



Seattle
Parks & Recreation

FALL 2023 PROGRAMS

SEATTLE CITYWIDE RECREATION PROGRAMS

COMMUNITY CENTERS:

ZONE ONE

DELRIDGE
HIAWATHA
HIGH POINT
INT'L DISTRICT/CHINATOWN
JEFFERSON
RAINIER
RAINIER BEACH
VAN ASSELT

ZONE TWO

GARFIELD
MILLER
NORTHGATE
QUEEN ANNE
YESLER

ZONE THREE

BALLARD
BITTER LAKE
GREEN LAKE
LOYAL HEIGHTS
MAGNUSON
MEADOWBROOK
RAVENNA-ECKSTEIN

VIRTUAL PROGRAMS

ENVIRONMENTAL LEARNING



REGISTER
AUGUST 8

REGISTER ONLINE:
https://bit.ly/spr_activity_reg





REGISTER AUGUST 8

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.

FINANCIAL AID SCHOLARSHIPS AVAILABLE!



NEW online application, it's easy to apply. Available in 8 languages.

Visit [CiviForm](#) to learn more and apply. For more information, contact your local recreation facility or visit: <https://www.seattle.gov/parks/find/scholarships-and-financial-aid>

Note: Application can take up to two weeks to process and must be approved prior to registration when funds are available.



FIRST CHOICE

Check out Seattle Parks and Recreation's online registration software at 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: www.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



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.

GENERAL INFO

ENVIRONMENTAL LEARNING CENTERS

CAMP LONG

5200 35th Ave SW
Seattle, WA 98126
PH: 206-684-7434

CARKEEK PARK

950 NW Carkeek Park Rd
Seattle, WA 98177
PH: 206-386-4236

DISCOVERY PARK

3801 Discovery Park Blvd
Seattle, WA 98199
PH: 206-386-4236

ZONE ONE COMMUNITY CENTERS

DELRIIDGE CC

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

HIAWATHA CC*

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

HIGH POINT CC

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

INT'L DISTRICT/ CHINATOWN CC

719 8th Ave S
Seattle, WA 98104
PH: 206-233-0042
Fax: 206-233-5036

JEFFERSON CC

3801 Beacon Ave S
Seattle, WA 98108
PH: 206-684-7481
Fax: 206-684-7483

RAINIER CC

4600 38th Ave S
Seattle, WA 98118
PH: 206-386-1919
Fax: 206-386-1904

RAINIER BEACH CC

8825 Rainier Ave S
Seattle, WA 98118
PH: 206-386-1925
Fax: 206-386-1510

SOUTH PARK CC*

8319 8th Ave S
Seattle, WA 98108
PH: 206-684-7451

VAN ASSELT CC

2820 S Myrtle St
Seattle, WA 98108
PH: 206-386-1921
Fax: 206-386-1894

ZONE TWO COMMUNITY CENTERS

GARFIELD CC

2323 E Cherry St
Seattle, WA 98122
PH: 206-684-4788
Fax: 206-684-4380

MAGNOLIA CC*

2550 34th Ave W
Seattle, WA 98199
PH: 206-386-4235
Fax: 206-386-4230

MILLER CC

330 19th Ave E
Seattle, WA 98112
PH: 206-684-4753
Fax: 206-684-4397

MONTLAKE CC*

1618 E Calhoun St
Seattle, WA 98112
PH: 206-684-4736
Fax: 206-233-7140

NORTHGATE CC

10510 5th Ave NE
Seattle, WA 98125
PH: 206-386-4283
Fax: 206-684-4990

QUEEN ANNE CC

1901 1st Ave W
Seattle, WA 98119
PH: 206-386-4240
Fax: 206-386-4284

YESLER CC

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

ZONE THREE COMMUNITY CENTERS

BALLARD CC

6020 28th Ave NW
Seattle, WA 98107
PH: 206-684-4093
Fax: 206-684-7199

BITTER LAKE CC

13035 Linden Ave N
Seattle, WA 98133
PH: 206-684-7524
Fax: 206-684-0858

GREEN LAKE CC

7201 E Green Lake Dr N
Seattle, WA 98115
PH: 206-684-0780
Fax: 206-684-7550

LOYAL HEIGHTS CC

2101 NW 77th St
Seattle, WA 98117
PH: 206-684-4052

LAURELHURST CC*

4554 NE 41st St,
Seattle, WA 98112
PH: 206-684-7529

LAKE CITY CC*

12531 28th Ave NE
Seattle, WA 98125
PH: 206-256-5645

MAGNUSON CC

7110 62nd Ave NE
Seattle, WA 98115
PH: 206-684-7026

MEADOWBROOK CC

10517 35th Ave NE
Seattle, WA 98125
PH: 206-684-7522
Fax: 206-684-4921

RAVENNA-ECKSTEIN CC

6535 Ravenna Ave NE
Seattle, WA 98115
PH: 206-684-7534
Fax: 206-233-3973

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*Community Center is temporarily Closed, see page 25 regarding our Community Center Improvement Project

GENERAL INFO

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

CARKEEK PARK

C: Becca Reilly | becca.reilly@seattle.gov

DELRIDGE CC

C: Kiki Kennedy | kiki.kennedy@seattle.gov

DISCOVERY PARK

C: Becca Reilly | becca.reilly@seattle.gov

GARFIELD CC

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

GREEN LAKE CC

C: Jewels Jugum | jewels.jugum@seattle.gov
AC: Mary Pat Byington | marypat.byington@seattle.gov

HIGH POINT CC

C: Tamela Thomas | tamela.thomas@seattle.gov
AC: Buck Buchanan | buck.buchanan@seattle.gov

HIAWATHA CC (Closed)

C: Andrea Wooley | andrea.wooley@seattle.gov

INTERNATIONAL DISTRICT/CHINATOWN CC

C: Doreen Deaver | doreen.deaver@seattle.gov
AC: Christine Lesh | christine.lesh@seattle.gov

JEFFERSON CC

C: Paul Davenport | paul.davenport@seattle.gov

LAKE CITY CC (Closed)

C: Penny Atwood | penny.atwood@seattle.gov

LAURELHURST CC (Closed)

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

LOYAL HEIGHTS CC

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

CLOSURES



9/4	Labor Day
9/28	All Staff Training
10/9	Indigenous Peoples Day
11/10	Veterans Day (Observed)
11/23-24	Thanksgiving Holiday
12/14	All Staff Training
12/25	Christmas Holiday
1/1	New Years Day

PARKS MANAGEMENT

A.P. Diaz <i>Superintendent</i>	Daisy Catague <i>Recreation Director</i>
Mike Plympton <i>Aquatics Manager</i>	Barb Wade <i>Recreation Manager</i>
Tia Scott <i>Facilities & Youth Sports Manager</i>	Trevor Gregg <i>Recreation Manager</i>
Chukundi Salisbury <i>Environmental Programs & Adult Sports Manager</i>	

MAGNOLIA CC (Closed)

C: Chris Easterday | chris.easterday@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: Jacqueline Oaksford | jacqueline.oaksford@seattle.gov
AC: Alicen Barney | alicen.barney@seattle.gov

MONTLAKE CC (Closed)

C: Stefan Schmidt | stefan.schmidt@seattle.gov

NORTHGATE CC

C: Katie Fridell | katie.fridell@seattle.gov
AC: Santy Villarico | santy.villarico@seattle.gov

QUEEN ANNE CC

C: Gina Saxby | gina.saxby@seattle.gov

RAINIER CC

C: Staci Doan | staci.doan@seattle.gov
AC: George Yasutake | george.yasutake@seattle.gov

RAINIER BEACH CC

C: Martha Winther | martha.winther@seattle.gov

RAVENNA-ECKSTEIN CC

C: Cameron Rivera-Flodine | cameron.rivera-flodine@seattle.gov

SOUTH PARK CC (Closed)

C: Darin Olsen | darin.olsen@seattle.gov

VAN ASSELT CC

C: Zara Soares | zara.soares@seattle.gov
AC: Sam Chesneau | samuel.chesneau@seattle.gov

YESLER CC

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

PRESCHOOL

2023-2024 PRESCHOOL PROGRAMS | AGES 3-5

PRESCHOOL PROGRAM

Seattle Parks and Recreation offers half-day or full-day preschool programs at various locations across Seattle. These low-cost early childhood programs provide a safe, happy, healthy learning environment for preschool children.

Seattle Preschool Program (SPP) and Pathways Preschool Program utilize *Creative Curriculum for Preschool* from Teaching Strategies Gold (TSG). This research-based curriculum offers early childhood educators a comprehensive collection of resources and assessment tools to help them build high-quality programs. Children 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.

SEATTLE PRESCHOOL PROGRAM (SPP) (Full-Day/6 hour Programs)

ALKI @ SCHMITZ PARK

BALLARD COMMUNITY CENTER

BITTER LAKE COMMUNITY CENTER

MEADOWBROOK COMMUNITY CENTER

PATHWAYS PRESCHOOL PROGRAM (Half-Day/3.5 hour Program)

QUEEN ANNE COMMUNITY CENTER

NATURE KIDS PRESCHOOL (Half-Day/3.5 hour Program)

DISCOVERY PARK VISITOR CENTER



CLOSURE DATES:

9/4	Labor Day	11/10	Veterans Day (Observed)	12/14	All Staff Training
9/28	All Staff Training	11/23	Thanksgiving Day	12/25	Christmas Day
10/9	Indigenous Peoples Day	11/24	Day after Thanksgiving	1/1	New Years Day

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

DETAILS:

- **Ages:** 3-5 years
- **Cost:** Varies by program. For more information, visit: bit.ly/3KRMcEo. For questions, contact Early Learning Program Coordinator: Katie Sifford at katie.sifford@seattle.gov
- **Low teacher-child ratio of 1:8**
- **Staff is trained in Early Childhood Education, CPR/First Aid, and safe food handling practices.**

REGISTRATION

- Registration is now open!
- Scholarships are available!
- Seattle Preschool Programs must be registered through the Department of Education and Early Learning (DEEL). For more information and access to the 2023-2024 SY application, please visit: <https://www.seattle.gov/education/for-parents/child-care-and-preschool/seattle-preschool-program>
- Participation requires submittal of the appropriate registration forms PRIOR to the start of program, including the Participant Information and Authorization Form (E-13) or ePact. If you have a child with special needs (e.g. asthma, allergies, etc.) and/or disabilities, there will be additional forms to be completed.

***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 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

2023-2024 SCHOOL-AGE CARE AFTER SCHOOL PROGRAMS | 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 resolution 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.

HIGHLIGHTS:

- Quality and consistent care with qualified staff.
- We welcome all members of the community!
- Scholarship are available and WCCC subsidies are also accepted.
- Break Camps are offered for an additional charge at hub locations throughout the city for November Parent/Teacher Conferences, Winter Break, Mid-Winter Break, and Spring Break.

REGISTRATION IS NOW OPEN

- \$25 registration fee is required for signing up and balance of September fees are due two weeks prior to first program day.
- Additional participant information and medically verified immunization form will be required in ePACT prior to participation.
- Scholarship applications are now available for the Seattle Parks and Recreation Scholarship Cycle, Summer 2023-Spring 2024. More information can be found online: <https://www.seattle.gov/parks/scholarships-and-financial-aid>
- Registration can be done at your community center or online. Program details may change. If you have questions or concerns, please contact the community center.
- Prices vary per month by amount of days program is offered and can be found online at: https://bit.ly/SPR_2023-2024SAC Pricing

CLOSURE DATES:

9/4	Labor Day	11/10	Veterans Day (Observed)	12/14	All Staff Training
9/28	All Staff Training	11/23	Thanksgiving Day	12/25	Christmas Day
10/9	Indigenous Peoples Day	11/24	Day after Thanksgiving	1/1	New Years Day

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

ZONE ONE

ALKI @ SCHMITZ PARK
HIAWATHA @ GENESEE HILL
HIAWATHA @ LAFAYETTE
HIGH POINT COMMUNITY CENTER
JEFFERSON COMMUNITY CENTER
RAINIER COMMUNITY CENTER
RAINIER @ JOHN MUIR
RAINIER BEACH COMMUNITY CENTER
VAN ASSELT COMMUNITY CENTER

ZONE TWO

MONTLAKE @ MCGILVRA
NORTHGATE COMMUNITY CENTER
QUEEN ANNE COMMUNITY CENTER

ZONE THREE

BALLARD COMMUNITY CENTER
BITTER LAKE @ BROADVIEW THOMSON
MAGNOLIA @ BLAINE
MEADOWBROOK COMMUNITY CENTER
RAVENNA-ECKSTEIN @ THORTON CREEK
RAVENNA-ECKSTEIN @ WEDGWOOD



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.

▼	BALLARD CC			Ages 5 and Under
59652	9/6-12/29	M/W/F	10 a.m.-12:30 p.m.	FREE
▼	BITTER LAKE CC			Ages 9 months-6 Years
60242	9/10-12/31	M/W/Su	10:30 a.m.-12:30 p.m.	FREE
▼	GARFIELD CC			Ages 5 and Under
59855	9/11-12/20	M/W	10 a.m.-1 p.m.	FREE
▼	HIGH POINT CC			Ages 5 and Under
60145	9/5-12/28	Tu/Th	10 a.m.-12:30 p.m.	FREE
▼	JEFFERSON CC			Ages 5 and Under
60263	9/12-12/19	Tu/Th	10 a.m.-2 p.m.	FREE
▼	LOYAL HEIGHTS			Ages 5 and Under
59705	10/3-1/4	Tu/Th	10 a.m.-1 p.m.	FREE
▼	MAGNUSON CC			Ages 5 and Under
60368	9/13-12/27	Wednesday	9:30 a.m.-11:30 p.m.	FREE
	9/16-12/30	Saturday	12:30-2:30 p.m.	FREE
▼	MEADOWBROOK CC			Ages 5 and Under
		M/W/F	Noon-2:30 p.m.	FREE
▼	MILLER CC			Ages 5 and Under
59951	9/19-12/28	Tu/Th	10 a.m.-1 p.m.	FREE
▼	NORTHGATE CC			Ages 5 and Under
59862	9/5-12/21	Tu/Th	9-11:30 a.m.	FREE
▼	QUEEN ANNE CC			Ages 5 and Under
	9/5-12/12	Tu/Th	10 a.m.-1 p.m.	FREE
▼	RAINIER CC			Ages 5 and Under
60482	9/13-12/27	M/W	10 a.m.-Noon	FREE
▼	RAINIER BEACH CC			Ages 2-5
60015	10/2-12/21	M/Th/F	9 a.m.-Noon	FREE
▼	RAVENNA- ECKSTEIN CC			Ages 5 and Under
59489	9/10-12/21	Mon-Thu	12:30-2:30 p.m.	FREE
▼	VAN ASSELT CC			Ages 5 and Under
60794	9/12-12/20	Tu/Th	11 a.m.-1 p.m.	FREE
▼	YESLER CC			Ages 5 and Under
60400	9/8-12/29	M/W/F	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.

▼	BALLARD CC			Ages 5 and Under
59653	9/5-12/29	Mon-Fri	10 a.m.-8 p.m.	FREE
	9/5-12/29	Saturday	10 a.m.-4 p.m.	FREE
	9/5-12/29	Sunday	10 a.m.-2 p.m.	FREE
▼	DISCOVERY PARK VISITOR CENTER			Ages 5 and Under
		Tu-Su	8:30 a.m.-5 p.m.	FREE
▼	GREEN LAKE CC			Ages 5 and Under
	9/5-12/29	Mon-Fri	10 a.m.-8 p.m.	FREE
	9/9-12/30	Saturday	8:30 a.m.-4:30 p.m.	FREE
▼	MILLER CC			Ages 4 and Under
60313	9/18-12/29	Mon-Fri	10 a.m.-6:30 p.m.	FREE
▼	QUEEN ANNE CC			Ages 4 and Under
	9/5-12/29	Mon-Sat	9 a.m.-5 p.m.	FREE



DROP-IN PROGRAMS

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

BALLARD CC

JUGGLING

Ages 18 and Older

Half the gym will be available to the juggling club. Learn this impressive skill and show your friends. They'll want to join you next time so they can learn too!

59650 9/6-12/27 Wednesday 6:15-8:45 p.m. FREE

HANDBALL

Ages 18 and Older

Combining speed, strength, stamina, agility, technical precision, skill and teamwork, handball has become one of the fastest-paced and exciting Olympic sports. Drop-in to try it out!

61520 9/9-12/23 Saturday 3-5 p.m. FREE

UNICYCLE HOCKEY

Ages 18 and Older

Drop in to play this team sport, similar to rink hockey where players try to hit the ball with their sticks into the other team's goal, except that each player must be mounted on a unicycle to play the ball. Previous Unicycle experience is recommended.

61521 9/9-12/23 Saturday 1-3 p.m. FREE

GARFIELD CC

POKEMON CLUB

Ages 4-13

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 running on the 2nd Wednesday of each month.

59856 9/13-12/13 Wednesday 4:30-6 p.m. FREE

SOUL LINE DANCE

Ages 18 and Older

Join this FREE, fun, and energetic class for all ages. Moving to R&B music will push you through several stages of line dance intensity as we get our heart rates up while inches fall off. This exercise caters to all fitness levels. Brought to you by Seattle Parks and Recreation's Rec4All Grant.

59853 9/9-12/16 Saturday 10 a.m.-Noon FREE

TEEN FULL COURT FRIDAYS

Ages 12-18

Drop in on Fridays for some competitive full court runs. Games will be played to 11 points, so everyone has a chance to participate. Court monitor will be present, but games will not be refereed. Not available all weeks. Please call Garfield CC for details: 206-684-4788.

60505 9/8-12/29 Friday 3:45-5:15 p.m. FREE

INTERNATIONAL DISTRICT/CHINATOWN CC

50 & UP EXERCISE

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.

60471 9/27-12/29 W/F 11 a.m.-12:30 p.m. \$3/\$2

50 & UP FUN

Ages 50 and Older

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

60462 9/25-12/29 M/Tu/W/F 3-5 p.m. FREE

CHINESE DANCE

Ages 50 and Older

Through music and movement, dancers will be immersed in culture and community in this Chinese dance class.

Fee Adult: \$3 / Senior: \$2

60446 9/26-12/28 Tu/Th 11:15 a.m.-1 p.m. \$3/\$2

GENTLE YOGA

Ages 50 and Older

Relax using disciplined techniques of traditional yoga to enhance strength and well-being.

60473 10/5-12/28 Thursday 1:30-2:30 p.m. \$3/\$2

ZUMBA ©

Ages 16 and Older

Zumba® combines high energy, motivating music, and unique moves that allow you to dance away your worries. The routines feature aerobic/fitness interval training, combining fast and slow rhythms that tone and sculpt the body.

60438 9/30-12/30 Saturday 10-11 a.m. \$5

DROP-IN PROGRAMS

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

JEFFERSON CC

BALLROOM DANCE

Ages 16 and Older

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

60253 9/6-12/27 Wednesday 1-3 p.m. FREE

MEXICAN TRAIN-DOMINOS

Ages 16 and Older

Come and learn how to play Mexican Train a.k.a. Dominos. No experience necessary. This is a lively group that meets the 4th Thursday of each month.

60255 10/26-12/28 Thursday 6:30-8:30 p.m. FREE

QUILTING

Ages 18 and Older

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

60257 9/8-12/29 Friday 11 a.m.-2 p.m. FREE

TAI CHI

Ages 18 and Older

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.

60258 9/6-12/27 Wednesday 9:30-11 a.m. FREE

TEEN ADVISORY COUNCIL

Ages 12-17

Utilize your leadership skills, be active and involved in planning field trips, special events, fundraising and giving back to the community.

60259 9/6-12/27 Wednesday 5-6 p.m. FREE

TEEN CAFE & GAME NIGHT

Ages 12-17

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

60260 9/8-12/29 Friday 4-8 p.m. FREE

TEEN CHEF & GARDENING

Ages 12-17

Learn from 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 on what to plant.

60261 9/6-12/27 Wednesday 3-5 p.m. FREE

TEEN PEER TO PEER TUTORING

Ages 12-17

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

60262 9/7-12/28 Tu/Th 4-6 p.m. FREE

MILLER CC

AFTER SCHOOL TEEN PROGRAM

Ages 11-14

This daily after-school teen program is filled with a variety of activities, challenges, cooking classes, and more.

60173 9/18-12/15 M/Tu/Th/F 3:30-6 p.m. FREE
9/18-12/15 Wednesday 2:30-5 p.m. FREE

BOARD GAMES

Ages 12 and Older

Bring your favorite game or try one of ours during some community fun! All ages are welcome, but children under 12 must be accompanied by an adult. Come match with members of your community.

59355 9/18-12/11 Monday 4-8 p.m. FREE

DND CLUB

Ages 12 and Older

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

60057 9/19-12/12 Tuesday 6-8 p.m. FREE

KNITTING CLUB

Ages 18 and Older

Come practice knitting, crochet, needlepoint, or quilting in the company of good friends.

60056 9/30-12/13 Wednesday 10:15 a.m.-12:15 p.m. FREE

VIRTUAL REALITY (VR) CLUB

Ages 11-14

Step into a world of boundless imagination and endless adventure through virtual reality (VR). You'll engage in hands-on educational experiences, explore breathtaking virtual environments, and play fun games as learning becomes an exhilarating adventure. If you're new to VR, don't worry, we'll teach you to navigate virtual environments.

60172 9/18-12/13 M/W 5-6 p.m. FREE

WOMEN EMPOWERMENT CLUB

Ages 11-14

Here you will find a place for young women to be educated and inspired to lead, become entrepreneurs, and be allies in the community and within themselves. During meetings, we will work on mindfulness, advocacy, inspiration, and exploration of the mind as a tool of empowerment.

60898 9/20-12/13 Wednesday 5-6 p.m. FREE

DROP-IN PROGRAMS

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

MEADOWBROOK CC

BOARD GAMES

Ages 7 and Older

Bring your favorite game or try one of ours during some community fun! All ages are welcome, but children under 12 must be accompanied by an adult. Come match with members of your community.

58726 9/2-12/16 Saturday 9:30 a.m.-4:30 p.m. FREE

CRAFT GROUP

Ages 16 and Older

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.

58730 9/9-12/9 Saturday 12:30-4:30 p.m. FREE

NORTHGATE CC

BRIDGE

Ages 18 and Older

Drop-in play for intermediate bridge players.

59860 9/11-12/18 Monday 1-3 p.m. FREE

MUSIC CIRCLE NIGHT

Ages 12 and Older

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.

59861 9/11-12/18 Monday 6-7:45 p.m. FREE

QUEEN ANNE CC

TEEN DROP IN

Ages 11-17

Come in with your friends or meet new friends in a safe and positive environment just for teens. Play pool, foosball, basketball, movies, board games, and other activities to choose from while at QACC. Middle school and high school ages are welcome.

60356 9/6-12/15 Mon-Fri 2:30-5 p.m. FREE

TEEN FITNESS

Ages 11-17

Want to work out, build muscle, lose a couple of pounds or just tone up? Teen participants will have the opportunity to use a convenient and great workout facility. Welcome to teens who will work hard and wear proper attire (sweats/shorts/athletic shoes) required for participation in this program.

60355 9/7-12/12 Tu/Th 6-7 p.m. FREE

TOT STORY TIME

Ages 2-5

It's story time! Bring your toddler to enjoy amazing stories.

60360 9/5-12/12 Tuesday 11:30 a.m.-12:30 p.m. FREE

RAINIER CC

ADULT TAI CHI

Ages 18 and Older

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.

60487 9/14-12/21 M/Th 2-3 p.m. FREE

HIP HOP SPIN

Ages 16 and Older

Join this Get Moving sponsored FREE spin class to release stress, socialize, and energize your evening. Endure intervals, hills, sprints, and upper body movements for a full-body workout set to hip hop and R&B. All levels welcome. Challenge yourself and make progress toward your fitness goals.

60012 9/12-12/12 Tuesday 6-7 p.m. FREE

DROP-IN PROGRAMS

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



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.

▼ **RAINIER BEACH CC** **Ages 13-19**
60008 9/8-12/30 Fri-Sat 7 p.m.-Midnight FREE

COVID GUIDELINES



FIND DETAILS ON PAGE 62

RAINIER BEACH CC

BACKPACKS, BOOKS, & BASKETBALL **Ages 13-17**

Join in on the fun and come be a part of our Peer Tutoring Team! Bring your backpack, books, basketball, and computer. Collaborate with other teens and learn about goals, study skills and tools to share amongst your friends, teammates, and communities.

60329 9/18-12/18 Monday 4-5 p.m. FREE

DETECTIVE COOKIE'S CHESS CLUB **Ages 13-17**

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.

60009 9/9-12/30 Saturday Noon-2 p.m. FREE

FLYER CREATION **Ages 13-17**

You are invited to create, share and learn the fun of Creating Flyers & Posters using Canva and Word. Your designs will be shared within the community. Join and share in the fun.

60341 9/19-12/19 Tuesday 4:15-5:15 p.m. FREE

HOOPS, FACT & TRIVIA **Ages 13-17**

Bring your ball and friends, make a team, answer facts and trivia questions. to begin the great time of playing Hoop, Facts, and Trivia.

60339 9/25-12/18 Monday 3-4 p.m. FREE

LATE NIGHT **Ages 13-19**

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

60008 9/8-12/30 Fri-Sat 7 p.m.-Midnight FREE

SOUFEND SUNDAY CHECK-IN **Ages 18 and Older**

Old School Sunday Runs are returning!

60332 9/10-12/18 Su/M 9 a.m.-Noon FREE

TEEN COOKING **Ages 13-17**

From the Court to the Kitchen Cooking has returned to Rainier Beach C.C. 2nd & 4th Wednesday. Different tasty food will be prepared by you. Bring your skills. E-13 is required for this class.

60333 9/19-12/19 Tuesday 3-4 p.m. FREE

DROP-IN PROGRAMS

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

VAN ASSELT CC

CULINARY CREATIONS

Ages 10-15

Teens will learn basic culinary techniques such as chopping, slicing, dicing, and sauteing in this fun and easy-to-follow cooking class. Teens will be encouraged to discover new recipes, explore the kitchen, and work collaboratively with peers to create delicious meals.

60788 9/19-12/19 Tuesday 4-6 p.m. FREE

FRIDAY MOVIE NIGHT

All Ages

Join us every Friday night for a movie and popcorn to celebrate the end of the week! We will be playing both old-school and new movies, so feel free to load up on snacks and enjoy your favorite films.

60891 9/15-12/29 Friday 4-6:30 p.m. FREE

GIRLS, DRILLS, AND SKILLS

Ages 10-15

In this dynamic and empowering class focused on basketball fundamentals, participants will improve their physical fitness, teamwork, and communication. Classes will specifically focus on enhancing participants defensive, ball handling, and shooting skills.

60789 9/20-12/15 W/F 4-6 p.m. FREE

MONDAY NIGHT FOOTBALL

Ages 10-15

Every Monday night, teens are welcome to join us as we cheer on our favorite NFL teams during the football season. At the beginning of the season, teens will have the opportunity to predict who will win the Superbowl and those who predict correctly will win a special prize.

60791 9/11-12/18 Monday 4-8 p.m. FREE

PAINTING

All Ages

Express yourself through brush strokes and create whatever comes to your mind. Paint beautiful landscapes, lush fruits, or dashing portraits. Bob Ross would be proud.

60892 9/13-12/20 Wednesday 5-8 p.m. FREE

STAMP CAMP

Ages 10-17

Are you ready to learn different stamp techniques like heat embossing, water coloring, 3D projects, and more? Each month will feature a cultural sharing of drinks and food during the activity. Sign up early!

60795 9/11-12/18 Monday 5:30-6:30 p.m. FREE

TEEN PEER TO PEER TUTORING

All Ages

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

60890 9/11-12/15 Mon-Fri 3-4 p.m. FREE

TRADITIONAL/CONTEMPORARY ASIAN DANCING

Ages 50 and Older

Have fun while learning new dance moves influenced by Malaysian, Chinese and Vietnamese dance. All levels welcome. This class is delivered in Mandarin and English.

9/16-12/23 Saturday 2-3:45 p.m. FREE

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 Zumba program is for women only.

60787 9/26-12/21 Tu/Th 6-7 p.m. FREE

YESLER

ADULT DIGITAL LITERACY COMPUTER CLASS

Ages 18 and Older

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

60389 9/7-12/28 Thursday 9 a.m.-Noon FREE

AFTERSCHOOL DIGITAL PROGRAMMING SUPPORT

Ages 11-16

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

60390 10/2-12/21 Mon-Thu 3:30-5:30 p.m. FREE

BOARD GAMES

Ages 7 and Older

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.

60395 10/7-12/23 Saturday 9:30 a.m.-3:30 p.m. FREE

DANCE SESSION

Ages 18 and Older

Be creative. Bring your own dance.

60416 10/7-12/9 Saturday 11 a.m.-3 p.m. FREE

SENIOR NATURE WALK

Ages 50-80

Enjoy an hour walk at one of Seattle's Parks.

60398 10/11-12/20 Wednesday 11 a.m.-2 p.m. FREE

DROP-IN SPORTS

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

OPEN GYM

▼ BITTER LAKE CC	Ages 5-75			
60244	9/10-12/31	Sat-Sun	12:30-3 p.m.	FREE
▼ INT'L DISTRICT/CHINATOWN CC	All Ages			
FAMILY				
60474	9/30-12/30	Saturday	2-4:30 p.m.	FREE
YOUTH				
60468	9/27-12/27	M/Tu/Th	2-5:30 p.m.	FREE
▼ MAGNUSON CC	Ages 18 and Older			
ADULT				
60365	9/16-12/30	Saturday	12:30-2:30 p.m.	FREE
YOUTH				
59617	9/6-12/29	M/F	4-6 p.m.	FREE
	9/6-12/29	Wednesday	3-6 p.m.	FREE
▼ QUEEN ANNE CC	Ages 18 and older			
	9/5-12/29	Tu/Th/F	5:30-8 p.m.	FREE
▼ RAINIER BEACH CC	Ages 18 and Older			
60014	9/18-12/22	M/Tu/F	Noon-2 p.m.	FREE
▼ RAVENNA-ECKSTEIN CC	Ages 12 and Older			
59488	9/10-12/2	Mon-Fri	3-7:45 p.m.	FREE
	9/16-12/2	Saturday	2:30-4:45 p.m.	FREE
▼ VAN ASSELT CC	All Ages			
60792	9/11-12/29	M/W	3:15-7:45 p.m.	FREE
	9/11-12/29	Tuesday	2:30-7:45 p.m.	FREE
	9/11-12/29	Thursday	2:30-5 p.m./ 6:15-7:45 p.m.	FREE
	9/11-12/29	Friday	3:30-6:45 p.m.	FREE
60793	9/11-12/29	Saturday	Noon-5 p.m.	FREE
▼ YESLER CC	Ages 12-18			
60407	9/6-10/27	Wednesday	1:30-4 p.m.	FREE
60534	9/9-12/23	Saturday	1:30-2:30 p.m.	FREE

FITNESS ROOM

▼ DELRIDGE CC	Ages 18 and Older			
	Mon-Fri		9:30 a.m.-6 p.m.	FREE
	Saturday		9:30 a.m.-5:30 p.m.	FREE
▼ GARFIELD CC	Ages 18 and Older			
60504	9/5-12/30	Mon-Fri	9 a.m.-7:30 p.m.	FREE
	9/5-12/30	Saturday	10 a.m.-4:30 p.m.	FREE
▼ INT'L DISTRICT/CHINATOWN CC	Ages 18 and Older			
60470	10-2-12/30	M/W/F	11 a.m.-8:45 p.m.	FREE
	10/2-12/30	Tu/Th	9:30 a.m.-5:45 p.m.	FREE
	10/2-12/30	Saturday	9 a.m.-4:45 p.m.	FREE
▼ LOYAL HEIGHTS CC	Ages 18 and Older			
	M/W/F		9 a.m.-9 p.m.	FREE
	Tu/Th		11:45 a.m.-7:30 p.m.	FREE
▼ MEADOWBROOK CC	Ages 18 and Older			
58115	9/5-12/29	M/Tu/Th/F/Sa	8:30 a.m.-8:15 p.m.	FREE
58732	9/6-12/27	Wednesday	8:30 a.m.-2:45 p.m.	FREE
58738	9/6-12/27	Wednesday	5:15-8:15 p.m.	FREE
▼ NORTHGATE CC	Ages 18 and Older			
59823	9/5-12/29	Mon-Fri	9 a.m.-7:30 p.m.	FREE
▼ QUEEN ANNE CC	Ages 18 and Older			
	9/5-12/29	Mon-Fri	9 a.m.-7:45 p.m.	FREE
	9/12-12/30	Saturday	9 a.m.-4:45 p.m.	FREE
▼ RAINIER BEACH CC	Ages 18 and Older			
60331	9/9-12/29	Mon-Fri	8:30 a.m.-8:45 p.m.	FREE
60330	9/9-12/31	Sat-Sun	9 a.m.-6:45 p.m.	FREE
▼ YESLER CC	Ages 18 and Older			
60401	9/6-12/29	Mon-Fri	9:30 a.m.-7:30 p.m.	FREE
	9/9-12/30	Saturday	9:30 a.m.-5:30 p.m.	FREE
	9/10-12/31	Sunday	10 a.m.-3 p.m.	FREE

DROP-IN SPORTS

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

PICKLEBALL

▼ BALLARD CC	Ages 18 and Older			▼ MAGNUSON CC	Ages 16 and Older				
59647	9/5-12/28	Tu/Th	10 a.m.-12:30 p.m.	FREE	60366	9/14-12/30	Thursday	9:30-11:30 a.m.	FREE
59648	9/6-12/27	Wednesday	6:15-8:45 p.m.	FREE		9/14-12/0	Saturday	10 a.m.-Noon	FREE
▼ BITTER LAKE CC	Ages 18 and Older			▼ MEADOWBROOK CC	Ages 18 and Older				
60245	9/16-12/29	Tu/F	10 a.m.-1 p.m.	FREE	58723	9/7-12/14	Thursday	10 a.m.-3 p.m.	FREE
	9/10-12/30	Sunday	3-4:30 p.m.	FREE	▼ MILLER CC	Ages 18 and Older			
▼ DELRIDGE CC	Ages 16 and Older			59952	9/18-12/27	M/W	10 a.m.-1 p.m.	FREE	
59730	10/2-12/15	M/W/F	10:15 a.m.-12:15 p.m.	FREE		9/18-11/1	Friday	11:30 a.m.-1 p.m.	FREE
▼ GARFIELD CC	Ages 18 and Older				11/1-12/22	Friday	10 a.m.-1 p.m.	FREE	
59868	9/7-12/28	Thursday	10 a.m.-Noon	FREE	▼ NORTHGATE CC	Ages 18 and Older			
	9/7-12/29	Friday	1:30-3:30 p.m.	FREE	59863	9/6-12/29	M/F	9:30 a.m.-2 p.m.	FREE
▼ GREEN LAKE CC	Ages 18 and Older				9/6-12/29	Wednesday	9:30 a.m.-1 p.m.	FREE	
59928	9/19-12/19	Tuesday	1-4 p.m.	FREE	▼ QUEEN ANNE CC	Ages 18 and Older			
59923	9/7-12/28	Thursday	10:30 a.m.-1:30 p.m.	FREE	59531	9/6-12/13	M/W	11 a.m.-2 p.m.	FREE
▼ HIGH POINT CC	Ages 18 and Older			▼ RAINIER CC	Ages 18 and Older				
60150	9/6-12/29	W/F	10 a.m.-12:45 p.m.	FREE	60484	9/12-12/14	Tu/Th	10 a.m.-1 p.m.	FREE
▼ INT'L DISTRICT/CHINATOWN CC	Ages 18 and Older			▼ RAVENNA-ECKSTEIN CC	Ages 18 and Older				
60449	10/2-12/18	Monday	6-8:45 p.m.	FREE	59490	9/15-11/11	F/Sa	12:30-2:30 p.m.	FREE
60469	9/30-12/30	Saturday	11:30 a.m.-1:30 p.m.	FREE	▼ VAN ASSELT CC	Ages 50 and Older			
▼ JEFFERSON CC	Ages 18 and Older			60786	9/11-12/18	M/W	Noon-2:45 p.m.	FREE	
60256	9/11-12/18	Monday	10 a.m.-1 p.m.	FREE	▼ YESLER CC	Ages 18 and Older			
▼ LOYAL HEIGHTS CC	Ages 18 and Older			60397	9/7-12/28	Tu/Th	9 a.m.- Noon	FREE	
59704	10/6-12/18	Friday	Noon-2 p.m.	FREE					



DROP-IN SPORTS

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

PING-PONG / TABLE TENNIS

▼ GARFIELD CC	Ages 18 and Older			
60511	9/8-12/15	Friday	11:30 a.m.-1:30 p.m.	FREE
▼ GREEN LAKE CC	Ages 18 and Older			
59925	9/5-12/29	Tu/F	6-8:45 p.m.	FREE
59924	9/6-12/27	Wednesday	10 a.m.-1 p.m.	FREE
▼ INT'L DISTRICT/CHINATOWN CC	Ages 18 and Older			
ADULT				
60458	10/2-12/30	M/W/F/Sa	1-2:30 p.m.	\$3
	10/2-12/27	M/W/F	5:30-8:30 p.m.	\$3
YOUTH				
60464	9/25-12/29	M/F	5-6 p.m.	FREE
▼ MILLER CC	Ages 18 and Older			
59956	9/19-12/27	Tuesday	5-8 p.m.	FREE
	9/19-12/27	Wednesday	10 a.m.-1 p.m.	FREE
▼ NORTHGATE CC	Ages 7 and Older			
59887	9/1-12/29	Mon-Fri	9 a.m.-7:30 p.m.	FREE
▼ YESLER CC	Ages 18 and Older			
60535	9/10-12/17	Sunday	10 a.m.-1:30 p.m.	FREE

BADMINTON

▼ BALLARD CC	Ages 18 and Older			
61522	9/9-9/23	Sunday	10 a.m.-Noon	FREE
▼ INT'L DISTRICT/CHINATOWN CC	Ages 18 and Older			
60447	10/5-12/28	Tu/Th	10 a.m.-1 p.m.	FREE
▼ JEFFERSON CC	Ages 16 and Older			
60253	9/12-12/26	Tuesday	6-8:45 p.m.	FREE
▼ MAGNUSON CC	All Ages			
60363	9/11-12/18	Monday	6-8:30 p.m.	FREE
▼ MEADOWBROOK CC	Ages 18 and Older			
58099	9/1-11/17	Friday	6:15-8:15 p.m.	FREE
▼ YESLER CC	Ages 18 and Older			
60406	9/16-12/30	Saturday	2:30-5:30 p.m.	FREE

DODGEBALL

▼ BALLARD CC	Ages 18 and Older			
60982	9/10-12/17	Sunday	12:30-2:30 p.m.	FREE
▼ GREEN LAKE CC	Ages 18 and Older			
59922	9/6-12/27	Wednesday	6-8:45 p.m.	FREE
▼ LOYAL HEIGHTS CC	Ages 16 and Older			
59703	10/2-12/18	Monday	7-8:45 p.m.	FREE
▼ VAN ASSELT CC	Ages 8-12			
60790	10/5-12/7	Thursday	5-6:15 p.m.	FREE

FUTSAL

▼ BALLARD CC	All Ages			
59649	9/7-12/28	Thursday	6:15-8:45 p.m.	FREE
▼ VAN ASSELT CC	All Ages			
60892	9/13-12/30	Friday	4-6:30 p.m.	FREE

VOLLEYBALL

▼ BALLARD CC - Call to confirm Fridays	Ages 18 and Older			
59654	9/5-12/29	Tu/F	5:15-7 p.m.	FREE
59655	9/5-12/29	Tu/F	7-8:45 p.m.	FREE
▼ GARFIELD CC	Ages 18 and Older			
60503	9/8-12/1	Friday	5:30-7:30 p.m.	FREE
▼ INT'L DISTRICT/CHINATOWN CC	Ages 18 and Older			
ADULT				
60523	9/16-12/30	Wednesday	6-8:45 p.m.	FREE
	9/16-12/30	Saturday	9-11 a.m.	FREE
YOUTH				
55839	4/5-6/21	Wednesday	2-5:30 p.m.	FREE
▼ MEADOWBROOK CC	Ages 18 and Older			
58724	9/6-12/27	Wednesday	6:15-8:15 p.m.	FREE
▼ MILLER CC	Ages 16 and Older			
55953	9/18-11/20	M/Th	6-8:30 p.m.	FREE
	11/27-12/18	Monday	6-8:30 p.m.	FREE
▼ NORTHGATE CC	Ages 18 and Older			
61054	9/11-12/18	Monday	6-7:45 p.m.	FREE
▼ RAINIER BEACH CC	Ages 18 and Older			
61470	9/10-12/17	Sunday	12:30-2:30 p.m.	FREE

DROP-IN SPORTS

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

BASKETBALL

▼ BALLARD CC Ages 16 and Older

59651 9/11-12/18 Monday 6:15-8:45 p.m. FREE

▼ DELRIDGE CC Ages 16 and Older

Thursday 6:30-9 p.m. FREE

Saturday 9:30 a.m.-Noon FREE

▼ GARFIELD CC Ages 18 and Older

ADULT Ages 18 and Older

60506 9/2-12/30 Tu/Th 12:30-3:30 p.m. FREE

9/2-12/30 Saturday 12:30-2 p.m. FREE

YOUTH Ages 12-18

60509 9/6-12/27 Wednesday 2:30-5:30 p.m. FREE

▼ GREEN LAKE CC Ages 18 and Older

59921 9/8-12/29 M/F 10 a.m.-3 p.m. FREE

▼ INT'L DISTRICT/CHINATOWN CC Ages 18 and Older

ADULT Ages 18 and Older

60448 10/2-12/29 M/W/F 11:30 a.m.-1:30 p.m. FREE

YOUTH Ages 10-17

60744 9/29-12/29 Friday 2-8:45 p.m. FREE

▼ LOYAL HEIGHTS CC Ages 18 and Older

Mon-Fri 2-4 p.m. FREE

▼ MAGNUSON CC Ages 18 and Older

ADULT Ages 18 and Older

60364 9/14-12/18 Thursday 6-7:45 p.m. FREE

TEEN Ages 12-17

60367 9/15-12/29 Friday 6:30-8:30 p.m. FREE

9/16/12/30 Saturday 3-5 p.m. FREE

▼ MEADOWBROOK CC Ages 11-18

58725 9/5-11/28 Tuesday 5:15-6:45 p.m. FREE

▼ MILLER CC Ages 18 and Older

ADULT Ages 18 and Older

59962 9/20-11/22 Wednesday 6-8:30 p.m. FREE

9/20-12/29 Friday 6-8 p.m. FREE

11/28-12/29 Tuesday 6-8:30 p.m. FREE

YOUTH Ages 11-17

59978 9/18-11/27 M/Tu/Th/F 4-6 p.m. FREE

9/18-11/27 Wednesday 2:30-4 p.m. FREE

11/27-12/15 M/F 4-6 p.m. FREE

11/27-12/15 Wednesday 2:30-3:30 p.m. FREE

▼ YESLER CC Ages 18 and Older

ADULT Ages 18 and Older

60393 9/5-12/28 Tu/Th Noon-3:30 p.m. FREE

60394 9/16-12/30 Saturday 9:30 a.m.-1:30 p.m. FREE

YOUTH Ages 12-17

9/6-12/27 Wednesday 1:30-4 p.m. FREE

9/9-12/30 Saturday 1:30-2:30 p.m. FREE

WHEELCHAIR BASKETBALL

Please contact info@seattleadaptivesports.org before attending to guarantee equipment availability.

▼ MILLER CC Ages 18 and Older

59954 9/5-11/21 Tuesday 6-8:30 p.m. FREE

COVID GUIDELINES



FIND DETAILS ON PAGE 62

VIRTUAL PROGRAMS

VIRTUAL 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 High Point Community Center by calling 206-684-7422. *NO CLASS 9/4 or 10/9

60174	9/11-12/18	Monday	4-8:30 p.m.	\$280
60176	9/9-12/16	Saturday	Noon-4 p.m.	\$280

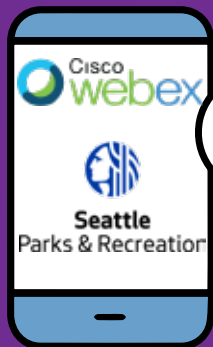
VIRTUAL SPD MIXED GENDER PERSONAL SAFETY CLASS

Ages 18 and Older

Learn how to be proactive and enhance your personal safety. 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. For questions please email PKS_Virtual_Programs@seattle.gov Prior to event, a link will be sent to join, through Webex. Dates and Times TBA.



DOWNLOAD WEBEX



SCAN
ME



DOWNLOAD TO PARTICIPATE IN VIRTUAL PROGRAMS:
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

SPECIAL EVENTS

Look out for this symbol
for Citywide Environmental
Education programs



SPECIAL EVENT: SILK SCREENING ON CERAMIC TILES

▼ **BALLARD CC** **Ages 18 and Older**

Looking for a fun handmade gift? (Or keep it for yourself). Join us for an entertaining mini class in silk-screening on tiles. No previous experience required. Cost of the includes first tile (Additional ones may be purchased for \$10.00 each). All glazes and firing included.

59662 9/15 **Friday** 6:30-8:30 p.m. **\$20**

SPECIAL EVENT: 10TH ANNIVERSARY CELEBRATION

▼ **RAINIER BEACH CC AND POOL** **All Ages**

Join us to celebrate the 10th Anniversary and reopening of Rainier Beach Community Center and Pool. To commemorate this special occasion, Seattle Parks and Recreation, Rainier Beach Pool, and Rainier Beach Community Center will be hosting a celebration that will include a short ceremony, light refreshments, class demonstrations, and a free swim. This event is brought to you by the gracious participation, collaboration and sponsorship of the Associated Recreation Council and the Rainier Beach Advisory Council.

60543 9/23 **Saturday** 1-4 p.m. **FREE**

SPECIAL EVENT: BINGO DAY

▼ **BITTER LAKE CC** **All Ages**

BINGO is the name of the game, and everybody is invited to play and have a chance to win awesome prizes! We will promptly start at 11 a.m. and light refreshments will be provided. Entry fee is \$5/family (limit 4 people per family).

60524 9/24 **Sunday** 11 a.m.-3 p.m. **\$10**

SPECIAL EVENT: FALL HARVEST FESTIVAL

▼ **MEADOWBROOK CC** **All Ages**

Meadowbrook Community Center is back to hosting our Annual Fall Harvest Festival! The event will feature fun fall-themed family-friendly activities! This is a great opportunity to meet your neighbors, make new friends, and celebrate our community.

10/6 **Friday** 5-7 p.m. **FREE**

SPECIAL EVENT: MUSHROOM WALK



▼ **HIGH POINT CC** **All Ages**

Commune with the fungi at Lincoln Park during a day of learning about mushrooms. You'll hear a short presentation, enjoy a nature walk, and enjoy an age-appropriate activity. Children under 12 must be accompanied by an adult.

60043 10/7 **Saturday** 11 a.m.-12:30 p.m. **FREE**

SPECIAL EVENT: SELF DEFENSE FOR TEENS AND WOMEN OF COLOR

▼ **GARFIELD CC** **Ages 11 and Older**

This workshop taught by Seven Star teaches techniques and strategies to protect yourself. In a safe and supportive environment, you will learn practical, real-world self-defense skills through hands-on work with pads and bodies, as well as verbal and physical situations. This class is for Women of Color ages 11 to adult.

60540 10/14 **Saturday** 1-3 p.m. **FREE**

SPECIAL EVENT: GREAT WASHINGTON SHAKEOUT

▼ **GARFIELD CC** **All Ages**

Millions of people worldwide will practice how to Drop, Cover, and Hold On during the Great ShakeOut Earthquake Drill! Come by to practice earthquake safety and participate in a discussion on how to be "two weeks ready."

59950 10/19 **Thursday** 10-11 a.m. **FREE**



Look out for this symbol
for Citywide Environmental
Education programs

SPECIAL EVENTS

SPECIAL EVENT: PUMPKIN CARVING

NORTHGATE CC **Ages 5 and Older**
Kick off Halloween weekend with pumpkin carving and decorating! We'll have pumpkins of all sizes and all the tools for you to create spooky and funky jack-o-lanterns, including safe carving tools and colorful paints. Enjoy cookies, candies, and hot cider while you carve. Stick around for the jack-o-lantern contest to win prizes!

60897 10/20 Friday 4:30-6:30 p.m. FREE

SPECIAL EVENT: BIG PUMPKIN BASH

BITTER LAKE CC **All Ages**
Get your costumes and bring your family out for ghoulish-good fun with carnival games, face painting, refreshments, and the always popular cake walk! Bring a can of food to donate. Volunteer hours are available. Call 206-684-7524 for more details. \$0.25/ticket and \$10/entry bracelet payable by cash or check.

60210 10/21 Saturday 6-8 p.m. \$10

SPECIAL EVENT: HALLOWEEN BOUNCE AND SWIM

GREEN LAKE CC **Ages 5-14**
Join our haunted Halloween celebration! Visit the gym and jump around in the bouncy houses. Then join a pirate-themed pool party where each swashbuckler must dodge the floating pumpkins! Healthy snacks provided. Swimming starts at 7 p.m.! Swimsuits are required!

59831 10/27 Friday 6-8 p.m. FREE

SPECIAL EVENT: HALLOWEEN CRAFTERNOON

BITTER LAKE CC **All Ages**
Celebrate the spooky season with Halloween crafts! Families of all ages are invited to make a variety of festive crafts including pastel pumpkins and ghoulish garlands. Create your own festive Halloween decorations with this fun event for the whole family! All materials are provided.

61463 10/22 Sunday 2-4 p.m. \$15

SPECIAL EVENT: MAGNUSON HAUNTED HOUSE

MAGNUSON CC **Ages 5-14**
Join us for a spooky, spine-tingling walk through the depths of Magnuson Community Center. Listen for the voices of the past (and the future) as you make your way through our dark, winding hallways filled with ghosts and ghouls, but watch where you're walking – you never know what will be waiting for you around the next corner!

61300 10/27 Friday 5-10 p.m. \$6
10/28 Saturday 4-10 p.m. \$6

HALLOWEEN CARNIVAL

BALLARD CC
GARFIELD CC
INT'L DISTRICT/CHINATOWN CC
JEFFERSON CC
LOYAL HEIGHTS CC
QUEEN ANNE CC

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

Seattle Parks & Recreation

BALLARD CC **All Ages**
60835 10/27 Friday 6-8 p.m. \$10

GARFIELD CC **Ages 1-5**
59852 10/27 Friday 5-7 p.m. FREE

INT'L DISTRICT/CHINATOWN CC **All Ages**
10/27 Friday 6-8 p.m. \$1

JEFFERSON CC **All Ages**
60532 10/27 Friday 5-7 p.m. FREE

QUEEN ANNE CC **Ages 1-6**
60323 10/31 Tuesday 10 a.m.-1 p.m. FREE

SPECIAL EVENTS

Look out for this symbol
for Citywide Environmental
Education programs



SPECIAL EVENT: CAMP LONG TRAIL OR TREAT!



CAMP LONG **Ages 5 and Older**

Celebrate the fall festivities in the best setting imaginable at Camp Long! We will have a trail designated that loops around some of our main cabins where local organizations/vendors/companies will be offering hand outs. We will also have fun, nature themed programming at various locations throughout the park! For information contact camp.long@seattle.gov or call 206-684-7434.

10/28 Saturday 4-8 p.m. FREE

SPECIAL EVENT: BOO BASH

RAINIER BEACH CC **All Ages**

Join us for a fright fest of activities, games, and challenges. Dress in Costume and remember to bring a bag for your goodies. Festivities include carnival style games, crafts, cookie decorating, music, cake walks and more!

10/29 Sunday TBD FREE

SPECIAL EVENT: COSTUME CRAWL FOR TODDLERS

GARFIELD CC **Ages 1-5**

Toddler gym, spooky crafts, and yummy snacks. Come in your costume and have a blast!

59949 10/30 Monday 10 a.m.-1 p.m. FREE

SPECIAL EVENT: HALLOWEEN AT THE HEIGHTS BASH

LOYAL HEIGHTS CC **Ages 2 and Older**

Join us for a fright fest of activities, games, and challenges. Dress in Costume and remember to bring a bag for your goodies. Festivities include carnival style games, crafts, cookie decorating, music, cake walks and more! Hot dogs and water will be on sale for \$1 each. Volunteers are needed to help set-up, clean-up, and run carnival games. Proceeds from the wristband tickets supports the LHCC Scholarship Fund.

61439 10/27 Friday 6-8:30 p.m. \$12

SPECIAL EVENT: OPEN MIC POETRY NIGHT

MILLER CC **All Ages**

If you have a passion for sharing your favorite poems, showcasing original compositions, or if you enjoy listening to others, this is for you. It's completely FREE and we enthusiastically welcome young poets to join us! Let's strengthen our community through the power and beauty of poetry.

60189 10/6 Friday 6-8 p.m. FREE

60310 11/3 Friday 6-8 p.m. FREE

60312 12/1 Friday 6-8 p.m. FREE

SPECIAL EVENT: CRAFT AND SIP

MILLER CC **Ages 18 and Older**

Come to Miller Community Center and enjoy some mocktails at this FREE event. Bring your own craft projects from home and meet new friends, learn new skills, and enjoy some good drinks!

60055 10/12 Thursday 5-8 p.m. FREE

60219 11/9 Thursday 5-8 p.m. FREE

60289 12/7 Thursday 5-8 p.m. FREE

SPECIAL EVENT: FALL FESTIVAL

VAN ASSELT CC **All Ages**

Van Asselt Community Center is back to hosting our Annual Fall Festival! The event will feature family-friendly entertainment, local foods, exciting games, prizes, and fun fall-themed activities! This is a great way to meet your neighbors, make new friends, and celebrate our community.

60927 10/27 Friday 5-7 p.m. FREE



SPECIAL EVENT: TOT FALL FESTIVAL

VAN ASSELT CC **Ages 5 and Under**

Get into your Halloween costume and spirit! We'll have a costume contest, cookie decorating, and arts and crafts alongside our TOT Gym.

60893 10/31 Tuesday 11 a.m.-1 p.m. FREE



Look out for this symbol
for Citywide Environmental
Education programs

SPECIAL EVENTS

SPECIAL EVENT: SEATTLE SEAHAWKS GAMEDAY

BITTER LAKE CC **All Ages**

Let's watch the Seattle Seahawks take on the Arizona Cardinals on our 65" TV while enjoying delicious food. Doors open at 1 p.m. and the game starts at 1:25 p.m. Attendees will be entered to win awesome Seahawks prizes. Entry fee is \$10/family.

60210 11/19 Sunday 1:25 p.m. \$10

SPECIAL EVENT: MEADOWBROOK LUMINARIA WALK

MEADOWBROOK CC **All Ages**

Each year, for one night only, we decorate the boardwalk & pathways of Meadowbrook Pond with hundreds of glowing luminarias. Bring your friends & family to this magical community space, stroll along, say hi to your neighbors, and sip hot cocoa & munch cookies.

12/2 Saturday 5:30-8 p.m. FREE



Saturday, December 9
4:30 - 7:30 p.m.

Come join us for a glowing walk around the inner Green Lake path lit up with luminary bags. We will have 3 music stages around featuring local schools and music groups. The event is held on the second Saturday of December. Dress for the weather. Please bring can food donations to help out your local neighbors and food bank. Families and high school students can be part of the event by volunteering at the event. Students can earn volunteer hours at this event. Contact Green Lake Community Center for more information.

SPECIAL EVENT: HOLIDAY FAMILY CERAMICS

JEFFERSON CC **Ages 5-12**

Celebrate the holiday season with Jefferson CC's first Family Ceramics event. Parents and children will glaze ceramic pieces to create holiday mementos. Choose between a variety of handmade plates, bowls, tiles, and ornaments to decorate. Pieces will be fired and ready for pick-up the following week.

60433 12/8 Friday 6-8 p.m. \$60

SPECIAL EVENT: MULTI-CULTURAL DINNER

BITTER LAKE CC **All Ages**

Join us for a Bitter Lake tradition as we take a culinary trip around the world. Introduce your family to food from different cultures. Food is one of the best ways to experience and celebrate diversity. We have something for everyone! \$5 per person

60211 12/8 Friday 5:30-7 p.m. \$5



SPECIAL EVENT: GINGERBREAD JUBILEE

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!

60834 12/15 Friday 6-8 p.m. \$5

SPECIAL EVENT: COMMUNITY HOLIDAY PARTY

GARFIELD CC **All Ages**

Celebrate the season's many wonders with your neighbors and friends! Enjoy music, games, crafts and more. Participants can register for a gift from Toys for Tots. Toys are dependent on donations and will be distributed the week after the event. Call Garfield CC 206-684-4788 for details.

59851 12/15 Friday 5-7 p.m. FREE

CAMP LONG

SEATTLE
PARKS

Hours: Tue Sat: 10 a.m. 6 p.m.

SPECIAL EVENT: CAMP LONG TRAIL OR TREAT!



Ages 5 and Older

Celebrate the fall festivities in the best setting imaginable at Camp Long! We will have a trail designated that loops around some of our main cabins where local organizations/vendors/companies will be offering hand outs. We will also have fun, nature themed programming at various locations throughout the park! For information contact camp.long@seattle.gov or call 206-684-7434.

10/28 Saturday 4-8 p.m. FREE

CAMP LONG RENTALS

Ages 18 and Older

Explore the hidden gem of West Seattle, Camp Long! We have shelters, indoor lodge space, a fire ring amphitheater, and you can even rent a cabin to stay overnight! Call 206.684.7434 for details and booking.



CHALLENGE COURSE AND ROCK CLIMBING

Ages 5 and Older

Schedule your school, community, staff or youth group for a team building adventure on the Camp Long Low or High Challenge Course, Rock Climbing or even portable programming where we can come to your location pending staffing availability! Contact Camp Long to connect with our Challenge Course team. Call 206-684-7434 to inquire about more details.



AGENTS OF DISCOVERY

All Ages

FREE

This augmented reality mobile game allows you to play and discover the world around you. Download the free app to play missions at Carkeek and Discovery Parks whenever you visit, plus you can earn prizes! For more information, contact us at 206.386.4236 or Carkeek.Park@seattle.gov

CARKEEK PARK ADVISORY COUNCIL

Ages 18 and Older

The Carkeek Park Advisory Council (CPAC) is a group of neighbors, community members and volunteers who support and enjoy Carkeek Park. We work with Seattle Parks and Recreation in an advisory and supporting role. We have organized volunteer efforts through which many members of our community have contributed thousands of hours of volunteer time to improving the park, in areas such as restoring salmon runs to Piper's Creek, the trails improvement project, restoring Piper's Orchard, reforestation, and many others. Community meetings are open to the public and are held on the second Tuesday of the month from 7-9pm at the Carkeek Park Visitor Center or virtually. Please contact Carkeek Park Visitor Center with any questions: 206-386-4236 / Carkeek.Park@seattle.gov

55834 9/12-12/12 Tuesday 7-9 p.m. FREE

CARKEEK PARK SALMON STEWARDS PROGRAM

Carkeek Park Salmon Stewards are community volunteers trained to welcome, engage and educate, park visitors who have come to visit the annual Piper's Creek salmon run at Carkeek Park. Chum Salmon return to Carkeek Park, every October and November and you will find an information booth hosted by Salmon Stewards every Saturday and Sunday from 11am – 2pm while the Salmon are returning. Please come to enjoy this amazing Salmon return and learn from our Salmon Stewards. For up-to-date information on when the Salmon are returning at Carkeek Park <https://www.facebook.com/CarkeekParkSalmonStewards>. If you would like to become a Salmon Steward volunteer applications should be open in September seattle.gov/parks/volunteer/environmental-education-volunteering.



DISCOVERY PARK

SEATTLE PARKS

Tuesday Sunday: 8:30 a.m. 5 p.m.

DISCOVERY ROOM

All Ages **FREE**

Children's playroom with underwater theme! Stop by during our regular business hours to let your young one's imagination run wild. Plushies, coloring sheets and puppet shows await!

NATURE KIDS PRESCHOOL

Ages 3-5

Nature Kids is a play-based preschool. Creativity, imagination, and respect for others and the world around us are important aspects of the program. Children are encouraged to learn at their own pace through active play and discovery time. We recognize and celebrate the ever-changing world of the preschooler in all areas of Nature Kids. For paperwork requirements and more on how we specifically teach art, math, science, and the language arts please visit our web page at www.seattle.gov/parks/find/centers/discovery-park-environmental-learning-center/discovery-park-nature-kids. (Children need to be fully potty-trained (no diapers or pull-ups permitted))



DISCOVERY PARK RENTALS

Ages 18 and Older

Discovery Park is a 550 acre regional gem that offers a place of peace and tranquility for all to enjoy. The park features extensive hiking trails, birding opportunities and views of Puget Sound. The Visitors Center is a great location for groups looking for a gathering space in a natural setting. The Visitor Center rooms are perfect for any party, meeting, retreat, or reception! Call us at (206) 386-4236 or email discovery.park@seattle.gov to learn more about what we have to offer.

FALL BIRD TOUR

Ages 8 and Older

Discover the joy of birding. Join experienced birders in exploring Discovery Park's many habitats looking for migrants as well as year-round residents. All children must be accompanied by an adult. Everyone attending must be registered.

55157	9/23	Saturday	8-10 a.m.	\$5
55158	9/30	Saturday	8-10 a.m.	\$5
55160	10/21	Saturday	8-10 a.m.	\$5
55161	10/28	Saturday	8-10 a.m.	\$5

WORLD MIGRATORY BIRD DAY

Ages 8 and Older

Discover the joy of birding. Join experienced birders in exploring Discovery Park's many habitats looking for migrants as well as year-round residents. All children must be accompanied by an adult. Everyone attending must be registered.

55159	10/14	Saturday	8-10 a.m.	\$5
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Seattle Parks & Recreation
DISCOVERY PARK

DOWNLOAD THE FREE APP TO PLAY THE MISSION!

- 1 Download the Agents of Discovery mobile game.
- 2 Find the **Discovery Park Mission** and come to the site to play.
- 3 Come discover our site and have fun!

DOWNLOAD AND PLAY FOR FREE

Download on the App Store
GET IT ON Google Play

VOLUNTEER GUIDE TRAINING

Become a Seattle Urban Nature Guide! Seattle Parks and Recreation is offering free training for those interested in this volunteer opportunity. Guides enhance, and foster appreciation of the natural world by connecting community groups and school classes with their Seattle parklands. Applications are due August 23 and training will begin on Saturday, September 9th. For more information and to apply, visit our website at <https://www.seattle.gov/parks/volunteer/environmental-education-volunteering>



PUBLIC NATURE WALKS

Seattle Parks and Recreation offers multiple Nature Walks and programs in parks all over the city. To find classes on native plants, birds, urban forest walks, beavers and low tide beach explorations, search our registration portal using keywords “nature” and/or “environment.”



SCHOOL FIELDTRIPS

Book a Nature Field Trip with Seattle Parks and Recreation and encourage students to engage in learning in a natural fun-filled setting. Programs offered year-round, pre-K through 5th grade. \$225 for up to 30 students, \$7.50/student after the first 30 / \$75 for up to 30 students for low-income and SPS Title 1 schools. Free bus transportation available for SPS Title 1 schools, once a year (as funds are available). For more information, please call (206) 484-5994, email PKSNatureFieldTrips@seattle.gov or visit: seattle.gov/parks/learning-and-childcare/environmental-education-all-ages#nature



Community Center Improvement Projects



Seattle
Parks & Recreation

Sites Reopening And Future Closures

Seattle Parks and Recreation is dedicated to renovating, maintaining, and improving accessibility to our sites. That does require us to sometimes close sites during construction. These sites are ending or beginning their construction projects in 2023.

COMMUNITY CENTERS RE-OPENING

Rainier CC will reopen in July 2023.

Discovery Park Visitor Center will reopen in July 2023.

Learn more at: <https://bit.ly/discoveryinfo23>

COMMUNITY CENTER CLOSURES

Carkeek Park Visitor Center will close in early June.

Hiawatha CC will remain closed until further notice.

Lake City CC will remain closed until further notice.

Laurelhurst CC scheduled to close in late summer 2023

Learn more at: https://bit.ly/laurelhurst_closure23

Magnolia CC scheduled to close in late summer 2023.

Montlake CC scheduled to close in late summer 2023.

South Park CC scheduled to close in August 2023 for approximately 1 year.

Learn more at: https://bit.ly/southpark_closure23

Please note: All closure timelines are estimates. These dates may change as we move through the year.

TAP AND JAZZ: BEGINNER

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

▼ Ages 5-9

59750	9/19-10/24	Tuesday	4:15-5:15 p.m.	\$66
59751	11/7-12/12	Tuesday	4:15-5:15 p.m.	\$66

▼ Ages 18 and Older

59748	9/14-10/26	Thursday	5:20-6:20 p.m.	\$66
59749	11/2-12/21	Thursday	5:20-6:20 p.m.	\$66

TAP AND JAZZ: INTERMEDIATE

Ages 5-9

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 and will build on the pre-requisite class, Beginning Tap and Jazz. Tap shoes and Jazz or Ballet shoes required.

60477	9/14-10/26	Thursday	4:15-5:15 p.m.	\$66
60478	11/2-12/21	Thursday	4:15-5:15 p.m.	\$66

KARATE: THE EMPTY HAND

This class presents a multi-disciplinary self-defense approach. 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 adults and children.

▼ Level 1

59746	9/18-12/20	M/W	4:15-5 p.m.	\$50
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▼ Level 2

59747	9/18-12/20	M/W	5:15-6:15 p.m.	\$50
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HATHA YOGA: BEGINNER

Ages 18 and Older

This class focuses on proper body alignment while mirroring breath with the movement. We will work on basic postures aiming to create balance in the mind and body. Perfect for those who have never taken Yoga before or those who would like to practice the basics.

60479	9/19-10/24	Tuesday	5:20-6:20 p.m.	\$66
60480	11/7-12/12	Tuesday	5:20-6:20 p.m.	\$66

PIANO LESSONS

Ages 6 and Older

It's never too early (or late!) to develop your musical talent! One-on-one piano lessons are 30-minutes long with a seasoned musician and are tailored to the individual. Learn to read music, play by ear, music theory, and composition.

59752	9/12-10/24	Tuesday	12-12:30 p.m.	\$315
59714	9/12-10/24	Tuesday	12:45-1:15 p.m.	\$315
59716	9/12-10/24	Tuesday	1:30-2 p.m.	\$315
59718	9/12-10/24	Tuesday	2:15-2:45 p.m.	\$315
59720	9/12-10/24	Tuesday	3-3:30 p.m.	\$315
59722	9/12-10/24	Tuesday	3:45-4:15 p.m.	\$315
59724	9/12-10/24	Tuesday	4:30-5 p.m.	\$315
59726	9/12-10/24	Tuesday	5:15-5:45 p.m.	\$315
60054	10/31-12/12	Tuesday	12-12:30 p.m.	\$315
59715	10/31-12/12	Tuesday	12:45-1:15 p.m.	\$315
59717	10/31-12/12	Tuesday	1:30-2 p.m.	\$315
59719	10/31-12/12	Tuesday	2:15-2:45 p.m.	\$315
59721	10/31-12/12	Tuesday	3-3:30 p.m.	\$315
59723	10/31-12/12	Tuesday	3:45-4:15 p.m.	\$315
59725	10/31-12/12	Tuesday	4:30-5 p.m.	\$315
59727	10/31-12/12	Tuesday	5:15-5:45 p.m.	\$315

GUITAR LESSONS

Ages 7 and Older

Learn expression through music! Lessons are 30 minutes long, and are tailored to each individual student, and students will learn to read music, play by ear, music theory, and composition. Student, please bring a guitar (acoustic guitar preferred), a tuner and guitar picks. From beginner and up all levels welcome.

59731	9/15-10/27	Friday	12-12:30 p.m.	\$280
59733	9/15-10/27	Friday	12:45-1:15 p.m.	\$280
59735	9/15-10/27	Friday	1:30-2 p.m.	\$280
59737	9/15-10/27	Friday	2:15-2:45 p.m.	\$280
59739	9/15-10/27	Friday	3-3:30 p.m.	\$280
59741	9/15-10/27	Friday	3:45-4:15 p.m.	\$280
60061	9/15-10/27	Friday	4:30-5 p.m.	\$280
59744	9/15-10/27	Friday	5:15-5:45 p.m.	\$280
59732	11/3-12/22	Friday	12-12:30 p.m.	\$240
59734	11/3-12/22	Friday	12:45-1:15 p.m.	\$240
59736	11/3-12/22	Friday	1:30-2 p.m.	\$240
59738	11/3-12/22	Friday	2:15-2:45 p.m.	\$240
59740	11/3-12/22	Friday	3-3:30 p.m.	\$240
59742	11/3-12/22	Friday	3:45-4:15 p.m.	\$240
59743	11/3-12/22	Friday	4:30-5 p.m.	\$240
59745	11/3-12/22	Friday	5:15-5:45 p.m.	\$240

Programs will be held at Dakota Park Place

CREATIVE BALLET WITH TEACHER MARIKA

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.

▼ Ages 3-4

60465	9/11-12/30	Monday	2-2:45 p.m.	\$84
60466	11/6-12/11	Monday	2-2:45 p.m.	\$60

▼ Ages 5-7

60456	9/11-12/30	Monday	3-3:45 p.m.	\$84
60457	11/6-12/11	Monday	3-3:45 p.m.	\$60

▼ Ages 6-8

60461	9/11-12/30	Monday	4-4:45 p.m.	\$84
60463	11/6-12/11	Monday	4-4:45 p.m.	\$60



Downtown Parks, Events/Customer Service: Park Concierge

Recreation Class and Camp Instructors

**Learn more and apply at:
www.arcseattle.org/jobs**

FOR MORE INFORMATION CONTACT:

Lamar, HR Recruiter
(206) 214 7384
lamar.mapp@seattle.gov

Kellie, HR Recruiter
(206) 476 4163
kellie.kraus@seattle.gov



SPECIAL EVENT: MUSHROOM WALK

All Ages

Commune with the fungi at Lincoln Park during a day of learning about mushrooms. You'll hear a short presentation, enjoy a nature walk, and enjoy an age-appropriate activity. Children under 12 must be accompanied by an adult.

60043 10/7 **Saturday 11 a.m.-12:30 p.m. FREE**

WATCH ME DANCE!

Ages 2-5

We use movement and music to stimulate brain reflexes, teach social/emotional learning skills, and encourage joy and self-expression. Music, props, and brain-integrated dance games let this class strengthen bodies, minds, and souls of little ones. A parent/guardian must be in attendance in the classroom. *No class 10/11

60225 9/13-10/25 **Wednesday 9:15-10 a.m. \$72**
60229 11/1-12/13 **Wednesday 9:15-10 a.m. \$72**

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.

60226 9/13-10/25 **Wednesday 10:15-11 a.m. \$72**
60227 11/1-12/13 **Wednesday 10:15-11 a.m. \$72**

TAP AND JAZZ: BEGINNER

Ages 5-8

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.

60231 9/11-10/16 **Monday 4:15-5:15 p.m. \$55**
60459 10/23-11/20 **Monday 4:15-5:15 p.m. \$55**
60460 11/27-12/18 **Monday 4:15-5:15 p.m. \$44**

PIANO INSTRUCTION

Ages 5 and Older

\$30/session

These weekly 30-minute private lessons cover music theory, ear training, and sight-reading which students will practice through pieces appropriate to their musical ability. Offered by appointment only.

60481 9/6-9/27 **Wednesday 3-6:30 p.m.**
60489 10/4-10/25 **Wednesday 3-6:30 p.m.**
60490 11/1-11/29 **Wednesday 3-6:30 p.m.**

LITTLE HOOPERS

Ages 3-5

Your little one will start to learn the fundamentals of basketball. We focus on dribbling and passing in this fun program. Parental supervision required. *No Class 9/28

60038 9/19-10/19 **Tu/Th 4-4:45 p.m. \$90**
60041 10/24-11/21 **Tu/Th 4-4:45 p.m. \$90**

JUNIOR HOOPERS

Ages 6-8

Get focused on the fundamentals of basketball! Your child will learn basic basketball skills like ball handling, teamwork, and shooting techniques while increasing their overall physical fitness. *No Class 9/28

60040 9/19-10/19 **Tu/Th 4:45-5:30 p.m. \$90**
60039 10/24-11/21 **Tu/Th 4:45-5:30 p.m. \$90**

TANG SOO KARATE

Ages 8 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.

60042 9/6-12/27 **M/W 5:45-7 p.m. \$162**

WEST SEATTLE TAE KWON DO CLUB

Ages 18 and Older

Learn Tae Kwon Do, a Korean martial art known primarily for its fast sparring techniques, dynamic forms, and strong kicks. 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.

60032 9/2-9/30 **Tu/Th/Sa 6-7:30 p.m. \$45**
60033 10/3-10/31 **Tu/Th/Sa 6-7:30 p.m. \$45**
60034 11/2-11/30 **Tu/Th/Sa 6-7:30 p.m. \$45**
60035 12/2-12/30 **Tu/Th/Sa 6-7:30 p.m. \$45**

INTRO TO PICKLEBALL

Ages 16 and Older

Beginners to the game will learn the rules, court positioning, strokes, and service skills. This program prepares you to feel comfortable participating in drop-in pickleball play across the city.

60488 9/23-11/4 **Saturday 9:30-11:15 a.m. \$84**

CHECK OUT OUR DROP-IN PROGRAMS ON PAGE 8

SPECIAL EVENT: HALLOWEEN CARNIVAL

All Ages

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

10/27 Friday 6-8 p.m. \$1/child

PIANO LESSONS

Ages 8 and Older

\$40/session

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. This course will help participants acquire intermediate piano skills. Prerequisite: Successful completion of Piano Lessons from July 2023 to Sept. 2023. 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.*

60445 9/26-12/26 Tuesday 2:30-7:30 p.m.
60443 9/30-10/30 Saturday 9 a.m.-12:30 p.m./1-5 p.m.

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.

60442 9/30-10/30 Saturday 11 a.m.-Noon \$60



LIFELONG RECREATION

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

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

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



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

SPECIAL EVENT: HALLOWEEN CARNIVAL

All Ages

Start your Halloween off with a frighteningly fun-filled evening for the family! Wear your costumes and enjoy carnival games, crafts, and spooktacular activities. \$0.25 per ticket for carnival games.

60532 10/27 Friday 5-7 p.m. \$0.25

SPECIAL EVENT: HOLIDAY FAMILY CERAMICS

Ages 5-12

Celebrate the holiday season with Jefferson CC's first Family Ceramics event. Parents and children will glaze ceramic pieces to create holiday mementos. Choose between a variety of handmade plates, bowls, tiles, and ornaments to decorate. Pieces will be fired and ready for pick-up the following week.

60433 12/8 Friday 6-8 p.m. \$60

PIANO LESSONS

Ages 5-12

Learn to play the piano from an experienced professional teacher in weekly 30-minute private lessons. Scholarships are available.

60271	9/14-11/30	Thursday	4-4:30 p.m.	\$360
60272	9/14-11/30	Thursday	4:30-5 p.m.	\$360
60273	9/14-11/30	Thursday	5-5:30 p.m.	\$360
60274	9/14-11/30	Thursday	5:30-6 p.m.	\$360
60265	9/15-12/1	Friday	4-4:30 p.m.	\$360
60266	9/15-12/1	Friday	4:30-5 p.m.	\$360
60267	9/15-12/1	Friday	5-5:30 p.m.	\$360
60269	9/15-12/1	Friday	6-6:30 p.m.	\$360
60270	9/15-12/1	Friday	6:30-7 p.m.	\$360
60268	9/15-12/1	Friday	7-7:30 p.m.	\$360

YOUTH POTTERY

Youth will create ceramic projects using handbuilding and wheel throwing techniques. We'll complete each masterpiece with colorful glazes! Open to all levels, join us and let's get creative with clay!

▾ Ages 5-8

61489 9/16-12/2 Saturday 11 a.m.-12:30 p.m. \$280

▾ Ages 9-12

61490 9/16-12/2 Saturday 1-2:30 p.m. \$280

CHECK OUT OUR DROP-IN PROGRAMS ON PAGE 8

BUSY BEE SOCCER

Ages 3-5

Increase self-esteem and build a love for soccer! Through a series of games and mini-matches your child will play in a non-competitive environment with an emphasis on teamwork and skill development. Parental supervision required.

60907 9/18-11/27 Monday 5-5:45 p.m. \$90

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.

60251 9/12-10/31 Tuesday 10:15-11 a.m. \$140
60252 11/7-12/12 Tuesday 10:15-11 a.m. \$88

LITTLE HOOPERS

Ages 3-5

Your little one will start to learn the fundamentals of basketball. We focus on dribbling and passing in this fun program. Parental supervision required.

60905 9/15-12/8 Friday 4-4:45 p.m. \$90

JUNIOR HOOPERS

Ages 6-8

Get focused on the fundamentals of basketball! Your child will learn basic basketball skills like ball handling, teamwork, and shooting techniques while increasing their overall physical fitness.

60906 9/15-12/8 Friday 5-5:45 p.m. \$90

MOCK TRIAL



Ages 14-18

Learn public speaking skills, acting, and case analysis through the Jefferson Mock Trial. Participants will experience new skills and challenges, learn to work as a team, and have the opportunity to earn service hours by tutoring each other.

60298 9/11-12/26 Mon-Tue 6:30-8:30 p.m. **FREE**

BRAZILIAN JIU JITSU

Ages 16 and Older

Learn the art of Brazilian Jiu Jitsu that teaches defense against larger assailants with proper technique and leverage. Your child's confidence will grow through an emphasis on healthy living, respect, self-discipline and integrity. We also practice meditation to help improve focus, self-awareness, and stress management.

60250 9/12-12/12 Tuesday 4:40-5:30 p.m. **\$117**

YOGA

Ages 16 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.

60264 9/13-12/13 Wednesday 6:30-7:30 p.m. **\$130**

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. First bag of clay will be provided.

60278	9/12-11/14	Tuesday	10 a.m.-1 p.m.	\$360
60279	9/12-11/14	Tuesday	5:30-8:30 p.m.	\$360
60280	9/13-11/15	Wednesday	5:30-8:30 p.m.	\$360
60277	9/14-11/16	Thursday	5:30-8:30 p.m.	\$324
60533	9/15-11/17	Friday	5:30-8:30 p.m.	\$324



JUNIOR HOOPERS

Ages 6-9

Get focused on the fundamentals of basketball! Your child will learn basic basketball skills like ball handling, teamwork, and shooting techniques while increasing their overall physical fitness.

60497	9/13-11/1	Wednesday	5:30-6:30 p.m.	\$64
60498	11/8-12/20	Wednesday	5:30-6:30 p.m.	\$56

LIL HOOPERS

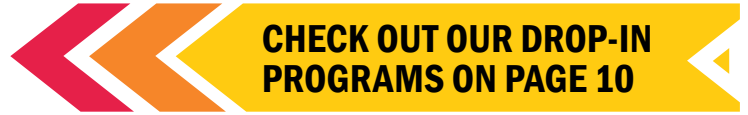
Ages 3-5

This fun co-ed, instructional class will teach the basics of basketball. Instruction leads to a scrimmage match for the last two weeks. Kids will be divided into two teams for a non-competitive match where parent volunteers can coach and cheer on their young ones.

60494	9/13-11/1	Wednesday	4:40-5:15 p.m.	\$64
60495	11/8-12/20	Wednesday	4:40-5:15 p.m.	\$56

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!



MIXED 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.

60492	9/11-11/6	Monday	6-7 p.m.	\$48
60499	11/13-12/18	Monday	6-7 p.m.	\$48

TEACHER MARIKA'S CAREGIVER AND DANCE TIME

Ages 3-6

Through music, props, and brain-integrated dance games, this dance class strengthens bodies, minds and souls of little ones. We provide a safe, positive environment for your child. Caregivers are welcome to attend class with their little ones to observe and potentially join in, depending on their dancer's comfort level.

60741	9/15-10/27	Friday	11:15 a.m.-Noon	\$42
60743	11/3-12/15	Friday	11:15 a.m.-Noon	\$42

RAINIER BEACH CC

ZONE
ONE

Monday Thursday: 8:30 a.m. - 9 p.m. | Friday Saturday: 8:30 a.m. - 7 p.m. | Sunday: 9 a.m. - 7 p.m.

SPECIAL EVENT: 10TH ANNIVERSARY CELEBRATION

All Ages

Join us to celebrate the 10th Anniversary and reopening of Rainier Beach Community Center and Pool. To commemorate this special occasion, Seattle Parks and Recreation, Rainier Beach Pool, and Rainier Beach Community Center will be hosting a celebration that will include a short ceremony, light refreshments, class demonstrations, and a free swim. Sponsored by the the Associated Recreation Council and the Rainier Beach Advisory Council.

60543 9/23 Saturday 1-4 p.m. FREE

SPECIAL EVENT: BOO BASH

RAINIER BEACH CC All Ages

Join us for a fright fest of activities, games, and challenges. Dress in Costume and remember to bring a bag for your goodies. Festivities include carnival style games, crafts, cookie decorating, music, cake walks and more!

10/29 Sunday TBD 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.

60019 9/11-12/13 M/W 7:15-8:30 p.m. FREE

DISTANCE RUNNING

FREE

Ages 7-17

Do your kids love to run? Then sign them up for our distance running program. No organized running experience required, just a good attitude and full participation at practice. Dress for the weather and bring a water bottle. Participants should be able to run at least 1 mile.

60007 9/11-10/30 M/W 5-6 p.m. FREE

CHECK OUT OUR DROP-IN PROGRAMS ON PAGE 10

TEACHER MARIKA'S CAREGIVER AND DANCER TIME

Ages 3-6

Through music, props, and brain-integrated dance games, this dance class strengthens bodies, minds and souls of little ones. We provide a safe, positive environment for your child. Caregivers are welcome to attend class with their little ones to observe and potentially join in, depending on their dancer's comfort level.

60020 9/1-9/29 Friday 11:15 a.m.-Noon \$40

60021 10/6-10/27 Friday 11:15 a.m.-Noon \$40

60022 11/3-12/8 Friday 11:15 a.m.-Noon \$40

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. Students must bring their own ukulele to class.

Ages 5-9

60005 10/11-11/15 Wednesday 5-5:45 p.m. \$60

61473 11/22-12/20 Wednesday 5-5:45 p.m. \$50

Ages 10-13

60006 10/11-11/15 Wednesday 6-6:45 p.m. \$60

61474 11/22-12/20 Wednesday 6-6:45 p.m. \$50

Ages 14 and Older

60004 10/11-11/15 Wednesday 7-7:45 p.m. \$60

61475 11/22-12/20 Wednesday 7-7:45 p.m. \$50

FAMILY ZUMBA®

FREE

Ages 14 and Older

Zumba combines fitness, entertainment, and culture into an exhilarating dance-fitness sensation! Bring the whole family to the fitness party that blends upbeat world rhythms with easy choreography for a total body workout! Please arrive early as space is limited.

60016 9/6-12/27 Wednesday 6:30-7:30 p.m. FREE

AEROBICS WITH BLESSED HEARTS FITNESS

FREE

Ages 18 and Older

Get your all-in-one workout while moving and grooving to the beat! Engage in cardio pumping, strength building, and muscle toning.

60010 9/7-10/26 Thursday 6-7 p.m. FREE

60011 11/2-12/28 Thursday 6-7 p.m. FREE

GENTLE YOGA

Ages 14 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. Students will develop better balance, posture, poise, and peace of mind.

60017 9/12-10/24 Tuesday 10:30-11:30 a.m. \$53

60018 10/31-12/12 Tuesday 10:30-11:30 a.m. \$53

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, striking shock points, and getting to safety. Classes are ongoing; join anytime!

60386 9/19-10/24 Tuesday 7:15-8:15 p.m. \$60

60387 11/7-12/12 Tuesday 7:15-8:15 p.m. \$60



SPECIAL EVENT: FALL FESTIVAL

All Ages

Van Asselt Community Center is back to hosting our Annual Fall Festival! The event will feature family-friendly entertainment, local foods, exciting games, prizes, and fun fall-themed activities! This is a great way to meet your neighbors, make new friends, and celebrate our community.

60927 10/27 Friday 5-7 p.m. FREE

SPECIAL EVENT: TOT FALL FESTIVAL

Ages 5 and Under

Get into your Halloween costume and spirit! We'll have a costume contest, cookie decorating, and arts and crafts alongside our TOT Gym.

60893 10/31 Tuesday 11 a.m.-1 p.m. FREE

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.

60781 9/11-10/30 Monday 6-7 p.m. \$56
60782 11/7-12/18 Monday 6-7 p.m. \$64

REGISTRATION OPENS AUGUST 8th



SCAN ME

REGISTER ONLINE:
https://bit.ly/spr_activity_reg



BEGINNING GUITAR

Ages 7 and Older

\$50/session

Receive the gift of music with this affordable, easy and fun introduction to the guitar. By the end of 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. Please call Van Asselt Community Center @ 206-386-1921 to schedule your classes.

60783 9/27-12/20 Wednesday 2:30-7:30 p.m.
60784 9/28-12/21 Thursday 2:30-7:30 p.m.
60785 9/16-10/16 Saturday 9:30 a.m.-4 p.m.



PIANO LESSONS

Ages 7 and Older

\$40/session

Learn to play the piano from an experienced professional teacher in weekly 30-minute private lessons. Classes cannot be scheduled on-line. Please call Van Asselt Community Center @ 206-386-1921 to schedule your classes.

60624 9/26-12/19 Tuesday 2:45-7:30 p.m.
60623 9/28-12/14 Thursday 2:45-7:30 p.m.

SPECIAL EVENT: SELF DEFENSE FOR TEENS AND WOMEN OF COLOR

Ages 11 and Older

This workshop taught by Seven Star teaches techniques and strategies to protect yourself. In a safe and supportive environment, you will learn practical, real-world self-defense skills through hands-on work with pads and bodies as well as verbal and physical situations. This class is for Women of Color ages 11 to adult.

60540 10/14 Saturday 1-3 p.m. FREE

SPECIAL EVENT: GREAT WASHINGTON SHAKEOUT

Ages 5-12

Millions of people worldwide will practice how to Drop, Cover, and Hold On during the Great ShakeOut Earthquake Drill! Come by to practice earthquake safety and participate in a discussion on how to be "two weeks ready."

59950 10/19 Thursday 10-11 a.m. FREE

SPECIAL EVENT: CREEPY CARNIVAL FOR KIDS

Ages 1-5

Get in the halloween spirit with this spooky event! Enjoy music, carnival games, face painting, and lots of treats. Wear your costume to participate in the costume contest!

59852 10/27 Friday 5-7 p.m. FREE

SPECIAL EVENT: COSTUME CRAWL FOR TODDLERS

Ages 1-5

Toddler gym, spooky crafts, and yummy snacks. Come in your costume and have a blast!

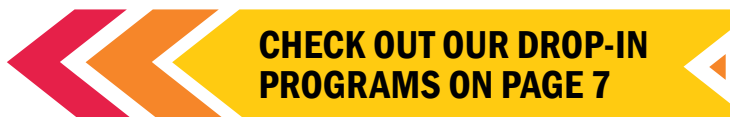
59949 10/30 Monday 10 a.m.-1 p.m. FREE

SPECIAL EVENT: COMMUNITY HOLIDAY PARTY

All Ages

Celebrate the season's many wonders with your neighbors and friends! Enjoy music, games, crafts and more. Participants can register for a gift from Toys for Tots. Toys are dependent on donations and will be distributed the week after the event. Call Garfield CC 206-684-4788 for details.

59851 12/15 Friday 5-7 p.m. FREE



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.

59815 9/11-10/30 Monday 4:30-5:20 p.m. \$111
59816 11/6-12/18 Monday 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 ballet barre, more challenging movement combinations, and choreography tools to develop their own movement style.

59817 9/11-10/30 Monday 5:30-6:25 p.m. \$111
59818 11/6-12/18 Monday 5:30-6:25 p.m. \$95

YOUTH FUTSAL



Ages 5-13

This high-paced game is similar to soccer, but is played indoors with unlimited substitutions. All skill levels welcome!

61434 9/9-12/9 Saturday 2:30-4:30 p.m. FREE

GROUP GUITAR LESSONS

Ages 5 and Older

Find the musician within! Enjoy this small group setting with an emphasis on personal instruction to meet each student's needs. We'll focus on chords, theory, ear training, and finish with a recital. Weekly jam sessions with the instructor and practice time at the Center are included. All ages and skill levels welcome.

59857 9/14-11/22 Thursday 6:30-7:30 p.m. \$435

TAEKWONDO

FREE

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. Registration is open throughout the season. E-13 required.

59788 9/11-12/27 M/W 6-7:30 p.m. FREE

AEROBICS WITH BLESSED HEARTS FITNESS

FREE

Ages 18 and Older

Get your all-in-one workout while moving and grooving to the beat! Engage in cardio pumping, strength building, and muscle toning.

59789 9/5-10/24 Thursday 5:30-6:30 p.m. FREE
59790 10/31-12/19 Thursday 5:30-6:30 p.m. FREE

FAMILY GARDEN CLUB

All Ages

Grow together as a community and learn more about growing food, creating healthy gardens, and being environmental stewards. Participate in weekly classes taught by Seattle Urban Nature Guides and spend time working in the newly rebuilt Garfield Community Garden! Gloves and tools are provided.

60454 8/23-11/8 Wednesday 5:30-7 p.m. \$10



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 class is a hybrid class. You may register for an in-person experience or choose to participate online via Webex video conferencing. 1st and 3rd Tuesday of each month.

57696 9/5-12/19 Tuesday 6-7:30 p.m. FREE

INTRO TO PICKLEBALL

Ages 18 and Older

Beginners to the game will learn the rules, court positioning, strokes, and service skills. This program prepares you to feel comfortable participating in drop-in pickleball play across the city.

59869 9/7 Thursday 9-10 a.m. \$5
59875 10/5 Thursday 9-10 a.m. \$5
59876 11/2 Thursday 9-10 a.m. \$5
59877 12/7 Thursday 9-10 a.m. \$5

ARGENTINE TANGO

FREE

Ages 18 and Older

Experience an exciting introduction to Argentine Tango. Perfect for beginners, you'll learn the fundamentals and dance with different partners to build your skills in a supportive environment. Wear smooth-soled shoes and comfortable clothes and let the music move you. Registering with a partner is encouraged, but not required.

Beginner

60063 9/11-10/23 Monday 6:45-7:45 p.m. FREE

Intermediate

60064 11/6-12/11 Monday 6:45-7:45 p.m. FREE

TAI CHI WITH PLUS ONE

FREE

All Ages

Participants with pre-existing neurological conditions or disabilities and their caregivers are invited to learn the world's most gentle martial art. Using soft, circular movements to harmonize your body and mind, this practice promotes balance, concentration, and relaxation. Wear loose comfortable clothing. This class is funded through Rec4All.

59858 9/15-11/3 Friday 2:30-4 p.m. FREE

SPECIAL EVENT: CRAFT AND SIP

Ages 18 and Older

Come to Miller Community Center and enjoy some mocktails at this FREE event. Bring your own craft projects from home and meet new friends, learn new skills, and enjoy some good drinks!

60055	10/12	Thursday	5-8 p.m.	FREE
60219	11/9	Thursday	5-8 p.m.	FREE
60289	12/7	Thursday	5-8 p.m.	FREE

SPECIAL EVENT: OPEN MIC POETRY NIGHT

All Ages

If you have a passion for sharing your favorite poems, showcasing original compositions, or if you enjoy listening to others, this is for you. It's completely FREE and we enthusiastically welcome young poets to join us! Let's strengthen our community through the power and beauty of poetry.

60189	10/6	Friday	6-8 p.m.	FREE
60310	11/3	Friday	6-8 p.m.	FREE
60312	12/1	Friday	6-8 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, exercise, and choreography. Students should wear ballet shoes, dance attire, and have long hair pulled back.

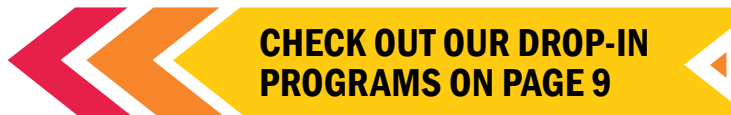
60293	10/6-10/27	Friday	3:45-4:30 p.m.	\$60
60294	11/3-12/8	Friday	3:45-4:30 p.m.	\$60

BALLET

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.

60291	10/6-10/27	Friday	4:45-5:30 p.m.	\$60
60292	11/3-12/8	Friday	4:45-5:30 p.m.	\$60



LIL HOOPERS

This fun co-ed, instructional class will teach the basics of basketball. Instruction leads to a scrimmage match for the last week. Kids will be divided into two teams for a non-competitive match where parent volunteers can coach and cheer on their young ones.

▼ Ages 3-5

60100	10/3-10/24	Tuesday	2-2:45 p.m.	\$55
60295	11/7-11/28	Tuesday	2-2:45 p.m.	\$55

▼ Ages 6-10

60101	10/3-10/24	Tuesday	3-3:45 p.m.	\$55
60296	11/7-11/28	Tuesday	3-3:45 p.m.	\$55

PIANO LESSONS

Ages 10 and Older \$30/session

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.

60085	10/5-10/26	Thursday	2-6 p.m.
60086	11/2-11/30	Thursday	2-6 p.m.

DRUM LESSONS

Ages 10 and Older \$30/session

Learn expression through music! Lessons are 30 minutes-long, and are tailored to each individual student. Students are taught 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.

60088	10/3-10/31	Tuesday	2-6 p.m.
60089	11/7-11/28	Tuesday	2-6 p.m.

GUITARS—NOT—GUNS GUITAR LESSONS



Ages 8-17

Join our 8-week guitar lessons for youth. No guitar, No worries! Instruction, instrument, and a safe environment are all provided. All you need to do is be there for each lesson over 8 weeks, and upon course completion you'll have the opportunity to own your guitar—in some cases, free!

59989	10/6-12/8	Friday	4-5 p.m.	FREE
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Monday Thursday: 10 a.m. 8:30 p.m. | Friday: 10 a.m. 8 p.m.

Miller Community Center will be closed 9/9-9/17

FINE ART: DRAWING & PAINTING

Ages 10 and Older

Learn to draw through lessons that encourage advancements in motor skills, creativity, and self-confidence. Transform simple objects into wonderful works of art using a variety of media such as ink, pencil, charcoal, oil, and chalk. All ages and all skill levels welcome for this family friendly class.

60283 10/2-10/30 **Monday** 4:30-6 p.m. **\$130**
60284 11/6-11/27 **Monday** 4:30-6 p.m. **\$130**

ADULT ART: LANDSCAPING PAINTING

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.

60285 10/5-10/26 **Thursday** 1-2:30 p.m. **\$130**
60290 10/6-10/27 **Friday** 4-5:30 p.m. **\$130**

ADULT ART: WATERCOLOR PAINTING

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.

60177 10/2-10/30 **Monday** 6:30-8 p.m. **\$121**
60178 11/6-11/27 **Monday** 6:30-8 p.m. **\$121**

FLORAL DRAWING

Ages 18 and Older

Learn to draw beautiful flowers and other flora through lessons that encourage advancements in motor skills, creativity, and self-confidence. You'll create wonderful works of art using a variety of media such as pencil, charcoal, and chalk.

60288 11/1-11/29 **Wednesday** 1:45-3:15 p.m. **\$136**

WRESTLING FOR BEGINNERS

Ages 11-14

Build confidence, mindfulness, and learn to set goals in this fun opportunity to try wrestling. Practices focus on movement, tumbling, basic techniques, and games. Normal gym attire is appropriate. Headgear is provided. Participate without shoes or bring your wrestling shoes.

60519 9/26-11/2 **Tue-Thu** 4:15-6 p.m. **\$10**

BOOK CLUB

FREE

Ages 18 and Older

Books are the foundation of knowledge, so get smart and join the new Miller Community Center book club. Each month covers a new book focusing on classic literature, culture, and history. Registration is required to attend. This book club meets the first and last Tuesday of each month.

60287 10/3-10/31 **Tuesday** 10:15 a.m.-12:15 p.m. **FREE**
60303 11/7-11/28 **Tuesday** 10:15 a.m.-12:15 p.m. **FREE**
60304 12/5-12/26 **Tuesday** 10:15 a.m.-12:15 p.m. **FREE**

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. The Korean Senior Association (Korean language program) meets at Miller Community Center every Tuesday and Friday.

59955 9/19-12/29 **Tu/F** 9:30 a.m.-1 p.m. **FREE**

SALSA & BACHATA

Ages 18 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 to practice and improve.

60222 10/5-10/26 **Thursday** 6-7 p.m. **\$79**
60223 11/2-11/30 **Thursday** 6-7 p.m. **\$79**

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.

60091 10/6-10/27 **Friday** 10:15-11:30 a.m. **\$62⁵⁰**

SPECIAL EVENT: PUMPKIN CARVING

Ages 5 and Older

Kick off Halloween with pumpkin carving and decorating! We'll have pumpkins of all sizes and all the tools for you to create spooky and funky jack-o-lanterns, including safe carving tools and colorful paints. Enjoy cookies, candies, and hot cider while you carve. Stick around for the jack-o-lantern contest to win prizes!

60897 10/20 Friday 4:30-6:30 p.m. FREE

PRE-BALLET

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.

Session 1 **Ages 3-5**
59879 9/12-10/17 Tuesday 3:30-4:15 p.m. \$81

Session 2 **Ages 3-5**
59880 11/7-12/12 Tuesday 3:30-4:15 p.m. \$81

BALLET 1

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.

Session 1 **Ages 5-7**
59867 9/12-10/17 Tuesday 4:30-5:15 p.m. \$85

Session 2 **Ages 5-7**
59870 11/7-12/12 Tuesday 4:30-5:15 p.m. \$85

BALLET 2

This class for dancers with 2 years of dance experience and older beginners teaches the basics of correct body alignment, traditional barre, and center-floor work. Students will also learn ballet vocabulary and combine it with expressive dances. We'll finish each day with a creative game.

Session 1 **Ages 7-10**
59871 9/12-10/17 Tuesday 5:30-6:30 p.m. \$90

Session 2 **Ages 5-7**
59872 11/7-12/12 Tuesday 5:30-6:30 p.m. \$90



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. Students will focus on the basics of footwork and swings, and will be introduced to modern Kendo equipment. Shinai and Bokken are required.

59878 9/6-12/20 Wednesday 6:30-8 p.m. \$117

PAINTING WITH THE PROS: MIXED MEDIA ART

Ages 7-9

Learn about famous artists throughout history and create art inspired by their unique styles! From color with Vincent Van Gogh to polka dots with Yayoi Kusama, we will create inspired mixed media projects with a variety of supplies. Join us for this exciting exploration of art. All materials are provided.

60515 9/12-10/17 Tuesday 4:30-6 p.m. \$157

ART CLASS AND STORY TIME

Ages 3-4

Your child will create art, read stories, and play games! Each class will focus on a different concept of art including color, shape, line and pattern while inspiring creativity and fun. All materials are provided. Parents are required to attend the class. Wear clothes that can get messy.

60500 9/14-10/19 Thursday 10:30-11:30 p.m. \$157

60501 11/2-12/7 Thursday 10:30-11:30 p.m. \$157

THE TRAVELING ARTIST: MIXED MEDIA ART

Ages 7-9

Travel around the world by learning about different cultures and the fundamentals of art! Be inspired by the Leaning Tower of Pisa, Egyptian pyramids, Chinese dragons, and more. Each class will have different mediums and focus on a different concept of art. All materials are provided.

60517 11/7-12/12 Tuesday 4:30-6 p.m. \$157



OPEN YOGA

Ages 18 and Older

Open Yoga 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.

[59902](#) 9/7-11/2 Thursday 6:30-7:30 p.m. \$95
[60436](#) 11/9-12/28 Thursday 6:30-7:30 p.m. \$75

BALLROOM AND LATIN DANCE

Ages 16 and Older

Let's dance! Each session is tailored to the majority of the participants' requests. We will cover several dance styles including tango, cha-cha, foxtrot, waltz, swing, and salsa. Come by yourself or with a partner. Please bring your dancing shoes.

[60899](#) 9/12-10/18 Wednesday 6:30-7:30 p.m. \$67
[60900](#) 11/1-12/20 Wednesday 6:30-7:30 p.m. \$67



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.

[58047](#) 9/14-12/14 Thursday Noon-1:30 p.m. \$120

GOJU-RYU KARATE

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.

[59874](#) 9/11-10/30 Monday 5:30-7:30 p.m. \$50
[60435](#) 11/6-12/18 Monday 5:30-7:30 p.m. \$50

LANDSCAPES & SEASCAPES: INTRO TO WATERCOLOR

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.

[59903](#) 9/12-10/17 Tuesday 6:30-8 p.m. \$157

BIRDS & BLOOMS: INTRO TO WATERCOLOR

Ages 18 and Older

Join us for a creative introduction to watercolor painting inspired by nature. A local Seattle artist will guide you through creating different washes, textures, and more using step-by-step instructions. No art experience required. Note: Previous Intro to Watercolor students can continue to learn in this updated program. All materials are provided.

[60502](#) 11/7-12/12 Tuesday 6:30-8 p.m. \$157

SPECIAL EVENT: TOT CARNIVAL

Ages 2-6

Have your tots try on their Halloween costumes and join the Halloween fun. Our mini carnival will have games, treats, and fun for all. Costumes are optional, but encouraged!

60323 10/31 Tuesday 10 a.m.-1 p.m. FREE

YOGA FOR THE YOUNG

Ages 3-5

Our class will practice yoga through creative play and imagination. We will meet on our mats for stretching and movement. Class will end with a bit of relaxation. Parents and guardians have the option to join us in class. *No class 10/9 or 10/16

60354 9/11-11/13 Monday 1-2 p.m. \$105

MOVEMENT AND YOGA FOR KIDS

Ages 1-5

Get your little ones mindfully moving and stretching, breathing and relaxing. Complete with art and story time too! *No class 9/28

60352 9/7-11/16 Thursday 9:30-10:30 a.m. \$120

TODDLER ART

Ages 3-5

Come dressed to make a mess. Class will be a mixed media class with gently used and recycled materials. Kids will create one of a kind pieces of art. Parents have the option to stay if they'd like. *No Class 10/9 or 10/16

60353 9/11-11/13 Monday 9:30-10:30 a.m. \$115

HIP HOP

Let's dance to hip-hop and pop music! We will warm-up, play games, and learn exclusive choreography to perform at the end of the quarter! Classes are focused on building confidence, all levels are welcome! *No class 11/23

▼ **Level 1** Ages 6-8
60308 10/5-12/7 Thursday 4:05-5 p.m. \$165

▼ **Level 2** Ages 9-11
60309 10/5-12/7 Thursday 5:05-6 p.m. \$165



TRADITIONAL NON-CONTACT TAE KWON DO

Ages 6 and Older

This class teaches non-contact Tae Kwon Do and focuses on 5 elements: Courtesy, Integrity, Perseverance, Self-Control and the Indomitable Spirit. Tae Kwon Do will help you increase your confidence, flexibility, balance, and strength. Testing fees are an additional cost. *No class 10/9

60314 9/6-12/27 M/W 6-7 p.m. \$56

TAE KWON DO

Ages 7 and Older

Tae Kwon Do 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. *No class 9/28

60317 9/7-12/12 Tu/Th 5:30-6:30 p.m. \$55

TEEN VOLUNTEERING

FREE

Ages 11-17

Looking for regular high school volunteer hours? Come and volunteer your time in exchange for (High School) service credit hours needed for graduation in a fun family environment. Great experience in a public setting as well as community center needs/projects. *No Class 9/28 or 11/23

60357 9/6-12/15 Mon-Fri 4-6 p.m. FREE

MIDDLE SCHOOL CLAY LAB

Ages 11-14

Use your eyes, brain, heart, and fingers as you explore the expressive possibilities of the world's most versatile building material. Pinch, coil, slab, and throw on the potter's wheel. *No class 11/9

60320 10/5-12/12 M/Th 4-5:30 p.m. \$425

INTRODUCTION TO POTTERY

Ages 15 and Older

Create pottery pieces using a combination of hand-building and throwing clay into works of art to experience an art that has endured the test of time. Participants will be guided through many techniques to decorate and build ceramic projects. **No class 11/10*

60335 9/15-11/17 Friday 5-8 p.m. \$450

INTRODUCTION TO WHEEL-THROWING

Ages 18 and Older

This course is for the potter's wheel-curious and focuses exclusively on beginning wheel practice. See what you are made of while you see what you can make. Center, open, pull, shape and trim your way through forms of increasing sophistication. Make stuff you can put your Cheerios in. **No class 9/28 or 10/9*

60336 9/7-11/16 Thursday 9:30 a.m.-12:30 p.m. \$450

60343 9/11-11/20 Monday 9:30 a.m.-12:30 p.m. \$450

INTERMEDIATE WHEEL-THROWING

Ages 18 and Older

This class is for the potter with at least one previous wheel-throwing experience under their belt who is looking to add to their bag of tricks. Learn to throw larger, create modified forms, and assemble from wheel-thrown parts. Get ready to take your skills to the next level.

**No class 11/10*

60338 9/8-11/17 Friday 9:30 a.m.-12:30 p.m. \$450

60342 9/8-11/17 Friday 1:30-4:30 p.m. \$450

HAND BUILDING 101

Ages 18 and Older

Explore the crazy-versatile properties of the world's most storied building material. Finger-step your way through ceramic history as you pinch, coil, slab, extrude, and solid-build objects of utility and expression.

60344 9/12-11/14 Tuesday 9:30 a.m.-12:30 p.m. \$450

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.

60325 9/12-11/14 Tuesday 2-5 p.m. \$450

60326 9/13-11/15 Wednesday 9:30 a.m.-12:30 p.m. \$450

60327 9/13-11/15 Wednesday 2-5 p.m. \$450

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. **No class 10/9*

60321 9/11-10/16 Monday 9:30-11 a.m. \$56

60513 10/23-11/20 Monday 9:30-11 a.m. \$56

VINYASA YOGA

Ages 18 and Older

Energize your body and mind by flowing between a series of yoga poses (asanas) with mindful breathwork (pranayama).

60316 9/12-11/14 Tuesday 9:30-10:30 a.m. \$120



SKILLS AND DRILLS

Ages 10-17

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

60402	9/6-9/28	Mon-Thu	4-6:45 p.m.	\$66
60388	10/2-10/31	Mon-Thu	4-6:45 p.m.	\$66
60403	11/1-11/30	Mon-Thu	4-6:45 p.m.	\$66
60404	12/4-12/28	Mon-Thu	4-6:45 p.m.	\$66

AMERICAN BUTOKUKAN

Ages 8 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.

60376	9/6-10/2	M/W	6-7:45 p.m.	\$45
60377	10/4-11/1	M/W	6-7:45 p.m.	\$45
60383	11/6-11/29	M/W	6-7:45 p.m.	\$45
60384	12/4-12/27	M/W	6-7:45 p.m.	\$45

ZUMBA®

Ages 16 and Older

Zumba® combines high energy, motivating music, and unique moves that allow you to dance away your worries. The routines feature aerobic/fitness interval training, combining fast and slow rhythms that tone and sculpt the body.

60408	9/9-10/28	Saturday	Noon-1 p.m.	\$45
61010	11/4-12/30	Saturday	Noon-1 p.m.	\$50

CHECK OUT OUR DROP-IN PROGRAMS ON PAGE 11

ARTS AND CRAFTS

FREE

Ages 10-18

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.

60392	9/5-12/26	Tuesday	4-7:30 p.m.	FREE
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AROMA, A COOKING CLASS

FREE

Ages 12-18

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.

60409	9/6-12/27	Wednesday	4-6:30 p.m.	FREE
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SHINE FOR GIRLS

FREE

Ages 12-18

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.

60410	9/7-12/28	Thursday	4-6:30 p.m.	FREE
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HOMEWORK LAB

FREE

Ages 12-18

If you need a little extra help with your homework or a quiet space to study for homework time.

60396	9/21-12/28	Mon-Thu	3:30-5:30 p.m.	FREE
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BALLARD CC

ZONE THREE

Monday Friday: 10 a.m. 9 p.m. | Saturday: 10 a.m. 6 p.m. | Sunday: 10 a.m. 3 p.m.

SPECIAL EVENT: SILK SCREENING ON CERAMIC TILES

Ages 18 and Older

Looking for a fun handmade gift? (Or keep it for yourself). Join us for an entertaining mini class in silk-screening on tiles. No previous experience required. Cost of the includes first tile (Additional ones may be purchased for \$10.00 each). All glazes and firing included.

[59662](#) 9/15 Friday 6:30-8:30 p.m. \$20

SPECIAL EVENT: HALLOWEEN CARNIVAL

All Ages

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

[60835](#) 10/27 Friday 6-8 p.m. \$10

SPECIAL EVENT: GINGERBREAD JUBILEE

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!

[60834](#) 12/15 Friday 6-8 p.m. \$5

K-5 MUSIC IMMERSION

Ages 5-12

Do you like to sing and make music, or would you like to learn how? Join us for musical immersion where we sing, dance, and make musical instruments. No experience necessary! Just bring your positive energy and eagerness to learn.

[60882](#) 9/8-10/20 Friday 2:20-5:30 p.m. \$210

[60883](#) 10/27-12/15 Friday 2:20-5:30p.m. \$180

PARENT AND TOT MUSIC

Ages 2-4

Let your little ones learn music, as you release your own inner diva! Kids will have the opportunity to learn basic musical skills while playing, moving, and interacting with each other and their parents or caregivers. Wear comfortable clothing and come prepared to move and sing.

[60775](#) 9/5-9/26 Tu/Th 10-10:45 a.m. \$50

[60776](#) 10/3-10/26 Tu/Th 10-10:45 a.m. \$50

[60777](#) 10/31-11/21 Tu/Th 10-10:45 a.m. \$50

[60778](#) 11/28-12/12 Tu/Th 10-10:45 a.m. \$50

CHECK OUT OUR DROP-IN PROGRAMS ON PAGE 7

PRIVATE MUSIC LESSONS

Ages 6 and Older

Do you play a musical instrument? Try taking 30-minute weekly private lessons and see how you will improve! Students are assigned a textbook at the first session which will need to be purchased. Open to all instruments. This class includes a recital for family and friends.

[60842](#) 9/11-9/25 Monday 5-5:30 p.m. \$75

[60848](#) 9/11-9/25 Monday 5:30-6 p.m. \$75

[60849](#) 9/11-9/25 Monday 6-6:30 p.m. \$75

[60850](#) 9/11-9/25 Monday 6:30-7 p.m. \$75

[60851](#) 9/11-9/25 Monday 7-7:30 p.m. \$75

[60852](#) 9/11-9/25 Monday 7:30-8 p.m. \$75

[60853](#) 9/11-9/25 Monday 8-8:30 p.m. \$75

[60854](#) 10/2-10/26 Monday 5-5:30 p.m. \$75

[60855](#) 10/2-10/26 Monday 5:30-6 p.m. \$75

[60856](#) 10/2-10/26 Monday 6-6:30 p.m. \$75

[60857](#) 10/2-10/26 Monday 6:30-7 p.m. \$75

[60858](#) 10/2-10/26 Monday 7-7:30 p.m. \$75

[60859](#) 10/2-10/26 Monday 7:30-8 p.m. \$75

[60860](#) 10/2-10/26 Monday 8-8:30 p.m. \$75

[60861](#) 10/30-11/20 Monday 5-5:30 p.m. \$100

[60862](#) 10/30-11/20 Monday 5:30-6 p.m. \$100

[60863](#) 10/30-11/20 Monday 6-6:30 p.m. \$100

[60864](#) 10/30-11/20 Monday 6:30-7 p.m. \$100

[60865](#) 10/30-11/20 Monday 7-7:30 p.m. \$100

[60866](#) 10/30-11/20 Monday 7:30-8 p.m. \$100

[60867](#) 10/30-11/20 Monday 8-8:30 p.m. \$100

[60868](#) 11/27-12/11 Monday 5-5:30 p.m. \$75

[60869](#) 11/27-12/11 Monday 5:30-6 p.m. \$75

[60870](#) 11/27-12/11 Monday 6-6:30 p.m. \$75

[60871](#) 11/27-12/11 Monday 7:30-8 p.m. \$75

[60872](#) 11/27-12/11 Monday 8-8:30 p.m. \$75

PRE-K MUSIC

Ages 4-5

Children will sing, dance, and play together! Your little one will enjoy this opportunity to energetically explore movement and song as a group.

[60878](#) 9/5-9/26 Tu/Th 11-11:45 a.m. \$105

[60879](#) 10/3-10/26 Tu/Th 11-11:45 a.m. \$120

[60880](#) 10/31-11/21 Tu/Th 11-11:45 a.m. \$105

[60881](#) 11/28-12/12 Tu/Th 11-11:45 a.m. \$75

BALLARD SPORTS CLUB

Ages 5-12

Enhance your skills in soccer, basketball, and racket sports as you learn the fundamentals and then play the games. We will emphasize mental attitude, the importance of teamwork, how to play as a team, and the benefits of playing sports.

60885	9/11-12/11	Monday	2:30-5:30 p.m.	\$351
60886	9/6-12/13	Wednesday	1:30-4:30 p.m.	\$420
60889	9/8-12/15	Friday	2:30-5:30 p.m.	\$351

▼ After school Kickball

60887	9/6-12/13	Wednesday	4:30-5:30 p.m.	\$150
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SATURDAY MORNING SPORTS SAMPLER

Ages 5-11

Learn the basics of soccer, basketball, and racket sports. Players first learn the fundamentals and then play the games. We will emphasize a positive atmosphere, how to play as a team, and the benefits of playing sports.

▼ Ages 5-7

60997	9/9-10/28	Saturday	10-10:45 a.m.	\$96
60998	11/4-12/16	Saturday	10-10:45 a.m.	\$84

▼ Ages 7-9

60999	9/9-10/28	Saturday	11-11:45 a.m.	\$120
61000	11/4-12/16	Saturday	11-11:45 a.m.	\$105

▼ Ages 9-11

61001	9/9-10/28	Saturday	Noon-12:45 p.m.	\$120
61002	11/4-12/16	Saturday	Noon-12:45 p.m.	\$105

AFTER SCHOOL ART

Ages 5-12

Students will be introduced to different styles and techniques while letting their creativity shape their work.

60888	9/6-12/13	Wednesday	4:30-5:30 p.m.	\$165
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DND CLUB

Ages 8-11

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

59646	9/12-12/12	Tuesday	2:30-4:30 p.m.	\$308
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PARENT AND TOT ART CLASS

Ages 5-11

Embark on an artistic adventure as you and your little one discover creativity using everyday materials, unlocking your inner artists together. Explore colors, shapes, and composition through painting and enchanting mark-making methods. Connect and collaborate on a joyful journey of art together!

60873	9/5-9/26	Tuesday	10-11 a.m.	\$68
60874	10/3-10/24	Tuesday	10-11 a.m.	\$68
60875	10/31-11/21	Tuesday	10-11 a.m.	\$68
60876	11/28-12/12	Tuesday	10-11 a.m.	\$51

PARENT AND TOT POTTERY CREATIONS

Ages 2-5

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.

59660	9/8-9/28	Friday	10-11 a.m.	\$80
59658	10/6-10/27	Friday	10-11 a.m.	\$100
59659	11/3-12/15	Friday	10-11 a.m.	\$100

KIDS AT CLAY

Ages 5-11

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. This in-depth program allows students to explore different cultures as they relate to pottery.

59657	9/6-12/27	Wednesday	1:30-4:30 p.m.	\$480
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REGISTRATION OPENS AUGUST 8th

REGISTER ONLINE:
https://bit.ly/spr_activity_reg

BALLARD CC

ZONE THREE

Monday Friday: 10 a.m. 9 p.m. | Saturday: 10 a.m. 6 p.m. | Sunday: 10 a.m. 3 p.m.

BEGINNING PICKLEBALL

Ages 16 and Older

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

Session 1

59640	9/5-10/19	Tu/Th	1-2 p.m.	\$156
59641	9/5-10/19	Tu/Th	2:30-3:30 p.m.	\$156

Session 2

59642	11/14-12/12	Tu/Th	1-2 p.m.	\$96
59643	11/14-12/12	Tu/Th	2:30-3:30 p.m.	\$96

FENCING

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.

59656	9/5-12/12	Tu/Th	6:30-8:30 p.m.	\$100
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QIGONG

Ages 18 and Older

Qigong and Tai Chi bring great benefits for fitness, disease prevention, and improved balance. Qigong is the foundation of Tai Chi, as it develops the internal side of Tai Chi. This class teaches Tai Chi Qigong and Yang Tai Chi short form.

59661	9/11-10/23	Monday	6:30-7:30 p.m.	\$54
60620	10/30-12/11	Monday	6:30-7:30 p.m.	\$63

SYMPHONIC ORCHESTRA

Ages 16 and Older

Do you play a string, woodwind, brass, or percussion instrument and want to perform? Then join our community symphonic orchestra! This multi-generational group is open to seasoned musicians and beginners. Get excited for a performance for family, friends, and community at the end of the program.

60884	9/8-12/15	Friday	6:30-8:30 p.m.	\$205
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ADULT POTTERY

Ages 16 and Older

This mixed-level class goes beyond making bowls. Students will learn hand building, extruder and wheel throwing techniques. You will need your own tools; please bring them or purchase a kit at class. The first 25lbs of clay are included, and more can be purchased during facility operating hours.

Daytime Pottery

59644	9/11-12/11	Monday	10 a.m.-12:30 p.m.	\$416
59645	9/6-12/13	Wednesday	10 a.m.-12:30 p.m.	\$480

Evening Pottery

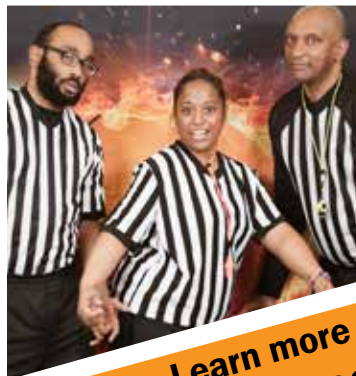
59638	9/5-12/12	Tuesday	6-8:30 p.m.	\$480
59639	9/6-12/13	Wednesday	6-8:30 p.m.	\$480
59637	9/7-12/7	Thursday	6-8:30 p.m.	\$448

ADULT WATERCOLOR

Ages 16 and Older

Perfect for artists of all levels seeking creative growth, this watercolor class explores traditional techniques and experimental methods. Create a final piece that embodies your unique artistic vision. Bring your paints and brushes; the instructor will supply a materials list and artistic grade paper for your final masterpieces.

60877	9/11-12/11	Monday	6:30-8:30 p.m.	\$312
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Learn more and apply at:
www.arcseattle.org/jobs

Athletics: Officials

SPECIAL EVENT: BINGO DAY

All Ages

BINGO is the name of the game, and everybody is invited to play and have a chance to win awesome prizes! We will promptly start at 11 a.m. and light refreshments will be provided. Entry fee is \$5/family (limit 4 people per family).

60524 9/24 Sunday 11 a.m.-3 p.m. \$10

SPECIAL EVENT: BIG PUMPKIN BASH

All Ages

Get your costumes and bring your family out for ghoulish-good fun with carnival games, face painting, refreshments, and the always popular cake walk! Bring a can of food to donate. Volunteer hours are available. Call 206-684-7524 for more details. \$0.25/ticket and \$10/entry bracelet payable by cash or check.

60210 10/21 Saturday 6-8 p.m. \$10

SPECIAL EVENT: HALLOWEEN CRAFTERNOON

All Ages

Celebrate the spooky season with Halloween crafts! Families of all ages are invited to make a variety of festive crafts including pastel pumpkins and ghoulish garlands. Create your own festive Halloween decorations with this fun event for the whole family! All materials are provided.

61463 10/22 Sunday 2-4 p.m. \$15

SPECIAL EVENT: SEATTLE SEAHAWKS GAMEDAY

All Ages

Let's watch the Seattle Seahawks take on the Arizona Cardinals on our 65" TV while enjoying delicious food. Doors open at 1 p.m. and the game starts at 1:25 p.m. Attendees will be entered to win awesome Seahawks prizes. Entry fee is \$10/family.

60210 11/19 Sunday 1:25 p.m. \$10

SPECIAL EVENT: MULTI-CULTURAL DINNER

All Ages

Join us for a Bitter Lake tradition as we take a culinary trip around the world. Introduce your family to food from different cultures. Food is one of the best ways to experience and celebrate diversity. We have something for everyone! \$5 per person

60211 12/8 Friday 5:30-7 p.m. \$5

ROLLER SKATING LESSONS

Learn to skate or improve your skills through lessons and interactive games for beginning and intermediate roller skaters and bladers. Classes are divided by skill level. Practice after class with others during Friday Family Skate Night! Additional insurance required for participants.

Adult Lessons

Ages 18 and Older

<u>60413</u>	9/15-10/6	Friday	8:15-8:45 p.m.	\$36
<u>60512</u>	10/20-11/17	Friday	8:15-8:45 p.m.	\$36

Youth Lessons

Ages 5-17

<u>60405</u>	9/15-10/6	Friday	6-6:45 p.m.	\$28
<u>60411</u>	10/20-11/17	Friday	6-6:45 p.m.	\$28

PIANO LESSONS

Ages 6 and Older

\$30/session

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.

<u>60912</u>	9/13-9/27	Wednesday	3-7:30 p.m.
<u>60913</u>	9/7-9/21	Thursday	3-7:30 p.m.
<u>60914</u>	9/9-9-30	Saturday	10 a.m.-2 p.m.
<u>60915</u>	10/4-10/25	Wednesday	3-7:30 p.m.
<u>60916</u>	10/5-10/26	Thursday	3-7:30 p.m.
<u>60917</u>	10/7-10/28	Saturday	10 a.m.-2 p.m.
<u>60918</u>	11/1-11/29	Wednesday	3-7:30 p.m.
<u>60919</u>	11/2-11/30	Thursday	3-7:30 p.m.
<u>60920</u>	11/4-11/25	Saturday	10 a.m.-2 p.m.
<u>60921</u>	12/6-12/20	Wednesday	3-7:30 p.m.
<u>60922</u>	12/7-12/21	Thursday	3-7:30 p.m.
<u>60923</u>	12/2-12/30	Saturday	10 a.m.-2 p.m.

ENTRY LEVEL CODING

Ages 6 and Older

Learn the basics of coding for Python, Java, and HTML, the top three coding languages. These two session introductions will help students decide which language they would like to focus on in future classes.

<u>61468</u>	9/10	Sunday	11 a.m.-12:15 p.m.	\$36
<u>61469</u>	9/17	Sunday	11 a.m.-12:15 p.m.	\$36
<u>61471</u>	10/7	Saturday	11 a.m.-12:15 p.m.	\$36
<u>61472</u>	10/14	Saturday	11 a.m.-12:15 p.m.	\$36

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.

Session 1

[60074](#) 9/16-10/21 Saturday 11-11:45 a.m. \$66

Session 2

[60075](#) 11/4-12/16 Saturday 11-11:45 a.m. \$55

PRE-BALLET

Ages 5-6

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.

Session 1

[60076](#) 9/16-10/21 Saturday Noon-12:45 p.m. \$66

Session 2

[60077](#) 11/4-12/16 Saturday Noon-12:45 p.m. \$55

BALLET 1

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.

Session 1

[60069](#) 9/16-10/21 Saturday 1-1:45 p.m. \$66

Session 2

[60070](#) 11/4-12/16 Saturday 1-1:45 p.m. \$55

CREATIVE MOVEMENT

Ages 6-10

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.

Session 1

[60000](#) 9/14-10/19 Thursday 4:30-5:30 p.m. \$55

Session 2

[60001](#) 11/2-12/14 Thursday 4:30-5:30 p.m. \$55

HIP HOP

Ages 12-17

Let's dance to hip-hop and pop music! We will warm-up, play games, and learn exclusive choreography to perform at the end of the quarter! Classes are focused on building confidence, all levels are welcome!

Session 1

[59983](#) 9/14-10/19 Thursday 5:45-6:45 p.m. \$55

Session 2

[59984](#) 11/2-12/14 Thursday 5:45-6:45 p.m. \$55

THE TRAVELING ARTIST: MIXED MEDIA ART

Travel around the world by learning about different cultures and the fundamentals of art! Be inspired by the Leaning Tower of Pisa, Egyptian pyramids, Chinese dragons, and more. Each class will have different mediums and focus on a different concept of art. All materials are provided.

Ages 5-7

[60526](#) 9/14-12/26 Thursday 4-5 p.m. \$120

[60527](#) 11/2-12/7 Thursday 4-5 p.m. \$100

Ages 8-10

[60528](#) 9/14-12/26 Thursday 5:15-6:15 p.m. \$120

[60529](#) 11/2-12/7 Thursday 5:15-6:15 p.m. \$100

COVID GUIDELINES

FIND DETAILS ON PAGE 62

KENDO: THE WAY OF THE SWORD

Ages 8 and Older

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. Our introductory class will cover basic footwork, swings, and etiquette. Additional materials fee for swords (\$65) is paid on the first day of class. For class details visit: <https://www.snokingkendo.org/classes>

59930 9/14-12/14 Thursday 7-8 p.m. \$126

ADVANCED 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 practice wearing armor and engage in bouts with other students. All equipment can be purchased in class.

59931 9/14-12/14 Thursday 7-9 p.m. \$140

KENDO PREP CLASS

Ages 8 and Older

This a Prep Class only. This class is for advanced kendo students working towards the PNKF Team and requires instructor approval.

60058 10/7 Saturday 9 a.m.-Noon \$11
60059 11/18 Saturday 9 a.m.-Noon \$11

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 must have a parent or guardian in attendance.

Session 1

60418 9/12-10/17 Tuesday 5:30-6:45 p.m. \$66

Session 2

60419 11/7-12/12 Tuesday 5:30-6:45 p.m. \$66

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.

59979 9/11-10/16 Monday 9:30-10:30 a.m. \$78
59980 11/6-12/11 Monday 9:30-10:30 a.m. \$78

FOUNDATIONAL MOVEMENT

Ages 15-75

Build and maintain strength, stability and suppleness in your spine, core, and hips. Using your own body weight and simple, effective movements, you will develop your backbone so you can move through life with a solid foundation. Yoga mat needed.

60902 9/13-10/18 Wednesday 4:30-5:15 p.m. \$66

SELF-BREEMA

Ages 15-75

This nurturing and energizing class invites physical flexibility, emotional balance, and mental clarity. Simple and profound exercises can be adapted for any body and are guided by harmonious principles.

60896 9/10-10/15 Sunday 10:30-11:30 a.m. \$66

INTERGENERATIONAL CREATIVE DANCE

Ages 15-75

Create and share new dances with dancers of all ages and backgrounds. After warm ups we'll build skills, concepts, and do a collaborative dance creation cool down. Dancers under 7 must be accompanied by a dancing adult.

60903 9/13-10/18 Wednesday 5:30-6:30 p.m. \$66

DANCE FITNESS

Ages 8 and Older

Join a barefoot cardio-dance workout that builds flexibility, agility, strength, and stability. Dance is fun, low-impact, and adaptable for individual needs and abilities. Wear comfortable dancing clothes, we will be moving!

60414 9/9-10/14 Saturday 9:30-10:30 a.m. \$66
60415 10/28-12/2 Saturday 9:30-10:30 a.m. \$55

GREEN LAKE CC

Mon Fri: 10 a.m. 9 p.m. | Saturday: 8:30 a.m. 5 p.m.

ZONE THREE

SPECIAL EVENT: HALLOWEEN BOUNCE AND SWIM

Ages 5-14

Join our haunted Halloween celebration! Visit the gym and jump around in the bouncy houses. At 7 p.m. join a pirate-themed pool party where each swashbuckler must dodge the floating pumpkins! Healthy snacks provided. Swimming starts at 7 p.m.! Swimsuits are required!

59831 10/27 Friday 6-8 p.m. FREE



Seattle Parks & Recreation presents...

Green Lake

PATHWAY OF LIGHTS

FREE

Saturday, December 9
4:30 - 7:30 p.m.

Come join us for a glowing walk around the inner Green Lake path lit up with luminary bags. We will have 3 music stages around featuring local schools and music groups. The event is held on the second Saturday of December. Dress for the weather. Please bring can food donations to help out your local neighbors and food bank. Families and high school students can be part of the event by volunteering at the event. Students can earn volunteer hours at this event. Contact Green Lake Community Center for more information.

CREATIVE DANCE

Ages 3-4

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 11/11

59834	9/23-10/28	Saturday	9:15-10 a.m.	\$76
59835	11/4-12/16	Saturday	9:15-10 a.m.	\$76

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. *No class 11/11

59832	9/23-10/28	Saturday	10-10:45 a.m.	\$76
59833	11/4-12/16	Saturday	10-10:45 a.m.	\$76

BALLET 1

Ages 6-7

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. Students should wear ballet shoes, dance attire, and have long hair pulled back. *No class 11/11

59829	9/23-10/28	Saturday	11 a.m. -Noon	\$87
59830	11/4-12/16	Saturday	11 a.m. -Noon	\$87

BASKETBALL: LITTLE DRIBBERS

Ages 6-7

Your little one will learn the fundamentals of basketball like ball handling, conditioning, and technique. We will also focus on good nutrition and physical well-being while having fun. Open for kids of all skill levels in 1st and 2nd grade ONLY. Please bring your own water bottle. *No class 9/28 or 11/23.

59827	10/3-10/26	Tu/Th	4:30-5:30 p.m.	\$95
59820	11/2-11/30	Tu/Th	4:30-5:30 p.m.	\$95

PAINTING WITH THE PROS: MIXED MEDIA ART

Ages 7-10

Learn about famous artists throughout history and create art inspired by their unique styles! From color with Vincent Van Gogh to polka dots with Yayoi Kusama, we will create inspired mixed media projects with a variety of supplies. Join us for this exciting exploration of art. All materials are provided.

60908	9/18-10/30	Monday	4:30-6 p.m.	\$157
60909	11/6-12/11	Monday	4:30-6 p.m.	\$157



ART CLASS AND STORY TIME

Ages 3-4

Your child will create art, read stories, and play games! Each class will focus on a different concept of art including color, shape, line and pattern while inspiring creativity and fun. All materials are provided. Parents are required to attend the class. Wear clothes that can get messy.

59825	9/19-10/17	Tuesday	10:30-11:30 a.m.	\$131
59826	11/7-12/5	Tuesday	10:30-11:30 a.m.	\$131

KIDS ART: MIXED MEDIA ART

Ages 7-10

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.

60909	11/6-12/11	Monday	4:30-6 p.m.	\$157
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GUITAR LESSONS



Ages 9 and Older

Get ready to learn fundamental guitar and music skills! We will focus on guitar playing techniques, reading and writing musical notation, and developing a repertoire of at least three songs. Individual lessons are 30 minutes long. Please call the community center at 206-684-0780 to reserve a spot.

59998	9/5-9/26	Tuesday	10:15 a.m.-1:15 p.m.	\$250
60068	9/7-9/21	Thursday	4-8:45 p.m.	\$188
60072	10/3-10/24	Tuesday	10:15 a.m.-1:15 p.m.	\$250
60027	10/5-10/26	Thursday	4-8:45 p.m.	\$250
60028	11/7-11/28	Tuesday	10:15 a.m.-1:15 p.m.	\$250
60073	11/2-11/30	Thursday	4-8:45 p.m.	\$250
60029	12/5-12/19	Tuesday	10:15 a.m.-1:15 p.m.	\$188
60071	12/7-12/21	Thursday	4-8:45 p.m.	\$125

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 is added at the end of the session for cleaning. Please call 206-684-0780 to schedule your time slot.

59477	9/8-9/29	Friday	3-6 p.m.	\$184
59481	9/9-9/30	Saturday	9:30-11:30 a.m.	\$184
59478	10/6-10/27	Friday	3-6 p.m.	\$184
59482	10/7-10/28	Saturday	9:30-11:30 a.m.	\$184
59479	11/3-11/17	Friday	3-6 p.m.	\$92
59483	11/4-11/25	Saturday	9:30-11:30 a.m.	\$92
59480	12/1-12/15	Friday	3-6 p.m.	\$138
59484	12/2-12/16	Saturday	9:30-11:30 a.m.	\$138

ADULT ART: WATERCOLOR

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.

[60910](#) 9/18-10/30 Monday 6:30-8 p.m. \$157
[60911](#) 11/6-12/11 Monday 6:30-8 p.m. \$157

ADULT POTTERY: BEGINNER

Ages 18 and Older

Students will discover the beauty of both handbuilding and wheel throwing techniques in this class. Learn to make bowls, cups, plates, and vases, and decorate pieces with designs and glazes. No experience necessary!

[60023](#) 10/3-11/21 Tuesday 6:30-8 p.m. \$325

ADULT POTTERY: INTERMEDIATE

Ages 18 and Older

This course is for students who already have the basic throwing skills. Combine wheel thrown pieces with hand-built sculptures, double-wall pots and more. Students will learn to use various glaze and finishing techniques. Class includes a bag of clay and free studio time during the quarter.

[60026](#) 10/4-11/22 Wednesday 6-8:30 p.m. \$325

ADULT POTTERY: WHEEL THROWING

Ages 18 and Older

Students will throw on the potter's wheel to make dinnerware, sugar jars with lids, and more. No experience needed. Class includes a bag of clay and free studio time during the quarter.

[60024](#) 10/3-11/21 Tuesday 10 a.m.-12:30 p.m. \$325

ADULT POTTERY: HANDBUILDING/SCULPTURE

Ages 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. Must wear a mask and bring your own water bottle.

[60025](#) 10/4-11/22 Wednesday 10 a.m.-12:30 p.m. \$325

MEDITATION AND BREATHWORK

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.

[59828](#) 9/18-11/27 Monday 6-7 p.m. \$115

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 beginner and intermediate players. Please bring your own racquet and water bottle.

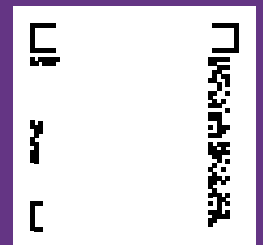
Beginner

[59926](#) 9/16-11/18 Saturday 9:30-10:30 a.m. \$120

Intermediate

[59927](#) 9/19-11/21 Tuesday 10:30-11:30 a.m. \$120
[61009](#) 9/16-11/18 Saturday 10:45-11:45 a.m. \$120

REGISTRATION OPENS AUGUST 8th



SCAN ME

REGISTER ONLINE:
https://bit.ly/spr_activity_reg

SPECIAL EVENT: HALLOWEEN AT THE HEIGHTS BASH

Ages 2 and Older

Join us for a fright fest of activities, games, and challenges. Dress in Costume and remember to bring a bag for your goodies. Festivities include carnival style games, crafts, cookie decorating, music, cake walks and more! Hot dogs and water will be on sale for \$1 each. Volunteers are needed to help set-up, clean-up, and run carnival games. Proceeds from the wristband tickets supports the LHCC Scholarship Fund.

59679 10/27 Friday 6-8:30 p.m. \$12



SHORIN-RYU KARATE

Ages 9 and Older

Learn traditional Okinawan karate in a safe, welcoming environment. Karate is an effective form of self-defense against one or several assailants. Learn to integrate offense and defense movements in pattern drills called kata. Develop concentration, calmness, confidence, and grow fit.

59684 9/18-12/13 M/W 6-7:30 p.m. \$112

ALL LEVEL YOGA: FLOW WITH BREATH

Ages 16 and Older

Move through subtle and fluid movements, meditation, restorative postures, and breathing. Appropriate for all levels, with focus on beginners. Student requests are welcome, creating a unique practice that improves balance, strength, and flexibility. *No Class 10/9*

59670 9/11-12/18 Monday 5:30-6:30 p.m. \$126

CIRCUIT TRAINING

Ages 18 and Older

Participants work through a series of 8 to 12 exercises for either a set time or no rest between exercises. These circuits involve the use of exercise equipment and body weight exercises. Workouts are fresh, interesting and challenging. Become a stronger you!

59671 9/12-12/12 Tuesday 10:45-11:45 a.m. \$77

59672 9/14-12/7 Thursday 10:45-11:45 a.m. \$91

FENCING: BEGINNING

Ages 12 and Older

Beginner students will learn basic footwork, fencing techniques, strategy, rules, and etiquette. You'll end the quarter able to step onto the strip in electric gear and fence! Fencing equipment provided. Please wear long pants (sweats recommended) and athletic shoes. *No class 10/11, 10/18, and 11/22*

59703 9/13-12/13 Wednesday 6:30-8 p.m. \$110

GYMNASTICS

Ages 3-10

Children practice gymnastics skills in a fun and positive environment. Students will be introduced to tumbling, balance beam, trampoline, and more while developing their physical strength, coordination and more. Additional insurance required for participants. *No class 11/22

▼ Ages 3-4

59701 10/11-12/13 Wednesday 3:30-4:15 p.m. \$108

▼ Ages 5-6

59683 10/11-12/13 Wednesday 4:30-5:15 p.m. \$108

▼ Ages 7-10

59702 10/11-12/13 Wednesday 5:30-6:20 p.m. \$117

MUSIC LESSONS WITH ELIAS

Ages 10 and Older

Learn to play piano or guitar from an experienced professional teacher and musician in weekly 30-minute private lessons. There will be an emphasis on improvisation and creativity, as well as technique, theory, and learning songs. 1 year of experience recommended but not required. Guitar and bass students must bring an instrument to lessons; piano students are highly recommended to have access to a keyboard at home to practice outside of lessons. *No class 10/9

59688	10/16-10/30	Monday	3-3:30 p.m.	\$90
59685	10/16-10/30	Monday	3:30-4 p.m.	\$90
59686	10/16-10/30	Monday	4-4:30 p.m.	\$90
59690	10/16-10/30	Monday	6-6:30 p.m.	\$90
59691	10/16-10/30	Monday	6:30-7 p.m.	\$90
59689	10/16-10/30	Monday	7-7:30 p.m.	\$90
59692	10/16-10/30	Monday	7:30-8 p.m.	\$90
61447	11/6-11/20	Monday	3-3:30 p.m.	\$90
61445	11/6-11/20	Monday	3:30-4 p.m.	\$90
61446	11/6-11/20	Monday	4-4:30 p.m.	\$90
61448	11/6-11/20	Monday	6-6:30 p.m.	\$90
61449	11/6-11/20	Monday	6:30-7 p.m.	\$90
61450	11/6-11/20	Monday	7-7:30 p.m.	\$90
61451	11/6-11/20	Monday	7:30-8 p.m.	\$90
59695	12/4-12/11	Monday	2:30-3 p.m.	\$60
59696	12/4-12/11	Monday	3-3:30 p.m.	\$60
59693	12/4-12/11	Monday	3:30-4 p.m.	\$60
59694	12/4-12/11	Monday	4-4:30 p.m.	\$60
59698	12/4-12/11	Monday	6-6:30 p.m.	\$60
59699	12/4-12/11	Monday	6:30-7 p.m.	\$60
59697	12/4-12/11	Monday	7-7:30 p.m.	\$60
59700	12/4-12/11	Monday	7:30-8 p.m.	\$60

COVID GUIDELINES

FIND DETAILS ON PAGE 62

HOMESCHOOL FRIENDLY PROGRAMS

CIRCUS ARTS

Ages 8-17

Come and join the circus for a session! Your child will learn the secrets to juggling, acrobatics, and clowning. Students will find that practice and hard work can make the impossible possible. Additional insurance required for participants.

[60183](#) 9/20-11/15 Wednesday 1:15-2:10 p.m. \$180

CELEBRATING THE SEASON: AUTUMN

Ages 12-18

Let's explore how people from different cultures mark the Autumn season. We will look at both astronomical and agricultural calendars to understand the importance of seasonal festivals, celebrations, and traditions.

[59682](#) 9/20-11/15 Wednesday Noon-12:55 p.m. \$165

CRAFTING FOR CHARITY

Ages 12-18

In this mini class we will pick a charity and craft items to donate to the cause! Bring your ideas and enthusiasm.

[59675](#) 9/20-11/15 Wednesday 11-11:55 a.m. \$80

CREATIVE DANCE

Ages 2-6

Boys and girls expand their movement skills and explore dance concepts in this joyful, supportive classroom community. Participants should wear comfortable clothing and be prepared to dance barefoot.

[60179](#) 9/20-11/15 Wednesday 11-11:55 a.m. \$100

ECOLOGY GAMES AND CRAFTS

Ages 6-9

Learn about our local ecology - how living and nonliving things interact. Through games and crafts we'll explore how our environment stays balanced through overlapping cycles like the water cycle, local life cycles, and seasonal change. Parents are encouraged to join! This class is held outdoors and indoors.

[60182](#) 9/20-11/15 Wednesday 11-11:55 a.m. \$165

FAMILY DANCE

Ages 2-6

Bring the whole family and fall in love with dance together! Expand your movement skills and explore dance concepts together creating a joyful, supportive classroom community. Wear comfortable clothing and dance barefoot. Each registered child should have an adult companion to dance with. Adults and those over 14 need not register.

[59673](#) 9/20-11/15 Wednesday 11-11:55 a.m. \$165

HOMESCHOOL FRIENDLY PROGRAMS (continued)

▼ HIP HOP

Ages 6-10

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.

59674 9/20-11/15 Wednesday Noon-12:55 p.m. \$165

▼ MATH EXPLORATIONS

Ages 4-8

Let's explore how math is used every day! We'll focus on cooking/baking, money, and games, among other everyday things that use math.

59676 9/20-11/15 Wednesday 10-10:55 a.m. \$100

▼ PARKOUR: EFFICIENCY IN ACTION

Ages 8-17

Parkour is the art of moving creatively and efficiently through space. Students will use real-life obstacles to explore fluid movement in a safe and fun environment. Some gymnastic skills may be explored. Additional insurance required for participants.

60742 9/20-11/15 Wednesday 11-11:55 a.m. \$180

60184 9/20-11/15 Wednesday 2:50-3:45 p.m. \$180

▼ PHILOSOPHY

Ages 12-18

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.

59677 9/20-11/15 Wednesday 11-11:55 a.m. \$170

▼ RECORDERS AND MUSIC

Ages 6-18

This recorder and music introduction helps students learn basic concepts of music: beat, rhythm, and more. We'll cover reading music, concepts of melody and harmony, musical forms like Rounds and Duets, and music from different cultures. All of this while learning to play the soprano recorder!

59678 9/20-11/15 Wednesday 1:15-2:10 p.m. \$170

▼ TINKERGARTEN

Ages 2-7

Through outdoor exploration following Tinkergarten's curriculum, students and their grown-ups use song, movement, and purposeful play to connect with nature while building key skills needed for students to thrive. Each season has a different focus, but always includes animals and development of our innate sense of curiosity.

60186 9/20-11/15 Wednesday 10-10:55 a.m. \$135

▼ TUMBLING

Ages 8-17

Cartwheel, roll, and flip into tumbling in a safe, fun, and disciplined atmosphere. Your child will learn to do new moves through manageable drills at their own pace. Individualized instruction helps student meet goals and consistently progress. Let's stand on our hands and jump off our feet!

60185 9/20-11/15 Wednesday Noon-12:55 p.m. \$165

▼ TWEEN AND TEEN BOOK AND CRAFT CLUB

Ages 11-16

Teens/tweens (ages 11+) are invited to come hang out in the Teen Room for rotating activities, including handicrafts, sketchbooking, tabletop games, and a monthly book discussion group.

60187 9/20-11/15 Wednesday 11-11:55 a.m. FREE

▼ YOU VS ANIMALS

Ages 3-13

Can you run as fast as a cheetah? Can you hold your breath longer than a hippo? Come learn about the animal world and how humans are different and the same from them in so many ways!

Ages 3-8

60180 9/20-11/15 Wednesday Noon-12:55 p.m. \$100

Ages 8-13

60181 9/20-11/15 Wednesday 1:15-2:10 p.m. \$100

MAGNUSON CC

ZONE THREE

Monday Tuesday, Friday: 2 9 p.m. | Wednesday Thursday: 9 a.m. 8 p.m. | Saturday: 10 a.m. 5 p.m.

HAPPYFEET PARENT AND ME

Ages 2-3

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, parent and child will be guided through events providing opportunities for practice of problem solving and increase confidence through soccer

59624 9/13-10/25 Wednesday 3-3:30 p.m. \$120
59625 11/1-12/20 Wednesday 3-3:30 p.m. \$120

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.

▼ Ages 3-4

59626 9/13-10/25 Wednesday 3:30-4 p.m. \$120
59627 11/1-12/20 Wednesday 3:30-4 p.m. \$120

▼ Ages 5-6

59628 9/13-10/25 Wednesday 4-4:45 p.m. \$175
59629 11/1-12/20 Wednesday 4-4:45 p.m. \$175

▼ Ages 6-9

59630 9/13-10/25 Wednesday 2:15-3 p.m. \$175
60372 11/1-12/20 Wednesday 2:15-3 p.m. \$175

PERSONAL PIANO LESSONS

Ages 6 and Older \$30/session

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 35-minute time slots, however, the lessons are only 30 minutes, the last 5 minutes are required for sanitizing the room. Call Magnuson CC @ 206-684-7026 to schedule your classes.*

59633 9/16-12/16 Saturday 12:30-4 p.m.
59631 9/15-12/22 Friday 3-6:30 p.m.
59632 9/11-12/18 Monday 3-6:30 p.m.

MARTIAL ARTS

Ages 12 and Older

With lessons from 3rd degree black belts, you will learn the philosophy, strategy, and practical applications of a blend of martial arts. Using mid to low level impact movements you're physical, mental, and emotional training begins here.

59622 9/11-9/27 M/W 5-7 p.m. \$30
59623 10/2-10/30 M/W 5-7 p.m. \$40
60066 11/1-11/29 M/W 5-7 p.m. \$45
60067 12/4-12/20 M/W 5-7 p.m. \$30

MAGNUSON CC

FREE

ROCK THE PARK | Ages 12-17

ACADEMIC TIME

Ages 12-17

Flex your mind muscles with games like Chess, or take some time to finish up that homework so you can do whatever you want at home!

59621 9/5-12/29 Mon-Fri 4-6 p.m. FREE

BOARD GAMES

Ages 12-17

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

59616 9/7-12/28 Thursday 6-7:30 p.m. FREE

MOVIE NIGHT

Ages 12-17

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!

59618 9/11-12/18 Monday 6-8:30 p.m. FREE

PAINTING

Ages 12-17

Express yourself through brush strokes and create whatever comes to your mind. There is no formal teacher, but don't let that stop you from painting beautiful landscapes, lush fruits, or dashing portraits.

59619 9/6-12/27 Wednesday 5-6 p.m. FREE

TEEN COUNCIL

Ages 12-17

Utilize your leadership skills, be active and involved in planning field trips, special events, fundraising and giving back to the community.

59620 9/6-12/27 Wednesday 3-4 p.m. FREE

ZONE THREE

MEADOWBROOK CC

Monday Friday: 8:30 a.m. 8:30 p.m. | Saturday: 9 a.m.-5 p.m.

SPECIAL EVENT: FALL HARVEST FESTIVAL

All Ages

Meadowbrook Community Center is back to hosting our Annual Fall Harvest Festival! The event will feature fun fall-themed family-friendly activities! This is a great opportunity to meet your neighbors, make new friends, and celebrate our community.

10/6 Friday 5-7 p.m. FREE

SPECIAL EVENT: MEADOWBROOK LUMINARIA WALK

All Ages

Each year, for one night only, we decorate the boardwalk & pathways of Meadowbrook Pond with hundreds of glowing luminarias. Bring your friends & family to this magical community space, stroll along, say hi to your neighbors, and sip hot cocoa & munch cookies.

12/2 Saturday 5:30-8 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. Students should wear ballet shoes, dance attire, and have long hair pulled back.

59959 9/7-10/19 Thursday 3:15-4 p.m. \$54
59960 10/26-12/7 Thursday 3:15-4 p.m. \$54

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.

58720 9/7-10/29 Thursday 4-4:45 p.m. \$54
59958 10/26-12/7 Thursday 4-4:45 p.m. \$54

BALLROOM AND LATIN DANCE

Ages 6-10

Let's dance! Each session is tailored to the majority of the participants' requests. We will cover several dance styles including tango, cha-cha, foxtrot, waltz, swing, and salsa. Come by yourself or with a partner. Please bring your dancing shoes.

58721 9/7-10/19 Thursday 7-8 p.m. \$54
59961 10/26-12/7 Thursday 7-8 p.m. \$54

CHECK OUT OUR DROP-IN PROGRAMS ON PAGE 9

SHOTOKAN KARATE

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

Beginner

Ages 7 and Older

59937 9/6-9/27 M/W 6:30-7:30 p.m. \$35
59938 10/2-10/30 M/W 6:30-7:30 p.m. \$40
59939 11/1-11/29 M/W 6:30-7:30 p.m. \$45
59940 12/4-12/20 M/W 6:30-7:30 p.m. \$30

Advanced

Ages 14 and Older

59941 9/1-9/29 M/W/F 6:30-8:30 p.m. \$85
59945 9/1-9/29 Friday 6:30-8:30 p.m. \$50
59942 10/2-10/30 M/W/F 6:30-8:30 p.m. \$80
59946 10/2-10/30 Friday 6:30-8:30 p.m. \$40
59943 11/1-11/29 M/W/F 6:30-8:30 p.m. \$75
59947 11/1-11/29 Friday 6:30-8:30 p.m. \$20
59944 12/1-12/22 M/W/F 6:30-8:30 p.m. \$70
59948 12/1-12/22 Friday 6:30-8:30 p.m. \$40

KENDO: THE WAY OF THE 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

59932 9/11-12/18 Monday 7-8:30 p.m. \$63

Ages 18 and Older

59933 9/11-12/18 Monday 7-8:30 p.m. \$63

PERSONAL PIANO LESSONS

Ages 8 and Older

\$36/session

Learn the essentials of piano in 30-minute private lessons offered monthly. Instruction is tailored to each student's needs and level. 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.

59967 9/5-12/12 Tuesday 3:30-6:30 p.m.
59970 9/6-12/13 Wednesday 2-6:30 p.m.

MEADOWBROOK CC

ZONE THREE

Monday Friday: 8:30 a.m. 8:30 p.m. | Saturday: 9 a.m.-5 p.m.

COMMUNITY KITCHEN

Ages 12 and Older

Sustainable NE Seattle and the Meadowbrook CC are creating a community kitchen to gather people around food as they plan, cook, learn, and eat together. We focus on vegetarian organic food that is healthy for people and the planet. Participants will have food to take home, so bring your own dishes/cookware.

- September: Salads, dressing, condiments, and cookie dough
[60097](#) 9/21 Thursday 6-8:30 p.m. \$40
- October: Imam Bavaldi, pita bread, salad, and peacan pie
[60998](#) 10/19 Thursday 6-8:30 p.m. \$40
- November: Gazettes, Thai butternut soup, and salad
[60999](#) 11/16 Thursday 6-8:30 p.m. \$40
- December: Soup, Dukkah hand salve, and chocolate bark
[60121](#) 12/14 Thursday 6-8:30 p.m. \$40

DANSATION

Ages 16 and Older

Love to dance? Find your rhythm in this cardio dance class with a range of music from hip hop to radio hits and Latin beats. Fast and slow rhythms help tone your body, burning fat, and build endurance. We aim for connection not perfection, it's just us and the dance floor.

- [58722](#) 9/5-9/26 Tuesday 6:15-7:15 p.m. \$40
- [59934](#) 10/3-10/31 Tuesday 6:15-7:15 p.m. \$50
- [59935](#) 11/7-11/28 Tuesday 6:15-7:15 p.m. \$40

ENGLISH AS A SECOND LANGUAGE

Ages 18 and Older

Practice English in a friendly, relaxed setting and work at a more experienced level over tea and coffee. The focus will be on conversation, but can also include grammar, reading, and writing as needed. Note: There is a children's table, but parents/guardians must supervise their own children.

- [59963](#) 9/12-12/5 Tuesday 9:30-11 a.m. FREE
- [59965](#) 9/12-12/5 Tuesday 7-8:30 p.m. FREE
- [59964](#) 9/14-12/7 Thursday 9:30-11 a.m. FREE
- [59966](#) 9/14-12/7 Thursday 7-8:30 p.m. FREE

STOP THE BLEED

FREE

Ages 18 and Older

Learn what to do to stop severe bleeding in an emergency. The more people that have this life saving skill, the better, so come one come all. Please register by 10/30/2023 so we have enough materials for students.

- [60977](#) 11/4 Saturday 10 a.m.-Noon FREE

SOGETSU IKEBANA: JAPANESE FLOWER ARRANGEMENT

NEW

Ages 14 and Older

Explore the beauty of Japanese flower arranging. You'll learn the basics of the "Modern Style" including preparing a container, types of flowers and materials to use, cutting, pruning, and arranging your creation. You will leave more aware of the nature around us and how to present it in arrangements.

- [59611](#) 9/9-11/4 Saturday 9:30-11:30 a.m. \$183



PRE-BALLET

Ages 18 and Older

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.

59491	9/15-11/17	Friday	1-1:45 p.m.	\$140
59492	9/15-11/17	Friday	2-2:45 p.m.	\$140

SHOTOKAN KARATE

Ages 7 and Older

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.

▼ **Beginner**

59494	9/14-10/19	Thursday	6-6:45 p.m.	\$50
59495	10/26-11/30	Thursday	6-6:45 p.m.	\$50

▼ **Intermediate/Advance**

59493	9/14-11/30	Thursday	7-8 p.m.	\$130
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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.

60369	9/15-9/29	Friday	5-7 p.m.	\$15
60370	10/6-12/27	Friday	5-7 p.m.	\$20
60371	12/1-12/22	Friday	5-7 p.m.	\$20

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.

59496	9/25-12/14	Mon-Thu	11:45 a.m.-2:45 p.m.	\$1,750
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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.

59485	9/27-12/13	Wednesday	5:30-6:15 p.m.	\$180
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YOGA: BEGINNER

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 block if you have them.

59499	10/4-12/6	Wednesday	6:30-7:15 p.m.	\$180
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**REGISTRATION OPENS
AUGUST 8th**

REGISTER ONLINE:
https://bit.ly/spr_activity_reg

CITYWIDE ATHLETICS

LEARN MORE AT:
WWW.SEATTLE.GOV/PARKS/ATHLETICS
REGISTRATION NOW OPEN!



FALL 2023 SPORTS

GENERAL INFORMATION

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

- 1. To participate in most Seattle Parks Youth Sports leagues** (for basketball and volleyball, for example) **you can either recruit a coach and put together your own team or you can be placed on an existing team with the help of community center staff.**

Call for more information. For some sports (Track 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

- 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.

FOR REGISTRATION MATERIALS PLEASE GO TO WWW.SEATTLE.GOV/PARKS/ATHLETICS

YOUTH VOLLEYBALL

▼ AGES 10-17 (Age is determined by birth year)

The Citywide Volleyball League provides players the opportunity to develop fundamental skills, team play, and sportsmanship. Participants can sign up at a local community center to be placed on a team. Practices take place at community centers or nearby school gyms from early September through Mid-November, ending the season with a weekend jamboree. Register early for your best chance of securing a spot on a team.

Registration Opens 7/25/2023

Fee: \$65

YOUTH BASKETBALL

▼ AGES 8-17 (Age is determined by birth year)

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.

Registration Opens 10/3/2023

Fee: \$120

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!



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



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 060-P 7.16 which can be found here: www.seattle.gov/parks/reservations/feesandcharges/refunds.htm

POOL PERSONAL LESSON REFUND/TRANSFER POLICY

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

GROUP LESSON REFUND POLICY

When the withdraw occurs before the second lesson, the session will be pro-rated and a withdraw fee will be assessed. The withdraw fee will be 10%.

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.

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, or call our Public Information line, 206-684-4075.



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>

