



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

COMMUNITY CENTERS

ALKI
DELDRIDGE
HIAWATHA
HIGH POINT
SOUTHWEST
SOUTH PARK
YESLER

POOLS
SOUTHWEST



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.



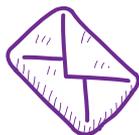
SECOND CHOICE

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

70

FREE PROGRAMS

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

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

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

Rob Bellm: rob.bellm@seattle.gov

Dawn Bennett: dawn.bennett@seattle.gov

Giovannina Souers: giovannina.souers@seattle.gov

Classes are scheduled approximately six months in advance.



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ALKI CC

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

HOURS

Mon/Wed	4-8 p.m.
Tue/Thu	10 a.m.-2 p.m.
Friday	11 a.m.-8 p.m.
Sat/Sun	Closed

DELRIDGE CC

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

HOURS

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

HIAWATHA CC

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

HOURS

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

**HIGH POINT CC**

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

HOURS

Mon-Thu	9 a.m.-8 p.m.
Fri/Sat	9 a.m.-7 p.m.
Sunday	2-8 p.m.

SOUTHWEST TEEN LIFE CENTER

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

HOURS OF OPERATION

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

SOUTH PARK CC

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

HOURS

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

YESLER CC

917 E Yesler Way / Seattle, WA 98122
PH: 206-386-1245 **Fax:** 206-684-7787

HOURS

Mon-Thu	1-9 p.m.
Friday	1-7 p.m.
Saturday	10 a.m.-5 p.m.
Sunday	Closed

CLOSURES

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

**PARKS AND RECREATION
MANAGEMENT**

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

COORDINATORS

TBA, Alki CC
Angie Ramirez, Delridge CC
Jefri Peters, Hiawatha CC
Shari Watts, High Point CC
John Barclay, South Park CC
Andre Franklin, Southwest TLC
Temesgen Habte, Yesler CC

ASSISTANT COORDINATORS

Giovannina Souers,
giovannina.souers@seattle.gov
Dawn Bennett,
dawn.bennett@seattle.gov
Rob Bellm,
rob.bellm@seattle.gov

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.



SEATTLE PARKS
AND RECREATION

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.

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



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



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



DISCOVERY PARK

206-386-4236
 3801 Discovery Park Blvd
discover@seattle.gov
 » located 5 miles northwest of downtown Seattle
 » 8 miles of trails
 » ponds, saltwater beaches, forests, and meadows

CAMP LONG

206-684-7434
 5200 35th Ave SW
camplong@seattle.gov
 » located in West Seattle
 » 68-acre forested park with hiking trails
 » climbing rock with instructors
 » rustic cabins for rent
 » wetlands loaded with frogs and salamanders
 » campfire programs

CARKEEK PARK

206-684-0877
 950 NW Carkeek Park Road
carkeek.park@seattle.gov
 » located in North Seattle
 » roam the trails
 » play at the playground
 » explore the historic Piper's Orchard



Learn about and sign up for programs on SPARC, an online registration service. Each park also has its own web page at www.seattle.gov/parks. Click on the Environmental Learning link.

↘ RECURRING EVENTS

SOUTH PARK COMMUNITY KITCHEN

FREE!
WITH LOCAL HARVEST FROM MARRA FARM
Ages 2 and older

The Community Kitchen brings people together to prepare food and share it the third Wednesday of the month. Everyone is involved in the food preparation, cooking, cleaning, and then we all eat a meal together. Youth ages 2-15 work on their own recipe and share the meal with the group. In addition to eating a delicious meal, participants gain cooking skills, fresh ideas, nutritional awareness, and connections in the community. Don't forget to bring a container for leftovers! Space is limited to 15 participants so please reserve your spot early!

Instructor: Liz Nelson
Languages: English and Spanish
Location: South Park CC
8/17 Wed 5:30-8 p.m.

FRIDAY NIGHT SKATE

Ages 2 and older

Join us for a night of skating for the whole family. Don't have your own skates? That's ok, we have your size. Enjoy a night of family fun to the latest pop music, races, and lights.

No skate night 10/28 and 11/25.

Location: Alki CC
9/9-12/30 Fri 5:45-7:45 p.m. \$3/skater

THEMED SKATE NIGHTS

Ages 5 and older

Join us for a night of fun! We'll have themed music, games, raffles, a costume contest, and a whole lot of fun for the entire family.

Location: Alki CC

GROOVY NIGHTS

9/23 Fri 5:45-7:45 p.m. \$3/skater

GLOW IN DARK

10/21 Fri 5:45-7:45 p.m. \$3/skater

HIP HOP NIGHT

11/18 Fri 5:45-7:45 p.m. \$3/skater

WINTER WONDERLAND

12/23 Fri 5:45-7:45 p.m. \$3/skater


PARENT'S NIGHT OUT

Ages 5-11

Parent's, it's your turn to take a time out. And while you are out your kids will enjoy pizza, skating, games, and other activities. Please register a week in advance, a minimum of 5 participants is required.

Location: Alki CC

9/23	Fri	6-8 p.m.	\$25
10/21	Fri	6-8 p.m.	\$25
11/18	Fri	6-8 p.m.	\$25
12/23	Fri	6-8 p.m.	\$25

Sibling Discount: \$10

SKATE NIGHT BIRTHDAY PARTY PACKAGES

Our popular skate night rentals just got better. Check out our package deals. *Additional Skaters \$3 each

ROCK STAR SKATE

Small Room	5:45-7:45 p.m.	
15 min. Skate Rm	w/5 VIP seats	
Skate Night Shirt	10 Skaters	Total \$155

FRIENDS SKATE

Small Room	6:15-7:15 p.m.	
Skate Night Shirt	5 Skaters	Total \$95

BALLOON SKATE

Small Room	6-7:30 p.m.	
w/5 VIP seats		
Skate Night Shirt	7 skaters	Total \$123.50

CAKE SKATE

Small Room	6:30-7 p.m.	
Skate Night Shirt	3 Skaters	Total \$66.50

➤ SPECIAL EVENTS

➤ AUGUST 2016

NATIONAL NIGHT OUT AND ICE CREAM SANDWICH DAY

FREE!

All Ages

This is a great chance to learn about crime prevention and celebrate your community while enjoying an Ice Cream. Join us for the National Night Out Against Crime! We will have fun art projects and games; brought to you by the Delridge Community Center Advisory Council.

Location: Delridge CC

8/2 Tue 4-6 p.m.

NIGHT OUT AGAINST CRIME

FREE!

All Ages

This is a great chance to learn about crime prevention and celebrate your community while spending time with your neighbors and eating great food. Join us for the National Night Out Against Crime!

Location: South Park CC

8/2 Tue 5-7 p.m.

OUTDOOR MOVIE NIGHT

FREE!

All Ages

Delridge Community Center and Southwest Youth and Family Services invite you to enjoy an outdoor movie. Bring your blankets and pillows. Refreshments and popcorn provided by the Delridge Advisory Council.

Location: Delridge CC

8/12 Fri 8:30 p.m. (or at about sun down)

RACE FOR RECREATION FUN RUN

All Ages

Join us for a 5k run to help raise money for recreational scholarships that directly benefit the Delridge Community Center and the youth/teens that make up our wonderful community. We will have a fun walk for families and children and a competitive run for those looking for the challenge. More details to come. #RaceforRecreation2016

Location: Delridge CC

8/13 Sat 10 a.m.

\$25 pre-registration/\$30 day of event

DELRIDGE DAY

FREE!

All Ages

11th annual Delridge Day, the annual neighborhood festival bringing everyone together for food, fun, games, music and more! Come celebrate all Delridge has to offer! #DelridgeDay

Location: Delridge CC

8/13 Sat 11 a.m.-4 p.m.

BACK TO SCHOOL CARINAL AND BBQ

FREE!

All Ages

It's almost time to get back to school but there is a little more time for fun! Come celebrate the end of the summer with games, music, friends and great food at the South Park Community Centers Back to School Carnival and BBQ.

Location: South Park CC

8/25 Thu 4-6 p.m.

BACK TO SCHOOL CELEBRATION

FREE!

Ages K-12th Grades

Come to our Back to School Celebration for haircuts, school supplies, and ice cream.

Location: Yesler CC

8/26 Fri 5:30-6:30 p.m.

ALKI SUMMER FUN FEST

All Ages

On the Alki field, we'll have, carnival games for all ages, bubbleland, and carnival treats. This is a great time to meet your neighbors and learn about community programs - a summer must! Food, snow cones, and cotton candy for sale at the event.

Location: Alki CC

8/31 Wed 5-7 p.m.

\$1 for games

\$10 unlimited bracelet

➤ SEPTEMBER 2016

No events are scheduled yet for September. Please check with your local community center for a current calendar!



JOIN THE HIGH POINT COMMUNITY CENTER FOR THEIR ANNUAL FALL FAMILY FUN SERIES THE THIRD SATURDAY OF THE MONTH IN OCTOBER, NOVEMBER AND DECEMBER AT 10:30 A.M.. FEATURING ACTS SUCH AS LOUIE FOXX, THE REPTILE MAN AND MORE! MORE DETAILS TO FOLLOWS! QUESTIONS? CALL 206-684-4722.

➤ OCTOBER 2016

FALL FESTIVAL AND HAUNTED HOUSE

FREE!

Ages 3-11

Join the High Point Community Center staff and enjoy a family evening of fun. We will have Halloween games, booths, face painting, arts and crafts activities, and snacks, fun for all ages. Come one, come all.

Location: High Point CC

10/20 Thu 5:30-7 p.m.

HAUNTED HOUSE

Ages 8 and older

Enter and get ready to be scared in this amazing High Point Community Center Haunted House build by the neighborhood teens. All proceeds help fund High Point Teen programming.

Location: High Point CC

10/20 Thu 5:30-7 p.m. \$2

TODDLER PUMPKIN PALOOZA

Ages 1-5

Join the High Point Community Center staff and enjoy age appropriate Halloween games, booths, face painting, arts and crafts activities, and snacks.

Location: High Point CC

10/27 Thu 10 a.m.-Noon \$5

GLOW IN THE DARK PARTY

FREE!

Ages 12 and under

Come dressed in your best glow in the dark costume, or any costume, and try to glow in the dark ring toss, tick-tac-toe, bowling, and other fun games. This event is brought you by the Delridge Advisory Council.

Location: Delridge CC

10/27 Thu 6-7:30 p.m.

GINGERBREAD HOUSE MAKING EVENT

FREE!

Ages 12 and under

Come enjoy some hot cocoa and treats while making your own Gingerbread house. This event is brought you by the Delridge Advisory Council.

Location: Delridge CC

10/27 Thu 6-7:30 p.m.

FALL CARNIVAL

Ages 3-11

Join the Yesler Community Center staff and enjoy Halloween games, booths, face painting, candy, and snacks.

Location: Yesler CC

10/28 Fri 5:30-7 p.m. \$1

HALLOWEEN CARNIVAL

Age 2-14

Start your Halloween off with a frighteningly fun filled evening for the family! Wear your costumes and enjoy carnival games, crafts, and spooktacular activities.

Location: Hiawatha CC

10/28 Fri 6-8 p.m. \$5/child

HALLOWEEN CARNIVAL

Age 5-11

Alki's inviting all the little goblins in town to join us for a howling good time. Enjoy carnival inspired games, and walk through our scream room, if you dare.

Location: Alki CC

10/28 Fri 6-8 p.m.
\$1 per game or \$10 unlimited bracelet

HALLOWEEN FESTIVAL

FREE!

The South Park Community Center would like to invite families to come out dressed in their costumes and have fun at the annual South Park Community Center Halloween Festival. From the hunted table of Halloween goodies to the cake walk, everyone is bound to have a good time eating, taking pictures, laughing and earning prizes at many of our Halloween Festival Pit stops.

Location: South Park CC

10/28 Fri 5-7 p.m.

FRIGHT NIGHT

Age 10 and older

Teens and tweens will scream with fright (and delight) at this scary Halloween Hunt Installation. Like previous South Park Community Center Hunted Houses, Fright Night is presented through the hardwork and collaboration of staff, volunteers and alternate neighborhood teens. Be ready, it has all the ghost, goblin and ghouls the imagination can muster.

Location: South Park CC

10/28 Fri 5-7 p.m. \$3

LASER TAG ZOMBIE HUNT

Age 10 and older

Back by popular demand is the South Park Community Center Zombie Hunt! Unfortunately, the Zombies have broken out of the South Park Community Center's containment area and laid claim to the South Park Field. In order to stop these Zombie Mutants from taking over the South Park Community Center at large, we will need some very courageous individuals to step forward and join our Resistance Team. Think you are ready for this challenge? Join us and help us keep the South Park Community Zombie Free!

Location: South Park CC

10/28 Fri 6-10 p.m. \$2

▾ NOVEMBER 2016

THANKSGIVING DINNER

FREE!

All Ages

Come and enjoy a great Thanksgiving meal with traditional and nontraditional holiday foods. Bring family and friends to this fun event. This event is sponsored by Yesler Community Center Advisory Council.

Location: Yesler CC

11/18 Fri 5-7 p.m.

▾ DECEMBER 2016

HARBORVIEW HOLIDAY PARTY

FREE!

All Ages

Come to Yesler Community Center and experience the holiday season with your family. Enjoy the fun activities sponsored by Harborview Hospital and Medical Center.

Location: Yesler CC

12/17 Sat 10 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.



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

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

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

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

TODDLER PLAY 10 ADMISSIONS: \$24
DROP-IN GYM 10 ADMISSIONS: \$27 (Adults), \$18 (Seniors)
FITNESS ROOM 10 ADMISSIONS: \$27 (Adults), \$18 (Seniors)
PUNCH CARD 30 DAY UNLIMITED: \$20 (Adults), \$13 (Seniors)
Contact your community center for more information.



TODDLER INDOOR GYM

DOES YOUR CHILD NEED TO BURN OFF SOME ENERGY?

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

\$3 per child.

ALKI COMMUNITY CENTER (STARTS 9/13)

Tue/Thu 11:30 a.m.-1:30 p.m.

DELRIDGE COMMUNITY CENTER (STARTS 9/12)

Mon/Wed Noon-3 p.m.

HIAWATHA COMMUNITY CENTER (STARTS 9/12)

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

HIGH POINT COMMUNITY CENTER (STARTS 9/20)

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

SOUTH PARK COMMUNITY CENTER (STARTS 9/15)

Thu Noon-2 p.m.

YESLER COMMUNITY CENTER (STARTS 9/7)

Mon/Wed 1-3 p.m.

↘ RECTECH

RECTECH LAB PUBLIC ACCESS HOURS

DELRIDGE COMMUNITY CENTER

RecTech Site Lead: Leslie Howle (206-684-0364)

Mon-Wed 12:30-8 p.m.
Thu 11 a.m.-7 p.m.
F/Sa/Su CLOSED

SOUTH PARK COMMUNITY CENTER

RecTech Site Lead: Tony Hatten (206-684-7451)

Mon-Thu Noon-7 p.m.
Fri Noon-4:30 p.m.
Sat/Sun CLOSED

YESLER COMMUNITY CENTER

RecTech Site Lead: Asfaha Lemlem (206-615-1579)

Mon 2-5 p.m.
Tue 10 a.m.-6 p.m.
Wed 2-6 p.m.
Thu 10 a.m.-6 p.m.
Fri 2-4:30 p.m.
Sat/Sun CLOSED

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

TEEN LATE NIGHT

TEEN LATE NIGHT

Ages 13-19

FREE!

Late Night is a safe and supportive environment for teens ages 13-19. This recreation based program is held on Fridays and Saturdays from 7 p.m.-Midnight with a focus on Positive Teen interactions and engagement where all teens are welcomed. The Late Night program is aligned and supportive of the City's Race and Social Equity framework, including education and employment readiness programs. Come to your local Late Night and explore more of what we have to offer! Photo ID required. Seattle Parks and Recreation Citywide Teen Programs' goal is to impact the life trajectories of teens, by providing opportunities for community involvement, building positive relationships, and learning experiences that build skills, while embracing stewardship to ensure confident leadership roles in society. **Contact your local neighborhood specialist for more information.**

NORTH - (206) 684-7523

Meadowbrook Teen Life Center
Bitterlake Community Center

CENTRAL - (206) 684-4550

Garfield Teen Life Center

SOUTHEAST- (206) 551-7316

Ranier Community Center
Ranier Beach Community Center
Van Asselt Community Center

SOUTHWEST- (206) 684-7438

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

TEEN DROP-IN ACTIVITIES

Ages 11-19

FREE!

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

Location: Southwest Teen Life Center (SWTLC)

BASKETBALL

Wed 3-6 p.m.

VOLLEYBALL

Tue 3-6 p.m.

PICKLE BALL/BADMINTON

Thu 5-8 p.m.

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

BALLROOM DANCE

Ages 18 and older

Join us to experience complimentary and Latin dance lessons and free dance instruction/guidance in ballroom dancing.

Location: Yesler CC

Tue 6-8:45 p.m.

Sat 2:30-4:30 p.m.

SENIOR GAMES

Ages 55 and older

Here's a chance to enjoy a fun afternoon of Mahjong and table tennis.

Location: Yesler CC

M/W 1-4 p.m.

ETHIOPIAN AND ERITREAN FOOD AND FITNESS

FREE!

Ages 55 and older

This program offers great opportunities for elders to celebrate their culture and language. Open access for participants to utilize Yesler Community Center's fitness room before and after having a social and East African-styled brunch in the Multi-purpose Room. Each day provides lunch, social, educational, and fitness programs.

Location: Yesler CC

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

Sat Noon-1 p.m.

PAINTING

Ages 30 and older

Need a place to paint? Bring your supplies and your friends, and get inspired at Alki Community Center. We'll give you a space to make your best art work yet. No class 9/15 and 11/24

Location: Alki CC

9/13-12/29 **Thu** 10-11 a.m. **\$3**

ADULT TAI CHI

Ages 30 and older

If you're looking for a way to reduce your stress or anxiety Tai Chi may just be the answer you've been looking for. Not only is Tai Chi a great way to de-stress, but it's also a great way to increase your flexibility, and balance. No class on 9/15

Location: Alki CC

9/13-12/29 **Thu** 10-11 a.m. **\$3**

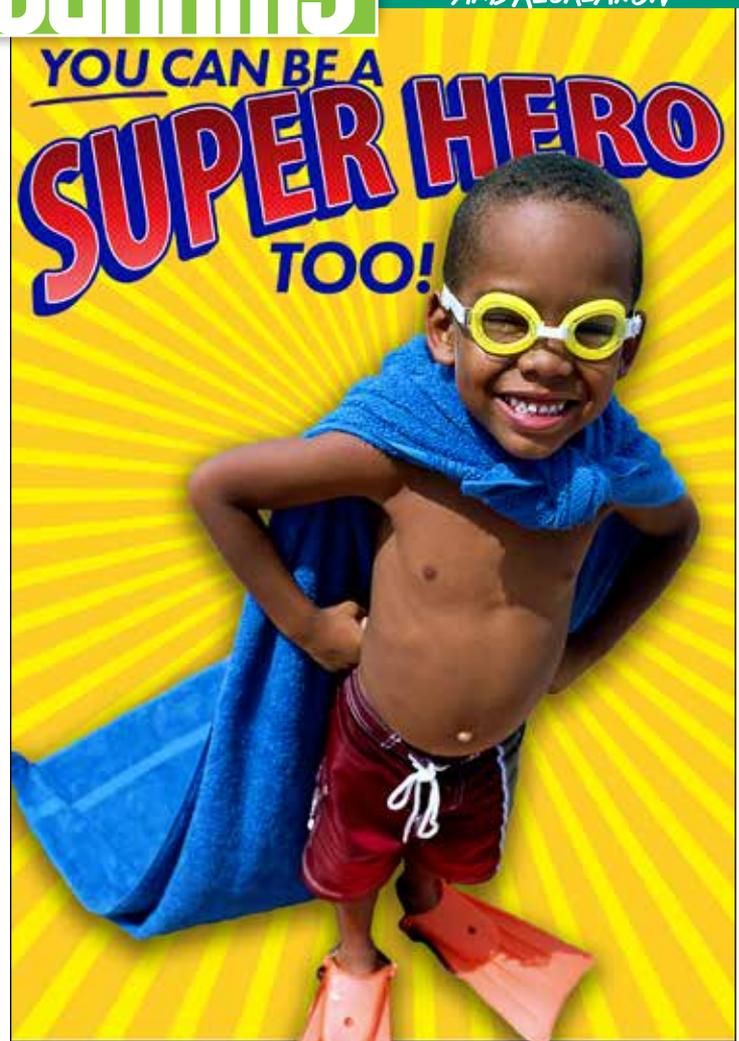
DROP IN ROWING FOR FITNESS

Want more rowing workouts in your week? Drop in and use our Concept 2 Ergometers anytime you want. Call 206-684-7451 before coming to make sure we have an open space for you to put the Ergometer in, or if it is a nice day, you can take your machine outside. This machine provides a whole body workout! No Drop in 9/15, 11/11, 11/24-25, 12/25 and 1/1

Location: South Park CC

9/6-12/31 **Mon-Sat center hours** **\$3**

FALL 2016 | register online at seattle.gov/parks



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!

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

	ALKI	DELRIDGE	HIAWATHA	HIGH POINT	SOUTH PARK	YESLER
BADMINTON						Wed 7-8:45 p.m. Sat 10 a.m.-1 p.m.
BASKETBALL	<i>No open gym during the fall due to Youth Basketball.</i>	M/W 3:30-6 p.m. T/Th 2-6 p.m. Fri 1-5:45 p.m.	M-F 3-4 p.m. 6-7 p.m.	M/W/F 2:30-4 p.m.	M/T/W Noon-2 p.m.	M/T/F 3-5 p.m. T/Th 1-3 p.m.
COMPUTER LAB		M-W 2:30-8 p.m.				Mon-Fri 2-4 p.m. FREE
FITNESS ROOM		M/W 9 a.m.-8 p.m. T/Th Noon-8 p.m. Friday 11 a.m.-6 p.m.				
PICKLEBALL		M/W 10 a.m.-Noon T/Th Noon-2 p.m.	Friday 10 a.m.-Noon	Mon 9:30-11 a.m.		T/Th 10 a.m.-Noon
VOLLEYBALL		T/Th 10 a.m.-Noon				Mon 7-9 p.m.

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

➤ FALL YOUTH SPORTS

REGISTRATION OPEN NOW

REGISTRATION ENDS OCT. 7, 2016

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

Fee: \$35

GIRLS VOLLEYBALL LEAGUE

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

Minimum: 5 Girls per team

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

Teams will be forming at the following Community Centers:

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

YOUTH FLAG FOOTBALL LEAGUE (COED)

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

Minimum: 5 players per team

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



SEATTLE PARKS
AND RECREATION

YOUTH BASKETBALL LEAGUE (GIRLS AND BOYS)

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

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

Minimum: 7 players per team

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

*Age as of August 31, 2016

Registration begins October 4, 2016 (Noon)

Practices begin November 2016

League Games begin January 7, 2017

Fee: \$70

WWW.SEATTLE.GOV/PARKS/ATHLETICS

YOUTH CROSS COUNTRY (GIRLS AND BOYS)

Ages 8-17

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

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



YOUTH SPORTS GENERAL INFORMATION

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

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

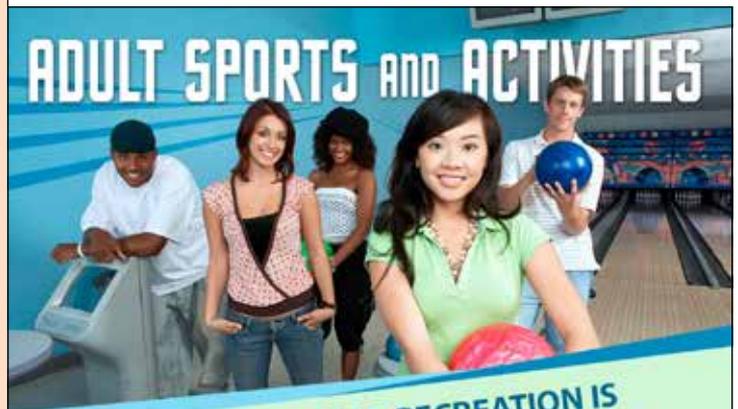
If your center doesn't offer a sport, the staff will refer you to the next closest center. Centers need a minimum number of players and a volunteer coach to offer the sport.

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!



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



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

↘ FALL 2016

PRESCHOOL PROGRAM

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

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

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

Register NOW at your local community center!

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

CHILD CARE HOTLINE: 206-684-4203

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

IMPORTANT DATES*

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

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



Ages	Days	Time	Price/month
ALKI COMMUNITY CENTER			
3-5	T/Th	9 a.m.-12:30 p.m.	\$222
3-5	M/W/F	9 a.m.-12:30 p.m.	\$319
3-5	M-F	9 a.m.-12:30 p.m.	\$480
DELTRIDGE 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
HIAWATHA COMMUNITY CENTER			
3-5	T/Th	9:30 a.m.-1 p.m.	\$222
3-5	M/W/F	9:30 a.m.-1 p.m.	\$319
3-5	M-F	9:30 a.m.-1 p.m.	\$480

\$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.

*Delridge's preschool is open during winter, mid-winter and spring breaks.

↘ 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

DANCE AND RHYTHM FOR TINY TOTS

Ages 2-3

We recognize that grooving and moving is almost as natural as laughing and running to young children, so why not nurture that skill in your little ones? Our Tiny Tots Dance and Rhythm class is a hip hop inspired movement class that provides a stimulating environment for little ones to move, create, and develop their senses of co-ordination. Students will work on a small routine that shows off their amazing skills in preparation for our relaxed and fun December recital.

Instructor: Boom Dance Ink Seattle

Location: Alki Bathhouse

9/20-10/25	Tue	11:15-11:45 a.m.	\$50
11/8-12/13	Tue	11:15-11:45 a.m.	\$50

DANCE AND RHYTHM WITH MUM'S AND BUB'S

Ages 2 and under

Come and join this fun class where your little cherubs will use movement, song and music to learn basic and fundamental skills. This class is designed for Mum's, Dad's, and Caregivers to join their infants as they begin their musical and movement journey. Explore movement, rhythmic sounds, and song through a variety of instructor guided activities. We will work on a small fun exercise that we can demonstrate to our friends and family at our relaxed and fun December recital.

Instructor: Boom Dance Ink Seattle

Location: Alki Bathhouse

9/20-10/25	Tue	11:45 a.m.-12:15 p.m.	\$50
11/18-12/13	Tue	11:15 a.m.-12:15 p.m.	\$50

PRESCHOOL HIP HOP

Ages 3-5

Learn the creative and energetic dance steps of Hip Hop for fun, or fitness. Hip Hop classes are designed for students to learn all facets, foundations, and basic fundamentals of hip hop. Students will work on a routing that shows off their amazing skills in preparation for our relaxed and fun December recital. Students will leave class refreshed with confidence and ready to strut their stuff.

Instructor: Boom Dance Ink Seattle

Location: Alki Bathhouse

9/20-10/25	Tue	1:15-2 p.m.	\$75
11/8-12/13	Tue	1:15-2 p.m.	\$75

↘ YOUTH

MINI HIP HOP

Ages 4-6

Learn the creative and energetic dance steps of Hip Hop for fun, or fitness. Hip Hop classes are designed for students to learn all facets, foundations, and basic fundamentals of hip hop. Students will work on a routine that shows off their amazing skills in preparation for our relaxed and fun December recital. Students will leave class refreshed with confidence, and ready to strut their stuff.

Instructor: Boom Dance Ink Seattle

Location: Alki Bathhouse

9/19-10/24	Mon	6:15-7 p.m.	\$75
11/7-12/12	Mon	6:15-7 p.m.	\$75

TWEEN HIP HOP

Ages 7-12

Learn the creative and energetic dance steps of Hip Hop for fun, or fitness. Hip Hop classes are designed for students to learn all facets, foundations, and basic fundamentals of hip hop. Students will work on a routing that shows off their amazing skills in preparation for our relaxed and fun December recital. Students will leave class refreshed with confidence and ready to strut their stuff.

Instructor: Boom Dance Ink Seattle

Location: Alki Bathhouse

9/19-10/24	Mon	7-8 p.m.	\$100
11/7-12/12	Mon	7-8 p.m.	\$100

HULA

Ages 7-11

This class offers an excellent way to introduce your little one to this beautiful form of dance. Anyone can learn hula, and your child will do so in a relaxed and informal environment. No costumes, or special apparel needed. No class on 11/24

Instructor: Faava Leui

Location: Alki CC

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

DRAMA

Ages 7-11

In this class your child will learn the basics of self-expression through performing arts. They'll learn character development, storytelling, voice, movement, improvisation, and self-awareness.

Instructor: Amelia Michaels

Location: Alki CC

9/12-10/17	Wed	6:30-7:30 p.m.	\$56
10/24-11/28	Wed	6:30-7:30 p.m.	\$56

PARENT/CHILD POTTERY

Ages 3 and older

Come discover pottery with your child. Learn about pinching, coiling, and slab construction. Play with texture, form, and various shapes. Make precious gifts that will last a lifetime. Clay and glazes provided. **Second child only \$25 dollars

Instructor: Aaron Murray

Location: Alki Bathhouse

9/13 - 10/11	Tue	11:30 a.m.-12:30 p.m.	\$95
10/18 - 11/15	Tue	11:30 a.m.-12:30 p.m.	\$95
11/22 - 12/20	Tue	11:30 a.m.-12:30 p.m.	\$95

9/13 - 10/11	Tue	1-2 p.m.	\$95
10/18 - 11/15	Tue	1-2 p.m.	\$95
11/22 - 12/20	Tue	1-2 p.m.	\$95

TEEN

HELPING OTHER PEOPLE ENGAGE (H.O.P.E.)

At Alki Community Center we believe every youth has something special to offer. H.O.P.E. embraces the opportunity to help each youth find that gift through engaging volunteer activities. H.O.P.E is a program that gives student volunteers an opportunity to engage with other students, youth, and adults the opportunity to engage with youth. This program allows youth to bring their voice and insight to their service learning experience at Alki Community Center.

To find out about volunteer service learning hours, contact Paula Pablo @ (206) 684-7430 to set up an interest interview.

TEEN NIGHT

Age 12-17

Once per quarter Alki Community Center will hold a teen night for all the teen volunteers (H.O.P.E) through the quarter. Enjoy open gym, arts and crafts, food and a ton of laughter. For more details please contact Paula @ (206) 233-3851.

Location: Alki CC

ADULT

HATHA YOGA

Ages 18 and older

All level yoga class. Classes vary depending on what students want to work on that day. Variations are on strengthening, stretching, and breathing. Strive to make it all feel good by the end of class and leave with a smile!

Instructor: Beverly Denny

Location Alki Bathhouse

9/7-9/28	Wed	6:15-7:30 p.m.	\$44
10/8-10/26	Wed	6:15-7:30 p.m.	\$44
11/2-11/30	Wed	6:15-7:30 p.m.	\$55
12/7-12/28	Wed	6:15-7:30 p.m.	\$44

BEGINNING/INTERMEDIATE WHEEL

Ages 16 and older

Students learn how to throw on the wheel in a relaxed, and supportive environment. Students who have some prior experience on the wheel, and would like to work on specific projects are welcome. Longer class time allows for more practice to work on your wheel throwing skills.

No class on 11/23

Instructor: Aaron Murray

Location: Alki Bathhouse

9/14 - 10/26	Wed	6-9 p.m.	\$140
11/2- 12/14	Wed	6-9 p.m.	\$140

BASIC CERAMICS

Ages 16 and older

This course will teach you the basics of ceramics, starting with hand building techniques like pinch pots, coiling and slab building and then moving on to a quick introduction to wheel throwing as well.

Instructor: Aaron Murray

Location: Alki Bathhouse

9/13 - 10/25	Tue	6-8 p.m.	\$140
11/1 - 12/13	Tue	6-8 p.m.	\$140



TABLEWARE WHEEL THROWING

Ages 18 and older

Learn how to create your own dining set on the wheel at the Alki Bathhouse pottery studio. This class will teach you the basics of wheel throwing, firing, and glazing. Take home your own hand made cups, plates, and bowls!!

Instructor: Denny Porter

Location: Alki Bathhouse

9/12-10/24	Mon	6-9 p.m.	\$140
11/7-12/19	Mon	6-9 p.m.	\$140

TABLEWARE WHEEL THROWING

Ages 18 and older

Learn how to create your own dining set on the wheel at the Alki Bathhouse pottery studio. This class will teach you the basics of wheel throwing, firing, and glazing. Take home your own hand made cups, plates, and bowls! No class on 9/15 and 11/24.

Instructor: Denny Porter

Location: Alki Bathhouse

9/12 - 10/24	Thu	6-9 p.m.	\$140
11/7 - 12/19	Thu	6-9 p.m.	\$140



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.

➤ MULTI-GENERATIONAL

SHOTOKAN KARATE

Ages 7 and older

Join other beginning and advanced students to learn methods, and attitudes that develop character, and encourage conflict avoidance. Learn martial arts by perfecting kicks, strikes, blocks, and proper stances. Practice sparring with fellow students in a manner that avoids injury. Do workout exercises that increase your strength, flexibility, and aerobic capacity. Beginner and advanced class together.

Instructor: John Cheh

Location: Alki CC

9/7-9/19	M/W	6:30-7:30 p.m.	\$36
9/21-10/5	M/W	6:30-7:30 p.m.	\$36
10/10-10/19	M/W	6:30-7:30 p.m.	\$36
10/24-11/2	M/W	6:30-7:30 p.m.	\$36
11/7-11/16	M/W	6:30-7:30 p.m.	\$36
11/21-11/30	M/W	6:30-7:30 p.m.	\$36
12/5-12/14	M/W	6:30-7:30 p.m.	\$36
12/19-1/2	M/W	6:30-7:30 p.m.	\$36

GROUP GUITAR INSTRUCTION - YOUTH AND ADULT

Ages 7 and older

Students will learn to identify and understand the various functions and components of their guitar in a welcoming and fun learning environment with instructor Kareem. Please note: a properly working/functioning guitar of any common construction is needed to participate. No class on 9/15

Instructor: Kareem Eltantawi

Location: Alki CC

9/8-10/6	Thu	6:15-7:45 p.m.	\$75
10/13-11/10	Thu	6:15-7:45 p.m.	\$75
11/17-12/22	Thu	6:15-7:45 p.m.	\$75

GUITAR PRIVATE LESSONS - YOUTH AND ADULT

Ages 7 and older

Students will learn to identify and understand the various functions and components of their guitar in a welcoming and fun learning environment with instructor Kareem. Please note: a properly working/functioning guitar of any common construction is needed to participate. No class on 9/15

Instructor: Kareem Eltantawi

Location: Alki CC

9/6-10/4	Tue	6:15-7 p.m.	\$90
9/6-10/4	Tue	7:10-7:55 p.m.	\$90
10/11-11/8	Tue	6:15-7 p.m.	\$90
10/11-11/8	Tue	7:10-7:55 p.m.	\$90
11/15-12/20	Tue	6:15-7:45 p.m.	\$90
11/15-12/20	Tue	7:10-7:55 p.m.	\$90

↘ TOTS

TEENY TUNES- INFANT/PARENT MUSIC

Ages 6 months-2 years

Discover and explore music, and rhythm with your little one. Tap your sticks and pound on drums. Who knew music could be so much fun. Parent or caregiver must attend this class with their child.

Instructor: TBA

9/12-10/31	Mon	10:30-11:15 a.m.	\$60
11/07-12/19	Mon	10:30-11:15 a.m.	\$52

TEENY TUNES- TODDLER MUSIC

Ages 3-5

Learn basic musical skills while playing, moving, and interacting with each other. This is a group voice class where tots will learn to match pitch, and harmonize. Families can even practice together with lyrics sent home after class.

Instructor: TBA

9/12-10/31	Mon	11:30a.m.-12:15 p.m.	\$60
11/07-12/19	Mon	11:30a.m.-12:15 p.m.	\$52

CREATIVE DANCE

Ages 2-4

Preschool children learn basic ballet skills in a creative, fun environment. Classes are designed for new dancers. Dancers are introduced to basic ballet movement. Using a positive learning atmosphere, children are encouraged for their accomplishments as they begin their journey as dancers. Feel free to wear any clothes that are comfortable for movement; ballet slippers or bare feet are Ok.

Instructor: Emmy Fansler

9/6-9/27	Tue	4:15-5 p.m.	\$28
		5-5:45 p.m.	\$28
10/04-10/25	Tue	4:15-5 p.m.	\$28
		5-5:45 p.m.	\$28
11/01-11/22	Tue	4:15-5 p.m.	\$28
		5-5:45 p.m.	\$28
11/29-12/20	Tue	4:15-5 p.m.	\$28
		5-5:45 p.m.	\$28



PLEASE REGISTER EARLY TO AVOID DISAPPOINTMENT.

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



CAPOEIRA FOR TOTS

Ages 3-5

Capoeira is a 500 year old, Afro-Brazilian martial art that incorporates dance, acrobatics, self-expression, music, language, culture, community, confidence, and athleticism. It's exciting and healthy for kids, and an all-around good time. This tot class focuses on aspects of balance, movement, singing, and discipline through capoeira.

Instructor: Matt Zinski

9/7-9/28	Wed	4:30-5 p.m.	\$24
10/05-10/26	Wed	4:30-5 p.m.	\$24
11/02-11/23	Wed	4:30-5 p.m.	\$24
11/30-12/21	Wed	4:30-5 p.m.	\$24

NEW

TOT SPORTS – PARENT AND CHILD

Ages 1½-3

Have fun with your little one through sports, and movement. This class is structured to introduce a wide variety of sports activities while building coordination, balance, and confidence. Parent or caregiver must participate in this class with their little one.

Instructor: TBD

9/20-10/25	Tue	1-1:45 p.m.	\$69
11/01-12/13	Tue	1-1:45 p.m.	\$69

NEW

TOT SPORTS – MULTI SPORT

Ages 3-5 years

Encourage your child to be more active, and burn off some energy through fun physical exercise, sports play, and games. This class is structured to introduce a wide variety of sports, and activities while building coordination, balance, confidence, and emotional wellbeing. No class Nov. 22.

Instructor: TBA

9/20-10/25	Tue	2-2:45 p.m.	\$69
11/01-12/13	Tue	2-2:45 p.m.	\$69

NEW

➤ YOUTH

ACROBATICS AND CIRCUS ARTS

Ages 5-7 and 8-10

This beginning circus class will keep you moving! Instructors from the School of Acrobatic & New Circus Arts will teach tumbling, wire walking, juggling, trampoline, rolling globe, and acrobatics. Don't miss out on the fun and sign up now. An additional \$5 annual insurance fee will be required prior to registration for all Gymnastics, Tumbling and Acrobatics and Circus Arts classes at Seattle Parks and Recreation facilities. This non-refundable fee covers a child's participation for one year from the date purchased. This fee is not available for online purchase at this time. Please contact your local recreation center to purchase this insurance if you are registering on-line. No class 11/24

Instructor: SANCA

Ages 5-7

9/22-10/27	Thu	5:45-6:30 p.m.	\$30
11/03-12/15	Thu	5:45-6:30 p.m.	\$30

Ages 8-10

9/22-10/27	Thu	6:30-7:15 p.m.	\$30
11/03-12/15	Thu	6:30-7:15 p.m.	\$30

JR CHEF AROUND THE WORLD TREATS AND EATS/HOLIDAY COOKING

Ages 8-12

Join us in the kitchen and learn some fun new cooking techniques, recipes, and more. You are sure to have a great time exploring the wonders of your plates in these fun classes. Space is limited. No class 11/22.

9/13-10/18	Tue	4:30-6 p.m.	\$72
11/01-12/13	Tue	4:30-6 p.m.	\$72

PRE-BALLET

Ages 4-6

Dancers will begin to see a very basic ballet class with stretching, intro to basic ballet steps at the barre, exercises center, and across the floor. Class still includes lots of free dancing, and imagination. Dancers should be ready to take class independently. We ask that parents remain outside the classroom. Feel free to wear any clothes that are comfortable for movement; ballet slippers, or bare feet are okay.

Instructor: Emmy Fansler

9/6-10/25	Tue	5:45-6:30 p.m.	\$56
11/01-12/20	Tue	5:45-6:30 p.m.	\$56

BALLET 1

Ages 5-7

Children learn basic ballet skills in a creative, fun environment. Boys and girls learn basic ballet positions, and steps in a fun, encouraging environment that incorporates creative exploration as well as traditional ballet technique. Feel free to wear any clothes that are comfortable for movement; ballet slippers, or bare feet are Ok.

Instructor: Emmy Fansler

9/6-10/25	Tue	6:30-7:15 p.m.	\$56
11/01-12/20	Tue	6:30-7:15 p.m.	\$56

CAPOEIRA FOR KIDS

Ages 6-10

Capoeira is a 500 year old, Afro-Brazilian martial art that incorporates dance, acrobatics, self-expression, music, language, culture, community, confidence, and athleticism. It's exciting and healthy for kids, and an all-around good time. These kids classes develop focus, discipline, and respect through achievement, leadership, and community and weas focusing on capoeira fundamental movements, sequences, strength, and balance, music, language, and interaction.

Instructor: Matt Zinski.

9/7-9/28	Wed	5:15-6 p.m.	\$32
10/05-10/26	Wed	5:15-6 p.m.	\$32
11/02-11/23	Wed	5:15-6 p.m.	\$32
11/30-12/21	Wed	5:15-6 p.m.	\$32

MIXXEDFIT

Ages 6-14

This class will be modified for children with a kid friendly playlist but maintain the MixxedFit goals while keeping children engaged, and moving. MixxedFit is a people-inspired dance fitness program that is a mix of explosive dancing. 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. No class 10/31.

Instructor: MixxedFit Certified Instructor

9/12-9/26	Mon	5:30-6:30 p.m.	\$30
10/03-10/24	Mon	5:30-6:30 p.m.	\$40
11/07-11/28	Mon	5:30-6:30 p.m.	\$40
12/05-12/19	Mon	5:30-6:30 p.m.	\$30

PIANO INSTRUCTION

Ages 5 and older

We offer weekly private lessons to beginner, intermediate, and advanced students from age 5 through high school, and beyond. The lesson plans include a balance of theory, ear training, sight reading, and repertoire appropriate to the student's level, and musical ability. Each time slot is 30 minutes.

9/12-9/26	Mon	4-7 p.m.	\$60
10/3-10/24	Mon	4-7 p.m.	\$80
11/7-11/28	Mon	4-7 p.m.	\$80
12/5-12/19	Mon	4-7 p.m.	\$60



↘ ADULT

CAPOEIRA

Ages 16 and older

Adults will discover one of the most enjoyable workouts available in a capoeira class. Students build strength, increase stamina, and flexibility as they learn capoeira's exciting kicks, and acrobatic movements. Studying capoeira is a rich cultural experience as students also learn how to play the traditional instruments used in making the music of capoeira. Forget the gym.

Instructor: Matt Zinski.

9/7-9/28	Wed	6:15-7 p.m.	\$32
10/05-10/26	Wed	6:15-7 p.m.	\$32
11/02-11/23	Wed	6:15-7 p.m.	\$32
11/30-12/21	Wed	6:15-7 p.m.	\$32

LATIN DANCE

Ages 16 and older

Come experience the rhythmic sounds of the Latin culture while learning the basic moves to dances such as Salsa, Merengue, and Bachata to name a few. Learn about the rhythm and timing of the music, as well as technique in leading and following. Learn basic footwork, dance positions, and connections between partners. No dance experience is required. No partner required. No class 9/15 and 11/24

Instructor: TBA

9/8-10/27	Thu	6:15-7:15 p.m.	\$84
11/03-12/15	Thu	6:15-7:15 p.m.	\$72

MIXXEDFIT

Ages 16 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. No class 10/31.

Instructor: Mixedfit Certified Instructor

9/12-9/26	Mon	6:30-7:30 p.m.	\$30
10/03-10/24	Mon	6:30-7:30 p.m.	\$40
11/07-11/28	Mon	6:30-7:30 p.m.	\$40
12/05-12/19	Mon	6:30-7:30 p.m.	\$30

WAKE UP YOGA

Ages 16 and older

Wake up easy and get moving in this all levels flow class that will guarantee that you are ready to face the day with a smile. Breath and movement merge to stretch the body and awaken the mind in a perfect mix of light workout and deep stretch. A good morning begins a great day! No class 11/23.

Instructor: TBA

9/7-9/28	Wed	9:15-10:15 a.m.	\$40
10/05-10/26	Wed	9:15-10:15 a.m.	\$40
11/02-11/30	Wed	9:15-10:15 a.m.	\$40
11/30-12/21	Wed	9:15-10:15 a.m.	\$30

ZUMBA DANCE AND FITNESS

Ages 16 and older

Zumba combines high energy, and motivating Latin music with unique moves, and combinations that allow you to dance away your worries. The routines feature aerobic/fitness interval training with a combination of fast, and slow rhythms that tone and sculpt the body. Zumba uses the principles of fitness interval training and resistance training to maximize caloric output, fat burning, and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.

No class on 9/15, 11/24, 12/22 and 12/29

Instructor: Michelle Grubb

9/1-9/29	T/Th	7:30-8:30 p.m.	\$48
10/04-10/27	T/Th	7:30-8:30 p.m.	\$48
11/01-11/29	T/Th	7:30-8:30 p.m.	\$48
12/1-12/29	T/Th	7:30-8:30 p.m.	\$42

↘ RECTECH

HOMEWORK CLUB

Ages 11-18

We are here to help you with your research or other homework.

Sept-June M-Th 3-5 p.m.

YOUTH MEDIA PRODUCERS

Ages 13-18

Teens will learn the fundamentals of storytelling, interviewing, directing, camera work, lighting, sound recording, and editing. Teens will work individually and in teams on short films, animation, documentaries, radio, and personal narratives. Following production, we will screen, critique, and discuss our work.

11/3-12/15 Thu 6:30-7:45 p.m.

INTRODUCTION TO PHOTO EDITING

Ages 18 and older

Improving your photos is both fun, and rewarding! With a little help, you can quickly be on your way to editing and improving your photographs. This class will cover the interface and basic functions of Adobe Photoshop Elements, including: resizing, cropping, adjusting brightness, color, using tools and layers to edit, and enhance images.

10/12-11/2 Wed 6:30-7:45 p.m. \$20

RESTORING AND ENHANCING OLD PHOTOS

Ages 18 and older

Learn how to retouch those old family photos and create your own online photo album. Bring several of your best-loved old photos to this class to scan, retouch with Photoshop, and upload to the internet so that you can share with your family for years to come.

11/8-12/6 Tue 6:30-7:45 p.m. \$20

JOB SEARCH WORKSHOP

Ages 18 and older

If you have been laid off or simply looking for a new job, this free monthly workshop is for you. The workshop will provide you with a template to develop a successful job search plan including: Where to find job search resources and career counseling, key steps in preparing a resume, how to write a cover letter, and preparing for the job interview.

10/24, 11/21, 12/12

Mon 6:30-7:45 p.m.

FREE!**FLASH FICTION: THE ART OF THE VERY SHORT STORY**

Ages 18 and older

Learn how to write complete stories in under 1,000 words. We will focus on scenes, plot essentials, credible characters, tight writing, and an element of surprise, not just at the beginning of the story or as a final twist, but throughout. We will critique each other's work and discuss markets for publication. No class 11/23.

11/9-12/7 Wed 6:30-7:45 p.m. \$20

CREATE A PERSONAL BUDGET WITH EXCEL

Ages 50 and older

You can create a simple Excel spreadsheet that makes budgeting and tracking expenditures fast and easy. Bring one of your bank statements or have the ability to access your bank statement online so you can begin setting up your budget in this workshop.

10/11 Tue 6-7:45 p.m. \$8

SMART PHONE PHOTOGRAPHY

Ages 50 and older

Learn important tips for shooting better photos with your smart phone. We'll discuss Apps that give you more control over how your images look and how to use your phones on board settings to take superior photos. Learn how to use post-processing filters and lighting tools and more to create art from you photos and more. You should have a recent iPhone or Android Smart Phone (2014 – 2016)

Instructor: Leslie Howle

10/13-10/20 Thu 1:15-2:45 p.m. \$12

TELLING YOUR STORY

Ages 50 and older

A memoir is not an autobiography, it focuses on moments that took place in your life, or an event that relates to your personal knowledge and experience. You'll learn strategies to help you write effectively about key moments in your life. We will help you to make decisions about the narrative trajectory of the story you want to tell. The class will focus on short exercises that will help you organize your thoughts and memories into a powerful memoir story.

Instructor: Leslie Howle

10/11-11/1 Tue 1:15-2:45 p.m. \$22

INTRODUCTION TO SOCIAL MEDIA

Ages 50 and older

Why use social media? This workshop will build your confidence and open up a whole new way to connect and stay close with family and friends. The ability to use social media to regularly engage people and express yourself is becoming an essential digital skill for everyone. We will set up a Facebook account for you during the workshop, so no previous social media experience, or programming skills required. Bring a few photos you would like to upload to your Facebook site.

Instructor: TBD

11/10 Thu 1-3 p.m. \$10

ONE ON ONE COMPUTER TRAINING

Ages 50 and older

Call the RecTech lab and make an appointment for an hour of afternoon tutoring between 1-3 p.m. The focus is on what you need to know, whether it's how to use e-mail and the internet, create a budget or chart, or how to set up an account on a social networking site like Facebook.

Call 206-684-0364 to make your tutoring appointment

FREE!

↳ TOTS

KIDZ LOVE SOCCER-MOMMY/DADDY AND ME

Ages 2-3½

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

Location: Hiawatha CC

9/17-10/29 Sat 5:15-5:45 p.m. \$88

KIDZ LOVE SOCCER-PRE TOT

Ages 3½-5

This class 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. Soccer encourages large motor skill development through fun games and introduces small children to group settings. Little tykes will enjoy running and kicking just like the big kids! Shin guards are required after the first meeting. KLS Rain-out Hotline: 1-888-372-5803.

Location: Hiawatha CC

3½-4 years

9/17-10/29 Sat 4-4:35 p.m. \$88

4-5 years

9/17-10/29 Sat 4:35-5:05 p.m. \$88



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



TOT SPORTS – PARENT/CHILD

Ages 1½-3

Have fun with your little one through sports and movement. This class is structured to introduce a wide variety of sports while building coordination, balance, and confidence. Parent or caregiver must participate in this class with their little one. No class 11/22

Location: Dakota Place

9/20-10/24	Tue	10:30-11:15 a.m.	\$69
11/1-12/13	Tue	10:30-11:15 a.m.	\$69

TOT SPORTS – PARENT/CHILD

Ages 3-5

Encourage your kiddo to be active and engaged through fun physical exercise, sports play, and games. This class is structured to introduce a wide variety of sports and activities while building coordination, balance, confidence, and emotional well-being. No class 11/22

Location: Dakota Place

9/20-10/24	Tue	11:30-12:15 a.m.	\$69
11/1-12/13	Tue	11:30-12:15 a.m.	\$69

TOT MUSIC-PARENT/CHILD

Ages 1½-3

Discover music, melody, rhythm and more while singing, playing, and experiencing joyful songs. Early childhood music education and is all about enabling creativity and confidence. In this music class, you and your toddler will get a chance to sing and play musical instruments to some of your favorite songs. Parent or caregiver must attend this class with their child. No class 11/24

Location: Dakota Place

9/22-10/27	Thu	11:30 a.m.-12:15 p.m.	\$69
11/3-12/15	Thu	11:30 a.m.-12:15 p.m.	\$69

TOT MUSIC

Ages 3-5

Discover music, melody, rhythm and more while singing, playing, and experiencing joyful songs. Early childhood music education and is all about enabling creativity and confidence. In this music class, you and your toddler will get a chance to sing and play musical instruments to some of your favorite songs. If able, toddlers can take this class independently. No class 11/24

Location: Dakota Place

9/22-10/27	Thu	12:15-1 p.m.	\$69
11/3-12/15	Thu	12:15-1 p.m.	\$69

MUM'S AND BUB'S – DANCE AND RHYTHM

Ages 2 and under

Come and join this fun class where your little cherubs will use movement, song, and music to learn simple, basic and fundamental skills. This class is designed for Mum's, Dad's, and Caregivers to join their infants as they begin their musical and movement journey. Explore movement, rhythmic sounds and song through a variety of instructor guided activities. We will work on a small fun exercise that we can demonstrate to our friends and family at our relaxed and fun December recital. No class 11/11, and 11/25

Instructor: Boom Dance Ink Seattle

Location: Hiawatha CC

9/19-10/24	Mon	11:45 a.m.-12:15 p.m.	\$50
11/7-12/12	Mon	11:45 a.m.-12:15 p.m.	\$50

Location: Dakota Place

9/21-10/26	Wed	10-10:30 a.m.	\$50
11/9-12/14	Wed	10-10:30 a.m.	\$50
9/23-10/28	Fri	9-9:30 a.m.	\$50
9/23-10/28	Fri	10-10:30 a.m.	\$50
11/18-12/16	Fri	9-9:30 a.m.	\$33
11/18-12/16	Fri	10-10:30 a.m.	\$33

TINY TOTS DANCE AND RHYTHM

Ages 2-3

We recognize that grooving and moving is almost as natural as laughing and running to young children, so why not nurture that skill in your little ones? Our Tiny Tots Dance & Rhythm class is a hip hop inspired movement and dance class that provides a stimulating environment for little ones to move, create and develop their senses of co-ordination, creativity and listening skills. Parents be ready to jump in and dance with us, as there is nothing that your little one loves more than to share this class with you. Parents are invited to stay and participate with their children as they develop the confidence to take class on their own. Students will work on a small routine that shows off their amazing skills in preparation for our relaxed and fun December recital. "We Welcome all; Unity in Dance." No class 11/11, and 11/25

Instructor: Boom Dance Ink Seattle

Location: Hiawatha CC

9/19-10/24	Mon	12:15-12:45 p.m.	\$50
11/7-12/12	Mon	12:15-12:45 p.m.	\$50

Location: Dakota Place

9/23-10/28	Fri	9-9:30 a.m.	\$50
11/18-12/16	Fri	9-9:30 a.m.	\$33



PRESCHOOL HIP HOP

Ages 3-5

Learn the creative and energetic dance steps of Hip Hop for fun or fitness. Hip Hop classes are designed for students to learn all facets, foundations and basic fundamentals of hip hop. Students will leave class refreshed, with confidence and ready to strut their stuff. We ask that parents remain outside the classroom and return 10 minutes before end of class to have a sneak peek on what we are working on. Students do not need to have any dance experience. Students will work on a routine that shows off their amazing skills in preparation for our relaxed and fun December recital. "We Welcome all; Unity in Dance." No class 11/11, 11/24, and 11/25

Instructor: Boom Dance Ink Seattle

Location: Dakota Place

9/21-10/26	Wed	11:45 a.m.-12:30 p.m.	\$75
11/9-12/14	Wed	11:45 a.m.-12:30 p.m.	\$75
9/23-10/28	Fri	11:45 a.m.-12:30 p.m.	\$75
11/18-12/16	Fri	11:45 a.m.-12:30 p.m.	\$50

Location: Hiawatha

9/22-10/27	Thu	12:15-1 p.m.	\$75
11/9-12/15	Thu	12:15-1 p.m.	\$62.50

CREATIVE BALLET

Ages 2-5

Toddlers and Preschool children are introduced to and learn basic Ballet skills and movement in a creative, fun environment. Using a positive learning atmosphere, children will explore the finesse and varying aspects of Ballet, musicality, composition, and choreography. Creative Ballet students (for both 45 minute classes) should be ready to take class independently. We therefore ask that parents remain outside the classroom and return 10 minutes earlier to have a sneak peek on what we are working on. Parents of the 2-4yrs class are invited to stay and participate with their children as they develop the confidence to take class on their own. Students will work on a small routine that shows off their beautiful skills in preparation for our relaxed and fun December recital. "We Welcome all: Unity in Dance." No class 11/11, 11/24, 11/25

Instructor: Boom Dance Ink Seattle

Ages 2-4

Location: Hiawatha CC

9/19-10/24	Mon	12:45-1:15 p.m.	\$50
11/7-12/12	Mon	12:45-1:15 p.m.	\$50
9/22-10/27	Thu	9-9:30 a.m.	\$50
11/10-12/15	Thu	9-9:30 a.m.	\$41.25

Location: Dakota Place

9/21-10/26	Wed	10:30-11 a.m.	\$50
11/9-12/15	Wed	10:30-11 a.m.	\$50
9/23-10/28	Fri	10:30-11 a.m.	\$50
11/18-12/16	Fri	10:30-11 a.m.	\$33

Ages 3-5

Location: Hiawatha CC

9/22-10/27	Thu	9:30-10:15 a.m.	\$75
11/10-12/15	Thu	9:30-10:15 a.m.	\$62.50

Location: Dakota Place

9/21-10/26	Wed	11-11:45 a.m.	\$75
11/9-12/14	Wed	11-11:45 a.m.	\$75
9/23-10/28	Fri	11-11:45 a.m.	\$75
11/18-12/16	Fri	11-11:45 a.m.	\$50

YOUTH

KIDZ LOVE SOCCER – SOCCER 1: TECHNIQUES AND TEAMWORK

Ages 5-7

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

KLS Rain-out Hotline: 1-888-372-5803.

Location: Hiawatha CC

9/17-10/29	Sat	3:15-4 p.m.	\$88
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HIP HOP DANCE

Ages 6-12

Youth love HIP HOP! Come learn the basics of bop, break dance, and funk. Upbeat music and fun routines will keep you moving while having great fun! No class 11/11, 11/25

Instructor: Anna Nagy

Location: Hiawatha CC

9/23-10/28	Fri	6-7 p.m.	\$72
11/4-12/16	Fri	6-7 p.m.	\$60

KIDS CARPENTRY

Ages 5-10

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

Instructor: Loren Kite

Location: Hiawatha CC

9/14-10/19	Wed	6-7 p.m.	\$126
10/26-11/30	Wed	6-7 p.m.	\$126

MINI HIP HOP

Ages 4-7

Learn the creative and energetic dance steps of Hip Hop for fun or fitness. Hip Hop classes are designed for students to learn all facets, foundations and basic fundamentals of hip hop. Students will leave class refreshed, with confidence and ready to strut their stuff. We ask that parents remain outside the classroom and return 10 minutes before end of class to have a sneak peek on what we are working on. Students do not need to have any dance experience. Students will work on a routine that shows off their amazing skills in preparation for our relaxed and fun December recital. "We Welcome all; Unity in Dance."

No class 11/11, 11/25

Instructor: Boom Dance Ink Seattle

Location: Dakota Place

9/21-10/26	Wed	12:30-1:15 p.m.	\$75
11/9-12/14	Wed	12:30-1:15 p.m.	\$75
9/23-10/28	Fri	12:30-1:15 p.m.	\$75
11/18-12/16	Fri	12:30-1:15 p.m.	\$50

PRE-BALLET

Ages 4-6

Toddlers and Preschool children are introduced to and learn basic Ballet skills and movement in a creative, fun environment. Using a positive learning atmosphere, children will explore the finesse and varying aspects of Ballet, musicality, composition, and choreography. Creative Ballet students (for both 45 minute classes) should be ready to take class independently. We therefore ask that parents remain outside the classroom and return 10 minutes earlier to have a sneak peek on what we are working on. Parents of the 2-4yrs class are invited to stay and participate with their children as they develop the confidence to take class on their own. Students will work on a small routine that shows off their beautiful skills in preparation for our relaxed and fun December recital. "We Welcome all; Unity in Dance."

Instructor: Boom Dance Ink Seattle

Location: Dakota Place

9/20-10/25	Tue	6:30-7:15 p.m.	\$75
11/8-12/13	Tue	6:30-7:15 p.m.	\$75



PLEASE REGISTER EARLY TO AVOID DISAPPOINTMENT.

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

↘ TWEEN

TWEEN AFTER SCHOOL PROGRAM

Ages 11-14

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

Location: Hiawatha CC

Sep-June	M-F	2:30-6 p.m.	\$346/month
\$15 off second child			

↘ TEEN

STREET JAZZ

Ages 11-16

This class is designed for students who are interested in learning the fundamentals and basics of Jazz with a twist. The class will incorporate street styles, such as, Hip Hop and Funk, along with the technique of Jazz. Jazz technique is a combination of Ballet foundation steps with African American vernacular dance. Class will keep your heart rate up and take you through stretches and a cool down to ultimately help with your core, flexibility, and strength. Students do not need to have any dance experience. If you are feeling brave enough, join us for our relaxed December recital and show off all the amazing moves you have learned. "We Welcome all; Unity in Dance."

Instructor: Boom Dance Ink Seattle

Location: Dakota Place

9/21-10/26	Wed	6:30-7:30 p.m.	\$100
11/9-12/14	Wed	6:30-7:30 p.m.	\$100

AFTER SCHOOL TEEN DROP-IN

FREE!

Ages 11-19

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

Location: Hiawatha CC

Sep-Dec	M-F	2:30-4 p.m.
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HIAWATHA JOB READINESS PROGRAM

Ages 14-19

Join our team of community volunteers and interns! Earn service learning hours and gain skills that prepare you for work and university life. In addition to quarterly intern positions, community center staff also offers resume, job application, and interviewing assistance. For more information send your resume and/or inquiries to John.Hasslinger@Seattle.gov. *Some positions are volunteer, others are stipend positions for \$599/120-hrs.*

Location: Hiawatha CC

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

FLEX FIT

Ages 14-19

Challenge your body to do great things! Student-centered body-weight circuits, power yoga, core-fit, sports specific training and more.

Location: Hiawatha CC

Sept-Dec T/Th 3-4 p.m.

TUTOR CONNECT

Ages 11-19

Connect with a fellow teen who can help you succeed in the classroom. Volunteer tutors and those who seek help are asked to email John.Hasslinger@Seattle.gov.

Location: Hiawatha CC

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

INVEST IN YOU!

Ages 13-19

College expenses are no joke, so start preparing! Check out real opportunities to earn tuition dollars, seek scholarship funds and raise your value to potential universities. Invest in YOU! Please send emails to John.Hasslinger@Seattle.gov to schedule an appointment.

Location: Hiawatha CC

I am looking for parent to initiate conversation and questions surrounding college costs, FAFSA, SP&R internships opportunities, etc. Appointment ONLY.

VOLLEYBALL LEAGUE

Ages 10-17

Hiawatha is seeking volleyball players of all abilities and volunteer assistant coaches (age 16+) to complete teams for the fall season. Time commitment is just 2 weekday evenings per week, and a fun way to build your skills! Please send questions and inquiries to John.Hasslinger@Seattle.gov.

Location: Hiawatha CC

**9/6-11/19 M-F, 2-days/week x 1-hr practice
Times scheduled by coach and will be announced by 9/1**

WEEK WITHOUT VIOLENCE

Ages 13-19

Join teens taking action against all forms of violence. Hiawatha 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 John.Hasslinger@Seattle.gov.

Location: Various Community Centers & Parks
10/17-10/21

WESTSIDE DRAMA PERFORMANCE

Ages 14-19

Show your Westside Spirit and cheer on your talented 'Wildcat' friends. Those who serve 15+ hours beginning September 6, earn FREE seats for the fall performance! Pre-funk begins at 6 p.m. at Hiawatha Community Center, show starts at 7 p.m. at the high school.

Location: Hiawatha CC

Dates TBA Fri 6-10:30 p.m.

GET LOUD AND PROUD

Ages 14-19

Hiawatha Teens are crashing an October fall high school sporting event of choice. Food, transportation, and cheer gear are included! Post your choice of an event to crash in the Hiawatha Teen Board prior to September 30th. If the event is "away", participants will also need to complete a parent authorization form prior to the event date.

Location: Hiawatha CC Teen Room

October TBD

WESTSIDE HUNT AND COSTUME CONTEST

Ages 11-17

A flashlight, goodie bag and strong spirit is all you need to capture prizes in our grounds. Youth Career Training Program intern staff will award a "spookiest" and "most original" costume prize prior to the hunt. Hunt begins promptly at dusk. Upperclassmen and adult volunteers needed to run music and lead the outdoor hunt. Send inquiries and questions to John.Hasslinger@Seattle.gov.

Location: Hiawatha CC

10/20 Thu 6-8:30 p.m.

KUBE 93 NIGHT OUT

Ages 14-19

Serve your community through exceptional service and earn a "night out" on the town. For details how to earn qualifying service hours, please visit the teen room or email John.Hasslinger@Seattle.gov.

Location: Van leaves Hiawatha CC at 4 p.m.

10/21 Fri 4-8 p.m.

BIG SCREEN MOVIE NIGHT

Ages 14-19

Pizza, popcorn and movie selected by teens. Cast your PG-13 movie vote and food selection and secure your spot by sending an email to John.Hasslinger@Seattle.gov up to one-week prior to event date. Those who arrive dressed in the theme of the movie will win a door prize.

Location: Hiawatha CC

11/18 Fri 4-8 p.m.

FREE!

DIY HOLIDAY CRAFTS

Ages 14-19

Express your creativity by making simple yet amazing handmade gifts you can share with family and friends! Use our Teen Room as your holiday quarters to make and wrap gifts all week.

Location: Hiawatha CC

12/19-12/23 M-F 2:30-4 p.m.

FREE!

WHITE ELEPHANT PARTY

Ages 14-19

Hiawatha's annual gift exchange party organized by teens for teens! Enjoy group games, food, prizes, music, and more! Participants who want to enter the gift exchange should take a unique gift valued below \$7. Sign up limited to the first 50 youth who email: John.Hasslinger@Seattle.gov. You'll receive an email confirmation with further details.

Location: Hiawatha CC

12/23 Fri 4-8 p.m.

YCTP AT HIAWATHA-OPEN COUNCIL MEETINGS

Ages 14-19

Youth Career Training Program interns lead regular volunteer meetings to plan activities, special events, and community service projects. Join them for an open meeting, make your voice heard and enact change! Visit the teen room or email John.Hasslinger@Seattle.gov to confirm meeting dates.

Location: Hiawatha CC

Select Fri 2:30-3:30 p.m.

Schedule Varies Depending upon Center staffing needs

FREE!

ADULT

DANCE FITNESS

Ages 16 and older

Come and join us for a fun filled class designed to get you dancing and moving to a variety of styles. Based upon the Zumba class concept of keeping class moving and active; class caters to the styles of Hip Hop, Latin, Reggeaton, Funk, Jazz, Cardio, Broadway, Musical Theatre, Disco, Diva (and basically anything we may want to dance to). Each class will also take you through a stretch and cool down. Students do not need to have any dance experience. If you are feeling brave enough, join us for our relaxed December recital and show off all the amazing moves you have learned. "We Welcome all; Unity in Dance."

Instructor: Boom Dance Ink Seattle

Location: Hiawatha CC

9/19-10/24	Mon	10:45-11:45 a.m.	\$100
11/7-12/12	Mon	10:45-11:45 a.m.	\$100

LATIN FUSION

Ages 16 and older

Using the basis from a variety of Latino dance styles, this class will have you moving, grooving, and shaking everything you have got. You will feel invigorated, refreshed and the endorphins will flow. This class takes styles such as, Cha Cha, Salsa, Samba, Reggeaton, and Dancehall, fusing them together with western styles of dance, including, Hip Hop, Funk, and Jazz. Students do not need to have any dance experience. If you are feeling brave enough, join us for our relaxed December recital and show off all the amazing moves you have learned. "We Welcome all; Unity in Dance." No class 11/24

Instructor: Boom Dance Ink Seattle

Location: Dakota Place

9/20-10/25	Tue	7:15-8:15 p.m.	\$100
11/8-12/13	Tue	7:15-8:15 p.m.	\$100
9/21-10/26	Wed	8:30-9:30 p.m.	\$100
11/9-12/14	Wed	8:30-9:30 p.m.	\$100

Location: Hiawatha CC

9/22-10/27	Thu	11:15-12:15 p.m.	\$100
11/10-12/15	Thu	11:15-12:15 p.m.	\$82.50

ADULT STREET JAZZ

Ages 16 and older

This class is designed for students who are interested in learning the fundamentals and basics of Jazz with a twist. The class will incorporate street styles, such as, Hip Hop and Funk, along with the technique of Jazz. Jazz technique is a combination of Ballet foundation steps with African American vernacular dance. Class will keep your heart rate up and take you through stretches and a cool down to ultimately help with your core, flexibility, and strength. Students do not need to have any dance experience. If you are feeling brave enough, join us for our relaxed December recital and show off all the amazing moves you have learned. "We Welcome all; Unity in Dance." No class 11/24

Instructor: Boom Dance Ink Seattle

Location: Dakota Place

9/20-10/25	Tue	8:15-9:15 p.m.	\$100
11/8-12/13	Tue	8:15-9:15 p.m.	\$100

Location: Hiawatha CC

9/22-10/27	Thu	10:15-11:15 a.m.	\$100
11/10-12/15	Thu	10:15-11:15 a.m.	\$82.50

STRETCH AND STRENGTHEN

Ages 16 and older

This class is for students who are interested and looking to improve their flexibility and strength. Based upon the concepts of building core strength, students will participate in exercises that will be given in three levels, beginner, intermediate, and advanced. The expectation is that students know their body best, so working at their own pace specific to their body is required. Stretching will help to improve flexibility, whilst strengthening will occur surrounding all areas of the body. Students do not need any experience. If you are feeling brave enough, join us for our relaxed December recital and show off all the amazing moves you have learned. "We Welcome all; Unity in Dance."

Instructor: Boom Dance Ink Seattle

Location: Dakota Place

9/21-10/26	Wed	9-10 a.m.	\$100
11/9-12/14	Wed	9-10 a.m.	\$100



ADULT DIVA

Ages 16 and older

Think Beyonce, Rhianna, and Jennifer Lopez, just to mention a few. This class is designed for our students to release their inner Diva's and surrounds the concepts of empowering women and building their inner confidence (men are also very welcome to join). This class used to be known as 'heels,' however dancing in heels is not a requirement; SASSINESS definitely is. Get ready to get down to the hottest hits. You will leave this class feeling sexy, sassy, and ready to take on the world. Incorporating urban, hip hop and funk styles, students do not need to have any dance experience to join. If you are feeling brave enough, join us for our relaxed December recital and show off all the amazing moves you have learned. "We Welcome all; Unity in Dance."

Instructor: Boom Dance Ink Seattle

Location: Dakota Place

9/21-10/26	Wed	7:30-8:30 p.m.	\$100
11/9-12/14	Wed	7:30-8:30 p.m.	\$100

THE PEACE EDUCATION PROGRAM (PEP)

Ages 16 and older

The Peace Education Program (PEP) is a media-based educational program. You will have the opportunity to explore the possibility of personal peace and to discover inner resources - tools for living such as inner strength, choice, appreciation, and hope.

Instructor: The Peace Education Program

Location: Hiawatha CC

10/4-12/6	Tue	7-8:30 p.m.	\$5
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↘ TOTS

PLAY AND DANCE

Ages 2-3

These classes are designed for novice dancers. A relaxed, fun and encouraging environment to help children with coordination and movement.

9/6-12/27 Tue 9:15-9:45 a.m. \$35/month

BEGINNING BALLET/BALLET I

Ages 3-4

Children are introduced to basic ballet skills and vocabulary. This class has a classic "ballet class" structure and encourages children to both explore the artistry and discipline of ballet, as well as utilize their imaginations and creativity throughout class.

9/6-12/27 Tue 10:30-11:05 a.m. \$35/month

BALLET II

Ages 3-5

Children continue to grow in ballet skills and vocabulary. This class has a classic "ballet class" structure and encourages children to both explore the artistry and discipline of ballet, as well as utilize their imaginations and creativity throughout class.

9/6-12/27 Tue 11:10-11:45 a.m. \$35/month

BALLET III

Ages 4-6

For children that have had previous ballet experience and are ready to be challenged for the next level, this class will give students an opportunity to expand upon their ballet vocabulary and technique. This class has a classic "ballet class" structure with creativity mixed in during the class.

9/6-9/27 Tue 9:45-10:25 a.m. \$40

10/4-10/25 Tue 9:45-10:25 a.m. \$40

11/1-11/29 Tue 9:45-10:25 a.m. \$50

12/6-12/20 Tue 9:45-10:25 a.m. \$30

MULTI SPORTS

Ages 3-5

Children will learn the fundamentals of sports: Soccer (feet and eye coordination); t-ball (catching with a glove, hitting from the batting tee, running bases); tumbling (forward and backwards rolls, handstands); bowling; jump rope; basketball (dribbling, shooting, offense and defense); relay running (passing the baton and form running).

9/7-12/28 Wed 10:30-11:05 a.m. \$35/month

↘ YOUTH

PIANO INSTRUCTION

Ages 5 and older

Piano Instruction lessons are one-on-one with a qualified instructor. Each Lesson is 30 minutes long and cost \$20 per class. Class prices listed below are per month and depend on the number of weeks in a month. No class 9/17, 10/29, 11/12.

CLASS FEE IS PER 30-MINUTE TIME SLOT 1 DAY PER WEEK.

9/13-9/27 Tue 4:30-7:30 p.m. \$60

9/14-9/28 Wed 3:30-7:30 p.m. \$60

9/15-9/29 Thu 4-7:30 p.m. \$60

9/10 -9/24 Fri 10 a.m.-4:30 p.m. \$40

10/4-10/25 Tue 4:30-7:30 p.m. \$80

10/5-10/26 Wed 3:30-7:30 p.m. \$80

10/6-10/27 Thu 4-7:30 p.m. \$80

10/1-10/22 Fri 10 a.m.-4:30 p.m. \$80

11/1-11/15 Tue 4:30-7:30 p.m. \$60

11/2-11/16 Wed 3:30-7:30 p.m. \$60

11/3-11/17 Thu 4-7:30 p.m. \$60

11/5-11/19 Fri 10 a.m.-4:30 p.m. \$40

12/7-12/21 Wed 3:30-6:30 p.m. \$60

12/1-12/15 Thu 4-7:30 p.m. \$60

12/3-12/17 Fri Noon-3:30 p.m. \$60

TUTORING, BASKETBALL DRILLS, AND SKILLS **FREE!**

Ages 9-18

Tutoring and basketball drills, and skills class in the teen room and gym. Homework help will be provided each day before and during the drills and skills.

9/6-12/29 W/Th 3:30-7 p.m.

NEW



TEEN

TEEN GIRLS ONLY ZUMBA

FREE!

Ages 13-17

Join the Zumba Women's class. Zumba is a Latin inspired dance fitness class that incorporates Latin and International music and dance movements. This class format combines fast and slow rhythms that tone and sculpt the body, blending balance of cardio, and muscle toning benefits. Zumba is fun, different, easy and effective. No class 9/15.

9/4-12/18 W/Th 5:30-6:30 p.m.

SPECIALIZED PROGRAMS

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

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

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

ADULT

SOUL SEWING FOR BEGINNERS

Ages 12 and older (families invited!)

Soul Sewing class for beginners will be a step-by-step class. Starting with learning how to use your sewing machine (bring it with you). If you don't have a sewing machine, let us know and you can use ours at the community center.

9/8-9/29	Thu	6:15-7:45 p.m.	\$30
10/6-10/27	Thu	6:15-7:45 p.m.	\$30
11/3-11/17	Thu	6:15-7:45 p.m.	\$30

WEST SEATTLE TAE KWON DO

Ages 18 and older

Learn Tae Kwon Do, a Korean martial art known primarily for its fast sparring techniques, dynamic forms, and strong kicks. Our club is focused on self-improvement in a non-competitive atmosphere that promotes unity, respect, and indomitable spirit. Improve physical abilities such as strength, speed, endurance, flexibility, and coordination; as well as mental attributes such as confidence, focus, self-control, and willpower. Taught by Darin Smith, 3rd Dan black belt and certified personal trainer.

9/1-9/29	M/Th	6:30-8 p.m.	
	Sat	10 a.m.-Noon	\$35
10/1-10/31	M/Th	6:30-8 p.m.	
	Sat	10 a.m.-Noon	\$35
11/3-11/28	M/Th	6:30-8 p.m.	
	Sat	10 a.m.-Noon	\$35
12/1-12/31	M/Th	6:30-8 p.m.	
	Sat	10 a.m.-Noon	\$35

YOGA

Ages 55 and older

Burn Calories while learning poses that strengthen and stretch your muscles in a total mind-body workout that emphasizes deep breathing and correct body alignment. Chair yoga is adapted for individuals with mobility challenges and is sponsored by Country Doctor Community Health Clinic.

Fri 11 a.m.-Noon \$48

BOOK CLUB

FREE!

Ages 55 and older

Join us the 3rd Thursday of the month as we discuss a different book each month.

9/15	Thu	1-2 p.m.
10/20	Thu	1-2 p.m.
11/17	Thu	1-2 p.m.
12/15	Thu	1-2 p.m.

↳ TOTS

INTRO TO SOCCER SKILLS

Ages 4-5

Come to South Park CC and get your kick on in the Busy Bee Soccer Program. No experience is required. This program is specifically for youth that are interested in learning how to play soccer.

Instructor: TBA

9/7-9/28	Wed	5:30-6 p.m.	\$15
10/5-10/26	Wed	5:30-6 p.m.	\$15
11/2-11/30	Wed	5:30-6 p.m.	\$20

CREATIVE DANCE FOR TODDLERS

Ages 2-4

Children learn the basics of dance and creative movement in a fun environment. Classes are designed for new dancers and foster a positive learning atmosphere. Parents are encouraged to participate with their kids in this class. Feel free to wear any clothes that are comfortable for movement; ballet slippers or bare feet are OK.

Instructor: Emily Smith

9/6-9/27	Tue	5:45-6:15 p.m.	\$28
10/4-10/18	Tue	5:45-6:15 p.m.	\$21
11/1-11/29	Tue	5:45-6:15 p.m.	\$28



↳ YOUTH

SOUTH PARK SOCCER PROGRAM

Ages 5-14

Join South Park's largest soccer program where you will not only have fun and make friends, you will also test your balance, coordination, and team work while refining your speed with the ball. This program practices two days per week and plays a game usually on Sunday afternoon. No class 9/15 and 11/11

Instructor: SeaMar Inc.

9/6-11/18	M-F	5:30-6:30 p.m.	\$30
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INTRO TO SOCCER SKILLS II

Ages 6-8

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

Instructor: TBA

Location: South Park CC

9/7-9/28	Wed	6-6:30 p.m.	\$15
10/5-10/26	Wed	6-6:30 p.m.	\$15
11/2-11/30	Wed	6-6:30 p.m.	\$20

MARTIAL ARTS

Ages 7 and older

This is a Martial Arts Program that the whole family can take! Jam-packed with fun martial arts exercises, participants build leadership skills by setting goals and reaching for the stars. Accomplishments are rewarded with plenty of positive reinforcement, so everyone feels great about their progress. No class 9/15, 10/25, 10/27, and 11/24

Instructor: Tyron Asphy

9/8-9/29	M/Th	6:45-8:30 p.m.	\$28
10/3-10/31	M/Th	6:45-8:30 p.m.	\$28
11/3-11/28	M/Th	6:45-8:30 p.m.	\$28

SOUTHERN REMIX (FAMILY PROGRAM)

FREE!

Ages 6 and older

Who doesn't love a good home cooked feast? At times, what taste good isn't good for your health and wellness. Traditional Southern meals do not have to derail healthy eating. In this program, you and your family members will be able to give traditional meals an update to make them healthier yet no less mouthwatering.

Instructor: TBA

9/22-11/15	Thu	6-8:30 p.m.
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ACROBATICS AND CIRCUS ARTS CLASS

Ages 5-7

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

Instructor: SANCA

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

THE ART EXPERIENCE

Ages 6-12

Is your child creative? This fun class will explore a variety of art mediums, inspiring all students in fun and safe environment. Painting, drawing, sculpture, and art using recycled materials are just a few of the fun activities kids will do in this experience. No class 12/10

Instructor: TBA

9/10-9/24	Sat	1-1:45 p.m.	\$28
10/1-10/29	Sat	1-1:45 p.m.	\$28
11/5-11/26	Sat	1-1:45 p.m.	\$28
12/3-12/17	Sat	1-1:45 p.m.	\$28

BALLET (PRIMARY)

Ages 5-7

Children will learn ballet in a fun, exciting class that engages their imagination. Class is taught by an experienced children's dance instructor, with movement geared especially for your child's age group. Feel free to wear clothes that are comfortable for movement; ballet slippers or bare feet are ok.

Instructor: Emily Smith

9/6-9/27	Tue	6:25-7:05 p.m.	\$28
10/4-10/18	Tue	6:25-7:05 p.m.	\$21
11/1-11/29	Tue	6:25-7:05 p.m.	\$28

BALLET (YOUTH)

Ages 5-7

In this program, participants will be introduced to the fundamentals and basic knowledge of Ballet. This class is ideal for students with no prior experience. We will focus on building skills, having fun, and gaining understanding of basic footwork, skirt work, and partnering, as well as learn about the music and its rhythms. Ballet clothing and ballet slippers encouraged. No class 10/25.

Instructor: Emily Smith

9/6-9/27	Tue	7:15-7:55 p.m.	\$28
10/4-10/25	Tue	7:15-7:55 p.m.	\$21
11/1-11/29	Tue	7:15-7:55 p.m.	\$28

INTRODUCTION TO HIP HOP

Ages 6 and older

Bring your love and passion for everything Hip Hop to this fun class where you will learn the basics of bop, break dance, and funk. With upbeat music and fun routines this class will keep you moving while having way too much fun! No class 12/10

Instructor: TBA

9/3-12/17	Sat	2-3 p.m.	\$25
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INTRODUCTION TO PIANO

Ages 6 and older

This program offers an A to Z introduction to playing piano for those who have never played before, and those who are playing but want to learn more about piano music theory. No class 12/10

Instructor: Shannon Anderson

9/3-12/17	Sat	Noon-1 p.m.
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FREE!



↘ TWEEN

SOUTH PARK SOCCER PROGRAM

Ages 5-14

Join South Park's largest soccer program where you will not only have fun and make friends, you will also test your balance, coordination, and team work while refining your speed with the ball. This program practices two days per week and plays games usually on Sunday afternoon. No class 9/15 and 11/11

Instructor: SeaMar Inc.

9/6-11/18 M-F 5:30-6:30 p.m. \$30

BASKETBALL SKILLS ACADEMY

Ages 12-18

The Basketball Skills Academy is a developmental skills training program for youth basketball athletes interested in taking their game to the next level. Participants can expect dynamic drills to help improve their ball handling and shooting skills. The primary goal of the Basketball Skills Academy is to develop skilled basketball players that can perform at a high level on their prospective middle school or high school teams. No class 11/1 and 11/24

Instructor: TBA

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

MARTIAL ARTS

Ages 7 and older

This is a Martial Arts Program that the whole family can take! Jam-packed with fun martial arts exercises, participants build leadership skills by setting goals and reaching for the stars. Accomplishments are rewarded with plenty of positive reinforcement, so everyone feels great about their progress. No class 9/15, 10/25, 10/27, and 11/24.

Instructor: Tyron Asphy

9/8-9/29 M/Th 6:45-8:30 p.m. \$28

10/3-10/31 M/Th 6:45-8:30 p.m. \$28

11/3-11/28 M/Th 6:45-8:30 p.m. \$28

SISTER CIRCLE

Ages 10-18

Upon request, the South Park CC has created a program specifically for young women. Participants support each other and build positive relationships amongst their own. Young women between the ages of 10+ are welcome to discover all of themselves with Sisters of a common goal.

Instructor: Yvette Tolson/Monique Wells

9/6-12/13 Tue 5:30-7:30 p.m.

MICROWAVE MAGIC

Ages 10-18

Are you tired of being told you can't use the kitchen oven because of safety concerns? Well the South Park CC has a kitchen and a microwave just waiting to show you how to make some magic happen! In activities that guide you through using the microwave to prepare everything from simple snacks to complete meals, you will learn how to use techniques and equipment along with a healthy food selection to set you towards becoming a meal time magician with a microwave as your zapping tool. No class 11/11 and 11/25

Instructor Catrina Williams

9/16-12/2 Fri 5:30-7 p.m.

LGBT AND ALLIES- BUILDING AN ALLY NATION

Ages 10 and older

Young adults it is time to roll up our sleeves and get to work. At South Park CC, we are recruiting young adults who are interested in building collaborations and alliances between the Seattle Parks and Recreation Staff and alternate teens so that every community center is a welcoming and safe space for all. If you have a passion for social justice and a desire to flex your civic leadership muscles, this opportunity may be a good fit for you. You can participate in this project as an afterschool program, service learning opportunity, or internship. If you would like to have this as an internship opportunity, please ensure that you have completed both Coping and Support Training and Race: The Power of an Illusion Training. No class 11/11 and 11/24.

Instructor: TBA

9/2-12/6 Fri 5-7 p.m.

BABYSITTER CERTIFICATION

Ages 11 and older

Parents want a babysitter who is dependable and responsible. This training will teach participants how to be dependable and responsible babysitters. In addition, participants will also be provided the opportunity to learn how to operate their own business as a caregiver. Upon completion of this program, participants will also be certified in First Aid/CPR for 2 Years.

Instructor: Niela Hampton

9/3-9/24 Sat 10 a.m.-Noon

10/1-10/22 Sat 10 a.m.-Noon

11/5-11/26 Sat 10 a.m.-Noon

ENVIRONMENTAL EXPLORERS

FREE!
Ages 10 and older

Learn about the EcoSystem with fun hands on activities that allow you to explore the South Park Community as well as trails throughout West Seattle. With topics explored including pollination, soil, provisioning services, and ecotourism participants are sure to have fun finding out about how the EcoSystem works.

Instructor: TBA
9/3-10/23 Sun Noon-2 p.m.

TEEN

THE MIXXEDFIT MASHUP CHALLENGE

FREE!
Ages 12 and older

Are you ready for the Mixxedfit Challenge? Come join your friends at South Park CC! Youth and their parents are welcomed to drop in on this people-inspired dance fitness program that is a mix of explosive dancing and boot camp toning. No class 11/11 and 11/24

Instructors: Randy Ford/Leilani Gutierrez
9/9-12/16 Fri 7-8 p.m.

COPING AND SUPPORT TRAINING (CAST)

FREE!
Ages 12-19

This training offers any teen tools to use for emotional and social balance. CAST delivers life-skills training and social support in a small-group format targeting three overall goals: increased mood management, improved school performance, and decreased drug risk behavior. By successfully completing CAST, participants who are 14 years through 19 years old are eligible to interview for an internship with the Youth Career Training Program (YCTP). YCTP engages teens with internship opportunities where \$599 is received after successfully completing their internship.

Instructor: Monique Wells
10/3-11/9 M/W 3-4:30 p.m.
11/7-12/14 M/W 3-4:30 p.m.

INDOOR ROWING AND FITNESS

Ages 14 and older

The South Park CC offers indoor rowing and fitness classes for those interested in getting in shape with a whole body workout. Classes will be based around the Concept 2 Ergometer and also encompass core training and circuit training classes. No class 9/15 and 11/23

Instructor: TBA
9/6-9/29 T/Th 5:45-6:45 p.m. \$28
10/4-10/27 T/Th 5:45-6:45 p.m. \$36
11/1-11/29 T/Th 5:45-6:45 p.m. \$36

FILIPINO MARTIAL ARTS CLUB

FREE!
Ages 12 and older

By popular request, the South Park CC is bringing Escrima to life as part of our Filipino Martial Arts Club activities. In this club participants will learn how to defend themselves with empty hands while learning how to use sticks in one of the most fun workouts centering around martial arts. No uniform or prior experience necessary, just an interest in joining the club. No class 9/15 and 11/23

Instructor: Frank Mateo
9/6-11/29 T/Th 3:30-4:30 p.m.

ZUMBA

FREE!
Ages 12 and older

Sea Mar Community Health Center and the South Park CC have partnered to bring you this free Zumba series. This popular fitness program inspired by Latin dance and upbeat movement is designed to be a fun aerobic workout that will get your heart rate up and weight down.

Instructor: SeaMar Inc.
9/7-12/14 M/W 5:30-6:30 p.m.

CAKE BOSS - CULINARY APPRENTICESHIP PROGRAM

FREE!
Ages 14-19

Are you a great artist that has a knack for the unusual and a desire to learn how to use this talent to make edible art? Join us at the South Park CC where you will both have fun and earn a \$599 stipend as an apprentice. In this Cake Boss: Culinary Art Apprenticeship Program, you will focus on the art of turning desserts into visual gems by developing an appreciation of how to use chocolate, fondant, fruits, sauces, butter cream, themes, patterns, color, and garnishes as the muse for your very own creations! Food Safety Permit and First Aid/CPR/AED required to register for this program. Need one? No problem we have you covered for that as well. To find trainings that will help you meet these requirements at no cost to you continue to read this section of the brochure and register at the South Park CC today!

Instructor: Catrina Williams
10/8-12/10 Sat 11 a.m.-2:30 p.m.

**LINK-2-LEADERSHIP:
JOB READINESS PROGRAM****FREE!****Ages 14-24**

Job Readiness Training for Youth is designed to assist participants, 14 to 24 years old, acquire the skills needed to find and obtain employment. This is a four week program that will ensure that you leave training with increased leadership skills, the appreciation for responsibility, self-confidence, dressing appropriately, conflict resolution, punctuality/attendance at work, financial planning, and other work readiness skills.

Instructor: Niela Hampton

9/3-9/24	Sat	11 a.m.-3 p.m.
10/1-10/22	Sat	11 a.m.-3 p.m.
11/5-11/26	Sat	11 a.m.-3 p.m.

FOOD SAFETY TRAINING**FREE!****Ages 14-19**

Are you looking for a part time job that involves handling food served to the public? Before you travel on that journey, you should stop by the South Park Late Night Program on one of the dates below. Washington State requires that all food workers have food safety training before handling food served to the public. Food workers who take a food safety training class and pass the State of Washington exam on food safety basics are issued a Food Worker Card (also called a Food Handler Permit). South Park Late Night will not only provide the training but will pay for the card as well. Now that's winning!

Instructor: Cheryl Jackson-Williams

9/16	Fri	7-9:30 p.m.
10/21	Fri	7-9:30 p.m.
11/18	Fri	7-9:30 p.m.

FIRST AID/CPR/AED**FREE!****Ages 14-19**

Would you know what to do in a cardiac, breathing, or first aid emergency? The right answer could help you save a life. With an emphasis on hands-on learning, our First Aid/CPR/AED course gives you the skills to save a life. In this training you will learn how to respond to common first aid emergencies, including burns, cuts, head, neck, and back injuries, and more.

Instructor: Cheryl Jackson-Williams

9/9	Fri	4-10 p.m.
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THE CHILL EXPERIENCE**FREE!****Ages 12-19**

We are taking early registrations for the Chill Experience! If you ever wanted to learn how to snowboard or ski, no worries. Chill and join the South Park Community Center as you are introduced core youth development program revolves around a six-week curriculum that uses snowboarding to teach life skills and increase self-esteem in underserved youth between the ages of 12-19. Our six weekly themes; patience, persistence, responsibility, courage, respect, and pride, provide a framework for learning and personal growth. We use our time on the ride up to the mountain to introduce the weekly theme through an activity, and reinforce the concept during our time on the mountain. This allows participants to make meaningful connections to the curriculum while experiencing the innate joy of snowboarding. Must be a part of Club South Park to participate in this program. Max 12.

Registration open 9/1-12/16**THE ART EXPERIENCE****Age 6-12**

Is your child creative? This fun class will explore a variety of art mediums, inspiring all students in fun and safe environment. Painting and drawing, sculpture and art using recycled materials are just a few of the fun activities kids will do in this experience. Max 10. No class 12/10.

9/9-12/17	Sat	1-1:45 p.m.	\$28/month
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ADULT

LUNCHTIME YOGA

FREE!
Ages 18 and older

Come and relax and take a lunch break to experience a healthy yet soothing workout. Yoga will help you de-stress your day away, become more flexible, and strengthen your core.

Instructor: TBA
9/6-11/29 Tue Noon-1 p.m.

TAI CHI AND CHAIR EXERCISE

FREE!
Ages 50 and older

Come to South Park CC to develop your Tai Chi Skills through learning over 21 movements, different chair exercises, as well as stretching. Every Tuesday the class begins with memory exercises, reflecting on the previous week's activities so you are always in tuned with your workout regimen as well as practice training balance, breathing, movements, and memory. The four essential activities used in daily life. No class 9/15, 11/23

Instructor: Frank Mateo
9/6-11/29 T/Th 1:30-3 p.m.

THE MIXXEDFIT MASHUP CHALLENGE

FREE!
Ages 12 and older

Are you ready for the Mixxedfit Challenge? Come join your friends at the South Park CC! Youth and their parents are welcomed to drop in on this people-inspired dance fitness program that is a mix of explosive dancing and boot camp toning. No class 11/11 and 11/24

Instructors: Randy Ford/Leilani Gutierrez
9/9-12/16 Fri 7-8 p.m.

FILIPINO MARTIAL ARTS CLUB

FREE!
Ages 12 and older

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Instructor: Frank Mateo
9/6-11/29 T/Th 3:30-4:30 p.m.

INDOOR ROWING AND FITNESS

Ages 14 and older

The South Park CC offers indoor rowing and fitness classes for those interested in getting in shape with a whole body workout. Classes will be based around the Concept 2 Ergometer and also encompass core training and circuit training classes. No class 9/15dd and 11/23

Instructor: TBA

9/6-9/29	T/Th	5:45-6:45 p.m.	\$28
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ZUMBA

FREE!
Ages 12 and older

Sea Mar Community Health Center and the South Park CC have partnered to bring you this free Zumba series. This popular fitness program inspired by Latin dance and upbeat movement is designed to be a fun aerobic workout that will get your heart rate up and weight down.

Instructor: SeaMar Inc.
9/7-12/14 M/W 5:30-6:30 p.m.

HOME BUYING MADE EASY

FREE!

Participating in this Home Buying Made Easy Seminar will provide you access to upto \$16,000 of down payment assistance (this funding is not a loan or paid back) as well as one of this region's highly sought after DOWN PAYMENT SPECIALIST that will help you understand how to use down payment funds, guidelines, and restrictions to your benefit. In addition, you will learn by attending this seminar:

- » How the home loan process works
- » How Escrow and Title Insurance works
- » How to leverage your small down payment into a HUGE down payment using resources available to you through down payment assistance programs.
- » How to create a housing budget to make sure you're not spending too much on your mortgage payment
- » How to get more house for the money

11/12 Sat 9:30 a.m.-2:30 p.m.

MONEY BLOOM FINANCIAL LITERACY PROGRAM**FREE!**

Are there times where you feel like you are working and not seeing the benefits of your financial earnings? It is time to change that perspective and the Money Bloom Financial Literacy Program can help you do just that. Learn how to make your money work for you by understanding how to spend money wisely through budgeting; saving and investing money; using credit cautiously; and protecting your personal finances.

9/2-12/16 Fri 5-7 p.m.

LOVE AND LOGIC: EARLY CHILDHOOD PARENTING MADE FUN

Potty training, toddler tantrums and bedtime bribery-oh my! If you are a parent in need of support and new tools and techniques to master parenting through the toddler years, this program is for you. So that parents have an opportunity to fully participate during each session, toddler/child activities will be provided in an alternate space with dinner provided for the Tuesday session and lunch provided for the Saturday session. In addition, parent partners are encouraged to attend and can join the paying parent for free. Join the South Park Community Center for a fun filled opportunity to learn with other parents how to:

- » Limit whining, tantrums and arguing
- » Set limits with your child
- » Avoid power struggling with your child
- » Teach your child the importance of listening the first time you make a request

9/5-9/26	Tue	6-8 p.m.	\$125
10/1-10/22	Sat	9:30-11:30 a.m.	\$125
11/1-11/22	Tue	6-8 p.m.	\$125

↘ RECTECH**HOMEWORK HELP****FREE!**

Ages 11 and older

We are here to help you with your research or other homework.

Sept-June M-Th 3-5 p.m.

SCREEN FOR SCARE**FREE!**

Ages 11-19

Teens will create 3 short films for the upcoming Halloween event at South Park Community Center. The films will be shown at the event in the movie room. Teens will do it all; write, direct, the camera work, the lighting, sound recording, and editing on each film. Teens will work individually and in teams to create fun and unique scary films.

9/26-10/12 M/W 4:30-6:30 p.m.

ANIMATION AND CHARACTER DESIGN**FREE!**

Ages 11-19

Teens will learn and create creative and compelling animation short using Adobe Flash. In this workshop teens will explore the fundamentals in animation and how to piece together a fun short for web and film.

10/6-12/1 Thu 4:30-6:30 p.m.

INTRO TO MAYA 3D**FREE!**

Ages 11-19

Teens will create high quality 3D models using Autodesk Maya. From spaceships, to housing, to characters and or props, you will use industry software to create props and items for film and animation.

10/4-12/6 Tue 4:30-6:30 p.m.

SOCIAL MEDIA AND ME**FREE!**

Ages 50+

Why use social media? This workshop will build your confidence and open up a whole new way to connect and stay close with family and friends. The ability to use social media to regularly engage people and express yourself is becoming an essential digital skill for everyone. We will set up a Facebook account for you during the workshop, so no previous social media experience or programming skills required. Bring a few photos you would like to upload to your Facebook site.

10/5 Wed 1-3 p.m.

ONE-ON-ONE COMPUTER TUTORING**FREE!**

Ages 18 and older

Call the RecTech lab and make an appointment for an hour of afternoon tutoring between 12 and 3 p.m. The focus is on what you need to know, whether it's how to use e-mail and the internet, create a budget or chart, or how to set up an account on a social networking site like Facebook. Also if you own a PC or Apple laptop we can help you get started.

Call 206-684-7451 to make your tutoring appointment

INTRODUCTION TO PHOTO EDITING**FREE!**

Ages 18 and older

Improving your photos is both fun and rewarding! With a little help, you can quickly be on your way to editing and improving your photographs. This class will cover the interface and basic functions of Adobe Photoshop Elements, including: resizing and cropping; adjusting brightness and color; and using tools and layers to edit and enhance images.

10/4-11/15 Tue 6:30-7:45 p.m.

TEEN

TUTORING, BASKETBALL DRILLS, AND SKILLS

FREE!
Ages 9-18

Tutoring and basketball drills and skills class every Wednesday and Thursday in the teen room and gym. Homework help will be provided each day before and during the drills and skills.

9/6-12/29 W/Th 3-7 p.m.
NEW


TEEN LEADERSHIP PLUS PROGRAM

FREE!
Ages 12-19

This program will offer leadership development skills through workshop speakers, group rap session, hands on programming, critical thinking and community observation.

9/1-12/30 M/Th/F 3-6 p.m.
NEW

ADULT

TAI CHI

Ages 55 and over

Slow and Gentle movement exercises are taught to help you find your center of balance and improve circulation. By practicing this particular Tai Chi form, students will improve their balance, posture, physical strength, and health, calming their mind and rejuvenating their body.

9/1-9/29	Thu	10:30-11:30 a.m.	\$40
10/6-10/27	Thu	10:30-11:30 a.m.	\$40
11/3-11/17	Thu	10:30-11:30 a.m.	\$40
12/1-12/29	Thu	10:30-11:30 a.m.	\$40

MULTI-GENERATIONAL

ESCRIMA MARTIAL ARTS

Ages 16 and older

Join us in learning the Filipino art of Escrima. In this martial arts class you will learn how to defend yourself with empty hands or with sticks. Get in a great workout while learning self-defense moves at the same time. No uniform or prior experienced is required.

9/3-9/24	Sat	10 a.m.-Noon	\$25*
10/1-10/29	Sat	10 a.m.-Noon	\$25*
11/5-11/26	Sat	10 a.m.-Noon	\$25*
12/3-12/31	Sat	10 a.m.-Noon	\$25*

***Fee is for Adult. \$15 Teen**

ZUMBA

Ages 13 and older

Join the Zumba Women's class. Zumba is a Latin inspired dance fitness class that incorporates Latin and International music and dance movements. This class format combines fast and slow rhythms that tone and sculpt the body, blending the balance of cardio with muscle toning benefits. Zumba is fun, different, easy, and effective.

9/7-9/28	M/W	6-7 p.m.	\$25
10/3-10/26	M/W	6-7 p.m.	\$25
11/2-11/30	M/W	6-7 p.m.	\$25
12/5-12/28	M/W	6-7 p.m.	\$25

KYOKUSHIN KARATE

Ages 8 and older

Students will learn the sport side of Kyokushin Karate, a traditional martial art founded by Mas Oyama, and application of those skills in self-defense situations. Students will benefit from increased stamina, strength and flexibility as well as greater confidence and self-discipline. Class is suitable for all levels of ability, from no experience to those who desire to compete in tournaments. No prior experience necessary. Open to children and adults. Families are welcome.

Location: Multi-Purpose Room-2

9/6-9-27	Tue	7-8:45 p.m.	\$25*
10/4-10/25	Tue	7-8:45 p.m.	\$25*
11/1-11/29	Tue	7-8:45 p.m.	\$25*
12/6-12/27	Tue	7-8:45 p.m.	\$25*
9/1-9/29	Thu	7-8:45 p.m.	\$25*
10/6-10/27	Thu	7-8:45 p.m.	\$25*
11/3-11/17	Thu	7-8:45 p.m.	\$25*
12/1-12/29	Thu	7-8:45 p.m.	\$25*

***Fee is for Adult. \$15 Teen**

↘ RECTECH

HOME WORK TIME AND BIG BRAINED SUPER HEROES CLUB

FREE!

Ages 5-18

Youth work on school projects where internet research is required and on projects needing to be done using word processing or other basic programs such as Excel or Power Point. Youth also work with Big Brained Super Heroes Club staff on different STEM related projects.

Sept-June Wed 5-6:30 p.m.

GRAPHIC DESIGN WORKSHOP FOR TEENS

FREE!

Ages 14-18

RecTech at Yesler Community Center and Frye ART Museum have come together to offer free Graphic Design and Social Media classes to youth in our shared community. Participants will have the chance to work with professionals active in Seattle's artistic and creative communities. This is an excellent opportunity to gain practical and artistic skills that can be transferred into the work place.

10/4-11/10 M/Th 4:30-6 p.m.

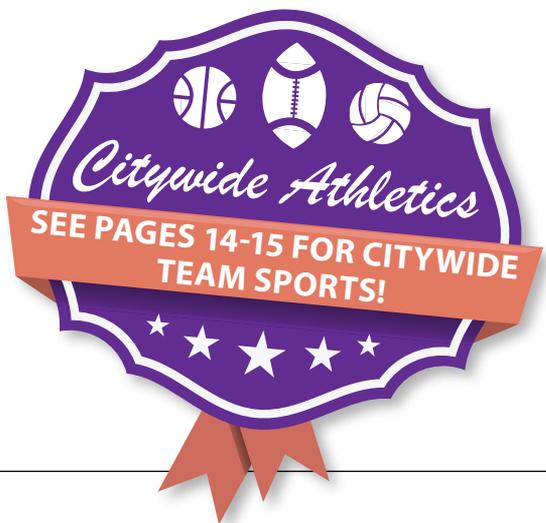
ESL COMPUTER CLASS

FREE!

Ages 18 and older

This class will meet two times a week for two hours per class. Students will learn basic computer office skills while at the same time mastering English as Second Language skills involving grammar, writing, vocabulary, and sentence structure. Through instruction appropriate to limited English speaking participants, class participants will also learn workplace readiness skills. This course, a combination of lecture and lab, will cover Windows, keyboarding, ten-key, basic computer hardware and peripherals, beginning word processing, and email.

Year Round T/Th 4:30-6:30 p.m.



MULTI-USE FACILITATED LAB TIME

FREE!

Ages 18 and Older

For two hours twice a week the RecTech commuter lab at Yesler Community Center is opened for users to access the computers to achieve their own self-sufficiency objectives. The site lead is present during this time to assist clients with their computer use. Clients' objectives vary but include: resume development, searching for job leads, researching potential employers, homework research for school, translation assistance, gathering news and information from one's home country, and accessing information about government programs and benefits available to low-income residents.

Sept-June T/Th 10 a.m.-Noon

DID YOU KNOW?



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

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

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

Outdoor special events
206-684-4080

Picnics, weddings and ceremonies
206-684-4081

Indoor venues
206-684-7254

www.seattle.gov/parks/weddings



SEATTLE PARKS AND RECREATION

SEATTLE PARKS AND RECREATION AQUATICS INFORMATION



© Doug Mahugh



© Doug Mahugh

Lessons "Seattle Swims"

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



Class Information

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



© jay dotson photography

Personal Lessons

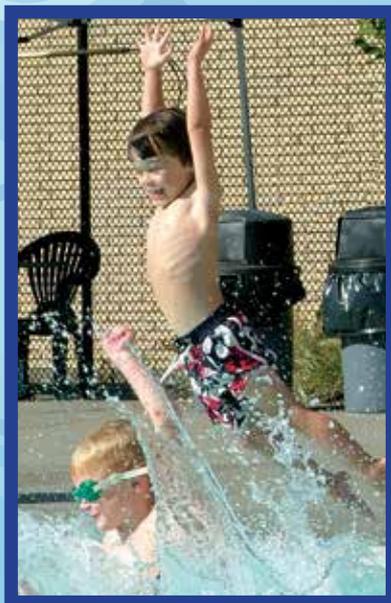
Quality
instruction
tailored to
fit individual
needs to achieve
your personal
swimming goals.



© Doug Mahugh

Fitness

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



Recreation

Public Swim, Family Swim, Lap Pool and more!



Contact your local pool for more information!

BALLARD POOL

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

EVANS POOL

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

HELENE MADISON POOL

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

MEADOWBROOK POOL

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

MEDGAR EVERS POOL

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

QUEEN ANNE POOL

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

RAINIER BEACH POOL

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

SOUTHWEST POOL

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

Summer Only

COLMAN POOL

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

LOWERY C. "POP" MOUNGER POOL

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

Did You Know?
We have rental space!

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

Call to book your party today!

DAKOTA PLACE PARK

4304 SW DAKOTA, SEATTLE

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

Tours: Saturday 8:30-10:30 am**Please call Hiawatha CC for Monday-Thursday rentals and event scheduling for Friday-Sunday.****RESERVATIONS AND CONFIRMATIONS**

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

RENTAL RATES WITH ALCOHOL AT COMMUNITY CENTERS

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

Damage Deposit \$500 • Staff fee \$50 per hour +1 additional hour • \$75 City of Seattle Alcohol Permit Fee • Banquet Permit purchased from the Liquor Control Board \$15

Liability insurance ranges \$200-\$400 or may be covered by some caterers or by your home owner's insurance policy.

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

REFUNDS

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

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

HOURLY ROOM AND GYMNASIUM RENTAL FEES

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

ROOMS

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

COMMUNITY CENTERS/ROOMS AND CAPACITIES

SITE	SMALL	MED	LARGE	KITCHEN	GYM
Alki CC	40/45	75	150	large	
Delridge CC		(2)52	103	large	435
Hiawatha CC	(3)10		150	small	275
High Point CC	10/29	49	184	large	376
Southwest TLC	15	50		large	438
South Park CC	(2)49	85	134	large	376
Yesler CC	Please contact center				

WEST SEATTLE/SHELTERHOUSES AND CAPACITIES

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

REGISTER ONLINE!

READY – Please visit our web site at www.seattle.gov/parks 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

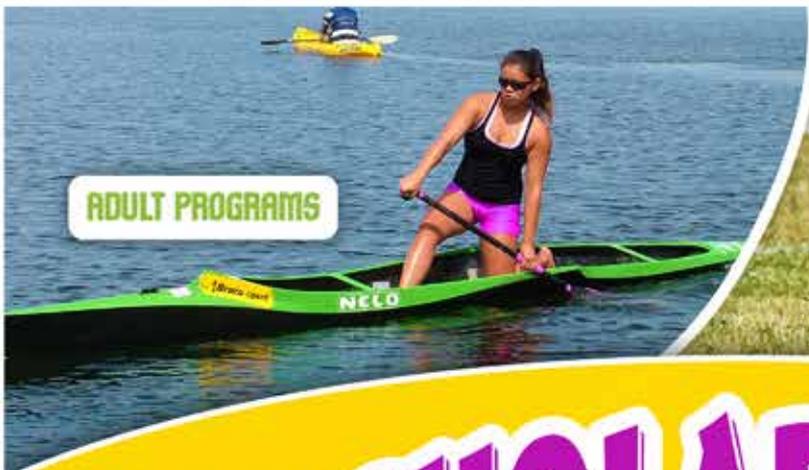
For information on programs for youth/adults with disabilities, please call the Special Populations Office at (206) 684-4950, or visit the web at: www.cityofseattle.net/parks/SpecialPops/index.htm.

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!

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