

NORTHWEST COMMUNITY CENTERS



Seattle
Parks & Recreation

healthy people healthy environment strong communities

WINTER 2020

COMMUNITY CENTERS

BALLARD • BITTER LAKE • GREEN LAKE • LOYAL HEIGHTS
MAGNOLIA • NORTHGATE • QUEEN ANNE

POOLS

BALLARD • EVANS
QUEEN ANNE



REGISTER
12/3

register online:
http://bit.ly/spr_registration





REGISTER DECEMBER 3

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.



FIRST CHOICE

Check out Seattle Parks and Recreation's new online registration software at http://bit.ly/spr_registration_account. Sign in or create an account if this is your first time registering for classes with the new software. Once you are logged in you can choose your programs and pay online.



SECOND CHOICE

Find your local recreation center at: seattle.gov/parks/centers.asp and stop by 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 recreation centers.



THIRD CHOICE

Call your local recreation center during their 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.



FOURTH 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



FIFTH 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.



Seattle Parks & Recreation

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.

Vicki Allgood: vicki.allgood@seattle.gov

Penny Atwood: penny.atwood@seattle.gov

Robert Bellm: rob.bellm@seattle.gov

Danielle Brenner: danielle.brenner@seattle.gov

Richard By: richard.by@seattle.gov

Mary Pat Byington: marypat.byington@seattle.gov

Classes are scheduled approximately six months in advance.



| | |
|---------------------------|--------------|
| SPECIAL EVENTS | 6-8 |
| DROP IN | 10-13 |
| PRESCHOOL | 14-15 |
| SCHOOL AGE CARE | 16-17 |
| CITYWIDE ATHLETICS | 18-19 |

BALLARD 20-21

| | |
|-------|----|
| Tots | 20 |
| Youth | 20 |
| Adult | 21 |

BITTER LAKE 22-24

| | |
|-------|----|
| Tots | 22 |
| Teens | 23 |
| Adult | 24 |

GREEN LAKE 25-27

| | |
|-------|----|
| Tots | 25 |
| Youth | 25 |
| Teens | 26 |
| Adult | 26 |

LOYAL HEIGHTS 28-35

| | |
|-------|----|
| Tots | 28 |
| Youth | 29 |
| Teens | 32 |
| Adult | 34 |

MAGNOLIA 36-38

| | |
|-------|----|
| Tots | 36 |
| Youth | 37 |
| Adult | 38 |

NORTHGATE 39-40

| | |
|--------------|----|
| Tots | 39 |
| Youth | 39 |
| Teens/Adults | 40 |

QUEEN ANNE 41-43

| | |
|-------|----|
| Tots | 41 |
| Youth | 41 |
| Teens | 42 |

POOLS 44-45

RENTAL INFORMATION 46

REFUND POLICY 47

CENTER INFO



Seattle
Parks & Recreation

BALLARD CC

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

HOURS

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

BITTER LAKE CC

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

HOURS

| | |
|----------|---------------|
| Mon-Thu | 9 a.m.-9 p.m. |
| Friday | 9 a.m.-7 p.m. |
| Saturday | 9 a.m.-7 p.m. |
| Sunday | Closed |

GREEN LAKE CC

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

HOURS

3/15-6/30 MAINTENANCE CLOSURE

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

PUBLIC SHOWERS

| | |
|----------|------------------|
| Mon-Fri | 10 a.m.-8 p.m. |
| Saturday | 9 a.m.-4:30 p.m. |

Towel Rental: \$0.50

LOYAL HEIGHTS CC

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

HOURS

| | |
|----------------------|----------------|
| M/W | 9 a.m.-9 p.m. |
| Tu/Th | 9 a.m.-8 p.m. |
| Friday | 10 a.m.-9 p.m. |
| Saturday (ends 3/21) | 9 a.m.-5 p.m. |
| Sunday | Closed |

MAGNOLIA CC

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

HOURS

| | |
|----------|---------------|
| M/W/Th | 8 a.m.-8 p.m. |
| Tuesday | 9 a.m.-9 p.m. |
| Friday | 8 a.m.-6 p.m. |
| Saturday | 9 a.m.-4 p.m. |
| Sunday | Closed |

NORTHGATE CC

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

HOURS

| | |
|--------------------------------|----------------|
| M/F | 11 a.m.-7 p.m. |
| Tu/Th | 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 |

QUEEN ANNE CC

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

HOURS

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

BALLARD POOL

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

EVANS POOL

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

QUEEN ANNE POOL

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

CLOSURES

| | |
|-------|--------------------------|
| 12/25 | Christmas Day |
| 1/1 | New Year's Day |
| 1/20 | MLK Day |
| 2/17 | President's Day |
| 4/7 | Community Center Closure |

PARKS MANAGEMENT

Jesús Aguirre, Superintendent
Justin Cutler, Recreation Director
Katie Gray, Deputy Rec. Director
Barb Wade, Recreation Manager
Mike Plympton, Aquatics Manager

COORDINATORS

BALLARD CC
Tim Ewings, timothy.ewings@seattle.gov

BITTER LAKE CC
Cynthia Etelamaki, cynthia.etelamaki@seattle.gov

GREEN LAKE CC
Chris Easterday, chris.easterday@seattle.gov

LOYAL HEIGHTS CC
Nick White, nick.white@seattle.gov

MAGNOLIA CC
Katie Fridell, katie.fridell@seattle.gov

NORTHGATE CC
Marc Hoffman, marc.hoffman@seattle.gov

QUEEN ANNE CC
Gina Saxby, gina.saxby@seattle.gov

ASSISTANT COORDINATORS

Vicki Allgood, vicki.allgood@seattle.gov
Penny Atwood, penny.atwood@seattle.gov
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Richard By, richard.by@seattle.gov
Mary Pat Byington, marypat.byington@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



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



SAVE THE DATE

March 12, 2020

8-9 a.m.

Hyatt at Olive 8

Join us for our second annual community fundraising breakfast to support scholarships for families in need.

For more information, please contact:

Robin Slutsky

206-245-6524 | robin.slutsky@seattle.gov



NOW HIRING!



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/Careers for a complete list of open positions.

We are an equal opportunity employer.



SPECIAL EVENTS



Seattle
Parks & Recreation

RECURRING EVENTS

FAMILY SKATE NIGHT

All Ages

Join us for this popular Bitter Lake family tradition! We will have great music and play fun games. Bring your own skates and roller blades, or borrow a pair of ours. Please note: No toy skates allowed. Birthday party package available, please call the center for more info, 206-684-7524. No skating on 4/12.

Location: **BITTER LAKE CC ANNEX (13040 GREENWOOD AVE N)**

1/10-3/27 F 6:30-8:15 p.m.
\$5/skater

FAMILY FUN NIGHT

All Ages

Magnolia CC will host a Family Fun night full of activities designed to get the kids moving with a gym full of toys, mats, and more.

Location: **MAGNOLIA CC**

GINGERBREAD HOUSE NIGHT

12/6 F 6-8 p.m. \$5

WEEKEND TABLE TENNIS

GREEN LAKE TABLE TENNIS CLUB

Ages 12 and older

Join other table tennis players on the weekend to play this fast-paced sport. We have 10 tables set up in the gym. All levels welcome. Bring your own paddle and water bottle. No program 12/14.

Location: **GREEN LAKE CC**

1/4-3/14 Sa 5-9 p.m.
Su 4-9 p.m.

Drop-in: \$5 each day

TAX PREPARATION

All Ages

Bring your income tax information and get your 2019 taxes done for free. Call us or come in and make an appointment to get them processed. Tax preparers are certified tax volunteers through AARP.

Location: **MAGNOLIA CC**

2/7-4/12 F 11 a.m.-2 p.m.

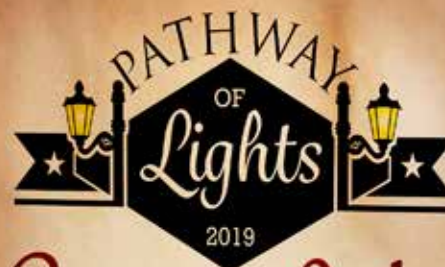
FREE!



Seattle
Parks & Recreation



SEATTLE PARKS AND RECREATION
PRESENTS



Green Lake
Saturday, December 14
FREE 4:30-7:30 p.m.

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.

<http://bit.ly/pathwayoflights2019>

This event is hosted by the Green Lake Advisory Council.

SPECIAL EVENTS

➤ SPECIAL EVENTS

➤ DECEMBER 2019

LIL GINGERBREAD EVENT

Ages 5 and Under

Come down to enjoy decorating cookies and gingerbread houses. Bring out the family and enjoy yourselves! We supply all the goodies, you bring the fun.

Location: **MAGNOLIA CC**

12/6 F 11a.m.-2 p.m. \$5

JOLLY GINGERBREAD EVENT

Ages 5 and Under

Did you miss out on the Lil Gingerbread Event? Come back to our second evening event! Enjoy decorating cookies and gingerbread houses, and bring your family and friends. We supply all the goodies. Also provided is a variety of activities, arts and crafts.

Location: **MAGNOLIA CC**

12/6 F 5-7 p.m. \$5

PANCAKE BREAKFAST

All Ages

Join your friends and neighbors for Northgate Community Center's 2nd Annual Pancake breakfast on December 7! Bring the whole family and enjoy all-you-can-eat pancakes along with scrambled eggs, sausage, juice, and coffee/tea. Healthier options are also available. In addition, a small indoor tot gym will be provided. Save money and pre-pay by December 6! Please call 206-386-4283. Children ages 0-3 eat free! \$5 for ages 4-54, \$4 for ages 55+. At the Door \$6 ages 4-5, \$5 ages 55+

Location: **NORTHGATE CC**

#23760 12/7 Sa 9-11:30 a.m.

ARGOSY CHRISTMAS SHIPS

All Ages

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

Location: **HIRAM M. CHITTENDEN LOCKS**

#23719 12/1 Sa 8-8:30 p.m.

MULTI-CULTURAL DINNER

All Ages

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

Location: **BITTER LAKE CC**

12/6 F 5:30-7 p.m.
\$10/family of 4+ or \$3 per individual

HOLIDAY FUN NIGHT

All Ages

Enjoy an amazing and fun night at QACC, eating candy cane cookies, decorating gingerbread houses, drinking hot chocolate, and watching a holiday movie.

Location: **QUEEN ANNE CC**

12/20 F 6-8:30 p.m.

FREE!

➤ FEBRUARY 2020

BITTER LAKE'S ANNUAL PANCAKE BREAKFAST

All Ages

Join your friends and neighbors for Bitter Lake Community Center's Annual Pancake Breakfast on February 9th! Bring the whole family and enjoy all-you-can-eat pancakes along with scrambled eggs, sausage, juice, and coffee! Proceeds from this event will help provide scholarships for our low-income neighbors.

Location: **BITTER LAKE CC**

2/9 Su 9 a.m.-Noon

Tickets \$5 (ages 4-54); \$4 (ages 55+); children ages 0-3 eat free!



SPECIAL EVENTS



Seattle
Parks & Recreation

➤ MARCH 2020

PANCAKE BREAKFAST

All Ages

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

Location: **LOYAL HEIGHTS CC**

#27747 3/1 Sa 8 a.m.-Noon \$6

CLOTHING SWAP

Turn in your clean gently used items for new-to-you clothes! You will get a ticket for every item you donate (up to 10) that can be used to "buy" items at the exchange. Limited to 100 guests. Register to reserve your spot NOW!

Location: **NORTHGATE CC**

#30091 3/28 Sa 1-3 p.m.

FREE!

➤ APRIL 2020

SPRING EGG HUNT

Ages 10 and Under

Join your neighbors for the quickest special event of the year; the Spring Egg Hunt! Bring a basket or bag to put all of your goodies in. Children will be divided into age-appropriate groups to ensure a fun and fair hunt. Please plan on arriving at least 15 minutes early, as the hunt will begin at 10 a.m. sharp and will run rain or shine!

Location: **BALLARD CC, BITTER LAKE CC ANNEX (13040 GREENWOOD AVE N), LOYAL HEIGHTS CC, MAGNOLIA CC, QUEEN ANNE CC**

4/11 Sa 10 a.m. sharp

FREE!

SPRING EGG SCRAMBLE

Everyone will meet outside on patio by the gym according to their child's age and time. Please bring a basket or bag to collect your goodies in. Parking will be tight. Be prepared to walk to the community center. Come rain or shine. Please bring a can food donation for the local food bank.

Location: **GREEN LAKE CC**

Ages 1-3

4/11 Sa 10 a.m.

Ages 4-6

4/11 Sa 10:30 a.m.

Ages 7-10

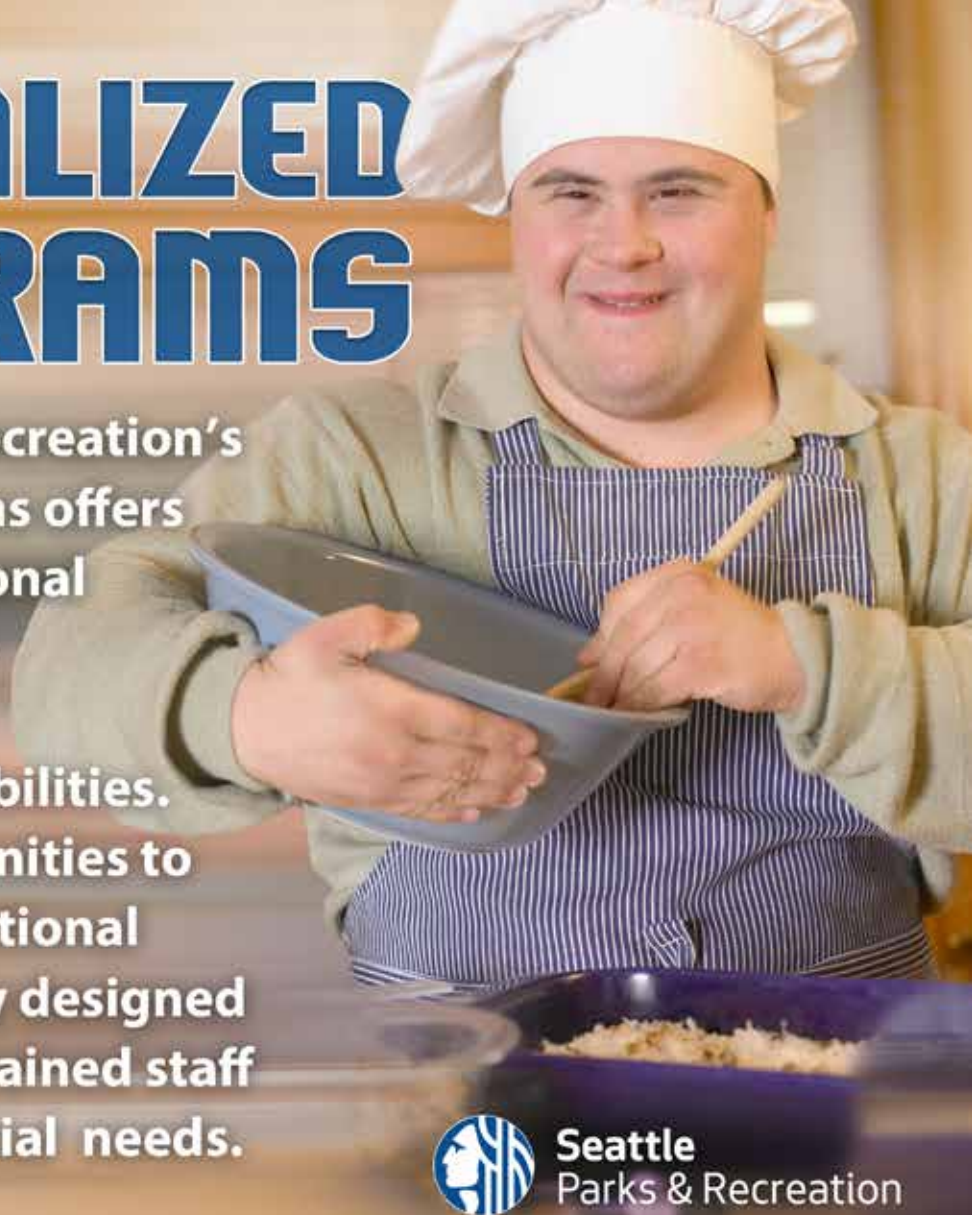
4/11 Sa 11 a.m.

FREE!



SPECIALIZED PROGRAMS

Seattle Parks and Recreation's Specialized Programs offers year-round recreational activities for people with physical and developmental disabilities. We provide opportunities to participate in recreational activities specifically designed and conducted by trained staff for people with special needs.



Seattle
Parks & Recreation



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

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

DROP-IN PROGRAMS



Seattle
Parks & Recreation

All drop-in programs are now free (unless otherwise noted), but as of February 1, 2020 we will be requiring participants to use a Free Membership Card. This allows us to track attendance and program usage. Please ask for a Membership Card at the front desk of your local community center. **No program 12/25, 1/1, 1/20, 2/17, and 4/7.**

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.

Location: BALLARD*

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

Location: BITTER LAKE CC

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

Location: LOYAL HEIGHTS CC

Tu/Th 10 a.m.-2 p.m.

Location: MAGNOLIA CC*

W/F 11 a.m.-1 p.m.

Sa 9:30-11 a.m.

Location: NORTHGATE CC

Tu/Th 10 a.m.-2 p.m.

Location: QUEEN ANNE CC

Tu/Th 10:30 a.m.-2 p.m.

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

TODDLER PLAY ROOMS

FREE!

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

Location: BALLARD CC*

Ages 4 and Younger

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

M-F 9:15 a.m.-8:30 p.m.

Sa 9:15 a.m.-4:30 p.m.

Location: GREEN LAKE CC (CLOSED 3/15-6/30)

Ages 5 and Younger

Available for rentals on Saturday and Sundays!

M-F 10 a.m.-8 p.m.

Sa 9 a.m.-4:30 p.m.

Location: QUEEN ANNE CC

Ages 5 and Younger

M-Sa 9:30 a.m.-8:45 p.m.

TOT STORY TIME

FREE!

Ages 6 and Under

It's story time at Queen Anne Community Center! Bring your toddler to enjoy amazing stories. We also have mats and pillows to keep the little ones comfy.

Location: QUEEN ANNE CC

#26094 1/7-3/24 Tu 11:30 a.m.-Noon



DROP-IN PROGRAMS

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LOYAL HEIGHTS WEIGHT ROOM

FREE!

Ages 18 and Older

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

Location: **LOYAL HEIGHTS CC**

| | |
|-------|-----------------------------------|
| M | 9 a.m.-9 p.m. |
| Tu/Th | 10:30 a.m.-8 p.m. |
| W | 10:30 a.m.-9 p.m. |
| F | 10 a.m.-9 p.m. |
| Sa | 9 a.m.-5 p.m. (Only from Jan-Mar) |

NORTHGATE FITNESS CENTER

FREE!

Ages 18 and Older

(14 and older allowed with parent supervision)

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: **NORTHGATE CC**

| | |
|-----|----------------|
| M-F | 11 a.m.-7 p.m. |
| Sa | 9 a.m.-5 p.m. |

QUEEN ANNE WEIGHT ROOM

FREE!

Ages 18 and Older

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

Location: **QUEEN ANNE CC**

| | |
|------|---------------------|
| M-Sa | 9:30 a.m.-6:45 p.m. |
|------|---------------------|

BRIDGE

FREE!

Ages 21 and Older

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**

| | |
|---|-----------------|
| M | 12:15-2:45 p.m. |
|---|-----------------|

FOOD AND FITNESS: EAST AFRICAN

FREE!

Enjoy lunch with social, educational, and fitness programs as you celebrate your culture and language. Call 206-684-4664 with questions.

Location: **NORTHGATE CC**

| | |
|----|--------------------|
| Tu | 11 a.m.-12:30 p.m. |
|----|--------------------|

ADULT WATER COLOR

FREE!

Ages 18 and Older

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

Location: **LOYAL HEIGHTS CC**

| | | | |
|--------|-----------|---|----------------|
| #27720 | 1/10-3/27 | F | 11 a.m.-3 p.m. |
|--------|-----------|---|----------------|

DROP-IN MAH JONGG

FREE!

Ages 50 and Older

Fun game using Chinese tiles. Stay and play and have fun. American Style.

Location: **NORTHGATE CC**

| | |
|---|----------------|
| W | 1:45-6:15 p.m. |
|---|----------------|

DROP-IN PROGRAMS



Seattle
Parks & Recreation

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| | BALLARD | BITTER LAKE | GREEN LAKE* | LOYAL HEIGHTS | MAGNOLIA | NORTHGATE | QUEEN ANNE |
|--------------------------|---|-------------------------------|--|-------------------------|---|---|-------------------------------|
| BASKETBALL | M Noon-2 p.m. | | M/F Noon-2 p.m. Tu/Th 1-2 p.m. | F 7-8:45 p.m. | MEN'S Tu 6-8 p.m. WOMEN'S W 6-8 p.m. | M-F 4-6:30 p.m. | |
| DODGEBALL | | | W 7-9 p.m. | M 7-8:45 p.m. | | | |
| FUTSAL | Th 7-8:15 p.m. | | | | | | |
| JUGGLING | | | | | | | |
| PICKLEBALL | Tu/Th 9:30-11:30 a.m. | Tu/F 10 a.m.-1 p.m. | Tu/Th 10:30 a.m.-12:30 p.m. | F Noon-2 p.m. | M 11 a.m.-1 p.m. | M/F 11 a.m.-2 p.m. W 11 a.m.-1:30 p.m. | W 11:30 a.m.-1 p.m. |
| TABLE TENNIS (PING PONG) | <i>Open to the public at any time. Equipment is available during operating hours. Tables are located outside.</i> | | W 10 a.m.-1 p.m. Sa 5-9 p.m. Su 4-9 p.m. \$5 or \$45 (10-visit) punch card (14 tables) | | | M-F 11 a.m.-7 p.m. Sa 9 a.m.-5 p.m. | M/F Noon-1:30 p.m. |
| TAI CHI | | | M (\$9) 7-8 p.m. | | | | |
| VOLLEYBALL | Tu 6:15-8:15 p.m. | | | | | | |

*GREEN LAKE CC IS CLOSED 3/15-6/30 FOR MAINTENANCE.

DROP-IN PROGRAMS

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TEEN LATE NIGHT

TEEN LATE NIGHT

FREE!

Ages 13-19

Late Night is a safe and supportive environment for teens ages 13-19. This recreation based program is held on Friday and Saturday evenings from 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:

Bitter Lake Community Center, 206-684-7524

Meadowbrook Teen Life Center, 206-551-7316

SOUTHEAST:

Garfield Teen Life Center, 206-684-4788

Rainier Community Center, 206-386-1919

Rainier Beach Community Center, 206-386-1925

Van Asselt Community Center (Fri only), 206-386-1922

SOUTHWEST:

High Point Community Center, 206-684-7422

Southwest Teen Life Center, 206-684-7438

South Park Community Center (Fri only), 206-684-7451.



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

PRESCHOOL



Seattle
Parks & Recreation

WINTER 2020

PRESCHOOL PROGRAM

Seattle Parks and Recreation operates half-day preschool programs in 12 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!

IMPORTANT DATES*

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

| | |
|---------------------------------|---------------------|
| Thanksgiving Closure | 11/28-11/29/2019 |
| Winter Break Closure | 12/23/2019-1/3/2020 |
| Christmas Day Closure | 12/25/2019 |
| New Year's Day Closure | 1/1/2020 |
| MLK Day Closure | 1/20/2020 |
| President's Day Closure | 2/17/2020 |
| Mid-Winter Break Closure | 2/17-2/21/2020 |

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

| AGES | DAYS | TIME | PRICE/MONTH |
|--|--------|---------------------|-------------|
| BALLARD COMMUNITY CENTER* | | | |
| 3-5 | 3 days | 9 a.m.-12:30 p.m. | \$454 |
| 3-5 | 5 days | 9 a.m.-12:30 p.m. | \$694 |
| BITTER LAKE COMMUNITY CENTER (ONLY OFFERED TO SPP PARTICIPANTS)** | | | |
| 3-5 | M-F | 9:30 a.m.-3:30 p.m. | ** |
| GREEN LAKE COMMUNITY CENTER | | | |
| 3-5 | Tu/Th | 9:30 a.m.-1 p.m. | \$310 |
| 3-5 | M/W/F | 9:30 a.m.-1 p.m. | \$454 |
| 3-5 | M-F | 9:30 a.m.-1 p.m. | \$694 |
| LOYAL HEIGHTS COMMUNITY CENTER | | | |
| 3-4 | M-Th | 9:30 a.m.-1 p.m. | \$554 |
| 4-5 | M-Th | 9:30 a.m.-1 p.m. | \$554 |
| MAGNOLIA COMMUNITY CENTER | | | |
| 3-4 | Tu-Th | 9:30 a.m.-1 p.m. | \$454 |
| 3-4 | M-Th | 9:30 a.m.-1 p.m. | \$554 |
| 4-5 | M-Th | 9:30 a.m.-1 p.m. | \$554 |
| 4-5 | M-F | 9:30 a.m.-1 p.m. | \$694 |
| NORTHGATE COMMUNITY CENTER | | | |
| 3-5 | Tu/Th | 9:30 a.m.-1 p.m. | \$310 |
| 3-5 | M/W/F | 9:30 a.m.-1 p.m. | \$454 |
| 3-5 | M-F | 9:30 a.m.-1 p.m. | \$694 |
| QUEEN ANNE COMMUNITY CENTER* | | | |
| 3-5 | Tu/Th | 9:30 a.m.-1 p.m. | \$310 |
| 3-5 | M/W/F | 9:30 a.m.-1 p.m. | \$454 |
| 3-5 | M-F | 9:30 a.m.-1 p.m. | \$694 |

*Note: This is a City of Seattle Pathways program, which is an entry level to the Seattle Preschool Program (SPP) where partial or full subsidies are available. **Please inquire at the Community Center front desk for an application.**

Note: This is a City of Seattle Preschool Program (SPP), where partial or full subsidies are available. **These programs are NOT registerable through Seattle Parks and Recreation. Please visit bit.ly/sprseattlepreschoolprogram or call 206-386-1050 for details.

Times and prices may change. Please check with your local community center for details closer to the registration date.

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.

PRESCHOOL



2020 FALL PRESCHOOL REGISTRATION

Fall 2020 Preschool registration begins February 4, 2020! 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, 2020.

The 2020-2021 fee structure is listed below. Site details will be provided closer to the registration date.

| AGES | DAYS | TIME | PRICE/MONTH |
|--|--------|---------------------|-------------|
| BALLARD COMMUNITY CENTER* | | | |
| 3-5 | 3 days | 9 a.m.-12:30 p.m. | \$479 |
| 3-5 | 5 days | 9 a.m.-12:30 p.m. | \$729 |
| BITTER LAKE COMMUNITY CENTER (ONLY OFFERED TO SPP PARTICIPANTS)** | | | |
| 3-5 | M-F | 9:30 a.m.-3:30 p.m. | ** |
| GREEN LAKE COMMUNITY CENTER | | | |
| 3-5 | Tu/Th | 9:30 a.m.-1 p.m. | \$328 |
| 3-5 | M/W/F | 9:30 a.m.-1 p.m. | \$479 |
| 3-5 | M-F | 9:30 a.m.-1 p.m. | \$729 |
| LOYAL HEIGHTS COMMUNITY CENTER | | | |
| 3-4 | M-Th | 9:30 a.m.-1 p.m. | \$581 |
| 4-5 | M-Th | 9:30 a.m.-1 p.m. | \$581 |
| MAGNOLIA COMMUNITY CENTER | | | |
| 3-4 | Tu-Th | 9:30 a.m.-1 p.m. | \$479 |
| 3-4 | M-Th | 9:30 a.m.-1 p.m. | \$581 |
| 4-5 | M-Th | 9:30 a.m.-1 p.m. | \$581 |
| 4-5 | M-F | 9:30 a.m.-1 p.m. | \$729 |
| NORTHGATE COMMUNITY CENTER | | | |
| 3-5 | Tu/Th | 9:30 a.m.-1 p.m. | \$328 |
| 3-5 | M/W/F | 9:30 a.m.-1 p.m. | \$479 |
| 3-5 | M-F | 9:30 a.m.-1 p.m. | \$729 |
| QUEEN ANNE COMMUNITY CENTER* | | | |
| 3-5 | Tu/Th | 9:30 a.m.-1 p.m. | \$328 |
| 3-5 | M/W/F | 9:30 a.m.-1 p.m. | \$479 |
| 3-5 | M-F | 9:30 a.m.-1 p.m. | \$729 |

2020 SUMMER DAY CAMP REGISTRATION

Register your child for Summer Day Camp beginning April 7, 2020. For additional information, please see the separate Summer Day Camp Brochure which will be available in 2020.

WINTER 2020

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.

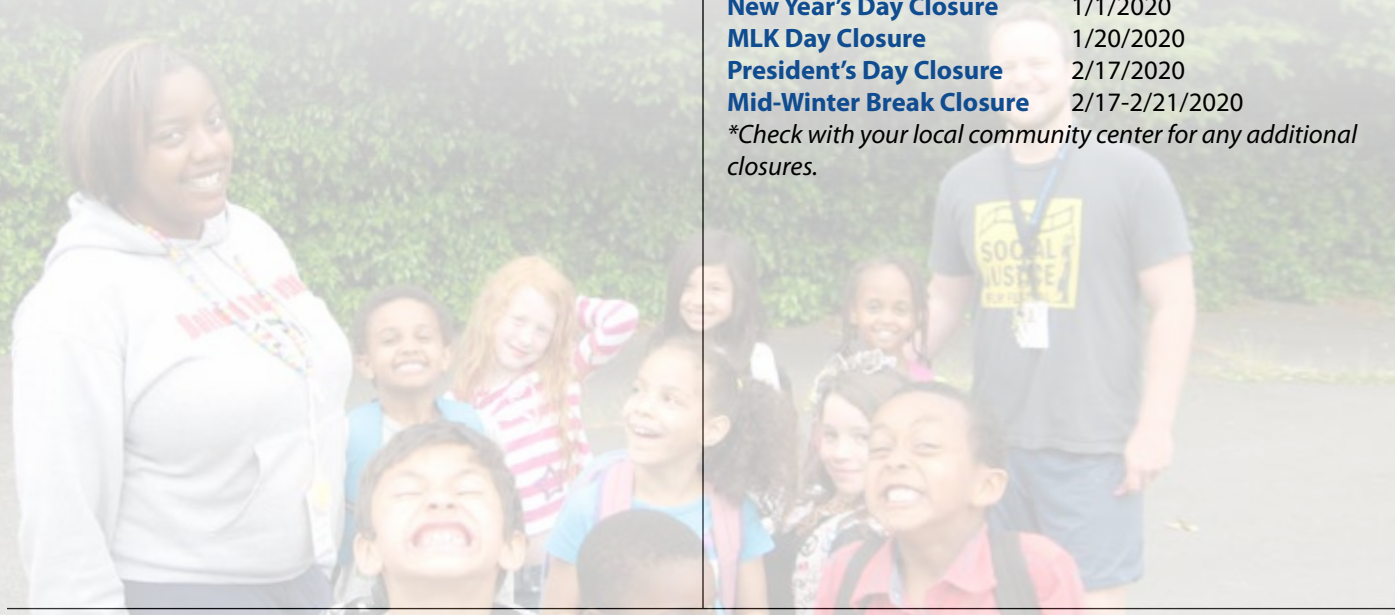
| PROGRAM | TIME | 5 DAYS | 4 DAYS | 3 DAYS |
|-------------------------------------|-------------|----------|----------|----------|
| BALLARD COMMUNITY CENTER | | | | |
| Before School | 7-9 a.m. | \$311.50 | \$280.50 | \$264.50 |
| After School (Option 1) | 2:30-6 p.m. | \$547.50 | \$492.50 | \$465.50 |
| After School (Option 2) | 3:30-6 p.m. | \$390.50 | \$351.50 | \$331.50 |
| BITTER LAKE COMMUNITY CENTER | | | | |
| After School | 2:30-6 p.m. | \$547.50 | \$492.50 | \$465.50 |
| MAGNOLIA COMMUNITY CENTER | | | | |
| Before School | 7-9:30 a.m. | \$390.50 | \$351.50 | \$331.50 |
| After School (Option 1) | 2:30-6 p.m. | \$547.50 | \$492.50 | \$465.50 |
| After School (Option 2) | 3:30-6 p.m. | \$390.50 | \$351.50 | \$331.50 |
| NORTHGATE COMMUNITY CENTER | | | | |
| After School (Option 1) | 2:30-6 p.m. | \$547.50 | \$492.50 | \$465.50 |
| After School (Option 2) | 4-6 p.m. | \$311.50 | \$280.50 | \$264.50 |
| QUEEN ANNE COMMUNITY CENTER | | | | |
| Before School | 6-8 a.m. | \$311.50 | \$280.50 | \$264.50 |
| After School | 2:30-6 p.m. | \$547.50 | \$492.50 | \$465.50 |

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

IMPORTANT DATES*

| | |
|---------------------------------|---------------------|
| Thanksgiving Closure | 11/28-11/29/2019 |
| Winter Break Closure | 12/23/2019-1/3/2020 |
| Christmas Day Closure | 12/25/2019 |
| New Year's Day Closure | 1/1/2020 |
| MLK Day Closure | 1/20/2020 |
| President's Day Closure | 2/17/2020 |
| Mid-Winter Break Closure | 2/17-2/21/2020 |

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



↘ CAMP INFORMATION

EARLY DISMISSALS

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

ONE DAY CAMPS: (7 a.m.-6 p.m.)

NOVEMBER PARENT/TEACHER CONFERENCES

11/25/2019 (MON) – 11/27/2019 (WED)

Most Seattle public schools schedule the November Parent Conferences for three full days before Thanksgiving. Three one-day camps will be offered.

\$47/day for all participants

DAY BETWEEN SEMESTERS | 1/29/2020

\$47/day*

**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 | 12/23/2019-1/3/2020*

*Programs are closed on 12/25/2019 (Christmas) and 1/1/2020 (New Year)

\$188 (weeks 1 and 2 are 4 days) or \$47/day at select sites

MID-WINTER BREAK CAMP | 2/17-2/21/2020*

*Programs are closed on 2/17/2020 (President's Day)

\$188 (weeks 1 and 2 are 4 days) or \$47/day at select sites

Note: Not all sites offer the day camps and break camps mentioned above. Please check with your community center for details.

↘ 2020 SUMMER DAY CAMPS

REGISTER YOUR CHILD FOR SUMMER DAY CAMP BEGINNING APRIL 7, 2020.

Cost: \$240/week per child. For additional information, please see the separate Summer Day Camp brochure which will be available in 2020.

↘ 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://bit.ly/sps_student_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 1-800-877-8339. 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, 1 Independence Avenue, SW, Washington, D.C. 20250-9410
- (2) fax: 202-690-7442
- (3) email: program.intake@usda.gov.



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, 2019*

Registration begins October 1, 2019 (Noon)

Practices begin December 2, 2019

League Games begin January 4-5, 2020

Fee: \$90

WWW.SEATTLE.GOV/PARKS/ATHLETICS

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!

WINTER YOUTH SPORTS

**REGISTER NOW THROUGH JANUARY 16 AT
YOUR LOCAL COMMUNITY CENTER**

WINTER CUB BASKETBALL

Ages 8-9 (Age as of August 31, 2019)

Cub league basketball is organized for boys and girls ages 8-9 and includes practice times and games. Contact your local community center for details and to register your child. Volunteer opportunities are available for coaches.

Fee: \$90 with jersey



SPRING YOUTH SPORTS

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 or field. 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: \$55, scholarships are available

Minimum: Approximately 10 kids

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 and Field, for example) all you need to do is go into your community center to get registered.
2. **Get registered!**
(Paperwork is at community centers).
3. **Start practices and get ready for fun** honing your skills and competing against other neighborhood community centers!

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

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

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

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

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



ADULT SPORTS AND ACTIVITIES

SEATTLE PARKS AND RECREATION IS OFFERING AFFORDABLE AND FUN ADULT SPORTS AND ACTIVITIES!

ENJOY BOWLING, ROLLER DERBY, WOMEN'S VOLLEYBALL, COED DODGEBALL, MEN'S BASKETBALL, AND GET OUT AND GO GROUPS FOR FALL. MEET NEW FRIENDS, BOND WITH OLD FRIENDS, AND GET MOVING TOGETHER!

GET MORE DETAILS AT
WWW.SEATTLE.GOV/PARKS/ATHLETICS
OR CALL 206-684-7092





↘ TOTS

MUSIKAL MAGIK INFANT/ TODDLER DEVELOPMENT

Ages 6 months - 3 years

Grab your egg shakers and dance with scarves! Toddlers and babies will engage in fun exercises that develop musical, social, physical, verbal, and cognitive skills. Drop in rate of \$15 is available if room allows.

| | | | | |
|--------|-----------|---|------------------|------|
| #27677 | 1/10-1/31 | F | 9:30-10:15 a.m. | \$52 |
| #27678 | 1/10-1/31 | F | 10:20-11:05 a.m. | \$52 |
| #27679 | 2/7-2/28 | F | 9:30-10:15 a.m. | \$52 |
| #27680 | 2/7-2/28 | F | 10:20-11:05 a.m. | \$52 |
| #27681 | 3/6-3/27 | F | 10:20-11:05 a.m. | \$52 |
| #27682 | 3/6-3/27 | F | 9:30-10:15 a.m. | \$52 |

LITTLE CHEFS

Ages 2-5

Create special memories with your preschooler in this hands-on cooking class. Your child will love pouring, stirring and slicing as we make and eat delicious food together. Class includes dairy and gluten. Registration includes one child and one adult.

| | | | | |
|--------|-----------|----|-----------------|-------|
| #27673 | 1/7-2/11 | Tu | 10:30 a.m.-Noon | \$180 |
| #27674 | 2/25-3/31 | Tu | 10:30 a.m.-Noon | \$180 |

PARENT/TOT POTTERY CREATIONS CLASS

Ages 2-4

Bring your budding artists to this playful clay class. Work with your toddler to explore the materials and make art together. A variety of projects and hand-building techniques will be introduced. Enjoy this special time together as you connect and collaborate over clay.

| | | | | |
|--------|-----------|---|-----------------|------|
| #27675 | 1/10-1/31 | F | 9:30-10:30 a.m. | \$70 |
|--------|-----------|---|-----------------|------|

PARENT AND ME SOCCER

Ages 2-3½

Introduce your toddler to the world's most popular sport! As you participate together, your child will develop their large motor and socialization skills. The fun happens on the field, and in Parent & Me Soccer parents are a part of the action!

| | | | | |
|--------|----------|----|-------------|------|
| #27668 | 1/9-2/13 | Th | 5-5:30 p.m. | \$89 |
| #27669 | 2/27-4/2 | Th | 5-5:30 p.m. | \$89 |

TOTS/PRE-SOCCER

Ages 3½-5

Little tykes will enjoy running and kicking just like the big kids, encouraging large motor skill development through fun soccer games while introducing children to group settings. Shin guards are required after the first meeting.

| | | | | |
|--------|----------|----|----------------|------|
| #27671 | 1/9-2/13 | Th | 5:35-6:05 p.m. | \$89 |
| #27672 | 2/27-4/2 | Th | 5:35-6:05 p.m. | \$89 |

↘ YOUTH

KIDS AT CLAY

Ages 5-8

We will travel through time to learn clay techniques from the past and present. We will start with Ancient Egypt's 7,000-year-old recipe for Egyptian Paste clay, and progress to making our own modern clay from raw materials! Let's explore and learn about cultures through clay.

| | | | | |
|--------|----------|----|----------------|-------|
| #27683 | 1/7-3/17 | Tu | 3:40-5:10 p.m. | \$231 |
| #27684 | 1/9-3/19 | Th | 3:40-5:10 p.m. | \$230 |

SOCCER 1

Ages 5-8½

Players will learn dribbling, passing, defense and shooting goals! Every participant will have a ball at their feet to play fun skill games, progressing to small-sided soccer matches. Fun and engaging for first time players, and for kids with experience. Shin guards are required after the first meeting.

| | | | | |
|--------|----------|----|----------------|------|
| #27685 | 1/9-2/13 | Th | 6:05-6:50 p.m. | \$89 |
| #27686 | 2/27-4/2 | Th | 6:05-6:50 p.m. | \$89 |

↘ MULTIGENERATIONAL

FENCING - ADVANCE/CLUB

Ages 12 and Older

If you have completed the intermediate class or are an experienced fencer who wants to improve, this class is for you. Fencers must have their own equipment and wear appropriate fencing attire including: mask, jacket, plastron, knickers, glove, and electric gear. We will have 2-3 electric strips set up. All swords are welcome.

| | | | | |
|--------|----------|-------|----------------|-------|
| #28030 | 1/7-3/31 | Tu/Th | 6:30-8:15 p.m. | \$100 |
|--------|----------|-------|----------------|-------|

↘ ADULTS

ADULT POTTERY

Ages 16 and Older

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

| | | | | |
|--------|----------|----|--------------------|-------|
| #27653 | 1/6-3/9 | M | 10 a.m.-12:30 p.m. | \$240 |
| #27657 | 1/8-3/11 | W | 10 a.m.-12:30 p.m. | \$300 |
| #27652 | 1/7-3/10 | Tu | 6-8:30 p.m. | \$300 |
| #27649 | 1/9-3/12 | Th | 6-8:30 p.m. | \$300 |

PILATES

Ages 18 and Older

This Pilates-based mat class focuses on stretching and strengthening your muscles, especially core muscles. We will strengthen, tone, and improve flexibility and balance. Light weights and mats are provided, although you are welcome to bring your own. We recommend you bring your own towel. Drop in rate is \$9.

| | | | | |
|--------|----------|----|------------------|------|
| #27687 | 1/9-1/30 | Th | 10:30-11:15 a.m. | \$32 |
| #27688 | 2/6-2/27 | Th | 10:30-11:15 a.m. | \$24 |
| #27689 | 3/5-3/26 | Th | 10:30-11:15 a.m. | \$32 |



TOTAL BODY TABATA XPRESS

Ages 18 and Older

This high-energy workout is becoming known as the best fat-burning workout ever! High intensity interval training decreases body fat, and increases your metabolism.

Modifications will be provided to accommodate different levels of fitness. Drop in rate is \$9

| | | | | |
|--------|----------|----|-----------------|------|
| #27690 | 1/7-1/28 | Tu | 9:30-10:25 a.m. | \$36 |
| #27691 | 2/4-2/25 | Tu | 9:30-10:25 a.m. | \$27 |
| #27693 | 3/3-3/31 | Tu | 9:30-10:25 a.m. | \$45 |
| #27695 | 1/9-1/30 | Th | 9:30-10:25 a.m. | \$36 |
| #27696 | 2/6-2/27 | Th | 9:30-10:25 a.m. | \$27 |
| #27697 | 3/5-3/26 | Th | 9:30-10:25 a.m. | \$36 |

YOGA FLOW

Ages 16 and Older

Movement can foster energy, balance, and resilience. This class is perfect for students of all experience levels who enjoy higher intensity exercise to reduce stress. Classes conclude with guided relaxation. Prior yoga experience may be helpful but is not required. Wear comfortable clothing. Props and mats are provided. \$6 drop in available.

| | | | | |
|--------|----------|----|-----------------|------|
| #28027 | 1/6-1/27 | M | 9:30-10:30 a.m. | \$15 |
| #28028 | 2/3-2/24 | M | 9:30-10:30 a.m. | \$15 |
| #28029 | 3/2-3/30 | M | 9:30-10:30 a.m. | \$25 |
| #28796 | 1/4-1/25 | Sa | 9:15-10:30 a.m. | \$20 |
| #28797 | 2/1-2/29 | Sa | 9:15-10:30 a.m. | \$25 |
| #28798 | 3/7-3/28 | Sa | 9:15-10:30 a.m. | \$20 |



↘ TOTS

PRE-BALLET

Ages 3-4

Girls and boys experience the joy of dancing while they learn the basics of ballet technique and creative dance. Motor skills, posture, balance, coordination, and musicality are emphasized through games, exercises, and choreography. Students should wear ballet shoes, dance attire, and pull back long hair.

| | | | | |
|--------|-----------|----|---------------|------|
| #27603 | 1/18-2/15 | Sa | 11-11:45 a.m. | \$55 |
| #27604 | 2/22-3/28 | Sa | 11-11:45 a.m. | \$66 |

↘ YOUTH

ROLLER SKATING LESSONS

Ages 5-17

This class offers skating lessons and fun interactive games for beginning and intermediate roller skaters. Class will be divided according to skill level as needed. Come and learn to skate or improve the skills you have developed so far. After lessons you can practice with others during Friday Family Skate Night!

| | | | | |
|--------|-----------|---|----------------|------|
| #27585 | 1/17-2/14 | F | 5:30-6:30 p.m. | \$50 |
| #27588 | 2/28-3/27 | F | 5:30-6:30 p.m. | \$50 |

LITTLE HOOPERS B-BALL

Ages 5-9

Learn the basics of basketball in a fun and safe environment! Students will practice passing, dribbling, shooting, rebounding, and more, incorporating these skills into organized group games. Each participant will receive a t-shirt. Please wear athletic shoes and bring a water bottle.

| | | | | |
|--------|-----------|----|----------------|------|
| #28266 | 1/16-2/20 | Th | 5:30-6:15 p.m. | \$60 |
| #28267 | 2/27-3/26 | Th | 5:30-6:15 p.m. | \$50 |

BALLET 1

Ages 4-5

Girls and boys experience the joy of dancing while as they learn the basics of ballet technique and creative dance. Motor skills, posture, balance, coordination, and musicality are emphasized through games, exercises, and choreography. Students should wear ballet shoes, dance attire, and pull back long hair.

| | | | | |
|--------|-----------|----|-----------------|------|
| #27596 | 1/18-2/15 | Sa | Noon-12:45 p.m. | \$55 |
| #27598 | 2/22-3/28 | Sa | Noon-12:45 p.m. | \$66 |

BITTER LAKE CC

TEENS

BITTER LAKE CHEFS!

Ages 11-18

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

12/3-2/25 Tu 4-5 p.m.

TEEN ADVISORY COUNCIL

FREE!

Ages 11-18 yrs

Here is a chance for teens to represent their peers by planning after-school activities and field trips for their class! Participants will also engage in discussions regarding issues in their community, and ideas to help solve them. For more information, please call Richard By or Adam Johnson at the Community Center 206-684-7524.

Last Monday of every month

1/27, 2/24/ 3/30 M 4-5 p.m.

VOLUNTEER @ LOCAL FOOD BANK

FREE!

Ages 11-18

Join our teens as we work together to give back! We will be volunteering at our local food bank to help sort, organize, and distribute food to families. This is a great opportunity to fulfill volunteer hours!

12/2-3/30 M 4-7 p.m.



MULTIGENERATIONAL

ADVANCED KENDO

Ages 8 and Older

Kendo (way of the sword) is a co-ed martial art based on samurai traditions requiring mental and physical discipline. Students that progress to advanced skill level will be able to practice wearing armor and engage in bouts with other students. All equipment can be purchased in class.

#27300 1/9-3/26 Th 7-9 p.m. \$108

BEGINNING/INTERMEDIATE KENDO

Ages 8 and Older

Kendo (way of the sword) is a co-ed martial art based on samurai traditions requiring mental and physical discipline. Working with bokken (oak swords) and shinai (bamboo sword), students will focus on footwork and sword handling, progressing at their own pace to practice striking live targets. Students remain at the intermediate level until they are ready for armor. Beginning students wear loose fitting clothes. All equipment can be purchased in class.

#27575 1/9-3/26 Th 7-8:30 p.m. \$96

DANCE FITNESS

Ages 8 and Older

Join a barefoot cardio-dance workout that builds flexibility, agility, mobility, strength, and stability in your mind, body, and soul. Dance is fun, low-impact and is adaptable to individual needs and abilities. Wear clothes that you can dance in. We will be moving!

| | | | | |
|--------|----------|----|-----------------|------|
| #27591 | 1/11-2/1 | Sa | 9:30-10:30 a.m. | \$44 |
| #27592 | 2/8-2/29 | Sa | 9:30-10:30 a.m. | \$44 |
| #27593 | 3/7-3/28 | Sa | 9:30-10:30 a.m. | \$44 |

PIANO LESSONS

Ages 6 and Older

Learn to play the piano from an experienced professional teacher in weekly 30-minute private lessons. Training includes sight-reading, technique, expression, theory, and chords. Each 30-minute lesson is \$28. Scholarships Available.

| | | | | |
|--------|-----------|----|----------------|-------|
| #27323 | 1/14-1/28 | Tu | 4-8 p.m. | \$84 |
| #27435 | 1/16-1/30 | Th | 3:30-5:30 p.m. | \$84 |
| #27427 | 2/4-2/25 | Tu | 4-8 p.m. | \$112 |
| #27436 | 2/6-2/27 | Th | 3:30-5:30 p.m. | \$112 |
| #27433 | 3/3-3/31 | Tu | 4-8 p.m. | \$112 |
| #27437 | 3/5-3/26 | Th | 3:30-5:30 p.m. | \$112 |

ADULTS

ADULT ESL/ELL CLASS

Ages 18 and Older

Adult ESL/ELL Classes are led by experienced and professional instructors. These classes will be offered in an educational classroom setting and participants will receive instruction on English language and cultural integration. These classes are intended to support our immigrant community neighbors, and welcome them as they adjust to life in Seattle.

| | | | | |
|--------|-----------|-----|-----------------|------|
| #27291 | 1/13-3/30 | M/W | 9:30-11:30 a.m. | \$25 |
| #27292 | 1/13-3/30 | M/W | 6:30-8:30 p.m. | \$25 |

ADULT ROLLER-SKATING LESSONS

Ages 18 and Older

This class covers basic and fundamental skating skills in a friendly environment ideal for socializing with old and new friends. Whether you are brand new to skating or nostalgic of your childhood days, this class is a great way to have fun and get fit.

| | | | | |
|--------|-----------|---|----------------|------|
| #27295 | 1/17-2/14 | F | 8:30-9:30 p.m. | \$55 |
| #27297 | 2/28-3/27 | F | 8:30-9:30 p.m. | \$55 |

HATHA YOGA

Ages 18 and Older

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

| | | | | |
|--------|-----------|----|-------------|------|
| #27576 | 1/16-2/13 | Th | 7-8:10 p.m. | \$50 |
| #27577 | 2/20-3/26 | Th | 7-8:10 p.m. | \$60 |

YANG STYLE TAI CHI

Ages 18 and Older

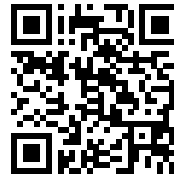
Learn the world's most popular and gentle martial art. Yang style Tai Chi is a traditional form of exercise, renowned for developing coordination, flexibility, patience, balance and strength. Wear loose comfortable clothing. No class 1/20, 2/17.

| | | | | |
|--------|----------|---|----------------|-------|
| #27322 | 1/6-3/30 | M | 7:15-8:45 p.m. | \$110 |
|--------|----------|---|----------------|-------|



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>



↘ TOTS

DANCE - CREATIVE DANCE

Ages 2-3

Students will explore expressive movement using music, stories, and props. We will focus on developing motor skills, balance, and coordination along with imagination and creativity. A variety of dance concepts and vocabulary will be introduced in a fun, safe, and engaging way.

#27814 1/11-2/29 Sa 9:15-10 a.m. \$75

DANCE - PRE-BALLET

Ages 3-5

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

#27817 1/11-2/29 Sa 10-10:45 a.m. \$75

↘ YOUTH

DANCE - BALLET 1

Ages 5-7

We will develop ballet skills and vocabulary while inspiring creativity and expression. Students will be introduced to fundamentals, barre and center work, and combinations and choreography. Students should wear ballet slippers or bare feet, close fitting attire, and have their hair pulled off the face. All experience levels welcome.

#27813 1/11-2/29 Sa 11 a.m.-Noon \$80

YOUTH POTTERY

Ages 6-12

Students will learn how to throw bowls, mugs, and plates on pottery wheels. They will also make animal sculptures, coil vases, clay whistles, masks, and more, exploring different surface decoration techniques and finishing.

#27806 1/11-2/29 Sa 9-10 a.m. \$180



TEENS

TEEN POTTERY

Ages 12-16

This class introduces wheel throwing, focusing on basic cylinders, and creating bowls, vases, and plates. Students will also learn techniques for surface embellishment with texture and slip.

#27805 1/11-2/29 Sa 10:30-11:30 a.m. \$180

ADULTS

HAWAIIAN DANCE

Ages 18 and Older

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

#27873 1/7-1/28 Tu 5:45-6:45 p.m. \$52

#27874 2/4-3/10 Tu 5:45-6:45 p.m. \$67

QIGONG - LEVEL 2

Ages 18 and Older

Dragon/Tiger is a enlivening Qigong form and has many benefits for the body and mind. It calms the mind and purifies the blood and liver with a special type of breathing. With this form, you will also learn to gather and project qi. In this class we will learn to get the most out of meditation and learn Taoist practices for excellent health.

#27953 1/8-2/26 W 5:15-6:45 p.m. \$80

TAI CHI

Ages 18 and Older

Learn the Yang style of Tai Chi. Using slow, soft, and circular movements you will harmonize your body and mind. Often described as moving meditation, this practice promotes balance, concentration, and relaxation. Wear loose comfortable clothing. No class 2/17.

#27810 1/6-1/27 M 7-8 p.m. \$18

#27811 2/3-3/9 M 7-8 p.m. \$30

ADULT POTTERY-BEGINNER

Ages 18 and Older

In this beginning pottery class, students will discover the beauty of both hand-building and wheel-throwing techniques. Students will learn how to make bowls, cups, plates, and vases, alter shapes from wheel thrown pieces, and decorate pieces with color slip design and glaze.

Students will each receive a free bag of clay before the second class and free studio time during the quarter.

#27778 1/7-2/25 Tu 6-8:30 p.m. \$230

ADULT POTTERY-HAND BUILDING/SCULPTURE

Ages 18 and Older

Students will make hand-built slab vases, teapot sets, press mold, imprinting boxes utilizing painting with slip, carving, and inlay design. They will also throw on the pottery wheels to make dinnerware like bowls, plates, sugar jars with lids, and more. No experience needed. Class includes a bag of clay and free studio time during the quarter. Sign up early, classes fill up fast.

#27781 1/8-2/26 W 10 a.m.-12:30 p.m. \$230



ADULT POTTERY-INTERMEDIATE

Ages 18 and Older

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

#27790 1/8-2/26 W 6-8:30 p.m. \$230

ADULT POTTERY-WHEEL THROWING

Ages 18 and Older

Students will throw on the pottery wheels to make dinnerware like bowls, plates, sugar jars with lids, and more. No experience needed. Class includes a bag of clay and free studio time during the quarter. Sign up early, classes fill up fast.

#27792 1/7-2/25 Tu 10 a.m.-12:30 p.m. \$230

FEARLESS DRAWING

Ages 18 and Older

This class is open to all levels-from no experience to those looking to improve their skills. Our goal is to gain confidence in your drawing skills, have fun, and take home drawings you are proud to show off! We will draw from photos and observation. In later classes you may bring your own reference photos or objects. Students must provide own materials, materials list available at Green Lake C.C.

#33016 1/7-3/10 T 5:45-6:45 p.m. \$90

WATERCOLOR

Ages 18 and Older

We will cover all the watercolor basics and get you painting from day one. All levels are welcome, including those with no experience in watercolor or paint! Watercolor is the perfect medium to start painting with because it doesn't require much to get started. All you need is a table and your creativity. Supply list available at Green Lake CC

#33017 1/8-3/11 W 5:45-6:45 p.m. \$90



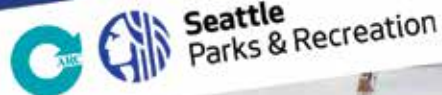
Green Lake Small Craft Center



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.seattlecanoeandkayak.club/
for more information.





↘ TOTS

LITTLE HANDS PLAY GROUP

Age 2

This class allows children to socialize through play, music, art, and exploration. Children should be practicing their potty skills regularly. If 2-year-olds are in diapers/pull-ups, only the parents of the child or a person authorized on the E-13 can change them. We ask that parents stay local in case a diaper needs changing. Once a child is registered the child is enrolled for September-June, even if the child turns 3.

| | | | | |
|--------|-----------|-------|--------------------|-------|
| #27749 | 1/6-1/29 | M/W | 9:30 a.m.-Noon | \$210 |
| #28229 | 2/3-2/26 | M/W | 9:30 a.m.-Noon | \$180 |
| #28230 | 3/2-3/30 | M/W | 9:30 a.m.-Noon | \$270 |
| #27750 | 1/7-1/30 | Tu/Th | 9:30 a.m.-Noon | \$240 |
| #28231 | 2/4-2/27 | Tu/Th | 9:30 a.m.-Noon | \$180 |
| #28232 | 3/3-3/31 | Tu/Th | 9:30 a.m.-Noon | \$270 |
| #27748 | 1/10-1/31 | F | 10 a.m.-12:30 p.m. | \$120 |
| #28227 | 2/7-2/28 | F | 10 a.m.-12:30 p.m. | \$90 |
| #28228 | 3/6-3/27 | F | 10 a.m.-12:30 p.m. | \$120 |

PRE-SCHOOL GYMNASTICS

Ages 3-4

Children will practice gymnastics skills in a fun and positive environment. Students will be introduced to tumbling, balance beam, bar, and trampoline. They will also learn yoga poses, animal walks and play movement games. Students will develop coordination, strength, flexibility, and endurance. E-13 Parent Authorization Paperwork and an additional \$5.00 non-refundable insurance fee are required at time of registration.

| | | | | |
|--------|-----------|---|----------------|-------|
| #27737 | 1/13-3/30 | M | 3:30-4:15 p.m. | \$120 |
|--------|-----------|---|----------------|-------|



➤ YOUTH

LIL HOT SHOTS

Ages 5-8

This fun co-ed, instructional class will teach the basics of basketball. Students will have multiple weeks of instruction, and will participate in a friendly, non-competitive scrimmage in the last two weeks. Students will be divided into two teams and play two 10-minute running clock quarters. Parents are invited to cheer on and support their young ones.

Ages 5-6

#27730 1/16-3/26 Th 5-6 p.m. \$95

Ages 7-8

#27731 1/16-3/26 Th 6-7 p.m. \$95

YOUTH GYMNASTICS

Ages 7-10

Children will practice gymnastics skills in a fun and positive environment. Students will be introduced to tumbling, balance beam, bar, and trampoline. They will also learn yoga poses, animal walks and play movement games. Students will develop coordination, strength, flexibility, and endurance. E-13 Parent Authorization Paperwork and an additional \$5.00 non-refundable insurance fee are required at time of registration.

#27745 1/13-3/30 M 5:30-6:30 p.m. \$120

WHITTIER ELEM.: AFTER SCHOOL HOOPS

Ages 7-11

Join One on One Basketball this semester for After School Hoops, an ideal after-school activity for aspiring athletes. Basketball combines upper and lower body motor-skill learning with an intense cardiovascular workout. Our organization has decades of experience teaching this sport in a motivating, inclusive and age-appropriate manner. After School Hoops makes three guarantees: your child will learn, sweat, and have fun! No class 1/20 and 2/17.

#27740 1/13-3/9 M 2:30-4 p.m. \$172

KINDER GYMNASTICS

Ages 5-6

Children practice gymnastics skills in a fun and positive environment. Students will be introduced to tumbling, balance beam, bar, and trampoline. They will also learn yoga poses, animal walks and play movement games. Students will develop coordination, strength, flexibility and endurance. E-13 Parent Authorization Paperwork and an additional \$5.00 non-refundable insurance fee are required at time of registration.

#27729 1/13-3/30 M 4:30-5:15 p.m. \$95



➤ HOMESCHOOL

DROP IN FREE PLAY GYM

FREE!

All Ages

This open Gym time is available to homeschool families and public.

#28440 1/15-3/11 W 1:15-3:15 a.m.

HOMESCHOOL: ART EXPLORATION

Ages 6-9

In this art exploration class, young artists are introduced to the basics of drawing and painting. Artists will engage in drawing and painting exercises, practicing from observation and their imagination. Students will experiment with several media including graphite, charcoal, tempera, and acrylic paints. This class supports the students personal and artistic development.

#28424 1/15-3/11 W 1:15-2:10 p.m. \$140

HOMESCHOOL: BUDDING ARTIST WORKSHOP

Ages 3-6

Using a variety of age-appropriate, non-toxic materials, students will explore the elements of art in an environment that encourages confidence and respect for the creative process. Students will engage in story time and a movement activity that is linked to the workshop theme for that day.

#28425 1/15-3/11 W 11-11:55 a.m. \$170

HOMESCHOOL: CIRCUS ARTS

Ages 8-16

Come and join the circus for a session! In this introduction to circus arts, students will find that practice and hard work can make anything possible. Seemingly complicated skills such as juggling, acrobatics, and clowning are broken down so that anyone can learn and experience.

#28426 1/15-3/11 W 1:15-2:10 p.m. \$135

HOMESCHOOL: CREATIVE DRAMA

Ages 7-10

Through games and the spirit of play, students explore their ability to create imaginary locations, characters, and stories. Students may bring their favorite stories to explore or create brand new ones together! Your child will discover the strength of their own voice, and learn to collaborate with others.

#28429 1/15-3/11 W 2:15-3:10 p.m. \$130

WHITTIER ELEM.: MACHINE SEWING

Ages 8-12

This class is designed to teach children with both beginning and advanced sewing skills. New students will learn machine safety and beginner sewing techniques, while more experienced students can expand on their skills. The class will begin with a simple project, then students will advance at their own pace to more exciting and challenging projects. Projects are constantly rotating during the quarter and include backpacks, phone cases, clothing, accessories, bags, games, stuffed animals and more! *For all new sewers, the first class of the session is mandatory. No class 1/20 and 2/17.

#27743 1/13-3/9 M 2:30-4 p.m. \$222

WHITTIER ELEM.: BEGINNER HAND SEWING

Ages 5-7

Students will learn basic hand sewing techniques, from threading needles and tying knots, to several types of stitches. Students will also create fun projects ranging from embroidery, hand sewn puppets, accessories, pillows, woven rag rugs and more! This class will build fine motor skills, finger dexterity, exercise their creative muscles! All supplies included, let's get creative!

#27741 1/14-3/10 Tu 2:30-4 p.m. \$252

HOMESCHOOL: DUNGEONS AND DRAGONS: DRAGON HEIST

Ages 10-16

Welcome to a fun D&D campaign filled with adventure! In this session, we will take two parties through the campaign published by Wizards of the coast. Designed for players from 1st through 5th level, new and experienced players welcome.

#28433 1/15-3/11 W 2:15-3:40 p.m. \$60

HOMESCHOOL: ENVIRONMENTAL SCIENCE

Ages 10-16

The environment is everything around us, both natural and produced by humans. Through weekly hands-on lab activities, this class will explore the web of natural relationships in the world, the role of humans in an ecosystem, and the challenges facing environmental stability.

#28430 1/15-3/11 W 10-10:55 a.m. \$150

HOMESCHOOL: FAMILY DANCE

Ages 3-7

Bring the whole family and fall in love with dance together! Children and caregivers expand their movement skills and explore dance concepts together in this joyful, supportive classroom community. Taught by instructor Miranda Veenhuysen, this class uses a brain-compatible dance curriculum. Participants should wear comfortable clothing and dance barefoot. Each registered child should have an adult companion who dances in class with them. Adults and youth 14 and older don't need to register.

#28427 1/15-3/11 W 10-10:55 a.m. \$125

HOMESCHOOL: GAME OF GO

Ages 7-16

Go is an ancient Asian strategy game that is fun for both beginners and experts. We start out with small boards and simple instructions, and progress to full territory-based game in a few classes. Since the game is easily handicapped, beginning players have a fair chance of winning against more experienced players.

#28438 1/15-3/11 W Noon-12:55 p.m. \$115

HOMESCHOOL: HANDS-ON SCIENCE

Ages 6-9

Why? How? What if? The world is full of questions, and science is how we find the answers. Each week will ask an intriguing question, and young scientists will learn how to make an educated guess, design experiments, and test their hypothesis. Come develop the skills to answer big questions about the world!

#28431 1/15-3/11 W 11-11:55 a.m. \$150

PLAY-WELL INTRO TO STEM W/ LEGO® MATERIALS

Ages 6-9

Let your child's imagination run wild with tens of thousands of LEGO® parts! Students will build engineer-designed projects and use special pieces to create their own unique designs! Both new and returning students can explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced instructor.

#28437 1/15-3/11 W Noon-12:55 p.m. \$135

HOMESCHOOL: MACHINE SEWING

Ages 7-14

Students are invited to be creative while learning a useful life skill. A class designed for all skill levels, new students learn machine safety and beginner sewing techniques, while more experienced students expand on their skills. Examples of projects include backpacks, phone cases, clothing, stuffed animals, and more!

#28439 1/15-3/11 W 10-11:25 a.m. \$251

HOMESCHOOL: MUSICAL THEATRE DANCE

Ages 7-11

Come sing and dance along! Children will be introduced to musical theater dance technique, play movement games, and explore singing. In later classes, they will learn choreography and lyrics to songs from different kids' movies. There will be a performance in class on the last day. Participants should wear comfortable clothing, non-slip socks, or bare feet.

#28428 1/15-3/11 W 11-11:55 a.m. \$100

HOMESCHOOL: PRINTMAKING PROJECTS

Ages 10-16

In this class, students will have the opportunity to explore the printmaking process, from vision and design, to block carving and final prints. Projects will continue over the course of several weeks. Experienced students from the previous printmaking class can expand their skills, while new students will enjoy exploring a new skill. **A minimum of two parent volunteers are needed 10 minutes before and after class to help with set-up and clean-up.

#28432 1/15-3/11 W Noon-12:55 p.m. \$165



HOMESCHOOL: SPORTS UNLIMITED

Ages 5-16

Sample a variety of sports and movement games to get your little one active. Your child will play creative tag games, and learn basic skills in sports like soccer. Your child will enjoy challenging their muscles, and improving their cardiovascular system, balance, and coordination.

Ages 5-8

#28436 1/15-3/11 W Noon-12:55 p.m. \$85

Ages 9-16

#28435 1/15-3/11 W 11-11:55 a.m. \$85

TEENS

TEEN PROGRAM

Ages 11-19

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

#27738 1/2-3/31 M-F 3-6 p.m.

FREE!

TEEN COUNCIL

Ages 11-18

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

Ongoing First Th/Month 4-5 p.m.

FREE!

PIZZA & PINS

Ages 11-18

Teens eat pizza and drink pop while bowling at Roxbury Lanes.

Check Monthly Teen Calendar

1/3-3/27 F 4-7:30 p.m.

FREE!

TEEN SWIM

Ages 11-18

Teens swim at Evans Pool

1/7-3/31 Tu 6:30-8:30 p.m.

FREE!

POPCORN AND A MOVIE

Ages 11-18

Participants watch an exciting movie rental from Scarecrow Video.

1/6-3/30 M 3:30-6 p.m.

FREE!

TEEN FITNESS

Ages 11-18

Weekly teen workout in the Loyal Heights Fitness Room.

1/8-3/25 W 5-6 p.m.

FREE!

HOMEWORK TIME

Ages 11-18

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

1/2-3/31 M-F 3-4 p.m.

FREE!

➤ MULTIGENERATIONAL



FENCING - BEGINNING

Ages 12 and Older

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

#27726 1/7-3/31 Tu/Th 7-8 p.m. \$100

FENCING - INTERMEDIATE

Ages 12 and Older

If you have completed our beginning class or have had basic instruction elsewhere, this is the next step. Intermediate fencers are expected to have their own basic equipment: mask, jacket, plastron, gloves, knickers or long pants, and practice foil. However, participants can rent a basic kit for \$30 for the entire season.

#27727 1/7-3/31 Tu/Th 7-8 p.m. \$100

PIANO LESSONS

Ages 6 and Older

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

#27733 1/7-3/31 Tu 3-6:30 p.m. \$25

PIANO OR GUITAR WITH BRUCE

Ages 4 and Older

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

#27734 1/9-3/26 Th 4-7:30 p.m. \$25

SERVICE LEARNING

Ages 14-17

High school students are required to complete 60 hours of community service. A great opportunity is to participate in citywide service-learning projects. You can also create a service-learning project at your local community center. Contact Ron Brown at Loyal Heights for more information.

FREE!

MARTIN LUTHER KING MARCH

Ages 11-17

Annual Martin Luther King march and program.

TBA

FREE!

COMMUNITY DINNER PROGRAM

Ages 11-18

The program goal is to teach teens the importance of volunteering and helping others. High school students can receive service-learning hours for volunteering.

1/2-3/26 Th

4:30-6:30 p.m.

FREE!



MARTIAL ARTS: TANG SOO DO

Ages 8 and Older

Self-defense is an important aspect of martial arts, but students will also learn self-confidence, self-control, discipline, patience, and integrity. Learning these important skills in addition to becoming more physically fit is often why people start Tang Soo Do. These classes are available to students ages 8 and older, and we encourage parents to take classes with their kids.

| | | | | |
|--------|----------|-----|----------------|------|
| #27732 | 1/6-2/26 | M/W | 7:15-8:15 p.m. | \$60 |
| #28233 | 3/2-4/29 | M/W | 7:15-8:15 p.m. | \$60 |

PILATES

Ages 12 and Older

Come learn the skills needed to improve your posture, core strength and to help relieve back and neck pain. Pilates is a full body workout and is appropriate for all fitness levels. Drop in rate of \$10.

| | | | | |
|--------|-----------|---|----------|------|
| #27735 | 1/10-1/31 | F | 6-7 p.m. | \$36 |
| #28285 | 2/7-2/28 | F | 6-7 p.m. | \$36 |
| #28286 | 3/6-3/27 | F | 6-7 p.m. | \$36 |



**PLEASE REGISTER
EARLY TO AVOID
DISAPPOINTMENT.**

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

ADULTS


YOGA

Ages 16 and Older

In Gentle Flow Yoga, we move through subtle and fluid movements, meditation, restorative postures, and breath-work appropriate for all levels and abilities (with beginners in mind.) Instructor often takes requests from her students, crafting unique sequenced practices that improve balance, strength, and flexibility. Come challenge your body, relax your mind, and leave renewed. All levels and abilities are welcome. Drop-in rate of \$10.

| | | | | |
|--------|----------|---|----------|------|
| #27744 | 1/6-1/27 | M | 6-7 p.m. | \$27 |
| #28294 | 2/3-2/24 | M | 6-7 p.m. | \$27 |
| #28296 | 3/2-3/30 | M | 6-7 p.m. | \$45 |

ASSOCIATED RECREATION COUNCIL

 For 44 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.

CIRCUIT TRAINING

Ages 16 and Older

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

| | | | | |
|--------|----------|----|----------|------|
| #27717 | 1/7-1/28 | Tu | 6-7 p.m. | \$40 |
| #28223 | 2/4-2/25 | Tu | 6-7 p.m. | \$40 |
| #28224 | 3/3-3/31 | Tu | 6-7 p.m. | \$50 |

INTRO TO FITNESS

Ages 18 and Older

If you want to work out but aren't sure where to start, this is the class for you! Our instructor will briefly discuss your fitness goals with you, introduce you to the weight room and safety guidelines, and provide guidance for beginning your workout routine. No experience is necessary and class size is small. Come to learn, grow and get fit!

| | | | | |
|--------|------|----|-------------|------|
| #27728 | 1/14 | Tu | 7-7:45 p.m. | \$25 |
| #28225 | 2/11 | Tu | 7-7:45 p.m. | \$25 |
| #28226 | 3/10 | Tu | 7-7:45 p.m. | \$25 |

VINIYOGA

Ages 16 and Older

This 6-week Viniyoga series is designed for people who want to stretch and strengthen their body, while attending to their mind and sense of wellbeing. There will be special attention to strengthening the core and pelvic floor - and exploring ways to find calm amidst hectic lives. Drop in \$10.

| | | | | |
|--------|-----------|----|-----------------|------|
| #27739 | 1/7-2/11 | Tu | 9:15-10:15 a.m. | \$54 |
| #28288 | 2/18-3/24 | Tu | 9:15-10:15 a.m. | \$54 |
| #28290 | 1/9-2/13 | Th | 9:15-10:15 a.m. | \$54 |
| #28292 | 2/20-3/26 | Th | 9:15-10:15 a.m. | \$54 |

ZUMBA®

Ages 18 and Older

Zumba is a Latin-inspired dance fitness class that incorporates Latin and International music and dance movements. This class format combines fast and slow rhythms that tone and sculpt the body, blending balance of cardio and muscle toning benefits. Zumba is fun, different, easy, and effective. We do have a drop in rate of \$10.

| | | | | |
|--------|----------|---|----------|------|
| #27746 | 1/8-1/29 | W | 6-7 p.m. | \$36 |
| #28305 | 2/5-2/26 | W | 6-7 p.m. | \$36 |
| #28306 | 3/4-3/25 | W | 6-7 p.m. | \$36 |



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://arcseattle.org/Aquatics-Donation-Page>. 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://arcseattle.org/Aquatics-Donation-Page>



Scan to make
a gift!



↘ TOTS

UK PETITE SOCCER

Ages 3-6

Our unique “game based” approach to teaching soccer provides every child the opportunity to develop motor skills, social skills, coordination, and general athletic ability, in a fun learning environment. Players will receive a T-Shirt and player certificate. Classes will be led by the professional UK Elite Coaching Staff.

| | | | | |
|--------|-----------|----|------------|-------|
| #27905 | 1/7-2/11 | Tu | 10-11 a.m. | \$190 |
| #27906 | 2/18-3/24 | Tu | 10-11 a.m. | \$190 |
| #27903 | 1/9-2/13 | Th | 10-11 a.m. | \$190 |
| #27904 | 2/20-3/26 | Th | 10-11 a.m. | \$190 |

PRE-BALLET

Ages 3-5

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

Guests are invited to watch the last day of class of the session.

| | | | | |
|--------|-----------|---|----------------|------|
| #27887 | 1/8-2/12 | W | 3-3:45 p.m. | \$66 |
| #27888 | 2/19-3/25 | W | 3-3:45 p.m. | \$66 |
| #27889 | 2/19-3/25 | W | 3:45-4:30 p.m. | \$66 |
| #27890 | 1/8-2/12 | W | 3:45-4:30 p.m. | \$66 |

TOT BOP

Ages 1-3½

This parent/child class involves movement, music, rhythm, song, and various props. You'll enjoy this opportunity to spend some one-on-one time with your toddler as you creatively and energetically explore dancing, singing, moving and exploring. Older siblings are welcome to participate. Baby siblings must be in a backpack or stroller.

| | | | | |
|--------|-----------|---|------------------|------|
| #27901 | 1/6-3/30 | M | 10:30-11:30 a.m. | \$88 |
| #27902 | 1/6-3/30 | M | 9:30-10:30 a.m. | \$88 |
| #27899 | 1/10-3/27 | F | 10:30-11:30 a.m. | \$96 |
| #27900 | 1/10-3/27 | F | 9:30-10:30 a.m. | \$96 |



➤ YOUTH

BALLET 1

Ages 6-10

This class uses barre work, ballet steps, props, dance games, and stories. Dance clothes and ballet shoes required.

| | | | | |
|--------|-----------|---|----------------|------|
| #27877 | 1/8-2/12 | W | 4:45-5:30 p.m. | \$66 |
| #27878 | 2/19-3/25 | W | 4:45-5:30 p.m. | \$66 |

JEWELRY MAKING

Ages 7-11

Learn the basic skills to make various styles of jewelry. We will use different materials to create earrings, bracelets and necklaces. Students will also learn how to wire wrap and make simple pendants.

| | | | | |
|--------|-----------|---|----------------|------|
| #27885 | 1/10-2/14 | F | 4:30-5:30 p.m. | \$90 |
| #27886 | 2/21-3/27 | F | 4:30-5:30 p.m. | \$90 |

MIDWINTER BREAK POTTERY CAMP

Ages 5-10

Bring your imagination and learn the basics of clay sculpture. Students will use brightly colored, non-toxic glaze, and be introduced to the pottery wheel. All materials will be provided. Dress for a mess! Additional clay is available for separate purchase.

| | | | | |
|--------|-----------|------|----------|-------|
| #27922 | 2/18-2/21 | Tu-F | 1-4 p.m. | \$132 |
|--------|-----------|------|----------|-------|

YOUTH POTTERY

Ages 5-10

Bring your imagination and learn the basics of clay sculpture. Students will use brightly colored, non-toxic glaze, and be introduced to the pottery wheel. All materials will be provided. Dress for a mess! Additional clay is available for separate purchase.

| | | | | |
|--------|-----------|---|----------|-------|
| #27907 | 1/6-2/10 | M | 4-6 p.m. | \$192 |
| #27908 | 2/24-3/30 | M | 4-6 p.m. | \$192 |

LITTLE HOOPERS

Age 6

This fun co-ed, instructional class will teach the basics of basketball. This program has six weeks of instruction and players will participate in a friendly, non-competitive scrimmage in the last two weeks. Kids will be divided into two teams. Parent volunteers are coaches and are invited to cheer on and support their young ones.

| | | | | |
|--------|----------|---|-------------|------|
| #27941 | 1/8-2/26 | W | 5-5:45 p.m. | \$80 |
| #27942 | 1/8-2/26 | W | 6-6:45 p.m. | \$80 |



➤ MULTIGENERATIONAL

TAEKWON DO

Ages 7 and Older

Taekwon Do, a Korean martial art is taught utilizing a fun safe, family-focused method. A typical class includes a series of warm-ups and stretches, followed by drills that focus on development of balance, techniques, and discipline. All experience levels are welcome. Uniforms are required, student should consult their instructor for purchasing options. Please contact the Magnolia Community Center at 206-386-4235 to register multiple people. No prorating.

| | | | | |
|--------|----------|-------|----------------|------|
| #27891 | 1/7-1/30 | Tu/Th | 6:15-7:30 p.m. | \$50 |
| #27892 | 2/4-2/27 | Tu/Th | 6:15-7:30 p.m. | \$90 |
| #27893 | 3/3-3/26 | Tu/Th | 6:15-7:30 p.m. | \$50 |

FAMILY POTTERY

Ages 5-74

Learn the basics of clay sculpture. Students will use pinch and slab techniques to complete a variety of projects, use brightly colored, non-toxic glazes, and be introduced to the pottery wheel. All materials are provided. Dress for a mess! Parents may accompany their children at no charge to assist and encourage; or may enroll as students to receive individual instruction and studio time. Clay is included in registration, more may be purchased.

| | | | | |
|--------|-----------|----|----------|-------|
| #27881 | 1/9-2/13 | Th | 5-8 p.m. | \$180 |
| #27923 | 2/20-3/26 | Th | 5-8 p.m. | \$180 |



ADULTS

BEGINNING & INTERMEDIATE POTTERY

Ages 16 and Older

Learn lowercase wheel, hand building and glazing techniques at the beginning or intermediate level. The first 25 lb bag of clay is included with registration, additional bags can be purchased. Limited glazes are provided.

| | | | | |
|--------|-----------|----|----------|-------|
| #27879 | 1/7-2/18 | Tu | 6-9 p.m. | \$210 |
| #27880 | 2/25-3/31 | Tu | 6-9 p.m. | \$180 |

TAI CHI

Ages 18 and Older

Maintain and restore bone mass, equilibrium, and poise, while playfully exploring vital energy.

| | | | | |
|--------|----------|----|----------------|-------|
| #27894 | 1/9-3/26 | Th | 10-11 a.m. | \$132 |
| #27895 | 1/9-3/26 | Th | 5:15-6:15 p.m. | \$132 |

ZUMBA

Ages 16-75

Get your heart pumping and feet moving with a Zumba dance-fitness course! We take the 'work' out of workout by combining all elements of fitness-cardio: muscle conditioning, balance and flexibility, and boosted energy. No prorating.

| | | | | |
|--------|----------|----|-----------------|------|
| #28085 | 1/6-1/27 | M | 7-8 p.m. | \$21 |
| #28086 | 2/3-2/24 | M | 7-8 p.m. | \$21 |
| #28087 | 3/2-3/30 | M | 7-8 p.m. | \$35 |
| #27911 | 1/8-1/29 | W | 7-8 p.m. | \$24 |
| #27910 | 2/5-2/26 | W | 7-8 p.m. | \$24 |
| #27909 | 3/4-3/25 | W | 7-8 p.m. | \$24 |
| #28090 | 1/4-1/25 | Sa | 9:45-10:45 a.m. | \$28 |
| #28091 | 2/1-2/29 | Sa | 9:45-10:45 a.m. | \$35 |
| #28092 | 3/7-3/28 | Sa | 9:45-10:45 a.m. | \$28 |

MEDITATION

Ages 15 and Older

Meditation courses include gentle movement, breathing practices, discussion, guided meditation, silent meditation and inspiration. Appropriate for total beginners and experienced meditators looking for a fun way to practice in a group atmosphere.

| | | | | |
|--------|-----------|----|----------|------|
| #27945 | 1/7-2/11 | Tu | 7-8 p.m. | \$72 |
| #27946 | 2/18-3/31 | Tu | 7-8 p.m. | \$84 |

Drop-in: \$13

ADULT POTTERY

Ages 18-75

Create pottery pieces into works of art by using a combination of hand-building and throwing clay. Participants will be guided through numerous techniques to decorate and build ceramic projects.

| | | | | |
|--------|-----------|---|----------------------|-------|
| #27875 | 1/8-2/12 | W | 9:30 a.m.-12:30 p.m. | \$180 |
| #27876 | 2/26-3/25 | W | 9:30 a.m.-12:30 p.m. | \$150 |

RESTORE YOGA

Ages 12-69

Restorative yoga classes are generally slow-paced. They enable us to move slowly and focus on 8 to 10 different poses for the entire 60 minute class, including settle for the good intentions in the beginning of the classes, and Shavasana as closed session for the class. All forms of practice during this class calm the mind and nervous system, enable us to turn inward, and focus on the breath.

| | | | | |
|--------|-----------|----|----------------|------|
| #27884 | 1/9-2/13 | Th | 6:30-7:30 p.m. | \$72 |
| #27935 | 2/20-3/26 | Th | 6:30-7:30 p.m. | \$72 |



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➤ 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. This class will introduce traditional barre and center-floor work, and end with a creative game to round out the day.

#27129 1/7-3/31 Tu 4:30-5:15 p.m. \$120

BALLET 2

Ages 7-10

This class teaches the basics of correct body alignment and proper technique. Students learn ballet vocabulary and combine it with expressive dances. This class introduces traditional barre and center-floor work, and a creative game will end each day. This class is intended for dancers with 2 years of dance instruction and for older beginners.

#27130 1/7-3/31 Tu 5:30-6:15 p.m. \$120

PIANO LESSONS

Ages 5-15

Learn to play the piano in weekly 30-minute private lessons. Training includes sight-reading, technique, expression, theory, and chords. Must have access to electric key board or piano for home practice.

| | | | | |
|--------|----------|----|-------------|------|
| #28013 | 1/6-1/27 | M | 3-6:30 p.m. | \$25 |
| #28014 | 2/3-2/24 | M | 3-6:30 p.m. | \$25 |
| #27122 | 3/2-3/30 | M | 3-6:30 p.m. | \$25 |
| #27120 | 1/9-1/30 | Th | 3-6:30 p.m. | \$25 |
| #27121 | 2/6-2/20 | Th | 3-6:30 p.m. | \$25 |
| #28123 | 3/5-3/26 | Th | 3-6:30 p.m. | \$25 |

➤ TOTS

MUSIC AND CREATIVE MOVEMENT

Ages 1½-2

This child development program is aimed at providing an early introduction to music movement and arts. Specifically developed for young learners, we use games, storytelling, and light performance activity to appropriately match your child's developmental skills.

Ages 1½-3½

| | | | | |
|--------|-----------|---|-------------|------|
| #27136 | 1/11-2/15 | F | Noon-1 p.m. | \$63 |
| #27137 | 2/22-3/28 | F | Noon-1 p.m. | \$63 |

Ages 3½-5

| | | | | |
|--------|-----------|---|----------|------|
| #27138 | 1/11-2/15 | F | 1-2 p.m. | \$63 |
| #27139 | 2/22-3/28 | F | 1-2 p.m. | \$63 |

PRE-BALLET

Ages 3-5

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

| | | | | |
|--------|----------|----|----------------|-------|
| #27128 | 1/7-3/31 | Tu | 2:40-3:25 p.m. | \$120 |
| #27127 | 1/7-3/31 | Tu | 3:30-4:15 p.m. | \$120 |

SPORTS FOR COHORTS

Ages 3-4

This class will keep your little one active and engaged in a fun and safe environment! Through a focus on multiple sports, this program is designed to build basic coordination skills and self-esteem, while kids have tons of fun!

| | | | | |
|--------|-----------|---|----------------|------|
| #27131 | 1/8-2/12 | W | 3:45-4:30 p.m. | \$42 |
| #28785 | 2/19-3/25 | W | 3:45-4:30 p.m. | \$42 |



MANDARIN LANGUAGE

Ages 6-12

In this class we will teach how to make simple daily conversations, read Chinese folk stories and explore all the fun of Chinese characters. We will start our journey from old ancient bone script, look at old drawings and patterns on animal bones or turtle plastrons, and learning characters in a fun way!

#33071 1/21-3/31 10:30-11:30 a.m. \$80

TEENS

PIZZA FOR TEENS

Ages 12-14

HEY Teens! Gather your friends and come make pizza the way you like it! Learn about pizza dough making, topping, and baking, then eat the results!

#28556 1/14-3/10 Tu 5:30-7:30 p.m.

FREE!

NEW

EASY SOUTHEAST ASIAN DISHES

Ages 18 and Older

Learn fast, easy ways to prepare Southeast Asian salads, soups, and stir fries using key ingredients available in our neighborhood. We will focus on cuisine from Thailand, Myanmar and Laos. Bring food containers for leftovers if you want to take some home. Please bring your own apron.

#28543 1/15-3/25 W 5:30-7:30 p.m. \$150

ADULTS



MANDARIN LANGUAGE

Ages 18 and Older

In this class we will teach how to make simple daily conversations, read Chinese folk stories and explore all the fun of Chinese characters. We will start our journey from old ancient bone script, take a look of old drawings and patterns on animal bones or turtle plastrons, and learning characters in a fun way!

#33070 1/21-3/31 10:30-11:30 a.m. \$80

VINASA/FLOW YOGA

Ages 18 and Older

The body is often compared to a tree. Participants of this beginner-level class will explore how to be a stronger and healthier tree through swaying, floaty movements during the class. Start from meditation to feel grounded, and slowly move on to a series of poses to build up energy. With poses accessible to all, participants will be able to find their own pace and focus on improving themselves in a safe environment. Previous yoga experience not required.

#28769 1/10-3/27 F 4-5 p.m. \$105



YOGA

Ages 16 and Older

Become stronger and improve flexibility through heart-centered, hatha style yoga. With breath work as a centerpiece, you'll feel the stress of your day float away. All fitness levels welcome!

#27126 1/6-3/30 M 5:45-7 p.m. \$60

ZUMBA

Ages 16 and Older

Get down and feel great with a Zumba community that supports recovery. Free your body, and travel the world through music and dance. Get down and feel great.

#27123 1/10-3/27 F 6-7 p.m. \$60

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, foxtrot, rumba, waltz, swing and salsa. No partner necessary.

#27125 1/9-3/26 Th 7-8 p.m. \$75





↘ TOTS

RED UKULELE: MUSICAL SPANISH WITH SIGN LANGUAGE

Ages 6 and Under

A fun, interactive, engaging and dynamic class where you and your child will be guided to sing in Spanish, learn sign language, shake eggs, dance with scarves, and play games. Red Ukulele is a unique program that teaches Spanish through experimental tools such as live music and sign language.

#26093 1/10-3/13 F 11-11:30 a.m. \$179

TOT ZUMBA

Ages 6 and Under

Start your child's week with a BOOM! Our fun and exciting tot Zumba class is designed to get your toddler moving with a mixture of games and dancing. Parents are also welcome to join the fun.

#26095 1/6-3/23 M 11 a.m.-Noon \$126



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↘ YOUTH

MIDWINTER BREAK CLAY CAMP

Ages 5-12

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

#26343 2/18-2/21 Tu-F 9 a.m.-1 p.m. \$165

POTTERY FOR KIDS

Ages 5-12

Learn the basics of clay sculpture. We will use pinch and slab techniques to complete a variety of projects. Students will use brightly colored, non-toxic glazes, and be introduced to the pottery.

#26308 1/6-2/10 M 4:45-5:45 p.m. \$150

#26309 2/24-3/23 M 4:45-5:45 p.m. \$150

CHESS CLUB

Ages 6-12

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

#26101 1/16-3/26 Th 3:30-4:30 p.m. \$20



CUCINA - COOKING AROUND THE WORLD

Ages 6-10

Join us for 11 exciting weeks of cooking from around the world! Each week we will whip up a recipe from across the globe, including everything from sushi to Indian dosas! By the end of this series, students will have the practical skills necessary to begin cooking at home, and the knowledge necessary to eat food in a wholesome, nutritional, and sustainable manner.

#26271 1/8-3/25 W 4-5:30 p.m. \$325

INTRODUCTION TO BALL HOCKEY

Ages 5-12

Learn running, passing, stickhandling, shooting, and battling!

#26091 1/8-3/25 W 1:30-2:30 p.m. \$120

HIP POP 1-3

Ages 4-12

Let's dance to hip-hop and pop music! Students will do dance warm ups, games, and learn exclusive dance choreography to perform at our exciting Metropolis Dance Show at the end of the quarter! Classes are focused on building confidence, all levels are welcome! www.metropolisdance.com

HIP POP 1

Ages 4-6

#26097 1/21-3/24 Tu 4:15-5 p.m. \$141

HIP POP 2

Ages 7-9

#26098 1/23-3/26 Th 4:05-5 p.m. \$157

HIP POP 3

Ages 10-12

#26099 1/23-3/26 Th 5:05-6 p.m. \$157

BREAK DANCE

Ages 6-12

Top rock, pop lock, and freeze! Students will learn foundational break dance skills, choreography, and fun dance games. Classes are focused on building confidence, all levels welcome. Show off your new skills at our exciting Metropolis Dance Show! www.metropolisdance.com

#26100 1/21-3/24 Tu 5:05-6 p.m. \$157

TEENS

DROP-IN TEEN PROGRAM

Ages 12-19

FREE!

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

#26273 1/2-3/31 M-F 2-6 p.m.

CUCINA - TEEN CHEFS

Ages 11-15

Join us for 11 weeks of advanced cooking after-school! Each week you'll face a new challenge that explores different culinary skills and recipes. Try your hand at making everything from fresh pastas to ramen to sourdough. We will cover advanced knife skills, vegetable and protein cooking methods, flavoring and adjusting, important baking and bread making techniques, and other advanced skills. Are you ready to become a pro in the kitchen?!

#26272 1/10-3/27 F 4-5:30 p.m. \$325



↘ MULTIGENERATIONAL

DROP-IN: POTTERY

FREE!

Ages 5 and Older

For all participants registered in pottery classes this quarter, this is dedicated time for you to work on new projects, perfect projects from class, or socialize with fellow artists. Open studio also available anytime scheduled pottery classes are not running.

#26339 1/11-3/28 Sa 11 a.m.-5 p.m.

POTTERY FOR THE COMPLETE BEGINNER

Ages 10 and Older

Learn hand building techniques such as slab, coil and pinching as well as an introduction to the pottery wheel. We will use non-toxic low and medium fire glazes. We offer open studio hours on Fridays. Clay is provided. Limited glazes are provided. Tools are provided; bring an apron and sketch book or journal.

| | | | | |
|--------|-----------|----|----------|-------|
| #26319 | 1/9-2/13 | Th | 6-9 p.m. | \$180 |
| #26313 | 1/7-2/11 | Tu | 6-9 p.m. | \$180 |
| #26314 | 2/18-3/31 | Tu | 6-9 p.m. | \$210 |
| #26322 | 2/20-3/26 | Th | 6-9 p.m. | \$180 |

BEGINNING & INTERMEDIATE POTTERY

Ages 14 and Older

Learn wheel, hand building and glazing techniques at the beginner or intermediate level. The first 25-lb bag of clay is free, additional bags can be purchased. Limited glazes are provided.

| | | | | |
|--------|-----------|----|----------------|-------|
| #26311 | 1/7-2/11 | Tu | 1-4 p.m. | \$180 |
| #26312 | 2/18-3/31 | Tu | 1-4 p.m. | \$210 |
| #26332 | 1/9-2/13 | Th | 10 a.m.-1 p.m. | \$180 |
| #26334 | 2/27-3/26 | Th | 10 a.m.-1 p.m. | \$150 |
| #26337 | 1/10-2/14 | F | 6-9 p.m. | \$180 |
| #26338 | 2/21-3/27 | F | 6-9 p.m. | \$180 |

INTERMEDIATE AND ADVANCED POTTERY

Ages 16 and Older

Learn wheel, hand building and glazing techniques at the intermediate or advanced level. You must have attended a previous class or have some pottery experience. The first 25-lb bag of clay is free, additional bags can be purchased. Limited glazes are provided.

| | | | | |
|--------|-----------|---|----------|-------|
| #26310 | 1/6-3/30 | M | 6-9 p.m. | \$330 |
| #26315 | 1/8-2/12 | W | 6-9 p.m. | \$180 |
| #26316 | 2/19-3/25 | W | 6-9 p.m. | \$180 |

FAMILY YOGA

Ages 8 and Older

This family friendly class will help strengthen both your body and your mind. As you stretch, move, and breathe you will develop better posture and get in touch with your beautiful inner spirit.

#26107 1/9-3/19 Th 6-7 p.m. \$139

ZUMBA

Ages 10 and Older

Come and join us for some fun family fitness! Our Zumba class is designed to be playful enough for all ages and still incorporate an exhilarating and energetic cardio workout.

#26096 1/6-3/23 M 6-7 p.m. \$141

TRADITIONAL NON-CONTACT TAE KWON DO

Ages 6 and Older

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

| | | | | |
|--------|----------|-----|----------|-------|
| #28706 | 1/6-4/8 | M/W | 6-7 p.m. | \$135 |
| #28707 | 1/6-1/29 | M/W | 6-7 p.m. | \$50 |
| #28708 | 2/3-2/26 | M/W | 6-7 p.m. | \$50 |
| #28709 | 3/2-3/30 | M/W | 6-7 p.m. | \$50 |

↘ ADULTS

WEIGHT ROOM INTRO

Ages 18 and Older

This introduction to weight training will teach you the basics of weight lifting, proper technique, and the basics of using the weight room for fitness.

#28710 1/6-1/27 M 10-11 a.m. \$40

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

Create an account
and register for
classes at
http://bit.ly/spr_registration_account



© Jay dotson photography

Personal Lessons

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



© Doug Mahugh

Fitness

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



Recreation

Public Swim, Family Swim, Lap Pool and more!



Contact your local pool for more information!

BALLARD POOL

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

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 Fautleroy 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. Work with center coordinator, allow 45 days processing.
- » Staff fee \$30 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 required and 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

RENTAL PRICES ARE IN THE PROCESS OF BEING SET BY CITY COUNCIL AND WERE NOT AVAILABLE BEFORE THIS PUBLICATION WAS PRINTED. HERE IS WHERE YOU CAN FIND THE MOST UP TO DATE PRICING INFORMATION http://bit.ly/spr_fees_and_charges.

| COMMUNITY CENTERS/ROOMS AND CAPACITIES | | | | | |
|--|-------|-------|-------|---------|-----|
| SITE | SMALL | MED | LARGE | KITCHEN | GYM |
| Ballard | 15/20 | 45/85 | 130 | small | |
| Bitter Lake | 20 | 40/75 | 150 | large | 450 |
| Green Lake | | 40 | | | 240 |
| Loyal Heights | | | (2)75 | small | 450 |
| Magnolia | 35 | (2)35 | (2)75 | small | |
| Northgate | 15/20 | | 179 | large | 250 |
| Queen Anne | | | /75 | small | |

| NORTHWEST SEATTLE/SHELTERHOUSES AND CAPACITIES | | | | |
|--|-------|-----|----|-----|
| <i>To reserve the Shelter Houses, please call (206) 684-4081</i> | | | | |
| SITE | SMALL | MED | LG | |
| Golden Gardens Bathhouse | | | | 290 |
| Pinehurst Shelterhouse | | 53 | | |
| Ross Playfield Shelterhouse | 35 | | | |



REGISTER ONLINE!

READY - Please visit our website at http://bit.ly/spr_registration_account and create an account for our registration system, and verify your information is correct.
SET - See what classes and programs are available for registration.
GO - Register for programs and get active!

PAYMENT

You can pay for classes and other activities in person or by phone during regular facility hours. You can also register online by following the directions above. Rentals may be paid by telephone with a credit card. We accept Visa, MasterCard, and American Express. Please make checks and money orders out to City of Seattle. Please note: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be 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%.

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 your child's participation in all gymnastics, tumbling, parkour, or circus arts classes at SPR facilities for one year from the date of purchase. Note: This insurance will only be utilized if expenses exceed your primary insurance coverage.

MORE INFORMATION

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



Seattle
Parks & Recreation



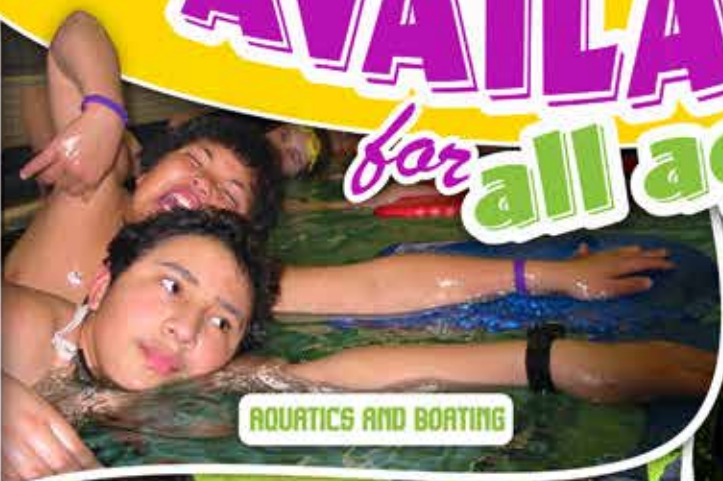
ADULT



YOUTH AND CHILDCARE

SCHOLARSHIPS AVAILABLE

for all ages



AQUATICS AND BOATING



SPECIALIZED POPULATIONS



ENVIRONMENTAL LEARNING



LIFELONG RECREATION

VISIT A COMMUNITY CENTER OR POOL
FOR MORE INFORMATION OR VISIT US ONLINE AT
SEATTLE.GOV/PARKS/SCHOLARSHIPS