



Seattle
Parks & Recreation

FALL 2022 PROGRAMS

SEATTLE CITYWIDE RECREATION PROGRAMS

COMMUNITY CENTERS:

NORTHEAST

LAKE CITY
MAGNUSON
MEADOWBROOK
MILLER
MONTLAKE
RAVENNA-ECKSTEIN

NORTHWEST

BALLARD
BITTER LAKE
GREEN LAKE
LOYAL HEIGHTS
MAGNOLIA
NORTHGATE
QUEEN ANNE

SOUTHEAST

GARFIELD
INT'L DISTRICT/CHINATOWN
JEFFERSON
RAINIER BEACH
VAN ASSELT

SOUTHWEST

DELRIDGE
HIGH POINT
HIAWATHA
YESLER

VIRTUAL PROGRAMS



REGISTER AUGUST 16

REGISTER ONLINE:

https://bit.ly/spr_activity_reg





REGISTER AUGUST 16

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.

SCHOLARSHIPS AVAILABLE!



For more information, including how to apply, please visit Seattle Parks and Recreation scholarship and financial page <https://www.seattle.gov/parks/find/scholarships-and-financial-aid> For more information contact your local community center.

Note: *Scholarship must be approved prior to registration in order to receive the discount.*



FIRST CHOICE

Check out Seattle Parks and Recreation's 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

Call select recreation centers during their hours of operation at the phone number listed at: seattle.gov/parks/centers.asp.



THIRD CHOICE

Register by phone with our Business Service Center (BSC) at 206-684-5177, Monday-Friday between 8:30 a.m.-6 p.m. Email questions to: ParksBSC@seattle.gov



We will no longer be doing vaccination screening or requiring masks to enter SPR recreation facilities. Please feel free to continue wearing a mask for your own comfort. We are asking that you self-screen prior to coming to a recreation facility to stop the spread of illness. If you are ill, please stay home.

GENERAL INFO

At this time, these following community centers are offering in-person programs. Additional sites will be adding programs in the future.

NORTHEAST SEATTLE

LAKE CITY CC 12531 28th Ave NE Seattle, WA 98125 PH: 206-256-5645	LAURELHURST CC 4554 NE 41st St, Seattle, WA 98112 PH: 206-684-7529	MAGNUSON CC 7110 62nd Ave NE Seattle, WA 98115 PH: 206-684-7026 Fax: 206-684-7141	MEADOWBROOK CC 10517 35th Ave NE Seattle, WA 98125 PH: 206-684-7522 Fax: 206-684-4921
MILLER CC 330 19th Ave E Seattle, WA 98112 PH: 206-684-4753 Fax: 206-684-4397	MONTLAKE CC 1618 E Calhoun St Seattle, WA 98112 PH: 206-684-4736 Fax: 206-233-7140	RAVENNA-ECKSTEIN CC 6535 Ravenna Ave NE Seattle, WA 98115 PH: 206-684-7534 Fax: : 206-233-3973	

NORTHWEST SEATTLE

BALLARD CC 6020 28th Ave NW Seattle, WA 98107 PH: 206-684-4093 Fax: 206-684-7199	BITTER LAKE CC 13035 Linden Ave N Seattle, WA 98133 PH: 206-684-7524 Fax: 206-684-0858	GREEN LAKE CC 7201 E Green Lake Dr N Seattle, WA 98115 PH: 206-684-0780 Fax: 206-684-7550	LOYAL HEIGHTS CC 2101 NW 77th St Seattle, WA 98117 PH: 206-684-4052
MAGNOLIA CC 2550 34th Ave W Seattle, WA 98199 PH: 206-386-4235 Fax: 206-386-4230	NORTHGATE CC 10510 5th Ave NE Seattle, WA 98125 PH: 206-386-4283 Fax: 206-684-4990	QUEEN ANNE CC 1901 1st Ave W Seattle, WA 98119 PH: 206-386-4240 Fax: 206-386-4284	

SOUTHEAST SEATTLE

GARFIELD CC 2323 E Cherry St Seattle, WA 98122 PH: 206-684-4788 Fax: 206-684-4380	INT'L DISTRICT/ CHINATOWN CC 719 8th Ave S Seattle, WA 98104 PH: 206-233-0042 Fax: 206-233-5036	JEFFERSON CC 3801 Beacon Ave S Seattle, WA 98144 PH: 206-684-7481
RAINIER BEACH CC 8825 Rainier Ave S Seattle, WA 98118 PH: 206-386-1925 Fax: 206-386-1510	VAN ASSELT CC 2820 S Myrtle St Seattle, WA 98108 PH: 206-386-1921 Fax: 206-386-1894	

SOUTHWEST SEATTLE

DELDRIDGE CC 4501 Delridge Way SW Seattle, WA 98106 PH: 206-684-7423 Fax: 206-684-7424	HIAWATHA CC 2700 California Ave SW Seattle, WA 98116 PH: 206-684-7441 Fax: 206-923-1691	HIGH POINT CC 6920 34th Ave SW Seattle, WA 98126 PH: 206-684-7422 Fax: 206-684-7402
YESLER CC 917 E Yesler Way Seattle, WA 98122 PH: 206-386-1245 Fax: 206-684-7787		

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DISCLAIMER: Accuracy is our goal, but this brochure is published for informational purposes only. Changes may be necessary depending on enrollment or other factors, and fees may change after City Council action on the City's annual budget.

GENERAL INFO

HAVE A GOOD CLASS IDEA?

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

Please contact the Assistant Coordinators listed below with your programming idea(s).

CLASSES ARE SCHEDULED APPROXIMATELY SIX MONTHS IN ADVANCE.

COORDINATORS/ASST. COORDINATORS

BALLARD CC

C: Tim Ewings | timothy.ewings@seattle.gov

AC: Paula Pablo | paula.pablo@seattle.gov

BITTER LAKE CC

C: Cynthia Etelamaki | cynthia.etelamaki@seattle.gov

AC: Richard By | richard.by@seattle.gov

DELRIDGE CC

C: Daryl Look | daryl.look@seattle.gov

AC: Paula Pablo | paula.pablo@seattle.gov

GARFIELD CC

C: Derryn Anderson | derryn.anderson@seattle.gov

AC: Jennifer Romo | jennifer.romo@seattle.gov

GREEN LAKE CC

C: Chris Easterday | chris.easterday@seattle.gov

AC: Mary Pat Byington | marypat.byington@seattle.gov

HIGH POINT CC

C: Andrea Sisco | andrea.sisco@seattle.gov

AC: Tamela Thomas | tamela.thomas@seattle.gov

INTERNATIONAL DISTRICT/CHINATOWN CC

C: Doreen Deaver | doreen.deaver@seattle.gov

AC: Joshua Chan | joshua.chan@seattle.gov

JEFFERSON CC

C: Paul Davenport | paul.davenport@seattle.gov

AC: Dawn Bennett | dawn.bennett@seattle.gov

LAKE CITY CC

C: Rob Bellm | rob.bellm@seattle.gov

LOYAL HEIGHTS CC

C: Nick White | nick.white@seattle.gov

AC: Paula Pablo | paula.pablo@seattle.gov

MAGNOLIA CC

C: Katie Fridell | katie.fridell@seattle.gov

AC: Andrew Nguyen | andrew.nguyen@seattle.gov

MAGNUSON CC

C: Kim LeMay | kim.lemay@seattle.gov

AC: Penny Atwood | penny.atwood@seattle.gov

MEADOWBROOK CC

C: Douglas Oaksford | douglas.oaksford@seattle.gov

AC: Heather Wyatt | heather.wyatt@seattle.gov

MILLER CC

C: Cameron Roth | cameron.roth@seattle.gov

MONTLAKE CC

C: Stefan Schmidt | stefan.schmidt@seattle.gov

AC: Tom Diamond | tom.diamond@seattle.gov

NORTHGATE CC

C: Marc Hoffman | marc.hoffman@seattle.gov

AC: Mary Pat Byington | marypat.byington@seattle.gov

QUEEN ANNE CC

C: Gina Saxby | gina.saxby@seattle.gov

AC: Santy Villarico | santy.villarico@seattle.gov

RAINIER BEACH CC

C: Martha Winther | martha.winther@seattle.gov

AC: Deja'Nay Gilliam | deja'nay.gilliam@seattle.gov

RAVENNA-ECKSTEIN CC

C: Cameron Rivera-Flodine | cameron.rivera-flodine@seattle.gov

AC: Thomas Hargrave | thomas.hargrave@seattle.gov

VAN ASSELT CC

C: Kiki Kennedy | kiki.kennedy@seattle.gov

YESLER CC

C: Gary Alexander | gary.alexander@seattle.gov

AC: Faizah Osayande | faizah.osayande@seattle.gov

CLOSURES



9/5 Labor Day
9/29 All Sites Closed
10/10 Indigenous Peoples Day
11/11 Veterans Day
11/24 Thanksgiving Day
11/25 Day after Thanksgiving
12/25 Christmas Day
12/26 Day after Christmas

PARKS MANAGEMENT

Christopher Williams

Acting Superintendent

Daisy Catague

Acting Recreation Director

Mike Plympton

Aquatics Manager

Tia Scott

Facilities & Youth Sports Manager

Barb Wade

Recreation Manager

Trevor Gregg

Recreation Manager

Tim Pretare

OOO Recreation Manager

LaShawn Street

OOO Recreation Manager

PRESCHOOL

PRESCHOOL PROGRAM | Ages 3-5

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.

Fall 2022 Preschool registration has begun!
The 2022-2023 fee structure is listed below.

NORTHWEST SEATTLE

Ages	Days	Time	5 Days	4 Days	3 Days	2 Days
**BALLARD COMMUNITY CENTER						
3-5	Mon-Fri	8:30 a.m.-2:30 p.m.	N/A	N/A	N/A	N/A
**BITTER LAKE COMMUNITY CENTER						
3-5	Mon-Fri	8:30 a.m.-2:30 p.m.	N/A	N/A	N/A	N/A
GREEN LAKE COMMUNITY CENTER						
3-5	Mon-Fri	9:30 a.m.-1 p.m.	\$792	N/A	\$520	\$356
MAGNOLIA COMMUNITY CENTER						
3-5	Tue-Thu	9:30 a.m.-1 p.m.	N/A	\$632	\$520	N/A
3-4/4-5	Mon-Thu	9:30 a.m.-1 p.m.	\$792	\$632	N/A	N/A
LOYAL HEIGHTS COMMUNITY CENTER						
3-4	Mon-Thu	9:30 a.m.-1 p.m.	N/A	\$632	N/A	N/A
4-5	Mon-Thu	9:30 a.m.-1 p.m.	N/A	\$632	N/A	N/A

NORTHEAST SEATTLE

Ages	Days	Time	5 Days	4 Days	3 Days	2 Days
**MEADOWBROOK COMMUNITY CENTER						
3-5	Mon-Fri	8:30 a.m.-2:30 p.m.	N/A	N/A	N/A	N/A

SOUTHWEST SEATTLE

Ages	Days	Time	5 Days	4 Days	3 Days	2 Days
**ALKI COMMUNITY CENTER						
3-5	Mon-Fri	8:30 a.m.-2:30 p.m.	N/A	N/A	N/A	N/A

SOUTHEAST SEATTLE

Ages	Days	Time	5 Days	4 Days	3 Days	2 Days
JEFFERSON COMMUNITY CENTER						
3-5	M/W/F	8:30 a.m.-Noon	\$792	N/A	\$520	\$356
4-5	M/W/F	8:30 a.m.-Noon	\$792	N/A	\$520	\$356

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.

***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 registrable 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.



HOLIDAY CLOSURES:

9/5 Labor Day | **10/10** Indigenous Peoples Day | **11/11** Veterans Day | **11/24** Thanksgiving Day
11/25 Day after Thanksgiving | **12/25** Christmas Day | **12/26** Day after Christmas

SCHOOL AGE CARE

LICENSED SCHOOL-AGE CARE 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.

MONTHLY PRICING:

Month	Tu/Th	M/W/F	Mon-Fri
September	\$227.20	\$435.60	\$712.80
October	\$316.80	\$475.20	\$792
November	\$277.20	\$356.40	\$633.60
December	\$198	\$277.20	\$475.20

The daily rate for licensed school-age care is \$39.60. Monthly costs are calculated based on the number of days each the month.

ONE DAY CAMPS AND SCHOOL BREAKS:

Dates		Price
Oct 14	State In-Service Day (no school)*	N/A
Nov 21-23	Elementary P/T Conference Days** (no school for elementary and k-8 students)	\$65/day
Dec 19-23	Winter Break Week 1 (no school)***	\$325
Dec 27-30	Winter Break Week 2 (no school)***	\$260

*State In-service Day and Day Between Semesters: NO ADDITIONAL FEE . This is included for those already registered; participants must attend the current site in which they have registered to attend

**November Parent Teacher Conference Days: Most Seattle Public Schools schedule November Parent Teacher conferences for 3 full days before Thanksgiving, Monday through Wednesday. These are one-day camps with separate fees.

***Winter and Mid-Winter Break Camps: These are separate activities with separate fees. Before and/or After-School program participants must register and pay for these programs in addition to the monthly fee for Before and/or After-School programs.



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 registration fee 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.



HOLIDAY CLOSURES:

- 9/5 Labor Day
- 10/10 Indigenous Peoples Day
- 11/11 Veterans Day
- 11/24 Thanksgiving Day
- 11/25 Day after Thanksgiving
- 12/25 Christmas Day
- 12/26 Christmas Day Observed

*Check with your local community center for additional closures.

SCHOOL AGE CARE

CAMP INFORMATION

EARLY DISMISSALS

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

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 (https://bit.ly/sps_transport) or call 206-252-0900 for more information.

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://bit.ly/USDA_complaint 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; or (3) email: program.intake@usda.gov

DROP-IN PROGRAMS

All programs are FREE unless noted otherwise. Please self-screen prior to attending programs. If you are ill, please stay home.

NEW

DROP-IN UPDATE

Registration is no longer required for drop-in programs. Drop-in programs will be filled on a first-come, first-served basis.

TODDLER PLAYROOM

Your child will play, learn, and develop both motor and social skills in this highly interactive drop-in play time. They will meet new friends, play on bouncy toys, ride scooters and much more. Parents must always accompany their child.

▼ BALLARD CC	Ages 5 and Under			
51044	9/9-12/30	Mon-Fri	9:30 a.m.-8 p.m.	FREE
▼ GREEN LAKE CC	Ages 5 and Under			
51150	9/6-12/31	Mon-Sat	10 a.m.-8 p.m.	FREE
▼ LAURELHURST CC	Ages 5 and Under			
	9/12-12/16	M/W/F	9:30 a.m.-Noon	FREE
▼ NORTHGATE CC	Ages 4 and Under			
50776	9/6-12/29	Tu/Th	Noon-2:30 p.m.	FREE
▼ QUEEN ANNE CC	Ages 4 and Under			
51875	9/6-12/29	Mon-Fri	11 a.m.-5:30 p.m.	FREE
▼ RAINIER BEACH CC	Ages 2-5			
51214	9/22-12/22	Thu	11 a.m.-1 p.m.	FREE
▼ RAVENNA ECKSTEIN CC	Ages 5 and Under			
50351	9/6-12/13	Tu/Th	12:30-2:30 p.m.	FREE
▼ VAN ASSELT CC	Ages 2-5			
51008	9/6-12/29	Tu/Th	10 a.m.-Noon	FREE
▼ YESLER CC	Ages 5 and Under			
51261	9/16-12/30	Fri	11 a.m.-1 p.m.	FREE

TODDLER PLAY AND RUN

Come out of the rain and play indoors at the Lake City Community Center! We'll have basketball hoops, soccer goals, scooters and a big, safe space to run free!

▼ LAKE CITY CC	Ages 1.5-5			
50446	9/13-12/13	Tu/Th	9:45 a.m.-12:30 p.m.	FREE
▼ MEADOWBROOK CC	Ages 1.5-5			
51268	9/7-12/16	M/W/F	12:30-2:30 p.m.	FREE

TOT GYM

Looking for a dry, warm place to let your child play inside? Our playroom is full of toys, mats, and slides. Parent supervision is required at ALL times. Must register for a Quick Card at the front desk on your first visit. No food or drinks allowed in the playroom. We do have tables and chairs in the hallway for serving snacks and drinks. For ages 5 and younger.

▼ BALLARD CC	Ages 5 And Under			
51040	9/12-12/30	M/W/F	9:30 a.m.-Noon	FREE
▼ GARFIELD CC	Ages 5 And Under			
50372	9/12-12/19	Mon	10 a.m.-2 p.m.	FREE
▼ LOYAL HEIGHTS CC	Ages 5 and Under			
51885	9/20-12/22	Tu/Th	10 a.m.-1 p.m.	FREE
▼ MAGNOLIA CC	Ages 5 and Under			
51860	9/7-12/28	W/F	11 a.m.-1 p.m.	FREE
▼ MILLER CC	Ages 5 and Under			
50574	9/6-12/15	Tu/Th	10 a.m.-12:30 p.m.	FREE
▼ MONTLAKE CC	Ages 2-5			
51166	9/12-12/9	M/F	10 a.m.-1 p.m.	FREE
▼ QUEEN ANNE CC	Ages 5 and Under			
51876	9/9-12/23	M/F	11:15 a.m.-1:15 p.m.	FREE



All programs are FREE unless noted otherwise. Please self-screen prior to attending programs. If you are ill, please stay home.

DROP-IN PROGRAMS

BIG BRAINS BUILD RECYCLED ROBOTICS

Learn about and build robots with micro: bit, servos, motors, and recyclables in The Big-Brained Superheroes Club. Email bbs@thebbbsc.org for inquiries.

▼ **YESLER CC** Ages 1-17
51269 9/6-12/29 Mon-Thu 5-7 p.m. FREE

DETECTIVE COOKIE'S CHESS CLUB

Children and teens are invited to join this Chess Club. Family and community members are also welcome. Drop by to learn and play chess! Masks are not required but are PREFERRED for all participants.

▼ **RAINIER BEACH CC** Ages 7 and Older
49952 9/10-12/31 Sat Noon-2 p.m. FREE



POKEMON CLUB

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.

▼ **GARFIELD CC** Ages 5 and Older
50375 9/13-12/13 Tue 5-6:30 p.m. FREE

TEEN VOLLEYBALL

Bump, set, spike! Teens can join us for drop in volleyball. No instructor, just free play. Parents or guardians are welcome to wait in the gym during the drop-in time.

▼ **MEADOWBROOK CC** Ages 10-17
51201 9/7-12/28 Wed 5-6 p.m. FREE



TWEEN NIGHT

Tween Night aims to provide free activities every week for youth between the ages of 11-14 in the surrounding communities. Whether it is grabbing a free meal and playing a round of ping-pong or shooting some hoops, Tween Night is the perfect opportunity for tweens to meet and hang out with new and old friends alike. Our goal is to create a safe and inclusive space for tweens to hang out and experience new things. Note: Form (E-13) must be submitted on the first day of attendance. Participants must fill out Parent Authorization Form. Please bring your own water bottle. No in/out privileges allowed.

▼ **NORTHGATE CC** Ages 11-14
50834 9/23-12/16 Fri 6-8:45 p.m. FREE

TEEN ROOM

Come in with your friends or meet new friends in a safe and positive environment just for teens! Play pool, foosball, basketball, movies, board games, and other activities while at QACC. Middle School and High School ages are welcome. Hours are subject to change based on staffing levels.

▼ **QUEEN ANNE CC** Ages 12-17
52023 9/7-12/29 W/Th 3:30-6:30 p.m. FREE

LATE NIGHT

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 7p.m.-12a.m., with a focus on positive teen interactions and engagement where all teens are welcome. Dinner is provided each night.

▼ **BITTER LAKE CC** Ages 13-19
52140 9/2-11/26 Fri-Sat 7 p.m.-Midnight FREE

▼ **RAINIER BEACH CC** Ages 13-19
49944 9/9-12/31 Fri-Sat 7 p.m.-Midnight FREE

DROP-IN PROGRAMS

All programs are FREE unless noted otherwise. Please self-screen prior to attending programs. If you are ill, please stay home.

FITNESS ROOM

Seattle weather can be a challenge to your fitness program, so come inside and work out in our fitness rooms.

▼ DELRIDGE CC		Ages 18 and Older		
50602	9/6-12/30	Mon-Fri	10:15 a.m.-5:15 p.m.	FREE
▼ INT'L DISTRICT/CHINATOWN CC		Ages 18 and Older		
50750	9/12-12/30	Mon-Fri	11 a.m.-8:45 p.m.	FREE
	9/17-12/31	Sat	11 a.m.-4:45 p.m.	FREE
▼ LOYAL HEIGHTS CC		Ages 16 and Older		
51887	9/20-12/22	Tue-Fri	9 a.m.-5 p.m.	FREE
▼ MEADOWBROOK CC		Ages 18 and Older		
50991	9/1-12/30	Mon-Fri	8:30 a.m.-8:15 p.m.	FREE
	9/3-12/31	Sat	9 a.m.-4:45 p.m.	FREE
▼ NORTHGATE CC		Ages 18 and Older		
50818	9/6-12/30	Mon-Fri	9 a.m.-7:30 p.m.	FREE
▼ QUEEN ANNE CC		Ages 18 and Older		
51877	9/6-12/30	Mon-Fri	11 a.m.-6:45 p.m.	FREE
▼ YESLER CC		Ages 18 and Older		
51267	9/6-12/31	Mon-Sat	11 a.m.-7:45 p.m.	FREE

OPEN GYM

Want to shoot some hoops? Stay active, meet new people of all skill levels, and enjoy a pick-up basketball game.

▼ INT'L DISTRICT/CHINATOWN CC		Ages 18 and Older		
FAMILY				
50749	9/17-12/31	Sat	2-4:30 p.m.	FREE
YOUTH		Ages 12-18		
50752	9/1-12/29	Mon-Thu	3-5:30 p.m.	FREE
	9/2-12/30	Fri	3-8:45 p.m.	FREE
▼ JEFFERSON CC		Ages 16 and Older		
50671	9/2-11/28	M/F	3:30-4:45 p.m.	FREE
▼ RAINIER BEACH CC		Ages 18 and Older		
52329	9/19-12/23	M/Tu/F	Noon-2 p.m.	Free
▼ RAVENNA ECKSTEIN CC		Ages 12 and Older		
50352	9/6-12/29	Tu/Th	3-5 p.m.	FREE
50353	9/7-10/14	M/W/F	3-5 p.m.	FREE
▼ VAN ASSELT CC		All Ages		
50647	9/5-12/26	Mon	5-7:45 p.m.	FREE
	9/6-12/27	Tue	6-7:45 p.m.	FREE
	9/7-12/29	W/Th	6:30-7:45 p.m.	FREE
	9/9-12/30	Fri	6-8 p.m.	FREE
	9/10-12/31	Sat	2-3:45 p.m.	FREE



HOMESCHOOL: OPEN GYM

Come and play!

▼ LOYAL HEIGHTS CC		Ages 16 and Older		
51721	9/21-11/16	Wed	1:15-3:15 p.m.	\$240

HIP HOP SPIN

Join this Get Moving sponsored FREE spin class to let go of stress, share a moment with community, and energize your evening. 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.

▼ RAINIER BEACH CC		Ages 16 and Older		
51567	9/13-12/13	Tue	6-7 p.m.	FREE

FREE HYGIENE SERVICES

Year Round All Ages

Select SPR sites offer free showering facilities. Showers are limited to 20-minutes and are drop-in only with no pre-registration. Towels and soap are provided. First come, first served.

▼ DELRIDGE CC		Last shower at 4:30 p.m.		
	Mon-Fri		11 a.m.-5 p.m.	
▼ GREEN LAKE CC		Last shower at 4:30 p.m.		
	Tue-Sat		9 a.m.-5 p.m.	
▼ MEADOWBROOK CC		Last shower at 7:00 p.m.		
	Mon-Fri		2:30-7:30 p.m.	
▼ MILLER CC		Last shower at 5:30 p.m.		
	Mon-Fri		10 a.m.-6 p.m.	

SENIOR EXERCISE

Relieve stress with an upbeat fitness class. Aerobics can improve heart rate, blood pressure, and breathing.

▼ INT'L DISTRICT/CHINATOWN CC		Ages 50 and Older		
50751	9/14-12/30	W/F	11 a.m.-12:30 p.m.	FREE

All programs are FREE unless noted otherwise. Please self-screen prior to attending programs. If you are ill, please stay home.

DROP-IN PROGRAMS

BASKETBALL

Want to shoot some hoops? Stay active, meet new people of all skill levels, and enjoy a pick-up basketball game.

▼ BALLARD CC	All Ages			
52032	9/12-12/19	Mon	6:15-8:15 p.m.	FREE
▼ HIGH POINT CC	All Ages			
50877	9/6-12/30	Mon-Fri	2:30-5 p.m.	FREE
▼ INT'L DISTRICT/CHINATOWN CC	Ages 18 and Older			
50745	9/12-12/30	M/W/F	11:30 a.m.-1:30 p.m.	FREE
▼ MILLER CC				
ADULT	Ages 16 and Older			
50504	9/7-11/30	Wed	6-8 p.m.	FREE
YOUTH	Ages 12-15			
50507	9/6-11/29	Mon-Fri	3:30-6 p.m.	FREE
▼ MAGNOLIA CC	Ages 18 and Older			
WOMEN'S				
49002	9/7-12/28	Wed	6-8 p.m.	FREE
MEN'S				
48995	8/30-12/27	Tue	6-8 p.m.	FREE
▼ MAGNUSON CC @ HANGER	Ages 13 and Older			
51985	9/6-11/29	M/Tu	6-8 p.m.	FREE
▼ MONTLAKE CC	Ages 18 and Older			
51164	9/7-12/14	Wed	4-7:30 p.m.	FREE
▼ VAN ASSELT CC	Ages 18 and Older			
50622	9/6-12/31	Tu/Th	1-3 p.m.	FREE
	9/6-12/31	Sat	11 a.m.-2 p.m.	FREE
▼ YESLER CC	Ages 18 and Older			
51264	9/6-12/29	Tu/Th	12:10-2:10 p.m.	FREE

WHEELCHAIR BASKETBALL

Whether you're an experienced wheelchair athlete or a new-comer to adaptive sports, all are welcome. Practice your shots or join a pick-up game! Sports wheelchairs are required for participation and some equipment is available. Please contact info@seattleadaptivesports.org before attending to guarantee equipment availability.

▼ MILLER CC	Ages 16 and Older			
50506	9/6-11/29	Tue	6-8 p.m.	FREE

COVID GUIDELINES

FIND DETAILS ON PAGE 54



BADMINTON

Keep your eye on the birdie! Stop by and enjoy a friendly game of badminton - a social and accessible sport for all. Nets and birdies will be provided.

▼ INT'L DISTRICT/CHINATOWN CC	Ages 18 and Older			
50744	9/13-12/29	Tu/Th	10 a.m.-Noon	FREE
	9/17-12/31	Sat	10 a.m.-1 p.m.	FREE
▼ JEFFERSON CC	Ages 16 and Older			
51341	9/6-11/29	Tue	6-8:45 p.m.	FREE
▼ MAGNUSON CC @ HANGER	Ages 13 and Older			
51987	9/6-11/29	M/Tu	6-8 p.m.	FREE
▼ MEADOWBROOK CC	Ages 18 and Older			
50986	9/2-12/30	Fri	6:15-8:15 p.m.	FREE

DODGEBALL

Play dodgeball.

▼ GREEN LAKE CC	Ages 18 and Older			
51156	9/7-12/28	Wed	6-8:45 p.m.	FREE
▼ LOYAL HEIGHTS CC	Ages 16 and Older			
51725	9/19-12/19	Mon	7-8:45 p.m.	FREE

FUTSOL

Come play the fun sport of Futsol. Please bring your own paddle and water bottle.

▼ BALLARD CC	Ages 18 and Older			
51042	9/8-12/29	Thu	6:15-8:15 p.m.	FREE
▼ MILLER CC	Ages 16 and Older			
50561	9/9-11/18	Fri	6-8 p.m.	FREE

DROP-IN PROGRAMS

All programs are FREE unless noted otherwise. Please self-screen prior to attending programs. If you are ill, please stay home.

PICKLEBALL

Play or practice your skills in this unique paddle sport that is a fast-paced combination of tennis and ping-pong. Pickleball is simple to learn and fun to play.

▼ BALLARD CC	Ages 18 and Older			
51039 9/6-12/29	Tu/Th	10 a.m.-Noon	FREE	
51041 9/7-12/28	Wed	6:25-8:15 p.m.	FREE	
▼ DELRIDGE CC	Ages 18 and Older			
50486 9/12-12/16	M/W/F	10:15 a.m.-12:25 p.m.	FREE	
▼ GARFIELD CC	Ages 18 and Older			
51259 9/8-12/15	Thu	10:15 a.m.-1 p.m.	FREE	
▼ HIGH POINT CC	Ages 18 and Older			
50876 9/7-12/30	W/F	10 a.m.-12:45 p.m.	FREE	
▼ INT'L DISTRICT/CHINATOWN CC	Ages 18 and Older			
50746 9/12-12/26	Mon	6-8:45 p.m.	FREE	
▼ JEFFERSON CC	Ages 18 and Older			
51878 9/12-12/5	Mon	10 a.m.-1 p.m.	FREE	
▼ LOYAL HEIGHTS	Any Age			
51730 9/16-12/16	Fri	Noon-2 p.m.	FREE	
▼ MAGNOLIA CC	Ages 18 and Older			
48998 9/12-12/26	Mon	11 a.m.-2 p.m.	FREE	
▼ MAGNUSON CC @ HANGER	Ages 16 and Older			
51986 9/1-11/30	W/Th	9:30-11:30 a.m.	FREE	
▼ MEADOWBROOK CC	Ages 18 and Older			
51558 9/8-12/8	Thu	10 a.m.-3 p.m.	FREE	
▼ MILLER CC	Ages 16 and Older			
50575 9/7-11/30	M/W/F	10 a.m.-1 p.m.	FREE	
▼ MONTLAKE CC	Ages 18 and Older			
51160 9/7-12/17	W/Sa	10 a.m.-1 p.m.	FREE	
▼ NORTHGATE CC	Ages 18 and Older			
50819 9/7-12/14	M/F	11 a.m.-2 p.m.	FREE	
9/7-12/26	Wed	11 a.m.-1:30 p.m.	FREE	
▼ QUEEN ANNE CC	Ages 18 and Older			
51869 9/6-12/29	Tu/Th	Noon-2:30 p.m.	FREE	
▼ VAN ASSELT CC	Ages 50 and Older			
50742 9/7-12/28	M/W	Noon-2:45 p.m.	FREE	
▼ YESLER CC	Ages 18 and Older			
51255 9/6-12/29	Tu/Th	10 a.m.- Noon	FREE	



VOLLEYBALL

Have fun and hone your skills alongside adults of all skill levels. Nets and balls are provided for these drop-in volleyball games.

▼ BALLARD CC	Ages 18 and Older			
51045 9/9-12/30	Tu/F	6:15-8:15 p.m.	FREE	
▼ GARFIELD CC	Ages 18 and Older			
50366 9/9-12/16	Fri	6-8:45 p.m.	\$3	
▼ GREEN LAKE CC	Ages 18 and Older			
51159 9/1-11/17	Thu	7-8:30 p.m.	FREE	
▼ MILLER CC	Ages 16 and Older			
50505 9/8-11/28	M/Th	6-8 p.m.	FREE	
▼ INT'L DISTRICT/CHINATOWN CC	Ages 18 and Older			
50748 9/14-12/28	Wed	6-8:45 p.m.	FREE	
▼ MEADOWBROOK CC	Ages 18 and Older			
50988 9/7-11/23	Wed	6:15-8:15 p.m.	FREE	
▼ MONTLAKE CC	Ages 18 and Older			
51161 9/8-12/15	Tu/Th	4-7:30 p.m.	FREE	
▼ VAN ASSELT	Ages 18 and Older			
50646 9/10-12/31	Sat	9-11 a.m.	FREE	

SOUL LINE DANCING

The FREE Soul Line Dance Classes are a fun and energetic way to engage all ages. This class gets the heart rate up and stimulates your memory while inches fall off. Moving to R&B music will push you through several stages of line dance intensity. This exercise caters to all fitness levels. Brought to you by Seattle Parks and Recreation's Rec4All Grant.

▼ GARFIELD CC	Ages 18 and Older			
50369 9/3-12/31	Sat	10 a.m.-12 p.m.	FREE	

All programs are FREE unless noted otherwise. Please self-screen prior to attending programs. If you are ill, please stay home.

DROP-IN PROGRAMS

JUGGLING

Come learn how to juggle!

▼ BALLARD CC		Ages 18 and Older		
51043	9/7-12/28	Wed	6:15-8:15 p.m.	FREE
▼ MILLER CC		Ages 16 and Older		
50561	9/9-11/18	Fri	6-8 p.m.	FREE

MUSIC JAM NIGHT

Bring your guitars, banjos, ukuleles, harmonicas, and other acoustic instruments and jam. Come with your friends and make some new friends in the wonderful world of music as your common thread.

▼ NORTHGATE CC		Ages 18 and Older		
50770	9/19-12/19	Mon	6-7:45 p.m.	FREE

50 & UP FUN

Join us for eight Donic Delhi Tables, Tennis Tables, and two more tables for Mahjong. Varies between centers.

▼ INT'L DISTRICT/CHINATOWN CC		Ages 50 and Older		
50743	9/12-12/28	Mon-Wed	3-5 p.m.	FREE
	9/16-12/30	Fri	3-5 p.m.	FREE
▼ VAN ASSELT CC		Ages 50 and Older		
50741	9/6-12/29	Tu/Th	11:30 a.m.-1:30 p.m.	FREE

BRIDGE

Drop-in play for intermediate bridge players.

▼ NORTHGATE CC		Ages 18 and Older		
51169	9/19-12/12	Mon	1-3 p.m.	FREE

MAHJONG

Drop in and play this fun game using Chinese tiles. Stay and play, the more the merrier! Bring your own Mahjong set! American-style.

▼ NORTHGATE CC		Ages 18 and Older		
51170	9/7-12/14	Wed	2-5 p.m.	FREE
▼ QUEEN ANNE CC		Ages 50 and Older		
52053	9/9-9/23	Fri	1-4 p.m.	FREE



PING-PONG / TABLE TENNIS

Come play the fun sport of Table Tennis. Please bring your own paddle and water bottle.

▼ GREENLAKE CC		Ages 18 and Older		
51153	9/6-12/30	Tu/F	6-8:45 p.m.	FREE
	9/7-12/28	Wed	10 a.m.-1 p.m.	FREE
▼ INT'L DISTRICT/CHINATOWN CC		Ages 18 and Older		
50747	9/12-12/26	Mon	6-8:30 p.m.	\$3 Adults/
	9/14-12/30	W/F	1-2:30 p.m.	\$2 Seniors
	9/17-12/31	Sat	1-4:30 p.m.	
▼ LAKE CITY CC		Ages 16 and Older		
50445	9/9-12/16	M/W/F	4-6:45 p.m.	FREE

POTTERY STUDIO

This is dedicated time for pottery students to come in and perfect your craft. You can work on new projects, projects from a class, or hang out and socialize with fellow artists.

▼ JEFFERSON CC *		Ages 18 and Older		
51347	9/9-12/9	Fri	5:30-8:30 p.m.	
*This is only available for participants of the other pottery sessions and there is a drop-in fee associated with the studio time. Fee to be determined				
▼ MONTLAKE CC **		Ages 18 and Older		
51540	9/13-12/13	Sat	9:30 a.m.-12:30 p.m.	\$20

**Orientation required, call Montlake Community Center to schedule. This activity is free for those currently participating in classes.

GENTLE YOGA

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

▼ INT'L DISTRICT/CHINATOWN CC		Ages 50 and Older		
50844	9/15-12/29	Thu	1:30-2:30 p.m.	FREE

VIRTUAL PROGRAMS

REGISTRATION OPENS
AUGUST 16th

COOK ALONG WITH CHEF TAYLOR

Ages 12 and Older

The power of sharing food goes way beyond its physical nourishment. This is a hands-on cooking class led by Chef Taylor is geared to making affordable meals from around the globe, not just watching food be made. Your ingredients list will be sent out 5-7 days in advance. This class is virtual where you'll be cooking and interacting from your own kitchen. A Webex meeting invitation will be sent out to all registrants 2-3 days in advance.

▼ Mexican Food

50899	9/27	Tue	5-6 p.m.	FREE
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▼ Italian Food

50900	10/18	Tue	5-6 p.m.	FREE
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▼ Asian Food

50901	11/1	Tue	5-6 p.m.	FREE
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▼ Pacific NW Food

50902	11/15	Tue	5-6 p.m.	FREE
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VIRTUAL HEALTHY EATS

Ages 16 and Older

Tony Hayes, owner of Burien Classic Eats (ranked 16th in the Nation for brunch by Yelp!) will be sharing a couple of his favorite healthy recipes along with his culinary skills with the community. Join us for an interactive session from our kitchen to yours with meals that will satisfy the palate and improve nutritional health. October session will cover: Turkey Burgers, whole grain rice, and vegetable. November session will cover: Grilled Shrimp, whole grain rice, and vegetable. This class is not in-person. A Webex invitation will be sent to all registrants 2 - 3 days prior to the class.

50934	10/26	Wed	10-11 a.m.	FREE
50937	11/9	Wed	10-11 a.m.	FREE

BLACK WOMEN: TAKE THE LEAD IN YOUR HEALTH

Ages 15 and Older

Black women around the world have the worst outcomes for health issues like breast cancer, diabetes, obesity, childbirth, hysterectomy and more. Learn to navigate the healthcare system and how to advocate for yourself in hospital and office settings in this 45-minute seminar. Register and tell a friend! A Webex meeting link will be emailed to all registrants 2 - 3 days prior to class.

50887	9/24	Sat	10-10:45 a.m.	FREE
50888	10/8	Sat	10-10:45 a.m.	FREE



PIANO GROUP LESSONS

Ages 5 and Older

Learn to play the piano from an experienced professional teacher in weekly small group lessons. Training includes sight-reading, technique, expression, theory, and chords. Students must have access to a full electric keyboard or piano for practice outside of lessons. Class is NOT in-person. Register through Garfield Community Center by calling 206-684-4788.

50311	9/10-10/29	Sat	Noon-4:30 p.m.	\$220
50312	11/5-12/17	Sat	Noon-4:30 p.m.	\$220
50309	9/12-10/31	Mon	4-8:45 p.m.	\$200
50310	11/7-12/12	Mon	4-8:45 p.m.	\$200

Prior to event, a link will be sent to join, through Webex. For questions email: PKS_Virtual_Programs@seattle.gov

**REGISTRATION OPENS
AUGUST 16th**

VIRTUAL PROGRAMS

SPD: MIXED GENDER PERSONAL SAFETY CLASS

Ages 15 and Older

Learn how to be proactive and enhance your personal safety. Through discussion and lecture you will be taught to avoid dangerous situations and decrease the odds of becoming a victim. Presented to you by female and male Seattle police officers and is not a self-defense class. For questions please email PKS_Virtual_Programs@seattle.gov Prior to event, a link will be sent to join, through Webex.

51563	9/9	Fri	9-10:30 a.m.	FREE
51564	10/22	Sat	10-11:30 a.m.	FREE
51565	11/8	Tue	6-7:30 p.m.	FREE
51566	12/14	Wed	6-7:30 p.m.	FREE

DOWNLOAD WEBEX



DOWNLOAD TO PARTICIPATE IN VIRTUAL PROGRAMS:
http://bit.ly/webex_download

BECU VIRTUAL

Ages 14-19

BANKING FOR TEENS

Give students helpful guidance on financial management. In this session we teach students about finances, financial institutions, and effective strategies for managing money.

50715	9/6	Tue	4:30-5:30 p.m.	FREE
50722	11/1	Tue	4:30-5:30 p.m.	FREE

CREDIT FOR TEENS

What is credit and how does it work? Students learn the ins and outs of credit, including how to manage it. Course Objectives, learn how credit and loans work, identify ways to establish credit, learn borrower responsibilities, and monitor credit using a credit report and credit score.

50716	9/13	Tue	4:30-5:30 p.m.	FREE
50724	11/8	Tue	4:30-5:30 p.m.	FREE

FINANCIAL REALITY FAIR FOR TEENS

Through a fun, interactive simulation, students gain real-world financial planning, saving and budgeting skills. Learn to manage expenses while making spending decisions about transportation, housing, entertainment and more.

50717	9/20	Tue	4:30-6 p.m.	FREE
50725	11/15	Tue	4:30-6 p.m.	FREE

FRAUD FOR TEENS

In a world where security breaches happen, it's important to beware of fraud. Students learn how to identify scams and reduce risky behaviors that could compromise security.

50718	9/27	Tue	4:30-5:30 p.m.	FREE
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INVESTING FOR TEENS

Students will learn fundamentals of investing. We will explore how investments can support financial goals, understand the concepts of risk vs. return and diversification, and more.

50719	10/4	Tue	4:30-5:30 p.m.	FREE
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STOCK AND ROLL FOR TEENS

This session helps teens understand investment basics. We'll use a stock market simulation to understand market fluctuations, risk, and the how the market works overall.

50720	10/11	Tue	4:30-6 p.m.	FREE
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RISK MANAGEMENT FOR TEENS

Purchasing insurance can be an effective strategy for managing risk. Students will learn about types of insurance and how to choose between policies.

50721	10/18	Tue	4:30-5:30 p.m.	FREE
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Prior to event, a link will be sent to join, through Webex. For questions email: PKS_Virtual_Programs@seattle.gov

SPECIAL EVENTS

SPECIAL EVENT: MOUNTAIN FEST

FREE

All Ages

Celebrate Camp Long and Seattle's outdoor recreation history with us. Challenge yourself to the high ropes course, climb Schurman Rock and rappel on the Glacier Wall, try your hand at a our Scavenger Hunt, and much more. For more information contact camp.long@seattle.gov or call 206-684-7434.

9/10 Saturday 11a.m.-5p.m. FREE



DISCOVERY PARK'S 50TH ANNIVERSARY CELEBRATION



Saturday, October 1

10AM - 4PM

 **Discovery Park**

Participate in the commemoration and celebration of Discovery Park's 50th anniversary, with a day of activities and a formal celebration. The event is an opportunity to celebrate all that Discovery Park has to offer. Events will be held from 10am-4pm throughout the park, with a formal program with guest speakers from 1-2pm at the North Meadow. Free cupcakes!

Contact: (206) 386-4236 or discovery.park@seattle.gov



SCAN FOR
DETAILS

SPONSORS: Tulalip Tribes Charitable Fund • Seattle Department of Neighborhoods • Seattle Parks and Recreation • Associated Recreation Council

PARTICIPATING ORGANIZATIONS: Seattle Audubon • Friends of Discovery Park • Magnolia Historical Society • Discovery Park Advisory Council • Green Seattle Partnership • King County Wastewater • United Indians of All Tribes Foundation



Seattle
Parks & Recreation



HALLOWEEN SPECIAL EVENTS

Halloween Carnival at Loyal Heights CC **Ages 2 and Older**

Join us for a fright fest of activities, games and challenges. Dress in costume and remember to bring a bag for your goodies. Festivities include carnival games, crafts, cookie decorating, cake walks and more! Hot dogs and water will be on sale for \$1 each. Volunteers are needed to help set-up, clean-up, and run carnival games. Proceeds from tickets supports the Loyal Heights Community Center scholarship fund

10/19 Wednesday 6-8:30 p.m. \$12

Big Pumpkin Bash at Bitter Lake CC **All Ages**

Put on your costumes and bring your family for a night of ghoulish-good fun with carnival games, face painting, and the always popular cake walk! Refreshments will be available. Please bring a can of food to donate to our local food bank. Or donate with cash or a check. Volunteer hours are available during this event. Please call 206-684-7524 for more details. Price is 25 cents per ticket/\$10 per bracelet

10/22 Saturday 6-8 p.m. \$.25/TICKET



Halloween Carnival at Ballard CC **All Ages**

Early Bird gets the gummy worm! Crafts, music, food, games, prizes and fun. There is something here for everyone. Come try your luck while there is still time.

10/21 Friday 6-8 p.m. FREE

Pumpkin Carving at Northgate CC **Ages 5 and Older**

Kick off Halloween weekend with a family pumpkin carving and decorating night! We'll have pumpkins of all sizes with safe carving tools and paints to create your spooky or funky jack-o-lantern. Enjoy cookies, candies and hot cider. Stick around for the jack-o-lantern contest to win prizes! All ages welcome.

10/28 Friday 9-11 a.m. FREE

Halloween Fest at Montlake CC **All Ages**

Bring the whole family down to our Halloween Carnival for a beWITCHing night of fun. Enjoy carnival games, face painting, arts and crafts, and collect some candy! We will also have a toiletry drive if you would like to donate!

10/28 Friday 5:30-7:30 p.m. FREE

SPECIAL EVENTS

▼ Glow Party at Delridge CC Ages 5 and Older

Join the Delridge Community Center for our famous glow in the dark party! Enjoy our themed games, snacks, and music. Wear your costume, face paint, or anything that will illuminate the party.

10/28 Friday 6-8 p.m. FREE

▼ Creepy Carnival for Kids at Garfield CC All Ages

You do not want to miss this popular spooky event. We will have music, carnival games, face painting and lots of treats. Wear your costume to participate in the costume contest! Donations are welcome. Volunteers needed! Contact us at 206-684-4788 for more information.

10/28 Friday 6-8 p.m. FREE

SPECIAL EVENT: TAKE A HIKE 2022 NATIONAL TRAILS DAY

FREE

Ages 7 and Older

W. Duwamish Greenbelt trails Partnership Hike. On National Trails Day, follow the water in the Puget Creek Watershed. Under the guidance of Steve Richmond, long-time advocate for restoring the health of Puget Creek, follow the creek from its origins near Puget Ridge Edible Park to its outlet into the Duwamish Waterway near the Duwamish Longhouse and Cultural Center. Part of this three-mile trail from ridge to river and back is standard gravel; other parts are unimproved social trails. Begin at the Puget Ridge Edible Park, 1899-1801 SW Brandon St, Seattle, WA 98106 at 11 a.m. RSVPs welcomed at wdgtrails@gmail.com.

11/12 Friday 11 a.m.-2 p.m. FREE

SPECIAL EVENT: THANKSGIVING FEAST

FREE

All Ages

Come join us for our Annual Garfield Thanksgiving Feast. Be a part of the tradition and a full-scale Thanksgiving dinner with your community. Volunteers and donations are welcomed for the event. Call us at 206-684-4788 if you are interested.

11/18 Friday 6-8 p.m. FREE

SPECIAL EVENT: PANCAKE BREAKFAST

Ages 2 and Older

Join your friends and neighbors at the Northgate Community Center Pancake Breakfast. Bring the whole family and enjoy all -you-can-eat pancakes along with scrambled eggs, sausage, juice, coffee and tea. Proceeds from this event will help provide scholarships for our low-income neighbors! Buy your tickets at the door. \$7 for adults, \$5 kids (under 4) & seniors (65 and older)

**12/3 Saturday 9-11 a.m. Kids/Seniors: \$5
Adults: \$7**



SPECIAL EVENT: MULTI-CULTURAL DINNER

All Ages

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

12/9 Friday 5:30-7 p.m. \$5/Ticket

SPECIAL EVENT: COMMUNITY HOLIDAY PARTY

FREE

All Ages

Come celebrate all 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. Toys are not guaranteed and dependent on donations to the Center. Available toys will be given to families the week after the event. Call 206-684-4788 for details.

12/16 Friday 6-8 p.m. FREE

SPECIAL EVENT: GINGERBREAD JUBILEE

FREE

All Ages

Join us this year for an evening of holiday fun. You bring your imagination and we provide the rest! There will be all sorts of crafts, music and of course our magnificent Gingerbread construction zone!

12/16 Friday 6-8 p.m. FREE

GOJU-RYU KARATE

Ages 12 and Older

Self-defense, awareness, and physical and mental development are incorporated into the study of this Japanese karate style. Learn fundamental techniques of karate, and how to use linear and circular techniques to subdue and control an attacker.

▼ Beginner		All levels welcome		
50450	9/7-9/28	M/W	5-6 p.m.	\$42
50451	10/3-10/26	M/W	5-6 p.m.	\$42
50604	11/2-11/30	M/W	5-6 p.m.	\$63
50605	12/5-12/14	M/W	5-6 p.m.	\$28
▼ Advanced		Some experience suggested		
50448	9/7-9/28	M/W	5-7 p.m.	\$49
50449	10/3-10/26	M/W	5-7 p.m.	\$49
50572	11/2-11/30	M/W	5-7 p.m.	\$63
50603	12/5-12/14	M/W	5-7 p.m.	\$28

HAPPYFEET SOCCER

Let's empower brave creative leaders of tomorrow and develop your child's self-esteem, body positivity, and creativity through meaningful play. Utilizing creative storytelling, your child will be guided through events where they can practice problem solving and increase confidence through soccer.

▼ HAPPYFEET PARENT AND ME				Age 2
50570	9/6-9/27	Tue	9:45-10:15 a.m.	\$68
50569	10/4-10/25	Tue	9:45-10:15 a.m.	\$68
50571	11/1-11/22	Tue	9:45-10:15 a.m.	\$68
50606	12/6-12/13	Tue	9:45-10:15 a.m.	\$34
▼ HAPPYFEET SOCCER				Ages 3-4
50452	9/6-9/27	Tue	10:30-11 a.m.	\$68
50453	10/4-10/25	Tue	10:30-11 a.m.	\$68
50609	11/1-11/22	Tue	10:30-11 a.m.	\$68
50610	12/6-12/13	Tue	10:30-11 a.m.	\$34
▼ HAPPYFEET SOCCER				Ages 5-6
50455	9/6-9/27	Tue	11:15-11:45 a.m.	\$68
50454	10/4-10/25	Tue	11:15-11:45 a.m.	\$68
50607	11/1-11/22	Tue	11:15-11:45 a.m.	\$68
50608	12/6-12/13	Tue	11:15-11:45 a.m.	\$34





PIANO LESSONS

Ages 6 and Older

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

*Note: The lessons are booked in 45-minute time slots, however, the lessons are only 30 minutes, the last 15 minutes are required for sanitizing the room. Call Magnuson CC at 206-684-7026 to schedule your classes.

September			Price per session	
50759	9/1-9/29	Thu	3-7:45 p.m.	\$30
50760	9/7-9/28	Wed	3-7:45 p.m.	\$30
50758	9/12-9/26	Mon	3-7:45 p.m.	\$30
October				
50761	10/3-10/31	Mon	3-7:45 p.m.	\$30
50763	10/5-10/26	Wed	3-7:45 p.m.	\$30
50762	10/6-10/27	Thu	3-7:45 p.m.	\$30
November				
50766	11/2-11/30	Wed	3-7:45 p.m.	\$30
50765	11/3-11/17	Thu	3-7:45 p.m.	\$30
50764	11/7-11/28	Mon	3-7:45 p.m.	\$30
December				
50768	12/1-12/29	Thu	3-7:45 p.m.	\$30
50767	12/5-12/26	Mon	3-7:45 p.m.	\$30
50769	12/7-12/28	Wed	3-7:45 p.m.	\$30

**REGISTRATION OPENS
AUGUST 16th**



SCAN ME

REGISTER ONLINE:
https://bit.ly/spr_activity_reg

AIKIDO FOR TEENS AND ADULTS

Ages 11 and Older

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

[50885](#) 9/12-12/14 M/W 5:30-7 p.m. \$300

ENGLISH AS A SECOND LANGUAGE

FREE

Ages 18 and Older

Come practice English in a friendly, relaxed setting! Tea, coffee and chat! The focus will be on conversation, but we can also practice grammar/reading/writing as needed.

Note: We will have a children's table set up; however, parents and guardians are responsible for supervising their own children.

50949	9/1-10/27	Thu	9-10:30 a.m.	FREE
50947	9/1-10/27	Thu	7-8:30 p.m.	FREE
50946	9/6-10/25	Tue	9-10:30 a.m.	FREE
50962	11/1-12/13	Tue	9-10:30 a.m.	FREE
50963	11/3-12/8	Thu	9-10:30 a.m.	FREE
50966	11/3-12/8	Thu	7-8:30 p.m.	FREE

KENDO: THE WAY OF THE JAPANESE SWORD

Kendo (way of the sword) is a martial art based on samurai traditions requiring mental and physical discipline. Working with oak and bamboo swords, students will focus on footwork and sword handling, progressing at their own pace to practice with others.

▼ Ages 10-18

50940	9/12-12/19	Mon	7-8:30 p.m.	\$63
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▼ Ages 18 and Older

50945	9/12-12/19	Mon	7-8:30 p.m.	\$63
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PERSONAL BEGINNER PIANO LESSONS

Ages 8 and Older

Learn the essentials of piano in 30-minute private lessons offered monthly. Instruction is at an introductory or beginner level, tailored to each student's needs. Musical elements, ear training, and song structure will be explored. Pre-registration required. Music book fee is separate if applicable. Student must have access to appropriate instrument for practice at home.

50709	9/6-9/27	Tue	3:30-6:30 p.m.	\$36/class
50713	9/7-9/28	Wed	2-6:30 p.m.	\$36/class
50710	10/4-10/25	Tue	3:30-6:30 p.m.	\$36/class
50732	10/5-10/26	Wed	2-6:30 p.m.	\$36/class
50932	11/2-12/14	Wed	2-6:30 p.m.	\$36/class
50711	11/1-11/29	Tue	3:30-6:30 p.m.	\$36/class
50712	12/6-12/20	Tue	3:30-6:30 p.m.	\$36/class

PRE-BALLET

Ages 3-5

Students experience the joy of dancing as they learn the basics of ballet technique and creative dance. Motor skills, posture, coordination, and musicality are emphasized through games, exercises, and choreography.

▼ Session 1

50629	9/8-10/20	Thu	3:15-4 p.m.	\$54
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▼ Session 2

50701	10/27-12/8	Thu	3:15-4 p.m.	\$54
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BALLET 1

Ages 6-10

Students learn traditional ballet curriculum set to classical music. Through the use of music, props and brain-integrated dance games, this class strengthens bodies and minds of dancers by providing a safe and positive environment for your child to express themselves through dance.

▼ Session 1

50624	9/8-10/20	Thu	4-4:45 p.m.	\$54
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▼ Session 2

50699	10/27-12/8	Thu	4-4:45 p.m.	\$54
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SHOTOKAN KARATE: BEGINNER

Ages 7 and Older

Here's your chance to try martial arts! The fundamentals of martial arts are based on understanding your body, movement, and space with and without a partner. Classes focus on kihon (basic techniques), kata (forms), and kumite (partner work), self-confidence, and self-defense. Parents are encouraged to remain in class with younger students.

50631	9/7-9/28	M/W	6:30-7:30 p.m.	\$35
50973	10/3-10/31	M/W	6:30-7:30 p.m.	\$40
50974	11/2-11/30	M/W	6:30-7:30 p.m.	\$45
50975	12/5-12/28	M/W	6:30-7:30 p.m.	\$35

SHOTOKAN KARATE: ADVANCED

Ages 14 and Older

Learn the practice of Karate. You will use a variety of techniques including blocks, strikes, evasions, throws, and joint manipulations.

50630	9/2-9/30	M/W/F	6:30-8:30 p.m.	\$85
50970	10/3-10/31	M/W/F	6:30-8:30 p.m.	\$80
50971	11/2-11/30	M/W/F	6:30-8:30 p.m.	\$65
50972	12/2-12/30	M/W/F	6:30-8:30 p.m.	\$110

DRUM LESSONS

Ages 10 and Older

Learn expression through music! Lessons are 30 minutes long, and are tailored to each individual student, and teach students to read music, play by ear, music theory, and composition. We have a drum set on site. Call your community center to see what slots are available.

50916	9/14-9/28	Wed	2-6 p.m.	\$25/class
50925	10/5-10/26	Wed	2-6 p.m.	\$25/class
50926	11/2-11/30	Wed	2-6 p.m.	\$25/class
50927	12/7-12/21	Wed	2-6 p.m.	\$25/class

COVID GUIDELINES



FIND DETAILS ON PAGE 54



DISCOVERY PARK'S 50TH ANNIVERSARY CELEBRATION

Saturday, October 1

10AM - 4PM

Discovery Park

Participate in the commemoration and celebration of Discovery Park's 50th anniversary, with a day of activities and a formal celebration. The event is an opportunity to celebrate all that Discovery Park has to offer. Events will be held from 10am-4pm throughout the park, with a formal program with guest speakers from 1-2pm at the North Meadow. Free cupcakes!

Contact: (206) 386-4236 or discovery.park@seattle.gov



**SCAN FOR
MORE INFO**



Seattle
Parks & Recreation



SPONSORS: Tulalip Tribes Charitable Fund • Seattle Department of Neighborhoods • Seattle Parks and Recreation • Associated Recreation Council

PARTICIPATING ORGANIZATIONS: Seattle Audubon • Friends of Discovery Park • Magnolia Historical Society • Discovery Park Advisory Council • Green Seattle Partnership • King County Wastewater • United Indians of All Tribes Foundation

DANCE TOGETHER WITH MOVING MINDS

Ages 18 months-3 years

Bond with your child through movement and creative play. Join us to 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.

51179	9/14-10/26	Wed	10-10:45 a.m.	\$111
51533	11/2-12/21	Wed	10-10:45 a.m.	\$111

JOYFUL MOVEMENT WITH MOVING MINDS

Ages 2-3

The perfect class for tots who are beginning to explore independent learning. In a warm, light-hearted environment, your child will enjoy imaginative movement, songs, games, and stories that enhance their physical, mental, and social-emotional development.

51324	9/16-10/28	Fri	10:30-11:15 a.m.	\$111
51536	11/4-12/16	Fri	10:30-11:15 a.m.	\$80

PLAYFUL DANCE WITH MOVING MINDS

Ages 3-4

Through active, imaginative dance play, your child will develop coordination, strength, and stability. In a creative, community-focused classroom, children become confident with ballet-based vocabulary and foundational movement patterns through music, games, and creative exploration.

51535	9/16-10/28	Fri	11:30 a.m.- 12:15 p.m.	\$111
51534	11/4-12/16	Fri	11:30 a.m.- 12:15 p.m.	\$80

CREATIVE BALLET WITH MOVING MINDS

Ages 5-6

Starting with foundations learned in Playful Dance, your child will strengthen their confidence, control, musicality, and ability to collaborate. This class introduces children to the ballet barre, more challenging movement combinations, and choreography tools to develop their own movement style.

51180	9/17-10/29	Sat	9-9:55 a.m.	\$111
51537	11/5-12/17	Sat	9-9:55 a.m.	\$80

YOUTH WHEEL POTTERY

Ages 13-17

Join us in a relaxing ceramics studio to create hand-built pieces as well as cups, bowls, and vases on the potter's wheel. We'll have weekly demonstrations as well as one-on-one guidance. Includes one bag of clay and open studio time during class duration.

51539	9/15-11/17	Thu	4-6 p.m.	\$250
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BEGINNER POTTERY

Ages 18 and Older

Join us in a relaxing ceramics studio to create hand-built pieces as well as cups, bowls, and vases on the potter's wheel. We'll have weekly demonstrations as well as one-on-one guidance. All levels welcome. Includes one bag of clay and open studio time during class duration.

51175	9/19-12/5	Mon	5-7:30 p.m.	\$310
51176	9/14-11/30	Wed	5-7:30 p.m.	\$335



PILATES

Ages 18 and Older

Lengthen and strengthen your muscles while improving posture, body alignment, breathing, balance, flow and strength. Bring a yoga mat if you have one; otherwise the community center has some available. Perfect for those with minimal fitness activity or as a supplement to other exercise practices.

51177	9/15-9/29	Thu	5-6 p.m.	\$30
51872	10/6-10/27	Thu	5-6 p.m.	\$40
51873	11/3-11/17	Thu	5-6 p.m.	\$30
51874	12/1-12/29	Thu	5-6 p.m.	\$50

GENTLE YOGA

Ages 18 and Older

Stretch and move with awareness, correct alignment and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, poise, and peace of mind

51178	9/17-9/24	Sat	9-10 a.m.	\$20
51559	10/1-10/29	Sat	9-10 a.m.	\$50
51870	11/5-11/26	Sat	9-10 a.m.	\$40
51871	12/3-12/17	Sat	9-10 a.m.	\$30

SPECIAL EVENT: HALLOWEEN FEST



All Ages

Bring the whole family down to our Halloween Carnival for a bewitching night of fun. Enjoy carnival games, face painting, arts and crafts, and collect some candy! We will also have a toiletry drive if you would like to donate!

10/28 Friday 5:30-7:30 p.m. FREE

REGISTRATION OPENS AUGUST 16th

REGISTER ONLINE:
https://bit.ly/spr_activity_reg



BEGINNER YOGA

Ages 18 and Older

This beginner yoga class introduces the fundamental principles of pose alignment and breath. Students will be introduced to yoga postures through verbal description and demonstration. All levels can work within their own ability. Wear comfortable clothes and bring a yoga mat and props if you have them.

50039 9/21-12/14 Wed 6:30-7:15 p.m. \$168

CHAIR YOGA

Ages 18 and Older

Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, poise, and peace of mind. Chair yoga offers accessibility and is adapted for individuals with mobility and balance challenges.

50033 9/21-12/14 Wed 5:30-6:15 p.m. \$120

PRE-BALLET

Ages 3-4

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

50034 9/9-12/9 Fri 1-1:45 p.m. \$162

50043 9/9-12/9 Fri 2-2:45 p.m. \$162

TINY TOTS

This educational and age-appropriate class includes individual and group play, storytelling, arts and crafts, yoga, music, field trips, and more. Parents are required to take turns assisting the teacher with class room duties and snacks. Participants must be 2 years of age by September 1 in order to participate. Exceptions made only with teacher approval. No class 10/10, 11/11, 11/24, 11/25

▼ Ages 2-3

50042 9/19-12/14 Mon-Thu 9-11:30 a.m. \$1,645

▼ Ages 3-5

50038 9/19-12/14 Mon-Thu 11:45 a.m.-2:45 p.m. \$1,551

SHOTOKAN KARATE: BEGINNER

Ages 7 and Older

Here's your chance to try martial arts! The fundamentals of martial arts are based on understanding your body, movement, and space with and without a partner. Classes focus on kihon (basic techniques), kata (forms), and kumite (partner work), self-confidence, and self-defense. Parents are encouraged to remain in class with younger students.

50037 9/8-10/20 Thu 6-6:45 p.m. \$60

50041 10/27-12/8 Thu 6-6:45 p.m. \$60

SHOTOKAN KARATE: INTER/ADVANCED

Ages 7 and Older

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

50036 9/8-10/20 Thu 7-8 p.m. \$120

50040 10/27-12/8 Thu 7-8 p.m. \$120

SELF DEFENSE

Ages 16 and Older

Students will learn from an experienced martial artist and learn how to defend themselves so they can feel safer and more comfortable in everyday life.

50035 9/2, 10/7, Fri 5-6:30 p.m. \$25

11/4, 12/2

YOUTH ROWING CLASS

FREE

Ages 11-15

Rowing is both fun and a great way to be healthy! Discover your connection to movement, build healthy habits, and create community. This program mixes rowing and other fitness activities to strengthen sports skills and teamwork. Get ready to get moving and meet new friends!

50152 10/17-11/9 M/W 4-5:30 p.m. FREE



LEARN MORE AT:
WWW.SEATTLE.GOV/PARKS/ATHLETICS
REGISTRATION NOW OPEN!

CITYWIDE ATHLETICS



FALL 2022 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!**
Visit your local community center or go to www.seattle.gov/parks/athletics
- 3. Start practices and get ready for fun times**
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.

FOR REGISTRATION MATERIALS PLEASE GO TO WWW.SEATTLE.GOV/PARKS/ATHLETICS

YOUTH FLAG FOOTBALL

Ages 8-9, 10-12, 13-14

Fee: \$65

The Citywide Co-ed Flag Football League provides players the opportunity to develop fundamental skills, team play, and sportsmanship. Games are played in accordance with NFL flag football rules and field dimensions. Participants can sign up at a local community center to be placed on a team. Check with your center for practice times, dates, and locations. Register early for your best chance of securing a spot on a team.

YOUTH VOLLEYBALL

Ages 10-11, 12-13, 14-17

Fee: \$65

The Citywide Volleyball League provides players the opportunity to develop fundamental skills, team play, and sportsmanship. Participants can sign up at a local community center to be placed on a team. Practices take place at community centers or nearby school gyms from early September through Mid-November, ending the season with a weekend jamboree. Register early for your best chance of securing a spot on a team.

KNOW ANY COACHES?

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



ENVIRONMENTAL LEARNING CENTERS

CAMP LONG MOUNTAIN FEST

FREE

All Ages

Celebrate Camp Long and Seattle's outdoor recreation history with us. Challenge yourself to the high ropes course, climb Schurman Rock and rappel on the Glacier Wall, try your hand at a our Scavenger Hunt, and much more. For more information contact camp.long@seattle.gov or call 206-684-7434.

9/10 Saturday 11a.m.-5p.m. FREE

50th ANNIVERSARY CELEBRATION: DISCOVERY PARK

FREE

All Ages

Celebrate Discovery Park's 50th anniversary with a day of activities and a formal celebration. This event is an opportunity to celebrate all that Discovery Park has to offer! Come hang out with us at the North Meadow and enjoy some free cupcakes!

10/1 Saturday 10a.m.-4p.m. FREE

BIRD TOURS AT DISCOVERY PARK

Ages 8 and Older

Discover the joy of birding. Join experienced birders in exploring Discovery Park's many habitats looking for migrants as well as year-round residents. For more information, please contact the Discovery Park Visitor Center at 206.386.4236 or email at discovery.park@seattle.gov

9/24-10/29 Sat 8-10 a.m.



CARKEEK PARK SALMON STEWARDS

All Ages

Carkeek Park Salmon Stewards is a community of local volunteers trained to welcome, engage, educate, and inspire park visitors drawn by the annual Piper's Creek salmon run. Register at <https://www.facebook.com/CarkeekParkSalmonStewards>. For more information, contact Nicole Parish-Andrews at nicole.parish-andrews@seattle.gov

11/5-12/4 Sa/Su 11a.m.-2p.m.



4-H CHALLENGE COURSE AT CAMP LONG

• LOW + HIGH CHALLENGE COURSES •
ROCK CLIMBING • AND MORE!

Pricing varies depending on type of program and group size

MORE DETAILS: bit.ly/3RPu40l

The 4H Challenge Course at Camp Long seeks to promote communication, decision-making, teamwork, and self-efficacy through the experiential education process.

For more information, contact: maggie.riederer@seattle.gov



Seattle
Parks & Recreation



VOLUNTEER NATURALIST TRAINING

Ages 18 and Older

Become a Seattle Urban Nature Guide! Seattle Parks and Recreation is offering free training for those interested in this volunteer opportunity. Guides will engage school students in our parks while inspiring change through education. Guides connect community with parks through interactive events. Applications are due August 20th and training will begin on Saturday, August 27th. For additional information and to apply, visit our website at www.seattle.gov/parks/volunteer/environmental-education-volunteering

SCHOOL FIELD TRIPS

Book a Nature Field Trip with Seattle Parks and Recreation and encourage students to engage in learning in a natural fun-filled setting. Programs offered year-round, pre-K through 5th grade. \$150 for up to 30 students, \$5/student after the first 30 / \$75 for up to 30 students for low-income schools. Free bus transportation available for Title 1 schools. For more information, please call (206) 684-0877, email PKSNatureFieldTrips@seattle.gov or visit our website seattle.gov/parks/find/environmental-education-all-ages

REGISTRATION OPENS AUGUST 16th



SCAN ME

REGISTER ONLINE:

https://bit.ly/spr_activity_reg

LITTLE HOOPERS

Ages 3-5

Preschool Basketball Skillz and drills. Learn to dribble, shoot, and pass with this age appropriate class.

52054	9/7-10/7	M/W/F	9:30-10:30 a.m.	\$168
52055	10/12-11/9	M/W/F	9:30-10:30 a.m.	\$156
52056	11/14-12/16	M/W/F	9:30-10:30 a.m.	\$168

SPECIAL EVENT: HALLOWEEN CARNIVAL

All Ages

Early Bird gets the gummy worm! Crafts, music, food, games, prizes and fun. There is something here for everyone. Come try your luck while there is still time.

10/21 Friday 6-8 p.m. \$10

SPECIAL EVENT: GINGERBREAD JUBILEE

All Ages

Join us this year for an evening of holiday fun. You bring your imagination and we provide the rest! There will be all sorts of crafts, music and of course our magnificent Gingerbread construction zone!

12/16 Friday 6-8 p.m. \$5

AFTERSCHOOL HOOPS

Exercise, skills, teamwork and fun, learn the basics of basketball.

▼ Ages 5-7

52061	9/7-10/5	Wed	2:30-3:30 p.m.	\$55
52068	10/12-11/9	Wed	2:30-3:30 p.m.	\$55
52083	11/16-12/14	Wed	2:30-3:30 p.m.	\$55

▼ Ages 7-9

52085	9/7-10/5	M/W	3:45-4:45 p.m.	\$99
52086	10/12-11/9	M/W	3:45-4:45 p.m.	\$99
52087	11/14-12/14	M/W	3:45-4:45 p.m.	\$110

▼ Ages 9-11

52088	9/7-10/5	M/W	5-6 p.m.	\$99
52089	10/12-11/9	M/W	5-6 p.m.	\$99
52090	11/14-12/14	M/W	5-6 p.m.	\$110

AFTERSCHOOL KICKBALL

Kickball is just FUN. You will learn how and play kickball every Friday!

▼ Ages 5-8

52091	9/9-10/7	Fri	3:45-4:45 p.m.	\$55
52092	10/14-11/4	Fri	3:45-4:45 p.m.	\$33
52093	11/18-12/16	Fri	3:45-4:45 p.m.	\$44

▼ Ages 8-11

52094	9/9-10/7	Fri	5-6 p.m.	\$55
52095	10/14-11/4	Fri	5-6 p.m.	\$33
52096	11/18-12/16	Fri	5-6 p.m.	\$44



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.

▼ Daytime

51513	9/12-12/12	Mon	10 a.m.-12:30 p.m.	\$390
51514	9/7-12/14	Wed	10 a.m.-12:30 p.m.	\$450

▼ Evening

51511	9/6-12/13	Tue	6-8:30 p.m.	\$450
51512	9/7-12/14	Wed	6-8:30 p.m.	\$450
51507	9/8-12/8	Thu	6-8:30 p.m.	\$420

PARENT/TOT POTTERY CREATION

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.

51510	9/9-10/7	Fri	9:30-10:30 a.m.	\$100
51509	10/14-11/4	Fri	9:30-10:30 a.m.	\$80
51508	11/18-12/16	Fri	9:30-10:30 a.m.	\$80

KIDS AT CLAY

Ages 5-12

The art of pottery is thousands of years old. In this class we will "travel" through time visiting various moments in pottery history, the people involved and any special clay or techniques they employ. We travel to Ancient Egypt where the students will use a 7,000-year-old recipe for Egyptian Paste-a special clay that turns glass like in the kiln. This in-depth program allows students to explore and learn about different cultures and history as they relate to the art of pottery. No wheel work.

51977	9/7-10/26	Wed	2:30-4 p.m.	\$160
52033	11/2-12/14	Wed	2:30-4 p.m.	\$140

D & D CLUB

Ages 5-12

Every Tuesday is an adventure with afterschool D & D club. Play a module a session with your friends or meet new friends.

52034	9/6-10/25	Tue	3:45-5:45 p.m.	\$192
52035	11/1-12/13	Tue	3:45-5:45 p.m.	\$168



BEGINNING PICKLEBALL

Ages 16 and Older

Want to drop into pickleball, but not sure if you're ready? Take Beginning pickleball and learn the rules, and skills that will make you feel comfortable to drop in for open play.

52057	9/6-10/6	Tu/Th	1-2 p.m.	\$108
52058	10/11-11/10	Tu/Th	1-2 p.m.	\$120
52060	11/15-12/13	Tu/Th	1-2 p.m.	\$96

FENCING: ADVANCED

Ages 15 and Older

Join us for practice sparring and light instruction. Experienced fencers must have all their own equipment and wear appropriate fencing attire. This includes mask, jacket, plastron, knickers or long pants, glove, and electric gear. We usually have one or two electric strips set up and all weapons are welcome.

51046	9/8-12/22	Tu/Th	6:30-8:30 p.m.	\$100
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JR OLYMPICS

Run, Jump, Throw, and teamwork your way through Olympic events with your classmates.

▼ Ages 5-8

52097	9/6-10/6	Tu/Th	3:45-4:45 p.m.	\$99
52098	10/11-11/10	Tu/Th	3:45-4:45 p.m.	\$110
52099	11/15-12/13	Tu/Th	3:45-4:45 p.m.	\$88

▼ Ages 8-11

52102	9/6-10/6	Tu/Th	5-6 p.m.	\$99
52101	10/11-11/10	Tu/Th	5-6 p.m.	\$110
52100	11/15-12/13	Tu/Th	5-6 p.m.	\$88

ADVENTURES IN YOGA

Ages 19-50

This is a great class to learn the foundations of yoga in a safe and supportive environment. You can expect an emphasis on simplicity, repetition, and ease of movement. Postures are held for an extended period to build strength, flexibility, and balance. We will make a full circuit of the body's range of motion with standing postures, twists, backbends, and gentle flows. Variations and options will be given to students to meet their unique needs. This class is accessible for all levels.

50777	9/15-10/27	Th	5:30-6:30 p.m.	\$49
50833	11/3-12/15	Th	5:30-6:30 p.m.	\$49



SPECIAL EVENT: BIG PUMPKIN BASH

All Ages

Put on your costumes and bring out your family for a night of ghoulish-good fun with carnival games, face painting, and the always popular cake walk! Refreshments will be available. Please bring a can of food to donate to our local food bank. Please bring cash or check. Volunteer hours are available during this event. Please call 206-684-7524 for more details. Price is 25 cents per ticket/\$10 per bracelet

10/22	Saturday	6-8 p.m.	\$.25/Ticket
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SPECIAL EVENT: MULTI-CULTURAL DINNER

All Ages

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

12/9	Friday	5:30-7 p.m.	\$5/Ticket
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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. We will use our new skills in organized group games. Each participant will receive a t-shirt. Please wear athletic shoes and bring a water bottle.

AGES 5-6

51196	9/14-10/19	Wed	5:30-6:15 p.m.	\$72
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AGES 7-9

51197	9/14-10/19	Wed	6:15-7 p.m.	\$72
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PIANO LESSONS

Ages 6-18

Learn to play the piano from an experienced professional teacher in weekly 25-minute private lessons. Training includes sight-reading, technique, expression, theory, and chords. Each class is 25-minutes to allow time to clean between lessons.

SEPTEMBER

51198	9/7-9/28	Wed	3:30-6:30 p.m.	\$30/class
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OCTOBER

51199	10/5-10/26	Wed	3:30-6:30 p.m.	\$30/class
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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. Be ready for class by checking details at: <https://www.snokingkendo.org/classes>

BEGINNER

51165	9/15-12/8	Thu	7-8:30 p.m.	\$54
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ADVANCED

51168	9/15-12/8	Thu	7-9 p.m.	\$60
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KIDS ART CLASS: CARTOONING

NEW

Age 7-10

Learn the essentials of cartooning and create your own cool characters! Students will learn how to draw cartoon eyes and expressions, animals, foods, and more. Explore different styles of cartooning including manga, comics, and classic cartoons through creative, exciting projects. Please note: This is a beginner level course and no prior experience is required.

51018 11/14-12/19 Mon 4:30-6 p.m. \$157

KIDS ART CLASS: MIXED MEDIA

NEW

Age 7-10

Create innovative and exciting mixed media projects with watercolors, oil pastel, colored pencils, and more! Each class will rotate through different mediums and will focus on a different concept of art including color, pattern, texture, perspective, and composition. These lessons will build the foundations of art while inspiring creativity and fun!

51017 9/19-11/7 Mon 4:30-6 p.m. \$157

CREATIVE DANCE

Ages 3-4

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. Please bring your own water bottle.

Session 1

50460 9/17-10/22 Sat 9:15-10 a.m. \$75

Session 2

50461 11/5-12/10 Sat 9:15-10 a.m. \$75

PRE-BALLET

Ages 4-5

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

Session 1

50462 9/17-10/22 Sat 10-10:45 a.m. \$75

Session 2

50463 11/5-12/10 Sat 10-10:45 a.m. \$75

BALLET 1

Ages 6-7

We will develop ballet skills and vocabulary while inspiring creativity and expression. Barre and center work will be introduced, as well as combinations and choreography. Students should wear ballet slippers or bare feet, close fitting attire, and have their hair pulled back. All students welcome. Please bring your own water bottle.

Session 1

50464 9/17-10/22 Sat 11-12 a.m. \$75

Session 2

50465 11/5-12/10 Sat 11-12 a.m. \$75

REGISTRATION OPENS
AUGUST 16th



SCAN ME

REGISTER ONLINE:
https://bit.ly/spr_activity_reg

YOGA FOR KIDS

NEW

Ages 6-8

This is a Hatha yoga that includes breath exercises and physical poses. It's an active class with a fun and creative approach to stretching, strengthening and increased awareness. Please bring a mat to class and wear clothing that's easy to move in.

Session 1

50517 9/17-10/22 Sat 9:30-10:30 a.m. \$85

Session 2

50518 11/5-12/10 Sat 9:30-10:30 a.m. \$80

SPECIAL EVENT: PATHWAY OF LIGHTS



All Ages

The annual Green Lake Pathway of lights is fast approaching, let us help you get into the holiday spirit with a free event for the entire family. On Saturday, December 10, 2022 from 4:30-7:30 p.m., come stroll the glimmering Green Lake circuit, paths, and docks which will be lit with thousands of twinkling candles. And while you wander through the magic of the sparkling lights, enjoy live holiday music. Also, look out for the return of the popular hot air balloons at Pathway of Lights! Please bring a can food donation to support the Family Works Food Bank.

Volunteers to assist with the event and volunteer music groups are needed, so if you are interested in helping, we would love to hear from you! To volunteer or learn more, please contact Green Lake Community Center at 206-684-0780.

Thank you to this year's sponsors: Green Lake Advisory Council, Lake and Company Real Estate, PCC Community Market, Green Lake Masons, Green Lake Chamber of Commerce, The Shelter Restaurant, Family Works, Green Lake Animal Hospital and Aegis Living.

12/10 Saturday 4:40-7:30 p.m. FREE



BASKETBALL: LITTLE DRIBBLERS

Ages 6-7

Athletes will learn fundamentals, conditioning, ball handling, correct technique, practice habits, and shooting. We will also focus on good nutrition and physical well-being while having fun. This class is open for all skill levels in grades 1st through 2nd grade ONLY. No class 9/29 and 11/24

51032	9/13-10/20	Tu/Th	4:45-5:45 p.m.	\$95
51035	11/1-12/8	Tu/Th	4:45-5:45 p.m.	\$95

BASKETBALL SKILLS & DRILLS WITH ERNIE CHATTERS

Ages 8-16

Introduce players to basketball in a welcoming atmosphere. Coaches will encourage the fundamentals of basketball and help develop skills in teamwork, social connection, and listening. All equipment will be provided by coaches. Please bring your own water bottle.

51048	9/14-10/14	W/F	4:45-5:45 p.m.	\$125
51049	10/19-12/2	W/F	4:45-5:45 p.m.	\$125

PICKLEBALL SKILLS AND DRILLS

Ages 18 and Older

Learn the basic strokes, rules, and strategies of pickleball. A cross between tennis, badminton, and ping pong, this sport enjoys a large community of players in the Pacific Northwest. Once you've learned the basics, you can join our drop-in play across most of the Community Centers in Seattle. This class is designed for beginning and intermediate players. Must show vaccination status wear a mask. Please bring your own water bottle.

BEGINNER

50692	9/12-10/31	Mon	6-7 p.m.	\$84
50498	9/17-10/29	Sat	9:30-10:30 a.m.	\$84
50500	11/5-12/17	Sat	9:30-10:30 a.m.	\$84
50693	11/7-12/19	Mon	7-8 p.m.	\$84

INTERMEDIATE

50314	9/6-10/25	Tue	10:30-11:30 a.m.	\$96
50315	11/1-12/13	Tue	10:30-11:30 a.m.	\$96

COVID GUIDELINES

FIND DETAILS ON PAGE 54

ADULT ART CLASS LANDSCAPES AND SEASCAPES

NEW

Age 18 and Older

Introduction to acrylic painting on canvas! We will explore a variety of techniques including color mixing, blending, creating texture, and more to create impressive projects at a beginner's pace. Local Seattle artist will guide participants through step by step instructions - no art experience required.

51276 9/19-11/7 Mon 6:30-8 p.m. \$178



ADULT WATERCOLOR ART CLASS

NEW

Age 18 and Older

Join us for a fun, creative introduction to watercolor painting! Create impressive projects at a beginner's pace while exploring a variety of techniques. Learn how to create different washes, textures, and more. Local Seattle artist will guide participants through step by step instructions - no art experience required.

51278 11/14-12/19 Mon 6:30-8 p.m. \$157

ADULT POTTERY: HAND BUILDING/SCULPTURE

Age 18 and Older

Students will learn hand-building and wheel throwing techniques to make unique projects. Create your own dinner ware, teapot set, and paint with slip or work on inlay designs and more. No experience needed. Class includes a bag of clay and free studio time during the quarter. Please bring your own water bottle.

50551 9/14-11/2 Wed 10 a.m.-12:30 p.m. \$265

ADULT POTTERY: WHEEL THROWING

Age 18 and Older

Students will throw on the potter's wheel sugar jars with lids, and more. No experience needed. Class includes a bag of clay and free studio time during the session. If registering after first class, no clay included. Please bring your own water bottle.

50553 9/13-11/1 Tue 10 a.m.-12:30 p.m. \$265

POTTERY

Age 18 and Older

Students will discover the beauty of both hand building and wheel-throwing techniques in this class. Learn to make bowls, cups, plates, and vases, and decorate pieces with color slip design and glaze. Class includes a bag of clay and free studio time during the quarter. If registering after first class, no clay provided.

BEGINNER

50550 9/13-11/1 Tue 6-8:30 p.m. \$265

INTERMEDIATE

50552 9/14-11/2 Wed 6-8:30 p.m. \$265

PIANO LESSONS

Ages 7-16

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 keyboard or piano for practice outside of lessons. 15 minutes is added at the end of the session for cleaning.

50493 9/9-9/30 Fri 3-6 p.m. \$184

50494 10/7-10/28 Fri 3-6 p.m. \$184

50495 11/4-11/18 Fri 3-6 p.m. \$92

50496 12/2-12/16 Fri 3-6 p.m. \$138

OPEN YOGA

NEW

Ages 18 and Older

This yoga class helps build strength and better flexibility, while quieting your mind and increasing body awareness. Some yoga experience is helpful. Please bring your own yoga mat, blanket and water bottle. Masks are optional.

Session 1

50526 9/19-10/31 Mon 6:30-7:30 p.m. \$90

Session 2

50527 11/7-12/12 Mon 6:30-7:30 p.m. \$90

SPECIAL EVENT: HALLOWEEN CARNIVAL

Ages 2 and Older

Join us for a fright fest of activities, games and challenges. Dress in costume and remember to bring a bag for your goodies. Festivities include carnival games, crafts, cookie decorating, cake walks and more! Hot dogs and water will be on sale for \$1 each. Volunteers are needed to help set-up, clean-up, and run carnival games. Proceeds from tickets supports the Loyal Heights Community Center scholarship fund

10/19 Wednesday 6-8:30 p.m. \$12



FENCING: BEGINNER

Ages 15 and Older

Join us for a beginners course in Olympic style fencing. In this course we focus on the basics of fencing by learning to fence with a foil. We will learn the rules and etiquette of this martial discipline as well as footwork and sword technique. By the end of the course we will be practicing sparring with your class mates. No experience necessary. No equipment necessary for the beginners class.

51047 9/14-12/14 Wed 6:30-8 p.m. \$100

SHORIN-RYU KARATE

Ages 9 and Older

Okinawan karate is a dynamic martial art of self-defense. Students will learn to block, punch, kick and defend against one or several opponents. Class will focus on kata pattern-like movements rich in self-defense techniques flexible to any street circumstance. Strength development, stretching, courtesy, honor, humility, confidence, and self-control will be emphasized. Discover your potential in a safe and welcoming environment. All levels welcomed. Instructor has more than four decades karate experience.

51863 9/14-12/14 Wed 6-7:30 p.m. \$112

GYMNASTICS

Children practice gymnastics skills in a fun and positive environment. Students will be introduced to tumbling, balance, beam, bar, and trampoline. Students will develop coordination, strength, flexibility and endurance. *E-13 Parent Authorization Paperwork and a \$5 non-refundable Insurance fee is required for this class, please see "Insurance" under the General Information section in the brochure. Please check with Center staff for further questions. No class 11/22.

Preschool Gymnastics				Ages 3-4
51892	9/20-12/13	Tue	3:45-4:30 p.m.	\$140
Kinder Gymnastics				Ages 5-6
51894	9/20-12/13	Tue	4:45-5:30 p.m.	\$140
Youth Gymnastics				Ages 7-10
51895	9/20-12/13	Tue	5:45-6:30 p.m.	\$160

HOMESCHOOL PROGRAMS

Loyal Heights Community Center is proud to offer various activities for home schooled children. For more information on these activities, please visit www.loyalheightshomeschool.org

American Sign Language for Kids **Ages 3-9**

This class presents the fundamentals of American Sign Language (ASL) whereby students develop expressive and receptive language skills through the learning of basic vocabulary, grammatical structures, and cultural awareness. Parents encouraged to attend

51702 9/21-11/16 Wed 2:15-3:15 p.m. \$110

American Sign Language for Youths **Ages 10-16**

This class presents the fundamentals of American Sign Language (ASL) whereby students develop expressive and receptive language skills through the learning of basic vocabulary, grammatical structures, and cultural awareness. Parents encouraged to attend

51704 9/21-11/16 Wed 1:15-2:15 p.m. \$110

Art Exploration **Ages 6-9**

In this class, young artists are encouraged to explore different styles of art. Students will create using different materials including acrylic paints, clay, and watercolors. Each week will focus on a different style of art along with information about an artist who focuses on that style. Priority will be placed on process over product and on meeting each child where they are in their personal and artistic development.

51698 9/21-11/16 Wed 11 a.m.-Noon \$110

Board Games **Ages 10-16**

In this course we will have an opportunity to gather with other youth to play board games. I will bring a selection of games from my library that range from 1 on 1 strategy games to larger German-style games. Students will also be free to bring games they would like to share with their peers.

51705 9/21-11/16 Wed 2:15-3:15 p.m. \$110



Budding Artist Workshop **Ages 3-6**

In this workshop, children are introduced to the elements of art, including shape, line, value, texture, and color. They will be encouraged to play using a variety of age-appropriate, non-toxic materials. Each project will engage children's imaginations and build their visual vocabulary. Projects will focus on process over product, while at the same time allowing a record of each child's exploration and growth. The environment will nurture confidence, playfulness, and respect for each child's process and work. Parents are encouraged to attend class along with their students to enjoy the process of creating together.

51706 9/21-11/16 Wed 10-11 a.m. \$110

Cultural Anthropology **Ages 10-15**

Anthropology is the study of humanity and its many ways of living, past and present. Cultural anthropology focuses on an exploration of humankind as it lives right now. In this class we will discuss the techniques anthropologists use to study many different aspects of human life: education, religion, family and reproduction, food, work, music, and more. Why do these differ from one culture to another? How does living in one place affect how you think, what you value, what you wear, what you eat? We will explore some of the belief systems, social relationships, economic and environmental contexts, gender roles, and international and intercultural relationships of a number of cultures. We will also explore how our own various cultures can influence how we perceive others and their ways of life. There will be short weekly assignments and a presentation to the class at the end.

51708 9/21-11/16 Wed 10-11 a.m. \$110

HOMESCHOOL PROGRAMS (continued)

Exploring Washington's Natural History **Ages 8-10**

Each week we'll explore some of our state's exciting habitats: temperate rainforest; wet, inner coast; glaciated mountains; secretive shrub-steppe, and others. We'll get to know some of the amazing creatures who share our home, like marmots and sea stars, rattlesnakes and coyotes. By the end, we'll sketch a map including many of Washington's major habitat features and understand that each habitat's health is interdependent with the others. This class will be held outdoors and indoors.

51709 9/21-11/16 Wed 11 a.m.-Noon \$110

Fiber Play **Ages 9-16**

In this introduction to fiber arts, we will try our hands at several techniques used the world over in the making of cloth, whether for garments or for many other uses. Plan to spin your own yarn, knit, and try different types of weaving. We will also make brief forays into crocheting and sprang, learn a bit about naalbinding and lacemaking, discuss the properties of different textile fibers, and share a bit of textile history while we work. No prior experience is necessary. I will provide all the needed patterns and materials.

51717 9/21-11/16 Wed 10-11 a.m. \$250

How To Draw People **Ages 10-16**

In this class students will focus on learning to draw people. We'll draw with charcoal, pencil, and also some watercolor. We'll learn about proper proportions, how to capture gestures, and drawing people in crowds. We'll also do detailed self portraits with masks to capture this moment! Let's make art together!

51711 9/21-11/16 Wed 12-1 p.m. \$110

Play And Learn: About Time **Ages 5-7**

Join us as we play and learn about time. This class will incorporate movement, songs, games, and reading as we explore how time works. We'll start with a second, then hop, skip, and sway our way into a galactic eon. Parents are welcome, but not required to participate.

51714 9/21-11/16 Wed 10-11 a.m. \$110



Parkour Efficiency In Action **Ages 11-16**

Parkour: the art of moving efficiently through space. Students will use the safety of mats as well as real life obstacles to explore fluid movement in a safe and fun way. Some gymnastic skills may be explored. An additional \$5 annual insurance fee will be required prior to registration for all Gymnastics and Tumbling classes at Seattle Parks and Recreation facilities. This non-refundable fee covers a child's participation for one year from the date purchased. This fee is not available for online purchase at this time. Please contact your local community center to purchase this insurance if you registering on-line.

51719 9/21-11/16 Wed 1:15-2:10 p.m. \$240

51720 9/21-11/16 Wed 2:15-3:10 p.m. \$240

Play And Craft: Local Ecology **Ages 5-7**

Come learn about our local ecology and the ways living, and nonliving, things interact. What is a watershed? How does symbiosis work? What happens to salmon when they set out to sea? How do peregrine falcons hunt? We will use games and crafts to explore how our environment stays in balance through overlapping cycles like the water cycle, some local life cycles, and seasonal change. Parents are encouraged to join in! This class will be held outdoors and indoors.

51713 9/21-11/16 Wed 10-11 a.m. \$110

Paper And Pencil: Math Games **Ages 6-9**

In this course we will explore math topics in the context of games. From probability to the four basic operations, mathematics is a driving factor in how games are designed and played. We will investigate a number of simple card and dice and paper and pencil games that can be played at home, and talk about some basic principles of what makes a game fair, and how to adjust games to make them easier or harder.

51712 9/21-11/16 Wed 1:15-2:15 p.m. \$110

ADULT POTTERY

Ages 18 and Older

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

Session 1

51542	9/6-10/25	Tue	9:30 a.m.-12:30 p.m.	\$320
51216	9/6-10/25	Tue	2-5 p.m.	\$320
50059	9/7-10/26	Wed	2-5 p.m.	\$320
50061	9/7-10/26	Wed	9:30 a.m.-12:30 p.m.	\$320

Session 2

51543	11/1-12/20	Tue	9:30 a.m.-12:30 p.m.	\$320
50060	11/1-12/20	Tue	2-5 p.m.	\$320
50062	11/2-12/21	Wed	9:30 a.m.-12:30 p.m.	\$320
51544	11/2-12/21	Wed	2-5 p.m.	\$320



FAMILY POTTERY

Ages 5 and Older

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

Session 1

51219	9/15-10/20	Thu	5-8 p.m.	\$320
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Session 2

51225	10/27-12/8	Thu	5-8 p.m.	\$320
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PICKLEBALL SKILLS AND DRILLS

Ages 18 and Older

Learn the basic strokes, rules, and strategies of pickleball. A cross between tennis, badminton, and ping pong, this sport enjoys a large community of players in the Pacific Northwest. Once you've learned the basics, you can join our drop-in play across most of the Community Centers in Seattle. This class is designed for beginning and intermediate players. Must show vaccination status or wear a mask. Please bring your own water bottle.

50055	9/6-9/22	Tu/Th	9:30-10:45 a.m.	\$42
50056	10/4-10/20	Tu/Th	9:30-10:45 a.m.	\$42
50057	11/1-11/17	Tu/Th	9:30-10:30 a.m.	\$42
50058	12/6-12/22	Tu/Th	9:30-10:45 a.m.	\$42

COVID GUIDELINES



FIND DETAILS ON PAGE 54

PRE-BALLET

Ages 3-5

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

50064	9/14-10/26	Wed	3-3:45 p.m.	\$98
50065	9/14-10/26	Wed	4-4:45 p.m.	\$98
50066	11/2-12/21	Wed	3-3:45 p.m.	\$112
50067	11/2-12/21	Wed	4-4:45 p.m.	\$112

TAEKWONDO

Ages 7 and Older

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.

50068	9/6-9/29	Tu/Th	5:30-6:45 p.m.	\$50
50069	10/4-10/27	Tu/Th	5:30-6:45 p.m.	\$50
50111	11/1-11/29	Tu/Th	5:30-6:45 p.m.	\$50
50070	12/1-12/29	Tu/Th	5:30-6:45 p.m.	\$50

TERRIFIC 2'S

Ages 2-3

THIS CLASS IS NOT A DROP IN MONTHLY CLASS. MUST BE ENROLLED IN SEPTEMBER TO QUALIFY FOR ENROLLMENT IN THE FOLLOWING MONTHS, SEPT - MAY.

Jump Start to Preschool! This class provides children an opportunity to socialize with other children through play, music, movement, art and exploration. Parents are asked to provide a small healthy snack for their child. Children should be practicing their toilet training skills regularly. If 2-year-olds are in diapers/pull ups, no staff or volunteer can diaper or change the child. Only the parents of the child or a person authorized on the E13 can do this. Parents can use this time to run errands, clean house, or meet with friends. We just ask that parents stay local in case a diaper needs to be changed. Must be 2 yrs old on or before August 31, of the current year. Fridays Only- Starting in September. No new enrollments are accepted after this class is filled for September. Enrollment rolls over from month to month. This is an ongoing class running September through May.

50076	9/9-9/23	Fri	9:30-11:30 a.m.	\$152
50077	10/7-10/28	Fri	9:30-11:30 a.m.	\$152
50078	11/4-11/18	Fri	9:30-11:30 a.m.	\$76
50101	12/2-12/16	Fri	9:30-11:30 a.m.	\$114



SPECIAL EVENT: PUMPKIN CARVING



Ages 5 and Older

Kick off Halloween weekend with a family pumpkin carving and decorating night! We'll have pumpkins of all sizes with safe carving tools and paints to create your spooky or funky jack-o-lantern. Enjoy cookies, candies and hot cider. Stick around for the jack-o-lantern contest to win prizes! All ages welcome.

10/28 Friday 9-11 a.m. Free



YOGA FOR KIDS



Ages 6-12

This is a Hatha yoga that includes breath exercises and physical poses. It's an active class with a fun and creative approach to stretching, strengthening and increased awareness. Please bring a mat to class and wear clothing that's easy to move in.

Session 1

50519	9/21-10/26	Wed	5-6 p.m.	\$85
50524	9/21-10/26	Wed	6:30-7:30 p.m.	\$92

Session 2

50520	11/2-12/14	Wed	5-6 p.m.	\$85
50525	11/2-12/14	Wed	6:30-7:30 p.m.	\$92

ESL CLASSES



CITIZENSHIP TEST PREPARATION **Ages 18 and Older**

Students will study United States history, civics, writing, practice interview strategies, and complete other preparations for the United States Citizenship Test. This course is best for students who have approximately intermediate-level English.

50559 9/20-12/6 Tue 5:30-7 p.m. \$100

ENGLISH CONVERSATION **Ages 18 and Older**

This class offers practice with casual conversation focused on student-led topics and current events. This class is perfect for ESL students looking for a way to practice speaking, listening, and reading skills. All English levels are welcome.

50405 9/21-10/26 Wed 5:30-6:30 p.m. \$45

ENGLISH SURVIVAL SKILLS **Ages 18 and Older**

Build English survival skills by learning basic phrases for conversation. You'll learn vocabulary for introductions, sharing personal information, grocery shopping, doctor visits, and some foundational grammar. Perfect for beginner students.

50558 11/2-12/7 Wed 5:30-6:30 p.m. \$45

PICKLEBALL SKILLS AND DRILLS

Ages 18 and Older

Learn the basic strokes, rules, and strategies of pickleball. A cross between tennis, badminton, and ping pong, this sport enjoys a large community of players in the Pacific Northwest. Once you've learned the basics, you can join our drop-in play across most of the Community Centers in Seattle. This class is designed for beginning and intermediate players. Please bring your own water bottle. No class 9/29, 11/24, or 11/25.

50694 9/15-10/27 Thu 9:30-10:30 a.m. \$72

50696 11/3-12/8 Thu 9:30-10:30 a.m. \$60

OPEN YOGA



Ages 18 and Older

Open Yoga class helps build strength and better flexibility, while quieting your mind and increasing body awareness. Some yoga experience is helpful. Please bring your own yoga mat, blanket, and water bottle. Masks are optional.

50522 9/22-11/3 Thu 6:30-7:30 p.m. \$90

50523 11/10-12/22 Thu 6:30-7:30 p.m. \$85



ROLLER SKATING CLASSES

NEW

Ages 5 and Older

Are you ready to take the first step towards getting better at roller skating? Join us in this friends and family-friendly sport and get ready for fun. This is the perfect environment to learn how to skate or to become a better skater. All skill levels welcome. Please look online for class level information.

50562	9/21-10/12	Wed	5-6:30 p.m.	\$65
50565	10/19-11/9	Wed	5-6:30 p.m.	\$65
50566	11/16-12/7	Wed	5-6:30 p.m.	\$65

**REGISTRATION OPENS
AUGUST 16th**

REGISTER ONLINE:
https://bit.ly/spr_activity_reg

ADULT CANVAS ART CLASS

NEW

Age 18 and Older

Capture the beauty of the land and sea in this introduction to acrylic painting on canvas! We will explore a variety of techniques including color mixing, blending, creating texture, and more to create impressive projects at a beginner's pace. Local Seattle artist will guide participants through step by step instructions - no art experience required.

[51280](#) 11/17-12/19 Mon 6:30-8 p.m. \$178

ADULT WATERCOLOR ART CLASS

NEW

Age 18 and Older

Join us for a fun, creative introduction to watercolor painting! Create impressive projects at a beginner's pace while exploring a variety of techniques. Learn how to create different washes, textures, and more. Local Seattle artist will guide participants through step by step instructions - no art experience required.

[51279](#) 9/19-11/7 Mon 6:30-8 p.m. \$157

SPECIAL EVENT: PANCAKE BREAKFAST

Ages 2 and Older

Join your friends and neighbors at the Northgate Community Center Pancake Breakfast. Bring the whole family and enjoy all -you-can-eat pancakes along with scrambled eggs, sausage, juice, coffee and tea. Proceeds from this event will help provide scholarships for our low-income neighbors! Buy your tickets at the door. \$7 for adults, \$5 kids (under 4) & seniors (65 and older)

**12/3 Saturday 9-11 a.m. Kids/Seniors: \$5
Adults: \$7**



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 with rhythmic and creative games mixed in.

50807	9/20-10/25	Tue	3:30-4:15 p.m.	\$85
50808	11/1-12/6	Tue	3:30-4:15 p.m.	\$85

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 a creative game to round out the day.

50811	9/20-10/25	Tue	4:30-5:15 p.m.	\$85
50815	11/1-12/6	Tue	4:30-5:15 p.m.	\$85

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 traditional class is for dancers with 2 years of dance instruction and for older beginners.

50816	9/20-10/25	Tue	5:30-7:30 p.m.	\$100
50817	11/1-12/6	Tue	5:30-6:30 p.m.	\$100

PIANO LESSONS

Ages 5-16

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 keyboard or piano for practice outside of lessons. 15 minutes of cleaning is added at the end of each session.

50615	9/8-9/29	Thu	3-6 p.m.	\$138
50616	10/6-10/27	Thu	3-6 p.m.	\$184
50617	11/3-11/17	Thu	3-6 p.m.	\$138
50618	12/1-12/8	Thu	3-6 p.m.	\$92

GOJU-RYU KARATE

NEW

Ages 14 and Older

Self-defense, awareness, and physical and mental development are incorporated into the study of this Japanese karate style. Learn fundamental techniques of karate, and how to use linear and circular techniques to subdue and control an attacker. All levels are welcome. Please bring your own water bottle.

50788	9/19-10/31	Mon	5:30-7:30 p.m.	\$30
50789	11/7-12/12	Mon	5:30-7:30 p.m.	\$30



KIDS ART CLASS: CARTOONING

NEW

Age 7-10

Learn the essentials of cartooning and create your own cool characters! Students will learn how to draw cartoon eyes and expressions, animals, foods, and more. Explore different styles of cartooning including manga, comics, and classic cartoons through creative, exciting projects. Please note: This is a beginner level course and no prior experience is required.

51281	9/19-11/7	Mon	4:30-6 p.m.	\$157
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KIDS ART CLASS: MIXED MEDIA

NEW

Age 7-10

Create innovative and exciting mixed media projects with watercolors, oil pastel, colored pencils, and more! Each class will rotate through different mediums and will focus on a different concept of art including color, pattern, texture, perspective, and composition. These lessons will build the foundations of art while inspiring creativity and fun!

51282	11/14-12/19	Mon	4:30-6 p.m.	\$157
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TRADITIONAL NON-CONTACT TAE KWON DO

Ages 6 and Older

This class teaches non-contact Tae Kwon Do and focuses on 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.

<u>51865</u>	9/7-9/28	M/W	6-7 p.m.	\$56
<u>51866</u>	10/3-10/31	M/W	6-7 p.m.	\$56
<u>51867</u>	11/2-11/30	M/W	6-7 p.m.	\$56
<u>51868</u>	12/5-12/28	M/W	6-7 p.m.	\$56

LINE DANCE

Ages 50 and Older

Work out with your mind and body. Learn new dance patterns to some great music. Instructor C. Banta

<u>50401</u>	9/14-12/14	Wed	5:45-6:45 p.m.	\$91
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LIFELONG RECREATION

ARTS, FITNESS, & SOCIAL OPPORTUNITIES FOR PEOPLE AGE 50+

**Engage with your community
and remain active.**

**Learn something new, get fit,
meet friends, or join us for field
trips to places you have always
wanted to visit.**

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Find out more at:

seattle.gov/parks/find/for-adults-50
or contact us at 206-684-4951.





AEROBICS WITH BLESSED HEARTS FITNESS



Ages 18 and Older

Get your all-in-one workout while moving and grooving to the beat! Engage in cardio pumping, strength building, and muscle toning. You'll have tons of fun with 24-year fitness veteran Noel Montgomery, CMA, PFT, IFPA-certified.

50368 9/6-12/27 Tue 5:30-6:30 p.m. **FREE**

MARCUS GARVEY BOOK CLUB



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. You must be registered to attend. This is a hybrid class. You may register for an in-person experience or choose the virtual program.

50371 9/6-12/20 Tue 6:30-8 p.m. **FREE**

SPECIAL EVENT: THANKSGIVING FEAST



All Ages

Come join us for our Annual Garfield Thanksgiving Feast. Be a part of the tradition and a full-scale Thanksgiving dinner with your community. Volunteers and donations are welcomed for the event. Call us at 206-684-4788 if you are interested.

11/18 Friday 6-8 p.m. **FREE**

VIETNAMESE SENIOR ASSOCIATION FITNESS & LUNCH PROGRAM



Ages 60 and Older

King County residents over 60 years of age and adults with disabilities are welcome to enjoy nutritious meals while engaging in cultural activities, learning English or finding volunteer opportunities. Asian Counseling and Referral Services (ACRS) partners with various volunteer groups to offer meals at convenient locations in the community. The Vietnamese Senior Association (Vietnamese language program) meets at Garfield Community Center every Tuesday and Friday.

51529 9/6-12/30 Tu/F 9:30 a.m.-1 p.m. **FREE**

SPECIAL EVENT: COMMUNITY HOLIDAY PARTY



All Ages

Come celebrate all 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. Toys are not guaranteed and dependent on donations to the Center. Available toys will be given to families the week after the event. Call 206-684-4788 for details.

12/16 Friday 6-8 p.m. **FREE**

COVID GUIDELINES

FIND DETAILS ON PAGE 54

DANCE TOGETHER WITH MOVING MINDS

Ages 1-3

Bond with your child through movement and creative play. Join us to 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.

51119	9/12-10/31	Mon	3:30-4:15 p.m.	\$111
51120	11/7-12/19	Mon	3:30-4:15 p.m.	\$111

PLAYFUL DANCE WITH MOVING MINDS

Ages 3-4

Through active, imaginative dance play, your child will develop coordination, strength, and stability. In a creative, community-focused classroom, children become confident with ballet-based vocabulary and foundational movement patterns through music, games, and creative exploration.

51121	9/12-10/31	Mon	4:30-5:20 p.m.	\$111
51125	9/27-10/26	Wed	4:30-5:20 p.m.	\$111
51122	11/7-12/19	Mon	4:30-5:20 p.m.	\$111
51126	11/2-12/14	Wed	4:30-5:20 p.m.	\$111

CREATIVE BALLET WITH MOVING MINDS

Ages 5-6

Starting with foundations learned in Playful Dance, your child will strengthen their confidence, control, musicality, and ability to collaborate. This class introduces children to the ballet barre, more challenging movement combinations, and choreography tools to develop their own movement style.

51123	9/12-10/31	Mon	5:30-6:25 p.m.	\$111
51124	11/7-12/19	Mon	5:30-6:25 p.m.	\$111

FORMATIVE BALLET WITH MOVING MINDS

Ages 6-10

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.

51127	9/14-10/26	Wed	5:30-6:25 p.m.	\$111
51128	11/2-12/14	Wed	5:30-6:25 p.m.	\$111

SPECIAL EVENT: CREEPY CARNIVAL FOR KIDS



All Ages

You do not want to miss this popular spooky event. We will have music, carnival games, face painting and lots of treats. Wear your costume to participate in the costume contest! Donations are welcome. Volunteers needed! Contact us at 206-684-4788 for more information.

10/28	Friday	6-8 p.m.	FREE
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INTRO TO BATON TWIRLING

Ages 6-14

Baton twirling will help your child develop agility, flexibility and coordination while having fun developing routines in a group! We will develop a full routine to perform at our end-of-quarter celebration. Batons are provided or you may bring your own. Participants should wear closed-toe sneakers.

50373	9/9-10/28	Fri	4:30-6 p.m.	\$150
50374	11/4-12/16	Fri	4:30-6 p.m.	\$150

YOUTH DEVELOPMENT TAEKWONDO



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.

50370	9/12-12/28	M/W	6-7:30 p.m.	FREE
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PIANO LESSONS

Ages 8 and Older

Learn to play the piano from an experienced professional in weekly 30-minute private lessons. Training includes sight-reading, technique, expression, theory, and chords. Students must have access to an electric keyboard or piano for practice outside of lessons. Please contact International District/Chinatown Community Center at 206-233-0042 to schedule your private lessons. *Families can sign-up for one time slot and one day per person.

50824	9/15-9/29	Thu	4-6 p.m.	\$40/class
50826	9/16-9/30	Fri	4-6 p.m.	\$40/class
50847	10/6-10/27	Thu	4-6 p.m.	\$40/class
50846	10/7-10/28	Fri	4-6 p.m.	\$40/class
50825	11/3-11/17	Thu	4-6 p.m.	\$40/class
50827	11/4-11/18	Fri	4-6 p.m.	\$40/class
50848	12/1-12/15	Thu	4-6 p.m.	\$40/class
50849	12/2-12/16	Fri	4-6 p.m.	\$40/class

SENIOR EXERCISE



Ages 50 and Older

Exercise and physical activity are good for just about everyone, including older adults. Come and sweat it out to your favorite aerobic DVDs. Hand weights and resistance bands provided.

[50822](#) 9/14-12/30 W/F 11 a.m. - 12:30 p.m. FREE

8 ANIMALS/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.

September-October

[50820](#) 9/17-10/29 Sat 11 a.m.-Noon \$35

November-December

[51009](#) 11/5-12/31 Sat 11 a.m.-Noon \$35

ZUMBA®

Ages 16 and Older

Zumba® combines high energy, motivating music, and unique moves that allow you to dance away your worries. The routines feature aerobic/fitness interval training, combining fast and slow rhythms that tone and sculpt the body.

[50821](#) 9/17-10/29 Sat 10-11 a.m. \$35

[51798](#) 11/15-12/31 Sat 10-11 a.m. \$45



ADULT POTTERY WHEEL: BEGINNER

Ages 18 and Older

Never taken a wheel class before or it's 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!

50438	9/12-10/17	Mon	5:30-8:30 p.m.	\$297
50439	9/13-10/18	Tue	10 a.m.-1 p.m.	\$363
51342	10/31-12/5	Mon	5:30-8:30 p.m.	\$297

ADULT POTTERY WHEEL: ADVANCED

Ages 18 and Older

Continue your ceramic evolution in this wheel throwing class designed for intermediate through advanced levels. Handbuilding techniques will be integrated as well. Students will expand their 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.

50437	9/7-10/12	Wed	5:30-8:30 p.m.	\$330
51344	9/8-10/13	Thu	5:30-8:30 p.m.	\$330
51343	10/26-11/30	Wed	5:30-8:30 p.m.	\$330
51345	10/27-12/1	Thu	5:30-8:30 p.m.	\$330

**REGISTRATION OPENS
AUGUST 16th**



SCAN ME

REGISTER ONLINE:
https://bit.ly/spr_activity_reg



MOCK TRIAL

Ages 14-17

Come learn public speaking skills, acting and how to analyze the case. Be dedicated and committed to experience new skills and challenges. Make new friends, get team support and earn service hours by tutoring each other.

[51003](#) 9/1-11/29 M/Tu/Th 6:30-8:30 p.m. **FREE**

BRAZILIAN JIU JITSU

Ages 5-12

Brazilian Jiu Jitsu is a grappling martial art that promotes the concept that a smaller, weaker person can successfully defend against a bigger, stronger, heavier assailant by using proper technique and leverage. This class aims to build confidence in your child by emphasizing healthy living, respect for self and others, perseverance, self-discipline and integrity through the fun medium of martial arts. We also practice meditation to help improve focus, concentration, self-awareness, and stress management.

[50658](#) 9/6-10/11 Tue 4:40-5:30 p.m. **\$80**

JUNIOR HOOPERS

Ages 6-8

Want to learn how to dribble, shoot, and play defense? Emphasis is placed on the fundamentals of ball handling, shooting techniques, and footwork while increasing endurance, flexibility, and strength. All the while encouraging teamwork and sportsmanship. Parental supervision required.

50441 9/13-10/18 Tue 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.

50442 9/12-10/24 Mon 5-5:45p.m. \$48

CREATIVE BALLET WITH TEACHER MARIKA

Ages 3-6

Students will explore expressive movement using music, stories, props, and games. 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 and engaging way!

50581 9/13-9/27 Tue 11-11:45 a.m. \$52.50

51036 10/4-10/25 Tue 11-11:45 a.m. \$70

51037 11/8-12/13 Tue 11-11:45 a.m. \$105

PIANO LESSONS

Ages 5-12

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

50667 9/1-11/3 Thu 6-6:30 p.m. \$270

50668 9/1-11/3 Thu 6:30-7 p.m. \$270

50669 9/1-11/3 Thu 7-7:30 p.m. \$270

50670 9/1-11/3 Thu 7:30-8 p.m. \$270

50659 9/2-11/4 Fri 4-4:30 p.m. \$300

50660 9/2-11/4 Fri 4:30-5 p.m. \$300

50661 9/2-11/4 Fri 5-5:30 p.m. \$300

50662 9/2-11/4 Fri 5:30-6 p.m. \$300

50663 9/2-11/4 Fri 6-6:30 p.m. \$300

ZUMBA®

Ages 16 and Older

Are you tired of the same old work out? Try something NEW! Inspired by Latin dance and music, Zumba® uses a variety of styles in its routines, including cumbia, merengue, salsa, reggaeton, hip-hop, pop, mambo, rumba, flamenco, calypso, and salsa. Music selections include both fast and slow rhythms to help tone and sculpt the body.

50444 9/8-9/29 Thu 7-8 p.m. \$96

50456 9/13-9/27 Tue 7-8 p.m. \$96



AEROBICS WITH BLESSED HEARTS FITNESS



Ages 18 and Older

Come down to Rainier Beach Community Center and get your all in one workout: cardio pumping, strength building, and muscle toning, while moving and grooving to booming beats. You'll have tons of fun with 24-year fitness veteran Noel Montgomery, CMA, PFT, IFPA-certified. No class 6/23.

49951 9/8-12/29 Thu 6-7 p.m. FREE

BASKETBALL: LITTLE DRIBBLERS

Ages 5-8

Athletes will learn fundamentals, conditioning, ball handling, and shooting. We will also focus on good nutrition and physical well-being while having fun. This class is co-ed and good for all skill levels. Players will learn correct technique and great practice habits.

51006 9/13-10/6 Tu/Th 6-7 p.m. \$60

51162 10/11-11/3 Tu/Th 6-7 p.m. \$60

BASKETBALL: PLAYER DEVELOPMENT

Ages 9-12

Athletes will learn fundamentals, conditioning, ball handling, and shooting. We will also focus on good nutrition and physical well-being while having fun. This class is co-ed and good for all skill levels. Players will learn correct technique and great practice habits.

51007 9/13-10/6 Tu/Th 7-8 p.m. \$60

51163 10/11-11/3 Tu/Th 7-8 p.m. \$60

TEACHER MARIKA'S CAREGIVER AND DANCER TIME

Ages 3-6

Through music, props and brain-integrated dance games, this 45-minute dance class with Teacher Marika strengthens bodies, minds and souls of little ones by providing a safe and positive environment for your child. Caregivers are welcome to attend class with their little ones to observe and potentially join in, depending on their dancer's comfort level. Age range 3-6yrs old.

51011 9/9-9/30 Fri 11:15 a.m. - Noon \$40

51204 10/7-10/28 Fri 11:15 a.m. - Noon \$40

51205 11/4-12/16 Fri 11:15 a.m. - Noon \$40

FAMILY ZUMBA®



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. Masks are not required but are preferred.

49950 9/7-12/28 Wed 6:30-7:30 p.m. FREE

GOJU RYU KARATE

Ages 6 and Older

Self-defense, awareness, and physical and mental development are incorporated into the study of this Japanese karate style. Learn fundamental techniques of karate, and how to use linear and circular techniques to subdue and control an attacker. All levels welcome. There will be no class on 9/26 and 11/23.

51602 9/12-12/14 M/W 7:15-8:30 p.m. FREE



GENTLE YOGA

Ages 14 and Older

Gentle yoga helps correct alignment and awareness in stretches and movement. This class focuses on breathing to help increase strength and stamina, and improve flexibility. Participants will develop better balance, posture, poise, and peace of mind. This course is open to all genders and families.

51209 9/13-11/22 Tue 10:30-11:30 a.m. \$75

BEGINNERS UKULELE

Participants will learn to play the ukulele using carefully chosen songs offered in increasing difficulty. The class features finger picking, strumming, and chords as we learn together in a playful way. Participants must bring their own ukulele to class.

ADULT		Ages 14 and Older	
51034	9/14-10/19 Wed	3:30-4:15 p.m.	\$50
KIDS		Ages 5-8	
51033	9/14-10/19 Wed	2:30-3:15 p.m.	\$45
YOUTHS		Ages 9-12	
51028	9/14-10/19 Wed	1:30-2:15 p.m.	\$45

DISCOVERY CREW

FREE

Ages 9-12

Row your way to health and fun! Discover a connection to movement while you build healthy habits and create community. We'll focus on a mix of rowing and fitness activities to improve your sports skills and teamwork. Let's get moving and make new friends.

50997 11/16-12/7 Wed 4-5:30 p.m. FREE

NEW HOLLY GIRLS GROUP

NEW

Ages 10-18

Grow together in this 8-week session focused on sharing our life experiences. School, love, self-esteem, stress, dating, dreams and more. We all experience these things individually, but we can connect by better understanding how they affect each of us.

50998 10/25-11/29 Tue 4:30-6:30 p.m. FREE

MIXXED FIT®

Ages 16 and Older

MixedFit® is a dance fitness program combining explosive dancing with boot camp toning. Everything about MixedFit® is energetic; all the moves are big, exaggerated, and fun to get into. This program caters to all shapes, ages, and skill levels.

50779 9/12-10/31 Mon 6-7 p.m. \$56
50845 11/7-12/26 Mon 6-7 p.m. \$64

WOMEN'S ZUMBA®

FREE

Ages 8 and Older

Get ready to dance your worries away as we combine motivating music and high energy moves. Routines feature aerobic interval training set to fast and slow rhythms that will help tone and sculpt the body. To create a safe space that respects diverse cultural practices, this program is for women only.

50780 9/6-12/29 Tu/Th 6-7 p.m. FREE

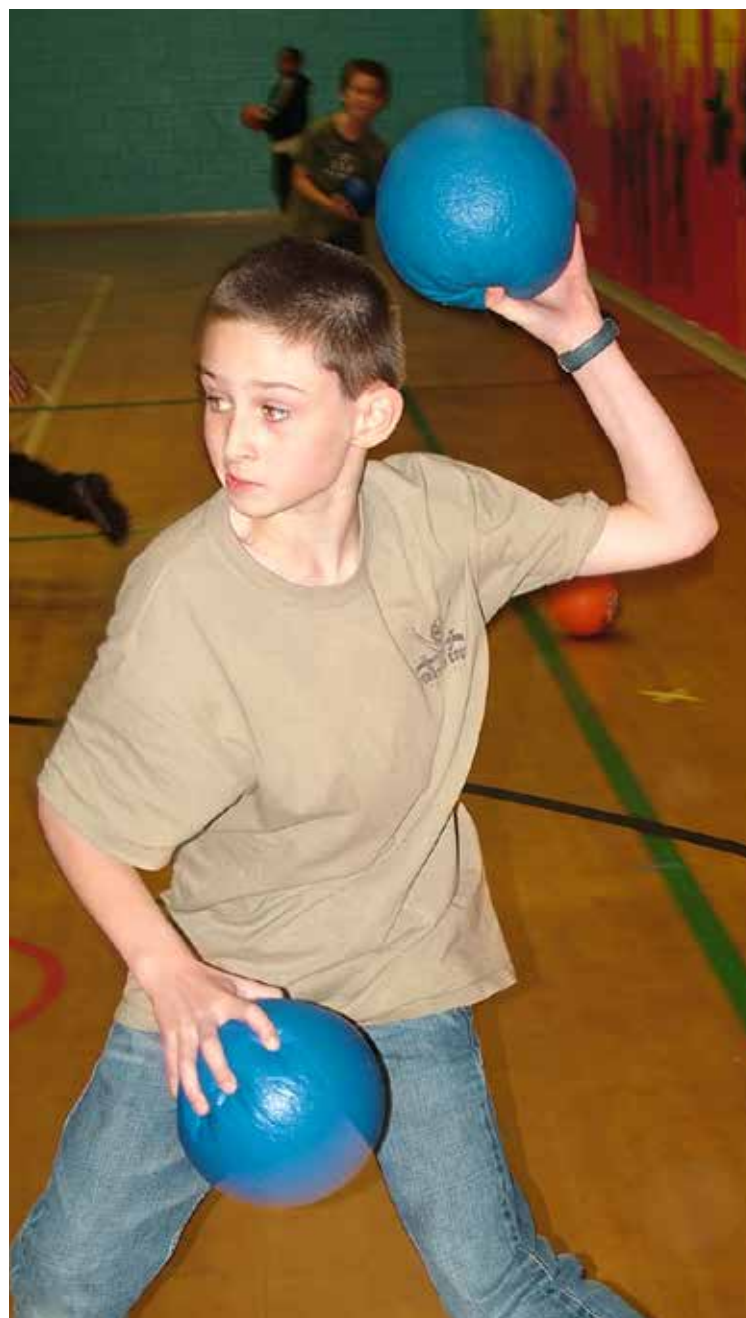
YOUTH INDOOR SOCCER

FREE

Ages 8-13

Youth will be exposed to different sets of skills and techniques. Coaches will work with players to develop their ability as well as discover a better understanding of the game in a fun and energetic environment.

50781 9/7-11/30 Wed 5-6:15 p.m. FREE



YOUTH DODGEBALL

FREE

Ages 8-11

Dodgeball is all about high energy fun! Kids play different versions of dodgeball and variations in strategies. This course will help your child improve agility and awareness, build athleticism and learn proper mechanics of the game.

50782 9/8-11/17 Thu 5-6:15 p.m. FREE

KARATE: JUNIORS

Ages 6-9

This class presents a multi-disciplinary self-defense approach, where students will study and practice basic Shotokan Karate techniques and strategies and learn to defend against larger and/or multiple opponents. Come join the fun and get great exercise too! Open to adults and children.

50487	9/14-10/26	Wed	4:30-5:15 p.m.	\$30
50599	11/2-12/14	Wed	4:30-5:15 p.m.	\$30

KARATE: THE EMPTY HAND

Ages 11 and Older

This class presents a multi-disciplinary self-defense approach, where students will study and practice basic Shotokan Karate techniques and strategies and learn to defend against larger and/or multiple opponents. Come join the fun and get great exercise too! Open to adults and children.

50488	9/12-10/26	M/W	5:30-6:30 p.m.	\$35
50600	10/31-12/21	M/W	5:30-6:30 p.m.	\$30

PIANO

Ages 6 and Older

Learn to play the piano from an experienced professional teacher in weekly 30-minute private lessons. It's never too early (or late!) to develop your musical talent! Book one-on-one piano lessons with a seasoned musician. Participants will receive more detailed information about lesson materials on their first day.

50478	9/13-10/25	Tue	12:45-1:15 p.m.	\$228
50584	9/13-10/25	Tue	1:30-2 p.m.	\$228
50585	9/13-10/25	Tue	2:15-2:45 p.m.	\$228
50586	9/13-10/25	Tue	3-3:30 p.m.	\$228
50587	9/13-10/25	Tue	3:45-4:15 p.m.	\$228
50588	9/13-10/25	Tue	4:30-5 p.m.	\$228
50589	9/13-10/25	Tue	5:15-5:45 p.m.	\$228
50590	9/13-10/25	Tue	6-6:30 p.m.	\$228
50591	11/1-12/13	Tue	12:45-1:15 p.m.	\$195
50592	11/1-12/13	Tue	1:30-2 p.m.	\$195
50593	11/1-12/13	Tue	2:15-2:45 p.m.	\$195
50594	11/1-12/13	Tue	3-3:30 p.m.	\$195
50595	11/1-12/13	Tue	3:45-4:15 p.m.	\$195
50596	11/1-12/13	Tue	4:30-5 p.m.	\$195
50597	11/1-12/13	Tue	5:15-5:45 p.m.	\$195
50598	11/1-12/13	Tue	6-6:30 p.m.	\$195

ADULT UKULELE JAMMING & PRACTICE

Ages 18 and Older

This group will be a space to share tips and tricks on the ukulele and learn the basics. Come ready to learn, make mistakes, and grow with classmates and the group facilitator. We'll use the book 365 Days of Ukulele.

Session 1

50954	9/14-10/26	Wed	2:05-2:50p.m.	\$84
51112	9/14-10/26	Wed	3-3:45 p.m.	\$84
51113	9/14-10/26	Wed	5:45-6:30 p.m.	\$84

Session 2 (No class 11/23, 12/21 or 12/28)

51116	11/9-12/14	Wed	2:05-2:50p.m.	\$84
51117	11/9-12/14	Wed	3-3:45 p.m.	\$84
51118	11/9-12/14	Wed	5:45-6:30 p.m.	\$84

UKULELE GROUP YOUTH LESSONS

Ages 5-8

Your child will learn to play the ukulele using carefully chosen songs offered in increasing difficulty. The class features finger picking, strumming, and chords as we learn together in a playful way. Students must bring their own ukulele to class.

Session 1

51115	9/14-10/26	Wed	4:50-5:35 p.m.	\$84
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Session 2

51114	9/14-10/26	Wed	4:50-5:35 p.m.	\$84
50964	11/9-12/14	Wed	4:50-5:35 p.m.	\$72

Ages 9-12

Older Youth will learn to play the ukulele using carefully chosen age appropriate songs offered in increasing difficulty and quicker pace based on students. The class features finger picking, strumming, and chords as we learn together as a group. Students must bring their own ukulele to class.

Session 1

50968	9/14-10/26	Wed	3:55-4:40 p.m.	\$84
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Session 2

50967	11/9-12/14	Wed	3-3:45 p.m.	\$72
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REGISTRATION OPENS AUGUST 16th

REGISTER ONLINE:
https://bit.ly/spr_activity_reg

CREATIVE BALLET WITH MOVING MINDS

Ages 5-6

Starting with foundations learned in Playful Dance, your child will strengthen their confidence, control, musicality, and ability to collaborate. This class introduces children to the ballet barre, more challenging movement combinations, and choreography tools to develop their own movement style.

50477 9/13-10/25 Tue 4:30-5:25 p.m. \$110
50583 11/1-12/13 Tue 4:30-5:25 p.m. \$95

PLAYFUL DANCE WITH MOVING MINDS

Ages 3-4

Through active, imaginative dance play, your child will develop coordination, strength, and stability. In a creative, community-focused classroom, children become confident with ballet-based vocabulary and foundational movement patterns through music, games, and creative exploration.

50489 9/13-10/25 Tue 5:45-6:30 p.m. \$110
50601 11/1-12/13 Tue 5:45-6:30 p.m. \$95

BEGINNING TAP AND JAZZ

Ages 5-8

Explore rhythms, body-mind coordination, and musicality while learning basic tap and jazz movements set to upbeat music. Each class will combine individual dance skills as well as combinations of dance skills. The instructor will be Deborah Pierce Past proprietor of "Dance Factory" and judging team member of many West Coast dance competitions, including "Star Power" and "Rainbow Connection." Requirements: Tap shoes and Jazz or Ballet shoes.

51084 9/15-12/8 Thu 4:15-5:15 p.m. \$84

SPECIAL EVENT: GLOW PARTY

FREE

Ages 5 and Older

Join the Delridge Community Center for our famous glow in the dark party! Enjoy our themed games, snacks, and music. Wear your costume, face paint, or anything that will illuminate the party.

10/28 Friday 6-8 p.m. FREE

COVID GUIDELINES

FIND DETAILS ON PAGE 54

MOVEMENT AND MEDITATION

NEW

Ages 16 and Older

Meditation courses include guided and silent meditation, gentle movement, breathing practices, discussion, and inspiration. Appropriate for total beginners and experienced meditators. Your guide for this weekly experience will be Deborah Pierce. With over 46 years of experience teaching dance and movement as well as being a certified Chopra Meditation instructor. No Class 9/29, 10/13, 11/24.

51085 9/15-12/8 Thu 5:30-6:30 p.m. \$30

SPECIAL EVENT: TAKE A HIKE 2022 NATIONAL TRAILS DAY

FREE

Ages 7 and Older

W. Duwamish Greenbelt trails Partnership Hike. On National Trails Day, follow the water in the Puget Creek Watershed. Under the guidance of Steve Richmond, long-time advocate for restoring the health of Puget Creek, follow the creek from its origins near Puget Ridge Edible Park to its outlet into the Duwamish Waterway near the Duwamish Longhouse and Cultural Center. Part of this three-mile trail from ridge to river and back is standard gravel; other parts are unimproved social trails. Begin at the Puget Ridge Edible Park, 1899-1801 SW Brandon St, Seattle, WA 98106 at 11 a.m. RSVPs welcomed at wdgtrails@gmail.com.

11/12 Friday 11 a.m.-2 p.m. FREE



CREATIVE BALLET WITH TEACHER MARIKA

Ages 3-5

Students will explore expressive movement using music, stories, props, and games. 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 and engaging way!

50864	9/12-9/26	Mon	3-3:45 p.m.	\$36
50865	10/3-10/31	Mon	3-3:45 p.m.	\$48
50866	11/7-12/12	Mon	3-3:45 p.m.	\$60



- **Childcare for ages 3-12: Full or Part-time**
- **School-Age Child Care: Aides and Counselors**
- **Licensed Childcare Center Preschool Assistants and Lead Teachers**
- **Downtown Parks, Events/Customer Service: Park Concierge - Part-Time**
- **Fall Sports: Flag Football/Volleyball Officials**
- **Recreation Instructors**

Learn more and apply at:
www.arcseattle.org/jobs

FOR MORE INFORMATION CONTACT:

Pat, HR Recruiter
(206) 214-7384
Patricia.Olignueller@seattle.gov

Kellie, HR Recruiter
(206) 476-4163
Kellie.Kraus@seattle.gov

PARENT AND ME: CREATIVE MOVEMENT

We use movement and music to stimulate brain reflexes, teach social/emotional learning skills, and encourage joy and self-expression. Music, props, and brain-integrated dance games let this class strengthen bodies, minds, and souls of little ones. Parents must attend class to assist tots.

▼ Ages 2-3.5

50867	9/7-9/28	Wed	9:15-10 a.m.	\$44
50868	10/5-10/26	Wed	9:15-10 a.m.	\$48
50869	11/2-12/14	Wed	9:15-10 a.m.	\$72

▼ Ages 3-5

50870	9/7-9/28	Wed	10:15-11 a.m.	\$44
50871	10/5-10/26	Wed	10:15-11 a.m.	\$48
50872	11/2-12/14	Wed	10:15-11 a.m.	\$72

PIANO INSTRUCTION

Ages 5 and Older

Learn to play the piano from an experienced professional teacher in weekly 30-minute private lessons. It's never too early (or late!) to develop your musical talent! Book one-on-one piano lessons with a seasoned musician. Participants will receive more detailed information about lesson materials on their first day.

50861	9/10-11/19	Sat	10 a.m-3 p.m.	\$26.50/Class
50860	9/8-11/17	Thu	1-7:30 p.m.	\$26.50/Class
50862	12/3-12/17	Sat	10 a.m-3 p.m.	\$26.50/Class
50863	12/1-12/15	Thu	1-7:30 p.m.	\$26.50/Class

TANG SOO DO KARATE

Ages 10 and Older

Self-defense is an important aspect of martial arts, but students will also learn self-confidence, focus, and integrity. Learning these important skills in addition to being physically fit is often why people start Tang Soo Do. We encourage parents to take classes with their kids whenever possible. Additional fees required. Please be prepared to order your uniform (dobok) after your first session. A one-time registration fee of \$35 to join the WTSDA (World Tang Soo Do Association) is required before the 2nd session or belt test, whichever comes first. When the student joins the WTSDA, they will receive their official patches for their uniforms.

50855	9/7-12/14	Wed	5:45-7 p.m.	\$75
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TODDLER ART

Ages 2-5

This class is a perfect introduction to art! Kids will develop creative skills and learn about art. Each class will explore a different art technique, including collage-making, painting, crafts and paper constructions. Supplies and materials provided. An adult must accompany the child.

50873	9/8-9/22	Thu	10-10:45 a.m.	\$30
50874	10/6-10/27	Thu	10-10:45 a.m.	\$30
50875	11/3-12/15	Thu	10-10:45 a.m.	\$60

TAE KWON DO

Ages 18 and Older

Learn Tae Kwon Do, a Korean martial art known primarily for its fast sparring techniques, dynamic forms, and strong kicks. Taught in a non-competitive atmosphere, students will improve physical abilities such as strength, speed, and coordination; and mental attributes such as confidence, self-control, and willpower.

50856	9/6-9/27	Tu/Th/Sa	6-7:30 p.m.	\$40
50857	10/1-10/29	Tu/Th/Sa	6-7:30 p.m.	\$52
50858	11/1-11/29	Tu/Th/Sa	6-7:30 p.m.	\$48
50859	12/1-12/31	Tu/Th/Sa	6-7:30 p.m.	\$56



BASEKTBALL: DRILLS AND SKILLS

Ages 10-17

Teens will participate in team sports with supervision from Drills and Skills Staff. Everyone gets a chance to participate and enjoy the activities offered. Participants will improve their physical fitness, as well as basketball, leadership, communication, teamwork, and hand-eye coordination skills as they play games against their peers.

51200	9/6-9/29	Mon-Thu	4-6:45 p.m.	\$66
51220	10/3-10/31	Mon-Thu	4-6:45 p.m.	\$66
51222	11/1-11/30	Mon-Thu	4-6:45 p.m.	\$66
51223	12/1-12/29	Mon-Thu	4-6:45 p.m.	\$66



KNOW ANY COACHES?

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



BUTOKUKAN KARATE

Ages 8 and Older

American Butokukan translates to Institute of Martial Virtue; a modern, comprehensive, integrated program of instruction in traditional East-Asian martial arts. The training is both mental and physical. Mental aspects of training involve the development of self-discipline, self-confidence, tolerance, and understanding. Physical training encompasses aikido, karate, and related weapons. Taught by Grandmaster Tyron Asphy.

51206	9/8-9/29	M/Th	6-7:45 p.m.	\$45
51229	10/3-10/31	M/Th	6-7:45 p.m.	\$45
51230	11/3-11/28	M/Th	6-7:45 p.m.	\$45
51231	12/1-12/29	M/Th	6-7:45 p.m.	\$45



4-H CHALLENGE COURSE AT CAMP LONG

• LOW + HIGH CHALLENGE COURSES •
ROCK CLIMBING • AND MORE!

Pricing varies depending on type of program and group size

MORE DETAILS: bit.ly/3RPu40l

The 4H Challenge Course at Camp Long seeks to promote communication, decision-making, teamwork, and self-efficacy through the experiential education process.

For more information, contact: maggie.riederer@seattle.gov



Seattle
Parks & Recreation



ADDITIONAL INFORMATION

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 canceled 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 canceled.

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 canceled 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 canceled 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 canceled 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.

COVID GUIDELINES



BEFORE YOU VISIT



CHECK FOR SYMPTOMS

Do not attend programs if you've had a known Covid-19 exposure in the last 14 days or are experiencing unexplained:



FEVER



COUGH



SHORTNESS
OF BREATH



SORE
THROAT



MUSCLE &
HEAD ACHES



CHILLS



LOSS OF SMELL
OR TASTE



WEAR PROTECTIVE FACE COVERING

Properly worn masks are still required for entry until further notice. We are asking that you self-screen prior to coming to a recreation facility/event to stop the spread of illness.





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 disabilities.

We provide recreation programs for all ages. Currently we are offering smaller in person programs such as: adult social and fitness programs, young adult social programs, and youth afterschool and Saturday programs

To learn more about our programs, call:
206-684-4950 or check out our website at:
<https://bit.ly/spr-specialized-programs-home>

