

**Please note:** All dates and times are subject to change. We do our best to maintain these schedules, but due to programming and community needs, these dates and times may change. Please call ahead to make sure sites are open.



## TODDLER GYM PLAY TIME

### Walkers-Age 5

Play in the Bounce House, ride tricycles, play house or blocks and have fun on the slide as toddlers go wild at Toddler Open Gym. Participants will have the opportunity to play with other youth, develop motor skills, and have non-stop fun during this exciting drop-in session. (Parents must accompany their child at all times.)

No program on 9/1

Location	Days	Times
Jefferson	T/Th	10 am-2 pm
Rainier <i>starts 9/17</i>	Wed/Sat Friday	10 am-1 pm 10 am-2 pm
Rainier Beach	M/F	10 am-1 pm

**Activity Fee: \$3 per child**

## SENIOR GAMES

Come and enjoy Mah Jong and table tennis every Tuesday and Friday afternoon.

**Location: IDCCC**

**Tue 3-5:30 pm**

**Fri 2:30-5:30 pm**

**FREE!**

## FITNESS ROOMS

**Ages 18 and older** No program 9/1, 11/11, & 12/25.

**Drop-in: \$3 Adult, \$2 Senior (65+)**

### IDCCC FITNESS ROOM

Focus on your fitness. We have several cardio machines, a five-in-one weight machine, and hand weights to help you reach your goals. Cable TV allows you to catch your favorite show while you burn calories.

**Mon/Fri 11 am-9 pm**

**Tue 3-6 pm**

**Wed Noon-9 pm**

**Thu 9 am-Noon**

### RAINIER FITNESS ROOM

Find the 30 minutes to work on cardio and strength training. We offer stationary bike, elliptical, treadmills, universal machines and free weights.

**Mon/Wed 9 am-8:45 pm**

**Tue/Thu 10 am-8:45 pm**

**Friday 9 am-5:45 pm**

**Saturday 9 am-4:45 pm**

### RAINIER BEACH FITNESS ROOM

Take a little time to get a work out in our new Fitness Room. We offer a variety of weight and cardio options to meet your fitness needs.

**Sunday 10 am-6:15 pm**

**Mon-Thu 10 am-8:45 pm\***

**Friday 10 am-6:45 pm\***

**Saturday 8 am-6:45 pm**

### VAN ASSELT FITNESS ROOM

It might be small, but it can pack a wallop, from traditional cardio machines to free weight and other workouts!

**M-F 3:30-7:30 pm**

**Stay tuned for teen workouts and women-only workouts!**



There is an Adult Sports drop-in fee during all operating hours. The fee is \$3 per session for adults (ages 18 to 49) and \$2 per session for seniors (ages 50+). Drop-in activities are subject to change, based on community center activities. Call the center within 48 hours prior to verify daily schedule. No program 9/1, 11/11, 11/27, 11/28, & 12/25

	IDCCC	Jefferson	Rainier	Rainier Beach	Van Asselt
<b>BADMINTON</b>	<b>ADULT</b> Tuesday 11:30 am-1:15 pm	Tue/Fri 6-8:45 pm			Thursday 6-8 pm
<b>BASKETBALL</b>	<b>TEEN BASKETBALL</b> Mon/Tue 3-5:45 pm Wed 3-4:45 pm Fri 4-8:45 pm  <b>ADULT</b> M/F 11:30 am-1:15 pm Wed Noon-1:15 pm	Mon/Fri 2:30-4 pm	<b>ADULT</b> Mon-Fri 1-3 pm <b>Sat/Sun</b> call for availability	<b>YOUTH</b> M/T/Th/F 2:30-4:30 pm <b>ADULT</b> Tue 7-9 pm <b>Sat/Sun</b> call for availability	<b>ALL AGES</b> Mon/Tue 3-7 pm <b>DRILLS &amp; SKILLS</b> Wed/Fri 3-7 pm
<b>COMPUTER LAB</b>	Open during operating hours <b>FREE!</b>		Varies based on computer lab programs. Call for availability. Normally open 1-7 pm M-Th	Varies based on lab programs. Call for availability. Normally open M-Th 11 am-6 pm Fri 9 am-4 pm  We have FREE WiFi available anytime we are open	We have FREE WiFi available anytime we are open
<b>DANCE</b>	<b>LINE DANCING</b> Mon/Fri 11 am-12:30 pm	<b>WORLD DANCE</b> Mon 6:45-8:45 pm <b>BALLROOM DANCING</b> Wed 1-3 pm			
<b>MARTIAL ARTS</b>	<b>KUNG FU</b> Tue 7-8 pm \$10 (adults) \$7 (youth)				<b>SELF-DEFENSE</b> Wed/Fri 6-8 pm <b>FREE!</b>
<b>PICKLEBALL</b>	<b>ADULT</b> Mon 6-8:45 pm	Mon 9:45 am-12:15 pm	T/Th 10 am-1 pm		<b>SENIORS</b> Wed/Fri 10 am-Noon
<b>TABLE TENNIS</b>	<b>YOUTH</b> Mon 3-5:30 pm Wed 4:30-6 pm <b>ADULT</b> Mon/Wed/Fri 6-8:45 pm Tuesday 11:30 am-1:15 pm		Available during drop-in hours (1 table)	Call for availability.	Mon-Fri 4-8 pm
<b>VOLLEYBALL</b>	Wed 6:15-8:45 pm			<b>Sat/Sun</b> call for availability	
<b>YOGA</b>	Wed 3-4:15 pm				