

# NORTHWEST COMMUNITY CENTERS



**Seattle**  
Parks & Recreation

healthy people healthy environment strong communities

**WINTER 2018 PROGRAMS**

**COMMUNITY  
CENTERS**  
BALLARD  
BELLTOWN  
BITTER LAKE  
GREEN LAKE  
LOYAL HEIGHTS  
MAGNOLIA  
QUEEN ANNE

**POOLS**  
BALLARD  
EVANS  
QUEEN ANNE

**REGISTER  
DECEMBER 5**

register online:  
[seattle.gov/parks](http://seattle.gov/parks)



# Dear friends of Seattle Parks and Recreation,

Our city may be a little wet in the winter, but with 26 community centers, eight indoor pools and ten indoor tennis courts, we have endless ways to help you stay active during the rainy months. And for those willing to brave the colder temperatures, our parks offer unique flora and fauna at this time of year, including excellent opportunities to explore the tides and the creatures we see on the beach during the colder months.

I'm pleased to report that we at Seattle Parks and Recreation (SPR) are utilizing Seattle Park District funds to do our best for Seattle's community and park spaces. Through this generous support from Seattle taxpayers we have been able to get new recreation programs up and running, provide additional maintenance to parks and community centers, and give you more of what you love about Seattle's parks.

I hope you'll join us this spring, whether it's to play a sport, take a class, rent a facility, start swimming, learn about the environment, or sign your child or teen up for a fun activity. And remember, we're all about healthy people, healthy parks and strong communities.

As always, we are looking for ways to improve our practices and be better stewards of taxpayer funds and land. Our commitment to continual improvement shows up in the programs we create, which we measure by how well they help you and your community meet your fitness, health, and personal goals.

Lately, we have been looking more closely at how our program support all families and people across the entire spectrum of unique identities that include, but aren't limited to, race, religion, gender, sexual orientation, and culture. We believe it's our job to make sure each and every person knows they're included and feels they're included. Seattle Parks and Recreation has always been committed to providing programs that are inclusive to all, and in hopes of doing an even better job, we're challenging ourselves to more fully demonstrate that commitment to inclusion and equity in all we do.

Please know that this is your community center, and these are your programs. We always want to hear how we can better affirm community in our work. We also want to know how we can uplift and partner with communities whose voices and interests have not always been heard.

I'm thankful to Seattle Parks and Recreation staff, to our partners, and to community members who share our goals to provide spaces and programs that create healthy people and strong communities.

Sincerely,  
Jesús Aguirre, *Superintendent*

## REGISTER DECEMBER 5

**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.***



### BEST CHOICE

Stop by your local community center to register for programs and meet the staff. Take a peek at the recreation center and the program space. Staff welcomes face-to-face interaction! *Please note hours of operation, as they vary across community centers.*



### FIRST CHOICE

Online registration using the SPARC system by going to [seattle.gov/parks](http://seattle.gov/parks) and clicking on SPARC. Please note that you will need to set up an account prior to having access to the online SPARC system. This may take up to a week to process. We do our best to set up accounts for registration within 48 hours.



### SECOND CHOICE

Call your local recreation center during our hours of operation at the phone number listed at: [seattle.gov/parks/centers.asp](http://seattle.gov/parks/centers.asp). All staff can assist you with registration during their operating hours listed on their home page linked from the above web address.



### THIRD CHOICE

Register by phone with our Business Service Center at 206-684-5177. The Business Service Center is open Monday through Friday between 8:30 a.m. and 6 p.m.. Questions may be emailed to [ParksBSC@seattle.gov](mailto:ParksBSC@seattle.gov).



### FOURTH CHOICE

Mail in or drop off registration requests with payments and/or required forms to your local community center. For the address of your local community center, please visit: [seattle.gov/parks/centers.asp](http://seattle.gov/parks/centers.asp).

# IN THIS BROCHURE:



WE ALSO HAVE YOUR FAVORITE DANCE, TENNIS, POTTERY, BASKETBALL, KARATE, ART, SOCCER, YOGA, AND PIANO CLASSES AND SO MUCH MORE AT YOUR LOCAL COMMUNITY CENTER!

## INTERESTED IN TEACHING A CLASS OR WORKSHOP AT SEATTLE COMMUNITY CENTERS?

Please contact the following Assistant Recreation Coordinators with your programming idea(s) for Northwest Seattle.

**Mary Pat Byington:** marypat.byington@seattle.gov

**Faizah Osayande:** faizah.osayande@seattle.gov

**Stefan Schmidt:** stefan.schmidt@seattle.gov

**Nick White:** nick.white@seattle.gov

*Classes are scheduled approximately six months in advance.*

**NOW HIRING!** Seattle Parks & Recreation

Associated Recreation Council (ARC) in partnership with Seattle Parks and Recreation offers a variety of employment opportunities! Whether your interest is in child care, youth enrichment, the environment, health and fitness, the arts, sports, or building technology skills, we have something for you!

Visit [arcseattle.org/employment](http://arcseattle.org/employment) for a complete list of open positions.

We are an equal opportunity employer.

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# CENTER INFO



Seattle  
Parks & Recreation

## BALLARD CC

6020 28th Ave. NW / Seattle, 98107  
Ph: 206-684-4093 Fax: 206-684-7199

### HOURS

Mon-Fri 9 a.m.-9 p.m.  
Saturday (1/14-3/25) 9 a.m.-5 p.m.  
Sunday Closed

## BELLTOWN CC

415 Bell Street / Seattle, 98121  
Ph: 206-684-7245

### HOURS

Mon/Tue/Wed 3-8 p.m.  
Thu/Fri 9:30 a.m.-2:30 p.m.  
Sat/Sun Closed

## BITTER LAKE CC

13035 Linden Ave. N / Seattle, 98133  
Ph: 206-684-7524 Fax: 206-684-0858

### HOURS

Mon-Thu 9 a.m.-9 p.m.  
Fri/Sat 9 a.m.-7 p.m.  
Sunday Closed

## GREEN LAKE CC

7201 E Green Lake Dr. N / Seattle, 98115  
Ph: 206-684-0780 Fax: 206-684-7550

### HOURS

Mon-Fri 10 a.m.-9 p.m.  
Saturday 9 a.m.-5:30 p.m.  
Sunday Closed

## LOYAL HEIGHTS CC

2101 NW 77th St. / Seattle, 98117  
Ph: 206-684-4052

### HOURS

Mon/Wed 9 a.m.-9 p.m.  
Tue/Thu 9 a.m.-8 p.m.  
Friday 10 a.m.-9 p.m.  
Saturday (1/6-3/24) 9 a.m.-5 p.m.  
Sunday Closed

## MAGNOLIA CC

2550 34th Ave. W / Seattle, 98199  
Ph: 206-386-4235 Fax: 206-386-4230

### CLOSED FOR MAINTENANCE 2/17-2/25

### HOURS

Tue/Thu 9 a.m.-9 p.m.  
Saturday 9 a.m.-2 p.m.  
Sunday Closed

## QUEEN ANNE CC

1901 1st Ave. W / Seattle, 98119  
Ph: 206-386-4240 Fax: 206-386-4284

### HOURS

Mon-Fri 9:30 a.m.-9 p.m.  
Saturday 10 a.m.-3 p.m.  
Sunday Closed

## BALLARD POOL

1471 NW 67th St. / Seattle, 98117  
Ph: 206-684-4094

## EVANS POOL

7201 E. Green Lake Dr. N / Seattle 98115  
Ph: 206-684-4961

## QUEEN ANNE POOL

1920 1st Ave. W / Seattle, 98119  
Ph: 206-386-4282

## CLOSURES

12/25, Mon Christmas Day  
1/1/18, Mon New Year's Day  
1/15, Mon Martin Luther King, Jr.'s Day  
2/19, Mon Presidents' Day

## PARKS MANAGEMENT

Jesús Aguirre, Superintendent  
Christopher Williams, Deputy Superintendent  
Kelly Guy, Recreation Director  
Katie Gray, Deputy Recreation Director  
TBD, Aquatics Manager  
Barb Wade, Recreation Manager

## COORDINATORS

Paul Davenport, Belltown CC  
Chris Easterday, Green Lake CC  
Cynthia Etelamaki, Bitter Lake CC  
Katie Fridell, Magnolia CC  
Monica Haugen, Loyal Heights CC  
TomiJo McCarrier, Ballard CC  
Gina Saxby, Queen Anne CC

## ASSISTANT COORDINATORS

Mary Pat Byington,  
[marypat.byington@seattle.gov](mailto:marypat.byington@seattle.gov)  
Faizah Osayande,  
[faizah.osayande@seattle.gov](mailto:faizah.osayande@seattle.gov)  
Stefan Schmidt,  
[stefan.schmidt@seattle.gov](mailto:stefan.schmidt@seattle.gov)  
Nick White,  
[nick.white@seattle.gov](mailto:nick.white@seattle.gov)

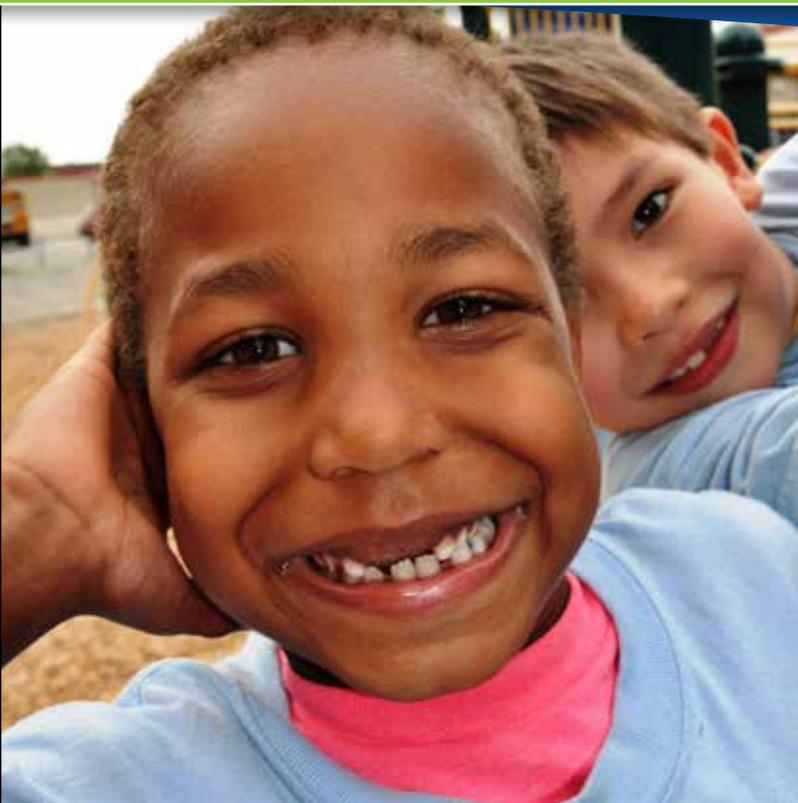
## DISCLAIMER NOTE

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, and fees may change after City Council action on the City budget each year. Please visit [www.seattle.gov/parks](http://www.seattle.gov/parks) for updated information.



Seattle  
Parks & Recreation

# GENERAL INFO



## ASSOCIATED RECREATION COUNCIL

**ARC** For 41 years, the Associated Recreation Council (ARC) has provided recreation, lifelong learning programs and community-driven leadership in partnership with Seattle Parks and Recreation. With a goal of providing equitable access to citywide programs for Seattle residents of all ages, ARC works through 36 volunteer Advisory Councils to fulfill its mission of “building community through citizen engagement and participation in recreation and lifelong learning programs.” ARC is a 501c3 nonprofit organization. **For more information, go to [www.arcseattle.org](http://www.arcseattle.org).**

## YOUR ADVISORY COUNCIL

Most classes, workshops, sports and swim programs, special events and facility rentals are funded through the local advisory council, rather than from City of Seattle budgets. Revenues generated through program fees offset program costs to make these activities self-sustaining. We also rely on participation, donations, and contributions to maintain and upgrade equipment. Advisory council members create scholarship opportunities through grant writing and other fundraising activities.

## JOIN US!

Citizen direction and participation is essential to our success. Monthly meetings are held to talk about programs, policies, and financial issues. Our advisory councils always are looking for new members. If you would like to get involved, please contact the facility staff for further information.

- 1) BALLARD CC
- 2) BALLARD POOL
- 3) BELLTOWN CC
- 4) BITTER LAKE CC
- 5) GREEN LAKE CC/EVANS POOL
- 6) LOYAL HEIGHTS CC
- 7) MAGNOLIA CC
- 8) QUEEN ANNE CC & POOL



## RECURRING EVENTS

### FAMILY SKATE NIGHT

All Ages

Join us for this popular Bitter Lake family tradition! We will have great music and play fun games. Bring your own skates and blades, or borrow a pair of ours. Please note: No toy skates allowed. No Skate Night 2/23.

**Location: Bitter Lake CC Annex (13040 Greenwood Ave N)**  
1/5-3/30 Fri 6:30-8:15 p.m. \$4/skater

### MOVIE DAYS

All Ages

Enjoy a family movie during the week. Come on Thursday mornings and watch family friendly movies together. Enjoy popcorn and beverages. Movies will be announced on the Belltown Facebook Page.

**Location: Belltown CC**  
1/18 Thu 10 a.m.  
2/15 Thu 10 a.m.  
3/15 Thu 10 a.m.

**FREE!**

### FAMILY FUN NIGHT

All Ages

Magnolia will host a family fun night, full of activity. Family Fun Night is designed to get the kids moving, a gym full of bouncy houses, tumbling mats, and more.

**Location: Magnolia CC**

**GINGERBREAD HOUSE**  
12/8 Fri 6-7:30 p.m. \$3

**MOVIE NIGHT**  
1/16 Fri 6-8 p.m. \$3

**BOUNCY HOUSE NIGHT**  
2/16 Fri 6-8 p.m. \$3

**FAMILY BINGO NIGHT**  
3/16 Fri 6-8 p.m. \$3

### DISASTER PREPAREDNESS FOR FAMILY AND COMMUNITY

A disaster is when government's capacity to respond to your emergency needs is overwhelmed. Are you prepared to care for yourself, your family and your home in a disaster? In this session, we will cover techniques and tips for personal disaster planning, supplemented by the plans of your neighbors and community. This class is being taught by members of MIQABePrepared.org, Magnolia's local disaster preparedness resource. People can attend one or all three sessions as topics will vary. Please call center to sign up.

1/24 Wed 6-8 p.m.  
2/28 Wed 6-8 p.m.  
3/21 Wed 6-8 p.m.

**FREE!**

### FAMILY FUN NIGHT

All Ages

Do you have a lot of energy and would like to have some fun? Enjoy an amazing and fun night at QACC, jumping and bouncing around in different Bounce houses. Join the fun every first Friday of the month.

**Location: Queen Anne CC**  
11/3 Fri 6:30-8:30 p.m.

### PARENT'S NIGHT OUT

Ages 3-10

Get some alone time without your little ones, knowing they are in good hands with our professional childcare staff. Cheese pizza and fruit will be served. Children must be fully potty-trained to participate.

**Location: Ballard CC**  
1/12 Fri 6-9 p.m. \$20  
2/9 Fri 6-9 p.m. \$20  
3/9 Fri 6-9 p.m. \$20  
4/13 Fri 6-9 p.m. \$20

\$5 sibling discount

### COLORING AND CRAFTS NIGHT

Ages 5 and Older

Join us every second Friday of the month to kick-off the Belltown Artwalk. We will have coloring, ribbons, bows, string, paper, glue, and more to indulge your crafting hearts!

**Location: Belltown CC**  
12/8 Fri 6-7:30 p.m.

**FREE!**

### BELLTOWN ARTWALK

All Ages

Join us every second Friday of the month to kick-off the Belltown Artwalk. Pick up a free map of participating venues, check out the center's featured artists, enjoy refreshments and raffle prizes. Doors open from 6-7:30 p.m. Other participating venues remain open till 9 p.m.

**Location: Belltown CC**  
12/8 Fri 6-7:30 p.m.  
1/12 Fri 6-7:30 p.m.  
2/9 Fri 6-7:30 p.m.  
3/9 Fri 6-7:30 p.m.

**FREE!**

### ADULT GAMES & OPEN MIC NIGHT

Enjoy Oversized board games, music, poetry, comedy and much more entertainment that Belltown community has to offer. Socialize and meet some new friends. Are you an artist and interested in being a part of the open mic night? call down or come in to let us know

**Location: Belltown CC**  
2/16 Fri 7-10 p.m.  
3/16 Fri 7-10 p.m.

**FREE!**

# SPECIAL EVENTS




**MARTIN LUTHER KING, JR.**

**ACCEPT THE CHALLENGE AND HONOR THE KING!**

**SAVE THE DATE**  
**SATURDAY**  
**JANUARY 13, 2018**  
**(TIME TBD)**

**JOIN US AT MLK JR MEMORIAL PARK AS WE MARCH TO RAINIER COMMUNITY CENTER. TO HONOR DR. MARTIN LUTHER KING JR.**



## ▾ SPECIAL EVENTS

### ▾ DECEMBER 2017

#### HOLIDAY CRAFTS

**FREE!**

**Ages 5 and Older**

Come make a holiday gift for a family member or friend. We will have ribbons, bows, string, paper, paints, etc. to make your gift special for someone. Enjoy music in downtown Seattle as part of the Great Figgy Pudding Caroling Competition at Westlake Park.

**Location: Belltown CC**

**12/1                      Fri                      6-7:30 p.m.**

#### HOLIDAY SHOW: THE GINGERBREAD MAN

**FREE!**

**Ages 2 and Older**

Run, run, as fast as you can. You can't catch me! Come and see a crazy cast of characters try and catch this tricky cookie. He thinks he's so clever, but little does he know that he will soon meet the animal that will out FOX him.

**Location: Bitter Lake CC**

**12/6                      Wed                      11:15 a.m.**

**Location: Loyal Heights CC**

**12/15                      Fri                      11:15 a.m.**

**Location: Ballard CC**

**12/20                      Wed                      11:15 a.m.**

#### MULTI-CULTURAL DINNER

**All Ages**

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

**Location: Bitter Lake CC**

**12/8                      Fri                      5:30-7 p.m.**

**\$10/4+  
\$3/person**

#### LIL GINGERBREAD EVENT

**Ages 5 and Under**

Come on down to enjoy decorating cookies and gingerbread houses. Bring out the family and the little ones to enjoy. We supply all the goodies you bring the fun.

**Location: Magnolia CC**

**12/8                      Fri                      11 a.m.-2 p.m.                      \$4**



## GREEN LAKE PATHWAY OF LIGHTS

**FREE!**

Gather your family and friends and join us for our annual Pathway of Lights celebration. Luminaires are placed around both side on the inner trail to create a warm glow while walking the lake to the various music venues, and enjoy refreshments and the sounds of the season performed by local schools, and artists. You can be creative with your own lights to add to the ambience. Please bring a non-perishable food donation for our partners at Family Works and help brighten the holidays for someone less fortunate.

**Location: Green Lake CC**

**12/9 Sat 4:30-7:30 p.m.**

### VOLUNTEERS WANTED!

The Pathway of Lights event (ad at right) is not possible without support by dozens of volunteers. Individuals and groups help set up/break down and perform! Music groups need to be able to play unamplified music. Performances last 30-45 minutes. If you are interested please contact the Green Lake Community Center at, 206-684-0780, or e-mail us at, [chris.easterday@seattle.gov](mailto:chris.easterday@seattle.gov). Volunteers help make this a fun family night on the lake. This event is sponsored by Seattle Parks and Recreation and the Green Lake Advisory Council.

## GINGERBREAD EVENT

All Ages

Did you miss out on the Lil Gingerbread event? Well come back out to the second showing. You will be decorating gingerbread houses and cookies.

**Location: Magnolia CC**

**12/8 Fri 5-7 p.m. \$4**

## GINGERBREAD JUBILEE

Ages 1 and Older

This year's event will be even bigger! It will be in the gym which means there is lots of space for decorating. Join us this year for an evening of holiday fun. You bring your imagination, we will provide the rest!

**Location: Ballard CC**

**12/15 Fri 5-7 p.m. \$5**

## ARGOSY CHRISTMAS SHIP

**FREE!**

All Ages

Join the festivities as the Argosy Ship arrives at the Hiram M. Chittenden Locks where beautiful songs of the holiday will be heard far and wide. This event is hosted by Ballard and Loyal Heights Community Centers.

**Location: Hiram M. Chittenden Locks**

**12/16 3:40 p.m.**



# SPECIAL EVENTS



## ➤ JANUARY 2018

### WOMEN'S SELF DEFENSE WORKSHOP

**FREE!**

Learn to use your natural strengths to quickly and effectively defend yourself. You can gain the awareness, confidence, and skill you need to protect yourself. Quickly learn simple and powerful techniques to shock an attacker by striking vital points, as you yell "NO!" and run to safety. Presented by Oom Yung Doe Martial Arts School

**Location: Belltown CC**

**1/23 Tue 6-7:30 p.m.**

## ➤ FEBRUARY 2018

### SWEET PEA COTTAGE

**FREE!**

**Ages 2.5 - 10**

#### TASTY BABY BELLY BUTTONS & THE RABBIT IN THE MOON

Join us for two folk tales from Japan. We will join a young girl as she makes new friends and uses her cunning to return lost children to her village in Tasty Baby Belly Buttons (taken from the classic tale The Peach Boy and the adaptation by Judy Sierra). Then we will learn the true meaning of kindness and hospitality and generosity in The Rabbit in the Moon. Theater for Young Children shows are designed specifically to appeal to ages 2.5-10 and brought to community centers through a partnership between Sweet Pea Cottage Enterprises and Seattle Parks and Recreation.

**Location: Ballard CC**

**Date and Time TBA**

**Location: Green Lake CC**

**2/9 Fri 11:15 a.m.**

**Location: Bitter Lake CC**

**2/28 Wed 11:15 a.m.**

### COMMUNITY SWEET HEARTS POTLUCK AT EVANS POOL

**FREE!**

**All Ages**

Come and gather with the Green Lake Community and the Green Lake staff! We will set up the swimming pool deck with tables and chairs; Bring a dish to share, and maybe a story or two to share. Be prepared to make a friend or two and enjoy some great food. Evans Pool is proud to present "The Sauna Lizards", our own locally homegrown band of swimmers! Enjoy lively, fun music while you eat and socialize! Only adults can swim from noon-1:30pm, adults and children under 18 are welcome to at 1:30-2:30pm for our general swim. Everyone is welcome at the potluck 12-2:30pm. Part of Neighborhood Appreciation Day!

**Location: Green Lake CC/Evans Pool**

**2/10**

**Noon-2:30 p.m. - Potluck for all**

**Noon-1:30 p.m. - Adult Swim Only**

**1:30-2:30 p.m. - General Swim**

### WON'T YOU BE MY VALENTINE?

**FREE!**

**Ages 5 and Under**

Join us for a special version of our drop-in Tot Gym where we will have some sweet treats and crafts to celebrate Valentine's Day. Kiddos will have the opportunity to design Valentine's Day cards for that special grandparent, parent, sibling, or teacher in their lives.

**Location: Bitter Lake CC**

**2/14**

**Wed**

**9:30 a.m.-12:30 p.m.**

### PANCAKE BREAKFAST

**All Ages**

Join your friends and neighbors for Bitter Lake Community Center's Annual Pancake Breakfast! Bring the whole family and enjoy all-you-can-eat pancakes, scrambled eggs, sausage, juice, and coffee! Proceeds from this event will help provide scholarships to those in need throughout the year. Volunteers are needed for this event; please call 206-684-7524 for additional info.

**Location: Bitter Lake CC**

**2/25**

**Sun**

**9 a.m.-Noon**

**\$5**

**(Children ages 3 and younger eat free!)**



# SPECIAL EVENTS



Seattle  
Parks & Recreation



## ➤ MARCH 2018

### PANCAKE BREAKFAST FUNDRAISER

All Ages

This annual fund raiser is more than just a great meal; proceeds go to fund scholarships for youth throughout the year. So, come and enjoy the company of friends and neighbors as we provide a yummy breakfast, activities and crafts for kids, and so much more! We need volunteers, so please call 206-684-4052 if you're interested.

**Location:** Loyal Heights CC

3/4 Sun 8 a.m.-Noon \$6/person

### HUMOR WORKSHOP

**Location:** Green Lake CC

3/17 Sat 2 p.m.

FREE!

## ➤ APRIL 2018

### THE ANNUAL BALLARD BASH OUT OF THIS WORLD

The Annual Daddy Daughter Dinner has been upgraded to include the whole family! For the 26th year you can join family, friends and neighbors as the Ballard Community Center puts on the party of the year. This year's event will be totally Out of This World. In addition to dinner and dancing, activities and crafts will focus on the planets, stars, and the possibilities of what lies beyond our solar system. Astronauts, aliens and space travelers alike, grab your gear and your friends for this galactic adventure. Make your reservations today as ship space is limited. Children 2 and under are free.

**Location:** Ballard CC

4/21 Sat 6-10 p.m. \$30/person

### SPRING EGG HUNTS

Ages 2-10

Join your neighbors for the quickest special event of the year; the Spring Candy and Egg Hunt! Plan enough time to park and find your age group's hunt area. This event runs rain or shine. Make sure to bring a basket or bag to put all your goodies in! We will also be collecting non-perishable food items for the local food bank. Volunteers needed. Call your local center.

**Locations:** Ballard CC,

Bitter Lake CC Annex (13040 Greenwood Ave N),

Loyal Heights CC, Magnolia CC, Queen Anne CC

3/31 Sat 10 a.m. sharp!

FREE!

### SPRING EGG SCRAMBLE

Everyone will meet in the gym per their child's age

and time. Please bring a basket or bag to collect

your goodies in. Parking will be tight. Be prepared to walk to the community center. Come rain or shine. Please bring a can food donation for the local food bank.

**Location:** Green Lake CC

Ages 1-3

3/31 Sat 10 a.m.

Ages 4-6

3/31 Sat 10:30 a.m.

Ages 7-10

3/31 Sat 11 a.m.

FREE!

# DROP-IN PROGRAMS

All drop-in programs are now free (unless otherwise noted), but they now require a Quickcard. Drop-in activities are subject to change, based on community center activities. Call center 48 hours in advance to verify daily schedule.

No program 12/25, 1/1, 1/15, and 2/19.

## TODDLER GYM PLAY TIME

**FREE!**

### Ages Walkers-5 Years

Children play, learn, and develop both motor and social skills in this highly interactive drop-in social and play time. Toddlers will meet new friends, play on bouncy toys, ride scooters and tricycles, play with bouncy balls, and much more. (Parents must accompany their child at all times.) Times are subject to change.

#### BALLARD COMMUNITY CENTER

M/W/F 9:30 a.m.-12:30 p.m.

#### BITTER LAKE COMMUNITY CENTER

Mon/Wed 9:30 a.m.-12:30 p.m.

#### LOYAL HEIGHTS COMMUNITY CENTER

Tue/Thu 10 a.m.-2 p.m.

#### MAGNOLIA COMMUNITY CENTER\*

Wed/Fri 11 a.m.-1 p.m.

#### QUEEN ANNE COMMUNITY CENTER

Tue/Thu 10 a.m.-1 p.m.

\*Ballard and Magnolia also offers an Imagination Playground. It includes bricks and cylinders, accented with chutes, channels, and parts that suggest motion or connectivity. It inspire children to design their own inventions.

## QUIET PLAY GYM

The Ballard Community Center is proud to be able to offer Quiet Play time for families affected by autism spectrum disorder. Experience all the fun of the community center without the large crowds. We will be dimming the lights and make special efforts to reduce the noise level.

**Location: Ballard CC**

**Fridays 1-2:30 p.m.**

## TODDLER PLAY ROOMS

**FREE!**

Enjoy a dedicated play space filled with lots of children's toys of all shapes, sizes, and mobility. It's a great way for your child to learn and socialize with others. Parental supervision required. Must adhere to posted rules. So what are you waiting for? Come in from the wet and cold and play! Public Health-Seattle and King County requires that you take away changed diapers. Times are subject to change.

#### BALLARD COMMUNITY CENTER\*

Ages 4 and younger

Enjoy the toddler open gym at no charge on M/W/F.

Mon-Fri 9:30 a.m.-8:30 p.m.

#### BELLTOWN COMMUNITY CENTER

Ages 5 and younger

M/W/Th 3-8 p.m.

Fri 9:30 a.m.-2:30 p.m.

#### GREEN LAKE COMMUNITY CENTER

Ages 5 and younger

Available for rentals on Saturday and Sundays!

Mon-Fri 10 a.m.-8 p.m.

Saturday 9 a.m.-4:45 p.m.\*

\*Available to rent on Saturday and Sunday!

#### QUEEN ANNE COMMUNITY CENTER

Ages 5 and younger

Mon-Fri 9:30 a.m.-4 p.m.

Sat 10 a.m.-3 p.m.



# DROP-IN PROGRAMS



Seattle  
Parks & Recreation

All drop-in programs are now free (unless otherwise noted), but they now require a Quickcard. Drop-in activities are subject to change, based on community center activities. Call center 48 hours in advance to verify daily schedule.

No program 12/25, 1/1, 1/15, and 2/19.

## LOYAL HEIGHTS WEIGHT ROOM **FREE!**

Ages 18 and Older

Take a little time to get a workout in our fitness room. The room features several pieces of cardio equipment, Kaiser Compress machines, a punching bag, free weights, a cable machine, squat rack, and more.

**Location: Loyal Heights CC**

**Mon** 9 a.m.-8:45 p.m.  
**T/Th** 10:30 a.m.-5:45 p.m., 7-8 p.m.  
**Wed** 10:30 a.m.-8:45 p.m.  
**Fri** 11 a.m.-Noon, 1-8:45 p.m.

## QUEEN ANNE WEIGHT ROOM **FREE!**

Ages 18 and Older

Commit to get fit! In our friendly, non-intimidating fitness room, you can set and meet your goals no matter what your level of fitness is. Put on that old pair of sweats, grab your sneakers, we are into fitness, not fashion.

**Location: Queen Anne CC**

**M/W/F** 9:30 a.m.-8:45 p.m.  
**T/Th** Noon-8:45 p.m.  
**Sat** 10 a.m.-3 p.m.

## SOUND STEPS WALKING PROGRAM - GREEN LAKE LOOPERS **FREE!**

Ages 50 and Older

Walk the 3-mile loop at a gentle or moderate pace. Monthly group; hosted by the Wallingford Community Senior Center. Meet in front of the Green Lake Church, 6350 E. Green Lake Way N.(cross street is Meridian Ave N.) RSVP to WCSC: 206-461-7825.

**Location: Green Lake CC**

**Montly** **Fri** 1:30 p.m.

## DROP-IN ADULT WATER COLOR **FREE!**

Ages 18 and Older

Join us each week for painting, sharing ideas, and critiques. We will paint still life scenes, share reference photos, and/or work on our own independent projects. This group is open to watercolorists at all levels. This is not a class. To participate, please bring your own paints, brushes, paper, and unbreakable water container.

**Location: Loyal Heights CC**

**Fri** 11 a.m.-3 p.m.

## LOBBY GAMES **FREE!**

All Ages

Come play ping pong, chess, checkers and possibly other games in our lobby. Available during open hours, call ahead to confirm.

**Location: Belltown CC**

## OPEN PLAY PIANO PRACTICE **FREE!**

All Ages

Come in and have at it tapping the keys.

**Location: Belltown CC**

**Mon/Wed** 3-4 p.m.

## 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 special needs.



We provide recreation programs for all ages including cooking, fitness, social gatherings, drama, crafts, games, and after school activities. Also offered are weekend outings, special events, a variety of Special Olympics sports competitions, and both day and overnight summer camps. Our partner Seattle Adaptive Sports hosts a variety of wheelchair and adaptive sports programs.

View an on-line brochure by going to: [seattle.gov/parks](http://seattle.gov/parks) (select the link to Specialized Programs under Popular Links) or contact our office at 206-684-4950.

# DROP-IN PROGRAMS

All drop-in programs are now free (unless otherwise noted), but they now require a Quickcard. Drop-in activities are subject to change, based on community center activities. Call center 48 hours in advance to verify daily schedule. No program 12/25, 1/1, 1/15, and 2/19.

	BALLARD	BELLTOWN	BITTER LAKE	GREEN LAKE	LOYAL HEIGHTS	MAGNOLIA	QUEEN ANNE
Starting in November gym availability will be limited due to Citywide Basketball season. Please call your center for current availability.							
<b>BASKETBALL</b>			<b>Monday</b> 7-9 p.m. ends 11/6	<b>M/T/Th</b> Noon-2 p.m. <b>Friday</b> 10 a.m.-2 p.m.	<b>M-F</b> 3-4 p.m. <b>Friday</b> 7-8:45 p.m.	<b>Tuesday</b> 5-8 p.m.	<b>Wed</b> 7-9 p.m.
<b>DODGEBALL</b>				<b>Wed</b> 7-9 p.m.	<b>Monday</b> 7-8:45 p.m.		
<b>DOUBLE DUTCH</b>				Call to confirm days			
<b>FUTSAL</b>	<b>Th/F *</b> 6:30-8:30 p.m. <i>*Fri is Women only</i>						
<b>JUGGLING</b>	<b>Wednesday</b> 6:30-8:30 p.m.						
<b>PICKLEBALL</b>	<b>Tuesday</b> 9:30-11:30 a.m. <b>Wednesday</b> 6:30-8:30 p.m.		<b>T/F</b> 10:30 a.m.-1 p.m.		<b>Friday</b> Noon-2 p.m.	<b>Monday</b> 11 a.m.-1 p.m.	<b>Wed</b> 11 a.m.-1:30 p.m.
<b>TABLE TENNIS (PING PONG)</b>	Open to the public at any time. Equipment is available during operating hours. Tables are located outside.	<b>M/T/W</b> 3-8 p.m. <b>Th/F</b> 9:30am-2:30pm.		<b>Wednesday</b> 10 a.m.-1 p.m. <b>Saturday</b> 5-9 p.m. <b>Sunday</b> 4-9 p.m. \$5 or \$45 (10-visit) punch card (14 tables)			
<b>TAI CHI</b>				<b>Mon (\$7)</b> 7-8 p.m.			
<b>VOLLEYBALL</b>	<b>Teens Only Tue</b> 4-6 p.m. <b>T/F *</b> 6:30-8:30 p.m. <i>*Fri is Women only</i>						

# DROP-IN PROGRAMS



## TEENS

### TEEN 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 Fridays and Saturday evenings from 7 p.m.-Midnight with a focus on positive teen interactions and engagement where all teens are welcomed. The Late Night Program is aligned and supportive of the city's Race and Social Equity framework, including education and employment readiness programs. Come to your local Late Night and explore more of what we have to offer!

**Contact your local neighborhood specialist for more information.**

**Fri and Sat Nights 7 p.m.-Midnight**

**NORTH: 206-684-7523**

**Bitter Lake Community Center  
Meadowbrook Teen Life Center**

**CENTRAL: 206-684-4550**

**Garfield Teen Life Center**

**SOUTHEAST: 206-551-7316**

**Rainier Community Center  
Rainier Beach Community Center  
South Park Community Center (Fridays Only)  
Van Asselt Community Center (Saturdays only)**

**SOUTHWEST: 206-684-7438**

**Delridge Community Center  
High Point Community Center  
Southwest Teen Life Center**

CITYWIDE YOUNG ADULT PROGRAM  
presents

# GREAT NIGHT

**AGES 19+ / SATURDAY / 7 PM-12 AM**  
**LEARN LIFE SKILLS THROUGH RECREATION**  
**JEFFERSON COMMUNITY CENTER**

**THIS PROGRAM PROVIDES:**  
**WORKSHOPS | TRAININGS**  
**CERTIFICATIONS | SPORTS | FREE FOOD**



**POWER OF PLACE™**  
Parks Youth Violence Prevention Team

JOB TRAINING OPPORTUNITIES VARY AND REQUIRE ADVANCED ENROLLMENT,  
PLEASE ASK FOR THE SCHEDULE AT THE FRONT DESK.

**FOR MORE INFO PLEASE CONTACT:**

**Kevin Roberson**  
**206-310-5185 or**  
**kevin.roberson@seattle.gov**

# RECTECH



Seattle  
Parks & Recreation



Seattle  
Information Technology



UREC  
TECH

**FREE!**



**ALL AGES**

## OFFERINGS INCLUDE:

OPEN LAB ACCESS  
COMPUTER SKILLS  
GAME PRODUCTION  
WEB AND DIGITAL DESIGN  
ESL CLASSES  
CLASSES FOR AGES 50+  
PHOTOGRAPHY AND VIDEOGRAPHY  
HOMEWORK HELP  
EMPLOYMENT SERVICES  
VIRTUAL REALITY

NOTE: PLEASE CHECK WITH  
THESE COMMUNITY CENTERS  
FOR AVAILABLE PROGRAM OFFERINGS:

**DELAIRGE CC**

206-684-7423

**RAINIER CC**

206-386-1919

**RAINIER BEACH CC**

206-386-1925

**SOUTH PARK CC**

206-684-7451

**YESLER CC**

206-386-1245

RECTECHSEATTLE.ORG | FACEBOOK.COM/RECTECHSEATTLE



## WINTER 2017

### PRESCHOOL PROGRAM

Seattle Parks and Recreation operates half-day preschool programs in 13 neighborhood community centers. These low-cost early childhood programs provide a safe, happy, healthy learning environment for preschool children.

#### DETAILS OF OUR PROGRAM:

- » For children ages 3-5 years
- » Low teacher-child ratio of 1:8
- » Staff is trained in Early Childhood curriculum, CPR/First Aid, Food Handling
- » Children need to be fully potty trained (no diapers or pull-ups permitted)
- » Affordable rates (scholarships available!)

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

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

**Register NOW at your local community center!** A non-refundable \$25 deposit is required during registration, and the remaining monthly fees are due one week before the program start date.

#### IMPORTANT DATES\*

We will be offering program following the Seattle Public School (SPS) calendar where SPS breaks are NOT included.

<b>Winter Break Closure</b>	12/18/2017-1/1/2018
<b>Christmas Day Closure</b>	12/25/2017
<b>New Year's Day Closure</b>	1/1/2018
<b>MLK Day Closure</b>	1/15/2018
<b>President's Day Closure</b>	2/19/2018
<b>Mid-Winter Break Closure</b>	2/19/2018-2/23/2018

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

Ages	Days	Time	Price/month
<b>BALLARD COMMUNITY CENTER*</b>			
3-4 or 4-5	3 days	9 a.m.-12:30 p.m.	\$340
	4 days	9 a.m.-12:30 p.m.	\$415
4-5	5 days	9 a.m.-12:30 p.m.	\$515
<b>BITTER LAKE COMMUNITY CENTER*</b>			
3-5	M-F	9:30 a.m.-1 p.m.	\$515
<b>GREEN LAKE COMMUNITY CENTER</b>			
3-5	T/Th	9:30 a.m.-1 p.m.	\$235
3-5	M/W/F	9:30 a.m.-1 p.m.	\$340
3-5	M-F	9:30 a.m.-1 p.m.	\$515
<b>LOYAL HEIGHTS COMMUNITY CENTER</b>			
3-4	M-Th	9:30 a.m.-1 p.m.	\$415
4-5	M-Th	9:30 a.m.-1 p.m.	\$415
<b>MAGNOLIA COMMUNITY CENTER</b>			
3-4	T-Th	9:30 a.m.-1 p.m.	\$340
3-4	M-Th	9:30 a.m.-1 p.m.	\$415
4-5	M-Th	9:30 a.m.-1 p.m.	\$415
4-5	M-F	9:30 a.m.-1 p.m.	\$515
<b>QUEEN ANNE COMMUNITY CENTER*</b>			
3-5	M/W/F	9:30 a.m.-1 p.m.	\$340
3-5	M-F	9:30 a.m.-1 p.m.	\$515

\*Note: This program is a City of Seattle Pathways program, which allows for families that meet the income requirements to be fully subsidized. Please inquire at the Community Center front desk for an application. The Pathways program is an entry level to the Seattle Preschool Program (SPP) and the SPP's goal is to make voluntary, high-quality preschool available and affordable to all of Seattle's 3 and 4 year old children. For more details of SPP, please visit [www.seattle.gov/education/about](http://www.seattle.gov/education/about).

**\$3/day multiplied by the number of days the 'class' meets per week sibling discount can be applied.**

**Times and prices subject to change.**

#### CHILD CARE HOTLINE: 206-684-4203

This is a 24-hour line giving information about program closures due to extreme weather or emergencies. It is updated each day by 6 a.m. and as needed.



## ➤ FALL 2018

### FALL 2018 PRESCHOOL REGISTRATION BEGINS FEBRUARY 6, 2018!

We will be offering program following the Seattle Public School (SPS) calendar where SPS breaks are NOT included. A non-refundable \$25 deposit is required during registration, and the balance of fees is due August 1, 2018.

The 2018-19 program hours and fee schedule is still under development. Please check with your local community center closer to registration date for the most up to date information. We thank you for your patience.

## ➤ 2018 SUMMER DAY CAMP

### REGISTER YOUR CHILD FOR SUMMER DAY CAMP BEGINNING FEBRUARY 6, 2018.

For additional information, please see the separate Summer Day Camp Brochure which will be available in January 2018.



## WINTER 2018

### Ages 5-12

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

### HIGHLIGHTS OF OUR PROGRAM:

- » Quality and consistent care with qualified staff
- » We welcome all members of the community
- » A morning and afternoon snack will be provided
- » Scholarship applications may be picked up at your local community center, DSHS child care subsidies are also accepted

**Register NOW at your local community center!** A non-refundable \$25 deposit for each program (before and after-school) is required during registration, and the remaining monthly fees are due by the 25th of the preceding month.

### IMPORTANT DATES\*

<b>Early Dismissal (1-hr)</b>	12/15/2017
<b>Winter Break</b>	12/18/2017-1/1/2018
<b>Christmas Day Closure</b>	12/25/2017
<b>New Year's Day Closure</b>	1/1/2018
<b>MLK Day Closure</b>	1/15/2018
<b>Day Between Semester</b>	1/31/2018
<b>President's Day Closure</b>	2/19/2018
<b>Mid-Winter Break</b>	2/19/2018-2/23/2018
<b>Spring Break</b>	4/9/2018-4/13/2018

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

Program	Time	5 days	4 days	3 days
<b>BALLARD COMMUNITY CENTER</b>				
Before School	7-9 a.m.	\$261	\$235	\$222
After School (Option 1)	3:30-6 p.m.	\$326	\$294	\$277
Before and After Combo (Option 1)		\$529	N/A	N/A
After School (Option 2)	2:30-6 p.m.	\$457	\$411	\$388
Before and After Combo (Option 2)		\$646	N/A	N/A
<b>BITTER LAKE COMMUNITY CENTER</b>				
After School	2:30-6 p.m.	\$457	\$411	\$388
<b>MAGNOLIA COMMUNITY CENTER</b>				
Before School	7-9 a.m.	\$261	\$235	\$222
After School (Option 1)	2:30-6 p.m.	\$457	\$411	\$388
Before and After Combo (Option 1)		\$646	N/A	N/A
After School (Option 2)	3:30-6 p.m.	\$326	\$294	\$277
Before and After Combo (Option 2)		\$529	N/A	N/A
<b>QUEEN ANNE COMMUNITY CENTER</b>				
After School	2:30-6 p.m.	\$457	\$411	\$388

*Details subject to change. Please contact your local community center if you have any questions.*

*\*A Sibling Discount is offered for all FULL TIME participants from a single family in School-Age Care Before and After-School programs. The 'per additional child/ per program month' discount is \$15 based on a 5-day-a-week registration.*



## ↘ CAMP INFORMATION

### EARLY DISMISSALS

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

### ONE DAY CAMPS: (7 a.m.-6 p.m.) DAY BETWEEN SEMESTER | 1/31/18 (WED)

#### FEES:

- » \$45/day (not currently enrolled participants or part-time enrolled participants who aren't scheduled for that day)
- » \$3/day sibling discount can be applied
- » NO ADDITIONAL FEE for current Before and/or After-School participants when enrolled in the month and day the camp occurs

### BREAK CAMPS: (7 a.m.-6 p.m.)

#### WINTER BREAK CAMP | 12/18/2017-1/1/2018

Programs are closed on 12/25/2017 (Christmas day) and 1/1/2018 (New Year)

#### FEES:

- » \$220 (week 1), \$176 (week 2) or \$45/day at select sites
- » \$3/day sibling discount can be applied

#### MID-WINTER BREAK CAMP | 2/19/2018-2/23/2018

Programs are closed on 2/19/2018 (President's Day)

#### FEES:

- » \$176/week or \$45/day at select sites
- » \$3/day sibling discount can be applied

#### SPRING BREAK CAMP | 4/9/2018-4/13/2018

#### FEES:

- » \$220/week or \$45/day at select sites
- » \$3/day sibling discount can be applied

Not all sites offer the day camps and break camps mentioned above.

## ↘ 2018 SUMMER DAY CAMPS

### REGISTER YOUR CHILD FOR SUMMER DAY CAMP BEGINNING FEBRUARY 6.

Cost: \$225/week per child. For additional information, please see the separate Summer Day Camp brochure which will be available in January 2018.

## ↘ GENERAL INFORMATION

### TRANSPORTATION FOR PUBLIC SCHOOL STUDENTS

Seattle Public Schools will transport children within the district's busing zones. If a child comes from outside the Seattle Schools' busing zones, or if a child will be coming from a private school, the family is responsible for transportation. See the Seattle Public Schools website (<http://www.seattleschools.org/students/transportation>) or call 206-252-0900 for more information.

### CHILD CARE HOTLINE: 206-684-4203

This is a 24-hour line giving information about program closures due to extreme weather or emergencies. It is updated each day by 6 a.m. and as needed.

### EQUAL OPPORTUNITY PROVIDER

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

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

*To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at <https://www.ascr.usda.gov/filing-program-discrimination-complaint-usda-customer> and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call 866-632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: 202-690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).*

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

## ↘ SPRING YOUTH SPORTS

FIRST DAY OF REGISTRATION: FEBRUARY 6, 2018

### TRACK AND FIELD (GIRLS AND BOYS)

**Age Groups: 5-17 (Age is determined by birth year.)**

Young athletes in our Track and Field program will be coached and then get to compete with other kids their age in various athletic contests based on running, jumping, and throwing. Runners register at their neighborhood community center and practices occur at their home track. Track meets will be held at Nathan Hale and West Seattle Stadiums and meets begin mid-April. Teams will be forming at Community Centers throughout Seattle.

**Fee \$40**

**Minimum: Approximately 10 kids**

### CO-ED VOLLEYBALL LEAGUE

**Age Groups: 10-11, 12-13, & 14-17 (Age as of 8/31/17)**

The Co-Ed Volleyball League provides players the opportunity to develop and solidify fundamental skills, team play and sportsmanship. Players may sign up online or at their local community center. For registration materials please go to <http://www.seattle.gov/parks/Athletics.htm>. Practices take place at the community center or nearby school gym and begin in early April. Games are played on weeknights and begin in mid-April and conclude with a weekend jamboree in mid-May. PRACTICE TIMES VARY...CHECK WITH YOUR LOCAL CENTER FOR SPECIFIC DATES AND TIMES. If your local community center does not have enough kids or a coach to form a full team, you will be given the option of transferring to a nearby center's team if a spot is available or withdrawing with a full refund. Register early for your best chance of securing a spot on a team.

**Fee: \$40**

**Minimum: At least 3 Boys per team**

**Start Date: Varies**



Seattle  
Parks & Recreation

## YOUTH BASKETBALL LEAGUE (GIRLS AND BOYS)

**Boys Age Groups: 10, 11, 12, 13, 14-15, and 16-17\***

**Girls Age Groups: 10, 11, 12, 13, and 14-17\***

**Minimum: 7 players per team**

Seattle Parks and Recreation's Youth Basketball League provides young athletes the opportunity to learn and solidify the fundamentals of basketball while participating in weekly-organized practices and games. League games begin the first week of January and run through the month of March with the opportunity for post-season play at the end of the regular season. Practices occur at the home community center and games (on Saturdays and Sundays) occur at various community centers throughout the city.

*\*Age as of August 31, 2017*

Registration begins October 3, 2017 (Noon)

Practices begin November 13, 2017

League Games begin January 6-8, 2018

Fee: \$85

[WWW.SEATTLE.GOV/PARKS/ATHLETICS](http://WWW.SEATTLE.GOV/PARKS/ATHLETICS)

## YOUTH CROSS COUNTRY (GIRLS AND BOYS)

Ages 8-17

To register or for more info please visit,  
[www.raincityflyers.com](http://www.raincityflyers.com) or call  
206-523-4233.

Practices begin in early September at  
Woodland Park. Dress for the weather.



## YOUTH 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 & Field, for example) all you need to do is go into your community center to get registered.
2. **Get registered!**  
(Paperwork is at community centers).
3. **Start practices and get ready for fun**  
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.*

## LOVED THE SPORT? LOVE KIDS? WANT TO GIVE BACK TO YOUR COMMUNITY? BECOME A VOLUNTEER COACH!

**Our low-cost leagues can't operate without the dedication of our awesome coaches!**

### I WANT TO COACH... HOW DO I GET STARTED?

1. Talk to community center staff about applying for a coaching position.
2. Fill out a background check form at the center and then a volunteer registration form online.
3. Work with community center staff to form your team rosters.
4. Request practice times and confirm that all kids are registered prior to the first practice.
5. Attend coaches meeting/training and get ready for a rewarding experience!

## ADULT SPORTS AND ACTIVITIES



**SEATTLE PARKS AND RECREATION IS OFFERING AFFORDABLE AND FUN ADULT SPORTS AND ACTIVITIES!**  
ENJOY BOWLING, ROLLER DERBY, WOMEN'S VOLLEYBALL, COED DODGEBALL, MEN'S BASKETBALL AND GET OUT AND GO GROUPS FOR FALL. MEET NEW FRIENDS, BOND WITH OLD FRIENDS AND GET MOVING TOGETHER!



**GET MORE DETAILS AT  
[WWW.SEATTLE.GOV/PARKS/ATHLETICS](http://WWW.SEATTLE.GOV/PARKS/ATHLETICS)  
OR CALL 206 684-7092**



## ↘ AT-A-GLANCE

BARCODE	ACTIVITY TITLE	AGE	DAY	STARTS	ENDS	START TIME	PRICE
174290	Wacky Wed @ Adams	All Ages	Wed	1/10	4/4		\$230
174230	Musikal Magik Infant/Toddler Development	6 Months-3 Years	Fri	1/5	1/26	9:30 a.m.	\$60
174231	Musikal Magik Infant/Toddler Development	6 Months-3 Years	Fri	1/5	1/26	11:15 a.m.	\$60
174232	Musikal Magik Infant/Toddler Development	6 Months-3 Years	Fri	2/2	3/2	9:30 a.m.	\$60
174234	Musikal Magik Infant/Toddler Development	6 Months-3 Years	Fri	2/2	3/2	10:20 a.m.	\$60
174235	Musikal Magik Infant/Toddler Development	6 Months-3 Years	Fri	2/2	3/2	11:15 a.m.	\$60
174238	Musikal Magik Infant/Toddler Development	6 Months-3 Years	Fri	3/9	3/30	11:15 a.m.	\$60
174243	Musikal Magik Infant/Toddler Development	6 Months-3 Years	Fri	3/9	3/30	9:30 a.m.	\$60
174244	Musikal Magik Infant/Toddler Development	6 Months-3 Years	Fri	3/9	3/30	10:20 a.m.	\$60
174245	Musikal Magik Infant/Toddler Development	6 Months-3 Years	Fri	1/5	1/26	10:20 a.m.	\$60
174269	Pre-K Sports	2-3 Years	Thu	1/11	2/1	9:30 a.m.	\$40
174270	Pre-K Sports	2-3 Years	Thu	2/8	3/8	9:30 a.m.	\$40
174272	Pre-K Sports	2-3 Years	Thu	3/15	4/5	9:30 a.m.	\$40
174252	Parent/Tot Creations Pottery Class	2-4 Years	Tue	1/30	2/27	9:30 a.m.	\$60
174219	Little Chefs	2-5 Years	Tue	1/2	1/23	10:30 a.m.	\$100
174223	Little Chefs	2-5 Years	Tue	2/6	2/17	10:30 a.m.	\$75
174224	Little Chefs	2-5 Years	Tue	3/6	3/27	10:30 a.m.	\$100
174210	Family Yoga	3-5 Years	Wed	1/3	2/11	9:15 a.m.	\$75

BARCODE	ACTIVITY TITLE	AGE	DAY	STARTS	ENDS	START TIME	PRICE
174211	Family Yoga	3-5 Years	Wed	2/14	3/21	9:15 a.m.	\$75
174256	Parents' Night Out	3-10 Years	Fri	1/12	1/12	6 p.m.	\$20
174257	Parents' Night Out	3-10 Years	Fri	2/9	2/9	6 p.m.	\$20
174258	Parents' Night Out	3-10 Years	Fri	3/9	3/9	6 p.m.	\$20
174259	Parents' Night Out	3-10 Years	Fri	4/13	4/13	6 p.m.	\$20
174214	Kids at Clay	5-8 Years	Mon	1/8	4/2	3:45 p.m.	\$220
174215	Kids at Clay	5-8 Years	Tue	1/9	4/3	3:45 p.m.	\$240
174213	Jewelry Making	7-12 Years	Fri	1/5	4/6	3:45 p.m.	\$156
174216	Kids at Clay	9-12 Years	Thu	1/11	4/5	3:45 p.m.	\$240
174212	Fencing - Advance/Club	12 and older	T/Th	1/2	4/5	7 p.m.	\$110
174206	Adult Evening Pottery	16 and Older	Thu	1/4	2/22	6 p.m.	\$160
174207	Adult Evening Pottery	16 and Older	Tue	1/2	2/20	6 p.m.	\$160
174208	Daytime Adult Pottery	18 and older	Mon	1/8	3/5	10 a.m.	\$160
174209	Daytime Adult Pottery	18 and older	Wed	1/10	2/28	10 a.m.	\$160
174266	Pilates	18 and older	Thu	1/4	2/8	10:30 a.m.	\$24
174268	Pilates	18 and older	Thu	2/15	3/29	10:30 a.m.	\$24
174284	Total Body Tabata XPRESS	18 and older	Tue	1/2	2/6	9:30 a.m.	\$24
174285	Total Body Tabata XPRESS	18 and older	Tue	2/13	2/8	9:30 a.m.	\$24
174286	Total Body Tabata XPRESS	18 and older	Thu	1/4	3/27	9:30 a.m.	\$24
174288	Total Body Tabata XPRESS	18 and older	Thu	2/15	3/29	9:30 a.m.	\$24

**\*IF NO BAR CODE IS LISTED, PLEASE CALL THE COMMUNITY CENTER TO REGISTER.**

## ↳ TOTS

### MUSIKAL MAGIK INFANT/TODDLER DEVELOPMENT

Ages 6 months-3 years

Parent and child, shake your eggs and dance with scarves! Pound on drums and play along with live guitar! Teacher Katy guides you through fun exercises that help develop your child's musical, social, physical, verbal, and cognitive skills with the magic of music. Have a toddler and a baby or a baby who is not quite a tot? This music class is for both! Tap your sticks and pound on drums. Who knew music could be so much fun? Drop in rate of \$15 is available if room allows. No class 2/23.

**Instructor: Katy Webber**

1/5-1/26	Fri	9:30-10:15 a.m.	\$60
1/5-1/26	Fri	10:20-11:05 a.m.	\$60
1/5-1/26	Fri	11:15-Noon	\$60
2/2-3/2	Fri	9:30-10:15 a.m.	\$60
2/2-3/2	Fri	10:20-11:05 a.m.	\$60
2/2-3/2	Fri	11:15-Noon	\$60
3/9-3/30	Fri	9:30-10:15 a.m.	\$60
3/9-3/30	Fri	10:20-11:05 a.m.	\$60
3/9-3/30	Fri	11:15-Noon	\$60

### PARENT/TOT POTTERY CREATIONS CLASS

Ages 2-4

Enjoy a special hour spent with your tot experimenting with clay! This class focuses on allowing parents and children to work together as teams or individually in a group environment. Projects will involve various hand building techniques including pinch, coil, and slab construction. No previous experience is necessary.

**Instructor: Cynthia Yatchman**

1/2-1/23	Tue	9:30-10:30 a.m.	\$60
1/2-1/23	Tue	11 a.m.-Noon	\$60
1/30-2/20	Tue	9:30-10:30 a.m.	\$60
1/30-2/20	Tue	11 a.m.-Noon	\$60



## FAMILY YOGA

Ages 3-5

Come explore the joy of yoga with your child! In this class children ages 3-5 will be introduced to yoga through stories and songs. We will read yoga related children's books and move to music while exploring several different yoga postures each day. The children will also have a chance to learn a simple mindfulness exercise at the end of each class. You will receive a handout of what we did in class so you can continue to practice at home with your child. No class 1/31 and 2/21.

**Instructor: Alice Mason**

1/3-2/7	Wed	9:15-10 a.m.	\$75
2/14-3/21	Wed	9:15-10 a.m.	\$75

## PARENT AND ME SOCCER KIDZ LOVE SOCCER

Ages 2-3.5

Introduce yourself and your toddler to the "World's Most Popular Sport"! As you and your child participate in our fun age-appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field, and in Parent and Me Soccer parents are a part of the action!

1/11-2/15	Thu	4:15-4:45 p.m.	\$75
3/1-4/5	Thu	4:15-4:45 p.m.	\$75

## TOT/PRE-SOCCER-KIDZ LOVE SOCCER

Ages 3.5-5

Little tykes will enjoy running and kicking just like the big kids! Encourages large motor skill development through fun soccer games and introduces small children to the group setting. Shin guards are required after the first meeting.

1/11-2/15	Thu	5-5:35 p.m.	\$75
3/1-4/5	Thu	5-5:35 p.m.	\$75

## LITTLE CHEFS

Ages 2-5

Create appetizers, bake desserts, beverages, and more. We'll focus on kitchen rules, safety procedures, and an introduction to basic utensils. Have fun and create in the kitchen! Participants will be able to eat or take home their creations. Parents please plan to attend with your child. No class 2/20.

1/2-1/23	Tue	10:30 a.m.-Noon	\$100
1/30-2/27	Tue	10:30 a.m.-Noon	\$100
3/6-3/27	Tue	10:30 a.m.-Noon	\$100

## PRE-K SPORTS

Ages 2-3

Your little stars will learn the basics of basketball, soccer, t-ball, track, and more in a fun and safe environment! This program is designed to build coordination and self-esteem in your child. Class size will be limited to 12 children. Please sign up quickly, as space is limited. Parents are required to participate in the class. No class 2/22.

1/11-2/1	Thu	9:30-10:15 a.m.	\$40
2/8-3/8	Thu	9:30-10:15 a.m.	\$40
3/15-4/5	Thu	9:30-10:15 a.m.	\$40

## ➤ YOUTH

### WACKY WEDNESDAYS

Ages 5-12

Early release Wednesdays are the perfect time to try something new. Kids will enjoy time in the gym and on the playground, paper crafts, strategy games, dance, cooking and more. Every week will be a new adventure! Program will be at Adams Elementary, room 103. A snack will be provided, and kids are encouraged to bring a water bottle. All children must be signed out at the end of program by a approved a guardian.

1/10-4/4	Wed	2:10-5 p.m.	\$230
4/18-6/20	Wed	2:10-5 p.m.	\$210

### KIDS AT CLAY

Ages 5-12

The art of pottery is thousands of years old. At the Ballard Community Center, we will "travel" throughout time visiting various moments in history, the people involved and any special clay and/or techniques they employ. We travel to Ancient Egypt where the students will use a 7,000-year-old recipe for Egyptian Paste—a special clay that turns glass like in the kiln. We will even make our own clay body (type of clay) from raw materials! This in-depth program allows for students to explore and learn about different cultures and history as they relate to the art of pottery. No Passport needed! No class days TBA will follow Seattle Public Schools schedule and include 1/15, 2/19, 2/20, and 2/22.

**Instructor: Andrea Hays**

Ages 5-8

1/8-4/16	Mon	3:45-5:15 p.m.	\$280
1/9-4/17	Tue	3:45-5:15 p.m.	\$280

Ages 9-12

1/11-4/19	Thu	3:45-5:15 p.m.	\$280
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## JEWELRY MAKING

Ages 7-12

Kids will learn about different material, styles and designs as they learn to make their own jewelry. If you can dream it- you can make it! No class days TBA will follow Seattle Public Schools schedule and include.

**Instructor: Amber Daub**

1/5-4/6 Fri 3:45-4:45 p.m. \$168

## PIANO AND GUITAR LESSONS

Ages 4 and Older

Students at all levels are welcome for lessons in piano and guitar. As a bonus instructor Bruce, will teach one or more phrases or characters in Mandarin Chinese per lesson. If you do not have an instrument yet, please consult instructor for appropriate choices. Lessons are 30 minutes, once per week. Please call 206-684-4093 to schedule your lessons.

**Instructor: Bruce Howard**

1/2-4/20 Tue 4-8:30 p.m. \$22/session

## SOCCER I-KIDZ LOVE SOCCER

Ages 5-6

Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session. Small-sided soccer matches will be introduced gradually. Shin guards are required after the first meeting.

1/11-2/15 Thu 5:45-6:30 \$75

3/1-4/5 Thu 5:45-6:30 \$75

## FENCING-ADVANCED CLUB

Ages 12 and Older

This class is for those who have completed the intermediate class or for experienced fencers who want to stay in practice and improve their skills. Fencers at this level must have all their own equipment and wear appropriate fencing attire. This includes mask, jacket, plastron, knickers, glove, and electric gear. We usually have two or three electric strips set up and all weapons are welcome. There are no enrollment limits for Open Fencing.

**Instructor: Pat Reeves**

1/2-4/5 T/Th 7-8:30 p.m. \$110



**PLEASE REGISTER EARLY TO AVOID DISAPPOINTMENT.**

**SOMETIMES COURSES ARE CANCELED BECAUSE PEOPLE WAIT TOO LONG TO REGISTER!**

## ADULTS

### FAMILY YOGA

Ages 3-5

Come explore the joy of yoga with your child! In this class children ages 3-5 will be introduced to yoga through stories and songs. We will read yoga related children's books and move to music while exploring several different yoga postures each day. The children will also have a chance to learn a simple mindfulness exercise at the end of each class. You will receive a handout of what we did in class so you can continue to practice at home with your child. No class 1/31 and 2/21.

**Instructor: Alice Mason**

1/3-2/7 Wed 9:15-10 a.m. \$75

2/14-3/21 Wed 9:15-10 a.m. \$75

### TOTAL BODY TABATA XPRESS

Ages 18 and Older

This amazing, non-stop workout is fast becoming known as the best fat-burning workout ever! Developed in Japan, the Tabata formula has been scientifically proven to increase your endurance and athletic performance, decrease your body fat, and increase your metabolism. Combines 20-second intervals of high intensity exercise followed by 10 seconds of rest. The series repeats 8 times, then on to another set of exciting exercises. The hard, intense exercise session of 45 minutes will fly by and will be followed by an extended stretch. Several layers of modifications will be provided to accommodate different levels of fitness. You know it's time. No class 2/20 and 2/22.

**Instructor: Katie Franklin**

1/2-2/6 Tue 9:30-10:25 a.m. \$24

1/4-2/8 Thu 9:30-10:25 a.m. \$24

2/13-3/27 Tue 9:30-10:25 a.m. \$24

2/15-3/29 Thu 9:30-10:25 a.m. \$24

**Drop-In: \$5**

### PILATES

Ages 18 and Older

Join us for a 45-minute "Pilates-based" Mat Class which will focus on stretching and strengthening your muscles, particularly the "core" muscles. We will strengthen, tone, and improve flexibility and balance. You'll leave with more energy and a warm glow! Light weights and mats are provided, although you are welcome to bring your own. We recommend you bring your own towel. No class 2/22.

1/4-2/8 Thu 10:30-11:15 a.m. \$24

2/15-3/29 Thu 10:30-11:15 a.m. \$24

**Drop-In: \$5**



## Green Lake Small Craft Center



Year round programming!  
Adults Ages 18 and Older!  
Youth Ages 10-18

Green Lake Small Craft Center  
offers Youth and Adult programs in  
partnership with Seattle Canoe and Kayak.

Visit [www.seattlecanoekayak.club/](http://www.seattlecanoekayak.club/)  
for more information.



Seattle  
Parks & Recreation



### BEYOND BOWLS

Ages 15 and Older

This mixed level class for 16 years and older goes beyond making bowls using hand building, extruder, and wheel throwing techniques. You will need your own tools; please bring them or purchase a kit for \$17. Clay bags cost \$10 after the first 25 lbs. are used. Purchases can be made during facility operating hours only.

**Instructor: Andrea Hays and Matt Cantrell.**

1/2-2/20	Tue	6-8:30 p.m.	\$160
1/4-2/22	Thu	6-8:30 p.m.	\$160

### DAYTIME POTTERY

Ages 18 and Older

During this mixed level class, students will learn to hand build, use the wheel glaze and many other techniques. You will need your own tools; please bring them or purchase a kit for \$17. Clay bags cost \$10 after the first 25 lbs. are used. No class 1/15.

**Instructor: Lynda Locke**

1/8-3/5	Mon	10 a.m.-12:30 p.m.	\$160
1/10-2/28	Wed	10 a.m.-12:30 p.m.	\$160

## ↘ AT-A-GLANCE

BARCODE#	COURSE TITLE	AGE	DAY	STARTS	END DATE	TIME	PRICE
174303	Creative Dance: Parent and Child	18-36 months	Thu	1/4	1/25	10 a.m.	\$48
174305	Creative Dance: Parent and Child	18-36 months	Thu	2/1	2/1	10 a.m.	\$60
174312	Creative Dance: Parent and Child	18-36 months	Thu	3/1	3/29	10 a.m.	\$60
174260	Beginning Group Guitar - Mon	8-12 Years	Wed	1/3	1/31	5 p.m.	\$80
174267	Beginning Group Guitar - Mon	8-12 Years	Wed	2/7	2/28	5 p.m.	\$64
174273	Beginning Group Guitar - Mon	8-12 Years	Wed	3/7	3/28	5 p.m.	\$64
174320	Martial arts-Oom Yung Doe	10 and older	M/W	1/3	1/31	6 p.m.	\$95
174321	Martial arts-Oom Yung Doe	10 and older	M/W	2/5	2/28	6 p.m.	\$95
174322	Martial arts-Oom Yung Doe	10 and older	M/W	3/5	3/28	6 p.m.	\$95
174328	Mixed Fit- Feb	12 and Older	Tue	2/6	2/27	7 p.m.	\$30
174329	Mixed Fit- Jan	12 and Older	Tue	1/2	1/30	7 p.m.	\$35
174330	Mixed Fit- March	12 and Older	Tue	3/6	3/27	7 p.m.	\$30
174332	Pilates	15-85 Years	Mon	1/8	1/29	6 p.m.	\$30
174333	Pilates	15-85 Years	Mon	2/5	2/26	6 p.m.	\$30
174334	Pilates	15-85 Years	Mon	3/5	3/26	6 p.m.	\$30
174254	Capoeira Mondays	17 and Older	Mon	2/5	2/26	7 p.m.	\$40
174255	Capoeira Mondays	17 and Older	Mon	3/5	3/26	7 p.m.	\$40
174287	Capoeira Mondays	17 and Older	Mon	1/8	1/29	7 p.m.	\$40
174291	Capoeira Wednesdays	17 and Older	Wed	1/3	1/31	5 p.m.	Free
174296	Capoeira Wednesdays	17 and Older	Wed	2/7	2/28	7 p.m.	\$30
174299	Capoeira Wednesdays	17 and Older	Wed	3/7	3/28	7 p.m.	\$30
174222	Asian inspired cooking	18 and Older	Tue	2/20	2/20	5:30 p.m.	\$30
174226	Ballet Fitness	18 and Older	Wed	1/3	1/31	6 p.m.	\$30
174229	Ballet Fitness	18 and Older	Wed	2/7	2/28	6 p.m.	\$30
174239	Ballet Fitness	18 and Older	Wed	3/7	3/28	6 p.m.	\$30
174280	Cajun Food Fat Tuesday	18 and Older	Tue	2/13	2/13	5:30 p.m.	\$30
174302	Cheesecake Extraordinaire	18 and Older	Tue	3/20	3/20	5:30 p.m.	\$30
174313	Crepes & Pancakes	18 and Older	Tue	1/30	1/30	5:30 p.m.	\$30
174314	Evening Yoga	18 and Older	Mon	1/8	1/29	5 p.m.	\$30
174315	Evening Yoga	18 and Older	Mon	2/5	2/26	5 p.m.	\$30
174316	Evening Yoga	18 and Older	Mon	3/5	3/26	5 p.m.	\$30
174317	Fry breads- Navajo, Puri & Beignets	18 and Older	Tue	3/6	3/6	5:30 p.m.	\$30
174324	Meditation	18 and Older	Wed	1/3	1/31	6 p.m.	\$20
174325	Meditation	18 and Older	Wed	2/7	2/28	6 p.m.	\$15
174326	Meditation	18 and Older	Wed	3/7	3/28	6 p.m.	\$20
174327	Meditation- Heartfulness	18 and Older	Mon	1/8	3/27	7 p.m.	Free
174331	One Pot Meals on theGo	18 and Older	Tue	1/16	1/16	5:30 p.m.	\$30
174335	Public Speaking- With Toastmasters	18 and Older	Thu	1/4	3/29	12 p.m.	Free
174336	Vegan & Veggie intro	18 and Older	Tue	1/2	1/2	5:30 p.m.	\$30

**\*IF NO BAR CODE IS LISTED, PLEASE CALL THE COMMUNITY CENTER TO REGISTER.**



## ↘ TOTS

### PARENT AND CHILD CREATIVE MOVEMENT

Ages 18-36 months

This class introduces tiny dancers to the basis of movement and rhythm with the guidance of their parents. We will use music, stories, and games to encourage development in a variety of gross movement patterns. Dancing together, parents and their tiny ones will reinforce bonds trust, love, and healthy routines.

1/4-1/25	Thu	10-10:45 a.m.	\$60
2/1-2/22	Thu	10-10:45 a.m.	\$60
3/1-3/29	Thu	10-10:45 a.m.	\$60

## ↘ YOUTH AND ADULT

### BEGINNING AND INTERMEDIATE GROUP GUITAR LESSONS

All Ages

Come learn the basics of playing guitar such as chords, scales, and skills necessary to play your favorite songs! This class is appropriate for total beginners with no musical experience, as well as students with some experience. Please bring a six-string acoustic or electric guitar (along with practice amp) to each class. Class size is limited to six students, so register early to secure your spot! No class 1/16 and 2/20.

1/8-2/6	Mon	6-7 p.m.	\$50
3/5-3/26	Mon	6-7 p.m.	\$30

## ↘ ADULTS

### MARTIAL ARTS

"Oom Yung Doe" means "Mind Body Harmony". Oom Yung Doe teaches 8 styles of martial arts as a balanced and holistic way to build physical strength, self-defense skills, and quality of character. As an Oom Yung Doe student, you will develop self-confidence and long-term health. These mental and physical benefits help you succeed in your personal and professional life, helping you achieve your goals.

Instructor Greg Martin

1/3-1/31	M/W	6-7 p.m.	\$95
2/5-2/28	M/W	6-7 p.m.	\$95
3/5-3/28	M/W	6-7 p.m.	\$95

### CAPOERIA

Capoeira is a collective art form that brings together dance, music, and acrobatics and martial arts and was created four centuries ago by African slaves in Brazil. New students always welcome!

Instructor: Jeff Forde

1/8-1/29	Mon	7-8:30 p.m.	\$40
2/5-2/26	Mon	7-8:30 p.m.	\$40
3/5-3/26	Mon	7-8:30 p.m.	\$40
1/3-1/31	Wed	7-8:30 p.m.	\$40
2/7-2/28	Wed	7-8:30 p.m.	\$40
3/7-3/28	Wed	7-8:30 p.m.	\$40

Drop-In: \$11

### PILATES

Pilates improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance. No class 1/14.

1/8-1/29	Mon	6-7 p.m.
2/5-2/26	Mon	6-7 p.m.
3/5-3/26	Mon	6-7 p.m.



### EVENING YOGA

As you mindfully integrate movement and breath you'll create leaner muscles and a body with more mobility and improved circulation. These are all benefits from this wonderful yoga class

1/8-1/29	Mon	5-6p.m.	\$30
2/5-2/26	Mon	5-6p.m.	\$30
3/5-3/26	Mon	5-6p.m.	\$30

### MEDITATION

Ages 18 and Older

Find stability in your life. The class is taught by a local meditation teacher with over 20 years of experience.

No class 10/11, 11/8, 12/13.

Instructor: Burt Singer

9/20-10/25	Wed	6-7 p.m.	\$25
11-12/20	Wed	6-7 p.m.	\$25

### BALLET FITNESS

A fun class designed to improve health and fitness through simple ballet exercises.

1/3-1/31	Wed	6-6:45 p.m.	\$30
2/7-2/28	Wed	6-6:45 p.m.	\$30
3/7-3/28	Wed	6-6:45 p.m.	\$30

## PUBLIC SPEAKING

FREE!

Work on improving your public speaking, presentation and professional leadership skills with Emerald City Toastmasters. Enrollment is open to all; visitors are welcome! Noon to 1 p.m., Thursdays at Belltown Community Center.

**1/4-3/29 Thu Noon-1 p.m.**

*(registration is required)*

## HEARTFUL MEDITATION

FREE!

Includes simple and practical techniques to relax and calm your mind. In a few minutes, you will learn how to feel the lightness and joy of your true nature. You don't need to know how to meditate or to believe in a particular system or philosophy. The Heartfulness technique shows us to gently turn our attention towards our heart and experience that inner presence for ourselves. These are free courses but space is limited.

**1/2-3/27 Mon 7-8 p.m.**

*(registration is required)*

## GENTLE YOGA

**Ages 50 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.

**1/5-3/16 Fri 10-11 a.m.**

\$50

## WEAVING WORKSHOP

FREE!

**Ages 50 and Older**

Come along and enjoy a free community weaving workshop facilitated by experienced artists no experience necessary all materials provided. Traditional lumes and techniques will be used.

**2/9 Thu 11 a.m.-1 p.m.**

## SENIOR CPR CLASS

**Ages 50 and Older**

This course is designed to prepare people to provide CPR and other potential life saving techniques. Call for more details.

**1/8 Mon 1-2 p.m.**



**PLEASE REGISTER  
EARLY TO AVOID  
DISAPPOINTMENT.**

**SOMETIMES COURSES ARE  
CANCELED BECAUSE PEOPLE  
WAIT TOO LONG TO REGISTER!**

## CREATIVE COOKING SKILLS FOR BEGINNER AND INTERMEDIATE COOKS

**Ages 18 and Older**

All classes are hands-on one-time workshops. Sign up for 2 or more classes, and receive a discounted rate of \$30 per class. Bring Your Own Apron.

**Instructor: Mindy Jahm**

### VEGAN & VEGGIE INTRO

Start the new year off healthy with Veggie & Vegan strong bowls and wraps. Explore different healthy combinations and stay on track with healthy eating goals.

**1/2 Tue 5:30-8:30 p.m. \$35**

### ONE POT MEALS ON THE GO!

We will learn how to make several one pot meals that are delicious and require little prep time. Meal prep at it's yummiest!

**1/16 Tue 5:30-8:30 p.m. \$35**

### CREPES & PANCAKES

Jan 28th is national pancake day, so why not celebrate by having a pancake party. We will make savory and sweet pancakes that are great for breakfast, brunch or anytime!

**1/30 Tue 5:30-8:30 p.m. \$35**

### CAJUN FOOD & CAJUN MUSIC

Come create this Fat tuesday feast. We will make Jambalaya, Cornbread and hurricanes.

**2/13 Tue 5:30-8:30 p.m. \$35**

### ASIAN INSPIRED COOKING

Put on your apron and learn how to cook traditional Asian dishes that you can take home and enjoy.

**2/20 Tue 5:30-8:30 p.m. \$35**

### FRY BREADS

We will try out hand at some delicious fried breads such as: Navajo Fry Bread, Puri and Beignets.

**3/6 Tue 5:30-8:30 p.m. \$35**

### CHEESECAKE EXTRAORDINAIRE

Everyone loves this creamy dessert. We will learn how to bake a perfect cheesecake and get creative with flavors and toppings.

**3/20 Tue 5:30-8:30 p.m. \$35**



## ↘ AT-A-GLANCE

BARCODE#	COURSE TITLE	AGE	DAY	STARTS	END DATE	TIME	PRICE
172511	Pre-Ballet	3-5 Years	Sat	2/17	3/24	11 a.m.	\$60
172552	Pre-Ballet	3-5 Years	Sat	1/6	2/10	11 a.m.	\$60
172461	Art Projects for Kids	3-8 Years	Sat	1/6	2/10	2 p.m.	\$72
172462	Art Projects for Kids	3-8 Years	Sat	2/17	3/24	2 p.m.	\$72
172463	Ballet 1	4-5 Years	Sat	1/6	2/10	Noon	\$60
172464	Ballet 2	4-5 Years	Sat	2/17	3/24	Noon	\$60
172471	Basketball - Little Hoopers	5-9 Years	Thu	1/11	2/15	5 p.m.	\$54
172472	Basketball - Little Hoopers	5-9 Years	Thu	2/22	3/29	5 p.m.	\$54
172557	Skating - Instructional	5 and Older	Fri	2/2	2/16	5:30 p.m.	\$30
172562	Skating - Instructional	5 and Older	Fri	1/5	1/26	5:30 p.m.	\$40
172563	Roller Skating Lessons-Mar	5 and Older	Fri	3/2	3/30	5:30 p.m.	\$50
172465	Ballet 2	6-10 Years	Sat	1/6	2/10	1 p.m.	\$60

# BITTER LAKE CC

BARCODE#	COURSE TITLE	AGE	DAY	STARTS	END DATE	TIME	PRICE
172466	Ballet 3	6-10 Years	Sat	2/17	3/24	1 p.m.	\$60
172502	Piano Lessons (Feb)	6 and Older	Tue	2/27	2/27	4-8 p.m.	\$25/ class
172499	Piano Lessons (Feb)	6 and Older	Thu	2/22	2/22	4-8 p.m.	\$25/ class
172505	Piano Lessons (Jan)	6 and Older	Tue	1/30	1/30	4-8 p.m.	\$25/ class
172503	Piano Lessons (Jan)	6 and Older	Thu	1/25	1/25	4-8 p.m.	\$25/ class
172509	Piano Lessons (Mar)	6 and Older	Tue	3/27	3/27	4-8 p.m.	\$25/ class
172506	Piano Lessons (Mar)	6 and Older	Thu	3/29	3/29	4-8 p.m.	\$25/ class
172976	Basketball Boys (Cub)	8 Years	Various	11/24	3/11	TBD	\$85
172980	Basketball Girls (Cub)	8 Years	Various	11/24	3/11	TBD	\$85
172458	Advanced Kendo	8 and Older	Thu	1/4	3/15	7 p.m.	\$88
172467	Beginning/Intermediate Kendo	8 and Older	Thu	1/4	3/15	7 p.m.	\$64
172978	Basketball Boys (Cub)	9 Years	Various	11/24	3/11	TBD	\$85
172981	Basketball Girls (Cub)	9 Years	Various	11/24	3/11	TBD	\$85
169578	Basketball Boys	10 Years	Various	11/17	3/11	TBD	\$85
169584	Basketball Girls	10 Years	Various	11/17	3/11	TBD	\$85
172468	*Contemporary Dance	10-14 Years	Sat	1/6	2/10	2 p.m.	\$70
172469	*Contemporary Dance	10-14 Years	Sat	2/17	3/24	2 p.m.	\$70
172470	*Basketball - Drills and Skills	10-18 Years	Mon	1/9	3/26	4 p.m.	FREE
169579	Basketball Boys	11 Years	Various	11/17	3/11	TBD	\$85
169585	Basketball Girls	11 Years	Various	11/17	3/11	TBD	\$85
169580	Basketball Boys	12 Years	Various	11/17	3/11	TBD	\$85
169586	Basketball Girls	12 Years	Various	11/17	3/11	TBD	\$85
169581	Basketball Boys	13 Years	Various	11/17	3/11	TBD	\$85
169587	Basketball Girls	13 Years	Various	11/17	3/11	TBD	\$85
169582	Basketball Boys	14-15 Years	Various	11/17	3/11	TBD	\$85
169588	Basketball Girls	14-17 Years	Various	11/17	3/11	TBD	\$85
172473	*NIA	15 and Older	Sat	1/6	2/17	9:15 a.m.	\$72
172474	*NIA	15 and Older	Sat	2/24	3/31	9:15 a.m.	\$72
169583	Basketball Boys	16-17 Years	Various	11/17	3/11	TBD	\$85
172585	*Tai-Chi	16 and Older	Mon	1/8	2/19	7 p.m.	\$36
172586	*Tai-Chi	16 and Older	Mon	2/26	3/26	7 p.m.	\$30
172574	*Yoga	16 and Older	Tu/Th	1/9	2/15	7 p.m.	\$120
172578	*Yoga	16 and Older	Tu/Th	2/20	3/29	7 p.m.	\$120
172455	*Skating - Instructional (Adult)	18 and Older	Fri	2/2	2/16	8:30 p.m.	\$30
172456	*Skating - Instructional (Adult)	18 and Older	Fri	1/5	1/26	8:30 p.m.	\$40
172457	*Skating - Instructional (Adult)	18 and Older	Fri	3/2	3/30	8:30 p.m.	\$50

**\*IF NO BAR CODE IS LISTED, PLEASE CALL THE COMMUNITY CENTER TO REGISTER.**

## ↳ TOTS

### PRE-BALLET

Ages 3-5

Girls and boys experience the joy of dancing while learning movement skills and ballet vocabulary. This class combines ballet technique and creative dance. Motor skills, posture, balance, coordination, and musicality are emphasized through games, exercises, and choreography. Students should wear ballet shoes, dance attire, and have long hair pulled back.

**Instructor: Fawnia Chauvaux**

Ages 3-4

1/6-2/10	Sat	11-11:45 a.m.	\$60
2/17-3/24	Sat	11-11:45 a.m.	\$60

### BALLET 1

Ages 4-5

Girls and boys experience the joy of dancing through ballet technique. Students will learn ballet vocabulary, motor skills, posture, balance, coordination, musicality, and motor planning. This class has a classic ballet structure and includes choreography and creative expression. Students should wear ballet shoes, dance attire, and have long hair pulled back.

**Instructor: Fawnia Chauvaux**

Ages 4-5

1/6-2/10	Sat	Noon-12:45 p.m.	\$60
2/17-3/24	Sat	Noon-12:45 p.m.	\$60



### ART PROJECTS FOR KIDS

Ages 3-8

Fun art projects for children 3 to 8 years old, parents welcome. Each class will explore a different art technique, including painting, drawing, printmaking, collage, crafts and paper constructions. Kids will have fun building creative skills and learning about art. Supplies and materials provided.

**Instructor: Kathleen Coyle**

1/6-2/10	Sat	2-3:15 p.m.	\$72
2/17-3/24	Sat	2-3:15 p.m.	\$72



## ↳ YOUTH

### LITTLE HOOPERS INSTRUCTIONAL BASKETBALL

Ages 5-9

Learn the basics of basketball in a fun and safe environment! Students will learn basic basketball skills which instructors will incorporate into organized group games. All participants will receive a t-shirt. Please wear athletic shoes and bring a water bottle.

1/11-2/15	Thu	5-5:50 p.m.	\$54
2/22-3/29	Thu	5-5:50 p.m.	\$54

### AARON BROOKS FOUNDATION DRILLS AND SKILLS

**FREE!**

Ages 10-18

The Drills and Skills mission is to empower youth to become successful citizens by providing a safe, nurturing environment where they can develop academic, social, and leadership skills. The participants will start each session with tutoring and homework time, followed by structured activities to develop their interpersonal skills, and ending with physical activity, such as basketball drills and scrimmages. No class 1/15 and 2/19.

**Instructor: James Hampton**

1/8-3/26	Mon	4-7 p.m.
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### BALLET 2

Ages 6-10

Girls and boys experience the joy of dancing through ballet technique. Students will learn ballet vocabulary, motor skills, posture, balance, coordination, musicality, and motor planning. This class has a classic ballet structure and includes choreography and creative expression. Students should wear ballet shoes, dance attire, and have long hair pulled back.

**Instructor: Fawnia Chauvaux**

1/6-2/10	Sat	1-2 p.m.	\$60
2/17-3/24	Sat	1-2 p.m.	\$60

### CONTEMPORARY DANCE

Ages 10-14

Contemporary dance is for students that want to take their skills to the next level. Contemporary dance includes elements from various dance styles including: Ballet, Modern, Jazz, African and Latin Dance. Students will develop core strength and breath work and practice floor work, fall and recovery, rhythm, musicality, and improvisation. They will also learn choreographed sequences to music from around the world. This class requires the approval of the instructor or a minimum of 1 year of dance class experience.

**Instructor: Fawnia Chauvaux**

1/6-2/10	Sat	2-3 p.m.	\$70
2/17-3/24	Sat	2-3 p.m.	\$70

## PIANO LESSONS

Ages 6 and Older

Learn to play the piano from an experienced professional teacher in weekly 30-minute private lessons. Training includes sight-reading, technique, expression, theory, and chords. Each 30-minute lesson is \$25.

**Instructor: Clint Gawthrop**

1/2-1/30	Tue	4-8 p.m.	\$125
2/6-2/27	Tue	4-8 p.m.	\$100
3/6-3/27	Tue	4-8 p.m.	\$100
1/4-1/25	Thu	4-8 p.m.	\$100
2/1-2/22	Thu	4-8 p.m.	\$100
3/1-3/29	Thu	4-8 p.m.	\$125

## ROLLER SKATING LESSONS

Ages 5 and Older

Come participate in some intergenerational skating for beginning and intermediate roller skaters and bladers. Class will be divided according to skill level. Come and learn to skate or improve the skills you have developed so far. After lessons, you can practice with others during Friday Night Family Skate! No class 2/23.

**Instructor: Dona Ely**

1/5-1/26	Fri	5:30-6:30 p.m.	\$40
2/2-2/16	Fri	5:30-6:30 p.m.	\$30
3/2-3/30	Fri	5:30-6:30 p.m.	\$50

## TEENS

### AARON BROOKS FOUNDATION DRILLS AND SKILLS

**FREE!**

Ages 10-18

The Drills and Skills mission is to empower youth to become successful citizens by providing a safe, nurturing environment where they can develop academic, social, and leadership skills. The participants will start each session with tutoring and homework time, followed by structured activities to develop their interpersonal skills, and ending with physical activity, such as basketball drills and other sports.

**Instructor: James Hampton**

1/8-3/26	Mon	4-7 p.m.
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### HOMEWORK HELP

**FREE!**

Looking for a help on your homework? Why not hang out and get your homework done at the same time! We have the space, resources, and tutors to give you that one on one help so you get done with your homework and still have time to chill with your friends. Come by to the Bitter Lake Community Center and help us help you!

1/8-3/27	M/T	4:30-6 p.m.
	Wed	5:30-7 p.m.

## GROUP SPORTS GAMES

Ages 11-18

**FREE!**

Getting bored of playing the same games every day? Come into Bitterlake Community Center to learn new group sports games! Our games will teach you the same fundamentals as other major sports such as teamwork, leadership, communication, etc. Have a hard time finding players for your games? Bring your group game idea so we can get it going with our players!

1/2-3/27	Tue	4-5:30 p.m.
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## TEEN CHEFS!

Ages 11-18

**FREE!**

This class will provide hands-on cooking and nutrition education for participants. Learn how to sustainably prepare your own meals and develop a taste for traditional dishes from around the world. Have a favorite recipe you'd like to share with the group? Bring it to class and we'll cook it together!

1/4-3/29	Thu	4-5:30 p.m.
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## TEEN ADVISORY COUNCIL

Ages 11-18

**FREE!**

Takes place first Thursday of the month. Here is a chance for teens to represent their peers by planning after-school activities and field trips for themselves and their friends! Participants will also engage in discussions regarding issues in and around their community, as well as ideas to help solve them. For more information, please contact Richard By or Adam Johnson at the Community Center 206-684-7524.

**1st Thurs of the Month**

1/4 and 3/1	4-5 p.m.
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## COMMUNITY SERVICE HOURS

Ages 13-19

**FREE!**

High school students seeking to fulfill community service hours can earn them through helping at various special events. Please contact Richard By or Adam Johnson at the community center at 206-684-7524 for opportunities.

**Ongoing**



**PLEASE REGISTER EARLY TO AVOID DISAPPOINTMENT.**

**SOMETIMES COURSES ARE CANCELED BECAUSE PEOPLE WAIT TOO LONG TO REGISTER!**



## ADULTS

### TAI CHI

Ages 16 and Older

Learn the world's most popular and gentle martial art. Yang style Tai Chi is a traditional form of exercise, renowned for developing coordination, flexibility, patience, balance and strength. Wear loose comfortable clothing. No class 1/15.

**Instructor: Chris Marshall**

1/8-2/19	Mon	7-8:30 p.m.	\$36
2/26-3/26	Mon	7-8:30 p.m.	\$30

### BEGINNING/INTERMEDIATE/ AND ADVANCED KENDO

Ages 8 and Older

Kendo (way of the sword) is a co-ed martial art based on samurai traditions requiring manners, and mental and physical discipline. Participants use bokken (oak sword) for weeks 1-4 and at week 5, a shinai (bamboo sword) is also required. All equipment can be purchased at class. Beginning students wear loose fitting clothes. Beginners will focus on learning footwork and sword handling. Continuing students will progress to intermediate kendo where they will advance to striking live targets. Once the student has progressed in skill they will be able to move into wearing armor and engage in bouts with other students. Students remain at the intermediate level until they are ready for armor.

**Instructor: J Marsten, 7th Degree**

**BEGINNING/INTERMEDIATE**

1/4-3/15	Thu	7-8:30 p.m.	\$64
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**ADVANCED KENDO**

1/4-3/15	Thu	7-9 p.m.	\$88
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### ADULT ROLLER SKATING LESSONS

Ages 18 and Older

This skating class is designed specifically for beginning and intermediate adult roller skaters and bladers. Class will be divided according to skill level as needed. Come and learn to skate or improve the skills you have developed so far. These lessons happen after Friday Family Skate Night! No class 2/23.

**Instructor: Dona Ely**

1/5-1/26	Fri	8:30-9:30 p.m.	\$40
2/2-2/16	Fri	8:30-9:30 p.m.	\$30
3/2-3/30	Fri	8:30-9:30 p.m.	\$50

### NIA: DANCE FITNESS FOR EVERY BODY

Ages 15 and older

NIA is the art of moving the body's way; a barefoot cardio-dance workout that builds flexibility, agility, mobility, strength, and stability, in your mind, body, and soul. NIA is fun, low impact, and is adaptable to individual needs and abilities. This course is great for anyone, as previous experience with NIA is not necessary! Wear clothes that you can dance in—we will be moving!

**Instructor: Jena Hennessey**

1/6-2/10	Sat	9:15-10:30 a.m.	\$72
2/24-3/31	Sat	9:15-10:30 a.m.	\$72

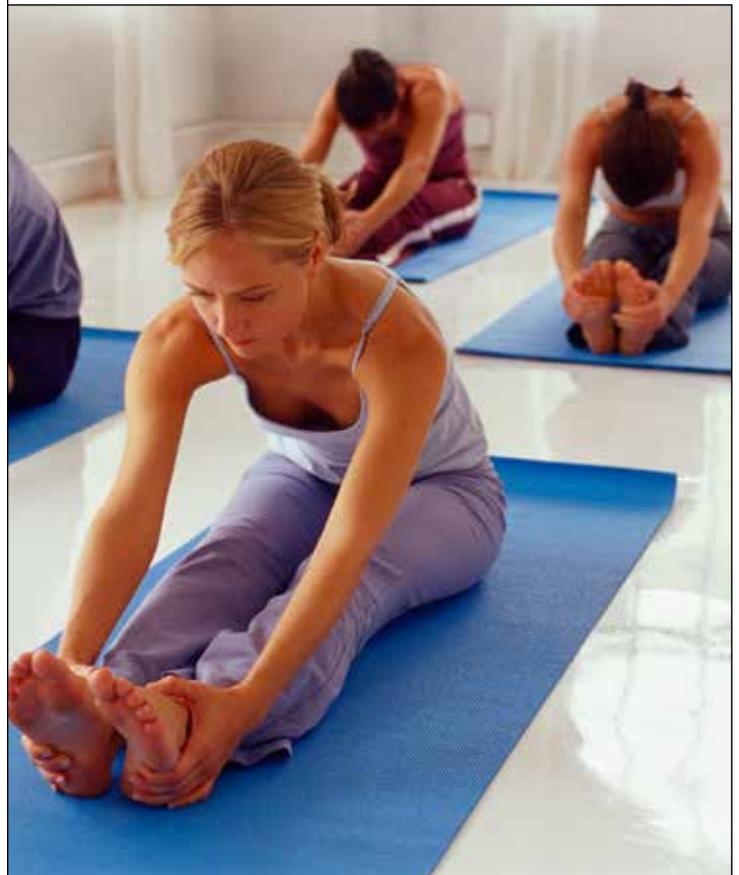
### TRADITIONAL HATHA YOGA

Ages 16 and Older

This class will be geared for all levels of Hatha Yoga focusing on mindful movements. Students will be guided through a variety of traditional poses, and breathing exercises, increasing their flexibility and strength. Every session will be an opportunity to better understand one's body and mind, in a safe and peaceful environment. All levels welcome.

**Instructor: Yeji Keating**

1/9-2/15	T/Th	7-8 p.m.	\$120
2/20-3/29	T/Th	7-8 p.m.	\$120





## ↘ AT-A-GLANCE

BARCODE	ACTIVITY TITLE	AGE	DAY	STARTS	ENDS	START TIME	PRICE
172695	Parent/Tot Music and Movement	1.5-3 Years	Thu	1/17	2/14	10:15-6:15am	\$45
172696	Parent/Tot Music and Movement	1.5-3 Years	Thu	2/21	3/21	10:15-6:15am	\$45
172673	Dance - Creative Dance	2-4 Years	Sun	1/20	2/17	9:15-10 a.m.	\$45
172674	Dance - Creative Dance	2-4 Years	Sun	2/24	3/24	9:15-10a.m.	\$45
172675	Dance - Pre-Ballet	3-5 Years	Sun	1/20	2/17	10-10:45 a.m.	\$45
172676	Dance - Pre-Ballet	3-5 Years	Sun	2/24	3/24	10-10:45 am.	\$45
172697	Pee Wee Sports Session 1	3-5 Years	Tue	1/22	2/12	11:15-11:45 a.m.	\$45
172698	Pee Wee Sports Session 1	3-5 Years	Tue	2/26	3/26	11:15-11:45 a.m.	\$45
172694	Parent & Child Pottery	3-6 Years	Thu	1/18	3/15/18	10-11 a.m.	\$105
172671	Dance - Ballet 1	5-7 Years	Sun	1/20	2/17	10:45-11:45 a.m.	\$50
172672	Dance - Ballet 2	5-7 Years	Sun	2/24	3/24	10:45-11:45 a.m.	\$50
172712	Youth Pottery	6-12 Years	Sun	1/20	3/17/18	9-10 a.m.	\$145
172564	Adult/Youth Piano Lessons	6 and Older	Sat	1/6	1/27	10 a.m.-1 p.m.	\$100
172580	Adult/Youth Piano Lessons	6 and Older	Sat	2/3	2/24	10 a.m.-1 p.m.	\$100
172582	Adult/Youth Piano Lessons	6 and Older	Sat	3/3	3/31	10 a.m.-1 p.m.	\$125
172587	Adult/Youth Piano Lessons	6 and Older	Thu	1/4	1/25	3:30-8:30 p.m.	\$100
172588	Adult/Youth Piano Lessons	6 and Older	Thu	2/1	2/22	3:30-8:30 p.m.	\$100
*	Adult/Youth Piano Lessons	6 and Older	Thu	3/1	3/29	3:30-8:30 p.m.	\$125
172715	Youth Table Tennis Class	7-16 Years	Sun	1/6	1/27	5:15-6:45 p.m.	\$12
172716	Youth Table Tennis Class	7-16 Years	Sun	2/3	2/24	5:15-6:45 p.m.	\$12
172717	Youth Table Tennis Class	7-16 Years	Sun	3/3	3/31	5:15 -6:45 p.m.	\$15
172723	Basketball Girls	8 Years	TBA	TBD	TBA	TBA	\$85
172721	Basketball Boys	8 Years	TBA	TBD	TBA	TBA	\$85
172686	Kajukenbo Kung Fu	8-17 Years	Fri	1/18	2/15	5-6 p.m.	\$50
172687	Kajukenbo Kung Fu	8-17 Years	Fri	2/22	3/22	5-6 p.m.	\$50
172724	Basketball Girls	9 Years	TBA	TBD	TBA	TBA	\$85
172722	Basketball Boys	9 Years	TBA	TBD	TBA	TBA	\$85
169638	Basketball Girls	10 Years	TBA	TBD	TBA	TBA	\$85



BARCODE	ACTIVITY TITLE	AGE	DAY	STARTS	ENDS	START TIME	PRICE
169632	Basketball Boys	10 Years	TBA	TBD	TBA	TBA	\$85
169639	Basketball Girls	11 Years	TBA	TBD	TBA	TBA	\$85
169633	Basketball Boys	11 Years	TBA	TBD	TBA	TBA	\$85
169640	Basketball Girls	12 Years	TBA	TBD	TBA	TBA	\$85
169634	Basketball Boys	12 Years	TBA	TBD	TBA	TBA	\$85
172702	Teen Pottery	12-15 Years	Sun	1/20	3/17/18	10:30-11:30 a.m.	\$145
169641	Basketball Girls	13 Years	TBA	TBD	TBA	TBA	\$85
169635	Basketball Boys	13 Years	TBA	TBD	TBA	TBA	\$85
169636	Basketball Boys	14-15 Years	TBA	TBD	TBA	TBA	\$85
169642	Basketball Girls	14-17 Years	TBA	TBD	TBA	TBA	\$85
172684	Hawaiian Hula Dance	14 and Older	Wed	2/6	2/26	5:45-6:45 p.m.	\$44
172685	Hawaiian Hula Dance	14 and Older	Wed	3/6	3/27	5:45-6:45 p.m.	\$44
172718	Zumba Class	14 and Older	Sat	1/6	2/10	12:30-1:30 p.m.	\$50
172719	Zumba Class	14 and Older	Sat	2/17	3/24	12:30-1:30 p.m.	\$50
169637	Basketball Boys	16-17 Years	TBA	TBD	TBA	TBA	\$85
172681	Hatha Yoga	16 and Older	T/Th	1/9	2/13	11:30 a.m-12:30 p.m.	\$88
172682	Hatha Yoga	16 and Older	T/Th	2/20	3/27	11:30 a.m-12:30 p.m.	\$88
172709	Vin Yoga	16 and Older	Wed	2/20	3/27	6-7 p.m.	\$55
172703	Vin Yoga	16 and Older	Wed	1/9	2/13	6-7 p.m.	\$55
172553	Adult Pottery - Beginner	18 and Older	Tue	1/16	3/13/18	6:30-8:30 p.m.	\$205
172558	Adult Pottery - Intermediate	18 and Older	Wed	1/17	3/14/18	6:30-8:30 p.m.	\$205
172556	Adult Pottery Hand Building/ Sculpture	18 and Older	Wed	1/17	3/14/18	10 a.m. - 12:30 p.m.	\$205
172560	Adult Pottery- Wheel Throwing	18 and Older	Tue	1/16	3/13/18	10 a.m. - 12:30 p.m.	\$205
172677	Dragon Tiger Qiqong	18 and Older	Thu	2/28	3/28	5:15-6:45 p.m.	\$75
172678	Fuel Your Fitness Meal Planning	18 and Older	Sun	1/20	1/20	3-5 p.m.	\$20
172679	Fuel Your Fitness Meal Planning	18 and Older	Sun	2/17	2/17	3-5 p.m.	\$20
172680	Fuel Your Fitness Meal Planning	18 and Older	Sun	3/17	3/17	3-5 p.m.	\$20
172683	Hawaiian Hula Dance	18 and Older	Wed	1/9	1/29	5:45-6:45pm	\$44
172688	Metobolic Traninig & Core Bootcamp	18 and Older	T/Th	1/16	2/15	10-10:45 a.m.	\$50
172689	Metobolic Traninig & Core Bootcamp	18 and Older	T/Th	2/27	3/29	10-10:45 a.m.	\$50
172690	Mixxed Fit	18 and Older	Sat	1/5	2/9	5:30-6:30 p.m.	\$50
172691	Mixxed Fit	18 and Older	Sat	2/16	3/23	5:30-6:30 p.m.	\$50
172692	Mixxed Fit	18 and Older	Tue	1/8	2/12	5:30-6:30 p.m.	\$45
172693	Mixxed Fit	18 and Older	Tue	2/19	3/19	5:30-6:30 p.m.	\$45
172699	Tai Chi	18 and Older	Tue	1/8	1/29	7-8 p.m.	\$15
172700	Tai Chi	18 and Older	Tue	2/5	2/29/18	7-8 p.m.	\$15
172701	Tai Chi	18 and Older	Tue	3/5	3/26	7-8 p.m.	\$20
172720	ZY Qigong	18 and Older	Thu	1/17	2/14	5:15-6:45 p.m.	\$75

**\*IF NO BAR CODE IS LISTED, PLEASE CALL THE COMMUNITY CENTER TO REGISTER.**

## ↳ TOTS

### PARENT/TOT MUSIC AND MOVEMENT

Ages 6 Months-1.5 Years

Encourage the development of your child's social, physical, verbal and cognitive skills with the magic of movement to music! The teacher seamlessly guides the children through fun and creative exercises that help build their confidence and mentioned skills. Children will get to beat on drums, play homemade egg-maracas along with a live guitar and swiftly dance to their heart's desire with colorful scarves. Come feel the magic of music!

1/17-2/14	Wed	10:15-11 a.m.	\$45
2/21-3/21	Wed	10:15-11a.m.	\$45

### CREATIVE DANCE

Ages 2-4

Children will explore expressive movement using music, stories and props through this one-of-a-kind creative dance class. Focusing in on the development of motor skills, balance and coordination, this class will primarily use imagination to summon your child's creativity through dance. A variety of introductory dance concepts and vocabulary will be taught in a fun, safe, and engaging way.

1/20-2/17	Sat	9:15-10 a.m.	\$45
2/24-3/24	Sat	9:15-10 a.m.	\$45

### PRE-BALLET

Ages 3-5

A step up from Creative Dance, this pre-ballet class is more structured and teaches the development of basic ballet-related skills and vocabulary. Your child's creativity will be musically encouraged through more advanced concepts. Students should be bare foot or wear ballet slippers with their hair pulled back, out of their face.

1/20-2/17	Sat	10-10:45 a.m.	\$45
2/24-3/24	Sat	10-10:45 a.m.	\$45

### PARENT AND CHILD POTTERY

Ages 3-6

Create clay art with your kids! Kids will learn different hand building techniques, such as coil slab, pinch pot, etc. We will also make and decorate pots, cups, bowls, and plates on a pottery wheel. No class 2/22.

**Instructor: Liang-Yin Chen**

1/18-3/15	Thu	10-11 a.m.	\$105
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## PEE WEE SPORTS

Ages 3-5

This class introduces young children to sports skills including soccer, hockey, basketball, track and field, and more. No class 2/19

**Instructor: Coach Brown**

1/22-2/12	Mon	11:15-11:45 a.m.	\$50
2/26-3/26	Mon	11:15-11:45 a.m.	\$50

## ↳ YOUTH

### BALLET 1

Ages 5-7

A class for those students wanting to explore ballet in an engaging, inclusive, and fun way. We will develop ballet skills and vocabulary while inspiring creativity and expression. Students will learn the fundamentals of good posture, alignment, balance, and placement. Barre and center work will be introduced, as well as combinations and choreography. Students should wear ballet slippers or bare feet, close fitting attire, and have their hair pulled off the face. All students welcome.

1/20-2/17	Sat	10:45-11:45 a.m.	\$50
2/24-3/24	Sat	10:45-11:45 a.m.	\$50



### KAJUKENBO KUNG FU

Ages 8 and Older

Kajukenbo is a mixed martial arts system from Hawaii. The name Kajukenbo is a portmanteau of the various arts from which its style is derived: KA for Karate, JU for Judo and Jujutsu, KEN for Kenpo and BO for Boxing.

**Instructor: Jacque Johnson**

1/18-2/15	Thu	5-6 p.m.	\$50
2/22-3/22	Thu	5-6 p.m.	\$50

### ADULT/YOUTH PIANO LESSONS

Ages 6 and Older

Learn to play the piano from an experienced professional teacher in weekly 30-minute private lessons. Training includes sight-reading, technique, expression, theory, and chords. Must have access to electric key board or piano for home practice. Sign-up for half hour time slots.

**Instructor: Brendan McGovern**

1/4-1/25	Thu	3:30-8:30 p.m.	\$25/lesson
2/1-2/22	Thu	3:30-8:30 p.m.	\$25/lesson
3/1-3/29	Thu	3:30-8:30 p.m.	\$25/lesson
1/6-1/27	Sat	10 a.m.-1 p.m.	\$25/lesson
2/3-2/24	Sat	10 a.m.-1 p.m.	\$25/lesson
2/3-2/31	Sat	10 a.m.-1 p.m.	\$25/lesson



## YOUTH TABLE TENNIS CLASS

Ages 7-16

Come sign up for a super fun game of table tennis. Learn effective strokes, serve and return of serve, along with footwork. Program is taught by Tom Veatch and friends and runs 1.5 hours each day after which participants can then stay for an additional 1.5 hours of open play.

1/6-1/27	Sat	5:15-6:45 p.m.	\$12
2/3-2/24	Sat	5:15-6:45 p.m.	\$12
3/3-3/31	Sat	5:15-6:45 p.m.	\$15

## TABLE TENNIS PUNCH CARD

Ages 7 and Older

Green Lake's Community Center has come up with an online option to purchase your 10 visit punch cards. Once you have registered for the punch card you may come in during normal operating hours or Sat 5-9 p.m. or Sunday 4-9 p.m. and pick it up. We are not responsible for lost or stolen cards. You may also register by calling 206-684-0780 during operating hours M-F 10-8:30 p.m. and sign up. When you pick up your card we will have you sign indicating you received your card. Punch cards are for use during drop in hours, Saturday 5-9 p.m., and Sunday 4-9 p.m.

Fee: \$45

## YOUTH POTTERY

Ages 6-12

In this program, students will learn how to throw bowls, mugs, and plates on pottery wheels. They will also make animal sculptures, coil vases, clay whistles, masks, etc. Students will explore different surface decoration techniques such as graffiti, carving, and painting with slip to finish their clay projects.

Instructor: Liang-Yin Chen

1/20-3/17	Sat	10-11 a.m.	\$105
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## TEENS

### TEEN SWIM

Ages 11-18

Teens with school ID can swim for FREE. (Youth are \$3.75 without school ID).

Tue 7 p.m.-8 p.m.

FREE!

### TEEN POTTERY

This class introduces wheel throwing and the focus will be on basic cylinder and bowls, vases, plates. Techniques for surface embellishment with texture and slip also covered. No class 2/24.

Instructor: Liang Yin Chen

1/20-3/17 Sat 10:30-11:30 a.m. \$145



### TEENS DEN @ GREEN LAKE

Ages 11-17

Calling all teens come hang out in our new TEEN Room! We have pool table, air hockey, foosball, shuffleboard, darts, X-Box, shoot some hoops or join our teen advisory council. Check out calendar of special events and join the fun! An updated E-13 must be on file. Must show school ID or Quick Card

1/3-3/31 M-F 3-8 p.m.  
Sat 11 a.m.-4 p.m.

### TEENS QUARTERLY OPEN CHALLENGE NIGHT

Ages 11-17

Join us for an 8-Ball pool tournament. Double elimination tournament. All levels welcome between the ages of 11 and 17. Must have your Quick Card. Do you need some practice time? Stop by the Teen Den and practice your shots before the tournament.

2/16 Fri 7-9 p.m.

FREE!

### SERVICE LEARNING HOURS

Ages 14-18

High School Students who need service learning hours, Green Lake Community Center is the place to come volunteer and to receive them! Call or stop by and talk to Chris.

### PATHWAY OF LIGHTS – SERVICE LEARNING HOURS

We need students to help with the set-up, clean-up and during the event on Saturday, December 9th Set-up time is from 1-4:30 p.m., event time is 4:30-7:30 p.m. and clean-up is from 7:30-9 p.m. Please let us know what shift you can commit to. Hours can be applied to high school volunteer credits.

FREE!

FREE!

## ADULTS

**NEW YEAR'S RESOLUTIONS FITNESS CLASSES!  
CHECKOUT OUR FITNESS CLASSES AND START  
YOUR NEW YEAR GOALS OFF RIGHT!**

### METABOLIC TRAINING AND CORE STRENGTH BOOTCAMP

**Ages 18 and Older**

All fitness levels will enjoy this high-energy, fitness experience focused on building core strength and increasing lean muscle mass, thereby improving your body's ability to burn stored body fat. Metabolic training involves exercises with minimal rest in between movements during your 30-minute session, to maximize calorie burn and increase metabolic rate during and after the workout. Your metabolism, or metabolic rate, is how many calories your body burns at rest. Modifications will be provided to accommodate joint-challenged and varying levels of fitness. Sessions will be outdoors weather permitting, and indoors during foul weather. Please bring a yoga mat, resistance bands, water bottle, and sweat towel.

**Instructor: Marlina Velasco**

<b>1/16-2/15</b>	<b>T/Th</b>	<b>10-10:45 a.m.</b>	<b>\$50</b>
<b>2/27-3/29</b>	<b>T/Th</b>	<b>10-10:45 a.m.</b>	<b>\$50</b>

### MIXXEDFIT®

MixedFit® is a people-inspired dance fitness program that combines explosive dancing with boot camp toning. Everything about MixedFit is explosive — all the moves are big, exaggerated, full out, and fun to get into the groove. No class 1/15 and 2/19.

<b>1/8-2/12</b>	<b>Mon</b>	<b>5:30-6:30 p.m.</b>	<b>\$45</b>
<b>2/19-3/19</b>	<b>Mon</b>	<b>5:30-6:30 p.m.</b>	<b>\$45</b>
<b>1/5-2/9</b>	<b>Fri</b>	<b>5:30-6:30 p.m.</b>	<b>\$50</b>
<b>2/16-2/23</b>	<b>Fri</b>	<b>5:30-6:30 p.m.</b>	<b>\$50</b>

### ZUMBA®

**Ages 18 and Older**

All skill and fitness levels for adults and teens. Zumba® involves dance and aerobic movements performed to energetic music, mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Pretty much the most awesome workout ever. Dance to great music, with great people, and burn a ton of calories without even realizing it. Please bring water bottle and sweat towel.

<b>1/6-2/10</b>	<b>Sat</b>	<b>12:30-1:30 p.m.</b>	<b>\$50</b>
<b>2/17-3/24</b>	<b>Sat</b>	<b>12:30-1:30 p.m.</b>	<b>\$50</b>



### DRAGON TIGER QIGONG

**Ages 18 and Older**

Dragon-Tiger Qigong is an active and invigorating Qigong form. It promotes clearing of the lungs, purification of the blood and circulation of qi throughout the body. Regular practice is great for building up your energy level whether for self-healing or to help others. Late winter/early spring is the right time for Dragon-Tiger Qigong!

**Instructor: Jean Clough**

<b>2/28-3/28</b>	<b>Wed</b>	<b>5:15-6:45 p.m.</b>	<b>\$75</b>
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### FUEL YOUR MEAL PLANNING

**Ages 18 and Older**

Design meal plans and learn simple approaches to calculate your macronutrient (food) intake based on personal goals and activity level each day to release body fat, prepare for your next athletic challenge, or achieve optimal metabolic fitness. This class is also offered as a webinar format.

**Instructor: Marlina Velasco**

<b>1/20</b>	<b>Sat</b>	<b>3-5 p.m.</b>	<b>\$20</b>
<b>2/17</b>	<b>Sat</b>	<b>3-5 p.m.</b>	<b>\$20</b>
<b>3/17</b>	<b>Sat</b>	<b>3-5 p.m.</b>	<b>\$20</b>

### HATHA YOGA

**Ages 18 and Older**

Gentle Hatha Yoga for beginners and students seeking a nurturing, slower-paced class. Uniting breath and alignment, students will cultivate strength, flexibility, and relaxation.

<b>1/9-2/13</b>	<b>Tue</b>	<b>11:30 a.m.-12:30 p.m.</b>	<b>\$88</b>
<b>2/20-3/27</b>	<b>Tue</b>	<b>11:30 a.m.-12:30 p.m.</b>	<b>\$88</b>



### VINI YOGA

**Ages 18 and Older**

This is a 6-week series designed for moms who want to stretch and strengthen their body while attending to their mind and sense of well-being. Attention will be paid to strengthening the core and pelvic floor and exploring ways to find calm amidst hectic lives.

<b>1/9-2/13</b>	<b>Tue</b>	<b>6:15-7:15 p.m.</b>	<b>\$88</b>
<b>2/20-3/27</b>	<b>Tue</b>	<b>6:15-7:15 p.m.</b>	<b>\$88</b>

### TAI CHI

**Ages 18 and Older**

Learn the Yang style of Tai Chi using slow, soft, and circular movements to harmonize body and mind. Often described as moving meditation this practice promotes balance, concentration, and relaxation. Wear loose comfortable clothing. No class 1/15 and 2/19.

**Instructor: Jim Guidon**

<b>1/8-1/28</b>	<b>Mon</b>	<b>7-8 p.m.</b>	<b>\$15</b>
<b>2/5-2/26</b>	<b>Mon</b>	<b>7-8 p.m.</b>	<b>\$15</b>
<b>3/5-3/26</b>	<b>Mon</b>	<b>7-8 p.m.</b>	<b>\$20</b>



## ZY QIGONG

Ages 14 and Older

Come join Jean Clough and Karen Fletcher, who are certified qigong instructors as they teach one of the world's most ancient and complete healing and self-development systems. Learn to: activate your energy center and system; absorb, generate, and move energy; increase your energy level and vitality; reach a deep relaxed state; balance and improve your immune and digestive systems and feel more present with your daily life.

**Instructors: Jean Clough**

**1/17-2/14      Wed      5:15-6:45 p.m.      \$75**

## HAWAIIAN HULA DANCE

Ages 14 and Older

Learn dance steps, hand movements, language, and customs in a welcoming, creative environment. Fit them together in the telling of a story. Fun, low impact exercise!

**Instructor: Eileen Mumm**

**1/8-1/29      Tue      5:45-6:45 p.m.      \$44**

**2/5-2/26      Tue      5:45-6:45 p.m.      \$44**

**3/6-3/27      Tue      5:45-6:45 p.m.      \$44**

## ADULT POTTERY-BEGINNING

Ages 18 and Older

In this beginning pottery class students, will discover the beauty of both hand-building and wheel-throwing techniques. Students will learn how to make bowls, cups, plates, and vases, alter shapes from wheel thrown pieces, and decorate pieces with color slip design and glaze. Students will each receive a free bag of clay and free studio time during the quarter. No class 2/20.

**Instructor: Liang-Yin Chen**

**1/16-3/13      Tue      6:30-8:30 p.m.      \$205**

## ADULT POTTERY-INTERMEDIATE

Ages 18 and Older

This course is for students who already have the basic throwing skills and wants to try larger forms on wheel or hand-built sculptures. We will continue working with large wheel throwing pieces, combined with hand-built sculptures, double-wall pots, upside-down plates, and more. Students will learn to use underglaze, oxide painting, and mocha diffusion surface decoration to finish their clay projects. Student will each receive a free bag of clay and access to studio during the quarter. Sign up early, classes fill up fast! No class 2/21.

**Instructor: Liang-Yin Chen**

**1/17-3/14      Wed      6:30-8:30 p.m.      \$205**

## ADULT POTTERY – WHEEL THROWING

Ages 18 and Older

Students will throw on the pottery wheels to make dinner ware like bowls, plates, saucers, pitchers, sugar jars with lids, etc. No experience needed. Just come to exercise your imagination through the art making process. Student will each receive a free bag of clay and access to the studio during the quarter. Sign up early, classes fill up fast. No class 2/20.

**Instructor: Liang-Yin Chen**

**1/16-3/13      Tue      10 a.m-12:30 p.m.      \$205**

## ADULT POTTERY-HAND BUILDING/SCULPTURE

Ages 18 and Older

Students will make hand built slab vases, teapot sets, press mold, imprinting boxes, painting with slip, carving, and inlay design. They will also throw on the pottery wheels to make dinner ware like bowls, plates, saucers, pitchers, sugar jars with lids, etc. No experience needed. Just come to exercise your imagination through the art making process. Student will each receive a free bag of clay and access to the studio during the quarter. Sign up early, classes fill up fast. No class 2/21.

**Instructor: Liang- Yin Chen**

**1/17-3/14      Wed      10 a.m.-12:30 p.m.      \$205**

## FUEL YOUR MEAL PLANNING

Ages 18 and Older

Design meal plans and learn simple approaches to calculate your macronutrient (food) intake based on personal goals and activity level each day to release body fat, prepare for your next athletic challenge, or achieve optimal metabolic fitness. This class is also offered as a webinar format.

**Instructor: Marlina Velasco**

**Location: Green Lake CC**

**1/20      Sat      3-5 p.m.      \$20**

**2/17      Sat      3-5 p.m.      \$20**

**3/17      Sat      3-5 p.m.      \$20**

## ↘ AT-A-GLANCE

BARCODE	ACTIVITY TITLE	AGE	DAY	STARTS	ENDS	START TIME	PRICE
174227	Little Hand Two-Year-Olds Play Group	2 Years	M/W	1/8	1/31/18	9:30 a.m.	\$175
174233	Little Hand Two-Year-Olds Play Group	2 Years	M/W	2/5	2/28/18	9:30 a.m.	\$150
174236	Little Hand Two-Year-Olds Play Group	2 Years	M/W	3/5	3/28/18	9:30 a.m.	\$200
*	Little Hand Two-Year-Olds Play Group	2 Years	M/W	4/2	4/11/18	9:30 a.m.	\$100
14237	Little Hand Two-Year-Olds Play Group	2 Years	Tu/Th	1/2	1/30/18	9:30 a.m.	\$225
174240	Little Hand Two-Year-Olds Play Group	2 Years	Tu/Th	2/6	2/27/18	9:30 a.m.	\$125
174241	Little Hand Two-Year-Olds Play Group	2 Years	Tu/Th	3/6	3/29/18	9:30 a.m.	\$200
*	Little Hand Two-Year-Olds Play Group	2 Years	Tu/Th	4/3	4/12/18	9:30 a.m.	\$100
*	Parent and Me Dance Series Session 1	2-4 Years	Tu	1/9	2/13/18	12:30 p.m.	\$60
*	Parent and Me Dance Series Session 2	2-4 Years	Tu	2/20	3/27/18	12:30 p.m.	\$60
171289	Preschool and Kinder Gymnastics	3-4 Years	M	1/15	4/2/18	3:30 p.m.	\$88
174297	Tot Hop	3-4 Years	M	1/8	2/12/18	9:30 a.m.	\$50
174298	Tot Hop	3-4 Years	M	2/26	3/26/18	9:30 a.m.	\$50
174282	Pre-Ballet - Session 1	3-5 Years	W	1/18	2/14/18	4:30 p.m.	\$60
174283	Pre-Ballet - Session 2	3-5 Years	W	2/21	3/28/18	4:30 p.m.	\$60
174249	Piano Lessons	4 Years	Tu	1/2	1/23/18	4-7:30 p.m.	\$22
174250	Piano Lessons	4 Years	Tu	2/6	2/27/18	4-7:30 p.m.	\$22
174251	Piano Lessons	4 Years	Tu	3/6	3/27/18	4-7:30 p.m.	\$22
*	Piano Lessons	4 Years	Tu	4/3	4/24/18	4-7:30 p.m.	\$22
174253	Piano or Guitar	4 Years	Th	1/2	1/30/18	4-7:30 p.m.	\$22
174263	Piano or Guitar	4 Years	Th	2/6	2/27/18	4-7:30 p.m.	\$22
174265	Piano or Guitar	4 Years	Th	3/6	3/27/18	4-7:30 p.m.	\$22
*	Piano or Guitar	4 Years	Th	4/3	4/24/18	4-7:30 p.m.	\$22
174220	Lil Hot Shots	5-6 Years	Th	1/11	4/5/18	5 p.m.	\$130
174292	Preschool and Kinder Gymnastics	5-6 Years	M	1/8	4/2/18	3:30 p.m.	\$88
174182	Beginning Hip Hop for Kids	5-8 Years	S	1/6	2/10/18	9 a.m.	\$60
174183	Beginning Hip Hop for Kids	5-8 Years	S	2/17	3/24/18	9 a.m.	\$60
174184	Beginning Hip Hop for Kids	5-8 Years	S	1/6	2/10/18	9 a.m.	\$60
174185	Beginning Hip Hop for Kids	5-8 Years	S	2/17	3/24/18	9 a.m.	\$60
174293	Spanish Class	5-8 Years	M	1/8	4/1/18	4 p.m.	\$110
174198	Home School - Art Exploration	5-8 Years	W	1/10	3/14/18	12 p.m.	\$120
174201	Home School - WeDo Robotics	5-8 Years	W	1/10	3/14/18	11 a.m.	\$135
174248	Papercrafts	5-12 Years	Th	1/11	3/29/18	2:45 p.m.	\$121
*	Hip Hop @ Whittier	5-12 Years	T	1/9	3/20/18	2:30 p.m.	\$180
174204	Kids Carpentry	5-12 Years	Th	1/11	3/29/18	2:45 p.m.	\$240
*	Kids Carpentry	5-12 Years	Th	1/11	3/29/18	4 p.m.	\$240
*	Track and Field	5-17 Years	M/W	4/23	6/8/18	5 p.m.	\$40
174180	Ballet - Session 1	6-9 Years	w	1/10	2/14/18	5:30:00 a.m.	\$60
174181	Ballet - Session 2	6-9 Years	w	2/21	3/28/18	5:30:00 a.m.	\$60
174199	Home School - Chess	6-17 Years	W	1/10	3/14/18	10 a.m.	\$90
174221	Lil Hot Shots	7-8 Years	Th	1/11	4/5/18	6 p.m.	\$130
174196	Gymnastics - Youth	7-10 Years	M	4/2	4/2/18	5:30 p.m.	\$132
174202	Home School - Grossology	7-11 Years	W	1/10	3/14/18	10 a.m.	\$128
174304	What's Cooking?!	7-12 Years	Th	1/11	3/29/18	5 p.m.	\$165



BARCODE	ACTIVITY TITLE	AGE	DAY	STARTS	ENDS	START TIME	PRICE
174192	Creative Coding @ Whittier	7-12 Years	M	1/8	2/26/18	2:30 p.m.	\$294
174193	Creative Coding @ Whittier	7-12 Years	M	3/5	4/2/18	2:30 p.m.	\$245
*	Machine Sewing @Whittier	7-12 Years	M	1/8	2/26/18	2:30 p.m.	\$180
*	Machine Sewing @Whittier	7-12 Years	M	3/5	4/2/18	2:30 p.m.	\$150
174242	Martial Arts: Tang Soo Do	8 and Older	M/W	1/8	1/31/18	7:15 p.m.	\$28
174246	Martial Arts: Tang Soo Do	8 and Older	M/W	2/5	2/28/18	7:15 p.m.	\$28
174247	Martial Arts: Tang Soo Do	8 and Older	M/W	3/5	3/28/18	7:15 p.m.	\$28
172992	Basketball Boys (Cub)	8 Years	F/Sa	11/20	3/23/18	TBA	\$85
172995	Basketball Girls (Cub)	8 Years	F/Sa	11/20	3/23/18	TBA	\$85
172994	Basketball Boys (Cub)	9 Years	F/Sa	11/20	3/23/18	TBA	\$85
172996	Basketball Girls (Cub)	9 Years	F/Sa	11/20	3/23/18	TBA	\$85
174294	Spanish Class	9-12 Years	M	1/8	4/1/18	5 p.m.	\$110
174200	Home School - Master Artists	9-17 Years	W	1/10	3/14/18	1 p.m.	\$120
174203	Home School - Pickleball	9 and Older	W	1/10	3/14/18	12 p.m.	\$110
*	Co-Ed Volleyball League	10-11 Years	M	4/23	6/8/18	TBA	\$40
*	Co-Ed Volleyball League	10-11 Years	M	4/23	6/8/18	TBA	\$40
*	Co-Ed Volleyball League	10-11 Years	M	4/23	6/8/18	TBA	\$40
174197	Home School - Anthropology of Food	11-18 Years	W	1/10	3/14/18	11 a.m.	\$120
174194	Fencing - Beginning	12 and Older	T/Th	1/2	4/5/18	7 p.m.	\$110
174195	Fencing - Intermediate	12 and Older	T/Th	1/2	4/5/01	7 p.m.	\$110
174271	Pilates	12 and Older	F	1/26	1/26/18	6 p.m.	\$32
174276	Pilates	12 and Older	F	2/2	2/23/18	6 p.m.	\$32
174279	Pilates	12 and Older	F	3/2	3/30/18	6 p.m.	\$40
*	Pilates	12 and Older	F	4/6	4/27/18	6 p.m.	\$32
*	Parent and Me Music Series Session 1	1-3 Years	Tu	1/9	2/13/18	12:30 p.m.	\$60
*	Parent and Me Music Series Session 2	1-3 Years	Tu	2/20	3/27/18	12:30 p.m.	\$70
174300	Viniyoga	16 and Older	Tu	1/9	2/13/18	10 a.m.	\$48
174301	Viniyoga	16 and Older	Tu	2/20	3/27/18	10 a.m.	\$48
174306	Yoga	16 and Older	M	1/8	1/28/18	6 p.m.	\$32
174307	Yoga	16 and Older	M	2/5	2/26/18	6 p.m.	\$32
174308	Yoga	16 and Older	M	3/5	3/26/18	6 p.m.	\$32
*	Yoga	16 and Older	M		4/30/18	6 p.m.	\$32
174186	Circuit Training	16-50 Years	F	1/5	1/26/18	12 p.m.	\$32
174187	Circuit Training	16-50 Years	F	2/2	2/23/18	12 p.m.	\$32
174188	Circuit Training	16-50 Years	F	3/1	3/29/18	12 p.m.	\$40
*	Circuit Training	16-50 Years	F	4/5	4/26/18	12 p.m.	\$32
174189	Circuit Training	16-50 Years	T	1/9	1/30/18	6 p.m.	\$32
174190	Circuit Training	16-50 Years	T	2/6	2/27/18	6 p.m.	\$32
174191	Circuit Training	16-50 Years	T	3/6	3/27/18	6 p.m.	\$32
*	Circuit Training	16-50 Years	T	4/3	4/24/18	6 p.m.	\$32
*	Zumba Wednesday	18 and Older	W	4/4	4/25/18	6:30 p.m.	\$32
174309	Zumba Wednesday	18 and Older	W	1/3	1/31/18	6:30 p.m.	\$40
174310	Zumba Wednesday	18 and Older	W	2/7	2/28/18	6:30 p.m.	\$32
174311	Zumba Wednesday	18 and Older	W	3/7	3/28/18	6:30 p.m.	\$32

**\*IF NO BAR CODE IS LISTED, PLEASE CALL THE COMMUNITY CENTER TO REGISTER.**

## ↳ TOTS

### LITTLE HANDS TWO-YEAR-OLD'S PLAY GROUP

Age 2 years

This fun class provides children an opportunity to socialize with other children through play, music, movement, art, and exploration. Parents should provide a small snack for their child each day. The class is designed for parents to leave their child in the class, and they are free to use the time, but need to stay local in case a diaper needs changing. Ideally, children should be practicing their potty skills regularly. If 2-year-olds are in diapers/pull-ups, no staff or volunteer can diaper change the child. Only the parents or other persons authorized on the E-13 can do this. This program is a drop-off program and not a coop. Once a child is registered the child is enrolled for September – May, even if the child turns 3. Parents may pay monthly or quarterly. No class 2/19-2/22.

**Instructor: Betsy Klebanoff-Hills**

1/8-1/31	M/W	9:30-11:30 a.m.	\$200
2/6-2/28	M/W	9:30-11:30 a.m.	\$150
3/5-3/28	M/W	9:30-11:30 a.m.	\$200
4/2-4/11	M/W	9:30-11:30 a.m.	\$100
1/2-1/25	T/Th	9:30-11:30 a.m.	\$200
2/6-2/27	T/Th	9:30-11:30 a.m.	\$125
3/6-3/29	T/Th	9:30-11:30 a.m.	\$200
4/3-4/12	T/Th	9:30-11:30 a.m.	\$100

### TOT HOP

Ages 3-4

Is your little one always on the move and ready to groove? Join us at Tot Hop where we will move to the beat and groove on our feet! This is the perfect opportunity for kids to explore music and movement in a friendly group. Watch while they get stronger and more coordinated over time and look forward to seeing them strut their stuff! No class 1/15

**Instructor: Lee Nagy**

1/8-2/12	Mon	9:30-10:15 a.m.	\$50
2/26-3/26	Mon	9:30-10:15 a.m.	\$50



### PARENT AND ME MUSIC

Ages 1-3 with Parent

Join early childhood music educator Danika Morrow for a chance to explore the wonders of music with your little one! Music is such an important tool for development, connection and communication and this class will explore various ways to use music for positive self-expression, listening skills, and embracing playfulness! We will explore instruments, different types of music from around the world, and how to use our own bodies to make unique and beautiful music! Come join the fun!

1/9-2/13	11:30 a.m.-12:15 p.m.	\$60
2/20-3/27	11:30 a.m.-12:15 p.m.	\$70

### PARENT AND ME DANCE

Ages 2-4 with Parent

Join early childhood dance instructor Danika Morrow for a super fun series introducing the magic of dance to your little ones! In this class, we will learn how to move our bodies in fun, playful ways and develop gross motor skills through exploring different kinds of music, moves, and accessories. We will work on dance moves that both help us to connect with each other, and find our own unique and beautiful individual rhythm! Come join the fun!

1/9-2/13	12:30-1:15 p.m.	\$60
2/20-3/27	12:30-1:15 p.m.	\$70



## ↘ ENRICHMENT PROGRAMS

### AT WHITTIER ELEMENTARY

#### MACHINE SEWING @WHITTIER

Ages 7-12

Students are invited to learn a skill they will use for a lifetime and a hobby they will forever enjoy sewing! No experience necessary for boys and girls to learn the basics and beyond. Beginning students will learn machine safety and beginner sewing techniques, while the more experienced students can expand on skills they already have. Student will advance at their own pace to more exciting and challenging projects throughout the session. Projects, which are constantly rotating during the quarter, include backpacks, phone cases, clothing, accessories, bags, games, stuffed animal and more! All sewing classes are supervised by Chelsea Cook, owner of Little Hands Creations. No class 1/15 and 2/19

**Instructor: Little Hands Sewing**

**Location: Whittier Elementary School**

<b>1/8-2/26</b>	<b>Mon</b>	<b>2:30-4 p.m.</b>	<b>\$180</b>
<b>3/5-4/2</b>	<b>Mon</b>	<b>2:30-4 p.m.</b>	<b>\$150</b>

#### HIP HOP @WHITTIER

Ages 5-12

Learn the creative and energetic dance steps of Hip Hop for fun or fitness. Hip Hop classes are designed for students to learn all facets, foundations and fundamentals of hip hop. Students will leave class refreshed, with confidence and ready to strut their stuff.

**Instructor: Anna Nagy**

**Location: Whittier Elementary School**

<b>1/9-3/20</b>	<b>Tue</b>	<b>2:30-4 p.m.</b>	<b>\$180</b>
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#### CODING @ WHITTIER

Ages 7-12

Creative Coding teaches your child to code by helping them make their own custom video games! Our project based, multilevel classes are amazingly fun yet very effective in teaching creative problem solving AND emotional resilience. As your creative girl or boy has fun bringing their ideas to life, they iterate through the emotional cycle of Coding (idea>excitement> effort>frustration>more effort>triumph!) With our support and positive encouragement. Repeating this cycle not only builds great coders, but more importantly, develops emotional persistence that will help students enjoy taking on new challenges in all aspects of their lives. Students new to coding will participate in the Creative Coding core curriculum, learning the fundamental elements of coding using MIT's Scratch to create their very own computer games! No class 1/15 and 2/9.

**Instructor: Creative Coding for Kids**

**Location: Whittier Elementary School**

<b>1/8-2/26</b>	<b>Mon</b>	<b>2:30-4:30 p.m.</b>	<b>\$330</b>
<b>3/5-4/2</b>	<b>Mon</b>	<b>2:30-4:30 p.m.</b>	<b>\$275</b>

#### AFTER SCHOOL HOOPS @WHITTIER

Ages 5-12

After School Hoops® is a basketball program for aspiring young players. The class combines fundamental skills instruction with organized team competition with the goal of providing an enjoyable and educational after school athletic event. Developing players benefit by improving their individual skills such as passing, dribbling, shooting, rebounding, and defending while, at the same time, learning how to work within the framework of a team. Boys and girls of all skill levels are encouraged to join! No class 2/21.

**Instructor: One on One Basketball**

<b>1/10-3/21</b>	<b>Wed</b>	<b>2:30-4 p.m.</b>	<b>\$225</b>
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## ↘ YOUTH

#### BASKETBALL

Ages 8-18

While practices have been underway since November, there may be opportunities for late-comers to join a team. Please ask Loyal Heights front desk staff to see if there are spots available.

#### SPANISH

Ages 5-12

Children learn Spanish in a safe environment where they are encouraged to help each other. Students are invited to participate actively and learn through fun activities. Reading and writing is encouraged at their own development rate. Lessons are planned per the month, season, relevant topics, and children's interest. No class 1/15 and 2/19

**Instructor: Rhya Ramirez**

Ages 5-8

<b>1/8-4/1</b>	<b>Mon</b>	<b>4-5 p.m.</b>	<b>\$110</b>
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Ages 9-12

<b>1/8-4/1</b>	<b>Mon</b>	<b>5-6 p.m.</b>	<b>\$110</b>
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#### WHAT'S COOKING?!

Ages 7-12

In this fun class, young chefs will learn about kitchen basics including food safety, nutrition and how to follow a recipe. Together we will taste the rainbow as we explore everyone's favorites as well as cuisines from around the world. Learning to cook is a great way to support your child's growing independence and creativity! No class 2/22

**Instructor: Mindy Jahn**

<b>1/11-3/29</b>	<b>Thu</b>	<b>5-6 p.m.</b>	<b>\$165</b>
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## KIDS CARPENTRY

Ages 5-12

Kids' Carpentry is a hands-on toy building class designed to teach girls and boys, ages 5-12, practical woodworking skills with an emphasis on the safe use of hand tools. While kids construct fun and exciting projects they are also empowered to become independent thinkers-building confidence, self-esteem, and a repertoire of practical skills that will last them a lifetime! At the end of the session, each child will go home with at least two but often four or more wooden toys or games that they have made and painted by hand. No class 2/22.

**Instructor: Kids Carpentry**

1/11-3/29	Thu	2:45-3:45 p.m.	\$220
1/11-3/29	Thu	4-5 p.m.	\$240

## PAPERCRAFTS

Ages 5-12

Students will be using paper as well as a wide range of other materials and with their hands and imagination, those primary materials will be transformed into beautiful expressions of art. The goals for this series of classes is for students to have fun with art while learning the basic elements and principles of design through a variety of age-appropriate media. No class 2/22.

**Instructor: Adam Rosand**

1/11-3/29	Thu	2:45-4 p.m.	\$121
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## PIANO LESSONS

Ages 6 and Older

Learn to play the piano from an experienced professional teacher in weekly 30-minute private lessons. Training includes sight-reading, technique, expression, theory, and chords. Students must have access to an electric key board or piano for practice outside of lessons.

**Instructor: Dina Drovetto**

1/9-1/30	Tue	4-7:30 p.m.	\$22
2/6-2/27	Tue	4-7:30 p.m.	\$22
3/6-3/27	Tue	4-7:30 p.m.	\$22
4/3-4/24	Tue	4-7:30 p.m.	\$22

## PIANO OR GUITAR LESSONS (BONUS MANDARIN)

Ages 4 and Older

Students of all levels are welcome for lessons in piano or guitar. As a bonus, instructor Bruce will teach one or more phrases or characters in Mandarin Chinese per lesson. If you do not have an instrument yet, please consult instructor for appropriate choices. Lessons are 30 minutes once per week. Please call 206-684-4052 to schedule your lessons.

**Instructor: Bruce Howard**

1/4-1/25	Thu	4-7:30 p.m.	\$22
2/1-2/22	Thu	4-7:30 p.m.	\$22
3/1-3/29	Thu	4-7:30 p.m.	\$22
4/5-4/26	Thu	4-7:30 p.m.	\$22

## LIL HOT SHOTS

Ages 5-8

This fun co-ed, instructional class will teach the basics of basketball. The class mainly consists of instruction culminating on the last two weeks with a scrimmage between teams. Students will be divided into two teams and play two 10-minute running clock quarters. It's a friendly, non-competitive scrimmage where parents are invited to cheer on and support their young ones. No class 2/22.

**Instructor: Susan Young**

Ages 7-8

1/11-4/5	Thu	5-6 p.m.	\$130
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Ages 5-6

1/11-4/5	Thu	6-7 p.m.	\$130
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## PRESCHOOL AND KINDER GYMNASTICS

Ages 3-6

Girls and boys practice gymnastics skills in a fun and positive environment. Students will be introduced to tumbling, balance beam, bar, and trampoline. Students will develop coordination, strength, flexibility, and endurance. Parents may attend the first day of class only, parents are asked to not be in the class room so that your child will not be distracted while learning. No class 1/15 and 2/19 \*Insurance required for this class, please see "Insurance" under General Information section at the back of the brochure.

**Instructor: Tigger Huisinga**

Ages 3-4

1/8-4/2	Mon	3:30-4:15 p.m.	\$88
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Ages 5-6

1/8-4/2	Mon	4:30-5:15 p.m.	\$88
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## GYMNASTICS

Ages 7-10

Girls and boys will develop their gymnastics skills in a fun and positive environment. Students will progress skills in tumbling and on balance beam, bar, vault and trampoline. Students will develop coordination, strength, flexibility and endurance. Parents may attend the first day of class only, parents are asked to not be in the class room so that your child will not be distracted while learning. No class 1/15 and 2/19 \*Insurance required for this class, please see "Insurance" under General Information section at the back of the brochure.

**Instructor: Tigger Huisinga**

1/8-4/2	Mon	5:30-6:30 p.m.	\$132
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## MARTIAL ARTS: TANG SOO DO

Ages 8 and Older

Get moving with your friends, family and neighbors! Explore self-defense through the traditional Korean martial art of Tang Soo Do! You will get the opportunity to develop skills in kicking, striking, flexibility, balance and coordination. We aim to teach students to become better versions of themselves through movement, self-discipline and focus. If you choose to continually participate in this class, you will have the opportunity to gain belt ranks through an internationally recognized martial arts organization. Your instructors are both verified 3rd degree black belts through the WTSDA and have over 30 years combined martial arts experience.

**Instructors: Mr. Robert Nelson and Mr. Juanya Williams**

1/8-1/31	M/W	7:15-8:15 p.m.	\$28
2/5-2/28	M/W	7:15-8:15 p.m.	\$28
3/5-3/28	M/W	7:15-8:15 p.m.	\$28

## FENCING-BEGINNING

Ages 12 and Older

If you have never fenced before, this is the class for you. You will learn basic footwork, attacks, parries, strategy, rules, and etiquette. By the end of the quarter you will be able to step onto the strip in electric gear and fence! Basic fencing equipment for the class will be provided. However, you will need to wear long pants (sweats or warm-ups recommended) and court or running shoes. Street shoes are not allowed.

**Instructor: Bon Bernard**

1/2-4/5	T/Th	7-8 p.m.	\$110
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## FENCING-INTERMEDIATE

Ages 12 and Older

If you have completed our beginning class, this is the next step. Or, if you have had basic instruction elsewhere, you may take this class with instructor permission. Intermediate fencers are expected to have their own basic equipment: Mask, jacket, plastron, glove, knickers or long pants, and practice foil. However, participants can rent a basic kit for \$30.

**Instructor: Bon Bernard**

1/2-4/5	T/Th	7-8 p.m.	\$110
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## HOME SCHOOL

### GROSSOLOGY

Ages 7-11

If you think that human anatomy is gross and cool, then Grossology is perfect for you. In this class, you will learn the structure and functions of the human body while discovering the gross facts. The course material is designed to expose students to college level concepts while being accessible by integrating multiple learning styles. To link the cognitive process to memory, the instructor creates original and unique edible experiments. (No class 1/31, 2/21)

**Instructor: Shakira Adams**

1/10-3/14	Wed	10-10:55 a.m.	\$120
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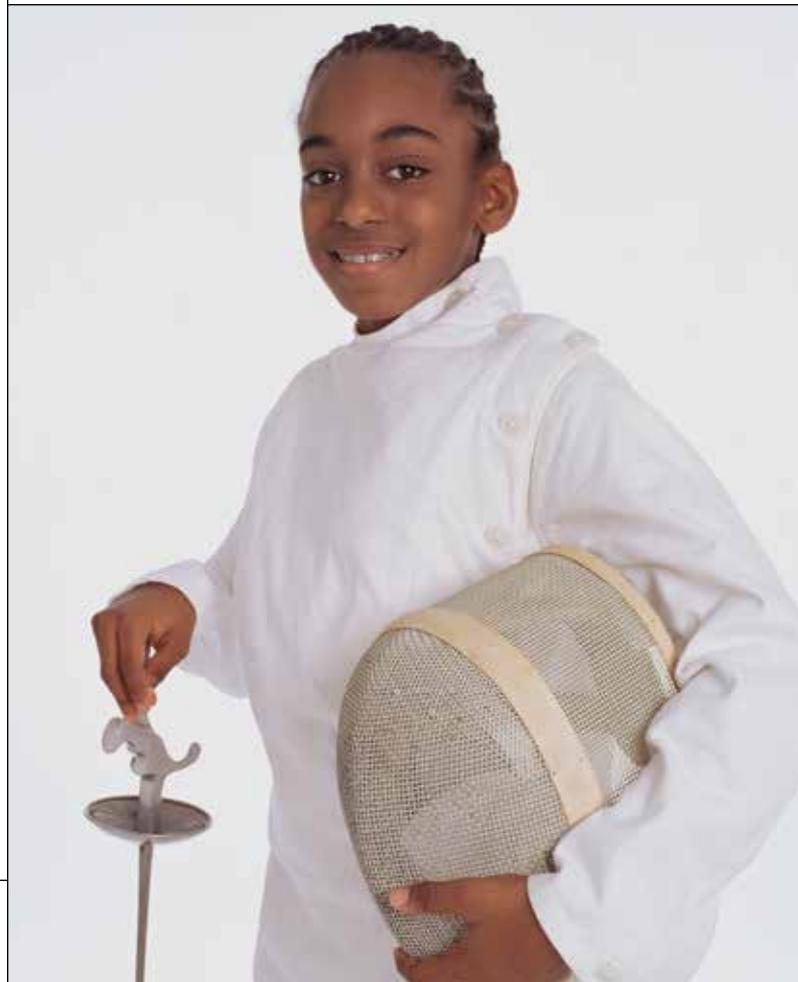
### CHESS

Ages 6 and Older

Chess is one of the world's deepest and most popular games. In this course you will learn how to develop, attack, and defend. Learning activities will include workbooks and other methods; our goal is to see the game from a variety of angles to maximize learning and enjoyment. (No class 1/31, 2/21)

**Instructor: Alex Tsiareshka**

1/10-3/14	Wed	10-10:55 a.m.	\$100
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## WEDO ROBOTICS

Ages 5-8

WeDo Robotics introduces young students to simple robotics systems in a fun and engaging way. Students will build Lego models with functional motors and sensors, and learn how to control them with basic programming skills. A new robot model will be built and explored each class period. Younger students will primarily use the original WeDo kit and software, with a focus on developing basic building and engineering skills. (No class 1/31, 2/21)

**Instructor: Jen Guzman**

1/10-3/14 Wed 11-11:55 a.m. \$135

## ANTHROPOLOGY OF FOOD

Ages 11 and Older

Food. We all eat it, but we don't all eat in the same way. Nor do we prepare it the same, find the same things delicious, obtain foods the same way, or have the same historical relationships to food. It's a human universal to eat, and one of humanity's strengths is our creative omnivorism. In this course, we will explore the evolution of eating, the changing material culture of food, the relationship of culture to food, and how the necessity of eating has affected diverse aspects of human culture. (No class 1/31, 2/21)

**Instructor: Karen Radcliff**

1/10-3/14 Wed 11-11:55 a.m. \$120

## SPORTS UNLIMITED

Ages 5-8

Sample a variety of individual and team sports. Fun movement games to get your little one active. Anything from creative 'tag' games to basic skills in sports like soccer and anything in between. Your child will enjoy challenging their muscles, cardiovascular system, balance and coordination. (No class 1/31, 2/21)

**Instructor: Rick Buyce**

1/10-3/14 Wed 11-11:55 a.m. \$110

## PICKLEBALL

Ages 9 and Older

Pickleball is a racquet sport that combines elements of badminton, tennis, and ping pong. Two, three, or four players use solid paddles made of wood to hit a whiffle ball, over a net. The net and rules are like tennis, with a few modifications. We will have lots of fun indoors learning the basics and competing with one another.

**Instructor: Rick Buyce**

1/10-3/14 Wed Noon-12:55 p.m. \$110



## ART EXPLORATION

Ages 5-8

Explore hands-on opportunities in visual and tactile arts with diverse media, such as paper arts, video production and more. Students explore projects in drawing, painting, printmaking, and mixed media. Lessons include creative use of line, value (light and shadow), shape, texture, and color. Materials explored are drawing (graphite, charcoal, pastel), painting (tempera, acrylic, watercolor), printmaking, and mixed-media. The goal for this series of classes is for students to have fun with art while learning the basic elements and principles of design through a variety age-appropriate media.

**Instructor: Ameen Dhillon**

1/10-3/14 Wed Noon-12:55 p.m. \$120

## MASTER ARTISTS

Ages 9 and Older

Immerse yourself in the artists! Study the works and movements of Henri Matisse, Georgia O'Keefe, Mark Rothko, and Alexander Calder, and be informed and inspired to create your own paintings and wire portraits. We'll dive into color, composition and critique. Students will work with acrylic paints on a variety of surfaces including heavy matte board, canvas boards, and paper.

**Instructor: Ameen Dhillon**

1/10-3/14 Wed 1-1:55 p.m. \$120



## TEENS

### LOYAL HEIGHTS AFTER SCHOOL TEEN PROGRAM

**FREE!**

Ages 11-18

Teens participate in fun, exciting, and educational activities after school.

1/2-4/7 M-F 3-6 p.m.

### COMMUNITY DINNER PROGRAM

**FREE!**

Ages 11-18

The program goal is to teach teens the importance of volunteering and helping others. High School student can receive service learning hours for volunteering. This program is held once a month on Thursdays. We must have a minimum of three teens to participate in this activity.

1/4-4/5 Thu 4:30-6:30 p.m.

### TEEN COUNCIL

**FREE!**

Ages 11-18

The Loyal Heights Teen Council is looking for trustworthy, reliable and responsible teens to join the Loyal Heights Teen Council. Members are expected to participate in monthly teen meetings, help with special events, plan activities and recruit other teens. Meetings are held on the first Thursday of the month.

1/4-4/5 Thu 4-5 p.m.

### PIZZA AND PINS

**FREE!**

Ages 11-18

Teens eat pizza and pop while bowling to games at Roxbury Lanes. We must have a minimum of five teens to participate in this activity.

1/5-4/6 Alt. Fri 4-7:30 p.m.

### TEEN SWIM

**FREE!**

Ages 11-18

Teens swim at Evans pool. We must have a minimum of three teens to participate in this activity.

1/2-4/3 Tue 6:30-8:30 p.m.

### POPCORN AND A MOVIE

**FREE!**

Ages 11-18

Participants will watch an exciting movie rental.

1/8-4/2 Mon 3:30-6 p.m.

### HOMEWORK TIME

**FREE!**

Ages 11-18

Teens are given an hour at the beginning of the program to do their homework.

1/2-4/6 M-F 3-4 p.m.

## SERVICE LEARNING

Ages 14-17

High school students are required to complete 60 hours of community service. There are citywide service learning projects coordinated by Ron Mirabueno. You can also create a service learning project at your local community center. Contact Ron Brown at Loyal Heights for more information.

TBA

## CITYWIDE SPECIAL EVENTS

Ages 11-17

There are four mandatory special events that occur throughout the year. These are the citywide events: The Martin Luther King March, Youth Appreciation Week, The Mayor's Town Hall Meeting and The Week Without Violence. We give special incentives for the teens who participate in these programs. Contact Ron Brown at Loyal Heights for more information.

TBA

## ADULTS

### FENCING-BEGINNING

Ages 12 and Older

If you have never fenced before, this is the class for you. You will learn basic footwork, attacks, parries, strategy, rules, and etiquette. By the end of the quarter you will be able to step onto the strip in electric gear and fence! Basic fencing equipment for the class will be provided. However, you will need to wear long pants (sweats or warm-ups recommended) and court or running shoes. Street shoes are not allowed.

**Instructor: Bon Bernard**

1/2-4/5 T/Th 7-8 p.m. \$110

### FENCING-INTERMEDIATE

Ages 12 and Older

If you have completed our beginning class, this is the next step. Or, if you have had basic instruction elsewhere, you may take this class with instructor permission. Intermediate fencers are expected to have their own basic equipment: Mask, jacket, plastron, glove, knickers or long pants, and practice foil. However, participants can rent a basic kit for \$30.

**Instructor: Bon Bernard**

1/2-4/5 T/Th 7-8 p.m. \$110

## DROP-IN ADULT WATER COLOR

**FREE!**

Join us each week for painting, sharing ideas, and critiques. We will paint still life scenes, share reference photos, and/or work on our own independent projects. This group is open to watercolorists at all levels. This is not a class. To participate, please bring your own paints, brushes, paper, and unbreakable water container.

**Location: Loyal Heights CC**

**Fri 11 a.m.-3 p.m.**

## VINIYOGA

**Ages 16 and Older**

This is a 6-week series designed for moms who want to stretch and strengthen their body while attending to their mind and sense of well-being. Attention will be paid to strengthening the core and pelvic floor-and exploring ways to find calm amidst hectic lives.

**Instructor: Shelley Curtis**

**1/9-2/13 Tue 10-11 a.m. \$48**

**2/20-3/27 Tue 10-11 a.m. \$48**

**Drop-in: \$9**

## PILATES

**Ages 12 and Older**

Come learn the skills needed to improve your posture, flexibility and core strength. Pilates is a full body workout and is appropriate for all fitness levels. Can't commit to the entire session? Drop ins are welcome. We offer a drop-in rate of \$9.

**Instructor: Deborah Dragovich**

**1/5-1/26 Fri 6-7 p.m. \$32**

**2/2-2/23 Fri 6-7 p.m. \$32**

**3/2-3/30 Fri 6-7 p.m. \$40**

**4/6-4/27 Fri 6-7 p.m. \$32**

## YOGA

**Ages 16 and Older**

In Gentle Flow Yoga, we move through subtle and fluid movements, meditation, restorative postures, and breath-work appropriate for all levels and abilities (with beginners in mind.) Instructor often takes requests from her students, crafting unique and artfully sequenced practices that internal and external balance, strength, and flexibility on and off the mat. Come as you are to challenge your body, still your mind, and leave renewed. All levels and abilities are welcome.

**Instructor: Judith Robin**

**1/8-1/29 Mon 6-7 p.m. \$32**

**2/5-2/26 Mon 6-7 p.m. \$32**

**3/5-3/26 Mon 6-7 p.m. \$32**

**4/2-4/30 Mon 6-7 p.m. \$40**

**Drop-in: \$9**

## ZUMBA®

**Ages 18 and Older**

Zumba® is a Latin-inspired dance fitness class that incorporates Latin and International music and dance movements. This class format combines fast and slow rhythms that tone and sculpt the body, blending balance of cardio and muscle toning benefits. Zumba® is fun, different, easy, and effective.

**1/3-1/31 Wed 6:30-7:30 p.m. \$40**

**2/7-2/28 Wed 6:30-7:30 p.m. \$32**

**3/7-3/28 Wed 6:30-7:30 p.m. \$32**

**4/4-4/25 Wed 6:30-7:30 p.m. \$32**

**Drop-in: \$9**

## CIRCUIT TRAINING

**Ages 18 and Older**

Circuit training is a popular form of workout that targets aerobic fitness and muscular endurance simultaneously. In this circuit training class, participants work through a series of 8 to 12 exercises for either a set time or number of reps, with little or no rest between exercises. These circuits will involve the use of exercise equipment and body weight exercises. In this class the workout will be fresh and interesting and the participants will be challenged.

**Certified Instructor: Rick Buyce**

**1/9-1/30 Tue 6-7 p.m. \$32**

**2/6-2/27 Tue 6-7 p.m. \$32**

**3/6-3/27 Tue 6-7 p.m. \$32**

**4/3-4/24 Tue 6-7 p.m. \$32**

**1/5-1/26 Fri Noon-1 p.m. \$32**

**2/2-2/23 Fri Noon-1 p.m. \$32**

**3/2-3/30 Fri Noon-1 p.m. \$40**

**4/6-4/27 Fri Noon-1 p.m. \$32**

**Drop-in: \$9**

## MARTIAL ARTS: TANG SOO DO

**Ages 8 and Older**

Get moving with your friends, family and neighbors! Explore self-defense through the traditional Korean martial art of Tang Soo Do! You will get the opportunity to develop skills in kicking, striking, flexibility, balance and coordination. We aim to teach students to become better versions of themselves through movement, self-discipline and focus. If you choose to continually participate in this class, you will have the opportunity to gain belt ranks through an internationally recognized martial arts organization. Your instructors are both verified 3rd degree black belts through the WTSDA and have over 30 years combined martial arts experience. No classes on 1/15, 2/14, 2/19, and 2/21.

**Instructors: Mr. Robert Nelson and Mr. Juanya Williams**

**1/8-1/31 M/W 7:15-8:15 p.m. \$28**

**2/5-2/28 M/W 7:15-8:15 p.m. \$28**

**3/5-3/28 M/W 7:15-8:15 p.m. \$28**



## ↘ AT-A-GLANCE

BARCODE	ACTIVITY TITLE	AGE	DAY	STARTS	ENDS	START TIME	PRICE
174394	Tot Bop	1-3.5 Years	Fri	1/12	3/23	10:30 a.m.	\$70
174395	Tot Bop	1-3.5 Years	Fri	1/12	3/23	9:30 a.m.	\$70
174397	Tot Bop	1-3.5 Years	Mon	1/8	3/19	9:30 a.m.	\$70
174399	Tot Bop	1-3.5 Years	Mon	1/8	3/19	10:30 a.m.	\$70
173848	Terrific 2's Play and Learn	2 Years	Fri	1/5	1/26	9:30 a.m.	\$125
173849	Terrific 2's Play and Learn	2 Years	Fri	2/2	2/23	9:30 a.m.	\$125
173850	Terrific 2's Play and Learn	2 Years	Fri	3/2	3/30	9:30 a.m.	\$125
174387	Pre-Ballet	3-5 Years	Wed	1/10	2/14	3 p.m.	\$60
174388	Pre-Ballet	3-5 Years	Wed	2/21	3/21	3 p.m.	\$60
174389	Pre-Ballet	3-5 Years	Wed	1/10	2/14	3:45 p.m.	\$60
174390	Pre-Ballet	3-5 Years	Wed	2/21	3/21	3:45 p.m.	\$60
174623	Preschool Art	3-5 Years	Sat	11/11	12/9	9:30 a.m.	\$70
171207	Magnolia Preschool Mar	4-5 Years	M-F	3/1	3/30	9:30 a.m.	\$340
174386	Pottery For All Ages	4 and Older	Thu	1/11	3/15	5 p.m.	\$170
174378	Kids Carpentry	5-10 Years	Sat	1/6	2/10	Noon	\$108
174379	Kids Carpentry	5-10 Years	Sat	2/17	3/24	Noon	\$108
174381	Little hoopers Instructional League session 1	6-7 Years	Tue	2/20	2/27	5 p.m.	\$70
174380	Little hoopers Instructional League session 2	6-7 Years	Tue	1/9	2/27	6 p.m.	\$70
174376	Ballet 1	6-10 Years	Wed	1/3	2/7	4:45 p.m.	\$60
174377	Ballet 1	6-10 Years	Wed	2/21	3/21	4:45 p.m.	\$60
174391	Taekwon Do	7 and Older	TuThu	1/2	1/30	6:15 p.m.	\$60
174392	Taekwon Do	7 and Older	TuThu	2/6	3/1	6:15 p.m.	\$60
174393	Taekwon Do	7 and Older	TuThu	3/6	3/29	6:15 p.m.	\$60
174382	Mixed Fit	12 and Older	Tue	1/9	1/30	6:30 p.m.	\$30
174383	Mixed Fit	12 and Older	Tue	2/6	2/27	6:30 p.m.	\$30
174384	Mixed Fit	12 and Older	Tue	3/6	3/27	6:30 p.m.	\$30
174385	Pottery For Adult	14 and Older	Tue	1/9	3/13	6 p.m.	\$170
174404	Zumba	16 and Older	Mon	1/8	1/29	6:30 p.m.	\$20
174405	Zumba	16 and Older	Mon	2/5	2/26	6:30 p.m.	\$20
174407	Zumba	16 and Older	Mon	3/5	3/26	6:30 p.m.	\$20
174408	Zumba	16 and Older	Sat	1/13	1/27	9:45 a.m.	\$15
174410	Zumba	16 and Older	Sat	2/3	2/24	9:45 a.m.	\$20
174411	Zumba	16 and Older	Sat	3/3	3/24	9:45 a.m.	\$20
174413	Zumba	16 and Older	Wed	1/10	1/24	6:30 p.m.	\$15
174414	Zumba	16 and Older	Wed	2/7	2/28	6:30 p.m.	\$20
174416	Zumba	16 and Older	Wed	3/7	3/28	6:30 p.m.	\$20
174401	Yoga	16-70 Years	Thu	1/11	2/15	6:45 p.m.	\$72
174403	Yoga	16-70 Years	Thu	3/1	4/12	6:45 p.m.	\$72

**\*IF NO BAR CODE IS LISTED, PLEASE CALL THE COMMUNITY CENTER TO REGISTER.**

## ↘ TOTS

### PRE-SCHOOL REGISTRATION INFORMATION

**TUESDAY FEBRUARY 6, 2018 @ NOON**

**Lottery begins at 11:30 a.m. sharp (Madrona Room) must be present.** No online registration available.

Classrooms visits are offered beginning January 10 for families interested in attending the 2018-19 school year (September - June). Please email [Debbie.Azevedo@seattle.gov](mailto:Debbie.Azevedo@seattle.gov) to arrange a visit. No drop-in visits.

### PRE-BALLET

**Ages 3-5**

Join our instructor, Charla Jennings, during her carefully crafted lessons that will enhance body and spatial awareness, basic movements and creative impressions. Ballet tights and shoes are required for all pre-ballet and ballet classes.

**Instructor Charla Jennings**

<b>1/10-2/14</b>	<b>Wed</b>	<b>3-3:45 p.m.</b>	<b>\$60</b>
<b>2/21-3/21</b>	<b>Wed</b>	<b>3-3:45 p.m.</b>	<b>\$50</b>

### PRE-BALLET

**Ages 3-5**

Join our instructor, Charla Jennings, during her carefully crafted lessons that will enhance body and spatial awareness, basic movements and creative impressions. Ballet tights and shoes are required for all pre-ballet and ballet classes.

**Instructor Charla Jennings**

<b>1/10-2/14</b>	<b>Wed</b>	<b>3:45-4:30 p.m.</b>	<b>\$60</b>
<b>2/21-3/21</b>	<b>Wed</b>	<b>3:45-4:30 p.m.</b>	<b>\$50</b>

### TOT BOP

**Ages 1-3.5**

This parent/child class involves movement, music, rhythm, song, and various props. You'll enjoy this opportunity to spend some one-on-one time with your toddler as you creatively and energetically explore dancing, singing, moving and exploring. Older siblings are welcome to participate. Baby siblings must be in a backpack or stroller. No class 1/16 and 2/24.

**Instructor: Kathy Adolphsen**

<b>1/8-3/19</b>	<b>Mon</b>	<b>9:30-10:30 a.m.</b>	<b>\$63</b>
<b>1/8-3/19</b>	<b>Mon</b>	<b>10:30-11:30 a.m.</b>	<b>\$63</b>
<b>1/12-3/23</b>	<b>Fri</b>	<b>9:30-10:30 a.m.</b>	<b>\$70</b>
<b>1/12-3/23</b>	<b>Fri</b>	<b>10:30-11:30 a.m.</b>	<b>\$70</b>

## ↘ YOUTH

### BALLET I

**Ages 6-10**

Join our instructor, Charla Jennings, during her carefully crafted lessons that will enhance body and spatial awareness, basic movements and creative impressions. Ballet tights and shoes are required for all pre-ballet and ballet classes. No program 11/23.

**Instructor: Charla Jennings**

<b>1/10-2/14</b>	<b>Wed</b>	<b>4:45-5:30 p.m.</b>	<b>\$60</b>
<b>2/21-3/21</b>	<b>Wed</b>	<b>4:45-5:30 p.m.</b>	<b>\$50</b>

### KIDS CARPENTRY

**Ages 5-10**

Kids' Carpentry is a hands-on toy building class designed to teach girls and boys, ages 5-10, practical woodworking skills with an emphasis on the safe use of hand tools. While kids construct fun and exciting projects they are also empowered to become independent thinkers-building confidence, self-esteem, and a repertoire of practical skills that will last them a lifetime! At the end of the session, each child will go home with at least one but often three or more wooden toys or games that they have made and painted by hand.

**Instructor: Kids Carpentry Instructor**

<b>1/11-2/8</b>	<b>Wed</b>	<b>5-6 p.m.</b>	<b>\$110</b>
<b>2/15-3/22</b>	<b>Wed</b>	<b>5-6 p.m.</b>	<b>\$132</b>
<b>1/11-2/8</b>	<b>Wed</b>	<b>6-7 p.m.</b>	<b>\$110</b>
<b>2/15-3/22</b>	<b>Wed</b>	<b>6-7 p.m.</b>	<b>\$132</b>

### POTTERY FOR ALL AGES

**Ages 4 and Older**

Everyone is welcome in this class. You will learn the basics of wheel, hand building and glazing techniques in a safe and structured environment. Parents may accompany a child or children at no charge, but are expected to assist and encourage their child. Adults may also attend, and will be offered individualized instruction. Adults may take advantage of liberal studio hours. The first 25-pound bag of clay is free, additional bags can be purchased. We provide tools and limited glazes.

**Instructor: Jane Meagher**

<b>1/11-3/15</b>	<b>Thu</b>	<b>5-8 p.m.</b>	<b>\$170</b>
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## TAEKWON DO

Ages 7 and Older

Taekwon Do, a Korean martial art is taught utilizing a fun, safe, family focused method designed for a wide range of skill levels and ages (7 and older). This class teaches traditional Taekwon Do and focuses on empowering students to reach their full potential through self-disciplined, hard work! Students should wear comfortable clothes (no shorts please) that allow them to move freely. Uniforms are required. Students should consult their instructor for purchasing options. A typical class is run with the instructor leading the group through a series of warm ups and stretches, followed by drills that focus on development of balance and technique. \*Please contact the Magnolia Community Center at 206-386-4235 to register multiple people.

**Instructor: Bob Couch**

<b>1/2-1/30</b>	<b>T/Th</b>	<b>6:15-7:30 p.m.</b>	<b>\$50</b>
<b>2/6- 2/27</b>	<b>T/Th</b>	<b>6:15-7:30 p.m.</b>	<b>\$50</b>
<b>3/6-3/29</b>	<b>T/Th</b>	<b>6:15-7:30 p.m.</b>	<b>\$50</b>

**Sibling Discount: \$10**



## ADULT

### POTTERY FOR ADULTS

Ages 14 and Older

Introduction and intermediate level instruction. Learn to use the pottery wheel as well as hand building and glazing techniques. We offer liberal open studio hours. The first 25-pound bag of clay is free, additional bags can be purchased. We provide tools and limited glazes.

**Instructor: Jane Meagher**

<b>1/9-3/13</b>	<b>Tue</b>	<b>5-8 p.m.</b>	<b>\$170</b>
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### TAI CHI

Ages 12 and Older

In this Tai Chi class, you will learn the Yang style short form, a series of moves that can bring balance, strength and vitality to our bodies and minds. This ancient art is known to increase chi as well as reduce stress. As a Tai Chi teacher, Becky is dedicated to facilitating health and harmony in each of us.

**Instructor: Becky Talovich**

<b>1/11-3/22</b>	<b>Thu</b>	<b>5:30-6:30 p.m.</b>	<b>\$120</b>
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### YOGA

Ages 16-70

Join this well-rounded yoga class where you will be guided to your best practice based on what feels good and right for your body, mind and spirit any given week. Barbara Badolati, E-RYT500 has been teaching various styles of yoga for over 20 years. She provides modifications while encouraging you to trust your own body's wisdom. This class will include breathing techniques (pranayama), yoga poses (asanas), yin stretching (release), mindfulness meditation and relaxation (savasana). Barbara moved from Michigan where she founded and operated two yoga studios. She is grateful to begin teaching for ARC at the Magnolia Community Center, Fireside Room.

<b>1/11-2/15</b>	<b>Thu</b>	<b>6:45-8 p.m.</b>
<b>3/1 - 4/15</b>	<b>Thu</b>	<b>6:45-8 p.m.</b>



**PLEASE REGISTER  
EARLY TO AVOID  
DISAPPOINTMENT.**

**SOMETIMES COURSES ARE  
CANCELED BECAUSE PEOPLE  
WAIT TOO LONG TO REGISTER!**



## ZUMBA®

Ages 16 and Older

Ever thought about taking Zumba®? Looking for something to kick start your fitness plan? Join us for this exciting and active Zumba® class with super-energetic instructor. Drop-in is only \$9 per class. Fee is monthly and will not be prorated after the start of the month. No class 1/16 and 2/20.

**Instructor: Venessa Mackie and Run Chneang**

1/8-1/29	Mon	6:30-7:30 p.m.	\$15
1/10-1/24	Wed	6:30-7:30 p.m.	\$15
1/13-1/27	Sat	9:45-10:45 a.m.	\$15
2/5 -2/26	Mon	6:30-7:30 p.m.	\$15
1/31-2/21	Wed	6:30-7:30 p.m.	\$20
2/3-2/24	Sat	9:45-10:45 a.m.	\$20
3/5 -3/26	Mon	6:30-7:30 p.m.	\$20
2/28-3/28	Wed	6:30-7:30 p.m.	\$25
3/3-3/24	Sat	9:45-10:45 a.m.	\$20



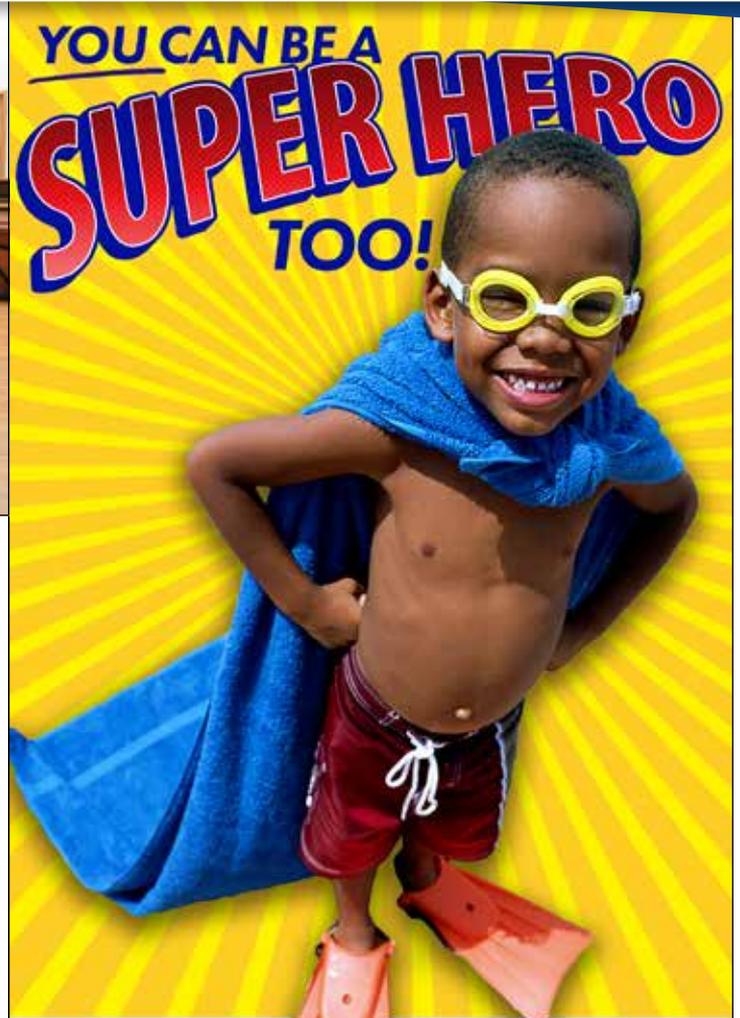
## MIXXEDFIT®

Ages 16 and Older

MixedFit® is a people-inspired dance fitness program that is a perfect blend of explosive dancing and boot camp-inspired toning. The music selection is young, fresh, upbeat, and familiar. MixedFit® has repetitive moves that are easy to follow, maximizing workouts rather than focusing on complicated dance steps to help tone and sculpt the body. This program caters to all shapes, ages, and skill levels.

1/9 -1/30	Tue	6:30-7:30 p.m.	\$30
2/6 -2/27	Tue	6:30-7:30 p.m.	\$30
3/6 -3/27	Tue	6:30-7:30 p.m.	\$30

Drop-In: \$8



**AS PART OF OUR COMMITMENT TO WATER SAFETY,** Seattle Parks and Recreation – in partnership with Seattle Children's Hospital, Tulalip Tribes and the support of many caring individuals – is offering Learn to Swim Scholarships to offset the cost of swim lessons for youth ages 4 to 16.

**HOW TO DONATE:** To make a contribution to the Learn to Swim Scholarship Fund, visit any Seattle Parks and Recreation pool or donate online to [https://salsa4.salsalabs.com/o/51532/donate\\_page/learn-to-swim](https://salsa4.salsalabs.com/o/51532/donate_page/learn-to-swim). For more information, call your local pool or 206-684-7185.

Be a hero and help every child become a super swimmer!

**DO YOU KNOW A CHILD WHO NEEDS A SCHOLARSHIP?**

For more information on applying or to receive a low-income scholarship application, please contact your neighborhood pool. Funding is limited. Approved scholarships can be used for Kinder lessons (ages 4 to 5), Beginning Swimmer lessons (ages 6 to 16) and Advanced Swimmer lessons (ages 6 to 16).

[https://salsa4.salsalabs.com/o/51532/donate\\_page/learn-to-swim](https://salsa4.salsalabs.com/o/51532/donate_page/learn-to-swim)



Scan to make a gift!



# 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.**

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



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

## ↘ AT-A-GLANCE

BARCODE	ACTIVITY TITLE	AGE	DAY	STARTS	ENDS	START TIME	PRICE
172476	Beginning And Intermediate Pottery for Adults and	14 and Older	Mon	1/8	3/19	6-9 p.m.	\$153
172478	Beginning And Intermediate Pottery for Adults and	14 and Older	Tue	1/9	3/20	1-4 p.m.	\$187
172479	Beginning And Intermediate Pottery for Adults and	14 and Older	Wed	1/10	3/21	6-9 p.m.	\$187
172483	Exploring Collage	16 and older	Tue	1/16	3/6	6-8 p.m.	\$115
172497	Pottery For The Complete Beginner: Adults and Teen	12 and older	Tue	1/16	3/6	6-9 p.m.	\$136
172498	Pottery for Youth	5 - 12 Years	Mon	1/8	2/12	4:45-5:45 p.m.	\$45
172537	Winter Break Fun Clay Camp	5 - 12 Years	Tue-Fri	2/20	2/23	9-1 p.m.	\$120
172490	Introduction To Ball Hockey Wed 1:30pm-2:30 pm	5 - 12 Years	Wed	1/10	2/14	1:30-2:30 p.m.	\$72
172512	Uk Petite Soccer	3 - 5 Years	Fri	1/19	3/9	10-11 a.m.	\$140
172524	Uk Petite Soccer	3 - 5 Years	Fri	1/19	3/8	3-4 p.m.	\$140
172526	Uk Petite Soccer	3 - 5 Years	Thu	1/18	3/8	10-11 a.m.	\$140
172528	Uk Petite Soccer	3 - 5 Years	Thu	1/18	3/18	2:30-3:30 p.m.	\$140
172534	Uk Petite Soccer	3 - 5 Years	Tue	1/16	3/6	10:30-11:30 a.m.	\$140
172535	Uk Petite Soccer	3 - 5 Years	Tue	1/16	3/6	3-4 p.m.	\$140
172484	High Intensity Fitness	18 and older	Wed	1/3	2/7	9:30-10:30 a.m.	\$50
172485	High Intensity Fitness	18 and older	Fri	1/5	2/9	9:30-10:30 a.m.	\$50
172536	Vinyasa Yoga	16 and older	Fri	1/5	2/23	5:05-6:05 p.m.	\$96
172541	Zumba Jan	16 and older	Mon	1/8	1/29	5:45-6:45 p.m.	\$26.25
172542	Zumba Feb	16 and older	Mon	2/5	2/26	5:45-6:45 p.m.	\$26.25
172543	Zumba Mar	16 and older	Mon	3/5	3/26	5:45-6:45 p.m.	\$35
172481	Chess Club	6 - 12 Years	Thu	1/18	3/15	3:30-4:30 p.m.	\$10
172495	Pickles And Pots	12 and older	Sat	1/27	2/17	10:30-12:30 p.m.	\$88
172504	Tae Kwon Do - Full Winter Session	6 and older	M/W	1/3	3/28	6-7 p.m.	\$135
172507	Tae Kwon Do - Jan	6 and older	M/W	1/3	1/31	6-7 p.m.	\$50
172508	Tae Kwon Do - Feb	6 and older	M/W	2/5	2/28	6-7 p.m.	\$50
172510	Tae Kwon Do - Mar	6 and older	M/W	3/5	3/28	6-7 p.m.	\$50
172480	Break Dance	6 - 12 Years	Tue	1/16	3/20	5:05-6 p.m.	\$150
172486	Hip-Pop 1	5 - 6 Years	Tue	1/16	3/20	4:15-5 p.m.	\$135
172487	Hip-Pop 2	7 - 8 Years	Thu	1/18	3/22	4:05-5 p.m.	\$150
172488	Hip-Pop 3	9 - 12 Years	Thu	1/18	3/22	5:05-6 p.m.	\$150
172489	Hip-Pop Middle School Fri	12 - 14 Years	Fri	1/19	3/23	4:05-5 p.m.	\$150
172539	World Dance with Marissa - West Africa, Cuba, Braz	4-7 Years	Mon	1/8	2/12	4-5 p.m.	\$60
172540	World Dance with Marissa - West Africa, Cuba, Braz	4-7 Years	Mon	2/26	3/29	4-5 p.m.	\$60

**\*IF NO BAR CODE IS LISTED, PLEASE CALL THE COMMUNITY CENTER TO REGISTER.**



## YOUTH

### WORLD DANCE WITH MARISSA- WEST AFRICA, CUBA, BRAZIL!

Ages 4-7

Come get your worldly groove on! Each seasonal session of World Dance with Marissa will focus on different areas of the world. Participants will learn a variety of cultural dances from the featured areas. Students will further learn about each place by creating a booklet of coloring pages illustrating various cultural aspects of each country. Dress up, dance videos, games, stories, and instruments from these cultures will also be part of the children's World Dance experience. Join us! Delight in your child's end-of-session performance complete with costumes on the final day of class! No class 1/15 and 2/15.

**Instructor: Marissa Baratian**

<b>1/8-2/12</b>	<b>Mon</b>	<b>4-5 p.m.</b>	<b>\$60</b>
<b>2/26-3/19</b>	<b>Mon</b>	<b>4-5 p.m.</b>	<b>\$48</b>

### HIP-POP DANCE

Join the fun! Hip-Pop is a fusion between kid-friendly hip-hop and pop music. Students learn dance moves and choreography to perform at our exciting dance performance! Classes are energetic, focused on expression, and building confidence. No program 2/20 and 2/22.

**Instructor: Metropolis Dance Studio**

**HIP POP 1**

Ages 5-6

<b>1/16-3/20</b>	<b>Tue</b>	<b>4:15-5 p.m.</b>	<b>\$135</b>
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**HIP POP 2**

Ages 7-8

<b>1/18-3/22</b>	<b>Thu</b>	<b>4:05-5 p.m.</b>	<b>\$150</b>
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**HIP POP 3**

Ages 9-12

<b>1/18-3/22</b>	<b>Thu</b>	<b>5:05-6 p.m.</b>	<b>\$150</b>
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**Sibling Discount: \$5**



### HIP POP MIDDLE SCHOOL AGES 12-14

Join the fun! Hip-Pop is a fusion between hip-hop and pop music. Students will stretch, warm-up, and learn choreography to upbeat dance songs. Classes are non-competitive and focused on building confidence. Show off your latest skills at our exciting Metropolis Dance Show! www.metropolisdance.com. No class 2/23.

**Instructor: Metropolis Dance Studio**

<b>1/19-3/23</b>	<b>Fri</b>	<b>4:05-5 p.m.</b>	<b>\$150</b>
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**Sibling Discount: \$5**

### SEATTLE NEXTGENBRIDGE LEAGUE

Ages 10-17

Presents Saturday Afternoon Junior Bridge. If you play duplicate bridge and want to compete for ACBL masterpoints then its Game On! Improve your skill in supervised play- tips from the masters too!

<b>1/13-3/17</b>	<b>Sat</b>	<b>12:30-2:30 p.m.</b>
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**Drop-in: \$1**

### BREAK DANCE

Ages 6-12

Let's get movin' and groovin'! Our beginning level class is focused on safety and basic break dance technique. Classes are non-competitive and focused on building confidence. Show off your new skills at our exciting Metropolis Dance Show! Dance games and party lights are always a hit in class too! www.metropolisdance.com. No program 2/22.

**Instructor: Metropolis Dance Studio**

<b>1/16-3/20</b>	<b>Tue</b>	<b>5:05-6 p.m.</b>	<b>\$150</b>
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**Sibling Discount: \$5**

### CHESS CLUB

Ages 6-12

Chess is the game of Kings and Queens! This class is designed to teach those new to chess, or to improve the skills of those who have played before. Time is typically split between instruction and game play.

<b>1/18-3/15</b>	<b>Thu</b>	<b>3:30-4:30 p.m.</b>	<b>\$10</b>
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### POTTERY FOR YOUTH

Ages 5-12

Learn the basics of clay sculpture. We will use pinch and slab techniques to complete a variety of projects. Students will use brightly colored, non-toxic glazes, and be introduced to the pottery wheel. All materials are provided. Dress for a mess! No class 1/15.

**Instructor: Jane Meagher**

<b>1/8-2/12</b>	<b>Mon</b>	<b>4:45-5:45 p.m.</b>	<b>\$45</b>
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### POTTERY FOR YOUTH AND FAMILIES

Ages 3-15

Learn the basics of clay sculpture. We will use pinch and slab techniques to complete a variety of projects. Students will use brightly colored, non-toxic glazes, and be introduced to the pottery wheel. All materials are provided. Dress for a mess! Parents may accompany their children at no charge to assist and encourage.

**Instructor: Jane Meagher and Zorra Lewis**

<b>1/9-2/6</b>	<b>Tue</b>	<b>11:30 a.m.-12:30 p.m.</b>	<b>\$45</b>
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## MID-WINTER BREAK CLAY CAMPS

Ages 5-12

Bring your creativity to this class! Campers will complete a variety of different projects. We will pinch, coil, roll out clay slabs, and even use the potter's wheel! All projects will be glazed with colorful, non-toxic glazes, and returned to the young artist by the end of the week. Projects include teapots, monsters (fierce or friendly) birdhouses, and much, much more! Dress for a mess! All materials are non-toxic and food safe.

**Instructor: Jane Meagher**

**2/20-2/23 T-F 9 a.m.-1 p.m. \$120**

## TRADITIONAL NON-CONTACT TAE KWON DO

Ages 6 and older

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

**Instructor: Jeanie Ahn**

**FULL SESSION**

**1/3-3/28 M/W 6-7 p.m. \$135**

**Sibling/Family Discount: \$15**

**MONTHLY SESSION**

**1/3-1/31 M/W 6-7 p.m. \$50**

**2/5-2/28 M/W 6-7 p.m. \$50**

**3/5-3/28 M/W 6-7 p.m. \$50**

**Sibling/Family Discount: \$5**

## UK PETITE SOCCER PROGRAMS

Ages 3-5

The perfect introduction to soccer for 3-5-year-olds. Our unique "games based" approach to teaching soccer provides every child the opportunity to develop motor skills, social skills, coordination and general athletic ability, in a fun learning environment. Players will receive a t-shirt and player certificate. Classes will be led by the professional UK Elite Coaching Staff.

**Instructors: UK Elite Coaching Staff**

**1/16-3/6 Tue 10:30 a.m.-11:30 a.m. \$140**

**1/16-3/6 Tue 3-4 p.m. \$140**

**1/18-3/8 Thu 10 a.m.-11 a.m. \$140**

**1/18-3/8 Thu 2:30-3:30 p.m. \$140**

**1/19-3/9 Fri 10 a.m.-11 a.m. \$140**

**1/19-3/9 Fri 3-4 p.m. \$140**



## INTRODUCTION TO BALL HOCKEY

Age 5-12

Learning running, passing, stickhandling, shooting and battling! No class 1/15

**Instructor: Deejay Alook**

**1/8-2/12 Mon 5-6 p.m. \$72**

**2/26-3/26 Mon 5-6 p.m. \$72**



## KIDSTASTIC CARE

Ages 5-12

Kidstastic is an art and recreation class that's fun, and promotes creativity and individual achievement. Activities include, Kids Yoga, multi-cultural art projects, Snack Art, learning games, Brain Quest, story time acting, jokes, teaching kind words and other activities during our classes. No class 1/15 and 2/19.

**1/8-2/2 2:30-6 p.m.**

**2/5-3/2 2:30-6 p.m.**

**3/5-3/30 2:30-6 p.m.**

**5 days \$1260; 4 days \$1008; 3 days \$756; 2 days \$504;**

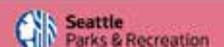
**1 day \$252; Drop-In \$80**

## VOLUNTEER OPPORTUNITIES AVAILABLE FOR YOUTH, ADULTS, FAMILIES, RETIREES, AND SENIORS.



**HOW TO BECOME A VOLUNTEER:**

Visit our website for a list of opportunities and contact information.  
[www.seattle.gov/parks/volunteer](http://www.seattle.gov/parks/volunteer)





## TEENS

### QACC TEEN DROP-IN

**FREE!**

**Ages Middle School/High School**

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.

**Instructor: Dirk Hallingstad**

**Mon-Fri 2:30-7 p.m.**

### QACC TEEN ADVISORY COUNCIL

**FREE!**

**Ages Middle School/High School**

Teens come help and be part of what goes on in your teen program here at QACC. Be a part of planning special events, regular programs, citywide events and everyday topics inside or outside QACC Teen Room. This is a great chance to make a difference and chip away at your service hours for school. Meetings are 2nd and 4th Mondays of every month.

**Instructor: Dirk Hallingstad**

**2nd and 4th Mon/month**

**5:30-6:30 p.m.**

### QACC TEEN FITNESS

**FREE!**

**Ages Middle School/High School**

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.

**Instructor: Dirk Hallingstad**

**Tue/Thu 6-7 p.m.**

### QACC TEEN VOLUNTEERING

**FREE!**

**Ages Middle School/High School**

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.

**Instructor: Dirk Hallingstad**

**Mon-Fri 4-7 p.m.**

## ADULTS

### ZUMBA®

**Ages 16 and up**

Are you ready to get in shape AND have fun? Ditch the workout and join the party. Come dance your way to fitness! Zumba is a dance-fitness class that incorporates Latin and International music with easy-to-master dance movements creating a dynamic, exhilaration, and effective fitness system. All levels welcome. No experience necessary. No class 1/15 and 2/19.

**1/8-1/29 Mon 5:45-6:45 p.m. \$26.25**

**2/5-2/26 Mon 5:45-6:45 p.m. \$26.25**

**3/5-3/26 Mon 5:45-6:45 p.m. \$35**

### TRADITIONAL NON-CONTACT TAE KWON DO

**Ages 6 and older**

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

**Instructor: Jeanie Ahn**

**FULL SESSION**

**1/3-3/28 M/W 6-7 p.m. \$135**

**Sibling/Family Discount: \$15**

**MONTHLY SESSION**

**1/3-1/31 M/W 6-7 p.m. \$50**

**2/5-2/28 M/W 6-7 p.m. \$50**

**3/5-3/28 M/W 6-7 p.m. \$50**

**Sibling/Family Discount: \$5**

### BEGINNING AND INTERMEDIATE POTTERY FOR ADULTS AND TEENS

**Ages 14 and Older**

Learn wheel, hand building and glazing techniques at the beginner or intermediate level. We offer liberal open studio hours. The first 25-pound bag of clay is free, additional bags can be purchased. Limited glazes are provided. Suggested supplies: Tool kit (available for purchase for \$15), 1 gallon bucket, light weight plastic bags, paint brushes, apron or towel, masking tape, marking pen, sketch book or journal. Production work is not allowed in Community Center studios. You must attend your first or second class with this instructor. No class 1/15 and 1/19.

**Instructor: Jane Meagher**

**1/8-3/19 Mon 6-9 p.m. \$153**

**1/10-3/21 Wed 6-9 p.m. \$187**

**1/9-3/20 Tue 1-4 p.m. \$187**



**NEW** **POTTERY FOR THE COMPLETE BEGINNER; ADULTS AND TEENS**  
Ages 12 and Older

Learn hand building techniques such as slab, coil and pinching as well as an introduction to the pottery wheel. We will use non-toxic low and medium fire glazes. We offer liberal open studio hours. The first 25-pound bag of clay is free, additional bags can be purchased. Limited glazes are provided. Tools are provided; bring an apron and sketch book or journal. You must attend the first or second class with this instructor.

**Instructor: Zorra Lewis**  
1/16-3/6 Tue 6-9 p.m. \$136

**NEW** **PICKLES AND POTS**  
Age 14 and Older

A professional chef will teach you how to make fermented pickles that are delicious and heal the gut! Then we will make beautiful platters and crocks to display your pickles. We provide the clay, non-toxic glazes, and firing.

**Instructors: Heather Logan and Jane Meagher**  
1/27-2/17 Sat 10:30 a.m.-12:30 p.m. \$88

**NEW** **EXPLORING COLLAGE**  
Age 16 and Older

Bold or subtle, playful or serious, collage is a friendly art form suitable for all skill levels. Classes consist of demonstrations, quick "warm-up" collage exercises and plenty of time for you to work on your own collages. Start collecting paper now – everything from postage stamps to wallpaper.

**Instructor: Ken Coleman**  
1/16-2/20 Tue 6-8 p.m. \$115

**NEW** **VINYASA YOGA**  
Age 16 and Older

"Come spend an hour with me, your mat, and your community. Vinyasa yoga, for all levels, for every body, for fitness, for mindful meditation, and for self-exploration. A practice to have fun and love your body!"

**Instructor: Corey Atencio**  
1/5-2/23 Fri 5:05-6:05 p.m. \$96  
3/2-3/30 Fri 5:05-6:05 p.m. \$96

**EASYBRIDGE!**  
Age 16 and Up

Bridge for beginners. Learn the world's greatest card game! Great social, fun sport to challenge your brain! 1st class is free! Game on!

**Instructor: Anne Farmer**  
1/13-3/24 Sat 10:15 a.m.-12:15 p.m. \$150

**NEW** **HIGH INTENSITY FITNESS**  
Age 16 and Older

Fitness increase your body's ability to burn fat and improve your endurance. Open to all skill levels. You determine the attitude and effort you put in. Start where you are today. You'll be amazed at how quickly you progress!

**Instructor: Deejay Alook**  
1/3 -2/9 W/F 9:30 a.m.-10:30 a.m. \$50  
2/14 -3/23 W/F 9:30 a.m.-10:30 a.m. \$50

# SEATTLE PARKS AND RECREATION AQUATICS INFORMATION



Seattle  
Parks & Recreation



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© Doug Mahugh

## Lessons "Seattle Swims"

Swim for fun,  
fitness, and safety!  
All ages swimming  
instruction by  
certified lifeguards  
and trained  
instructors.



## Class Information

Online registration  
using the SPARC  
system. Go to:  
<http://class.seattle.gov/parks>



© jay dotson photography

## Personal Lessons

Quality  
instruction  
tailored to  
fit individual  
needs to achieve  
your personal  
swimming goals.



© Doug Mahugh

## Fitness

**Deep Water, Shallow Water, Masters, and other fitness opportunities available!**



## Recreation

**Public Swim, Family Swim, Lap Pool and more!**



Contact your local pool for more information!

### BALLARD POOL

1471 NW 67th St • (206) 684-4094  
[seattle.gov/parks/aquatics/Ballardp.htm](http://seattle.gov/parks/aquatics/Ballardp.htm)

### EVANS POOL

7201 E Green Lake Drive N • (206) 684-4961  
[seattle.gov/parks/aquatics/Evanspool.htm](http://seattle.gov/parks/aquatics/Evanspool.htm)

### HELENE MADISON POOL

13401 Meridian Ave N • (206) 684-4979  
[seattle.gov/parks/aquatics/madisonpool.htm](http://seattle.gov/parks/aquatics/madisonpool.htm)

### MEADOWBROOK POOL

10515 35th Ave NE • (206) 684-4989  
[seattle.gov/parks/aquatics/meadowbrookpool.htm](http://seattle.gov/parks/aquatics/meadowbrookpool.htm)

### MEDGAR EVERS POOL

500 23rd Ave • (206) 684-4766  
[seattle.gov/parks/aquatics/everpool.htm](http://seattle.gov/parks/aquatics/everpool.htm)

### QUEEN ANNE POOL

1920 1st Ave W • (206) 386-4282  
[seattle.gov/parks/aquatics/queenannepool.htm](http://seattle.gov/parks/aquatics/queenannepool.htm)

### RAINIER BEACH POOL

8825 Rainier Ave S • (206) 386-1925  
[seattle.gov/parks/aquatics/rainierbeachpool.htm](http://seattle.gov/parks/aquatics/rainierbeachpool.htm)

### SOUTHWEST POOL

2801 SW Thistle St • (206) 684-7440  
[seattle.gov/parks/aquatics/swpool.htm](http://seattle.gov/parks/aquatics/swpool.htm)

Summer Only

### COLMAN POOL

8603 Fauntleroy Way SW • (206) 684-7494  
[seattle.gov/parks/aquatics/colman.htm](http://seattle.gov/parks/aquatics/colman.htm)

### LOWERY C. "POP" MOUNGER POOL

2535 32nd Ave W • (206) 684-4708  
[seattle.gov/parks/aquatics/mounger.htm](http://seattle.gov/parks/aquatics/mounger.htm)

**Did You Know?**  
**We have rental space!**

**Great for your next get together, birthday party, family reunion, school field trip, and more! Convenient weekend times available.**

**Call to book your party today!**



## RESERVATIONS AND CONFIRMATIONS

Room, pool, hangar and gym rentals are available on a first-come, first-served basis. All reservations must be made in advance, particularly if staff is needed outside of operational hours. Rental spaces are not confirmed until payment has been received in full and the Facility and Rental Agreement forms are completed and signed. You will be given a copy of these forms.

## RENTAL RATES WITH ALCOHOL AT COMMUNITY CENTERS

*With advance approval, rental groups may serve alcohol when a community center is closed to the public. Groups are required to submit a letter requesting to serve alcohol at their event*

- » Damage Deposit \$500
- » Staff fee \$25 per hour /per staff (min. 2 staff) +1 additional hour
- » \$75 City of Seattle Alcohol Permit Fee
- » Banquet Permit (www.liq.wa.gov/licensing/banquet-permits) purchased from the Liquor Control Board \$10.
- » Liability insurance ranges \$200-\$400 or may be covered by some caterers or by your home owner's insurance policy.

Other conditions outlined in Seattle Parks Alcohol Policy and Guidelines page. This will be provided to you at the time of your reservation.

## REFUNDS

Please review the refund policy with facility staff before you book your rental. Refunds, minus non-refundable charges and penalty fees, will be granted if proper notification is given at least 14 days before the rental. Cancellations made less than 14 days will be assessed greater fees, with the condition that the space is rented to someone else. This statement does not include all elements of the refund policy. Please make sure you discuss this with the staff person booking your rental. Full text of the refund policy is available at [www.seattle.gov/parks/reservations/feesandcharges/refunds.htm](http://www.seattle.gov/parks/reservations/feesandcharges/refunds.htm).

If you have any questions, please contact the staff at the facility where the rental will take place. Rental rates are subject to change. **Contact your community center for more information**

## HOURLY ROOM AND GYMNASIUM RENTAL FEES

NOTE: A non-refundable \$25 booking fee per site is required for ALL rentals in addition to the hourly rates. An additional charge is required for staff and the use of certain types of equipment, subject to availability at the facility.

### GYM RENTALS (MINIMUM OF 2 HOURS)

- » \$30/hour: Small Gym (Athletic use)
- » \$65/hour: Small Gym (Non-Athletic use)
- » \$40/hour: Large Gym (Athletic use)
- » \$110/hour: Large Gym (Non-Athletic use)

### ROOMS

- » \$35/hour: Small Rooms (1-400 square feet)
- » \$45/hour: Medium Rooms (401-1,500 square feet)
- » \$60/hour: Large Rooms (1,500+ square feet)
- » \$25/hour: Small Kitchen (minimum of 2 hours)
- » \$48/hour: Large Kitchen (minimum of 2 hours)
- » \$25/hour: Staffing Fee (charged for rental hours + one hour). For all rentals on weekends or outside City operating hours a staff fee will be charged (staff fee increases 1½ times per hour on holidays). Number of staff will be determined based upon nature of event and anticipated attendance.
- » \$75: Additional fee for events with ALCOHOL (insurance also required)
- » \$250: Refundable rental and cleaning deposit (no alcohol), for rentals outside of normal operating hours
- » \$500: Refundable damage deposit for events with ALCOHOL
- » \$25-\$250: A non-refundable per hour maintenance fee may be charged and collected prior to the event as determined based upon event size and type.

### COMMUNITY CENTERS/ROOMS AND CAPACITIES

SITE	SMALL	MED	LARGE	KITCHEN	GYM
Ballard	15/20	45/85	130	small	500
Belltown	(2)27	60	80	small	
Bitter Lake	20	40/75	150	large	450
Green Lake		40			240
Loyal Heights			(2)75	small	450
Magnolia	35	(2)35	(2)75	small	200
Queen Anne			100/75	small	400

### NORTHWEST SEATTLE/SHELTERHOUSES AND CAPACITIES

SITE	SMALL	MED	LG
Golden Gardens Bathhouse			290
Ross Playfield Shelterhouse	35		

## REGISTER ONLINE!

**READY** – Please visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks) and look for SPARC to see what classes and programs are available for registration.

**SET** – Contact us to obtain your barcode and PIN number. Take time to make sure all of your questions are answered.

**GO** – In order to make your online registration go as smoothly as possible, please set up an account 24 hours before the registration date at <http://www.seattle.gov/parks/> and click on the SPARC section.

## Payment

You can pay for classes and other activities in person or by phone during regular facility hours. You can also register online at [www.seattle.gov/parks](http://www.seattle.gov/parks) click on the SPARC logo. 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 cancelled 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 cancelled.

## 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 cancelled 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 cancelled 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](http://www.seattle.gov/parks/reservations/feesandcharges/refunds.htm).

## Pool Personal Lesson Refund/Transfer Policy

A participant may be issued a refund if he/she drops a lesson, and notifies the program coordinator, 14 days prior to the scheduled date. A service charge of \$5 or 10% of the fee, whichever is greater, will be retained by the facility. If a participant drops a personal lesson with less than 14 days notice, no refund will be given. Transfers will be accepted for personal lessons with at least 48 hours notice. Any open dates or times may be considered. No transfers will be accepted with less than 48 hours' notice.

## Group Lesson Refund Policy

When the withdraw occurs before the second lesson, the session will be pro-rated and a withdraw fee will be assessed. The withdraw fee will be 10% or \$5, whichever is greater

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

## Waiting lists

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

## Scholarships

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

## Anti-discrimination

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

## Accommodation for people with disabilities

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

## Special Populations

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

## Interested in teaching?

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

## Insurance

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

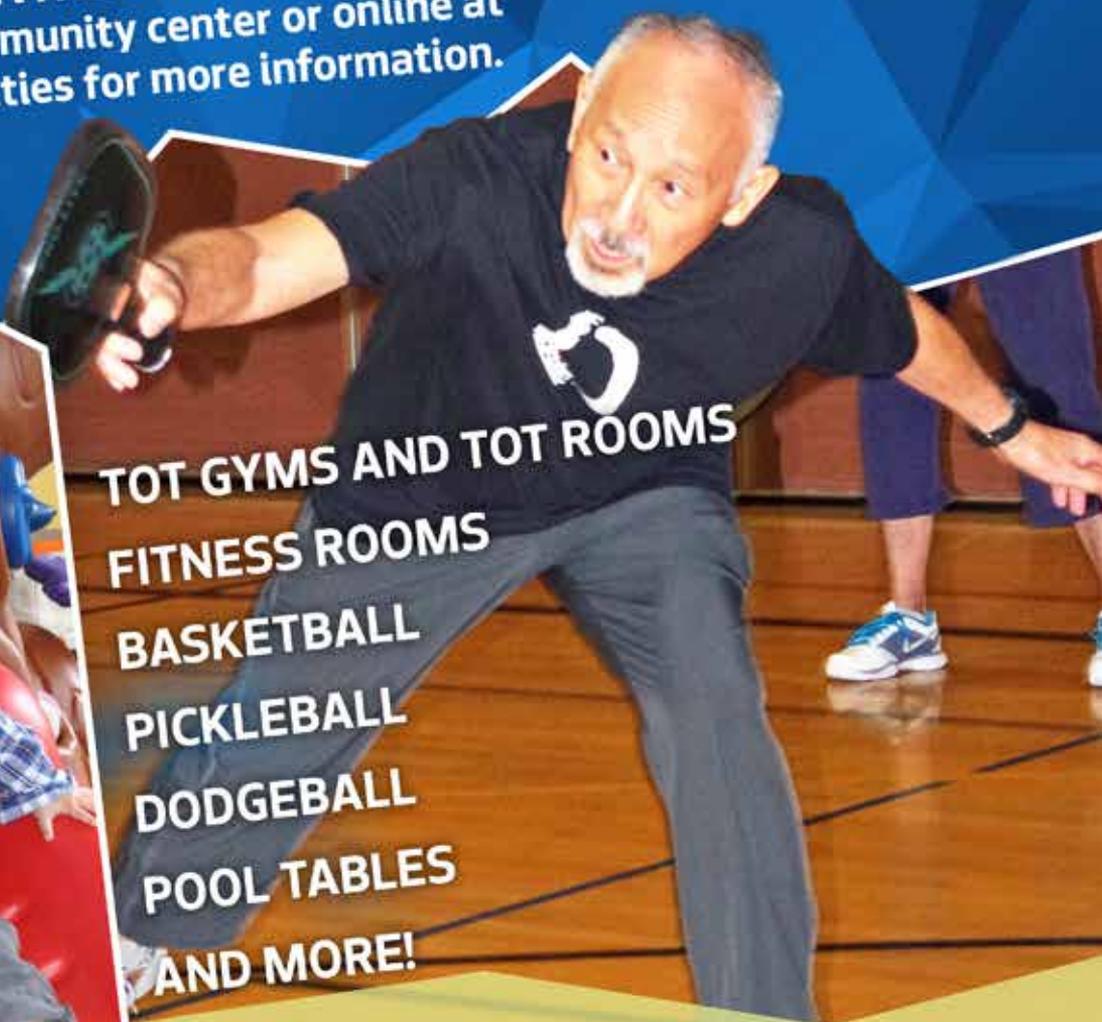
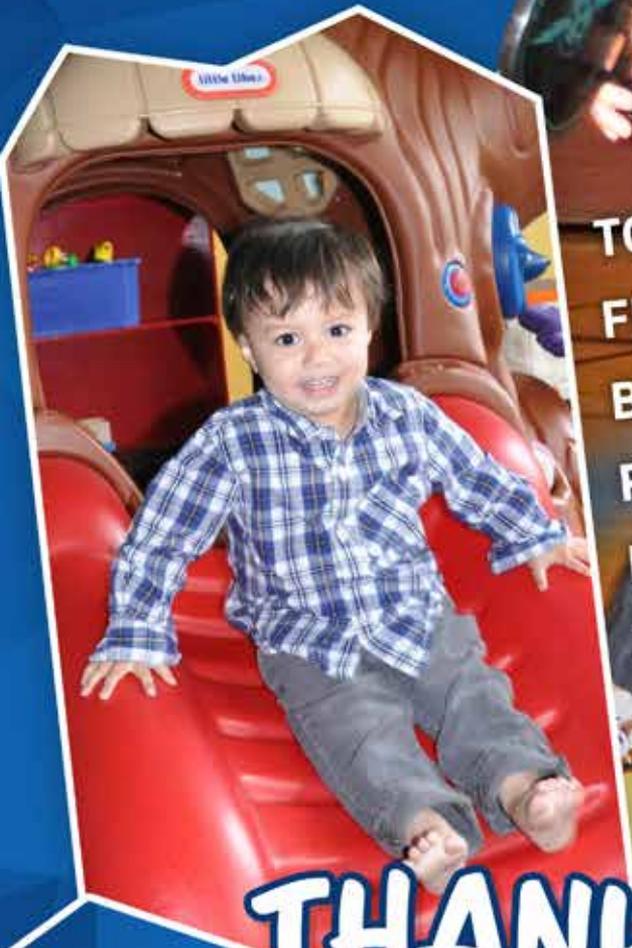
## More information

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

# FREE ACTIVITIES FOR ALL AGES!\*

MADE POSSIBLE BY THE SEATTLE PARK DISTRICT.

MANY DROP-IN ACTIVITIES WILL BE FREE STARTING JAN 1, 2017!  
Visit your local community center or online at  
[bit.ly/sprfreeactivities](http://bit.ly/sprfreeactivities) for more information.

A man with a grey beard and mustache, wearing a black t-shirt with a white logo and grey pants, is playing pickleball. He is in a dynamic pose, leaning forward with his right arm extended holding a pickleball paddle. The background shows a wooden gymnasium floor and other people's legs.

TOT GYMS AND TOT ROOMS  
FITNESS ROOMS  
BASKETBALL  
PICKLEBALL  
DODGEBALL  
POOL TABLES  
AND MORE!

\*Only for activities during normal operating hours and FREE QuickCard is required.

## THANK YOU SEATTLE VOTERS!



**Seattle**  
Parks & Recreation

healthy people healthy environment strong communities