SUNDAY, MAY 19
SEE PAGES 29, 30, AND 32 FOR DETAILS.

SPECIALIZED PROGRAMS
SPRING 2019

MOVIN’ FOR MONEY
SUNDAY, MAY 19
SEE PAGES 29, 30, AND 32 FOR DETAILS.

www.seattle.gov/parks
GENERAL INFORMATION

WHERE TO FIND US

Specialized Programs
4554 NE 41st St., Seattle, WA 98105
206-684-4950
www.seattle.gov/parks/find/specialized-programs

PARKS MANAGEMENT

Christopher Williams, Interim Superintendent
Justin Cutler, Recreation Director
Brenda Kramer, Manager, Special Units

RECREATION STAFF

Kyle Bywater, Coordinator, Specialized Programs
Linda Guzzo, Administrative Specialist 1
Tori Fernau, Adult Recreation Specialist
Jill Ellison, CTRS/R, Youth Recreation Specialist
Hannah Spaulding, CTRS/R, Recreation Leader
Savannah Seiple, Recreation Leader
Allison Leonard, Recreation Leader
Kathryn Leonard, Recreation Leader
Iris Swisshelm, Recreation Attendant
Hanna O’Donnell, Recreation Attendant

INLEMENT WEATHER POLICY

If Seattle Public Schools are closed, our programs will also be cancelled. For further information, please call Specialized Programs at 206-684-4950 before venturing out to our programs.

DISCLAIMER

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. Fees may change after printing and after City Council action on the City budget each year. Please visit www.seattle.gov/parks for updated information.

ADULT SUMMER CAMP PREVIEW 2019

This information is not for registration purposes. It is only to assist you in planning for the upcoming summer weekend overnights. We have included camp dates and cost for your convenience.

Registration will take place by phone only; the registration dates will be listed in the Summer brochure.

Overnight Camps will be held at: Camp Long (in West Seattle), 5200 35 Ave SW, Seattle, WA 98126.

Cost per session $70 – We accept DDA Respite care. Scholarships will be available, contact us at 206-684-7548, if you have questions or to have a scholarship application sent to you.

Camp Starts at 6 p.m.
Friday through 1 p.m. Sunday

<table>
<thead>
<tr>
<th>Camp Long #1</th>
<th>Camp Long #2</th>
<th>Camp Long #3</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 21-23</td>
<td>July 12-14</td>
<td>August 2-4</td>
</tr>
</tbody>
</table>

We hope this information is helpful. Remember we will list the registration dates in the Summer brochure, if you have any questions, please call Specialized Programs at 206-684-4950.

learn about ways to reduce your carbon footprint at

www.seattlecan.org

*You may pay with CREDIT CARD or make CHECK payable to: CITY OF SEATTLE
<table>
<thead>
<tr>
<th>WELCOME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Summer Camp Preview...........2</td>
</tr>
<tr>
<td>Adaptive Sports Information ..........4</td>
</tr>
<tr>
<td>Our Mission................................4</td>
</tr>
<tr>
<td>Advisory Council........................4</td>
</tr>
<tr>
<td>Payments – DDA – Scholarship Info ....5</td>
</tr>
<tr>
<td>DDA Respite Funding...................5</td>
</tr>
<tr>
<td>Specialized Programs Staff..........6</td>
</tr>
<tr>
<td>Paralympics Day 2019..................15</td>
</tr>
<tr>
<td>End of Summer BBQ.....................15</td>
</tr>
<tr>
<td>Access Information.....................18</td>
</tr>
<tr>
<td>Refund Policy............................28</td>
</tr>
<tr>
<td>Persons with Disabilities.............28</td>
</tr>
<tr>
<td>Fees and Charges........................28</td>
</tr>
<tr>
<td>Code of Conduct Policy................28</td>
</tr>
<tr>
<td>Movin’ For Money Sponsor Sheet......29-30</td>
</tr>
<tr>
<td>Movin’ For Money More Info..........Back Cover</td>
</tr>
<tr>
<td>Program Location Map..................31</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>YOUTH PROGRAMS</th>
</tr>
</thead>
<tbody>
<tr>
<td>See page 7 for registration details</td>
</tr>
<tr>
<td>New Registration Process for Youth......7</td>
</tr>
<tr>
<td>ActiveNet Account Instructions........8</td>
</tr>
<tr>
<td>Yoga and Relaxation.....................8</td>
</tr>
<tr>
<td>Youth Special Olympics Track and Field.9</td>
</tr>
<tr>
<td>Crossroads Recreation...................9</td>
</tr>
<tr>
<td>Play Gym..................................10</td>
</tr>
<tr>
<td>Swimming at Southwest Pool NEW!.......10</td>
</tr>
<tr>
<td>Get Fit &amp; Grow NEW!.....................11</td>
</tr>
<tr>
<td>Wacky Weekends..........................11</td>
</tr>
<tr>
<td>Saturday Activities.....................12</td>
</tr>
<tr>
<td>Spring Breakers..........................13</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TEEN PROGRAMS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teen Social...............................14</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TRANSITION PROGRAMS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ages 16 - 30</td>
</tr>
<tr>
<td>Dinner Theater - North End NEW!.......16</td>
</tr>
<tr>
<td>Dinner Theater - South End................16</td>
</tr>
<tr>
<td>Pottery....................................17</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ADULT PROGRAMS</th>
</tr>
</thead>
<tbody>
<tr>
<td>See page 19 for registration details</td>
</tr>
<tr>
<td>Registration Dates..........................19</td>
</tr>
<tr>
<td>What’s Cooking?..............................20</td>
</tr>
<tr>
<td>Yoga and Relaxation........................20</td>
</tr>
<tr>
<td>T.N.T. (Try New Things) Club..............21</td>
</tr>
<tr>
<td>Swim Classes at Helene-Madison Pool.....21</td>
</tr>
<tr>
<td>Starlight Social............................22</td>
</tr>
<tr>
<td>Creative Space................................22</td>
</tr>
<tr>
<td>Friendship Theater - Glee and Drama Classes.23</td>
</tr>
<tr>
<td>Pottery Class................................23</td>
</tr>
<tr>
<td>Track and Field..............................24</td>
</tr>
<tr>
<td>Fun Fitness..................................24</td>
</tr>
<tr>
<td>Creative Dance.............................25</td>
</tr>
<tr>
<td>Swimming...................................25</td>
</tr>
<tr>
<td>H.E.A.L.T.H..................................26</td>
</tr>
<tr>
<td>Adult Socials NEW!..........................26</td>
</tr>
<tr>
<td>Saturday Travels............................27</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>VAN TRIPS</th>
</tr>
</thead>
<tbody>
<tr>
<td>For any van trip we can only wait a maximum of 10 minutes for late arrivals.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PLEASE KEEP AT HOME ANY PARTICIPANT WITH THE FOLLOWING SYMPTOMS:</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓ Fever of 101;</td>
</tr>
<tr>
<td>✓ Diarrhea, more than one loose stool per day;</td>
</tr>
<tr>
<td>✓ Vomiting, twice or more in the past 24 hours;</td>
</tr>
<tr>
<td>✓ Unknown rash, with itching or fever;</td>
</tr>
<tr>
<td>✓ Drainage from the eye, redness of eyelid lining, swelling and discharge of pus;</td>
</tr>
<tr>
<td>✓ Sore throat, especially with fever or swollen glands;</td>
</tr>
<tr>
<td>✓ Head lice, nits, or scabies;</td>
</tr>
<tr>
<td>✓ Open or oozing sores, unless properly covered and 24 hours have passed since starting antibiotic.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Good Clean Fun! Keep me home if...</th>
</tr>
</thead>
<tbody>
<tr>
<td>We can have fun another day!</td>
</tr>
</tbody>
</table>
Seattle Adaptive Sports (SAS) is a partner with Specialized Programs. SAS offers a variety of sports and recreation activities for youth and adults with physical disabilities, such as spinal cord injuries, amputation, dwarfism, and cerebral palsy. Come join a team and participate in local, regional, and national tournaments/meets. Programs offered include: wheelchair basketball, sled hockey, power soccer, sitting volleyball, wheelchair tennis, track/field, as well as a resource for other recreational programs.

Eligible: All participants must have the ability to follow a sequence of instruction and have adequate upper body control to maneuver a manual wheelchair. Some equipment is available for use by campers.

Dates: Most Saturdays
Time: 10 a.m.-3 p.m.
Cost: Free
Location: Mercer Middle School, 1600 S Columbian Way, Seattle, WA 98108

Visit the SAS website calendar for specific sports practice and clinic schedules www.seattleadaptivesports.org

LIKE us on Facebook at facebook.com/seattleadaptivesports/

Presented by Specialized Programs and Specialized Programs Advisory Council

**OUR MISSION**

We provide exceptional, accessible, and affordable citywide recreation programs and resources for individuals with disabilities and their families. Our specially trained staff develop, conduct programs, and with the advisory council, advocate for specialized opportunities in arts, fitness, and social activities for people with special needs.

- To improve the quality of life and strengthen community.
- Provide outreach and advocacy.
- Support a wide range of abilities.

**ASSOCIATED RECREATION COUNCIL**

For 43 years, the Associated Recreation Council (ARC) has provided recreation, lifelong learning programs and community-driven leadership in partnership with Seattle Parks and Recreation. With a goal of providing equitable access to citywide programs for Seattle residents of all ages, ARC works through 36 volunteer Advisory Councils to fulfill its mission of “building community through citizen engagement and participation in recreation and lifelong learning programs.” ARC is a 501c3 nonprofit organization. For more information, go to www.arcseattle.org.

**YOUR ADVISORY COUNCIL**

The Specialized Programs Advisory Council (SPAC) members are dedicated volunteers who enrich our community by supporting people with disabilities. The SPAC members are strong advocates effective in educating decision-makers and the community-at-large; speaking of program successes, sharing their experiences, and describing the needs of people with disabilities.

**JOIN US**

The SPAC holds monthly public meetings to advise staff, review programs, develop policies, plan marketing and advocacy strategies, and address financial issues. To attend a meeting call Kyle at 206-684-7548.
PAYMENT AND FINANCIAL SUPPORT

PAYMENT OPTIONS

➢ Payments for classes can be made by credit card-OR-by check.
➢ If paying by check, please make it payable to: City of Seattle within two weeks of registering.
➢ Mail check to: Specialized Programs, Attn: Linda, 4554 NE 41st Street, Seattle, WA 98105
➢ Note: For Field Trips, please bring cash on the day of the outings as fees are paid directly to the vendor/site, unless otherwise noted.

DDA RESpite FUNDING

If you have DDA Respite Care we will apply it toward program registration fees.
Please include the name of your Case Manager, their phone number and email address with your registration forms. Please note that DDA funds do not apply toward field trips where participants bring cash with them to pay for services while on the field trip.

SCHOLARSHIP APPLICATIONS

This year Specialized Programs has a significantly increased scholarship fund and there are now more funds available than in previous years. For the first time we are offering scholarships to year round programs for all ages. Therefore, we are encouraging everyone to apply to receive reduced registration fees. Scholarships can reduce the amount to be paid on registration fees starting from 50% up to 80% based on total annual income and number of people supported on that income.

For more information or questions regarding making payments, DDA, or scholarships please contact Kyle Bywater at 206-684-7548 or email kyle.bywater@seattle.gov.
SPECIALIZED PROGRAMS STAFF

Brenda Kramer
Manager
206-386-9094

Kyle Bywater
Coordinator
206-684-7548

Linda Guzzo
Administrative Specialist
206-684-4950

Tori Fernau
Recreation Specialist
206-615-0702

Jill Ellison
CTRS/R, Recreation Specialist
206-615-0140

Hannah Spaulding
CTRS/R, Recreation Leader
206-684-4950

Allison Leonard
Recreation Leader
206-684-4950

Savannah Seiple
Recreation Leader
206-684-4950

Kathryn Leonard
Recreation Leader
206-684-4950

Iris Swisshelm
Recreation Attendant

Hanna O'Donnell
Recreation Attendant
206-684-4950

*You may pay with CREDIT CARD or make CHECK payable to: CITY OF SEATTLE
YOUTH: 4 – 21 YEARS
TEEN: 13 – 21 YEARS
TRANSITION: 16 – 30 YEARS

Participants are welcome to attend the Youth Programs until the age of 21. Refer to page 21 to see a listing of our Adult Programs, which begin at the age of 18, and we encourage people to begin the transition from youth to adult programs at that time.

If your child will be attending Specialized Programs, you must have a Participant Information Form on file. We are happy to mail one to you or you can find it online by going to: www.seattle.gov/parks/find/specialized-programs

NEW YOUTH REGISTRATION PROCESS!

REGISTRATION OPENS ON TUESDAY, MARCH 5 AT NOON.

For youth programs, register online at www.seattle.gov/parks using the barcode provided. You may still register by calling our office or visiting a community center. Please have course barcodes ready.

If you use approved scholarship funds, your eligibility is applied to your account and fees will be calculated automatically.

Using DDA funds?

Please call our office to register. However, you may register online for programs that do not have fees associated with them.

YOGA AND RELAXATION .............................................................................. 8
YOUTH NEW RECREATION SYSTEM ............................................................ 8
YOUTH SPECIAL OLYMPICS TRACK AND FIELD ........................................ 9
CROSSROADS RECREATION ........................................................................ 9
PLAY GYM .................................................................................................... 10
NEW! SWIMMING AT SOUTHWEST POOL ................................................ 10
NEW! GET FIT & GROW ................................................................................ 11
WACKY WEEKENDS .................................................................................... 11
SATURDAY ACTIVITIES ............................................................................ 12
SPRING BREAKERS .................................................................................. 13
YOGA AND RELAXATION

Youth Yoga is an opportunity for students to develop a yoga practice in an environment tailored to the unique needs of youth. Through yoga practice students are empowered to move through personal limits while developing skills. Students are free to express their unique self in the world as they discover who they are and what they can do with their heart, mind, body, and spirit. Students are introduced to the physical practice of yoga and principles and philosophies as a way of viewing and experiencing the world.

Eligible: All ability levels (no 1:1 supervision provided)
Bring: Water and yoga mat if you have one.
Dates: Mondays, March 25-May 20
Time: 6-6:45 p.m.
Cost: $30
Location: Bitter Lake Community Center. 13035 Linden Ave. N, Seattle, 98133
Access: Drop-Off Appointment 5:45 p.m.
Pick-Up Window 6:45-7:15 p.m.
Program Barcode: #17552

SEATTLE PARKS AND RECREATION’S NEW REGISTRATION SYSTEM

The registration system will allow you to search, register and pay for activities. Please check to see if you already have an account set up to not create a duplicate account.

FOLLOW THE STEPS BELOW TO CREATE AN ACCOUNT:
Step 1: Go to www.seattle.gov/parks and click on “Sign Up for Activities”
Step 2: Click on “Create Account”
Step 3: Complete your information

TIPS TO EXPEDITE YOUR EXPERIENCE:
• When submitting your request for a new account, you will automatically receive an email confirmation. Please be sure to click the link in the email to verify your account.
• Input your entire family into the new system and fill in all the required information. We recommend that each family establish a primary account with login credentials. Create the account in the name of a head of household and then add all family members you would like associated with the family account.
• Save your payment card information to your family’s account. Doing so can help get you through the line faster because it allows us to process your transaction without having to go to the cashier.
• Upload a current picture into the system (this will only be seen by staff to verify your card).
**YOUTH SPECIAL OLYMPICS TRACK AND FIELD**

At this weekly sports program, athletes will learn and practice individual and team skills to participate in Special Olympics athletic tournaments.

**Eligible:**
All ability levels (no 1:1 supervision provided)

**Dates:**
Tuesdays, March 26-May 28

**Time:**
6:15-7:30 p.m.

**Cost:**
Free

**Location:**
Ingraham High School Track
1819 N 135th St.
Seattle, 98103

**Access:**
Drop-Off Appointment 6:15 p.m.
Pick-up Window 7:15-7:45 p.m.

**Program Barcode:**
#17601

**Important Dates:**
May 5: Regionals
June 1-2: State

---

**CROSSROADS RECREATION**

Students will participate in enriching group activities such as arts and crafts, sports, games and puzzles, cooking, and more. Activities are designed to promote socialization, increase independence, and explore new leisure interests.

*Note: You do not need to be a student at the school to participate in this program.*

**Eligible:**
Moderate to high ability levels (no 1:1 supervision provided) - must be able to transition.

**Dates:**
Varies, see below. No programs April 4, 9, and 11.
(Check with School for specific dates as each school varies)

**Time:**
Tuesdays, afterschool-5 p.m.
Aki Kurose Middle School and Eckstein Middle School

**Cost:**
Free

**Location:**
**Aki Kurose Middle School**, 3928 S Graham St., Seattle, 98118
**Eckstein Middle School**, 3003 NE 75th St., Seattle, 98118

**Program Barcode:**
#17552 - Aki Kurose
#17537 - Eckstein
PLAY GYM

Time to burn off some energy! This open gym program is designed to help youth learn new active games while developing social skills. Siblings are also welcome to attend this inclusive program. Let’s bring everyone together for a great time!

Eligible: All ability levels (no 1:1 supervision provided).

Dates: Wednesdays, March 27-May 29. (No program April 10.)

Time: 6-7:30 p.m.

Cost: $15

Location: Green Lake Elementary School
2400 N 65th, Seattle, 98103

Access: Drop-Off Appointment 6 p.m.
Pick-Up Window 7:15-7:45 p.m.

Program Barcode: #17540

NEW! SWIMMING AT SOUTHWEST POOL

Join your friends for some fun in the pool after school! We’ll meet in the lower lobby of the Southwest Teen Life Center for a quick activity and snack and then head up to the pool for their public swim.

Eligible: All ability levels (no 1:1 supervision provided)

Bring: Swimsuit and towel

Dates: Fridays, March 29, April 12

Time: 4:15-6:15 p.m.

Cost: $3 cash each session

Location: Southwest Pool
2801 SW Thistle St., Seattle 98126

Access: Drop-Off Appointment 4:15 p.m.
Pick-Up Window 6-6:30 p.m.

Program Barcode: #20043
NEW! GET FIT & GROW

Try enjoyable fitness activities with your friends, then check out and care for our newly acquired garden space at Camp Long. Participants will learn about native plants including pollinators and edibles, and help make a new critter board!

**Eligible:** Moderate to high abilities (no 1:1 supervision provided)
**Dates:** Fridays, April 26, May 10, May 24
**Time:** 4-6:30 p.m.
**Cost:** $15
**Location:** Camp Long Environmental Learning Center
5200 35th Ave SW., Seattle, 98126
**Access:**
- Drop-Off Appointment 4 p.m.
- Pick-Up Window 6:15-6:45 p.m.

**Program Barcode:** #17603

WACKY WEEKENDS

Youth will be engaged in games, science, cooking projects, art, music, sensory exploration, indoor and outdoor activities, and some free play. Activities are fun, purposeful, and emphasize each child’s strengths to promote independence.

**Eligible:**
- Moderate to Low abilities (program accommodates for 1:2 ratios)
- Unable to transition independently. (Please discuss with staff if this program is appropriate for your child.)
**Bring:** Sack lunch and beverage.
**Dates:** Saturdays, March 30, April 6, 13, 20, 27; May 11
**Time:** 9:30 a.m.-1:30 p.m.
**Cost:** $20
**Location:** Garfield Teen Life Center
428 23rd Ave., Seattle, 98122
**Access:**
- Drop-Off Appointment 9:45 a.m.
- Pick-Up Window 1:15-1:45 p.m.

**Program Barcode:** #17551.
SATURDAY ACTIVITIES

Youth have the opportunity to travel to different locations around the community and experience new places, socialize with peers, and build new friendships. This program has many transitions from site-to-site and is ideal for participants able to transition easily and follow multi-step directions. Participants who come with an aide are admitted on a case-by-case basis.

Eligible: Moderate to high ability levels (no 1:1 supervision provided). Able to multi transition with success. (Please discuss with staff if this program is appropriate for your child.)

Bring: Sack lunch and beverage (unless otherwise noted)

Time: 9 a.m.-2 p.m. (unless otherwise noted)

Cost: Varies by date. Please send CASH ONLY in an envelope with your child’s name on it.

Drop-Off Location: Densmore Building, 8061 Densmore Ave. N, Seattle, 98103
Jefferson Community Center, 3801 Beacon Ave. S, Seattle, 98108

Pick-Up Location: 2 p.m. only at Densmore Building, 8061 Densmore Ave. N, Seattle, 98103

Activities:

March 30 .................................................................$20
Bowling and lunch out. Have a ball with your friends as we try to knock down strikes and spares! We’ll grab a pizza lunch after a couple games of bowling. #17542

April 6 .................................................................$10
State Capitol Tour. If you’re 18 or older, are you registered to vote? Find out why it’s so important to do so as we learn about government on this educational, guided tour of the Washington State Capitol building. #17546

April 13 .................................................................$20
Storybook Theater’s Princess & the Pea. Will the Queen let her son marry the girl he loves, even if she’s not like the other princesses? And what defines a real princess? Beauty? Kindness? Courage? Or is it an aversion to little green vegetables? Find out in this not-so-traditional, but oh-so-delightful story about big beds, pining princesses, and petite peas. Please bring a sack lunch and beverage. #17545

April 27 .................................................................$15
AMC Sensory Friendly film*. AMC and the Autism Society partner on offering unique movie showings where the lights are turned up, the sound is turned down, and folks can get up, dance, walk, shout or sing! Once movie times are released, staff will contact those registered with more information about this activity. Please bring a sack lunch and beverage. *Time subject to change depending on film offering. #17544

May 11 .................................................................$10
Puget Sound Discovery Day! See a 38-foot Gray Whale skeleton and explore other Puget Sound species in 2 large touch tanks on the pier at Redondo Beach! We’ll have a picnic lunch and stop for a treat on the way home. Please bring a sack lunch and beverage. #17595

May 18 .................................................................$10
Hike, Bike, and Boat* The Wild N’ Scenic Institute and Outdoors For All are again offering this exciting day trip! We’ll hike, ride adaptive bikes, enjoy a BBQ lunch, then finish the day on the Skagit River! Prepare for a long and fun day and please bring snacks, a change of clothing, and a water bottle. *This event typically runs from 9 a.m.-5 p.m. and is subject to change. #20457

Cancelation Policy for Saturday Activities: When registered for a Saturday that involves purchasing tickets for an event and you cancel before the event, you will now be responsible for paying the full amount of the program cost before registering for any future program. Thank you.
SPRING BREAKERS

Beat the boredom and come check out what we’ve got planned for spring break! These trips encourage socialization with peers and adults, trying new things, and making choices.

Eligible: Moderate to high ability levels (no 1:1 supervision provided)

Bring: Sack lunch and beverage.

Time: 9:30 a.m.-3 p.m.

Cost: Please send cash only on the day of the outing.

Location: Densmore Building
8061 Densmore Ave. N, Seattle, 98103

Jefferson Community Center
3801 Beacon Ave. S, Seattle, 98108

Access: Drop-Off Appointment 9:30 a.m.
Pick-Up Window 3-3:30 p.m.

Activities:

Wednesday, April 10............................................... $20
Hike and fishing at Springbrook Trout Farm. #19312

Thursday, April 11............................................... $15
Tulip Town and a treat. #19313

Friday, April 12..................................................... $20
Washington State Spring Fair and treat. #19315
TEEN SOCIAL

Teen Social offers a variety of positive social, recreational, enrichment, and educational activities out in the community, including dining out, hanging with friends, and more!

**Eligible:**
All ability levels (no 1:1 supervision provided)

**Dates:**
Fridays, April 5, 19; May 3, 17

**Time:**
Varies by event, check description.

**Cost:**
Varies by date, check description.

**Drop-Off Location:**
Densmore Building, 8061 Densmore Ave. N, Seattle, 98103
Jefferson Community Center, 3801 Beacon Ave. S, Seattle, 98108

**Pick-Up Location:**
Densmore Building, 8061 Densmore Ave. N, Seattle, 98103
Jefferson Community Center, 3801 Beacon Ave. S, Seattle, 98108

**Access:**
Not provided for this program

**Date:**

**Friday, April 5: Spring JINGO and Red Robin**
Win a prize in the BINGO-style game of luck, then enjoy a scrumptious burger from one of our local favorites! #17547

**Cost:**
$25 - bring cash with you day of the event.

**Time:**
4:15-8:15 p.m.

**Date:**

**Friday, April 19: Out to dinner and a movie in the pool!**
We'll grab dinner and then enjoy a movie on the big screen while splashing around in a community center pool! #17550

**Cost:**
$20 - bring cash with you on the day of the event.

**Time:**
5:30-9 p.m.

**Date:**

**Friday, May 3: Community Service Night and Pizza!**
Tonight is about community! We'll participate in a project to give back and then enjoy a pizza dinner at one of our community centers. #17549

**Cost:**
$10 - bring cash with you the day of the event.

**Time:**
4:15-8:15 p.m.

**Date:**

**Friday, May 17: Seattle Mariners Baseball Game**
Let's go out to the ball game and cheer on the Mariners! Please eat dinner before the outing. #17548

**Cost:**
$30 - bring cash with you the day of the event.

**Time:**
6-9:30 p.m.
Participants of all ages, families, and friends are all invited as we shift from Summer into Fall with an End of Summer Barbeque. Please register in advance to attend this special event being held at Laurelhurst Community Center. Hot dogs, hamburgers, beverages, plus sides, and all the fixin's will be provided. Stay for family friendly activities as the sun goes down.

Eligible: All, plus friends and family
Date: Saturday, September 7
Time: 4-6:30 p.m.
Cost: $12 for adults; $8 for youth ages 5 to 12; and free to children 4 and under (payable day of)
Location: Laurelhurst Community Center, 4554 NE 41st St., Seattle, 98105
Access: Drop-Off Appointment 4 p.m.
Pick-Up Window 6:30-7 p.m.
Registration: You must register in advance by calling Specialized Programs at 206-684-4950.

Any questions? Please call Specialized Programs at 206-684-4950.

Paralympics Day is an exhibition demonstrating Adaptive Sports. There will be participatory workshops to give participants opportunities to try a variety of Adaptive Sports. There will be coaches and experienced athletes to teach drills and skills, come and give it a try. Some featured sports could be wheelchair basketball, wheelchair rugby, sit volleyball, tennis, and power soccer. Exact schedule TBD.
DINNER THEATER – NORTH END

Practice kitchen safety, etiquette, and learn to measure and prepare delicious recipes for the whole group to enjoy. Dinner is paired with a movie, staff will assign tasks based on individual skill level.

**Eligible:** Moderate
(no 1:1 supervision provided)

**Dates:** Mondays, March 25-May 20

**Time:** 3:45-5:45 p.m.

**Cost:** $40

**Location:** Bitter Lake Community Center, 13035 Linden Ave. N, Seattle, 98133

**Access:** Drop-Off Appointment 3:45 p.m.
Pick-Up Window 5:30-6 p.m.

**Program Barcode:** #17535

---

DINNER THEATER – SOUTH END

Practice kitchen safety, etiquette, and learn to measure and prepare delicious recipes for the whole group to enjoy. Dinner is paired with a movie, staff will assign tasks based on individual skill level.

**Eligible:** Moderate (no 1:1 supervision provided)

**Dates:** Wednesdays, March 27-May 29

**Time:** 3-5:30 p.m.

**Cost:** $40

**Location:** Van Asselt Community Center, 2820 South Myrtle St., Seattle, 98108

**Access:** Drop-Off Appointment 3 p.m.
Pick-Up Window 5:15-5:45 p.m.

**Program Barcode:** #17539
POTTERY

Explore the art of pottery! Learn different hand building terms and techniques including coil, slab, and pinch pot. We will make a variety of fun things and decorate them as well! Teens are welcome to hang out in the Ballard Community Center after School!

Eligible: All ability levels (no 1:1 supervision provided)
Dates: Wednesdays, March 27-May 29
Time: 3:45-4:45 p.m.
Cost: $30
Location: Ballard Community Center, 6020 28th Ave NW, Seattle, 98107
Access: Drop-Off Appointment 3:45 p.m.
Pick-Up Window 4:45-5:15 p.m.
Program Barcode: #17541
INFORMATION REGARDING ACCESS
TRANSPORTATION SERVICES

The Americans with Disabilities Act (ADA) requires that transit agencies like Metro and Sound Transit make their bus and rail services user-friendly for people with disabilities. The ADA also requires transit systems to have a paratransit service when someone can’t take the bus or rail because of their disability. In King County, ADA paratransit services are provided by Metro’s Access Transportation Services.

SERVICES OFFERED BY ACCESS
Subscription Service
This service is great when a participant wants to set up a ride to the same destination, at the same time, every week. Please state that you are going to a Seattle Parks and Recreation Program, and it can be set up for you immediately.

Door-to-Door
The driver will walk the participant to the doorway of the destination.

Hand-to-Hand
The driver must deliver the participant to the appropriate person at the destination. If you use this service, please have participants locate “Specialized Programs Staff”.

To apply for these services, please contact Access Customer Service:

206-205-5000
TTY: 206-749-4286

USING ACCESS FOR SPECIALIZED PROGRAMS ACTIVITIES:
We have had increasing numbers of participants coming to and from programs via Access Service. Due to this increase, issues have been raised that we would like you to be aware of when making arrangements for Access rides.

1. Each program in our brochure has a stated Access “Drop-Off Appointment time” and a “Pick-Up Window”. When you schedule your rides, please request only these stated times! Please note Access has “Drop-Off Windows” and they have “Drop-Off Appointment times”.

2. Please remember, if a participant arrives too early, the facility may not be open or Specialized Programs staff may not have arrived yet. If a participant’s Pick-Up Window is scheduled late, it will affect other programs that are following theirs.

3. When you register for programs, please state if the participant is going to be using Access to and/or from program.

4. If there is a consistent problem with early Drop-Off Appointments or late pick-ups, we will call you to discuss the situation.

5. If you have any questions about our specific Access appointment times or Pick-Up Windows, please call Specialized Programs at 206-684-4950.

6. If you have problems with the Access Service, please call Access at 206-205-5000 (TTY 206-749-4286) and talk with their Customer Service staff.
ADULT PROGRAMS

APPROPRIATE FOR AGES 18 AND OLDER
We encourage people to begin the transition from youth to adult programs starting at age 18.

PAYMENTS FOR CLASSES:
Payments for classes can be made by credit card OR check.
If paying by check, please make it payable to:
City of Seattle
Mail check to:
Specialized Programs
Attn: Linda
4554 NE 41st Street
Seattle, WA 98105

PAYMENTS FOR OUTINGS
Bring cash with you on the day of the outing to pay directly to vendor / site, unless otherwise noted.

WHEN DROPPING OFF YOUR ADULT FOR AN ACTIVITY:
Please wait until Specialized Program staff arrive prior to leaving the participant. DO NOT leave anyone unattended.
Thank you.

REGISTRATION INFORMATION
Please call Specialized Programs at 206-684-4950 starting on the time / dates listed below. Please let us know if you are using Access and if you are using DDA Respite Care or qualify for a scholarship.

REGISTER WHEN YOU RECEIVE THE BROCHURE FOR:
CREATIVE SPACE • FUN FITNESS
H.E.A.L.T.H. • STARLIGHT SOCIAL
SWIMMING • TRACK AND FIELD

ADULT REGISTRATION STARTS AT 8 A.M. ON THE DATES BELOW FOR THE FOLLOWING:

› Tuesday, March 12 .................................... SATURDAY TRAVELS
› Wednesday, March 13 .......................... CREATIVE DANCE • POTTERY
WHAT’S COOKING • YOGA
› Thursday, March 14 .............................. TRY NEW THINGS (TNT)
› Tuesday, March 26 ............................... ADULT SOCIAL

DON’T HESITATE! CALL TODAY TO SIGN UP!
WHAT’S COOKING?
Learn the basic skills for preparing and cooking a healthy meal. We will work on menu planning, basic cooking knife skills, and kitchen safety. At the end of each class we will have made a complete meal, and will enjoy eating it together.

Eligible: All ability levels (no 1:1 supervision provided)
Dates: Mondays
Sessions: Delridge Community Center
4501 Delridge Way SW, Seattle, 98106
Session #1: March 25, April 1 and 8
Session #2: April 15, 22 and 29

Time: 6:30-8 p.m.
Cost: $20 per session, due Friday, March 22
Registration: Call Specialized Programs at 206-684-4950 to register starting at 8 a.m. on Wednesday, March 13.
Access: Drop-Off Appointment 6:45 p.m.
Pick-Up Window 8-8:30 p.m.

YOGA AND RELAXATION
Students are introduced to the practice of yoga principles as a way of viewing and experiencing themselves in the world. We encourage students to use their body, mind, heart, and spirit to move through personal limits while developing the skills to be their most authentic self. Class structure includes meditation, breath work, movement, rest, and laughter.

Eligible: All ability levels (no 1:1 supervision provided)
Bring: Water, hand towel, and mat.
No mat? We can provide one for you.
Dates: Mondays, March 25-May 20
Time: 7-7:45 p.m.
Cost: $30, due Friday, March 22
Location: Bitter Lake Community Center
13035 Linden Ave. N, Seattle, 98133
Access: Drop-Off Appointment 7 p.m.
Pick-Up Window 7:45-8:15 p.m.
Registration: Call Specialized Programs at 206-684-4950 to register starting at 8 a.m. on Wednesday, March 13.
T.N.T. (TRY NEW THINGS) CLUB

This program is provided in a safe and welcoming environment that encourages participants to try new things. We explore new and familiar activities such as volunteer projects, arts and crafts, fitness, music, and of course, Bingo.

Note: Due to the popularity of this program, we offer 2 locations on the same day and time. Both locations will be offering the same programs, so please register for just 1. Registration for each location will be limited to 40 participants, after which participants will be put on the waiting list.

Eligible: All ability levels (no 1:1 supervision provided)

Bring: Sack lunch and drink

Dates: Tuesdays, March 26-May 28

Time: 10:30 a.m.-1 p.m.

Cost: $20, due Friday, March 22

Locations: SOUTH: Van Asselt Community Center 2820 S Myrtle St., Seattle, 98108

NORTH: Meadowbrook Community Center 10515 NE 35th Ave., Seattle, 98125

Access: Drop-off Appointment 10:45 a.m.
Pick-Up Window 12:45-1:15 p.m.

Registration: Call Specialized Programs at 206-684-4950 to register starting at 8 a.m. on Thursday, March 14.

SWIM CLASSES AT HELENE-MADISON POOL

Small or individualized classes are available for adults with disabilities. These are small group lessons for adults with special needs as defined by ADA, planned for a ratio of 3 students to 1 instructor. The Aquatic Coordinator may determine that a different ratio is applied depending on student needs. We provide pool chair lifts and portable stairs for easy access. Please contact Helene Madison Pool for registration, 206-684-4979.

13401 Meridian Ave N, Seattle, WA 98133
STARLIGHT SOCIAL
This weekly program offers structured group activities that build social skills, independence, and friendships! Join us for themed celebrations, dances, games, crafts, and more!

Eligible: All ability levels (no 1:1 supervision provided)
Dates: Tuesdays, March 26-May 28, no program May 21 due to Community Center Closure
Time: 6:30-8 p.m.
Cost: Free
Location: Miller Community Center
330 – 19th Ave East, Seattle, 98112
Access: Drop-Off Appointment 6:45 p.m.
Pick-Up Window 7:45-8:15 p.m.
Registration: Call Specialized Programs at 206-684-4950 to register when you receive the brochure.
Activities:
March 26 ........................................................ Bingo and Games
April 2 ............................................ Creative Painting Techniques
April 9 ........................................................ Ocean Night
April 16 ........................................................ Egg-citing Activities
April 23 ........................................................ Healthy Snack
April 30 ........................................................ Active Games
May 7 ........................................................ Creative Space
May 14 ........................................................ Ocean Night
May 21 ........................................................ No Program - Center Closure
May 28 ........................................................ End of Quarter Party

CREATIVE SPACE
With a focus on the creative process, participants meet each week for a hands-on building and crafting project. We will stay environmentally conscious by upcycling and repurposing items. Making use of items in new ways encourages resourcefulness, imaginativeness, and an active engagement in our surroundings.

Eligible: All ability levels
(no 1:1 supervision provided)
Bring: Apple Sack lunch and drink
Dates: Wednesdays, March 27-May 29
Time: 10:30 a.m.-1 p.m.
Cost: $25, due Friday, March 22
Location: South Park Community Center
8319 8th Ave. S, Seattle, 98108
Access: Drop-Off Appointment 10:45 a.m.
Pick-Up Window 12:45-1:15 p.m.
Registration: Call Specialized Programs at 206-684-4950 to register when you receive the brochure.
Program is limited to 40.
FRIENDSHIP THEATER – GLEE AND DRAMA CLASSES

Specialized Programs is partnering with Friendship Adventures to offer a quarterly course to study drama, dance, and music. Join instructors, Jill Rogers and Andy Denney, in a 10-week session that focuses on the unique talents of the actors and that develop new skills for possible future performances.

Eligible: All ability levels (no 1:1 supervision provided)
Bring: Class t-shirt and notebook (will be provided first class)
Time/Cost: $ Glee: 5:45-6:45 p.m.
Drama: 7-8:30 p.m.
Dates: Wednesdays, March 27-May 29
Locations: Northgate Community Center
10510 5th Ave. NE, Seattle, 98125
Access: Drop-off Appointment - Time of Class
Pick-Up Window - Start 15 minutes before class ends.
Registration: Please call Friendship Adventures directly to register, 425-444-3132. Payment due to Friendship Adventures.*
Note: This program does not accept DDA Respite Care; no refunds after class begins.

POTTERY CLASS

We will create art during this program. Learn different hand-building terms and techniques including coil, slab, and pinch pot. We will also make and decorate pots, cups, bowls, and plates on a pottery wheel.

Eligible: All ability levels
(no 1:1 supervision provided)
Dates: Wednesdays, March 27-May 29
Time: 2:30-3:30 p.m.
Cost: $30, due Friday, March 22
Location: Ballard Community Center
6020 28th Ave NW, Seattle, 98107
Access: Drop-Off Appointment 2:30 p.m.
Pick-Up Window 3:30-4 p.m.
Registration: Call Specialized Programs at 206-684-4950 to register starting at 8 a.m. on Wednesday, March 13.
**TRACK AND FIELD**

At this weekly Special Olympics program, we learn skills and participate in athletic events in walking, running, jumping and shot put. You will also have an opportunity to compete in Special Olympic tournaments.

**Eligible:** All ability levels (no 1:1 supervision provided); Must have current AFP on file to compete.

**Dates:** Thursdays, March 21-May 30 @ West Seattle Stadium
(No practice April 4 due to staff training)

**Time:** 6:30-8 p.m.

**Cost:** Free

**Location:** West Seattle Stadium, 4432 35th Ave SW, Seattle, 98126

**Access:** Drop-Off Appointment 6:30 p.m.
Pick-Up Window 7:45-8:15 p.m.

**Registration:** Call Specialized Programs at 206-684-4950 to register when you receive the brochure. You must pre-register and have your current Special Olympics paperwork in by Thursday, March 21 in order to compete in the tournaments.

**Important Dates:**
- **Thursday, March 21:** Must pre-register and have your current Special Olympics paperwork turned in to the Specialized Programs Office
- **Sunday, May 5:** Special Olympics Regional Tournament
- **May 31-June 2:** Special Olympics State Tournament (must qualify at Regionals)
  Coaches will keep you informed when further information on Regional and State meets is available.

**FUN FITNESS**

This program promotes active lifestyles through movement and games. We will play games and work on skills, take walks, weather permitting, and enjoy other fun athletic activities.

**Eligible:** All ability levels
(no 1:1 supervision provided)

**Dates:** Thursdays, March 28-May 30
(No program April 4 due to staff training)

**Time:** 1-3 p.m.

**Cost:** $5, due Friday, March 22

**Location:** Bitter Lake Community Center
13035 Linden Ave. N
Seattle, 98133

**Access:** Drop-Off Appointment 1:15 p.m.
Pick-Up Window 2:45-3:15 p.m.

**Registration:** Call Specialized Programs at 206-684-4950 to register when you receive the brochure.
CREATIVE DANCE CLASS
This class is for movers of all types and levels of experience. Class includes gentle guided warm ups, group games, choreographic studies, and groovy tunes. Come move your body and exercise your creative brain!

Eligible: All ability levels (no 1:1 supervision provided)
Dates: Thursdays, March 28-May 30 (No program April 4 due to staff training)
Time: 3:15-4:15 p.m.
Cost: $30, due Friday, March 22
Location: Bitter Lake Community Center, 13035 Linden Ave N, Seattle, 98133
Access: Drop-Off Appointment 3:15 p.m.
Pick-Up Window 4:15-4:45 p.m.
Registration: Call Specialized Programs at 206-684-4950 to register starting at 8 a.m. on Wednesday, March 13.
Note: If you are signed up for Fun Fitness and Creative Dance, staff will be on site between the two programs.

SWIMMING
This is meant to be a practice session for the upcoming competitive swimming season that starts in the middle of March. Athletes are encouraged to attend all practices and start conditioning and getting ready for events.

Eligible: All ability levels (no 1:1 supervision provided)
Dates: Saturdays, March 30-May 18 (no practice on April 20 due to Regional Swim Meet.)
Time: 1-2 p.m.
Cost: Please pay directly to Madison Pool, $2.25 per swim (Must bring exact change or loaded swim card - cashier's station will not be open on Saturdays.)
Location: Madison Pool, 13401 Meridian Ave. N, Seattle, 98133
Access: Please, no Access to or from this program.
Registration: You must register in advance by calling Specialized Programs at 206-684-4950 when you receive your brochure.
Important Dates: March: Must pre-register and have your current Special Olympics paperwork turned in to the Specialized Programs Office
March, TBA: Mandatory Timings at Madison Pool
Saturday, April 20: Special Olympics Regional Swim Meet
June 1: Special Olympics State Swim Meet (must qualify at Regionals)
**H.E.A.L.T.H.: HEALTHY EATING ACTIVE LIVING TODAY HOORAY!**

This program promotes healthy eating habits and active lifestyles. We will be walking outside when weather permits and playing organized gym games. Participants will learn about nutrition and help prepare a healthy snack each week for the group to enjoy.

**Eligible:** All ability levels (no 1:1 supervision provided)
**Bring:** Sack lunch and drink.
**Dates:** Fridays, March 29-May 24 (No program June 1)
**Time:** 11:30 a.m.-2 p.m.
**Cost:** $25, due Friday, March 22
**Location:** Rainier Community Center, 4600 38th Ave. S, Seattle, 98118
**Access:** Drop-Off Appointment 11:45 a.m.
Pick-Up Window 1:45-2:15 p.m.
**Registration:** Call Specialized Programs at 206-684-4950 to register when you receive the brochure.

**ADULT SOCIALS**

This program is an evening social program that takes community outings around Seattle. Join us for a fun Friday night out with friends! You can pick 1 of the 3 outings and be on the waiting list for the others.

**Eligible:** All ability levels (no 1:1 supervision provided)
**Dates:** Fridays
**Time:** 6-9:30 p.m.
**Cost:** Depends on activity, please bring cash day of.
**Location:** Densmore Building, 8061 Densmore Ave. N, Seattle, 98103
**Access:** Drop-Off Appointment 6 p.m.
Pick-Up Window 9:30-10 p.m.
**Registration:** Call Specialized Programs at 206-684-4950 to register starting at 8 a.m. on Tuesday, March 26.

**Activities:**

April 12 ........................................................................ $20
*Skyview Observatory* – Watch the sunset from the tallest building in Seattle, the Columbia Tower! We will stop for dessert on the way back.

April 26 ..................................................................... $25
*Out to Dinner* – Tonight we will be heading out to dinner at local restaurant for a meal with friends.

May 10 ........................................................................... $5
*Game Night* – Play a variety of games ranging from active games, trivia, charades and minute to win it challenges! Light refreshments will be provided, but not a full dinner – please eat before you come.
SATURDAY TRAVELS

Join our Saturday outing trips to many fun and interesting places around the Sound! You may choose 2 trips and then request to be on the “wait list” for other outings.

Eligible: All ability levels (no 1:1 supervision provided)
Date: Saturdays, March 30, April 6, 13, 27, May 11
Time: 2-6 p.m.
Cost: Depends on activity, please bring cash day of.
Location: Densmore Building, 8061 Densmore Ave. N, Seattle, 98103
Access: Drop-Off Appointment 2 p.m.
Pick-Up Window 6-6:30 p.m.
Registration: Call Specialized Programs at 206-684-4950 to register starting at 8 a.m. on Tuesday, March 12.

Activities:
March 30 ............................................................................. $15
Dinner and Ferry Ride - If you weren’t able to make it on this trip in the Winter Quarter, here’s another chance! We will walk on the ferry for a ride across the sound, followed by dinner with friends.

April 6 ............................................................................. FREE
Community Service Day: Help our friends at Laurelhurst Community Center prepare for their annual egg hunt. The Laurelhurst Advisory Council will be providing pizza as a thank you for our hard work!

April 13 ............................................................................. $15
Bingo and Pizza - Two of our favorite things!

April 27: ............................................................................. $5
Cherry Blossom Festival at Seattle Center - Enjoy Japanese art, dance, music, and martial arts.

May 11 ............................................................................. $20
Out to Dinner - Let’s head out to eat at a local restaurant to enjoy a meal with friends.

Cancellation policy: Please note that if you do not bring your cash payment for Saturday Travels the day of the activity, you will not be able to come on future Saturday Travels until that balance is paid in full.
**Refund Policy**

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

- Anyone who registers for a class, special event, or program that is cancelled for any reason by Parks and Recreation will receive a full refund.
- Anyone who registers for a trip, special event, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge of $5 or 10% of the class fee (whichever is greater).
- Anyone who registers for a class and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- There are no refunds or make-up classes for sessions missed due to illness or vacations.

**Persons with Disabilities**

Reasonable accommodations will be made on request for persons with disabilities. If you need sign language interpretation, auxiliary aids or other accommodations, call 206-684-7548 or TDD 206-233-1509. If possible, please allow 10 working days advance notice for sign language interpretation or auxiliary aids. If a class or activity is scheduled in an area that is not barrier-free for wheelchairs, we will make every effort to help you find a similar program in an accessible location. As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or presence of any sensory, mental, or physical handicap. (Seattle Municipal Code 18.12.180).

**Fees & Charges**

Specialized Programs provides programs and activities listed under an agreement with the Associated Recreation Council. Fees collected by the Specialized Programs Advisory Council are used to offset the cost of providing the programs. 12% of each program registration fee is used to defray overhead costs. 88% of each program registration fee is related to the direct cost of providing the program, class or activity. Class and program fees include WA state sales tax where applicable.

**SCHOLARSHIP APPLICATIONS**

This year Specialized Programs has a significantly increased scholarship funds and there is now more funds available than in previous years. For the first time we are offering scholarships to year round programs for Adults and Youth. Therefore, we are encouraging everyone to apply to receive reduced registration fees. Scholarships can reduce the amount to be paid on registration fees starting from 50% up to 90% based on total annual income and number of people supported on that income. Once approved your scholarship is good through June, then you will need to renew for the following year.

The next Scholarship cycle runs June 23, 2018 through June 22, 2019. Apply early to have your application approved prior to summer registration.

**Code of Conduct**

Any participants conduct that is disruptive or unsafe to participants or staff may result in being sent home early that day or unable to attend on a permanent basis for the quarter.

This will be decided on a case-by-case basis and is at the discretion of the program leadership staff. Such conduct includes, but is not limited to:

Destruction of property, harming oneself or another, or refusal to follow the minimum safety requirements to participate in activities. All incidents will be documented and reported to direct caregivers in a timely manner.
Presented by Specialized Programs Advisory Council

MOVIN' FOR MONEY

SUNDAY, MAY 19, 2019

HOOPS/BASKETBALL OPTION

Time: 3-4 p.m.
Place: Meadowbrook Gym
10515 - 35th Ave. NE
Access: Drop-Off Appointment 3 p.m.
Pick-Up Window 5-5:30 p.m.

WALKING OPTION

Time: 3-4 p.m.
Place: Nathan Hale HS Track
10570 - 30th Ave NE
Access: Drop-Off Appointment 3 p.m.
Pick-Up Window 5-5:30 p.m.

Please Check One: □ Hoops OR □ Walking
(Participants are asked to only participate in one of the above events)

Participant’s Name ___________________________ Telephone Number ___________________________

Street Address ___________________________ Apt # ___________________________ City __________ Zip Code __________

1. Sponsors are being solicited to support the Advisory Council for Specialized Programs efforts in providing competitive athletic programs for the disabled population of Greater Seattle. Please make check/money order payable to: Specialized Programs

2. Each participant is limited to a maximum of one hour period shooting hoops OR walking.

<table>
<thead>
<tr>
<th>Sponsor’s Name</th>
<th>Phone</th>
<th>Initial</th>
<th>Pledge per Hoop</th>
<th>Laps Finished</th>
<th>TOTAL</th>
<th>Paid</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total This Page</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Back Page</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grand Total</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(more entries on next page)
<table>
<thead>
<tr>
<th>Sponsor’s Name</th>
<th>Phone</th>
<th>Initial</th>
<th>Pledge per Hoop</th>
<th>Laps Finished</th>
<th>TOTAL</th>
<th>Paid</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Total columns and insert amounts onto bottom of previous page.

More information on back cover.

*You may pay with CREDIT CARD or make CHECK payable to: CITY OF SEATTLE.*
COMMUNITY CENTERS

Ballard
6020 28th Ave. NW, Seattle, 98107

Bitter Lake
13035 Linden Ave. N, Seattle, 98133

Delridge
4501 Delridge Way S, Seattle, 98106

Densmore Building
8061 Densmore Ave. N, Seattle, 98103

Garfield Teen Life Center
428 23 Ave., Seattle, 98122

Jefferson
3801 Beacon Ave. S, Seattle, 98108

Magnuson Complex
6344 NE 74th St. Seattle, 98115

Meadowbrook
10517 35th Ave. NE, Seattle, 98125

Miller
330 19th Ave. E, Seattle 98112

Northgate
10510 5th Ave. NE, Seattle, 98125

South Park
8319 8th Ave. S, Seattle, 98108

Southwest Teen Life Center
2801 SW Thistle St., Seattle, 98126

Rainier
4600 38th Ave. S, Seattle, 98118

Rainier Beach
8825 Rainier Ave. S, Seattle, 98118

Van Asselt
2820 S. Myrtle St., Seattle, 98108

SCHOOLS

Aki Kurose Middle School
3928 S Graham, Seattle, 98118

Eckstein Middle School
3003 NE 75th St, Seattle, 98115

Green Lake Elementary School
2400 N. 65th, Seattle, 98103

Hamilton Middle School
1610 N 42 St., Seattle, 98103

OFFICE

Specialized Programs Office
4554 NE 41st St., Seattle, 98105
JOIN US FOR A FUN DAY AND GOOD CAUSE!

Meet: Meadowbrook Community Center
      10517 35th Ave. NE, Seattle 98125

Time: Hoops / Walking: 3 – 4 p.m.
      Celebrate Effort: 4 – 5 p.m.

Access: Drop-Off Appointment: 3 p.m.
        Pick-up Window: 5-5:30 p.m.

Help raise funds to support the Seattle Parks and Recreation's Specialized Programs which offers recreation opportunities for youth and adults with disabilities. We encourage you, your family, and friends to take part in “Movin’ For Money” by either walking laps at the Nathan Hale High School Track or shooting hoops in the Meadowbrook Community Center gym to raise funds. Whatever your choice, let’s get movin’ as we raise money to support programs!

If you would prefer to support “Movin’ For Money” by sending in a donation, please make checks/money orders payable to: “Specialized Programs” and mail to:

Specialized Programs
4554 NE 41st St., Seattle, WA 98105

If you have any questions, please call our office at 206-684-4950.

Thank you for your support!

Sponsor sheet located on pages 29 and 30.