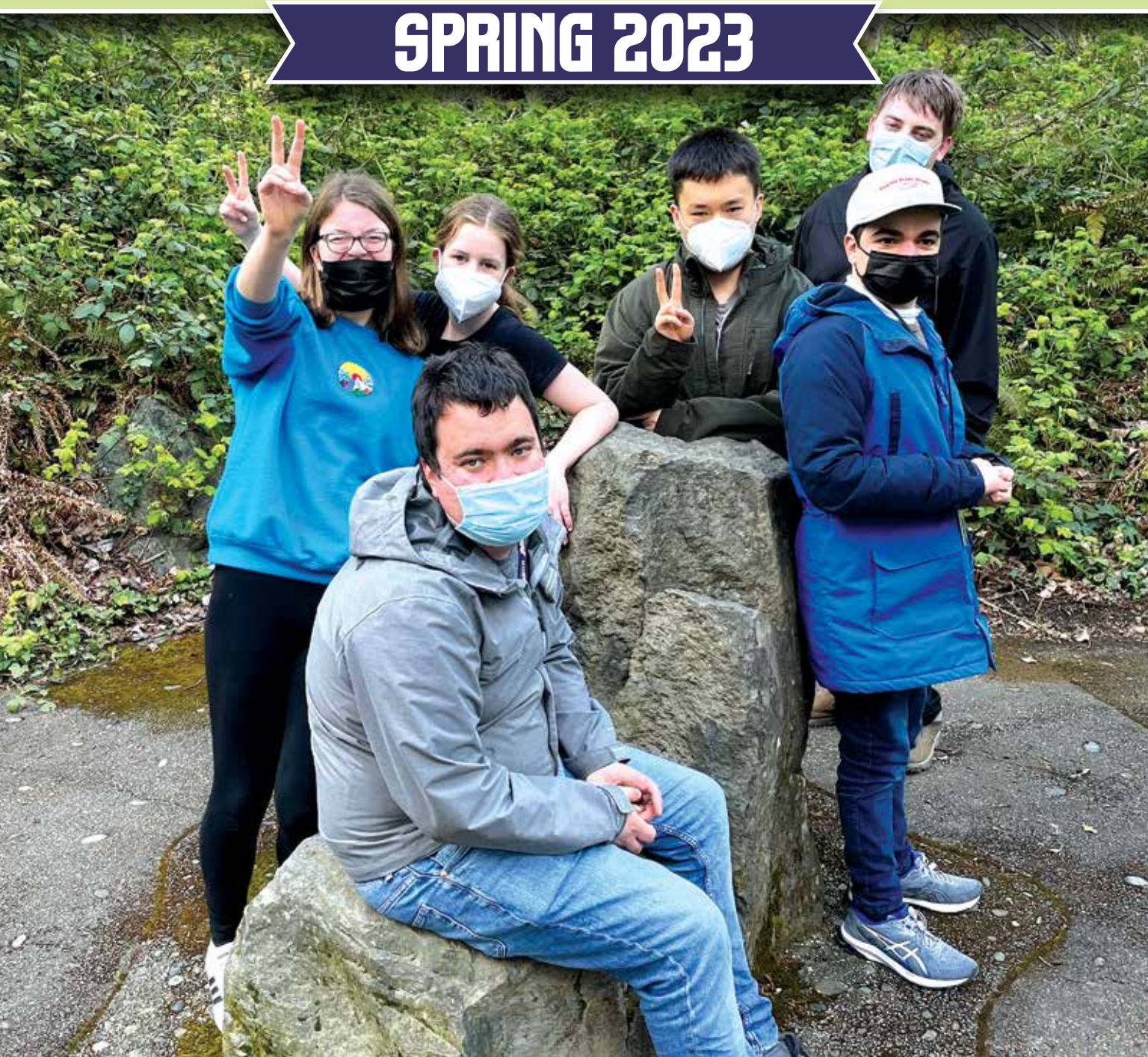


SPECIALIZED PROGRAMS

SPRING 2023



Seattle
Parks & Recreation



EXPLORE MORE!

www.seattle.gov/parks

GENERAL INFORMATION

WHERE TO FIND US

Specialized Programs

4554 NE 41st St., Seattle, WA 98105

206-684-4950

www.seattle.gov/parks/find/specialized-programs

PARKS MANAGEMENT

Anthony-Paul Diaz, Superintendent

Daisy Catague, Recreation Division Director

Lori Chisholm, Manager

RECREATION STAFF

Kyle Bywater, Coordinator, Specialized Programs

Tori Fernau, Adult Sr. Recreation Specialist

Savannah Seiple, Youth Sr. Recreation Specialist

Hannah White, Recreation Leader

Patrick Aspinwall, Recreation Leader

Sabrina Bates, Recreation Leader

Dorothy Rake, Recreation Leader

Hanna O'Donnell, Recreation Attendant

INCLEMENT WEATHER POLICY

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

DISCLAIMER

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

CODE OF CONDUCT

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

This will be decided on a case-by-case basis and is at the discretion of the program leadership staff. Such conduct includes, but is not limited to: Destruction of property, harming oneself or another, or refusal to follow the minimum safety requirements to participate in activities. All incidents will be documented and reported to direct caregivers in a timely manner.



GENERAL INFORMATION

NOTICES

- Please refer to the “Keep me home...” information on page 4 before attending program. Do not come to program if you are sick or have Covid symptoms.
- We encourage that you still wear a face mask when attending our indoor programs to support people that might be at higher risk. Face masks are encouraged for outdoor programs if social distancing cannot be maintained. We will notify you if these requirements change.
- Please do not bring food to any programs unless noted.
- All participants attending Specialized Programs must have a Participant Information Form (PIF) on file before they can attend program. If you have attended in person programs in 2021 or 2022, the PIF we have on file is still good. If you don't have a PIF on file, we can mail one to you or you can find it online here: <http://seattle.gov/parks/find/specialized-programs>

REGISTRATION INFORMATION

When calling, tell us if you are using Access and if you are using DDA Respite Care or if you have qualified for a scholarship. Once approved for scholarship, it can be applied towards reducing the amount to be paid from 50 - 90%.

*learn about ways to
reduce your carbon footprint at*

www.seattlecan.org

Seattle Climate Action
NOW

PAYMENT

Please make checks payable to “City of Seattle”. Mail to: Specialized Programs, 4554 NE 41st St., Seattle 98105. Due Friday, March 24.

REFUND POLICY

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

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

PERSONS WITH DISABILITIES

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



PLEASE KEEP ANY PARTICIPANT AT HOME WITH ANY OF THE FOLLOWING SYMPTOMS:

ILLNESS SYMPTOMS

- Fever of at least 100.4°
- Diarrhea, more than two loose stools per day or a stool contains a drop of blood or mucus
- Vomiting, twice or more in the past 24 hours
- Rash, any not associated with heat or allergic reaction
- Drainage from eye, redness of eyelid lining, swelling and discharge of pus
- Appearance/Behavior: Unusually tired, lack of appetite, confused, irritable, unable to participate in program
- Sore throat: especially with fever or swollen glands
- Head lice or nits: until no lice or nits are present
- Scabies: until after treatment
- Open or oozing sores, unless properly covered and 24 hours have passed since.

COVID-19 SYMPTOMS

- A cough
- Shortness of Breath or difficulty breathing
- A fever of 100.4 or higher or a sense of having fever
- A Sore throat
- Chills
- New loss of taste or smell
- Muscle or body ache
- Nausea/vomiting/diarrhea
- Congestion/running nose – not related to seasonal allergies
- Unusual fatigue
- If you have tested positive for Covid 19 in the past 5 days, please contact Specialized Programs staff before returning to program.



SCHOLARSHIPS AVAILABLE!

Specialized Programs has a significant scholarship fund available. We are offering year round scholarships for all ages. Scholarships can reduce the amount of registration fees starting from 50% to 90% based on total annual income and number of people supported on that income.

If you need assistance completing the form, please call Kyle Bywater at 206-684-7548.

REGISTRATION INFORMATION

► **ADULTS:** Participants are limited to one program per location. **Registration starts at 9 a.m. on the dates listed below** by calling the Specialized Programs Office, 206-684-4950. When calling, tell us if you are using Access and if you are using DDA Respite Care or if you have qualified for a scholarship. Once approved for scholarship, it can be applied towards reducing the amount to be paid from 50-90%.

ADULTS (Ages 21 and up)

Adult Pottery	Monday, March 13 - 9 a.m.	
Fitness with Friends	Tuesday, March 14 - 9 a.m.	Can sign up for 1 of the 3 sessions.
Health or Spring Training	Wednesday, March 15 - 9 a.m.	
Sunshine Social	Thursday, March 16 - 9 a.m.	Can sign up for 1 of the 4 sessions.
Saturday Travels	Friday, March 17 - 9 a.m.	Can sign up for 1 of the 4 trips.

► **YOUTH, TEEN, TRANSITION:** Registration begins on Friday, March 10. Email Savannah.Seiple@seattle.gov to register for the programs below. After your registration email is received you will get a confirmation email back from Savannah. No registrations can be taken before March 10 at 9 a.m. Participants are limited to one program per location a day.

YOUTH (Ages 4 - 21)

Sensory Friendly Saturdays	Can sign up for 1 session and waitlist for 2 other sessions.
Afterschool Club	

TEEN (Ages 12 - 21)

Teen Social	Participants can sign up for 5 and wait list for 4.
Saturday Activities	Can sign up for 3 and wait list for 2. Can sign up for either Sensory Friendly Saturdays or Saturday Activities; not both.

TRANSITION (Ages 16 - 30)

Pottery	
Afternoon Hangout	
Spring Training	If you are over 21, sign up for Spring Training or Health.

PAYMENT INFORMATION:

Payments due by **Friday, March 24**

Payments for classes can be made by credit card OR check.

Please make check payable to: **City of Seattle**

MAIL CHECKS TO:

Specialized Programs

4554 NE 41st St.

Seattle, WA 98105

SENSORY FRIENDLY SATURDAYS

A program for participants ages 4 - 21.

Engage in games, science, art, music, sensory exploration, indoor and outdoor activities, and some free play. Activities are fun, purposeful, and emphasize each child's strengths to promote independence. This program is designed for youth who need a HIGH level of support to transition, complete activities, and socialize. (Please discuss with staff if this program is appropriate for your child.)

Registration: Space is limited to 10 participants. Participants can sign up for 1 session and waitlist for 2.* Refer to page 5 for registration information.

*Note: Between **Sensory Friendly Saturdays** and **Saturday Activities** (page 8), for this quarter, you can only pick one of these programs, not both.

Bring: Sack lunch and drink

Dates	Times	Locations	Cost
Session #1: Saturdays, April 1, 8, 15	9:30 a.m. - 1:30 p.m.	Garfield Teen Life Center 428 23rd Ave. Seattle, 98122	▶ \$45 per session
Session #2: April 22, 29, May 6			
Session #3: May 13, May 20, June 3			

Access Drop-Off Time	Access Pick-Up Window
Drop-Off Appointment Time: 9:45 a.m.	Pick-Up Window: 1:15 - 1:45 p.m.

AFTERSCHOOL CLUB

A program for participants ages 4 - 21.

This program will offer enriching group activities such as arts and crafts, sports, active games, cooking, and more. This program will also focus on developing social skills and increasing independence.

Registration: Refer to page 5 for registration information.

Dates	Times	Locations	Cost
Wednesdays, March 29 - May 31	4:30 - 6 p.m.	Miller Community Center 330 19th Ave. E Seattle, 98122	▶ \$20

Access Drop-Off Time	Access Pick-Up Window
Drop-Off Appointment Time: 4:30 p.m.	Pick-Up Window: 5:45 - 6:15 p.m.

TEEN SOCIAL

A program for participants ages 12 - 21.

Let's get out into the community and have a fun Friday night! Participants will experience different activities around Seattle while focusing on socializing and experiencing new things. 1 on 1 supervision is not provided.

Registration: Space is limited to 12 participants. Participants can sign up for 5 and waitlist for 4. Refer to page 5 for registration information.

Dates	Times	Locations	Cost
Fridays: March 31, April 7, April 14, April 21, April 28, May 5, May 12, May 19 and June 2	4:30 - 8:30 p.m.	North End Drop-Off/Pick-Up: 8061 Densmore Ave. N Seattle, 98103 South End Drop-Off/Pick-Up: Jefferson Community Center 3801 Beacon Ave. S Seattle, 98108	Please bring cash day of; amount in descriptions.

Access Drop-Off Time	Access Pick-Up Window
Drop-Off Appointment Time: 4:30 p.m.	8061 Densmore Ave. N ONLY Pick-Up Window: 8:30 - 9 p.m.

March 31: Learn from a naturalist and dinner out. ▶ \$25

April 7: Flashlight egg hunt and dinner. ▶ \$15

April 14: Mariners game and dinner out (end at 9:15 p.m.). ▶ \$40

April 21: Bellevue Youth Theatre and dinner out (end at 9:15 p.m.). ▶ \$40

April 28: Karaoke and dinner. ▶ \$15

May 5: Cinco De Mayo dinner. ▶ \$25

May 12: Pizza and Bingo. ▶ \$15

May 19: Today we will be making our own dinner! We will menu plan as a group, grocery shop, and then cook our dinner together. ▶ \$15

June 2: Swimming and dinner out. ▶ \$25



SATURDAY ACTIVITIES

A program for participants ages 12-21.

Come enjoy some fun, group outings while socializing with friends! We will explore Seattle and the surrounding areas while promoting social skills, trying new things, and making independent choices. This program has many transitions from site-to-site and is ideal for participants able to transition easily and follow multi-step directions. Let's have some fun!

Registration: Space is limited to 12 participants. Participants can sign up for 3 and wait list for 2.* Refer to page 5 for registration information.

*Note: Between **Sensory Friendly Saturdays** (page 6) and **Saturday Activities**, for this quarter, you can only pick one of these programs, not both.

Bring: Sack lunch and drink

Dates	Times	Locations	Cost
Saturdays: April 1, April 15, April 29, May 13, and June 3	9 a.m. - 2 p.m.	North End Drop-Off: 8061 Densmore Ave. N Seattle, 98103 South End Drop-Off: Jefferson Community Center 3801 Beacon Ave. S Seattle, 98108	Please bring cash day of; amount in descriptions
Access Drop-Off Time		Access Pick-Up Window*	
Drop-Off Appointment Time: 9 a.m.		*8061 Densmore Ave. N <u>ONLY FOR EVERYONE</u> , not just Access. Pick-Up Window: 2 - 2:30 p.m.	

April 1: Bowling! Join us for a strike or spare at the bowling alley! ▶ \$20

April 15: Learn from a Naturalist! Let's go to a local park and learn from a Seattle Parks and Recreation Naturalist. ▶ \$10

April 29: MoPop! Let's have some fun together at the Museum of Pop Culture! ▶ \$15

May 13: Spirit of Africa Festival and Lunch Out! Today we will head downtown to see the Spirit of Africa Festival, then we will grab a bite to eat together! (no sack lunch needed today) ▶ \$25

June 3: Woodland Park Zoo! Let's go visit the zoo with friends! ▶ \$20

POTTERY

A program for participants ages 16-30.

Let's create something! In this class a Pottery Instructor will teach us hand building clay pottery techniques such as coil, slab and pinch to make cups, bowls, and other decorative and seasonal items. Specialized Programs staff will be in the class to support.

Registration: Space is limited to 10 participants. Refer to page 5 for registration information.

Dates	Times	Locations	Cost	Eligibility
Mondays, March 27 - May 22 No program May 29	5 - 6 p.m.	Ballard CC 6020 28th Ave. NW Seattle, 98107	▶ \$40	No 1:1 supervision provided

Access Drop-Off Time	Access Pick-Up Window
Drop-Off Appointment Time: 5 p.m.	Pick-Up Window: 6 - 6:30 p.m.



AFTERNOON HANGOUT

A program for participants ages 16-30.

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

Registration: Space is limited to 12 participants. Refer to page 5 for registration information.

Dates	Times	Locations	Cost	Eligibility
Tuesdays: March 28 - May 30	4 - 5:30 p.m.	Meadowbrook CC 10517 NE 35th Ave. Seattle, 98125	▶ \$40	No 1:1 supervision provided

Access Drop-Off Time	Access Pick-Up Window
Drop-Off Appointment Time: 4:15 p.m.	Pick-Up Window: 5:15 - 5:45 p.m.



SPRING TRAINING

A program for participants ages 16-30.

This is a weekly outdoor exercise program. We will be collaborating and sharing the track with the adult Spring Training program. We will start with warm up laps around the track, then group stretches and an active game. Activities will be adapted to meet participants various mobility levels. Please dress for the weather and bring a water bottle. We will cancel if continuous rain or thunderstorms are in the forecast.

Registration: Space is limited to 20 participants. Refer to page 5 for registration information.

Dates	Times	Locations	Cost	Eligibility
Thursdays, March 30 - June 1	6:30 - 8 p.m.	West Seattle Stadium 4432 35th Ave. SW Seattle, 98126	▶ FREE	No 1:1 supervision provided
Access Drop-Off Time		Access Pick-Up Window		
Drop-Off Appointment Time: 6:45 p.m.		Pick-Up Window: 7:45 - 8:15 p.m.		

ADULT PROGRAMS

APPROPRIATE FOR AGES 21 AND OLDER

Please call Specialized Programs at **206-684-4950** starting on the time/dates listed on page 5. Please let us know if you are using Access and if you are using DDA Respite Care or have qualified for a scholarship.

PAYMENT INFORMATION:

Payments due by **Friday, March 24**

Payments for classes can be made by credit card OR check.

Please made check payable to: **City of Seattle**

MAIL CHECKS TO:

Specialized Programs

4554 NE 41st St.

Seattle, WA 98105



POTTERY

Let's create something! In this class a Pottery Instructor will teach us hand building clay pottery techniques such as coil, slab and pinch to make cups, bowls, and other decorative and seasonal items. Specialized Programs staff will be in the class to support.

Registration: Space is limited to 10 participants. Refer to page 5 for registration information.

Dates	Times	Locations	Cost
Mondays, March 27 - May 22 No program May 29	3 - 4 p.m.	Ballard CC 6020 28th Ave. NW Seattle, 98107	▶ \$40
Access Drop-Off Time		Access Pick-Up Window	
Drop-Off Appointment Time: 3 p.m.		Pick-Up Window: 4 - 4:30 p.m.	

FITNESS WITH FRIENDS

A movement-based program where we stretch, play games, and try new exercise routines. All activities can be adapted to meet participant's mobility levels.

Registration: You may register for 1 of the 3 sessions. Space is limited to 10 participants. Refer to page 5 for registration information.

SESSION 1

Dates	Times	Locations	Cost
Tuesdays, March 28 - May 30	10 - 11:15 a.m.	Meadowbrook Community Center 10517 NE 35th Ave. Seattle, 98125	▶ \$10
Access Drop-Off Time		Access Pick-Up Window	
Drop-Off Appointment Time: 10:15 a.m.		Pick-Up Window: 11 - 11:30 a.m.	

SESSION 2

Dates	Times	Locations	Cost
Tuesdays, March 28 - May 30	Noon - 1:15 p.m.	Meadowbrook Community Center 10517 NE 35th Ave. Seattle, 98125	▶ \$10
Access Drop-Off Time		Access Pick-Up Window	
Drop-Off Appointment Time: 12:15 p.m.		Pick-Up Window: 1 - 1:30 p.m.	

SESSION 3

Dates	Times	Locations	Cost
Tuesdays, March 28 - May 30	2 - 3:15 p.m.	Meadowbrook Community Center 10517 NE 35th Ave. Seattle, 98125	▶ \$10
Access Drop-Off Time		Access Pick-Up Window	
Drop-Off Appointment Time: 2:15 p.m.		Pick-Up Window: 3 - 3:30 p.m.	

HEALTH

We will start each program with active time in the gym and then move to the multipurpose room to learn about nutrition and wellness. We will not be making food in this program this quarter. Activities will be planned with social distancing in mind and can be adapted to meet various mobility levels.

Registration: Space is limited to 20 participants. Sign up for either Health or Spring Training. Refer to page 5 for registration information.

Dates	Times	Locations	Cost
Wednesdays, March 29 - May 31	noon - 2:30 p.m.	Rainier Beach Community Center 8825 Rainier Ave. S Seattle, 98118	▶ FREE

Access Drop-Off Time	Access Pick-Up Window
Drop-Off Appointment Time: 12:15 p.m.	Pick-Up Window: 2:15 - 2:45 p.m.

SPRING TRAINING

This is a weekly outdoor exercise program. We will be collaborating and sharing the track with the Transition Aged Spring Training program (ages 16-30). We will start with warm up laps around the track, then group stretches and an active game. Activities will be adapted to meet participants various mobility levels Please dress for the weather and bring a water bottle. We will cancel if continuous rain or thunderstorms are in the forecast.

Registration: Space is limited to 20 participants. Sign up for either Spring Training or Health. Refer to page 5 for registration information.



Dates	Times	Locations	Cost
Thursdays, March 30 - June 1	6:30 - 8 p.m.	West Seattle Stadium 4432 35th Ave. SW Seattle, 98126	▶ FREE

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

SUNSHINE SOCIAL

This weekly program offers structured group activities that build social skills, independence, and friendships. Join us for themed celebrations, games, crafts, and more.

Registration: Call the Specialized Programs Office at 206-684-4950. Sign up for 1 of the 4 sessions. Space is limited to 15 participants per session. Refer to page 5 for registration information.

Dates	Times	Locations	Cost
Thursdays, March 30 - June 1	Session 1: 10 a.m. - noon Session 2: 1:30 - 3:30 p.m.	Bitter Lake CC 13035 Linden Ave. N Seattle, 98133	▶ \$35

Dates	Times	Locations	Cost
Fridays, March 31 - June 2	Session 1: 10 a.m. - noon Session 2: 1:30 - 3:30 p.m.	Van Asselt CC 2820 S. Myrtle St. Seattle, 98108	▶ \$35

SESSION 1 Access Drop-Off Time	SESSION 1 Access Pick-Up Window
Drop-Off Appointment Time: 10:15 a.m.	Pick-Up Window: 11:45 a.m. - 12:15 p.m.

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



SATURDAY TRAVELS

Join us as we travel around the Seattle area to visit local sites, businesses, and parks. Come with a sack lunch and dress in weather appropriate clothing to eat outside at a picnic shelter. Please bring cash day of to pay for the activities. Please bring a sack lunch and drink.

Registration: Space is limited to 12 participants each day. Sign up for 1 of the 4 outings and be on the waiting list for the others. Refer to page 5 for registration information.

Dates	Times	Locations	Cost
Saturday, April 8, April 22, May 6, and May 20	9 a.m. - 2 p.m.	Densmore Building 8061 Densmore Ave. N Seattle, 98103	Varies each week, see below.
Access Drop-Off Time		Access Pick-Up Window	
Drop-Off Appointment Time: 9 a.m.		Pick-Up Window: 2 - 2:30 p.m.	

April 8: Wellness Day

Join us for a day of wellness and relaxation as we explore different methods of self-care. Part of this day might include a yoga/stretching hour, creating art journals, making a healthy snack, and a “spa treatment” with face masks. ▶ \$10

April 22: MoPOP

Today we will visit the Museum of Pop Culture that showcases iconic moments in TV, music, science fiction and much more! ▶ \$15

May 6: Bowling

This trip was so popular last quarter we are bringing it back again! If you signed up for it in Winter, please consider picking a different outing this time. ▶ \$15

May 20: Snoqualmie Falls & Northwest Railway's Snoqualmie Depot

Let's take a drive up to Snoqualmie to view the always beautiful Snoqualmie Falls! After we will stop by the Snoqualmie Depot to view the historic train station. Please dress for the weather, we will be outside today. ▶ FREE



SPECIALIZED PROGRAMS

4554 NE 41st Street

Seattle, WA 98105

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