



CLASSES, ACTIVITIES, CAMPS, SPECIAL EVENTS, AND MORE!
NORTHEAST COMMUNITY CENTERS
FALL 2016

**COMMUNITY
CENTERS**

LAURELHURST

MAGNUSON

MEADOWBROOK

MILLER

MONTLAKE

NORTHGATE

RAVENNA-ECKSTEIN

POOLS

HELENE MADISON

MEADOWBROOK

REGISTER

8/9

EXPLORE MORE!

register online:
seattle.gov/parks



Dear Neighbor,

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

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

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

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

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

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

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

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

Sincerely,
Jesús Aguirre, *Superintendent*

REGISTER AUGUST 9

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

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

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



BEST CHOICE

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



FIRST CHOICE

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



SECOND CHOICE

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



THIRD CHOICE

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



FOURTH CHOICE

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

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NEW PROGRAMS

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FREE PROGRAMS

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

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

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

Thomas Hargrave: thomas.hargrave@seattle.gov

Heather Harlow: heather.harlow@seattle.gov

Jacqueline Oaksford: Jacqueline.Oaksford@seattle.gov

Cameron Rivera-Flodine: Cameron.Rivera-Flodine@seattle.gov
Classes are scheduled approximately six months in advance.



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LAURELHURST C. C.

4554 NE 41st St. / Seattle, 98105

PH: 206-684-7529 **Fax:** 206-522-6029**HOURS**

Mon-Fri 9 a.m.-2 p.m.
Sat/Sun (available for rentals) Closed

MAGNUSON C. C.

7110 62nd Ave. NE / Seattle, 98115

PH: 206-684-7026**HOURS****Closed for floor finishing 9/5-9/11**

Mon-Thu 4:30-9 p.m.
Friday 9:30 a.m.-4:30 p.m.
Sat/Sun Closed

MEADOWBROOK C. C.

10517 35th Ave. NE / Seattle, 98125

PH: 206-684-7522**HOURS**

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

MEADOWBROOK TEEN LIFE CENTER

10750 30th Ave. NE / Seattle, 98125

PH: 206-684-7523**HOURS**

Sun/Mon Closed
Tue-Thu 2:30-8 p.m.
Friday 2:30 p.m.-Midnight
Saturday 5 p.m.-Midnight

MILLER C. C.

330 19th Ave. E / Seattle WA 98122

PH: 206-684-4753**HOURS**

Mon/Wed/Fri 4-9 p.m.
Tue/Thu 9:30 a.m.-2:30 p.m.
Sat/Sun Closed

MONTLAKE C. C.

1618 E Calhoun St. / Seattle WA 98112

PH: 206-684-4736 **Fax:** 206-233-7140**HOURS**

Mon/Wed 11 a.m.-8:30 p.m.
Tue/Thu 3-8 p.m.
Friday 11 a.m.-6 p.m.
Saturday 9 a.m.-1 p.m.
Sunday Closed

NORTHGATE C. C.

10510 5th Ave. NE / Seattle, 98125

PH: 206-386-4283**HOURS****Closed for floor finishing 9/5-9/11**

Mon-Wed 11 a.m.-8 p.m.
Thu/Fri 11 a.m.-7 p.m.
Sat/Sun (available for rentals) Closed

RAVENNA-ECKSTEIN C. C.

6535 Ravenna Ave. NE / Seattle, 98115

PH: 206-684-7534 **Fax:** 206-233-3973**HOURS**

Mon-Fri 12:30-8:30 p.m.
Saturday 9 a.m.-2 p.m.
Sun (available for rentals) Closed

HELENE MADISON POOL

13401 Meridian Ave. N/Seattle, 98133

PH: 206-684-4979**MEADOWBROOK POOL**

10515 35th Ave. NE / Seattle, 98125

PH: 206-684-4989**CLOSURES**

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

PARKS MANAGEMENT

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

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

ASSOCIATED RECREATION COUNCIL

For 40 years, the Associated Recreation Council (ARC) has provided recreation, lifelong learning programs and community-driven leadership in partnership with Seattle Parks and Recreation. With a goal of providing equitable access to citywide programs for Seattle residents of all ages, ARC works through 36 volunteer Advisory Councils to fulfill

its mission of "building community through citizen engagement and participation in recreation and lifelong learning programs." ARC is a 501c3 nonprofit organization. For more information, go to www.arcseattle.org.



➤ RECURRING EVENTS

FANTASTIC FAMILY NIGHTS

FREE!

All Ages

Grab your family and friends, and come on down! Light snacks and entertainment provided.

Location: Ravenna-Eckstein CC

MOVIE NIGHT

9/23 Fri 6-8 p.m.

BOARD GAMES

10/7 Fri 6-8 p.m.

BUILD IT NIGHT (PUZZLES, LEGO, AND IMAGINATION PLAYGROUND OH MY!)

11/4 Fri 6-8 p.m.

PARENTS NIGHT OUT

Ages 5-12

Drop your kids off for a night of pizza, gym games, movies, and fun while you enjoy a night on the town. Space is limited so please register early. Call us at, (206) 684-4736 to reserve a spot and get more information.

Location: Montlake CC

9/30 Fri 5:30-8:30 p.m. \$15

10/28 Fri 5:30-8:30 p.m. \$15

12/9 Fri 5:30-8:30 p.m. \$15

CINEMA CAFE

All Ages

Join us for a dinner and a movie. Hot soup and sandwiches for the family.

Location: Northgate CC

9/23 Fri 5:30-7 p.m. \$3

11/18 Fri 5:30-7 p.m. \$3

Fee is per soup and sandwich.

1) LAURELHURST CC

2) HELENE MADISON POOL

3) MAGNUSON CC

4) MEADOWBROOK CC/POOL

5) MILLER CC

6) MONTLAKE CC

7) NORTHGATE CC

8) RAVENNA-ECKSTEIN CC



↘ SPECIAL EVENTS

↘ SEPTEMBER 2016

LAURELHURST SALMON BAKE

All Ages

The tradition continues! Join your community and neighbors for our annual Salmon Bake and family fun in the park! Come celebrate summer while enjoying a delicious dinner, dancing, and carnival games for the kids at this fun tradition in the Laurelhurst neighborhood! This event is brought to you by Laurelhurst Community Center, Life Long Recreation, Specialized Programs staff, and volunteers and in partnership with special community businesses such as Metropolitan Market, Era Living, and Chef Melissa Maxwell owner of Eat Well Seattle.

Location: Laurelhurst Park

9/8 Thu 5:30-8 p.m.

Menu and food prices TBD.

OPEN HOUSE AND APPLE SQUEEZE AND FAMILY HIP POP DANCE PARTY

FREE!

All Ages

Celebrate the colors of fall and its juicy harvest! We're going to make fresh apple juice with an apple press and open up the building to use the play space. Come meet some of our instructors, observe class demonstrations, and enjoy light refreshments! Come join the family dance party. Parents, dance with your children to classic and current pop and hip hop music. Easy to follow choreography and a few dancing games will guarantee a fun time to be had by all. Please wear comfortable sneakers and bring a water bottle.

Location: Ravenna-Eckstein CC

9/9 Fri 6-8 p.m.

BACK TO SCHOOL BBQ

FREE!

All Ages

School's back in session but it's not too late for an end-of-summer BBQ featuring, games, arts and crafts, and of course, good food!

Location: Miller CC

Location: Montlake C.C.

9/14 Wed 3-5 p.m.

TOT TROT TO FALL

Ages 2-5

Can you catch the rabbit? Race packet pick-up starts at 6 p.m. Packets will include a shirt, a racing number, and fruit snacks. Cross the finish line to receive your ribbon and everyone wins!

Pre-registration required.

Instructor: Denise Bailey

Location: Ravenna-Eckstein CC

9/19 Mon 6 p.m. \$12

SCHOLARSHIP NIGHTS

FREE!

All Ages

Seattle Parks and Recreation offers scholarships for programs and activities that we offer. Scholarships are based on income and family size. Income and dependency documentation are required—please bring your 2015 tax forms with you to this event or other income documentation. Approval can be done one site, so you can register for classes right away.

Location: Miller CC

9/21 Wed 5:30-8 p.m.

Location: Northgate CC

9/23 Fri 5-7 p.m.

↘ OCTOBER 2016

SCARECROW MINI FEST

FREE!

Our Scarecrow Mini Fest features live music, scavenger hunt in the Community Garden Orchard, garden games, kids activities, a ride-on kiddie tractor corral, and of course, making scarecrows! You bring the clothes, pillow case for the head and we supply the straw and frame materials. Put your scarecrow on display during the Mini Fest and see if you win the grand prize!

Location: Magnuson Children's Garden & demonstration Orchard / behind the brig

10/1 Sat 11 a.m.-2 p.m.

\$20 for Scarecrow/25¢ Tickets for games and activities.

WEEK WITHOUT VIOLENCE

FREE!

Ages 12-19

WVOV is a YWCA national campaign to create awareness around violence and its various forms. Seattle Parks and Recreation adopted the initiative and incorporates activities to reflect on and provide positive alternatives to violence. Furthermore, WVOV commemorates youth that have been impacted by violence and encourages young people to commit to peace. With proper paperwork, E-13 Form, Teen Center can provide transportation. Contact your local community center and ask for the Recreation Leader for more information.

Location: City-Wide

10/10-10/15 M-F 3-8 p.m.

HARVEST FESTIVAL

FREE!

All Ages

Celebrate the Fall Harvest with your community and enjoy freshly pressed apple juice and \$5 PONY RIDES!

Location: Meadowbrook Parking Lot

10/7 Fri 5-7 p.m.

(Pony Rides \$5)

TODDLER TEA PARTY**All Ages**

Enjoy an afternoon of sipping tea and tasting scrumptious treats. Our family tea time will be a lovely way to socialize and practice your manners. Tea, finger sandwiches, and cookies will be served.

Location: Northgate CC

10/11 Tue 4:30-5:30 p.m. \$6

ZEROLANDFILL**All Ages**

Material harvest for artists, educators, crafters, homeschoolers, arts organizations, community programs, and creative souls to pick up expired material samples that we receive from the interior design and architectural community. Examples of materials include carpet, wall covering, fabric, laminate, tile, stone, metal, wood, vinyl, and glass samples, stock photo books, paper samples, and binders. Please bring boxes and bags to take your materials home.

Location: Miller CC**Date and Time TBD****FREE!****THE REPTILE MAN****All Ages**

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

Location: Northgate

10/21 Fri 6-7 p.m. \$5/person

FREAKY FALL FESTIVAL**All Ages**

It's that spooky time of the year again! Join us for this annual evening of treats and a few tricks. Come in costume and enjoy carnival style games, crafts, and more! Meet your neighbors, let your kids loose in the gym and have fun!

Location: Ravenna-Eckstein CC10/21 Fri 6-8 p.m. \$3/person
\$12 (Family 5+)**MIGHTY MITES COSTUME PARTY****Ages 5 and younger**

Attention all superheroes, monsters, ballerinas, and princesses, Miller Community Center wants to invite you to show off your best costume. The event will be full of games, treats, and prizes.

Location: Miller CC

10/27 Thu 10 a.m.-Noon \$3

FALL CARNIVAL**All Ages**

Trick or Treat in a safe environment, while enjoying other activities such as carnival games with prizes. If you yourself or you have a group interested in volunteer at this event please contact staff contact at 206-684-4736.

Location: Montlake CC10/28 Fri 5:30-8:30 p.m. \$3/person
\$10 (Family 4)

 ↘ NOVEMBER 2016

BINGO NIGHT**All Ages**

Win prizes while having fun with family and friends!

Location: Northgate CC

11/4 Fri 5:30-6:30 p.m. \$1/Board

THE REPTILE MAN**All Ages**

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

Location: Ravenna-Eckstein CC11/18 Fri 7-8 p.m. \$5/person
\$20 (Family 4)

 ↘ DECEMBER 2016

GINGERBREAD HOUSE**All Ages**

Join us for an ooey-goey night full of gumdrop rooftops and peppermint paths! This event is sure to get you and your family into the holiday spirit! Decorate your own house with all kinds of candy and take it home to display with your holiday decorations.

Location: Northgate CC

12/2 Fri 5-6:30 p.m. \$8/House

RAVENNA HOLIDAY ART AND CRAFTS SALE**FREE!****All Ages**

Come shop for a one of a kind, locally-crafted gifts at this Arts and Crafts sale. Your purchases from local artists will support Ravenna's artists as well as the programs at your local community center. We'll also have entertainment from local musicians and soup to warm your bones, offered by volunteers from the Ravenna Community Garden. Mark your calendars for a fun family event that lets you complete your holiday shopping close to home.

Location: Ravenna-Eckstein CC

12/3 Sat 10 a.m.-3 p.m.

LUMINARIA WALK**FREE!****All Ages**

Friends of Meadowbrook Pond and the Meadowbrook Advisory Council are joining together to host our Annual Luminaria Walk. Please come enjoy good company and hot coco, while walking around the beautifully lit pathway. We are also looking for community member to help make this event happening, work parties are listed below.

Location: Meadowbrook Pond**12/3 Sat 5:30-7:30 p.m.****VOLUNTEER WORK PARTIES****Ages 10 and older**

Volunteers will be inside filling sandwich bags with sand used, counting candles, and bags and general organizing for the big event.

Location: Meadowbrook CC**12/1 Thu 6:30-8:30 p.m.**

Prior to the event volunteers will be outside, rain or shine, setting up 700 luminaries throughout the Meadowbrook Pond. During the event volunteers will be serving hot coco to the participants. After the event volunteers will be picking up the luminaries and other equipment and carrying it back to the Meadowbrook CC.

Location: Meadowbrook CC/ Meadowbrook Pond**12/3 Sat 4-8:30 p.m.****SEATTLE CIVIC CHRISTMAS SHIP****FREE!****All Ages**

Enjoy the beautiful night light with hot coco in hand, while awaiting the ship to arrive. Ship arrival/departure time 9:45-10:05 p.m.

Location: Matthews Beach

Please visit www.argosycruises.com for listing of dates and time for this event.

MADISON BEACH BATHHOUSE**FREE!****-CHRISTMAS SHIP EVENT****All Ages**

Join the Festivities as the Argosy Ship arrives off the Shore of Madison Beach where beautiful songs of the holidays will be heard far and wide.

Please visit www.argosycruises.com for listing of dates and time for this event.

SEATTLE CIVIC CHRISTMAS SHIP**FREE!**

You are invited to the pre-activities of live music, refreshments, and hundreds of luminaries (weather permitted) starting at 8 p.m. Sponsored by Magnuson/Laurelhurst Advisory Councils and Seattle Parks.

Location: Magnuson CC / Magnuson Park Beach

Please visit www.argosycruises.com for listing of dates, and arrival/departure times

WREATH MAKING WORKSHOP

Enjoy holiday music and light refreshments while creating your own personalized holiday wreath.

Location: Magnuson CC**12/6 Tue 5:30-8 p.m. \$15/wreath****SNOWFLAKE FUNFEST****Ages 1 and older**

You are cordially invited to attend our 8th annual Snowflake Funfest! Join us for carnival style games, swag making, crafts, hot cocoa, and jolly good fun!

Location: Ravenna-Eckstein CC**12/9 Fri 6-8 p.m. \$3/person \$12 (family 5+)****HOLIDAY GIFT GIVEAWAY****FREE!****All Ages**

Join Miller CC in a long-time partnership with The Country Doctor for a gathering of families to share in the holiday experience. Activities include treats, games, cookie decorating, face painting, and more! Scholarship information will be available at the event.

Location: Miller CC**TBD Sat 10 a.m.-2 p.m.****PARENTS' NIGHT OUT DROP 'N SHOP!****Ages 3-10**

Get those last minute and surprise gifts taken care of without the "help" of your little ones. Activities will keep 'em busy, along with cheese pizza, fruit, and lots of fun! Child must be potty trained, and E-13 required. *Please contact the Ravenna Eckstein Community Center to register multiple children at 206-684-7534.

Location: Ravenna-Eckstein CC**12/16 Fri 6-9 p.m. \$15/Child****Sibling Discount: \$5**

GINGERBREAD HOUSE DECORATING

All Ages

Join us for an ooey-goey night full of gumdrop rooftops and peppermint paths! This event is sure to get you and your family into the holiday spirit! Decorate your own house with all kinds of candy and take it home to display with your holiday decorations!

Location: Laurelhurst Community Center**12/16 Fri 5:30-7 p.m. \$8/House****PARENTS NIGHT OUT**

Ages 3 and older

Get those last minute and surprise gifts taken care of without the "help" of your little ones. Activities and a movie will keep 'em busy, along with cheese pizza, fruit, and lots of fun! Child must be potty trained. E-13 form is required.

Location: Northgate CC**12/18 Fri 6-9 p.m. \$15/Child****Sibling Discount: \$5****MIGHTY MITES NEW YEAR'S PARTY**

Ages 5 and younger

Bring your little ones to the Miller gym for a new year's party celebration. Kids will enjoy dancing to music, playing with toys, and snacking on healthy treats.

Location: Miller CC**12/29 Thu 10 a.m.-Noon \$3****↘ COMMUNITY EVENTS****MEADOWBROOK COMMUNITY GARDEN**

All Ages

Are you interested in making new friends? Would you like to get involved in your neighborhood through food, fun, and sustainable/organic gardening? Do you like to eat fresh veggies? Want to get exercise, be outdoors, and feel healthier? There are many ways to encourage your community through the Community Gardens. Follow Meadowbrook Community Gardens on Facebook: www.facebook.com/page/meadowbrook-community-garden.com. Or call Meadowbrook CC 206-684-7522.

MEADOWBROOK COMMUNITY KITCHEN

Ages 12 and older

Once a month, Sustainable NE Seattle and the Meadowbrook Community Center join together to create a community kitchen which brings people together around food in a shared space to plan, cook, learn, and eat together. These meals are focused on food that is healthy for people and the planet, i.e. organic and vegetarian. An added bonus of cooking together is the economic benefit of purchasing food in bulk and saving fuel resources. Participants will prepare food, eat together, and have food to take home. Participants are asked to bring dishes/cookware to bring home their portion of the food that is prepared.

VEGAN KITCHEN

Succotash Chowder with cornbread croutons Sweet Winter Slaw Baked Peaches and Cream.

9/14 Wed 6-9:30 p.m. \$20**COMFORT FOOD**

Autumn Gold Squash Soup, fig salad, black eye peas, fritters with hot pepper sauce, pickled eggs, and pear crostini.

10/19 Wed 6-9:30 p.m. \$20**SWEET AND SAVORY PIES**

Caramelized Onion Pie, Maple, Yam, Ginger Pie, Broccoli/Gorgonzola Pie, Tar Heel Pie with whipped cream, and Double Crust Bean Pie. All crusts are Gluten Free

11/16 Wed 6-9:30 p.m. \$20**GIFTS FROM THE KITCHEN**

Butterscotch sauce, bath salts, soup in a jar, chocolate dipped biscotti, hot chocolate mix, and Dukkah (Egyptian Spice Mix).

12/14 Wed 6-9:30 p.m. \$25**RAVENNA COMMUNITY GARDEN**

The mission of the Ravenna Community Garden is to build a strong, inter-generational community while increasing local food security, and improving the health of our planet through sustainable garden practices. Through gardening together, we get to know our neighbors, learn from each other about producing and preserving food that is grown organically and sustainably, and beautify our neighborhood. We enhance our own health through eating locally-grown, fresh, flavorful and nutritious fruits and veggies, exercise, time spent outdoors, and above all, having fun together.

2017 WORK PARTY CALENDAR

For information on our Work Party schedule please visit our web page: www.ravennacommunitygarden.wordpress.com

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

↘ LAURELHURST TOTS

INDOOR PLAYLAND

Ages 4 and younger

Get out of the weather and come to Laurelhurst CC to play! Mini inflatables, balls, and lots of toys keep your little ones busy. Parent supervision required! **Begins week of 9/14.**

Wed 9:30 a.m.-Noon \$3/child
Fri 10:30 a.m.-1 p.m. \$3/child

↘ MAGNUSON TOTS

INDOOR PLAYPARK

Ages 2-5

Enjoy a huge gym filled with jump toys, trikes, cars, games, climbing structures, and more. Parental supervision required.

Location: Magnuson CC/Gym

10/7-10/28 Fri 9:30 a.m.-3:30 p.m. \$3/child
11/4-12/2 Fri 9:30 a.m.-2 p.m. \$3/child

BABYLAND

Ages 2 and younger

It's "Baby's Day Out"! It's time that babies have their own time and place to play! We'll have age-appropriate toys in a safe, fun environment. Great for moms and/or dads to spend time with other adults too!

Location: Magnuson CC

10/7-12/2 Fri 9:30 a.m.-1:30 p.m. \$3/child

THISTLE THEATRE

PARTNERS WITH MAGNUSON'S PLAYPARK!

Ages 3 and older

Free puppet show admissions to the first 50 paid participating Playpark patrons. Tickets for shows will be given out two weeks before each show. Come early-tickets go fast!

Location: Magnuson CC/Windermere Room

"TALES OF PETER RABBIT"

10/7 Fri 10:30 a.m.

"GINGERBREAD BOY"

12/16 Fri 10:30 a.m.

STORYTIME WITH RABBI KATE

Join Rabbi Kate from PJ Library for music, movement, and stories on Fridays before Playpark. PJ Library Seattle is a program of the Jewish Federation of Greater Seattle.

Location: Magnuson CC

10/7-12/9 Fri 9:30-10 a.m.

↘ MEADOWBROOK TOTS

LITTLE TYKES PLAY GYM

Ages 2-5

Come join the fun out of the weather in our parent-supervised, full-sized gym. This is a great space to socialize, run, ride, and bounce off some of that preschool energy. Times may vary so please call ahead. Parental supervision is required at all times! Please be responsible for clean-up. Closed during Public School Breaks 10/14, 11/21, 11/23, 12/19, 12/21, 12/23, 12/28, and 12/30.

M/W/F 1-4 p.m. 3/child

↘ MILLER TOTS

MIGHTY MITES INDOOR PLAYGROUND

Ages 5 and younger

Looking for a safe and fun place for toddlers and infants to play, to meet other parents, and make new friends? Our indoor playground is just the place! Featuring a Bouncy House, tons of toys, cars, balls, and much more, this is the perfect place to be before lunch. Parents supervise play activity. Punch cards are available.

Tue/Thu 10 a.m.-Noon \$3

TODDLER PLAY ROOM

Ages 5 and younger

We offer a designated play room just for toddlers and infants. Enjoy the books, toys, and playtime. Parents supervise play area. Punch cards available at the front desk.

M/W/F 4-8:30 p.m. \$3

↘ MONTLAKE TOTS

TODDLER INDOOR PLAYGROUND

Ages 5 and younger

Our indoor toddler gym for little ones features the Imagination Playground (large blue blocks for building), cars and trikes of all kinds, balls, and specialized play stations for learning. A few of our specialized play stations feature a kitchen area, reading and music area, Legos and puzzles. Our community center is fully ADA-accessible and welcomes families of all abilities. Come on down and get those wiggles out of your children! Open Fall, Winter, and Spring (closed in the summer). This is a parents supervise play area.

M/W/F 9:30 a.m.-1:30 p.m. \$3

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

↘ NORTHGATE TOTS

WEAR 'EM OUT TOT GYM

Ages 6 Months to 5 Years

Bring your little ones in for our play gym drop-in time! Kids enjoy toys, balls, trikes, scooters, push bikes, inflatable toys, and more! Come and "Wear 'em Out!" Parent supervision required.

T/Th 11 a.m.-2 p.m. \$3/child



↘ RAV-ECK TOTS

Parents must stay with children at all times while in the space. All dates and times are subject to change without notice due to special circumstances or facility needs.

INDOOR PLAYTIME

Ages 1-5

We have a great space where you and your child(ren) can play in a safe, fun, and interactive space with bikes, balls, ride-ons, and educational toys.

M/F	9 a.m.-8:15 p.m.	\$3/child
T/W/Th	2:45-8:15 p.m.	\$3/child
Sat	9:15 a.m.-1:45 p.m.	\$3/child

TOT GYM

Ages 2-5

We offer a "bigger room version" of our play space in our gymnasium on Tuesday and Thursday.

T/Th 10 a.m.-2 p.m. \$3/child



SEATTLE PARKS AND RECREATION
PRESENTS



PATHWAY OF Lights 2016

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

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

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

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

Presented with support from



Seattle City Light



This event is hosted by the Green Lake Advisory Council.

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

↘ CLUBS/GAMES

LAURELHURST BOOK CLUB

FREE!

Ages 50 and older

Book Club meets the 3rd Wednesday of every month. Books provided by Seattle Public Library and are available for pick up the Community Center. Please register in advance.

Book Club Leader: Sally Draper
9/21, 10/19, 11/16, and 12/21.
Wed 1-2 p.m.

DECK 'EM

Join us every Monday for a small group gathering to play cards, drink tea, and make new friends. Card games vary each week and are up to the group to decide on what will be played. Hot water provided for your tea or coffee

Location: Northgate
Mon 1-4 p.m.

DROP-IN (AMERICAN) MAHJONG

INTERMEDIATE LEVEL PLAYERS

Ages 18 and older

Rules of play are based on newly published guidelines from The National Mahjong League. Please call Laurelhurst Community Center at 206-684-7529 for more information.

Location: Laurelhurst CC
Monday Noon-3 p.m.
Friday 11 a.m.-2 p.m.


YOUR ADVISORY COUNCIL

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

JOIN US!

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

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.


↘ FITNESS CENTER

FITNESS CENTER

Ages 18 and older

Seattle weather can be a challenge to your fitness program so come inside and work out in our fitness room. Equipment includes elliptical machines, treadmills, stationary bicycles, rower, and various training apparatus.

Location: Meadowbrook CC
Mon 9 a.m.-6:30 p.m.
T-F 9 a.m.-9 p.m.
Sat 9 a.m.-5 p.m.
Location: Northgate CC
M-W 11 a.m.-8 p.m.
Th/F 11 a.m.-7 p.m.

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

↘ ATHLETICS

PING PONG

All Ages

We offer one ping pong table for you to train, play, or just have fun! One hour max.

Location: Northgate CC/Game Room

M-W 11 a.m.-8 p.m.

Th/F 11 a.m.-7 p.m.

RACQUETBALL

Ages 12 and older

(if younger than 12, must be accompanied by adult)

Balls and racquets can be checked out at no extra charge. Reserve a court in advance or take your chances and drop-in. You can make reservations one week in advance on the half hour only. Courts can also be used for informal squash matches. Call 206-684-7026 for more information.

Location: Magnuson CC/Gym-Racquetball Courts 1 & 2

M-Th 4:30-9 p.m. \$8/hour

Fri 9:30 a.m.-4:30 p.m. \$8/hour

WALLYBALL

Ages 12 and older

(if younger than 12, must be accompanied by adult)

Try this exciting variation on volleyball in our racquetball court. Please reserve ahead of time so staff can have the net set up upon your arrival.

Location: Magnuson CC/Gym-Racquetball Court 2

M-Th 4:30-9 p.m. \$12/hour

Fri 9:30 a.m.-4:30 p.m. \$12/hour

WHEELCHAIR BASKETBALL

Drop in wheelchair basketball is open to youth and adults with physical disabilities. Are you looking to be more active? Come experience recreational and/or competitive basketball with the NWBA Seattle Slick team. There will be limited equipment to use, on a first come basis. You will meet fellow athletes with similar likes and interest that love this fun, fast paced sport.

Location: Miller CC

Tue 6:30-8:45 p.m.

↘ TEENS

TEEN LATE NIGHT

Ages 13-19

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

Contact your local neighborhood specialist for more information.

Fri and Sat Nights 7 p.m.-Midnight

NORTH: (206) 684-7523

**Bitter Lake Community Center
Meadowbrook Teen Life Center**

CENTRAL: (206) 684-4550

Garfield Teen Life Center

SOUTHEAST: (206) 551-7316

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

SOUTHWEST: (206) 684-7438

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

DROP-IN PROGRAMS

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

	LAURELHURST	MAGNUSON	MEADOWBROOK	MILLER	MONTLAKE	NORTHGATE	RAV-ECK
Starting in November gym availability will be limited due to Citywide Basketball season. Please call your center for current availability.							
ADULT BADMINTON			Fri 7-10 p.m.				Wed 7-10 p.m. (8-10 p.m. starting 11/29)
YOUTH BASKETBALL Ages 18 and under Free!					M/W/F 2-4 p.m. T/Th 3-4 p.m.	Mon 11 a.m.-8 p.m. Tue 2-3:30 p.m. & 6-8 p.m. Wed 11 a.m.-3 p.m. Thu 2-5 p.m. Fri 11am-6:30pm.	
ADULT BASKETBALL Ages 18 and up (unless otherwise noted)				Tue 12:30-2 p.m.	M-Th 6-8 p.m.		
GAMES	MAHJONG Mon Noon-3 p.m. Fri 11 a.m.-2 p.m.				BRIDGE Fri 12:30-4 p.m.	DECK 'EM Mon 1-4 p.m.	
PICKLEBALL		Tue 9:30-11:30 a.m. (9/13-12/27)	Competitive T/Th* 10 a.m.-Noon Recreational T/Th* Noon-2 p.m.	Fri 10 a.m.-Noon			ALL LEVELS M/W 10 a.m.-1 p.m. INTR./ADV. Fri 11:30am-2pm.
VOLLEYBALL			Wed 7-10 p.m.	Mon 6-8:45 p.m.			

*Subject to change during Public School Breaks Closed during Public School Breaks 10/14, 11/21, 11/23, 12/19, 12/21, 12/23, 12/28, and 12/30.

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

↘ FALL YOUTH SPORTS

REGISTRATION OPEN NOW

REGISTRATION ENDS OCT. 7, 2016

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

Fee: \$35

GIRLS VOLLEYBALL LEAGUE

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

Minimum: 5 Girls per team

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

Teams will be forming at the following Community Centers:

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

YOUTH FLAG FOOTBALL LEAGUE (COED)

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

Minimum: 5 players per team

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



YOUTH BASKETBALL LEAGUE (GIRLS AND BOYS)

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

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

Minimum: 7 players per team

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

*Age as of August 31, 2016

Registration begins October 4, 2016 (Noon)

Practices begin November 2016

League Games begin January 7, 2017

Fee: \$70

WWW.SEATTLE.GOV/PARKS/ATHLETICS

YOUTH CROSS COUNTRY (GIRLS AND BOYS)

Ages 8-17

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

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



YOUTH SPORTS GENERAL INFORMATION

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

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

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

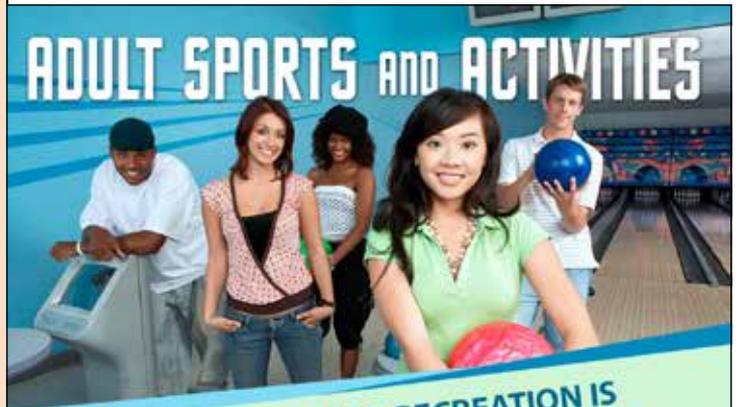
LOVE THE SPORT? LOVE KIDS? WANT TO GIVE BACK TO YOUR COMMUNITY? BECOME A VOLUNTEER COACH!

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

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

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

ADULT SPORTS AND ACTIVITIES



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



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

➤ FALL 2016

PRESCHOOL PROGRAM

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

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

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

Register NOW at your local community center!

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

CHILD CARE HOTLINE: 206-684-4203

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

IMPORTANT DATES*

Registration Opens	Registration is now open!
First Day of Preschool	9/7/2016
Veterans Day Closure	11/11/2016
Thanksgiving Closure	11/24/2016-11/25/2016
Christmas Day Closure	12/26/2016
New Year's Day Closure	1/2/2017

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



Ages	Days	Time	Price/month
MEADOWBROOK COMMUNITY CENTER			
3-5	T/Th	9 a.m.-12:30 p.m.	\$238
3-5	M/W/F	9 a.m.-12:30 p.m.	\$355
3-5	M-F	9 a.m.-12:30 p.m.	\$533
NORTHGATE COMMUNITY CENTER			
3-5	T/Th	9:30 a.m.-12:30 p.m.	\$194
3-5	M/W/F	9:30 a.m.-12:30 p.m.	\$278
3-5	M-F	9:30 a.m.-12:30 p.m.	\$412

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

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

↘ FALL 2016

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

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

IMPORTANT DATES*

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

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

Registration information

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

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

IMPORTANT

Thank you!



↘ CAMP INFORMATION

EARLY DISMISSALS

9/28/2016: 2-HOUR EARLY DISMISSAL

10/26/2016: 2-HOUR EARLY DISMISSAL

11/16/2016: 2-HOUR EARLY DISMISSAL

FEES:

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

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

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

FEES:

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

NOVEMBER PARENT/TEACHER CONFERENCES

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

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

FEES:

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

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

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

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

FEES:

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

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

↘ GENERAL INFORMATION

TRANSPORTATION FOR PUBLIC SCHOOL STUDENTS

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

CHILD CARE HOTLINE: 206-684-4203

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



↘ TOTS

PRE-K ENRICHMENT CLASSES

Ages 3½-5

This program is in partnership with the LASER Childcare Rising Stars Pre-K Readiness Program. All families in the neighborhood are welcome to register. Participants can register monthly for the 2-hour block or can register for individual classes at a pro-rated amount. Enrichment classes will include art, Zumba, drama, cooking, tumbling, music, dance, and more! These classes are taught by qualified instructors. There will be a 1:10 instructor/child ratio for each class. For detailed schedule of classes or for more information please contact the community center. Space is limited.

FEE IS PER MONTH

4-5 Days	M-F	1:30-3:30 p.m.	\$260
3 Days		1:30-3:30 p.m.	\$200
2 Days		1:30-3:30 p.m.	\$140

MUSIC FOR TOTS-A PARENT-CHILD MUSIC PROGRAM

Ages 6 Months-4 Years

Miss Charlotte's ever-popular Music for Tots enters its fourth year at Laurelhurst Community Center. Let your little ones learn music the easy/fun way, and release your own inner diva at the same time! Based on the idea that music is a language, children ages 6 months through 4 years will have the opportunity to learn basic musical skills while playing, moving, and interacting with each other and their parents. Grown-ups, wear comfortable clothing and come prepared to move and sing! Elderly and/or disabled are welcome; accommodations will gladly be made. Siblings up to 6 months of age can attend free. Created and taught by Award-Winning* Children's Musical Artist, Miss Charlotte. *Miss Charlotte received a 2016 Parents' Choice Silver Honor for her children's music CD "A Spoonful of Songs".

9/7-12/7	Wed	9:30-10:15 a.m.	\$192
9/7-12/7	Wed	10:30-11:15 a.m.	\$192
9/7-12/7	Wed	11:30-12:15 p.m.	\$192

PARENT AND TODDLER POTTERY CLASS

Ages 3-6

In this class you and your child will explore fun clay projects together! You will learn basic hand-building techniques such as pinch pot, coil, and slab. You and your child will also have the chance to create projects on the pottery wheel.

Instructor: Liang-Yin Chen

9/19-10/17	Mon	9:30-10:30 a.m.	\$95
10/24-11/21	Mon	9:30-10:30 a.m.	\$95



PRE-BALLET

Age 3

Join our instructor, Charla Jennings, during her carefully crafted lessons that will enhance body and spatial awareness, basic movements, and creative impressions. Ballet tights and shoes are required for all pre-ballet and ballet classes.

Instructor: Charla Jennings

9/6-10/18	Tue	2:15-3 p.m.	\$84
10/25-12/6	Tue	2:15-3 p.m.	\$84

BALLET 1

Ages 4-5

Instructor: Charla Jennings

9/6-10/18	Tue	1:30-2:15 p.m.	\$84
10/25-12/6	Tue	1:30-2:15 p.m.	\$84

PEE WEE BASKETBALL

Ages 4-7

This league is a great way to introduce our young players to basketball in a non-competitive atmosphere where playing, learning, and having fun are most important. Participants are divided into teams according to age groups. Volunteer coaches encourage the basics of the sport and team work. Each participant receives a team t-shirt. Practice and game times vary and are played on Saturdays at Laurelhurst Elementary School gym. If you are interested in coaching, please call the community center at 206-684-7529. No class on 11/12 and 2/18. Saturdays 9 a.m.-3 p.m.: Play and practice times to be determined.

Ages 4-5

10/1-11/19	Sat	\$70
1/7-3/4	Sat	\$80

Ages 6-7

10/1-11/19	Sat	\$70
1/7-3/4	Sat	\$80

➤ YOUTH

INDOOR NERF SOCCER LEAGUE

Ages 5-6

Get ready for some fun! Gather your friends to play in our co-ed indoor Nerf soccer league. Kids can be placed on teams as single players or teams can be formed by coaches. Registration packets are available at the community center and must be filled-out in person. Maximum of 10 players per team. Teams practice one night a week at Laurelhurst Elementary School Gym starting week of Sept. 21, and games are on Fri evenings. No class 11/11.

10/7-11/18 **Fri** **5-9 p.m.** **\$60**

PIANO LESSONS

Ages 5-12

Private piano lessons are 30 minutes long. They are offered to ages 5-12. However, students who are already established with the instructor may continue beyond age 12. Lessons are taught with child-friendly methods that explore compositional development and theoretical analogies along with basic techniques and exercises. The instructor, Ms. Bedwell, holds a Master's in Music Composition and has taught piano for more than 12 years. Please call the Laurelhurst Community Center at 206-684-7529 to register for a specific half hour time slot.

Instructor: Darna Bedwell

9/12-10/24 **Mon** **3-8 p.m.** **\$189**

11/7-12/19 **Mon** **3-8 p.m.** **\$189**

9/14-10/26 **Wed** **3-8 p.m.** **\$189**

11/9-12/21 **Wed** **3-8 p.m.** **\$189**

YOUTH POTTERY

Ages 6-14

Kids will create a wide variety of clay projects using pinch pot, coil, and slab hand building techniques, as well as throwing on the wheel. Colorful glazes will complete each masterpiece! Whether you're experienced or a beginner, bring your imagination and get ready to have fun being creative with clay! No class 11/23.

Instructor: Robin Hall

Ages 6-9

9/7-10/19 **Wed** **4-5 p.m.** **\$140**

10/26-12/14 **Wed** **4-5 p.m.** **\$140**

Ages 10-14

9/7-10/19 **Wed** **5-6:15 p.m.** **\$140**

10/26-12/14 **Wed** **5-6:15 p.m.** **\$140**

CAMPFIRE STORIES

Ages 5-12

Get ready for Halloween by writing your very own scary story! Together, we will read kid-friendly ghost stories, and then we'll help you to create your own ghoulish characters. You'll come up with an exciting plot and a spooky setting-by the end, you'll have your very own illustrated story to share around the campfire.

Instructor: Young Writers Academy Staff

9/26-11/28 **Mon** **4-5 p.m.** **\$150**

BIRDS OF A FEATHER MAKE ART TOGETHER

Ages 10-14

In this fun 5 week class we'll explore a little bit of nature in Laurelhurst Park while looking for and listening to Little Brown Birds. On our short walk together we'll discover these delightful little creatures and observe them in their habitat while listening to their song. When we return to the studio we'll work together to make our own little Brown Birds in three different ways-from clay, from tempera paint and from felt. We'll make sun catchers for the window from our clay birds, natural beads, and other items found in nature. We'll make paintings of birds using tempera paint on paper, and felt ornaments, using felt, buttons, and ribbon. Note to parents-we'll be using kid safe scissors and sewing needles in this class.

Instructor: Kelle Standley

9/7-10/19 **Wed** **3:30-4:30 p.m.** **\$105**

10/26-12/7 **Wed** **3:30-4:30 p.m.** **\$105**



ADULTS

KUNDALINI YOGA

Ages 16 and older

Considered to be the most comprehensive of all the yogas, Kundalini Yoga incorporates the use of breath, movement, meditation, and deep relaxation. It is a practical tool for everyday people. Kundalini Yoga is not posture based; therefore, it's accessible to everyone, regardless of age, gender, or body type. It's powerful, efficient, and effective. Kundalini Yoga is an ancient, time proven technology for human transformation, helping people live their lives with greater meaning and joy.

Instructor: Marilyn Smith

9/12-10/24	Mon	6:30-8 p.m.	\$56
11/7-12/12	Mon	6:30-8 p.m.	\$40

ADULT EVENING POTTERY

Ages 18 and older

Several clay projects will be introduced using both hand-building and throwing on the wheel techniques. Practice your skills making clay objects while learning how to make tiles, cups, bowls, and more in a fun and informative setting. 1 bag of clay and Open Studio time is included with class fee. Open studio is open Wednesdays from 6-8 p.m. and Sundays 9 a.m.-1p.m. No class 10/31.

Instructor: Liang-Yin Chen

9/19-11/28	Mon	6:30-8:30 p.m.	\$200
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BARRE CONDITIONING

Ages 18 and older

This course features light weights and isometrics and is easy on the joints. Each class consists of exercises done at the barre and on the floor and incorporates Pilates, yoga, weights, stretching, and intense muscle work to fatigue. All levels welcome. No class 9/15, 11/11, 11/24, and 11/25.

Instructor: Laura Martin

9/6-12/6	Tue	10:30-11:30 a.m.	\$210
9/8-12/15	Thu	9:30-10:30 a.m.	\$195
9/9-12/23	Fri	9-10 a.m.	\$210

PILATES PLUS

Ages 18 and older

The class includes upper and lower body exercises and balance techniques.

Instructor: Laura Martin

9/6-12/6	Tue	9:30-10:30 a.m.	\$210
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CORE AND MORE-PILATES AND YOGA

Ages 18 and older

This class is a slower pace with beginning level Pilates and Yoga; some light weights will be used at the end for upper body conditioning. Great class for all levels. No class 9/15 and 11/24.

Instructor: Laura Martin

9/8-12/15	Thu	10:30-11:30 a.m.	\$195
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TAI-CHI CHUAN-BEGINNER

Ages 16 and older

Come and learn this "internal" Chinese martial art (Beginning Yang style short form) which promotes health by reducing bodily tension and stress, improves balance and coordination, increases joint flexibility, and calms the mind.

Instructor: Mark D. Johnson

9/14-10/26	Wed	7-8 p.m.	\$77
11/2-12/14	Wed	7-8 p.m.	\$77

AMERICAN MAHJONG FOR BEGINNERS

Ages 18 and older

Mahjong originated in China. It was discovered by the West around 1920 and immediately became popular in America. It bears a great resemblance in play to certain card games, namely those of the Rummy family and is fun to play. Rules are based on newly published guidelines from The National Mahjong League. This class will introduce beginners to the basic rules and regulations of the game. Class size is limited to 8 participants so register early.

Instructor: Yuri Nishiyama

9/6-10/4	Tue	2-3 p.m.	\$25
10/11-11/8	Tue	2-3 p.m.	\$25
11/15-12/6	Tue	2-3 p.m.	\$25

DROP-IN (AMERICAN) MAHJONG INTERMEDIATE LEVEL PLAYERS

Ages 18 and older

Rules of play are based on newly published guidelines from The National Mahjong League. Please call Laurelhurst Community Center at 206-684-7529 for more information.

Monday	Noon-3 p.m.
Friday	11 a.m.-2 p.m.

LAURELHURST BOOK CLUB

Ages 50 and older

Book Club meets the 3rd Wednesday of every month. Books provided by Seattle Public Library and are available for pick up the community center.

Book Club Leader: Sally Draper

9/21, 10/19, 11/16, and 12/21.

Wed	1-2 p.m.
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FREE!

↘ TOTS

NEW LONGER CLASS! NATURE ADVENTURES FOR TOTS-AUTUMN MAGIC!

Ages 2-5 with an adult

Bring your child or grandchild to Magnuson Park for hands-on nature adventures in the Children's Garden, P-Patch, and nearby natural areas! Each class has a different theme for its indoor and outdoor nature stations, story, and walk, and all classes include a snack-walk in our organic p-patch garden. By popular demand, we have made this class a little longer, to fit in even more fun! We'll learn about and harvest roots, stems, leaves, flowers, fruits, and seeds from our organic p-patch plot, gather colorful fall leaves from the Children's Garden, and much more. Adults also receive a take-home sheet each week, filled with simple nature activities and songs on the class topic. Fee includes one adult and one child. Additional participating child with the same adult can attend for half price. Babes in arms attend free.

Educators: Emily Bishton, Magnuson Nature Educators, and Nature Docents

Location: Magnuson Brig/Hawthorne Hills Room, Children's Garden, and P-Patch

9/20-10/4 Tue 10:30-11:45 a.m. \$42

↘ YOUTH

INTRODUCTORY AIKIDO

Ages 6-12

Special introductory offer! If you continue in aikido for the remainder of the quarter, receive a free 100% cotton uniform, a \$60 value! The fee for the remainder of the regular class will be pro-rated.

Instructor: Martha Levenson and One World Aikido Staff

Location: Magnuson Park/Building 11-Waldorf School (7777 62nd Ave NE)

9/7-9/28 M/W 5:30-6:30 p.m. \$49

AIKIDO FOR KIDS

Ages 6-12

Curious about the martial arts? Like tumbling? Aikido might be just the thing! In class, children work on confidence, posture, footwork, foundational skills, and basic throws. Games keep learning fun, with plenty of interaction and individual attention. Please wear comfortable long pants, sweats, or leggings. No class 10/10, 10/12, and 11/23.

Instructor: Martha Levenson and One World Aikido Staff

Location: Magnuson Park/Building 11-Waldorf School (7777 62nd Ave NE)

9/7-12/21 M/W 5:30-6:30 p.m. \$182

AFTER SCHOOL SPECIAL

FREE!

Ages 6-10

Come in on Thursdays for some free after school fun! Each week is a different activity. A light snack will be provided. Come check it out! Some events may run longer than the scheduled time.

10/6	Bingo Blast
10/13	Movie Madness and Popcorn
10/20	Harvest Scramble at the Hanger (Building 30)
10/27	Craft Extravaganza
11/3	Root Beer Floats
11/10	Sweet Treats
11/17	Movie Madness and Popcorn
11/24	Thanksgiving-Closed
12/1	Bingo Blast
12/8	Holiday Crafts

Location: Magnuson CC

10/6-12/8 Thu 4:30-5:30 p.m.

AFTER-SCHOOL CLASS! BATS AND OWLS, SPIDERS, AND SNAKES!

Ages 5-10

Join us for an October class series that is chock-full of nature adventures! Each week, we'll learn about a different nocturnal animal that lives in Magnuson Park, with indoor activities, outdoor explorations in nearby park areas, and hands-on projects to enhance habitat for these amazing wildlife. Healthy snacking in our organic p-patch plot is included in each day's activities along with take-home craft and garden projects, and on the last class day, we'll have a nocturnal animal costume party! All activities are designed to inspire and encourage your child's observation skills and their understanding of the natural world.

Educators: Emily Bishton, Magnuson Nature Educators, and Nature Docents

Location: Magnuson Brig/Hawthorne Hills Room, Children's Garden, and P-Patch

10/6-10/27 Thu 4-5:30 p.m. \$60



NATURE ADVENTURES DAY

Ages 6-12

October 14th is a Seattle Public Schools in-service day for teachers, so students have a full day off! Join us for an amazing day of nature science adventures, exploration, games, and other hands-on activities inside our cozy classroom and outside in nearby park areas: we'll take a park hike to enjoy the sights and sounds of songbirds and other wildlife, make nature art, go on a scavenger hunt, and much more! Healthy snacking in our organic p-patch plot is included in each day's activities too. This day will be filled with fabulous fun and learning. Older children will help mentor younger ones in our "each one teach one" activities. Campers should bring a water bottle, lunch, morning, and afternoon snacks, and bring raincoats and boots to be comfy during our outdoor activities.

Educators: Emily Bishton, Magnuson Nature Educators, and Nature Docents

Location: Magnuson Brig/Hawthorne Hills Room and nearby park areas

10/14 Fri 9:30 a.m.-3:30 p.m. \$45

THANKSGIVING BREAK "NATURE INVESTIGATORS CAMP"

Ages 6-12

November 21-23 are Seattle Public Schools teacher-parent conference days, so elementary students have a full day off! Nov. is the time of year we can see many parts of nature that are only revealed when leaves have fallen, including the lodge and dams built by Magnuson's resident Beaver family! Join us for 3 days filled with nature investigation, experiments, games, and other hands-on activities inside our cozy classroom and out in nearby park areas: we'll take park hikes, gather colorful leaves, make nature art, create nature journals, and much more! Healthy snacking in our organic p-patch plot is included in each day's activities too. This camp will be filled with interesting activities that enhance your child's understanding of the natural world, and older children will help mentor younger ones in our "each one teach one" activities. Campers should bring a water bottle, lunch, morning, and afternoon snacks, and bring raincoats and boots to be comfy during our outdoor activities.

Educators: Emily Bishton, Magnuson Nature Educators, and Nature Docents

Location: Magnuson Brig/Hawthorne Hills Room and nearby park areas

11/21-11/23 M-W 9:30 a.m.-3:30 p.m. \$135

NEW

NEW

WINTER BREAK "NATURE SCOUTS" CAMP

Ages 6-12

Join us for an amazing week of nature science investigation, exploration, games, and other hands-on activities! We'll take hikes to the nearby wetlands and other natural areas when weather permits to enjoy the sights and sounds of frogs, songbirds, and other wildlife. We'll also make nature art, do plant experiments, snack on the crops in our organic p-patch, prepare and share a meal on our last camp day, and much more! Each day will be filled with fabulous fun, both inside our classroom and outside in the park. Older children will help mentor younger ones in our "each one teach one" activities. Campers should wear warm raincoats and boots to be comfy during the times we are doing outdoor activities. If this camp week fills up quickly, we will add a second week of camp from 12/26-12/30, at the same fee!

Educators: Emily Bishton, Magnuson Nature Educators, and Nature Docents

Location: Magnuson Brig/Hawthorne Hills Room and nearby park areas

12/19-12/23 M-F 9:30 a.m.-3:30 p.m. \$225

TEEN PROGRAMS**SERVICE LEARNING HOURS AT MAGNUSON COMMUNITY CENTER**

Ages 11-17

Volunteer for Nature Programs, Camps, and Special Events! Call for more details, 206-684-7026.

ADULT**AIKIDO FOR TEENS/ADULTS**

Ages 12 and older

Discipline and focus, self-confidence and flexibility are benefits of aikido! With plenty of interaction and individual attention, we focus on posture, footwork, movement and throws. Gain self-awareness while increasing fitness, decrease stress, and learn skills to stay calm through daily life. No class 10/10, 10/12, and 11/23.

Instructor: Martha Levenson and One World Aikido Staff

Location: Magnuson Park /building 11-Waldorf school-7777 62nd Ave NE

9/7-12/21 M/W 5:30-7 p.m. \$199

MIXXEDFIT®

Ages 18 and older

MixedFit® is a people-inspired dance fitness program that is a mix of explosive dancing and boot camp toning. Everything about our dance fitness program can be described as explosive—all of our movements are always big, exaggerated, full-out, and our very best. Drop in available for \$10 per class.

Instructor: Cris Pabalaite**Location: Magnuson Park/the Brig – View Ridge Room**

9/22-10/27 Thu 7:45-8:45 p.m. \$54

11/3-12/15 Thu 7:45-8:45 p.m. \$54

↘ MULTI-GENERATIONAL

MAGNUSON PARK FIELD TRIP PROGRAM

Registration is open for fall field trips!

One of the things that makes Magnuson Park unique is that it contains multiple distinct and diverse habitat areas, each with its own variety of birds, insects, plants, amphibians, and mammals. Our field trips include science-based, age-appropriate, outdoor investigation and exploration activities that utilize this diversity in fun and educational ways for all (including teachers and parent chaperones!) All are aligned with the Next Generation Science Standards (NGSS) and designed for students in grades K-3, but can be adapted for other grade levels. Choose from one of our four field trip themes, each a 90-minute guided adventure in a different part of the park:

“Wetland Discoveries” – Magnuson Central and East Wetlands**“Birds of Magnuson”** – Promontory Point Forest**“Life in the Garden”** – Magnuson Children’s Garden and P-Patch**“Habitat Connections”** – Magnuson Community Center’s 2 educational landscapes and the Magnuson West Wetlands

For more information on the specific educational activities in each field trip theme, visit magnusonnatureprograms.com and click on the Field Trips link.

Field Trip Educators: Emily Bishton, Magnuson Nature Educators, and Nature Docents**Fee: \$165 for the first 20 children, \$6 per additional child****Maximum class size: 30, unless special arrangements are made in advance****Fall field trip season: 9/16-10/14****Duration: 90 minutes Hours: Flexible!****Contact us at magnusonnatureprograms@gmail.com for more information, or to book your field trip.**

THANKS TO A GRANT FROM KING CONSERVATION DISTRICT, WE ARE PROVIDING FREE 2ND AND 3RD FIELD TRIPS FOR SEATTLE PUBLIC SCHOOLS THAT HAVE 35% OR MORE OF THEIR STUDENTS RECEIVING FREE OR REDUCED-FEE LUNCHES.

Contact us today for more information or to reserve a date!

NEW

MAGNUSON NATURE WALKS

Come explore beautiful Magnuson Park with our nature educators! Join us as we watch and listen for songbirds, owls, dragonflies, raptors, frogs, and other wildlife. Each month brings dramatic changes to Magnuson’s plant and animal life, and there always seem to be a few surprises in store. You’ll be amazed by the bounty of wildlife that live in this beautiful park, including our new resident beavers! We keep a pace that is comfortable for children, and provide binoculars and other exploration supplies for all.

Walk Leaders: Emily Bishton, Magnuson Nature Educators, and Nature Docents**Fee: \$3/individual (children age 2 and younger are free)**

Registration: Register online via SPARC, or by calling Magnuson Community Center at 206-684-7026. Drop-ins are welcome if we have not yet reached our maximum of 25 attendees, so pre-registration ensures that there will be a spot for you!

For more information and a park map marked with all the start locations, visit www.magnusonnatureprograms.com and click on the Nature Walks link.

FAMILY FOREST WALK-BIRDS OF PROMONTORY POINT!

All Ages

Magnuson Park is home to around 200 bird species, and the forest and meadow areas at Promontory Point are the “birdiest” part of the park! We’ll keep our eyes and ears out for raptors, woodpeckers, songbirds, and more, as we walk up and down the wood chip trails and stairs to the highest point in the park. This fun and educational walk will feature Habitat Bingo, simple bird identification skills, and other hands-on activities that are sure to delight attendees of all ages. Binoculars and other supplies provided for all, or bring your own.

Start Location: Promontory Point. Park in lot #E-1 or #E-2 (off 65th and Lakeshore Drive), and follow the signs to meet at the red-roofed Environmental Education Pavilion, off the little road on the west end of lot #E-1

9/17 Sat 10-11:30 a.m. \$3/person

NEW



PLEASE REGISTER EARLY TO AVOID DISAPPOINTMENT.

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

FAMILY WETLAND WALK-DUCK DABLERS AND DIVERS!

All Ages

Magnuson's Wetland Complex is home to many species of ducks, and they each have their own ways of finding food! Dabbling ducks are the ones you see paddling like mad with their feet to keep their head down under the water and their tail in the air while feeding, but diving ducks can swim underwater to the bottom of the ponds to find their favorite "snack food". Some divers are not actually even ducks, and don't have webbed feet! We'll keep our ears and eyes open for all the resident and migratory waterfowl species that keep the wetland ponds a lively and entertaining place, while we walk the wetland trails. We'll even explore pond water samples to see what these birds are finding to eat there! This fun and educational walk will also feature simple bird identification skills and other hands-on activities that are sure to delight attendees of all ages. Binoculars and other supplies provided for all, or bring your own.

Start Location: East Wetlands Complex. Park in lot #E-1 or #E-2 (off 65th and Lakeshore Drive), and follow the signs to meet at the entry sidewalk right next to the Boat Launch

10/15 Sat 10-11:30 a.m. \$3/person

NIGHTTIME NATURE WALK-WHOO GOES THERE?

All Ages

Magnuson Park is a year-round home to several nocturnal creatures, including a busy family of Beavers and several pairs of Barn Owls. "Nighttime is the right time" for them: Beavers look for tender saplings to cut down and eat, or use to keep their lodge and dams strong and secure, and Barn Owls hunt the open areas in the wetlands and grasslands for their favorite prey. We'll keep our eyes and ears out for these amazing creatures and more, as we walk the trails through the eastern wetlands, grasslands, and along the lakeshore. This fun and educational walk will feature Beaver Bingo, Owl Adaptations game, and other hands-on activities that are sure to delight attendees of all ages. Binoculars and other supplies provided for all, or bring your own.

Start Location: East Wetlands Complex. Park in lot #E-1 or #E-2 (off 65th and Lakeshore Drive), and follow the signs to meet at the entry sidewalk right next to the Boat Launch

10/29 Sat 6-7:30 p.m. \$3/person

MAGNUSON EXPLORER PACKS

Designed for families and other small groups. These backpacks are stuffed with everything you need for a fun-filled, self-guided park adventure: Magnuson Park maps, wildlife identification guides and charts, adult and child sized binoculars, games, plus each child in the group gets an activity book to keep!

CHOOSE FROM 2 DIFFERENT NATURE THEMES:

"Wetland Discoveries"

"Birds of Magnuson"

To view a slideshow of the Explorer Packs contents, visit magnusonnatureprograms.com and click on the Nature Walks link.

Explorer packs are available for \$5 rental during Magnuson Community Center open hours. For more information, call Magnuson Community Center at 206-684-7026.

CUSTOMIZE MAGNUSON PARK!

NATURE EXPERIENCE

Great for adult groups, scout troops, campfire and home-school groups, birthday events, family get-togethers, or other special celebrations!

NATURE WALKS

Schedule your own Custom Nature Walk with an experienced guide, to explore park trails, learn and practice identification skills for Magnuson's resident and migrant birds, its wide variety of native plants, resident Pacific Chorus Frogs, the amazing array of Dragonflies, or all of the above! Walks can be done in the Magnuson Wetlands Complex, Promontory Point Forest, Grasslands, or other park areas. Binoculars, ID guides, and other materials are provided for all attendees!

NATURE CLASSES

Schedule your own Custom Nature Class with an experienced educator to learn about insects, birds, worms, plants, animals, water, habitat, food-growing, or any other environmental topic! Classes begin in the Hawthorne Hills Room, then explore Magnuson Community Garden and other nearby park areas for a variety of related hands-on activities. Microscopes or magnifiers, tools, and other supplies are provided for all attendees. A good fall and winter option for nature adventures no matter what the weather, and a great way for scouts to get their nature badges!

Nature Educators: Emily Bishton, Magnuson Nature Educators, and Nature Docents

Fee: \$80 for a 60-minute walk or class, \$100 for a 90-minute walk or class.

For more information, visit magnusonnatureprograms.com and click on the Nature Walks or Nature Classes link, email magnusonnatureprograms@gmail.com, or call Magnuson Community Center at 206-684-7026

INTERESTED IN BECOMING A MAGNUSON NATURE DOCENT?

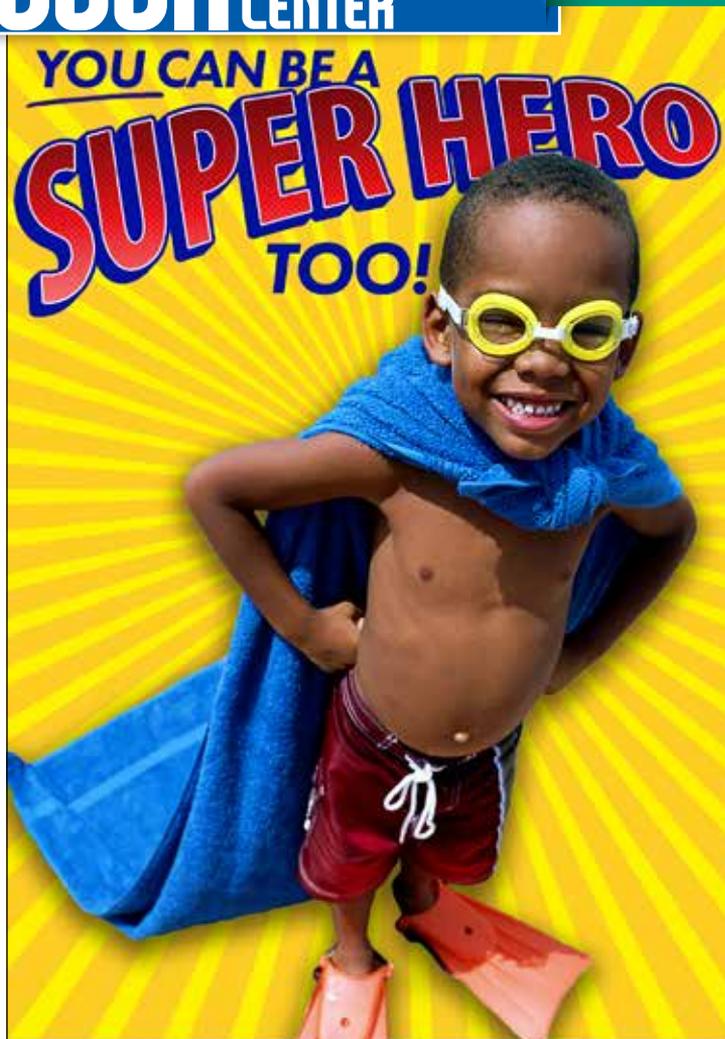
Magnuson Park contains a wide diversity of ecosystems, and a home to hundreds of species of birds, insects, plants, and animals, as well as a thriving population of Pacific Chorus Frogs! Each visit to its wetlands, grasslands, forests, and gardens is an exciting experience for the children and adults who attend our nature walks, field trips, summer camps, classes, and special events. If you are interested in helping to guide these adventures, the Magnuson Nature Docent Program is for you! All ages and experience are welcome, and we'll provide you with all the training you'll need to be a valuable and much-appreciated part of our nature programs. Apply now for our FREE spring 2016 training sessions! For more information, visit www.magnusonnatureprograms.com and click on the Volunteer/Nature Docent Program links, or call Magnuson Community Center at 206-684-7026.

WELCOME TO OUR GARDENS!

Magnuson Community Center is surrounded by two fabulous demonstration gardens: The Bird-friendly Landscape demonstrates which native and non-native plants attract birds and beneficial insects, and also contains a seating nook where you can watch birds drink and bathe in the solar-powered, in-ground water feature! The Resource Conservation Landscape demonstrates how to stabilize sloped garden beds with landscape rock, healthy soil, and native plants that have erosion-controlling root systems as well as bird-attracting flowers or fruit. Magnuson Children's Garden is tucked behind the Brig building, just across the street from the Jr. League Playground. Its fantastic features include a Rolling Hill, Lookout, Salmon Survival Path, and a giant Grey Whale Garden with a mosaic tail to climb on! All three of these gardens are open free to the public during all hours that the park is open, and are also the headquarters for Magnuson Community Center Nature Programs' camps, classes, field trips, and other outdoor learning! For more information on all these gardens, visit www.magnusonnatureprograms.com and click on the Gardens link.

OUR GARDEN STEWARDSHIP EVENTS

Amazingly, all three of these gardens were built by volunteers, with support from Seattle Parks. Attending one of our stewardship events is a great opportunity to ensure that they remain beautiful and sustainable, and is tons of fun too! We provide garden tasks that are simple and appropriate for all ages and abilities, as well as gloves, tools, and refreshments for all volunteers. Perfect for student service-learning projects, Scouts, 4-H, and Campfire groups, children of all ages with parents and grandparents, and other community volunteers. For more information on our upcoming stewardship events, visit www.magnusonnatureprograms.com and click on the Volunteer link, or call Magnuson Community Center at 206-684-7026.



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

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

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

DO YOU KNOW A CHILD WHO NEEDS A SCHOLARSHIP?

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

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



Scan to make a gift!

↘ TOTS

PRE BALLET

Ages 4-6

Boys and girls learn ballet positions and steps in a fun and encouraging environment that incorporates creative exploration as well as traditional ballet technique. Hair should be secured back from face. Guests are invited to watch class on the last day. No class 11/24.

Instructor: Charla Jennings

9/22-10/27	Thu	3:15-4 p.m.	\$72
11/3-12/15	Thu	3:15-4 p.m.	\$72

PRE-K SPORTS

Ages 2-4

Have fun with Coach Sue as she introduces your child to a variety of different sports. Your child will explore basketball, t-ball, tennis, soccer, and more! As always, we will focus on teamwork and good sportsmanship! Parent participation is welcomed, but not required. No class 11/24.

Instructor: Coach Sue

Ages 2-3

9/22-10/27	Thu	9:30-10:15 a.m.	\$66
11/3-12/15	Thu	9:30-10:15 a.m.	\$66

Ages 3-4

9/22-10/27	Thu	10:15-11 a.m.	\$66
11/3-12/15	Thu	10:15-11 a.m.	\$66

↘ YOUTH

PIANO LESSONS

Ages 7 and older

We offer 30-minute lessons on a continuous basis. Students registered in the previous session have priority for their time slots in the next session. Student must register for monthly sessions. Changing time slots is based on availability and instructor permission. If the student is a beginner, please have: Bastien's Primer Level Performance book, Bastien's Primer Level Theory book, and Helen Marlais Succeeding at the Piano Lessons and Technique book. If the student has some piano experience, talk to the instructor about what materials would be needed for the first lesson. Please call 206-684-7522 or stop by the Meadowbrook CC to find an available time slot that works for you. No class 11/19, 11/26, 12/24, 12/26, and 12/31.

Sept	Sat	10:30 a.m.-1 p.m.	\$100
Oct	Sat	10:30 a.m.-1 p.m.	\$125
Nov	Sat	10:30 a.m.-1 p.m.	\$50
Dec	Sat	10:30 a.m.-1 p.m.	\$75

All students must register for the whole month, sorry no prorating.

BALLET 1

Ages 5-7

Boys and girls learn ballet positions and steps in a fun and encouraging environment that incorporates creative exploration as well as traditional ballet technique. Girls should wear a leotard, tights, and ballet slippers. Boys should wear a t-shirt, shorts, and ballet slippers. Hair should be secured back from face. Guests are invited to watch class on the last day. No class 11/24.

Instructor: Charla Jennings

9/22-10/27	Thu	4-4:45 p.m.	\$72
11/3-12/15	Thu	4-4:45 p.m.	\$72

SHORT SHOTS BASKETBALL

Ages 6-9

Have your child learn the fundamentals of basketball along with body coordination skills to build confidence in all sports and well-being. In this class participants will learn the importance of rules and teamwork in a fun, but limited competitive environment.

Instructor: Coach Alvin

10/6-11/10	Thu	5-6 p.m.	\$59
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QUICKSTART TENNIS LESSONS

Ages 6-10

Tennis lessons here are conducted in a way to help your children to learn what tennis is, how to play it, and how to think during the game. We work on the core fundamentals of the sport, we start to work on the mentality of the game, while focusing on having fun. For those who are new, we start from the ground and work our way up, and for those who have played before we work to hone previous skills and start to work on how the individual wants to play the game. This allows their personality alter their play style to allow the game to feel more personal and fun, rather than forcibly telling them to play a specific way. Ultimately the goal is to allow your child to love the game because they play it how they want to, with full understanding of the game as a whole.

Instructor: Brandan Astley

Location: Meadowbrook Teen Life Center

QuickStart Tennis Ages 5-6

9/10-10/8	Sat	9-10 a.m.	\$54
10/15-11/12	Sat	9-10 a.m.	\$54

QuickStart Tennis Ages 7-8

9/10-10/8	Sat	10-11 a.m.	\$54
10/15-11/12	Sat	10-11 a.m.	\$54

QuickStart Tennis Ages 9-10

9/10-10/8	Sat	11 a.m.-Noon	\$54
10/15-11/12	Sat	11 a.m.-Noon	\$54



Photo taken by Susan Fried Photography

KARATE

Ages 7 and older

Learn the practice of Karate. You will exercise a variety of techniques including blocks, strikes, evasions, throws, and joint manipulations. No class 9/5, 10/7, 11/11, 11/18, 11/25, and 12/26.

Instructor: Nihad Khalaf

Beginning Karate

9/7-9/28	M/W	6:30-7:30 p.m.	\$30
10/3-10/31	M/W	6:30-7:30 p.m.	\$30
11/2-11/30	M/W	6:30-7:30 p.m.	\$30
12/5-12/28	M/W	6:30-7:30 p.m.	\$30

Advanced Karate

9/2-9/30	M/W/F	6:30-8:30 p.m.	\$60
10/3-10/31	M/W/F	6:30-8:30 p.m.	\$60
11/2-11/30	M/W/F	6:30-8:30 p.m.	\$60
12/2-12/30	M/W/F	6:30-8:30 p.m.	\$60

CUB BASKETBALL

Ages 8-9

This program provides young athletes the opportunity to learn basic rules, develop their skills, and work as a team. Our goal is to create a positive learning experience for each player during practices and games. Practice times will be determined by mid-November. Games take place at neighboring community centers and are typically on Friday evenings. Games begin in early Jan. and run through early March. Youth Sports Medical Authorization form, Concussion form, and Payment must be fully complete to be registered for this program. Players may sign up online until the first Monday in November, or at their local community center until teams are full. Volunteer coaches are always needed, if interested please email heather.harlow@seattle.gov.

Registration opens: 10/7 **Practice begins: 12/5**
Season begins: 1/12/17 **\$70**

KENDO-THE WAY OF THE JAPANESE SWORD

Ages 10 and older

Kendo is a path towards self-improvement through training in the ways of the Japanese sword. Meadowbrook Kendo Dojo offers beginning and advanced practitioners year round training in basic and advanced sword techniques along with teaching the cultural and traditional aspects of Japanese martial arts.

Instructor: T.konno, Kendo Kyoshi 7th Dan.

9/12-12/19 Mon 7-8:30 p.m. \$130

GOJU-RYU KARATE (NEW DAY) BEG/INTER AND INTER/ADV

Ages 10 and older

A classic Okinawan and Japanese karate style, Goju Ryu translates to "hard/soft system." The "hard" aspects are kicking, punching, and striking, and the "soft" aspects are deflecting, controlling, and restraining. Thursday's beginning-intermediate class will emphasize karate basics, some conditioning, and self-defense applications. Students will learn standing and moving basics, kata, and will practice various types of interaction with the other students and instructors. Saturday's intermediate-advanced class will focus on advanced kata with an emphasis on analysis and a better understanding of how martial arts work. Instructors are sixth degree black belts, certified by the Goju-Ryu Karate-Do Kyokai, an international karate organization. No class 9/15, 11/19, and 11/24.

Instructor: Carol Gittins

9/8-12/15 Thu 7-9 p.m. \$69

PLAYER DEVELOPMENT PROGRAM BY ONE ON ONE BASKETBALL

Ages 6-13

The Player Development Program (PDP) is a focused basketball training program that develops confidence in players who are determined to get better. Whether you are a 6 year-old just getting into basketball...or you are 16 year-old aiming to be a starter on your varsity team, you will learn proper technique and individual game strategy. Our PDP classes are small in size to ensure individual attention and intense focus. Train with One on One before the season...and YOU WILL GET BETTER. To learn more about One on One Basketball and determine which PDP color level is appropriate for you, visit us at www.1on1basketball.com.

Instructor: One on One Basketball

Ages 6-8 (Coed)

9/17-10/29 Sat 9-10 a.m. \$140

Ages 8-11 (Coed)

9/17-10/29 Sat 10-11 a.m. \$140

Ages 11-13 (Boys/Girls-Split Court)

9/17-10/29 Sat 11 a.m.-Noon \$140

INSTRUCTIONAL HOOPS LEAGUE BY ONE ON ONE BASKETBALL

Grades K-2

Introduce your little player to basketball the One on One way! Our instructional league provided progressive motor-skill building and fun, low-pressure environment. Each week, teams will work on fundamental skills with a One on One coach in rotating stations. We will put these fundamental skills to task in controlled scrimmages that will be coached and refereed by our One on One coaches. Form a team from your school or register as an individual and be placed on a team. It's the ideal introduction to being on a team! On 11/19 games will take place at Ravenna Eckstein.

Instructor: One on One Basketball

K Coed

11/5-12/17 Sat 9-10 a.m. \$135

1st Grade Coed

11/5-12/17 Sat 10-11 a.m. \$135

2nd Grade Boys

11/5-12/17 Sat 11 a.m.-Noon \$135

2nd Grade Girls

11/5-12/17 Sat Noon-1 p.m. \$135

SCHOOL DAY OFF HOOPS CAMP BY ONE ON ONE BASKETBALL

Ages 6-12

Don't get bored when school is off...GET BETTER! One on One has been at the forefront of youth basketball development since 1991. Our school off-day camps are a great way to stay active, improve your skills, and meet new friends! We guarantee you will learn, sweat, and HAVE FUN!

Instructor: One on One Basketball

10/14 Fri 9 a.m.-3 p.m. \$60

HOLIDAY HOOPS CAMP BY ONE ON ONE BASKETBALL

Ages 6-12

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

INSTRUCTOR: ONE ON ONE BASKETBALL

12/26-12/29 M-Th 9 a.m.-3 p.m. \$180

(Half-Days Available)



Director: Andrew Appelwick working with two THRIVE participants

YOUTH

THRIVE MIDDLE SCHOOL CLUB

Ages 11-14

Want a fun, safe destination for your middle school student? Give them the opportunity to be a part of our afternoon Middle School Club, Thrive. Thrive will give students the chance to participate in homework time, leadership opportunities, cooking classes, fitness programs, enrichment activities, technology programs, and more. No class 11/11, 11/24, 11/25, and 12/26.

Director Andrew Appelwick

9/6-9/30 2:20-6 p.m. \$346

10/7-10/28 2:20-6 p.m. \$346

11/1-11/30 2:20-6 p.m. \$346

12/1-12/16 2:20-6 p.m. \$346

4 days/week \$312, 3 days/week \$294

ONE DAY CAMPS:

10/14 Fri 8 a.m.-6 p.m. \$45

11/21 Mon 8 a.m.-6 p.m. \$45

11/22 Tue 8 a.m.-6 p.m. \$45

11/23 Wed 8 a.m.-6 p.m. \$45

12/19 Mon 8 a.m.-6 p.m. \$45

12/20 Tue 8 a.m.-6 p.m. \$45

12/21 Wed 8 a.m.-6 p.m. \$45

12/22 Thu 8 a.m.-6 p.m. \$45

12/23 Fri 8 a.m.-6 p.m. \$45

12/27 Tue 8 a.m.-6 p.m. \$45

12/28 Wed 8 a.m.-6 p.m. \$45

12/29 Thu 8 a.m.-6 p.m. \$45

12/30 Fri 8 a.m.-6 p.m. \$45

Sibling Discount: \$3

WEEKLY RATE ALSO AVAILABLE FOR SOME SESSIONS!



COLLEGE APPLICATION ESSAY WRITING BY YOUNG WRITERS' ACADEMY

Ages 15 and older

Rising juniors and seniors, get a jump start on college applications. Write common application and personal essays in a fun, focused two-day workshop, taught by a professional writer and educator.

Instructor: Young Writers' Academy Staff
 10/1-10/8 Sat 1-4 p.m. \$120

BABYSITTING CERTIFICATION TO ENROLL VISIT WWW.CPRSEATTLE.COM

ENROLL VISIT WWW.CPRSEATTLE.COM

Ages 11-15

This class, taught by a CPR instructor/parent, is a fun, interactive workshop providing 11-15 year-olds the essential skills they must know in order to obtain babysitting work. The course includes role play, video lessons, instructor led discussions, and hands-on skills training to give potential babysitters the confidence to responsibly care for the infants and children in their charge. An ASHI (American Safety and Health Institute) certification card is issued upon completion of the training. This class includes a CPR review, but does not include CPR certification.

10/22 Sat 9:15 a.m.-1:45 p.m. \$40

ENROLL AT WWW.CPRSEATTLE.COM

COMMUNITY KITCHEN

Ages 12 and older

Please see adult listing for more details.

↘ **ADULTS**

KARATE

Ages 7 and older

Learn the practice of Karate. You will exercise a variety of techniques including blocks, strikes, evasions, throws, and joint manipulations. No class 9/5, 10/7, 11/11, 11/18, 11/25, and 12/26.

Instructor: Nihad Khalaf

Beginning Karate

9/7-9/28	M/W	6:30-7:30 p.m.	\$30
10/3-10/31	M/W	6:30-7:30 p.m.	\$30
11/2-11/30	M/W	6:30-7:30 p.m.	\$30
12/5-12/28	M/W	6:30-7:30 p.m.	\$30

Advanced Karate

9/2-9/30	M/W/F	6:30-8:30 p.m.	\$60
10/3-10/31	M/W/F	6:30-8:30 p.m.	\$60
11/2-11/30	M/W/F	6:30-8:30 p.m.	\$60
12/2-12/30	M/W/F	6:30-8:30 p.m.	\$60

KENDO-THE WAY OF THE JAPANESE SWORD

Ages 10 and older

Kendo is a path towards self-improvement through training in the ways of the Japanese sword. Meadowbrook Kendo Dojo offers beginning and advanced practitioners year round training in basic and advanced sword techniques along with teaching the cultural and traditional aspects of Japanese martial arts.

Instructor: T.KONNO, KENDO KYOSHI 7TH DAN
 9/12-12/19 Mon 7-8:30 p.m. \$130
 \$65 Youth

COMMUNITY KITCHEN

Ages 12 and older

Sustainable NE Seattle and the Meadowbrook Community Center are joining together to create a community kitchen which brings people together around food in a shared space to plan, cook, learn, and eat together. These meals are focused on food that is healthy for people and the planet, i.e. organic and vegetarian. An added bonus of cooking together is the economic benefit of purchasing food in bulk and saving fuel resources. Participants will prepare food, eat together, and have food to take home. Participants are asked to bring dishes/cookware to bring home their portion of the food that is prepared.

VEGAN KITCHEN

Succotash Chowder with cornbread croutons Sweet Winter Slaw Baked Peaches and Cream.

9/14 Wed 6-9:30 p.m. \$20

COMFORT FOOD

Autumn Gold Squash Soup, fig salad, black eye peas, fritters with hot pepper sauce pickled eggs, and pear crostini.

10/19 Wed 6-9:30 p.m. \$20

SWEET AND SAVORY PIES

Caramelized Onion Pie, Maple, Yam, Ginger Pie, Broccoli/Gorgonzola Pie, Tar Heel Pie with whipped cream, and Double Crust Bean Pie. All crusts are Gluten Free

11/16 Wed 6-9:30 p.m. \$20

GIFTS FROM THE KITCHEN

Butterscotch sauce, bath salts, soup in a jar, chocolate dipped biscotti, hot chocolate mix, and Dukkah (Egyptian Spice Mix)

12/14 Wed 6-9:30 p.m. \$25

FUN. FIT!

Ages 16 and older

This FUNdamental FITness class targets all of the major muscle groups. Increase your strength, decrease body fat, and improve overall conditioning. Class format will change slightly, but we will focus on essentials: cardio, strength training, and a proper cool down which includes stretching. No class 9/15 and 11/24.

Instructor: Maricres Tuliao ACE Certified

9/6-9/27	Tue	6-7 p.m.	\$48
10/4-10/25	Tue	6-7 p.m.	\$48
11/1-11/22	Tue	6-7 p.m.	\$48
12/6-12/20	Tue	6-7 p.m.	\$36

9/1-9/29	Thu	6-7 p.m.	\$48
10/6-10/27	Thu	6-7 p.m.	\$48
11/3-11/17	Thu	6-7 p.m.	\$36
12/1-12/22	Thu	6-7 p.m.	\$48

BALLROOM AND LATIN DANCE 1

Ages 16 and older

Great for first time dancers! Each session is custom tailored to the majority of the participants' requests covering Night Club 2 Step, Bachata, Waltz Tango foxtrot, Salsa Cha-Cha, Rumba, Swing, and Samba. Come by yourself or with a partner. Please remember your dancing shoes! No class 11/22.

Instructor: Charla Jennings, Certified Ballroom Dance Instructor

9/6-10/18	Tue	7-8 p.m.	\$77
10/25-12/13	Tue	7-8 p.m.	\$77

BALLROOM AND LATIN DANCE 2

Ages 16 and older

A great class for people who have danced before, or have taken ballroom 1, we will do more advance steps and patterns. Each session is custom tailored to the majority of the participants' requests covering the Tango, Cha-Cha, Foxtrot, Rumba, Waltz, Swing, and Salsa. Come by yourself or with a partner. Please remember your dancing shoes! No class 11/22.

Instructor: Charla Jennings, Certified Ballroom Dance Instructor

9/6-10/18	Tue	8-9 p.m.	\$77
10/25-12/13	Tue	8-9 p.m.	\$77

CIRCUIT TRAINING

Ages 18 and older

Circuit training will improve your cardiovascular and muscle endurance. Whether you are looking to get back into shape or improve your overall fitness level, this is the class for you! This class is a great way to create lasting and supportive friendships with neighborhoods who are also interested in improving/maintaining their overall health. No class 9/5 and 12/26.

Instructor: Rick Buyce ACE Certified

9/12-9/26	Mon	6:30-7:30 p.m.	\$36
10/3-10/31	Mon	6:30-7:30 p.m.	\$60
11/7-11/28	Mon	6:30-7:30 p.m.	\$48
12/5-12/19	Mon	6:30-7:30 p.m.	\$36

INTRO TO PERSONAL FITNESS

Ages 18 and older

Learn to use our fitness equipment safely and effectively, plus learn how to properly warm-up, exercise, and stretch. Then design a training program tailored to your fitness level and goals with the help of our fitness expert. If none of these dates and times works for you, please ask the front desk to schedule you a private or semi-private class (\$40).

Instructor: Rick Buyce ACE Certified

9/12	Mon	7:35-8:45 p.m.	\$12
10/3	Mon	7:35-8:45 p.m.	\$12
11/7	Mon	7:35-8:45 p.m.	\$12
12/5	Mon	7:35-8:45 p.m.	\$12

NEW DAY!**GOJU-RYU KARATE**

BEG/INTER AND INTER/ADV

Ages 10 and older

A classic Okinawan and Japanese karate style, Goju Ryu translates to "hard/soft system." The "hard" aspects are kicking, punching, and striking, and the "soft" aspects are deflecting, controlling, and restraining. Thursday's beginning-intermediate class will emphasize karate basics, some conditioning, and self-defense applications. Students will learn standing and moving basics, kata, and will practice various types of interaction with the other students and instructors. Saturday's intermediate-advanced class will focus on advanced kata with an emphasis on analysis and a better understanding of how martial arts work. Instructors are sixth degree black belts, certified by the Goju-Ryu Karate-Do Kyokai, an international karate organization. No class 9/15, 11/19, and 11/24.

Instructor: Carol Gittins

BEG/INTER

9/8-12/15	Thu	7-9 p.m.	\$70
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INTER/ADV

9/10-12/17	Sat	10 a.m.-Noon	\$70
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JAZZERCISE AT MEADOWBROOK Get healthy and fit in a friendly environment. Grab a mat/towel and a water bottle and get started today. Classes are ongoing, so come to any class to start. Register for Jazzercise with the instructor onsite. *This program is not operated by the Meadowbrook Advisory Council or Seattle Parks and Recreation.*

M/W/F 9:15-10:15 a.m.
Easy Fitness Ticket \$38; Unlimited Monthly Pass \$55, 4-Class Punch Card \$35, Drop-in \$12.

↘ TEEN LATE NIGHT

MBTLC MUSIC STUDIO

FREE!
Ages 12-19

Come to the studio to lay down tracks or drop some vocals while learning the fundamentals of recording and mixing. All levels of experience are welcome.

If interested please contact Matthew.Evans@seattle.gov, or call 206-684-7523. No program 11/25.

OPEN STUDIO

Every Fri 9-11 p.m.
HIP/HOP & RNB PRODUCTION
Every Sat 7-9 p.m.

OPEN GYM

FREE!
Ages 12-19

Come get your hoop on. Enjoy a little friendly competition while getting in shape and stepping your game up. No program 11/25.

Location: Meadowbrook TLC
Every Fri 7 pm-Midnight
Every Sat 7 pm-Midnight
Location: Bitter Lake CC
Every Fri 7 p.m.-Midnight
Every Sat 9:30 p.m.-Midnight

FRIDAY NIGHT MOVIES

FREE!
Ages 12-19

Just like it says: watch classics and thrillers with your friends while grabbing a bite to eat. No program 11/25.

Location: Meadowbrook TLC
Every Fri 7:30-9 pm

GAME NIGHT

FREE!
Ages 12-19

Come enjoy your favorite board games, video games, dominos, cards, Pool, and Ping-Pong too.

No program 11/25.

Location: Bitter Lake CC
Every Fri 7-9 p.m.

FUTSAL

FREE!
Ages 12-19

Come play fun and competitive indoor soccer (futsal) and sharpen your skills for the outdoor season.

Location: Bitter Lake CC
Every Sat 7:30-9:30 p.m.

↘ TEEN PROGRAMS

LAKE CITY YOUNG LEADERS PROGRAM

FREE!
Ages 15-19

The Lake City Young Leaders program connects youth, with significant life barriers, to community leaders in Lake City while building strong soft skills and connecting students to future career opportunities. Experiences will be focused on addressing community needs and empowering teens with the tools to improve their community. To apply please contact Mark.Mendez@seattle.gov, or call 206-684-7523.

No program 9/6.

Location: Lake City Community Center
9/6-12/2 Tue 3:30-8 p.m.

2016 THORNTON CREEK ALLIANCE YOUTH PROGRAM

FREE!
Ages 15-19

The Thornton Creek Alliance Youth program teaches youth, with significant life barriers, how to preserve and restore an ecological balance throughout the Thornton Creek watershed in North Seattle. The program connects students to community leaders in Lake City while building strong soft skills and connecting students to future career opportunities.

To apply please contact Mark.Mendez@seattle.gov, or call 206-684-7523.

Location: Lake City Community Center
9/8-12/2 Thu 3:30-8 p.m.

NAIL SHOP

FREE!
Ages 12-19

Learn how to create beautiful nail art as we discuss self-care, nail health, and issues relevant to young men and women. If interested please contact Vela.smith@seattle.gov, or call 206-684-7523. No program 11/25.

Location: Meadowbrook TLC
Every Fri 4:30-7 p.m.

OPEN BASKETBALL/VOLLEYBALL

FREE!
Ages 12-19

Come get your hoop or volleyball on. Enjoy a little friendly competition while getting in shape and stepping your game up. If interested please contact Glen.hubbard@seattle.gov, or call 206-684-7523. No programs 9/6, 9/15, 11/11, 11/24, 11/25, and 12/27.

Location: Meadowbrook TLC
Volleyball
Every Tues-Fri 3-5 p.m.
Basketball
Every Tues-Fri 5-8 p.m.

BOYS TO MEN**FREE!**

Ages 13-19

Fellas' it's time to step our game up! This young men's group provides a platform to learn, experience, and grow providing young men confidential conversations on topics that are most relevant in their lives. If interested please contact Glen.hubbard@seattle.gov, or call 206-684-7523. No class 11/25.

Location: Meadowbrook TLC**Every Fri/Sat 6:30-7:30 p.m.****LADIES FIRST****FREE!**

Ages 13-19

Come talk with your girls in a safe, supportive environment. We will discuss issues relevant to your lives, enjoy food, go on outings and participate in activities, while building a sisterhood of young woman who support and respect each other. If interested please contact Vela.smith@seattle.gov, or call 206-684-7523. No class 11/24.

Location: Meadowbrook TLC**Every Thu 5:30-7 p.m.****WEEK WITHOUT VIOLENCE****FREE!**

Ages: 12-19

WVOV is a YWCA national campaign to create awareness around violence and its various forms. Seattle Parks and Recreation adopted the initiative and incorporates activities to reflect on and provide positive alternatives to violence. Furthermore, WVOV commemorates youth that have been impacted by violence and encourages young people to commit to peace. With proper paperwork, E-13 Form, Teen Center can provide transportation.

Location: City-Wide**10/10-10/15 M-F 3-8 p.m.****TEEN LIFE JOB CENTER****FREE!**

Ages 14-19

Landing that first job is tough. That's why the Teen Life Job Center is so important. We equip young people with the skills and confidence they need to get a job and pursue a career. Need help with resume writing, career exploration, mock interviews, or job search assistance, come check us out. If interested please contact Mark.mendez@seattle.gov, or call 206-684-7523.

Location: Meadowbrook TLC**9/7-12/7 Wed TBD****CITY-WIDE GIRLS VOLLEYBALL****FREE!**

Ages 14-17 (Minimum: 6 players per team)

Girls will learn teamwork, sportsmanship, and volleyball fundamentals leading into more advanced skills. Practices will occur at Meadowbrook TLC while games will occur at various centrally located community centers. If interested please contact Glen.hubbard@seattle.gov, or call 206-684-7523.

9/6-11/15**Practices TBA****CITYWIDE YOUNG ADULT PROGRAM***presents*


GREAT NIGHT
IT'S BACK

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

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



POWER OF PLACE™
Parks Youth Violence Prevention Team

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

FOR MORE INFO PLEASE CONTACT:**Cindy Sandino-Chang****206.551.7316 or****cindy.sandino-chang@seattle.gov**

➤ TOTS

NURTURING PATHWAYS FOR WADDLERS/TODDLERS®

Ages 12-30 Months

Nurturing Pathways for Waddlers/Toddlers (walking to 30 months). Enrich every area of your child’s development while building a closer bond. Have fun exploring dance concepts, doing rhyming exercises, playing musical instruments together, and challenging motor sequencing and gross motor skills with obstacle courses that will refine their coordination and develop their musical skills. An extra supply fee of \$28 will be charged to new participants on the first day of class. No class 10/6, 10/31, and 11/24.

Instructor: Megan Frazer

9/22-12/1 Thu 10-10:45 a.m. \$166.50

NURTURING PATHWAYS FOR BABIES®

Ages 3-12 Months

A unique class for you and your baby to explore creative dance, movement and music. Enjoy tummy time, play instruments, exercise baby's body, enjoy folk dances, Waltz together and learn infant massage. Bond with your baby and build relationships with other parents while you enjoy creative dance activities. Learn throughout the class about your baby’s development and take home playful, fun exercises. An extra supply fee of \$28 will be charged to new participants on the first day of class. No class 10/6, 10/31, and 11/24.

Instructor: Megan Frazer

9/22-11/17 Thu 11 a.m.-Noon \$166.50

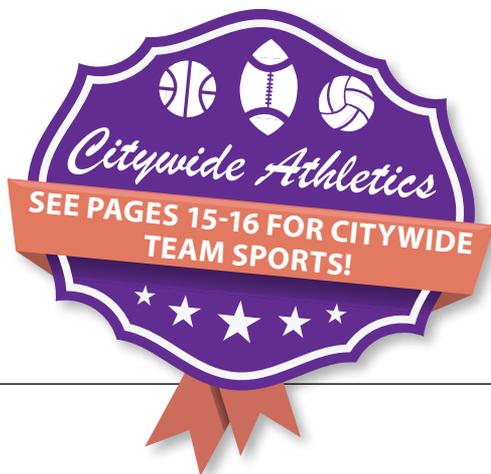
TODDLER SPORTS SAMPLER

Ages 2-4

This class introduces young children to sports skills, coordination exercises, fun obstacle courses and cooperative play. Parent participation is encouraged – have fun learning about soccer, volleyball, basketball, tennis, and much more with your little one. No class 11/24.

9/22-10/27 Thu 12:30-1:15 p.m. \$45

11/3-12/15 Thu 12:30-1:15 p.m. \$45



MESSY ART FOR TODDLERS

Ages 2-5

Hands on experience with arts and crafts you might not want to try at home. The joy of creative thinking and self-expression are brought to life using mixed media. Parents act as child’s assistant and there is a max of 6 kids per class so sign up fast for this fun class. Dress appropriately. No class 11/24.

Instructor: Jocelyn Rombough

9/13-10/25	Tue	11:15-11:45 a.m.	\$55
11/1-12/13	Tue	11:15-11:45 a.m.	\$55
9/13-10/25	Tue	Noon-12:30 p.m.	\$55
11/1-12/13	Tue	Noon-12:30 p.m.	\$55

9/22-10/27	Thu	11:15-11:45 a.m.	\$47
11/3-12/15	Thu	11:15-11:45 a.m.	\$47
9/22-10/27	Thu	Noon-12:30 p.m.	\$47
11/3-12/15	Thu	Noon-12:30 p.m.	\$47

PRE-BALLET

Ages 2-3

In this class, we'll super-charge our minds and imaginations through creative movement and the basics of ballet. Throughout each class, we will use music, props, and games to explore the foundational concepts of dance and introduce students to the shapes and patterns of classical ballet. Children use their creativity and learn to express themselves through dance. No class 10/6 and 11/24.

Instructor: Ciara McCormack

9/29-11/10	Thu	12:45-1:30 p.m.	\$66
11/10-12/15	Thu	12:45-1:30 p.m.	\$55

BALLET LEVEL 1

Ages 3-4

This class teaches the basics of correct body alignment and proper ballet technique in a creative, fun environment. By teaching and introducing students the basic shapes, patterns, and traditions of classical ballet, the Beginning Ballet curriculum enhances both cognitive and physical development at this important time. No class 11/24.

Instructor: Ciara McCormack

9/29-11/3	Thu	1:40-2:25 p.m.	\$66
11/10-12/15	Thu	1:40-2:25 p.m.	\$55

KIDZ LOVE SOCCER-TOT/PRE-SOCCER

Ages 3½-5

Little tykes will enjoy running and kicking just like the big kids! 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. Shin guards are required after the first meeting. No class 10/7, 11/11, and 11/25.

9/16-10/28	Fri	4:35-5:10 p.m.	\$75
11/4-12/23	Fri	6:10-6:45 p.m.	\$75

KIDZ LOVE SOCCER-MOMMY/DADDY AND ME SOCCER

Ages 2-3.5

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 skills and socialization skills. The fun happens on the field, and in Mommy/Daddy & Me Soccer, parents are part of the action, not watching from the sidelines! No class 10/7, 11/11, and 11/25.

9/16-10/28	Fri	5:20-5:50 p.m.	\$75
11/4-12/23	Fri	5:30-6 p.m.	\$75

↘ YOUTH**STEVENS AND LOWELL ELEMENTARY SCHOOL ENRICHMENT**

Ages 5-12

Miller Community Center, in partnership with the Stevens and Lowell Elementary PTA, will hold after school enrichment classes this fall. All classes will be held at Stevens and Lowell Elementary Schools and will run from Sept.-Dec., specific days and times TBD. There are no after school classes on holidays, no school days or early dismissal days.

KIDZ LOVE SOCCER-SOCCER 1

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. No class 10/7, 11/11, and 11/25.

9/16-10/28	Fri	3:45-4:30 p.m.	\$75
11/4-12/23	Fri	6:45-7:30 p.m.	\$75

PANTHER TAEKWONDO CLUB

Ages 6-13

Learn martial arts in a safe and nurturing environment. The Panther Taekwondo Club offers a positive structured outlet for youth 6-13 years old. By emphasizing the importance of discipline, respect, patience, integrity, and perseverance, young people are motivated towards excellence in all aspects of their lives. The Panther Taekwondo Club is an enriching memorable experience. Join Today! *Uniforms are mandatory – for additional cost – See instructor at the beginning of class.

Instructor: Maxwell LaRoy

9/19-10/24	Mon	7-8 p.m.	\$60
11/7-12/12	Mon	7-8 p.m.	\$60

DRUM LESSONS

Ages 6 and older

Learn expression through music! This Miller Community Center drum class is a fun experience where lessons are tailored to each individual student. Lessons include reading music, playing by ear, music theory, and composition. Lessons are 30 minutes long, call 206-684-4753 to see what slots are available.

9/12-10/24	Mon	4-8 p.m.	\$175
11/7-12/19	Mon	4-8 p.m.	\$175

**INSTRUCTIONAL CO-ED BASKETBALL**

Ages 6-7

It's basketball season and it's time to sign up! Bring a team or just yourself, but be ready to learn the game and have a fabulous time. Practice starts in Dec. and is once a week on Tue or Wed from 5-6 p.m. Games will start in Jan. and are scheduled for Thursdays. Youth Sports Medical Authorization form, Concussion form, and Payment must be fully complete to be registered for this program. Volunteer coaches are always needed.

Practice begins: 12/16**\$70****CUB BASKETBALL**

Ages 8-9

Participate in Miller CC's Cub basketball league for 8 and 9 year-old girls and boys. This program provides young athletes the opportunity to learn basic rules, develop their skills, and work as a team. Our goal is to create a positive learning experience for each player during practices and games. Practice times will be determined by mid-Nov.. Games take place at neighboring community centers and are typically on Fri evenings. Games begin in early Jan. and run through early March. Youth Sports Medical Authorization form, Concussion form, and Payment must be fully complete to be registered for this program. Volunteer coaches are always needed.

Practice begins: 12/5**\$70**

TEENS

AFTER SCHOOL TEEN DROP IN

FREE!

Ages 11-19

Daily activities set up by teens for teens-volleyball, basketball, crafts, and more. Miller also offers a homework computer station and FREE Wi-Fi access.

Sept.-Dec. M-F 3:30-5 p.m.

TEEN TUTOR PROGRAM

FREE!

Ages 11-18

Connect with fellow teens who can help you succeed in the classroom. Volunteer tutors and those who seek help are asked to email buck.buchanan@seattle.gov.

Sept.-Dec. M-F by appointment 3-7 p.m.

WEEK WITHOUT VIOLENCE

FREE!

Ages 11-18

Join teens taking action against all forms of violence. Miller teens will travel to local centers this week to support anti-violence themed events. Fun is guaranteed! For a complete and updated list of events and how to get involved, email buck.buchanan@seattle.gov. E-13 is required.

Location: City Wide
10/10-10/15 M-F

DINNER AND A MOVIE

FREE!

Ages 13-18

Come to Miller CC and learn basic culinary skills every Wed starting at 4:30 p.m. You will learn about nutrition while having fun with other teens. You will also learn how to make healthy meals that are quick, easy, and not lacking in taste. Then relax in the teen room while watching a movie.

Every Wed 4:30-8 p.m.



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



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

DISCOVERY PARK

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

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

CAMP LONG

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

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

CARKEEK PARK

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

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



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

↘ TOTS

NURTURING PATHWAYS FOR WADDLERS/TODDLERS®

Ages 12-30 Months

Nurturing Pathways for Waddlers/Toddlers (walking to 30 months). Enrich every area of your child's development while building a closer bond. Have fun exploring dance concepts, doing rhyming exercises, playing musical instruments together, and challenging motor sequencing and gross motor skills with obstacle courses that will refine their coordination and develop their musical skills. An extra supply fee of \$28 will be charged to new participants on the first day of class. No class 10/31.

Instructor: Megan Frazer

9/19-11/21 Mon 10-10:45 a.m. \$166.50

NURTURING PATHWAYS FOR BABIES®

Ages 3-12 Months

A unique class for you and your baby to explore creative dance, movement, and music. Enjoy tummy time, play instruments, exercise baby's body, enjoy folk dances, Waltz together and learn infant massage. Bond with your baby and build relationships with other parents while you enjoy creative dance activities. Learn throughout the class about your baby's development and take home playful, fun exercises. An extra supply fee of \$28 will be charged to new participants on the first day of class. No class 10/31.

Instructor: Megan Frazer

9/19-11/21 Mon 11:15 a.m.-12:15 p.m. \$166.50

PRE-BALLET

Ages 2-3

In this class, we'll super-charge our minds and imaginations through creative movement and the basics of ballet. Throughout each class, we will use music, props, and games to explore the foundational concepts of dance and introduce students to the shapes and patterns of classical ballet. Children use their creativity and learn to express themselves through dance. No class 11/25.

Instructor: Ciara McCormack

9/30-11/4 Fri 11:30 a.m.-12:15 p.m. \$66

11/18-12/16 Fri 11:30 a.m.-12:15 p.m. \$44

BALLET LEVEL 1

Ages 3-4

This class teaches the basics of correct body alignment and proper ballet technique in a creative, fun environment. By teaching and introducing students the basic shapes, patterns, and traditions of classical ballet, the Beginning Ballet curriculum enhances both cognitive and physical development at this important time. No class 11/25.

Instructor: Ciara McCormack

9/30-11/4 Fri 12:30-1:15 p.m. \$66

11/18-12/16 Fri 12:30-1:15 p.m. \$44

BALLET LEVEL 2

Ages 4-6

Starting with the foundations we learned in Level 1, this class gives growing students a chance to expand their horizons and learn new skills while gaining strength and refining their technique. As the class progresses, students will be introduced to the principals of the ballet barre and combine movements to make dances. No class 11/25.

Instructor: Ciara McCormack

9/30-11/4 Fri 1:30-2:15 p.m. \$66

11/18-12/16 Fri 1:30-2:15 p.m. \$44

MOMMY AND DADDY AND ME TODDLER ALL SPORTS CLASS

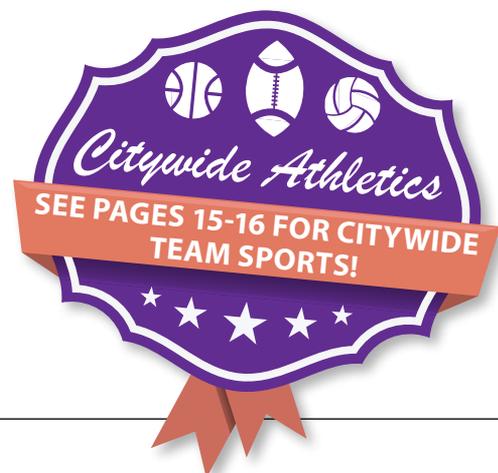
Ages 2-4

This 45-minute program is a perfect for you and your little one to play together. Parents will help their child learn together as a variety of sports are introduced: soccer, tennis, t-ball, basketball and more. These programs focus on coordination, foot work, how to toss a ball, and developmentally appropriate methods to 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. Parents are encouraged to participate with their child in this class. No class 11/26.

9/10-10/15 Sat 9:45-10:30 a.m. \$55

10/22-12/3 Sat 9:45-10:30 a.m. \$55

NEW



↘ YOUTH

TOPS AND MCGILVRA AFTER SCHOOL ENRICHMENT

Ages 5-12

Montlake CC partners with the TOP's and McGilvra PTA to hold after school enrichment classes. These fall classes begin in Sept. and run through Dec. You can register at Montlake Community Center by calling, 206-684-4736, or online through SPARC, register at www.seattle.gov/parks.

PARENTS NIGHT OUT

Ages 5-12

Drop your kids off for a night of pizza, gym games, movies, and fun while you enjoy a night on the town. Space is limited so please register early. Call us at 206-684-4736 to reserve a spot and get more information.

9/30	Fri	5:30-8:30 p.m.	\$15
10/28	Fri	5:30-8:30 p.m.	\$15
12/9	Fri	5:30-8:30 p.m.	\$15

OKINAWAN KARATE-DO

Ages 8 and older

Learn traditional Okinawan KARATE-DO in a safe, welcoming environment. Karate is an effective way of self-defense: learn blocks, kicks, punches, stances—all integrated in movement pattern drills called "kata". Develop concentration, calmness, confidence, and grow fit. Class taught at Montlake CC since 1973; instructor has 35 years of training and teaching experience there. Karate questions? epseattle@msn.com

Instructor: Harold R. Avelar

9/7-10/26	M/W	6:30-8:30 p.m.	\$79
10/31-12/21	M/W	6:30-8:30 p.m.	\$79

ART EXPLORATION

Ages 6-12

Is your child creative? This fun class will explore a variety of art mediums, inspiring all students in a fun and safe environment. Painting, drawing, sculpture, art, and using recycled materials are just a few of the fun activities kids will do in this after school experience.

Instructor: Katie

9/12-10/24	Mon	5:45-6:30 p.m.	\$70
11/7-12/19	Mon	5:45-6:30 p.m.	\$70

YOUTH POTTERY

Ages 6-13

Come explore the nature of clay as we hand form it into cups, bowls, animals, masks, and glaze paintings. We will practice basic hand building and glazing techniques for making functional pottery and small sculptures.

9/12-10/24	Mon	4:30-5:15 p.m.	\$70
11/7-12/19	Mon	4:30-5:15 p.m.	\$70

GUITAR/BASS

Ages 6 and older

Come take guitar lessons with an up and coming Classical Guitar Virtuoso, Satchel Henneman! In 2013 he was awarded first place in the Musicfest NorthWest Advanced Guitar Division Competition. He is currently a scholarship student at Cornish College of the Arts, where he is pursuing a degree in Music Performance. Learn anything from classical to metal in a fun environment. Lessons include theory, ear training, technique development, and song structure along with performance opportunities! Lessons are 30 minutes long and can be upgraded to an hour as needed. No class 11/24.

Instructor: Satchel Henneman

9/13-10/25	Tue	3-7 p.m.	\$175
11/1-12/13	Tue	3-7 p.m.	\$175

9/22-10/27	Thu	3-7 p.m.	\$150
11/3-12/15	Thu	3-7 p.m.	\$150

PIANO LESSONS

Ages 6 and older

Learn expression through music! Montlake piano class is a fun experience where lessons are tailored to each individual student. Lessons include reading music, playing by ear, music theory, and composition. Lessons are 30 minutes long and time must be scheduled with the instructor. No lessons 10/17-10/21, 11/22, 11/23, and 11/24.

Instructor: Sarah Macnabb

9/20-12/13	Tue	3-6:30 p.m.	\$275
9/21-12/14	Wed	3-6:30 p.m.	\$275
9/22-12/15	Thu	3-6:30 p.m.	\$275

SAXOPHONE/FLUTE LESSONS

Ages 6 and older

Explore classical and contemporary music, music theory, and improvisation as it applies to the saxophone or flute. Participants will receive one half-hour of personalized instruction per week that focuses on tone development, finger position, posture, and music reading.

Instructor: Bob Antolin

9/14-10/26	Wed	4-8 p.m.	\$175
11/2-12/14	Wed	4-8 p.m.	\$175



PLEASE REGISTER EARLY TO AVOID DISAPPOINTMENT.

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

INDOOR SOCCER SKILLS

Ages 4-8

Build your soccer skills while having fun! This class will work on your footwork, coordination, and sharing of the ball through games and scrimmages between teammates. Sign up your child or bring in an entire group of friends! And yes, volunteer helpers are always needed – let the coach know if you would like to volunteer to help with this class.

Ages 4-5

9/14-10/19	Wed	4:30-5:15 p.m.	\$55
11/2-12/7	Wed	4:30-4:15 p.m.	\$55

Ages 6-8

9/14-10/19	Wed	5:30-6:15 p.m.	\$55
11/2-12/7	Wed	5:30-6:15 p.m.	\$55

TRI-HARA KARATE YOUTH CLASS

Ages 6-18

Through this martial art form, students will develop coordination of mind and body, confidence, awareness, respect, sincerity, focus, perseverance, self-defense, and healthy boundaries. These are tools for life. Benefits will be noticeable at home, as well as in school, sports, and social behaviors. This program is designed to be fun and challenging, encouraging students to be the best they can be in all aspects of life. Beginners welcome. The instructor for this class is Sean Gorman, who holds a 3rd degree black belt in Goju-Ryu karate, and has studied several other martial art forms since 1992. No class 10/22 and 11/26

9/10-10/29	Sat	9-10 a.m.	\$25
11/5-12/17	Sat	9-10 a.m.	\$25

INSTRUCTIONAL CO-ED BASKETBALL

Ages 6-7

It's basketball season and it's time to sign up! Bring a team or just yourself, but be ready to learn the game and have a fabulous time. Practice starts in Dec. and is once a week for an hour. Games will start in Jan. and are scheduled for Thursdays. Youth Sports Medical Authorization form, Concussion form, and Payment must be fully complete to be registered for this program. Volunteer coaches are always needed. Please contact Charles.Harrison@seattle.gov or 206-684-4736 if you want to volunteer. All registration dates are final, there will be no exceptions, teams and players need to be registered by Nov. 3, 2016. Limited spots for fourteen teams.

Registration: 10/7 **\$70**

CUB BASKETBALL

Ages 8-9

Participate in Montlake Community Center's Cub basketball league for 8 and 9 year-old girls and boys. This program provides young athletes the opportunity to learn basic rules, develop their skills, and work as a team. Our goal is to create a positive learning experience for each player during practices and games. Practice times will be determined by mid-Nov. Games take place at neighboring community centers and are typically on Fri evenings. Games begin in early Jan. and run through early March. Youth Sports Medical Authorization form, Concussion form, and Payment must be fully complete to be registered for this program. Volunteer coaches are always needed. Please contact Charles.Harrison@seattle.gov or 206-684-4736 if you want to volunteer. All registration dates are final, there will be no exceptions, teams and players need to be registered by Nov. 3, 2016. Limited spots for fourteen teams.

Registration: 10/7 **\$70**

TEENS

M.A.C (MONTLAKE ACTIVITY CENTER) TEEN NIGHT

FREE!

Ages 12-15

ATTENTION ALL TEENS! Come hang out at Montlake Community Center on Friday nights. Dinner and snacks will be provided. Enjoy your choice of activities, board games, movies, basketball, and more! Call 206-684-4736 to register.

9/30	Fri	6-8 p.m.
10/28	Fri	6-8 p.m.
11/18	Fri	6-8 p.m.
12/30	Fri	6-8 p.m.

WEEK WITHOUT VIOLENCE

FREE!

Ages 11-18

Join teens taking action against all forms of violence. Take fieldtrips to local centers this week to support anti-violence themed events. Fun is guaranteed! For a complete and updated list of events and how to get involved, email Charles.Harrison@seattle.gov. E-13 is required.

Location: Various Community Centers and Parks
10/10-10/15 M-F

➤ ADULTS

PILATES CLASS

Ages 18 and older

Breathe easier and feel stronger with Pilates. Pilates will help you tone your muscles, rehabilitate from an injury, or train for an athletic event. Lengthen and strengthen your muscles while building a developing body. Pilates focuses on core strength—abdominals, gluteals, inner thighs and practices moving from the inside out. It helps with posture, body alignment, breathing, control, balance, flow, and strength. Work with your body to help realign movement patterns, and to use muscles properly and efficiently.

Instructor: Mary Freiburger

9/19-10/24	Mon	7-8 p.m.	\$66
11/7-12/12	Mon	7-8 p.m.	\$66

CERAMIC ART

Ages 18 and older

Learn and practice a variety of techniques from hand building sculpture to wheel throwing pottery and glazing. Explore the rich potential of this ancient medium for making art. We'll have weekly demonstrations, open studio time, and one-on-one project guidance with local teaching artist.

Instructor: Adrien Miller

9/19-10/24	Mon	6-8:30 p.m.	\$121
11/7-12/12	Mon	6-8:30 p.m.	\$121

ADULT BEGINNING POTTERY

Ages 18 and older

Mellow and relaxing evenings await you while you explore creating cups, bowls, and vases on the potter's wheel. Weekly demonstrations are featured with one-on-one guidance. Learn to hand build clay while building new friendships. No previous experience necessary, all levels welcome.

Instructor: Adrien Miller

9/21-10/26	Wed	6-8:30 p.m.	\$121
11/9-12/14	Wed	6-8:30 p.m.	\$121

ADULT OPEN POTTERY STUDIO

Ages 18 and older

Evening pottery is available to any student who has enrolled in and taken pottery classes this year. No class 11/11, 11/24, 11/25, 12/25, 12/26.

9/6-9/30	Fri	5-6 p.m.	\$120
10/3-10/31	Fri	5-6 p.m.	\$120
11/1-11/30	Fri	5-6 p.m.	\$120
12/1-12/31	Fri	5-6 p.m.	\$120

OKINAWAN KARATE-DO

Ages 8 and older

Learn traditional Okinawan KARATE-DO in a safe, welcoming environment. Karate is an effective way of self-defense: learn blocks, kicks, punches, stances—all integrated in movement pattern drills called "kata". Develop concentration, calmness, confidence, and grow fit. Class taught at Montlake CC since 1973; instructor has 35 years of training and teaching experience there. Open to new and skilled practitioners. Opportunity available to train with visiting karate-do master from Okinawa, Japan. Karate questions? epseattle@msn.com

Instructor: Harold R. Avelar

9/7-10/26	M/W	6:30-8:30 p.m.	\$79
10/31-12/21	M/W	6:30-8:30 p.m.	\$79

TRI-HARA KARATE ADULT CLASS

Ages 19 and older

Shed stress and increase the strength and flexibility of your body, mind, and heart. This martial art form promotes physical health, emotional well-being, and mental clarity, so that each individual can live in balance to their fullest potential. Learn how traditional karate can be a valuable tool for life in the modern age. Beginners welcome. The instructor for this class is Sean Gorman, who holds a 3rd degree black belt in Goju-Ryu karate, and has studied several other martial art forms since 1992. No class 10/22 and 11/26.

Instructor: Sean Gorman

9/10-10/29	Sat	10-11 a.m.	\$25
11/5-12/17	Sat	10-11 a.m.	\$25



LEARN TO COOK, EAT GOOD FOOD, AND MAKE NEW FRIENDS!

Ages 16 and older

These cooking classes are taught by Kay Kim, professional chef and owner of Kay Catering. Learn from the best and have a great time as you create new dishes. Classes are offered on the first Thur of each month and don't worry there will be left overs!

Instructor: Kay Kim

COOKING FOR HEALTH AND HAPPINESS:

Learn how to ferment your own probiotic foods.

9/1 Thu 6-8:30 p.m. \$45

MARINADES AND SAUCES:

Learn to make marinades and sauces to infuse your meat with rich flavors and accent your favorite dishes.

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

COOKING FROM AROUND THE WORLD – KOREAN:

Mmmmm..... The smell of cooking kalbi (marinated short rib beef) will make your mouth water as you learn how to cook jap chae (vermicelli noodles with sautéed vegetable) and make your very own cucumber kimchee.

11/3 Thu 6-8:30 p.m. \$45

COOKING FROM AROUND THE WORLD – THAI:

Learn the secrets of Thai papaya salad, the perfect mix of ingredients for Panang curry, and a sweet rice mango dessert.

12/1 Thu 6-8:30 p.m. \$45



MONTLAKE FITNESS/AEROBICS

Ages 50 and older

A great combination of stretching your upper and lower body, abs, and back while dancing. Make new friends and nurture old ones in this class while focusing on strong core, aerobic activity, balance, and endurance. We foster an environment responsive to personal needs and welcome men and women of all ages. Whole fitness is prioritized for everyone!

Instructor: Erica Christenson

8/30-10/27 M-Th 7-8 a.m.

10/31-12/22 M-Th 7-8 a.m.

8/30-10/27 M-Th 8:15-9:15 a.m.

10/31-12/22 M-Th 8:15-9:15 a.m.

1 Day (Adult) \$71.50 (Senior) \$68.25

2 Days (Adult) \$136.50 (Senior) \$130

3 Days (Adult) \$195 (Senior) \$185.25

4 Days (Adult) \$242.25 (Senior) \$229.50

SPECIALIZED PROGRAMS

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



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

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

↘ TOTS

SPANISH FOR TODDLERS

Ages 3-5

Basic Spanish for Toddlers – your child will learn to speak and understand basic Spanish as well as learn songs, how to count, and how to converse in Spanish.

Instructor: Marcia Medrano

9/22-10/27	Thu	1-1:30 p.m.	\$60
11/3-12/6	Thu	1-1:30 p.m.	\$60

PRE-BALLET

Ages 3-4

Girls and boys experience the joy of dancing while learning movement skills and ballet vocabulary. This class combines ballet technique and creative dance. Motor skills, posture, balance, coordination, and musicality are emphasized through games, exercises, and choreography. Students should wear ballet shoes, dance attire, and have long hair pulled back.

Instructor: Fawnia Chauvaux

9/22-10/27	Thu	3:40-4:25 p.m.	\$66
11/3-12/15	Thu	3:40-4:25 p.m.	\$66

SPORTS 4 COHORTS

Ages 3-4

Can't decide on one particular sport for your child? This class is the perfect fit to keep your little one active and engaged in a fun and safe environment! This program is designed to build basic coordination skills and self-esteem. This class focuses on multiple sports, giving your child the chance to try a variety of sports all while having tons of fun!

Instructor: Sheila Gruner

9/14-10/19	Wed	3:45-4:30 p.m.	\$50
11/2-12/7	Wed	3:45-4:30 p.m.	\$50

INFANT/TODDLER MUSIC DEVELOPMENT

Ages 1 Month-3 Years

Have a toddler and a baby or a baby who is not quite a tot? This music class is for both! Tap your sticks, pound on drums. Who knew music could be so much fun? No class on 11/11 and 11/25.

Instructor: Katy Webber

9/16-10/21	Fri	11:40 a.m.-12:15 p.m.	\$65
10/28-12/16	Fri	11:40 a.m.-12:15 p.m.	\$65

↘ YOUTH

BALLET 1

Ages 5-6

Girls and boys experience the joy of dancing while learning movement skills and ballet vocabulary. This class combines ballet technique and creative dance. Motor skills, posture, balance, coordination, and musicality are emphasized through games, exercises, and choreography. Students should wear ballet shoes, dance attire, and have long hair pulled back. No class 11/24.

Instructor: Fawnia Chauvaux

9/22-10/27	Thu	4:30-5:15 p.m.	\$66
11/3-12/15	Thu	4:30-5:15 p.m.	\$66

BALLET 2

Ages 7-10

Girls and boys experience the joy of dancing through ballet technique. Students will learn ballet vocabulary, motor skills, posture, balance, coordination, musicality, and motor planning. This class has a classic ballet structure with barre, center, and across the floor technique that also includes choreography and creative expression. Students should wear ballet shoes, dance attire, and have long hair pulled back. No class 11/24.

Instructor: Fawnia Chauvaux

9/22-10/27	Thu	5:30-6:15 p.m.	\$66
11/3-12/15	Thu	5:30-6:15 p.m.	\$66

CREATIVE WRITING WORKSHOP

Ages 9-13

This gentle and supportive workshop is designed to free up one's creative writing expression through short, timed, free writing sessions. A variety of prompts are used to help free up one's writing, or participants can write about whatever they wish. Based on the Amherst Writers and Artists method which believes the teaching of writing should be done without damage to a writer's authentic voice, the only feedback we give is what we liked best, what stands out, or what we remember. All feedback and reading aloud of one's work is optional. More formal reviews of writing can be accommodated if requested, and will be explained at the first workshop.

Instructor: Annette Peizer

9/20-10/25	Tue	4:45-6 p.m.	\$60
11/1-12/6	Tue	4:45-6 p.m.	\$60



SPORTS MANIA SAMPLER

Ages 5-7

Your child will have the opportunity to learn basic fundamentals and test their skills in a variety of different sports in this exciting new class. This class offers your child exposure to sports in a non-competitive and friendly learning environment. Kids will be active and participate in a variety of games, contests, and challenges while having FUN!

Instructor: Sheila Gruner

11/2-12/7 Wed 4:45-5:30 p.m. \$50

NEW

HAZELWOLF AFTER SCHOOL ENRICHMENT

Ages 5-12

Northgate Community Center has partnered with the Hazelwolf PTA to hold after school enrichment classes. These fall classes begin in Sept. and run through Dec. You can register at Northgate Community Center by calling 206-386-4283 or online through SPARC at www.seattle.gov/parks.

BEGINNING DRAWING AND PAINTING FOR YOUTH

Ages 7-11

Join us in this fun class where we'll work together to learn the basics of drawing and painting. We'll start with simple shapes and pencil sketching, take a look at perspective, proportion, shadow and light, and the dramatic use of outline. We'll move on to color mixing and begin to create paintings from our sketches. This class is designed to foster creative self-expression and build confidence in students while encouraging them to grow and discover new ideas.

Instructor: Kelle Standley

9/13-10/18 Tue 5-6 p.m. \$80
10/25-11/29 Tue 5-6 p.m. \$80

NEW

INTRODUCTION TO KENDO

Ages 8 and older

Kendo (fencing) is a great form of physical and mental exercise for anyone interested in Japanese martial arts and culture. New students are introduced to etiquette, basic footwork, and proper cutting technique. This class will be devoted to helping students develop a solid foundation in kendo and kendo kata. To start, new students need only to have comfortable clothing, and a shinai, and bokken. Students will be required to purchase or provide their own bamboo practice sword (shinai's), which are also available from the club. No class 10/19.

Instructors: S. Koike, A. Gang, Ron Risher

TBD Wed 6:30-8:30 p.m. \$125

TEENS

TEEN ROOM

Ages 11-19

Stop by Northgate Community Center with an E-13 (Permission Slip) and hang out with your friends. We have an XBOX ONE, FREE FOOD, sports training, your own room, and more.

Every M-F

Afterschool-until close

FREE!

HOMEWORK HELP

Ages 11-19

Get your homework done so you can play outside, inside, or both. Stay ahead of the "grade" with assistance or in a comfortable environment with peers.

M-Th

6-7 p.m.

FREE!

FIELD TRIPS

Fridays are fun days at Northgate Community Center, so come see what we are doing next. Field Trips are based on attendance.

Fri

Times vary

FREE!

SERVICE LEARNING

Earn school required service learning hours! Contact the Recreation Leader at (206) 386-4283 for more information.

FREE!






2
OUTDOOR
OPPORTUNITIES

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

PROGRAMMING INCLUDES:

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

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



SEATTLE PARKS AND RECREATION

ADULTS

TAI-CHI QIGONG

Ages 16 and older

Qigong is an ancient Chinese exercise system that is focused on mind-body wellness. 18 movement Taiji Qigong is a simple, yet highly effective Qigong routine for health and vitality.

Instructor: Catherina Tan

9/14-10/26	Wed	5:15-6 p.m.	\$77
11/2-12/14	Wed	5:15-6 p.m.	\$77

TAI-CHI TAIJIQUAN

Ages 16 and older

Taijiquan is an ancient Chinese Martial Art. Yang style short form consists of 24 representational postures. Structured bases on traditional Yang style long form. Helps reduce stress, improves balance, strengthens heart muscles, encourages blood flow and improves muscle tone.

Instructor: Catherina Tan

9/14-10/26	Wed	6-7 p.m.	\$77
11/2-12/14	Wed	6-7 p.m.	\$77

YOGA FOR NEW BEGINNINGS

Ages 18 and older

A heart-centered, hatha-style yoga class. With breath work as a center piece, you'll be encouraged to de-stress while increasing your flexibility. You'll learn ways to move that increase the body's functioning and you'll become stronger and feel younger in the process. All fitness levels welcome.

Instructor: Cindy Warren

9/12-10/24	Mon	5:30-6:45 p.m.	\$77
10/31-12/12	Mon	5:30-6:45 p.m.	\$77

LATIN AND BALLROOM DANCE

Ages 16 and older

This beginning dance class will have you twinkling on your toes in no time! Learn the tango, cha-cha, fox trot, rumba, waltz, swing, and salsa. No partner necessary. No class on 11/24.

Instructor: Charla Jennings, certified ballroom dance instructor

9/22-10/27	Thu	7-8 p.m.	\$66
11/3-12/15	Thu	7-8 p.m.	\$66

CREATIVE WRITING FOR ADULTS

Ages 18 and older

This gentle and supportive workshop is designed to free up one's creative writing expression through short, timed, free writing sessions. A variety of prompts are used to help free up one's writing, or participants can write about whatever they wish. Based on the Amherst Writers and Artists method which believes the teaching of writing should be done without damage to a writer's authentic voice, the only feedback we give is what we liked best, what stands out, or what we remember. All feedback and reading aloud of one's work is optional. More formal reviews of writing can be accommodated if requested, and will be explained at the first workshop.

Instructor: Annette Peizer

9/20-10/25	Tue	6:15-7:30 p.m.	\$60
11/1-12/6	Tue	6:15-7:30 p.m.	\$60



LIFELONG RECREATION

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

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



NEW THIS YEAR!

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



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

↘ TOTS

NW STORY TELLING

All Ages

Join us for the telling of some NW Native American Stories. These stories will cover themes and lessons from the oral traditions of the Yakima, Salish, Makah, Tlingit, and Snohomish Nations. Story telling is presented here as a way to learn life values, principles, history, and lore of these culture's along with their deeply connected relationship with the natural world.

Story Teller: Molly Walton

9/29 Thu 2:45-4:15 p.m.

Session is free but please register in advance.

FREE!

NEW

TINY TOTS

Ages 2-5

Your child will experience an educational and developmentally appropriate class that includes individual and group play, storytelling, arts and crafts, music, singing, field trips, group motor-skills, and socialization. Parents are required to take their turn in assisting the teacher with class room duties and snacks. No class 9/15 and 11/24.

Instructor: Teacher Denise

2-3 Years (2 by Sept., or teachers permission)

9/6-12/15 T/W/Th 9-11:30 a.m. \$660

3.5-5 Years (3 1/2 by Sept., or teacher's permission)

9/6-12/15 T/W/Th 11:30 a.m.-2:30 p.m. \$792

LITTLE NINJAS

Ages 4-5

This class will provide an introduction to Japanese combative arts for the little ones. Participants will learn to roll and fall and move in new and different ways. Class will encourage development of body awareness and experimental learning of movement principles through basic movement and focus drills along with activities and games. Uniforms are optional, loose fitting clothing required. No class 9/15 and 11/24.

Instructor: Robert Rood

9/6-10/18 Tue 10:30-11:15 a.m. \$77

10/25-12/6 Tue 10:30-11:15 a.m. \$77

9/8-10/20 Thu 10:30-11:15 a.m. \$77

10/27-12/8 Thu 10:30-11:15 a.m. \$66

TUMBLING

Ages 3-5

Students will practice gymnastics skills in an upbeat and positive environment. Children will be developing tumbling skills such as forward rolls, handstands, and balancing. Students will also work to develop flexibility, core strength, and life skills such as teamwork and determination. An additional \$5 annual insurance fee will be required prior to registration for all Gymnastics and Tumbling classes at Seattle Parks and Recreation facilities. This non-refundable fee covers a child's participation in all gymnastics, tumbling, or circus arts classes for one year from the date purchased. Please contact your local recreation center to purchase this insurance at time of registration. No class 10/1 and 11/26

Instructors: Michaela Hendrix and Anna Moretti

9/10-10/22 Sat 12:30-1:15 p.m. \$72

10/29-12/10 Sat 12:30-1:15 p.m. \$72

LI'L CHEFS

Ages 2-5

Create cold-style appetizers, bake desserts, and beverages. We'll focus on kitchen rules, safety procedures, and an introduction to basic utensils. Participants will be able to eat and take home their creations. Please bring a water bottle. No class 10/31.

Instructor: Denise Bailey

10/3-11/28 Mon 11-11:45 a.m. \$96

PRE-BALLET

Ages 3-5

Children learn basic ballet skills in a creative, fun environment. Boys and girls experience the joy of dancing while learning basic movements and ballet vocabulary. This class has a classic structure with rhythmic and creative games mixed in. No class 11/23 and 11/26.

Instructors: Michaela Hendrix and Anna Moretti

9/7-12/14 Wed 4:15-5 p.m. \$168

9/10-12/10 Sat 9:15-10 a.m. \$156

9/10-12/10 Sat 10:15-11 a.m. \$156

PRE-BALLET

Ages 3-4

Children learn basic ballet skills in a creative, fun environment. Boys and girls experience the joy of dancing while learning basic movement skills and ballet vocabulary. This class has a classic structure with rhythmic and creative games mixed in. Children should dress in close-fitting clothing that allows for comfortable movement. No class 11/25.

Instructor: Charla Jennings

9/9-10/21 Fri 11:30 a.m.-12:15 p.m. \$84

10/28-12/16 Fri 11:30 a.m.-12:15 p.m. \$84

PRE-BALLET 2

Ages 4-5

This class is for children who have completed Pre-Ballet and would like to continue to learn ballet skills in a creative, fun, and safe environment. This class has a classic structure with rhythmic and creative games mixed in. Children should wear close-fitting clothes that allow for comfortable movement. No class 11/25.

Instructor: Charla Jennings

9/9-10/21	Fri	12:30-1:15 p.m.	\$84
11/6-12/16	Fri	12:30-1:15 p.m.	\$84

↘ YOUTH

COMIC BOOKS

Ages 5-12

Unleash your imagination and create amazing comic books! Write an original comic using our guided worksheets to help you illustrate your characters and scenes like a pro. Next, collaborate to develop a digital comic which will feature animated photos of you as a character within the story.

Instructor: Young Writers Academy Staff

9/21-12/7	Wed	4-5 p.m.	\$150
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YOUTH BOYS AND GIRLS SOCCER CLINIC

Ages 4-9

Players will learn the fundamentals, teamwork and sportsmanship. Trainings will occur outside on the grass field behind the community center. Please dress appropriate for the weather and bring a water bottle. In the event of bad weather practice will shift to the gym.

Coach: Kai

Ages 4-5

9/10-10/15	Sat	9:30-10:30 a.m.	\$90
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Ages 6-7

9/10-10/15	Sat	10:30-11:30 a.m.	\$90
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Ages 8-9

9/10-10/15	Sat	11:30-12:30 p.m.	\$90
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ONE ON ONE PLAYER DEVELOPMENT PROGRAM

Ages 6-15

The Player Development Program (PDP) is a focused basketball training program that develops confidence in players who are determined to get better. Whether you are a 6 year-old just getting into basketball...or a 16 year-old aiming to be a starter on your varsity team, you will learn proper technique and individual game strategy. Our PDP classes are small in size to ensure individual attention and intense focus. Train with One on One before the season...and YOU WILL GET BETTER. To learn more about One on One Basketball and determine which PDP color level is appropriate for you, visit us at www.1on1basketball.com.

Coach: One on One Staff

White-Coed (Ages 6-8)

9/20-11/8	Tue	5-6 p.m.	\$160
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Yellow-Coed (Ages 8-11)

9/20-11/8	Tue	6-7 p.m.	\$160
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Red/Purple-Coed (Ages 11-15)

9/22-11/10	Thu	5-6 p.m.	\$160
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Red/Purple-Coed (Ages 11-15)

9/22-11/10	Thu	6-7 p.m.	\$160
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ONE ON ONE JONGEN HUPS (YOUNG HOOPS)

Ages 3-5

One on One Basketball introduces Jongen Hups (Dutch for Young Hoops) to Seattle! This program will help develop essential gross motor skills such as jumping, balance, lateral movement, hand-eye coordination, passing/catching, and finger dexterity. Our curriculum has been proven to keep the little ones engaged and progressing. We use mini-basketballs and keep things light and fun as we develop skills that will help them in any sport!

Coach: One on One Staff

10/5-11/9	Wed	2-2:45 p.m.	\$115
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ONE ON ONE BASKETBALL PURE STROKE PRE-SEASON SHOOTING CLINIC

Ages 10-17

If you want to be an incredibly consistent shooter, you have to learn correct technique, and train your body how to work like a machine. Coach Stu Michie will teach you the mechanics of shooting piece by piece and how to correct yourself right away if you miss. Coach Michie studied shooting technique under the famous shooting coach Buzz Braman. Coach Braman is considered by many NBA personnel to be the best shooting coach there is. Learn the "Braman Method" from Coach Michie and you will be amazed at the results and confidence you gain going into the season.

Coach: One on One Staff

9/22-11/10 Thu 7-8 p.m. \$160

ONE ON ONE BASKETBALL PRE-SEASON TUNE UP

Before the winter hoops season begins, get your skills right with One on One Basketball. You will learn proper shooting, passing, and ball-handling technique using a variety of fun and age-appropriate drills, competitions and controlled scrimmaging. Register with teammates and workout together! Volunteer coaches are encouraged to observe these pre-season sessions to pick up great ideas and age-appropriate drills for season practices. This is the ideal warm-up to your rec league or CYO season! No class 11/19, 11/26, and 12/3.

Coach: One on One Staff

Boys 8-9

11/5-12/17 Sat 9-10 a.m. \$85

Girls 8-9

11/5-12/17 Sat 10-11 a.m. \$85

Boys 10-11

11/5-12/17 Sat 11-Noon \$85

Girls 10-11

11/5-12/17 Sat Noon-1 p.m. \$85

Boys and Girls 12-13

11/5-12/17 Sat 1-2 p.m. \$85

YOUTH INTRO TO TENNIS

Ages 5-10

Introduce your children to racquet sports and sharpen their hand-eye coordination. There's no waiting in lines in this class, and fun games and drills make it a hit! We provide racquets. Class takes place in the gym in the fall. Water bottle recommended. Class size is limited to 8 so register early. No class 10/31.

Instructor: Denise Bailey

10/3-11/28 Mon 3:30-4:15 p.m. \$92

NEW

NEW

YOUTH BEGINNING/ADVANCED TENNIS

Ages 7-15

Keeping the fun in tennis, this beginning/advanced class will introduce basic court play, focus on swings, and continue building hand-eye coordination skills. Games and drills will keep you busy hitting the ball! This class picks up where "Youth Intro to Tennis" leaves off. Class takes place in the gym. No class 10/31.

Instructor: Denise Bailey

10/3-11/28 Mon 4:15-5 p.m. \$92

BALLET 1

Ages 5-7

This class teaches the basics of correct body alignment and proper ballet technique. Students learn basic ballet vocabulary and combine it into fun, energetic, and expressive dances. Class will introduce traditional barre and center-floor work, and a creative game will round out the hour. No class 11/23, and 11/26.

Instructors: Michaela Hendrix and Anna Moretti

9/7-12/14 Wed 5-6 p.m. \$210

9/10-12/10 Sat 11 a.m.-Noon \$195

BALLET 2/3

Ages 8-13

This class teaches the basics of correct body alignment and proper ballet technique. Students learn basic ballet vocabulary and combine it into fun, energetic, and expressive dances. Class will include traditional barre and center-floor work. This traditional class is for boys and girls who have taken 2 years of dance instruction and older beginners.

Instructor: Michaela Hendrix

9/7-12/14 Wed 6-7 p.m. \$210

HIP POP JUNIOR

Ages 5-7

Join the fun! Students will learn basic hip hop dance moves and choreography to classic and current pop and hip hop music. Classes are energetic and focused on coordination and self-confidence. The dance party continues with some fun dance games. The students should wear comfortable sneakers and bring a water bottle.

Instructor: Sheila Gruner

9/6-10/18 Tue 4-4:45 p.m. \$70

10/25-12/6 Tue 4-4:45 p.m. \$70

HIP POP

Ages 8-10

Join the dance party! The students will learn more complex hip hop dance moves and choreography to classic and current pop and hip hop music. Classes are energetic and focused on coordination and self-confidence. The dance party always includes fun dance games. The students should wear comfortable sneakers and bring a water bottle. No class 9/15 and 11/24.

Instructor: Sheila Gruner

9/8-10/20 Thu 4-4:45 p.m. \$60

10/27-12/8 Thu 4-4:45 p.m. \$60



KIDS 'N' KEYBOARDS-A GROUP PIANO PROGRAM FOR CHILDREN

Ages 5-11

This affordable program involves a unique teaching method which provides complete piano instruction, and achieves the same results as costly private lesson. A further benefit of this group instruction is that children learn to play music together, in addition to learning solos. The ensemble helps their timing as well as their musical interaction in fun and productive ways. Advances in electronic keyboard technology and affordability have greatly improved in recent years, allowing for all who are interested to develop better piano technique. A student may change class--to a different age group, depending on experience and/or skill level with permission from the

Instructor: Paul Sklar

KIDS 'N' KEYBOARDS 1

Ages 5-6

In this introductory-level class kids learn easy, fun songs by using special sheet music arrangements that focus on the fundamentals. They also enjoy musical activities and stories, as well as the opportunity to perform in periodic recitals. No class 11/11 and 11/25.

9/9-12/9 Fri 4-4:30 p.m. \$120

KIDS 'N' KEYBOARDS 2

Ages 7-8

This intermediate group enjoys more challenging music, including real note reading and technique. Recitals really motivate the students to make good progress! No class 11/11 and 11/25.

9/9-12/9 Fri 4:45-5:15 p.m. \$120

KIDS 'N' KEYBOARDS 3

Ages 9-11

This more advanced level class continues with note reading, ensemble playing, and solo piano. Music theory may be introduced since some students engage in song writing and improvisation. No class 11/11 and 11/25.

9/9-12/9 Fri 5:30-6 p.m. \$120

SHOTOKAN KARATE

Ages 6 and older

Have fun learning traditional Japanese Shotokan karate. Martial Arts training improves self-confidence and concentration in all parts of life. Participants test for belt rank at their own pace. Students participating at the intermediate level should have reached the level of 7th kyu (Orange belt) or above, or with Instructor's permission. No class on 9/15.

Instructor: John Lane

BEGINNER

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

INTERMEDIATE/ADVANCED

9/8-9/29	Thu	7-8 p.m.	\$36
10/6-10/27	Thu	7-8 p.m.	\$36
11/3-11/17	Thu	7-8 p.m.	\$27
12/1-12/15	Thu	7-8 p.m.	\$27

TUMBLING

Ages 6-9

Students will practice gymnastics skills in an upbeat and positive environment. Children will be developing tumbling skills such as forward rolls, handstands, and balancing. Students will also work to develop flexibility, core strength, and life skills such as teamwork and determination. An additional \$5 annual insurance fee will be required prior to registration for all Gymnastics and Tumbling classes at Seattle Parks and Recreation facilities. This non-refundable fee covers a child's participation in all gymnastics, tumbling, or circus arts classes for one year from the date purchased. Please contact your local recreation center to purchase this insurance at time of registration. No class 10/1 and 11/26

Instructors: Michaela Hendrix and Anna Moretti

9/10-10/22	Sat	1:30-2:30 p.m.	\$90
10/29-12/10	Sat	1:30-2:30 p.m.	\$90



PLEASE REGISTER EARLY TO AVOID DISAPPOINTMENT.

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

INDIVIDUAL GUITAR LESSONS

Ages 7 and older

30-MINUTE LESSONS:

Learn to play guitar! These lessons are designed for those adults and children who have never played guitar. Learn to play chords to accompany songs you love and to play melodies. If interested, also learn traditional notation, TAB, and some music theory. Every effort will be made to get you playing music that excites you. You must have a guitar in playable condition.

Instructor: Dave Parish

10/4-11/1	Tue	4-4:30 p.m.	\$130
11/8-12/6	Tue	4-4:30 p.m.	\$130
10/4-11/1	Tue	4:30-5 p.m.	\$130
11/8-12/6	Tue	4:30-5 p.m.	\$130
10/4-11/1	Tue	5-5:30 p.m.	\$130
11/8-12/6	Tue	5-5:30 p.m.	\$130
10/4-11/1	Tue	5:30-6 p.m.	\$130
11/8-12/6	Tue	5:30-6 p.m.	\$130

45-MINUTE LESSONS:

Improve your guitar playing! These lessons are designed for those children and adults who have played at least one year but do not play at an advanced level. Learn to play chords, strumming patterns, and finger picking patterns to accompany songs you love. If interested learn also finger-style guitar, traditional notation, TAB, and some music theory. Every effort will be made to get you playing music that excites you. You must have a guitar in playable condition.

Instructor: Dave Parish

10/4-11/1	Tue	6-6:45 p.m.	\$190
11/8-12/6	Tue	6-6:45 p.m.	\$190
10/4-11/1	Tue	6:45-7:30 p.m.	\$190
11/8-12/6	Tue	6:45-7:30 p.m.	\$190

SPORTS OF ALL SORTS

Ages 3-5

This is a fun way to start out in sports. Your child will learn the basics of soccer, basketball, baseball, and more! In this class we will cover basic skills while having fun in a non-competitive environment, focusing on team work and good sportsmanship!

Instructor: Sheila Gruner

9/6-10/18	Tue	3-3:45 p.m.	\$70
10/25-12/6	Tue	3-3:45 p.m.	\$70



TEEN PROGRAMS

TEEN JUJITSU

Ages 12-18

FREE!

Have fun learning the Japanese martial art of grappling (Jujitsu). Participants will develop footwork, confidence, and the basics of self-defense. This will include how to safely roll, fall, and get back up again. Participants will learn standing and ground based grappling, throws and joint immobilizations. Uniform not required, but strongly recommended. No class 9/15 and 11/24.

Instructor: Robert Rood

9/6-12/6	Tue	3-4:30 p.m.
9/8-12/8	Thu	3-4:30 p.m.

PAID INTERNSHIPS AND SERVICE LEARNING HOURS AT RAV-ECK!

Ages 12-18

Are you interested in a future with Seattle Parks and Recreation? Paid internship opportunities are available to those ages 12-18. Earn money while learning how our centers work.

Need service hours for school? Volunteer opportunities are available supporting special events and ongoing programs. Contact Ravenna Eckstein Community Center for more details: 206-684-7534.

➤ ADULT

HATHA YOGA

Ages 15 and older

Explore the basic yoga postures (asanas), breath practices (pranayama), and theory of yoga. These classes will teach the fundamentals of asana, breath awareness, and relaxation techniques. No specific fitness level is required. You will be encouraged to work within your own limitations and abilities.

Instructor: Monica Enders

9/12-10/24	Mon	6-7 p.m.	\$77
10/31-12/12	Mon	6-7 p.m.	\$77

RAVENNA SECOND-STRING ORCHESTRA

Ages 13 and older

Ravenna Second String Orchestra provides opportunities to develop musical skills and perform with other musicians. This orchestra is a little easier than the Ravenna String Orchestra, and is a wonderful opportunity for intermediate players. Enjoy a supportive atmosphere with no auditions. For additional information please visit www.ravennastrings.com. Concert at Eckstein Middle School on Wed, December 7.

Instructors: Conductor Judy Drake and Co-Director

Lorraine Hughes

9/12-12/5	Mon	7:15-8:30 p.m.	\$75
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RAVENNA STRING ORCHESTRA

Ages 13 and older

The Ravenna String Orchestra provides opportunities to develop musical skills and perform with other musicians. This orchestra is for advanced players. Enjoy a supportive atmosphere with no auditions. For additional information please visit www.ravennastrings.com. Concert at Eckstein Middle School on Wed, December 7.

Instructors: Conductor Judy Drake and Co-Director

Lorraine Hughes

9/14-12/7	Wed	7:15-8:30 p.m.	\$75
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➤ MULTIGENERATIONAL

CHALLAH BREAD BAKING WORKSHOP

Ages 16 and older

Join us for a hands-on workshop where we'll learn to make challah, a delicious fluffy braided egg bread. You'll learn the entire process from flour to loaf: mixing, kneading, rising, baking, and several dough braiding techniques (three, four, and six-strand loaves). All the ingredients are provided and you'll make your very own loaf to take home, warm out of the oven! We'll also make a yummy dip (such as hummus, babaganouj or tzatziki) while we wait for the dough to rise. BYO Apron.

Instructor: Masha Shtern

9/19	Mon	5:30-8:30 p.m.	\$35
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SHOTOKAN KARATE

Ages 6 and older

Have fun learning traditional Japanese Shotokan karate. Martial Arts training improves self-confidence and concentration in all parts of life. Participants test for belt rank at their own pace. Students participating at the intermediate level should have reached the level of 7th kyu (Orange belt) or above, or with Instructor's permission. No class 9/15.

Instructor: John Lane

Beginner

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

Intermediate/Advanced

9/8-9/29	Thu	7-8 p.m.	\$36
10/6-10/27	Thu	7-8 p.m.	\$36
11/3-11/17	Thu	7-8 p.m.	\$27
12/1-12/15	Thu	7-8 p.m.	\$27



SEATTLE PARKS AND RECREATION AQUATICS INFORMATION



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Lessons "Seattle Swims"

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



Class Information

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



© jay dotson photography

Personal Lessons

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



© Doug Mahugh

Fitness

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



Recreation

Public Swim, Family Swim, Lap Pool and more!



Contact your local pool for more information!

BALLARD POOL

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

EVANS POOL

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

HELENE MADISON POOL

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

MEADOWBROOK POOL

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

MEDGAR EVERS POOL

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

QUEEN ANNE POOL

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

RAINIER BEACH POOL

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

SOUTHWEST POOL

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

Summer Only

COLMAN POOL

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

LOWERY C. "POP" MOUNGER POOL

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

Did You Know?
We have rental space!

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

Call to book your party today!



RESERVATIONS AND CONFIRMATIONS

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

RENTAL RATES WITH ALCOHOL AT COMMUNITY CENTERS

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

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

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

REFUNDS

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

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

HOURLY ROOM AND GYMNASIUM RENTAL FEES

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

ROOMS

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

COMMUNITY CENTERS/ROOMS AND CAPACITIES

SITE	SMALL	MED	LARGE	KITCHEN	GYM
Laurelhurst	37	48	72	large	
Magnuson Park		50	100 / special		
Meadowbrook	(2)10	(7)50	150	large	400
Miller	Please call center				
Montlake	Please call center				
Northgate	15/20		179	large	800
Ravenna	35/20	50	120	small	400

NORTHEAST SEATTLE/SHELTERHOUSES AND CAPACITIES

SITE	SMALL
Cowen Park Shelterhouse Reservation number 684-7534	35
Pinehurst Shelterhouse Reservation number 684-7522	53

REGISTER ONLINE!

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

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

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

Payment

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

Fees and charges

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

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

Confirmations

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

Refunds

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

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

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

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

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

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

For full details of the Department's Refund Policy, please see Policy Number 060-P 7.16 which can be found here: www.seattle.gov/parks/reservations/feesandcharges/refunds.htm.

Pool Personal Lesson Refund/Transfer Policy

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

Group Lesson Refund Policy

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

Class cancellations

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

Waiting lists

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

Scholarships

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

Anti-discrimination

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

Accommodation for people with disabilities

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

Special Populations

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

Interested in teaching?

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

More information

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



ADULT PROGRAMS

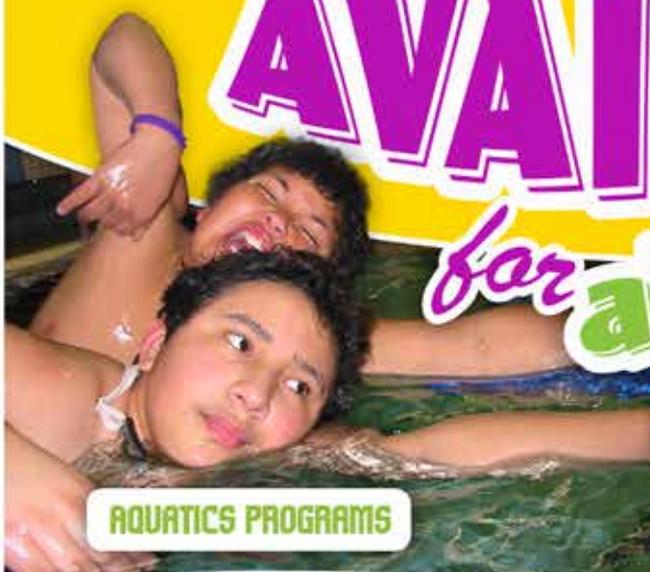


YOUTH PROGRAMS
(including child care)



SCHOLARSHIPS AVAILABLE for all ages

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



AQUATICS PROGRAMS



SPECIALIZED PROGRAMS



ENVIRONMENTAL LEARNING PROGRAMS



LIFELONG RECREATION PROGRAMS

THANK YOU SEATTLE VOTERS!

MADE POSSIBLE BY THE SEATTLE PARK DISTRICT