



Seattle  
Parks & Recreation

# SEATTLE CITYWIDE RECREATION PROGRAMS

## WINTER 2023 PROGRAMS

### COMMUNITY CENTERS:

#### **NORTHEAST**

- LAKE CITY
- LAURELHURST
- MAGNUSON
- MEADOWBROOK
- MILLER
- MONTLAKE
- RAVENNA-ECKSTEIN

#### **NORTHWEST**

- BALLARD
- BITTER LAKE
- GREEN LAKE
- LOYAL HEIGHTS
- MAGNOLIA
- NORTHGATE
- QUEEN ANNE

#### **SOUTHEAST**

- GARFIELD
- INT'L DISTRICT/CHINATOWN
- JEFFERSON
- RAINIER BEACH
- VAN ASSELT

#### **SOUTHWEST**

- DELRIDGE
- HIAWATHA
- HIGH POINT
- SOUTH PARK
- YESLER

#### **VIRTUAL PROGRAMS**



# REGISTER DECEMBER 6

**REGISTER ONLINE:**  
[https://bit.ly/spr\\_activity\\_reg](https://bit.ly/spr_activity_reg)





# REGISTER DECEMBER 6

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.**



We will no longer be doing vaccination screening or requiring masks to enter SPR recreation facilities. Please feel free to continue wearing a mask for your own comfort. We are asking that you self-screen prior to coming to a recreation facility to stop the spread of illness. If you are ill, please stay home.



## SCHOLARSHIPS AVAILABLE!

For more information, including how to apply, please visit Seattle Parks and Recreation scholarship and financial page <https://www.seattle.gov/parks/find/scholarships-and-financial-aid> For more information contact your local community center.

**Note:** Scholarship must be approved prior to registration in order to receive the discount.



## FIRST CHOICE

Check out Seattle Parks and Recreation's online registration software at [http://bit.ly/spr\\_registration\\_account](http://bit.ly/spr_registration_account). Sign in or create an account if this is your first time registering for classes with the new software. Once you are logged in you can choose your programs and pay online.



## SECOND CHOICE

Call select recreation centers during their hours of operation at the phone number listed at: [seattle.gov/parks/centers.asp](http://seattle.gov/parks/centers.asp).



## THIRD CHOICE

Register by phone with our Business Service Center (BSC) at 206-684-5177, Monday-Friday between 8:30 a.m.-6 p.m. Email questions to: [ParksBSC@seattle.gov](mailto:ParksBSC@seattle.gov)

# GENERAL INFO

**DISCLAIMER:** Accuracy is our goal, but this brochure is published for informational purposes only. Changes may be necessary depending on enrollment or other factors, and fees may change after City Council action on the City's annual budget.

## NORTHEAST SEATTLE

|  |   |   |  |
|--|---|---|--|
| <b>LAKE CITY CC</b><br>12531 28th Ave NE<br>Seattle, WA 98125<br>PH: 206-256-5645                | <b>LAURELHURST CC</b><br>4554 NE 41st St,<br>Seattle, WA 98112<br>PH: 206-684-7529                    | <b>MAGNUSON CC</b><br>7110 62nd Ave NE<br>Seattle, WA 98115<br>PH: 206-684-7026                                   | <b>MEADOWBROOK CC</b><br>10517 35th Ave NE<br>Seattle, WA 98125<br>PH: 206-684-7522<br>Fax: 206-684-4921 |
| <b>MILLER CC</b><br>330 19th Ave E<br>Seattle, WA 98112<br>PH: 206-684-4753<br>Fax: 206-684-4397 | <b>MONTLAKE CC</b><br>1618 E Calhoun St<br>Seattle, WA 98112<br>PH: 206-684-4736<br>Fax: 206-233-7140 | <b>RAVENNA-ECKSTEIN CC</b><br>6535 Ravenna Ave NE<br>Seattle, WA 98115<br>PH: 206-684-7534<br>Fax: : 206-233-3973 |  |

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## NORTHWEST SEATTLE

|   |   |  |  |
|---|---|--|--|
| <b>BALLARD CC</b><br>6020 28th Ave NW<br>Seattle, WA 98107<br>PH: 206-684-4093<br>Fax: 206-684-7199 | <b>BITTER LAKE CC</b><br>13035 Linden Ave N<br>Seattle, WA 98133<br>PH: 206-684-7524<br>Fax: 206-684-0858 | <b>GREEN LAKE CC</b><br>7201 E Green Lake Dr N<br>Seattle, WA 98115<br>PH: 206-684-0780<br>Fax: 206-684-7550 |  |
| <b>LOYAL HEIGHTS CC</b><br>2101 NW 77th St<br>Seattle, WA 98117<br>PH: 206-684-4052                 | <b>MAGNOLIA CC</b><br>2550 34th Ave W<br>Seattle, WA 98199<br>PH: 206-386-4235<br>Fax: 206-386-4230       | <b>NORTHGATE CC</b><br>10510 5th Ave NE<br>Seattle, WA 98125<br>PH: 206-386-4283<br>Fax: 206-684-4990        | <b>QUEEN ANNE CC</b><br>1901 1st Ave W<br>Seattle, WA 98119<br>PH: 206-386-4240<br>Fax: 206-386-4284 |

## NORTHEAST SEATTLE

|                     |       |
|---------------------|-------|
| Lake City CC        | 17    |
| Laurelhurst CC      | 18    |
| Magnuson CC         | 19    |
| Meadowbrook CC      | 20-21 |
| Miller CC           | 22    |
| Montlake CC         | 23-24 |
| Ravenna-Eckstein CC | 25    |

## SOUTHEAST SEATTLE

|   |  |   |
|---|--|---|
| <b>GARFIELD CC</b><br>2323 E Cherry St<br>Seattle, WA 98122<br>PH: 206-684-4788<br>Fax: 206-684-4380        | <b>INT'L DISTRICT/<br/>CHINATOWN CC</b><br>719 8th Ave S<br>Seattle, WA 98104<br>PH: 206-233-0042<br>Fax: 206-233-5036 | <b>JEFFERSON CC</b><br>3801 Beacon Ave S<br>Seattle, WA 98144<br>PH: 206-684-7481 |
| <b>RAINIER BEACH CC</b><br>8825 Rainier Ave S<br>Seattle, WA 98118<br>PH: 206-386-1925<br>Fax: 206-386-1510 | <b>VAN ASSELT CC</b><br>2820 S Myrtle St<br>Seattle, WA 98108<br>PH: 206-386-1921<br>Fax: 206-386-1894                 |   |

## NORTHWEST SEATTLE

|                  |       |
|------------------|-------|
| Ballard CC       | 26    |
| Bitter Lake CC   | 27-28 |
| Green Lake CC    | 29-31 |
| Loyal Heights CC | 32-34 |
| Magnolia CC      | 35-36 |
| Northgate CC     | 37-39 |
| Queen Anne CC    | 40    |

## SOUTHEAST SEATTLE

|   |       |
|---|-------|
| Garfield CC                             | 41-42 |
| International District/<br>Chinatown CC | 43    |
| Jefferson CC                            | 44-45 |
| Rainier Beach CC                        | 46    |
| Van Asselt CC                           | 47    |

## SOUTHWEST SEATTLE

|  |  |  |
|--|--|--|
| <b>DELRIDGE CC</b><br>4501 Delridge Way SW<br>Seattle, WA 98106<br>PH: 206-684-7423<br>Fax: 206-684-7424 | <b>HIAWATHA CC</b><br>2700 California Ave SW<br>Seattle, WA 98116<br>PH: 206-684-7441<br>Fax: 206-923-1691 | <b>HIGH POINT CC</b><br>6920 34th Ave SW<br>Seattle, WA 98126<br>PH: 206-684-7422<br>Fax: 206-684-7402 |
| <b>SOUTH PARK CC</b><br>8319 8th Ave S<br>Seattle, WA 98108<br>PH: 206-684-7451                          | <b>YESLER CC</b><br>917 E Yesler Way<br>Seattle, WA 98122<br>PH: 206-386-1245<br>Fax: 206-684-7787         |  |

## SOUTHWEST SEATTLE

|               |    |
|---------------|----|
| Delridge CC   | 48 |
| Hiawatha CC   | 49 |
| High Point CC | 50 |
| South Park CC | 51 |
| Yesler CC     | 52 |

# GENERAL INFO

# PRESCHOOL

HAVE A GOOD CLASS IDEA?

INTERESTED IN TEACHING A CLASS OR WORKSHOP AT SEATTLE COMMUNITY CENTERS? Please contact the Assistant Coordinators listed to the below with your programming idea(s). CLASSES ARE SCHEDULED APPROXIMATELY SIX MONTHS IN ADVANCE.

## COORDINATORS/ASST. COORDINATORS

### BALLARD CC

C: Tim Ewings | timothy.ewings@seattle.gov  
AC: Xavier Walker | xavier.walker@seattle.gov

### BITTER LAKE CC

C: Cynthia Etelamaki | cynthia.etelamaki@seattle.gov  
AC: Richard By | richard.by@seattle.gov

### DELRIDGE CC

C: Daryl Look | daryl.look@seattle.gov

### GARFIELD CC

C: Derryn Anderson | derryn.anderson@seattle.gov  
AC: Jennifer Romo | jennifer.romo@seattle.gov

### GREEN LAKE CC

C: Chris Easterday | chris.easterday@seattle.gov  
AC: Mary Pat Byington | marypat.byington@seattle.gov

### HIGH POINT CC

C: Andrea Wooley | andrea.wooley@seattle.gov  
AC: Tamela Thomas | tamela.thomas@seattle.gov

### INTERNATIONAL DISTRICT/CHINATOWN CC

C: Doreen Deaver | doreen.deaver@seattle.gov  
AC: Joshua Chan | joshua.chan2@seattle.gov

### JEFFERSON CC

C: Paul Davenport | paul.davenport@seattle.gov  
AC: Dawn Bennett | dawn.bennett@seattle.gov

### LAKE CITY CC

C: Jared Okano | jared.okano@seattle.gov  
AC: Penny Atwood | penny.atwood@seattle.gov

### LAURELHURST CC

C: Rob Bellm | rob.bellm@seattle.gov

### LOYAL HEIGHTS CC

C: Nick White | nick.white@seattle.gov  
AC: Xavier Walker | xavier.walker@seattle.gov

### MAGNOLIA CC

C: Katie Fridell | katie.fridell@seattle.gov  
AC: Andrew Nguyen | andrew.nguyen@seattle.gov

### MAGNUSON CC

C: Kim LeMay | kim.lemay@seattle.gov  
AC: Penny Atwood | penny.atwood@seattle.gov

### MEADOWBROOK CC

C: Douglas Oaksford | douglas.oaksford@seattle.gov  
AC: Heather Wyatt | heather.wyatt@seattle.gov

### MILLER CC

C: Staci Doan | staci.doan@seattle.gov  
AC: Cameron Roth | cameron.roth@seattle.gov

### MONTLAKE CC

C: Stefan Schmidt | stefan.schmidt@seattle.gov  
AC: Tom Diamond | tom.diamond@seattle.gov

### NORTHGATE CC

C: Marc Hoffman | marc.hoffman@seattle.gov  
AC: Mary Pat Byington | marypat.byington@seattle.gov

### QUEEN ANNE CC

OOC C: Santy Villarico | santy.villarico@seattle.gov

### RAINIER BEACH CC

C: Martha Winther | martha.winther@seattle.gov  
AC: Deja'Nay Gilliam | deja'nay.gilliam@seattle.gov

### RAVENNA-ECKSTEIN CC

C: George Yasutake | george.yasutake@seattle.gov  
AC: Thomas Hargrave | thomas.hargrave@seattle.gov

### SOUTH PARK CC

C: Darin Olsen | darin.olsen@seattle.gov  
AC: Tamela Thomas | tamela.thomas@seattle.gov

### VAN ASSELT CC

C: Kiki Kennedy | kiki.kennedy@seattle.gov  
AC: Joshua Chan | joshua.chan2@seattle.gov

### YESLER CC

C: Gary Alexander | gary.alexander@seattle.gov  
AC: Faizah Osayande | faizah.osayande@seattle.gov

## CLOSURES



12/26 Christmas Day Observed  
1/2 New Year's Observed  
1/16 MLK Day  
2/20 Presidents' Day  
3/23 Staff Retreat

## PARKS MANAGEMENT

A.P. Diaz  
Superintendent  
Daisy Catague  
Recreation Director  
Mike Plympton  
Aquatics Manager  
Tia Scott  
Facilities & Youth Sports Manager  
Barb Wade  
Recreation Manager  
Trevor Gregg  
Recreation Manager  
Tim Pretare  
OOO Recreation Manager  
LaShawn Street  
OOO Recreation Manager

## PRESCHOOL PROGRAM | Ages 3-5

Seattle Parks and Recreation operates half-day preschool programs in 12 neighborhood community centers. These low-cost early childhood programs provide a safe, happy, healthy learning environment for preschool children.



### HOLIDAY CLOSURES:

12/26 Christmas Day Observed  
1/2 New Year's Day Observed  
1/16 MLK Jr. Day  
2/20 Presidents' Day

### The 2022-2023 fee structure is listed below.

#### NORTHWEST SEATTLE

| Ages  | Days    | Time                | 5 Days | 4 Days | 3 Days | 2 Days |
|---|---------|---------------------|--------|--------|--------|--------|
| <b>*BALLARD COMMUNITY CENTER</b>                          |         |                     |        |        |        |        |
| 3-5   | Mon-Fri | 8:30 a.m.-2:30 p.m. | N/A    | N/A    | N/A    | N/A    |
| <b>**BITTER LAKE COMMUNITY CENTER</b>                     |         |                     |        |        |        |        |
| 3-5   | Mon-Fri | 8:30 a.m.-2:30 p.m. | N/A    | N/A    | N/A    | N/A    |
| <b>GREEN LAKE COMMUNITY CENTER - OPENS SEPTEMBER 2023</b> |         |                     |        |        |        |        |
| 3-5   | Mon-Fri | 9:30 a.m.-1 p.m.    | \$792  | N/A    | \$520  | \$356  |
| <b>MAGNOLIA COMMUNITY CENTER</b>                          |         |                     |        |        |        |        |
| 3-5   | Tue-Thu | 9:30 a.m.-1 p.m.    | N/A    | \$632  | \$520  | N/A    |
| 3-4/4-5   | Mon-Thu | 9:30 a.m.-1 p.m.    | \$792  | \$632  | N/A    | N/A    |
| <b>LOYAL HEIGHTS COMMUNITY CENTER</b>                     |         |                     |        |        |        |        |
| 3-4   | Mon-Thu | 9:30 a.m.-1 p.m.    | N/A    | \$632  | N/A    | N/A    |
| 4-5   | Mon-Thu | 9:30 a.m.-1 p.m.    | N/A    | \$632  | N/A    | N/A    |

#### NORTHEAST SEATTLE

| Ages                                  | Days    | Time                | 5 Days | 4 Days | 3 Days | 2 Days |
|---------------------------------------|---------|---------------------|--------|--------|--------|--------|
| <b>**MEADOWBROOK COMMUNITY CENTER</b> |         |                     |        |        |        |        |
| 3-5                                   | Mon-Fri | 8:30 a.m.-2:30 p.m. | N/A    | N/A    | N/A    | N/A    |

#### SOUTHWEST SEATTLE

| Ages                           | Days    | Time                | 5 Days | 4 Days | 3 Days | 2 Days |
|--------------------------------|---------|---------------------|--------|--------|--------|--------|
| <b>**ALKI COMMUNITY CENTER</b> |         |                     |        |        |        |        |
| 3-5                            | Mon-Fri | 8:30 a.m.-2:30 p.m. | N/A    | N/A    | N/A    | N/A    |

### DETAILS OF OUR PROGRAM:

- »» 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)
- »» Affordable rates (scholarships available!)

Preschool programs are based on the Creative Curriculum for Preschool from Teaching Strategies. This research-based curriculum offers early childhood educators a comprehensive collection of resources to help them build high-quality programs. Children attending at least three days a week will be observed and assessed using the Creative Curriculum developmental objectives.

Our school-readiness preschool program meets the development needs of young children, focusing on emotional, social, physical, and cognitive skills. Classrooms are set up with rich environments, fun-filled learning areas, consistent schedules and routines, and both large and small group times. Preschool activities include art, blocks, dramatic play, library time, cooking, discovery science, singing, and outdoor play.

**\*Note:** This is a City of Seattle Pathways program, which is an entry level to the Seattle Preschool Program (SPP) where partial or full subsidies are available. Please inquire at the Community Center front desk for an application.

**\*\*Note:** This is a City of Seattle Preschool Program (SPP), where partial or full subsidies are available. These programs are NOT registrable through Seattle Parks and Recreation. Please visit: [bit.ly/sprseattlepreschoolprogram](https://bit.ly/sprseattlepreschoolprogram) or call 206-386-1050 for details.

Times and prices may change. Please check with your local community center for details closer to the registration date.

# SCHOOL AGE CARE

## LICENSED SCHOOL-AGE CARE Ages 5-12

**Do you want your child to have fun, engaging opportunities that support continued learning and personal growth outside of school?**

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

## CAMP INFORMATION

### MONTHLY PRICING:

| Month    | Tu/Th    | M/W/F    | Mon-Fri  |
|----------|----------|----------|----------|
| December | \$198    | \$277.20 | \$475.20 |
| January  | \$356.40 | \$435.60 | \$792    |
| February | \$237.60 | \$356.40 | \$594    |
| March    | \$356.40 | \$544.40 | \$910.80 |

*The daily rate for licensed school-age care is \$39.60. Monthly costs are calculated based on the number of days each the month.*

### ONE DAY CAMPS AND SCHOOL BREAKS\*:

| Dates                                       | Price |
|---|-------|
| 12/19-12/23 Winter Break Week 1 (No School) | \$325 |
| 12/27-12/30 Winter Break Week 2 (No School) | \$260 |
| 2/20-2/24 Mid-Winter Break (No School)      | \$260 |
| 4/10-4/14 Spring Break                      | \$325 |

*\*Winter, Mid-Winter, and Spring Break Camps: These are separate activities with separate fees. Before and/or After-School program participants must register and pay for these programs in addition to the monthly fee for Before and/or After School programs.*



## EARLY DISMISSALS

**Please contact your local community center for details about early dismissals.**



## HOLIDAY CLOSURES:

- 12/26 Christmas Day Observed
- 1/2 New Year's Observed
- 1/16 MLK Jr. Day
- 2/20 Presidents' Day

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

## HIGHLIGHTS OF OUR PROGRAM:

- » 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

## Register NOW at your local community center!

A non-refundable \$25 registration fee for each program (before and after-school) is required during registration, and the remaining monthly fees are due by the 25th of the preceding month.

# SCHOOL AGE CARE

## GENERAL INFORMATION TRANSPORTATION FOR PUBLIC SCHOOL STUDENTS

Seattle Public Schools will transport children within the district's busing zones. 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. See the Seattle Public Schools website ([https://bit.ly/sps\\_transport](https://bit.ly/sps_transport)) or call 206-252-0900 for more information.

## EQUAL OPPORTUNITY PROVIDER

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at 202-720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at 1-800-877-8339. Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [https://bit.ly/USDA\\_complaint](https://bit.ly/USDA_complaint) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call 866-632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: 202-690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov)



# TOT DROP-IN PROGRAMS



## TOT GYM

Looking for a dry, warm place to let your child play inside? Our playroom is full of toys, mats, and slides. Parent supervision is required at ALL times. Must register for a Quick Card at the front desk on your first visit. No food or drinks allowed in the playroom. We do have tables and chairs in the hallway for serving snacks and drinks.

|  |                              |
|--|------------------------------|
| <b>BALLARD CC</b>                            | <b>Ages 5 and Under</b>      |
| 54408 1/4-3/31 M/W/F 9:30 a.m.-Noon FREE     |                              |
| <b>BITTER LAKE CC</b>                        | <b>Ages 9 months-6 Years</b> |
| 53686 1/4-3/4 Wednesday 9:30-11:30 a.m. FREE |                              |
| 1/7-3/4 Saturday 9-11 a.m. FREE              |                              |
| <b>GARFIELD CC</b>                           | <b>Ages 5 And Under</b>      |
| 53382 1/9-4/10 Wednesday 11 a.m.-1 p.m. FREE |                              |
| <b>HIGH POINT CC</b>                         | <b>Ages 5 and Under</b>      |
| 52609 1/3-3/30 Tu/Th 10 a.m.-12:30 p.m. FREE |                              |
| <b>JEFFERSON CC</b>                          | <b>Ages 6 and Under</b>      |
| 53592 1/3-3/28 Tuesday 10 a.m.-2 p.m. FREE   |                              |
| <b>LAURELHURST CC</b>                        | <b>Ages 5 and Under</b>      |
| 1/4-3/31 Tu/F 9:30 a.m.-Noon FREE            |                              |
| <b>LOYAL HEIGHTS CC</b>                      | <b>Ages 5 and Under</b>      |
| 54417 1/10-4/13 Tu/Th 10 a.m.-1 p.m. FREE    |                              |
| <b>MAGNOLIA CC</b>                           | <b>Ages 5 and Under</b>      |
| 53207 1/4-4/26 W/F 11 a.m.-1 p.m. FREE       |                              |
| <b>MEADOWBROOK CC</b>                        | <b>Ages 5 and Under</b>      |
| 1/4-4/26 M/W/F 12:30-2:30 p.m. FREE          |                              |

## TODDLER PLAY AND RUN

Come out of the rain and play indoors. We'll have basketball hoops, soccer goals, scooters and a big, safe space to run free!

|  |                   |
|--|-------------------|
| <b>LAKE CITY CC</b>                            | <b>Ages 1.5-5</b> |
| 53064 1/3-3/30 Tu/Th 9:45 a.m.-12:30 p.m. FREE |                   |
| <b>MEADOWBROOK CC</b>                          | <b>Ages 2-5</b>   |
| 53821 1/4-3/31 M/W/F 12:30-2:30 p.m. FREE      |                   |

## MOMMY AND ME

Mommy and Me is a safe place for you and your child. You will meet other parents and receive trainings and limited baby items. You can also learn how to prepare easy to follow meal plans with our basic cooking class.

|   |                 |
|---|-----------------|
| <b>YESLER CC</b>                          | <b>Ages 1-3</b> |
| 53397 1/6-3/31 Friday 11 a.m.-1 p.m. FREE |                 |

|   |                         |
|---|-------------------------|
| <b>MILLER CC</b>                              | <b>Ages 5 and Under</b> |
| 53440 1/3-3/30 Tu/Th 10 a.m.-12:30 p.m. FREE  |                         |
| <b>MONTLAKE CC</b>                            | <b>Ages 2-5</b>         |
| 53291 1/6-3/24 M/F 10 a.m.-1 p.m. FREE        |                         |
| <b>NORTHGATE CC</b>                           | <b>Ages 5 and Under</b> |
| 53343 1/3-3/28 Tuesday 10 a.m.-2:30 p.m. FREE |                         |
| 1/5-3/30 Thursday Noon-2:30 p.m. FREE         |                         |
| <b>QUEEN ANNE CC</b>                          | <b>Ages 5 and Under</b> |
| 54305 1/6-3/31 M/F 11:15 a.m.-1:15 p.m. FREE  |                         |
| <b>RAINIER BEACH CC</b>                       | <b>Ages 2-4</b>         |
| 53303 1/5-3/30 Thursday 11 a.m.-1 p.m. FREE   |                         |
| <b>RAVENNA- ECKSTEIN CC</b>                   | <b>Ages 5 and Under</b> |
| 1/10-3/30 Tu/Th 12:30-2:30 p.m. FREE          |                         |
| <b>VAN ASSELT CC</b>                          | <b>Ages 2-5</b>         |
| 53808 1/24-3/30 Tu/Th 10:30 a.m.-Noon FREE    |                         |
| <b>YESLER CC</b>                              | <b>Ages 5 and Under</b> |
| 53364 1/6-3/31 Friday 11 a.m.-1 p.m. FREE     |                         |

## TODDLER PLAYROOM

Your child will play, learn, and develop both motor and social skills in this highly interactive drop-in play time. They will meet new friends, play on bouncy toys, ride scooters and much more. Parents must always accompany their child.

|   |                         |
|---|-------------------------|
| <b>BALLARD CC</b>                               | <b>Ages 5 and Under</b> |
| 54409 1/6-4/28 Mon-Fri 9:30 a.m.-7:30 p.m. FREE |                         |
| <b>GREEN LAKE CC</b>                            | <b>Ages 5 and Under</b> |
| 53243 1/3-3/31 Mon-Fri 10 a.m.-8 p.m. FREE      |                         |
| 1/7-3/25 Saturday 9 a.m.-4:30 p.m. FREE         |                         |
| <b>LAURELHURST CC</b>                           | <b>Ages 5 and Under</b> |
| 1/4-3/31 M/W/F 9:30 a.m.-Noon FREE              |                         |
| <b>MILLER CC</b>                                | <b>Ages 4 and Under</b> |
| 53441 1/3-3/31 Mon-Fri 10 a.m.-6 p.m. FREE      |                         |
| <b>QUEEN ANNE CC</b>                            | <b>Ages 4 and Under</b> |
| 54306 1/3-3/31 Mon-Fri 11 a.m.-5:30 p.m. FREE   |                         |

Register for a free Quick Card in order to participate in all drop-in athletic programs. Check-in at the front desk.

# DROP-IN PROGRAMS

FREE

## BIG BRAINS BUILD RECYCLED ROBOTICS

Learn about and build robots with micro: bit, servos, motors, and recyclables in The Big-Brained Superheroes Club. Email bbs@thebbbsc.org for inquiries.

|                                      |                  |
|--------------------------------------|------------------|
| <b>YESLER CC</b>                     | <b>Ages 1-17</b> |
| 53362 1/3-3/30 Mon-Thu 5-7 p.m. FREE |                  |

## DETECTIVE COOKIE'S CHESS CLUB

Children and teens are invited to join this Chess Club. Family and community members are also welcome. Drop by to learn and play chess! Masks are not required but are PREFERRED for all participants.

|   |                         |
|---|-------------------------|
| <b>RAINIER BEACH CC</b>                 | <b>Ages 7 and Older</b> |
| 53304 1/7-4/1 Saturday Noon-2 p.m. FREE |                         |

## YOUTH SOCCER

Kids learn and play Soccer and various strategies. This course will help your child improve agility and awareness, build athleticism and learn proper mechanics of the game.

|   |                  |
|---|------------------|
| <b>VAN ASSELT CC</b>                        | <b>Ages 8-11</b> |
| 53828 1/5-3/30 Thursday 5:15-6:30 p.m. FREE |                  |

## POKEMON CLUB

Calling all Pokémon trainers! Join our gym and learn all about the Pokémon Trading Card Game. Trainers can bring their own Pokémon cards or borrow ours to challenge each other and become the very best. This is a volunteer-run drop-in.

|   |                  |
|---|------------------|
| <b>GARFIELD CC</b>                      | <b>Ages 4-18</b> |
| 53378 1/17-4/4 Tuesday 5-6:30 p.m. FREE |                  |

## FAMILY SKATE NIGHT

Join us for this popular Bitter Lake family tradition as we put on our skates and get moving! We will have great music and play fun games. Bring your own skates and blades or borrow a pair of ours. Please note: No toy skates allowed.

|  |                          |
|--|--------------------------|
| <b>BITTER LAKE CC</b>                    | <b>Ages 18 and Older</b> |
| 53693 12/9-3/3 Friday 6:30-8:15 p.m. \$5 |                          |

## RBCC AFTER-SCHOOL HANGOUT

Our Hangout Room is a safe place for teens to gather, socialize and play various games. Activities include jenga, board games, video games, music sharing, and more. FREE Wi-Fi access.

|   |                   |
|---|-------------------|
| <b>RAINIER BEACH CC</b>                   | <b>Ages 12-18</b> |
| 53352 1/4-3/29 Wednesday 1-3:30 p.m. FREE |                   |

## ROCK THE PARK DROP-INS AT MAGNUSON CC

**MAGNUSON CC** **Ages 13-17**

### AFTER SCHOOL

Kick back and relax, cook some food, play some games, or catch up on homework. We've got a space just for teens to hang out and be teens!

|                                       |
|---------------------------------------|
| 53809 1/3-31 Tue-Sat 4-8:45 p.m. FREE |
|---------------------------------------|

### MOVIE NIGHT

What better way to end the week than with a free movie? Join us for some old-school and new-school classics, as well as seasonal films. Oh, and there's popcorn, too!

|   |
|---|
| 53734 1/6-3/31 Friday 6:30-8:30 p.m. FREE |
|---|

### PANCAKE DINNER

Who said you can't have breakfast for dinner? Bring your appetite and feast on delicious pancakes and fruit!

|  |
|--|
| 53730 1/4-3/29 Wednesday 6:30-8:30 p.m. FREE |
|--|

### VIDEO GAMES

Drop in and game with us! From casual to competitive gaming, fun is at your fingertips!

|   |
|---|
| 53726 1/3-3/31 Mon-Fri 6-8:30 p.m. FREE |
|---|

## TEEN ACTIVITIES

Join us as we explore new and exciting activities ranging from cooking classes to sports conditioning. Need volunteer hours? We have opportunities at our center to fill your service hour needs. If you have any questions, please call Bitter Lake Community Center at 206-684-7524

|                       |                   |
|-----------------------|-------------------|
| <b>BITTER LAKE CC</b> | <b>Ages 11-18</b> |
|-----------------------|-------------------|

|                                       |
|---------------------------------------|
| 53692 12/12-3/3 Mon-Fri 3-5 p.m. FREE |
|---------------------------------------|



# DROP-IN PROGRAMS

All programs are FREE unless noted otherwise. Please self-screen prior to attending programs. If you are ill, please stay home.

## TEEN SUNDAYS

Calling all neighborhood teens! This day is for you. We'll play a lot of basketball, and those that attend will be able to set the agenda for the day. Options can include video gaming, volleyball, dodgeball, floor hockey, and the like. Come with friends or come and make friends.

|  |                   |
|--|-------------------|
| <b>HIGH POINT CC</b>                   | <b>Ages 12-19</b> |
| 53285 1/8-3/26 Sunday Noon-6 p.m. FREE |                   |

## TWEEN NIGHT

Tween Night aims to provide free activities every week for youth between the ages of 11-14 in the surrounding communities. Whether it is grabbing a free meal and playing a round of ping-pong or shooting some hoops, Tween Night is the perfect opportunity for tweens to meet and hang out with new and old friends alike. Our goal is to create a safe and inclusive space for tweens to hang out and experience new things. Note: Form (E-13) must be submitted on the first day of attendance. Participants must fill out Parent Authorization Form. Please bring your own water bottle. No in/out privileges allowed.

|   |                   |
|---|-------------------|
| <b>NORTHGATE CC</b>                     | <b>Ages 11-14</b> |
| 53344 1/13-3/31 Friday 6-8:45 p.m. FREE |                   |
| <b>SOUTH PARK CC*</b>                   | <b>Ages 9-12</b>  |
| 1/13-3/31 Friday 4-8 p.m. FREE          |                   |

\*At Concord Elementary. Call center for details: 206-684-7451

## LATE NIGHT

Late Night is a safe and supportive environment for teens ages 13-19. This recreation-based program is held on Friday and Saturday evenings from 7p.m.-12a.m., with a focus on positive teen interactions and engagement where all teens are welcome. Dinner is provided each night.

|   |                   |
|---|-------------------|
| <b>BITTER LAKE CC</b>                       | <b>Ages 13-19</b> |
| 53689 12/3-3/4 F/Sa 7 p.m.-Midnight FREE    |                   |
| <b>HIGH POINT CC</b>                        | <b>Ages 13-19</b> |
| Friday 7:30-Midnight FREE                   |                   |
| <b>RAINIER BEACH CC</b>                     | <b>Ages 13-19</b> |
| 54753 1/13-4/1 Fri-Sat 7 p.m.-Midnight FREE |                   |
| <b>SOUTH PARK CC @ Concord Elementary*</b>  | <b>Ages 13-19</b> |
| 1/7-3/25 Saturday 6:30-10:30 p.m. FREE      |                   |

\*Call center for details: 206-684-7451

## SHINE FOR GIRLS

This program gives young ladies a platform to be seen, heard, and empowered to lift each other up. Young women will have a safe space to discuss and share their truth as they foster meaningful relationships while mentoring each other and becoming exemplary leaders.

|  |                   |
|--|-------------------|
| <b>YESLER CC</b>                         | <b>Ages 13-18</b> |
| 53406 1/5-3/30 Thursday 4-6:30 p.m. FREE |                   |

## AFTERSCHOOL DIGITAL PROGRAMMING SUPPORT

Be a part of digital storytelling, photography, videography and tutoring at Yesler CC.

|  |                   |
|--|-------------------|
| <b>YESLER CC</b>                           | <b>Ages 11-16</b> |
| 53380 1/3-3/30 Mon-Thu 3:30-5:30 p.m. FREE |                   |

## AROMA, A COOKING CLASS

This easy-to-follow cooking class will teach you basic culinary skill like chopping, slicing, dicing, and sautéing. Take control of your kitchen by learning how to meal plan, shop for food, and help another chef.

|   |                   |
|---|-------------------|
| <b>YESLER CC</b>                          | <b>Ages 12-18</b> |
| 53403 1/4-3/29 Wednesday 4-6:30 p.m. FREE |                   |

## HOMEWORK LAB

If you need a little extra help with your homework or a quiet space to study, meet-up every Mon-Thurs at Yesler CC from 3:30-5:30 p.m. for homework time.

|  |                   |
|--|-------------------|
| <b>YESLER CC</b>                           | <b>Ages 12-18</b> |
| 53401 1/3-3/30 Mon-Thu 3:30-5:30 p.m. FREE |                   |



All programs are FREE unless noted otherwise. Please self-screen prior to attending programs. If you are ill, please stay home.

# DROP-IN PROGRAMS

## BOARD GAMES

Join us for some family FUN! Some board games are provided; however, we encourage people to bring their own. All ages are welcome, but please note children under the age of 12 must be accompanied by an adult. Come match wits with members of your community.

|   |                         |
|---|-------------------------|
| <b>MEADOWBROOK CC</b>                             | <b>Ages 7 and Older</b> |
| 53982 1/14-3/11 Saturday 9:30 a.m.-4:30 p.m. FREE |                         |

## FUN AND GAMES!

Play a variety of games, new and familiar! We'll play a variety of games, including dominoes, spades, uno and more!

|                                     |                          |
|-------------------------------------|--------------------------|
| <b>RAINIER BEACH CC</b>             | <b>Ages 18 and Older</b> |
| 53372 1/8-3/26 Sunday 1-3 p.m. FREE |                          |

## BRIDGE

Drop-in play for intermediate bridge players.

|  |                          |
|--|--------------------------|
| <b>NORTHGATE CC</b>                    | <b>Ages 18 and Older</b> |
| 53342 1/9-3/27 Monday 1-3 p.m. FREE    |                          |
| <b>RAINIER BEACH</b>                   | <b>Ages 14 and Older</b> |
| 53339 1/3-3/30 Tu/Th 10 a.m.-Noon FREE |                          |

## MAHJONG

Drop in and play this fun game using Chinese tiles. Stay and play, the more the merrier! Bring your own Mahjong set! American-style.

|  |                          |
|--|--------------------------|
| <b>NORTHGATE CC</b>                      | <b>Ages 18 and Older</b> |
| 53341 1/4-3/29 Wednesday 2-4 p.m. FREE   |                          |
| <b>LAURELHURST CC</b>                    | <b>Ages 50 and Older</b> |
| 1/10-3/28 Tuesday 11 a.m.-1:45 p.m. FREE |                          |
| <b>QUEEN ANNE CC</b>                     | <b>Ages 50 and Older</b> |
| 1/6-3/31 Friday 1-4 p.m. FREE            |                          |

## MUSIC JAM NIGHT

Bring your guitars, banjos, ukuleles, harmonicas, and other acoustic instruments and jam. Come with your friends and make some new friends in the wonderful world of music as your common thread.

|  |                          |
|--|--------------------------|
| <b>NORTHGATE CC</b>                    | <b>Ages 18 and Older</b> |
| 53698 1/9-3/27 Monday 6-7:45 p.m. FREE |                          |

## SALSA/BACHATA SOCIAL DANCE



Join us for our free Salsa and Bachata social dance night in our large ballroom setting with mirrors to social dance or practice. Bring your partner or your friends and dance the night away. All levels welcome!

|   |                          |
|---|--------------------------|
| <b>MONTLAKE CC</b>                        | <b>Ages 18 and Older</b> |
| 53514 1/12-3/23 Thursday 6-8:45 p.m. FREE |                          |

## TAI CHI

Stretch and relax your mind, body, and spirit in our Tai Chi class. Suited for all levels. Dress in comfortable clothing that allows you to move freely.

|  |                          |
|--|--------------------------|
| <b>JEFFERSON CC</b>                        | <b>Ages 18 and Older</b> |
| 53591 1/4-3/29 Wednesday 9:30-11 a.m. FREE |                          |

## BALLROOM DANCE

Come dance to the rhythm of ballroom dance. Come with a partner or by yourself for a fun day of dancing. No experience necessary.

|  |                          |
|--|--------------------------|
| <b>JEFFERSON CC</b>                    | <b>Ages 16 and Older</b> |
| 53512 1/4-3/29 Wednesday 1-3 p.m. FREE |                          |

## SOUL LINE DANCING

The FREE Soul Line Dance Classes are a fun and energetic way to engage all ages. This class gets the heart rate up and stimulates your memory while inches fall off. Moving to R&B music will push you through several stages of line dance intensity. This exercise caters to all fitness levels. Brought to you by Seattle Parks and Recreation's Rec4All Grant.

|  |                          |
|--|--------------------------|
| <b>GARFIELD CC</b>                       | <b>Ages 18 and Older</b> |
| 53379 1/7-4/8 Saturday 10 a.m.-Noon FREE |                          |

## 50 & UP FUN

Join us for eight Donic Delhi Tables, Tennis Tables, and two more tables for Mahjong. Varies between centers.

|  |                          |
|--|--------------------------|
| <b>INT'L DISTRICT/CHINATOWN CC</b>       | <b>Ages 50 and Older</b> |
| 54717 1/2-4/21 M/Tu/W/F 3-5 p.m. FREE    |                          |
| <b>VAN ASSELT CC</b>                     | <b>Ages 50 and Older</b> |
| 1/3-3/30 Tu/Th 11:30 a.m.-1:30 p.m. FREE |                          |

# DROP-IN PROGRAMS

All programs are FREE unless noted otherwise. Please self-screen prior to attending programs. If you are ill, please stay home.

## FITNESS ROOM

Seattle weather can be a challenge to your fitness program, so come inside and work out in our fitness rooms.

|                                    |                          |                      |                     |      |
|------------------------------------|--------------------------|----------------------|---------------------|------|
| <b>DELRIDGE CC</b>                 | <b>Ages 18 and Older</b> |                      |                     |      |
| 1/3-3/31                           | Mon-Fri                  | 10:15 a.m.-5:15 p.m. | FREE                |      |
| <b>GARFIELD CC</b>                 | <b>Ages 18 and Older</b> |                      |                     |      |
| 53088                              | 1/3-4/14                 | Mon-Fri              | 10 a.m.-8:30 p.m.   | FREE |
|                                    | 1/7-4/15                 | Saturday             | 10 a.m.-4:30 p.m.   | FREE |
| <b>INT'L DISTRICT/CHINATOWN CC</b> | <b>Ages 17 and Older</b> |                      |                     |      |
| 54719                              | 1/3-4/22                 | Mon-Sat              | 11 a.m.-8:45 p.m.   | FREE |
| <b>LOYAL HEIGHTS CC</b>            | <b>Ages 16 and Older</b> |                      |                     |      |
|                                    | 1/4-3/31                 | M/W/F                | 9 a.m.-9 p.m.       | FREE |
|                                    | 1/3-3/30                 | Tu/Th                | 11 a.m.-6 p.m.      | FREE |
| <b>MEADOWBROOK CC</b>              | <b>Ages 18 and Older</b> |                      |                     |      |
| 53819                              | 1/3-3/31                 | M/Tu,Th-Sa           | 8:30 a.m.-8:15 p.m. | FREE |
| 54128                              | 1/4-3/29                 | Wednesday            | 8:30 a.m.-2:45 p.m. | FREE |
| 54129                              | 1/4-3/29                 | Wednesday            | 5:15-8:15 p.m.      | FREE |
| <b>NORTHGATE CC</b>                | <b>Ages 18 and Older</b> |                      |                     |      |
| 53255                              | 1/3-3/31                 | Mon-Fri              | 9 a.m.-7:30 p.m.    | FREE |
|                                    | 1/8-3/26                 | Saturday             | 9 a.m.-4:30 p.m.    | FREE |
| <b>QUEEN ANNE CC</b>               | <b>Ages 18 and Older</b> |                      |                     |      |
| 54304                              | 1/3-3/31                 | Mon-Fri              | 11 a.m.-6:45 p.m.   | FREE |
| <b>RAINIER BEACH CC</b>            | <b>Ages 18 and Older</b> |                      |                     |      |
| 54746                              | 1/3-3/31                 | Mon-Fri              | 10 a.m.-9 p.m.      | FREE |
| 54747                              | 1/7-3/25                 | Sa/Su                | 9 a.m.-6:30 p.m.    | FREE |
| <b>YESLER CC</b>                   | <b>Ages 18 and Older</b> |                      |                     |      |
| 53370                              | 1/3-3/31                 | Mon-Sat              | 11 a.m.-7:45 p.m.   | FREE |

## BADMINTON

Keep your eye on the birdie! Stop by and enjoy a friendly game of badminton - a social and accessible sport for all. Nets and birdies will be provided.

|                                    |                          |          |              |      |
|------------------------------------|--------------------------|----------|--------------|------|
| <b>INT'L DISTRICT/CHINATOWN CC</b> | <b>Ages 18 and Older</b> |          |              |      |
| 54716                              | 1/3-4/22                 | Tu/Th/Sa | 10 a.m.-Noon | FREE |
| <b>JEFFERSON CC</b>                | <b>Ages 16 and Older</b> |          |              |      |
| 53299                              | 1/3-3/28                 | Tuesday  | 6-8:45 p.m.  | FREE |
| <b>MAGNUSON CC @ HANGAR 30</b>     | <b>Ages 13 and Older</b> |          |              |      |
| 53293                              | 1/3-3/28                 | M/Tu     | 6-8 p.m.     | FREE |

## DODGEBALL

Play dodgeball.

|                         |                          |           |             |      |
|-------------------------|--------------------------|-----------|-------------|------|
| <b>GREEN LAKE CC</b>    | <b>Ages 18 and Older</b> |           |             |      |
| 53242                   | 1/4-3/29                 | Wednesday | 6-8:45 p.m. | FREE |
| <b>LOYAL HEIGHTS CC</b> | <b>Ages 16 and Older</b> |           |             |      |
| 54415                   | 1/9-4/10                 | Monday    | 7-8:45 p.m. | FREE |
| <b>VAN ASSELT CC</b>    | <b>Ages 8-11</b>         |           |             |      |
| 53812                   | 1/5-3/30                 | Thursday  | 5-6:15      | FREE |

## OPEN GYM

Want to shoot some hoops? Stay active, meet new people of all skill levels, and enjoy a pick-up basketball game.

|                                     |                          |           |                |      |
|-------------------------------------|--------------------------|-----------|----------------|------|
| <b>HIGH POINT CC</b>                | <b>Ages 18 and Older</b> |           |                |      |
| <b>ADULT</b>                        | <b>Ages 18 and Older</b> |           |                |      |
|                                     | 1/3-3/31                 | M/Tu/Th/F | 2-3 p.m.       | FREE |
| <b>YOUTH</b>                        | <b>Ages 17 and Under</b> |           |                |      |
|                                     | 1/3-3/31                 | M/Tu/Th/F | 3:30-5 p.m.    | FREE |
|                                     | 1/4-3/29                 | Wednesday | 2-5 p.m.       | FREE |
| <b>INT'L DISTRICT/CHINATOWN CC</b>  | <b>Ages 17 and Older</b> |           |                |      |
| <b>ADULT</b>                        | <b>Ages 17 and Older</b> |           |                |      |
| 54722                               | 1/7-4/22                 | Saturday  | 3-5:30 p.m.    | FREE |
| <b>FAMILY</b>                       | <b>All Ages</b>          |           |                |      |
| 54720                               | 1/7-4/22                 | Saturday  | 2-4:30 p.m.    | FREE |
| <b>YOUTH</b>                        | <b>Ages 12-18</b>        |           |                |      |
| 54721                               | 1/3-4/21                 | M/Tu/W/F  | 3-5:50 p.m.    | FREE |
| <b>JEFFERSON CC - TEEN OPEN GYM</b> | <b>Ages 12-18</b>        |           |                |      |
| 53300                               | 1/4-3/31                 | M/W/F     | 3:30-4:30 p.m. | FREE |
| <b>RAINIER BEACH CC</b>             | <b>Ages 18 and Older</b> |           |                |      |
| 53306                               | 1/3-3/31                 | M/Tu/F    | Noon-2 p.m.    | Free |
| <b>RAVENNA ECKSTEIN CC</b>          | <b>Ages 12 and Older</b> |           |                |      |
| Call center for hours.              |                          |           |                |      |
| <b>VAN ASSELT CC</b>                | <b>All Ages</b>          |           |                |      |
|                                     | 1/9-3/27                 | Monday    | 5-7:45 p.m.    | FREE |
|                                     | 1/3-3/28                 | Tuesday   | 6-7:45 p.m.    | FREE |
|                                     | 1/4-3/30                 | W/Th      | 6:30-7:45 p.m. | FREE |
|                                     | 1/6-3/31                 | Friday    | 6-8 p.m.       | FREE |
|                                     |                          | Saturday  | 2-3:45 p.m.    | FREE |

All programs are FREE unless noted otherwise. Please self-screen prior to attending programs. If you are ill, please stay home.

# DROP-IN PROGRAMS

## BASKETBALL

Want to shoot some hoops? Stay active, meet new people of all skill levels, and enjoy a pick-up basketball game.

|                                    |                          |           |                      |      |
|------------------------------------|--------------------------|-----------|----------------------|------|
| <b>BALLARD CC</b>                  | <b>All Ages</b>          |           |                      |      |
| 54407                              | 1/9-3/27                 | Monday    | 6:15-8:15 p.m.       | FREE |
| <b>BITTER LAKE CC</b>              | <b>Ages 18 and Older</b> |           |                      |      |
| <b>ADULT</b>                       | <b>Ages 18 and Older</b> |           |                      |      |
|                                    | 1/9-3/27                 | Monday    | 11:30 a.m.-2:30 p.m. | FREE |
|                                    | 1/9-3/27                 | Monday    | 6:30-8 p.m.          | FREE |
|                                    | 1/4-3/29                 | Wednesday | 11:30 a.m.-2 p.m.    | FREE |
|                                    | 1/5-3/30                 | Thursday  | 12-2 p.m.            | FREE |
|                                    | 1/6-3/31                 | Friday    | 1-2 p.m.             | FREE |
| <b>TEEN</b>                        | <b>Ages 10-17</b>        |           |                      |      |
|                                    |                          | M/Tu/Th/F | 2:30-6:30 p.m.       | FREE |
|                                    |                          | Wednesday | 1:30-5:30 p.m.       | FREE |
| <b>GARFIELD CC</b>                 | <b>Ages 18 and Under</b> |           |                      |      |
| 54702                              | 1/4-3/29                 | Wednesday | 2:30-5:30 p.m.       | FREE |
| 54702                              | 1/6-3/31                 | Friday    | 3:30-5:30 p.m.       | FREE |
| <b>GREEN LAKE CC</b>               | <b>Ages 18 and Older</b> |           |                      |      |
| 53244                              | 1/6-3/31                 | M/F       | 10 a.m.-2 p.m.       | FREE |
| <b>INT'L DISTRICT/CHINATOWN CC</b> | <b>Ages 18 and Older</b> |           |                      |      |
| 54715                              | 1/4-4/21                 | M/W/F     | 11:30 a.m.-1:30 p.m. | FREE |



|                                |                          |           |                  |      |
|--------------------------------|--------------------------|-----------|------------------|------|
| <b>LOYAL HEIGHTS CC</b>        | <b>ALL AGES</b>          |           |                  |      |
|                                | 1/4-3/31                 | Mon-Fri   | 2-4 p.m.         | FREE |
| <b>MILLER CC</b>               | <b>Ages 16 and Older</b> |           |                  |      |
| <b>ADULT</b>                   | <b>Ages 16 and Older</b> |           |                  |      |
|                                | 1/4-3/29                 | Wednesday | 6-8 p.m.         | FREE |
| <b>YOUTH</b>                   | <b>Ages 12-15</b>        |           |                  |      |
|                                | 1/3-3/31                 | Mon-Fri   | 3:30-6 p.m.      | FREE |
| <b>MAGNOLIA CC</b>             | <b>Ages 18 and Older</b> |           |                  |      |
| <b>WOMEN'S</b>                 | <b>Ages 18 and Older</b> |           |                  |      |
| 53211                          | 1/4-4/26                 | Wednesday | 6-8 p.m.         | FREE |
| <b>MEN'S</b>                   | <b>Ages 13 and Older</b> |           |                  |      |
| 53208                          | 1/3-4/25                 | Tuesday   | 6-8 p.m.         | FREE |
| <b>MAGNUSON CC @ HANGAR 30</b> | <b>Ages 13 and Older</b> |           |                  |      |
| 53295                          | 1/3-3/28                 | M/Tu      | 6-8 p.m.         | FREE |
| <b>VAN ASSELT CC</b>           | <b>Ages 18 and Older</b> |           |                  |      |
| 53830                          | 1/3-3/30                 | Tu/Th     | 1-2:30 p.m.      | FREE |
|                                | 1/7-3/25                 | Saturday  | 9:30 a.m.-1 p.m. | FREE |
| <b>YESLER CC</b>               | <b>Ages 18 and Older</b> |           |                  |      |
| 53358                          | 1/3-3/30                 | Tu/Th     | 12:10-2:10 p.m.  | FREE |

## VOLLEYBALL

Have fun and hone your skills alongside adults of all skill levels. Nets and balls are provided for these drop-in volleyball games.

|   |                          |           |                |      |
|---|--------------------------|-----------|----------------|------|
| <b>BALLARD CC - Call to confirm Fridays</b> | <b>Ages 18 and Older</b> |           |                |      |
| 54410                                       | 1/6-3/31                 | Tu/F      | 6:15-8:15 p.m. | FREE |
| <b>INT'L DISTRICT/CHINATOWN CC</b>          | <b>Ages 18 and Older</b> |           |                |      |
| 54714                                       | 1/4-4/19                 | Wednesday | 6-8:45 p.m.    | FREE |
| <b>MEADOWBROOK CC</b>                       | <b>Ages 18 and Older</b> |           |                |      |
| 53818                                       | 1/4-3/29                 | Wednesday | 6:15-8:15 p.m. | FREE |
| <b>MILLER CC</b>                            | <b>Ages 16 and Older</b> |           |                |      |
| 53439                                       | 1/9-3/27                 | Monday    | 6-8 p.m.       | FREE |
| <b>VAN ASSELT</b>                           | <b>Ages 18 and Older</b> |           |                |      |
|   | 1/8-3/26                 | Sunday    | 9-11 a.m.      | FREE |

# DROP-IN PROGRAMS

All programs are FREE unless noted otherwise. Please self-screen prior to attending programs. If you are ill, please stay home.

# DROP-IN PROGRAMS

All programs are FREE unless noted otherwise. Please self-screen prior to attending programs. If you are ill, please stay home.

## PICKLEBALL

|   |                          |
|---|--------------------------|
| <b>BALLARD CC</b>                                 | <b>Ages 18 and Older</b> |
| 54403 1/3-3/30 Tu/Th 10 a.m.-Noon FREE            |                          |
| 54404 1/4-3/29 Wednesday 6:15-8:15 p.m. FREE      |                          |
| <b>BITTER LAKE CC</b>                             | <b>Ages 18 and Older</b> |
| 53691 12/13-3/3 Tu/F 10 a.m.-12:30 p.m. FREE      |                          |
| <b>DELRIDGE CC</b>                                | <b>Ages 16 and Older</b> |
| 54075 1/9-3/29 M/W 10:15 a.m.-12:25 p.m. FREE     |                          |
| <b>GARFIELD CC</b>                                | <b>Ages 18 and Older</b> |
| 53376 1/5-4/6 Thursday 10:15 a.m.-1 p.m. FREE     |                          |
| <b>GREEN LAKE CC</b>                              | <b>Ages 18 and Older</b> |
| 54108 1/5-3/30 Thursday 10:30 a.m.-1:30 p.m. FREE |                          |
| <b>HIGH POINT CC</b>                              | <b>Ages 18 and Older</b> |
| 53283 1/4-3/25 W/F 10 a.m.-12:45 p.m. FREE        |                          |
| <b>INT'L DISTRICT/CHINATOWN CC</b>                | <b>Ages 18 and Older</b> |
| 54713 1/2-4/17 Monday 6-8:45 p.m. FREE            |                          |
| <b>JEFFERSON CC</b>                               | <b>Ages 18 and Older</b> |
| 53301 1/9-3/27 Monday 10 a.m.-1 p.m. FREE         |                          |
| <b>LOYAL HEIGHTS</b>                              | <b>Any Age</b>           |
| 54416 1/6-4/7 Friday Noon-2 p.m. FREE             |                          |

|  |                          |
|--|--------------------------|
| <b>MAGNOLIA CC</b>                           | <b>Ages 18 and Older</b> |
| 53209 1/2-4/17 Monday 11 a.m.-2 p.m. FREE    |                          |
| 53210 1/26-4/20 Thursday 11 a.m.-2 p.m. FREE |                          |
| <b>MAGNUSON CC @ HANGAR 30</b>               | <b>Ages 16 and Older</b> |
| 53294 1/4-3/30 W/Th 9:30-11:30 a.m. FREE     |                          |
| <b>MEADOWBROOK CC</b>                        | <b>Ages 18 and Older</b> |
| 53985 1/5-3/30 Thursday 10 a.m.-3 p.m. FREE  |                          |
| <b>MILLER CC</b>                             | <b>Ages 16 and Older</b> |
| 53453 1/4-3/29 M/W 10 a.m.-1 p.m. FREE       |                          |
| <b>MONTLAKE CC</b>                           | <b>Ages 18 and Older</b> |
| 1/4-3/29 Wednesday 10 a.m.-1 p.m. FREE       |                          |
| <b>NORTHGATE CC</b>                          | <b>Ages 18 and Older</b> |
| 53247 1/6-3/31 M/F 9:30 a.m.-2 p.m. FREE     |                          |
| 1/4-3/29 Wednesday 9:30 a.m.-1:30 p.m. FREE  |                          |
| <b>QUEEN ANNE CC</b>                         | <b>Ages 18 and Older</b> |
| 54303 1/3-3/30 Tu/Th Noon-2:30 p.m. FREE     |                          |
| <b>VAN ASSELT CC - SENIOR</b>                | <b>Ages 50 and Older</b> |
| 53807 1/18-3/29 M/W Noon-2:45 p.m. FREE      |                          |
| <b>YESLER CC</b>                             | <b>Ages 18 and Older</b> |
| 1/3-3/30 Tu/Th 9 a.m.- Noon FREE             |                          |

## PING-PONG / TABLE TENNIS

Come play the fun sport of Table Tennis. Please bring your own paddle and water bottle.

|  |                          |
|--|--------------------------|
| <b>GREENLAKE CC</b>  | <b>Ages 18 and Older</b> |
| 53241 1/3-3/29 Tuesday 6-8:45 p.m. FREE                    |                          |
| 1/4-3/29 Wednesday 10 a.m.-1 p.m. FREE                     |                          |
| <b>INT'L DISTRICT/CHINATOWN CC</b>                         | <b>Ages 18 and Older</b> |
| 54718 1/4-4/22 M/W/F/Sa 6-8:30 p.m. Adult: \$3 Seniors \$2 |                          |
| <b>LAKE CITY CC</b>  | <b>Ages 16 and Older</b> |
| 1/4-3/31 M/W/F 4-6:45 p.m. FREE                            |                          |

## FUTSAL

Come play the fun sport of Futsal. Please bring your own paddle and water bottle.

|   |                          |
|---|--------------------------|
| <b>BALLARD CC</b>                           | <b>Ages 18 and Older</b> |
| 54405 1/5-3/30 Thursday 6:15-8:15 p.m. FREE |                          |

## STEP AEROBICS

Get your all-in-one workout: cardio pumping, strength building, and muscle toning, while moving and grooving to booming beats.

|  |                          |
|--|--------------------------|
| <b>GARFIELD CC</b>                         | <b>Ages 18 and Older</b> |
| 54703 1/3-4/11 Tuesday 5:30-6:30 p.m. FREE |                          |

## HIP HOP SPIN

Join this Get Moving sponsored FREE spin class to let go of stress, share a moment with community, and energize your evening. Endure intervals, hills, and sprints combined with upper body movements to spike your heart rate from start to finish for a full-body workout set to hip hop and R&B. Good for all levels, you'll make progress toward your fitness goals and challenge yourself to get results.

|                                       |                          |
|---------------------------------------|--------------------------|
| <b>RAINIER BEACH CC</b>               | <b>Ages 16 and Older</b> |
| 53335 1/10-3/28 Tuesday 6-7 p.m. FREE |                          |



## ADULT DIGITAL LITERACY COMPUTER

Come learn technical and digital skills needed for school, job training, and employment.

|  |                          |
|--|--------------------------|
| <b>YESLER CC</b>                         | <b>Ages 18 and Older</b> |
| 53377 1/5-3/30 Thursday 9 a.m.-Noon FREE |                          |

## ARTS AND CRAFTS

Are you creative and like to paint or design things from scratch? Join our program and find the freedom of expression as we make tie dye t-shirts, bracelets, scented candles, and much more.

|   |                   |
|---|-------------------|
| <b>YESLER CC</b>                        | <b>Ages 10-18</b> |
| 53407 1/3-3/28 Tuesday 4-6:30 p.m. FREE |                   |

## CRAFT GROUP

Bring supplies and craft alongside other inspired crafters. From beading to scrapbooking, students can easily find help from others for their individual projects. This is not a class, just crafting and discussions. Everyone is welcome. 2nd Saturdays of the month.

|  |                          |
|--|--------------------------|
| <b>MEADOWBROOK CC</b>                                | <b>Ages 16 and Older</b> |
| 53817 1/14, 2/11, 3/11 Saturday 12:30-4:30 p.m. FREE |                          |

## QUILTING

Bring your quilting projects to work on. Share ideas and enjoy the company of other crafters. No formal instruction provided.

|   |                          |
|---|--------------------------|
| <b>JEFFERSON CC</b>                       | <b>Ages 18 and Older</b> |
| 53513 1/6-3/31 Friday 11 a.m.-2 p.m. FREE |                          |

## JUGGLING

Come learn how to juggle!

|  |                          |
|--|--------------------------|
| <b>BALLARD CC</b>                            | <b>Ages 18 and Older</b> |
| 54406 1/4-3/29 Wednesday 6:15-8:15 p.m. FREE |                          |

## SOUFEND'S SUNDAY CHECK-IN

Old School Sunday Runs and community check-in's are returning!!

|   |                          |
|---|--------------------------|
| <b>RAINIER BEACH CC</b>                 | <b>Ages 18 and Older</b> |
| 53351 1/8-3/26 Sunday 9a.m.-2 p.m. FREE |                          |

## FREE HYGIENE SERVICES

Year Round All Ages

Select SPR sites offer free showering facilities. Showers are limited to 20-minutes and are drop-in only with no pre-registration. Towels and soap are provided. First come, first served.

|                       |                                 |
|-----------------------|---------------------------------|
| <b>DELRIDGE CC</b>    | <b>Last shower at 4:30 p.m.</b> |
| Mon-Fri               | 11 a.m.-5 p.m.                  |
| <b>GREEN LAKE CC</b>  | <b>Last shower at 4:30 p.m.</b> |
| Tue-Fri               | 10 a.m.-5 p.m.                  |
| Saturday              | 9 a.m.-5 p.m.                   |
| <b>MEADOWBROOK CC</b> | <b>Last shower at 7:00 p.m.</b> |
| Mon-Fri               | 2:30-7:30 p.m.                  |
| <b>MILLER CC</b>      | <b>Last shower at 5:30 p.m.</b> |
| Mon-Fri               | 10 a.m.-6 p.m.                  |

# VIRTUAL PROGRAMS

REGISTRATION OPENS  
DECEMBER 6th

## BLACK WOMEN: TAKE THE LEAD IN YOUR HEALTH

FREE

### Ages 15 and Older

Black women around the world have the worst outcomes for health issues like breast cancer, diabetes, obesity, childbirth, hysterectomy and more. Learn to navigate the healthcare system and how to advocate for yourself in hospital and office settings in this 45-minute seminar. Register and tell a friend! A Webex meeting link will be emailed to all registrants 2 - 3 days prior to class.

**53302** 3/11 Sat 10-10:45 a.m. FREE

## PIANO GROUP LESSONS

### Ages 5 and Older

Learn to play the piano from an experienced professional teacher in weekly small group lessons. Training includes sight-reading, technique, expression, theory, and chords. Students must have access to a full electric keyboard or piano for practice outside of lessons. Class is NOT in-person. Register through Garfield Community Center by calling 206-684-4788.

**53267** 1/7-3/25 Sat Noon-4:30 p.m. \$240

**53265** 1/9-3/27 Mon 4-8:45 p.m. \$200

## MARCUS GARVEY BOOK CLUB

FREE

### Ages 18 and Older

Books are the foundation of knowledge. Come join facilitators Reverend Harriett Walden and Erik Stark of The Family Empowerment Institute. Each month covers a new book focusing on local, cultural, historical, and African American topics. You must be registered to attend. This is a hybrid class. **You may register for an in-person experience or choose the virtual program.**

**53386** 1/3-4/4 Tuesday 6:30-8 p.m. FREE



## SPECIAL EVENT: PANCAKE BREAKFASTS

Join your friends and neighbors for our community Pancake Breakfasts. Bring the whole family and enjoy all -you-can-eat pancakes along with scrambled eggs, sausage, juice, coffee and tea. Proceeds from these events will help provide scholarships for our low-income neighbors! Buy your tickets at the door.

▼ **BITTER LAKE CC** All Ages

2/26 Sunday 9 a.m.-Noon \$5

▼ **LOYAL HEIGHTS CC** All Ages

3/5 Sunday 9 a.m.-Noon \$7

▼ **NORTHGATE CC** All Ages

12/3 Saturday 9-11 a.m. Kids/Seniors: \$5  
Adults: \$7

## SPECIAL EVENT: COMMUNITY HOLIDAY PARTY

FREE

▼ **GARFIELD CC** All Ages

Come celebrate all the season's many wonders with your neighbors and friends at Garfield Community Center! Pre-registration is required to receive a toy at the event. Toys are not guaranteed and dependent on donations to the Center. Available toys will be given to families the week after the event. Call 206-684-4788 for details.

12/16 Friday 6-8 p.m. FREE

## SPECIAL EVENT: GINGERBREAD JUBILEE AT BALLARD CC

▼ **BALLARD CC** All Ages

Join us this year for an evening of holiday fun. You bring your imagination and we provide the rest! There will be all sorts of crafts, music and of course our magnificent Gingerbread construction zone!

12/16 Friday 6-8 p.m. \$5

## SPECIAL MONTHLY EVENT: WINTER WEDNESDAYS

▼ **BALLARD CC** All Ages

You've heard of Tuesdays in Ballard, but now join us for Winter Wednesdays every 4th Wednesday during winter. This free monthly get together includes games, crafts, snacks, and warm winter beverages. Themes and activities for our mini celebrations will be posted at the community center and on Facebook.

1/25, 2/22, and 3/22 Wednesday 6-8 p.m. FREE

# SPECIAL EVENTS

## SPECIAL EVENT: MULTI-CULTURAL DINNER

▼ **BITTER LAKE CC** All Ages

Join us for a culinary tour around the world and introduce your family to food from different cultures during this annual Bitter Lake tradition. Food is one of the best ways to experience and celebrate diversity. We have something for everyone!

12/9 Friday 5:30-7 p.m. \$5/Ticket

## SPECIAL EVENT: PATHWAY OF LIGHTS

FREE

▼ **GREEN LAKE CC** All Ages

The annual Green Lake Pathway of lights is fast approaching, let us help you get into the holiday spirit with a free event for the entire family. Come stroll the glimmering Green Lake circuit, paths, and docks which will be lit with thousands of twinkling candles. And while you wander through the magic of the sparkling lights, enjoy live holiday music. **Please bring a can food donation to support the Family Works Food Bank.**

**Volunteers to assist with the event and volunteer music groups are needed, so if you are interested in helping, we would love to hear from you! To volunteer or learn more, please contact Green Lake Community Center at 206-684-0780.**

12/10 Saturday 4:30-7:30 p.m. FREE

## SPECIAL EVENT: INTRO TO PARKOUR WORKSHOP

FREE

▼ **GARFIELD CC** Ages 7-13

Parkour is a movement discipline focused on connecting movements in jumping, vaulting, and climbing. It's an accessible, non-competitive sport that turns your surroundings into a playground. Learn about the sport at this special event.

1/19 Thursday 4-6 p.m. FREE

## SPECIAL EVENT: POLLINATORS IN OUR URBAN GARDENS

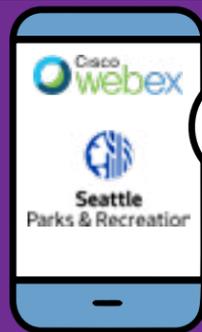
FREE

▼ **GARFIELD CC** ALL AGES

Join us to learn about the role bugs play in garden pollination and to release ladybugs in the Garfield Community Center garden. This event is dedicated to the memory of Traci Grant whose passion for the Garfield garden lives on in the plants and people who have grown up here.

4/20 Thursday 4-6 p.m. FREE

## DOWNLOAD WEBEX



SCAN ME



DOWNLOAD TO PARTICIPATE IN VIRTUAL PROGRAMS:  
[http://bit.ly/webex\\_download](http://bit.ly/webex_download)

Prior to event, a link will be sent to join, through Webex. For questions email: [PKS\\_Virtual\\_Programs@seattle.gov](mailto:PKS_Virtual_Programs@seattle.gov)

### GOJU-RYU KARATE

#### Ages 12 and Older

Self-defense, awareness, and physical and mental development are incorporated into the study of this Japanese karate style. Learn fundamental techniques of karate, and how to use linear and circular techniques to subdue and control an attacker.

| ▼ Beginner            |          | All levels welcome        |          |      |
|-----------------------|----------|---------------------------|----------|------|
| <a href="#">53001</a> | 1/4-1/25 | M/W                       | 5-6 p.m. | \$42 |
| <a href="#">53000</a> | 2/1-2/27 | M/W                       | 5-6 p.m. | \$42 |
| <a href="#">52999</a> | 3/1-3/29 | M/W                       | 5-6 p.m. | \$63 |
| ▼ Advanced            |          | Some experience suggested |          |      |
| <a href="#">52998</a> | 1/4-1/25 | M/W                       | 5-7 p.m. | \$42 |
| <a href="#">52997</a> | 2/1-2/27 | M/W                       | 5-7 p.m. | \$49 |
| <a href="#">52996</a> | 3/1-3/29 | M/W                       | 5-7 p.m. | \$63 |



### HAPPYFEET SOCCER

Let's empower brave creative leaders of tomorrow and develop your child's self-esteem, body positivity, and creativity through meaningful play. Utilizing creative storytelling, your child will be guided through events where they can practice problem solving and increase confidence through soccer.

| ▼ HAPPYFEET PARENT AND ME |          | Ages 2-3  |             |      |
|---------------------------|----------|-----------|-------------|------|
| <a href="#">53004</a>     | 1/4-1/25 | Wednesday | 3-3:30 p.m. | \$68 |
| <a href="#">53003</a>     | 2/1-2/22 | Wednesday | 3-3:30 p.m. | \$68 |
| <a href="#">53002</a>     | 3/1-3/22 | Wednesday | 3-3:30 p.m. | \$68 |
| ▼ HAPPYFEET SOCCER        |          | Ages 3-4  |             |      |
| <a href="#">53006</a>     | 1/4-1/25 | Wednesday | 3-3:30 p.m. | \$68 |
| <a href="#">53005</a>     | 2/1-2/22 | Wednesday | 3-3:30 p.m. | \$68 |
| <a href="#">53010</a>     | 3/1-3/22 | Wednesday | 3-3:30 p.m. | \$68 |
| ▼ HAPPYFEET SOCCER        |          | Ages 5-6  |             |      |
| <a href="#">53009</a>     | 1/4-1/25 | Wednesday | 4-4:30 p.m. | \$68 |
| <a href="#">53008</a>     | 2/1-2/22 | Wednesday | 4-4:30 p.m. | \$68 |
| <a href="#">53007</a>     | 3/1-3/22 | Wednesday | 4-4:30 p.m. | \$68 |

### ADULT POTTERY

This mixed-level class goes beyond making bowls using hand building, extruder, and wheel throwing techniques. Bring your own tools or purchase a kit at class. The first 25lbs. are included and more can be purchased during facility operating hours only. **No Class 3/23/23.**

| ▼ DAYTIME SESSIONS    |           | Ages 18 and Older |                   |       |
|-----------------------|-----------|-------------------|-------------------|-------|
| <a href="#">53938</a> | 1/10-3/28 | Tuesday           | 11 a.m.-1:30 p.m. | \$420 |
| <a href="#">53939</a> | 1/12-3/30 | Thursday          | 11 a.m.-1:30 p.m. | \$385 |
| <a href="#">53940</a> | 1/13-3/31 | Friday            | 11 a.m.-1:30 p.m. | \$420 |
| ▼ EVENING SESSIONS    |           | Ages 18 and Older |                   |       |
| <a href="#">53936</a> | 1/9-3/27  | Monday            | 4:15-6:45 p.m.    | \$350 |
| <a href="#">53937</a> | 1/11-3/29 | Wednesday         | 4:15-6:45 p.m.    | \$420 |



## FUND THE FUN

A fundraising event to support youth sports and recreation scholarships  
**APRIL 20, 2023**  
**8-9 a.m.**

SCAN  
HERE TO  
LEARN  
MORE!





### ROCK THE PARK: TEEN COOKING CLASS FREE

**Ages 13-17**  
Get your apron and throw on your chef's hat, it's time to cook! Learn how to make easy and delicious meals that will have everyone asking for seconds.

**53810 1/14-3/25 Saturday 2-4:30 p.m. FREE**

### PIANO LESSONS

**Ages 6 and Older**  
It's never too early (or late!) to develop your musical talent! Book one-on-one piano lessons with a seasoned musician. Participants will receive more detailed information about lesson materials on their first day.  
\*Note: The lessons are booked in 45-minute time slots, however, the lessons are only 30 minutes, the last 15 minutes are required for sanitizing the room. Call Magnuson CC at 206-684-7026 to schedule your classes.

| Month    | Class ID | Dates    | Day | Time         | Price per session |
|----------|----------|----------|-----|--------------|-------------------|
| January  | 53535    | 1/6-1/27 | Fri | 3-6:30 p.m.  | \$30              |
|          | 53534    | 1/7-1/28 | Sat | 12:30-4 p.m. | \$30              |
|          | 53533    | 1/9-1/30 | Mon | 3-6:30 p.m.  | \$30              |
| February | 53538    | 2/3-2/24 | Fri | 3-6:30 p.m.  | \$30              |
|          | 53537    | 2/4-2/25 | Sat | 12:30-4 p.m. | \$30              |
|          | 53536    | 2/6-2/27 | Mon | 3-6:30 p.m.  | \$30              |
| March    | 53541    | 3/3-3/31 | Fri | 3-6:30 p.m.  | \$30              |
|          | 53540    | 3/4-3/25 | Sat | 12:30-4 p.m. | \$30              |
|          | 53539    | 3/6-3/27 | Mon | 3-6:30 p.m.  | \$30              |

### AIKIDO FOR TEENS AND ADULTS

**Ages 11 and Older**  
Discipline, focus, self-confidence and flexibility are benefits of aikido! With plenty of interaction and individual attention, we focus on posture, footwork, movement, and throws. Gain self-awareness while increasing fitness, decrease stress, and learning skills to stay calm through daily life.

**52927 1/2-3/29 M/W 5:30-7 p.m. \$315**



### DANCE FITNESS: DANSATION

**Ages 16 and Older**  
Do you love to dance? This exhilarating class will have you moving to a variety of radio hits, pop, club, hip hop, Latin, and house. These classes move between high and low-intensity dance moves designed to get your heart rate up and boost cardio endurance.

**53374 1/3-1/31 Tuesday 6:15-7:15 p.m. \$40**  
**53392 2/7-2/28 Tuesday 6:15-7:15 p.m. \$40**  
**53393 3/7-3/28 Tuesday 6:15-7:15 p.m. \$40**

### ENGLISH AS A SECOND LANGUAGE FREE

**Ages 18 and Older**  
Come practice English in a friendly, relaxed setting! Tea, coffee and chat! The focus will be on conversation, but we can also practice grammar/reading/writing as needed.  
*Note: We will have a children's table set up; however, parents and guardians are responsible for supervising their own children.*

**53527 1/10-3/28 Tuesday 9-10:30 a.m. FREE**  
**53530 1/10-3/16 Tuesday 7-8:30 p.m. FREE**  
**53528 1/12-3/16 Thursday 9-10:30 a.m. FREE**  
**53529 1/12-3/23 Thursday 7-8:30 p.m. FREE**

### PRE-BALLET

**Ages 3-5**  
Students experience the joy of dancing as they learn the basics of ballet technique and creative dance. Motor skills, posture, coordination, and musicality are emphasized through games, exercises, and choreography. **\*No Class on 3/23.**

**53415 1/12-2/16 Thursday 3:15-4 p.m. \$54**  
**53414 2/23-3/30 Thursday 3:15-4 p.m. \$45**

### BALLET 1

**Ages 6-10**  
Students learn traditional ballet curriculum set to classical music. Through the use of music, props and brain-integrated dance games, this class strengthens bodies and minds of dancers by providing a safe and positive environment for your child to express themselves through dance. **\*No Class on 3/23.**

**53371 1/12-2/16 Thursday 4-4:45 p.m. \$54**

### PERSONAL BEGINNER PIANO LESSONS

**Ages 8 and Older**  
Learn the essentials of piano in 30-minute private lessons offered monthly. Instruction is at an introductory or beginner level, tailored to each student's needs. Musical elements, ear training, and song structure will be explored. Pre-registration required. Music book fee is separate if applicable. Student must have access to appropriate instrument for practice at home.

**53413 1/4-1/25 Wed 2-6:30 p.m. \$36/class**  
**53412 1/10-1/31 Tue 3:30-6:30 p.m. \$36/class**  
**53489 2/1-2/22 Wed 2-6:30 p.m. \$36/class**  
**53457 2/7-2/28 Tue 3:30-6:30 p.m. \$36/class**  
**53490 3/1-3/29 Wed 2-6:30 p.m. \$36/class**  
**53460 3/7-3/28 Tue 3:30-6:30 p.m. \$36/class**

### KENDO: THE WAY OF THE JAPANESE SWORD

Kendo (way of the sword) is a martial art based on samurai traditions requiring mental and physical discipline. Working with oak and bamboo swords, students will focus on footwork and sword handling, progressing at their own pace to practice with others.

#### ▼ Ages 10-18

**53394** 1/9-3/27 Monday 7-8:30 p.m. \$63

#### ▼ Ages 18 and Older

**53395** 1/9-3/27 Monday 7-8:30 p.m. \$63

### SHOTOKAN KARATE

#### ▼ BEGINNER Ages 7 and Older

Here's your chance to try martial arts! The fundamentals of martial arts are based on understanding your body, movement, and space with and without a partner. Classes focus on kihon (basic techniques), kata (forms), and kumite (partner work), self-confidence, and self-defense. Parents are encouraged to remain in class with younger students.

**53498** 1/4-1/30 M/W 6:30-7:30 p.m. \$30

**53499** 2/1-2/27 M/W 6:30-7:30 p.m. \$35

**53500** 3/1-3/29 M/W 6:30-7:30 p.m. \$35

#### ▼ ADVANCED Ages 14 and Older

Learn the practice of Karate. You will use a variety of techniques including blocks, strikes, evasions, throws, and joint manipulations.

**53396** 1/4-1/30 M/W/F 6:30-8:30 p.m. \$75

**54125** 1/6-1/27 Friday 6:30-8:30 p.m. \$40

**53398** 2/1-2/27 M/W/F 6:30-8:30 p.m. \$75

**54124** 2/3-2/24 Friday 6:30-8:30 p.m. \$40

**53399** 3/1-3/29 M/W/F 6:30-8:30 p.m. \$95

**54126** 3/3-3/31 Friday 6:30-8:30 p.m. \$50

### LATE NIGHT BADMINTON

#### Ages 18 and Older

In efforts to offer badminton during our basketball season, we created a late-night badminton program. The registration fee covers ten weeks of activity from January 6- March 10. Participants must be registered to participate, and for safety reasons there will be no entry allowed after 10 p.m.

**53811** 1/6-3/10 Friday 9:30-11:30 p.m. \$65

## REGISTRATION OPENS DECEMBER 6th



**SCAN ME**

REGISTER ONLINE:  
[https://bit.ly/spr\\_activity\\_reg](https://bit.ly/spr_activity_reg)



### MUSIC LESSONS

#### ▼ DRUM LESSONS Ages 10 and Older

Learn expression through music! Lessons are 30 minutes long, and are tailored to each individual student, and teach students to read music, play by ear, music theory, and composition. We have a drum set on site. Call your community center to see what slots are available.

**53444** 1/3-1/31 Tuesday 2-6 p.m. \$30/class

**53443** 2/7-2/28 Tuesday 2-6 p.m. \$30/class

**53442** 3/7-3/28 Tuesday 2-6 p.m. \$30/class

#### ▼ PIANO LESSONS Ages 10 and Older

Learn to play the piano from an experienced teacher in weekly 30-minute private lessons. Scholarships are available. Please call Miller Community Center to book your time slot.

**54174** 1/12-1/26 Thursday 2-6 p.m. \$30/class

**54216** 2/2-2/16 Thursday 2-6 p.m. \$30/class

**54217** 3/2-3/30 Thursday 2-6 p.m. \$30/class

### LIL HOOPERS

This fun co-ed, instructional class will teach the basics of basketball. This program has six weeks of instruction with a scrimmage between teams. It's a friendly non-competitive opportunity for beginner sports.

#### ▼ LIL HOOPERS CO-ED Ages 3-5

**53479** 1/10-2/14 Tuesday 2-2:45 p.m. \$60

**53485** 2/28-4/4 Tuesday 2-2:45 p.m. \$60

#### ▼ LIL HOOPERS II CO-ED Ages 6-8

**53486** 1/10-2/14 Tuesday 3-3:45 p.m. \$60

**53487** 2/28-4/4 Tuesday 3-3:45 p.m. \$60

### PRE-BALLET

#### Ages 3-5

Students experience the joy of dancing as they learn the basics of ballet technique and creative dance. Motor skills, posture, coordination, and musicality are emphasized through games, exercises, and choreography.

#### ▼ Session 1

**53488** 1/11-2/15 Wednesday 2-2:45 p.m. \$70

#### ▼ Session 2

**54143** 3/1-4/5 Wednesday 2-2:45 p.m. \$70

### KOREAN SENIOR ASSOCIATION FITNESS & LUNCH PROGRAM

FREE

#### Ages 60 and Older

King County residents over 60 years of age and adults with disabilities are welcome to enjoy nutritious meals while engaging in cultural activities, learning English or finding volunteer opportunities. Asian Counseling and Referral Services (ARCS) partners with various locations in the community. The Korean Senior Association (Korean language program) meets at Miller Community Center every Tuesday and Friday.

**53445** 1/3-3/31 Tu/F 9:30 a.m.-1 p.m. FREE

### AFTER-SCHOOL TEEN PROGRAM

FREE

#### Ages 11-14

This is a daily after-school tween/teen program filled with a variety of activities: sports, arts, music, cooking, and more! Activities are designed for middle-school aged youth.

**53438** 1/3-3/31 Mon-Fri 2-7:30 p.m. FREE

### PICKLEBALL SKILLS & DRILLS

#### Ages 18 and Older

Learn the basics strokes, rules, and strategies of pickleball. A cross between tennis, badminton, and ping pong, this sport enjoys a large community of players in the Pacific Northwest. Once you've learned the basics, you can join our drop-in play across most of the Community Centers in Seattle. This class is designed for beginners. Please bring your own pickleball racquet and a water bottle.

**53464** 1/3-2/17 Friday 10:30 a.m.-Noon \$75

**53476** 3/3-4/7 Friday 10:30 a.m.-Noon \$75





### DANCE TOGETHER WITH MOVING MINDS

#### Ages 18 months-3 years

Bond with your child through movement and creative play. Join us to improve coordination and social skills in classes that seamlessly blend teacher-directed activities with child-led explorations and discoveries. When ready, your child may take the class independently.

**53980** 1/11-2/8 Wednesday 10-10:45 a.m. \$80

**53981** 2/15-3/22 Wednesday 10-10:45 a.m. \$80

### CREATIVE BALLET WITH MOVING MINDS

#### Ages 5-6

Starting with foundations learned in Playful Dance, your child will strengthen their confidence, control, musicality, and ability to collaborate. This class introduces children to the ballet barre, more challenging movement combinations, and choreography tools to develop their own movement style.

**53978** 1/14-2/11 Saturday 9-9:55 a.m. \$80

**53979** 2/18-3/18 Saturday 9-9:55 a.m. \$64

### YOGA

#### Ages 18 and Older

Yoga is a physical practice suitable for all ages and experience levels. We connect breathing to movement through a sequence of postures that promote safe alignment, flexibility, and strength. Light meditation will be part of the program.

**53494** 1/10-1/31 Tuesday 6-7 p.m. \$48

**53495** 2/7-2/28 Tuesday 6-7 p.m. \$48

**53496** 3/7-3/21 Tuesday 6-7 p.m. \$36

### ADULT POTTERY

Join us in a relaxing ceramics studio to create hand-built pieces as well as cups, bowls, and vases on the potter's wheel. We'll have weekly demonstrations as well as one-on-one guidance. Includes one bag of clay and open studio time during class duration.

#### ▼ BEGINNER Ages 18 and Older

**53383** 1/9-3/20 Monday 5:30-8 p.m. \$306

**53384** 1/10-3/14 Tuesday 5:30-8 p.m. \$340

#### ▼ POTTERY: ALL LEVELS Ages 16 and Older

Join us in a relaxing ceramics studio to create hand-built pieces as well as cups, bowls, and vases on the potter's wheel. We'll have weekly demonstrations as well as one-on-one guidance. Includes one bag of clay and open studio time during class duration.

**53385** 1/11-3/15 Wednesday 5:30-8 p.m. \$340

#### ▼ POTTERY: OPEN STUDIO Ages 18 and Older

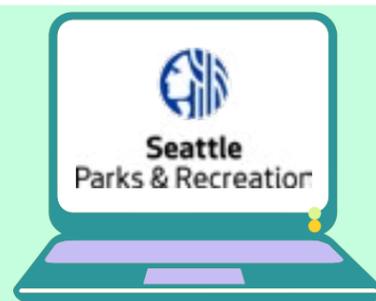
This is open studio time to work on your projects or start a new one. Clay fees are not included, but firing is available. **Orientation is required before first use and occurs the first Thursday of the month at 6 p.m. or the first Saturday at 10 a.m.**

**54341** 1/5-1/28 Studio times/days are the \$150

**54342** 2/2-2/25 same as the Center hours. \$150

**54343** 3/2-3/23 Call 206-684-4736 for hours. \$150

## REGISTRATION OPENS DECEMBER 6th



**SCAN ME**

REGISTER ONLINE:  
[https://bit.ly/spr\\_activity\\_reg](https://bit.ly/spr_activity_reg)

### KAJUKENBO

#### Ages 15 and Older

Kajukenbo is a combination of the various martial arts from which its name is derived. KA Karate, JU for Judo and Jujutsu, KEN for Kenpo and BO for Boxing. Join us and challenge yourself to learn this effective martial art appropriate for people of all sizes.

**53292** 1/7-3/18 Saturday 11 a.m.-Noon \$110

### WOMENS SELF-DEFENSE WORKSHOP

#### Ages 15 and Older

This workshop style class will help build confidence, awareness, and defense skills. As you learn to punch, kick, block, escape wrist grabs, and more. You'll gain the confidence needed to fend off an attacker.

**53823** 1/21 Saturday 1-2:30 p.m. \$10

**53824** 3/11 Saturday 1-2:30 p.m. \$10



# RAVENNA-ECKSTEIN CC

## NORTHEAST SEATTLE

### SELF DEFENSE

FREE

#### Ages 16 and Older

Students will learn from an experienced martial artist and learn how to defend themselves so they can feel safer and more comfortable in everyday life.

**52601 1/6-3/17 Friday 5-6:30 p.m. FREE**

### TEEN STICK ARTS

FREE

#### Ages 12-17

Interested in traditional Japanese stick fighting? Starting with the basics and advancing to paired forms, students will develop safe stick handling and controlled techniques. As we get grounded in basic principles we will also use Japanese terms for movements and modes of practice.

**53227 1/20-3/24 Friday 3:15-4:45 p.m. FREE**

### BEGINNER YOGA

#### Ages 18 and Older

This beginner yoga class introduces the fundamental principles of pose alignment and breath. Students will be introduced to yoga postures through verbal description and demonstration. All levels can work within their own ability. Wear comfortable clothes and bring a yoga mat and props if you have them.

**52606 1/11-3/22 Wednesday 6:30-7:15 p.m. \$150**

### CHAIR YOGA

#### Ages 18 and Older

Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, poise, and peace of mind. Chair yoga offers accessibility and is adapted for individuals with mobility and balance challenges.

**52595 1/11-3/22 Wednesday 5:30-6:15 p.m. \$150**

### TINY TOTS

#### Ages 3-5

This educational and age-appropriate class includes individual and group play, storytelling, arts and crafts, yoga, music, field trips, and more. Parents are required to take turns assisting the teacher with class room duties and snacks. Participants must be 2 years of age by September 1 in order to participate. Exceptions made only with teacher approval.

**52604 1/9-3/22 Mon-Thu 11:45 a.m.-2:45 p.m. \$1,767**

### SHOTOKAN KARATE

#### BEGINNER

#### Ages 7 and Older

Here's your chance to try martial arts! The fundamentals of martial arts are based on understanding your body, movement, and space with and without a partner. Classes focus on kihon (basic techniques), kata (forms), and kumite (partner work), self-confidence, and self-defense. Parents are encouraged to remain in class with younger students.

**52603 1/12-2/9 Thursday 6-6:45 p.m. \$50**

**52926 2/16-3/16 Thursday 6-6:45 p.m. \$50**

#### INTERMEDIATE/ADVANCED

#### Ages 7 and Older

Have fun learning traditional Japanese Shotokan karate. Martial Arts training improves self-confidence and concentration in all parts of life. Participants test for belt rank at their own pace. Students participating at the intermediate level should have reached orange belt or above, or with instructor's permission.

**52602 1/12-3/16 Thursday 7-8 p.m. \$130**

### PRE-BALLET

#### Ages 3-4

Students experience the joy of dancing as they learn the basics of ballet technique and creative dance. Motor skills, posture, coordination, and musicality are emphasized through games, exercises, and choreography. Students should wear ballet shoes, dance attire, and have long hair pulled back.

**52599 1/13-3/31 Friday 1-1:45 p.m. \$168**

**52600 1/13-3/31 Friday 2-2:45 p.m. \$168**

REGISTRATION OPENS  
DECEMBER 6<sup>th</sup>



REGISTER ONLINE:  
[https://bit.ly/spr\\_activity\\_reg](https://bit.ly/spr_activity_reg)

## NORTHWEST SEATTLE

### DND CLUB

#### Ages 5-12

Every Tuesday is an adventure with afterschool D & D club. Play a module a session with your friends or meet new friends.

**54402 1/3-3/28 Tuesday 3:45-5:45 p.m. \$312**

### STRATEGY GAMES CLUB

#### Ages 8-12

Bring your A-Game and get ready to scheme. From chess and cards to Catan and Magic the Gathering, let's challenge each other. We'll learn the rules of the game while we make friends and practice problem solving together.

**54414 1/5-3/30 Thursday 3:45-5:45 p.m. \$288**

### BEGINNING PICKLEBALL

#### Ages 16 and Older

Want to drop into pickleball, but not sure if you're ready? Take Beginning pickleball and learn the rules, and skills that will make you feel comfortable to drop in for open play.

**54398 1/3-2/16 Tu/Th 1-2 p.m. \$168**

**54399 2/21-3/30 Tu/Th 1-2 p.m. \$132**

### FENCING: ADVANCED

#### Ages 15 and Older

Join us for practice sparring and light instruction. Experienced fencers must have all their own equipment and wear appropriate fencing attire. This includes mask, jacket, plastron, knickers or long pants, glove, and electric gear. We usually have one or two electric strips set up and all weapons are welcome.

**54411 1/3-3/30 Tu/Th 6:30-8:30 p.m. \$100**

### QIGONG

#### Ages 18 and Older

Experience Qigong: the ancient Chinese art of self-development through simple exercises, meditations, and visualizations. In this class we will learn to get the most out of meditation and learn Taoist practices for excellent health.

**54772 1/9-3/27 Monday 6:30-7:45 p.m. \$150**

# BALLARD CC

### ADULT POTTERY

This mixed-level class goes beyond making bowls using hand building, extruder, and wheel throwing techniques. Bring your own tools or purchase a kit for \$17. Clay bags cost \$10 after the first 25lbs are used. Purchases can be made during facility operating hours only.

#### DAYTIME SESSIONS

#### Ages 16 and Older

**54400 1/9-3/20 Monday 10 a.m.-12:30 p.m. \$270**

**54401 1/4-3/15 Wednesday 10 a.m.-12:30 p.m. \$330**

#### EVENING SESSIONS

#### Ages 16 and Older

**54395 1/3-3/14 Tuesday 6-8:30 p.m. \$330**

**54396 1/4-3/15 Wednesday 6-8:30 p.m. \$330**

**54394 1/3-3/16 Thursday 6-8:30 p.m. \$330**

### YOUTH POTTERY

#### PARENT/TOT POTTERY CREATIONS

#### Ages 2-4

Bring your budding artists to this playful clay class. Work with your toddler to explore the materials and make art together. A variety of projects and hand-building techniques will be introduced. Enjoy this special time together as you connect and collaborate over clay.

**54413 1/6-3/31 Friday 9:30-10:30 a.m. \$260**

#### KIDS AT CLAY

#### Ages 5-12

The art of pottery is thousands of years old. In this class we will "travel" through time visiting various moments in pottery history, the people involved and any special clay or techniques they employ. We travel to Ancient Egypt where the students will use a 7,000-year-old recipe for Egyptian Paste-a special clay that turns glass like in the kiln. This in-depth program allows students to explore and learn about different cultures and history as they relate to the art of pottery. No wheel work.

**54412 1/4-3/29 Wednesday 2:30-4 p.m. \$260**

### COMIC BOOK ARTS/MURAL MAKING

#### Ages 8-12

Are you ready to play with art on big and small scales? Learn from a real local artist and draw comic book characters. Then we will team up with classmates to create a mural. We're blending art and fun in this creative program.

**54557 1/6-3/31 Friday 3:45-5:45 p.m. \$312**

## SPECIAL EVENT: MULTI-CULTURAL DINNER

### All Ages

Join us for a culinary tour around the world and introduce your family to food from different cultures during this annual Bitter Lake tradition. Food is one of the best ways to experience and celebrate diversity. We have something for everyone!

**12/9 Friday 5:30-7 p.m. \$5/Ticket**

## LITTLE HOOPERS B-BALL

### AGES 5-7

Learn the basics of basketball in a fun and safe environment! Students will practice passing, dribbling, shooting, rebounding, and more. We will use our new skills in organized group games. Each participant will receive a t-shirt. Please wear athletic shoes and bring a water bottle.

**53694 1/10-2/14 Tuesday 5:15-6 p.m. \$72**

**53743 3/7-4/11 Tuesday 5:15-6 p.m. \$72**

## EVERYDAY KUNG FU

### Ages 10 and Older

Learn this non-traditional kung-fu based martial art and explore self-defense, meditation, conditioning, and awareness through graceful movement. Techniques are presented to each student in an individually driven curriculum. Wear comfortable clothes and practice barefoot or wear shoes with light colored tread. Students 10-13 yrs. must have a parent or guardian in attendance.

**53723 1/10-2/14 Tuesday 5:30-6:45 p.m. \$66**

**53745 2/28-4/4 Tuesday 5:30-6:45 p.m. \$66**

## KENDO

### Ages 8 and Older

Kendo (way of the sword) is a co-ed martial art based on samurai traditions requiring mental and physical discipline. Students that progress to advanced skill level will be able to practice wearing armor and engage in bouts with other students. All equipment can be purchased in class. Be ready for class by checking details at: <https://www.snokingkendo.org/classes>

### ▼ BEGINNER

**53674 12/15-3/9 Thursday 7-8:30 p.m. \$117**

### ▼ ADVANCED

**53673 12/15-3/9 Thursday 7-9 p.m. \$130**

## MIXED MEDIA ART CLASS

### Ages 4-8

Celebrate the changing seasons! In this mixed media class, we will make festive projects featuring our favorite things about Fall. Each week we will rotate through different mediums, learn important concepts of art like color, pattern, and perspective.

**53749 12/29-2/2 Thursday 4:30-5:30 p.m. \$105**

**53750 2/16-3/23 Thursday 4:30-5:30 p.m. \$105**

## PIANO LESSONS

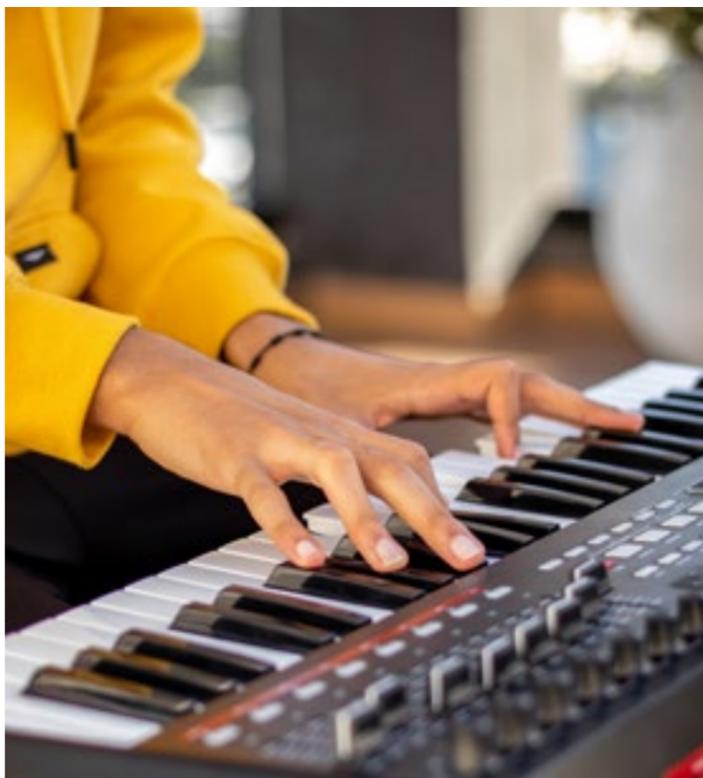
### Ages 6-18

Learn to play the piano from an experienced professional teacher in weekly 25-minute private lessons. Training includes sight-reading, technique, expression, theory, and chords. Each class is 25-minutes to allow time to clean between lessons.

**53987 2/1-2/22 Wednesday 3-7:30 p.m. \$30/class**

**53746 1/4-1/25 Wednesday 3-7:30 p.m. \$30/class**

**53988 3/1-3/29 Wednesday 3-7:30 p.m. \$30/class**



## PRE-BALLET

### Ages 5-7

Students experience the joy of dancing as they learn the basics of ballet technique and creative dance. Motor skills, posture, coordination, and musicality are emphasized through games, exercises, and choreography.

**53751 1/14-2/18 Saturday Noon-12:45 p.m. \$66**

**53752 2/25-4/1 Saturday Noon-12:45 p.m. \$66**

## BALLET

### Ages 6-8

Students learn traditional ballet curriculum set to classical music. Through the use of music, props and brain-integrated dance games, this class strengthens bodies and minds of dancers by providing a safe and positive environment for your child to express themselves through dance.

**53677 1/14-2/18 Saturday 1-1:45 p.m. \$66**

**53678 2/25-4/1 Saturday 1-1:45 p.m. \$66**

## CREATIVE DANCE

### Ages 3-4

Young dancers experience the joy of dancing by learning the basics of movement and self-expression. A focus on how the body moves and musicality are emphasized through games, improvisation, and choreography. Students should wear clothes that promote comfort.

**53687 1/14-2/18 Saturday 11-11:45 a.m. \$66**

**53688 2/25-4/1 Saturday 11-11:45 a.m. \$66**

## ROLLER SKATING LESSONS

### Ages 5 and Older

Come participate in some intergenerational skating for beginning and intermediate roller skaters and bladers. Class will be divided according to skill level. Come and learn to skate or improve the skills you have developed so far. After lessons, you can practice with others during Friday Night Family Skate!

**53825 1/6-1/27 Friday 6-6:45 p.m. \$28**

**53826 2/3-2/24 Friday 6-6:45 p.m. \$28**

**53827 3/3-3/31 Friday 6-6:45 p.m. \$35**



## AEROBIC DANCE FITNESS: HIT THE DANCE FLOOR

### All Ages

This aerobic fitness class uses interval reps synched to music with High/Low fitness options. Moves are set to pop, Latin, hip hop, and soul stirring favorites. Connection not perfection, it's just us and the dance floor. Wear comfortable work-out clothes, low grip shoes, and bring water. All levels welcome.

**53676 1/11-2/15 Wednesday 6:30-7:30 p.m. \$66**

**53725 2/22-3/29 Wednesday 6:30-7:30 p.m. \$66**

## DANCE FITNESS

### Ages 8 and Older

Join a barefoot cardio-dance workout that builds flexibility, agility, mobility, strength, and stability. Dance is fun, low-impact and adaptable to individual needs and abilities. Wear clothes that you can dance in.

**53683 12/3-1/14 Saturday 9:30-10:30 a.m. \$66**

**53684 1/28-3/4 Saturday 9:30-10:30 a.m. \$66**

## PIANO LESSONS

**Ages 5-17**

Learn to play the piano from an experienced professional teacher in weekly 30-minute private lessons. Training includes sight-reading, technique, expression, theory, and chords. Students must have access to an electric keyboard or piano for practice outside of lessons. 15 minutes is added at the end of the session for cleaning.

|                       |                 |                 |                        |              |
|-----------------------|-----------------|-----------------|------------------------|--------------|
| <a href="#">52782</a> | <b>1/6-1/27</b> | <b>Friday</b>   | <b>3-6 p.m.</b>        | <b>\$184</b> |
| <a href="#">53994</a> | <b>1/7-1/28</b> | <b>Saturday</b> | <b>9:30-11:30 a.m.</b> | <b>\$184</b> |
| <a href="#">52784</a> | <b>2/3-2/24</b> | <b>Friday</b>   | <b>3-6 p.m.</b>        | <b>\$184</b> |
| <a href="#">53995</a> | <b>2/4-2/25</b> | <b>Saturday</b> | <b>9:30-11:30 a.m.</b> | <b>\$184</b> |
| <a href="#">52785</a> | <b>3/3-3/24</b> | <b>Friday</b>   | <b>3-6 p.m.</b>        | <b>\$184</b> |
| <a href="#">53996</a> | <b>3/4-3/18</b> | <b>Saturday</b> | <b>3-5 p.m.</b>        | <b>\$138</b> |

## SPD MIXED GENDER PERSONAL SAFETY



**Ages 14 and Older**

Through discussion and lecture you will be taught to avoid dangerous situations and decrease the odds of becoming a victim. Presented to you by female and male Seattle police officers and is not a self-defense class. This will be an in-person class.

|                       |             |                 |                 |             |
|-----------------------|-------------|-----------------|-----------------|-------------|
| <a href="#">53357</a> | <b>2/18</b> | <b>Saturday</b> | <b>2-4 p.m.</b> | <b>FREE</b> |
|-----------------------|-------------|-----------------|-----------------|-------------|



## REGISTRATION OPENS DECEMBER 6th

**SCAN ME**



REGISTER ONLINE:  
[https://bit.ly/spr\\_activity\\_reg](https://bit.ly/spr_activity_reg)

## PRE-BALLET

**Ages 4-5**

Students experience the joy of dancing as they learn the basics of ballet technique and creative dance. Motor skills, posture, coordination, and musicality are emphasized through games, exercises, and choreography. Students should wear ballet shoes, dance attire, and have long hair pulled back.

|                       |                  |                 |                      |             |
|-----------------------|------------------|-----------------|----------------------|-------------|
| <a href="#">52795</a> | <b>1/14-2/18</b> | <b>Saturday</b> | <b>10-10:45 a.m.</b> | <b>\$75</b> |
| <a href="#">52764</a> | <b>2/25-4/1</b>  | <b>Saturday</b> | <b>10-10:45 a.m.</b> | <b>\$75</b> |

## BALLET 1

**Ages 6-7**

We will develop ballet skills and vocabulary while inspiring creativity and expression. Barre and center work will be introduced, as well as combinations and choreography. Students should wear ballet slippers or bare feet, close fitting attire, and have their hair pulled back. All students welcome. Please bring your own water bottle.

|                       |                  |                 |                     |             |
|-----------------------|------------------|-----------------|---------------------|-------------|
| <a href="#">52763</a> | <b>1/14-2/18</b> | <b>Saturday</b> | <b>11 a.m.-Noon</b> | <b>\$85</b> |
| <a href="#">52794</a> | <b>2/25-4/1</b>  | <b>Saturday</b> | <b>11 a.m.-Noon</b> | <b>\$85</b> |

## CREATIVE DANCE

**Ages 3-4**

Students will explore expressive movement using music, stories, and props. We will focus on developing motor skills, balance, and coordination along with imagination and creativity. A variety of dance concepts and vocabulary will be introduced in a fun, safe, and engaging way. Please bring your own water bottle.

|                       |                  |                 |                     |             |
|-----------------------|------------------|-----------------|---------------------|-------------|
| <a href="#">52793</a> | <b>1/14-2/18</b> | <b>Saturday</b> | <b>9:15-10 a.m.</b> | <b>\$75</b> |
| <a href="#">52765</a> | <b>2/25-4/1</b>  | <b>Saturday</b> | <b>9:15-10 a.m.</b> | <b>\$75</b> |

## YOGA FOR KIDS

**Ages 6-8**

This is a Hatha yoga that includes breath exercises and physical poses. It's an active class with a fun and creative approach to stretching, strengthening and increased awareness. Please bring a mat to class and wear clothing that's easy to move in.

|                       |                  |                 |                        |             |
|-----------------------|------------------|-----------------|------------------------|-------------|
| <a href="#">53240</a> | <b>1/14-3/18</b> | <b>Saturday</b> | <b>9:30-10:30 a.m.</b> | <b>\$85</b> |
|-----------------------|------------------|-----------------|------------------------|-------------|

## MEDITATION AND BREATHWORK

**NEW**

**Ages 18 and Older**

Experience a combination of mindful meditation and breathwork techniques to calm both your mind and body as you ease stress and tension. Please bring a yoga mat or cushion. No experience needed, but not advised for anyone with advanced respiratory or cardiac conditions.

|                       |                  |                |                         |              |
|-----------------------|------------------|----------------|-------------------------|--------------|
| <a href="#">53245</a> | <b>1/9-3/27</b>  | <b>Monday</b>  | <b>6-7 p.m.</b>         | <b>\$115</b> |
| <a href="#">53246</a> | <b>1/10-3/14</b> | <b>Tuesday</b> | <b>10:30-11:30 a.m.</b> | <b>\$115</b> |

## PICKLEBALL SKILLS AND DRILLS

**Ages 18 and Older**

Learn the basic strokes, rules, and strategies of pickleball. A cross between tennis, badminton, and ping pong, this sport enjoys a large community of players in the Pacific Northwest. Once you've learned the basics, you can join our drop-in play across most of the Community Centers in Seattle. This class is designed for beginning and intermediate players. Please bring your own water bottle.

**INTERMEDIATE**

|                       |                  |                |                         |              |
|-----------------------|------------------|----------------|-------------------------|--------------|
| <a href="#">53348</a> | <b>1/10-3/14</b> | <b>Tuesday</b> | <b>10:30-11:30 a.m.</b> | <b>\$120</b> |
|-----------------------|------------------|----------------|-------------------------|--------------|

## ART CLASS AND STORY TIME

**NEW**

**Ages 3-5**

Let's create exciting art projects, read stories, and play games! Each class focuses on different art concept including color, shape, line and pattern. Lessons will introduce foundations of art while inspiring creativity and fun! All materials are provided. Parents are required to attend the class. Wear clothes that can get messy in.

|                       |                  |                |                         |              |
|-----------------------|------------------|----------------|-------------------------|--------------|
| <a href="#">54642</a> | <b>1/17-2/14</b> | <b>Tuesday</b> | <b>10:30-11:30 a.m.</b> | <b>\$131</b> |
| <a href="#">54686</a> | <b>2/21-3/21</b> | <b>Tuesday</b> | <b>10:30-11:30 a.m.</b> | <b>\$131</b> |



*Green Lake*

# PATHWAY OF LIGHTS

**FREE**

**Saturday, December 10**

**4:30 - 7:30 p.m.**

*If you'd like to volunteer, please call  
Green Lake Community Center at 206-684-0780*



**DONATE AT THE LINK ABOVE**

Bring a non-perishable food donation to benefit Family Works!  
[familyworkseattle.org](http://familyworkseattle.org)

*Thank you to our sponsors:*



This event is hosted by the Green Lake Advisory Council

## KIDS ART CLASS

Age 7-10

### MIXED MEDIA

Create innovative and exciting mixed media projects with watercolors, oil pastel, colored pencils, and more! Each class will rotate through different mediums and will focus on a different concept of art including color, pattern, texture, perspective, and composition. These lessons will build the foundations of art while inspiring creativity and fun! **No class 2/21 and 2/22.**

**53087 1/9-2/13 Monday 4:30-6 p.m. \$131**

### CARTOONING

Learn the essentials of cartooning and create your own cool characters! Students will learn how to draw cartoon eyes and expressions, animals, foods, and more. Explore different styles of cartooning including manga, comics, and classic cartoons through creative, exciting projects. Please note: This is a beginner level course and no prior experience is required. **No class 2/21 and 2/22.**

**53093 2/27-4/3 Monday 4:30-6 p.m. \$157**

## POTTERY

Age 18 and Older

Students will discover the beauty of both hand-building and wheel-throwing techniques in this class. Learn to make bowls, cups, plates, and vases, and decorate pieces with color slip design and glaze. Class includes a bag of clay and free studio time during the quarter. If registering after first class, no clay provided.

### BEGINNER

**52796 1/17-3/14 Tuesday 6-8:30 p.m. \$300**

### INTERMEDIATE

**53233 1/18-3/15 Wednesday 6-8:30 p.m. \$300**

## ADULT POTTERY: HAND BUILDING/SCULPTURE

Age 18 and Older

Students will learn hand-building and wheel throwing techniques to make unique projects. Create your own dinner ware, teapot set, and paint with slip or work on inlay designs and more. No experience needed. Class includes a bag of clay and free studio time during the quarter. Please bring your own water bottle. **No class 2/22.**

**53232 1/18-3/15 Wednesday 10 a.m.-12:30 p.m. \$300**



## ADULT ART CLASS LANDSCAPES AND SEASCAPES

Age 18 and Older

Introduction to acrylic painting on canvas! We will explore a variety of techniques including color mixing, blending, creating texture, and more to create impressive projects at a beginner's pace. Local Seattle artist will guide participants through step by step instructions - no art experience required.

**53085 1/9-2/13 Monday 6:30-8 p.m. \$178**

## ADULT WATERCOLOR ART CLASS

Age 18 and Older

Join us for a fun, creative introduction to watercolor painting! Create impressive projects at a beginner's pace while exploring a variety of techniques. Learn how to create different washes, textures, and more. Local Seattle artist will guide participants through step by step instructions - no art experience required.

**53091 2/27-4/3 Monday 6:30-8 p.m. \$157**

## ADULT POTTERY: WHEEL THROWING

Age 18 and Older

Students will throw on the potter's wheel sugar jars with lids, and more. No experience needed. Class includes a bag of clay and free studio time during the session. If registering after first class, no clay included. Please bring your own water bottle. **No class 2/21.**

**53231 1/17-3/14 Tuesday 10 a.m.-12:30 p.m. \$300**

## TWEEN & TEEN BOOK CLUB

FREE

Ages 11-16

Let's meet up to talk about our favorite books! Each participant will get a chance to pick a book to lead discussion on, parents are welcome to attend.

**54757 1/11-3/15 Wednesday 10-10:55 a.m. FREE**

## PIANO WITH ELIAS

Ages 5 and Older

Learn to play the piano from an experienced professional teacher in weekly 30-minute private lessons. Training includes sight-reading, technique, expression, theory, and chords. Students must have access to an electric keyboard or piano for practice outside of lessons. **No class 1/16 or 2/20.**

**1/9-1/30 Monday 2:30-3 p.m. \$90**

**1/9-1/30 Monday 3-3:30 p.m. \$90**

**1/9-1/30 Monday 3:30-4 p.m. \$90**

**1/9-1/30 Monday 4-4:30 p.m. \$90**

**1/9-1/30 Monday 6:30-7 p.m. \$90**

**1/9-1/30 Monday 7-7:30 p.m. \$90**

**1/9-1/30 Monday 7:30-8 p.m. \$90**

**2/6-2/27 Monday 2:30-3 p.m. \$90**

**2/6-2/27 Monday 3-3:30 p.m. \$90**

**2/6-2/27 Monday 3:30-4 p.m. \$90**

**2/6-2/27 Monday 4-4:30 p.m. \$90**

**2/6-2/27 Monday 6:30-7 p.m. \$90**

**2/6-2/27 Monday 7-7:30 p.m. \$90**

**2/6-2/27 Monday 7:30-8 p.m. \$90**

**3/6-3/27 Monday 2:30-3 p.m. \$120**

**3/6-3/27 Monday 3-3:30 p.m. \$120**

**3/6-3/27 Monday 3:30-4 p.m. \$120**

**3/6-3/27 Monday 4-4:30 p.m. \$120**

**3/6-3/27 Monday 6:30-7 p.m. \$120**

**3/6-3/27 Monday 7-7:30 p.m. \$120**

**3/6-3/27 Monday 7:30-8 p.m. \$120**

## LIL HOT SHOTS

Ages 6-8

This fun co-ed, class teaches the basics of basketball. During eight weeks of instruction we'll have scrimmages between teams in this non-competitive opportunity for beginner sports. Parents are invited to cheer on and support their young ones.

**54432 1/12-3/23 Thursday 4:45-5:35 p.m. \$130**

## BALLARD FC FUTSAL

Ages 6-13

Come and learn from Ballard FC players and coaches. Futsal is an exciting, fast-paced soccer game played across the world. With 5 people to a side, the game is set on a basketball sized court with a smaller, low bounce ball with touchline boundaries and but no walls.

**54428 1/10-2/14 Tuesday 4:30-5:30 p.m. \$100**

## PICKLEBALL

Pickleball is a racquet sport that combines elements of badminton, tennis, and ping pong. Two, three, or four players use solid paddles made of wood to hit a whiffle ball over a net. The net and rules are similar to tennis, with a few modifications. We will have lots of fun indoors learning the basics and competing with one another. Equipment provided. **No class 2/22.**

### Ages 8-12

**54756 1/11-3/15 Wednesday 2:15-3:10 p.m. \$75**

### Ages 12-16

**54754 1/11-3/15 Wednesday 1:15-2:10 p.m. \$75**

## SHORIN-RYU KARATE

Ages 8 and Older

Okinawan karate is a dynamic martial art of self-defense. Students will learn to block, punch, kick and defend against one or several opponents. Class will focus on kata pattern-like movements rich in self-defense techniques flexible to any street circumstance. Strength development, stretching, courtesy, honor, humility, confidence, and self-control will be emphasized. Discover your potential in a safe and welcoming environment. All levels welcomed. Instructor has more than four decades karate experience. **No class 1/16 and 2/20**

**54429 1/9-3/29 M/W 6-7:30 p.m. \$112**

## CIRCUIT TRAINING

### Ages 18 and Older

Become a stronger you! Circuit training strengthens your major muscle groups as you rotate among training stations in the Loyal Heights Fitness Room. Sign up and add some variety to your workouts! **No class 1/24 and 1/31.**

**54310 1/3-4/4 Tuesday 10:45-11:45 a.m. \$78**

## ADULT SALSA AND BACHATA

### Ages 13 and Older

We've combined Salsa, a blended dance form with origins in Cuba, and Bachata's soft hip motions and footwork in this dance class. Get ready for Caribbean and Latin influenced music as you learn basic skills and work one on one to practice and improve.

**54430 1/12-3/23 Thursday 6:30-8 p.m. \$160**

## ALL LEVEL YOGA - FLOW WITH BREATH

### Ages 16 and Older

This yoga class focuses on creating extra spaces inside the body, through deep stretching with breath. In this class, participants will also gain benefits from practicing techniques to control breathing (Pranayama - life force) to achieve calming that also helps to clarify the mind. **No class 1/16 and 2/20.**

**54777 1/9-3/27 Monday 5:30-6:30 p.m. \$110**

## FENCING: BEGINNER

### BEGINNER

**Ages 15 and Older**

Join us for a beginners course in Olympic style fencing. In this course we focus on the basics of fencing by learning to fence with a foil. We will learn the rules and etiquette of this martial discipline as well as footwork and sword technique. By the end of the course we will be practicing sparring with your class mates. No experience necessary. No equipment necessary for the beginners class. **No class 1/16 and 2/20.**

**54418 1/9-3/27 Monday 6:30-8 p.m. \$100**

### INTERMEDIATE

**Ages 15 and Older**

If you have completed our beginning class, or, if you have had basic instruction elsewhere, this is your next step. Intermediate fencers are expected to have their own basic equipment: mask, jacket, plastron, gloves, knickers or long pants, and practice foil.

**1/11-3/29 Wednesday 6:30-8 p.m. \$120**

## SPECIAL EVENT: PANCAKE BREAKFAST

### All Ages

Join your friends and neighbors for Loyal Heights Community Center's Annual Pancake Breakfast! Bring the whole family and enjoy all-you-can-eat pancakes, scrambled eggs, sausage, juice, and coffee! Proceeds from this event will help provide scholarships to those in need throughout the year. Volunteers are needed for this event; please call 206-684-4052 for additional info.

**3/5 Sunday 9 a.m.-Noon \$7**



## HOMESCHOOL PROGRAMS

Loyal Heights Community Center is proud to offer various activities for home schooled children. For more information on these activities, please visit [www.loyalheightshomeschool.org](http://www.loyalheightshomeschool.org)

### CREATIVE MOVEMENT

**Ages 3-6**

Let's fall in love with dance! Students will dance to their favorite songs and learn to move their bodies. Students should wear comfortable clothing and dance barefoot. Parents are welcome to attend class along with their students to enjoy the process of moving together.

**No class on 2/22.**

**54421 1/11-3/15 Wednesday 11-11:55 a.m. \$85**

### THE SCIENCE OF SENSES

**Ages 3-7**

Sight, sound, taste, touch, and scent help us understand our world, but how and why we can do these things? Let's learn how we interact with our world and some senses beyond those five, like your sense of balance! We will use hands-on activities and games to understand more. **No class 2/22.**

**54452 1/11-3/15 Wednesday 10-10:55 a.m. \$85**

### ART EXPLORATION

**Ages 6-9**

In this class, young artists are encouraged to explore different styles of art. Students will create using different materials including acrylic paints, clay, and watercolors. Each week will focus on a different style of art along with information about an artist who focuses on that style. Priority will be placed on process over product and on meeting each child where they are in their personal and artistic development.

**No class on 2/22.**

**54420 1/11-3/15 Wednesday 1:15-2:10 p.m. \$85**

### EMOTIONS 101

**Ages 6-11**

Have you ever felt angry, bored, or jealous and just ignored your feelings? Learn all about your emotions, what they mean, and what they are telling you. We'll discover how to change them or sit with them as well as calming techniques and coping skills. **No class on 2/22.**

**54422 1/11-3/15 Wednesday 10-10:55 a.m. \$160**

### FAMILY PAPIER MACHE PIÑATA WORKSHOP

**Ages 7-12**

In this messy hands-on class, you'll learn basic papier-mâché skills. We'll start small with a simple project and then put those skills to work on your family piñata that you can take home. No experience necessary. Construction supplies are included except pinata contents. Students under 11 must be accompanied by an adult.

**No class on 2/22.**

**54423 1/11-3/15 Wednesday 11-11:55 a.m. \$70**

### THE GAME OF GO

**Ages 7-16**

Learn the ancient game of Go through introductory lectures and play time. Starting with small boards, we'll create a foundation and progress to the full territory-based game. Games are easily adapted so they are enjoyable for beginning players playing against more experienced players. **No class on 2/22.**

**54427 1/11-3/15 Wednesday 1:15-2:10 p.m. \$90**

### INTRO TO BOARD GAME MECHANICS

**Ages 10-16**

Let's explore a different type of board game every week. Come play and find the style of gaming you like best. This class is intended for students with minimal board game experience, but there will be games to challenge any level of player. **No class on 2/22.**

**54425 1/11-3/15 Wednesday 2:15-3:10 p.m. \$70**

### GREAT LIVING ARTISTS

**Ages 10-16**

There are so many great artists living and working around the world. We will learn about 9 artists who work with a variety of different materials, and then use their work as inspiration for our own artwork. Bring your creativity and excitement to try different techniques. No class on 2/22.

**54424 1/11-3/15 Wednesday 12-12:55 p.m. \$95**

### PHILOSOPHY

**Ages 12-16**

Children frequently ask philosophical questions about the human condition. Discussing these questions together lets us listen and understand our values and assumptions. We will also focus on making valid arguments while respecting perspectives of others. Each class will have a prompt encouraging questions and discussion.

**No class on 2/22.**

**54426 1/11-3/15 Wednesday 11-11:55 a.m. \$185**

**REGISTRATION OPENS  
DECEMBER 6th**

**SCAN ME**



**REGISTER ONLINE:  
[https://bit.ly/spr\\_activity\\_reg](https://bit.ly/spr_activity_reg)**

## INTRO TO POTTERY

### Ages 18 and Older

The urge to create is intrinsically human. Create pottery pieces by using a combination of hand-building and throwing clay into works of art; Immerse yourself in a practice that has endured the test of time. Participants will be guided through numerous techniques to decorate and build ceramic projects.

**53214** 1/12-3/16 Thursday 9 a.m.-Noon \$450

## FAMILY POTTERY

### Ages 5 and Older

Learn the basics of clay sculpture. We will use pinch and slab techniques to complete a variety of projects. Students will use brightly colored, non-toxic glazes, and be introduced to the pottery wheel. All materials are provided. Dress for a mess! Parents may accompany their children at no charge to assist and encourage; or may enroll as students to receive individual instruction and studio time. Clay is included in registration, more may be purchased.

**53212** 1/12-2/16 Thursday 5-8 p.m. \$320

**53213** 2/16-3/30 Thursday 5-8 p.m. \$320

## ADULT POTTERY

### Ages 18 and Older

Create pottery pieces by using a combination of hand-building and throwing clay into works of art. Participants will be guided through numerous techniques to decorate and build ceramic projects.

**53196** 1/4-2/22 Wednesday 9:30 a.m.-12:30 p.m. \$256

**53197** 1/4-2/22 Wednesday 2-5 p.m. \$256

**53199** 2/22-4/12 Wednesday 9:30 a.m.-12:30 p.m. \$256

**53198** 2/22-4/12 Wednesday 2-5 p.m. \$256

## PRE-BALLET

### Ages 3-5

Students experience the joy of dancing as they learn the basics of ballet technique and creative dance. Motor skills, posture, coordination, and musicality are emphasized through games, exercises, and choreography. Students should wear ballet shoes, dance attire, and have long hair pulled back.

**53200** 1/4-2/8 Wednesday 3-3:45 p.m. \$82.50

**53201** 1/4-2/8 Wednesday 4-4:45 p.m. \$82.50

**53202** 2/15-3/29 Wednesday 3-3:45 p.m. \$96.25

**53203** 2/15-3/29 Wednesday 4-4:45 p.m. \$96.25

## YOUTH EXPRESSIONISTIC DRAWING

### Ages 7-10

Young artists will explore the basic elements of drawing with a variety of media including pencil, crayon, and oil pastel. We'll find inspiration from nature and in works from respected artists while creating a community structure that reflects the interests of the participants.

**53447** 1/9-3/13 Monday 3:45-5 p.m. \$150

## ART THEORY & STUDIO ART

### Ages 18 and Older

Are you always noticing how things are designed and want to learn why we think something looks good? This class explores what defines art, the lives and influences of different artists, and how to use the elements of art and principles of design.

**53446** 1/9-3/13 Monday 6-7:30 p.m. \$175



## LIL HOOPERS CO-ED

### Ages 6-7

This fun co-ed, instructional class will teach the basics of basketball. This program has eight weeks of instruction with a scrimmage between teams. It's a friendly non-competitive opportunity for beginner sports.

**53018** 1/23-2/13 Monday 5:30-6:30 p.m. \$60

**53215** 1/30-3/6 Monday 6:30-7:30 p.m. \$60

## TAEKWONDO

### Ages 7 and Older

Taekwondo promotes positive behaviors and improved life skills. Persistent positive feedback supports and reinforces educational achievement, behavioral change, and community building. We challenge our students to think critically and open their minds to change.

**53204** 1/3-1/26 Tu/Th 5:30-6:45 p.m. \$50

**53206** 1/31-2/23 Tu/Th 5:30-6:45 p.m. \$50

**53205** 2/28-3/30 Tu/Th 5:30-6:45 p.m. \$50

## TERRIFIC 2'S

### Ages 2-3

THIS CLASS IS NOT A DROP IN MONTHLY CLASS. MUST BE ENROLLED IN SEPTEMBER TO QUALIFY FOR ENROLLMENT IN THE FOLLOWING MONTHS, SEPT - MAY.

Jump Start to Preschool! This class provides children an opportunity to socialize with other children through play, music, movement, art and exploration. Parents are asked to provide a small healthy snack for their child. Children should be practicing their toilet training skills regularly. If 2-year-olds are in diapers/pull ups, no staff or volunteer can diaper or change the child. Only the parents of the child or a person authorized on the E13 can do this. Parents can use this time to run errands, clean house, or meet with friends. We just ask that parents stay local in case a diaper needs to be changed. Must be 2 yrs old on or before August 31, of the current year. Fridays Only- Starting in September. No new enrollments are accepted after this class is filled for September. Enrollment rolls over from month to month. This is an ongoing class running September through May.

**53222** 1/6-1/27 Friday 9:30-11:30 a.m. \$152

**53221** 2/3-2/24 Friday 9:30-11:30 a.m. \$152

**53220** 3/3-3/17 Friday 9:30-11:30 a.m. \$76

**53219** 3/24-4/7 Friday 9:30-11:30 a.m. \$114



## PICKLEBALL SKILLS AND DRILLS

### Ages 18 and Older

Learn the basic strokes, rules, and strategies of pickleball. A cross between tennis, badminton, and ping pong, this sport enjoys a large community of players in the Pacific Northwest. Once you've learned the basics, you can join our drop-in play across most of the Community Centers in Seattle. This class is designed for beginning and intermediate players. Must show vaccination status or wear a mask. Please bring your own water bottle.

**53216** 1/3-1/19 Tu/Th 9:30-10:45 a.m. \$48

**53217** 2/28-3/16 Tu/Th 9:30-10:45 a.m. \$42

**53218** 3/28-4/13 Tu/Th 9:30-10:30 a.m. \$42

## OPEN YOGA

### Ages 18 and Older

Open Yoga class helps build strength and better flexibility, while quieting your mind and increasing body awareness. Some yoga experience is helpful. Please bring your own yoga mat, blanket, and water bottle. Masks are optional.

**53195** 1/12-3/16 **Thursday** 6:30-7:30 p.m. **\$123**

## YOGA FOR KIDS

### Ages 6-12

Discover yoga! This yoga class includes breath exercises and physical poses. It's an active class with a fun and creative approach to stretching, strengthening and increased awareness. This is a non-competitive form of exercise that all children can enjoy. Please bring a mat to class and wear clothing that's easy to move in. Masks are optional.

**53239** 1/11-2/15 **Wednesday** 5-6 p.m. **\$80**

**53238** 2/22-3/29 **Wednesday** 5-6 p.m. **\$80**

## HATHA YOGA

### Ages 18 and Older

This is a Hatha yoga class that includes breath practices (pranayama) and physical poses (asanas). Move with awareness to increase flexibility, strength, and balance. Non-flow style. Please bring a mat to class and wear clothing that's easy to move in. Masks are optional.

**53236** 1/11-2/15 **Wednesday** 6:30-7:30 p.m. **\$92**

**53237** 2/22-3/29 **Wednesday** 6:30-7:30 p.m. **\$92**

## PIANO LESSONS

### Ages 5-16

Learn to play the piano from an experienced professional teacher in weekly 30-minute private lessons. Training includes sight-reading, technique, expression, theory, and chords. Students must have access to an electric keyboard or piano for practice outside of lessons. 15-minutes of cleaning is added at the end of each session. **Please call 206-386-4283 to schedule your time slot.**

**52790** 1/5-1/26 **Thursday** 3-6 p.m. **\$184**

**52791** 2/2-2/23 **Thursday** 3-6 p.m. **\$184**

**52792** 3/2-3/30 **Thursday** 3-6 p.m. **\$184**



## ADULT ART CLASSES

### ▼ WATERCOLORING Ages 18 and Older

Join us for a fun, creative introduction to watercolor painting with step-by-step instructions! Create impressive projects at a beginner's pace while exploring a variety of techniques. Learn how to create different washes, textures, and more. No art experience required.

**53095** 1/10-2/14 **Tuesday** 6:30-8 p.m. **\$178**

### ▼ LANDSCAPES AND SEASCAPES Ages 18 and Older

Join us for a fun introduction to acrylic painting with step-by-step instructions! We will explore a variety of techniques including color mixing, blending, creating texture, and more to create impressive projects at a beginner's pace. Please bring an apron to wear.

**53100** 2/28-4/4 **Tuesday** 6:30-8 p.m. **\$178**

## YOUTH ART CLASSES

### ▼ CARTOONING Ages 7-9

Learn the essentials of cartooning and create your own cool characters! Students will learn how to draw cartoon eyes and expressions, animals, foods, and more. We will explore different styles of cartooning including manga, comics, and classic cartoons through creative, exciting projects. No prior experience is required.

**53097** 1/10-2/14 **Tuesday** 4:30-6 p.m. **\$157**

### ▼ MIXED MEDIA Ages 7-9

Build the foundations of art while inspiring creativity. We'll create innovative mixed media projects with watercolors, oil pastel, colored pencils, and more. Each class we'll choose a different medium and art concept including color, pattern, texture, and more.

**53099** 2/28-4/4 **Tuesday** 4:30-6 p.m. **\$157**

## ENGLISH CONVERSATION

**FREE**

### Ages 18 and Older

This class offers practice with casual conversation focused on student-led topics and current events. This class is perfect for ESL students looking for a way to practice speaking, listening, and reading skills. All English levels are welcome.

**53391** 1/11-3/15 **Wednesday** 5:30-6:30 p.m. **FREE**

## BALLET

### ▼ PRE-BALLET Age 3-5

Children experience the joy of dancing while learning basic ballet skills, movements, and vocabulary. This class has a classic structure with rhythmic and creative games mixed in.

**53253** 1/10-2/14 **Tuesday** 3:30-4:15 p.m. **\$85**

**53254** 2/21-3/28 **Tuesday** 3:30-4:15 p.m. **\$85**

### ▼ BALLET 1 Age 5-7

This class teaches the basics of correct body alignment and proper ballet technique. Students learn basic ballet vocabulary and combine it into fun, energetic, and expressive dances. This class will introduce traditional barre and center-floor work, and a creative game to round out the day.

**53249** 1/10-2/14 **Tuesday** 4:30-5:15 p.m. **\$85**

**53250** 2/21-3/28 **Tuesday** 4:30-5:15 p.m. **\$85**

### ▼ BALLET 2 Age 7-10

This class teaches the basics of correct body alignment and proper technique. Students learn ballet vocabulary and combine it with expressive dances. This class introduces traditional barre and center-floor work, and a creative game will end each day. This class is intended for dancers with 2 years of dance instruction and for older beginners.

**53251** 1/10-2/14 **Tuesday** 5:30-6:30 p.m. **\$100**

**53252** 2/21-3/28 **Tuesday** 5:30-6:30 p.m. **\$100**

## COVID GUIDELINES



**FIND DETAILS ON PAGE 56**

# NORTHGATE CC

# NORTHWEST SEATTLE

# NORTHWEST SEATTLE

# QUEEN ANNE CC

## PICKLEBALL SKILLS AND DRILLS

### Ages 18 and Older

Learn the basic strokes, rules, and strategies of pickleball. A cross between tennis, badminton, and ping pong, this sport enjoys a large community of players in the Pacific Northwest. Once you've learned the basics, you can join our drop-in play across most of the Community Centers in Seattle. This class is designed for beginning and intermediate players. Please bring your own water bottle.

**53248 1/12-3/16 Thursday 9:45-10:45 a.m. \$120**



## KENDO

### Ages 10 and Older

Kendo is the art of Japanese fencing. Kendo practice is composed of many types of training and our class will cater to all experience levels, but will focus on the basics of footwork and swings. Students will also be introduced to modern Kendo Equipment (Shinai and Bokken) are required.

**54699 1/4-3/29 Wednesday 6:30-8 p.m. \$95**

## GOJU-RYU KARATE: BEGINNER/INTER.

### Ages 14 and Older

Self-defense, awareness, and physical and mental development are incorporated into the study of this Japanese karate style. Learn fundamental techniques of karate, and how to use linear and circular techniques to subdue and control an attacker. All levels are welcome. Please bring your own water bottle.

**53256 1/9-3/27 Monday 5:30-7:30 p.m. \$50**



## 4-H CHALLENGE COURSE AT CAMP LONG

• LOW • HIGH CHALLENGE COURSES • ROCK CLIMBING • AND MORE!

*Pricing varies depending on type of program and group size*

*MORE DETAILS: [bit.ly/3RPu40l](https://bit.ly/3RPu40l)*

The 4H Challenge Course at Camp Long seeks to promote communication, decision-making, teamwork, and self-efficacy through the experiential education process.

For more information, contact: [maggie.riederer@seattle.gov](mailto:maggie.riederer@seattle.gov)



## TRADITIONAL NON-CONTACT TAE KWON DO

### Ages 6 and Older

This class teaches non-contact Tae Kwon Do and focuses on 5 tenets: Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit. Tae Kwon Do will help you increase your confidence, flexibility, balance, and strength. \$40 one-time material fee; testing fees additional.

|              |                 |            |                 |             |
|--------------|-----------------|------------|-----------------|-------------|
| <b>54250</b> | <b>1/4-1/30</b> | <b>M/W</b> | <b>6-7 p.m.</b> | <b>\$56</b> |
| <b>54251</b> | <b>2/1-2/27</b> | <b>M/W</b> | <b>6-7 p.m.</b> | <b>\$56</b> |
| <b>54252</b> | <b>3/1-3/29</b> | <b>M/W</b> | <b>6-7 p.m.</b> | <b>\$56</b> |

## HIP HOP

Let's dance to pop and hip-hop based music! We will warm-up, play games, and learn exclusive dance choreography! Classes are focused on building confidence! Some dance experience will benefit participants. Hosted by Metropolis Dance. \*No class during Mid-Winter break Feb. 20-24.

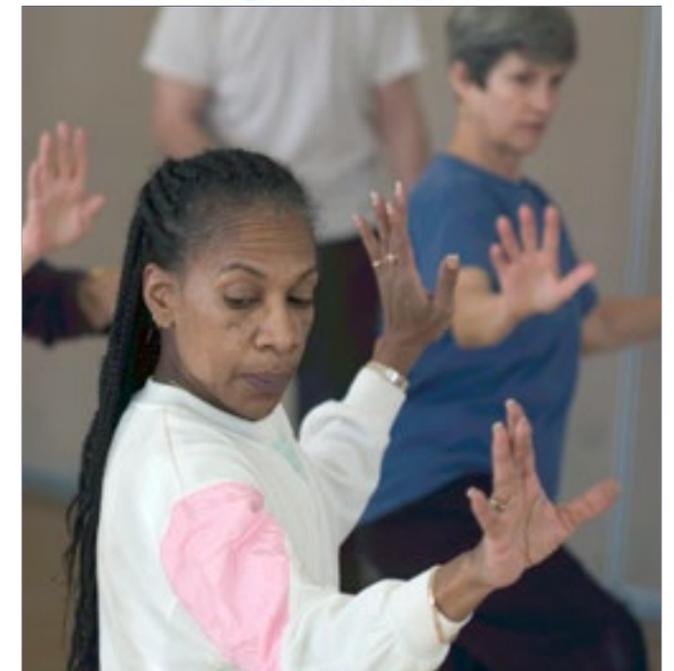
|                    |                  |                 |                    |              |
|--------------------|------------------|-----------------|--------------------|--------------|
| <b>▼ HIP HOP 1</b> | <b>Ages 6-8</b>  |                 |                    |              |
| <b>54508</b>       | <b>1/26-4/6</b>  | <b>Thursday</b> | <b>4:05-5 p.m.</b> | <b>\$184</b> |
| <b>▼ HIP HOP 2</b> | <b>Ages 9-11</b> |                 |                    |              |
| <b>54511</b>       | <b>1/26-4/6</b>  | <b>Thursday</b> | <b>5:05-6 p.m.</b> | <b>\$184</b> |

## REGISTRATION OPENS DECEMBER 6th



**SCAN ME**

**REGISTER ONLINE:**  
[https://bit.ly/spr\\_activity\\_reg](https://bit.ly/spr_activity_reg)



## 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.

Find out more at [www.seattle.gov/parks/seniors/](https://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.



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

## COVID GUIDELINES



**FIND DETAILS ON PAGE 56**

## ELL CAREGIVERS COFFEE & CONVERSATIONS



### Ages 18 and Older

Coffee and Conversation aims to welcome ELL caregivers of elementary-aged youth with casual conversation focused on participant-led topics. Support for the group is provided by the MLL Teacher from Madrona Elementary and volunteers from the Madrona Elementary PTSA. All English levels are welcome.

[54127](#) 1/6-4/7 Friday 1:30-2:25 p.m. FREE

## MARCUS GARVEY BOOK CLUB



### Ages 18 and Older

Books are the foundation of knowledge. Come join facilitators Reverend Harriett Walden and Erik Stark of The Family Empowerment Institute. Each month covers a new book focusing on local, cultural, historical, and African American topics. You must be registered to attend. This is a hybrid class. **You may register for an in-person experience or choose the virtual program.**

[53386](#) 1/3-4/4 Tuesday 6:30-8 p.m. FREE

## TWISTED PRETZEL YOGA

### Ages 18 and Older

Explore the basic yoga postures (asana), breath practices (pranayama), and yoga theory. These classes are a great option for those wanting to work on refining and/or holding postures. You will be encouraged to work within your own limitations and abilities. All experience levels welcome.

[53997](#) 1/11-2/22 Wednesday 6:30-7:30 p.m. \$92

[53998](#) 3/1-4/5 Wednesday 6:30-7:30 p.m. \$92

## SPECIAL EVENT: INTRO TO PARKOUR WORKSHOP



### Ages 7-13

Parkour is a movement discipline focused on connecting movements in jumping, vaulting, and climbing. It's an accessible, non-competitive sport that turns your surroundings into a playground. Learn about the sport at this special event.

1/19 Thursday 4-6 p.m. FREE



## PARKOUR



### Ages 7-13

Parkour is a movement discipline focused on connecting movements in jumping, vaulting, and climbing. It's an accessible, non-competitive sport that turns your surroundings into a playground. Classes are a mix of indoor and outdoor activities, and they take place rain or shine. Additional insurance required for participants.

[53993](#) 1/26-3/16 Thursday 4-5:30 p.m. FREE

## YOUTH DEVELOPMENT TAEKWONDO



### Ages 5-18

Taekwondo promotes positive behaviors and improved life skills. Persistent positive feedback supports and reinforces educational achievement, behavioral change, and community building. We challenge our students to think critically and open their minds to change.

[53387](#) 1/4-4/12 M/W 6-7:30 p.m. FREE



## DANCE TOGETHER WITH MOVING MINDS

### Ages 1-3

Bond with your child through movement and creative play. Join us to improve coordination and social skills in classes that seamlessly blend teacher-directed activities with child-led explorations and discoveries. When ready, your child may take the class independently.

[53999](#) 1/9-2/13 Monday 3:30-4:15 p.m. \$80

[54121](#) 2/27-4/3 Monday 3:30-4:15 p.m. \$95

## PLAYFUL DANCE WITH MOVING MINDS

### Ages 3-4

Through active, imaginative dance play, your child will develop coordination, strength, and stability. In a creative, community-focused classroom, children become confident with ballet-based vocabulary and foundational movement patterns through music, games, and creative exploration.

[54000](#) 1/9-2/13 Monday 4:30-5:20 p.m. \$80

[54001](#) 1/11-2/15 Wednesday 4:30-5:20 p.m. \$95

[54122](#) 2/27-4/3 Monday 4:30-5:20 p.m. \$95

[54123](#) 3/1-4/5 Wednesday 4:30-5:20 p.m. \$95

## CREATIVE BALLET WITH MOVING MINDS

### Ages 5-6

Starting with foundations learned in Playful Dance, your child will strengthen their confidence, control, musicality, and ability to collaborate. This class introduces children to the ballet barre, more challenging movement combinations, and choreography tools to develop their own movement style.

[54119](#) 1/9-2/13 Monday 5:30-6:25 p.m. \$80

[54120](#) 2/27-4/3 Monday 5:30-6:25 p.m. \$95

## SPECIAL EVENT: POLLINATORS IN OUR URBAN GARDENS



### ALL AGES

Join us to learn about the role bugs play in garden pollination and to release ladybugs in the Garfield Community Center garden. This event is dedicated to the memory of Traci Grant whose passion for the Garfield garden lives on in the plants and people who have grown up here.

4/20 Thursday 4-6 p.m. FREE



## SENIOR EXERCISE

FREE

### Ages 50 and Older

Exercise and physical activity are good for just about everyone, including older adults. Come and sweat it out to your favorite aerobic DVDs. Hand weights and resistance bands provided.

**54723 1/4-4/21 W/F 11 a.m. - 12:30 p.m. FREE**

## 8 ANIMALS/8 METHODS KUNG-FU

### Ages 12 and Older

Develop speed, power, coordination, and discipline through the art of Yee Jong Pai Kung Fu. Learn the effective, classical techniques from the style of 8 Animals and 8 Methods.

**54724 1/7-4/22 Saturday 11 a.m.-Noon \$45**

## PIANO LESSONS

### Ages 8 and Older

Learn to play the piano from an experienced professional in weekly 30-minute private lessons. Training includes sight-reading, technique, expression, theory, and chords. Students must have access to an electric keyboard or piano for practice outside of lessons. Please contact International District/Chinatown Community Center at 206-233-0042 to schedule your private lessons. \*Families can sign-up for one time slot and one day per person.

**54726 1/6-1/27 Friday 4-6 p.m. \$40/class**  
**54730 1/6-1/27 Friday 4-6 p.m. \$40/class**  
**54727 2/2-2/23 Thursday 4-6 p.m. \$40/class**  
**54731 2/3-2/24 Friday 4-6 p.m. \$40/class**  
**54728 3/2-3/30 Thursday 4-6 p.m. \$40/class**  
**54729 3/3-3/31 Friday 4-6 p.m. \$40/class**

## TEEN PROGRAMS

FREE

### TEEN ADVISORY PROGRAM

Be part of a team and organize, plan, and fundraise for special events. You'll learn to be a leader, engage in teamwork, and solve problems.

**53605 1/4-3/29 Wednesday 5-6 p.m. FREE**

### TEEN CAFE & GAME NIGHT

Learn to experience how to run a business, budget, market, and plan some themed game nights.

**53607 1/6-3/31 Friday 4-8 p.m. FREE**

### TEEN CHEF AND GARDENING

Learn from celebrity chefs and create a menu. We will use a budget to gather ingredients available. We will also create healthy snacks and meals with our own teen-tended garden, and then plan what to plant.

**53604 1/4-3/29 Wednesday 3-5 p.m. FREE**

### PEER TUTORING CLUB

Teens will work together and help each other with homework while making new friends.

**53606 1/3-3/30 Tu/Th 4-6 p.m. FREE**

## CREATIVE BALLET WITH TEACHER MARIKA

### Ages 3-6

Students will explore expressive movement using music, stories, props, and games. We will focus on developing motor skills, balance, and coordination along with imagination and creativity. A variety of dance concepts and vocabulary will be introduced in a fun and engaging way!

**53310 1/3-1/31 Tuesday 11-11:45 a.m. \$87.50**

**53311 2/14-3/28 Tuesday 11-11:45 a.m. \$87.50**

## ADULT POTTERY

### Ages 18 and Older

Create pottery pieces by using a combination of hand-building and wheel throwing clay into works of art. Participants will be guided through numerous techniques to decorate and build ceramic projects. First bag of clay will be provided.

**53325 1/10-3/14 Tuesday 10 a.m.- 1 p.m. \$330**

**53328 1/11-3/15 Wednesday 5:30-8:30 p.m. \$330**

**53597 1/12-3/16 Thursday 5:30-8:30 p.m. \$330**

## TEEN MOCK TRIAL

FREE

### Ages 14-17

Come learn public speaking skills, acting and how to analyze the case. Be dedicated and committed to experience new skills and challenges. Make new friends, get team support and earn service hours by tutoring each other.

**53316 1/3-3/29 Mon-Wed 6-8 p.m. FREE**



## PIANO LESSONS

### Ages 5-12

One-on-one piano lessons for beginning to advanced students. One half-hour lesson per week. Scholarships are available.

**53333 1/12-3/16 Thursday 6-6:30 p.m. \$300**

**53321 1/12-3/16 Thursday 6:30-7 p.m. \$300**

**53322 1/12-3/16 Thursday 7-7:30 p.m. \$300**

**53323 1/12-3/16 Thursday 7:30-8 p.m. \$300**

**53635 1/13-3/17 Friday 4-4:30 p.m. \$300**

**53318 1/13-3/17 Friday 4:30-5 p.m. \$300**

**53319 1/13-3/17 Friday 5-5:30 p.m. \$300**

**53595 1/13-3/17 Friday 5:30-6 p.m. \$300**

**53320 1/13-3/17 Friday 6-6:30 p.m. \$300**

**53596 1/13-3/17 Friday 6-6:30 p.m. \$300**



## LITTLE HOOPERS

### Ages 3-5

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

[53315](#) 1/9-2/13 Monday 5-5:45p.m. \$40  
[53594](#) 2/27-3/27 Monday 5-5:45p.m. \$40

## BRAZILIAN JIU JITSU

### Ages 5-12

Brazilian Jiu Jitsu is a grappling martial art that promotes the concept that a smaller, weaker person can successfully defend against a bigger, stronger, heavier assailant by using proper technique and leverage. This class aims to build confidence in your child by emphasizing healthy living, respect for self and others, perseverance, self-discipline and integrity through the fun medium of martial arts. We also practice meditation to help improve focus, concentration, self-awareness, and stress management.

[53636](#) 1/17-3/21 Tuesday 4:40-5:30 p.m. \$80

## JUNIOR HOOPERS

### Ages 6-8

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

[53314](#) 1/10-2/14 Tuesday 5-5:45 p.m. \$48  
[53593](#) 2/21-3/28 Tuesday 5-5:45 p.m. \$48

## ZUMBA®

### Ages 16 and Older

Are you tired of the same old workout? Try something NEW! Inspired by Latin dance and music, Zumba® uses a variety of styles in its routines, including cumbia, merengue, salsa, reggaeton, hip-hop, pop, mambo, rumba, flamenco, calypso, and salsaton. Music selections include both fast and slow rhythms to help tone and sculpt the body.

[53330](#) 1/12-3/30 Thursday 7-8 p.m. \$96  
[53331](#) 1/10-3/28 Tuesday 7-8 p.m. \$96

## AEROBICS WITH BLESSED HEARTS FITNESS

FREE

### Ages 18 and Older

Come down to Rainier Beach Community Center and get your all in one workout: cardio pumping, strength building, and muscle toning, while moving and grooving to booming beats. You'll have tons of fun with 24-year fitness veteran Noel Montgomery, CMA, PFT, IFPA-certified.

[53305](#) 1/5-3/30 Thursday 6-7 p.m. FREE

## FAMILY MARTIAL ARTS

### Ages 14 and Older

This is a martial arts program for the whole family! Participants will learn how to defend themselves so they can feel safer and more comfortable in everyday life, and build leadership skills by setting and achieving their own goals. Accomplishments are rewarded with positive reinforcement, so every student feels great about their progress.

[53598](#) 1/9-2/13 M/W 6-7 p.m. \$60

## WOMEN'S SELF-DEFENSE

### Ages 14 and Older

Your safety comes first! Learn essential safety and self-defense principles to recognize danger and avoid life-threatening situations. Specific methods include developing a confident voice, escaping from common grabs, and getting to safety. Women ONLY.

[53599](#) 1/10-2/14 Tuesday 7:15-8:15 p.m. \$60

## COVID GUIDELINES



FIND DETAILS ON PAGE 56

## FAMILY ZUMBA®

FREE

### Ages 14 and Older

Zumba® fuses fitness, entertainment, and culture into an exhilarating dance-fitness sensation! Join the fitness parties that blends upbeat world rhythms with easy to follow choreography for a total body workout that feels like a celebration! Please arrive early as space is limited. Masks are not required but are preferred.

[53307](#) 1/4-3/29 Wednesday 6:30-7:30 p.m. FREE

## GOJU RYU KARATE

FREE

### Ages 6 and Older

Self-defense, awareness, and physical and mental development are incorporated into the study of this Japanese karate style. Learn fundamental techniques of karate, and how to use linear and circular techniques to subdue and control an attacker. All levels welcome.

[53308](#) 1/9-3/29 M/W 7:15-8:30 p.m. FREE

## GENTLE YOGA

### Ages 50 and Older

Gentle yoga helps correct alignment and awareness in stretches and movement. This class focuses on breathing to help increase strength and stamina, and improve flexibility. Participants will develop better balance, posture, poise, and peace of mind. This course is open to all genders and families.

[53309](#) 1/7-2/11 Saturday 9-10 a.m. \$60  
[53637](#) 2/18-3/25 Saturday 9-10 a.m. \$60

## BEGINNERS UKULELE

Participants will learn to play the ukulele using carefully chosen songs offered in increasing difficulty. The class features finger picking, strumming, and chords as we learn together in a playful way. Participants must bring their own ukulele to class.

▼ **KIDS** Ages 5-8  
[53345](#) 1/11-2/15 Wednesday 2:30-3:15 p.m. \$55  
 ▼ **YOUTH** Ages 9-12  
[53346](#) 1/11-2/15 Wednesday 1:30-2:15 p.m. \$55  
 ▼ **ADULT** Ages 14 and Older  
[53347](#) 1/11-2/15 Wednesday 3:30-4:15 p.m. \$60

# VAN ASSELT CC

## SOUTHEAST SEATTLE

### MIXXED FIT®

#### Ages 16 and Older

MixedFit® is a dance fitness program combining explosive dancing with boot camp toning. Everything about MixedFit® is energetic; all the moves are big, exaggerated, and fun to get into. This program caters to all shapes, ages, and skill levels.

[53815](#) 1/2-3/27 Monday 6-7 p.m. \$65

### WOMEN'S ZUMBA®

#### Ages 16 and Older

Get ready to dance your worries away as we combine motivating music and high energy moves. Routines feature aerobic interval training set to fast and slow rhythms that will help tone and sculpt the body. To create a safe space that respects diverse cultural practices, this program is for women only.

[53813](#) 1/10-3/30 Tu/Th 6-7 p.m. FREE

### AEROBIC DANCE FITNESS

#### Ages 16 and Older

MixedFit® is a dance fitness program combining explosive dancing with boot camp toning. Everything about MixedFit® is energetic; all the moves are big, exaggerated, and fun to get into. This program caters to all shapes, ages, and skill levels.

[53831](#) 1/11-3/29 Wednesday 6-7 p.m. \$55

### BEGINNING MUSIC LESSONS

#### ▼ GUITAR Ages 7 and Older

Receive the gift of music with this affordable, easy and fun introduction to the guitar. By the end of the the course, the student will be playing well known melodies or strumming along with their favorite songs. Student, please bring a guitar (acoustic guitar preferred), a tuner and guitar picks.

[53833](#) 1/14-3/25 Saturday 10:30-11:25 p.m. \$80

#### ▼ PIANO Ages 7 and Older

Receive the gift of music with this affordable, easy and fun introduction to the piano.

[53834](#) 1/19-3/23 Thursday 4-4:30 p.m. \$80

### PARKOUR

#### Ages 8-12

Parkour is a movement discipline focused on connecting movements in jumping, vaulting, and climbing. It's an accessible, non-competitive sport that turns your surroundings into a playground. Classes are a mix of indoor and outdoor activities, and they take place rain or shine. Additional insurance required for participants.

[53801](#) 1/24-3/14 Tuesday 4-5 p.m. FREE

### DOUBLE DUTCH

#### Ages 5-15

Have fun, get moving, and learn basic exercises and skills needed for Double Dutch. We will practice entering the rope, doing stunts, routines, speed jumping, and more. Track your progress, make new friends, and learn a new skill!

[53832](#) 1/24-3/21 Tuesday 3:45-4:45 p.m. FREE



## SOUTHWEST SEATTLE

### KARATE: JUNIORS

#### Ages 6-9

This class presents a multi-disciplinary self-defense approach, where students will study and practice basic Shotokan Karate techniques and strategies and learn to defend against larger and/or multiple opponents. Participants test for belt rank at their own pace. Open to beginners. **No Class 1/16/23; 2/20/23.**

[53618](#) 1/9-3/22 M/W 4:30-5:15 p.m. \$50

### KARATE: THE EMPTY HAND

#### Ages 11 and Older

This class presents a multi-disciplinary self-defense approach, where students will study and practice basic Shotokan Karate techniques and strategies and learn to defend against larger and/or multiple opponents. Come join the fun and get great exercise too! Open to students with Karate experience. **No Class 1/16/23; 2/20/23.**

[53617](#) 1/9-3/22 M/W 5:30-6:30 p.m. \$50

### PIANO

#### Ages 6 and Older

Learn to play the piano from an experienced professional teacher in weekly 30-minute private lessons. It's never too early (or late!) to develop your musical talent! Book one-on-one piano lessons with a seasoned musician. Participants will receive more detailed information about lesson materials on their first day.

[53619](#) 1/10-2/14 Tuesday 12:45-1:15 p.m. \$240

[53621](#) 1/10-2/14 Tuesday 1:30-2 p.m. \$240

[53622](#) 1/10-2/14 Tuesday 2:15-2:45 p.m. \$240

[53623](#) 1/10-2/14 Tuesday 3-3:30 p.m. \$240

[53624](#) 1/10-2/14 Tuesday 3:45-4:15 p.m. \$240

[53625](#) 1/10-2/14 Tuesday 4:30-5 p.m. \$240

[53626](#) 1/10-2/14 Tuesday 5:15-5:45 p.m. \$240

[53627](#) 1/10-2/14 Tuesday 6-6:30 p.m. \$240

[53620](#) 2/28-4/4 Tuesday 12:45-1:15 p.m. \$240

[53628](#) 2/28-4/4 Tuesday 1:30-2 p.m. \$240

[53629](#) 2/28-4/4 Tuesday 2:15-2:45 p.m. \$240

[53630](#) 2/28-4/4 Tuesday 3-3:30 p.m. \$240

[53631](#) 2/28-4/4 Tuesday 3:45-4:15 p.m. \$240

[53632](#) 2/28-4/4 Tuesday 4:30-5 p.m. \$240

[53633](#) 2/28-4/4 Tuesday 5:15-5:45 p.m. \$240

[53634](#) 2/28-4/4 Tuesday 6-6:30 p.m. \$240

# DELRIDGE CC

### BEGINNING TAP AND JAZZ

Explore rhythms, body-mind coordination, and musicality while learning basic tap and jazz movements set to upbeat music. Each class will combine individual and combinations of dance skills. Tap shoes and Jazz or Ballet shoes required.

#### ▼ YOUTH Ages 5-9

[53613](#) 1/12-2/16 Thursday 4:15-5:15 p.m. \$65

[53614](#) 3/2-4/6 Thursday 4:15-5:15 p.m. \$65

#### ▼ ADULT Ages 18 and Older

[53615](#) 1/12-2/16 Thursday 5:30-6:30 p.m. \$65

[53616](#) 3/2-4/6 Thursday 5:30-6:30 p.m. \$65



### CREATIVE BALLET WITH TEACHER MARIKA\*

#### Ages 3-5

Students will explore expressive movement using music, stories, props, and games. We will focus on developing motor skills, balance, and coordination along with imagination and creativity. A variety of dance concepts and vocabulary will be introduced in a fun and engaging way!

**\*Program held at Dakota Place, not Hiawatha CC.**

4304 SW Dakota St, Seattle, WA 98116

**53608 1/9-3/27 Monday 3-3:45 p.m. \$96**

**53609 1/9-3/27 Monday 4-4:45 p.m. \$96**



- **Childcare for ages 3-12: Full or Part-time**
- **School-Age Child Care: Aides and Counselors**
- **Licensed Childcare Center Preschool Assistants and Lead Teachers**
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#### FOR MORE INFORMATION CONTACT:

**Pat, HR Recruiter**

(206) 214-7384

Patricia.Oligmueller@seattle.gov

**Kellie, HR Recruiter**

(206) 476-4163

Kellie.Kraus@seattle.gov

### TANG SOO DO KARATE

#### Ages 10 and Older

Self-defense is an important aspect of martial arts, but students will also learn self-confidence, focus, and integrity. Learning these important skills in addition to being physically fit is often why people start Tang Soo Do. We encourage parents to take classes with their kids whenever possible. Additional fees required. Please be prepared to order your uniform (dobok) after your first session. A one-time registration fee of \$35 to join the WTSDA (World Tang Soo Do Association) is required before the 2nd session or belt test, whichever comes first. When the student joins the WTSDA, they will receive their official patches for their uniforms.

**53094 1/4-3/29 Wednesday 5:45-7 p.m. \$70**

### 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. Taught in a non-competitive atmosphere, students will improve physical abilities such as strength, speed, and coordination; and mental attributes such as confidence, self-control, and willpower.

**53152 1/5-1/31 Tu/Th/Sa 6-7:30 p.m. \$40**

**53153 2/2-2/28 Tu/Th/Sa 6-7:30 p.m. \$40**

**53154 3/2-3/30 Tu/Th/Sa 6-7:30 p.m. \$40**

### FAMILY NATURE ADVENTURES



#### URBAN WILDLIFE ADVENTURE Ages 2 and Older

Let's learn to find the amazingly diverse urban wildlife living all around us. There is a rich world right outside your front door that we can explore together. We'll learn through short presentations, nature walks, and age-appropriate activities. Parents must accompany children under 10 years old.

**53286 3/11 Saturday 11 a.m.-12:30 p.m. FREE**

#### NATIVE PLANTS ADVENTURE Ages 2 and Older

Share the joy of learning as a family as we discover the magnificent native plants of the Pacific Northwest. Which plants are invaders, medicinal, and how do they interact with other species in their environment? Our day will include a brief presentation, nature walks, and an activity. Children under 10 must be accompanied by an adult.

**53287 3/25 Saturday 11 a.m.-12:30 p.m. FREE**

### TODDLER ART

#### Ages 3-5

This class is a perfect introduction to art! Kids will develop creative skills and learn about art. Each class will explore a different art technique, including collage-making, painting, crafts and paper constructions. Supplies and materials provided. An adult must accompany the child.

**53493 1/19-2/16 Thursday 10-11 a.m. \$58**

**53590 3/2-4/6 Thursday 10-11 a.m. \$58**

### CREATIVE BALLET WITH TEACHER MARIKA

#### Ages 3-5

Students will explore expressive movement using music, stories, props, and games. We will focus on developing motor skills, balance, and coordination along with imagination and creativity. A variety of dance concepts and vocabulary will be introduced in a fun and engaging way. **NO CLASS 2/22 & 3/15.**

**53090 1/4-2/1 Wednesday 10:15-11 a.m. \$60**

**53155 2/15-3/29 Wednesday 10:15-11 a.m. \$60**

### WORLD MUSIC DANCE FITNESS

#### Ages 16 and Older

This is a dance fitness program combining explosive dancing with boot camp toning. Everything about World Music Dance Fitness is energetic; all the moves are big, exaggerated, and fun to get into. This program caters to all shapes, ages, and skill levels.

**53454 1/9-1/30 Monday 6:15-7:15 p.m. \$30**

**53474 2/6-2/27 Monday 6:15-7:15 p.m. \$30**

**53475 3/6-3/27 Monday 6:15-7:15 p.m. \$40**

### PIANO INSTRUCTION

#### Ages 5 and Older

Learn to play the piano from an experienced professional teacher in weekly 30-minute private lessons. It's never too early (or late!) to develop your musical talent! Book one-on-one piano lessons with a seasoned musician. Participants will receive more detailed information about lesson materials on their first day.

**53158 1/5-2/2 Thursday 2:30-7:30 p.m. \$26.50/Class**

**53171 1/7-2/4 Saturday 10 a.m-3 p.m. \$26.50/Class**

**53168 2/9-3/30 Thursday 2:30-7:30 p.m. \$26.50/Class**

**53172 2/11-3/25 Saturday 10 a.m-3 p.m. \$26.50/Class**



## TEEN MUSIC PRODUCTION: BEGINNER

**Ages 14-19**

Ever dream of working in a music production studio? Here's your chance to get started. Learn the basics of electronic music and MIDI-based musical compositions from which DAW works best for you to how MIDI is integrated into the music production process. **NO CLASS 3/23.**

|                       |                  |              |                       |             |
|-----------------------|------------------|--------------|-----------------------|-------------|
| <a href="#">53679</a> | <b>1/10-1/31</b> | <b>Tu/Th</b> | <b>6:30-7:30 p.m.</b> | <b>FREE</b> |
| <a href="#">53681</a> | <b>2/2-2/28</b>  | <b>Tu/Th</b> | <b>6:30-7:30 p.m.</b> | <b>FREE</b> |
| <a href="#">53682</a> | <b>3/2-3/30</b>  | <b>Tu/Th</b> | <b>6:30-7:30 p.m.</b> | <b>FREE</b> |

## COVID GUIDELINES



**FIND DETAILS ON PAGE 56**

## PICKLEBALL

**FREE**

**Ages 18 and Older**

Come learn the basics of Pickleball, and develop useful skills and techniques to help you improve your game.

|                       |                 |              |                    |             |
|-----------------------|-----------------|--------------|--------------------|-------------|
| <a href="#">53365</a> | <b>1/3-1/31</b> | <b>Tu/Th</b> | <b>9 a.m.-Noon</b> | <b>FREE</b> |
| <a href="#">53366</a> | <b>2/2-2/28</b> | <b>Tu/Th</b> | <b>9 a.m.-Noon</b> | <b>FREE</b> |

## BASEKTBALL: DRILLS AND SKILLS

Teens will participate in team sports with supervision from Drills and Skills Staff. Everyone gets a chance to participate and enjoy the activities offered. Participants will improve their physical fitness, as well as basketball, leadership, communication, teamwork, and hand-eye coordination skills as they play games against their peers.

| ▼ DRILLS AND SKILLS   |                 | Ages 10-17   |                    |             |
|-----------------------|-----------------|--------------|--------------------|-------------|
| <a href="#">53336</a> | <b>1/4-1/30</b> | <b>M/W/F</b> | <b>4-6:45 p.m.</b> | <b>\$66</b> |
| <a href="#">53337</a> | <b>2/1-2/27</b> | <b>M/W/F</b> | <b>4-6:45 p.m.</b> | <b>\$66</b> |
| <a href="#">53338</a> | <b>3/1-3/31</b> | <b>M/W/F</b> | <b>4-6:45 p.m.</b> | <b>\$66</b> |

| ▼ DRILLS AND SKILLS: ADVANCED |                 | Ages 10-17   |                    |             |
|-------------------------------|-----------------|--------------|--------------------|-------------|
| <a href="#">53354</a>         | <b>1/3-1/31</b> | <b>Tu/Th</b> | <b>4-6:45 p.m.</b> | <b>\$66</b> |
| <a href="#">53355</a>         | <b>2/2-2/28</b> | <b>Tu/Th</b> | <b>4-6:45 p.m.</b> | <b>\$66</b> |
| <a href="#">53356</a>         | <b>3/2-3/30</b> | <b>Tu/Th</b> | <b>4-6:45 p.m.</b> | <b>\$66</b> |

## YESLER FITNESS ROOM

**FREE**

**Ages 18 and Older**

American Butokukan translates to Institute of Martial Virtue; a modern, comprehensive, integrated program of instruction in traditional East-Asian martial arts. The training is both mental and physical. Mental aspects of training involve the development of self-discipline, self-confidence, tolerance, and understanding. Physical training encompasses aikido, karate, and related weapons. Taught by Grandmaster Tyron Asphy.

|                       |                 |                |                          |             |
|-----------------------|-----------------|----------------|--------------------------|-------------|
| <a href="#">53370</a> | <b>1/3-3/31</b> | <b>Mon-Sat</b> | <b>11 a.m.-7:45 p.m.</b> | <b>FREE</b> |
|-----------------------|-----------------|----------------|--------------------------|-------------|





## 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 and Field, for example) all you need to do is go into your community center to get registered.

**2. Get registered!**

Visit your local community center or go to: [www.seattle.gov/parks/athletics](http://www.seattle.gov/parks/athletics)

**3. Start practices and get ready for fun times** 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.*

## YOUTH BASKETBALL

This league provides athletes the opportunity to learn and solidify the fundamentals of basketball including team play and sportsmanship.

Teams are grouped by age and ability and all players are required to have a minimum amount of playing time each game. Practices occur at the home community center or nearby gym; practice days & times vary depending on team/coach.

Games occur at various Community Centers throughout the city. Games begin in early February and end in early April with the

opportunity for post-season play for qualifying teams. Games are typically Saturdays for ages 10-12 and Sundays for ages 13-17.

Registration and Concussion forms, Birth Certificate and Payment must be received to be registered. **Players may sign up until January 19, 2023, or at their community center until teams are full; the last day to add a new player to an existing team is January 19, 2023.**

### BOYS' CUBS BASKETBALL

**Ages 8-9** **Fee: \$110**

### GIRLS' CUBS BASKETBALL

**Ages 8-9** **Fee: \$110**

### BOYS' BASKETBALL

**Ages 10, 11, 12, 13, 14-15, and 16-17** **Fee: \$110**

### GIRLS' BASKETBALL

**Ages 10, 11, 12, 13, and 14-17** **Fee: \$110**

## YOUTH TRACK AND FIELD

### AGE GROUPS 5-17 (Age is determined by birth year)

Young athletes in our Track and Field program will be coached and then get to compete with other kids their age in various athletic contests based on running, jumping, and throwing. Runners register at their neighborhood community center and practices occur at their home track or field. Practices begin the week of March 20th.

Track meets will be held at West Seattle Stadiums and meets begin April 15th at either 9:30 a.m. or 1:30 p.m. Teams will be forming at Community Centers throughout Seattle.

**Registration Opens March 7th**

**Fee: \$65**

## KNOW ANY COACHES?

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



**FOR REGISTRATION MATERIALS PLEASE GO TO [WWW.SEATTLE.GOV/PARKS/ATHLETICS](http://WWW.SEATTLE.GOV/PARKS/ATHLETICS)**



# ADDITIONAL INFORMATION

## PAYMENT

You can pay for classes and other activities in person or by phone during regular facility hours. You can also register online by following the directions above. 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 canceled 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 canceled.

## 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 canceled 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 canceled 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.

## DROPPING A PROGRAM AFTER THE SECOND SESSION:

If a participant withdraws from a program after the second session of a series, no refund will be given. For full details of the Department's Refund Policy, please see Policy Number O60-P 7.16 which can be found here: [www.seattle.gov/parks/reservations/feesandcharges/refunds.htm](http://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%.

## 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 canceled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

## WAITING LISTS

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

## SCHOLARSHIPS

Seattle Parks and Recreation wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. To apply for a scholarship, please talk to a member of our staff.

## ANTI-DISCRIMINATION

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental, or physical handicap.

## ACCOMMODATION FOR PEOPLE WITH DISABILITIES

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodations, please call 206-615-0140 or TDD 206-684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area that is not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

## SPECIAL POPULATIONS

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

## INTERESTED IN TEACHING?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please contact your local community center.

## INSURANCE

An additional \$5 insurance fee will be required when registering for all gymnastics, tumbling, or circus arts classes at Seattle Parks and Recreation facilities. This non-refundable fee covers your child's participation in all gymnastics, tumbling, parkour, or circus arts classes at SPR facilities for one year from the date of purchase. Note: This insurance will only be utilized if expenses exceed your primary insurance coverage.

## MORE INFORMATION

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks), or call our Public Information line, 206-684-4075.

# COVID GUIDELINES



## BEFORE YOU VISIT



### CHECK FOR SYMPTOMS

Do not attend programs if you've had a known Covid-19 exposure in the last 14 days or are experiencing unexplained:



FEVER



COUGH



SHORTNESS  
OF BREATH



SORE  
THROAT



MUSCLE &  
HEAD ACHES



CHILLS



LOSS OF SMELL  
OR TASTE



### WEAR PROTECTIVE FACE COVERING

Properly worn masks are still required for entry until further notice. We are asking that you self-screen prior to coming to a recreation facility/event to stop the spread of illness.





# 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 disabilities.**

We provide recreation programs for all ages. Currently we are offering smaller in person programs such as: adult social and fitness programs, young adult social programs, and youth afterschool and Saturday programs

To learn more about our programs, call:  
206-684-4950 or check out our website at:  
<https://bit.ly/spr-specialized-programs-home>

