

# SOUTHEAST COMMUNITY CENTERS



Seattle  
Parks & Recreation

healthy people healthy environment strong communities

WINTER 2020

## COMMUNITY CENTERS

GARFIELD • INTERNATIONAL DISTRICT/CHINATOWN •  
JEFFERSON • RAINIER • RAINIER BEACH • VAN ASSELT

## POOLS

RAINIER BEACH  
MEDGAR EVERS



**REGISTER**  
12/3

register online:  
[http://bit.ly/spr\\_registration](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](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](http://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](http://seattle.gov/parks/centers.asp). All staff can assist you with registration during their operating hours listed on their home page linked from the above web address.



## 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](mailto: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](http://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.

**Dawn Bennett:** dawn.bennett@seattle.gov

**Tiffany Jordan:** tiffany.jordan@seattle.gov

**Clint Karlsen:** clint.karlsen@seattle.gov

**Jennifer Romo:** jennifer.romo@seattle.gov

**Tamela Thomas:** tamela.thomas@seattle.gov

*Classes are scheduled approximately six months in advance.*



<b>SPECIAL EVENTS</b>	<b>5-7</b>
<b>DROP IN</b>	<b>8-11</b>
<b>CITYWIDE ATHLETICS</b>	<b>12-13</b>
<b>PRESCHOOL</b>	<b>14-15</b>
<b>SCHOOL AGE CARE</b>	<b>16-17</b>

### **GARFIELD 18-19**

Tots	18
Youth	18
Adult	19

### **INTERNATIONAL DISTRICT 20-22**

Tots	20
Youth	21
Adult	22

### **JEFFERSON 23-25**

Tots	23
Youth	23
Teens	24
Adult	25

### **RAINIER 26-29**

Tots	26
Youth	27
Teens	28
Adult	29

### **RAINIER BEACH 30-32**

Tots	30
Youth	31
Adult	32

### **VAN ASSELT 33-35**

Youth	33
Teens	34
Adults	34

### **POOLS 36-37**

### **RENTAL INFORMATION 38**

### **REFUND POLICY 39**

# CENTER INFO



Seattle  
Parks & Recreation

## GARFIELD CC

2323 E Cherry St. / Seattle, WA 98122  
**Ph:** 206-684-4788 **Fax:** 206-684-4380

### HOURS

Mon-Thu	10 a.m.-9 p.m.
Friday	9 a.m.-8 p.m.
Saturday	10 a.m.-5 p.m.
Sunday	Available for Rentals

## GARFIELD TEEN LIFE CENTER

428 23rd Ave. / Seattle, WA 98122  
**Ph:** 206-684-4550 **Fax:** 206-684-4324

### HOURS

Mon-Thu	2:30-8 p.m.
Friday	Noon-7 p.m.
Sunday	Closed

### LATE NIGHT (Ages 13-19 ONLY)

F/Sa 7 p.m.-Midnight

## ID/CHINATOWN CC

719 8th Ave. S / Seattle, WA 98104  
**Ph:** 206-233-0042 **Fax:** 206-233-5036

### HOURS

M/W/F	11 a.m.-9 p.m.
Tu/Th	10 a.m.-7 p.m.
Saturday	10 a.m.-5 p.m.
Sunday	Closed

## JEFFERSON CC

3801 Beacon Ave. S / Seattle, WA 98108  
**Ph:** 206-684-7481 **Fax:** 206-684-7483

### HOURS

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

### Great Night (Ages 19 and older)

Saturday 7 p.m.-Midnight

## RAINIER CC

4600 38th Ave. S / Seattle, WA 98118  
**Ph:** 206-386-1919 **Fax:** 206-386-1904

### HOURS

M/W	9 a.m.-9 p.m.
Tu/Th	10 a.m.-9 p.m.
Friday	9 a.m.-6 p.m.
Saturday	9 a.m.-5 p.m.
Sunday (available for rent)	Closed

### LATE NIGHT (Ages 13-19 ONLY)

F/Sa 7 p.m.-Midnight

## RAINIER BEACH CC

8825 Rainier Ave. S / Seattle, WA 98118  
**Ph:** 206-386-1925 **Fax:** 206-386-1510

### HOURS

Mon-Thu	10 a.m.-9 p.m.
Friday	10 a.m.-7 p.m.
Saturday	8:30 a.m.-7 p.m.
Sunday	9 a.m.-6:30 p.m.

### LATE NIGHT (Ages 13-19 ONLY)

F/Sa 7 p.m.-Midnight

## VAN ASSELT CC

2820 S Myrtle St. / Seattle, WA 98108  
**Ph:** 206-386-1921 **Fax:** 206-386-1894

### HOURS

M/W/F	2-8 p.m.
Tu/Th	10 a.m.-8 p.m.
Saturday	9 a.m.-4 p.m.
Sunday	Closed

### LATE NIGHT (Ages 13-19 ONLY)

Friday 7-11:30 p.m.

## MEDGAR EVERS POOL

23rd Ave / Seattle, WA 98122  
**Ph:** 206-684-4766

## RAINIER BEACH POOL

8825 Rainier Ave. S / Seattle, WA 98118  
**Ph:** 206-386-1925 **Fax:** 206-386-1510

## 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  
**Tiffany Johnson**, Recreation Manager  
**Mike Plympton**, Aquatics Manager

## COORDINATORS

**GARFIELD CC**  
**Tianna Scott**, [tianna.scott@seattle.gov](mailto:tianna.scott@seattle.gov)  
**ID/CHINATOWN CC**  
**Brenna Clausen**, [brenna.clausen@seattle.gov](mailto:brenna.clausen@seattle.gov)  
**JEFFERSON CC**  
**Doreen Deaver**, [doreen.deaver@seattle.gov](mailto:doreen.deaver@seattle.gov)  
**RAINIER CC**  
**Staci Doan**, [staci.doan@seattle.gov](mailto:staci.doan@seattle.gov)  
**RAINIER BEACH CC**  
**Martha Winther**, [martha.winther@seattle.gov](mailto:martha.winther@seattle.gov)  
**VAN ASSELT CC**  
**Temesgen Habte**, [temesgen.habte@seattle.gov](mailto:temesgen.habte@seattle.gov)

## ASSISTANT COORDINATORS

**Dawn Bennett**, [dawn.bennett@seattle.gov](mailto:dawn.bennett@seattle.gov)  
**Tiffany Jordan**, [tiffany.jordan@seattle.gov](mailto:tiffany.jordan@seattle.gov)  
**Clint Karlsen**, [clint.karlsen@seattle.gov](mailto:clint.karlsen@seattle.gov)  
**Jennifer Romo**, [jennifer.romo@seattle.gov](mailto:jennifer.romo@seattle.gov)  
**Tamela Thomas**, [tamela.thomas@seattle.gov](mailto:tamela.thomas@seattle.gov)

## DISCLAIMER NOTE

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

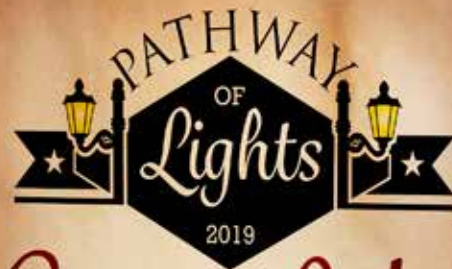
# SPECIAL EVENTS



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

## ↘ RECURRING EVENTS

### COMMUNITY KITCHEN

**FREE!**

All Ages

International District/Chinatown Community Center will host Community Kitchen once a month for lunch through a partnership with International Community Health Services. Please call 206-233-0042 for more information.

**Location:** [INTERNATIONAL DISTRICT/CHINATOWN CC](#)

**4th Thu/Month**      **11 a.m.-1 p.m.**

### STAMP CAMP

**FREE!**

Ages 8 and older

Are you ready to learn different stamp techniques like heat embossing, water coloring, 3D projects, and more?! Each month will feature cultural sharing of drinks/food to connect with the activity. Space is limited to 15, so sign up early!

**Location:** [VAN ASSELT CC](#)

#### NEW YEAR VISIONS AND GOALS

1/6      M      6:30-7:30 p.m.

#### BLACK IS BEAUTIFUL

2/10      M      6:30-7:30 p.m.

#### ALL ABOUT BIRTHDAYS

3/23      M      6:30-7:30 p.m.

### FAMILY GAME NIGHTS

**FREE!**

Ages 8 and older

Bring your 'A' game and your favorite game and may the best player WIN!!! Games, snacks, and drinks provided. Come Support the Teen Program.

**Location:** [VAN ASSELT CC](#)

1/31      M      5-8 p.m.

2/27      M      5-8 p.m.

3/27      M      5-8 p.m.

## ↘ SPECIAL EVENTS

↘ DECEMBER 2019

### COMMUNITY HOLIDAY PARTY

**FREE!**

All Ages

Come celebrate the season's many wonders with your neighbors and friends at Garfield Community Center! Pre-registration is required to receive a toy at the event. Call 206-684-4788 for details. \*Toys will be given to families the week after the event depending on when toys are delivered\*

**Location:** [GARFIELD CC](#)

**#25121**      **12/13**      **F**      **6:30-8 p.m.**

### WINTER WONDERLAND PARTY

All Ages

Join us for an exciting, fun-filled evening of surprises for children and their families. We will have arts and crafts, holiday photos, treats, and a visit from a very special friend from the North Pole. Parents and caregivers are welcome to participate.

**Location:** [IDCCC](#)

**12/13**      **F**      **6-7:30 p.m.**  
**\$2/child**



**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](http://arcseattle.org/Careers) for a complete list of open positions.

*We are an equal opportunity employer.*

# SPECIAL EVENTS



## ➤ FEBRUARY 2020

### PANCAKE BREAKFAST

All Ages

Bring the whole family and meet your neighbors. Enjoy a couple of sausages and a hot stack of pancakes with all the fixings. Beverage included. This is a fundraiser for RCC programs and equipment.

Location: **RAINIER CC**

2/22 Sa 10 a.m.-1 p.m.

Minimum donation: \$6 adults, \$3 for kids

### BLACK HISTORY MONTH PROGRAM

**FREE!**

All Ages

First let it be said: Black history is American history. Join us as we celebrate the art, poetry, music, inventions, intellectual contributions, and political accomplishments of African Americans. Donations welcome.

Location: **VAN ASSELT CC**

2/28 F 6 p.m.

## ➤ MARCH 2020

### MARCH MADNESS

**FREE!**

All Ages

It's time for some March Madness basketball fun! Join us for food, games, prizes, and some basketball games on the big screen. Donations welcome.

Location: **VAN ASSELT CC**

3/20 F 5 p.m.

## ➤ APRIL 2020

### FLASHLIGHT EGG HUNT

**FREE!**

Ages 12-18

Looking for a new twist on an egg hunt? Try finding the loot in the dark! Bring your own flashlight and bag, but don't be late because the hunt goes quick. Rain or shine, we will be outside, so dress for the weather.

Ages 12-16

Location: **GARFIELD CC (MEET IN LOBBY)**

#28024 4/10 F 8 p.m.

Ages 12-18

Location: **JEFFERSON CC (MEET IN GYM)**

4/10 F 8 p.m.

### SPRING EGG HUNT

**FREE!**

Ages 11 and Under

Join your neighbors for the quickest special event of the year; the Spring Egg Hunt! Bring a basket or to bag to put all your eggs in that you will turn in later for goodies. 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: **JEFFERSON CC, RAINIER CC**

4/11 Sa 10 a.m.

## ➤ JUNE 2020

### BEACON HILL FESTIVAL

Ages 1 and Older

The Jefferson Community Center is hosting its Annual Beacon Hill Festival! The event will feature a range of entertainment, local food, carnival games, bounce toys, and silent auction. All proceeds of the event go to support the Jefferson Advisory Council in its efforts to provide scholarships for families to participate in programs at Jefferson Community Center. Don't miss out bring the entire family to this fun event!

Location: **JEFFERSON CC**

#27981 6/6 Sa 11 a.m.-4 p.m. \$65

Business/Commercial/Merchandise Booth: \$75

School/Non-Profit Booth: FREE

Arts and Crafts Booth: \$50 (art must be handmade)

Late Registration Fee: \$10 after 5/22

# 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!

Walkers-Age 5

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

Location: **GARFIELD CC**

M/W 10 a.m.-1 p.m. (Closed on 2/19, 4/13, and 4/15)

Location: **JEFFERSON CC**

Tu/Th 10 a.m.-2 p.m. (Closed on 2/18, 2/20, 4/14, 4/16)

Location: **RAINIER CC**

W/Sa 10 a.m.-1 p.m.

Location: **RAINIER BEACH CC**

M/F 10 a.m.-1 p.m.

Location: **VAN ASSELT CC**

Tu/Th 10 a.m.-1 p.m.

## TEENS

### 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, 206-684-4550

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, 206-684-7451.

## DROP-IN: WALK AND TALK GROUP

FREE!

Ages 18 and Older

It will be an opportunity for people of all ages to talk with Detective Cookie and Dr. Holland about safety, healthy living and concerns for active living in the community. We gather at 11:30am rain or shine to talk about health and current events in the community. Feel free to bring your ideas for topics and fun events. Walking begins outside at noon.

Location: **RAINIER BEACH CC**

#24309 9/6-12/27 F 11:30 a.m.-2 p.m.

## DROP-IN: DETECTIVE COOKIE'S CHESS CLUB

FREE!

Ages 7 and Older

Children and teens, are invited to join the group. Family and community members are also welcome. Drop by to learn and play chess!

Location: **RAINIER BEACH CC**

#23942 9/7-12/21 Sa Noon-2 p.m.



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## ↘ GAMES

### 50 AND UP FUN

Ages 50 and Older

Five Donic Delhi 25 tables and two Mahjong tables will be set up for your enjoyment. Hot tea served.

Location: **IDCCC**

Tu/F 2:30-5:30 p.m.  
Sa Noon-2 p.m.

FREE!

## ↘ FITNESS

### 5-ON-5 ADULT BASKETBALL

Ages 18 and Older

Grab your friends and throw together a team for this one of a kind drop-in basketball experience.

Location: **VAN ASSELT CC**

Sa 10 a.m.-Noon

FREE!

### HIP HOP SPIN CLASS

Ages 16 and Older

Endure intervals, hills, sprints and more combined with upper body movements designed to spike your heart rate from start to finish and provide a full-body workout. The beats of Hip Hop and R & B will push you thru this high intensity workout catering to participants of all fitness levels. Control your own resistance and speed allowing you to continuously progress toward to your fitness goals. Be prepared to sweat, be challenged and get results. This class is offered at no cost due to the Get Moving Grant. Day of sign up is first come, first served. You may reserve your bike up to 1hr early, spots are limited!

Location: **RAINIER CC**

Ongoing W 6-7 p.m. and 7-8 p.m.

Drop-in. First come/first served

FREE!

### AEROBICS

Ages 18 and Older

Come and sweat it out to your favorite aerobic DVDs. Hand weights and resistance bands provided.

Location: **IDCCC**

#22612 9/4-12/18 W 11 a.m.-12:30 p.m.

FREE!

## ↘ FITNESS ROOMS

Ages 18 and Older for all Fitness Rooms

### GARFIELD FITNESS ROOM

No matter what your level of fitness, you can set and meet your goals in our friendly, non-intimidating fitness room. We are into fitness, not fashion - so put on that old pair of sweats grab your sneakers and join us. It's time for you to commit to get fit!

Location: **GARFIELD CC**

Mon-Thu 10 a.m.-8:30 p.m.  
Friday 9 a.m.-7:30 p.m.  
Saturday 10 a.m.-4:30 p.m.

### INTERNATIONAL DISTRICT/ CHINATOWN FITNESS ROOM

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

Location: **IDCCC**

Mon-Sat 10 a.m.-9 p.m.

### RAINIER FITNESS ROOM

Find 30 minutes to work on cardio and strength training. We offer the following: bench press, elliptical machine, treadmill, pectoral fly, shoulder press, leg press, leg extension, rowing machine, and chest press.

Location: **RAINIER CC**

M/W 9 a.m.-9 p.m.  
Tu/Th 10 a.m.-9 p.m.  
Friday 9 a.m.-6 p.m.  
Saturday 9 a.m.-5 p.m.

### RAINIER BEACH FITNESS ROOM

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

Location: **RAINIER BEACH CC**

Mon-Thu 10 a.m.-8:45 p.m.  
Friday 10 a.m.-6:45 p.m.  
Saturday 8:30 a.m.-6:45 p.m.  
Sunday 9 a.m.-6:15 p.m.

# DROP-IN PROGRAMS



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Parks & Recreation

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	GARFIELD	ID/C	JEFFERSON	RAINIER	RAINIER BEACH	VAN ASSELT
BADMINTON		Tu 10 a.m.-1 p.m. Sa 10 a.m.-2 p.m.	Tu/F 6-8:45 p.m.			
BASKETBALL	Call 206-684-4788 for availability.	YOUTH M-W 2:30-5:30 p.m. F 3-8:45 p.m.  ADULT M/W/F 11:30 a.m.-1:30 p.m.	M/F 3:30-4:45 p.m.	Call 206-386-1919 for availability.	YOUTH M/Tu/Th/F 2:30-4:30 p.m. Su 9 a.m.-6:30 p.m.  Youth Saturday, Adult, and Senior please call for availability, 206-386-1925.	Call 206-386-1921 for availability.
COMPUTER LAB				Hours vary depending on computer lab programs. Call for availability, 206-386-1919.	YOUTH DROP-IN M/Tu/Th/F 2:30-6:30 p.m. W 1:30-6:30 p.m.  ADULT DROP-IN/ 1 ON 1 HELP M/Tu/Th/F 11 a.m.-2 p.m. W 11 a.m.-1 p.m.  We have FREE WiFi available anytime we are open.	
CRAFTS			Ages 50 and Older NEEDLE ART CIRCLE Th Noon-3 p.m.  QUILTING F 11 a.m.-2 p.m.			
DANCE		LINE DANCING* M/F 11 a.m.-12:30 p.m.  CHINESE DANCE* Tu/Th 10 a.m.-1 p.m. *\$3 Adult/\$2 Senior	WORLD DANCE M 6:45-8:45 p.m.  BALLROOM DANCING W 1-3 p.m.	MIXXED FIT® M/W 6-7 p.m. \$8		Coming Soon! TBA

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	GARFIELD	ID/C	JEFFERSON	RAINIER	RAINIER BEACH	VAN ASSELT
FITNESS	<b>FITNESS ROOM</b> <i>Please see page 11.</i>	<b>GENTLE YOGA</b> <b>W</b> 3-4 p.m. <i>\$3 Adult/\$2 Senior</i>  <b>KRIYA YOGA</b> <b>Th</b> 7:30-9 p.m. <i>\$5 (all ages)</i>	<b>ZUMBA®</b> <b>Tu/Th</b> 7 p.m. <i>\$9</i>	<b>HIP HOP SPIN</b> <i>Please see page 10.</i>	<b>FITNESS ROOM</b> <i>Please see page 10.</i>	<b>WOMEN'S ONLY ZUMBA®</b> <b>Tu/Th</b> 6-7 p.m.
GAMES	<i>All Ages</i> <b>POKÉMON CLUB</b> <b>Th</b> 4-6:30 p.m.	<b>50 AND UP FUN</b> <b>Tu/F</b> 2:30-5:30 p.m. <b>Sa</b> Noon-2 p.m.	<i>Ages 50 and Older</i> <b>MEXICAN TRAIN DOMINOS</b> <b>4th Th/month</b> 7-9 p.m.	<i>Ages 50 and Older</i> <b>BRIDGE</b> <b>W</b> 11 a.m.-2 p.m.  <b>MAH JONG</b> <b>Th</b> 11 a.m.-2 p.m.		<i>Ages 50 and Older</i> <b>SENIOR GAMES</b> <b>W</b> Noon-2 p.m.
MARTIAL ARTS		<b>KUNG FU</b> <b>Tu</b> 7-8 p.m. <i>\$10 Drop-in</i>  <b>CHEN STYLE TAI CHI</b> <b>Sa</b> 10-11 a.m. <i>*\$3 Adult/\$2 Senior</i>		<b>TAI CHI</b> <b>W</b> 3:30-4:30 p.m. <i>*\$3</i>  <b>GOJU RYU KARATE</b> <b>M/W</b> 7:15-8:45 p.m.	<b>LIFELONG TAI CHI</b> <i>Ages 50 and Older</i> <b>M/Th</b> 9:30-10:30 a.m. \$3	<b>SELF-DEFENSE</b> <i>Ages 6-16</i> <b>F</b> 5:30-6:30 p.m.  <i>Ages 16 and older</i> <b>F</b> 6:30-7:30 p.m.
PICKLEBALL		<b>M</b> 6-8:45 p.m.	<i>Ages 50 and Older</i> <b>M</b> 10 a.m.-Noon	<b>Tu/Th</b> 10 a.m.-1 p.m.		<i>Ages 50 and Older</i> <b>W/F</b> Noon-2 p.m.
TABLE TENNIS (PING PONG)	<b>ADULT</b> <b>Tu/F</b> 11 a.m.-1 p.m.	<b>YOUTH</b> <b>M/W</b> 3-6 p.m.  <b>ADULT *</b> <b>M/W/F</b> 1-2:30 p.m. and 6-8:45 p.m. <b>Sa</b> 2-4:45 p.m.  <i>*\$3 Adult/\$2 Senior</i>		<i>Available during operating hours.</i>	<i>Call for availability, 206-386-1925.</i>	<b>Includes Foos Ball</b> <b>M/W/F</b> 2-7:45 p.m.  <b>Tu/Th</b> 10 a.m.-7:45 p.m.
VOLLEYBALL		<b>W</b> 6-8:45 p.m.		<b>Th</b> 7-9 p.m. <i>(through October)</i>	<i>Call for availability, 206-386-1925.</i>	



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](http://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](http://WWW.SEATTLE.GOV/PARKS/ATHLETICS)  
OR CALL 206-684-7092**



## 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.

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

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

### 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.

AGES	DAYS	TIME	PRICE/MONTH
<b>JEFFERSON COMMUNITY CENTER</b>			
3-5	Tu/Th	8:30 a.m.-Noon	\$310
3-5	M/W/F	8:30 a.m.-Noon	\$454
3-5	M-F	8:30 a.m.-Noon	\$694

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



# PRESCHOOL

## 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.

## 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
<b>JEFFERSON COMMUNITY CENTER</b>			
3-5	Tu/Th	8:30 a.m.-Noon	\$328
3-5	M/W/F	8:30 a.m.-Noon	\$479
3-5	M-F	8:30 a.m.-Noon	\$729

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



**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!



## 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
<b>JEFFERSON COMMUNITY CENTER</b>				
After School	2:30-6 p.m.	\$547.50	\$492.50	\$465.50
<b>RAINIER COMMUNITY CENTER</b>				
After School	2:30-6 p.m.	\$547.50	N/A	N/A
<b>RAINIER AT JOHN MUIR</b>				
Before School	6-8 a.m.	\$311.50	N/A	N/A
After School	2:30-6 p.m.	\$547.50	N/A	N/A
<b>RAINIER BEACH COMMUNITY CENTER</b>				
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
<b>VAN ASSELT COMMUNITY CENTER</b>				
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\*

<b>Thanksgiving Closure</b>	11/28-11/29/2019
<b>Winter Break Closure</b>	12/23/2019-1/3/2020
<b>Christmas Day Closure</b>	12/25/2019
<b>New Year's Day Closure</b>	1/1/2020
<b>MLK Day Closure</b>	1/20/2020
<b>President's Day Closure</b>	2/17/2020
<b>Mid-Winter Break Closure</b>	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 (This is a 4 day week) 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](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](mailto:program.intake@usda.gov).



## VOLUNTEER AND COMMUNITY SUPPORT NEEDED!

We are always looking for dedicated neighbors to assist us as we deliver great programs to our wonderful community. Volunteer at the Center, during Special Events, or serve on our Advisory Council. Get involved now and join us as we build a better future for our community! Call us for more details and other ways to offer your support.

Ask to speak with the Coordinator, 206-684-4788.

## ↘ TOTS

### DANCE TOGETHER WITH MOVING MINDS

Ages 1½-3½

Bond with your child through movement and creative play as we improve coordination and social skills in classes that seamlessly blend teacher-directed activities with child-led explorations and discoveries. When ready, your child may take the class independently. This winter, we'll discover how scientific principles impact our dancing.

#26841	1/6-2/10	M	4-4:45 p.m.	\$68
#26842	2/24-3/30	M	4-4:45 p.m.	\$82

### PLAYFUL DANCE WITH MOVING MINDS

Ages 3-4

Young dancers in this class develop dance skills, coordination, strength, and stability as they become more confident in the basics and more complex movement patterns along with ballet vocabulary. Each season we focus on a real-world topic in a developmentally appropriate way.

#26851	1/6-2/10	M	5-5:45 p.m.	\$68
#26852	1/10-2/14	F	5-5:45 p.m.	\$82
#26853	2/24-3/30	M	5-5:45 p.m.	\$82
#26854	2/28-4/3	F	5-5:45 p.m.	\$82

## ↘ YOUTH

### INSTRUCTIONAL BASKETBALL

Ages 6-7

It's basketball season and it's time to sign up! Bring a team or just yourself, but be ready to learn the game and have a fabulous time. Practice starts in December and is once a week for an hour. Games will start in January and are scheduled for Thursdays. Youth Sports Medical Authorization form, Concussion form, and Payment must be fully complete to be registered for this program. Volunteer coaches are always needed. Please contact [Tianna.Scott@seattle.gov](mailto:Tianna.Scott@seattle.gov) or (206) 684-4788 if you want to volunteer.

#25406	12/5-3/19	Th	5-7:30 p.m.	\$80
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## YOUTH DEVELOPMENT TAEKWONDO

**FREE!**

Ages 5-18

Taekwondo promotes positive behaviors and improved life skills. Persistent positive feedback supports and reinforces educational achievement, behavioral change, and community building. We challenge our students to think critically and open their minds to change. Registration is open throughout the season. E-13 required.

#26858 1/6-8/19 M/W 6-7:30 p.m.

## CREATIVE BALLET WITH MOVING MINDS

Ages 5-6

Starting with foundations learned in Playful Dance, your child will strengthen their confidence, musicality, and ability to collaborate. This class introduces children to the ballet barre, advanced movements, and tools to develop their own choreography style. This winter, We'll discover how scientific principles impact our dancing.

#26839 1/6-2/10 M 6-6:50 p.m. \$68

#26840 2/24-3/30 M 6-6:50 p.m. \$82

## FORMATIVE BALLET WITH MOVING MINDS

Ages 7-9

With respect for the safety of their body, your child will build a foundational understanding of ballet alignment and strong technique. A combination of traditional ballet structures and creative investigation will cultivate your child's sense of artistry, self-appreciation, and community. This winter, we'll discover how scientific principles impact our dancing.

#26845 1/10-2/14 F 6-7 p.m. \$91

#26846 2/28-4/3 F 6-7 p.m. \$91

## POKÉMON CLUB

**FREE!**

All Ages

Calling all Pokémon trainers! Join our gym and learn all about the Pokémon Trading Card Game. Trainers can bring their own Pokémon cards or borrow ours to challenge each other and become the very best. This is a volunteer-run drop-in.

33004 1/2-4/9 Th 4-6:30 p.m.

## ADULTS

### TAI CHI FOR RECOVERY

Ages 18 and Older

Our new Tai Chi class is aimed at improving health and circulation of energy using the principles of Qigong (energy- exercise). Movements are slow and fluid to help restore balance, stability, ease of movement and alignment. Students should wear comfortable, loose-fitting clothing to class.

#26855 1/8-2/12 W 12:30-1:15 p.m. \$30

#26856 2/26-4/1 W 12:30-1:15 p.m. \$30

### MARCUS GARVEY BOOK CLUB

**FREE!**

Ages 18 and Older

Books are the foundation of knowledge. Come join facilitators Reverend Harriett Walden and Erik Stark of The Family Empowerment Institute. Each month covers a new book focusing on local, cultural, historical, and African American topics. For more information call 206-380-1710.

#28019 1/7-4/7 Tu 6-8 p.m.



### GET F.I.T. (FITNESS INFUSED TECHNOLOGY)

Ages 18 and Older

Learn the overall benefits of fitness and monitoring using technology to showcase outcomes. Step Aerobics and weights help you build strength, tone muscles and get moving. Using smartwatch-like bands you can monitor heart rate and blood pressure while tracking your progress. Get ready to make goals and celebrate your progress!

#29729 1/8-2/12 W 6-7 p.m. \$30

#29745 2/26-4/1 W 6-7 p.m. \$30





## VOLUNTEER AND COMMUNITY SUPPORT NEEDED!

We are always looking for dedicated neighbors to assist us as we deliver great programs to our wonderful community. Volunteer at the Center, during Special Events, or serve on our Advisory Council. Get involved now and join us as we build a better future for our community! Call us for more details and other ways to offer your support.

[Ask to speak with the Coordinator, 206-233-0042.](tel:2062330042)

## ↳ TOTS

### PRE-BALLET

Ages 3-4

Sashay your way into the world of classical ballet. This class will teach kids the basic elements of movement and ballet. Students will improve their coordination and balance while learning terminology and ballet etiquette. Jump into class to learn what it's like to be a real ballerina!

#26086	1/2-1/30	Th	5:15-6 p.m.	\$45
#26085	2/6-2/27	Th	5:15-6 p.m.	\$36
#26084	3/5-3/26	Th	5:15-6 p.m.	\$36

### TOT DRAWING AND PAINTING

Ages 4-5

Children will learn beginning art skills such as how to properly hold a paintbrush and how to draw. This class is a perfect introduction to art for your tot!

#26089	1/6-1/27	M	4:15-5 p.m.	\$27
#26088	2/3-2/24	M	4:15-5 p.m.	\$27
#26087	3/2-3/30	M	4:15-5 p.m.	\$45

## ↘ YOUTH

### FINE ART DRAWING

Ages 6-12

Learn to draw through lessons that encourage advancements in motor skills, creativity, and self-confidence. Transform simple objects into wonderful works of art using a variety of media such as ink, pencil, charcoal, watercolor, oil, and chalk.

#26064	1/6-1/27	M	5-6 p.m.	\$36
#26065	1/8-1/29	W	5-6 p.m.	\$36
#26062	2/3-2/24	M	5-6 p.m.	\$36
#26063	2/5-2/26	W	5-6 p.m.	\$48
#26060	3/2-3/30	M	5-6 p.m.	\$60
#26061	3/4-3/25	W	5-6 p.m.	\$48

### DROP-IN: NATURE CLUB

Ages 5-12

Come explore and learn about our connection to nature through the five senses. Engage in science, technology, engineering, art, and mathematics.

#26043	1/3-1/31	F	4:30-6 p.m.
#26042	2/7-2/28	F	4:30-6 p.m.
#26041	3/6-3/27	F	4:30-6 p.m.

### BALLET 1

Ages 5-7

This is a beginning class is for boys and girls. Ballet vocabulary will be used as students learn fun, energetic, and expressive dances. Elements of this class incorporate traditional ballet barre and center-floor work.

#26037	1/2-1/30	Th	6-7 p.m.	\$60
#26036	2/6-2/27	Th	6-7 p.m.	\$48
#26035	3/5-3/26	Th	6-7 p.m.	\$48

### BALLET 2

Ages 6-10

Intermediate level class for students that have previous ballet experience. Students continue to study basic classical ballet technique. Ballet 2 students learn more complex and challenging steps. Students learn discipline, confidence, flexibility, dedication, and coordination.

#26040	1/7-1/28	Tu	5:45-6:45 p.m.	\$48
#26039	2/4-2/25	Tu	5:45-6:45 p.m.	\$48
#26038	3/3-3/31	Tu	5:45-6:45 p.m.	\$60

## ↘ MULTIGENERATIONAL

### PIANO

Ages 6 and Older

Learn to play the electronic keyboard in these 30-minute private lessons that are offered monthly. Our instructors will tailor instruction to each student's needs and level. Please note payment is required prior to the start of each session. Time slots guaranteed upon payment.

#26079	1/6-1/27	M	3-9 p.m.	\$30
#26082	1/7-1/28	Tu	3-8:30 p.m.	\$30
#26083	1/8-1/29	W	3-9 p.m.	\$30
#26081	1/2-1/30	Th	3-8:30 p.m.	\$30
#26078	1/3-1/31	F	3-8:30 p.m.	\$30
#26080	1/4-1/18	Sa	10 a.m.-5 p.m.	\$30
#26073	2/3-2/24	M	3-9 p.m.	\$30
#26076	2/4-2/25	Tu	3-8:30 p.m.	\$30
#26077	2/5-2/26	W	3-9 p.m.	\$30
#26075	2/6-2/27	Th	3-8:30 p.m.	\$30
#26072	2/7-2/28	F	3-8:30 p.m.	\$30
#26074	2/1-2/29	Sa	10 a.m.-5 p.m.	\$30
#26067	3/2-3/30	M	3-9 p.m.	\$30
#26070	3/3-3/31	Tu	3-8:30 p.m.	\$30
#26071	3/4-3/25	W	3-9 p.m.	\$30
#26069	3/5-3/26	Th	3-8:30 p.m.	\$30
#26066	3/6-3/27	F	3-8:30 p.m.	\$30
#26068	3/7-3/28	Sa	10 a.m.-5 p.m.	\$30

### 8 ANIMAL/8 METHODS KUNG-FU

Ages 12 and Older

Develop speed, power, coordination, and discipline through the art of Yee Jong Pai Kung Fu. Learn the effective, classical techniques from the style of 8 Animals and 8 Methods. Drop-in fee is \$10.

#26034	1/7-1/28	Tu	7-8 p.m.	\$36
#26033	2/4-2/25	Tu	7-8 p.m.	\$36
#26032	3/3-3/31	Tu	7-8 p.m.	\$45

### DROP-IN: CHEN STYLE TAI CHI

Ages 15 and Older

This class covers and reviews the basic movements and concepts of Tai Chi. Students will practice body mechanics, correct posturing and form, stances, and balance and strengthening techniques. Students will be introduced to the beginning of the 83-movement form.

#26048	1/4-3/28	Sa	10-11 a.m.
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\$3 Adult/\$2 Senior

## ADULTS

### DROP-IN: KRIYA YOGA

Ages 18 and Older

You are invited to join our community of meditators spreading Earth Peace through Self Peace. No matter your religion, race, gender, orientation, class, creed, or personal philosophy, Kriya Yoga complements all walks of life, and contradicts none. You can use this technique to bring ease and order into your daily life and to advance your spiritual progress.

#26052 1/2-3/26 Th 7:30-9 p.m. \$5

### DROP-IN: GENTLE YOGA

Ages 50 and Older

Relax using disciplined techniques of traditional yoga to enhance strength and well-being.

#26051 1/8-3/25 W 3-4 p.m.

\$3 Adult/\$2 Senior

### DROP-IN: 50 AND UP FUN!

Ages 50 and Older

Five Donic Delhi 25 tables and two Mahjong tables will be set up for your enjoyment. Hot tea served.

#26044 1/3-3/31 Tu/F 2:30-5:30 p.m.

Sa Noon-2 p.m.

**FREE!**

### DROP-IN: SENIOR AEROBICS

Ages 50 and Older

Come and sweat it out to your favorite aerobic DVDs. Hand weights and resistance bands provided.

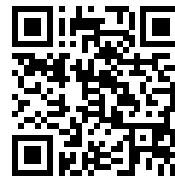
#26055 1/8-3/25 W 11 a.m.-12:30 p.m.

**FREE!**



**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](mailto: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](mailto: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](mailto: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>



## VOLUNTEER AND COMMUNITY SUPPORT NEEDED!

We are always looking for dedicated neighbors to assist us as we deliver great programs to our wonderful community. Volunteer at the Center, during Special Events, or serve on our Advisory Council. Get involved now and join us as we build a better future for our community! Call us for more details and other ways to offer your support.

Ask to speak with the Coordinator, 206-684-7481.

## ↘ TOTS

### BUSY BEE SOCCER

Ages 3-5

Basics of soccer are introduced using games, obstacles, and mini matches. Your child will increase their self-esteem and build a love for the game in a non-competitive environment with emphasis on cooperation and participation. Parental supervision required.

#27692	1/7-2/11	Tu	5-5:45 p.m.	\$48
#27694	2/18-3/17	Tu	5-5:45 p.m.	\$48

### LITTLE HOOPERS

Ages 3-5

Get off to a great sporting start with your preschooler! This coed program eases your child into the world of basketball. Instructor focus will be on introductory skills such as dribbling while incorporating hand-eye coordination and agility. Parental supervision required.

#29870	1/6-2/24	M	5-5:45 p.m.	\$40
#29871	3/2-4/6	M	5-5:45 p.m.	\$40

## ↘ YOUTH

### JUNIOR HOOPERS

Ages 6-7

Want to learn how to dribble, shoot, and play defense? Emphasis is placed on the fundamentals of the game while encouraging teamwork and sportsmanship. Parental supervision required.

#27705	1/8-2/12	W	5-5:45 p.m.	\$48
#27706	2/19-3/25	W	5-5:45 p.m.	\$40

### BRAZILIAN JIU JITSU

Ages 5-12

This grappling martial art teaches that a smaller person can successfully defend against a bigger assailant by using proper technique and leverage. Your child will build confidence as we emphasize healthy living, self-discipline, and integrity through the fun medium of martial arts and meditation.

#27574	1/7-3/10	Tu	4:40-5:30 p.m.	\$80
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## YOUTH POTTERY

Ages 6-12

Every week we will guide you through different art projects by using different hand building techniques including coil, slab, and pinch pot. Kids will also learn how to use the pottery wheel to make table ware and some surface decoration techniques.

#27936 1/16-3/5 Th 4:45-6 p.m. \$150



## PIANO LESSONS

Ages 5-12

One-on-one piano lessons for beginning to advanced students. One half-hour lesson per week. Scholarships are available.

#27780	1/10-3/13	F	4-4:30 p.m.	\$300
#27786	1/10-3/13	F	4:30-5 p.m.	\$300
#27791	1/10-3/13	F	5-5:30 p.m.	\$300
#27793	1/10-3/13	F	5:30-6 p.m.	\$300
#27796	1/10-3/13	F	6-6:30 p.m.	\$300
#27799	1/10-3/13	F	6:30-7 p.m.	\$300
#27800	1/10-3/13	F	7-7:30 p.m.	\$300
#27807	1/10-3/13	F	7:30-8 p.m.	\$300
#27808	1/9-3/12	Th	6-6:30 p.m.	\$270
#27809	1/9-3/12	Th	6:30-7 p.m.	\$270
#27818	1/9-3/12	Th	7-7:30 p.m.	\$270
#27816	1/9-3/12	Th	7:30-8 p.m.	\$270

## TEENS

### COMMUNITY AMBASSADOR LEADERS

FREE!

Ages 11-18

Mentor other students learning English, decide on a service project by giving back to the community, learn leadership and plan workshops and an intergenerational project.

#27701 1/3-3/30 M/W/F 4-6 p.m.

### JEFFERSON TEEN ADVISORY COUNCIL

FREE!

Ages 11-18

Be part of a team and organize, plan, and fund raise for special events. You'll learn to be a leader, engage in teamwork, and solve problems.

#27704 1/8-3/25 W 4-6 p.m.

### MOCK TRIAL

FREE!

Ages 14-17

Learn public speaking skills, acting, and how to analyze a case through the Jefferson Mock Trial. If you're dedicated to experiencing new skills and challenges while making new friends and supporting your team, you'll thrive while you earn service hours by tutoring each other.

#27707 1/2-3/31 M/Tu/Th 6:30-8:30 p.m.

### COOKING CLUB

FREE!

Ages 11-18

Learn how to cook the basics and try new ideas while creating your own signature dish.

#27702 1/8-2/26 W 4-6 a.m.

### PEER TUTORING CLUB

FREE!

Ages 11-19

Teens will work together and help each other with homework while making new friends.

1/7-3/24 Tu 4-6 p.m.



## ADULTS

### INTRO TO TAI CHI

Ages 18 and Older

Tai Chi promotes a well-balanced body and mind while gently increasing the body's range of motion through meditative movements. You'll reduce your stress, improve your posture, and more.

#28022 1/8-3/25 W 9-10:30 a.m.

**FREE!**

### ADULT ADVANCED WHEEL

Ages 18 and Older

Expand your technical skills and gain a greater understanding of the aesthetics of form, with one-on-one guidance and extensive individual attention by an experienced instructor. Prerequisite: Instructor Approval. Must have previous wheel experience with ability to center clay and throw independently.

#27916 1/8-3/18 W 5:30-8:30 p.m. \$363

### ADULT BEGINNING/ INTERMEDIATE WHEEL

Ages 18 and Older

Never taken a wheel class before or has it been a while since you have? Jefferson CC pottery room is the place to be! Learn how to make cups, bowls and more in this relaxed and supportive environment. Come and express your creativity!

#27918 1/6-3/16 M 5:30-8:30 p.m. \$330

#27919 1/7-3/17 Tu 10 a.m.-1 p.m. \$363

### ADULT HANDBUILDING

Ages 18 and Older

Unwind and get your hands in clay as you relax from your day and unleash your creative soul! The class teaches the basics of coil pots, molds, slab building, attaching, and much more! All levels are welcome, even if you are a total beginner!

#27920 1/7-3/17 Tu 5:30-8:30 p.m. \$363

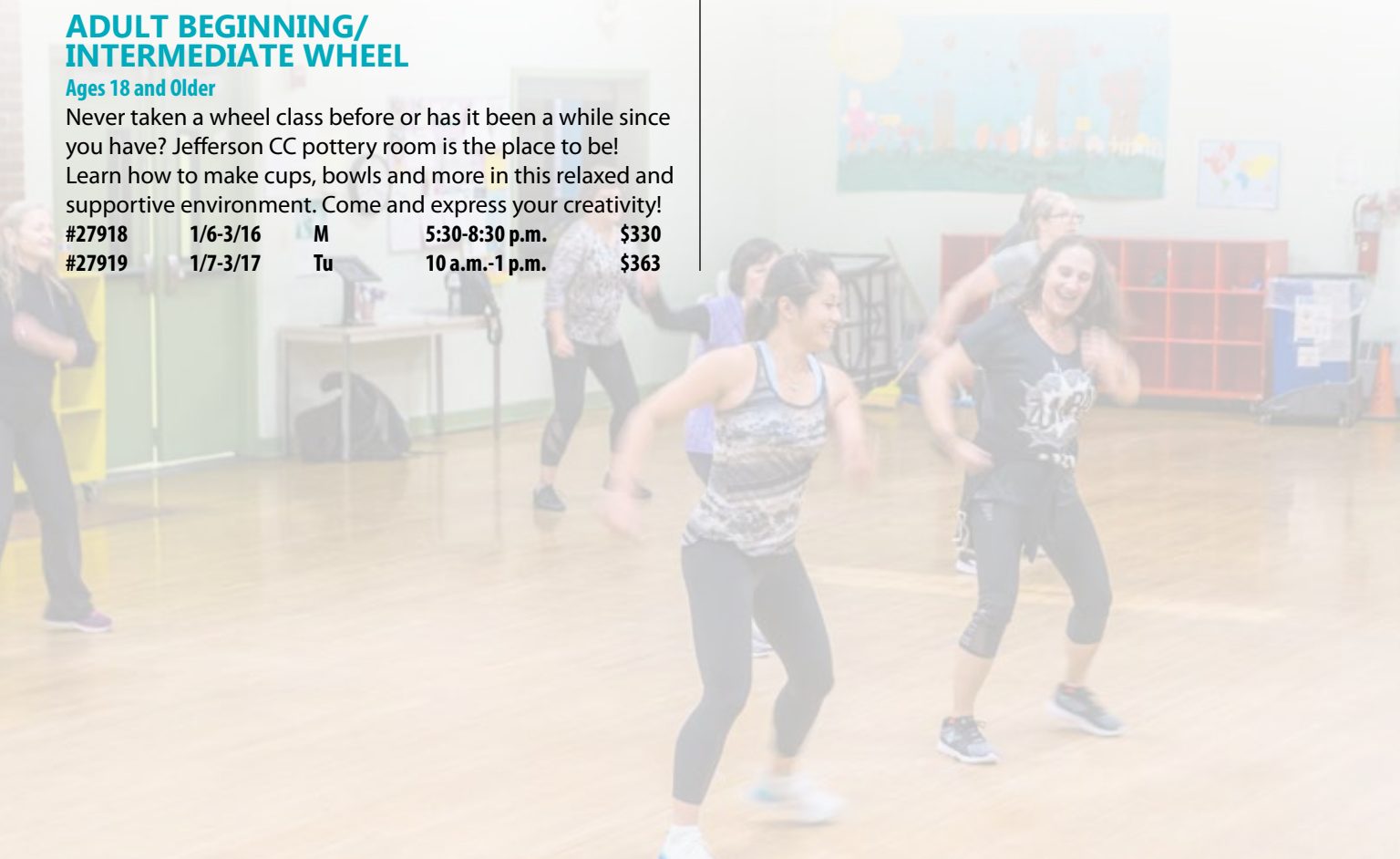
### ZUMBA

Ages 16 and Older

Inspired by Latin dance and music, Zumba uses a variety of styles in its routines. Music selections include both fast and slow rhythms to help tone and sculpt the body.

#27925 1/7-3/24 Tu 7-8 p.m. \$96

#27924 1/9-3/26 Th 7-8 p.m. \$88





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Ask to speak with Staci Doan at 206-386-1919.

*Sport Coaches, Tutors, Art Class Instructors, Marketing Assistant, Advisory Council positions, and more open now! Call and schedule a time to meet with us for more information on applying.*

## ↘ TOTS

### LITTLE HOOPERS BASKETBALL

Ages 3-5

Get off to a great sporting start with your preschooler! This co-ed program eases your child into the world of basketball. Focus will be on introductory skills such as dribbling while incorporating hand-eye coordination, agility and having fun. Parental supervision required.

#27589	1/8-2/12	W	4:30-5:15 p.m.	\$42
#27590	2/19-3/25	W	4:30-5:15 p.m.	\$42

### MISS CHARLOTTE'S MUSIC FOR TOTS

Ages 6 months - 5 years

Let your little ones learn music the easy/fun way and release your own inner diva at the same time! Children will have the opportunity to learn basic musical skills while playing, moving, and interacting with each other and their parents. Grown-ups wear comfortable clothing and come prepared to move and sing. Siblings up to 6 months of age can attend free. A seasonal CD and songbook are included in cost of this class. No class 1/25, 2/22.

#27623	2/1-3/28	Sa	10:30-11:15 a.m.	\$108
#29110	2/1-3/28	Sa	9:30-10:15 a.m.	\$108

### CREATIVE BALLET

Ages 3-5

An introduction to ballet using movement and music, props, and brain-integrated dance games. This class strengthens bodies, minds, and souls of little ones by providing a safe and positive environment for your child to explore their body in relation to others, space and sound.

#27450	1/7-2/11	Tu	11:15 a.m.-Noon	\$46
#27451	2/18-3/31	Tu	11:15 a.m.-Noon	\$54

## PARENT AND TOT DANCE AND MUSIC

Ages 6 months - 3 years

Using music, props and brain-integrated dance games, this class strengthens bodies, minds and souls of little ones by providing a safe and positive environment for your child to explore their body in relation to others. Parents should attend class with their little ones to bond and assist in their participation!

#27610	1/7-2/11	Tu	10:15-11 a.m.	\$46
#27611	2/18-3/31	Tu	10:15-11 a.m.	\$46

## YOUTH

### JUNIOR HOOPERS

Ages 6-9

Let's dribble, shoot, and play defense! We will focus on the fundamental techniques of basketball while increasing physical fitness and encouraging teamwork and sportsmanship. Parental supervision required.

#27447	1/8-2/12	W	5:30-6:30 p.m.	\$42
#27448	2/19-3/25	W	5:30-6:30 p.m.	\$42

### TANG SOO DO KARATE

Ages 8-11

Begin this amazing journey and reap the benefits of self-discovery, fitness, and the ability to defend yourself. Each student will take their own unique journey to black belt. Additional fees due before the 2nd class include: \$39 for a uniform and \$35 to join the WTSDA (World Tang Soo Do Association) at which time you will receive an official patch.

#27609	1/7-3/31	Tu	6:15-7 p.m.	\$46
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### BALLET

Ages 5-7

Students learn traditional ballet curriculum set to classical music. Through the use of music, props and brain-integrated dance games, this class strengthens bodies, minds, and souls of dancers by providing a safe and positive environment for your child to explore their body in relation to others.

#27445	1/9-2/13	Th	5:15-6 p.m.	\$45
#27446	2/20-3/26	Th	5:15-6 p.m.	\$45

### HIP HOP

Ages 5-7

This class uses movement and hip-hop music to stimulate brain reflexes, teach social/emotional learning skills, and encourage joy and self-expression. Using music, props and brain-integrated dance games, this class strengthens bodies, minds and souls of dancers by providing a safe and positive environment for your child to explore their body in relation to others.

#27586	1/9-2/13	Th	4:15-5 p.m.	\$45
#27587	2/20-3/26	Th	4:15-5 p.m.	\$45

### MOVE & GROOVE!

Ages 5-10

Drawing from a variety of dance methods we'll learn basic principles of alignment, some fun moves, and work on strength and flexibility. Open Level - beginners welcome! Wear appropriate dance attire: tights, bodysuit or form-fitting t-shirt, bare feet recommended. Long hair must be tied back. No class 1/25, 2/22.

#28009	2/1-3/28	Sa	11:30 a.m.-12:30 p.m.	\$108
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### SEMI-PRIVATE VOICE LESSONS

Ages 5-13

Learn and practice vocal techniques in small groups of 2 or 3. Your confidence in yourself and your abilities will grow as you learn the correct ways to use your vocal instrument. Students may pick songs from their favorite genres.

Ages 5-8

#27617	1/8-2/12	W	6-6:30 p.m.	\$94
#27620	2/19-3/25	W	6-6:30 p.m.	\$94

Ages 10-13

#27618	1/8-2/12	W	6:30-7 p.m.	\$98
#27621	2/19-3/25	W	6:30-7 p.m.	\$98



## TEENS

### SEED TO TABLE GARDENING AND COOKING CLASS

**FREE!**

**Ages 10-18**

Join us in the kitchen as we prepare delicious dishes, incorporating foods and spices from our garden. Participants are encouraged to make suggestions for dishes they'd like the group to prepare.

#27449 1/8-3/25 W 4-6 p.m.

### FIELD TRIPS

**FREE!**

**Ages 10-18**

Join us as we travel to various locations for games, fun, and entertainment. Possibilities include bowling, movie going, Game Works, Whirly Ball, and more.

#27455 1/10-3/27 F 4-6 p.m.

### GAME NIGHT

**FREE!**

**Ages 10-17**

You can find us in the teen room to play a variety of games, including card games, board games, video games, and more. Come join in the fun! Learn to play new games or introduce games from home.

#27453 1/6-3/30 M 4-6 p.m.

## MULTIGENERATIONAL

### PERSONAL MUSIC

**Ages 5 and Older**

Learn to play piano, drums, guitar, bass guitar, or all four! Lessons are tailored to each student's needs and experience. Payment is required prior to the start of a session. \*Drum, guitar, and bass guitar are only available on Mondays and Saturdays.

#27612	1/6-3/30	M	2:30-8:30 p.m.	\$30
#27616	1/7-3/31	Tu	3-7 p.m.	\$30
#27615	1/9-3/26	Th	4-7 p.m.	\$30
#27614	1/4-3/28	Sa	9 a.m.-2 p.m.	\$30
#27613	1/11-3/28	Sa	2:30-5 p.m.	\$30

### SEMI-PRIVATE VOICE LESSONS

**Ages 14 and Older**

Learn and practice vocal techniques in small groups of 2 or 3. Your confidence in yourself and your abilities will grow as you learn the correct ways to use your vocal instrument. Students may pick songs from their favorite genres.

#27619	1/8-2/12	W	7-7:30 p.m.	\$98
#27622	2/19-3/25	W	7-7:30 p.m.	\$98

### GOJU RYU KARATE

**FREE!**

**Ages 7 and Older**

Build self-confidence and stay fit while learning the basic skills and forms of this style of karate. Beginning and continuing students are welcome. No class 1/20, 2/17.

#27454 1/6-3/30 M/W 7:15-8:45 p.m.

### TANG SOO DO KARATE

**Ages 11 and Older**

Begin this amazing journey and reap the benefits of self-discovery, fitness, and the ability to defend yourself. Each student will take their own unique journey to black belt. Additional fees due before the 2nd class include: \$39 for a uniform and \$35 to join the WTSDA (World Tang Soo Do Association) at which time you will receive an official patch.

#27607 1/7-3/31 Tu 7-8 p.m. \$52

### OPEN DROP IN

**FREE!**

Open access to the internet, computers, and productivity software including Microsoft Office, Adobe Photoshop, and more, for all ages--youth to senior. Whether you want to work on your own, or would like help using these or other technologies such as smartphones, laptops, tablets, email, social media, etc., our lab staff is here to help. You can also set up personalized 1-on-1 time to be taught how to use these various tools.

<b>Monday</b>	<b>Noon-3 p.m.</b>
<b>Tu/F</b>	<b>Noon-4 p.m.</b>
<b>Wednesday</b>	<b>Noon-2 p.m.</b>
<b>Thursday</b>	<b>Noon-2 p.m. and 3:15-5 p.m.</b>

## ADULTS

### DROP-IN: ADULT TAI CHI

Ages 18 and Older

Come stretch and relax your mind, body, and spirit in our Tai Chi class. Suited for beginners and advanced students. Dress in comfortable clothing that allows you to stretch. Drop-In Fee \$3.

#27452 1/8-3/25 W 3:30-4:15 p.m. \$3

### DROP-IN: HIP HOP SPIN CLASS

**FREE!**

Ages 16 and Older

Endure intervals, hills, and sprints combined with upper body movements to spike your heart rate from start to finish for a full-body workout set to hip hop and R&B. Good for all levels, you'll make progress toward your fitness goals and challenge yourself to get results. This class is offered for free due the Get Moving Grant. First come, first serve, but you may reserve your bike up to 1 hr early.

#27486 1/8-3/25 W 6-7 p.m.

#27485 1/8-3/25 W 7-8 p.m.

### MIXXED FIT

Ages 16 and Older

This people-inspired fitness program is a perfect blend of explosive dancing and boot camp-inspired toning. MixxedFit® uses repetition of movement to let you maximize the workouts rather than focusing on complicated dance steps. This program caters to all shapes, ages, and skill levels. Drop-In Fee \$8 or save money and register for the session at \$7/per class. No class 1/20 & 2/17.

#27624 1/6-2/10 M 6-7 p.m. \$42

#27594 1/8-2/12 W 6-7 p.m. \$42

#27595 2/24-3/30 M 6-7 p.m. \$42

#27597 2/19-3/25 W 6-7 p.m. \$42



## 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/](http://www.seattlecanoeandkayak.club/)  
for more information.





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Ask to speak with the Coordinator, 206-386-1925.

## ↳ TOTS

### LITTLE HOOPERS

Ages 3-5

Get off to a great sporting start with your preschooler! This co-ed program eases your child into the world of basketball. Instructor focus will be on introductory skills such as dribbling, hand-eye coordination, and agility.

#27473	1/10-1/31	F	5-5:45 p.m.	\$40
#27474	2/7-2/28	F	5-5:45 p.m.	\$40
#27475	3/6-3/27	F	5-5:45 p.m.	\$40

## ↘ YOUTH

### JUNIOR HOOPERS

Ages 6-7

This class emphasizes the fundamentals including ball handling, shooting techniques, and footwork while increasing endurance, flexibility, and strength. There is also a focus on teamwork and sportsmanship.

#27469	1/10-1/31	F	6-7 p.m.	\$36
#27470	2/7-2/28	F	6-7 p.m.	\$36
#27471	3/6-3/27	F	6-7 p.m.	\$36

### SHOTOKAN KARATE

Ages 6-8

Have fun learning traditional Japanese Shotokan karate. Martial arts training will improve your self-confidence and concentration in all parts of life. Open to all ages and skill levels. Participants test for belt rank at their own pace.

#27478	1/9-2/13	Th	5:45-6:15 p.m.	\$36
#27479	2/20-3/26	Th	5:45-6:15 p.m.	\$36

### DROP-IN: COMPUTER LAB YOUTH

**FREE!**

Ages 8-18

During open hours, RecTech offers free time to use our technology resources for your own personal and professional needs. Please be aware that the labs are used by both young and old and some websites may be unavailable due to inappropriate content for minors.

#27463	1/2-4/28	M-F	2:30-6:30 p.m.
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### YOUTH BOXING

**FREE!**

Ages 8-23

Participants learn and develop boxing skills and partake in conditioning exercises. All activities and exercises are adjusted to suit the student's goals and skill level. Participation in contact drills or sparring are NOT required. No experience necessary. Equipment provided.

#27484	1/6-3/30	M/W	4-6 p.m.
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## ↘ TEENS

### VISIONS: A PHOTOGRAPHY PROGRAM

**FREE!**

Ages 11-14

An introduction to photography using digital camera phones and basic film cameras. This course includes history of photography, print production for making black-and-white and color photographs, framing and cropping techniques. No prior photography experience is required! Students will be using their camera phones as well as a provided film camera.

#27642	1/28-4/7	Tu	3-4:30p.m.
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### DROP-IN: STEM PROJECTS

**FREE!**

Ages 11-14

Sign-up and explore your creativity with cool technology tools in 3D design, art, coding, and more! Access, create, connect with friends.

#27465	1/6-3/30	M	2:30-4:30 p.m.
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### COOKING AT THE BEACH

**FREE!**

Ages 11-17

Our center's cooking program focuses on encouraging teens to find healthy food alternatives. Youth will research recipes and be responsible for every element of cooking. This program helps familiarize teens with basic cooking instructions and preparation. This cooking program is totally hands-on under the supervision of center staff.

#27461	2/5-4/8	W	3-6 p.m.
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### DROP-IN: HOMEWORK HELP

**FREE!**

Ages 13-18

Need a place to focus on homework? Come to our RecTech Lab! Our lab is equipped with the latest versions of Microsoft Office, Adobe Premium Design Suite and a black and white printer to ensure your homework time is productive. Closed 1/21 and 2/18.

#27464	1/2-4/17	M-F	3-4 p.m.
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## ↘ MULTIGENERATIONAL

### DROP-IN: DETECTIVE COOKIE'S CHESS CLUB

**FREE!**

Ages 7 and Older

Children and teens are invited to join the group. Family and community members are also welcome. Drop by to learn and play chess!

#27467 1/4-3/28 Sa Noon-2 p.m.

### FAMILY ZUMBA

**FREE!**

Ages 14 and Older

Zumba fuses fitness, entertainment, and culture into an exhilarating dance-fitness sensation! Join the fitness parties that blends upbeat world rhythms with easy to follow choreography for a total body workout that feels like a celebration! Please arrive early as space is limited.

#27468 1/8-3/25 W 6:30-7:30 p.m.

### SHOTOKAN KARATE

Ages 9 and Older

Have fun learning traditional Japanese Shotokan karate. Martial arts training will improve your self-confidence and concentration in all parts of life. Open to all ages and skill levels. Participants test for belt rank at their own pace.

#27480 1/9-2/13 Th 6:15-7:15 p.m. \$48

#27481 2/20-3/26 Th 6:15-7:15 p.m. \$48

## ↘ ADULTS

### TEEN/YOUNG ADULT BOXING

**FREE!**

Ages 12-24

Participants learn and develop boxing skills and partake in conditioning exercises. All activities and exercises are adjusted to suit the student's goals and skill level.

Participation in contact drills or sparring are NOT required. No experience necessary. Equipment provided.

#27483 1/6-3/31 M-Th 4-6 p.m.

### DROP-IN: COMPUTER LAB AND ONE ON ONE HELP

Ages 18 and Older

Get one on one tech help! Our computers are equipped with the latest versions of Microsoft Office and Adobe Premium Design Suite. We have a black & white printer in addition to free Wi-Fi. Utilize our community technology lab to stay on top of your email, fill out online forms, do online banking, job search, or plan your next trip!

#27462 1/2-3/31 M-F 11 a.m.-2 p.m.

### ADULT BOXING FITNESS CLASSES

**FREE!**

Ages 24 and Older

Learn and develop boxing fundamentals and partake in conditioning drills. All activities and exercises can be modified to suit the student's goals, physical abilities, and skill level. No experience necessary. No contract. Equipment provided.

#27456 1/6-3/25 M/W 6-7 p.m.

### AEROBICS

Ages 18 and Older

Get your all-in-one workout: cardio pumping, strength building, and muscle toning, while moving and grooving to booming beats. See you there.

#27457 1/7-1/30 Tu/Th 6-7 p.m. \$35

#27458 2/4-2/27 Tu/Th 6-7 p.m. \$35

#27459 3/3-3/31 Tu/Th 6-7 p.m. \$40

### DROP-IN: WALK AND TALK GROUP

**FREE!**

Ages 18 and Older

This is an opportunity for people of all ages to talk with Detective Cookie and Dr. Holland about safety, healthy living and concerns for active living in the community. We gather at 11:30 a.m. rain or shine to talk about health and current events in the community. Feel free to bring your ideas for topics and fun events. Walking begins outside at noon.

#27466 1/3-3/27 F 11:30 a.m.-2 p.m.





## VOLUNTEER AND COMMUNITY SUPPORT NEEDED!

We are always looking for dedicated neighbors to assist us as we deliver great programs to our wonderful community. Volunteer at the Center, during Special Events, or serve on our Advisory Council. Get involved now and join us as we build a better future for our community! Call us for more details and other ways to offer your support.

Ask to speak with the Coordinator, 206-386-1921.

## ➤ YOUTH

### DOUBLE DUTCH

**FREE!**

Ages 5-14

Have fun, get moving, and learn basic exercises and skills needed for Double Dutch. We will practice skills including how to enter the rope, do stunts, routines, speed jumping, and more. Track your progress, make new friends, and learn a new skill!

#26997 1/7-3/31 Tu 5-6 p.m.

### SELF-DEFENSE

**FREE!**

Ages 6-16

Don't wait any longer to feel safer and more comfortable in your everyday life. Coach Edmonds has years of experience in multiple martial art disciplines.

#27004 1/3-3/27 F 5:30-6:30 p.m.



## TEENS

### DROP-IN: FIELDTRIP FRIDAYS

**FREE!**

**Ages 11-18**

On Fieldtrip Fridays teens have the opportunity to relax, refuel, and reflect on the week-long-journey they made it through. Fieldtrip Fridays may include bowling, skating, arcade, music, art, the movies, or playing Play Station 4. And, of course, there's food and drinks. All teens 11-18 are welcome with a completed E-13 form and a respectful attitude and a lovely smile.

#27113 1/3-3/27 F 3:30-7 p.m.

### DROP-IN: LET'S TALK REAL TALK

**FREE!**

**Ages 11-18**

Teens talk about life and school experiences, including what resources, life changes and good decision making will help them to become a success story. Change yourself to change society!

#27109 1/6-3/30 M 4-7 p.m.

### DROP-IN: PROJECT WORLD BUILDER

**FREE!**

**Ages 11-18**

Brainstorm, plan, create and build or draw your vision on what your world would be like in today society.

#27110 1/7-3/31 Tu 4-7 p.m.

### DROP-IN: THE V A NEW CHEFS

**FREE!**

**Ages 11-18**

Cooking Classes will raise teen awareness about the risks of eating fast foods vs. the benefits of eating homemade healthy meals. So, come join The Van Asselt New Chefs cooking class where everyone will learn the basics of cooking.

#27111 1/8-3/25 W 4-7 p.m.

### VIDEO GAME LEAGUE

**FREE!**

**Ages 13-19**

We use e-sports to develop sportsmanship, leadership, and kindness. Sessions focus on video game/life balance, sportsmanship, and cyber-safety in a social, casually competitive environment.

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

1/3-3/26 Th 6-7:30 p.m.

### LATE NIGHT PROGRAM

**FREE!**

**Ages 13-19**

Late Night is a safe and supportive environment for teens ages 13-19. This recreation-based program focuses 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.

1/3-3/27 F 6:30-11:30 p.m.

### COMMUNITY SERVICE/ SERVICE-LEARNING HOURS

**FREE!**

High school students seeking community service hours can earn them by helping with special events, tutoring teens after school, and other service opportunities. Please ask the Van Asselt Staff for a volunteer packet.

Contact us at 206-386-1921 for more information.

### DR. MARTIN LUTHER KING JR. MARCH

**FREE!**

Join us for our Annual MLK Jr. march, hosted by Seattle Parks and Recreation. The program will also include speeches, activities, and dinner all free to the public.

Contact us at 206-386-1921 for more information, if you have questions, or want to volunteer.

### TEEN ADVISORY COUNCIL

**FREE!**

**Ages 10-19**

Teen Council consists of weekly meetings to discuss and execute new ideas from the teens to help the community and create more programming for teens. Please contact Van Asselt Staff at 206-386-1921 for more information.

TBD Depending on game/site schedules

### CENTER HOPPING HOOP

**FREE!**

**Ages 10-19**

Van Asselt Teens who participate regularly in our teen program will have the opportunity to get in the van and go across the city to different community centers and play basketball against other teens. This will also give teens the chance to explore different parts of the city and experience different cultures.

TBD Depending on game/site schedules

## ➤ MULTIGENERATIONAL

### WOMEN'S ONLY ZUMBA

Ages 8 and Older

Inspired by Latin dance and music, Zumba uses a variety of styles in its routines. Music selections include both fast and slow rhythms to help tone and sculpt the body. \*Please consider donating to keep this program running.

#27005	1/2-3/26	Th	6-7:30 p.m.
#27006	1/7-3/31	Tu	6-7:30 p.m.

**FREE!**



### PERSONAL MUSIC LESSONS

Ages 5 and Older

Learn to play the piano. Lessons are one to one with the instructor and are 30 minutes long. Our instructor will tailor instruction to each student's needs and experience. Please note: payment is required prior to the start of a session. Time slots are guaranteed upon payment.

#27370	1/6-3/30	M	2:30-3 p.m.	\$275
#27371	1/6-3/30	M	3-3:30 p.m.	\$275
#27372	1/6-3/30	M	3:30-4 p.m.	\$275
#27373	1/6-3/30	M	4-4:30 p.m.	\$275
#27374	1/6-3/30	M	4:30-5 p.m.	\$275
#27375	1/6-3/30	M	5-5:30 p.m.	\$275
#27376	1/6-3/30	M	5:30-6 p.m.	\$275
#27377	1/6-3/30	M	6-6:30 p.m.	\$275
#27378	1/6-3/30	M	6:30-7 p.m.	\$275
#27379	1/6-3/30	M	7-7:30 p.m.	\$275
#27380	1/6-3/30	M	7:30-8 p.m.	\$275
#27381	1/2-3/26	Th	7:30-8 p.m.	\$325
#27382	1/2-3/26	Th	7-7:30 p.m.	\$325
#27383	1/2-3/26	Th	6:30-7 p.m.	\$325
#27384	1/2-3/26	Th	6-6:30 p.m.	\$325
#27385	1/2-3/26	Th	4:30-5 p.m.	\$325
#27386	1/2-3/26	Th	4-4:30 p.m.	\$325
#27387	1/2-3/26	Th	3:30-4 p.m.	\$325
#27388	1/2-3/26	Th	3-3:30 p.m.	\$325
#27389	1/2-3/26	Th	2:30-3 p.m.	\$325
#27390	1/2-3/26	Th	2-2:30 p.m.	\$325
#27391	1/2-3/26	Th	5-5:30 p.m.	\$325
#27392	1/2-3/26	Th	5:30-6 p.m.	\$325

## ➤ ADULTS

### SELF-DEFENSE

Ages 16 and Older

Don't wait any longer to feel safer and more comfortable in your everyday life. Coach Edmonds has years of experience in multiple martial art disciplines.

#27003	1/3-3/27	F	6:30-7:30 p.m.
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**FREE!**



## 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



# SEATTLE PARKS AND RECREATION AQUATICS INFORMATION



Seattle  
Parks & Recreation



© Doug Mahugh



© Doug Mahugh

## 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](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](http://seattle.gov/parks/aquatics/Ballardp.htm)

### **EVANS POOL**

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

### **HELENE MADISON POOL**

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

### **MEADOWBROOK POOL**

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

### **MEDGAR EVERS POOL**

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

### **QUEEN ANNE POOL**

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

### **RAINIER BEACH POOL**

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

### **SOUTHWEST POOL**

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

Summer Only

### **COLMAN POOL**

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

### **LOWERY C. "POP" MOUNGER POOL**

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

**Did You Know?**

**We have rental space!**

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

**Call to book your party today!**

## RESERVATIONS AND CONFIRMATIONS

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

## RENTAL RATES WITH ALCOHOL AT COMMUNITY CENTERS

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

- » Damage Deposit \$500. 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](http://www.seattle.gov/parks/reservations/feesandcharges/refunds.htm).

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

## HOURLY ROOM AND GYMNASIUM RENTAL FEES

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](http://bit.ly/spr_fees_and_charges).

COMMUNITY CENTERS/ROOMS AND CAPACITIES					
SITE	SMALL	MED	LARGE	KITCHEN	GYM
Garfield 206-684-4788	20	40	140	small	
International District/Chinatown 206-233-0042	37	48	135	small	395
Jefferson 206-684-7481	20	(2)50	110	large	
Rainier 206-386-1919	20	35	75	large	(2)350
Rainier Beach 206-386-1925	(3) 25-30	(3) 40-80	185	large	350
Van Asselt 206-386-1921		62	187	large	283

SOUTHEAST SEATTLE/SHELTERHOUSES AND CAPACITIES			
SITE	SMALL	MED	LG
PRITCHARD BEACH BATHHOUSE 206-684-7254		85	
MADONNA SHELTER HOUSE 206-684-4788	25		



# GENERAL INFO

## REGISTER ONLINE!

**READY** - Please visit our website at [http://bit.ly/spr\\_registration\\_account](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](http://www.seattle.gov/parks/reservations/feesandcharges/refunds.htm).

### POOL PERSONAL LESSON REFUND/TRANSFER POLICY

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

### GROUP LESSON REFUND POLICY

When the withdraw occurs before the second lesson, the session will be pro-rated and a withdraw fee will be assessed. The withdraw fee will be 10%.

### CLASS CANCELLATIONS

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments if the class minimum is not met by then, we will have to cancel it.

### WAITING LISTS

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

### SCHOLARSHIPS

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

### ANTI-DISCRIMINATION

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

### ACCOMMODATION FOR PEOPLE WITH DISABILITIES

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

### SPECIAL POPULATIONS

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

### INTERESTED IN TEACHING?

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

### INSURANCE

An additional \$5 insurance fee will be required when registering for all gymnastics, tumbling, or circus arts classes at Seattle Parks and Recreation facilities. This non-refundable fee covers 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](http://www.seattle.gov/parks), or call our Public Information line, 206-684-4075.



Seattle  
Parks & Recreation



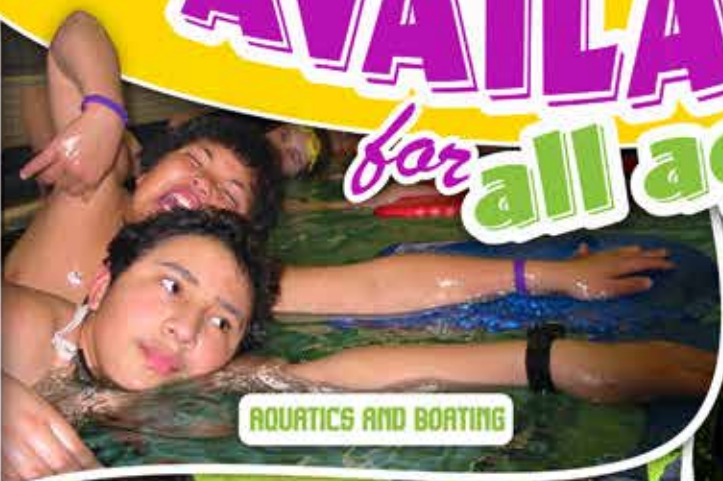
ADULT



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](http://SEATTLE.GOV/PARKS/SCHOLARSHIPS)