps, hand movements, language, and customs in a welcoming, creative environment. Fit them together in the telling of a story. Fun, low impact exercise!

Instructor: Eileen Mumm

9/6-9/27	Tue	5:45-6:45 p.m.	\$44
10/4-10/25	Tue	5:45-6:45 p.m.	\$44
11/1-11/22	Tue	5:45-6:45 p.m.	\$44
11/29-12/13	Tue	5:45-6:45 p.m.	\$33

HATHA YOGA

Ages 18 and older

Gentle Hatha Yoga for beginners and students seeking a nurturing, slower-paced class. Uniting breath and alignment, students will cultivate strength, flexibility, and relaxation.

Instructor: TBA

9/13-10/25	Tue	11:30 a.m.-12:30 p.m.	\$100
11/1-12/13	Tue	11:30 a.m.-12:30 p.m.	\$100





TAI CHI, QI GONG, AND ACUPRESSURE

Ages 18 and older

Learn Tai Chi, Qi Gong, and acupressure from Dr. Fred Russo, who is a doctor of acupuncture and Chinese medicine. He teaches how acupressure will release stress, and open up the circulation to enhance any practice. Then will show foundational practices of Tai Chi and Qi Gong to support the immune system, release stress, and calm the mind.

Instructor: Dr. Fred Russo

9/13-11/15 Tue 7:30-8:30 a.m. \$95

TAI CHI

Ages 18 and older

Learn the Yang style of Tai Chi using slow, soft, and circular movements to harmonize body and mind. Often described as moving meditation this practice promotes balance, concentration, and relaxation. Wear loose comfortable clothing.

Instructor: Jim Guidon

9/12-9/26	Mon	7-8 p.m.	\$15
10/3-10/31	Mon	7-8 p.m.	\$25
11/7-11/28	Mon	7-8 p.m.	\$20
12/5-12/19	Mon	7-8 p.m.	\$15

NEW

ZY QIGONG

Ages 14 and older

Come join Jean Clough and Karen Fletcher, who are certified qigong instructors as they teach one of the world's most ancient and complete healing and self-development systems. Learn to: activate your energy center and system; absorb, generate, and move energy; increase your energy level and vitality; reach a deep relaxed state; balance and improve your immune and digestive systems and feel more present with your daily life. No class 11/23.

Instructors: Karen Fletcher and Jean Clough

9/14-11/2 Wed 5:15-6:45 p.m. \$105

ADULT DODGEBALL DROP-IN

Ages 18 and older

Just when you thought there wasn't enough dodgeball... The Green Lake Community Center has offered to host a weekly foam dodgeball drop-in on Wednesday nights, ALL YEAR ROUND!!! The night will begin with team dodgeball played on side courts. After everyone is sweaty and tired we'll finish off the night with full court giant dodgeball games. Check in at the front desk.

9/7-12/28 Wed 7-9 p.m.

Drop-in: \$3

NEW

BASIC DOG OBEDIENCE

Ages 18 and older

It's not a dream. You can have a dog that comes when called, sits, lays down, and stays-without you yelling. One that walks beside you on a loose leash. No clickers, treats, or toys-just old fashioned, incredibly effective training. For dogs 4 months and older. All dogs must have current vaccinations.

Instructor: K9 Command

9/14-10/19 Wed 5-6:30 p.m. \$120

NEW



↘ TOTS

LITTLE HANDS TWO-YEAR-OLDS PLAY GROUP

Ages 2

This fun class provides children an opportunity to socialize with other children through play, music, movement, art, and exploration. Parents should provide a small snack for their child each day. Children should be practicing their toilet skills regularly. If 2 year-olds are in diapers/pull-ups, no staff or volunteer can diaper change the child. Only the parents of the child or a person authorized on the E-13 can do this. This program is a drop-off program and not a coop. Parents can use this time to go grocery shopping, clean the house, or meet a friend for coffee. We just ask that parents stay local in case a diaper needs changing. No program 9/15 and 11/21-11/25.

Instructor: Betsy Klebanoff-Hills

9/12-9/28	M/W	9:30-11:30 a.m.	\$150
10/3-10/31	M/W	9:30-11:30 a.m.	\$225
11/2-11/30	M/W	9:30-11:30 a.m.	\$175
12/5-12/14	M/W	9:30-11:30 a.m.	\$100
9/1-9/29	T/Th	9:30-11:30 a.m.	\$150
10/4-10/27	T/Th	9:30-11:30 a.m.	\$200
11/1-11/29	T/Th	9:30-11:30 a.m.	\$175
12/1-12/15	T/Th	9:30-11:30 a.m.	\$125

WONDERFUL WEDNESDAYS

Ages 3-5

Wonderful Wednesdays is a chance for families to enjoy a free evening or get ready for the weekend. We will provide a safe setting for your little ones. Teacher Marcy will have an evening of storytelling, games, and activity. Dinner provided. If your little one has allergies please let us know at time of registration. Child must be toilet trained.

Instructor: Marcy Romo

9/7	Wed	4:30-7:30 p.m.	\$20
9/21	Wed	4:30-7:30 p.m.	\$20
10/5	Wed	4:30-7:30 p.m.	\$20
10/19	Wed	4:30-7:30 p.m.	\$20
11/2	Wed	4:30-7:30 p.m.	\$20
11/16	Wed	4:30-7:30 p.m.	\$20
12/7	Wed	4:30-7:30 p.m.	\$20

Sibling Discount \$5

PRESCHOOL AND KINDER GYMNASTICS

Ages 3-6

Girls and boys practice gymnastics skills in a fun and positive environment. Students will be introduced to tumbling, balance beam, bar, and trampoline. Students will develop coordination, strength, flexibility and endurance.

No class 11/21.

Ages 3-4

9/12-10/17	Mon	3:30-4:15 p.m.	\$60
10/24-12/5	Mon	3:30-4:15 p.m.	\$60

Ages 5-6

9/12-10/17	Mon	4:30-5:15 p.m.	\$50
10/24-12/5	Mon	4:30-5:15 p.m.	\$50

↘ YOUTH

PIANO LESSONS

Ages 6 and older

Learn to play the piano from an experienced professional teacher in weekly 30-minute private lessons. Training includes sight-reading, technique, expression, theory, and chords. Students must have access to an electric key board or piano for practice outside of lessons. No class 9/15, 11/22 and 11/24.

Instructor: TBA

9/13-9/27	Tue	4-7:30 p.m.	\$22/class
10/4-10/25	Tue	4-7:30 p.m.	\$22/class
11/1-11/29	Tue	4-7:30 p.m.	\$22/class
12/5-12/19	Tue	4-7:30 p.m.	\$22/class
9/12-9/26	Thu	4-7:30 p.m.	\$22/class
10/3-10/31	Thu	4-7:30 p.m.	\$22/class
11/3-11/17	Thu	4-7:30 p.m.	\$22/class
12/1-12/15	Thu	4-7:30 p.m.	\$22/class

LIL HOT SHOTS

Ages 6-7

This fun co-ed, instructional class will teach the basics of basketball. With multiple weeks of instruction; culminating on the last two weeks with a scrimmage between teams. Students will be divided into two teams and play two 10 minute running clock quarters. It's a friendly, non-competitive scrimmage where parents are invited to cheer on and support their young ones. No class 11/24.

Instructor: Susan Young

9/22-10/27	Thu	5:15-6:15 p.m.	\$42
11/3-12/15	Thu	5:15-6:15 p.m.	\$42

GYMNASTICS

Ages 7-10

Girls and boys will develop their gymnastics skills in a fun and positive environment. Students will progress skills in tumbling and on balance beam, bar, vault, and trampoline. Students will develop coordination, strength, flexibility, and endurance. *A \$5 annual non-refundable insurance fee will be required prior to registration for all gymnastics, tumbling, and cheerleading classes.

Instructor: TBA

9/12-10/17	Mon	5:30-6:30 p.m.	\$60
10/24-12/5	Mon	5:30-6:30 p.m.	\$60

MARTIAL ARTS-TANG SOO DO

Ages 7 and older

Self Defense is probably the first thing people think of when they think about martial arts. Like many karate styles, Tang Soo Do will teach you defensive techniques, but it will also teach you much more. Self-confidence, discipline, humility, patience, better focus, self-control, and integrity are integral to our program. Learning these important skills in addition to becoming more powerful, agile, and getting physically fit are often why people start Tang Soo Do. These classes are available to students ages 7 to adult and we encourage parents to take classes with their kids whenever possible. No class 11/21 and 11/23.

Instructor: Evergreen Tang Soo Do Academy Staff

9/12-10/19	M/W	7:15-8:15 p.m.	\$35
10/24-12/15	M/W	7:15-8:15 p.m.	\$35

TEENS**LOYAL HEIGHTS AFTER SCHOOL TEEN PROGRAM** **FREE!**

Ages 11-18

Teens participate in fun, exciting, and educational activities after school.

9/12-12/16 M-F 3-6 p.m.**HOMEWORK TIME** **FREE!**

Ages 11-18

Teens are given an hour at the beginning of the program to do their homework.

9/12-12/16 M-F 3-4 p.m.**COMMUNITY DINNER PROGRAM** **FREE!**

Ages 11-18

The program goal is to teach teens the importance of volunteering and helping others. High School students can receive service learning hours for volunteering. This program is held once a month on Thursdays.

9/22-11/17 Thu 4:30-6:30 p.m.**TEEN COUNCIL** **FREE!**

Ages 11-18

The Loyal Heights Teen Council is looking for trustworthy, reliable, and responsible teens to join the Loyal Heights Teen Council. Members are expected to participate in monthly teen meetings, help with special events, plan activities, and recruit other teens. Meetings are held on the first Thursday of the month.

Ongoing Thu 4-5 p.m.**PIZZA AND PINS** **FREE!**

Ages 11-18

Teens eat pizza and pop while bowling at Roxbury Lanes.

9/16-12/16 Alt. Fri 4-7:30 p.m.**TEEN SWIM** **FREE!**

Ages 11-18

Teens Swim at Evans Pool.

9/13-12/13 Tue 6:30-8:30 p.m.**SERVICE LEARNING** **FREE!**

Ages 14-17

High school students are required to complete 60 hours of community service. There are citywide service learning projects coordinated by Ron Mirabueno. You can also create a service learning project at your local community center. Contact Ron Brown at Loyal Heights CC, 206-684-4052, for more information.

CITYWIDE SPECIAL EVENTS

Ages 11-17

There are four special events that occur throughout the year for youth. These citywide events are; the Martin Luther King march, Youth Appreciation week, The Mayor's Town Hall Meeting, and the Week without Violence event. We give special incentives for teens who participate in these programs. Contact Ron Brown at Loyal Heights CC, 206-684-4052, for more information.

KUBE 93 HAUNTED HOUSE **FREE!**

Participants will go on a field trip to the KUBE 93 Haunted House.

10/28 Fri 5-7 p.m.**FILM PRESENTATION OF GETTING ALONG** **FREE!**

Ages 11-17

Presented by teens, this program will give viewers the skills to resolve conflicts and adapt the model to their own lifestyle. Hard-hitting facts and compelling visuals will promote the skills of conflict resolution and will show how these skills can be used. The mechanics of a fight and ways to avoid senseless confrontation are demonstrated.

10/20 Thu 4-5 p.m.

POPCORN AND A MOVIE**FREE!**

Ages 11-18

Participants will watch an exciting movie rental from Rain City Video.

9/12-12/12 Mon 3:30-6 p.m.**TEEN FITNESS****FREE!**

Ages 11-18

Teen based workouts in the Loyal Heights Fitness Room.

9/14-12/14 Wed 5-6 p.m.**↘ HOME SCHOOL**

PLEASE CONTACT THE LOYAL HEIGHTS COMMUNITY CENTER AT 206-684-4052 TO REGISTER MULTIPLE PEOPLE.

HOME SCHOOL – YOGA POSE AND PLAY

Ages 7 and older

Be a cat, be a dog, be a lion, be a tree, and many other animals and things you'd like to be, as you learn basic yoga poses through story and play.

Instructor: Cynthia Heckman**9/14--11/16 Wed 10--10:55 a.m. \$90****Sibling Discount \$5****HOME SCHOOL – JAZZ HISTORY AND APPRECIATION**

Ages 11 and older

This class surveys the major periods in jazz history, from its roots in New Orleans to the present. We will study different jazz styles, common elements in all jazz music, famous jazz musicians past and present, and the ways in which jazz interacts with American and world history. Students will be exposed to a broad range of musical selections from the jazz canon, and will come away from the course with an expanded vocabulary for talking about music in general and jazz music in particular. Our instructor holds a B.A. in Music and is a certified instructor with the Washington State Music Teacher Association.

Instructor: Kacy Braunschweig**9/14-11/16 Wed 11-11:55 a.m. \$90****Sibling Discount \$5****NEW****HOME SCHOOL – ART EXPLORATION**

Ages 5-8

Explore hands-on opportunities in visual and tactile arts with diverse media, such as paper arts, video production and more. This series of lessons help to develop improved skills in fine art. Students explore projects in drawing, painting, printmaking, and mixed media. Lessons include creative use of line, value (light and shadow), shape, texture, and color. Materials explored are drawing (graphite, charcoal, and pastel), painting (tempera, acrylic, and watercolor), print making, and mixed-media. The goal for this series of classes is for students to have fun with art while learning the basic elements and principles of design through a variety age-appropriate media.

Instructor: Ameen Dhillon**9/14-11/16 Wed 10-10:55 a.m. \$135****Sibling Discount \$5****HOME SCHOOL-HANDMADE ART BOOKS**

Ages 9 and older

Cut, fold, paint, draw, write, collage, and sew. Students will learn about composition, design, pattern, color theory as they turn their original art work into handmade books. This class will explore accordion style binding, a pamphlet book and a Stab bound book. Students will need a shoebox size lidded container and collage materials for class. **A minimum of 2 parent volunteers are needed 10 minutes before and after class to help with the set up and clean up.

Instructor: Ameen Dhillon**9/14-11/16 Wed 11-11:55 a.m. \$135****Sibling Discount \$5****HOME SCHOOL – CHESS**

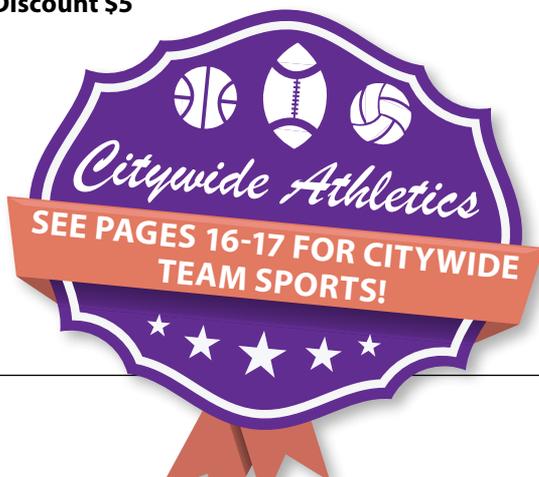
Ages 6 and older

Chess is one of the world's deepest and most popular games. In this course you will learn how to develop, attack, and defend. Learning activities will be various; our goal is to see the game from a variety of angles to maximize learning and enjoyment.

Instructor: Brandin Steffensen**9/14-11/16 Wed 10-10:55 a.m. \$90****Sibling Discount \$5****HOME SCHOOL – SPORTS UNLIMITED**

Ages 5-8

Sample a variety of individual and team sports. Fun movement games to get your little one active. Anything from creative 'tag' games to basic skills in sports like soccer and anything in between. Your child will enjoy challenging their muscles, cardiovascular, balance and coordination.

Instructor: Rick Buyce**9/14-11/16 Wed 11-11:55 a.m. \$90****Sibling Discount \$5**

HOME SCHOOL – ULTIMATE FRISBEE

Ages 9 and older

Learn and play this non-contact team sport—an active game of running and passing, played with a disc (Frisbee.) Come and join the fun as we learn and play one of the country's fastest growing sports, Ultimate Frisbee! You will learn the basics of the sport and have a great time with your friends. We will teach the basics of throwing, catching, offense, defense, and how to work as a team. Come enjoy the sunshine while getting some fresh air and exercise.

Instructor: Rick Buyce**9/14-11/16 Wed Noon-12:55 p.m. \$90****Sibling Discount \$5****HOME SCHOOL – STRENGTH THROUGH PLAY**

Ages 10 and older

Build strength while playing with friends, primarily outdoors on playground equipment and in group games.

Instructor: Jenni Pertuset**9/14-11/16 Wed 1-1:55 p.m. \$100****Sibling Discount \$5****HOME SCHOOL – MULTIPLICATION EXPLORATIONS**

Age 8 and older

Join us for a hands-on, activity-based class focused on the exploration of multiplication, for ages 8 and up. We will explore a variety of multiplication concepts through games, activities, and discussions, rather than simply focusing on one-method-fits-all algorithms, drills, and memorization. We will consider number patterns, build rectangular arrays, explore multiplication tables, discover multiplication strategies, and work to build a deeper understanding of multiplication. Previous attendees of past sessions will find some favorite repeats as well as new activities and explorations. *Homework: None*

Instructor: Marcia Miller**9/14-11/16 Wed Noon-12:55 p.m. \$108****Sibling Discount \$5****HOME SCHOOL – HANDS ON MATH GAMES**

Ages 4-8

Do you enjoy patterns, shapes, numbers, games, stories, and hands-on activities? Join us as we explore a variety of mathematical ideas using materials such as pattern blocks, geoboards, Cuisenaire rods, color tiles, card games, and dice games.

Instructor: Marcia Miller**9/14-11/16 Wed 1-1:55 p.m. \$108****Sibling Discount \$5****HOME SCHOOL-EARTHTHINK**

Ages 7-10

In this class we'll explore ways in which we can be effective and joyful stewards of our planet, starting right at home. Creating good eco-habits while activating critical thinking skills is fun! We will learn ways to minimize pollution and waste, and how satisfying it is to adopt earth-friendly attitudes. We'll cover the 3 R's, learn all about trash, interrupting the "waste stream", and upcycling. Games, stories, songs, and crafts! Occasional and optional very "light" homework.

Instructor: Holly Girouard**9/14-11/16 Wed 11-11:55 a.m. \$90****Sibling Discount \$5**

NEW

HOME SCHOOL – WEDO ROBOTICS

Ages 5-9

WeDo Robotics introduces young students to simple robotics systems in a fun and engaging way. Students will build Lego models with functional motors and sensors, and learn how to control them with basic programming skills. A new robot model will be built and explored each class period. Younger students will primarily use the original WeDo kit and software, with a focus on developing basic building and engineering skills. Older students will be introduced to the WeDo 2.0 kit and software and have the chance to explore more advanced engineering topics.

Instructor: Jen Guzman**9/14-11/16 Wed Noon-12:55 p.m. \$145****Sibling Discount \$5****HOME SCHOOL – WRITING PURPOSEFUL PARAGRAPHS AND POETIC PASSAGES**

Ages 10 and older

This class will help guide writers to craft more meaningfully. We'll explore using details, transitions, imagery, fluency, personality, organization, and some conventions in writing to create pieces that inform, flow, enlighten, and inspire. We'll write letters, paragraphs, narratives, short essays, and more. We'll also read some great writers of fiction and nonfiction! A blend of a "Trait-Based Writing" program, intuitive writing, and green flamingos. Homework, about an hour per week.

Instructor: Holly Girouard**9/14-11/16 Wed Noon-12:55 p.m. \$90****Sibling Discount \$5**

NEW

HOME SCHOOL – SOCIAL ACTIVISM 101

Ages 11 and older

An introduction to social activism. This course is primarily focused on self-empowerment and solidarity with marginalized voices. Students will learn to build community, educate others, and spread awareness. They will hold discussions on how to apply these ideas to their own lives and gain confidence creating social change. Examples of historical struggles in Seattle and ongoing local activism will be presented.

Instructor: Jeff Welke

9/14-11/16 Wed 1-1:55 p.m. \$90

Sibling Discount \$5



HOME SCHOOL – PUBLIC SPEAKING 101

Ages 10 and older

Instructor, Jackie Bailey will facilitate this weekly workshop to help youth (1) write, organize, and give speeches; (2) control voice, vocabulary, and gestures; (3) give constructive and effective feedback, and (4) learn leadership skills.

9/14-11/16 Wed 2-2:55 p.m. \$90

Sibling Discount \$5



ADULTS

FENCING-BEGINNING

Ages 12 and older

If you have never fenced before, this is the class for you. You will learn basic footwork, attacks, parries, strategy, rules, and etiquette. By the end of the quarter you will be able to step onto the strip in electric gear and fence! Basic fencing equipment for the class will be provided. However, you will need to wear long pants (sweats or warm-ups recommended) and court or running shoes. Street shoes are not allowed. No class 11/22 and 11/24.

Instructor: Bon Bernard

9/6-12/15 T/Th 7-8 p.m. \$110

FENCING-INTERMEDIATE

Ages 12 and older

If you have completed our beginning class, this is the next step. Or, if you have had basic instruction elsewhere, you may take this class with instructor permission. Intermediate fencers are expected to have their own basic equipment: Mask, jacket, plastron, glove, knickers or long pants, and practice foil. However, participants can rent a basic kit for \$30. No class 11/22 and 11/24.

Instructor: Bon Bernard

9/6-12/15 T/Th 7-8 p.m. \$110



BARRE FUSION

Ages 16 and older

Fusing Pilates, The Barre Method, and weight lifting, Barre Fusion will take you through interval strength training, isometric holds, deep muscular endurance, dynamic balance and flexibility, producing a toned, flexible, and healthy body. No class 9/15 and 11/24.

Instructor: Nathalia Gorosh

9/8-9/29	Thu	9:30-10:30 a.m.	\$24
10/6-10/27	Thu	9:30-10:30 a.m.	\$32
11/3-11/17	Thu	9:30-10:30 a.m.	\$24
12/1-12/15	Thu	9:30-10:30 a.m.	\$24

PILATES

Ages 12 and older

Come learn the skills needed to improve your posture, core strength, and to help relieve back and neck pain. Pilates is a full body workout and is appropriate for all fitness levels. Can't commit to the entire session? We offer a drop-in rate of \$12. No class 11/11 and 11/25.

Instructor: Deborah Dragovich

9/9-9/30	Fri	6-7 p.m.	\$32
10/7-10/28	Fri	6-7 p.m.	\$32
11/4-11/18	Fri	6-7 p.m.	\$16
12/2-12/16	Fri	6-7 p.m.	\$24

VINIYOGA

Ages 16 and older

This is a 6-week series designed for moms who want to stretch and strengthen their body while attending to their mind and sense of well-being. Particular attention will be paid to strengthening the core and pelvic floor and exploring ways to find calm amidst hectic lives. Drop-in rate of \$9. No class 11/22.

Instructor: Shelley Curtis

9/13-10/18	Tue	10-11 a.m.	\$48
10/25-12/6	Tue	10-11 a.m.	\$48

YOGA

Ages 16 and older

In Yoga Monday, we move through subtle and fluid movements, meditation, restorative postures, and breath-work appropriate for all levels and abilities (with beginners in mind). Our instructor will craft unique and artfully sequenced practices that promote internal and external balance, as well as strength and flexibility on and off the mat. Come as you are to challenge your body, still your mind, and leave renewed. All levels and abilities are welcome. Drop-in rate of \$9. No class 11/21.

Instructor: Judith Robin

9/12-9/26	Mon	6:30-7:30 p.m.	\$24
10/3-10/31	Mon	6:30-7:30 p.m.	\$40
11/7-11/28	Mon	6:30-7:30 p.m.	\$24
12/5-12/19	Mon	6:30-7:30 p.m.	\$24

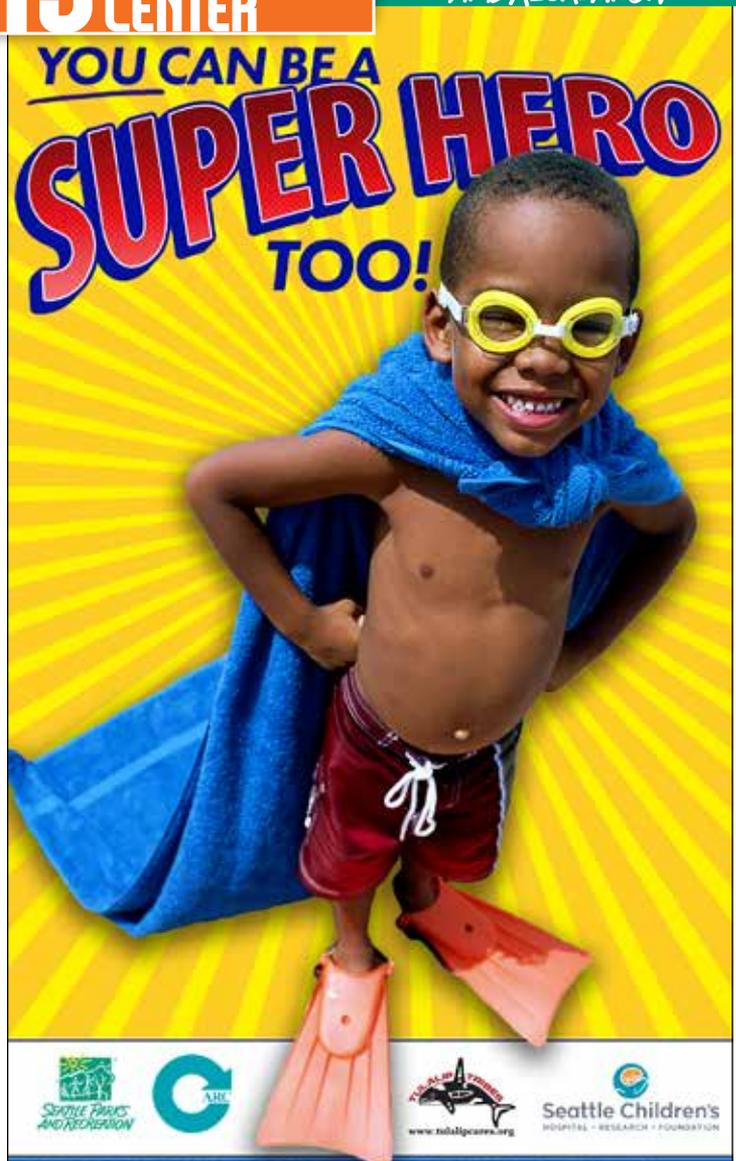
ZUMBA

Ages 18 and older

Zumba is a Latin-inspired dance fitness class that incorporates Latin and International music and dance movements. The class format combines fast and slow rhythms that tone and sculpt the body, blending a balance of cardio and muscle toning benefits. Zumba is fun, different, easy, and effective. No class 11/21 and 11/23. Drop-in rate of \$9.

Instructor: Heather Anderson

9/12-9/26	Mon	7:15-8:15 p.m.	\$24
10/3-10/31	Mon	7:15-8:15 p.m.	\$40
11/7-11/28	Mon	7:15-8:15 p.m.	\$24
12/5-12/19	Mon	7:15-8:15 p.m.	\$24
9/14-9/28	Wed	6:30-7:30 p.m.	\$24
10/5-10/26	Wed	6:30-7:30 p.m.	\$32
11/2-11/30	Wed	6:30-7:30 p.m.	\$32
12/7-12/21	Wed	6:30-7:30 p.m.	\$24



AS PART OF OUR COMMITMENT TO WATER SAFETY, Seattle Parks and Recreation – in partnership with Seattle Children’s Hospital, Tulalip Tribes and the support of many caring individuals – is offering Learn to Swim Scholarships to offset the cost of swim lessons for youth ages 4 to 16.

HOW TO DONATE: To make a contribution to the Learn to Swim Scholarship Fund, visit any Seattle Parks and Recreation pool or donate online to https://salsa4.salsalabs.com/o/51532/donate_page/learn-to-swim. For more information, call your local pool or 206-684-7185.

Be a hero and help every child become a super swimmer!

DO YOU KNOW A CHILD WHO NEEDS A SCHOLARSHIP?

For more information on applying or to receive a low-income scholarship application, please contact your neighborhood pool. Funding is limited. Approved scholarships can be used for Kinder lessons (ages 4 to 5), Beginning Swimmer lessons (ages 6 to 16) and Advanced Swimmer lessons (ages 6 to 16).

https://salsa4.salsalabs.com/o/51532/donate_page/learn-to-swim



Scan to make a gift!



PLEASE REGISTER EARLY TO AVOID DISAPPOINTMENT.

SOMETIMES COURSES ARE CANCELED BECAUSE PEOPLE WAIT TOO LONG TO REGISTER!

↳ TOTS

TERRIFIC 2'S PLAY AND LEARN

Age 2

This class provides children an opportunity to socialize with other children through play, music, movement, art, and exploration. Parents are asked to provide a small healthy snack for their child. Children should be practicing their toilet training skills regularly. If 2 year-olds are in diapers/pull ups, no staff or volunteer can diaper or change the child. Only the parents of the child or a person authorized on the E-13 can do this. Parents can use this time to run errands, clean house, or meet with friends. We just ask that parents stay local in case a diaper needs to be changed. Ratio-1:5. No class 11/11 and 11/25.

Instructor: Kayla Wenger

9/2-9/30	Fri	9:30-11:30 a.m.	\$162.50
10/7-10/28	Fri	9:30-11:30 a.m.	\$130
11/4-11/18	Fri	9:30-11:30 a.m.	\$65
12/2-12/16	Fri	9:30-11:30 a.m.	\$97.50

PRE-BALLET

Ages 3-5

Join our instructor, Charla Jennings, during her carefully crafted lessons that will enhance body and spatial awareness, basic movements, and creative impressions. Ballet tights and shoes are required for all pre-ballet and ballet classes. No program 11/23.

Instructor: Charla Jennings

9/7-10/19	Wed	3-3:45 p.m.	\$70
9/7-10/19	Wed	3:45-4:30 p.m.	\$70
10/26-12/7	Wed	3-3:45 p.m.	\$60
10/26-12/7	Wed	3:45-4:30 p.m.	\$60

TOT BOP

Ages 1-3½

This parent/child class involves movement, music, rhythm, song, and various props. You'll enjoy this opportunity to spend some one-on-one time with your toddler as you creatively and energetically explore dancing, singing, moving, and exploring. Older siblings are welcome to participate. Baby siblings must be in a backpack or stroller. No class 11/11, 11/21, and 11/25.

Instructor: Kathy Adolphsen

9/12-12/2	Mon	9:30-10:30 a.m.	\$77
9/12-12/2	Mon	10:30-11:30 a.m.	\$77
9/16-12/2	Fri	9:30-10:30 a.m.	\$70
9/16-12/2	Fri	10:30-11:30 a.m.	\$70

↳ YOUTH

BALLET I

Ages 6-10

Join our instructor, Charla Jennings, during her carefully crafted lessons that will enhance body and spatial awareness, basic movements, and creative impressions. Ballet tights and shoes are required for all pre-ballet and ballet classes. No program 11/23.

Instructor: Charla Jennings

9/7-10/19	Wed	4:45-5:30 p.m.	\$70
10/26-12/7	Wed	4:45-5:30 p.m.	\$60

KIDS' CARPENTRY

Ages 5-10

Kids' Carpentry is a hands-on toy building class designed to teach girls and boys, ages 5-10, practical woodworking skills with an emphasis on the safe use of hand tools. While kids construct fun and exciting projects they are also empowered to become independent thinkers-building confidence, self-esteem, and a repertoire of practical skills that will last them a lifetime! At the end of the session, each child will go home with at least one but often three or more wooden toys or games that they have made and painted by hand.

Instructor: Sue Dellario

9/7-10/19	Wed	6-7 p.m.	\$154
10/26-12/7	Wed	6-7 p.m.	\$154

POTTERY FOR ALL AGES

Ages 5 and older

All ages welcome in this class. You will learn the basics of wheel, hand building and glazing techniques in a safe and structured environment. Parents may accompany a child or children at no charge, but are expected to assist and encourage their child. Adults may also attend, and will be offered individualized instruction. Adults may take advantage of liberal studio hours. The first 25 pound bag of clay is free, additional bags can be purchased. We provide tools and limited glazes.

Instructor: Jane Meagher

9/29-12/8	Thu	5-8 p.m.	\$170
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WINTER BREAK FUN CLAY CAMP

Ages 6-11

Bring your creativity to this class! Campers will complete a variety of different projects. We will pinch, coil, roll out clay slabs, and even use the potter's wheel! All projects will be glazed with colorful, non-toxic glazes, and returned to the young artist by the end of the week. Projects include teapots, monsters (fierce or friendly) birdhouses, and much, much more! Dress for a mess! All materials are non-toxic and food safe.

Instructor: Jane Meagher

12/19-12/23	M-F	9 a.m.-1 p.m.	\$115
12/27-12/30	T-F	9 a.m.-1 p.m.	\$92

TUMBLING AND RHYTHMIC GYMNASTICS SKILLS-BEGINNING/INTERMEDIATE

Ages 5-50

Gymnastics, tumbling, and rhythmic gymnastics skills are the focus of this gymnastics class. Class will include warm up and warm down, strength and flexibility, balance, and creative floor movements. Appropriate for ages 5 to adult. As part of class, students will assist with mat set-up and takedown. A \$5 insurance fee is required in addition to the class fee.

Instructor: Sterling Luke

Beginning

9/12-10/31	Mon	5:45-6:45 p.m.	\$100
11/7-12/19	Mon	5:45-6:45 p.m.	\$87.50

Intermediate

9/12-10/31	Mon	6:45-7:45 p.m.	\$100
11/7-12/19	Mon	6:45-7:45 p.m.	\$87.50

TAEKWON DO

Ages 7 and older

Taekwon Do, a Korean martial art is taught utilizing a fun, safe, family focused method designed for a wide range of skill levels. This class teaches traditional Taekwon Do and focuses on empowering students to reach their full potential through self-disciplined, hard work! Students should wear comfortable clothes (no shorts please) that allow them to move freely. Uniforms are required. Students should consult their instructor for purchasing options. A typical class is run with the instructor leading the group through a series of warm ups and stretches, followed by drills that focus on development of balance and technique. Please contact the Magnolia Community Center at 206-386-4235 to register multiple people. No program 9/15 and 11/24.

Instructor: Bob Couch

9/6-9/29	T/Th	6:15-7:30 p.m.	\$50
10/4-10/27	T/Th	6:15-7:30 p.m.	\$50
11/1-11/29	T/Th	6:15-7:30 p.m.	\$50
12/6-12/29	T/Th	6:15-7:30 p.m.	\$50

Sibling Discount \$10

TEENS

TEEN POTTERY

Ages 11-15

In this program, students will make mugs, bowls, and plates on a pottery wheel. Teens will create animals, fantasy sculptures, clay baskets, and bird houses using hand-building techniques. Surface decoration includes high and low fire glazes. All materials are non-toxic

Instructor: Jane Meagher

10/6-11/5	Tue	4:14-5:15 p.m.	\$65
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TEEN ADVISORY COUNCIL

FREE!

Ages 11-16

Here is an opportunity to represent your community center and help develop your leadership skills. Meetings are held on a monthly basis. The purpose of the council is to assist with special events and to suggest future teen activities.

Instructor: Recreation Leader

9/12-12/8	Mon	4-5 p.m.
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TEEN COOKING

FREE!

Ages 11-16

Come join us in the cooking class led by our teen leader. You will learn the basics of food preparation, as well as food safety and basic kitchen etiquette.

9/14-12/8	Wed	4-5 p.m.
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TEEN DROP-IN PROGRAM

FREE!

Ages 11-16

Enjoy a game of pool, table tennis, or foosball in our out game room. The gym is available for teen to use during scheduled (open gym) hours. The current gym schedule is available at the front desk.

9/12-12/8	M-F	3:30-6:30p.m.
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HOMEWORK CLUB

FREE!

Ages 11-16

In this program, teens are offered an opportunity to focus on daily homework assignment and school related projects. Pencils, Markers and basic school supplies are made available to students on an as-needed basis.

9/12-12/8	M-F	3:30-6 p.m.
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SERVICE LEARNING HOURS

FREE!

Ages 11-16

High school students are required to complete 60 hours of volunteer service in order to meet graduation requirements. This is an opportunity for you to earn a portion of your hours at Magnolia Community Center. Teens receiving service learning credit will be required to be active in the Teen Advisory Council Leadership Component as part of their 60 hours.

Ongoing Hours Vary

➤ ADULT

POTTERY FOR ADULTS

Ages 14 and older

Learn the basics of wheel, hand building, and glazing techniques. We offer liberal open studio hours. The first 25 pound bag of clay is free, additional bags can be purchased. We provide tools and limited glazes.

Instructor: Jane Meagher

9/27-12/13 Tue 5-8 p.m. \$204

TAI CHI

Ages 16 and older

In this Tai Chi class you will learn the Yang style short form, a series of moves that can bring balance, strength, and vitality to our bodies and minds. This ancient art is known to increase chi as well as reduce stress. As a Tai Chi teacher, Becky is dedicated to facilitating health and harmony in each of us. No program 9/15 and 11/24.

Instructor: Becky Talovich

8/25-10/27 Thu 5:30-6:30 p.m. \$120

11/3-12/29 Thu 5:30-6:30 p.m. \$120

ADULT TENNIS FLIGHTS

Ages 18 and older

Enjoy Magnolia's fall mornings on the tennis court! Magnolia Tennis Flights is a league designed just for women ages 18 and older. Visit www.magnoliatennis.homestead.com for more information. Participants must register a week in advance of start to secure court space.

8/16-10/4 Tue 9:15-10:15 a.m. \$64

8/18-10/6 Thu 9:15-10:15 a.m. \$64

BASIC BARRE CLASS

AGES 30-40

This 60 minute class offers a full-body workout targeting the arms, abs, thighs, and seat. The class consists of isometric holds, heavy repetition, and finishes off with some deep full-body stretching. It will push you to challenge both the body and mind while focusing on working each muscle group to fatigue. Round out the total-body experience with mindful, deep stretch that will leave you feeling accomplished and centered. Different props are used in each class to challenge the body and engage the mind. Some of the commonly used props are: gliders, elastic bands, 2-3 lb weights, core ball. This class is modified to use the wall instead of ballet barre. Barre emphasizes developing muscle stamina and endurance, using a slower tempo and more basic exercises to ensure a safe and complete workout.

Instructor: Tijana Seovic

9/5-10/10 Mon 6:30-7:30 p.m. \$100

10/17-11/21 Mon 6:30-7:30 p.m. \$100

11/28-12/26 Mon 6:30-7:30 p.m. \$100

HATHA FLOW FOR ALL LEVELS

Ages 16-70

Join this well rounded class where students have the opportunity to go deeper into their practice in a safe, supportive environment with guided focus on breath work, proper alignment, and final relaxation. Appropriate for beginner and intermediate students. No program 9/15 and 11/24.

Instructor: Jenny Rhodes

9/8-10/27 Thu 6:45-7:45 p.m. \$77

11/3-12/22 Thu 6:45-7:45 p.m. \$77

ZUMBA

Ages 16 and older

Ever thought about taking Zumba? Looking for something to kick start your fitness plan? Join us for this exciting and active Zumba class with super-energetic instructor. Drop-in is only \$9 per class. Fee is monthly and will not be prorated after the start of the month. No class 5/30 and 7/4.

Instructor: Venessa Mackie and Run Chneang

9/12-9/26 Mon 6:30-7:30 p.m. \$15

9/7-9/28 Wed 6:30-7:30 p.m. \$20

10/3-10/31 Mon 6:30-7:30 p.m. \$25

10/5-10/26 Wed 6:30-7:30 p.m. \$20

11/7-11/28 Mon 6:30-7:30 p.m. \$25

11/2-11/30 Wed 6:30-7:30 p.m. \$30

12/5-12/19 Mon 6:30-7:30 p.m. \$20

12/7-12/28 Wed 6:30-7:30 p.m. \$15

MIXXED FIT

MixedFit® is a people-inspired dance fitness program that is a mix of explosive dancing and boot camp toning. Everything about our dance fitness program can be described as explosive – all of our movements are always big, exaggerated, full-out, and our very best. Our choreography is not complex and difficult. Our steps are repetitive and very easy to follow which means that our students can naturally increase their level of intensity during their workouts. We aim to keep our choreography simple. That way, our students can focus on “working out” rather than following dance steps. If you can do things like squats, jumping jacks, and shake your body you will have a blast in class.



9/6 -9/27 Tue 6:30-7:30 p.m. \$30

10/4 -10/25 Tue 6:30-7:30 p.m. \$30

11/8 -11/29 Tue 6:30-7:30 p.m. \$30

12/6 - 12/27 Tue 6:30-7:30 p.m. \$30

Drop-in: \$8

↘ YOUTH

HIP-HOP DANCE

Ages 5-12

This upbeat dance class gets the students movin' and groovin'! Each class incorporates synchronized stretching, energetic dance warm-ups, and of course-dance games! Students learn a choreographed dance routine throughout the course and there will also be an opportunity to perform at our Metropolis Dance Show! www.metropolisdance.com. No program 11/22 and 11/24.

Instructor: Metropolis Dance Studio

Ages 5-6

10/4-12/6 Tue 4:15 p.m.-5 p.m. \$135

Ages 7-8

10/6-12/8 Thu 4:15 p.m.-5 p.m. \$135

Ages 9-12

10/6-12/8 Thu 5:15 p.m.-6 p.m. \$135

Sibling Discount: \$5

BREAK DANCE

Ages 6-12

Students will groove to hip-hop steps and learn basic breakdance moves while enhancing coordination and muscle memory skills. Instruction is encouraging and confidence building. There will also be an opportunity to perform at our Metropolis Dance Show to show off your new moves! www.metropolisdance.com. No class 11/22.

Instructor: Metropolis Dance Studio

10/4--12/6 Tue 6-6:50 p.m.

CHESS CLUB

Ages 5-15

Come have fun while learning the game of chess. Learn what moves a King, Queen, Knight, and Rook make, as well as what to do when someone says Checkmate?

9/21-11/9 Wed 3:30-4:30 p.m. \$10

POTTERY FOR KIDS

Ages 5-12

Learn the basics of clay sculpture. We will use pinch and slab techniques to complete a variety of projects. Students will use brightly colored, non-toxic glazes, and be introduced to the pottery wheel. All materials are provided. Dress for a mess!

Instructor: Jane Meagher

9/26-10/24 Mon 4:45-5:45 p.m. \$28

11/7-12/5 Mon 4:45-5:45 p.m. \$28

POTTERY FOR YOUTH

Ages 3-15

Learn the basics of clay sculpture. We will use pinch and slab techniques to complete a variety of projects. Students will use brightly colored, non-toxic glazes, and be introduced to the pottery wheel. All materials are provided. Dress for a mess! Parents are allowed to accompany their children and are expected to assist and encourage.

Instructor: Jane Meagher

9/28-10/26 Wed 11:30 a.m.-12:30 p.m. \$28

11/9-12/7 Wed 11:30 p.m.-12:30 p.m. \$28

WINTER BREAK FUN CLAY CAMP

Ages 6-11

Bring your creativity to this class! Campers will complete a variety of different projects. We will pinch, coil, roll out clay slabs, and even use the potter's wheel! All projects will be glazed with colorful, non-toxic glazes, and returned to the young artist by the end of the week. Projects include teapots, monsters (fierce or friendly) birdhouses, and much, much more! Dress for a mess! All materials are non-toxic and food safe.

Instructor: Jane Meagher

12/19-12/23 M-F 9 a.m.-1 p.m. \$115

12/27-12/30 T-F 9 a.m.-1 p.m. \$92

TRADITIONAL NON-CONTACT TAE KWON DO

Ages 6 and older

Learn self-defense, get a great workout, and have lots of fun! This class teaches non-contact (traditional) Tae Kwon Do and focuses on these 5 tenets: courtesy, integrity, perseverance, self-control, and indomitable spirit, in class and in daily life. Tae Kwon Do will help you increase your confidence, flexibility, balance, strength, and control of your body. Classes are ongoing; join at any time. Wear comfortable clothes that allow you to move. \$40 one time material fee; testing fees are additional.

FULL SESSION

10/3-12/28 M/W 6-7 p.m. \$120

Sibling/Family Discount: \$20

MONTHLY SESSION

10/3-10/31 M/W 6-7 p.m. \$45

11/2-11/30 M/W 6-7 p.m. \$45

12/5-12/28 M/W 6-7 p.m. \$45

Sibling/Family Discount: \$5

UK ELITE FEET SOCCER ACADEMY

Ages 6-9

Through the medium of soccer related fun activities and games, we have created progressive curricula for children ages 2-6 which introduce the sport and develop age appropriate skills. Our philosophy and methodologies are based on cutting edge educational principles of how children learn techniques and develop them into skills while having a fantastic time! Classes are structured to build from individualized learning (ball each) to small group activities (shared ball, cooperation and/or teamwork) to conditioned games (small scrimmages). No class 11/11 and 11/25.

Instructors: UK Elite Soccer staff

9/23-12/9	Fri	4-5 p.m.	\$160
9/23-12/9	Fri	5-6 p.m.	\$160

UK PETITE SOCCER PROGRAMS

Ages 2-5

The perfect introduction to soccer for 2-5 year olds. Our unique "games based" approach to teaching soccer provides every child the opportunity to develop motor skills, social skills, coordination, and general athletic ability, in a fun learning environment. Players will receive a t-shirt and player certificate. Classes will be led by the professional UK Elite Coaching Staff. No class 11/11, 11/24, and 11/25.

Instructors: UK Elite Soccer staff

9/13-11/22	Tue	2-3 p.m.	\$160
9/22-12/1	Thu	2:30-3:30 p.m.	\$160
9/18-12/9	Fri	10-11 a.m.	\$160
9/18-12/9	Fri	3-4 p.m.	\$160

JEDI ENGINEERING USING LEGO

Ages 5-6

Young Jedi will explore worlds far, far away and engineering principles right in front of them. Defeat the Empire by designing and refining LEGO X-Wings, R2-units, and settlements on far-flung edges of the galaxy. Imagination and engineering combine to create motorized and architectural projects such as energy catapults, shield generators, and defense turrets.

Camp Directors: Play-Well TEKnologies Staff

12/19-12/23	M-F	9 a.m.-Noon	\$215
12/27-12/30	T-F	9 a.m.-Noon	\$120

JEDI MASTER ENGINEERING USING LEGO

Ages 7-12

The Force is strong in this class. Build complex machines and structures based on the best designs from a galaxy far, far away. Projects include LEGO X-Wings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities, settlements, and fortresses. Play-Well's Jedi instructors reinforce key engineering concepts such as great trains, worm drives, pneumatics, eccentric motion, and more as students tap into the powerful forces of imagination and engineering.

Camp Directors: Play-Well TEKnologies Staff

12/19-12/23	M-F	1-4 p.m.	\$215
12/27-12/30	T-F	1-4 p.m.	\$120

EASYBRIDGE!

Ages 11-14

Bridge for beginners. Learn the world's greatest card game! Great social, fun sport to challenge your brain! 1st class is free! No class 11/11.

Instructor: Anne Farmer

9/9-11/18	Fri	6-8:30 p.m.	\$110
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SEATTLE NEXTGENBRIDGE JUNIOR

Ages 10-17

Conquer the world's greatest card game! It's a fun, fun, fun sport! Learn to play from Seattle's master players and compete with your friends and family.

Instructor: Cristal Nell

9/10-11/12	Sat	10-11:30 a.m.	\$110
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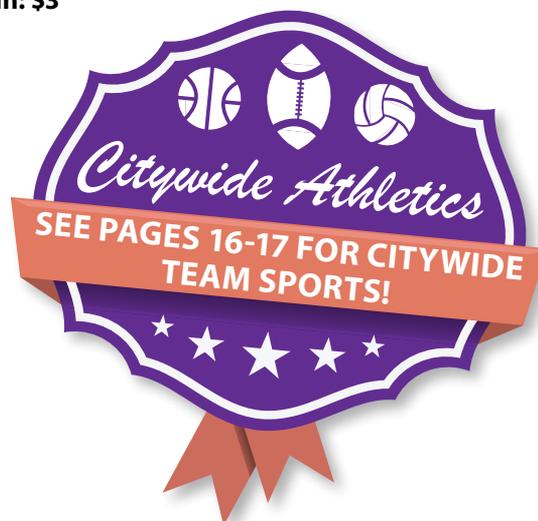
SEATTLE NEXTGENBRIDGE LEAGUE

Ages 10-17

Presents Saturday Afternoon Junior Bridge. If you play duplicate bridge and want to compete for ACBL master points then its Game On! Improve your skill in supervised play, tips from the masters too!

9/10-11/12	Sat	12:30-2:30 p.m.
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Drop-in: \$3



ONE ON ONE BASKETBALL PLAYER DEVELOPMENT PROGRAM

Ages 6-15

The Player Development Program (PDP) is a focused basketball training program that develops confidence in players who are determined to get better. Whether you are a 6 year-old just getting into basketball...or you are 16 year-old aiming to be a starter on your varsity team, you will learn proper technique and individual game strategy. Our PDP classes are small in size to ensure individual attention and intense focus. Train with One on One before the season...and YOU WILL GET BETTER. To learn more about One on One Basketball and determine which PDP color level is appropriate for you, visit us at www.1on1basketball.com. No program 11/11.

Instructors: One on One Staff

COED

Ages 6-8 White

9/19-11/10 Mon 5-6 p.m. \$160

Ages 8-11 Yellow

9/19-11/10 Mon 6-7 p.m. \$160

BOYS

Ages 11-15 Red and Purple

9/21-11/9 Wed 5-6 p.m. \$160

GIRLS

Ages 11-15 Red and Purple

9/21-11/9 Wed 6-7 p.m. \$160

ONE ON ONE BASKETBALL PRE-SEASON TUNE UP

Before the winter hoops season begins, get your skills right with One on One Basketball. You will learn proper shooting, passing, and ball-handling technique using a variety of fun and age-appropriate drills, competitions, and controlled scrimmaging. Register with teammates and workout together! Volunteer coaches are encouraged to observe these pre-season sessions to pick up great ideas and age-appropriate drills for season practices. This is the ideal warm-up to your rec. league or CYO season! No program 11/26 and 12/3.

BOYS

Ages 8 and 9

11/14-12/17 Sat 9-10 a.m. \$85

Ages 10-11

11/14-12/17 Sat 11 a.m.-Noon \$85

Ages 12-13

11/14-12/17 Sat 1-2 p.m. \$85

GIRLS

Ages 8 and 9

11/14-12/17 Sat 10-11 a.m. \$85

Ages 10-11

11/14-12/17 Sat Noon-1 p.m. \$85

Ages 12-13

11/14-12/17 Sat 1-2 p.m. \$85

ONE ON ONE BASKETBALL HOLIDAY HOOPS CAMP

Ages 6-12

Winter Break is long, but it does not need to be boring! Join us for our 5th Annual Holiday Hoops Camp. We will have fun and get great exercise while improving our fundamentals over the long winter break!

12/27-12/30 T-F 9 a.m.-3 p.m. \$220

12/27-12/30 T-F 9 a.m.-Noon \$120

TEENS

TEEN DROP-IN

FREE!

Ages Middle School and older

Come in with your friends or meet new friends in a safe and positive environment just for teens. Play pool, foosball, basketball, movies, board games, and other activities to choose from while at QACC. Middle School and High School ages are welcome.

Instructor: Dirk Hallingstad

Mon-Fri 2:30-7 p.m.

TEEN ADVISORY COUNCIL

FREE!

Ages Middle School and older

Teens come help and be part of what goes on in your teen program here at QACC. Be a part of planning special events, regular programs, citywide events, and everyday topics inside or outside QACC Teen Room. This is a great chance to make a difference and chip away at your service hours for school. Meetings are the 2nd and 4th Mondays of every month.

Instructor: Dirk Hallingstad

2nd & 4th Mon/month 5:30-6:30 p.m.

TEEN FITNESS

FREE!

Ages Middle School and older

Want to work out, build muscle, lose a couple of pounds, or just tone up? Teen participants will have the opportunity to use a convenient and great workout facility. Welcome to teens who will work hard and wear proper attire (sweats/shorts/athletic shoes) required for participation in this program.

Instructor: Dirk Hallingstad

Tue/Thu 6-7 p.m.

TEEN VOLUNTEERING

FREE!

Ages Middle School and older

Looking for regular high school volunteer hours?

Come and volunteer your time in exchange for (High School) service credit hours needed for graduation in a fun family environment. Great experience in a public setting as well as community center needs/projects.

Instructor: Dirk Hallingstad

Mon-Fri 4-7 p.m.

ADULTS

JUJITSU

Ages 15 and older

This class is open to beginning students as well as those with previous Jujitsu experience. Students will be eligible to test for rank and have that rank recognized on a national level by various Jujitsu organizations. Jujitsu is a martial art developed from ancient Japan. It is a very broad-based skill encompassing throwing, grappling, constrictions, joint-locks, striking, nerve techniques, weapons defense, restorative massage, and resuscitation techniques. Classes are open to anyone age 15 and older, or with Sensei's approval. No program 9/15 and 11/24.

Instructor: Chris Eller

9/6-9/29	T/Th	7:15-8:45 p.m.	\$20
10/4-10/27	T/Th	7:15-8:45 p.m.	\$20
11/1-11/29	T/Th	7:15-8:45 p.m.	\$20
12/1-12/29	T/Th	7:15-8:45 p.m.	\$20

ZUMBA®

Ages 16 and older

Are you ready to get in shape AND have fun? Come dance your way to fitness! We can't wait to get you dancing with us!

9/5-9/26	Mon	6:30-7:30 p.m.	\$35
10/3-10/24	Mon	6:30-7:30 p.m.	\$35
11/7-11/28	Mon	6:30-7:30 p.m.	\$35
12/5-12/26	Mon	6:30-7:30 p.m.	\$35

TRADITIONAL NON-CONTACT TAE KWON DO

Ages 6 and older

Learn self-defense, get a great workout, and have lots of fun! This class teaches non-contact (traditional) Tae Kwon Do and focuses on these 5 tenets: courtesy, integrity, perseverance, self-control, and indomitable spirit, in class and in daily life. Tae Kwon Do will help you increase your confidence, flexibility, balance, strength, and control of your body. Classes are ongoing; join at any time. Wear comfortable clothes that allow you to move. \$40 one time material fee; testing fees are additional.

FULL SESSION

10/3-12/28	M/W	6-7 p.m.	\$120
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Sibling/Family Discount: \$20

MONTHLY SESSION

10/3-10/31	M/W	6-7 p.m.	\$45
11/2-11/30	M/W	6-7 p.m.	\$45
12/5-12/28	M/W	6-7 p.m.	\$45

Sibling/Family Discount: \$5

POTTERY FOR ADULTS AND TEENS

Ages 14 and older

Learn wheel, hand building, and glazing techniques at the beginner or intermediate level. We offer liberal open studio hours. The first 25 pound bag of clay is free, additional bags can be purchased. Non-toxic glazes are provided. Tool kit available for purchase for \$15.

Instructor: Jane Meagher

9/26-12/12	Mon	6-9 p.m.	\$118
9/28-12/14	Wed	6-9 p.m.	\$118

ASSOCIATED RECREATION COUNCIL



For 40 years, the Associated Recreation Council (ARC) has provided recreation, lifelong learning programs and community-driven leadership in partnership with Seattle Parks and Recreation.

With a goal of providing equitable access to citywide programs for Seattle residents of all ages, ARC works through 36 volunteer Advisory Councils to fulfill its mission of "building community through citizen engagement and participation in recreation and lifelong learning programs." ARC is a 501c3 nonprofit organization. **For more information, go to www.arcseattle.org.**

YOUR ADVISORY COUNCIL

Most classes, workshops, sports and swim programs, special events and facility rentals are funded through the local advisory council, rather than from City of Seattle budgets. Revenues generated through program fees offset program costs to make these activities self-sustaining. We also rely on participation, donations, and contributions to maintain and upgrade equipment. Advisory council members create scholarship opportunities through grant writing and other fundraising activities.

JOIN US!

Citizen direction and participation is essential to our success. Monthly meetings are held to talk about programs, policies, and financial issues. Our advisory councils always are looking for new members. If you would like to get involved, please contact the facility staff for further information.

SEATTLE PARKS AND RECREATION AQUATICS INFORMATION



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Lessons "Seattle Swims"

Swim for fun,
fitness, and safety!
All ages swimming
instruction by
certified lifeguards
and trained
instructors.



Class Information

Online registration
using the SPARC
system. Go to:
<http://class.seattle.gov/parks>



© jay dotson photography

Personal Lessons

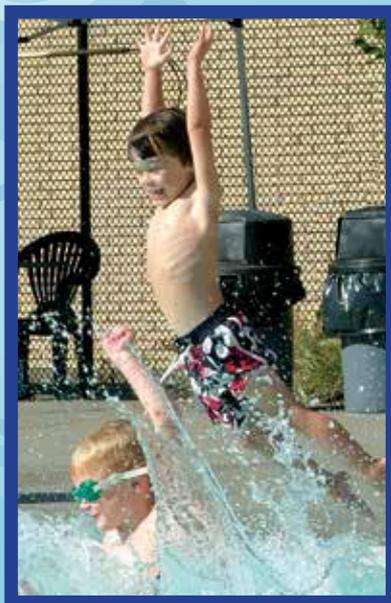
Quality
instruction
tailored to
fit individual
needs to achieve
your personal
swimming goals.



© Doug Mahugh

Fitness

Deep Water, Shallow Water, Masters, and other fitness opportunities available!



Recreation

Public Swim, Family Swim, Lap Pool and more!



Contact your local pool for more information!

BALLARD POOL

1471 NW 67th St • (206) 684-4094
seattle.gov/parks/aquatics/Ballardp.htm

EVANS POOL

7201 E Green Lake Drive N • (206) 684-4961
seattle.gov/parks/aquatics/Evanspool.htm

HELENE MADISON POOL

13401 Meridian Ave N • (206) 684-4979
seattle.gov/parks/aquatics/madisonpool.htm

MEADOWBROOK POOL

10515 35th Ave NE • (206) 684-4989
seattle.gov/parks/aquatics/meadowbrookpool.htm

MEDGAR EVERS POOL

500 23rd Ave • (206) 684-4766
seattle.gov/parks/aquatics/everpool.htm

QUEEN ANNE POOL

1920 1st Ave W • (206) 386-4282
seattle.gov/parks/aquatics/queenannepool.htm

RAINIER BEACH POOL

8825 Rainier Ave S • (206) 386-1925
seattle.gov/parks/aquatics/rainierbeachpool.htm

SOUTHWEST POOL

2801 SW Thistle St • (206) 684-7440
seattle.gov/parks/aquatics/swpool.htm

Summer Only

COLMAN POOL

8603 Fauntleroy Way SW • (206) 684-7494
seattle.gov/parks/aquatics/colman.htm

LOWERY C. "POP" MOUNGER POOL

2535 32nd Ave W • (206) 684-4708
seattle.gov/parks/aquatics/mounger.htm

**Did You Know?
 We have rental space!**

Great for your next get together, birthday party, family reunion, school field trip, and more! Convenient weekend times available.

Call to book your party today!



RESERVATIONS AND CONFIRMATIONS

Room, pool, hangar and gym rentals are available on a first-come, first-served basis. All reservations must be made in advance, particularly if staff is needed outside of operational hours. Rental spaces are not confirmed until payment has been received in full and the Facility and Rental Agreement forms are completed and signed. You will be given a copy of these forms.

RENTAL RATES WITH ALCOHOL AT COMMUNITY CENTERS

With advance approval, rental groups may serve alcohol when a community center is closed to the public. Groups are required to submit a letter requesting to serve alcohol at their event

- » Damage Deposit \$500
- » Staff fee \$25 per hour /per staff (min. 2 staff) +1 additional hour
- » \$75 City of Seattle Alcohol Permit Fee
- » Banquet Permit (www.liq.wa.gov/licensing/banquet-permits) purchased from the Liquor Control Board \$10.
- » Liability insurance ranges \$200-\$400 or may be covered by some caterers or by your home owner's insurance policy.

Other conditions outlined in Seattle Parks Alcohol Policy and Guidelines page. This will be provided to you at the time of your reservation.

REFUNDS

Please review the refund policy with facility staff before you book your rental. Refunds, minus non-refundable charges and penalty fees, will be granted if proper notification is given at least 14 days before the rental. Cancellations made less than 14 days will be assessed greater fees, with the condition that the space is rented to someone else. This statement does not include all elements of the refund policy. Please make sure you discuss this with the staff person booking your rental. Full text of the refund policy is available at www.seattle.gov/parks/reservations/feesandcharges/refunds.htm.

If you have any questions, please contact the staff at the facility where the rental will take place. Rental rates are subject to change. **Contact your community center for more information**

HOURLY ROOM AND GYMNASIUM RENTAL FEES

NOTE: A non-refundable \$25 booking fee per site is required for ALL rentals in addition to the hourly rates. An additional charge is required for staff and the use of certain types of equipment, subject to availability at the facility.

GYM RENTALS (MINIMUM OF 2 HOURS)

- » \$30/hour: Small Gym (Athletic use)
- » \$65/hour: Small Gym (Non-Athletic use)
- » \$40/hour: Large Gym (Athletic use)
- » \$110/hour: Large Gym (Non-Athletic use)

ROOMS

- » \$35/hour: Small Rooms (1-400 square feet)
- » \$45/hour: Medium Rooms (401-1,500 square feet)
- » \$60/hour: Large Rooms (1,500+ square feet)
- » \$25/hour: Small Kitchen (minimum of 2 hours)
- » \$48/hour: Large Kitchen (minimum of 2 hours)
- » \$25/hour: Staffing Fee (charged for rental hours + one hour). For all rentals on weekends or outside City operating hours a staff fee will be charged (staff fee increases 1½ times per hour on holidays). Number of staff will be determined based upon nature of event and anticipated attendance.
- » \$75: Additional fee for events with ALCOHOL (insurance also required)
- » \$250: Refundable rental and cleaning deposit (no alcohol), for rentals outside of normal operating hours
- » \$500: Refundable damage deposit for events with ALCOHOL
- » \$25-\$250: A non-refundable per hour maintenance fee may be charged and collected prior to the event as determined based upon event size and type.

COMMUNITY CENTERS/ROOMS AND CAPACITIES

SITE	SMALL	MED	LARGE	KITCHEN	GYM
Ballard	15/20	45/85	130	small	500
Belltown					
Bitter Lake	20	40/75	150	large	450
Green Lake		40			240
Loyal Heights		35	(2)75	small	450
Magnolia	35	(2)35	(2)75	small	200
Queen Anne			100/75	small	400

NORTHWEST SEATTLE/SHELTERHOUSES AND CAPACITIES

SITE	SMALL	MED	LG
Golden Gardens Bathhouse			290
Ross Playfield Shelterhouse	35		

REGISTER ONLINE!

READY – Please visit our web site at www.seattle.gov/parks and look for SPARC to see what classes and programs are available for registration.

SET – Contact us to obtain your barcode and PIN number. Take time to make sure all of your questions are answered.

GO – In order to make your online registration go as smoothly as possible, please set up an account 24 hours before the registration date at <http://www.seattle.gov/parks/> and click on the SPARC section.

Payment

You can pay for classes and other activities in person or by phone during regular facility hours. You can also register online at www.seattle.gov/parks click on the SPARC logo. Rentals may be paid by telephone with a credit card. We accept Visa, MasterCard, and American Express. Please make checks and money orders out to City of Seattle. Please note: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due plus a \$20 fee. Registration is not complete and a spot in the class cannot be held without payment in full.

Fees and charges

ARC—Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees are used to offset the cost of providing the programs. Program charges include a user fee paid to Seattle Parks and Recreation to defray operating costs. Washington State sales tax is also included where applicable.

City—Fees and charges are necessary to provide financial support to Seattle Parks and Recreation for the operating costs of programs, facilities and grounds. The revenue generated by these fees constitutes only a portion of funds required for operating and maintaining the Parks system. All fees collected from activities and concessions are used exclusively for the Parks system as these funds are deposited in the Parks and Recreation Fund, not the City General Fund. Swimming pool fees and charges are set by City Council.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

-A full refund will be issued for any program, activity, or reservation that is cancelled for any reason by the Department or the Associated Recreation Council. Note: School-age care programs are subject to the following exceptions from the published refund policy: 1) No refund/credit is given if program is canceled due to emergency or weather for the first two cancelled days, 2) Cancellation of daily sessions will not be rescheduled. Credits will be determined by the Parks OST Manager on a case by case basis.

-Any person who registers for a PROGRAM and who requests a refund before the second class session may receive a prorated refund minus a service charge.

-Any person who registers for an ACTIVITY and who requests a refund 14 days or more before its start, may receive a refund minus a service charge.

-A transfer from one class to another is permitted without cost if done on the same business day as the original registration, and is subject to space availability.

-No fee is charged for a transfer initiated by Seattle Parks and Recreation staff when done to correct an error in registration or allow for a better recreation opportunity.

For full details of the Department's Refund Policy, please see Policy Number 060-P 7.16 which can be found here:

www.seattle.gov/parks/reservations/feesandcharges/refunds.htm.

Pool Personal Lesson Refund/Transfer Policy

A participant may be issued a refund if he/she drops a lesson, and notifies the program coordinator, 14 days prior to the scheduled date. A service charge of \$5 or 10% of the fee, whichever is greater, will be retained by the facility. If a participant drops a personal lesson with less than 14 days notice, no refund will be given. Transfers will be accepted for personal lessons with at least 48 hours notice. Any open dates or times may be considered. No transfers will be accepted with less than 48 hours' notice.

Group Lesson Refund Policy

When the withdraw occurs before the second lesson, the session will be pro-rated and a withdraw fee will be assessed. The withdraw fee will be 10% or \$5, whichever is greater

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Scholarships

Seattle Parks and Recreation wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. To apply for a scholarship, please talk to a member of our staff.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental, or physical handicap.

Accommodation for people with disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodations, please call (206) 615-0140 or TDD (206) 684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area that is not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Special Populations

For information on programs for youth/adults with disabilities, please call the Special Populations Office at (206) 684-4950, or visit the web at: www.cityofseattle.net/parks/SpecialPops/index.htm.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please contact your local community center.

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075.

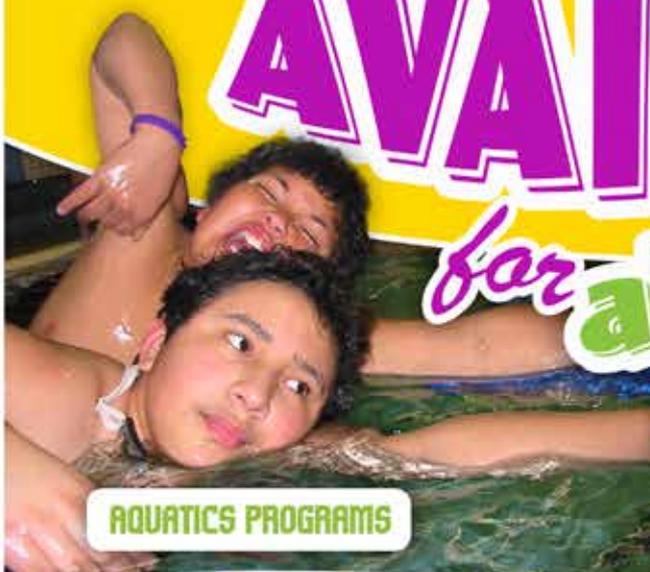


ADULT PROGRAMS



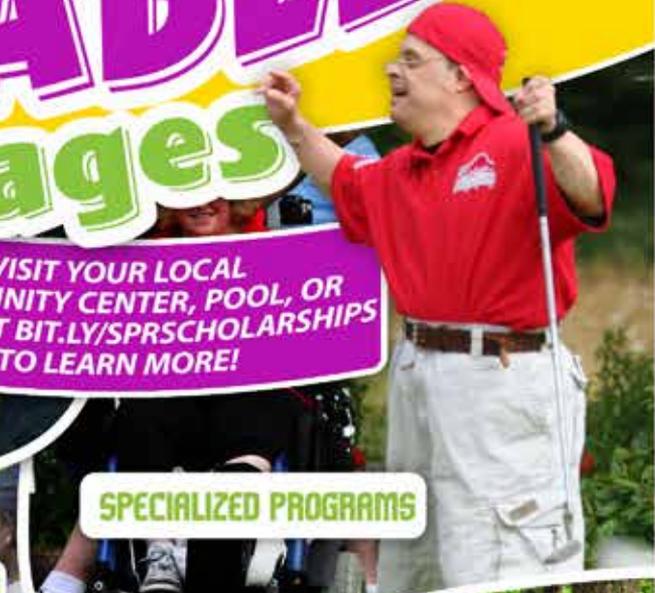
YOUTH PROGRAMS
(including child care)

SCHOLARSHIPS AVAILABLE for all ages



AQUATICS PROGRAMS

VISIT YOUR LOCAL
COMMUNITY CENTER, POOL, OR
ONLINE AT BIT.LY/SPRSCHOLARSHIPS
TO LEARN MORE!



SPECIALIZED PROGRAMS



ENVIRONMENTAL LEARNING PROGRAMS



LIFELONG RECREATION PROGRAMS

THANK YOU SEATTLE VOTERS!

MADE POSSIBLE BY THE SEATTLE PARK DISTRICT