

NORTHEAST COMMUNITY CENTERS



Seattle
Parks & Recreation

healthy people healthy environment strong communities

WINTER 2018 PROGRAMS

COMMUNITY CENTERS

LAURELHURST
MAGNUSON
MEADOWBROOK
MILLER
MONTLAKE
NORTHGATE
RAVENNA-ECKSTEIN

POOLS

HELENE MADISON
MEADOWBROOK



**REGISTER
DECEMBER 5**

register online:
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 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. 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.



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.

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NEW PROGRAMS

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FREE PROGRAMS

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 Coordinator with your programming idea(s) for Northeast Seattle.

Kylie Helmuth: kylie.helmuth@seattle.gov

Thomas Hargrave: thomas.hargrave@seattle.gov

Heather Harlow: heather.harlow@seattle.gov

Jacqueline Oaksford: jacqueline.oaksford@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 for a complete list of open positions.

We are an equal opportunity employer.

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GENERAL INFO



LAURELHURST C. C.

4554 NE 41st St. / Seattle WA 98105
PH: 206-684-7529 Fax: 206-522-6029

HOURS

Mon-Fri 9 a.m.-2 p.m.
Sat/Sun (available for rentals) Closed

MAGNUSON C. C.

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

HOURS

Mon-Wed 2-9 p.m.
Thursday 9 a.m.-9 p.m.
Friday 9 a.m.-6:30 p.m.
Saturday 9 a.m.-5 p.m.
Sunday Closed

Late Night (ages 13-19 only):

Fri 6:30-11 p.m.

MEADOWBROOK C. C.

10517 35th Ave. NE / Seattle WA 98125
PH: 206-684-7522

HOURS

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

MEADOWBROOK TEEN LIFE CENTER

10750 30th Ave. NE / Seattle WA 98125
PH: 206-684-7523

HOURS

Sun/Mon Closed
Tue-Thu 2:30-8 p.m.
Friday 2:30 p.m.-Midnight
Saturday 5 p.m.-Midnight

MILLER C. C.

330 19th Ave. E / Seattle WA 98112
PH: 206-684-4753

HOURS

Mon/Wed/Fri Noon-8 p.m.
Tue/Thu 9 a.m.-5 p.m.
Sat/Sun Closed

MONTLAKE C. C.

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

HOURS

Mon/Fri 11 a.m.-9 p.m.
Tue/Wed/Thu 3-9 p.m.
Saturday 9 a.m.-4 p.m.
Sunday Closed

NORTHGATE C. C.

10510 5th Ave. NE / Seattle WA 98125
PH: 206-386-4283

HOURS

Mon/Fri 11 a.m.-7 p.m.
Tue/Thu 10 a.m.-8 p.m.
Wednesday 11 a.m.-8 p.m.
Saturday 9 a.m.-5 p.m.
Sunday (available for rentals) Closed

RAVENNA-ECKSTEIN C. C.

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

HOURS

Maintenance Closure June 18-23.
Mon-Fri 12:30-8:30 p.m.
Saturday 9 a.m.-5 p.m.
Sun (available for rentals) Closed

HELENE MADISON POOL

13401 Meridian Ave. N/Seattle, 98133
PH: 206-684-4979

MEADOWBROOK POOL

10515 35th Ave. NE / Seattle, 98125
PH: 206-684-4989

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
Karl Fields, Recreation Manager

COORDINATORS

Gary Alexander, Northgate CC
gary.alexander@seattle.gov
Cara Brown, Laurelhurst CC
cara.brown@seattle.gov
Timothy Ewings, Ravenna-Eckstein CC
timothy.ewings@seattle.gov
Delia Flores, Miller CC
delia.flores@seattle.gov
Marc Hoffman, Magnuson CC
marc.hoffman@seattle.gov
Barb Marsh, Madison Pool
barb.marsh@seattle.gov
Darin Olsen, Montlake CC
darin.olsen@seattle.gov
Ryan Spencer, Meadowbrook CC
ryan.spencer@seattle.gov
Janet Wilson, Meadowbrook Pool
janet.wilson@seattle.gov

ASSISTANT COORDINATORS

Thomas Hargrave
thomas.hargrave@seattle.gov
Heather Harlow
heather.harlow@seattle.gov
Kylie Helmuth
kylie.helmuth@seattle.gov
Jacqueline Oaksford
jacqueline.oaksford@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 for updated information.

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.**

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) LAURELHURST CC
- 2) HELENE MADISON POOL
- 3) MAGNUSON CC
- 4) MEADOWBROOK CC/POOL
- 5) MILLER CC
- 6) MONTLAKE CC
- 7) NORTHGATE CC
- 8) RAVENNA-ECKSTEIN CC



↘ RECURRING EVENTS

THEATER FOR YOUNG CHILDREN **FREE!**

Ages 2½-10

Brought to you through a partnership between Sweet Pea Cottage Enterprises and Seattle Parks and Recreation. We will be performing free theater in your community centers during winter. Check out our performance locations below!

THE GINGERBREAD MAN

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

Location: Bitterlake CC

12/6 Wed 11:15 a.m.

Location: Loyal Heights CC

12/15 Fri 11:15 a.m.

Location: Greenlake CC

1/19 Fri 11:15 a.m.

Location: Belltown CC

1/26 Fri 11:15 a.m.

SILVER SCREENERS CINEMA CLUB **FREE!**

Ages 12 and Older

A free senior outreach program presented by Scarecrow Video, and our way of convening the elder community with movies. In addition to providing access to its vast film library, Scarecrow's movie experts lead post-film discussions with Silver Screeners program audiences.

Location: Northgate CC

LIFEBOAT

1/9 Tue 2-4:30 p.m.

THE EGG AND I

2/13 Tue 2-4:30 p.m.

GENTLEMEN PREFER BLONDES

3/13 Tue 2-4:30 p.m.

Location: Ravenna-Eckstein CC

INITIATION OF LIFE

1/17 Wed 1-3:30 p.m.

LIFEBOAT

2/21 Wed 1-3:30 p.m.

LEAVE HER TO HEAVEN

3/21 Wed 1-3:30 p.m.

MOVIE NIGHT

All Ages

Join us for dinner and a movie! Movies will be chosen about a month before the showing. Check us out on Facebook to stay up to date!

Location: Northgate CC

2/2 Fri 5:15-7 p.m. \$3/meal

3/2 Fri 5:15-7 p.m. \$3/meal

FRIDAY FAMILY FUN NIGHTS **FREE!**

All Ages

Enjoy a casual evening with friends and family. Entertainment and a light snack will be provided. On Family Hip Hop night join Sheila as she leads you and your family through some new Hip Pop moves to some hip pop music. Work up a sweat and have some great fun together.

Location: Ravenna-Eckstein CC

BUILD IT NIGHT

12/1 Fri 6-8 p.m.

BOARD GAMES AND FAMILY HIP POP IN THE STAGE ROOM

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

MOVIE NIGHT

2/23 Fri 6-8 p.m.

LET'S ROLL NIGHT

3/30 Fri 6-8 p.m.

PARENTS NIGHT OUT

Ages 5-12

Drop your kids off for a night of pizza, gym games, movies, and fun while you enjoy a night on the town. Space is limited so please register early. Call us, 206-684-4736 to reserve a spot and get more information.

Location: Montlake CC

1/19 Fri 5:30-8:30 p.m. \$25

2/16 Fri 5:30-8:30 p.m. \$25

3/16 Fri 5:30-8:30 p.m. \$25

SCHOLARSHIP NIGHT **FREE!**

Ages 18 and Older

Get your scholarships ready for the new scholarship cycle, June 2018-June 2019! Seattle Parks and Recreation offers scholarships for programs and activities. Approval now will allow you to register for summer classes at a reduced fee. You may receive a discount of up to 80% on registration fees! Scholarships are based on income and family size. Income and dependency documentation are required—please bring your 2017 tax forms or TANF letter with you to this event or other income documentation.

Location: Northgate CC

3/14 Wed 6-7:30 p.m.

Location: Ravenna-Eckstein CC

4/18 Wed 5-6:30 p.m.

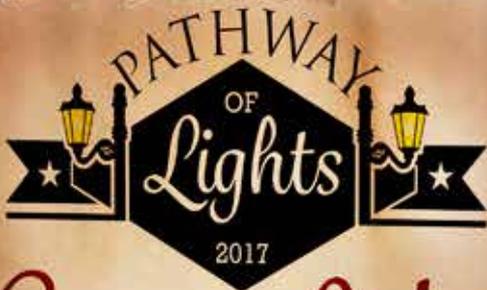
SPECIAL EVENTS



Seattle Parks & Recreation



SEATTLE PARKS AND RECREATION PRESENTS



Green Lake
Saturday, December 9
FREE! 4:30-7:30pm

Experience the warm glow of luminaries, refreshments, and sounds of the season performed by local schools and artists. Bring your own lights to add to the ambiance!

BRING A NON-PERISHABLE FOOD DONATION TO BENEFIT FAMILYWORKS!
FamilyWorks

If you are interested in volunteering, please call Green Lake Community Center at 206-684-0780.

Presented with support from



Aegis Living at Ravenna



Seattle Neighborhoods



Love Green Lake



HEADSTONE

This event is hosted by the Green Lake Advisory Council.

FACEBOOK.COM/GREENLAKEPATHWAYOFLIGHTS

SPECIAL EVENTS

DECEMBER 2017

LUMINARIA WALK

FREE!

All Ages

Friends of Meadowbrook Pond and the Meadowbrook Advisory Council are joining together to host our Annual Luminaria Walk. Please come enjoy good company and hot cocoa, while walking around the beautifully lit pathway. We are also looking for community members to help make this event happen; work parties are listed below.

Location: Meadowbrook Pond

12/2 Sat 5:30-7:30 p.m.

LUMINARIA WALK VOLUTEER WORK PARTIES

FREE!

Ages 10 and Older

Location: Meadowbrook CC

11/30 Thu 6:30-8:30 p.m.

12/2 Sat 4-8:30 p.m.

SEATTLE CIVIC CHRISTMAS SHIP

FREE!

All Ages

Enjoy the beautiful night light with hot cocoa in hand, while awaiting the ship to arrive. Ship arrival/departure time TBA.

Location: Matthews Beach

TBA Sat TBA

GINGERBREAD HOUSE DECORATING

All Ages

Join us for an ooey-goey night full of gumdrop rooftops and peppermint paths! This event is sure to get you and your family into the holiday spirit! Decorate your own house with all kinds of candy and take it home to display with your holiday decorations!



Location: Laurelhurst CC

12/8 Fri 5:30-7 p.m. \$8/ house

Location: Northgate CC

12/15 Fri 5-7 p.m. \$10/house



HOLIDAY PARTY

FREE!

All Ages

Join Miller CC in a long-time partnership with The Country Doctor for a gathering of families to share in the holiday experience. Activities include treats, games, cookie decorating, face painting, and more! Scholarship information will be available at the event.

Location: Miller CC

12/16 Sat 10 a.m.-2 p.m.

MIGHTY MITES NEW YEAR'S PARTY

FREE!

Ages 5 and Younger

Bring your little ones to the Miller gym for a New Year's party celebration. Kids will enjoy dancing to music, playing with toys, and snacking on healthy treats

Location: Miller CC

12/28 Thu 9:30a.m.-Noon

➤ JANUARY 2018

POLAR BEAR PLUNGE

FREE!

All Ages

See details on page. TBD.

Location: Matthews Beach

1/1 Sun 11a.m.-1p.m. (Plunge at Noon!)

➤ FEBRUARY 2018

SWEETHEART SOIRÉE

All Ages

Grab your sweetie and boogie on over to Ravenna for an evening of fun! Dance, dance, dance to the music but don't forget to take a break to make Valentines. Dip, dip, dip on the dance floor AND dip, dip, dip a variety of goodies into our chocolate fountain. Yum, yum, yum!

Location: Ravenna-Eckstein CC

2/9 Fri 6:30-8 p.m. \$3

NEIGHBORHOOD APPRECIATION DAY

FREE!

All Ages

We love our neighbors! Light refreshments will be available in our lobby and the chocolate fountain will still be flowing from our Sweetheart Soirée.

Location: Ravenna-Eckstein CC

2/10 Sat 10 a.m.-2 p.m.

HANDS-ON SKILL FAIR

FREE!

Ages 12 and Older

A new wave is sweeping the county. People are recognizing the joy of satisfaction and security of being able to provide for our own needs, shifting from dependence on giant corporations to a healthy interdependence with our local community. Let's relearn the skills our grandparents knew! In partnership with Meadowbrook Community Center, Sustainable NE Seattle is organizing its fourth annual "Hands-On Skill Fair." Folks from our neighborhood have stepped up to share skills such as food reservation, gluten-free and regular baking, basic plumbing and electrical, tool repair, simple bike maintenance, and making lotions, just to name a few.

Location: Meadowbrook CC

2/10 Sat 10 a.m.-5 p.m.

➤ MARCH 2018

BLARNEY BASH

All Ages

Let the luck of the Irish be with you tonight as we sit down to watch an amazing magic show with Louie Fox! Don't forget to wear your green! Games and snacks start at 6:30 p.m., show begins at 7 p.m.

Location: Ravenna-Eckstein CC

3/16 Fri 6:30-8 p.m. \$5

LUCKY LEPRECHAUN HUNT

FREE!

Ages 6-10

Hunt for special gold coins and win candy, treats, and prizes in this annual event!

Location: Magnuson CC

3/17 Sat 11:30 a.m.-Noon

VOLUNTEER APPRECIATION NIGHT

FREE!

We couldn't do our work without you! To show our thanks we'll feed you hot dogs, chips, and homemade cupcakes. We'll even throw in a FREE volunteer t-shirt! Bring your little ones and take advantage of our Family Fun Night happening in the gym.

Location: Ravenna-Eckstein CC

3/30 Fri 6:30-8 p.m.

MIGHTY MITES "EGG" STRAVAGANZA

FREE!

Ages 5 and Younger

Miller Community Center wants to invite you to an "egg"stravaganza. Children will enjoy fun activities including toys, play equipment, and more! Hunting begins promptly at 11 a.m..

Location: Miller CC

3/29 Thu 10a.m.-Noon



COMMUNITY EVENTS

SPRING EGG HUNT

FREE!

Ages 12 and Under

Hop on over for a family fun spring tradition in the Laurelhurst neighborhood! Be sure to bring your basket to hunt for eggs and special prizes! Please help support our can food drive to assist our local food bank and our bake sale to support the community center programs. It will be an EGG-citing time for all! Please plan to arrive no later than 9:45 a.m.!

Location: Laurelhurst Park

3/31 10 a.m. sharp!

Please plan to arrive no later than 9:45 a.m.!

***Free with Canned Food Donation**

SPRING EGG HUNT

FREE!

Ages 12 and Under

Meadowbrook CC is hosting our annual Spring Egg Hunt! Come hunt for treats and special prizes. Remember to bring your baskets. Please arrive by 9:45 a.m.

Location: Nathan Hale Stadium

3/31 Sat 10a.m. sharp!

Please arrive by 9:45a.m.

MONTLAKE SPRING EGG HUNT

FREE!

Ages 1-11

Join in the fun for Montlake Community Center's greatest egg hunt ever! The hunt begins at 10 a.m. sharp. Bring your own basket to collect all the goodies.

Location: Montlake CC

3/31 Sat 10 a.m.

SPRING BUNNY TRAIL

FREE!

Ages 12 and Under

Hippity hop on down the bunny trail for the annual festive event. Be sure to be here at 10 a.m., rain or shine! We'll gather on the field divided into age groups for treats and treasures. Live rabbits that you can snuggle with, will be here twitching their noses, and flopping their ears.

Location: Ravenna-Eckstein CC

3/31 Sat 10 a.m. sharp!

MEADOWBROOK COMMUNITY GARDEN

Are you interested in making new friends? Would you like to get involved in your neighborhood through food, fun, and sustainable/organic gardening? Do you like to eat fresh veggies? Want to get exercise, be outdoors and feel healthier? There are many ways to encourage your community through the Community Gardens. Follow Meadowbrook Community Gardens on Facebook: www.facebook.com/page/meadowbrook-community-garden.com or call Meadowbrook CC 206-684-7522.

MEADOWBROOK COMMUNITY KITCHEN

Sustainable NE Seattle and the Meadowbrook Community Center are joining together to create a community kitchen which brings people together around food in a shared space to plan, cook, learn, and eat together. These meals are focused on food that is healthy for people and the planet, i.e. organic and vegetarian. An added bonus of cooking together is the economic benefit of purchasing food in bulk and saving fuel resources. Participants will prepare food, eat together, and have food to take home. Participants are asked to bring dishes/cookware to bring home their portion of the food that is prepared. If interested please contact the Meadowbrook CC 206-684-7522.

RAVENNA COMMUNITY GARDEN

THE GARDEN IS A PLACE WHERE NEIGHBORS WORK TOGETHER AND SHARE THE HARVEST!

The mission of the Ravenna Community Garden is to build a strong, inter-generational community while increasing local food security, and improving the health of our planet through sustainable garden practices. Through gardening together, we get to know our neighbors, learn from each other about producing and preserving food that is grown organically and sustainably, and beautify our neighborhood. We enhance our own health through eating locally-grown, fresh, flavorful and nutritious fruits and veggies, exercise, time spent outdoors, and above all, having fun together.

2017 WORK PARTY CALENDAR

For information on our Work Party schedule please visit our web page:

www.ravennacommunitygarden.wordpress.com

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.

LAURELHURST COMMUNITY CENTER

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

Fri 10:30 a.m.-12:30 p.m.

MAGNUSON COMMUNITY CENTER

Fri 9:30 a.m.-1:30 p.m.

MEADOWBROOK COMMUNITY CENTER

M/W/F 12:30-2:30 p.m.

MILLER COMMUNITY CENTER

Tue/Thu 9:30 a.m.-Noon

MONTLAKE COMMUNITY CENTER

M/W/F 10 a.m.-2 p.m.

NORTHGATE COMMUNITY CENTER

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

RAVENNA-ECKSTEIN COMMUNITY CENTER

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

MAGNUSON TOTS

BUILD IT!

FREE!

Ages 2-5

Put on your thinking caps and get creative! Construct whatever your imagination desires with Legos®, blocks, train sets, and Lincoln Logs to help you build it! Develop critical-thinking and engineering thought processes and promote pro-social behaviors like sharing and teamwork.

1/4-3/29 Thu 9:15 a.m.-Noon

QUIET PLAY TIME

FREE!

Ages 2 and Older

For children with different abilities who need a quieter, less busy space to play and recreate.

Thu 1-2:30 p.m.

MILLER TOTS

TODDLER PLAY ROOM

FREE!

Ages 5 and Younger

We offer a designated play room just for toddlers and infants. Enjoy the books, toys, and playtime. Parents supervise play area.

M/W/F 4-7:30 p.m.

T/Th Noon-2 p.m.

RAV-ECK TOTS

INDOOR PLAYTIME

FREE!

Ages 1-5

We have a great space where you and your child(ren) can play in a safe, fun, and interactive space with bikes, balls, ride-ons, and educational toys.

M-Th 2:45-8:15 p.m.

Friday 9:15 a.m.-8:15 p.m.

Sat 9:15 a.m.-4:45 p.m.



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.

CLUBS/GAMES

LAURELHURST BOOK CLUB

Ages 50 and Older

Book Club meets the 3rd Wednesday of every month. Books provided by Seattle Public Library and are available for pick up the Community Center. Please register in advance.

4/18	Wed	1-2 p.m.
5/16	Wed	1-2 p.m.
6/20	Wed	1-2 p.m.

FREE!

BRIDGE

All Ages

Join us for a small group gathering to play bridge, drink tea, and make new friends. Hot water provided for your tea or coffee.

Location: Northgate CC

Mon 1-4 p.m.

Location: Montlake CC

Fri 12:30-4 p.m.

FREE!

CHESS

All Ages

Learn and practice one of the best strategy games in the world. Play full games with friends or work out chess puzzles on your own! All levels of players welcome.

Fri 1-4 p.m.

FREE!

DROP-IN (AMERICAN) MAHJONG

INTERMEDIATE LEVEL PLAYERS

Ages 18 and Older

Rules of play are based on newly published guidelines from The National Mahjong League. Please call Laurelhurst Community Center at 206-684-7529 for more information.

Location: Laurelhurst CC

Monday Noon-3 p.m.

Friday 11 a.m.-2 p.m.

FREE!

ENGLISH LANGUAGE CONVERSATION

FREE!

All Ages

We offer a welcoming place for English language learners to practice their conversational skills. In partnership with Seattle Public Libraries, come meet others who are eager to practice their vocabulary through casual conversation. If you are interested in volunteering, email Tom.Diamond@seattle.gov. Patience is appreciated; bilingualism is helpful, but not necessary.

Location: Northgate CC

Wed 4-6 p.m.

FITNESS CENTER

FITNESS CENTER

FREE!

Ages 18 and Older

Seattle weather can be a challenge to your fitness program so come inside and work out in our fitness room. Equipment includes elliptical machines, treadmills, stationary bicycles, rower, and various training apparatus.

Location: Meadowbrook CC

Mon 9 a.m.-6:30 p.m.

T-F 9 a.m.-9 p.m.

Sat 9 a.m.-5 p.m.

Location: Northgate CC

Mon/Fri 11 a.m.-7 p.m.

Tue 12:30-8 p.m.

Wed 11 a.m.-8 p.m.

Thu 10 a.m.-8 p.m.

Sat 9 a.m.-5 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.

ATHLETICS

PING PONG

All Ages

FREE!

We offer two ping pong tables for you to train, play, or just have fun! Try out our new outdoor table! One hour maximum. Paddles and balls can be checked out at no extra charge.

Location: Northgate CC

Mon	11 a.m.-7 p.m.
Tue/Thu	10 a.m.-8 p.m.
Wed	11 a.m.-8 p.m.
Fri	11 a.m.-1 p.m., 4-7 p.m.
Sat	9 a.m.-5 p.m.

RACQUETBALL

Ages 12 and Older

If younger than 12, must be accompanied by adult. Balls and racquets can be checked out at no extra charge. Reserve a court in advance or take your chances and drop-in. You can make reservations one week in advance on the half hour only. Courts can also be used for informal squash matches. Call 206-684-7026 for more information.

Location: Magnuson CC

Mon-Wed	2-9 p.m.	\$8/hour
Thu	9 a.m.-9 p.m.	\$8/hour
Fri	9 a.m.-7 p.m.	\$8/hour
Sat	9 a.m.-5 p.m.	\$8/hour

WALLYBALL

Ages 12 and Older

If younger than 12, must be accompanied by adult. Try this exciting variation on volleyball in our racquetball court. Please reserve ahead of time so staff can have the net set up upon your arrival.

Location: Magnuson CC

Mon-Wed	2-9 p.m.	\$12/hour
Thu	9 a.m.-9 p.m.	\$12/hour
Fri	9 a.m.-7 p.m.	\$12/hour
Sat	9 a.m.-5 p.m.	\$12/hour

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



Seattle
Parks & Recreation

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

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**



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/
for more information.**

 **Seattle
Parks & Recreation**



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.

LAURELHURST	MAGNUSON	MEADOWBROOK	MILLER	MONTLAKE	NORTHGATE	RAV-ECK
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Starting in November gym availability will be limited due to Citywide Basketball season.
Please call your center for current availability.

ADULT BADMINTON			Fri 6-9 p.m. max 25				Wed 8-10 p.m.* *ends 3/14
YOUTH BASKETBALL					M/W/F 2-4 p.m. T/Th 3-4 p.m.		M/W 1:30-3:45 p.m. T/Th/F 2:30-3:45 p.m.
ADULT BASKETBALL Ages 18 and up (unless otherwise noted)				Tue 12:30-2 p.m.		Fri 4-6:30 p.m.	
GAMES	MAHJONG Mon Noon-3 p.m. Fri 11 a.m.-2 p.m.				BRIDGE Fri 1-4 p.m.	BRIDGE Mon 1-4 p.m. CHESS Fri 1-4 p.m.	
PICKLEBALL		Thu 9:15 a.m.- Noon	COMPETITIVE T/Th 10 a.m.-Noon RECREATION T/Th Noon-2 p.m.	Mon 10:15 a.m.- 1:15 p.m. Fri 10 a.m.-Noon		M/F 11 a.m.-2 p.m.	ALL LEVELS M/W 10 a.m.-1 p.m. INTR./ADV. Fri 11:30 a.m.-2 p.m.
VOLLEYBALL			Wed 7-9 p.m. max 30	Mon 6-7:45 p.m.			

*Subject to change during Public School Breaks Closed during Public School Breaks 12/18-1/2, 1/15, 2/19-2/23, and 4/9-4/13.

*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



YOUTH CROSS COUNTRY (GIRLS AND BOYS)

Ages 8-17

To register or for more info please visit,
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!

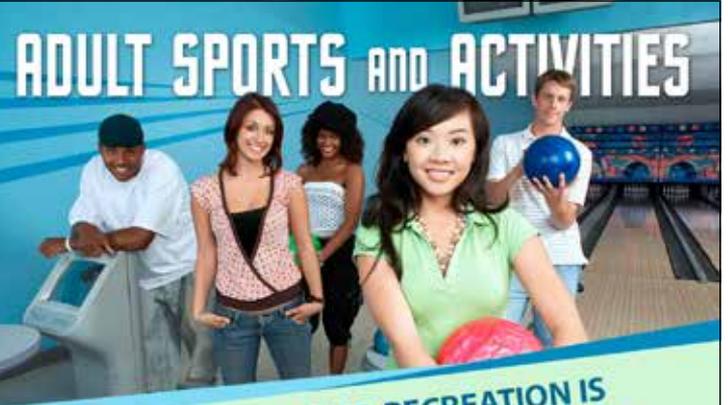
If your center doesn't offer a sport, the staff will refer you to the next closest center. Centers need a minimum number of players and a volunteer coach to offer the sport.

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!



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
OR CALL 206 684-7092**

WINTER 2018

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.

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

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

Ages	Days	Time	Price/month
MAGNUSON COMMUNITY CENTER			
3-5	T/Th	9 a.m.-12:30 p.m.	\$235
3-5	M/W/F	9 a.m.-12:30 p.m.	\$340
3-5	M-F	9 a.m.-12:30 p.m.	\$515
MEADOWBROOK COMMUNITY CENTER*			
3-5	T/Th	9 a.m.-12:30 p.m.	\$235
3-5	M/W/F	9 a.m.-12:30 p.m.	\$340
3-5	M-F	9 a.m.-12:30 p.m.	\$515
NORTHGATE COMMUNITY CENTER			
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

*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.

\$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*

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

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

Program	Time	5 days	4 days	3 days
MEADOWBROOK COMMUNITY CENTER				
After School (Option 1)	2:30-6 p.m.	\$457	\$411	\$388
After School (Option 2)	4-6 p.m.	\$261	\$235	\$222
MEADOWBROOK @ JOHN ROGERS				
After School	2:30-6 p.m.	\$457	\$411	\$388
MONTLAKE @ MCGILVRA				
After School	2:30-6 p.m.	\$457	\$411	\$388
NORTHGATE COMMUNITY CENTER				
After School (Option 1)	2:30-6 p.m.	\$457	\$411	\$388
After School (Option 2)	4-6 p.m.	\$261	\$235	\$222
RAVENNA-ECKSTEIN @ THORNTON CREEK				
After School	2:30-6 p.m.	\$457	\$411	\$388
RAVENNA-ECKSTEIN @ WEDGWOOD				
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

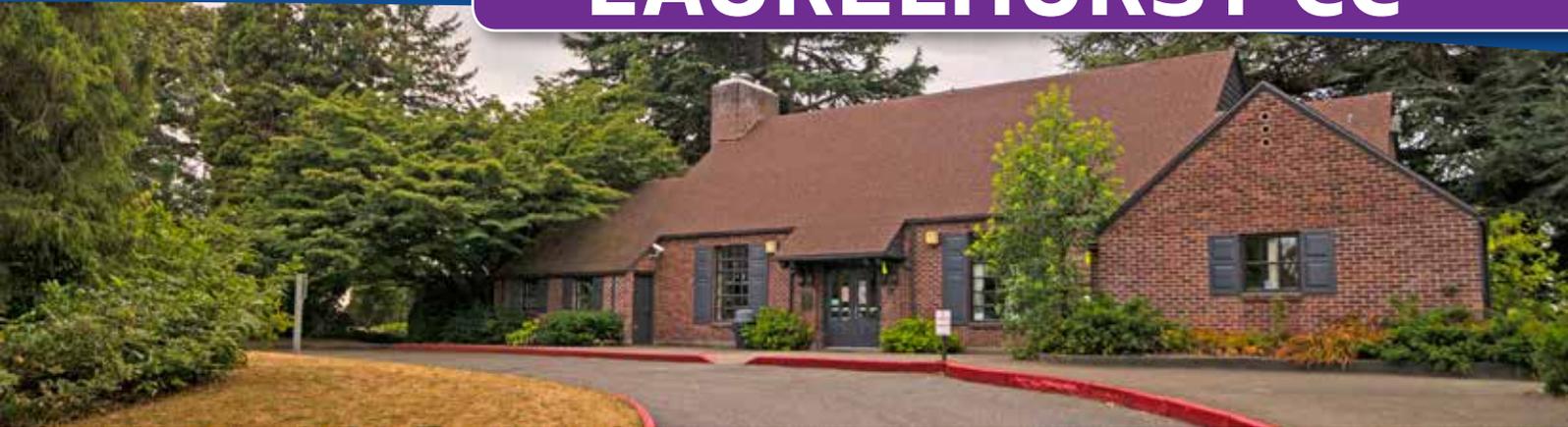
This is a 24-hour line giving information about program closures due to extreme weather or emergencies. It is updated each day by 6 a.m. and as needed.

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.



↘ AT-A-GLANCE

BARCODE#	COURSE TITLE	AGE	DAY	STARTS	ENDS	TIME	PRICE
172403	Music for Tots - A Parent-Child Music Program	6 Months-5 Years	Wed	1/10	3/28	9 a.m.	\$171
172404	Music for Tots - A Parent-Child Music Program	6 Months-5 Years	Wed	1/10	3/28	10 a.m.	\$171
172405	Music for Tots - A Parent-Child Music Program	6 Months-5 Years	Wed	1/10	3/28	11 a.m.	\$171
172398	Bilingual Creative Movement	2.5-4 Years	Thu	1/25	3/22	Noon	\$108
172414	Ballet	3-5 Years	Thu	1/25	3/22	1 p.m.	\$108
172406	Pee Wee Basketball	4-5 Years	TBA	1/20	3/17	TBA	\$80
172409	Piano Lessons 101	5-16 Years	Mon	1/22	2/12	2:30 p.m.	\$108
172410	Piano Lessons 102	5-16 Years	Mon	2/26	3/26	2:30 p.m.	\$135
172411	Piano Lessons 103	5-16 Years	Wed	1/17	2/12	2:30 p.m.	\$135
172412	Piano Lessons 104	5-16 Years	Wed	2/21	3/28	2:30 p.m.	\$162
172407	Pee Wee Basketball	6-7 Years	TBA	1/20	3/17	TBA	\$80
172424	Youth Pottery	6-9 Years	Wed	1/10	2/14	4 p.m.	\$120
172425	Youth Pottery	6-9 Years	Wed	1/10	2/14	5 p.m.	\$120
172426	Youth Pottery	6-9 Years	Wed	2/21	3/28	5 p.m.	\$120
172427	Youth Pottery	6-9 Years	Wed	2/21	3/28	4 p.m.	\$120
172422	Youth Pottery	10-14 Years	Wed	1/10	2/14	6 p.m.	\$120
172423	Youth Pottery	10-14 Years	Wed	2/21	3/28	6 p.m.	\$120
172396	Beginning Teen/Adult Hip Hop	13 and Older	Wed	1/17	3/28	6:30 p.m.	\$143
172401	Kundalini Yoga	16 and Older	Mon	1/8	2/12	6:30 p.m.	\$40
172402	Kundalini Yoga	16 and Older	Mon	2/26	2/26	6:30 p.m.	\$40
172391	Adult AM Pottery Hand Building	18 and Older	Mon	1/22	3/19	6 p.m.	\$200
172388	Adult PM Pottery	18 and Older	Mon	1/22	3/19	6 p.m.	\$200
172392	African Dance	18 and Older	Mon	1/8	3/26	6 p.m.	\$150
172393	Barre Conditioning	18 and Older	Thu	1/4	3/29	9:30 a.m.	\$195
172394	Barre Conditioning	18 and Older	Tue	1/2	3/27	10:30 a.m.	\$195
172399	Core and More: Pilates and Yoga	18 and Older	Thu	1/4	3/29	10:30 a.m.	\$195
172413	Pilates Plus -	18 and Older	Tues	1/2	3/27	9:30 a.m.	\$195
172419	Small Group Training	18 and Older	Fri	1/5	3/30	9:15 a.m.	\$195
172420	Small Group Training	18 and Older	Mon	1/8	3/26	9:15 a.m.	\$150



↘ TOTS

BILINGUAL CREATIVE MOVEMENT

Ages 2½-4

This class will provide a fun and energetic introduction to dance that will encourage social and motor skill development, while facilitating language exposure and natural acquisition. The class will be taught in a mix of both English and Spanish and will focus on learning basic dance movements and musicality from a variety of different rhythms and styles with an emphasis on use of imagination, free-movement, and body awareness.

Instructor: Callie Nissing

1/25-3/22 Thu Noon-12:45 p.m. \$108

BALLET

Ages 3-5

This class will introduce young dancers to ballet with a focus on developing basic movement coordination, vocabulary, and musicality. Through an expressive and creative environment, dancers will be introduced to classical positions, body placement and experimentation with creative movement and performance! No class 2/19.

Instructor: Callie Nissing

1/25-3/22 Thu 1-1:45 p.m. \$108

MUSIC FOR TOTS-A PARENT-CHILD MUSIC PROGRAM

Ages 6 Months-4 Years

Miss Charlotte's ever-popular Music for Tots enters its fourth year at Laurelhurst Community Center. Let your little ones learn music the easy/fun way, and release your own inner diva at the same time! Based on the idea that music is a language, children ages 6 months through 4 years will have the opportunity to learn basic musical skills while playing, moving, and interacting with each other and their parents. Grown-ups wear comfortable clothing and come prepared to move and sing! Elderly and/or disabled are welcome; accommodations will gladly be made. Siblings up to 6 months of age can attend free. Created and taught by Award-Winning Children's Musical Artist, Miss Charlotte. A seasonal CD and songbook is included in cost of class.

1/10-3/28 Wed 9-9:45 a.m. \$171

1/10-3/28 Wed 10-10:45 a.m. \$171

1/10-3/28 Wed 11-11:45 a.m. \$171

PEE WEE BASKETBALL

Ages 4-7

This league is a great way to introduce our young players to basketball in a non-competitive atmosphere where playing, learning, and having fun are most important. Participants are divided into teams per age groups. Volunteer coaches encourage the basics of the sport and teamwork. Each participant receives a team t-shirt. Practice and game times vary and are played on Saturdays at Laurelhurst Elementary School gym. If you are interested in coaching, please call the community center at 206-684-7529. No class 2/17.

Play and practice times to be determined.

Ages 4-5

1/20-3/17 Sat 9 a.m.-1 p.m. \$80

Ages 6-7

1/20-3/17 Sat 9 a.m.-1 p.m. \$80

↘ YOUTH

YOUTH POTTERY

Ages 6-14

Kids will create a wide variety of clay projects using pinch pot, coil, and slab hand building techniques, as well as throwing on the wheel. Colorful glazes will complete each masterpiece! Whether you're experienced or a beginner, bring your imagination and get ready to have fun being creative with clay!

Ages 6-9

1/10-2/14 Wed 4-5 p.m. \$120

2/21-3/28 Wed 4-5 p.m. \$120

Ages 6-9

1/10-2/14 Wed 5-6 p.m. \$120

2/21-3/28 Wed 5-6 p.m. \$120

Ages 10-14

1/10-2/14 Wed 6-7:15 p.m. \$120

2/21-3/28 Wed 6-7:15 p.m. \$120

PIANO LESSONS 101

Ages 5-16

Private piano lessons are 30 minutes long, and offered to ages 5-16. Lessons are taught in a relaxed atmosphere and tailored to each child's individual level. The instructor, Ms. Drovetto, has taught piano to over 200 students in the Seattle and North Shore after school music programs. Please call the Laurelhurst Community Center at 206-684-7529 to register for a specific half hour time slot.

1/22-2/12 Mon 2:30-7:30 p.m. \$108

2/26-3/26 Mon 2:30-7:30 p.m. \$135

1/17-2/14 Wed 2:30-7:30 p.m. \$135

2/21-3/28 Wed 2:30-7:30 p.m. \$162

↘ MULTIGENERATIONAL



BEGINNING TEEN/ADULT HIP HOP

Ages 13 and Older

This class will introduce hip-hop and street styles dance to young adults of all ages! Hip-hop is a fun and creative way to get exercise, learn some new moves and join the dance community. This class will cover a variety of styles and teach dancers basic movement techniques for learning choreography, improvisation, and musicality.

Instructor: Callie Nissing

1/17-3/28 Wed 6:30-7:30 p.m. \$143

↘ ADULTS



AFRICAN DANCE

Ages 6-13

Professional performing artist, Shakira Rae Adams brings the beat to your feet through traditional/modern West African dance. Come together to build our African village, exploring the polyrhythms that will gyrate through our bodies. Music and dance is a language that can be spoken by everyone and ALL levels are welcome! No class 1/15 and 2/19.

Instructor: Shakira Rae Adams

1/8-3/26 Mon 6-7 p.m. \$150



ADULT AM POTTERY HAND BUILDING

Ages 18 and Older

This class focuses on key hand building techniques including pinch, coil, and slab construction, plus surface decoration, glazing, and firing. The instructor will provide individual guidance for all levels of experience with special attention to newcomers. Experienced potter may pursue independent projects. One bag of clay and Open Studio time is included with class fee. Open studio is Mondays before evening class between 4-6 p.m. No class 2/19.

Instructor: Liang-Yin Chen

1/22-3/19 Mon 9-11:30 a.m. \$200

ADULT PM POTTERY

Ages 18 and Older

Several clay projects will be introduced using both hand building and throwing on the wheel techniques. Practice your skills making clay objects while learning how to make tiles, cups, bowls, and more in a fun and informative setting. One bag of clay and Open Studio time is included with class fee. Open studio is Mondays before evening class between 4-6 p.m. No class 2/19.

Instructor: Liang-Yin Chen

1/22-3/19 Mon 6-8:30 p.m. \$200

KUNDALINI YOGA

Ages 16 and Older

Considered to be the most comprehensive of all the yogas, Kundalini Yoga incorporates the use of breath, movement, meditation, and deep relaxation. It is a practical tool for everyday people. It's powerful, efficient, and effective. Kundalini Yoga is an ancient, time proven technology for human transformation, helping people live their lives with greater meaning and joy. No class 1/15.

Instructor: Kathryn Scarberry

1/8-2/12	Mon	6:30-8 p.m.	\$40
2/26-3/26	Mon	6:30-8 p.m.	\$40

PILATES PLUS

Ages 18 and Older

The class includes upper and lower body exercises and balance techniques.

Instructor: Laura Martin

1/2-3/27	Tue	9:30-10:30 a.m.	\$195
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BARRE CONDITIONING

Ages 18 and Older

This course features light weights and isometrics and is easy on the joints. Each class consists of exercises done at the barre and on the floor and incorporates Pilates, yoga, weights, stretching, and intense muscle work to fatigue. All levels welcome.

Instructor: Laura Martin

1/2-3/27	Tue	10:30-11:30 a.m.	\$195
1/4-3/29	Thu	9:30-10:30 a.m.	\$195

CORE AND MORE-PILATES AND YOGA

Ages 18 and Older

This class is a slower pace with beginning level Pilates and Yoga; some light weights will be used at the end for upper body conditioning. Great class for all levels.

Instructor: Laura Martin

1/4-3/29	Thu	10:30-11:30 a.m.	\$195
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SMALL GROUP PERSONAL TRAINING

Ages 18 and Older

This course will include weight, core, cardiovascular training, and stretching for small group, providing lots of personal attention. All levels welcome. No class 1/15 and 2/19.

Instructor: Laura Martin

1/8-3/26	Mon	9:30-10:15 a.m.	\$150
1/5-3/30	Fri	9:15-10 a.m.	\$195

DROP IN (AMERICAN) MAHJONG

FREE!

Please see page 11 for more details.

LAURELHURST BOOK CLUB

FREE!

Please see page 11 for more details.

MAGNUSON CC



AT-A-GLANCE

BARCODE	ACTIVITY TITLE	AGE	DAY	STARTS	ENDS	START TIME	PRICE
	Magnuson Preschool - Jan	3-5 years	various	call center for details		9 a.m.-12:30 p.m.	
	Magnuson Preschool - Feb	3-5 years	various			9 a.m.-12:30 p.m.	
	Magnuson Preschool - Mar	3-5 years	various			9 a.m.-12:30 p.m.	
*	Piano Lessons - Jan	6 and older	Wed	1/10	1/31	3-6 p.m.	\$100
*	Piano Lessons - Feb	6 and older	Wed	2/7	2/28	3-6 p.m.	\$100
*	Piano Lessons - Mar	6 and older	Wed	3/7	3/28	3-6 p.m.	\$100
172758	Aikido for Kids	6-12 years	M/W	1/3	3/28	5:30-6:30 p.m.	\$140
*	Oom Yung Doe: Martial Arts (Youth and Family)	7 and older	Thu	1/11	3/29	6:30-7:30 p.m.	\$165
172797	Boom Dance: Hip Hop Kids	7-10 years	Tue	1/6	2/13	5-6 p.m.	\$90
172799	Boom Dance: Hip Hop Kids	7-10 years	Tue	2/27	3/27	5-6 p.m.	\$75
172760	Aikido for Teens/Adults	12 and older	M/W	1/3	3/28	5:30-7 p.m.	\$160
*	Oom Yung Doe: Martial Arts (Adults)	12 and older	Thu	1/11	3/29	6:30-8 p.m.	\$220
*	Women's Self-Defense	16 and older	Sat	1/6	2/10	11:30 a.m.-12:30 p.m.	\$115
*	Women's Self-Defense	16 and older	Sat	2/17	3/24	11:30 a.m.-12:30 p.m.	\$115

↘ TOT

PRESCHOOL

Ages 3-5

We're stilling accepting registration for preschool! Join Teacher Elisabeth and your new friends to grow and learn. Scholarships are available to all who qualify (apply at Magnuson CC). Please see page 20 for details!

↘ YOUTH

AIKIDO FOR KIDS

Ages 6-12

Curious about the martial arts? Like tumbling? Aikido might be just the thing! In class, children work on confidence, posture, footwork, foundational skills, and basic throws. Games keep learning fun, with plenty of interaction and individual attention. Please wear comfortable long pants, sweats, or leggings. No class 1/15 and 2/19.

Instructor: Martha Levenson and One World Aikido Staff

Location: Magnuson Park/Building 30

1/3-3/28 M/W 5:30-6:30 p.m. \$140



OOM YUNG DOE: MARTIAL ARTS

Ages 7-12

"Oom Yung Doe" means "Mind Body Harmony." Oom Yung Doe teaches 8 styles of martial arts as a balanced way to build strength, self-defense skills, and quality of character. As an Oom Yung Doe student, you will develop self-confidence and start toward good lifelong health. These mental and physical benefits help you succeed in life, helping you achieve your goals. No class 2/22. *Youth and family can sign up for the same hour. Parents and older siblings, check out course description in the Multigenerational section.*

Instructor: Oom Yung Doe

Location: Magnuson Park/The Brig

1/11-3/29 Thu 6:30-7:30 p.m. \$165

PAINTING

Ages 6-18

Learn different styles of painting through research and practice! We'll start each class with a trip to the library to choose books that highlight different artists or aesthetic styles. We'll take our books back to the community center to study and try our hand at painting like the pros!

Mon 4-6 p.m.

GARDENING

Ages 6-18

Magnuson youth and teens now have space in the Magnuson Park P-Patch! Through fall and winter, we'll plant and tend to our crops. Learn about soil building, succession planting, and sustainable living.

Tue 4-6 p.m.

FREE!

BOOM DANCE: HIP HOP KIDS

Ages 7-10

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 basic fundamentals of hip-hop. Students will leave class refreshed, with confidence and ready to strut their stuff. Students do not need to have any dance experience. From warm up and stretches, to isolations and choreography, students will SWAG their way out of class.

Instructor: Boom Dance Studio

Location: Magnuson Park/The Brig

1/9-2/13	Tue	5-6 p.m.	\$90
2/27-3/27	Tue	5-6 p.m.	\$75

AFTER SCHOOL SPECIAL

Ages 6-10

Drop in Thursdays for some free after school fun!

You can look forward to a different activity each week, like cooking, group games, arts & crafts, and more!

Thu 4:30-6 p.m.

FREE!

↘ TEENS

GAME NIGHT

Ages 11-18

Compete against your friends in games of all kinds.

Every week has games of basketball, ping pong, board games, and video games! Try out a new game or come back to defend your title.

Wed 6-9 p.m.

FREE!

MOVIE NIGHT

Ages 11-18

Rent a new movie from Redbox and snack on popcorn and goodies.

Thu 6-8 p.m.

FREE!

LATE NIGHT

Ages 13-18

FREE!

Come to Magnuson Late Night, just for teens! With lots of indoor activities to fill your Friday night, including basketball, ping pong, racquetball, and wallyball. Relax with friends and watch a movie or play video games. There's opportunities for off-campus field trips, including swimming, the art museum, and more. Meet new people and try something new! Must have completed E-13 form to participate.

Fri 7-11 p.m.

SERVICE LEARNING HOURS

Ages 11-17

FREE!

Volunteer for nature programs, camps, and special events at Magnuson Community Center! Call for more details: 206-684-7026.



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/ where you can download the Lifelong Recreation brochure and sign up for our email newsletter. Contact us at 206-684-4951.

ADULT



WOMEN'S SELF-DEFENSE

Ages 14 and Older

Shock, scream, run! Learn essential safety and self-defense principles to recognize danger and avoid life-threatening situations. Specific methods include developing a strong confident voice, escapes from commons grabs, striking shock points, and escaping to safety. Classes are ongoing; join anytime!

Instructor: Oom Yung Doe

Location: Magnuson Park/The Brig

1/6-2/10	Sat	11:30 a.m.-12:30 p.m.	\$115
2/17-3/24	Sat	11:30 a.m.-12:30 p.m.	\$115

MULTIGENERATIONAL

AIKIDO FOR TEENS/ADULTS

Ages 12 and Older

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

Instructor: Martha Levenson and One World Aikido Staff

Location: Magnuson Park/Building 30

1/3-3/28	M/W	5:30-7 p.m.	\$160
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OOM YUNG DOE: MARTIAL ARTS

Ages 12 and older

"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. No class 2/23.

Instructor: Oom Yung Doe

Location: Magnuson Park/The Brig

1/11-3/29	Thu	6:30-7:30 p.m.	\$165
1/11-3/29	Thu	6:30-8 p.m.	\$220



PIANO LESSONS

All Ages

It's never too early (or late!) to develop your musical talent! Book one-on-one or small group piano lessons with a seasoned musician. Participants will receive more detailed information about lesson materials on their first day. Call Magnuson to register 206-684-7026.

1/10-1/31	Wed	3-6 p.m.	\$100
2/7-2/28	Wed	3-6 p.m.	\$100
3/7-3/28	Wed	3-6 p.m.	\$100

↳ NATURE PROGRAMS

THANK YOU FROM TEACHER EMILY!

Dear Magnuson Nature Programs parents and kids,

The “tiny seed” of Magnuson Nature Programs began with just two weeks of summer preschool camp in July 2005. Since then – thanks to you all- it has grown and blossomed into a “tall tree” with its branches full of summer and school break camps, nature walks and classes, school field trips, special events, and more!

These past 12+ years have been an honor, a life-changing experience, and a whole lot of fun for me. I consider myself very lucky to have had the opportunity to guide thousands of people (the young and the young-at-heart!) into a deeper understanding and connection with the natural world. Seeing the natural areas and gardens of Magnuson Park “grow up” – along with so many wonderful children- has been a priceless gift.

Even though I am now retired from Magnuson Nature Programs, I'm still active in the park, continuing my 15-year involvement as a volunteer member of the Magnuson Children's Garden Committee. We have already started planning new, family-friendly, fun special events for 2018 that will keep the Children's Garden vibrant, and full of happy times throughout the year, and I hope to see you there!

Last but not least, I have also been compiling a Memory Book of special Magnuson Nature Programs moments over the years, and I would love to hear from any kids and/or adults who would like to contribute any of your favorite memories! Please email me at MagnusonChildrensGarden@gmail.com with any stories or sentiments you'd like to share. Thanks a million!

Love and Peace,
Teacher Emily

MAGNUSON EXPLORER PACKS

Designed for families and small groups, these backpacks are stuffed with everything you need for a fun-filled, self-guided park adventure. Included are park maps, wildlife identification guides and charts, binoculars, and games, plus an activity book to take home. Choose from two different themes: Wetland Discoveries or Birds of Magnuson. Explorer packs are available for rental at Magnuson Community Center front desk.

M-W	2:30-9 p.m.	\$5/rental
Thu	9 a.m.-9 p.m.	\$5/rental
Fri	9 a.m.-7 p.m.	\$5/rental
Sat	9 a.m.-5 p.m.	\$5/rental

VOLUNTEER IN OUR GARDENS!

DEMONSTRATION GARDENS

Magnuson Community Center is surrounded by two fabulous demonstration gardens. The Bird-friendly Landscape demonstrates how plants and other features attract birds and beneficial insects, and the Resource Conservation Landscape demonstrates how to use rock, healthy soil, and native plants to stabilize slopes. Stop by for free brochures on how to incorporate these garden features in your own yard!

CHILDREN'S GARDEN

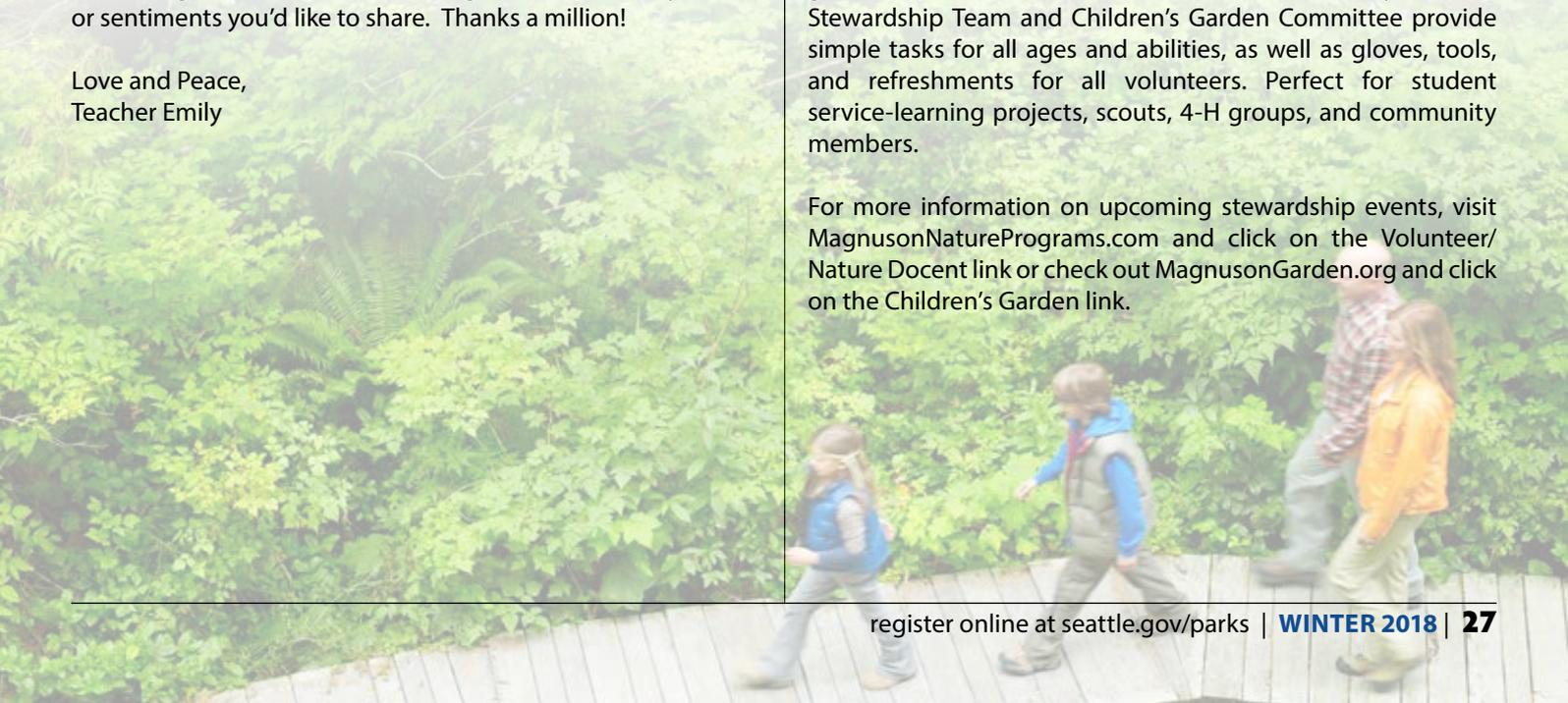
Magnuson Children's Garden is tucked behind the Brig building. Its fantastic features include a Rolling Hill, Lookout, Salmon Survival Path, and a giant Grey Whale Garden! The Children's Garden is free to the public during Magnuson Park open hours and is also the headquarters for Magnuson Community Center Nature Programs' camps, classes, and special events!

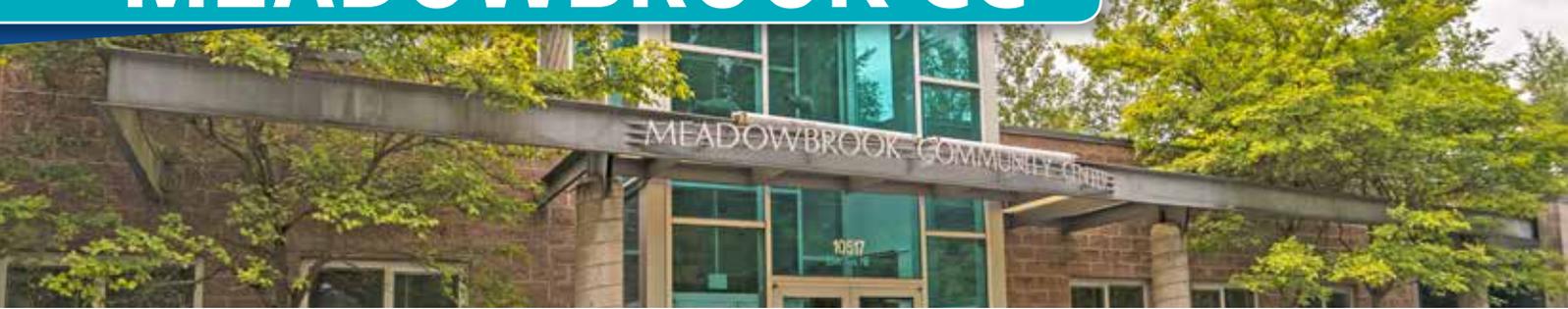
GARDEN STEWARDSHIP EVENTS

All Ages

Community volunteers are needed to help ensure that our gardens remain beautiful and sustainable for everyone. The Stewardship Team and Children's Garden Committee provide simple tasks for all ages and abilities, as well as gloves, tools, and refreshments for all volunteers. Perfect for student service-learning projects, scouts, 4-H groups, and community members.

For more information on upcoming stewardship events, visit MagnusonNaturePrograms.com and click on the Volunteer/Nature Docent link or check out MagnusonGarden.org and click on the Children's Garden link.





↘ AT-A-GLANCE

BARCODE	ACTIVITY TITLE	AGE	DAY	STARTS	ENDS	START TIME	PRICE
172790	Pre K Sports Session 1	2-3 Years	Thu	1/11	2/15	9:30-10:15 a.m.	\$66
172791	Pre K Sports Session 2	2-3 Years	Thu	2/11	3/29	9:30-10:15 a.m.	\$66
172793	Pre K Sports Session 1	3-4 Years	Thu	1/11	2/15	10:15-11 a.m.	\$66
172794	Pre K Sports Session 2	3-4 Years	Thu	2/22	3/29	10:15-11 a.m.	\$66
172795	Pre-Ballet Session 1	3-4 Years	Thu	1/11	2/15	3:15-4 p.m.	\$72
172796	Pre-Ballet Session 2	3-4 Years	Thu	2/22	3/29	3:15-4 p.m.	\$72
172763	Ballet 1 Session 1	5-7 Years	Thu	1/11	2/15	4-4:45 p.m.	\$72
172764	Ballet 1 Session 2	5-7 Years	Thu	2/22	3/29	4-4:45 p.m.	\$72
172787	Mid- Winter Hoops Camp by One On One	6-12 Years	T-F	2/20	2/23	9 a.m.- 3 p.m.	\$180
172798	School Day Off Camp By One On One	6-12 Years	Wed	1/31	1/31	9 a.m.- 3 p.m.	\$60
172761	Advanced Karate (Feb)	7 and Older	M/W/F	2/2	2/28	6:30-8:30 p.m.	\$60
172759	Advanced Karate (Jan)	7 and Older	M/W/F	1/3	1/31	6:30-8:30 p.m.	\$60
172762	Advanced Karate (Mar)	7 and Older	M/W/F	3/2	3/30	6:30-8:30 p.m.	\$60
172768	Beginning Karate (Feb)	7 and Older	M/W	2/5	2/28	6:30-7:30 p.m.	\$30
172767	Beginning Karate (Jan)	7 and Older	M/W	1/3	1/31	6:30-7:30 p.m.	\$30
172769	Beginning Karate (Mar)	7 and Older	M/W	3/5	3/28	6:30-7:30 p.m.	\$30
172785	Kendo:The Way of the Japanese Sword	10 and Older	Mon	1/8	3/26	7-8:30 p.m.	\$130/ \$65
172765	Ballroom and Latin Dance Adults	12 and Older	Tue	1/9	2/13	8-9 p.m.	\$66
172766	Ballroom and Latin Dance Adults	12 and Older	Tue	2/20	3/27	8-9 p.m.	\$66
172774	Community Kitchen: (Feb)	12 and Older	Wed	2/21	2/21	6-9:30 p.m.	\$20
172773	Community Kitchen: (Jan)	12 and Older	Wed	1/17	1/17	6-9:30 p.m.	\$20
172775	Community Kitchen: (Mar)	12 and Older	Sat	3/17	3/17	9 a.m.-1 p.m.	\$20
172779	Goju-Ryu Karate (INTER/ADV)	14 and Older	Sat	1/6	3/24	7-9 p.m.	\$70
172780	Goju-Ryu Karate BEG/INTER	14 and Older	Thu	1/4	3/22	10:15-9 a.m.	\$70
172777	Fun. FIT! - (Thursdays)	16 and Older	Thu	1/4	3/29	6-7 p.m.	\$60
172778	Fun. FIT! - (Tuesdays)	16 and Older	Tue	1/2	3/27	6-7 p.m.	\$60
172771	Circuit Training Adult (Feb)	18 and Older	Mon	2/5	2/26	6:30-7:30 p.m.	\$36
172770	Circuit Training Adult (Jan)	18 and Older	Mon	1/8	1/29	6:30-7:30 p.m.	\$36
172772	Circuit Training Adult (Mar)	18 and Older	Mon	3/5	3/26	6:30-7:30 p.m.	\$48
172782	Intro to Personal Fitness (Feb)	18 and Older	Mon	2/5	2/5	7:35-8:35 p.m.	\$12
172781	Intro to Personal Fitness (Jan)	18 and Older	Mon	1/8	1/8	7:35-8:35 p.m.	\$12
172783	Intro to Personal Fitness (Mar)	18 and Older	Mon	3/5	3/5	7:35-8:35 p.m.	\$12

↘ TOTS

PRE-BALLET

Ages 3-4

Children will learn ballet positions and steps in a fun and encouraging environment that incorporates creative exploration as well as traditional ballet technique. Students should wear ballet shoes, dance attire, and have long hair pulled back. Guests are invited to watch class on the last day.

Instructor: Charla Jennings

1/11-2/15	Thu	3:15-4 p.m.	\$72
2/22-3/29	Thu	3:15-4 p.m.	\$72

PRE-K SPORTS

Ages 2-4

Have fun with Coach Sue as she introduces your child to a variety of different sports. Your child will explore basketball, t-ball, tennis, soccer, and more! As always, we will focus on teamwork and good sportsmanship! Parent participation is welcomed, but not required.

Instructor: Coach Sue

Ages 2-3

1/11-2/15	Thu	9:30-10:15 a.m.	\$66
2/22-3/29	Thu	9:30-10:15 a.m.	\$66

Ages 3-4

1/11-2/15	Thu	10:15-11 a.m.	\$66
2/22-3/29	Thu	10:15-11 a.m.	\$66

↘ YOUTH

BALLET 1

Ages 5-7

Children will learn ballet positions and steps in a fun and encouraging environment that incorporates creative exploration as well as traditional ballet technique. Guests are invited to watch class on the last day.

Instructor: Charla Jennings

1/11-2/15	Thu	4:4-45 p.m.	\$72
2/22-3/29	Thu	4:4-45 p.m.	\$72

KENDO: THE WAY OF THE JAPANESE SWORD

Ages 10 and Older

Kendo is a path towards self-improvement through training in the ways of the Japanese sword. Meadowbrook Kendo Dojo offers beginning and advanced practitioners year round training in basic and advanced sword techniques along with teaching the cultural and traditional aspects of Japanese martial arts. No class 1/1, 1/15, and 2/19.

Instructor: T.konno, Kendo Kyoshi 7th Dan.

Location: Meadowbrook Teen Life Center

1/8-3/26	Mon	7-8:30 p.m.	\$65 Youth
			\$130 Adult

Seattle Parks & Recreation

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.



KARATE

Ages 7 and Older

Learn the practice of Karate. You will exercise a variety of techniques including blocks, strikes, evasions, throws, and joint manipulations. No class 1/1, 1/15, and 2/19.

Instructor: Nihad Khalaf

BEGINNING

1/3-1/31	M/W	6:30-7:30 p.m.	\$30
2/5-2/28	M/W	6:30-7:30 p.m.	\$30
3/5-3-28	M/W	6:30-7:30 p.m.	\$30

ADVANCED

1/3-1/31	M/W/F	6:30-8:30 p.m.	\$60
2/2-2/28	M/W/F	6:30-8:30 p.m.	\$60
3/2-3/30	M/W/F	6:30-8:30 p.m.	\$60

ONE ON ONE BASKETBALL: SCHOOL DAY OFF HOOPS CAMP

Ages 6-12

Don't get bored when school is off... GET BETTER! One on One has been at the forefront of youth basketball development since 1991. Our school off-day camps are a great way to stay active, improve your skills, and meet new friends! We guarantee you will learn, sweat and HAVE FUN!

Instructor: One on One Staff

1/31	Wed	9 a.m.-5 p.m.	\$60
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ONE ON ONE BASKETBALL MID-WINTER HOOPS CAMP

Ages 6-12

Winter Break is long, but it does not need to be boring! Join us for our 6th Annual Holiday Hoops Camp. We will have fun and get great exercise while improving our fundamentals over the long winter break! Drills, games, competitions, scrimmages, and prizes!!!

Instructor: One on One Staff

2/20-2/23	T-F	9 a.m.-3 p.m.	\$180
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BABYSITTING CERTIFICATION

Ages 11-15

This class, taught by a CPR instructor/parent, is a fun, interactive workshop providing 11-15 year-olds the essential skills they must know in order to obtain babysitting work. The course includes role play, video lessons, instructor led discussions, and hands-on skills training to give potential babysitters the confidence to responsibly care for the infants and children in their charge. An ASHI (American Safety and Health Institute) certification card is issued upon completion of the training. This class includes a CPR review, but does not include CPR certification.

ENROLL AT WWW.CPRSEATTLE.COM

3/10	Sat	9:15 a.m.-1:45 p.m.	\$45
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ADULTS

COMMUNITY KITCHEN

Ages 12 and Older

Sustainable NE Seattle and the Meadowbrook Community Center are joining together to create a community kitchen which brings people together around food in a shared space to plan, cook, learn, and eat together. These meals are focused on food that is healthy for people and the planet, i.e. organic and vegetarian. An added bonus of cooking together is the economic benefit of purchasing food in bulk and saving fuel resources. Participants will prepare food, eat together, and have food to take home. Participants are asked to bring dishes/cookware to bring home their portion of the food that is prepared.

FOODS FROM AFRICAN:

Ground nut stew/ Fu Fu, Abijan Cabbage salad, plantains, and a ginger soft drink.

1/17	Wed	6-9:30 p.m.	\$20
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FOODS FROM NORTHERN ITALIAN:

Milanese Risotto, spinach with pine nuts and raisins, sautéed cucumbers, green salad, and biscotti.

2/21	Wed	6-9:30 p.m.	\$20
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FORAGING FOR WILD FOODS:

Nettle quiche, wild greens salad, sorrel sauce on potatoes, and berry cobbler.

3/17	Sat	9 a.m.-1 p.m.	\$20
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FOCCIA NIGHT:

Basic savory focaccia, vegetable filled focaccia, sweet focaccia with fruit, and large green salad.

4/18	Wed	6-9:30 p.m.	\$20
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FUN! FIT

Ages 16 and Older

This is full body workout that targets all of the major muscle groups. We will increase strength, decrease body fat, and improve overall conditioning. Class format will change slightly, but we will focus on essentials: cardio, strength training, and a proper cool down which includes stretching. Depending on weather conditions, this may take place outdoors. No class 2/20 and 2/22.

Instructor: Maricres Tuliao ACE Certified

1/2-3/27	Tue	6-7 p.m.	\$60
1/4- 3/29	Thu	6-7 p.m.	\$60

BALLROOM AND LATIN DANCE

Ages 12 and Older

Each session is custom tailored to the majority of the participants' requests covering the Tango, Cha-Cha, Foxtrot, Rumba, Waltz, Swing, and Salsa. Come by yourself or with a partner. Please remember your dancing shoes!

Instructor: Charla Jennings, Certified Ballroom Dance

Instructor

1/9-2/13	Tue	8-9 p.m.	\$66
2/20-3/27	Tue	8-9 p.m.	\$66

CIRCUIT TRAINING

Ages 18 and Older

Circuit training will improve your cardiovascular and muscle endurance. Whether you are looking to get back into shape or improve your overall fitness level, then this is the class for you! This class is found to be a great way to create lasting and supportive friendships with neighborhoods who are also interested in improving/maintaining their overall health. No class 1/1, 1/15, and 2/19.

Instructor: Rick Buyce, ACE Certified

1/8-1/29	Mon	6:30-7:30 p.m.	\$36
2/5-2/26	Mon	6:30-7:30 p.m.	\$36
3/5-3/26	Mon	6:30-7:30 p.m.	\$48

INTRO TO PERSONAL FITNESS

Ages 18 and Older

Learn to use our fitness equipment safely and effectively, plus learn how to properly warm-up, exercise, and stretch. Then design a training program tailored to your fitness level and goals with the help of our fitness expert. If none of these dates and times works for you, please ask the front desk to schedule you a private or semi-private class (\$40). No class 1/1, 1/15, and 2/19.

Instructor: Rick Buyce, ACE Certified

1/8	Mon	7:35-8:45 p.m.	\$12
2/5	Mon	7:35-8:45 p.m.	\$12
3/5	Mon	7:35-8:45 p.m.	\$12

JAZZERCISE AT MEADOWBROOK Get healthy and fit in a friendly environment. Grab a mat/towel and a water bottle and get started today. Classes are ongoing, so come to any class to start. Register for Jazzercise with the instructor onsite. *This program is not operated by the Meadowbrook Advisory Council or Seattle Parks and Recreation.*

M/W/F 9:15-10:15 a.m.

Easy Fitness Ticket (EFT) (monthly pass-automated payment) \$45;

Unlimited Monthly Pass (pay per month) \$65;

4-Class Punch Card (one month expiration) \$42;

Drop-in: \$15

GOJU-RYU KARATE (BEG/INT AND INT/ADV)

Ages 14 and Older

Self-defense, awareness, and physical and mental development are all incorporated into the study of this Okinawan/Japanese karate style. Goju Ryu, the "hard-gentle system" uses both linear and circular techniques to subdue and control an attacker. We will practice fundamental techniques and kata. Interaction with partners will focus on practical self-defense and effective movements. Additional focus is on analyzing and understanding the broader world of the martial arts. This dojo was established in 1994 and is certified by the international Goju-Ryu Karate-Do Kyokai. No class on 2/10.

Instructor: Carol Gittins, 7th Dan.

BEG/INT

1/4-3/22 Thu 7-9 p.m. \$70

INT/ADV

1/6-3/24 Sat 10:15 a.m.-12:15 p.m. \$70

KENDO: THE WAY OF THE JAPANESE SWORD

Ages 10 and Older

Kendo is a path towards self-improvement through training in the ways of the Japanese sword. Meadowbrook Kendo Dojo offers beginning and advanced practitioners year round training in basic and advanced sword techniques along with teaching the cultural and traditional aspects of Japanese martial arts. No class 1/1, 1/15, and 2/19.

Instructor: T.konno, Kendo Kyoshi 7th Dan.

Location: Meadowbrook CC Gym

1/8-3/26 Mon 7-8:30 p.m. \$130 Adult \$65 Youth



↘ AT-A-GLANCE

BARCODE	ACTIVITY TITLE	AGE	DAY	STARTS	ENDS	START TIME	PRICE
172747	Nurturing Pathways for Babies	3 Months-Walking	Thu	1/11	3/15	11 a.m.	\$171
172748	Nurturing Pathways for Waddlers/Toddlers	Walking-2.5 Years	Thu	1/11	3/15	10 a.m.	\$171
172733	Creative Movement	2-3 Years	Thu	1/11	2/15	12 p.m.	\$66
172734	Creative Movement	2-3 Years	Thu	3/1	3/29	12 p.m.	\$55
172737	Kidz Love Soccer - Parent & Me Soccer	2-3.5 Years	Fri	1/12	2/16	6 p.m.	\$75
172738	Kidz Love Soccer - Parent & Me Soccer	2-3.5 Years	Fri	3/2	4/6	6 p.m.	\$75
172752	Toddler Sports Sampler	2-4 Years	Thu	1/4	1/25	12:30 p.m.	\$32
172753	Toddler Sports Sampler	2-4 Years	Thu	2/1	2/22	12:30 p.m.	\$32
172754	Toddler Sports Sampler	2-4 Years	Thu	3/1	3/29	12:30 p.m.	\$40
173239	Toddler Art - Thurs	2-5 Years	Thu	1/11	2/8	10 a.m.	\$50
173240	Toddler Art - Thurs	2-5 Years	Thu	2/22	3/22	10 a.m.	\$50
172739	Kidz Love Soccer - Tot/Pre-Soccer	3.5-5 Years	Fri	1/12	2/16	5:15 p.m.	\$75
172740	Kidz Love Soccer - Tot/Pre-Soccer	3.5-5 Years	Fri	3/2	4/6	5:15 p.m.	\$75
172750	Pre-Ballet	3-4 Years	Thu	1/11	2/15	12:45 p.m.	\$66
172751	Pre-Ballet	3-4 Years	Thu	3/1	3/29	12:45 p.m.	\$55
172741	Kidz Love Soccer - Soccer 1	5-6 Years	Fri	1/12	2/16	4:30 p.m.	\$75
172742	Kidz Love Soccer - Soccer 1	5-6 Years	Fri	3/2	4/6	4:30 p.m.	\$75
172735	Drumming	6 and Older	Mon	1/8	2/12	5:30 p.m.	\$125
172736	Drumming	6 and Older	Mon	2/26	4/9	5:30 p.m.	\$175
*	Drumming	6 and Older	Wed	1/10	2/14	5:30 p.m.	\$150
*	Drumming	6 and Older	Wed	2/28	4/11	5:30 p.m.	\$175
173237	Recycle, Repurpose, Recreate Art!	11-15 Years	Mon	1/8	2/12	4:30 p.m.	\$70
173238	Recycle, Repurpose, Recreate Art!	11-15 Years	Mon	2/26	4/2	4:30 p.m.	\$70
172732	Brain Hacks for Teens	13-18 Years	Thu	1/11	2/15	4 p.m.	\$150
173225	Hatha Flow Yoga	16 and Older	M/W	1/3	1/31	6 p.m.	\$50
173226	Hatha Flow Yoga	16 and Older	M/W	2/5	2/28	6 p.m.	\$50
173227	Hatha Flow Yoga	16 and Older	M/W	3/5	3/28	6 p.m.	\$50
173228	Jewelry Making	16 and Older	Mon	1/8	2/12	6 p.m.	\$125
173236	Jewelry Making	16 and Older	Mon	2/26	4/2	6 p.m.	\$125
172749	Parenting for Teens with Mindfulness and Purpose	18 and Older	Wed	1/10	2/14	7 p.m.	\$150

↘ TOTS

NURTURING PATHWAYS FOR WADDLERS/TODDLERS®

Ages 1 year-30 Months

Nurturing Pathways for Waddlers/Toddlers (walking to 30 months). Enrich every area of your child's development while building a closer bond. Have fun exploring dance concepts, doing rhyming exercises, playing musical instruments together, and challenging motor sequencing and gross motor skills with obstacle courses that will refine their coordination and develop their musical skills. Only one child per adult. An extra supply fee of \$28 will be charged to new participants on the first day of class. No class 2/22.

Instructor: Megan Frazer

1/11-3/15 Thu 10-10:45a.m. \$171

NURTURING PATHWAYS FOR BABIES®

Ages 3 Months-12 Months

A unique class for you and your baby to explore creative dance, movement and music. Enjoy tummy time, play instruments, exercise baby's body, enjoy folk dances, Waltz together and learn infant massage. bond with your baby and build relationships with other parents while you enjoy creative dance activities. Learn throughout the class about your baby's development and take home playful, fun exercises. Only one child per adult. An extra supply fee of \$28 will be charged to new participants on the first day of class. No class 2/22.

Instructor: Megan Frazer

1/11-3/15 Thu 11-11:45 a.m. \$171

TODDLER SPORTS SAMPLER

Ages 2-4

This class introduces young children to sports skills, coordination exercises, fun obstacle courses and cooperative play. Parent participation is encouraged – have fun learning about soccer, volleyball, basketball, tennis and much more with your little one.

1/4-1/25 Thu 12:30-1:15 p.m. \$32

2/1-2/22 Thu 12:30-1:15 p.m. \$32

3/1-3/29 Thu 12:30-1:15 p.m. \$40

TODDLER ART

Ages 2-5

This class is a perfect introduction to art for your tot! Each class will explore a different art technique, including collage-making, painting, crafts and paper constructions. Kids will have fun building creative skills and learning about art. Supplies and materials provided. An adult must accompany the child to assist.

Instructor: Amber Daub

1/11- 2/8 Thu 10-10:45am \$50

2/22-3/22 Thu 10-10:45am \$50

CREATIVE MOVEMENT

Ages 2-3

In this class, we'll super-charge our minds and imaginations through creative movement and the basics of ballet. Throughout each class, we will use music, stories, and games to explore the foundational concepts of dance and introduce students to the shapes and patterns of classical ballet.

Instructor: Ciara McCormack

1/11-2/15 Thu Noon-12:45 p.m. \$66

3/1-3/29 Thu Noon-12:45 p.m. \$55

PRE-BALLET

Ages 3-4

This class teaches the basics of correct body alignment and proper ballet technique in a creative, nurturing environment. Through introducing students, the basic shapes, patterns, and concepts of classical dance, this curriculum enhances both cognitive and physical development at this important time.

Instructor: Ciara McCormack

1/11-2/15 Thu 12:45-1:30 p.m. \$66

3/1-3/29 Thu 12:45-1:30 p.m. \$55

KIDZ LOVE SOCCER-TOT/PRE-SOCCER

Ages 3.5-5

Little tykes will enjoy running and kicking just like the big kids! Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Shin guards are required after the first meeting.

1/12-2/16 Fri 5:15-5:50 p.m. \$75

3/2-4/6 Fri 5:15-5:50 p.m. \$75

KIDZ LOVE SOCCER -PARENTS & ME SOCCER

Ages 2-3.5

Introduce yourself and your toddler to the "World's Most Popular Game"! 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 & Me Soccer, parents are part of the action, not watching from the sidelines!

1/12-2/16 Fri 6-6:30 p.m. \$75

3/2-4/6 Fri 6-6:30 p.m. \$75



↘ YOUTH

KIDZ LOVE SOCCER-SOCCER 1

Ages 5-6

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

1/12-2/16	Fri	4:30-5:15 p.m.	\$75
3/2-4/6	Fri	4:30-5:15 p.m.	\$75

DRUM LESSONS

Ages 6 and Older

Learn expression through music! This Miller Community Center drum class is a fun experience where lessons are tailored to each individual student. Lessons include reading music, playing by ear, music theory, and composition. Lessons are 30 minutes long, call 206-684-4753 to see what slots are available. No class 1/15.

Instructor: Larry Jones

1/8-2/12	Mon	5:30-8 p.m.	\$125
2/26-4/9	Mon	5:30-8 p.m.	\$175
1/10-2/14	Wed	5:30-8 p.m.	\$150
2/28-4/11	Wed	5:30-8 p.m.	\$175

NEW RECYCLE, REPURPOSE & RECREATE ART!

Ages 11-15

Students will discover how to use their creativity to upcycle and repurpose household materials into new art! Bring in items from home, or use materials we provide. The instructor will have some ideas and examples as well. No class 1/15 and 2/19.

Instructor: Amber Daub

1/8-2/12	Mon	4:30-5:30 p.m.	\$70
2/26-4/2	Mon	4:30-5:30 p.m.	\$84

↘ TEENS

AFTER SCHOOL TEEN DROP-IN

FREE!

Ages 11-19

Daily activities set up by teens for teens- volleyball, basketball, crafts, and more. Miller also offers a homework computer station and FREE Wi-Fi access.

1/2-3/30	M/W/F	3:30-7 p.m.
	T/Th	3:30-5:30 p.m.

TEEN TUTOR PROGRAM

FREE!

Ages 11-18

Connect with a fellow teen who can help you succeed in the classroom. Volunteer tutors and those who seek help are asked to email buck.buchanan@seattle.gov for appointment

1/2-3/30	M/T/Th/F	3-5:30 p.m.
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DINNER AND A MOVIE

FREE!

Ages 11-18

Come to Miller Community Center and learn basic culinary skills every Wednesday starting at 3 p.m.. You will learn about nutrition while having fun with other teens. You will also learn how to make healthy meals that are quick, easy and not lacking in taste in this class. Then relax in the teen room while watching a movie.

Wed	3-7 p.m.
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BRAIN HACKS FOR TEENS

Ages 12-18

Learn valuable social and life skills with your peers. Ever wondered why you get so stressed and anxious? Have you wished you could figure out a way to deal with all of the pressures in your life and just enjoy being a teenager more? This class will teach you about your brain and give you a space to share your experiences and frustrations with other teens. We will talk about ways to hack the systems in your brain and body so you can deal with strong emotions positively, make stronger connections with friends and family, and understand how to capitalize on the amazing brain development that happens during the teen years. Join a group of your peers for interesting conversations, insightful activities, and community-building and leave with some tools to help you feel more positive and focused.

Instructor: Kari O'Driscoll

1/11-2/15	Thu	4-5 p.m.	\$150
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ADULTS



JEWELRY MAKING

Ages 16 and Older

Learn the basic skills to make various styles of jewelry. We will use different materials to create earrings, bracelets, and necklaces; to learning how to wire wrap and make simple pendants. No class 1/15.

Instructor: Amber Daub

1/8-2/12	Mon	6-7pm	\$125
2/26-4/2	Mon	6-7pm	\$150



HATHA FLOW YOGA

Ages 16 and Older

All levels, all bodies hatha flow yoga class. Students will be guided through a series of yoga postures (asanas) linking breath to movement, increasing strength and flexibility of body and mind. Yoga mats are available for use at the community center. No class 1/15, 2/19

Instructor: Aimee Chevalier

1/3-1/31	M/W	6-7pm	\$50
2/5-2/28	M/W	6-7pm	\$50
3/5-3/28	M/W	6-7pm	\$50

Drop-in: \$10



PARENTING TEENS WITH MINDFULNESS AND PURPOSE

Ages 18 and Older

Learn valuable social and life skills with your peers. If you're raising a teenager, you've got conflict. This six week class teaches you how to approach this changing relationship in a positive way. Learn to create shared goals, communicate more effectively, and help your teen deal with stress and anxiety. The first class will give you important information about how the teenage brain works so you can understand why they do the things they do. Come learn with other parents who are experiencing the same frustrations as you and leave with a set of tools and ideas for a happier home.

Instructor: Kari O'Driscoll

1/10-2/14	Wed	7-8 p.m.	\$150
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EXPLORE THE WILD SIDE OF SEATTLE THROUGH YOUR ENVIRONMENTAL LEARNING CENTERS!



Many Seattle parks now have programs for adults and families focusing on the natural and cultural history of Puget Sound and your role in that history. Contact an environmental learning center to learn more about these unique programs.

DISCOVERY PARK

206-386-4236
3801 Discovery Park Blvd
discover@seattle.gov

- » located 5 miles northwest of downtown Seattle
- » 8 miles of trails
- » ponds, saltwater beaches, forests, and meadows

CAMP LONG

206-684-7434
5200 35th Ave SW
camplong@seattle.gov

- » located in West Seattle
- » 68-acre forested park with hiking trails
- » climbing rock with instructors
- » rustic cabins for rent
- » wetlands loaded with frogs and salamanders
- » campfire programs

CARKEEK PARK

206-684-0877
950 NW Carkeek Park Road
carkeek.park@seattle.gov

- » located in North Seattle
- » roam the trails
- » play at the playground
- » explore the historic Piper's Orchard



Seattle Parks & Recreation

Learn about and sign up for programs on SPARC, an online registration service. Each park also has its own web page at: <http://www.seattle.gov/parks/find/environmental-education-and-outdoor-learning>



AT-A-GLANCE

BARCODE	ACTIVITY TITLE	AGE	DAY	STARTS	ENDS	START TIME	PRICE
N/A	Child 2 Chef Cooking Class	6-11	M/W	1/8	1/24	4:30 p.m.	\$170
N/A	Child 2 Chef Cooking Class	6-11	M/W	1/29	2/14	4:30 p.m.	\$200
N/A	Child 2 Chef Cooking Class	6-11	M/W	2/26	3/14	4:30 p.m.	\$200
172942	Nurturing Pathways for Waddlers/Toddlers	1 - 2.5 Years	Wed	1/10	3/14	10 a.m.	\$171
172941	Nurturing Pathways for Babies	3 months - 1yr	Wed	1/10	3/14	11:15 a.m.	\$171
172933	Creative Movement	2 - 3 Years	Fri	1/12	2/16	11:30 a.m.	\$66
172934	Creative Movement	2 - 3 Years	Fri	3/2	3/30	11:30 a.m.	\$55
172953	Pre Ballet 1	3 - 4 Years	Fri	1/12	2/16	12:30 p.m.	\$66
172954	Pre Ballet 1	3 - 4 Years	Fri	3/2	3/30	12:30 p.m.	\$55
172955	Pre ballet 2	4 - 6 Years	Fri	1/12	2/16	1:30 p.m.	\$66
172956	Pre ballet 2	4 - 6 Years	Fri	3/2	3/30	1:30 p.m.	\$55
172945	Parents' Night Out	5 - 12 Years	Fri	1/19	1/19	5:30 p.m.	\$25
172946	Parents' Night Out	5 - 12 Years	Fri	2/16	2/16	5:30 p.m.	\$25
172947	Parents' Night Out	5 - 12 Years	Fri	3/16	3/16	5:30 p.m.	\$25
172962	Youth Pottery	6 - 13 Years	Mon	1/8	2/26	4:30 p.m.	\$75
172961	Tri-Hara Karate Youth Class	6 - 18 Years	Sat	1/6	3/24	9 a.m.	\$25
172949	Piano Lessons	6 and Older	Tue	1/9	3/20	3 p.m.	\$250
172950	Piano Lessons	6 and Older	Wed	1/10	3/21	4:30 p.m.	\$250
172957	Saxophone/Flute Lessons	6 and Older	Wed	1/10	2/14	4 p.m.	\$150
172958	Saxophone/Flute Lessons	6 and Older	Wed	2/21	3/28	4 p.m.	\$150
167909	Cub Basketball Boys - Montlake	8-9 Years	F/Sa	11/29	3/17	11 p.m.	\$85
173286	Cub Basketball Girls - Montlake	8-9 Years	F/Sa	11/29	3/17	11 p.m.	\$85
172943	Okinawan Karate-Do	8 and Older	M/W	1/8	2/21	6:30 p.m.	\$60
172944	Okinawan Karate-Do	8 and Older	M/W	2/26	4/4	6:30 p.m.	\$60
172930	Cooking Hainanese Chicken and Rice	16 and Older	Thu	3/1	3/1	6 p.m.	\$45
172931	Cooking Korean New Year Oxtail Ri	16 and Older	Thu	1/11	1/11	6 p.m.	\$45
172932	Cooking Valentines Day Dinner	16 and Older	Thu	2/1	2/1	6 p.m.	\$45
172861	Adult Beginning Pottery	18 and Older	Wed	1/10	2/21	6 p.m.	\$120
172863	Adult Beginning Pottery	18 and Older	Wed	2/26	4/11	6 p.m.	\$120
172866	Adult Open Pottery Studio	18 and Older	M-Sa	1/8	2/17	11 a.m.	\$120
172867	Adult Open Pottery Studio	18 and Older	M-Sa	2/23	3/31	11 a.m.	\$120
172928	Ceramic Art	18 and Older	Mon	1/8	2/26	6 p.m.	\$120
172929	Ceramic Art	18 and Older	Mon	3/5	4/9	6 p.m.	\$120
172951	Pilates - Monday	18 and Older	Mon	1/8	2/26	7 p.m.	\$66
172952	Pilates - Monday	18 and Older	Mon	3/5	4/9	7 p.m.	\$66
172960	Tri-Hara Karate Adult Class	19 and Older	Sat	1/6	3/24	10 a.m.	\$25
172937	Montlake Fitness/Aerobics Class	50+	M-Th	1/8	2/22	7 a.m.	Varies
172938	Montlake Fitness/Aerobics Class	50+	M-Th	1/8	2/22	8:15 a.m.	Varies
172939	Montlake Fitness/Aerobics Class	50+	M-Th	2/26	4/5	7 a.m.	Varies
172940	Montlake Fitness/Aerobics Class	50+	M-Th	2/26	4/5	8:15 a.m.	Varies
N/A	Hatha Flow Yoga	16 and Older	Mon	1/8	2/12	4:30 p.m.	\$45
N/A	Hatha Flow Yoga	16 and Older	Tue	2/26	3/26	4:30 p.m.	\$45
N/A	Creative Computing with Scratch 101	7-9 Years	Fri	1/12	3/9	3:30 p.m.	\$220

↘ TOT

NURTURING PATHWAYS FOR WADDLERS/TODDLERS®

Ages 1 Year-30 Months

Nurturing Pathways for Waddlers/Toddlers (walking to 30 months). Enrich every area of your child's development while building a closer bond. Have fun exploring dance concepts, doing rhyming exercises, playing musical instruments together, and challenging motor sequencing and gross motor skills with obstacle courses that will refine their coordination and develop their musical skills. Only one child per adult. An extra supply fee of \$28 will be charged to new participants on the first day of class. No class 2/21.

Instructor: Megan Frazer

1/10-3/14 **Wed** 10-10:45 a.m. \$171

NURTURING PATHWAYS FOR BABIES®

Ages 3 Months-1 Year

A unique class for you and your baby to explore creative dance, movement and music. Enjoy tummy time, play instruments, exercise baby's body, enjoy folk dances, Waltz together and learn infant massage. Bond with your baby and build relationships with other parents while you enjoy creative dance activities. Learn throughout the class about your baby's development and take home playful, fun exercises. Only one child per adult. An extra supply fee of \$28 will be charged to new participants on the first day of class. No class 2/21.

Instructor: Megan Frazer

1/10-3/14 **Wed** 11:15 a.m.-Noon \$171

CREATIVE MOVEMENT

Ages 2-3

In this class, we'll super-charge our minds and imaginations through creative movement and the basics of ballet. Throughout each class, we will use music, stories, and games to explore the foundational concepts of dance and introduce students to the shapes and patterns of classical ballet.

Instructor: Ciara McCormack

1/12-2/16 **Fri** 11:30 a.m.-12:15 p.m. \$66

3/2-3/30 **Fri** 11:30 a.m.-12:15 p.m. \$55

PRE-BALLET 1

Ages 3-4

This class teaches the basics of correct body alignment and proper ballet technique in a creative, fun environment. By teaching and introducing students the basic shapes, patterns, and traditions of classical ballet, the Beginning Ballet curriculum enhances both cognitive and physical development at this important time.

Instructor: Ciara McCormack

1/12-2/16 **Fri** 12:30 p.m.-1:15 p.m. \$66

3/2-3/30 **Fri** 12:30 p.m.-1:15 p.m. \$55

PRE-BALLET 2

Ages 4-6

Starting with the foundations we learned in Level 1, this class gives growing students a chance to expand their horizons and learn new skills while gaining strength and refining their technique. As the class progresses, students will be introduced to the principals of the ballet barre and combine movements to make dances.

Instructor: Ciara McCormack

1/12-2/16 **Fri** 1:30-2:15 p.m. \$66

3/2-3/30 **Fri** 1:30-2:15 p.m. \$55

↘ YOUTH

OKINAWAN KARATE-DO

Age 8 and Older

Learn traditional Okinawan KARATE-DO in a safe, welcoming environment. Karate is an effective way of self-defense: learn blocks, kicks, punches, stances—all integrated in movement pattern drills called "kata". Develop concentration, calmness, confidence, and grow fit. Class taught at Montlake Community Center since 1973; instructor has 35 years of training and teaching experience there. Karate questions? Email instructor at epseattle@msn.com. No class 1/15 and 2/19.

Instructor: Harold R. Avelar

1/8-2/21 **M/W** 6:30-8:30 p.m. \$60

2/26-4/4 **M/W** 6:30-8:30 p.m. \$60

YOUTH POTTERY

Ages 6-13

Come explore the nature of clay as we hand form it into cups, bowls, animals, masks, and glaze paintings. We will practice basic hand building and glazing techniques for making functional pottery and small sculptures. No class 1/15 and 2/19.

Instructor: Adrien Miller

1/8-2/26 **Mon** 4:30-5:15 p.m. \$75



CHILD 2 CHEF COOKING CLASS

Ages 6-11

Child2Chef inspires youth through culinary arts. Our classes are each 2 hours long and the mini chefs will learn a new recipe each class. We also cover food safety, healthy options, etiquette, and more! On the last day, please join us for a celebration to see what they've learned! No class 1/15.

Instructor: Dwane Butler

1/8-1/24 **M/W** 4:30-6:30 p.m. \$170

1/29-2/14 **M/W** 4:30-6:30 p.m. \$200

2/26-3/14 **M/W** 4:30-6:30 p.m. \$200



PIANO LESSONS

Ages 7 and Older

Piano lessons available for students with at least 1 year of lessons. Classes will focus on continued learning of sight reading, music theory, rhythm work and the exploration of a variety of music genres. Lessons are 30 minutes long and time must be scheduled with the instructor. No class 2/20,2/21.

Instructor: Sarah Macnabb

1/9-3/20	Tue	3-6 p.m.	\$250
1/10-3/21	Wed	4:30-6:30 p.m.	\$250

SAXOPHONE/FLUTE LESSONS

Ages 6 and Older

Explore classical and contemporary music, music theory, and improvisation as it applies to the saxophone or flute. Participants will receive one half-hour of personalized instruction per week that focuses on tone development, finger position, posture, and music reading. These are 30 minutes long and time must be scheduled with the instructor.

Instructor: Bob Antolin

Location: Music Room

1/10-2/14	Wed	4-8 p.m.	\$150
2/21-3/28	Wed	4-8 p.m.	\$150

TRI-HARA KARATE YOUTH CLASS

Ages 6-18

Through this martial art form, students will develop coordination of mind and body, confidence, awareness, respect, sincerity, focus, perseverance, self-defense, and healthy boundaries. These are tools for life. Benefits will be noticeable at home, as well as in school, sports, and social behaviors. This program is designed to be fun and challenging, encouraging students to be the best they can be in all aspects of life. Beginners welcome. The instructor for this class is Sean Gorman, who holds a 3rd degree black belt in Goju-Ryu karate, and has studied several other martial art forms since 1992.

Instructor: Sean Gorman

1/6-3/24	Sat	9-10 a.m.	\$25
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CREATIVE COMPUTING WITH SCRATCH 101

Ages 7-9

Students design their own world and then bring it to life with Scratch, a visual drag and drop programming language developed at MIT. Through creating animations and developing interactive games, students learn the fundamentals of programming, including initialization, looping, and conditional statements. Students of all learning styles are captivated by the use of games, movement, and collaboration in the classroom. Instructors provide personalized help so that students can progress at their own pace as they experiment with fun new challenges. No class 2/23.

Instructor: Computing Kids

1/12-3/9	Fri	3:30-4:30p.m.	\$220
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ADULT

PILATES CLASS

Ages 18 and Older

Breathe easier, feel stronger with Pilates. Pilates will help you tone your muscles, rehabilitate from an injury, or train for an athletic event. Lengthen and strengthen your muscles while building a developing body. Pilates focuses on core strength-abdominals, and practices moving from the inside out. It helps with posture, body alignment, breathing, control, balance, flow and strength. Work with your body to help realign movement patterns, and to use muscles properly and efficiently. Bring a yoga mat if you have one otherwise the community center has some available. Perfect for those with minimal fitness activity or as a supplement to other exercise practices. No class 1/15 and 2/19.

Instructor: Mary Freiburger

1/8-2/26	Mon	7-8 p.m.	\$66
3/5-4/9	Mon	7-8 p.m.	\$66

CERAMIC ART

Ages 18 and Older

Learn and practice a variety of techniques from hand building sculpture to wheel throwing pottery and glazing. Explore the rich potential of this ancient medium for making art. We'll have weekly demonstrations, open studio time and one-on-one project guidance with local teaching artist No class 1/15 and 2/19.

Instructor: Adrien Miller

1/8-2/26	Mon	6-8:30 p.m.	\$120
3/5-4/9	Mon	6-8:30 p.m.	\$120

ADULT BEGINNING POTTERY

Ages 18 and Older

Mellow and relaxing evenings await you while you explore creating cups, bowls, and vases on the potter's wheel. Weekly demonstrations are featured with one-on-one guidance. Learn to hand build clay while building new friendships. No previous experience necessary, all levels welcome.

Instructor: Adrien Miller

1/10-2/21	Wed	6-8:30 p.m.	\$120
2/28-4/11	Wed	6-8:30 p.m.	\$120



HATHA FLOW YOGA

Ages 16 and Older

All levels, all bodies hatha flow yoga class. Students will be guided through a series of yoga postures (asanas) linking breath to movement, increasing strength and flexibility of body and mind. Yoga mats are available for use at the community center. No class 1/15

Instructor: Aimee Chevalier

1/8-2/12	Mon	4:30-5:30p.m.	\$45
2/26-3/26	Mon	4:30-5:30p.m.	\$45

Drop-in: \$10



ADULT OPEN POTTERY STUDIO

Ages 18 and Older

Open pottery studio is available to any student who has enrolled in and taken pottery classes this year. Studio closed on 1/15 and 2/19.

1/8-2/16 \$120
2/23-3/30 \$120

HOURS

Mon	11 a.m.-4 p.m.
Tue/Thu	3-8:30 p.m.
Wed	11:30 a.m.-5:30 p.m.
Fri	11 a.m.-8:30 p.m.
Sat	9 a.m.-3:30 p.m.
Sun	CLOSED

OKINAWAN KARTE-DO

Age 8 and Older

Learn traditional Okinawan KARATE-DO in a safe, welcoming environment. Karate is an effective way of self-defense: learn blocks, kicks, punches, stances—all integrated in movement pattern drills called “kata”. Develop concentration, calmness, confidence, and grow fit. Class taught at Montlake Community Center since 1973; instructor has 35 year training and teaching experience there. Open to new and skilled practitioners. Opportunity available to train with visiting karate-do master from Okinawa, Japan. Karate questions? Email instructor at epseattle@msn.com. No class 1/15 and 2/19.

Instructor: Harold R. Avelar

1/8-2/21	M/W	6:30-8:30 p.m.	\$60
2/26-4/4	M/W	6:30-8:30 p.m.	\$60

TRI-HARA KARATE ADULT CLASS

Ages 19 and Older

Shed stress and increase the strength and flexibility of your body, mind, and heart. This martial art form promotes physical health, emotional well-being, and mental clarity, so that each individual can live in balance to their fullest potential. Learn how traditional karate can be a valuable tool for life in the modern age. Beginners welcome. The instructor for this class is Sean Gorman, who holds a 3rd degree black belt in Goju-Ryu karate, and has studied several other martial art forms since 1992.

Instructor: Sean Gorman

1/6-3/17	Sat	10-11 a.m.	\$25
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LEARN TO COOK, EAT GOOD FOOD, AND MAKE NEW FRIENDS!

Ages 16 and Older

These cooking classes are taught by Kay Kim, professional chef and owner of Kay Catering. Learn from the best and have a great time as you create new dishes. Classes are offered each month and, don't worry, there will be left overs!

Instructor: Kay Kim

COOKING TRADITIONAL KOREAN NEW YEAR OXTAIL RICE CAKE SOUP

1/11	Thu	6-8:30 p.m.	\$45
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COOKING VALENTINE'S DAY DINNER HOMEMADE PASTA AND RED SAUCE

2/1	Thu	6-8:30 p.m.	\$45
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COOKING HAINANESE CHICKEN AND RICE

3/1	Thu	6-8:30 p.m.	\$45
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MONTLAKE FITNESS/AEROBICS

Ages 50 and Older

A great combination of aerobic conditioning, pilates, yoga, and strength training using body weight and free weights. Endurance, core strength, flexibility, and balance are prioritized. Long-term gains and health are our focus. Please join us, improve your overall health and make new friends. Men and women are welcome. No class 1/15 and 2/19.

Instructor: Erica Christenson

1/8-2/22	M-Th	7-8 a.m.
2/26-4/5	M-Th	7-8 a.m.
1/8-2/22	M-Th	8:15-9:15 a.m.
2/26-4/5	M-Th	8:15-9:15 a.m.

1 Day \$71.50 (Adult), \$68.25 (Senior);
2 Days \$136.50 (Adult), \$130 (Senior);
3 Days \$195 (Adult), \$185.25 (Senior);
4 Days \$242.25 (Adult), \$229.50 (Senior)



↘ AT-A-GLANCE

BARCODE	ACTIVITY TITLE	AGE	DAY	STARTS	ENDS	START TIME	PRICE
*	Learn to Play: Soccer 1	2½-4 years	T/Th	1/9	2/1	11:30 a.m.-12:15 p.m.	\$80
173016	Learn to Play: Soccer 1	2½-4 years	T/Th	2/6	3/1	11:30 a.m.-12:15 p.m.	\$80
173020	Learn to Play: Soccer 1	2½-4 years	T/Th	3/6	3/29	11:30 a.m.-12:15 p.m.	\$80
173095	Sports 4 Cohorts	3-4 years	Wed	1/10	2/14	3:45-4:30 p.m.	\$60
173096	Sports 4 Cohorts	3-4 years	Wed	2/28	3/28	3:45-4:30 p.m.	\$50
*	Learn to Play: Soccer 2	4-6 years	T/Th	1/9	2/1	12:30-1:15 p.m.	\$80
173029	Learn to Play: Soccer 2	4-6 years	T/Th	2/6	3/1	12:30-1:15 p.m.	\$80
173036	Learn to Play: Soccer 2	4-6 years	T/Th	3/6	3/29	12:30-1:15 p.m.	\$80
	Northgate Preschool Jan	3-5 years	various	call center for details		9:30 a.m.-1 p.m.	
	Northgate Preschool Feb	3-5 years	various			9:30 a.m.-1 p.m.	
	Northgate Preschool Mar	3-5 years	various			9:30 a.m.-1 p.m.	

NORTHGATE CC

BARCODE	ACTIVITY TITLE	AGE	DAY	STARTS	ENDS	START TIME	PRICE
173001	Creative Dance Movement	3-5 years	Fri	1/12	2/16	11:15 a.m.-12:30 p.m.	\$42
173006	Creative Dance Movement	3-5 years	Fri	3/2	3/30	11:15 a.m.-12:30 p.m.	\$35
173090	Pre-Ballet	3-5 years	Tue	1/9	2/13	3:30-4:15 p.m.	\$63
173093	Pre-Ballet	3-5 years	Tue	2/27	3/27	3:30-4:15 p.m.	\$52.50
173072	Piano Lessons - Jan	4 and older	Thu	1/4	1/25	3-6 p.m.	\$100
173071	Piano Lessons - Feb	4 and older	Thu	2/1	2/22	3-6 p.m.	\$100
173073	Piano Lessons - Mar	4 and older	Thu	3/1	3/29	3-6 p.m.	\$125
173062	One on One: Instructional Hoops League (Gr. K)	5-6 years	Sat	1/6	2/10	9:15-10:15 a.m.	\$135
*	One on One: Instructional Hoops League (Gr. 1st)	6-7 years	Sat	1/6	2/10	10:15-11:15 a.m.	\$135
173059	One on One: Instructional Hoops League (Gr. 2nd)	7-8 years	Sat	1/6	2/10	11:15 a.m.-12:15 p.m.	\$135
172969	Ballet 1	5-7 years	Tue	1/9	2/13	4:30-5:15 p.m.	\$63
172970	Ballet 1	5-7 years	Tue	2/27	3/27	4:30-5:15 p.m.	\$52.50
172973	Ballet 2	7-10 years	Tue	1/9	2/13	5:30-6:15 p.m.	\$63
172974	Ballet 2	7-10 years	Tue	2/27	3/27	5:30-6:15 p.m.	\$52.50
173007	Hip Pop Junior	5-7 years	Mon	1/8	2/12	3:45-4:30 p.m.	\$50
173008	Hip Pop Junior	5-7 years	Mon	2/26	3/26	3:45-4:30 p.m.	\$50
172990	Boom Dance: Hip Hop Kids	7-10 years	Thu	1/11	2/15	4:45-5:45 p.m.	\$90
172991	Boom Dance: Hip Hop Kids	7-10 years	Thu	3/1	3/19	4:45-5:45 p.m.	\$75
172984	Boom Dance: Hip Hop Adults	16 and older	Thu	1/11	2/15	6-7 p.m.	\$90
172989	Boom Dance: Hip Hop Adults	16 and older	Thu	3/1	3/19	6-7 p.m.	\$75
172993	Boom Dance: Zumba	16 and older	Tue	1/9	2/13	6:30-7:30 p.m.	\$90
172997	Boom Dance: Zumba	16 and older	Tue	2/27	3/27	6:30-7:30 p.m.	\$75
173009	Latin & Ballroom Dance	16 and older	Thu	1/11	2/15	7-8 p.m.	\$66
173010	Latin & Ballroom Dance	16 and older	Thu	3/1	3/29	7-8 p.m.	\$55
*	Cooking: One Pot Meals	16 and older	Wed	1/10		5:30-8:30 p.m.	\$35
*	Cooking: Cajun Mardi Gras	16 and older	Wed	2/7		5:30-8:30 p.m.	\$35
*	Cooking: Indian Cuisine	16 and older	Thu	3/1		10 a.m.-1 p.m.	\$35
*	Cooking: Frybreads	16 and older	Wed	3/7		5:30-8:30 p.m.	\$35
*	Baking: Middle Eastern Breads	16 and older	Sat	1/20		11 a.m.-2 p.m.	\$35
*	Baking: Cheesecake and Swirls	16 and older	Sat	2/3		11 a.m.-2 p.m.	\$35
*	Baking: Challah	16 and older	Mon	2/19		6-9 p.m.	\$35
171905	Silver Screeners: Lifeboat	12 and older	Tue	1/9		2-4:30 p.m.	Free!
171906	Silver Screeners: The Egg and I	12 and older	Tue	2/13		2-4:30 p.m.	Free!
171907	Silver Screeners: Gentlemen Prefer Blondes	12 and older	Tue	3/13		2-4:30 p.m.	Free!
171895	Race and Social Justice through Poetry	50 and older	Wed	1/3	3/14	1:30-3:30 p.m.	\$160
*	Women's Self-Defense	14 and older	Fri	1/12	2/16	6-7 p.m.	\$115
*	Women's Self-Defense	14 and older	Fri	2/23	3/30	6-7 p.m.	\$115



↘ TOTS

CREATIVE DANCE MOVEMENT

Ages 3-5

Introduce ballet and dance movement to young children! Develop balance, coordination, and socialization through rhythm, musicality, and brain games.

Instructor: Dakota Crist

1/12-2/16	Fri	11:15 a.m.-Noon	\$42
3/2-3/30	Fri	11:15 a.m.-Noon	\$35

PRE-BALLET

Ages 3-5

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

1/9-2/13	Tue	3:30-4:15 p.m.	\$63
2/27-3/27	Tue	3:30-4:15 p.m.	\$52.50

LEARN TO PLAY: SOCCER 1

Ages 2½-4

It's time to play soccer! Develop motor skills and coordination through simple drills and games. Since soccer is a team sport, practice socializing and sharing with your teammates. Most of all, this class is about fun and play! And don't forget that you can join Tot Gym before or after your class for free!

1/9-2/1	T/Th	11:30 a.m.-12:15 p.m.	\$80
2/6-3/1	T/Th	11:30 a.m.-12:15 p.m.	\$80
3/6-3/29	T/Th	11:30 a.m.-12:15 p.m.	\$80

SPORTS 4 COHORTS

Ages 3-4

Can't decide on one particular sport for your child? This class is the perfect fit to keep your little one active and engaged in a fun and safe environment! This program is designed to build basic coordination skills and self-esteem. This class focuses on multiple sports, giving your child the chance to try a variety of sports all while having tons of fun!

Instructor: Sheila Gruner

1/10-2/14	Wed	3:45-4:30 p.m.	\$60
2/28-3/28	Wed	3:45-4:30 p.m.	\$50

PRESCHOOL

Ages 3-5

We're stilling accepting registration for preschool! Join Teacher B and your new friends to grow and learn. Scholarships are available to all who qualify (apply at Northgate CC).

PLEASE SEE PAGE 20 FOR DETAILS!

↘ YOUTH

BALLET 1

Ages 5-7

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

1/9-2/13	Tue	4:30-5:15 p.m.	\$63
2/27-3/27	Tue	4:30-5:15 p.m.	\$52.50

BALLET 2

Ages 7-10

This class teaches the basics of correct body alignment and proper ballet technique. Students learn basic ballet vocabulary and combine it into fun, energetic, and expressive dances. Class will introduce traditional barre and center-floor work, and a creative game to round out the day. This traditional class is for students who have taken two years of dance instruction and for older beginners.

1/9-2/13	Tue	5:30-6:15 p.m.	\$63
2/27-3/27	Tue	5:30-6:15 p.m.	\$52.50

LEARN TO PLAY: SOCCER 2

Ages 4-6

It's time to play soccer! Learn the rules to soccer through skill drills, games, and mini matches. We'll improve coordination and learn positive communication with our teammates. Don't forget that you can join Tot Gym for free before or after class!

1/9-2/1	T/Th	12:30-1:15 p.m.	\$80
2/6-3/1	T/Th	12:30-1:15 p.m.	\$80
3/6-3/29	T/Th	12:30-1:15 p.m.	\$80

HIP POP JUNIOR

Ages 5-7

Join the fun! Students will learn basic hip-hop dance moves and choreography to classic and current pop and hip hop music. Classes are energetic and focused on coordination and self-confidence. The dance party continues with some fun dance games. Students should wear comfortable sneakers and bring a water bottle. No class 1/15.

Instructor: Sheila Gruner

1/8-2/12	Mon	3:45-4:30 p.m.	\$50
2/26-3/26	Mon	3:45-4:30 p.m.	\$50

BOOM DANCE: HIP HOP KIDS

Ages 7-10

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 basic fundamentals of hip-hop. Students will leave class refreshed, with confidence and ready to strut their stuff. Students do not need to have any dance experience. From warm up and stretches, to isolations and choreography, students will SWAG their way out of class.

Instructor: Boom Dance Studio

1/11-2/15	Thu	4:45-5:45 p.m.	\$90
3/1-3/29	Thu	4:45-5:45 p.m.	\$75

ONE ON ONE: INSTRUCTIONAL HOOPS LEAGUE

Ages 5-8

Introduce you little player to basketball the One on One way! Our instructional league provides progressive motor-skill building in a fun, low-pressure environment. Each week, teams will work on fundamental skills with a One on One coach in rotating stations. We will put these fundamental skills to task in controlled scrimmages that will be coached and refereed by our One on One coaches. Form a team from your school or register as an individual and be placed on a team. It's the ideal introduction to being on a team!

Kindergarten Coed

1/6-2/10	Sat	9:15-10:15 a.m.	\$135
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1st Grade Coed

1/6-2/10	Sat	10:15-11:15 a.m.	\$135
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2nd Grade Coed

1/6-2/10	Sat	11:15 a.m.-12:15 p.m.	\$135
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PIANO LESSONS

All Ages

It's never too early (or late!) to develop your musical talent! Book one-on-one or small group piano lessons with a seasoned musician. Participants will receive more detailed information about lesson materials on their first day. Call Northgate to register 206-386-4283.

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

TEENS

TEEN ROOM

Ages 11-19

FREE!

Come to Northgate and hang out after school at the Northgate Teen Room. Sit back and relax with friends, listen to music, play Xbox, and enjoy the end of your day.

Every M-F After school until close

BOARD GAME NIGHT

Ages 11-19

FREE!

No more Monopoly or Life, we've got more than your average board game. Try out some of the newest, most popular board games like Pandemic and Settlers of Catan. There's group cooperative games, competitive games, and even roleplay games! Our nerd experts will help you learn the games and their strategies.

Every Thursday 6-8 p.m.

TEEN WORKPLACE READINESS

Ages 11-19

FREE!

Teens looking to work on a resume, improve interview skills, or just gain valuable insight into the transitioning into the workplace can find help in our center. Work with other teens, staff, and volunteers to gain knowledge about professional employment. To learn about internships at Northgate Community Center, email Tom.Diamond@seattle.gov.

ART MATERIAL SCRAMBLE

Ages 11-19

FREE!

Our Teen Room will always be stocked with a wide assortment of art materials and crafting tools. Come to the Teen Room to see what's in supply and create whatever your heart desires. Don't see something you want? Ask our staff and we may be able to add the supplies you need. Donations to the room's stockpile are always welcome! Please call 206-386-42832 or email Tom.Diamond@seattle.gov for details.



ADULTS

BOOM DANCE: ZUMBA®

Ages 16 and Older

Get your whole body moving and burn calories through a mixture of Latin and international rhythms, music, and cardiovascular aerobic exercise. A great workout and interesting choreography from experienced CPR-certified instructors. Each class will also take you through a stretch and cool down. Students do not need to have any dance experience.

Instructor: Boom Dance Studio

1/9-2/13	Tue	6:30-7:30 p.m.	\$90
2/27-3/27	Tue	6:30-7:30 p.m.	\$75

BOOM DANCE: HIP HOP ADULTS

Ages 16 and Older

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 basic fundamentals of hip-hop. Students will leave class refreshed, with confidence and ready to strut their stuff. Students do not need to have any dance experience. From warm up and stretches, to isolations and choreography, students will SWAG their way out of class.

Instructor: Boom Dance Studio

1/11-2/15	Thu	6-7 p.m.	\$90
3/1-3/29	Thu	6-7 p.m.	\$75

LATIN AND BALLROOM DANCE

Ages 16 and Older

This beginning dance class will have you twinkling on your toes in no time! Learn the tango, cha-cha, fox trot, rumba, waltz, swing, and salsa. No partner necessary.

Instructor: Charla Jennings, certified ballroom dance instructor

1/11-2/15	Thu	7-8 p.m.	\$66
3/1-3/29	Thu	7-8 p.m.	\$55



WOMEN'S SELF-DEFENSE

Ages 14 and Older

Shock, scream, run! Learn essential safety and self-defense principles to recognize danger and avoid life-threatening situations. Specific methods include developing a strong confident voice, escapes from commons grabs, striking shock points, and escaping to safety. Classes are ongoing; join anytime!

Instructor: Oom Yung Doe

1/12-2/16	Fri	6-7 p.m.	\$115
2/23-3/30	Fri	6-7 p.m.	\$115



CREATIVE COOKING SKILLS FOR BEGINNER AND INTERMEDIATE

Ages 16 and Older

All classes are hands-on one-time workshops. Sign up for two or more classes, and receive a discounted rate of \$30 per class. Bring Your Own Apron. Welcome to new professional chef, Mindy Jahn. Mindy has worked as a chef at the Puget Sound Community Co-op and Whole Foods.

Instructor: Mindy Jahn

ONE POT MEALS

On the go? Learn how to make several one pot meals that are delicious and require very little prep time. Great for big families or busy professionals who want to eat at home but don't have the time to cook.

1/10	Wed	5:30-8:30 p.m.	\$35
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CAJUN MARDI GRAS

Come join us for a night of Cajun music and delicious Cajun food. We will make jambalaya, cornbread, and hurricanes.

2/7	Wed	5:30-8:30 p.m.	\$35
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INDIAN CUISINE

It's time for Holi, the Festival of Colors! Celebrate the start of spring by making traditional Indian dishes such as chana masala, aloo puri, and thandai.

3/1	Thu	10 a.m.-1 p.m.	\$35
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FRYBREADS

We will try our hand at some delicious fried breads such as Navajo frybread, puri, and beignets.

3/7	Wed	5:30-8:30 p.m.	\$35
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RACE AND SOCIAL JUSTICE EXPLORATION THROUGH POETRY

Ages 50 and Older

Join our deliberative dialogue on issues of race, racism, and social justice through the lens of poetry. Read and discuss select poems by racially, ethnically, and culturally diverse authors to engage with events and experiences impacts by issues of skin color, difference, prejudice, and discrimination in America. Use these discussions and exercises in collaborative learning to create your own poems that speak to personal stories and experiences. Explore the power and emotive impact of the spoken word through experiments with poetry as performance. Make poetry your catalyst for self-expression!

1/3-3/14	Wed	1:30-3:30 p.m.	\$160
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BAKING AND MORE

Ages 16 and Older

All classes are hands-on, one-time workshops. No experience necessary! All supplies and ingredients are provided, just bring an apron and tupperware! Sign up for two or more classes, and receive a discounted rate of \$30 per class.

Instructor: Masha Shtern

MIDDLE EASTERN BREADS

Join us as we learn to create a yummy Middle Eastern meal-in-a-pocket bread! In this class, you'll learn the entire process of making pita, falafel, and hummus from scratch. Mix, knead, rise, and bake your own pita bread and enjoy it warm out of the oven!

1/20 Sat 11 a.m.-2 p.m. \$35

CHEESECAKE AND SWIRLS

Learn how to make delicious creamy cheesecake and beautiful swirling patterns. We'll make our own mini-cheesecake and learn how to make round and rectangular swirling patterns using berries and chocolate sauces. You will get your own mini-cheesecake pan to keep! BYO Apron. Gluten-free crust available upon request.

2/10 Sat 11 a.m.-2 p.m. \$35

CHALLAH

We'll learn to make challah, a delicious fluffy braided egg bread. You'll learn the entire process from flour to loaf: mixing, kneading, rising, baking, and several dough braiding techniques. You'll make your very own loaf to take home, warm out of the oven! We'll also make a yummy dip while we wait for the dough to rise.

2/19 Mon 6-9 p.m. \$35

↘ MULTIGENERATIONAL

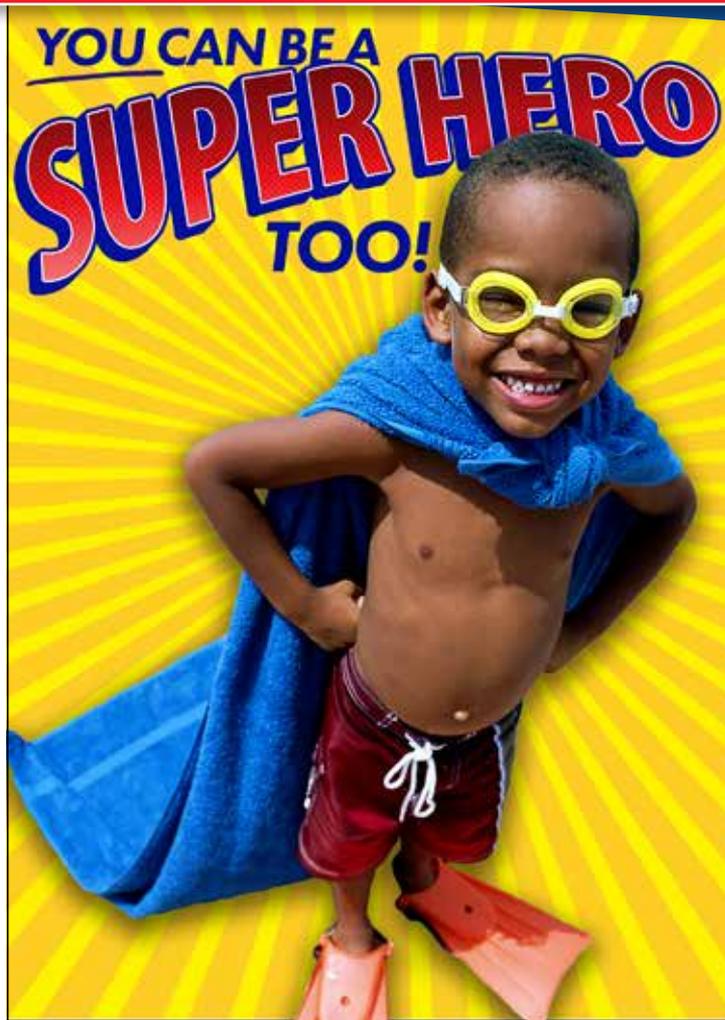
ENGLISH LANGUAGE CONVERSATION

FREE!

All Ages

We offer a welcoming place for English language learners to practice their conversational skills. In partnership with Seattle Public Libraries, come meet others who are eager to practice their vocabulary through casual conversation. If you are interested in volunteering, email Tom.Diamond@seattle.gov. Patience is appreciated and bilingualism is helpful, but not necessary.

Wed 4-6 p.m.



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. 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



Scan to make a gift!



↘ AT-A-GLANCE

BARCODE	ACTIVITY TITLE	AGE	DAY	STARTS	ENDS	START TIME	PRICE
172357	Tiny Tots	2-3 Years	M-Th	1/3	3/29	9 a.m.	\$720
172359	Tiny Tots	3.5-5 Years	M-Th	1/3	3/29	11:30 a.m.	\$864
172330	Pre-Ballet	3-4 Years	Fri	1/12	3/16	11:30 a.m.	\$120
172331	Pre-Ballet	3-5 Years	Sat	1/13	2/10	9:15 a.m.	\$65
172332	Pre-Ballet	3-5 Years	Sat	1/13	2/10	10:15 a.m.	\$65
172333	Pre-Ballet	3-5 Years	Sat	2/24	3/31	9:15 a.m.	\$78
172334	Pre-Ballet	3-5 Years	Sat	2/24	3/31	10:15 a.m.	\$78
172335	Pre-Ballet	3-5 Years	Wed	1/10	2/7	4:15 p.m.	\$65
172336	Pre-Ballet	3-5 Years	Wed	2/21	3/28	4:15 p.m.	\$65
172351	Sports of all Sorts	3-5 Years	Tue	1/9	2/13	3 p.m.	\$66
172352	Sports of all Sorts Tues	3-5 Years	Tue	2/27	3/27	3 p.m.	\$55
172361	Tumbling	3-5 Years	Sat	1/13	2/10	12:45 p.m.	\$65
172364	Tumbling	3-5 Years	Sat	2/24	3/31	12:45 p.m.	\$78
172367	Tumbling	3-5 Years	Wed	1/10	2/7	11:30 a.m.	\$65
172368	Tumbling	3-5 Years	Wed	1/10	2/7	10:30 a.m.	\$65
172369	Tumbling	3-5 Years	Wed	2/21	3/28	11:30 a.m.	\$65

BARCODE	ACTIVITY TITLE	AGE	DAY	STARTS	ENDS	START TIME	PRICE
172370	Tumbling	3-5 Years	Wed	2/21	3/28	10:30 a.m.	\$65
172329	Pre-Ballet 2	4-6 Years	Fri	1/12	3/16	12:20 p.m.	\$120
172327	Musical Story Telling with the Griot!	4-8 Years	Mon	1/22	2/12	2:30 p.m.	\$80
172328	Musical Story Telling with the Griot!	4-8 Years	Mon	2/26	3/26	2:30 p.m.	\$100
172321	Kids 'n Keyboards 1	5-6 Years	Fri	1/12	3/23	4 p.m.	\$110
172305	Ballet 1	5-7 Years	Sat	1/13	2/10	11 a.m.	\$70
172306	Ballet 1	5-7 Years	Sat	2/24	3/31	11 a.m.	\$84
172307	Ballet 1	5-7 Years	Wed	1/10	2/7	5 p.m.	\$70
172308	Ballet 1	5-7 Years	Wed	2/21	3/28	5 p.m.	\$70
172315	Hip Pop JR Tue	5-7 Years	Tue	1/9	2/13	4 p.m.	\$66
172316	Hip Pop JR Tue	5-7 Years	Tue	2/27	3/27	4 p.m.	\$55
172371	Youth Intro to Tennis	5-10 Years	Mon	1/22	3/19	4 p.m.	\$96
172365	Tumbling	6-9 Years	Sat	1/13	2/10	1:45 p.m.	\$70
172366	Tumbling	6-9 Years	Sat	2/24	3/31	1:45 p.m.	\$84
172304	African Dance	6-13 Years	Tue	1/9	3/27	6:30 p.m.	\$180
172322	Kids 'n Keyboards 2	7-8 Years	Fri	1/12	3/23	4:45 p.m.	\$110
172311	Grossology of the Human Body	7-12 Years	Tues	1/9	2/13	5:30 p.m.	\$152
172312	Grossology of the Human Body	7-12 Years	Tues	2/20	3/27	5:30 p.m.	\$152
172372	Youth Beg-Adv Tennis	7-15 Years	Mon	1/22	3/19	4:45 p.m.	\$96
172339	Shotokan Karate Beginner	7 and Older	Thu	1/11	1/25	6 p.m.	\$27
172341	Shotokan Karate Beginner	7 and Older	Thu	2/1	2/22	6 p.m.	\$36
172343	Shotokan Karate Beginner	7 and Older	Thu	3/1	3/29	6 p.m.	\$45
172344	Shotokan Karate Inter/Advanced	7 and Older	Thu	1/11	1/25	7 p.m.	\$27
172346	Shotokan Karate Inter/Advanced	7 and Older	Thu	2/1	2/22	7 p.m.	\$36
172347	Shotokan Karate Inter/Advanced	7 and Older	Thu	3/1	3/29	7 p.m.	\$45
172317	Hip Pop Thu	8-10 Years	Thu	1/11	2/15	4 p.m.	\$66
172318	Hip Pop Thu	8-10 Years	Thu	3/1	3/29	4 p.m.	\$55
172309	Ballet 2 and 3	8-13 Years	Wed	1/10	2/7	6 p.m.	\$70
172310	Ballet 2 and 3	8-13 Years	Wed	2/21	3/28	6 p.m.	\$70
172325	Music Ensemble & Singalong	8-13 Years	Mon	1/22	2/12	3:30 p.m.	\$80
172326	Music Ensemble & Singalong	8-13 Years	Mon	2/26	3/26	3:30 p.m.	\$100
172323	Kids 'n Keyboards 3	9-11 Years	Fri	1/12	3/23	5:30 p.m.	\$110
172314	Hatha Yoga	13 and Older	Mon	1/8	3/26	6 p.m.	\$110
172337	Ravenna Second String Orchestra-Mon	13 and Older	Mon	1/8	3/19	7:15 p.m.	\$75
172338	Ravenna String Orchestra-Wed	13 and Older	Wed	1/10	3/14	7:15 p.m.	\$75
169985	Basketball Boys	14-15 Years	TBA	11/17	3/17	TBD	\$85
169980	Basketball Girls	14-17 Years	TBA	11/17	3/17	TBD	\$85
172319	Interpretive Performance Theater	14-17 Years	Mon	1/22	2/12	4:30 p.m.	\$80
172320	Interpretive Performance Theater	14-17 Years	Mon	2/26	3/26	4:30 p.m.	\$100
172303	Adult African Dance	18 and Older	Tue	1/9	3/27	7:30 p.m.	\$180
171838	Grandchild and Me Art		Tue	2/6	2/27	3:30-4:45 p.m.	\$50



↘ TOTS

TINY TOTS

Ages 2-5

Your child will experience an educational and developmentally appropriate class that includes individual and group play, storytelling, arts and crafts, music, singing, field trips, group motor-skills, and socialization. Parents are required to take their turn in assisting the teacher with class room duties and snacks. No class 1/15, 2/19, 2/20, and 3/28.

Instructor: Teacher Denise

2-3 Years (2 by Sept., or teacher's permission)

1/3-3/29 M-Th 9-11:30 a.m. \$720

3½-5 Years (3½ by Sept., or teacher's permission)

1/3-3/29 M-Th 11:30 a.m.-2:30 p.m. \$864

HIP POP JUNIOR

Ages 5-7

Join the fun! Students will learn basic hip hop dance moves and choreography to classic and current pop and hip hop music. Classes are energetic and focused on coordination and self-confidence. The dance party continues with some fun dance games. The students should wear comfortable sneakers and bring a water bottle.

Instructor: Sheila Gruner

1/9-2/13 Tue 4-4:45 p.m. \$66

2/27-3/27 Tue 4-4:45 p.m. \$55



MUSICAL STORY TELLING WITH THE GRIOT!

Ages 4-8 with adult

No understanding of African Culture and Tradition is complete without "Story Telling" from the perspective of a "Griot"– which according to popular definition is "a member of a class of traveling poets, musicians, and storytellers who maintain a tradition of oral history in parts of West Africa".

Instructor: World Music Artist Amadanyo from Nembe, Nigeria

1/22-2/12 Mon 2:30-3:30 p.m. \$80

2/26-3/26 Mon 2:30-3:30 p.m. \$100



PLEASE REGISTER EARLY TO AVOID DISAPPOINTMENT.

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

PRE-BALLET

Ages 3-5

Children learn basic ballet skills in a creative, fun environment. Students will experience the joy of dancing while learning basic movements and ballet vocabulary. This class has a classic structure with rhythmic and creative games mixed in. No class 2/17 and 3/7.

Instructors: Michaela Hendrix and Anna Moretti

1/10-2/7 Wed 4:15-5 p.m. \$65

2/21-3/28 Wed 4:15-5 p.m. \$65

1/13-2/10 Sat 9:15-10 a.m. \$65

1/13-2/10 Sat 10:15-11 a.m. \$65

2/24-3/31 Sat 9:15-10 a.m. \$78

2/24-3/31 Sat 10:15-11 a.m. \$78

PRE-BALLET

Ages 3-4

Children learn basic ballet skills in a creative, fun environment. Students experience the joy of dancing while learning basic movement skills and ballet vocabulary. This class has a classic structure with rhythmic and creative games mixed in. Children should dress in close-fitting clothing that allows for comfortable movement.

Instructor: Charla Jennings

1/12-3/16 Fri 11:30 a.m.-12:15 p.m. \$120

PRE-BALLET 2

Ages 4-6

This class is for children who have completed Pre-Ballet and would like to continue to learn ballet skills in a creative, fun, and safe environment. This class has a classic structure with rhythmic and creative games mixed in. Children should wear close-fitting clothes that allow for comfortable movement.

Instructor: Charla Jennings

1/12-3/16 Fri 12:20-1:05 p.m. \$120

SPORTS OF ALL SORTS

Ages 3-5

This is a fun way to start out in sports. Your child will learn the basics of soccer, basketball, baseball, and more! In this class, we will cover basic skills while having fun in a non-competitive environment, focusing on team work and good sportsmanship!

Instructor: Sheila Gruner

1/9-2/13 Tue 3-3:45 p.m. \$66

2/27-3/27 Tue 3-3:45 p.m. \$55

TUMBLING

Ages 3-5

Students will practice gymnastics skills in an upbeat and positive environment. Children will be developing tumbling skills such as forward rolls, handstands, and balancing. Students will also work to develop flexibility, core strength, and life skills such as teamwork and determination. *Insurance required for this class, please see "Insurance" under General Information section at the back of the brochure. No class on 2/17 and 3/7.

Instructors: Michaela Hendrix and Anna Moretti

1/10-2/7	Wed	10:30-11:15 a.m.	\$65
1/10-2/7	Wed	11:30 a.m.-12:15 p.m.	\$65
2/21-3/28	Wed	10:30-11:15 a.m.	\$65
2/21-3/28	Wed	11:30 a.m.-12:15 p.m.	\$65
1/13-2/10	Sat	12:45-1:30 p.m.	\$65
2/24-3/31	Sat	12:45-1:30 p.m.	\$78

YOUTH



GROSSOLOGY OF THE HUMAN BODY

Ages 7-12

Explore the depths of the human body, diving into the intricacies of our cellular structure. Learn scientifically correct vocabulary and processes. Build edibles defining the structure and functions of the "machines" we can be. Understand why we function the way we do while uncovering reasons why science can be GROSS. Gain knowledge, collaboration, life skills, and appreciate our differences as a species.

Instructor: Shakira Rae Adams

1/9-2/13	Tue	5:30-6:30 p.m.	\$152
2/20-3/27	Tue	5:30-6:30 p.m.	\$152



AFRICAN DANCE

Ages 6-13

Professional performing artist, Shakira Rae Adams brings the beat to your feet through traditional/modern West African dance. Come together to build our African village, exploring the polyrhythms that will gyrate through our bodies. Music and dance is a language that can be spoken by everyone and ALL levels are welcome!

Instructor: Shakira Rae Adams

1/9-3/27	Tue	6:30-7:30 p.m.	\$180
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MUSIC ENSEMBLE AND SINGALONG

Ages 8-13

We live in a multi-cultural society. Sing in different languages of the World and interpret the melodies to English in order to bring meaning and understanding to culture. Students encouraged to bring their own songs.

Instructor: World Music Artist Amadanyo from Nembe, Nigeria

1/22-2/12	Mon	3:30-4:30 p.m.	\$80
2/26-3/26	Mon	3:30-4:30 p.m.	\$100

YOUTH INTRO TO TENNIS

Ages 5-10

Introduce your children to racquet sports and sharpen their hand-eye coordination. There's no waiting in lines in this class, and fun games and drills make it a hit! We provide racquets. Class takes place in the gym in the fall. Water bottle recommended. Class size is limited to 8 so register early. No class 2/19.

Instructor: Denise Bailey

1/22-3/19	Mon	4-4:45 p.m.	\$96
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YOUTH BEGINNING/ADVANCED TENNIS

Ages 7-15

Keeping the fun in tennis, this beginning/advanced class will introduce basic court play, focus on swings, and continue building hand-eye coordination skills. Games and drills will keep you busy hitting the ball! This class picks up where "Youth Intro to Tennis" leaves off. Class takes place in the gym. No class 2/19.

Instructor: Denise Bailey

1/22-3/19	Mon	4:45-5:30 p.m.	\$96
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BALLET 1

Ages 5-7

This class teaches the basics of correct body alignment and proper ballet technique. Students learn basic ballet vocabulary and combine it into fun, energetic, and expressive dances. Class will introduce traditional barre and center-floor work, and a creative game will round out the hour. No class 3/7.

Instructors: Michaela Hendrix and Anna Moretti

1/10-2/7	Wed	5-6 p.m.	\$70
2/21-3/28	Wed	5-6 p.m.	\$70
1/13-2/10	Sat	11 a.m.-Noon	\$70
2/24-3/31	Sat	11 a.m.-Noon	\$84

BALLET 2/3

Ages 8-13

This class teaches the basics of correct body alignment and proper ballet technique. Students learn basic ballet vocabulary and combine it into fun, energetic, and expressive dances. Class will include traditional barre and center-floor work. This traditional class is for students who have taken 2 years of dance instruction and older beginners. No class 3/7.

Instructors: Michaela Hendrix

1/10-2/7	Wed	6-7 p.m.	\$70
2/21-3/28	Wed	6-7 p.m.	\$70





HIP POP

Ages 8-10

Join the dance party! The students will learn more complex hip hop dance moves and choreography to classic and current pop and hip hop music. Classes are energetic and focused on coordination and self-confidence. The dance party always includes fun dance games. The students should wear comfortable sneakers and bring a water bottle. No class 11/23.

Instructor: Sheila Gruner

1/11-2/15	Thu	4-4:45 p.m.	\$66
3/1-3/29	Thu	4-4:45 p.m.	\$55

KIDS 'N' KEYBOARDS: A GROUP PIANO PROGRAM FOR CHILDREN

Ages 5-11

This affordable program involves a unique teaching method which provides complete piano instruction, and ultimately achieves the same results as costly private lessons. A further benefit of this group instruction is that children learn to play music together, in addition to learning solos. The ensemble helps their timing as well as their musical interaction in fun and productive ways. Advances in electronic keyboard technology and affordability have greatly improved in recent years, allowing for all who are interested to develop better piano technique. A student may change class to a different age group, depending on experience and/or skill level with permission from the instructor.

Instructor: Paul Sklar

KIDS 'N' KEYBOARDS 1

Ages 5-6

In this introductory-level class kids learn easy, fun songs by using special sheet music arrangements that focus on the fundamentals. They also enjoy musical activities and stories, as well as the opportunity to perform in periodic recitals. It is suggested that parents sit in, at least on the first day of class, helping to encourage the very young children to participate in the songs and musical games. This will certainly help to create the best possible experience!

1/12-3/23	Fri	4-4:30 p.m.	\$110
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KIDS 'N' KEYBOARDS 2

Ages 7-8

This intermediate group enjoys more challenging music, including real note reading and technique. Recitals can really motivate the students to make great progress.

1/12-3/23	Fri	4:45-5:15 p.m.	\$110
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KIDS 'N' KEYBOARDS 3

Ages 9-11

This more advanced level class continues with note reading, ensemble playing, and solo piano. Music theory may be introduced since some students engage in song writing and improvisation.

1/12-3/23	Fri	5:30-6 p.m.	\$110
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SHOTOKAN KARATE

Ages 6 and Older

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

Instructor: John Lane

BEGINNER

1/11-1/25	Thu	6-6:45 p.m.	\$27
2/1-2/22	Thu	6-6:45 p.m.	\$36
3/1-3/29	Thu	6-6:45 p.m.	\$45

INTERMEDIATE/ADVANCED

1/11-1/25	Thu	7-8 p.m.	\$27
2/1-2/22	Thu	7-8 p.m.	\$36
3/1-3/29	Thu	7-8 p.m.	\$45

TUMBLING

Ages 6-9

Students will practice gymnastics skills in an upbeat and positive environment. Children will be developing tumbling skills such as forward rolls, handstands, and balancing. Students will also work to develop flexibility, core strength, and life skills such as teamwork and determination. *An additional Insurance required for this class; please see "Insurance" under General Information section at the back of the brochure.

Instructors: Michaela Hendrix and Anna Moretti

1/13-2/10	Sat	1:45-2:45 p.m.	\$70
2/24-3/31	Sat	1:45-2:45 p.m.	\$84

TEENS



INTERPRETIVE PERFORMANCE THEATER

Ages 8-13

Teen-Theater Class that uses music with dual/multi languages in a recreational format to entertain and educate youth towards intercultural understanding of diverse populations in Seattle communities.

Instructor: World Music Artist Amadanyo from Nembe, Nigeria

1/22-2/12	Mon	4:30-5:30 p.m.	\$80
2/26-3/26	Mon	4:30-5:30 p.m.	\$100

PAID INTERNSHIPS AND SERVICE LEARNING HOURS AT RAV-ECK!

FREE!

Ages 12-18

Are you interested in a future with Seattle Parks and Recreation? Paid internship opportunities are available to youth ages 12-18. Earn money while learning how our centers work. Need service hours for school? Volunteer opportunities are available supporting special events and ongoing programs. Contact Ravenna Eckstein Community Center for more details: 206-684-7534.

➤ MULTIGENERATIONAL

SHOTOKAN KARATE

Ages 6 and Older

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

Instructor: John Lane

BEGINNER

1/11-1/25	Thu	6-6:45 p.m.	\$27
2/1-2/22	Thu	6-6:45 p.m.	\$36
3/1-3/29	Thu	6-6:45 p.m.	\$45

INTERMEDIATE/ADVANCED

1/11-1/25	Thu	7-8 p.m.	\$27
2/1-2/22	Thu	7-8 p.m.	\$36
3/1-3/29	Thu	7-8 p.m.	\$45



GRANDCHILD AND ME ART

Ages 6-12 plus Grandparent

Discover art through a playful and fun process, side by side with your elementary age grandchild. Bring an old tee shirt to wear as an art smock and be prepared to have a great time.

Instructor: C Yatchman

2/6-2/27	Tue	3:30-4:45 p.m.	\$50
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PLEASE REGISTER EARLY TO AVOID DISAPPOINTMENT.

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

➤ ADULTS



ADULT AFRICAN DANCE

Ages 18 and Older

Professional performing artist, Shakira Rae Adams brings the beat to your feet through traditional/modern West African dance. Come together to build our African village, exploring the polyrhythms that will gyrate through our bodies. Music and dance is a language that can be spoken by everyone and ALL levels are welcome!

Instructor: Shakira Rae Adams

1/9-3/27	Tue	7:30-8:30 p.m.	\$180
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HATHA YOGA

Ages 14 and Older

Explore the basic yoga postures (asanas), breath practices (pranayama), and theory of yoga. These classes will teach the fundamentals of asana, breath awareness, and relaxation techniques. No specific fitness level is required. You will be encouraged to work within your own limitations and abilities. No class 1/15 and 2/19.

Instructor: Monica Enders

1/8-3/26	Mon	6-7 p.m.	\$110
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RAVENNA SECOND-STRING ORCHESTRA

Ages 13 and Older

Ravenna Second String Orchestra provides opportunities to develop musical skills and perform with other musicians. This orchestra is a little easier than the Ravenna String Orchestra, and is a wonderful opportunity for intermediate players. Enjoy a supportive atmosphere with no auditions. For additional information please visit www.ravennastrings.com. Concert at Eckstein Middle School on Wednesday, 3/21. No class 1/15 and 2/19.

Conductor: Nathan Harrison

1/8-3/19	Mon	7:15-8:30 p.m.	\$75
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RAVENNA STRING ORCHESTRA

Ages 13 and Older

The Ravenna String Orchestra provides opportunities to develop musical skills and perform with other musicians. This orchestra is for advanced players. Enjoy a supportive atmosphere with no auditions. For additional information please visit www.ravennastrings.com. Concert at Eckstein Middle School on Wednesday, 3/21.

Conductor: Joseph White

1/10-3/14	Wed	7:15-8:30 p.m.	\$75
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SEATTLE PARKS AND RECREATION AQUATICS INFORMATION



Seattle
Parks & Recreation



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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>



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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

EVANS POOL

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

HELENE MADISON POOL

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

MEADOWBROOK POOL

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

MEDGAR EVERS POOL

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

QUEEN ANNE POOL

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

RAINIER BEACH POOL

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

SOUTHWEST POOL

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

Summer Only

COLMAN POOL

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

LOWERY C. "POP" MOUNGER POOL

2535 32nd Ave W • (206) 684-4708
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.

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
Laurelhurst	37	48	72	large	
Magnuson Park	Please call Chelsea Johnson at 206-233-7892				
Meadowbrook	(2)10	(7)50	150	large	400
Miller	Please call center				
Montlake	Please call center				
Northgate	15/20		179	large	250
Ravenna	35/20	50	120	small	400

NORTHEAST SEATTLE/SHELTERHOUSES AND CAPACITIES

SITE	SMALL
Cowen Park Shelterhouse Reservation number 684-7534	35
Pinehurst Shelterhouse Reservation number 684-7522	53

REGISTER ONLINE!

READY – Please visit our web site at 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 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.

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.

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.

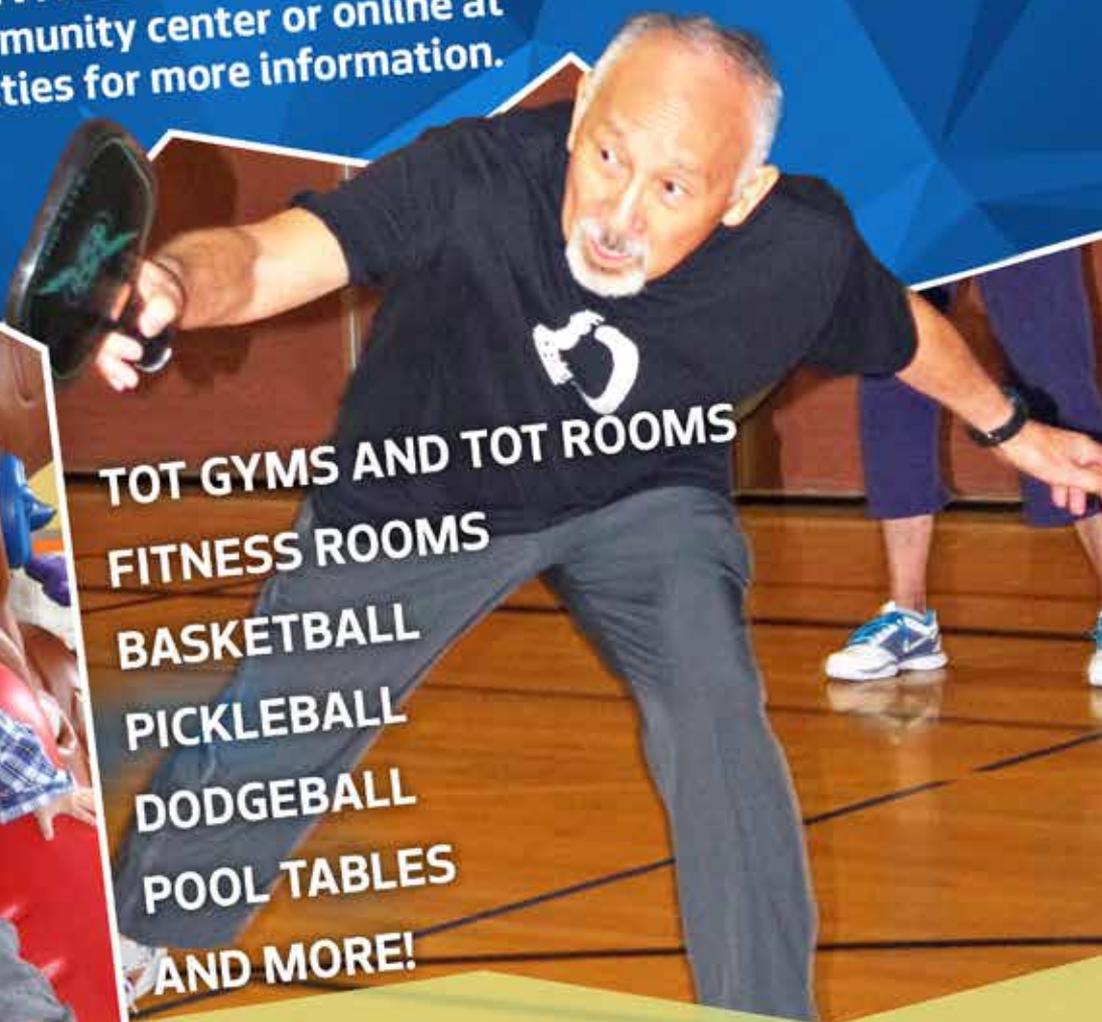
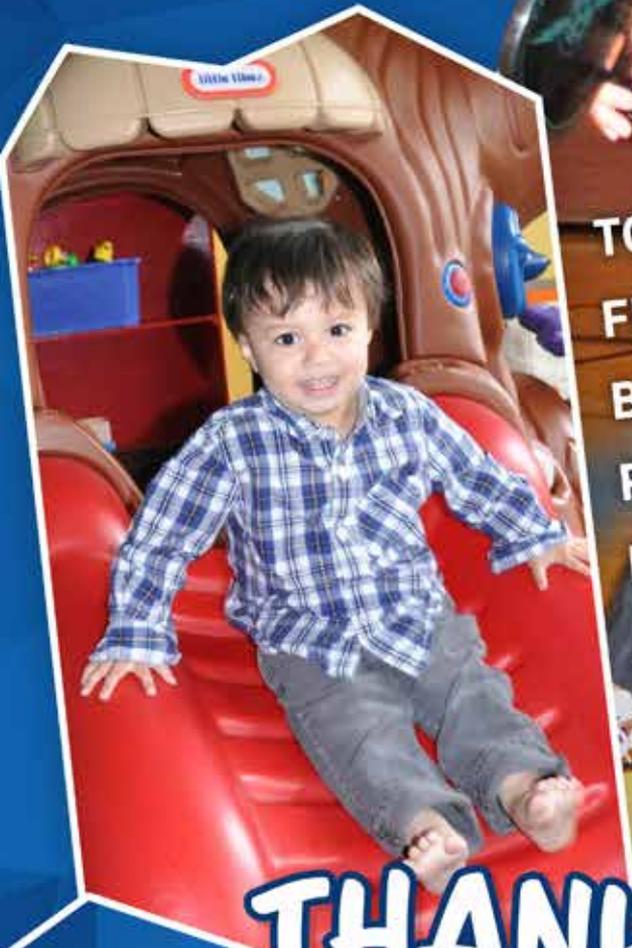
More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, 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 for more information.

A man with a grey beard, wearing a black t-shirt with a white logo and grey pants, is playing pickleball on a wooden court. He is in a dynamic pose, swinging a pickleball paddle. In the background, another person's legs and feet are visible.

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