



CLASSES, ACTIVITIES, CAMPS, SPECIAL EVENTS, AND MORE!  
**SOUTHWEST COMMUNITY CENTERS**

FALL 2015

**COMMUNITY  
CENTERS**

ALKI

DELRIDGE

HIAWATHA

HIGH POINT

SOUTH PARK

SOUTHWEST TEEN  
LIFE CENTER

**POOL**

SOUTHWEST



**REGISTER: 8/4**

**EXPLORE MORE!**

register online:  
[seattle.gov/parks](http://seattle.gov/parks)



# Dear Recreation Enthusiast:

As you may know, I recently moved to Seattle from Washington, D.C. to take on the role of Superintendent of Seattle Parks and Recreation. I cannot tell you how excited I am about the opportunity to lead one of the best parks and recreation agencies in the country. I grew up in a large family with six children, and now have three school-aged kids of my own, so I know how important it is for children and families to have access to green spaces and opportunities to recreate together with their neighbors.

This is an incredibly exciting time in Seattle. As our city continues to grow, we at Seattle Parks and Recreation are eager to play a part in ensuring that our services and facilities serve every resident in a truly equitable way, now and into the future.

As the new superintendent, I aim to lead the department in three areas to benefit our residents: supporting the development of healthy lifestyles, providing opportunities for personal growth and leisure, and supporting environmental sustainability. We'll do this through building and maintaining facilities and programs that offer opportunities for all of our residents to grow, learn, play and explore.

Since my arrival, I have been hosting an Open Houses Listening Tour and we have some sessions scheduled this September during which I'd like to hear directly from you. I'm interested in hearing about your experiences – positive and negative, your desires for your parks and recreation system, and your ideas to make us even better.

## THE REMAINING FALL OPEN HOUSES WILL BE:

**Tuesday, Sept. 22. | 5:30-7:30 p.m.**

Van Asselt Community Center (2820 S Myrtle St.)

**Saturday, Sept. 26 | 2-4 p.m.**

Northgate Community Center (10510 5th Ave. NE)

Thank you for your participation in and support of our precious parks and recreation system. I look forward to meeting many of you this fall.

Sincerely,

Jesús Aguirre  
Superintendent

## REGISTER AUGUST 4

**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 recreation 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](http://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](http://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](mailto: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](http://seattle.gov/parks/centers.asp).

# IN THIS BROCHURE:

**12**  
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!

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**ALKI CC**

5817 SW Stevens St / Seattle, WA 98116  
**PH:** 206-684-7430 **Fax:** 206-938-9549

**HOURS**

Mon-Thu	3-8 p.m.
Friday	4-9 p.m.
Sat/Sun	Closed

**STAFF**

Katie Fridell, *Center Coordinator*

**DELRIDGE CC**

4501 Delridge Way S / Seattle, WA 98106  
**PH:** 206-684-7423 **Fax:** 206-684-7424

**HOURS**

Mon/Wed	9 a.m.-8 p.m.
Tue/Thu	Noon-8 p.m.
Friday	11 a.m.-6 p.m.
Sat/Sun	Closed

**STAFF**

Angie Ramirez, *Center Coordinator*

**HIAWATHA CC**

2700 California Ave SW / Seattle, WA 98116  
**PH:** 206-684-7441 **Fax:** 206-923-1691

**HOURS**

Mon/Thu	10 a.m.-8 p.m.
Tue/Wed	11 a.m.-8 p.m.
Friday	Noon-7 p.m.
Sat/Sun	Closed

**STAFF**

Tiffani Melake, *Center Coordinator*

**HIGH POINT CC**

6920 34th Ave SW / Seattle, WA 98126  
**PH:** 206-684-7422 **Fax:** 206-684-7402

**HOURS**

Mon-Thu	9 a.m.-8 p.m.
Fri/Sat	9 a.m.-7 p.m.
Sunday	Closed

**STAFF**

Shari Watts, *Center Coordinator*

**SOUTH PARK CC**

8319 8th Ave S / Seattle, WA 98108  
**PH:** 206-684-7451 **Fax:** 206-684-7992

**HOURS**

Mon-Thu	Noon-8 p.m.
Friday	Noon-7 p.m.
Saturday	9 a.m.-3 p.m.
Sunday	Closed

**STAFF**

Jefri Peters, *Center Coordinator*

**SOUTHWEST  
TEEN LIFE CENTER**

2801 SW Thistle St/Seattle, WA 98126  
*Entry is located on south side of building.*  
**PH:** 206-684-7438 **Fax:** 206-233-7295

**HOURS OF OPERATION**

Tue-Fri	2:30-8 p.m.
Fri/Sat	7 p.m.-Midnight (Late Night)
Saturday	5-7 p.m.

**STAFF**

Mazvita Maraire, *Sr. Recreation Specialist*

**PARKS MANAGEMENT**

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

**PROFESSIONAL STAFF**

Lakema Bell,  
*Asst. Recreation Coordinator*  
 Katie Howard,  
*Asst. Recreation Coordinator*  
 Giovannina Souers,  
*Asst. Recreation Coordinator*

**CLOSURES**

9/7 Labor Day  
 11/11 Veterans' Day  
 11/17 Staff In-Service Day  
 11/26 Thanksgiving  
 11/27 Day after Thanksgiving  
 12/25 Christmas Day  
 1/1 New Year's Day

**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 37 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](http://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](http://www.seattle.gov/parks) for updated information.*

**\*TEEN LATE NIGHT 7-MIDNIGHT (Ages 13-19)**

**Friday: High Point & South Park CC**

**Saturday: Delridge CC**

**Fri/Sat: Southwest Teen Life Center**

- 1) ALKI CC
- 2) DELRIDGE CC
- 3) HIAWATHA CC
- 4) HIGH POINT CC
- 5) SOUTHWEST POOL & TLC
- 6) SOUTH PARK CC



## ➤ RECURRING EVENTS

### FRIDAY NIGHT SKATE

Join us for a night of skating with your family and friends almost every Friday night. No skate night 10/23, 10/30, 11/27.

**Location: Alki CC**  
**9/11-12/18    Fri    6:30-8:30 p.m.    \$3/skater**

### SKATE NIGHT BIRTHDAY PARTY RENTALS

Need ideas for a birthday party? What about a skate rental? Call Alki community center for more details (206) 684-7430.

**Location: Alki CC**  
**Fridays    6:30-8:30 p.m.**

### MOVIE NIGHTS

**FREE!**

This fall season, Alki will be showing family friendly movies on our big screen. Be sure to stop on by to join the fun.

**Location: Alki CC**  
**9/11-9/25    Fri    6:30 p.m.**  
**10/2-10/16    Fri    6:30 p.m.**  
**11/06-11/20    Fri    6:30 p.m.**  
**12/4-12/18    Fri    6:30 p.m.**

### PARENTS' NIGHT OUT

**Ages 4-9**

Parents it's your turn to take time out for yourselves. Bring your child to the center for an evening of fun while you enjoy a movie in the admiral neighborhood or fine food along Alki beach. Please register a week in advance, a minimum of 6 participants are required for program to run. While you are out your kids will enjoy a pizza dinner, skating, games, and other activities.

**Location: Alki CC**  
**9/18    Fri    6-9 p.m.    \$25**  
**10/16    Fri    6-9 p.m.    \$25**  
**11/20    Fri    6-9 p.m.    \$25**  
**12/18    Fri    6-9 p.m.    \$25**

## ↘ SPECIAL EVENTS

### ↘ SEPTEMBER 2015

#### HISPANIC HERITAGE MONTH KICK OFF

**FREE!**

A taste of Hispanic Heritage, enjoy drinks, snacks, arts and crafts, and special show by Los Bailadores de Bronce "The Bronze Dancers".

**Location: Delridge CC**

9/16 Wed 6-7:30 p.m.

#### LOUIE FOXX -MAGIC SHOW

All Ages

Louie Foxx's One Man Side show is filled with tons of magic, comedy; cowboy tricks, juggling and more audience interaction than you can shake a stick at! Louie was recently on America's Got Talent and is a Guinness World Record Holder, this is a unique show, not to be missed!

**Location: High Point CC**

9/19 Sat 10:30-11:30 a.m.

\$5 per person if preregistered; \$7 at the door;

\$30 max per family

### ↘ OCTOBER 2015

#### REPTILE MAN – REPTILE SHOW

All Ages

Snakes, iguanas, and lizards, oh my! Don't miss this fun, intriguing and educational show with the Reptile Man and his band of creatures from around the globe.

**Location: High Point CC**

10/17 Sat 10:30-11:30 a.m.

\$5 per person if preregistered; \$7 at the door;

\$30 max per family

#### HALLOWEEN CARNIVAL

Ages 1-11

Spooky fun for the whole family! For more information please call Alki at (206) 684-7430. Teen & adult volunteers are greatly appreciated.

**Location: Alki CC**

10/23 Fri 6:30-8:30 p.m.

\$.25 per game; \$7 unlimited bracelet

#### FALL FESTIVAL

**FREE!**

All Ages

Come out and enjoy a family evening of fun. Carnival style games, bouncy houses, and community partners, fun for all ages. Come one come all.

**Location: High Point CC**

10/23 Thu 6-7:45 p.m.

#### HALLOWEEN CARNIVAL

**FREE!**

All Ages

Come join the South Park staff and volunteers for games, face painting, treats and Halloween prizes in the gym. Check out the haunted house in the multipurpose room for 8 year olds and older – \$2 suggested donation for the haunted house. Costumes are encouraged – don't miss out on the fun! Volunteers are needed, so please call 206-684-7451 if you are interested in volunteering for this fun event.

**Location: South Park CC**

10/23 Fri 5-7 p.m.

#### HAUNTED HOUSE

Ages 8 and older

Enter a dark room with shadows and smoke swilling all around, howling wind and something brushes your back. Get ready to be scared in this amazing High Point Community Center Haunted House build by the neighborhood teens. All proceeds help fund High Point Teen programming.

**Location: High Point CC**

10/23 & 10/24 F/Sa 6-7:45 p.m. \$2

#### TODDLER PUMPKIN PALOOZA

Ages 1-5

Come out to play. Toddler dress up station, bubble station, face painting booth, carnival games, and so much more will be waiting for you and your toddler at our annual fall event.

**Location: High Point CC**

10/29 Thu 10 a.m.-Noon \$5

#### GLOW IN THE DARK PARTY

**FREE!**

Ages 12 and under

Come dressed in your best glow in the dark costume, or any costume and try the glow in the dark ring toss, tic-tack-toe and other fun games.

**Location: Delridge CC**

10/29 Thu 6-7:30 p.m.

#### HALLOWEEN CARNIVAL

Ages 12 and under

**Location: Hiawatha CC**

10/30 Fri 6-8 p.m. \$.25/ticket

## NOVEMBER 2015

### DRAGON THEATER PUPPET SHOW

#### All Ages

Dragon Theater Puppets & Princesses has a strong following and a reputation for presenting high quality entertainment for the whole family. If you haven't seen a puppet show in a while come enjoy the magic and fun at High Point Community Center.

**Location: High Point CC**

11/21 Sat 10:30-11:30 a.m.

**\$5 per person if preregistered; \$7 at the door;**

**\$30 max per family**

## DECEMBER 2015

### GINGERBREAD HOUSE MAKING **FREE!**

Come enjoy some hot cocoa and treats while making your very own Gingerbread house. Put on by the Delridge Community Center's Advisory Board, please consider making a donation.

**Location: Delridge CC**

12/9 Wed 6-7 p.m.

### WINTERFEST

#### All Ages

The South Park staff would like to thank you for your dedication and participation in South Park Community Center programing. There will be entertainment, fun games for the kids, light refreshments, and a visit from Santa.

**Location: South Park CC**

12/12 Sat Noon-2 p.m. \$2/person

**\*Free for children 2 and younger**

### CHRISTMAS SHIPS AT THE ALKI BATHHOUSE **FREE!**

The Argosy Cruises Christmas Ship Festival is a holiday celebration that has been a Pacific Northwest tradition since 1949. Every year, the Argosy Christmas Ship sails to different Puget Sound waterfront communities. Choirs onboard sing 20-minute performances to these communities, all broadcast via state-of-the-art speaker system. On shore, thousands of people gather around roaring bonfires anticipating the arrival of the Christmas Ship. Join us at the Alki bathhouse for cookies and hot cider on December 12th to watch the Christmas Ships this year.

**Location: Alki CC**

12/12 Sat 4-7 p.m.

### WINTER FESTIVAL

**FREE!**

#### All Ages

High Point Community Center would like to thank you for being a part of our programs and community. Come celebrate the holiday seasons from around the world with us, enjoy fun family games and light refreshments.

**Location: High Point CC**

12/18 Fri 5-7 p.m.

### OCTOPUSES

**FREE!**

**EIGHT TIMES THE FUN PRESENTED BY THE SEATTLE AQUARIUM**

What has three hearts, blue blood and eight arms? Learn all about the giant Pacific octopus, a species that lives right here in Puget Sound. Using a full-size parachute painted with the image of a giant Pacific octopus, we'll learn about the behavior, adaptations, and anatomy of our amazing underwater neighbor! Parents, please plan on attending this fun event with your little ones.

**Location: High Point CC**

**AGES 3-5**

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

**AGES 5+**

12/19 Sat 11:15 a.m.-Noon



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 9/7, 11/11, 11/17, 11/26-11/27, 12/25, 1/1/16.**

## TEEN LATE NIGHT

### TEEN LATE NIGHT

**FREE!**

Late Night is a safe and supportive environment for teens ages 13-19. This recreation based program is held on Fridays and Saturdays from 7pm-Midnight 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! Photo ID required.

Seattle Parks & Recreation Citywide Teen Programs' goal is to impact the life trajectories of teens, by providing opportunities for community involvement, building positive relationships, and learning experiences that build skills, while embracing stewardship to ensure confident leadership roles in society.

**Contact your local neighborhood specialist for more information.**

**NORTH - (206) 684-7523**

**Meadowbrook Teen Life Center  
Bitterlake Community Center**

**CENTRAL - (206) 684-4550**

**Garfield Teen Life Center**

**SOUTHEAST- (206) 551-7316**

**Ranier Community Center  
Ranier Beach Community Center  
Van Asselt Community Center**

**SOUTHWEST- (206) 684-7438**

**Southwest Teen Life Center  
High Point Community Center  
Delridge Community Center  
South Park Community Center**

### TEEN DROP-IN ACTIVITIES

**FREE!**

**Ages 11-19**

Times and days for drop-in programs are subject to change depending on Basketball League practices.

**Location: Southwest Teen Life Center (SWTLC)**

#### BASKETBALL

**Wed 3-6 p.m.**

#### VOLLEYBALL

**Tue 3-6 p.m.**

#### PICKLE BALL/BADMINTON

**Thu 5-8 p.m.**

**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.**



## TODDLER INDOOR GYM

**DOES YOUR CHILD NEED TO BURN OFF SOME ENERGY?**

Your child will learn social skills, develop hand-eye coordination, and make new friends. A parent or responsible caregiver (18 or older) must be present at all times. Registration is not required. Times and days may vary due to community center special events or summer camps.

**\$3 per child.**

**DELRIDGE COMMUNITY CENTER (ENDS 5/27)**

**Mon/Wed 1-4 p.m.**

**HIAWATHA COMMUNITY CENTER (ENDS 5/28)**

**Mon/Thu 10 a.m.-1 p.m.**

**HIGH POINT COMMUNITY CENTER**

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

**SOUTH PARK COMMUNITY CENTER**

**Thu Noon-2 p.m. NEW TIME!**

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 9/7, 11/11, 11/17, 11/26-11/27, 12/25, 1/1/16.**

	Alki	Delridge	Hiawatha	High Point	South Park
<b>BASKETBALL</b>	M/T/Th 6-7:45 p.m.	<b>TEEN</b> Mon/ Wed 4-6 p.m. T/Th 2-6 p.m. Fri 1-6 p.m.		Mon/Wed/Fri 2:30-4 p.m.	M/T/W Noon-2 p.m.
<b>BRIDGE</b>		Mon 9 a.m.-Noon			
<b>FITNESS ROOM</b>		M/W 9 a.m.-8 p.m. T/Th 2-8 p.m. Fri 1-6 p.m.	Mon/ Thu 12:30-8 p.m. Tue/Wed 11 a.m.-8 p.m.		
<b>INDOOR ROWING</b>					M-F 12:30-7 p.m. Sat 9:30 a.m.-2:20 p.m.
<b>PICKLE BALL</b>		M/W 10 a.m.-Noon T/Th Noon-2 p.m.	Friday 10 a.m.-Noon	Mon 9:30-11 a.m. Wed 9:30 a.m.-Noon	
<b>ROLLER SKATING</b>	Fri 6:30-8:30 p.m.				
<b>VOLLEYBALL</b>		T/Th 10 a.m.-Noon			

## TAI CHI FOR ARTHRITIS

**FREE!**

Are you 50 and older and looking for a way to get fit? Tai Chi for Arthritis is a great way to ease the pain, learn about weight distribution, power transformation, balance, stability, flexibility with increased range of motion, and proper breathing.

**Location: South Park CC**

**Tue/Thu 1:30-3 p.m.**

## DROP-IN BRIDGE

**Location: Delridge**

**Mon 9 a.m.-Noon**

**\$2**



## ↘ FALL YOUTH SPORTS

REGISTRATION BEGINS MAY 19, 2015  
 REGISTRATION ENDS AUGUST 24, 2015  
 REGISTER ONLINE (SPARC, PLEASE TURN IN  
 PAPERWORK AT YOUR COMMUNITY CENTER) OR  
 IN PERSON AT YOUR COMMUNITY CENTER  
 Fee: \$35

### GIRLS AND BOYS VOLLEYBALL LEAGUE

**Age Groups:** 10-11, 12-13, & 14-17\*

**Minimum:** 6 Players per team

Youth will learn teamwork, sportsmanship and volleyball fundamentals leading into more advanced skills. Players may sign up at their local community center. Practices will occur at their home site while games will occur at various centrally located Community Centers. League play begins the week of September 14th and concludes on November 21st with a jamboree.

**Location:** Alki, Delridge, Hiawatha, High Point

### 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 late November. Teams practice at their local community center.

**Location:** High Point

### YOUTH CROSS COUNTRY (GIRLS AND BOYS)

**Age Group:** 8-17\*

Please call the High Point Community Center for more information.

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

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



### YOUTH BASKETBALL LEAGUE (GIRLS AND BOYS)

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

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

**Minimum:** 7 players per team

The 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, 2015

REGISTRATION BEGINS OCTOBER 6, 2015  
 PRACTICES BEGIN NOVEMBER 2015  
 LEAGUE GAMES BEGIN JANUARY 2 & 3, 2016  
 Fee: TBD

[WWW.SEATTLE.GOV/PARKS/ATHLETICS](http://WWW.SEATTLE.GOV/PARKS/ATHLETICS)

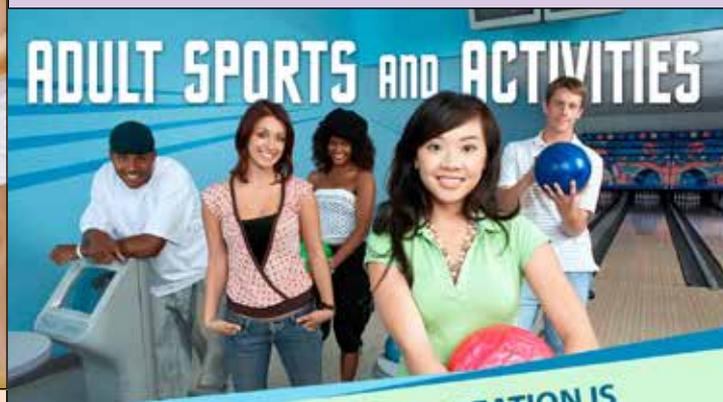


**LOVE THE SPORT? LOVE KIDS?  
WANT TO GIVE BACK TO  
YOUR COMMUNITY?  
BECOME A VOLUNTEER COACH!**

*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 Volunteer Packet.
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](http://WWW.SEATTLE.GOV/PARKS/ATHLETICS)  
OR CALL 206 684-7092**

**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.*

## ↘ 2015-2016 PRESCHOOL

### PRESCHOOL PROGRAM

Seattle Parks 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 3, 2015**. The remaining monthly fees are due by the 25th of the preceding month.

### IMPORTANT DATES\*

<b>Registration Opens</b>	Registration is now open!
<b>First Day of Preschool</b>	9/9/2015
<b>Veterans Day Closure</b>	11/11/2015
<b>Thanksgiving Closure</b>	11/26/2015-11/27/2015
<b>Christmas Day Closure</b>	12/25/2015
<b>Winter Break**</b>	12/21/2015-1/1/2016
<b>New Year's Day Closure</b>	1/1/2016

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

\*\*Programs may or may not operate during Winter Break, depending on facility availability. Please check with your local community center for details.

### 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.



Ages	Days	Time	Price/month
<b>ALKI COMMUNITY CENTER</b> <i>Program Director: Kerri Keenan</i>			
3-5	T/Th	9:30 a.m.-1 p.m.	\$222
3-5	M/W/F	9:30 a.m.-1 p.m.	\$319
3-5	M-F	9:30 a.m.-1 p.m.	\$480
<b>DELRIIDGE COMMUNITY CENTER</b> <i>Program Director: Kristina Stark</i>			
3-5	T/Th	9 a.m.-12:30 p.m.	\$223
3-5	M/W/F	9 a.m.-12:30 p.m.	\$334
3-5	M-F	9 a.m.-12:30 p.m.	\$497
<b>HIAWATHA COMMUNITY CENTER</b> <i>Program Director: Wendy Westover</i>			
3-5	T/Th	9:30 a.m.-1 p.m.	\$222
3-5	M/W/F	9:30 a.m.-1 p.m.	\$319
3-5	M-F	9:30 a.m.-1 p.m.	\$480

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





# 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/](http://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.

## ↘ FALL 2015

### LICENSED SCHOOL-AGE CARE

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 like to work in partnership with our 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 5 years through 12 years.
- » 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.

Before	After	Number of Days
<b>ALKI CC</b> Program Director: Jill Patterson		
7-9 a.m.	3-6 p.m.	5 days only
<b>DELRIDGE CC</b> Program Director: Mary McKinney		
7-9 a.m.	3-6 p.m.	3, 4 & 5 days
<b>HIAWATHA CC</b> Program Director: Nicole Fitzgerald		
7-9:30 a.m.	3:30-6 p.m.	5 days only
<b>HIAWATHA @ SCHMITZ PARK</b> Program Director: Kevin Robinson		
6:30-8:30 a.m.	3-6 p.m.	5 days only
<b>HIGH POINT CC</b> Program Director: Shawn Newkirk		
7-9 a.m.	3-6 p.m.	3, 4 & 5 days
<b>SOUTH PARK CC</b> Program Director: Isabel Mireles		
7-9 a.m.	3-6 p.m.	3, 4 & 5 days

### MONTHLY FEES

	5 Days/Wk	4 Days/Wk	3 Days/Wk
Before-School	\$230	\$207	\$196
After-School	\$320	\$288	\$272
Before & After	\$500	N/A	N/A

A Sibling Discount is offered for all FULL TIME participants from a single family in School-Age Care Before and After-School programs. The 'per additional child/per program month' discount is \$15 based on a 5-day-a-week registration.

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

### IMPORTANT DATES\*

<b>Registration Opens</b>	Registration is now open!
<b>First Day of Program</b>	9/9/2015
<b>Veteran's Day Closure</b>	11/11/2015
<b>Thanksgiving Closure</b>	11/26/2015 – 11/27/2015
<b>Winter Break</b>	12/21/2015 – 1/1/2016
<b>Christmas Day Closure</b>	12/25/2015
<b>New Year's Day Closure</b>	1/1/2016

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

### 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.

## ➤ CAMP INFORMATION

### EARLY DISMISSALS

9/23/2015: 2-HOUR EARLY DISMISSAL

10/28/2015: 2-HOUR EARLY DISMISSAL

12/18/2015: 1-HOUR EARLY DISMISSAL

#### FEES:

- » Before & After School Combo & After School only participants: No additional fee.
- » Before School only participants: \$24/day (1 hour), \$30/day (2 hours), \$36/day (3 hours).
- » Not currently enrolled: \$28/day (1 hour), \$35/day (2 hours), \$42/day (3 hours).

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

PROFESSIONAL DEVELOPMENT DAY: 10/9/2015 (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:

11/23/2015 (MON)-11/25/2015 (WED)

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

#### FEES:

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

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

WINTER BREAK CAMP: 12/21/2015-1/1/2016\*

\*Programs are closed on 12/25/2015 (Christmas) and 1/1/2016 (New Year's).

#### FEES:

- » \$160/week 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.



## ↘ PRESCHOOL

### PARENT/CHILD POTTERY

#### Ages 3 and older

Come discover pottery with your child. Learn about pinching, coiling, and slab construction. Play with texture, form, and various shapes. Make precious gifts that will last a lifetime. Clay and glazes provided. \*\*Second child only \$25 dollars for whole month. No class 11/17.

**Instructor:** Aaron Murray

**Location:** Alki Bathhouse

#### MORNINGS

9/15-9/29	Tue	11:30 a.m.-12:30 p.m.	\$55
10/6-10/27	Tue	11:30 a.m.-12:30 p.m.	\$70
11/3-11/24	Tue	11:30 a.m.-12:30 p.m.	\$55
12/1-12/15	Tue	11:30 a.m.-12:30 p.m.	\$55

#### AFTERNOONS

9/15-9/29	Tue	1-2 p.m.	\$55
10/6-10/27	Tue	1-2 p.m.	\$70
11/3-11/24	Tue	1-2 p.m.	\$55
12/1-12/15	Tue	1-2 p.m.	\$55

## ↘ YOUTH

### SHOTOKAN KARATE WEST SEATTLE

#### Ages 7 and older

Join other beginning and advanced students to learn methods and attitudes that develop character and encourage conflict avoidance. Learn martial arts by perfecting kicks, strikes, blocks, and proper stances. Practice sparring with fellow students in a manner that avoids injury. Do workout exercises that increase your strength, flexibility, and aerobic capacity. This class meets twice a week on Monday and Wednesdays. No class on 9/7 and 11/11, 11/25.

#### BEGINNER:

9/9-9/30	M/W	6-7 p.m.	\$36
10/5-10/28	M/W	6-7 p.m.	\$36
11/2-11/30	M/W	6-7 p.m.	\$36
12/2-12/16	M/W	6-7 p.m.	\$18

#### ADVANCED:

9/9-9/30	M/W	7-8 p.m.	\$36
10/5-10/28	M/W	7-8 p.m.	\$36
11/2-11/30	M/W	7-8 p.m.	\$36
12/2-12/16	M/W	7-8 p.m.	\$18

### DRUMMING 101: DRUM LESSONS FOR THE ABSOLUTE BEGINNER

#### All ages

Interested in learning to play a drum set? Not sure where to begin? Start with us at the bathhouse on Alki beach! You will learn how to: read rhythmic notes, proper hand and foot technique, basic rock beats and fills, coordination, and independence as well as drum kit set-up and maintenance and practice and performance tips. Whether you're looking to join the band, jam with friends and family, or just have a great time—our class will provide the foundation for your drumming journey! Limited class size so sign up today!

**Instructor:** Jon Scatkin

**Location:** Alki Bathhouse

9/28-10/19	Mon	7-9 p.m.	\$135
10/26-11/16	Mon	7-9 p.m.	\$135
11/23-12/14	Mon	7-9 p.m.	\$135


 A circular badge with the word "NEW" in white capital letters on a dark background.


➤ ADULTS

**BEGINNING/INTERMEDIATE WHEEL THROWING**

**Ages 16 and older**

Students learn how to throw on the wheel in a relaxed and supportive environment. Students who have some prior experience on the wheel and would like to work on specific projects are welcome. Longer class time allows for more practice to work on your wheel throwing skills. Hand make your holiday presents in this combined November/December class!! No class 11/11 and 11/25.

**Instructor: Aaron Murray**

**Location: Alki Bathhouse**

<b>9/16-10/28</b>	<b>Wed</b>	<b>6- 9p.m.</b>	<b>\$231</b>
<b>11/4-12/16</b>	<b>Wed</b>	<b>6-9p.m.</b>	<b>\$165</b>

**BASIC CERAMICS**

**Ages 16 and older**

This course will teach you the basics of ceramics. Starting with hand building techniques like pinch pots, coiling, and slab building and then moving on to a quick introduction to wheel throwing as well. Hand make your holiday presents in this combined November/December class!! No class 11/17.

**Instructor: Aaron Murray**

**Location: Alki Bathhouse**

<b>9/15-10/27</b>	<b>Tue</b>	<b>6-8 p.m.</b>	<b>\$175</b>
<b>11/3-12/15</b>	<b>Tue</b>	<b>6-8 p.m.</b>	<b>\$150</b>

**TABLEWARE WHEEL THROWING**

**Age 18 and older**

Learn how to create your own dining set on the wheel at the Alki bathhouse pottery studio. This class will teach you the basics of wheel throwing, firing, and glazing. Take home your own hand made cups, plates, and bowls!! Hand make your holiday presents in this combined November/December class!! No class 11/26.

**Instructor: Denny Porter**

**Location: Alki Bathhouse**

<b>9/3-9/24</b>	<b>Thu</b>	<b>6-8 p.m.</b>	<b>\$100</b>
<b>10/1-10/29</b>	<b>Thu</b>	<b>6-8 p.m.</b>	<b>\$125</b>
<b>11/5-12/17</b>	<b>Thu</b>	<b>6-8 p.m.</b>	<b>\$150</b>



**PLEASE REGISTER EARLY TO AVOID DISAPPOINTMENT.**

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

**ZUMBA®**

**Ages 16 and older**

Zumba® is a popular fitness program inspired by Latin dance. The word "Zumba" comes from a Colombian word that means to move fast and have fun, which is just how people describe the routine. Using upbeat Latin music together with cardiovascular exercise, Zumba® is aerobic dancing that is lots of fun and easy to learn. No class 11/11.

**Instructor: Tanya Hurst**

<b>9/2-9/30</b>	<b>Wed</b>	<b>6:30-7:30 p.m.</b>	<b>\$30</b>
<b>10/7-10/28</b>	<b>Wed</b>	<b>6:30-7:30 p.m.</b>	<b>\$24</b>
<b>11/4-11/18</b>	<b>Wed</b>	<b>6:30-7:30 p.m.</b>	<b>\$12</b>
<b>12/2-12/16</b>	<b>Wed</b>	<b>6:30-7:30 p.m.</b>	<b>\$18</b>

**\*\$7 drop in fee if not pre-registered.**

**HATHA YOGA**

**Ages 18 years and older**

All levels yoga class. Classes vary depending on what students want to work on that day. Variations on strengthening, stretching, and breathing. Strive to make it all feel good by the end of class and leave with a smile! No class on 11/11 and 11/25.

**Instructor: Beverly Denny**

**Location: Alki Bathhouse**

<b>9/2-9/30</b>	<b>Wed</b>	<b>6:15-7:30 p.m.</b>	<b>\$55</b>
<b>10/7-10/28</b>	<b>Wed</b>	<b>6:15-7:30 p.m.</b>	<b>\$44</b>
<b>11/4-12/16</b>	<b>Wed</b>	<b>6:15-7:30 p.m.</b>	<b>\$55</b>



**AS OF JULY 6, 2015, ALL OF SEATTLE'S PUBLIC PARKS WILL BE SMOKE-FREE!**



Smoke-free parks help reduce litter, promote healthy lifestyles for youth, and create a welcoming environment for all park users. Smoking is allowed in public rights-of-way including sidewalks.

**For more information visit:**  
[seattle.gov/parks/smokingban](http://seattle.gov/parks/smokingban)

**YOUR ADVISORY COUNCIL**



Most classes, workshops, sports and swim programs, special events and facility rentals are funded through the local advisory council, rather than from City of Seattle budgets. Revenues generated through program fees

offset program costs to make these activities self-sustaining. We also rely on participation, donations, and contributions to maintain and upgrade equipment. Advisory council members create scholarship opportunities through grant writing and other fundraising activities.

**JOIN US!**

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



SEATTLE PARKS AND RECREATION PRESENTS



PRESENTED WITH SUPPORT FROM



Food Drive  
TO SUPPORT

FamilyWorks  
Family Resource Center & Food Bank

**Volunteers Wanted!**

Help make this special event possible! If interested, please contact Jeff Skinner, Event Coordinator, at 684-0780 or [jeff.skinner@seattle.gov](mailto:jeff.skinner@seattle.gov).

This event is hosted by Seattle Parks and Recreation and the Green Lake Advisory Council.

# 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, 206-386-1925**

**RAINIER - JAYCEE COLEMAN, 206-386-1919**

**SOUTH PARK - TONY HATTEN, 206-684-7451**

**DELDRIDGE - LESLIE HOWLE, 206-684-7423**

**YESLER - ASFAHA LEMLEM, 206-386-1245**



## ↘ TOTS

### MIX IT UP! - PARENT/TOT ART CLASS

#### Ages 2-3

Come make art with us! We'll explore lines, shapes, and colors through a variety of materials and art medium. We'll draw, paint, collage, sculpt, and print! Kids will be able to practice their fine motor skills while building critical thinking abilities. Bring your little ones for an artsy good time! Don't forget to dress for a mess! No class 9/21 or 11/23.

**Instructor: Lynn Chou**

9/14-10/12	Mon	10:30-11:15 a.m.	\$50
10/19-11/9	Mon	10:30-11:15 a.m.	\$50
11/16-12/14	Mon	10:30-11:15 a.m.	\$50

### MIX IT UP! - TODDLER ART CLASS

#### Ages 4-5

Come make art with us! We'll explore lines, shapes, and colors through a variety of materials and art medium. We'll draw, paint, collage, sculpt, and print! Kids will be able to practice their fine motor skills while building critical thinking abilities. Bring your little ones for an artsy good time! Don't forget to dress for a mess! No class 9/21 or 11/23.

**Instructor: Lynn Chou**

9/14-10/12	Mon	11:30 a.m.-12:15 p.m.	\$50
10/19-11/9	Mon	11:30 a.m.-12:15 p.m.	\$50
11/16-12/14	Mon	11:30 a.m.-12:15 p.m.	\$50

### CREATIVE DANCE

#### NEW TIME!

#### Ages 2-4

Preschool children learn basic ballet skills in a creative, fun environment. Classes are designed for new dancers. Dancers are introduced to basic ballet movement. Using 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 11/17.

**Instructor: Emmy Fansler**

9/29-11/3	Tue	5-5:45 p.m.	\$39
11/10-12/15	Tue	5-5:45 p.m.	\$33

### CAPOEIRA FOR TOTS

#### Ages 3-5

Capoeira is a 500 year old, Afro-Brazilian martial art that incorporates dance, acrobatics, self-expression, music, language, culture, community, confidence, and athleticism. It's exciting and healthy for kids, and an all-around good time. This tot class focuses on aspects of balance, movement, singing, and discipline through capoeira. No class 11/11, 11/25.

**Instructor: Matt Zinski**

9/30-10/28	Wed	4:30-5 p.m.	\$30
11/4-12/16	Wed	4:30-5 p.m.	\$30

### SPORTBALL®: PARENT & CHILD

#### Ages 2-3

Parents and caregivers can have a direct hand in a preschooler's development through our Multi-Sport program. Sportball® teaches children important introductory physical skills associated with our eight core sports (hockey, soccer, tennis, baseball, basketball, volleyball, golf, and football) and helps them to develop confidence in their abilities. The programs also help adults understand proven teaching techniques that can be applied outside of Sportball® classes. Classes focus on refining, rehearsing and repeating skills and playing games in a fun, creative, non-competitive environment. No class 11/11.

**9/30-12/16 Wed 12:30-1:15 p.m. \$165**

### SPORTBALL®: MULTI SPORT

#### Ages 3-5

Sportball® Multi-Sport skills development programs introduce preschool and primary school children to the concepts and skills involved in the eight core sports of the Sportball® methodology including: hockey, soccer, tennis, baseball, basketball, volleyball, golf, and football. Classes are conducted once a week in one-hour sessions, using developmentally appropriate methods to introduce, practice and refine gross motor skills. The programs reinforce the benefits of teamwork and skills development rather than the importance of winning, enabling children to gain the confidence and develop the social skills necessary to succeed in sport and life. No class 11/11.

**9/30-12/16 Wed 1:15-2:15 p.m. \$165**



## ➤ YOUTH

### PRE-BALLET

**NEW TIME**

**Ages 4-6**

Dancers will begin to see a very basic ballet class with stretching, intro to basic ballet steps at the barre, and exercises center and across the floor. Class still includes lots of free dancing and imagination. Dancers should be ready to take class independently - we ask that parents remain outside the classroom. Feel free to wear any clothes that are comfortable for movement; ballet slippers or bare feet are OK. No class 11/17.

**Instructor: Emmy Fansler**

<b>9/29-11/3</b>	<b>Tue</b>	<b>5:45-6:30 p.m.</b>	<b>\$39</b>
<b>11/10-12/15</b>	<b>Tue</b>	<b>5:45-6:30 p.m.</b>	<b>\$33</b>

### BALLET 1

**NEW TIME**

**Ages 5-7**

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. Feel free to wear any clothes that are comfortable for movement; ballet slippers or bare feet are OK. No class 11/17.

**Instructor: Emmy Fansler**

<b>9/29-11/3</b>	<b>Tue</b>	<b>6:30-7:15 p.m.</b>	<b>\$39</b>
<b>11/10-12/15</b>	<b>Tue</b>	<b>6:30-7:15 p.m.</b>	<b>\$33</b>

### PRIVATE DANCE LESSONS

**Ages 2 and older**

We offer weekly private dance lessons for beginners (and beyond). These lessons are for dancers 2 years and up. Each time slot is \$20 per half hour private lesson.

**Instructor: Emmy Fansler**

<b>9/28-10/12</b>	<b>Mon</b>	<b>4:30-6 p.m.</b>	<b>\$60</b>
<b>10/19-11/2</b>	<b>Mon</b>	<b>4:30-6 p.m.</b>	<b>\$60</b>
<b>11/9-11/23</b>	<b>Mon</b>	<b>4:30-6 p.m.</b>	<b>\$60</b>
<b>11/30-12/14</b>	<b>Mon</b>	<b>4:30-6 p.m.</b>	<b>\$60</b>



### CAPOEIRA FOR KIDS

**Ages 6-10**

Capoeira is a 500 year old, Afro-Brazilian martial art that incorporates dance, acrobatics, self-expression, music, language, culture, community, confidence, and athleticism. It's exciting and healthy for kids, and an all-around good time. These kids classes develop focus, discipline, and respect through achievement, leadership, and community and we as focusing on capoeira fundamental movements, sequences, strength and balance, music, language, and interaction. No class 11/11, 11/25.

**Instructor: Matt Zinski**

<b>9/30-10/28</b>	<b>Wed</b>	<b>5:15-6 p.m.</b>	<b>\$40</b>
<b>11/4-12/16</b>	<b>Wed</b>	<b>5:15-6 p.m.</b>	<b>\$40</b>



### PIANO INSTRUCTION

**Ages 5 and older**

Piano instruction for all ages and ability levels; these lessons are one-on-one with a qualified instructor and focus on a balance of theory, ear training, sight-reading and more. Each 30-minute lesson has a fee of \$20. Class prices listed depend on the number of lessons per session.

**Instructor: Darrius Willrich**

<b>9/3-9/17</b>	<b>Thu</b>	<b>3:30-7 p.m.</b>	<b>\$60</b>
<b>10/1-10/22</b>	<b>Thu</b>	<b>3:30-7 p.m.</b>	<b>\$80</b>
<b>10/29-11/19</b>	<b>Thu</b>	<b>3:30-7 p.m.</b>	<b>\$80</b>
<b>12/3-12/17</b>	<b>Thu</b>	<b>3:30-7 p.m.</b>	<b>\$60</b>

### ACROBATICS AND CIRCUS ARTS

This beginning circus class will keep you moving! Instructors from the School of Acrobatic & New Circus Arts will teach tumbling, wire walking, juggling, trampoline, rolling globe and acrobatics. Don't miss out on the fun and 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**

<b>10/1-10/29</b>	<b>Thu</b>	<b>5-5:45 p.m.</b>	<b>\$25</b>
<b>11/5-11/19</b>	<b>Thu</b>	<b>5-5:45 p.m.</b>	<b>\$15</b>
<b>12/3-12/17</b>	<b>Thu</b>	<b>5-5:45 p.m.</b>	<b>\$15</b>

**AGES 8-10**

<b>10/1-10/29</b>	<b>Thu</b>	<b>6-7 p.m.</b>	<b>\$25</b>
<b>11/5-11/19</b>	<b>Thu</b>	<b>6-7 p.m.</b>	<b>\$15</b>
<b>12/3-12/17</b>	<b>Thu</b>	<b>6-7 p.m.</b>	<b>\$15</b>



## ADULT

### THIRD THURSDAY COOKING

#### Ages 13 and up

Join us in the kitchen to learn some fun new cooking techniques, recipes, and more. You are sure to have a great time exploring the wonders of your palate in these fun classes. Bring your own apron and imagination. Various themes listed below. Space is limited to 12, so sign up today!

**Instructor: Professional Chef Laura Licono**  
**Thu 5:30-8 p.m. \$30/class**  
 (\$25 if you sign up for more than one)

#### 9/17: SUSHI 101:

Learn the techniques you need to make sushi at home. Cucumber and avocado rolls, inside-out rolls, and spicy tuna hand rolls are on the menu!

#### 10/15: INTRO TO INDIAN FOOD:

Dal, Curries, and Naan - We'll simplify the seemingly complex to create an absolutely delicious Indian meal with all of the basics!

#### 11/19: A TASTE OF SPAIN:

Pintxos and Tapas - Learn the beautiful art of Spanish mini cuisine with exquisite summer flavor combinations sure to delight.

#### 12/17: DECADENT CHOCOLATE DESSERTS:

From elegant flour-less chocolate tortes to the basic chocolate truffle to molten lava cakes, you'll be surprised how easy these chocolate masterpieces can be.

### BELLY DANCING FOR FUN AND FITNESS

#### Ages 13 and Up

Get a fun, full body workout belly dancing! All levels of experience can join us and develop endurance and grace drilling the basic movements of slow undulations, body isolation's and the shimmy. Each week the class will begin with a warm-up focused on strengthening and we will revisit the basics step-by-step. We will incorporate rhythm, visualization, and layering moves into impressive combos that energize the body! Everyone is welcome! Wear yoga, workout attire and bring a yoga mat if you have one. Fuchsia Foxx has been teaching and performing belly dance around the world for over 15 years. No class on 9/23, 11/25.

**Instructor: Fuchsia Foxx (aka. Reanna Justice)**  
**9/2-10/7 Wed 7:15-8:15 p.m. \$60**  
**10/14-11/4 Wed 7:15-8:15 p.m. \$48**  
**11/18-12/16 Wed 7:15-8:15 p.m. \$48**

### YOGA FOR REAL

#### Ages 15 and older

No matter your age, shape, or size yoga can increase your energy, nourish your body and cultivate a lasting sense of calm. Class begins with a brief centering meditation. We continue on to a fun and fresh yoga practice for all levels. Ending with a small "yoga nap" this allows you to have a well-rounded practice from the inside out. Come and explore the awesome power of YOU. No class on 9/23, 11/11, 11/25.

#### Instructor: Rebekah Fielder

<b>9/2-10/7</b>	<b>Wed</b>	<b>6-7 p.m.</b>	<b>\$40</b>
<b>10/14-11/4</b>	<b>Wed</b>	<b>6-7 p.m.</b>	<b>\$32</b>
<b>11/18-12/16</b>	<b>Wed</b>	<b>6-7 p.m.</b>	<b>\$32</b>

### ZUMBA® DANCE AND FITNESS

#### Ages 16 and older

Zumba® combines high energy and motivating Latin music with unique moves and combinations that allow you to dance away your worries. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba® uses the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps. No class on 9/22, 9/24, 11/17, 11/24 or 11/26.

#### Instructor: Michelle Grubb

<b>9/15-10/15</b>	<b>T/Th</b>	<b>7:30-8:30 p.m.</b>	<b>\$45</b>
<b>10/20-11/12</b>	<b>T/Th</b>	<b>7:30-8:30 p.m.</b>	<b>\$45</b>
<b>11/19-12/17</b>	<b>T/Th</b>	<b>7:30-8:30 p.m.</b>	<b>\$40</b>

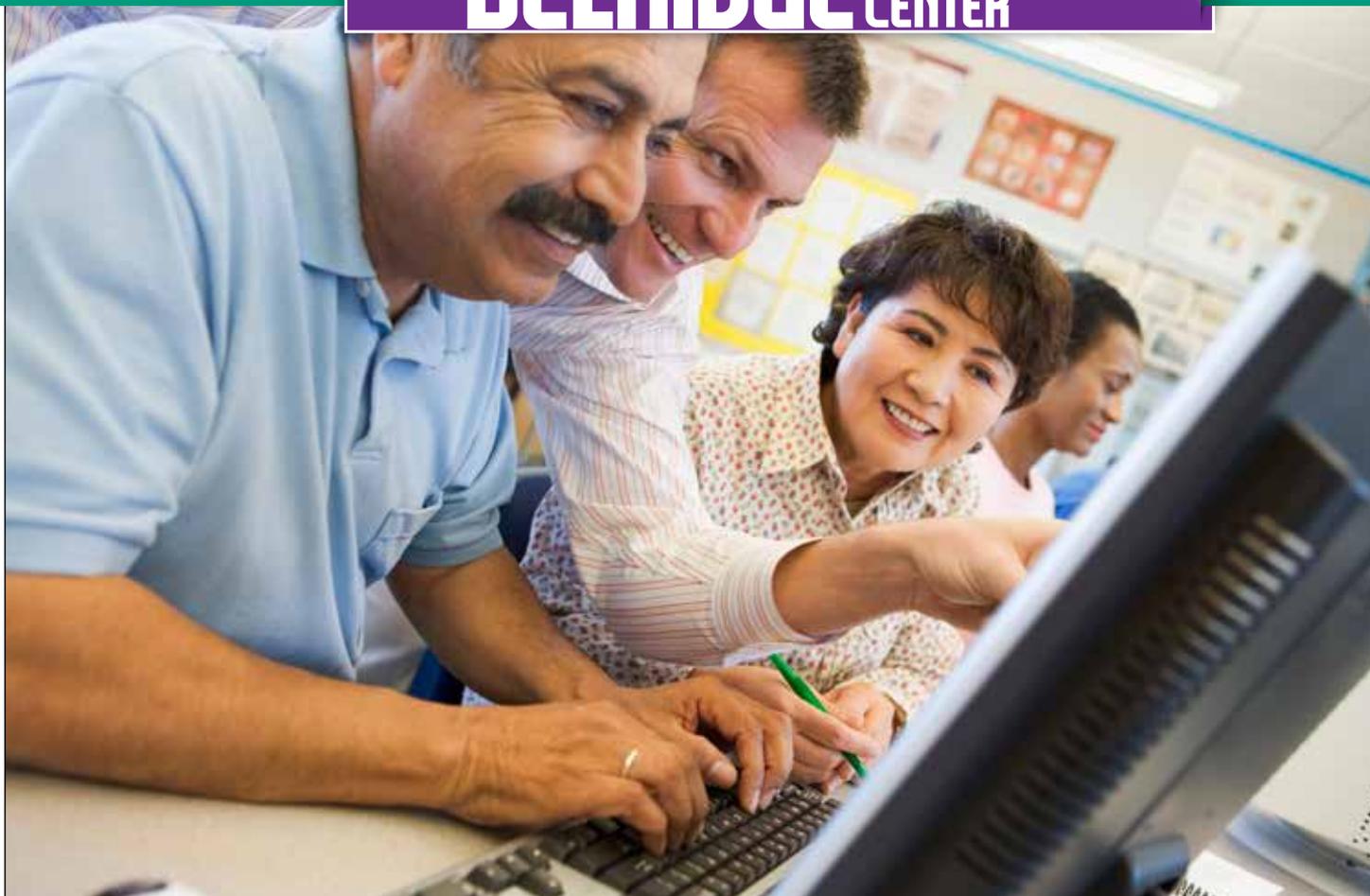
### INTRODUCTION TO ADOBE PHOTOSHOP ELEMENTS

#### Ages 18 and older

Photoshop doesn't have to be intimidating! With a little help, you can quickly be on your way to editing and improving your photographs with Photoshop. This class will cover the interface and basic functions of Photoshop, including: resizing and cropping; adjusting brightness and color; and using layers to edit and enhance images. We will also discuss alternatives to Photoshop, including free and online photo-editing programs. For questions, please contact Leslie Howie at (206)684-0364.

#### Instructor: Leslie Howie

<b>10/14-11/4</b>	<b>Wed</b>	<b>6:30-7:45 p.m.</b>	<b>\$10</b>
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## RESTORING AND ENHANCING OLD PHOTOS

**Ages 18 and older**

Learn how to retouch old photos and create your own online photo album. Bring several of your best-loved old photos to this class to scan, retouch with Photoshop, and upload to the internet so that you can share with your family for years to come. For questions, please contact Leslie Howie at (206)684-0364.

**Instructor: Leslie Howie**

**10/14-11/4 Tue 6:30-7:45 p.m. \$10**

**NEW**

## RECTECH TEENS TUTOR SENIORS

**FREE!**

**ONE-ON-ONE COMPUTER TUTORING: TEENS TUTOR SENIORS**

**Ages 50 and older**

The RecTech Teen Tech Tutor program matches high school students who can provide one-on-one computer and technology training with adults over 55. The focus is on what you need to know, whether it's how to use e-mail, word processing, navigating websites, or how to set up an account on a social networking site like Facebook. Through student instruction, seniors will be able to communicate with family and friends, learn new skills, and gain a sense of accomplishment. Each time slot is 30 minutes and needs to be scheduled in advance.

**10/5-12/3 M/Th 4-6 p.m.**

**(By appointment-please call 684-0364 to schedule.)**

**NEW**

## ↘ TOTS

### KIDZ LOVE SOCCER - MOMMY/DADDY & ME SOCCER

**Ages 2-3½**

Introduce yourself and your toddler to the "World's Most Popular Game!" As you and your child participate in our fun age appropriate activities, your child will be developing their large motor and socialization skills. A variety activities designed around the game of soccer will be played each week. The fun happens on the field, and in Mommy/Daddy & Me Soccer, you won't have to watch from the sidelines.

**Location: Hiawatha CC**

9/19-10/24 Sat 5:15-5:45 p.m. \$75

### KIDZ LOVE SOCCER – TOT/PRE SOCCER

**Ages 3½-5**

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Encourages large motor skill development through soccer fun games and introduces small children to the group setting. Little tykes will enjoy running and kicking just like the big kids! Shin guards are required after the first meeting. KLS Rain-out Hotline: 1-888-372-5803.

**Location: Hiawatha CC**

9/19-10/31 Sat 4:30-5:05 p.m. \$88

### SPORTBALL®: JUNIOR

**Ages 16-24 Months**

This 45-minute program is a perfect introduction to Sportball®. Children and parents participate in our eight core sports including: hockey, soccer, tennis, baseball, basketball, volleyball, golf, and football along with creative games, songs, rhymes, stories, bubble time, and much more. Although these programs focus more on exploration, children will be introduced to a different sport each week. Parents are encouraged to participate with their child and challenge them according to their skill level.

**Location: Dakota Place**

9/14-10/26 Mon 9:30-10:15 a.m. \$105  
11/2-12/14 Mon 9:30-10:15 a.m. \$105



**PLEASE REGISTER  
EARLY TO AVOID  
DISAPPOINTMENT.**

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

### SPORTBALL®: PARENT & CHILD

**Ages 2-3**

Parents and caregivers can have a direct hand in a preschooler's development through our Multi-Sport program. Sportball® Junior, Parent & Child and Me & My Dad programs teach children important introductory physical skills associated with our eight core sports (hockey, soccer, tennis, baseball, basketball, volleyball, golf, and football) and helps them to develop confidence in their abilities. The programs also help adults understand proven teaching techniques that can be applied outside of Sportball classes. Classes focus on refining, rehearsing and repeating skills and playing games in a fun, creative, non-competitive environment.

**Location: Dakota Place**

9/14-10/26 Mon 10:15-11 a.m. \$105  
11/2-12/14 Mon 10:15-11 a.m. \$105

### SPORTBALL®: MULTI-SPORT

**Ages 3-5**

Sportball® Multi-Sport skills development programs introduce preschool and primary school children to the concepts and skills involved in the eight core sports of the Sportball® methodology including: hockey, soccer, tennis, baseball, basketball, volleyball, golf, and football. Classes are conducted once a week in one-hour sessions, using developmentally appropriate methods to introduce, practice and refine gross motor skills. The programs reinforce the benefits of teamwork and skills development rather than the importance of winning, enabling children to gain the confidence and develop the social skills necessary to succeed in sports and life.

**Location: Dakota Place**

9/14-10/26 Mon 11 a.m.-Noon \$105  
11/2-12/14 Mon 11 a.m.-Noon \$105

### SPORTBALL®: SOCCER - PARENT & CHILD

**Ages 2-3**

Parents and caregivers can have a direct hand in a preschooler's development through our Sportball® soccer classes. Children are taught the fundamental skills necessary to excel in soccer. These include throw-ins, dribbling, trapping, passing, goalie skills, and more. Classes are dedicated to skills development and putting those skills to work in an exciting, non-competitive game.

**Location: Dakota Place**

9/15-10/20 Tue 4:45-5:30 p.m. \$90

## SPORTBALL®: SOCCER

**Ages 4-5**

Sportball® coaches develop competence and confidence on the field in Sportball® soccer classes. Children are taught the fundamental skills necessary to excel in soccer. These include throw-ins, dribbling, trapping, passing, goalie skills, and more. Classes are dedicated to skills development and putting those skills to work in an exciting, non-competitive game. For safety reasons, parents are required to remain at the field during classes.

**Location: Dakota Place**

9/15-10/20 Tue 5:30-6:30 p.m. \$90

## CREATIVE BALLET 1

**Ages 2-4**

Preschool children learn basic ballet skills in a creative, fun environment. Classes are designed for new dancers. Dancers are introduced to basic ballet movement. Using a positive learning atmosphere, children are encouraged for their accomplishments as they begin their journey as dancers. Dancers should be ready to take class independently - we ask that parents remain outside the classroom. No class 11/11, 11/26.

**Instructor: Miss Sheryl**

**Location: Dakota Place**

9/21-12/7 Mon 3:45-4:15 p.m. \$78

9/23-12/9 Wed 3:45-4:15 p.m. \$78

9/24-12/10 Thu 3:45-4:15 p.m. \$78

## CREATIVE BALLET 2

**Ages 3-5**

Preschool children learn basic ballet skills in a creative, fun environment. Dancers expand on the listening skills and movements we learned in Creative Ballet 1. Dancers should be ready to take class independently - we ask that parents remain outside the classroom. Dancers must have taken Creative Ballet 1. No class 11/11.

**Instructor: Miss Sheryl**

**Location: Dakota Place**

9/21-12/7 Mon 4:15-4:45 p.m. \$78

9/23-12/9 Wed 4:15-4:45 p.m. \$78



## ➤ YOUTH

### KIDZ LOVE SOCCER SOCCER 1: TECHNIQUES & TEAMWORK

**Ages 5-6**

Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Shin guards are required after the first meeting. KLS Rain-out Hotline: 1-888-372-5803.

**Location: Hiawatha CC**

9/19-10/31 Sat 3:45-4:30 p.m. \$88

### KIDZ LOVE SOCCER SOCCER 2: SKILLZ & SCRIMMAGES

**Ages 7-10**

Kids will enjoy advanced skill building: dribbling, passing, and shooting in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. All levels of play are encouraged to come out and enjoy the soccer fun! Shin guards are required. KLS Rain-out Hotline: 1-888-372-5803.

**Location: Hiawatha CC**

9/19-10/31 Sat 3-3:45 p.m. \$88



### CREATIVE BALLET DRESS CODE

Hair pulled back in a ponytail or bun, plain colored leotard, tights and leather ballet shoes (no fabric slippers, they are slippery and dangerous in class). Dance skirts are fine, but please no tutus due to ease of damage. For questions about attire for boys or girls or to enquire about placement, please contact Miss Sheryl at [onpointmom@gmail.com](mailto:onpointmom@gmail.com).

## BALLET DRESS CODE

Hair pulled back in a bun, plain colored leotard, tights and leather ballet shoes (no fabric slippers, they are slippery and dangerous in class). Skirts, dresses and shorts made specifically for dance are fine, but please no tutus due to ease of damage. For questions about attire for boys or girls or to enquire about placement, please contact Miss Sheryl at [onpointmom@gmail.com](mailto:onpointmom@gmail.com).

## PRE-BALLET

### Ages 4-6

Dancers will begin to see a very basic ballet class with stretching, intro to basic ballet steps at the barre, and exercises center and across the floor. Class still includes lots of free dancing and imagination. Dancers should be ready to take class independently - we ask that parents remain outside the classroom. No class 11/11, 11/26.

**Instructor:** Miss Sheryl

**Location:** Dakota Place

9/23-12/9      **Wed**      4:45-5:15 p.m.      \$78

9/24-12/10    **Thu**      4:15-4:45 p.m.      \$78

## PRE-BALLET - EXTENDED

### Ages 5-6

This Pre-Ballet class is designed for the dancer that has been in Pre-Ballet before but is not quite ready for the structure of a full Ballet 1 class. The class is a little longer and is an older age group to ensure they are continuing their growth in classical ballet but still enjoying class and having fun!

**Instructor:** Miss Sheryl

**Location:** Dakota Place

9/21-12/7      **Mon**      4:45-5:30 p.m.      \$84

## BALLET 1

### Ages 5-7

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. No class 11/11, 11/26.

**Instructor:** Miss Sheryl

**Location:** Dakota Place

9/21-12/7      **Mon**      5:30-6:30 p.m.      \$108

9/23-12/9      **Wed**      5:15-5:45 p.m.      \$90

9/24-12/10    **Thu**      4:45-5:30 p.m.      \$99

## BALLET 2

### Ages 7-9

Courses that teach the basics of correct body alignment and proper ballet technique. Dancers continue their progression in the world of classical ballet and expand their knowledge of terminology, steps, and combinations across the floor. No class 10/14 and 11/11.

**Instructor:** Miss Sheryl

**Location:** Dakota Place

9/21-12/7      **Mon**      6:30-7:30 p.m.      \$120

9/23-12/9      **Wed**      5:45-6:45 p.m.      \$100

## BALLET 3

### Ages 8-14

For dancers who have taken at least a year of dance and tweens just beginning their journey as Ballerinas, this class teaches the basic of correct body alignment and proper ballet technique. Dancers will be able to demonstrate the basic technique of a true ballerina such as posture, placement, and turnout. Dancers will begin to combine steps for basic combinations. Returning dancers will continue to add to their repertoire. No class 10/14 and 11/11.

**Instructor:** Miss Sheryl

**Location:** Dakota Place

9/23-12/9      **Wed**      6:45-7:45 p.m.      \$120

## BALLET 4/5

### Ages 9-17

Dancers begin taking a longer class and attend two nights per week and focus their attention to proper training technique. No class 10/14 and 11/11.

**Instructor:** Miss Sheryl

**Location:** Dakota Place

9/21-12/9      **Mon**      6:30-8 p.m.      \$192

**Wed**      6:45-8 p.m.

## PRE-POINTE STRETCH & STRENGTHEN

### Ages 7 and older

The class is for any dancer in level 2 and up wishing to increase flexibility and strengthen muscles in order to become a better dancer and is required for dancers going into pre-pointe. No class 11/26.

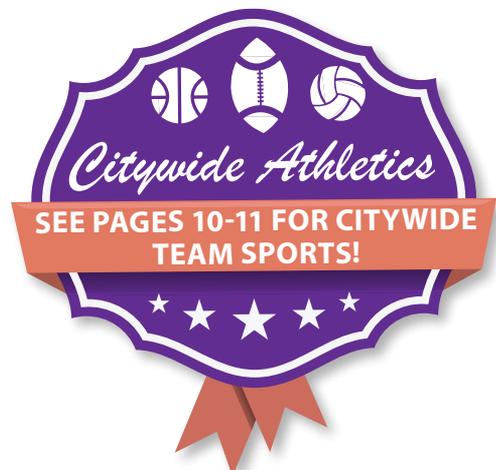
**Instructor:** Miss Sheryl

**Location:** Dakota Place

9/24-12/10    **Thu**      5:30-6:15 p.m.      \$120



**NEW**



## TAP 1

**Ages 3-5**

This class will explore the world of Tap. Basic steps and terminology will be introduced. Dancers should wear comfortable clothes that can be moved in, NO jeans. Please wear socks or tights with tap shoes. Hair is off the face in a ponytail or bun. No class 11/26.

**Instructor: Miss Julia**

**Location: Hiawatha CC**

9/24-12/10 Thu 6-6:30 p.m. \$99

## TAP 2

**Ages 5-8**

This beginning tap class will explore the world of tap with steps, terminology and when ready moving in to combinations. Dancers should wear comfortable clothes that can be moved in, NO jeans. Please wear socks or tights with tap shoes. Hair is off the face in a ponytail or bun. No class 11/26.

**Instructor: Miss Julia**

**Location: Hiawatha CC**

9/24-12/10 Thu 6:30-7 p.m. \$99

## HIP HOP DANCE

**NEW DAY**

**Ages 6-12**

Youth love HIP HOP! Come learn the basics of bop, break dance and funk. Upbeat music and fun routines will keep you moving while having great fun! No class 11/11.

**Instructor: Anna Nagy**

9/16-10/21 Wed 6-7 p.m. \$72  
10/28-12/9 Wed 6-7 p.m. \$72

## KIDS CARPENTRY

**Ages 5-10**

Kids Carpentry is a hands-on toy building class designed to teach practical woodworking skills with an emphasis on the safe use of hand tools. While kids construct fun and exciting projects they are also empowered to become independent thinkers - building confidence, self-esteem, and a repertoire of practical skills that will last them a lifetime! At the end of the session, each child will go home with at least one but often three or more wooden toys or games that they have made and painted by hand. No class 11/10, 11/17.

**Instructor: Loren Kite**

9/15-10/20 Tue 6-7 p.m. \$130  
10/27-12/15 Tue 6-7 p.m. \$130



## ↘ TWEEN

### TWEEN AFTER SCHOOL PROGRAM

**Ages 11-14**

Program director "Marcel Jones" will provide direct supervision for 11 to 14 year olds. After School pick-ups in the community center van are available from select schools. Daily activities include a mandatory study hall, sustained silent reading and daily use of the game room. This fun after school program also includes once a week trips to popular city attractions and once a month field trips. E-13 Participation Form is required.

Sep-June M-F 2:30-6 p.m. \$315/mth

**Sibling Discount: \$15**

## ↘ TEEN

FOR QUESTIONS ABOUT TEEN PROGRAMS, PLEASE CONTACT JOHN HASSLINGER - (206) 684-7441 OR JOHN.HASSLINGER@SEATTLE.GOV

### AFTER SCHOOL TEEN DROP-IN FREE!

**Ages 11-19**

Daily activities set up by teens for teens- volleyball, basketball, badminton, current music, homework time and more. Hiawatha also offers FREE dance studio space and FREE Wi-Fi access.

9/9-12/31 M-F 2:30-4 p.m.

### YCTP AT HIAWATHA JOB READINESS PROGRAM FREE!

**Ages 14-19**

Join our team of community volunteers and interns! Earn service learning hours and gain skills that prepare you for work and university life. In addition to internship positions, staff also offers resume, job application and interviewing assistance. Applications for winter quarter YCTP at Hiawatha internship positions will be accepted in November. For more information send your resume and/or inquiries to John.Hasslinger@Seattle.gov.

**Location: Hiawatha CC**

9/9-12/31 Hours vary by position

### "FLEX-FIT 2.0"- DROP IN FREE!

**Ages 14-19**

Challenge your body to do great things! This is a student-centered drop-in program focusing on body-weight circuits, power yoga, core-fit, sports training and more.

9/9-12/31 T/Th 3-4 p.m.

## TUTOR CONNECT

**FREE!**
**Ages 11-19**

Connect with a fellow teens who can help you succeed in the classroom. Volunteer tutors and those seeking help are asked to email [John.Hasslinger@Seattle.gov](mailto:John.Hasslinger@Seattle.gov).

**Location: Hiawatha CC**
**9/9-12/31 3-7 p.m.**
**Weekdays by appointment**

## CITY-WIDE VOLLEYBALL LEAGUE

**Ages 14-17**

Hiawatha is seeking players and volunteer coaches for the upcoming City-Wide fall volleyball season. Please send questions and inquiries to [John.Hasslinger@Seattle.gov](mailto:John.Hasslinger@Seattle.gov).

**9/9-11/21 M-Th evenings-practice times vary/TBD**

## WEEK WITHOUT VIOLENCE (WWV)

**FREE!**
**Ages 13-19**

Join teens taking action against all forms of violence. Hiawatha teens will travel to local centers to participate in anti-violence themed events. For a complete and updated list of events and how to get involved, email [John.Hasslinger@Seattle.gov](mailto:John.Hasslinger@Seattle.gov).

**10/19-10/23 Please email for specific times**

## WESTSIDE DRAMA PERFORMANCE

**FREE!**
**Ages 14-19**

Show your Westside Spirit! Support local theatre and cheer on your talented 'WildCat' friends. Serve 20+ hours prior to the show date and earn a FREE seat! Pre-funks begin at 6 p.m. in the center; the show starts at 7 p.m. next door at the high school.

**9/9-12/31 Select Fri 6-10:30 p.m.**

## CREATE-A-COOK

**FREE!**
**Ages 14-19**

Share recipes and cook foods that will make you loved by all. Kitchen space is limited to eight youth. Sign up in the teen room today!

**9/9-12/31 Select Wed 3-5 p.m.**

## INVEST IN YOURSELF

**FREE!**
**Ages 13-19**

Check out real opportunities to earn tuition dollars, seek scholarship funds and raise your value to potential universities. Invest in yourself! Please email to [John.Hasslinger@Seattle.gov](mailto:John.Hasslinger@Seattle.gov) to schedule an appointment.

## VOLUNTEERS NIGHT OUT

**FREE!**
**Ages 14-19**

Volunteers only! Serve your community through service and earn a "night out". For details how to earn qualifying service hours, please visit the teen room or email [John.Hasslinger@Seattle.gov](mailto:John.Hasslinger@Seattle.gov).

**9/25, 11/20 Thu 4-9 p.m.**

## WESTSIDE HALLOWED HUNT & COSTUME CONTEST

**FREE!**
**Ages 11-17**

Dress warmly and bring a flashlight and goodie bag to capture prizes in our grounds. A best dressed prize will be awarded prior to the hunt. Hunt begins promptly at dusk. Send inquiries and questions to [John.Hasslinger@Seattle.gov](mailto:John.Hasslinger@Seattle.gov). Upperclassmen and adult volunteers wanted.

**10/22 Thu 6:30-8:30 p.m.**

## BIG SCREEN FRIGHT NIGHT MOVIE

**FREE!**
**Ages 14-19**

Pizza, popcorn and movie selected by teens. All movies votes rated PG-13 received prior to November 14th will be considered. Best themed costume prize awarded at intermission!

**11/20 Fri 6-10 p.m.**

## DIY HOLIDAY CRAFTS- NEW!

**FREE!**
**Ages 14-19**

Express your creativity and by making simple yet amazing holiday decorations and handmade gifts that your family and friends will love! Our Teen Room will be holiday quarters for you to make and wrap gifts all week long.

**12/14-12/18 M-F 2:30-4 p.m.**

## WHITE ELEPHANT PARTY

**Ages 14-19**

Hiawatha's annual gift exchange party organized by teens for teens- Group games, food, prizes, music, and more! Participants who want to enter the gift exchange should bring a unique gift valued below \$7. Sign up with John prior to 12/9/2014. Limit 50 participants.

**12/18 Fri 6-10 p.m.**

## TEEN ADVISORY COUNCIL (TAC) -OPEN MEETINGS

**FREE!**
**Ages 14-19**

Council volunteers plan activities, special events and community service projects that focus on 6 core areas; 1)Sports, Health, & Fitness 2) Arts & Culture 3) Civic Engagement 4) Life Skills & Job Readiness 5) Social Recreation 6) Environmental Stewardship. Interested teens are encouraged to join the following meetings:

**10/7, 11/11, 12/9 Wed 3 p.m.**

## ADULT

### DROP-IN ADULT BALLET

**Ages 16 and older**

This is a beginning class for adults who are interested in taking ballet and designed for dancers of varying levels with exercises that can be modified for different physical abilities. Dancers should wear ballet shoes, clothes they are able to move in and protect modestly. No class 11/26.

**9/24-12/10 Thu 7-7:45 p.m. Drop-in: \$6**



### 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.



## DID YOU KNOW?



Seattle Parks and Recreation has over 40 indoor venues, rental facilities and hundreds of beautiful parks and gardens available to rent for weddings, private functions or any special event!

If you're interested in reserving this community center for an event or any other within the city, please call the community center directly.

For more information on how to reserve a space for your event, please call:

Outdoor special events  
206-684-4080

Picnics, weddings and ceremonies  
206-684-4081

Indoor venues  
206-684-7254

[www.seattle.gov/parks/weddings](http://www.seattle.gov/parks/weddings)



#### DISCOVERY PARK

**206-386-4236**  
3801 Discovery Park Blvd.  
[discover@seattle.gov](mailto: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](mailto: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](mailto: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](http://www.seattle.gov/parks). Click on the Environmental Learning link.

## ↳ TOTS

### BUSY BEE MULTI-SPORT W/ADULT

#### Ages 2-4

Children will work on balance, coordination, and how to handle a ball while learning the fundamentals of many different sports: Soccer, T-ball and Basketball. Drills will be done with parent's assistance. No class on 11/11, 11/25.

#### Instructor: Mr. Hop

9/9-9/30	Wed	Noon-12:45 p.m.	\$20
10/7-10/28	Wed	Noon-12:45 p.m.	\$20
11/4-12/2	Wed	Noon-12:45 p.m.	\$15

### TODDLER BASKETS AND BALLS W/ ADULT

#### Ages 2-4

In this class toddlers will practice dribbling and ball handling skills using fun basketball activities and drills they will do with their parents. No class on 11/11, 11/25.

#### Instructor: Mr. Hop

9/9-9/30	Wed	1-1:30 p.m.	\$20
10/7-10/28	Wed	1-1:30 p.m.	\$20
11/4-12/2	Wed	1-1:30 p.m.	\$15



### CREATIVE DANCE – NEW DANCER

#### Ages 2-4

These classes are designed for new dancers. Dancers are introduced to basic ballet steps, posture, and placement. Using a positive learning atmosphere, children are encouraged for their accomplishments as they begin their journey as dancers. Dancers should be ready to take class independently as parents are asked to remain outside until our special "visitors day". No class 11/11, 11/25.

#### Instructor: Angelica K Langley

9/9-9/30	Wed	9:15-9:45 a.m.	\$28
10/7-10/28	Wed	9:15-9:45 a.m.	\$28
11/4-12/16	Wed	9:15-9:45 a.m.	\$35

## ↳ YOUTH

### BUSY BEE SOCCER SKILLS

#### Ages 4-6

Never played soccer before? Learn the fundamentals of basic soccer skills while practicing balance, coordination and team work. This is an indoor soccer skills class – no cleats please. No class on 11/11, 11/25.

9/2-9/30	Wed	5:30-6 p.m.	\$7
10/7-10/28	Wed	5:30-6 p.m.	\$7
11/4-12/2	Wed	5:30-6 p.m.	\$5

### SOCCER SKILLS

Do you know the basics of soccer but want to refine your skills. This class will test your balance, coordination and team work while refining your speed with the ball. This is an indoor soccer skills class – no cleats please. No class on 11/11, 11/25.

#### AGES 5-7

9/2-9/30	Wed	6:10-6:55 p.m.	\$7
10/7-10/28	Wed	6:10-6:55 p.m.	\$7
11/4-12/2	Wed	6:10-6:55 p.m.	\$5

#### AGES 8-10

9/2-9/30	Wed	7-7:45 p.m.	\$7
10/7-10/28	Wed	7-7:45 p.m.	\$7
11/4-12/2	Wed	7-7:45 p.m.	\$5

### CROSS COUNTRY

#### Ages 5-14

For those who love running! This is a great way to get youth physically fit running as a group. All courses vary by age. 5-6 run 800m, 7-8 runs 1500m, and 9-10 run 1.5 miles, 11-12 is 300m, and 13-14 is 400m. Meet times vary and practices will be set once volunteer coaches are confirmed. Meet at High Point CC.

#### September-December

\$45

### BALLET 1

#### Ages 3-5

Children learn basic ballet skills and vocabulary in a creative, fun environment. This class has a classic "ballet class" structure and encourages children to both explore the artistry and discipline of Ballet, as well as utilize their imaginations and creativity throughout class. Children with dance experience (unless 5). No class 11/11, 11/25.

#### Instructor: Angelica K Langley

9/9-9/30	Wed	9:50-10:25 a.m.	\$28
10/7-10/28	Wed	9:50-10:25 a.m.	\$28
11/4-12/16	Wed	9:50-10:25 a.m.	\$35

**BALLET 2****Ages 3-5**

For children that have already experienced at least 1 year of the Ballet I class or other classic ballet classes, this class will give students an opportunity to expand upon their ballet vocabulary and technique. This class has a classic "ballet class" structure with creativity mixed in during the class. Children with dance experience. No class 11/11, 11/25.

**Instructor: Angelica K Langley**

<b>9/9-9/30</b>	<b>Wed</b>	<b>10:30-11:05a.m.</b>	<b>\$28</b>
<b>10/7-10/28</b>	<b>Wed</b>	<b>10:30-11:05a.m.</b>	<b>\$28</b>
<b>11/4-12/16</b>	<b>Wed</b>	<b>10:30-11:05a.m.</b>	<b>\$35</b>

**CREATIVE DANCE****Ages 4-6**

This class is a mix of jazz, hip hop, ballet, modern dance and lots of fun. Using a positive learning atmosphere, children are encouraged for their accomplishments as they begin their journey as dancers and use creative movement to express themselves. No class 11/11, 11/25.

**Instructor: Angelica K Langley**

<b>9/9-9/30</b>	<b>Wed</b>	<b>11:10-11:45a.m.</b>	<b>\$28</b>
<b>10/7-10/28</b>	<b>Wed</b>	<b>11:10-11:45a.m.</b>	<b>\$28</b>
<b>11/4-12/16</b>	<b>Wed</b>	<b>11:10-11:45a.m.</b>	<b>\$35</b>

**SCHOOL OF ROCK - LITTLE WING MUSIC****Ages 2-3**

Little Wing is the School of Rocks answer to early childhood music education and is all about enabling creativity and confidence. Classes include real rock and roll music and participants play a variety of instruments during class. Parents are encouraged to join their child for this class and there is an optional "gig bag" full of instruments and accessories available for purchase if you are interested in taking a little music home with you.

**Instructor: Daisy Deely**

<b>9/17-10/8</b>	<b>Thu</b>	<b>10-11 a.m.</b>	<b>\$44</b>
<b>10/22-11/12</b>	<b>Thu</b>	<b>10-11 a.m.</b>	<b>\$44</b>

**HOLIDAY RHYTHM CUP EXPLORATIONS****Ages 5-105**

Take the fun of the Rhythm Cup Class to new levels by tapping and passing to favorite holiday tunes with up to four people per class. A culmination workshop to share with family and friends wraps up this mini session.

**Instructor: Nancy Carr**

<b>12/5-12/19</b>	<b>Sat</b>	<b>10-10:45 a.m.</b>	<b>\$30</b>
<b>12/5-12/19</b>	<b>Sat</b>	<b>11-11:45 a.m.</b>	<b>\$30</b>

**TEENS**

All programs are on the schedule but may be subject to change due to staffing and participation levels. We are a drop in program. E-13's are required for participation and for any Field Trips. Teen program ages are 11-19 years old. For more information please call (206) 684-7422 and speak with Johnnie Williams or Laura Wilburn.

**POPCORN & MOVIE****FREE!**

This program is for kids who participate in one or more of our programs. The youth will be able to choose the Red Box movie and choices will be discussed in our Teen Talk sessions. No program 10/22, 11/19.

**9/10, 9/24, 10/8, 11/5, 12/3, 12/17, 12/31**

**Every other Thu 5-8 p.m.**

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

Teen Advisory Council - Our council gets together to discuss what programs the youth would like to see their community center engage in. Our council arranges and helps with events and event planning. Learn about civic engagement and how to strengthen our community through youth expression and discussions. We also discuss community service hours, projects, events and availability. Youth earn community service hours for participation.

**Last Wed of the month 5-6 p.m.**

**TEEN ART PROGRAM****FREE!**

Youth will create different kinds of crafts. Some of the crafts include: Jewelry making, crochet, duct-tape crafts, and seasonal crafts. This class will be offered every other Friday.

\*No program 11/27, 12/25

**9/11, 9/25, 10/9, 10/23, 11/13, 12/11**

**Every other Fri 5-7 p.m.**

**TEEN FITNESS****FREE!**

The High Point Teens will be working out every Thursday. This class will be formed around all different types of plyometrics, T25 and more. No program 10/22, 11/26.

**9/3-12/17 Thu 6-7:30 p.m.**

**TEEN GRUB CLUB****FREE!**

This class explores healthy eating and cooking habits. We cook from scratch. No mixes and or packaged sauces. Real whole foods are cooked and served by youth and for youth. Food is for participating youth. If you have recipe ideas or if you can cook please come out and share your ideas and thoughts.

**9/22, 10/6, 10/20, 11/3, 11/17, 12/1 & 12/15, 12/29**

**Every other Tue 4-6 p.m.**

## TEEN TALK

**FREE!**

This time is for Teens to get together socially and discuss their ideas and thoughts about all subjects. It gives them the time to identify community issues, youth issues, and personal issues in a safe and open environment. Presenters are welcome to speak to the youth as well. Information/discussion about education, health, law, justice, jobs, internships, resumes, lifestyles, these are some of the many topics for discussion. If you would like to join us, please speak with Laura Wilburn to set up a presentation day.

**9/9, 10/7, 11/4 & 12/2**
**Wed**
**4-5 p.m.**

## TEEN BAKING

**FREE!**

On those off Wednesdays the kids here like to bake some fun stuff. It started out with cookies but some of the kids are interested in baking other things. We bake everything from scratch. No cake mixes allowed in this place. The youth are experimenting with using whole food choices and healthy recipes.

**9/2, 9/16, 10/14, 10/28, 11/11, 11/25, 12/9 & 12/23**
**Every other Wed**
**4-6 p.m.**

## COLLEGE PREPARATION

**FREE!**

College...Need help with Applications, Scholarships, Budgets, Grade, Financial Aid? Are they oh so confusing? This program is for youth who are looking to further their educational goals. Learn what colleges are looking for from youth, grades, and extracurricular activities. Learn how to apply for scholarships and financial Aid. How to realistically budget for books, tuitions and fees to avoid the credit card trap.

**9/23, 10/21, 11/18 & 12/16**
**Wed**
**4-5 p.m.**

## FUN AND GAMES & TACO THURSDAYS

**FREE!**

These afternoons are for those games you don't get to play that often, games like Monopoly (life size version), Charades, Dominos, Boggle and all kinds of card games. The card game "13" has become the popular favorite of our teens so come learn how to play or challenge others to interactive games. While you are playing enjoy a light and healthy taco Thursdays snack.

**9/3, 9/17, 10/15, 10/29, 11/12, 12/10, 12/24**
**Every other Thu**
**4-6pm**

## FIRST FRIDAY-TEEN CHOICE

**FREE!**

Teen Choice...This day is decided by the Teen Advisory Council (TAC). It can be a field trip, a treat, a game, or movie...its all up to the teen participants. Let your voice be heard at our TAC meetings.

**9/4, 10/30, 11/6 & 12/4**
**First Fri of the month**
**4-7 p.m.**


## ICE CREAM SOCIALS

**FREE!**

Everybody knows that everything tastes better with ice cream. Youth make and serve ice cream to their peers. This program is for participants in youth programs here at High Point. The youth that make and serve ice cream will receive community service hours.

**9/18, 10/16, 11/20**
**Third Fri of the month**
**4-7 p.m.**

## WEEK WITHOUT VIOLENCE

**FREE!**

Each year we honor our fallen youth and discuss violence. We provide information and resources from many community partners and invite youth and young adults to voice their stories and experiences. Seattle Parks Teen Programs will have youth programs and events throughout the city discussing the different kinds of violence; bullying, cyber bullying, domestic violence, gang violence...the effects, the communication. At present all of the exact events are not available. Closer to the event dates, activities will be posted in your local community centers.

**10/5-10/9**

## ADULTS

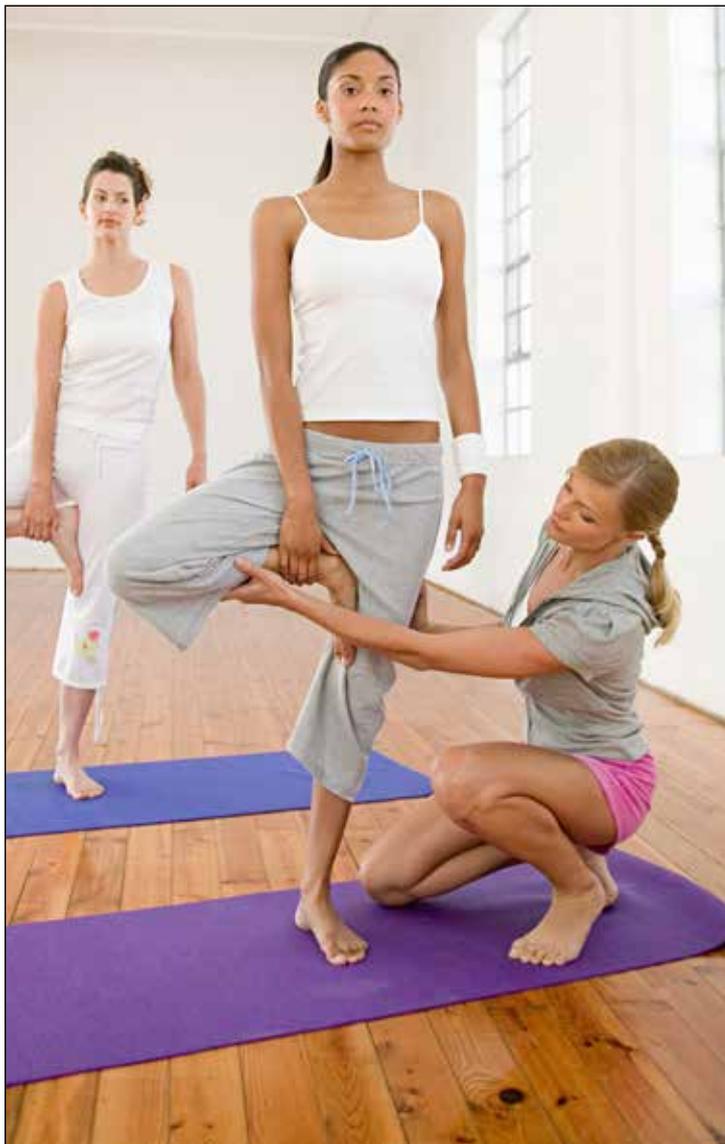
### YOGALATES

**Ages 16 and older**

Combine two terrific workouts into one, Yoga and Pilates! Yogalates works your abdominal and pelvic floor muscles which help to protect and strengthen the lower back, tone the belly, trim the waist and assist with core stability. It is excellent for developing general tone and fitness in the body while also creating a sense of inner calm, relaxation and overall well-being. Beginners and intermediates are welcome. No class on 11/11, 11/25.

**Instructor: Barbara Rose-Leigh**

<b>9/2-9/30</b>	<b>Wed</b>	<b>6:30-7:30 p.m.</b>	<b>\$42</b>
<b>10/7-10/28</b>	<b>Wed</b>	<b>6:30-7:30 p.m.</b>	<b>\$34</b>
<b>11/4-12/16</b>	<b>Wed</b>	<b>6:30-7:30 p.m.</b>	<b>\$42</b>



### WOMEN'S ONLY ZUMBA®

**Ages 8 and older**

Zumba® blends upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration. Free for girls 8-18. Free childcare for ages 3-10 on Friday nights if pre-registered. Please note this class is highly subsidized, donations are welcome at the time of registration to keep the program affordable. No class 11/27, 12/25.

**Instructor: Cindy House**

<b>9/4-9/25</b>	<b>Fri</b>	<b>5:30-6:30 p.m.</b>	<b>\$4</b>
<b>10/2-10/30</b>	<b>Fri</b>	<b>5:30-6:30 p.m.</b>	<b>\$4</b>
<b>11/6-11/20</b>	<b>Fri</b>	<b>5:30-6:30 p.m.</b>	<b>\$4</b>
<b>12/4-12/18</b>	<b>Fri</b>	<b>5:30-6:30 p.m.</b>	<b>\$4</b>
<b>9/6-9/27</b>	<b>Sun</b>	<b>5:30-6:30 p.m.</b>	<b>\$4</b>
<b>10/4-10/25</b>	<b>Sun</b>	<b>5:30-6:30 p.m.</b>	<b>\$4</b>
<b>11/1-11/29</b>	<b>Sun</b>	<b>5:30-6:30 p.m.</b>	<b>\$4</b>
<b>12/6-12/27</b>	<b>Sun</b>	<b>5:30-6:30 p.m.</b>	<b>\$4</b>
<b>Drop-in: \$2</b>			

### WEST SEATTLE TAE KWON DO CLUB

**Ages 18 and older**

Learn Tae Kwon Do, a Korean martial art known primarily for its fast sparring techniques, dynamic forms, and strong kicks. Our club is focused on self-improvement in a non-competitive atmosphere that promotes unity, respect, and indomitable spirit. Improve physical abilities such as strength, speed, endurance, flexibility, and coordination; as well as mental attributes such as confidence, focus, self-control, and willpower. Taught by Darin Smith, 3rd dan black belt and certified personal trainer. No class 11/26, 12/24, 12/26.

**Instructor: Darin Smith**

<b>9/3-9/28</b>	<b>M/Th</b>	<b>6:30-8 p.m.</b>	
	<b>Sat</b>	<b>10 a.m.-Noon</b>	<b>\$35</b>
<b>10/1-10/31</b>	<b>M/Th</b>	<b>6:30-8 p.m.</b>	
	<b>Sat</b>	<b>10 a.m.-Noon</b>	<b>\$35</b>
<b>11/2-11/30</b>	<b>M/Th</b>	<b>6:30-8 p.m.</b>	
	<b>Sat</b>	<b>10 a.m.-Noon</b>	<b>\$35</b>
<b>12/3-12/28</b>	<b>M/Th</b>	<b>6:30-8 p.m.</b>	
	<b>Sat</b>	<b>10 a.m.-Noon</b>	<b>\$35</b>

## SOUL SEWING FOR BEGINNERS

**Ages 12 and older**

Soul Sewing class for beginners will be a step by step class starting with learning how to use your sewing machine (bring it with you to class – or if you don't have one let us know and you can use ours here at the community center). After you are familiar with your machine, how to set it up and do simple stitches, Sacha will teach you how to hem pants, sew a skirt, put buttons on, and will give shopping tips for when you go to the craft store. No class 11/26.

**Instructor: Sacha Said**

9/17-10/29    Thu    6:15-7:45 p.m.    \$35  
11/5-12/17    Thu    6:15-7:45 p.m.    \$30



**PLEASE REGISTER  
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**SOMETIMES COURSES ARE  
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## PIANO INSTRUCTION

Piano Instruction is for all ages, these lessons are one-on-one with a qualified instructor. Each Lesson is 30 minutes long and cost \$20 per class. Class prices listed below are per month and depend on the number of weeks in a month.

\*\*December class taught by Nancy (Wed. & Sat.) will focus on holiday music theory and composition culminating in a studio performance sharing the student's original holiday composition. Must have one year of piano study to take lessons in December with Nancy. No class on 11/11 or 11/17.

	<b>Tuesday Instructor: Darna</b>	<b>Wednesday Instructor: Nancy</b>	<b>Thursday Instructor: Nancy</b>	<b>Saturday Instructor: Nancy</b>
<b>September</b>	9/8-9/29 3:30-7 p.m. *no 5:30 class	9/9-9/30 3-7:30 p.m.	9/10-9/24 4-7:30 p.m.	9/12-9/26 10 a.m.-4:30 p.m.
<b>October</b>	10/6-10/27 3:30-7 p.m. *no 5:30 class	10/7-10/21 3-7:30 p.m.	10/1-10/22 4-7:30 p.m.	10/3-10/24 10 a.m.-4:30 p.m.
<b>November</b>	11/3-11/24 3:30-7 p.m. *no 5:30 class	11/4-11/18 3-7:30 p.m.	11/5-11/19 4-7:30 p.m.	11/7-11/21 10 a.m.-4:30 p.m.
<b>December</b>	12/1-12/15 3:30-7 p.m. *no 5:30 class	**12/2-12/16 3-7:30 p.m.	No classes	**12/5-12/19 Noon-2:30 p.m.

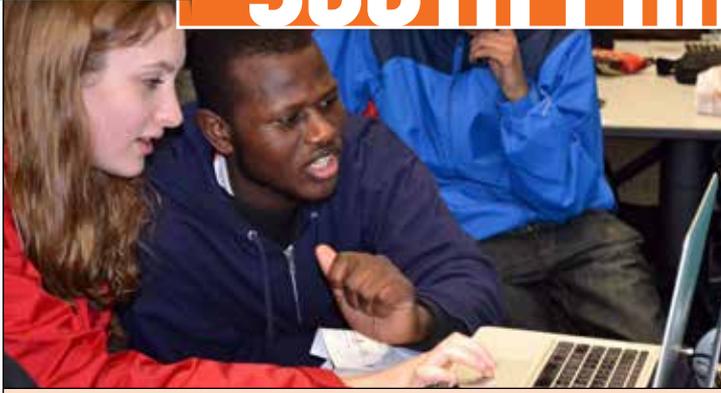
# SPECIALIZED PROGRAMS

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](http://seattle.gov/parks) (select the link to Specialized Programs under Popular Links) or contact our office at 206-684-4950.



## OPEN COMPUTER LAB HOURS

Monday-Friday Noon-4:30 p.m.  
Monday-Thursday 5:30-7 p.m.

## VECINO A VECINO / NEIGHBOR TO NEIGHBOR

**FREE!**

### All Ages

Practice conversational English and Spanish with native speakers! This informal group will spend the first half of the class practicing conversational English, and the second half conversational Spanish. Please come ready to participate in both parts, as teacher and learner. Get to know your neighbors. Family friendly, children welcome. We will provide prompts and props, or students can bring in specific things they need help with. Bring a dish or snack to share and discuss! No class on 11/11.

**Location:** South Park CC

**LANGUAGES:** ENGLISH AND SPANISH

9/2-12/16 Wed 6:30-7:30 p.m.

## SOUTH PARK COMMUNITY KITCHEN

**FREE!**

WITH LOCAL HARVEST FROM MARRA FARM

### Age 2 and older

The Community Kitchen brings people together to prepare food and share it almost every third Wednesday of the month. Everyone will be involved in the food preparation, cooking and cleaning, and then we all eat a meal together. Kids and youth ages 2-15 work on their own recipe and share the meal with the group. In addition to eating a delicious meal, participants gain cooking skills, fresh ideas, nutrition awareness, and connections in the community. Don't forget to bring a container for leftovers! Space is limited to 15 participants so please reserve your spot by calling the South Park Community Center at (206) 684-7451 or sign up online.

**Instructor:** Liz Nelson

**Location:** South Park CC

**LANGUAGES:** ENGLISH AND SPANISH

9/16 Wed 5:30-8 p.m.  
10/21 Wed 5:30-8 p.m.  
11/18 Wed 5:30-8 p.m.

## ↳ TOTS

### BUSY BEE MULTI SPORTS CLASS W/ADULT

#### Ages 2-4

Children will work on balance, coordination, and how to handle a ball while learning the fundamentals of many different sports: soccer, t-ball and basketball. Drills will be done with parent's assistance so plan to have fun with your little one.

**Instructor:** Mr. Hop

9/11-9/25	Fri	12:15-12:45 p.m.	\$15
10/2-10/30	Fri	12:15-12:45 p.m.	\$25
11/6-11/20	Fri	12:15-12:45 p.m.	\$15
12/4-12/18	Fri	12:15-12:45 p.m.	\$15

### CREATIVE DANCE

#### Ages 2-4

Children learn the basics of dance and creative movement in a fun environment. Classes are designed for new dancers and foster a positive learning atmosphere. Children are encouraged along the way to 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 11/17.

**Instructor:** Emily Smith

9/8-9/29	Tue	5:45-6:15 p.m.	\$28
10/6-10/27	Tue	5:45-6:15 p.m.	\$28
11/3-11/24	Tue	5:45-6:15 p.m.	\$21
12/1-12/15	Tue	5:45-6:15 p.m.	\$21



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## ➤ YOUTH PROGRAMMING

### SOCCER LEAGUE

**Ages 5-13**

In this partnership between South Park Community Center and Sea Mar Community Health Center kids ages 5-13 join a team and practice at the South Park Community Center field. This program was adopted into the West Seattle Soccer Club in 2012 and gives the kids the opportunity to compete against teams throughout West Seattle while still having practices close to home. Practices are typically on Monday and Wednesday evenings, games on Saturdays or Sundays. Call South Park Community Center for more information and to sign up (206)684-7451.

**\$30**

### BUSY BEE SOCCER

**Ages 4-5**

In this class children will work on their foot to eye coordination, balance and team work as they learn the fundamentals of soccer in a fun and nurturing environment. This is a class for kids who have no prior soccer experience. This is an indoor skills class – no cleats please. No class on 11/11.

**Instructor: Victoria Meadows**

<b>9/9-9/30</b>	<b>Wed</b>	<b>5:30-6 p.m.</b>	<b>\$20</b>
<b>10/7-10/28</b>	<b>Wed</b>	<b>5:30-6 p.m.</b>	<b>\$20</b>
<b>11/4-11/18</b>	<b>Wed</b>	<b>5:30-6 p.m.</b>	<b>\$10</b>
<b>12/2-12/16</b>	<b>Wed</b>	<b>5:30-6 p.m.</b>	<b>\$15</b>

### SOCCER SKILLS 2

**Ages 6-7**

Do you know the basics of soccer but want to refine your skills. This class will test your balance, coordination and team work while refining your speed with the ball. This is an indoor soccer skills class – no cleats please. No class on 11/11.

**Instructor: Victoria Meadows**

<b>9/9-9/30</b>	<b>Wed</b>	<b>6-6:45 p.m.</b>	<b>\$20</b>
<b>10/7-10/28</b>	<b>Wed</b>	<b>6-6:45 p.m.</b>	<b>\$20</b>
<b>11/4-11/18</b>	<b>Wed</b>	<b>6-6:45 p.m.</b>	<b>\$10</b>
<b>12/2-12/16</b>	<b>Wed</b>	<b>6-6:45 p.m.</b>	<b>\$15</b>

### MARTIAL ARTS

**Ages 7 and older**

Come learn the basics of Martial Arts and meet new friends in this mixed martial arts class. No class on 9/7, 11/26, 12/24 and 12/31.

**Instructor: Tyron Asphy**

<b>9/3-9/28</b>	<b>M/Th</b>	<b>6:45-8:30 p.m.</b>	<b>\$28</b>
<b>10/1-10/29</b>	<b>M/Th</b>	<b>6:45-8:30 p.m.</b>	<b>\$36</b>
<b>11/2-11/30</b>	<b>M/Th</b>	<b>6:45-8:30 p.m.</b>	<b>\$32</b>
<b>12/3-12/28</b>	<b>M/Th</b>	<b>6:45-8:30 p.m.</b>	<b>\$28</b>

### BALLET

**Ages 4-8**

Children will learn ballet in a fun, exciting class that engages their imagination. Class is taught by an experienced children's dance instructor, with movement geared especially for your child's age group. Feel free to wear any cloths that comfortable for movement; ballet slippers or bare feet are OK. No class 11/17.

**Instructor: Emily Smith**

<b>9/8-9/29</b>	<b>Tue</b>	<b>6:15-7 p.m.</b>	<b>\$28</b>
<b>10/6-10/27</b>	<b>Tue</b>	<b>6:15-7 p.m.</b>	<b>\$28</b>
<b>11/3-11/24</b>	<b>Tue</b>	<b>6:15-7 p.m.</b>	<b>\$21</b>
<b>12/1-12/21</b>	<b>Tue</b>	<b>6:15-7 p.m.</b>	<b>\$30</b>

### ACROBATICS AND CIRCUS ARTS CLASS

This beginning circus class will keep you moving! Instructors from the School of Acrobatic & New Circus Arts will teach tumbling, wire walking, juggling, trampoline, rolling globe and acrobatics. Don't miss out on the fun and 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**

#### 5-7 YEAR OLDS

<b>9/14-9/28</b>	<b>Mon</b>	<b>5-5:45 p.m.</b>	<b>\$15</b>
<b>10/5-10/26</b>	<b>Mon</b>	<b>5-5:45 p.m.</b>	<b>\$20</b>
<b>11/2-11/30</b>	<b>Mon</b>	<b>5-5:45 p.m.</b>	<b>\$25</b>

#### 8-10 YEAR OLDS

<b>9/14-9/28</b>	<b>Mon</b>	<b>5:45-6:30 p.m.</b>	<b>\$15</b>
<b>10/5-10/26</b>	<b>Mon</b>	<b>5:45-6:30 p.m.</b>	<b>\$20</b>
<b>11/2-11/30</b>	<b>Mon</b>	<b>5:45-6:30 p.m.</b>	<b>\$25</b>



YOU CAN BE A  
**SUPER HERO**  
TOO!



**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://donatenow.networkforgood.org/learntoswim>. 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://donatenow.networkforgood.org/learntoswim>

## ➤ ADULT PROGRAMMING

### INDOOR ROWING FOR FITNESS

**Ages 14 and older**

South Park Community Center offers Indoor Rowing Fitness Classes for those interested in getting in shape with a whole body workout. Classes will be based around the Concept 2 Ergometer and also encompass core and circuit training. No class on 11/26.

9/10-9/28	M/Th	5:45-6:45 p.m.	\$30
10/5-10/29	M/Th	5:45-6:45 p.m.	\$40
11/2-11/30	M/Th	5:45-6:45 p.m.	\$40
12/3-12/21	M/Th	5:45-6:45 p.m.	\$30

### DROP-IN ROWING FOR FITNESS ERGOMETER WORK OUTS

**Ages 18 and older**

Want more rowing workouts? Drop in and use our Concept 2 Ergometers anytime you want. Call (206) 684-7451 before coming to make sure we have an open space for the Ergometer; if it's a nice day you can take them out side. The Concept 2 Ergometer is great exercise for a whole body workout.

**Cost: \$3**

### YOGA FOR REAL

**Ages 12 and older**

Come and relax after a hectic day or take a lunch break and experience the health benefits of this soothing exercise. Yoga will help you de-stress your day away, become more flexible and strengthen your core. No class 11/17.

**Instructor: Rebekah Fielder**

#### LUNCHTIME CLASS

9/15-9/29	Tue	Noon-1 p.m.	\$3
10/6-10/27	Tue	Noon-1 p.m.	\$4
11/3-11/24	Tue	Noon-1 p.m.	\$3
12/1-12/15	Tue	Noon-1 p.m.	\$3

#### EVENING CLASS

9/4-9/25	Fri	6-7 p.m.	\$4
10/2-10/30	Fri	6-7 p.m.	\$5
11/6-11/20	Fri	6-7 p.m.	\$3
12/4-12/18	Fri	6-7 p.m.	\$3

**Drop-in: \$1**

## ZUMBA®

**FREE!**

**Ages 12 and older**

Sea Mar Community Health Center and South Park Community Center partner to bring you this free Zumba Class. Zumba is a popular fitness program inspired by Latin dance. The word "Zumba" comes from a Colombian word that means to move fast and have fun, which is just how people describe the routine. Using upbeat Latin music together with cardiovascular exercise, Zumba is aerobic dancing that is lots of fun and easy to learn. Ages 12 and up are welcome to participate and childcare is provided. No class on 11/11, 11/25.

**Instructor: Becky Newell**

**9/2-12/16 Wed 5:30-6:30 p.m.**

## BEGINNERS ENGLISH AS A SECOND LANGUAGE

**Ages 14 and older**

Come learn English! Learn to count, the days of the week, months of the year and much more. Improve your vocabulary, learn to ask questions and form simple sentences. You will have a great time practicing your pronunciation and making new friends. No class on 11/26.

<b>9/3-9/24</b>	<b>Thu</b>	<b>6:45-8 p.m.</b>	<b>\$10</b>
<b>10/1-10/29</b>	<b>Thu</b>	<b>6:45-8 p.m.</b>	<b>\$10</b>
<b>11/5-12/17</b>	<b>Thu</b>	<b>6:45-8 p.m.</b>	<b>\$15</b>

## INTERMEDIATE ENGLISH AS A SECOND LANGUAGE

**Ages 14 and older**

Come improve your English skills in this intermediate class! This class will teach proper sentence structure, improve your vocabulary and give you time to practice your pronunciation while making new friends.

<b>9/14-9/28</b>	<b>Mon</b>	<b>6:45-8 p.m.</b>	<b>\$10</b>
<b>10/5-10/26</b>	<b>Mon</b>	<b>6:45-8 p.m.</b>	<b>\$10</b>
<b>11/2-11/30</b>	<b>Mon</b>	<b>6:45-8 p.m.</b>	<b>\$10</b>

## TAI CHI AND CHAIR EXERCISES

**FREE!**

**Age 50 to 110**

Dr. Lam Tai Chi for Arthritis, Yang style Tai Chi mastering first 21 movements of 200+, Short 2 form, chair exercises and stretching. As seniors progress and develop, they will assist in a leadership role leading the exercises as a group. Every Tuesday we begin our class by reflecting the previous weekend activity. This portion of our training is called memory exercise and it's done individually. An excellent way to break the ice. There are four things to remember as the seniors train; balance, breathing, movements, and memory. These four things are used in our daily life. We encourage learning and have fun while training. No class 11/17, 11/26, 12/24.

**Instructor: Frank Mateo**

**9/8-12/29 T/Th 1:30-3 p.m.**

## ↘ REC TECH

**QUESTIONS? CONTACT RECTECH SITE LEAD TONY J. HATTEN AT 206-615-0981 OR EMAIL AT TONY.HATTEN@SEATTLE.GOV**

## ONE-ON-ONE

**FREE!**

**All Ages**

Bought a new computer or laptop but not sure how to use it? Curious in how to use a specific software? Are you at a beginner's level and want to familiarize yourself with the use of computers, or at an intermediate level, looking to improve your computer skills? Look no further! One-On-One is a free service design to teach you various computer skills and familiarize you with software (Adobe products such as PhotoShop, Illustrator, DreamWeaver, After Effects, etc. Microsoft Office such as Word, Excel, PowerPoint, etc. Also other software's for hobbies) Feel free to call or email to schedule your one hour appointment today! Contact RecTech site lead Tony J. Hatten at 206-615-0981 or email at tony.hatten@seattle.gov.

## DIGITAL ART

**FREE!**

**Ages 11-19**

Design compelling artwork using drawings, and photographs to create breath-taking digital art. You will learn to use (or improve skills) with Adobe Photoshop and Illustrator. In this workshop you will have a complete portfolio of original artwork with special effects, poster designs, book covers, photography rendering, and artwork for websites, and facebook.

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

## FILM PRODUCTION

**FREE!**

**Ages 11-19**

Be a star, or stay behind the camera. Learn how to edit films, or produce them. Be the writer, creator or sit in the director's chair. Be a part of the process of creating a fun, short film project made by YOU! Invite your friends and family to your red carpet premiere of your film at South Park Community Center.

**9/15-11/12 T/Th 4:30-6 p.m.**

## MUSIC & LYRIC

**FREE!**

**Ages 11-19**

Learn and improve your music and lyric writing technique through creative writing. This workshop also teaches music creating software for your music. Create as many tracks as you want and take home a demo of your music.

**9/16-11/4 Wed 4:30-6 p.m.**

**CHAMP OF THE WEEK****FREE!****Ages 11-19**

Compete weekly, after school, in all kinds of challenges. Based on a point system of number of participants, winners will get a small prize. Each month there will be a small grand prize for the one with the highest point total.

**Tue-Fri 4-5 p.m.****HOMEWORK HELPERS****FREE!****Ages 11-19**

Need help with your homework? Are deadlines approaching, and you need use of a computer? Or, would you like to earn service learning hours and become a tutor? Either way, Homework Helpers is for YOU! Stop by and see us for all of your homework needs!

**Tue-Thu 3:30-5:30 p.m.****GRUB CLUB****FREE!****Ages 11-19**

Are you hungry after school? Do you like to cook? Do you like to eat yummy food? If you answered yes to any of the previous questions, then this club is for YOU!! Learn how to cook delicious meals! The best part about this class is YOU GET TO EAT ALL THE FOOD YOU COOK!! Have a favorite recipe? Bring it with you and we will make it the following week!

**Thu 3:30-5:30 p.m.****REAL TALK GIRLS GROUP****FREE!****Ages 12-18**

LADIES!! Looking for a place to talk? Have questions about boys, relationships, friendships, school, your future or life in general? Real Talk Girls group is the place for you. Feel free to sit in on conversations in an all-female / non-judgmental setting. Participants who attend the weekly discussion may attend the bi-weekly field trips. E-13 forms are required for participation and occasional field trips.

**Fri 3:30-4:30 p.m.****TEEN ART STUDIO****FREE!****Ages 11-19**

Do you like to create things? Key chains, lanyards, friendship bracelets, ice candles and origami are only a few of the things we will be doing in these fun hands on classes! Let your imaginations soar! E-13's are required for all participants for an occasional field trip.

**Wed 3:30-4:30 p.m.****MUSIC VIDEO PRODUCTION****FREE!****Ages 11-19**

Pick a song and create your own video to the music.

You have seen these on the web now we give you the place to create one. You decide how to film and then cut and paste on the computer. There will be a Grand Premiere in December to show off your hard work.

**Fri 3:30-5 p.m.**
**CITYWIDE YOUNG ADULT PROGRAM**  
*presents*
**GREAT  
NIGHT**

**AGES 18+ / FRI. & SAT. / 7 PM-12 AM**  
**LEARN LIFE SKILLS THROUGH RECREATION**  
**DELDRIDGE COMMUNITY CENTER (FRIDAYS)**  
**MILLER COMMUNITY CENTER (SATURDAYS)**  
 (ID REQUIRED FOR ENTRANCE AT EACH SITE)

**THIS PROGRAM PROVIDES:**  
**WORKSHOPS | TRAININGS**  
**CERTIFICATIONS | REGISTER TO VOTE**



**POWER OF PLACE™**

Parks Youth Violence Prevention Team

**FOR MORE INFO PLEASE CONTACT:**

**Shannon Anderson at**  
**206.331.0395 or**  
**shannon.anderson@seattle.gov**

## ↘ SPECIAL EVENTS:

### SOUTHWEST TEEN LIFE CENTER OPEN HOUSE

**FREE!**
**Ages 11 and UP**

The Southwest Teen Life Center Staff invite you to join us for our open house! Come and see what the Teen Life Center has to offer! Meet the Staff!! Take a Tour!! Participate in FUN Programs!! Check out the Teen Information Zone for important information, job opportunities, service learning and volunteer opportunities! There will be light refreshments and snacks!

**10/9 Fri 5:30-7:30 p.m.**

### SWTLC COMMUNITY HALLOWEEN CARNIVAL

**FREE!**
**Ages 11 and under**

Come dressed up in the scariest creative costume. Participate in fun carnival games, overload yourself on candy. Activities include: cake walk, face painting, costume contest, bounce toy, great music, concessions can be purchased at the Teen Café! All proceeds go to Teen programs!

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

### SWTLC ANNUAL THANKSGIVING DINNER

**FREE!**
**Ages 11-19**

Southwest Teen Life Center would like to cordially invite you to join us for SWTLC's Thanksgiving Dinner! We will be serving; turkey, stuffing, mashed potatoes and gravy, corn, candied yams, mustard greens, cornbread, dinner rolls and pies for dessert! Join us for an evening of great food, great company, great music and a night of great thanks!

**11/19 Thu 6:30-7:30 p.m.**

### IT'S A BIRTHDAY CELEBRATION!!

**FREE!**
**Ages 11-19**

Southwest Teen Life Center would like to celebrate YOUR Birthday!! Every 3rd Wednesday of each month we will celebrate all of those whose special day is in that month! Cake and ice cream will be served! All teens are welcomed to attend!

**Every 3rd Wed/month 5-6 p.m.**

### SWTLC WINTER FEST

**FREE!**
**Ages 13-19**

Join us for our Winter Festival! Dinner will be served between 7-8 p.m. From 8-10 p.m. we will have arts and crafts, music, games, karaoke and TONS OF FUN!! Don't Miss out!

**12/19 Sat 7-10 p.m.**


## ↘ FITNESS

### HATHA YOGA

You will learn moves of gentle stretching to keep limber and build muscles. Bring your own yoga mat. No experience is necessary. Students who take both classes get a discounted rate of \$43. This applies to only the SW district.

**Location: Delridge**

10/6-12/15 Tue 9-10 a.m. \$48

**Location: High Point**

10/9-12/18 Fri 11 a.m.-Noon \$48

### FITNESS

Instructor lead activities using dynabands, weights, and floor work. Improve balance, flexibility, and agility. Bring weights to class.

**Location: Alki**

10/5-12/21 Mon 10-11 a.m. \$40

10/7-12/16 Wed 10-11 a.m. \$40

### ZUMBA® GOLD

Learn low-impact, easy to follow movements inspired by Latin music and dance.

**Location: Alki**

10/6-12/15 Tue 10-11 a.m. \$45

10/8-12/17 Thu 6:30-7:30 p.m. \$45

**Location: Delridge**

10/8-12/17 Thu 10-11 a.m. \$45

### BETTER BALANCE

Eileen is back with more balance and strength exercises. This 6 week session will also include a different 15-minute educational component in each class.

**Location: Alki**

10/16-11/20 Fri 10:45-11:45 a.m. \$30



## ↘ DROP-IN

\$3 (AGE 65+\$2), UNLESS OTHERWISE NOTED

### DROP-IN PICKLEBALL

**Location: High Point**

M/W 9:30-11:30 a.m.

**Location: Delridge**

M/W 10 a.m.-Noon

T/Th

Noon-2 p.m.

Wed

6-8 p.m.

**Location: Hiawatha**

Fri 10 a.m.-noon

### PICKLEBALL SKILLS

Learn how to improve your skills and increase your confidence in your playing ability.

**Location: High Point**

10/5-12/14 Mon 11 a.m.-12:30 p.m. \$22

### VOLLEYBALL

**Location: Delridge**

T/Th 10 a.m.-Noon

### DROP-IN BRIDGE

**Location: Delridge**

Mon 9 a.m.-Noon \$2

### LINE DANCE

Learn new dance patterns to some great music. No class 10/6.

**Location: Hiawatha**

10/13-12/15 Tue 10:15-11:15 a.m. \$36

**Location: Alki**

10/13-12/15 Tue 6:30-7:30 p.m. \$36

### TAP DANCE/INTERMEDIATE

For those who have always wanted to tap. Fun class that includes learning tap patterns and routines. 10-week class.

**Location: Alki**

10/8-12/17 Thu 10-11 a.m. \$45

### ALKI BOOK CLUB

Books provided free of charge by the Seattle Public Library. Group meets the second Wednesday of each month at 11:15 a.m. 10/14, 11/4, 12/9. No class on 11/11.

**Location: Alki**

Wed 11:15 a.m.-Noon

### HIGH POINT BOOK CLUB

Group meets the third Thursday of each month. 10/15, 11/19, 12/17.

**Location: High Point**

Thu 1-2 p.m.

FREE!

FREE!

➤ TRIPS

**ST. DEMETRIOS GREEK FESTIVAL**

Everything Greek. If extra time we will stop at the U Village. Lunch on your own.

**10/9 Fri 11:30 a.m.-4:30 p.m. \$11**

**HUNTER'S BREAKFAST**

Our 13th consecutive year of a scenic trip, great breakfast, and friendly servers. Plenty of apple butter for sale. \$8 breakfast on your own.

**10/17 Sat 9 a.m.-4:30 p.m. \$21**

**KUBOTA GARDENS**

Kubota gardens in the fall. We have seen this garden in the spring and it has something different to see each season. View the new timber pavilion. Lunch on your own in the Renton area.

**10/29 Thu 9:30 a.m.-3:30 p.m. \$11**

**WILCOX FARM**

In 1909 Wilcox farm was best known for their milk. Through the years, the farm converted their chickens to 100% organic and cage free. Enjoy a guided tour on a Wilcox bus of the processing plant, hard boiling plant, memorabilia exhibits, and retail store. Bring \$5 for tour. Lunch on your own nearby.

**11/5 Thu 9 a.m.-4 p.m. \$17**

**POLICE/PINBALL MUSEUMS**

A tour of Seattle's historical to present police force, bring \$5 in exact change for the guided tour fee. Lunch, on your own, and time in International District. While there you can visit the pinball museum, you can play on over 50 machines for as long as you like for \$13 (fee on your own).

**11/12 Thu 10:30 a.m.-3:30 p.m. \$11**

**GOVERNOR'S MANSION**

The governor's mansion is all decked out for the holidays. This is a great opportunity to see the mansion in its glory. Please bring ID. Lunch on your own.

**12/2 Wed 10 a.m.-4 p.m. \$21**

**HOLIDAY BAZAARS**

Handmade craft items for the holidays at Kennedy HS, Tyee HS, and any other events we can find. Lunch on your own.

**12/5 Sat 10 a.m.-4 p.m. \$13**



**SINGING CHRISTMAS TREE**

The 53rd season of the Life Center of Tacoma's holiday performance, including holiday music, breathtaking lights, and sets. This is one of the longest running productions in the country. Reserved seat ticket included in trip price. No refunds after registration. Dinner on your own after the 3 p.m. performance.

**12/13 Sun 1:15-7 p.m. \$31**

**HOLIDAY POTLUCK**

**FREE!**

Annual get together. If you want to participate in the gift exchange bring gently used wrapped gift.

**Location: Alki**

**12/16 Wed 11 a.m.-1 p.m.**

**SINGLES**

This group meets the third Thursday of each month. A variety of comfortable gathering sites to meet and greet in the greater West Seattle area. Please contact Wander at 206-935-6738 for details.

**10/15, 11/19, 12/17 Thu 5-8 p.m.**

# SEATTLE PARKS AND RECREATION AQUATICS INFORMATION



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## Lessons "Seattle Swims"

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



## Class Information

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



© jay dotson photography

## Personal Lessons

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



© Doug Mahugh

## Fitness

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



## Recreation

**Public Swim, Family Swim, Lap Pool and more!**



Contact your local pool for more information!

### **BALLARD POOL**

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

### **EVANS POOL**

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

### **HELENE MADISON POOL**

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

### **MEADOWBROOK POOL**

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

### **MEDGAR EVERS POOL**

500 23rd Ave • (206) 684-4766  
[seattle.gov/parks/aquatics/EVERSPool.htm](http://seattle.gov/parks/aquatics/EVERSPool.htm)

### **QUEEN ANNE POOL**

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

### **RAINIER BEACH POOL**

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

### **SOUTHWEST POOL**

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

Summer Only

### **COLMAN POOL**

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

### **LOWERY C. "POP" MOUNGER POOL**

2535 32nd Ave W • (206) 684-4708  
[seattle.gov/parks/aquatics/mounger.htm](http://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!**

**DAKOTA PLACE PARK**

4304 SW DAKOTA, SEATTLE

- » **Capacity:** 140 seated inside, additional seating outside for 25 people
- » **Chairs:** 75
- » **Tables:** 7 Rectangular (2.5 x 6);  
9 Round (40 inch diameter)
- » Separate and private restrooms for men and women.
- » **Amenities:** Refrigerator, A/V, Ice maker, kitchenette (no additional fee)

**Tours:** Saturday 8:30-10:30 am**Please call Hiawatha CC for Monday-Thursday rentals and event scheduling for Friday-Sunday.****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](http://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 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
Alki	40/45	75	150	large	
Delridge		(2)52	103	large	435
Hiawatha	(3)10		150	small	275
High Point	10/29	49	184	large	376
South Park	(2)49	85	134	large	376
Southwest TLC	15	50		large	438

**WEST SEATTLE/SHELTERHOUSES AND CAPACITIES**

SITE	LARGE
Alki Beach Bathhouse	100
Dakota Place Park Building 4304 SW Dakota, Seattle	212

**REGISTER ONLINE!**

**READY** – Please visit our web site at [www.seattle.gov/parks](http://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](http://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**

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

-Anyone who registers for a class, camp, and special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.

-Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund, minus a service charge of \$5 or 10% of the class fee (whichever is greater).

-Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.

-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. The policy has changed but is not yet available at print time. Please check with your recreation center staff for details regarding the changes.

**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](http://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](http://www.seattle.gov/parks), or call our Public Information line, 206-684-4075.



SEATTLE PARKS  
AND RECREATION

## CHECK OUT THESE NEW PROGRAMS HAPPENING IN YOUR NEIGHBORHOOD!

### 1) ALKI CC

5817 SW Stevens St / 98116 : **ph:** 206-684-7430

### DRUMMING

SEE PAGE: 16

### 2) DELRIDGE CC

4501 Delridge Way S / 98106 : **ph:** 206-684-7423

### CAPOEIRA

SEE PAGE: 21

### 3) HIAWATHA CC

2700 California Ave SW / 98116 : **ph:** 206-684-7441

### KIDS CARPENTRY

SEE PAGE: 27

### 4) HIGH POINT CC

6920 34th Ave SW / 98126 : **ph:** 206-684-7422

### SOCCER SKILLS

SEE PAGE: 30

### 5) SOUTH PARK CC

8319 8th Ave S / 98108 : **ph:** 206-684-7451

### ESL CLASSES

SEE PAGE: 39

**ADDITIONAL OFFERINGS INSIDE!**

