



CLASSES, ACTIVITIES, CAMPS, SPECIAL EVENTS, AND MORE!
SOUTHEAST COMMUNITY CENTERS

FALL 2016

COMMUNITY CENTERS
GARFIELD
INTERNATIONAL DISTRICT/
CHINATOWN
JEFFERSON
RAINIER
RAINIER BEACH
VAN ASSELT

POOLS
RAINIER BEACH
MEDGAR EVERS

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

60

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 Southeast Seattle.

Staci Doan: staci.doan@seattle.gov

Britt Lord-Jacobsen: britt.lord-jacobsen@seattle.gov

Tiffany Jordan: tiffany.jordan@seattle.gov

LaShawn Street: lashawn.street@seattle.gov

Classes are scheduled approximately six months in advance.



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GARFIELD CC

2323 E Cherry St. / Seattle, WA 98122
PH: 206-684-4788 **Fax:** 206-684-4380

HOURS

Mon-Fri 10 a.m.-9 p.m.
 Saturday 10 a.m.-5 p.m.
 Sunday (Closed In Summer) Noon-5 p.m.

GARFIELD TEEN LIFE CENTER

428 23rd Ave. / Seattle, WA 98122
PH: 206-684-4550 **Fax:** 206-684-4324

HOURS

Mon-Thu 2:30-8 p.m.
 Friday Noon-7 p.m.
 Sunday Closed

LATE NIGHT (FOR AGES 13-19 ONLY)

Fri/Sat 7 p.m.-Midnight

ID/CHINATOWN CC

719 8th Ave. S / Seattle, WA 98104
PH: 206-233-0042 **Fax:** 206-233-5036

HOURS

M/W/F 11 a.m.-9 p.m.
 Tuesday 3-6 p.m.
 Thursday 10 a.m.-1 p.m.
 Sat/Sun Closed

JEFFERSON CC

3801 Beacon Ave. S / Seattle, WA 98108
PH: 206-684-7481 **Fax:** 206-684-7483

HOURS

Mon-Fri 9 a.m.-9 p.m.
 Saturday (starts 9/10) 9 a.m.-5 p.m.
 Sunday Closed

GREAT NIGHT

Ages 19 and older
 Saturday 7 p.m.-Midnight

RAINIER CC

4600 38th Ave. S / Seattle, WA 98118
PH: 206-386-1919 **Fax:** 206-386-1904

HOURS

Mon/Wed 9 a.m.-9 p.m.
 T/Th 10 a.m.-9 p.m.
 Friday 9 a.m.-6 p.m.
 Saturday 9 a.m.-5 p.m.
 Sunday (available for rent) Closed

LATE NIGHT PROGRAM

Ages 13-19
 Fri/Sat 7 p.m.-Midnight

RAINIER BEACH CC

8825 Rainier Ave. S / Seattle, WA 98118
PH: 206-386-1925 **Fax:** 206-386-1510

HOURS

Mon-Thu 10 a.m.-9 p.m.
 Friday 10 a.m.-7 p.m.
 Saturday 8:30 a.m.-7 p.m.
 Sunday 9 a.m.-6:30 p.m.

LATE NIGHT PROGRAM

Ages 13-19
 Fri/Sat 7 p.m.-Midnight

VAN ASSELT CC

2820 S. Myrtle St. / Seattle, WA 98108
PH: 206-386-1921 **Fax:** 206-386-1894

HOURS

Mon-Fri 3-8 p.m.
 Sat/Sun Closed

LATE NIGHT PROGRAM

Ages 13-19
 Saturday 7 p.m.-Midnight

MEDGAR EVERS POOL

500 23rd Ave / Seattle, WA 98122
PH: 206-684-4766

RAINIER BEACH POOL

8825 Rainier Ave. S / Seattle, WA 98118
PH: 206-386-1925 **Fax:** 206-386-1510

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
 Tiffany Johnson, Recreation Manager

COORDINATORS

Tia Scott, Garfield CC
 Brenna Clausen, IDCCC
 Doreen Deaver, Jefferson CC
 Darin Olsen, Rainier CC
 Martha Winther, Rainier Beach CC
 Katie Howard, Van Asselt CC

ASSISTANT COORDINATORS

Staci Doan,
staci.doan@seattle.gov
 Britt Lord-Jacobsen,
britt.lord-jacobsen@seattle.gov
 Tiffany Jordan,
tiffany.jordan@seattle.gov
 LaShawn Street,
lashawn.street@seattle.gov

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.

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.

- 1) GARFIELD CC
- 2) INTERNATIONAL DISTRICT/CHINATOWN CC
- 3) JEFFERSON CC
- 4) RAINIER CC
- 5) RAINIER BEACH CC
- 6) VAN ASSELT CC



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

↘ RECURRING EVENTS

COMMUNITY KITCHEN

FREE!

All Ages

International District/Chinatown Community Center will host Community Kitchens once a month for lunch through a partnership with International Community Health Service. Please call 206-233-0042 for more information.

Location: International District/Chinatown CC

Once a month 11 a.m.-1 p.m.



↘ SPECIAL EVENTS

↘ AUGUST 2016

NEIGHBORHOOD NIGHT OUT

FREE!

All Ages

Join us Tuesday, August 2nd from 5:30-8 p.m. for our Neighborhood Night Out event. Meet your neighbors, have some fun, and talk about ways to keep our wonderful neighborhood safe! We'll have free BBQ, games, speakers, performances, bounce houses for the kids, a DJ playing music, giveaways, and more!

Location: Rainier CC

8/2 Tue 5:30-8 p.m.

NATIONAL NIGHT OUT

FREE!

All Ages

Come on down to the International District/Chinatown and participate in National Night Out. Call IDCCC at 206-233-0042 for more information.

Location: International District/Chinatown CC

8/2 Tue

NATIONAL NIGHT OUT

FREE!

All Ages

Come on down to the Garfield Community Campus (Pool, Teen Center and Community Center) and participate in National Night Out. Call Garfield at 206-684-4788 for more information.

Location: Garfield CC

8/2 Tue

CENTRAL AREA COMMUNITY FESTIVAL

FREE!

All Ages

The Central Area Community Festival will be hosting its 20th annual festival this year. This two-day event will showcase the positive features of the "Central Area Community" with the corporation of local businesses and organizations that will provide resources and educational services to the community. This event provides a venue for the community to share cultural and educational information that raises the awareness on issues that affect the quality of life. Join for food, music and fun!

Location: Garfield CC and Playfield

8/19 Fri 5-9 p.m.
8/20 Sat 11 a.m.-7 p.m.



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.

➤ SEPTEMBER 2016

DEMO WEEK

Ages 18 months and older

Come try out our classes at Garfield Community Center during Demo Week and find out what we do! See Garfield Community Center's course listing for classes that are offering a demo. Demo class details will be listed in the course description. Please pre-register. (Excluding Ballet and piano)

Location: Garfield CC

9/12-9/16 M-F Varying times

FREE!

CHICKEN AND WAFFLES WITH A MOVIE

All Ages

Bring the family for some scrumptious chicken and waffles! Sit back and enjoy Star Wars: The Force Awakens! The movie will be played on a giant inflatable screen inside our gymnasium. Showings will be at 11:30 a.m. and 2 p.m. And yes, there will be popcorn!

Location: Rainier CC

9/24 Sat 11 a.m.-4:30 p.m.

Suggested Donation \$5

SUPER HERO PARTY

All Ages

POW! WHAM! ZAP! Who is your favorite super hero? What is your secret power? Come dressed as a superhero! Show everyone your super strength and power. We are having a party to celebrate our heroes. We will have games, cape making and so much more. It a party for everyone!

Location: Jefferson CC

9/16 Fri 6-8 p.m. \$5/family



SEATTLE PARKS AND RECREATION PRESENTS

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

This event is hosted by the Green Lake Advisory Council.

➤ OCTOBER 2016

PASTA PALOOZA

Food, family, and fun! Come support the Rainier Beach Community Center Advisory Council at this wonderful event that supports our scholarship program

Location: Rainier Beach CC

10/15 Sat 11:30 a.m.-2:30 p.m.

\$5 adult (Ages 16-64)

\$3 children (Ages 3-15) and Seniors (ages 65 and older)

Free – Age 2 and younger

\$20 – Families

PRE-HOLIDAY BAZAAR

FREE!

The Rainier Beach Community Center is hosting a Marketplace Pre-Holiday Bazaar. All proceeds will go to support the Rainier Beach Advisory Council in its efforts to provide families with scholarships to participate in Rainier Beach Community Center programs. Come shop, feast, and enjoy this pre-holiday event here at The Beach.

Location: Rainier Beach CC

10/15 Sat 11 a.m.-4 p.m.

Crafts Booth w/electricity: \$45

Crafts Booth: \$40

Late Registration Fee: \$10 after 10/1

TODDLER HALLOWEEN FEST

FREE!

Ages 2-5

Come join us as we get into the Halloween spirit! We will have costume contests with prizes, cookie decorating, arts and crafts, Toddler Gym, pumpkin painting, and more!

Location: Jefferson CC

10/27 Thu 10 a.m.-Noon



HALLOWEEN CARNIVAL AND HAUNTED HOUSE

Come and join us for our annual Halloween Carnival and Haunted House! Enjoy an evening of scary fun!! Do you dare go into the haunted house? Costumes are encouraged! This is a great family event.

Location: Jefferson CC

10/28 Fri 6-7:30 p.m.

Game Tickets 5 for \$1

Haunted House \$2

HALLO'TEEN FLASHLIGHT CANDY SCRAMBLE

FREE!

Ages 12-17

Grab you friends, a flashlight, and gather in the dark on the Van Asselt Community Center Campus. Participants are encouraged to be in costume and bring a bag and a flashlight. The event will begin at 7 p.m. sharp. There is no charge for the scramble, but it is important to be on time.

Location: Van Asselt CC

10/28 Fri 7 p.m. Sharp

CREEPY CRAWL

Ages 12 and younger

Begin your night of thrills and chills at Garfield Community Center. You do not want to miss this spooky event! carnival games, candy, prizes, cake walk, crafts, and more! Wear your costume. Volunteers are welcomed for the event and teens can earn their service hours in a fun way. Call us at 206-684-4788 if you're interested.

Location: Garfield CC

10/28 Fri 6-8 p.m. \$3

HALLOWEEN SWIM AT THE BEACH**FREE!**

This public swim is held on the Friday prior to Halloween, and is perfect for families and children. Both the Lap and Leisure pools will be open. (Each adult may supervise only TWO children under 6 year's old/4ft tall). Costumed lifeguards, pumpkins in the pool, prizes, and treats for all! Guaranteed to be a howling good time!

Location: Rainier Beach CC**10/28 Fri 7-8 p.m.****Free for the first 130 swimmers (limited capacity)****HALLOWEEN FRIGHTFEST****All Ages**

Bring your little goblins to our fun and festive party! Our family friendly costume extravaganza will have fun and safe interactive games for everyone!

Location: International District/Chinatown CC**10/28 Fri 6-7:30 p.m. \$1/child****TODDLER HALLOWEEN FEST****FREE!****Ages 2-5**

Come join us as we get into the Halloween spirit! We will have costume contests with prizes, cookie decorating, arts and crafts, Toddler Gym, pumpkin painting, and more!

Location: Rainier CC**10/29 Sat 10 a.m.-Noon****BOO BASH AT THE BEACH****FREE!****Ages 2-12**

Come join the Rainier Beach Community family and friends for our annual Boo Bash celebration. Rainier Beach community partners and friends join forces to provide a *terrific* but safe Halloween experience. Meet us at the Safeway parking lot for free trick or treating, music, games, crafts, and more. Ghouls and goblins of all ages welcome.

Location: Rainier Beach Safeway (9262 Rainier Ave. S)**10/31 Mon TBD****NOVEMBER 2016****THANKSGIVING FEAST PARTY****FREE!****All Ages**

Come join us for our annual Garfield Thanksgiving Feast. Be a part of the tradition and a full-scale Thanksgiving dinner with your community. Volunteers are welcomed for the event. Call us at 206-684-4788 if you're interested.

Location: Garfield CC**Fri 11/18 6:30-8 p.m.****THE REPTILE MAN****Ages 3 and older**

Why go to the zoo when the pets can come to you?! The Reptile Man is known nationwide and will be coming to Jefferson Community Center to show off his reptile friends. Please join us for a fun filled evening with the Reptile Man.

Location: Jefferson CC**11/18 Fri 7-8 p.m. \$5/family \$2/person****DECEMBER 2016****HOLIDAY PARTY****All Ages**

Come celebrate all of the seasons many wonders with your neighbors and friends at Garfield Community Center. Pre-registration is required to receive a toy at the event. Call 206-684-4788 for details.

Location: Garfield CC**12/16 Fri 6:30-8 p.m. \$3****WINTER WONDERLAND PARTY****All Ages**

This exciting, fun-filled evening of surprises for children and their families will include a visit from a North Pole friend, arts and crafts projects, holiday pictures, and treats. Parents and grandparents are invited to participate.

Location: International District/Chinatown CC**12/16 Fri 6-7:30 p.m. \$1/child (ages 2-12)**

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, 12/26.

TODDLER GYM PLAY TIME

Walkers-Age 5

Ride tricycles, play house, or blocks, and have fun on the slide as toddlers go wild at Toddler Open Gym. Participants will have the opportunity to play with other youth, develop motor skills, and have non-stop fun during this exciting drop-in session. (Parents must accompany their child at all times).

\$3 per child. We now have Quick Cards. Stop by and we'll explain the ways to save!

GARFIELD COMMUNITY CENTER (STARTS 9/7)

M/W/F 10 a.m.-1 p.m.

JEFFERSON COMMUNITY CENTER (STARTS 9/20)

Tue/Thu 10 a.m.-2 p.m.

RAINIER COMMUNITY CENTER (STARTS 9/7)

Wed/Sat 10 a.m.-1 p.m.

Friday 10 a.m.-2 p.m.

RAINIER BEACH COMMUNITY CENTER (STARTS 9/19)

Mon/Fri 10 a.m.-1 p.m.



PLAYSPACE ROOM

Ages 1-5

Our new Playspace Room is a smaller version of our Toddler gym. We have turned our Childcare room into a fun area for toddlers to explore books, musical instruments, trains, trucks, balls and more! Parents or guardians must be with your child at all times but this is a great place for parents to enjoy meeting other families and children while getting out of the house or out of the Rain! **Starts 9/7.**

Location: Garfield CC

Mon-Fri 10 a.m.-8:30 p.m. \$3

Sat/ Sun Noon-5 p.m. \$3

(However this may vary if we have a rental.)

Please Call 206-684-4788

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.



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**

SOUTHEAST RECREATION PROGRAM

SPECIALIST:

Cindy Sandino-Chang

Contact #: 206-684-5421/ 206-551-7316

RAINIER COMMUNITY CENTER

Mon-Thu 3-7:30 p.m.
Friday 3-6 p.m. Reopen 7 p.m.-Midnight
Saturday 7 p.m.-Midnight
@ Rainier Beach Late Night
Fri-Sat 7 p.m.-Midnight
@ Van Asselt Late Night
Saturdays 7 p.m.-Midnight

*All programs and activities that take place during Fridays and Saturdays after 7 p.m. are considered Late Night Recreation Program. This program is for young adults between 13-19 years of age.



RECTECH

RECTECH LAB PUBLIC ACCESS HOURS

RAINIER COMMUNITY CENTER

RecTech Site Lead: Marcus Goodsell (206-696-5935)

Mon-Thu 12:30-6:30 p.m.
Fri By Appointment
Sat/Sun CLOSED

RAINIER BEACH COMMUNITY CENTER

RecTech Site Lead: Young Pham (206-470-9115)

Mon-Wed Noon-5 p.m.
Th/F Noon-6:30 p.m.
Sat/Sun CLOSED

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, 12/26.

CENTRAL AREA READING CLUB

FREE!

Mature Teen – or 18 and older

Books are the foundation of knowledge – come join facilitators Reverend Harriett Walden and Erik Stark of the The Family Empowerment Institute. Each month covers a new book focusing on local, cultural, historical, and African American topics. For more information call 206-380-1710.

Location: Garfield CC

1st and 3rd Tuesday of the Month

6-8 p.m.

SENIOR GAMES

FREE!

Ages 50 and older

Come and enjoy Mah Jong and table tennis every Tuesday and Friday afternoon.

Location: International District/Chinatown CC

Tue 3:30-5:30 p.m.

Fri 2:30-5:30 p.m.



FITNESS ROOMS

Ages 18 and Older

GARFIELD FITNESS ROOM

No matter what your level of fitness, you can set and meet your goals in our friendly, non-intimidating fitness room. We are into fitness, not fashion - so put on that old pair of sweats grab your sneakers and join us. It's time for you to commit to get fit!

Mon-Fri 10 a.m.-8:30 p.m.

Sat 10 a.m.-5 p.m.

Sun Noon-5 p.m.

INTERNATIONAL DISTRICT/CHINATOWN FITNESS ROOM

Focus on your fitness. We have several cardio machines, a five-in-one weight machine, and hand weights to help you reach your goals. Cable TV allows you to catch your favorite show while you burn calories.

Mon/Fri 11 a.m.-9 p.m.

Tue 3-6 p.m.

Wed Noon-9 p.m.

Thu 11 a.m.-2 p.m.

RAINIER FITNESS ROOM

Find 30 minutes to work on cardio and strength training. We offer stationary bikes, ellipticals, treadmills, universal machines, and free weights.

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

Tue/Thu 10 a.m.-8:45 p.m.

Fri 9 a.m.-5:45 p.m.

Sat 9 a.m.-4:45 p.m.

RAINIER BEACH FITNESS ROOM

Take a little time to get a work out in our Fitness Room. We offer a variety of weight and cardio options to meet your fitness needs.

Sun 9 a.m.-6:15 p.m.

Mon-Thu 10 a.m.-8:45 p.m.

Fri 10 a.m.-6:45 p.m.

Sat 8:30 a.m.-6:45 p.m.

VAN ASSELT FITNESS ROOM

It might be small, but it can pack a wallop, from traditional cardio machines to free weight and other workouts!

Mon-Fri 3:30-7:45 p.m.

Stay tuned for teen workouts and women-only workouts!

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, 12/26.

	GARFIELD	ID/C	JEFFERSON	RAINIER	RAINIER BEACH	VAN ASSELT
BADMINTON			Tuesday 6-8:45 p.m.			
BASKETBALL Ages 18 and younger Free!	YOUTH No Open gym after 11/29. Sat 10 a.m.-2 p.m. Sun Noon-3 p.m. ADULT Mon/Fri 1:30-2:30 p.m. Tue/Thu 10 a.m.-2 p.m. Sat 2-5 p.m. Sun 3-5 p.m.	YOUTH Mon 3-5:30 p.m. Tue 3-5 p.m. Fri 3-8:45 p.m. FAMILY (kids under 12 w/parent) Wed 3-5 p.m. ADULT M/F 11:30-1:15 p.m.	M/F 2:30-4 p.m.	YOUTH M/W 3-6 p.m. T/Th 3-5:15 p.m. Fri 3-5:45 p.m. ADULT Mon 10 a.m.-3 p.m., 7-9 p.m. T/Th/F 1-3 p.m. Wed 10 a.m.-3 p.m. Sat <i>Call for availability.</i>	YOUTH M/W 2:30-5:30 p.m. Th/F 2:30-4:30 p.m. ADULT Please call for availability, (206) 386-1925.	YOUTH Mon 3-4 p.m., 6-8 p.m. Wed 3-8 p.m. Tue 3-5 p.m. Thu 3-5 p.m., 6-8 p.m. ADULT Tue 5-8 p.m.
	<i>Starting in November gym availability will be limited due to Citywide Basketball season. Please call your center for current availability.</i>					
COMPUTER LAB	8 PC computers Available for public Use Call 206-684-4788 for availability. M-F 1-4 p.m. FREE			<i>Hours vary depending on programs. Drop-in and open lab use are free. Call for availability, 206-696-5395, or email marcus.goodsell@seattle.gov. Normally open M-Th Noon-7 p.m.</i>	<i>Varies based on lab programs. Call for availability. Normally open M-W, Noon-5 p.m., Th-F Noon-6:30 p.m., and weekends.</i> <i>We have FREE WiFi available anytime we are open</i>	
DANCE	WEST AFRICAN DANCE Sat 2:30-3:30 \$15	LINE DANCING M/F 11 a.m.-12:30 p.m. CHINESE DANCE Thu 10-11:30 a.m.	WORLD DANCE Mon 6:45-8:45 p.m. BALLROOM DANCING Wed 1-3 p.m.	CHICAGO STYLE STEPPIN 4th Sat of the month 2:30-4:30 p.m. \$12 MIXED FIT M/W 6-7 p.m. \$7		

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, 12/26.

	GARFIELD	ID/C	JEFFERSON	RAINIER	RAINIER BEACH	VAN ASSELT
FITNESS		GENTLE YOGA Wed 3-4:15 p.m. KRIYA YOGA Thu 7:30-8:45 p.m.	ZUMBA T/Th 7 p.m. \$7 MIXXED FIT Wed 7 p.m. \$7	MIXXED FIT® M/W 6-7 p.m. \$7		
MARTIAL ARTS	YOUTH DEVELOPMENT TAEKWONDO Ages 5-18 M/W 6-7 p.m. <i>Free</i>	KUNG FU Tue 7-8 p.m. \$10 (adults) \$7 (youth)		CAPOEIRA Thu 7-8:30 p.m. \$9 ADULT TAI CHI Wed 3-3:45 p.m. Sat 9:30-10:15 a.m. \$3 KUNG FU EXERCISES W/F 9:15-10 a.m. \$2	LIFELONG (50+) TAI CHI M/Th 9:30-10:30 a.m. \$3	AMERICAN KENPO T/Th 6-7:30 p.m. SELF-DEFENSE W/F 6-8 p.m. <i>FREE!</i>
PICKLEBALL		Mon 6-8:45 p.m.	Mon 9:45 a.m.-12:15 p.m.	T/Th 10 a.m.-1 p.m.		SENIORS W/F 10 a.m.-Noon
TABLE TENNIS (PING PONG)	ADULT Mon 10 a.m.-1 p.m.	YOUTH Mon 3-5:30 p.m. Wed 4:30-6 p.m. ADULT M/W/F 6-8:45 p.m.		Available during operating hours.	Call for availability, (206) 386-1925.	M-F 3-8 p.m.
VOLLEYBALL	Sunday 1-3 p.m.	Wednesday 6:15-8:45 p.m.			Call for availability, (206) 386-1925.	

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

*Please consider volunteering as a coach
or helping with recruitment of coaches.
Our lowest 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.

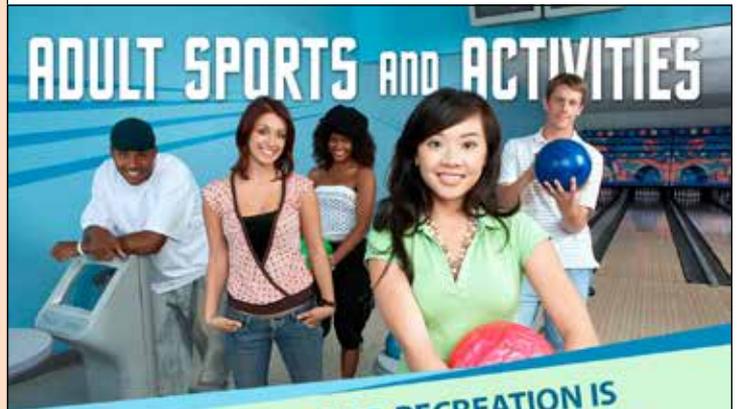
LOVE THE SPORT? LOVE KIDS? WANT TO GIVE BACK TO YOUR COMMUNITY? BECOME A VOLUNTEER COACH!

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!

ADULT SPORTS AND ACTIVITIES



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**

➤ 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
JEFFERSON COMMUNITY CENTER			
3-4	T/Th	9 a.m.-Noon	\$207
3-4	M/W/F	9 a.m.-Noon	\$310
3-4	M-F	9 a.m.-Noon	\$457
4-5	T/Th	9 a.m.-Noon	\$207
4-5	M/W/F	9 a.m.-Noon	\$310
4-5	M-F	9 a.m.-Noon	\$457
3-5	T/Th	12:30-3:30 p.m.	\$207
3-5	M/W/F	12:30-3:30 p.m.	\$310
3-5	M-F	12:30-3:30 p.m.	\$457

\$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.



VOLUNTEER AND COMMUNITY SUPPORT NEEDED!

We are always looking for dedicated neighbors to assist us as we deliver great programs to our wonderful community. Volunteer at the Center, during Special Events, or serve on our Advisory Council. Get involved now and join us as we build a better future for our community! Call us for more details and other ways to offer your support.

Ask to speak with the Coordinator, (206) 684-4788

↘ TOTS

MESSY ART FOR TODDLERS

Ages 2-5

Hands on experience with arts and crafts you might not want to try at home. The joy of creative thinking and self-expression are brought to life using mixed media. Parents act as child's assistant. Dress appropriately.

Instructor: Jocelyn Rombough

9/12	Mon	Noon-12:30 p.m.	FREE Demo Day
9/19-10/10	Mon	Noon-12:30 p.m.	\$32
10/17-11/14	Mon	Noon-12:30 p.m.	\$40
11/21-12/19	Mon	Noon-12:30 p.m.	\$40

CREATIVE MOVEMENT

Ages 2-3

In this class, we'll super-charge our minds and imaginations through creative movement and the basics of ballet. Throughout each class, we will use music, stories, and games to explore the foundational concepts of dance and introduce students to the shapes and patterns of classical ballet.

Instructor: Ciara McCormack

10/3-11/7	Mon	4-4:45 p.m.	\$48
11/14-12/19	Mon	4-4:45 p.m.	\$48

PRE-BALLET

Ages 3-4

This class teaches the basics of correct body alignment and proper ballet technique in a creative, fun environment. By teaching and introducing students the basic shapes, patterns, and traditions of classical ballet, the Beginning Ballet curriculum enhances both cognitive and physical development at this important time.

Instructor: Ciara McCormack

10/3-11/7	Mon	5-5:45 p.m.	\$48
11/14-12/19	Mon	5-5:45 p.m.	\$48

BUSY BEE BASKETBALL

Ages 3-5 and 5-7

Busy Bees puts the "FUN" in sports fundamentals. The Busy Bees basketball program is a fun and easy way for your child(ren) to learn the great sport of basketball including skills, sportsmanship, and teamwork in a low pressure atmosphere. Classes will be divided into age groups of 3-5 and 5-7. NO class Dec-Feb NO Class 9/15

Instructor: Randy Gibson

9/13	Tue	6-6:45 p.m.	FREE Demo Day
9/20-10/13	T/Th	6-6:45 p.m.	\$20
10/18-11/10	T/Th	6-6:45 p.m.	\$25

MIXED ART – CHECK OUT MIXED FIT FOR PARENTS!

Ages 4-7

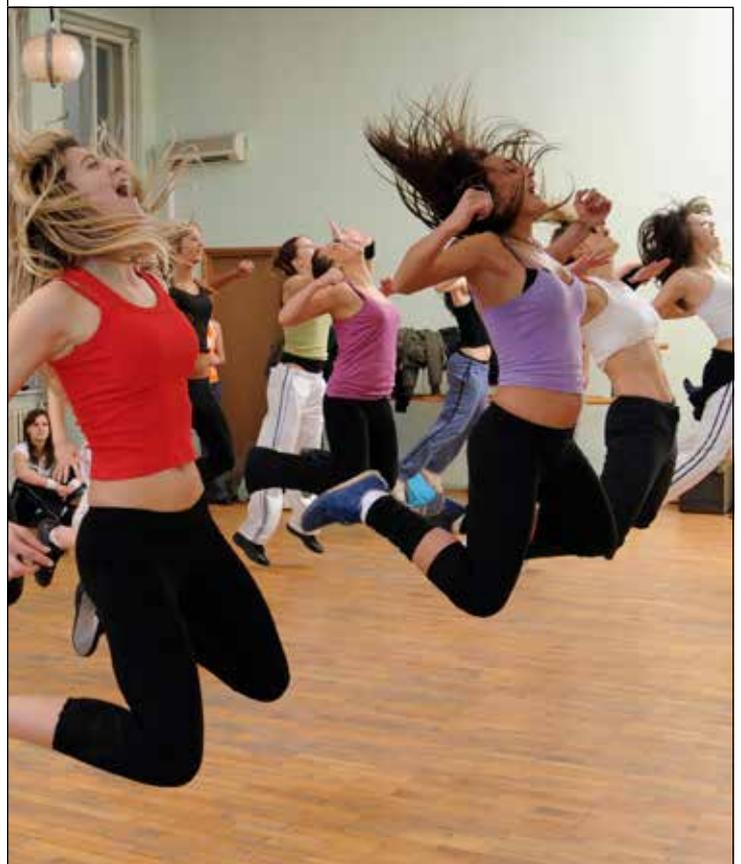
Designed for kids interested in all types of arts. Each week is a different theme, come with your creativity and dress appropriately. Parents, this class runs the same time as Mixed fit – we encourage you to take our fitness class while your child is in Art!

Instructor: Jocelyn Rombough

9/22	Thu	6-7 p.m.	FREE Demo Day
9/29-11/3	Thu	6-7 p.m.	\$48
11/10-12/15	Thu	6-7 p.m.	\$48



NEW



➤ YOUTH

ACROBATICS AND CIRCUS ARTS CLASS

Ages 5-10

This beginning circus class will keep you moving! Instructors from the School of Acrobatic and New Circus Arts will teach tumbling, wire walking, juggling, trampoline, rolling globe, and acrobatics. Don't miss out on the fun, sign up now! An additional \$5 annual insurance fee will be required prior to registration for all gymnastics, tumbling, and cheerleading classes at Seattle Parks and Recreation facilities. This non-refundable fee covers a child's participation for one year from the date purchased. This fee is not available for online purchase at this time. Please contact your local recreation center to purchase this insurance if you are registering on-line.

Instructor: SANCA instructors

Ages 5-7

9/13	Tue	5-5:45 p.m.	FREE Demo Day
9/20-10/12	Tue	5-5:45 p.m.	\$20
10/19-11/16	Tue	5-5:45 p.m.	\$25
11/23-12/21	Tue	5-5:45 p.m.	\$25

Ages 8-10

9/13	Tue	5:45-6:30 p.m.	FREE Demo Day
9/20-10/12	Tue	5:45-6:30 p.m.	\$20
10/19-11/16	Tue	5:45-6:30 p.m.	\$25
11/23-12/21	Tue	5:45-6:30 p.m.	\$25

GUITAR OR BEGINNER PIANO LESSONS

Ages 5 and older

Ever hear an amazing song and want to learn to play it on the guitar? We can help! Come learn all styles of music on an electric or acoustic guitar. Our instructor will help teach students in the best way for them, whether it's sight reading, by sound, or with pictures, we can make it work for you! Want to take a class with a friend, sibling, or parent? We can do semi-private lessons also. Participants must register at least three days before first class.

Instructor: Tommy Hoag

\$10 DOLLARS PER CLASS FOR SEMI-PRIVATE

\$20 DOLLARS PER CLASS FOR PRIVATE

9/14	Wed	5-8 p.m.	FREE Demo Day
9/21-10/12	Wed	5-8 p.m.	\$80*
10/19-11/16	Wed	5-8 p.m.	\$100**
11/23-12/21	Wed	5-8 p.m.	\$100**
9/17-10/15	Sat	10-1 p.m.	\$100**
10/22-11/19	Sat	10-1 p.m.	\$100*
11/26-12/18	Sat	10-1 p.m.	\$80*

*Semi-private lesson \$40.

*Semi-private lesson \$50.

PIANO LESSONS

Ages 6-18

Learn the basics of piano and move into advanced instruction as you progress through this 30-minute private instruction. Participants must register at least three days before first class.

Instructor: TBA

9/16-10/14	Fri	4-7 p.m.	\$100
10/21-11/18	Fri	4-7 p.m.	\$100
12/2-12/23	Fri	4-7 p.m.	\$80

BALLET 1

Ages 5-6

Starting with the foundations we learned in Pre-Ballet, this class gives growing students a chance to expand their horizons and learn new skills while gaining strength and refining their technique. As the class progresses, students will be introduced to the principals of the ballet barre and combine movements to make dances.

Instructor: Ciara McCormack

10/3-11/7	Mon	6-6:50 p.m.	\$50
11/14-12/19	Mon	6-6:50 p.m.	\$50

BALLET 2

Ages 7-9

This class will build on students' basic understanding of correct body alignment and proper ballet technique. Students will expand their ballet vocabulary and explore dance concepts. Class will include traditional barre and center work, and will introduce students to learning and performing choreography. This traditional class is for boys and girls who have taken 2 years of dance instruction and older beginners.

Instructor: Ciara McCormack

10/3-11/7	Mon	7-7:55 p.m.	\$50
11/14-12/19	Mon	7-7:55 p.m.	\$50

YOUTH DEVELOPMENT TAEKWONDO

FREE!

Ages 5-18

This course uses the Korean art of Tae Kwon Do as a catalyst to promote soft and hard life skills, focus on educational achievement, and behavior change. Registration can occur throughout session with instructor approval.

Instructor: Master Leon Preston

9/7-12/21	Mon	6-7:30 p.m.
	Wed	6-7 p.m.

DRILLS AND SKILLS**FREE!**

Ages 7-18

The Aaron Brooks Foundation Basketball Drills and Skills Program is working collaboratively with the community to develop a comprehensive youth development strategy for youth in underserved communities. The Drills and Skills mission is to empower youth to become successful citizens by providing a safe, nurturing environment where they can develop basketball skills, academic, social, and leadership skills. Drills and Skills Application, E-13, and Concussion Form required.

Instructor: James Hampton**Location: Garfield Teen Life Center****9/14-11/16 Wed 3-4:30 p.m.****INSTRUCTIONAL BASKETBALL LEAGUE**

Ages 6-7

Nothing but net! This fundamental league develops a strong skill foundation with appreciation for the game of basketball. Players participate in scrimmages to experience a non-competitive game environment. Emphasis on fundamentals including ball handling, shooting techniques, and footwork while increasing endurance, flexibility, and strength while encouraging teamwork and sportsmanship. No practice 12/25. Youth Sports Participation Form, Concussion Form, and birth certificate verification REQUIRED at the time of registration. Tee shirt included in activity fee. Parental supervision required. No class 11/25.

11/29-2/14 T/Th 6-7 p.m. \$70**TEEN PROGRAMS****TEEN CUISINE****FREE!**

Ages 12-18

This teen cooking class will consist of menu planning, learning how to bargain shop, food prep, nutritional value, and hands on experience for teens in completing a project from start to finish. All teen participants must sign up in advance and fill out and return the E-13 Authorization Form. Maximum is 10 participants per class.

Instructor: Dwayne Jackson**9/12-12/19 Mon 5-7:30 p.m.****GIRL TALK****FREE!**

Ages 12-19

Our focus is joining together as girls with the common goal of being mentally and physically fit. We will discuss hot topics including arts and culture, future education, health, and much more. There will be guest speakers from the community that will cover health, finances, and education.

9/13-12/20 Tue 4:30-6 p.m.**TEEN ADVISORY COUNCIL****FREE!**

Ages 12-18

Teen Council is open to all teens willing to get involved in making a difference in teen programs and making their community a better place. All teens are encouraged to come and join us. Volunteer hours can be earned by being a part of this group! Meetings are held the third Wednesday of the month. For more info please contact Traci Grant Rec Leader at 206-684-4788.

9/14-12/21 Wed 4-5 p.m.**IMPACT DANCE TEAM****FREE!**

Ages 12-19

IMPACT is a dance/performing arts program that provides youth with an opportunity to participate in an activity that furthers and helps develop sportsmanship, character, competitiveness, and compassion for their craft, peers, and community's. Participation in this program is a privilege, not a right. As a member of this program you represent your instructor(s) your parents/guardians, and the arts program your enrolled your conduct and actions at home in the classroom, on the practice floor, on stage, and in the community should not deviate from the regulations and code of conduct set forth in our Code of Conduct. Team members must show determination, dedication, and desire to be a productive member of this team. Must have E-13 to participate

Instructor: Dwayne Jackson**9/14-12/21 Wed 5-6:30 p.m. Advanced Group****YOUNG MEN'S GROUP****FREE!**

Ages 12-18

Young Men's Group will give young men a safe place to discuss issues they face such as race and social justice, police harassment, youth violence, and social norms. The purpose of the group is to give the young men the ability to navigate these issues through documentaries, guest speakers, and facilitation exercises. No class 11/24.

Instructor: George Yasutake**9/22-12/22 Thu 6-7 p.m.**

ADULT/ MULTIGENERATIONAL

ZENTANGLE

Ages 16 and older

Today's hottest trend in drawing meditation. Using only pencil, pen, and paper (technically there is a ruler involved) benefits including stress relief, inspiration, and improved self-esteem, Zentangle can be done anywhere and no special artistic talent is required. Tangles can be used to decorate wearables and home decor objects as well as cards, scrapbook pages and journals. Best of all, you can tangle even if you have never drawn anything before.

Instructor: Jocelyn Rombough

9/22	Thu	6-7 p.m.	FREE Demo Day
9/29-11/3	Thu	6-7 p.m.	\$48
11/10-12/15	Thu	6-7 p.m.	\$48

PRENATAL YOGA

Ages 16 and older

Classes are tailored to the needs of the pregnant body with traditional yoga breath, mindfulness and a philosophy adapted so that it is safe and helpful to the pregnant woman. All movement is offered in multiple levels (stepped levels) of challenge so that you can find the level of work that is beneficial to you on any given day. \$10 Drop in price.

Instructor: Alicia Essers

9/14	Wed	10-11 a.m.	FREE Demo Day
9/21-10/12	Wed	10-11 a.m.	\$39
10/19-11/16	Wed	10-11 a.m.	\$39
11/23-12/21	Wed	10-11 a.m.	\$39

BEGINNING/INTERMEDIATE MARIMBA FOR ADULTS

Ages 18 and older

Come learn traditional and contemporary marimba music from Zimbabwe and beyond. "If you can hear the sounds you can play the music." The music is inspiring, exciting, and a joy to play. "Come join the fun!!!"

Instructor: Sheree Seretse

9/14	Wed	7-8 p.m.	FREE Demo Day
9/21-11/23	Wed	7-8 p.m.	\$100
11/16-1/4	Wed	7-8 p.m.	\$100

MIXXED FIT®

CHECK OUT MIXXED ART FOR THE KIDS!

Ages 18 and older

Are you tired of the same old work out? Try something NEW! MixedFit® is a people-inspired dance fitness program that is a perfect blend of explosive dancing and boot camp-inspired toning. The music selection is young, fresh, upbeat, and familiar. MixedFit® has repetitive moves that are easy to follow, maximizing workouts rather than focusing on complicated dance steps to help tone and sculpt the body. This program caters to all shapes, ages, and skill levels.

Instructor: Leilani Farr

9/22	Thu	6-7 p.m.	FREE Demo Day
9/29-11/3	Thu	6-7 p.m.	\$48
11/10-12/15	Thu	6-7 p.m.	\$48

***PARENTS WANT YOUR KID TO DO SOMETHING COOL WHILE YOU WORK OUT? SIGN THEM UP FOR MIXXED ART!**



LIFELONG RECREATION

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

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.

VOLUNTEER AND COMMUNITY SUPPORT NEEDED!

We are always looking for dedicated neighbors to assist us as we deliver great programs to our wonderful community. Volunteer at the Center, during Special Events, or serve on our Advisory Council. Get involved now and join us as we build a better future for our community! Call us for more details and other ways to offer your support.

Ask to speak with the Coordinator, 206-233-0042.

↘ TOTS

PRE-BALLET

Ages 3-5

Sashay your way into the world of classical ballet. This class will teach boys and girls the basic elements of movement and ballet. Students will improve their coordination and balance, while learning terminology and ballet etiquette. Jump into class to learn what it's like to be a real ballerina! No class 9/15 and 11/24.

9/8-9/29	Thu	5:15-6 p.m.	\$27
10/6-10/27	Thu	5:15-6 p.m.	\$36
11/3-11/17	Thu	5:15-6 p.m.	\$27
12/1-12/29	Thu	5:15-6 p.m.	\$45

↘ YOUTH

BALLET 1

Ages 6-12

This is a beginning class is for boys and girls. Ballet vocabulary will be used as students learn fun, energetic, and expressive dances. Elements of this class incorporate traditional ballet barre and center-floor work. No class 9/15 and 11/24.

9/8-9/29	Thu	6-7 p.m.	\$27
10/6-10/27	Thu	6-7 p.m.	\$36
11/3-11/17	Thu	6-7 p.m.	\$27
12/1-12/29	Thu	6-7 p.m.	\$45

GYMNASTICS/TUMBLING

Ages 5-8

Learn the same skills as Olympic athletes in gymnastics, tumbling, and rhythmic gymnastics. Class includes warm up and warm down, strength and flexibility, balance, and creative floor movements. Students are asked to assist with mat set-up and takedown. *An additional \$5 annual insurance fee will be required prior to registration for all gymnastics, tumbling, acrobatics, and circus arts classes at Seattle Parks and Recreation facilities. This non-refundable fee covers a child's participation in all gymnastics, tumbling, acrobatics, and circus arts classes for one year from the date purchased. SORRY, this fee is not available for online purchase at this time. Please contact your local recreation center to purchase this insurance.

9/6-9/27	Tue	5-6 p.m.	\$36
10/4-10/25	Tue	5-6 p.m.	\$36
11/1-11/29	Tue	5-6 p.m.	\$45
12/16-12/27	Tue	5-6 p.m.	\$36

FINE ART DRAWING

Ages 6-12

Learn to draw through different lessons which encourage advancements in motor skills, creativity, and self-confidence. Transform simple objects into wonderful works of art using a variety of media such as ink, pencil, charcoal, watercolor, oil, and chalk. Students who are actively involved in the arts have been proven to produce 25% higher in academic achievement. No class 10/31 and 12/26.

9/12-9/26	Mon	5-6 p.m.	\$27
10/3-10/24	Mon	5-6 p.m.	\$36
11/7-11/28	Mon	5-6 p.m.	\$36
12/5-12/19	Mon	5-6 p.m.	\$27

9/7-9/28	Wed	5-6 p.m.	\$36
10/5-10/26	Wed	5-6 p.m.	\$36
11/2-11/30	Wed	5-6 p.m.	\$45
12/7-12/28	Wed	5-6 p.m.	\$36

LUCKY LIONS DANCE CLASS

Ages 6-25

Students will learn the basic movements of the lion head and body through the fundamental movements of Kung Fu. Students learn respect for others and interpersonal skills that will benefit them for a lifetime in their family lives, school, and the business world. Working together helps to build character and self-confidence and it teaches students the importance of clear and open dialogue with those around us.

9/6-9/27	Tue	6-7 p.m.	\$32
10/4-10/25	Tue	6-7 p.m.	\$32
11/1-11/29	Tue	6-7 p.m.	\$40
12/6-12/27	Tue	6-7 p.m.	\$32

8 ANIMAL/8 METHODS KUNG FU

Ages 12 and older

Develop speed, power, coordination, and discipline through the art of Yee Jong Pai Kung Fu. Learn the effective, classical techniques from the style of 8 Animals and 8 Methods. Drop-ins are welcome. Drop-in fee is \$10.

9/6-9/27	Tue	7-8 p.m.	\$36
10/4-10/25	Tue	7-8 p.m.	\$36
11/1-11/29	Tue	7-8 p.m.	\$45
12/6-12/27	Tue	7-8 p.m.	\$36

PIANO

Ages 5 and older

Electronic keyboards are used in these half hour individual lessons and are offered month after month. Our instructor will tailor instruction to each student's needs and level. Please note: payment is required prior to the start of a session. Time slots are guaranteed upon payment. No class 9/15, 11/24, and 12/26.

9/12-9/26	Mon	3-9 p.m.	\$75
10/3-10/31	Mon	3-9 p.m.	\$125
11/7-11/28	Mon	3-9 p.m.	\$100
12/5-12/19	Mon	3-9 p.m.	\$75

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

9/7-9/28	Wed	3-9 p.m.	\$100
10/5-10/26	Wed	3-9 p.m.	\$100
11/2-11/30	Wed	3-9 p.m.	\$125
12/7-12/28	Wed	3-9 p.m.	\$100

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

TEENS/TWEENS

SERVICE LEARNING

FREE!

Ages 13-18

Do you need service learning hours to graduate?

Come help organize a neighborhood clean-up or can food drive, lend a hand at a Community Center special event, or many other projects. Whether it's to fulfill community service requirements for school, or just lend a helping hand to those in need, give us a call 206-233-0042.

ID/C TEEN ADVISORY GROUP (CCC-TAG)

FREE!

Ages 13-18

Held monthly every third Wednesday. This is your opportunity to get more involved and have a say in what effects teens in the ID/C area. Come share your thoughts and ideas, help plan programs, and stay informed on what's coming up in your community.

3rd Wed/Month **4-6 p.m.**

DROP-IN DODGEBALL

FREE!

Ages 13-18

Time to kick it old school! Come play the game of dodgeball, all you need to know is the three D's of dodgeball; duck, dive, dodge. This is a great way to have fun with friends and burn some calories. So put on your game face and join the fun.

Tue **3-5 p.m.**

DROP-IN TABLE TENNIS

FREE!

Ages 6-18

Every Thursday afternoon is the time to practice your table tennis skills or challenge your friend to a match. Open to all youth and teens. We also offer paid table tennis lessons.

Mon **3-5 p.m.**
Wed **4:30-6 p.m.**

DROP-IN PICKLEBALL/BADMINTON

FREE!

Ages 13-18

Pickleball is a racquet sport which combines elements of badminton, tennis, table tennis, and ping-pong. The sport is played on a court with the same dimensions as a badminton court. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Badminton courts will also be available.

Mon **3-6 p.m.**

DROP-IN BASKETBALL**FREE!**

Ages 13-18

Come get your game on and play full court with some of Seattle's best high school players.

Fri 3-9 p.m.

↘ ADULTS**8 ANIMAL/8 METHODS KUNG FU**

Ages 12 and older

See youth section for details.

GENTLE YOGA

Ages 50 and older

Relax using disciplined techniques of traditional yoga to enhance your strength and well-being. Class taught in Chinese with English subtitles!

Wed 3-4 p.m.

Drop-in: \$3 (\$2 ages 65 and older)

KRIYA YOGA

Ages 18 and older

Learn simple breathing-meditation techniques to experience more peace, calmness, and relaxation in your life. Consistent meditation practice can have a transformative effect in your life such as being more centered, grounded, and energized. This class is open to individuals new to meditation, and also for those who wish to support their ongoing practice.

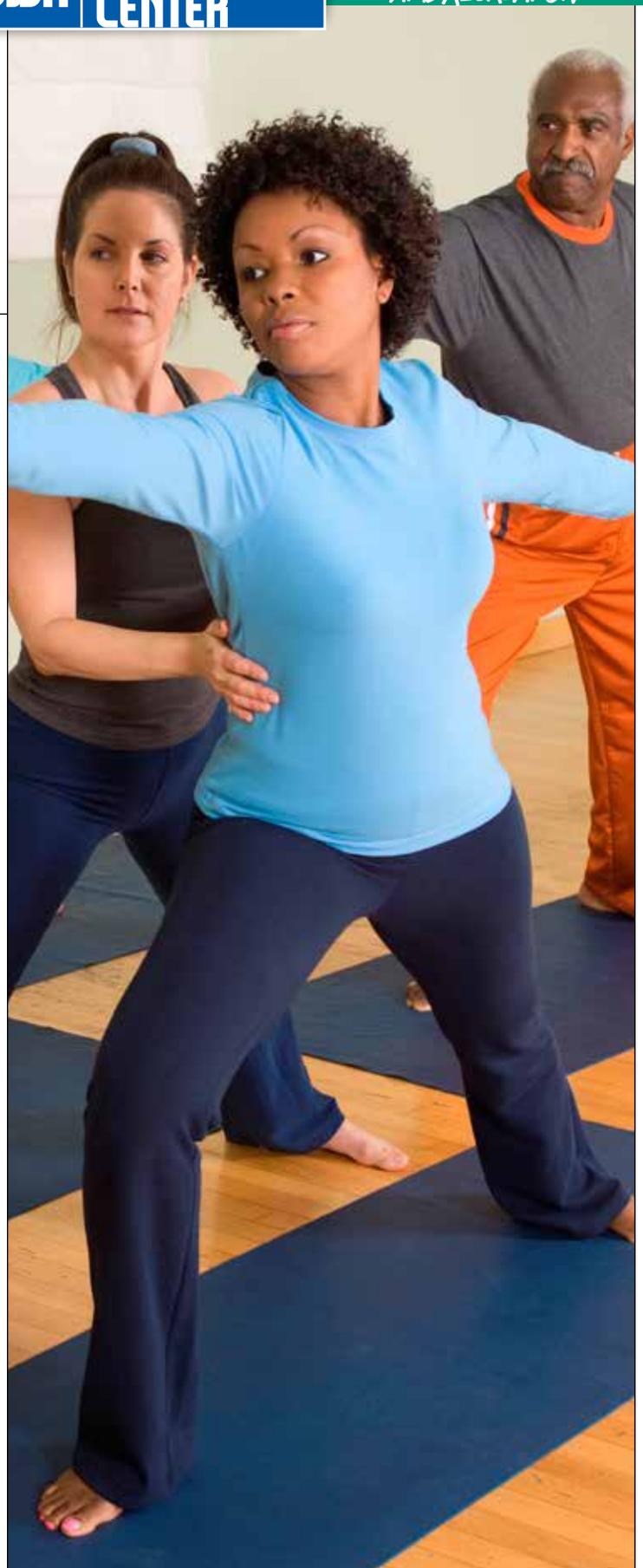
Thu 7:30-8:45 p.m.

Drop-in: \$5



**PLEASE REGISTER
EARLY TO AVOID
DISAPPOINTMENT.**

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



RecTech

ARC's technology access and education program, provides computer access and training to youth and adults, empowering them with the digital literacy skill-set to succeed in today's classroom and workplace. Currently offered at Delridge, Rainier, Rainier Beach, South Park and Yesler Community Centers, RecTech is a leading community resource building stronger, more engaged communities through quality technology programming.

In a RecTech lab, youth and adults can learn computer basics, internet navigation and usage, and a variety of advanced digital media skills – such as video and sound recording, editing and production, graphic design, website creation and digital animation. Youth and adults can also access the labs for afterschool assistance with homework, to prepare and submit a job application or to acquire more advanced computer and social media skills. Each RecTechlab offers both structured programs and open-lab opportunities.

INTERNSHIP OPPORTUNITY

RecTech Teen Internships combine job training, digital media skills, and personal development opportunities in a supportive professional environment. Guided by professional instructors and mentors, students engage in project-based learning and civic engagement, working with and for other community-based organizations. Interns who successfully complete the program are eligible to receive a stipend and service learning credits.

CONTACT YOUR LOCAL RECTECH LAB FOR MORE INFORMATION.

RAINIER BEACH - MARCUS GOODSSELL, 206-470-9115

RAINIER - JAYCEE COLEMAN, 206-386-1919

SOUTH PARK - TONY HATTEN, 206-684-7451

DELRIDGE - LESLIE HOWLE, 206-684-7423

YESLER - ASFAHA LEMLEM, 206-386-1245



VOLUNTEER AND COMMUNITY SUPPORT NEEDED!

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Ask to speak with the Coordinator, (206) 684-7481.

↘ TOTS

TERRIFIC 2'S PLAY AND LEARN

Age 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 healthy snack for their child each day. Children should be practicing their potty 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 co-op. 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.

10/4-10/27	T/Th	9-11 a.m.	\$160
\$80 one day option			
11/1-11/29	T/Th	9-11 a.m.	\$160
\$80 one day option			
12/1-12/15	T/Th	9-11 a.m.	\$100
\$50 one day option			

BUSY BEE SOCCER

Ages 3-5

Develop your motor skills for dribbling, trapping, and kicking with an emphasis on ball control. Basics are introduced using games, obstacles, and mini-matches. Increase self-esteem and build a love for the game in a non-competitive environment with emphasis on cooperation and participation. Parental supervision required.

9/6-10/25	Tue	5-5:45 p.m.	\$56
11/1-12/13	Tue	5-5:45 p.m.	\$49

LITTLE HOOPERS

Ages 3-5

Get off to a great sporting start with your preschooler! This coed program eases your child into the world of basketball. Instructor focus will be on introductory skills such as dribbling while incorporating hand-eye coordination and agility. Parental supervision required.

9/12-10/24	Mon	5-5:45 p.m.	\$49
10/31-12/12	Mon	5-5:45 p.m.	\$49

↘ YOUTH

JUNIOR HOOPERS

Ages 6-7

Want to learn how to dribble, shoot, and play defense? Emphasis is placed on the fundamentals of ball handling, shooting techniques, and footwork while increasing endurance, flexibility, and strength all the while encouraging teamwork and sportsmanship. Parental supervision required.

9/7-10/26	Wed	5-5:45 p.m.	\$56
11/2-12/14	Wed	5-5:45 p.m.	\$49

PIANO LESSONS

Ages 5-12

One-on-one piano lessons for beginners to advanced students. One half-hour lesson per week. No class 9/15, 11/24

9/8-12/1	Thu	4-4:30 p.m.	\$242
9/8-12/1	Thu	4:30-5 p.m.	\$242
9/8-12/1	Thu	5-5:30 p.m.	\$242
9/8-12/1	Thu	5:30-6 p.m.	\$242
9/8-12/1	Thu	6-6:30 p.m.	\$242
9/8-12/1	Thu	6:30-7 p.m.	\$242
9/8-12/1	Thu	7-7:30 p.m.	\$242
9/8-12/1	Thu	7:30-8 p.m.	\$242

YOUTH POTTERY

Ages 6-12

Every week we will guide you through different art projects by using different hand building techniques including coil, slab, and pinch pot. Kids will also learn how to use the pottery wheel to make table ware and some surface decoration techniques.

9/22-10/27	Thu	4:30-5:45 p.m.	\$80
11/3-12/15	Thu	4:30-5:45 p.m.	\$80

AMERICAN KENPO

Ages 5-18

American Kenpo is a highly sophisticated yet simple Martial Art System that is flexible in thought, as well as motion. Kenpo is tailored to an individual's needs, and is specifically designed as a self-defense system applicable to the streets of America. Kenpo will teach you long-lasting, articulate Self-Defense principles, and confidence while improving your self-discipline.

9/9-10/14	Fri	6:30-7:45pm	\$55
10/21-12/16	Fri	6:30-7:45pm	\$55

↘ STEM MINI CAMPS

MINE, CRAFT, BUILD: ADVENTURE GAME USING LEGO®

Ages 5-6

Bring Minecraft to life using LEGO! Resourcefulness, creativity, and cooperation come together in this unique building adventure game; roll the dice to mine for resources, and use these resources to build special items to help in our adventures! Build a Zoo, create a Medieval Castle, and design a Tree House Village! This LEGO experience is an original game designed by Play-Well instructors inspired by the popular game, Minecraft. Students will have a blast, even without any prior experience with Minecraft or LEGO.

12/22-12/23 Th/F 9 a.m.-Noon \$66.

ENGINEERING FUNDAMENTALS: MINE, CRAFT, BUILDING USING LEGO

Ages 7-10

Bring Minecraft to life using LEGO! Build a motorized walking Creeper, a terrifying Ghast, and a motorized Minecart! This project-based camp, designed by Play-Well instructors, combines the basic format of our core engineering-themed programs based on the world of Minecraft. Students will explore real-world concepts in physics, engineering, and architecture while building their favorite Minecraft objects. Students will have a blast, even without any prior experience with Minecraft or LEGO.

12/29-12/30 Th/F 9 a.m.-Noon \$66

↘ TEEN PROGRAMS

PEER TUTORING CLUB

Ages 12-18

Teach others and work together on homework. Meet new friends.

Sept-June Tue 3:30-5:30 p.m.

FREE!

TEEN ADVISORY COUNCIL

Ages 12-18

Utilize your leadership skills, be active and involved in planning field trips, special events, fundraising, and giving back to the community. No program 11/24.

Tue 3-5 p.m.

FREE!

JEFFERSON MOCK TRIAL

Ages 12-18

Come and learn public speaking skills, acting, and how to analyze the case. Be dedicated and committed to experience new skills and challenges. Make new friends and get team support and earn service hours by tutoring each other. No program 9/5, 11/25, and 12/26, 1/16.

9/7-3/24 M/W/F 6:30-8:30 p.m.

FREE!

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

ADULTS

INTRO TO TAI CHI

Ages 18 and older

Tai Chi promotes a well-balanced body and mind while gently increasing the body's range of motion. The meditative movements improve relaxation, stress reduction, posture, circulation, and more. Instructor practices a calming, patient demeanor which allows her to adapt to the needs of men and women of all ages and levels.

9/7-9/28	Wed	9-10:30 a.m.	
10/5-10/26	Wed	9-10:30 a.m.	
11/2-11/30	Wed	9-10:30 a.m.	
12/7-12/28	Wed	9-10:30 a.m.	

FREE!

ADULT BEGINNING/ INTERMEDIATE WHEEL

Ages 18 and older

Never taken a wheel class before or it's been a while since you have? Jefferson Community Center pottery room is the place to be! Learn how to make cups, bowls, and more in this relaxed and supportive environment. Come and express your creativity!

9/12-11/21	Mon	5:30-8:30 p.m.	\$346.50
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ADULT HANDBUILDING

Ages 18 and older

This is the perfect chance for you to unwind and get your hands in clay! Designed for all levels, even if you haven't had the chance to release your creative side! A perfect way to relax from your day and be creative from the soul! The class teaches the basics of coil pots, molds, slab building, attaching, and much more!

9/6-11/22	Tue	5:30-8:30 p.m.	\$378
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ADULT ADVANCED WHEEL

Ages 18 and older

Continue your ceramic evolution in this wheel throwing class designed for intermediate through advanced levels. Handbuilding techniques will be integrated as well. Students will expand their technical skills and gain a greater understanding of the aesthetics of form with one-on-one guidance and extensive individual attention by an experienced instructor. Prerequisite: Previous wheel experience with ability to center clay and throw independently.

9/7-11/23	Wed	5:30-8:30 p.m.	\$378
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DECEMBER STUDIO PASS

Students must be enrolled in current Fall quarter and upcoming Winter quarter.

12/1-12/31	\$60
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PILATES

Ages 18 and older

Looking for a class that will help build your core? Pilates demonstrates that our body can achieve fitness all on its own without any equipment. Using only your own body weight and gravity, the mat work will tone, strengthen, and lengthen your entire body! Please bring your own mat and water bottle.

9/6-11/8	Tue	9-10 a.m.	\$60
11/15-12/27	Tue	9-10 a.m.	\$42

KUNDALINI YOGA

Ages 18 and older

Kundalini Yoga is a physical and meditative discipline, comprising a set of techniques that use the mind, senses, and body to create a communication between mind and body.

9/12-11/14	Mon	6-7 p.m.	\$60
11/21-12/19	Mon	6-7 p.m.	\$30

ZUMBA®

Ages 16 and older

Are you tired of the same old work out? Try something NEW! Inspired by Latin dance and music, Zumba® uses a variety of styles in its routines, including cumbia, merengue, salsa, reggaeton, hip-hop, pop, mambo, rumba, flamenco, calypso, and salsaton. Music selections include both fast and slow rhythms to help tone and sculpt the body. No class 9/15, 11/24.

9/6-10/25	Tue	7-8 p.m.	\$48
9/8-10/27	Thu	7-8 p.m.	\$36
11/1-12/13	Tue	7-8 p.m.	\$42
11/3-12/15	Thu	7-8 p.m.	\$36

MIXED FIT

Ages 16 and older

Mixed Fit is a people inspired dance fitness program that has a blend of explosive dancing and boot camp-inspired toning (think squats, lunges, standing crunches). 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. "Go hard or go home" is our motto and all dances are set to our favorite songs on the radio that we would dance to at a nightclub. The boot camp-inspired exercises make for a more effective and challenging workout!

9/7-10/24	Wed	7-8 p.m.	\$60
11/2-12/14	Wed	7-8 p.m.	\$42

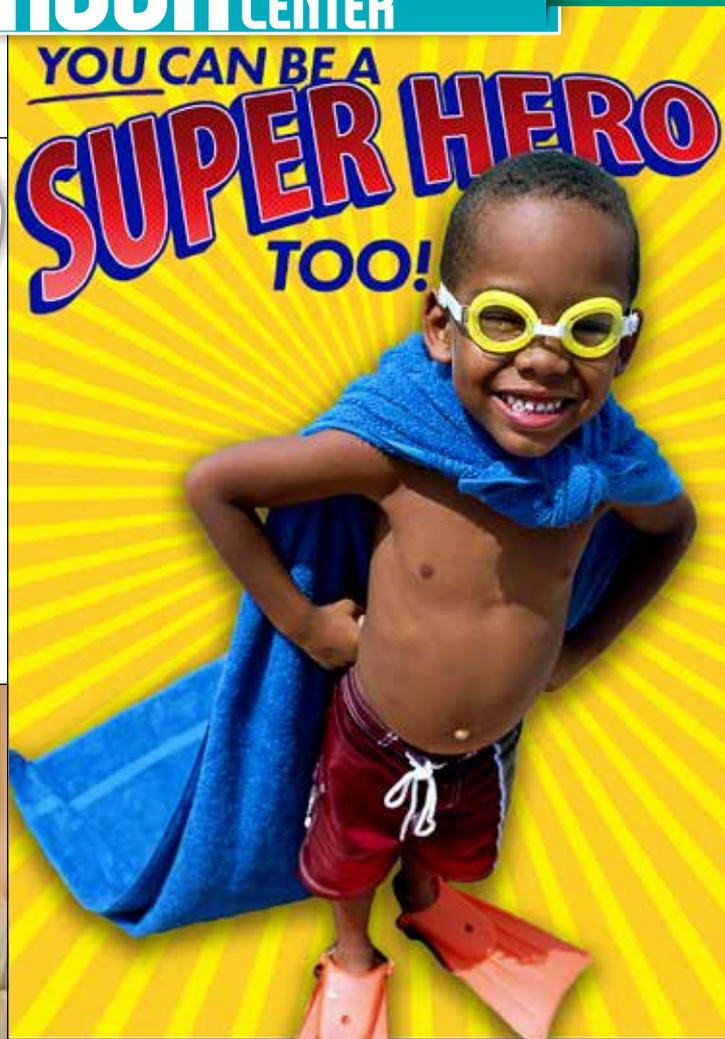
➤ MULTI-GENERATIONAL

HOLIDAY POTTERY WORKSHOP – PARENT AND CHILD

Ages 5-12

This is a two day pottery workshop you and your child will have chance to work some holiday gift together. The instructor will present some ideas and show different holiday theme projects to work with your children. Day two you will finish your projects together.

11/12-11/19 Sat 10-11:30 a.m. \$60



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.



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



VOLUNTEER AND COMMUNITY SUPPORT NEEDED!

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Ask to speak with Darin Olsen at (206) 386-1919.

RECTECH COMPUTER LAB

Computer lab hours vary depending on programs. Drop-in and open lab use are free. Program fees vary. Call for availability, 206-696-5395, or email Marcus Goodsell at marcus.goodsell@seattle.gov.

Normally open M-Th, Noon-7 p.m.

YOUTH

SPORTY TOTS

Ages 2-3

Children will begin to develop coordination through new skills such as throwing, catching, kicking/punting, and agility using balls and hoops as they learn to communicate and follow directions. Participation with other kids will increase social development, language skills, and self-esteem. Parental supervision required. No class 9/10, 11/5, 11/26, 12/3, 12/24 and 12/31.

9/17-10/29	Sat	9:45-10:15 a.m.	\$49
11/12-12/17	Sat	9:45-10:15 a.m.	\$28

LITTLE HOOPERS BASKETBALL

Ages 3-5

Get off to a great sporting start with your preschooler! This co-ed program eases your child into the world of basketball. Instructor focus will be on introductory skills such as dribbling while incorporating hand-eye coordination and agility. Parental supervision required. No class 9/5, 10/31 and 12/26.

9/12-10/25	Mon	6:15-7 p.m.	\$56
11/7-12/19	Mon	6:15-7 p.m.	\$56

CREATIVE MOVEMENT

This class includes elements of ballet, jazz, and modern, but from an open and creative platform. Class includes a lot of free dancing and imagination. Within a positive learning atmosphere, children are encouraged for their accomplishments as they begin their journey as dancers. Feel free to wear any clothes that are comfortable for movement; ballet slippers or bare feet are Ok. No class 9/15, 11/10, and 11/24.

Ages 2-3

9/8-12/22	Thu	5-5:45 p.m.	\$104
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Ages 4-5

9/8-12/22	Thu	5:45-6:30 p.m.	\$104
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KINDER KICKERS

Ages 3-5

Develop your motor skills for dribbling, trapping, and kicking with an emphasis on ball control. Basics are introduced using games, obstacles, and mini-matches. Increase self-esteem and build a love for the game in a non-competitive environment with emphasis on cooperation and participation. Parental supervision required. No class 9/10, 11/5, 11/26, 12/3, 12/24 and 12/31.

9/17-10/29	Sat	9-9:45 a.m.	\$49
11/12-12/17	Sat	9-9:45 a.m.	\$28

TANG SOO DO

Ages 5-7 and 8 and older

Tang Soo Do teaches us many things: self-defense, respect, focus, discipline, confidence, leadership, as well as how to accept our failures and discover the resolve to overcome greater challenges. Each student, be it child or adult, will take their own unique journey to black belt. Some must learn control—some, how to trust. Some will start their training shy then develop an understanding and desire to show their true strength. Some will learn to be less judgmental—starting with how they may judge themselves. Others will learn patience. All will learn perseverance and the deep satisfaction that comes from hard work and accomplishment. Everyone will improve their overall fitness. If you have ever thought of karate for yourself or for your child, there has never been a better time than right now to begin this amazing journey and to reap the benefits of this self-discovery, life skills improvement program.

A one-time registration fee of \$15 is required for World Tang Soo Do Association membership.

Ages 5-7

9/6-10/25	Tue	6:30-7 p.m.	\$40
11/1-12/20	Tue	6:30-7 p.m.	\$40

Ages 8 and older

9/6-10/25	Tue	7-8 p.m.	\$40
11/1-12/20	Tue	7-8 p.m.	\$40

PERSONAL MUSIC LESSONS

Ages 5 and older

Learn to play piano, drums, guitar, bass guitar, or all four!* Lessons are 30 minutes long and are offered on a monthly basis. Our instructor will tailor instruction to each student's needs and experience. Please note: payment is required prior to the start of a session. Time slots are guaranteed upon payment. No class 9/5, 9/15, 10/31, 11/11, 11/24, 11/25 and 12/26.

***DRUM, GUITAR, AND BASS GUITAR ARE ONLY AVAILABLE ON SATURDAYS FROM 9 A.M.-2 P.M.**

9/12-9/26	Mon	3-9 p.m.	\$94
10/3-10/24	Mon	3-9 p.m.	\$94
11/7-11/28	Mon	3-9 p.m.	\$94
12/5-12/19	Mon	3-9 p.m.	\$70

9/6-9/27	Tue	3-8 p.m.	\$94
10/4-10/25	Tue	3-8 p.m.	\$94
11/1-11/29	Tue	3-8 p.m.	\$117
12/6-12/27	Tue	3-8 p.m.	\$94

9/1-9/29	Thu	3-8 p.m.	\$94
10/6-10/27	Thu	3-8 p.m.	\$94
11/3-11/17	Thu	3-8 p.m.	\$70
12/1-12/29	Thu	3-8 p.m.	\$117

9/9-9/30	Fri	3-6 p.m.	\$94
10/7-10/28	Fri	3-6 p.m.	\$94
11/4-11/18	Fri	3-6 p.m.	\$47
12/2-12/30	Fri	3-6 p.m.	\$117

9/10-9/24	Sat	9 a.m.-5 p.m.	\$70
10/1-10/29	Sat	9 a.m.-5 p.m.	\$117
11/5-11/26	Sat	9 a.m.-5 p.m.	\$94
12/3-12/17	Sat	9 a.m.-5 p.m.	\$70

JUNIOR HOOPERS BASKETBALL

Ages 6-7

Want to learn how to dribble, shoot, and play defense? Emphasis is placed on the fundamentals of ball handling, shooting techniques, and footwork while increasing endurance, flexibility, and strength. Teamwork and sportsmanship will be encouraged. Parental supervision required.

9/14-10/26	Wed	6:15-7 p.m.	\$56
11/2-12/21	Wed	6:15-7 p.m.	\$56

BALLET 1

Ages 6-10

Children learn basic ballet skills in a creative, fun environment. Boys and girls learn basic ballet positions and steps in a fun and encouraging environment that incorporates creative exploration as well as traditional ballet technique. Dancers will learn warm up exercises, stretches, and across the floor movement. We will focus on enjoying movement while building a foundation that will help students move to the next level. Girls should wear a leotard, tights, and pink leather ballet slippers, Ballet skirts are allowed-tutus are not due to ease of damage. Boys should wear a plain t-shirt, black leggings, and ballet slippers. No class 9/15, 11/10, and 11/24.

9/8-12/22	Thu	6:30-7:15 p.m.	\$104
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JAZZ 1

Ages 8-15

For those who want to try several styles of dance! We'll cover contemporary, lyrical, musical theater, hip hop, and street jazz. From slow to fast, serious to sassy, technical to interpretive, you'll experience them all and maybe have a favorite by the end! No class 9/15, 11/10, and 11/24.

9/8-12/22	Thu	7:15-8 p.m.	\$104
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GOJU RYU KARATE

Ages 7-17

Build self-confidence and stay fit while learning the basic skills and forms of this style of karate. Beginning and continuing students are welcome. The sessions are continuous throughout the year and taught by Sensei Paul Kurose, who along with family members has taught in our community for 20+ years. Check out his experience! No class 12/26.

9/7-12/28	M/W	7:15-8:45 p.m.	\$15
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TEENS

COMMUNITY SERVICE/SERVICE LEARNING HOURS

High school students seeking community service hours can earn them by helping out with special events, tutoring teens after school, and other service opportunities. Please ask the Rainier Staff for a volunteer packet.

VOLUNTEER OPPORTUNITIES: TUTORS NEEDED!

All Rainier Teen Programs listed are free of charge for youth. We will be offering Leadership and Life Skills programs when speakers are available. Look for information around the Center about these great events!

ORGANIC GARDENING/ BREAKIN' BAD

FREE!

Ages 11-19

Grow organic vegetables! Learn what to plant based on the climate, the season, the soil, and the nutrients and days the plants need in order to grow. Teens will learn how to put the garden to sleep for the winter and harvest the last vegetables from the garden to the table for a scrumptious meal. Breakin' Bad is all about teens learning the science of organic gardening through experiments of their choice.

Mondays 3 p.m.-7 p.m.

TACO TUESDAY / ARTS AND CRAFTS

FREE!

Ages 11-19

Taco Tuesday is a Rainier Teen tradition and they love when Tuesday comes. Teens do all the work in this program from washing, prepping then cooking, so come and get your eat on! Arts and crafts projects include but are not limited to making a small pillow, embroidery, and canvas painting just to name a few. Other arts and crafts ideas are welcome.

Tuesdays 3 p.m.-7 p.m.

MIXXES-N-TUNES/RECTECH

FREE!

Ages 11-19

Music is Therapy that help you relax, relieve, and retrieve your brain so you can be stress free and always in a happy mood. So whether it's mixing, karaokeing, spitting, or any other way you know how to make music you are welcome to come and get your Therapy. All forms of music have to be rated PG (no profanity).

Wed 4-8 p.m.

RCC FITNESS/PIZZA THURSDAYS

FREE!

Ages 11-19

Want to improve your IQ, your looks, your immune system, speed up your metabolism and sleep better, then come and join the Teen RCC Fitness program every Tue and Thu 4 p.m.-5 p.m. After fitness teens will make the pizza of their choice.

Thu 4-7 p.m.

TAKE A FLICK/GAME NIGHT

FREE!

Ages 11-19

Come join the Rainier Teen Program and travel around Seattle to places you might not have seen or been before, then strike a pose at your favorite spot and snap a shot. Follow up the adventure with Game Night back at the community center where families of the teen program are encouraged to come and engage with the teens, but just know to bring your "A" game.

Fri 3-5:45 p.m.

RAINIER TEEN INFORMATION CORNER

- » Week Without Violence (October 10-15)
- » Reel Talk is everyday
- » 3 on 3, TBA Check with Ms. Joy
- » Field Trip every week.
- » Cooking class for the holidays (call center for details)
- » Programs are subject to change

Please call Rainer Community Center to register and help celebrate these special days! A complete E-13 form is required to participate.



**PLEASE REGISTER
EARLY TO AVOID
DISAPPOINTMENT.**

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

↘ 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

SOUTHEAST RECREATION PROGRAM

SPECIALIST:

Cindy Sandino-Chang

Contact #: 206-684-5421/ 206-551-7316

RAINIER COMMUNITY CENTER

Mon-Thu 3-7:30 p.m.
Friday 3-6 p.m. Reopen 7 p.m.-Midnight
Saturday 7 p.m.-Midnight
@ Rainier Beach Late Night
Fri-Sat 7 p.m.-Midnight
@ Van Asselt Late Night
Saturdays 7 p.m.-Midnight

*All programs and activities that take place during Fridays and Saturdays after 7 p.m. are considered Late Night Recreation Program. This program is for young adults between 13-19 years of age.

COPING AND SUPPORT TRAINING (CAST)

FREE!

Ages 13-19

CAST emphasizes three primary goals: to decrease emotional distress and suicide-risk behaviors, increase drug use control, and increase school performance. This program combines skills training and small group work together to learn and practice skills to enhance self-esteem, decision making, anger management and reinforcement of coping and help-seeking behaviors, while increasing access to social support.

Location: Rainier CC

9/13-10/20 T/Th 5:30-7 p.m.

Location: Rainier Beach CC

9/9-12/2 Fri 8-10 p.m.

FOOD SAFETY TRAINING

FREE!

Ages 13-19 w/ID

Do you want to get a job in the food service industry? This training will assist you in completing the requirement that mandates you successfully complete the Food Safety Training and obtain a Washington State Food Worker Card. This is an online training that is hosted by the Computer Labs at various Late Night Sites.

Location: Rainier CC

9/16, 10/15, 11/19

3rd Sat 7-9 p.m.

Location: Rainier Beach CC

9/3, 10/1, 11/5, 12/3

1st Sat 7-9 p.m.

STRENGTHENING AND CONDITIONING

FREE!

Ages 14-17

Strength training is not about bulking up but about developing your body's core muscle. The use of free weights, weight machines, and rubber resistance bands along with your body weight will develop a physique no mass amount of weight can accomplish. With resistance the muscles have to work harder to move which makes the muscle grow stronger and more efficient.

Location: Rainier CC

9/6-12/8 T/Th 4-5 p.m.

9/9-12/10 F/Sa 8-11 p.m.

PRE-LIFEGUARD CERTIFICATION TRAINING

FREE!
Ages 13-19 w/ ID

Teens come and learn the proper techniques of swimming and water safety including the ability to save someone's life that is in a water crisis. *One piece swimsuits are required for young ladies. Participants are not required to know how to swim at all.

Location: Rainier Beach Swimming Pool-Late Night
9/9-12/10 F/Sa 8-9:30 p.m.

AVIATION NATION CLUB

FREE!
Ages 11-19

This program provides its members an opportunity to fly model helicopters as well as practice during off time with flight simulators. This club also serves as a mentoring opportunity for youth. This is a great opportunity for youth who have an interest in planes and/or becoming a pilot.

Location: Van Asselt CC
9/10-12/10 Sat 2-5 p.m.

VERSES AND FLOW

FREE!
Ages 13-19

Tap into your lyrical and musical fire. Inspired by the hit TV show Verses and Flow young people will have a chance to express themselves in their chosen art form of Slam Poetry and Lyrical Writing. This form of creative writing is very influential in musical genres like R&B and Hip Hop. (Stay tuned for the #NoFilter Poetry Slam to be hosted during Week without Violence)

Location: Rainier CC
9/9-12/10 F/Sa 8-10 p.m.

VOCAL TRAINING

FREE!
Ages 6-12th Grade

Many people are born with a natural singing ability whether your desire is to entertain with you gift or for personal enjoyment. It's important to protect your best asset and increase its full potential.

Location: Rainier Music Studio
9/7-12/9 Wed 5:30-7:30 p.m.

SOUL'D COOKING CLASS

FREE!
Ages 12-19

Join us in gaining culinary skills while working in both a team and independent environment. This program will have young chefs feeling confident in the kitchen. This is a youth voice and choice program! Participants help plan the menus, learn how to cook from scratch and the best part is, you get to eat everything you cook! Sign up today! Space is limited!

9/13-12/8 T/Th 5-7 p.m.

Special Event

WEEK WITHOUT VIOLENCE

FREE!
6th-12th Grade

Join us and participate in the national Week Without Violence. We will offer various recreational / educational activities and programs for our cities youth. All programs/events are free! Pledge against violence! Locations for programs and events will vary. Contact your favorite staff member to find out more information!

Location: Various
10/10-10/14 Sat 11 a.m.-4 p.m.



ADULTS

MIXXED FIT®

Ages 16 and older

Are you tired of the same old work out? Try something NEW! MixedFit® is a people-inspired dance fitness program that is a perfect blend of explosive dancing and boot camp-inspired toning. The music selection is young, fresh, upbeat, and familiar. MixedFit® has repetitive moves that are easy to follow, maximizing workouts rather than focusing on complicated dance steps to help tone and sculpt the body. This program caters to all shapes, ages and skill levels. No class 9/5, 12/26.

9/7-12/28 M/W 6-7 p.m.

Drop-in: \$7

ADULT TAI CHI

Ages 18 and older

Come stretch and relax your mind, body, and spirit in our Tai Chi class. Suited for beginners and advanced students. Dress in comfortable clothing that allows you to stretch.

9/7-12/31 Wed 3-3:45 p.m.

Sat 9:30-10:15 a.m.

Drop-in: \$3

GOJU RYU KARATE

Ages 18 and older

Build self-confidence and stay fit while learning the basic skills and forms of this style of karate. Beginning and continuing students are welcome. The sessions are continuous throughout the year and taught by Sensei Paul Kurose, who along with family members has taught in our community for 20+ years. Check out his experience! No class 12/26.

9/7-12/28 M/W 7:15-8:45 p.m. \$15

CAPOEIRA

Ages 18 and older

Capoeira (pronounced cap-oh-era) is an Afro-Brazilian martial art with elements of dance, music, and acrobatics (think Eddy Gordo from Tekken!). The jogo (game of Capoeira) is played by two Capoeiristas having a fluid conversation of kicks, sweeps, takedowns, flips, and movements. During the jogo, the Capoeiristas explore their strengths and weaknesses, fears and fatigue in a sometimes frustrating, but nevertheless enjoyable and challenging process of personal expression, self-reflection, and growth. Played to live music, Capoeira involves more than just the physical aspect of the art but also history, music, ritual, and culture. Taught by Alan Letran (Instrutor Peritico), under the guidance of Mestre Acordeon, Mestra Suelly, and Mestre Ra.

9/8-12/29 Thu 7-8:30 p.m.

Drop-in: \$7



KUNG FU EXERCISES

Ages 18 and older

Shaolin Kung Fu exercises that develop strength, flexibility, coordination, balance, circulation and concentration. This is a no-contact class, suitable for all ages. Wear loose fitting clothes and non-traction flat-soled shoes or heavy socks.

9/7-12/30 W/F 9:15-10 a.m.

Drop-in: \$2

VOLUNTEER AND COMMUNITY SUPPORT NEEDED!

We are always looking for dedicated neighbors to assist us as we deliver great programs to our wonderful community. Volunteer at the Center, during Special Events, or serve on our Advisory Council. Get involved now and join us as we build a better future for our community! Call us for more details and other ways to offer your support.

Ask to speak with the Coordinator, (206) 386-1925.

RECTECH COMPUTER LAB

RecTech is guided by The RecTech Coalition (RTC), an alliance of staff, managers, and community advisory council members. The RecTech Coalition is committed to closing the digital divide and ensuring opportunity for all. Some of our partners include Adobe Youth Voices, Northwest African American Museum, Seattle University, Seattle International Film Festival, United Way of King County, Seattle Housing, and City of Seattle Department of Information Technology. No program Holidays, Saturdays and Sundays.

FALL 2016

Mon-Wed	Noon-5 p.m.
Thu/Fri	Noon-6:30 p.m.
Sat/Sun	CLOSED

↳ TOTS

DOODLE BUG AND ME

Ages 24-48 months

Doodle Bugs is geared toward helping children develop social and sensory skills while learning about color, texture, and experimenting with new materials. Each week the class will start with story time followed by an art project incorporating key characters or concepts straight from the story book. Dress for mess!

9/13-10/26	Tue	10-11 a.m.	\$56
Sibling Discount: \$4			
11/1-12/20	Tue	10-11 a.m.	\$64
Sibling Discount: \$9			

LITTLE HOOPERS

Ages 3-5

Get off to a great sporting start with your preschooler! This coed program eases your child into the world of basketball. Instructor focus will be on introductory skills such as dribbling while incorporating hand-eye coordination and agility. Parental supervision required. No class 11/11 and 11/25.

9/16-10/28	Fri	5-5:45 p.m.	\$63
11/4-12/23	Fri	5-5:45 p.m.	\$54



↘ YOUTH

SOUTH EAST INSTRUCTIONAL BASKETBALL LEAGUE

Ages 6-7

Nothing but net! This fundamental league develops a strong skill foundation with appreciation for the game of basketball. Players participate in scrimmages to experience a non-competitive game environment. Emphasis on fundamentals including ball handling, shooting techniques, and footwork while increasing endurance, flexibility and strength while encouraging teamwork and sportsmanship. No practice 11/27, 12/25. Youth Sports Participation Form, Concussion Form, and birth certificate verification REQUIRED at the time of registration. Tee shirt included in activity fee. Parental supervision required. No class 11/25.

9/16-12/23 **Fri** **6-7 p.m.** **\$65**

SYRF BASKETBALL SKILLS CLASS

Ages 8-10 and 11-16

Athletes will learn repetition of fundamentals, conditioning, ball handling, and shooting. We will also introduce the benefits of eating healthy, fitness, and having fun at the same time. This class is good for all skill levels. No class 9/15 and 10/31.

Ages 8-10

9/12-11/3 **M/Th** **6:15-7 p.m.** **\$75**

SYRF Members: \$50

Ages 11-16

9/12-11/3 **M/Th** **7-8:15 p.m.** **\$75**

SYRF Members: \$50

DRILLS AND SKILLS

Ages 11-18

The Aaron Brooks Foundation Basketball Drills and Skills Program are working collaboratively with the community to develop a comprehensive youth development strategy for youth in underserved communities. The Drills and Skills mission is to empower youth to become successful citizens by providing a safe, nurturing environment where they can develop basketball skills, academic, social, and leadership skills. Drills and Skills Application, E-13, and Concussion Form required.

9/19-12/20 **Tue** **3-7 p.m.**

HIP HOP DANCE

Ages 8-13

Koach T's dance classes will explore the skills and techniques that street-funk, jazz, isolations, and break dancing are founded upon. These classes are heavily influenced by contemporary rap and pop music. All experience levels will be able to enjoy this opportunity to express themselves through a diverse, urban, welcoming environment. No class 11/11 and 11/25.

9/16-10/28 **Fri** **6-7 p.m.** **\$63**

11/4-12/23 **Fri** **6-7 p.m.** **\$54**

LYRICAL FUSION

Ages 5-7

This class will introduce younger students to basic dance vocabulary and technique in a structured yet fun setting. Simple coordination, musicality, rhythm, and concentration will be emphasized. Students are encouraged to explore space and enjoy dancing. Class still includes lots of free dancing and imagination. Feel free to wear any clothes that are comfortable for movement; ballet slippers or bare feet are Ok. Parental supervision required.

9/14-10/26 **Wed** **5:30-6:15 p.m.** **\$70**

11/2-12/21 **Wed** **5:30-6:15 p.m.** **\$80**

SHOTOKAN KARATE

Ages 6 and older

Have fun learning traditional Japanese Shotokan karate. Martial arts training will improve your self-confidence and concentration in all parts of life. Open to all ages and all levels. Participants test for belt rank at their own pace. No class 11/24.

9/22-10/27 **Thu** **6:15-7 p.m.** **\$48**

11/3-12/22 **Thu** **6:15-7 p.m.** **\$56**

PIANO LESSONS

Ages 6-18

Learn the basics of piano and move into advanced instruction as you progress through this 30-minute private instruction. Participants must register at least three days before first class. Classes start in October. Please contact the center at 206-386-1925 for exact dates. \$22 per class, 3 class registration minimum. Scholarships are available!

Instructor: TBA

TEEN PROGRAMS

COMMUNITY SERVICE/SERVICE LEARNING HOURS

High school students seeking community service/service learning hours can earn them by helping out with special events, tutoring teens after school, and other service opportunities. Please ask the Rainier Beach Staff for a volunteer packet. Contact us at (206)386-1925 or rbcc@seattle.gov for more information.

TEEN LATE NIGHT SWIM PROGRAM

FREE!

Ages 13-19

Looking to learn marketable skills that could lead to future employment? We will teach swimming to teen's ages 13-19 years old for FREE, no experience necessary! Teen Late Night Swim Program is every Friday and Saturday evening, 8-9:30 p.m. Our program is focused on a three tiered progression: swimming, Red Cross Lifeguarding Skills, and then lifeguard job skills. Please bring a picture ID and ask for an E-13 Participation Form. This program requires parental signature to participate. No program 11/25 and 12/24.

Location: Rainier Beach CC/Pool
9/17-6/7 F/Sa 8-9:30 p.m.

YOUR HOUSE BOXING

FREE!

Ages 12-18

YHBCC was developed to meet the needs of youth at risk and provide a safe place to develop and execute a life plan. YHBCC will achieve its goals through a three house system: boxing, education, and community support. Each "house" provides a point of emphasis for youth enrolled in the YHBCC program. Students must fulfill commitments to education and community while learning discipline through boxing and training their minds and bodies. The three house system was developed by YHBCC founder and Executive Director, Chris Cates-Lopez. Registration paperwork required. No program 11/22, 11/23, and 11/24.

9/13-12/15 T/W/Th 4-6 p.m.


**PLEASE REGISTER
EARLY TO AVOID
DISAPPOINTMENT.**

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

COOKING AT THE BEACH

FREE!

Ages 11-18

Our Center's cooking program focuses on teens finding healthy alternatives to what they normally eat. Youth research recipes and are responsible for every element of cooking. This program helps in familiarizing teens with basic cooking instructions and preparation. This cooking program is totally hands on under the supervision of center staff.

9/14-11/30 Wed 4:30-6:30 p.m.

PIZZA PROJECT THURSDAY

FREE!

Ages 11-18

The goal of these projects is doing research on a decided topic and youth are encouraged to come up with points on how these topics relate to them. After the work is done we have pizza and discuss what ideas they come up with.

No program 11/24

9/15-12/1 Thu 4:30-6:30 p.m.

ADULTS

FAMILY ZUMBA®

Ages 14 and older

Founded in 2001, Zumba® Fitness is a global lifestyle brand that fuses fitness, entertainment, and culture into an exhilarating dance-fitness sensation! Zumba® exercise classes are 'fitness parties' that blend upbeat world rhythms with easy-to-follow choreography, for a total body workout that feels like a celebration. No class 11/23.

9/14-10/26 Wed 6:15-7:15 p.m. \$21
11/2-12/21 Wed 6:15-7:15 p.m. \$21
Senior/Special pops/Youth: \$14

AEROBICS

Ages 18 and older

Step up, tone up, shape up, make your body-wise and aerobicise. Workout with Noel, Fitness Trainer of 24 years.- CMA,PFT,IFPA certified. See you there. No class 10/11, 11/8, 11/24, 12/13.

9/20-10/27 T/Th 6-7 p.m. \$50
Seniors 65+/Sp Pops: \$40
11/1-12/22 T/Th 6-7 p.m. \$65
Seniors 65+/Sp Pops: \$52

SHOTOKAN KARATE

Ages 6 and older

Have fun learning traditional Japanese Shotokan karate. Martial arts training will improve your self-confidence and concentration in all parts of life. Open to all ages and all levels. Participants test for belt rank at their own pace. No class 11/24.

9/22-10/27 Thu 6:15-7 p.m. \$48
11/3-12/15 Thu 6:15-7 p.m. \$56

➤ **MULTIGENERATIONAL**

FAMILY YOGA

Ages 3 years and older with parent or guardian

Namaste! This class is for families with children from 3 years and older. Family yoga classes are structured like kids yoga classes with emphasis on interactive and partner poses for kids and adults to do together. We'll do age-appropriate yoga poses, breathing, movement games, and relaxation. No yoga experience required. No class 10/15.

9/17-10/29 Sat 11 a.m.-Noon \$60
11/5-12/17 Sat 11 a.m.-Noon \$70

Sibling rate: \$10

BABY AND ME YOGA

6-weeks postpartum

For mom, we'll explore strength and flexibility while building postures, breathing exercises, and relaxation techniques. For baby, we'll share yoga-inspired movement, rhymes and songs, baby play, and massage with newborn to pre-crawling babies. Each class contains playful activities on backs, tummies, or held in adoring arms incorporating postures designed to support your baby's development, digestion, and sleep. Most appropriate from 6 weeks postpartum until baby is mobile. No previous yoga experience necessary. No class 11/23.

9/14-10/26 Wed 10-11 a.m. \$70
11/2-12/21 Wed 10-11 a.m. \$70

FAMILY SPORTS FAN-ATICS – ROOKIES

Ages 3-5 with parent or guardian

This class focuses on the basic concepts needed for basketball, soccer, tee-ball, kickball, and football. Participants learn to play together in a structured class setting with various obstacles and games. The class provides a foundation for children's growth and enjoyment in a variety of sports. No class 11/24

9/22-10/27 Thu 5-5:45 p.m. \$54
11/3-12/22 Thu 5-5:45 p.m. \$63

Sibling rate: \$10

FAMILY ZUMBA®

Ages 14 and older

Founded in 2001, Zumba® Fitness is a global lifestyle brand that fuses fitness, entertainment, and culture into an exhilarating dance-fitness sensation! Zumba® exercise classes are 'fitness parties' that blend upbeat world rhythms with easy-to-follow choreography, for a total body workout that feels like a celebration. No class 11/23.

9/14-10/26 Wed 6:15-7:15 p.m. \$21
11/2-12/21 Wed 6:15-7:15 p.m. \$21

Senior/Special pops/Youth: \$14



➤ **RECTECH**

RECTECH JUNIOR WEB DESIGNERS

Ages 13-16

Make a website about your favorite animal, movie, or game. Students learn how to create webpages, input content (pictures and videos), and connect with friends in the computer lab.

10/13-11/15 Tue 3:30-4:30 p.m. \$20

RECTECH GRAPHIC DESIGN

Ages 13-19

Do you want to make a cool poster of your favorite sport athlete or design your own graphics? The computer lab is the place to do it. Register now and take your digital art skills to the next level.

9/21-11/9 Wed 3:30-4:30 p.m. \$20

TECH SUPPORT FRIDAYS

FREE!

Ages 18 and older

Stop by the computer lab and discuss new technology tools to increase your knowledge and learn new skills. Find out how to optimize your device, remove unnecessary programs, and more!

Year Round Fri Noon-2 p.m.

RECTECH DIGITAL ART

Ages 50+ (Lifelong Recreation)

Be assured, you'll make beautiful art in the computer lab! Stop on by the lab and let's CREATE digital art!

9/19-11/7 Mon 11 a.m.-Noon \$20

VOLUNTEER AND COMMUNITY SUPPORT NEEDED!

We are always looking for dedicated neighbors to assist us as we deliver great programs to our wonderful community. Volunteer at the Center, during Special Events, or serve on our Advisory Council. Get involved now and join us as we build a better future for our community! Call us for more details and other ways to offer your support.

Ask to speak with the Coordinator, (206) 386-1921.

↘ MULTI - GENERATIONAL

AMERICAN KENPO

Ages 5 and older

FREE!

American Kenpo is a highly sophisticated yet simple Martial Art System that is flexible in thought, as well as motion. Kenpo is tailored to an individual's needs, and is specifically designed as a self-defense system applicable to the streets of America. Kenpo will teach you long-lasting, articulate Self-Defense principles, and confidence while improving your self-discipline. No class, 9/15 11/24

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

SELF DEFENSE

Ages 5 and older

FREE!

Learn the basic self-defense techniques, come as you are street clothing allowed, we want to build the confidence motivation and skills to protect yourself in an ever changing world.

Beginning

9/7-9/30	W/F	6-7 p.m.
10/5-10/28	W/F	6-7 p.m.
11/2-11/30	W/F	6-7 p.m.
12/2-12/30	W/F	6-7 p.m.

Intermediate/Advance

9/7-9/28	W/F	7-8:30 p.m.
10/5-10/26	W/F	7-8:30 p.m.
11/2-11/30	W/F	7-8:30 p.m.
12/7-12/28	W/F	7-8:30 p.m.

↘ TOTS

LITTLE HOOPERS

Ages 3-5

Get off to a great sporting start with your preschooler! This coed program eases your child into the world of basketball. Instructor focus will be on introductory skills such as dribbling while incorporating hand-eye coordination and agility. Parental supervision required.

9/12-9/26	Mon	4-4:45 p.m.	\$24
10/3-10/31	Mon	4-4:45 p.m.	\$40
11/7-11/28	Mon	4-4:45 p.m.	\$32

↘ YOUTH

JUNIOR HOOPERS

Ages 6-7

Want to learn how to dribble, shoot, and play defense? Emphasis is placed on the fundamentals of ball handling, shooting techniques, and footwork while increasing endurance, flexibility, and strength all the while encouraging teamwork and sportsmanship. Parental supervision required.

9/12-9/26	Mon	5-5:45 p.m.	\$24
10/3-10/31	Mon	5-5:45 p.m.	\$40
11/7-11/28	Mon	5-5:45 p.m.	\$32




2
OUTDOOR OPPORTUNITIES

A FREE year round outdoor recreation and environmental education program for teens 14-19 years old citywide.

PROGRAMMING INCLUDES:

- » After-School Workshops
- » Overnight and Day Trips
- » Service Projects
- » Week Long Expeditions
- » Paid Internships

GET INVOLVED TODAY!
NO EXPERIENCE NECESSARY.
seattle.gov/parks/teens/o2



↘ TEENS AND TWEENS

COMMUNITY SERVICE/SERVICE LEARNING HOURS

High school students seeking community service/service learning hours can earn them by helping out with special events, tutoring teens after school, and other service opportunities. Please ask the Rainier Beach Staff for a volunteer packet. Contact us at (206)386-1921 or clay.hughes@seattle.gov for more information

TEEN LATE NIGHT SWIM PROGRAM

FREE!
Ages 13-19

Looking to learn marketable skills that could lead to future employment? We will teach swimming to teen's ages 13-19 years old for FREE, no experience necessary! Teen Late Night Swim Program is every Friday and Saturday evening, 8-9:30 p.m. Our program is focused on a three tiered progression: swimming, Red Cross Lifeguarding Skills, and then lifeguard job skills. Please bring a picture ID and ask for an E-13 Participation Form. This program requires parental signature to participate.

Location: Rainier Beach CC/ Pool
Ongoing F/Sa 8-9:30 p.m.

DRILLS AND SKILLS

FREE!
Ages 10-19

The Aaron Brooks Foundation Basketball Drills and Skills Program are working collaboratively with the community to develop a comprehensive youth development strategy for youth in underserved communities. The Drills and Skills mission is to empower youth to become successful citizens by providing a safe, nurturing environment where they can develop basketball skills, academic, social, and leadership skills. Drills and Skills Application, E-13, and Concussion Form required.

9/9-12/15 Fri 3-7 p.m.

MNF COOKING AND CONVERSATIONS

FREE!
Ages 10-19

Teens will cook basic meals before each Monday Night Football game. When the game starts the eating and conversations start as well. Each conversation will be based on current events happening around the world. If you enjoy eating, having good conversation, and watching football this program is for you. You must have an E-13 on File.

9/12-12/19 Mon 4-7 p.m.


PLEASE REGISTER EARLY TO AVOID DISAPPOINTMENT.

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

OPEN TEEN-ROOM

FREE!
Ages 10-19

Come in to the Van Asselt Teen room and use the computer, study for upcoming test, work on homework, watch TV, or play board games.

Mon-Fri 3-7 p.m.

TEEN COUNCIL

FREE!
Ages 10-19

Teen Council will be held every 3rd Thursday of the Month from 5:30-7pm. Each meeting will consist of new ideas from the teens to help the community and come up with new program ideas that best suit the teens. No meeting 9/15.

3rd Thu/Month 5:30-7 p.m.

3 ON 3 HOOP FEST

FREE!
Ages 10-19

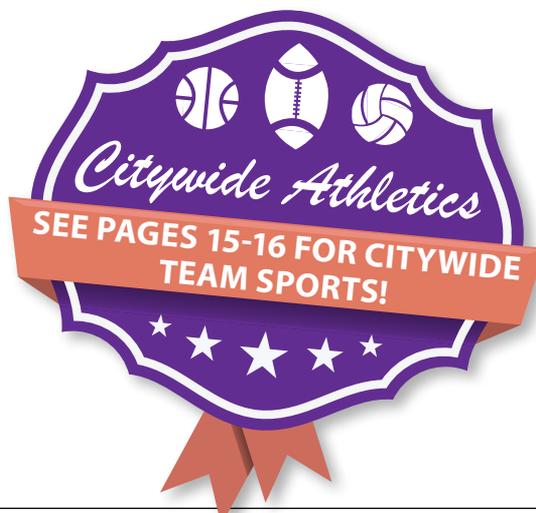
Come sign up at the front desk at VACC there will be a middle school bracket and a high school bracket. 4 kids per team. Food will be served towards the end of the tournament. This is free to everyone who plays in the tournament.

9/9 Fri 4-7:30 p.m.

FRIDAY NIGHT LIGHTS

FREE!
Ages 10-19

Teens will attend selected Seattle Public High School football games across the City. E-13 Parent Permission Form is required to attend.

9/23-12/16 Fri 5-9 p.m.


SEATTLE PARKS AND RECREATION AQUATICS INFORMATION



© Doug Mahugh



© Doug Mahugh

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

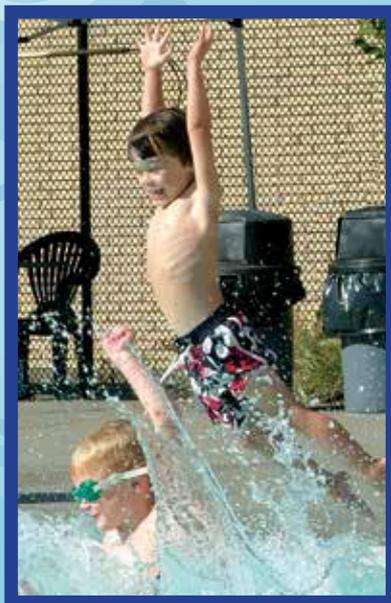
Quality
instruction
tailored to
fit individual
needs to achieve
your personal
swimming goals.



© 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 \$50 per hour +1 additional hour • \$75 City of Seattle Alcohol Permit Fee • Banquet Permit purchased from the Liquor Control Board \$15

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

Staff at the facility will review the complete refund policy with you when your rental is booked. 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.

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.

ROOMS

- » \$35: Small Rooms (1-400 square feet), per hr
- » \$45: Medium Rooms (401-1,500 square feet), per hr
- » \$60: Large Rooms (1,500+ square feet), per hr
- » \$25: Small Kitchen (minimum of 2 hours), per hr
- » \$48: Large Kitchen (minimum of 2 hours), per hr
- » \$25: Staff 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 facility, 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
Garfield 206-684-4788	15-35	35-45	145	35	442
International District/ Chinatown CC 206-233-0042	37	48	135	small	395
Jefferson 206-684-7481	20	(2)50	110	small	300
Rainier 206-386-1919	(2)20	(2)35	100	large	(2)350
Rainier Beach 206-386-1925	(3) 25-30	(3) 40-80	185	large	350
Van Asselt 206-386-1921		62	187	large	283

SOUTHEAST SEATTLE/SHELTERHOUSES AND CAPACITIES

SITE	SMALL	MED	LG
Pritchard Beach Bathhouse 206-684-7254		85	
Madonna Shelter House 206-684-4788	25		

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*

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



AQUATICS PROGRAMS



SPECIALIZED PROGRAMS



ENVIRONMENTAL LEARNING PROGRAMS



LIFELONG RECREATION PROGRAMS

THANK YOU SEATTLE VOTERS!

MADE POSSIBLE BY THE SEATTLE PARK DISTRICT