Seattle Parks & Recreation

WINTER 2023 PROGRAMS

SEATTLE CITYWIDE RECREATION PROGRAMS

COMMUNITY CENTERS:

NORTHEAST
LAKE CITY
LAURELHURST
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
HIAWATHA
HIGH POINT
SOUTH PARK
YESLER

VIRTUAL PROGRAMS

REGISTER
DECEMBER 6

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

REGISTER DECEMBER 6

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

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.

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

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

DELRIDGE 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

SOUTH PARK CC
8319 8th Ave S
Seattle, WA 98108
PH: 206-684-7451

YESLER CC
917 E Yesler Way
Seattle, WA 98122
PH: 206-386-1245
Fax: 206-684-7787

GENERAL INFORMATION 2-3
PRESCHOOL 4
SCHOOL AGE CARE 5-6
DROP-IN PROGRAMS 7-14
VIRTUAL PROGRAMS 15
SPECIAL EVENTS 16
CITYWIDE ATHLETICS 53-54
ADDITIONAL INFORMATION 55
COVID GUIDELINES 56

NORTHEAST SEATTLE
Lake City CC 17
Laurelhurst CC 18
Magnuson CC 19
Meadowbrook CC 20-21
Miller CC 22
Montlake CC 23-24
Ravenna-Eckstein CC 25

NORTHWEST SEATTLE
Ballard CC 26
Bitter Lake CC 27-28
Green Lake CC 29-31
Loyal Heights CC 32-34
Magnolia CC 35-36
Northgate CC 37-39
Queen Anne CC 40

SOUTHEAST SEATTLE
Garfield CC 41-42
International District/ Chinatown CC 43
Jefferson CC 44-45
Rainier Beach CC 46
Van Asselt CC 47

SOUTHWEST SEATTLE
Delridge CC 48
Hiawatha CC 49
High Point CC 50
South Park CC 51
Yesler CC 52

GENERAL INFO

HAVE A GOOD CLASS IDEA?

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

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

CLASSES ARE SCHEDULED APPROXIMATELY SIX MONTHS IN ADVANCE.

CLOSURES

12/26	Christmas Day Observed
1/2	New Year's Observed
1/16	MLK Day
2/20	Presidents' Day
3/23	Staff Retreat

PARKS MANAGEMENT

A.P. Diaz – *Superintendent*
Barb Wade – *Recreation Manager*
Daisy Catague – *Recreation Director*
Trevor Gregg – *Recreation Manager*
Mike Plympton – *Aquatics Manager*
Tim Pretare – *OOC Recreation Manager*
Tia Scott – *Facilities & Youth Sports Manager*
LaShawn Street – *OOC Recreation Manager*

COORDINATORS/ASST. COORDINATORS

BALLARD CC
C: Tim Ewings | timothy.ewings@seattle.gov
AC: Xavier Walker | xavier.walker@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

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 Wooley | andrea.wooley@seattle.gov
AC: Tamela Thomas | tamela.thomas@seattle.gov

INTERNATIONAL DISTRICT/CHINATOWN CC
C: Doreen Deaver | doreen.deaver@seattle.gov
AC: Joshua Chan | joshua.chan2@seattle.gov

JEFFERSON CC
C: Paul Davenport | paul.davenport@seattle.gov
AC: Dawn Bennett | dawn.bennett@seattle.gov

LAKE CITY CC
C: Jared Okano | jared.okano@seattle.gov
AC: Penny Atwood | penny.atwood@seattle.gov

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

LOYAL HEIGHTS CC
C: Nick White | nick.white@seattle.gov
AC: Xavier Walker | xavier.walker@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: Staci Doan | staci.doan@seattle.gov
AC: 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
OOC C: 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: George Yasutake | george.yasutake@seattle.gov
AC: Thomas Hargrave | thomas.hargrave@seattle.gov

SOUTH PARK CC
C: Darin Olsen | darin.olsen@seattle.gov
AC: Tamela Thomas | tamela.thomas@seattle.gov

VAN ASSELT CC
C: Kiki Kennedy| kiki.kennedy@seattle.gov
AC: Joshua Chan | joshua.chan2@seattle.gov

YESLER CC
C: Gary Alexander | gary.alexander@seattle.gov
AC: Faizah Osayande | faizah.osayande@seattle.gov

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.

HOLIDAY CLOSURES:

12/26	*Christmas Day Observed*
1/2	*New Year's Day Observed*
1/16	*MLK Jr. Day*
2/20	*Presidents' Day*

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 - OPENS SEPTEMBER 2023						
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

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.

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.

CAMP INFORMATION

MONTHLY PRICING:

Month	Tu/Th	M/W/F	Mon-Fri
December	$198	$277.20	$475.20
January	$356.40	$435.60	$792
February	$237.60	$356.40	$594
March	$356.40	$544.40	$910.80

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
12/19-12/23	Winter Break Week 1 (No School)	$325
12/27-12/30	Winter Break Week 2 (No School)	$260
2/20-2/24	Mid-Winter Break (No School)	$260
4/10-4/14	Spring Break	$325

**Winter, Mid-Winter, and Spring 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.*

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

HOLIDAY CLOSURES:
12/26 Christmas Day Observed
1/2 New Year's Observed
1/16 MLK Jr. Day
2/20 Presidents' Day

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

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.

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, audiotape, 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

TOT DROP-IN PROGRAMS

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 .

BALLARD CC — Ages 5 and Under

54408	1/4-3/31	M/W/F	9:30 a.m.-Noon	FREE

BITTER LAKE CC — Ages 9 months-6 Years

53686	1/4-3/4	Wednesday	9:30-11:30 a.m.	FREE

GARFIELD CC — Ages 5 And Under

53382	1/9-4/10	Monday	11 a.m.-1 p.m.	FREE

HIGH POINT CC — Ages 5 and Under

52609	1/3-3/30	Tu/Th	10 a.m.-12:30 p.m.	FREE

JEFFERSON CC — Ages 6 and Under

53592	1/3-3/28	Tuesday	10 a.m.-2 p.m.	FREE

LAURELHURST CC — Ages 5 and Under

	1/4-3/29	M/W	2:30-6 p.m.	FREE
	1/3-3/31	Tu/F	9:30 a.m.-1 p.m.	

LOYAL HEIGHTS CC — Ages 5 and Under

54417	1/10-4/13	Tu/Th	10 a.m.-1 p.m.	FREE

MAGNOLIA CC — Ages 5 and Under

53207	1/4-4/26	W/F	11 a.m.-1 p.m.	FREE

MEADOWBROOK CC — Ages 5 and Under

	1/4-4/26	M/W/F	12:30-2:30 p.m.	FREE

TODDLER PLAY AND RUN

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

LAKE CITY CC — Ages 1.5-5

53064	1/3-3/30	Tu/Th	9:45 a.m.-12:30 p.m.	FREE

MEADOWBROOK CC — Ages 2-5

53821	1/4-3/31	M/W/F	12:30-2:30 p.m.	FREE

MOMMY AND ME

Mommy and Me is a safe place for you and your child. You will meet other parents and receive trainings and limited baby items. You can also learn how to prepare easy to follow meal plans with our basic cooking class.

YESLER CC — Ages 1-3

53397	1/6-3/31	Friday	11 a.m.-1 p.m.	FREE

MILLER CC — Ages 5 and Under

53440	1/3-3/30	Tu/Th	10 a.m.-12:30 p.m.	FREE

MONTLAKE CC — Ages 2-5

53291	1/6-3/24	M/F	10 a.m.-1 p.m.	FREE

NORTHGATE CC — Ages 5 and Under

53343	1/3-3/28	Tuesday	10 a.m.-2:30 p.m.	FREE
	1/5-3/30	Thursday	Noon-2:30 p.m.	FREE

QUEEN ANNE CC — Ages 5 and Under

54305	1/6-3/31	M/F	11:15 a.m.-1:15 p.m.	FREE

RAINIER BEACH CC — Ages 2-4

53303	1/5-3/30	Thursday	11 a.m.-1 p.m.	FREE

RAVENNA- ECKSTEIN CC — Ages 5 and Under

	1/10-3/30	M/Tu/Th	12:30-2:30 p.m.	FREE

SOUTH PARK CC — Ages 5 and Under

	1/4-3/29	M/W	10 a.m.-1 p.m.	FREE

VAN ASSELT CC — Ages 5 and Under

53808	1/24-3/30	Tu/Th	10:30 a.m.-Noon	FREE

YESLER CC — Ages 5 and Under

53364	1/6-3/31	Friday	11 a.m.-1 p.m.	FREE

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

54409	1/6-4/28	Mon-Fri	9:30 a.m.-7:30 p.m.	FREE

GREEN LAKE CC — Ages 5 and Under

53243	1/3-3/31	Mon-Fri	10 a.m.-8 p.m.	FREE
	1/7-3/25	Saturday	9 a.m.-4:30 p.m.	FREE

LAURELHURST CC — Ages 3 and Under

	1/5-3/30	Thursday	9:30 a.m.-1 p.m.	FREE

MILLER CC — Ages 4 and Under

53441	1/3-3/31	Mon-Fri	10 a.m.-6 p.m.	FREE

QUEEN ANNE CC — Ages 4 and Under

54306	1/3-3/31	Mon-Fri	11 a.m.-5:30 p.m.	FREE

Register for a free Quick Card in order to participate in all drop-in athletic programs. Check-in at the front desk.

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@thebbsc.org for inquiries.

YESLER CC — Ages 1-17

53362	1/3-3/30	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

53304	1/7-4/1	Saturday	Noon-2 p.m.	FREE

YOUTH SOCCER

Kids learn and play Soccer and various strategies. This course will help your child improve agility and awareness, build athleticism and learn proper mechanics of the game.

VAN ASSELT CC — Ages 8-11

53828	1/5-3/30	Thursday	5:15-6:30 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 4-18

53378	1/17-4/4	Tuesday	5-6:30 p.m.	FREE

FAMILY SKATE NIGHT

Join us for this popular Bitter Lake family tradition as we put on our skates and get moving! We will have great music and play fun games. Bring your own skates and blades or borrow a pair of ours. Please note: No toy skates allowed.

BITTER LAKE CC — Ages 18 and Older

53693	12/9-3/3	Friday	6:30-8:15p.m.	$5

RBCC AFTER-SCHOOL HANGOUT

Our Hangout Room is a safe place for teens to gather, socialize and play various games. Activities include jenga, board games, video games, music sharing, and more. FREE Wi-Fi access.

RAINIER BEACH CC — Ages 12-18

53352	1/4-3/29	Wednesday	1-3:30 p.m.	FREE

FREE

ROCK THE PARK DROP-INS AT MAGNUSON CC

MAGNUSON CC — Ages 13-17

AFTER SCHOOL

Kick back and relax, cook some food, play some games, or catch up on homework. We've got a space just for teens to hang out and be teens!

53809	1/3-31	Tue-Sat	4-8:45 p.m.	FREE

MOVIE NIGHT

What better way to end the week than with a free movie? Join us for some old-school and new-school classics, as well as seasonal films. Oh, and there's popcorn, too!

53734	1/6-3/31	Friday	6:30-8:30 p.m.	FREE

PANCAKE DINNER

Who said you can't have breakfast for dinner? Bring your appetite and feast on delicious pancakes and fruit!

53730	1/4-3/29	Wednesday	6:30-8:30 p.m.	FREE

VIDEO GAMES

Drop in and game with us! From casual to competitive gaming, fun is at your fingertips!

53726	1/3-3/31	Mon-Fri	6-8:30 p.m.	FREE

TEEN ACTIVITIES

Join us as we explore new and exciting activities ranging from cooking classes to sports conditioning. Need volunteer hours? We have opportunities at our center to fill your service hour needs. If you have any questions, please call Bitter Lake Community Center at 206-684-7524

BITTER LAKE CC — Ages 11-18

53692	12/12-3/3	Mon-Fri	3-5 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.

TEEN SUNDAYS

Calling all neighborhood teens! This day is for you. We'll play a lot of basketball, and those that attend will be able to set the agenda for the day. Options can include video gaming, volleyball, dodgeball, floor hockey, and the like. Come with friends or come and make friends.

HIGH POINT CC — Ages 12-19

53285	1/8-3/26	Sunday	Noon-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

53344	1/13-3/31	Friday	6-8:45 p.m.	FREE

SOUTH PARK CC* — Ages 9-12

	1/13-3/31	Friday	4-8 p.m.	FREE

*At Concord Elementary. Call center for details: 206-684-7451

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

53689	12/3-3/4	F/Sa	7 p.m.-Midnight	FREE

HIGH POINT CC — Ages 13-19

		Friday	7:30-Midnight	FREE

RAINIER BEACH CC — Ages 13-19

54753	1/13-4/1	Fri-Sat	7 p.m.-Midnight	FREE

SOUTH PARK CC @ Concord Elementary* — Ages 13-19

	1/7-3/25	Saturday	6:30-10:30 p.m.	FREE

*Call center for details: 206-684-7451

SHINE FOR GIRLS

This program gives young ladies a platform to be seen, heard, and empowered to lift each other up. Young women will have a safe space to discuss and share their truth as they foster meaningful relationships while mentoring each other and becoming exemplary leaders.

YESLER CC — Ages 13-18

53406	1/5-3/30	Thursday	4-6:30 p.m.	FREE

AFTERSCHOOL DIGITAL PROGRAMMING SUPPORT

Be a part of digital storytelling, photography, videography and tutoring at Yesler CC.

YESLER CC — Ages 11-16

53380	1/3-3/30	Mon-Thu	3:30-5:30 p.m.	FREE

AROMA, A COOKING CLASS

This easy-to-follow cooking class will teach you basic culinary skill like chopping, slicing, dicing, and sautéing. Take control of your kitchen by learning how to meal plan, shop for food, and help another chef.

YESLER CC — Ages 12-18

53403	1/4-3/29	Wednesday	4-6:30 p.m.	FREE

HOMEWORK LAB

If you need a little extra help with your homework or a quite space to study, meet-up every Mon-Thurs at Yesler CC from 3:30-5:30 p.m. for homework time.

YESLER CC — Ages 12-18

53401	1/3-3/30	Mon-Thu	3:30-5:30 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

BOARD GAMES

Join us for some family FUN! Some board games are provided; however, we encourage people to bring their own. All ages are welcome, but please note children under the age of 12 must be accompanied by an adult. Come match wits with members of your community.

MEADOWBROOK CC — Ages 7 and Older

53982	1/14-3/11	Saturday	9:30 a.m.-4:30 p.m.	FREE

FUN AND GAMES!

Play a variety of games, new and familiar! We'll play a variety of games, including dominoes, spades, uno and more!

RAINIER BEACH CC — Ages 18 and Older

53372	1/8-3/26	Sunday	1-3 p.m.	FREE

BRIDGE

Drop-in play for intermediate bridge players.

NORTHGATE CC — Ages 18 and Older

53342	1/9-3/27	Monday	1-3 p.m.	FREE

RAINIER BEACH — Ages 14 and Older

53339	1/3-3/30	Tu/Th	10 a.m.-Noon	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

53341	1/4-3/29	Wednesday	2-4 p.m.	FREE

LAURELHURST CC — Ages 50 and Older

	1/10-3/28	Tuesday	11 a.m.-1:45 p.m.	FREE

QUEEN ANNE CC — Ages 50 and Older

	1/6-3/31	Friday	1-4 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

53698	1/9-3/27	Monday	6-7:45 p.m.	FREE

SALSA/BACHATA SOCIAL DANCE NEW

Join us for our free Salsa and Bachata social dance night in our large ballroom setting with mirrors to social dance or practice. Bring your partner or your friends and dance the night away. All levels welcome!

MONTLAKE CC — Ages 18 and Older

53514	1/12-3/23	Thursday	6-8:45 p.m.	FREE

TAI CHI

Stretch and relax your mind, body, and spirit in our Tai Chi class. Suited for all levels. Dress in comfortable clothing that allows you to move freely.

JEFFERSON CC — Ages 18 and Older

53591	1/4-3/29	Wednesday	9:30-11 a.m.	FREE

BALLROOM DANCE

Come dance to the rhythm of ballroom dance. Come with a partner or by yourself for a fun day of dancing. No experience necessary.

JEFFERSON CC — Ages 16 and Older

53512	1/4-3/29	Wednesday	1-3 p.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

53379	1/7-4/8	Saturday	10 a.m.-Noon	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

54717	1/2-4/21	M/Tu/W/F	3-5 p.m.	FREE

VAN ASSELT CC — Ages 50 and Older

	1/3-3/30	Tu/Th	11:30 a.m.-1:30 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.

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

	1/3-3/31	Mon-Fri	10:15 a.m.-5:15 p.m.	FREE

GARFIELD CC — Ages 18 and Older

53088	1/3-4/14	Mon-Fri	10 a.m.-8:30 p.m.	FREE
	1/7-4/15	Saturday	10 a.m.-4:30 p.m.	FREE

INT'L DISTRICT/CHINATOWN CC — Ages 17 and Older

54719	1/3-4/22	Mon-Sat	11 a.m.-8:45 p.m.	FREE

LOYAL HEIGHTS CC — Ages 16 and Older

	1/4-3/31	M/W/F	9 a.m.-9 p.m.	FREE
	1/3-3/30	Tu/Th	11 a.m.-6 p.m.	FREE

MEADOWBROOK CC — Ages 18 and Older

53819	1/3-3/31	M/Tu,Th-Sa	8:30 a.m.-8:15 p.m.	FREE
54128	1/4-3/29	Wednesday	8:30 a.m.-2:45 p.m.	FREE
54129	1/4-3/29	Wednesday	5:15-8:15 p.m.	FREE

NORTHGATE CC — Ages 18 and Older

53255	1/3-3/31	Mon-Fri	9 a.m.-7:30 p.m.	FREE
	1/8-3/26	Saturday	9 a.m.-4:30 p.m.	FREE

QUEEN ANNE CC — Ages 18 and Older

54304	1/3-3/31	Mon-Fri	11 a.m.-6:45 p.m.	FREE

RAINIER BEACH CC — Ages 18 and Older

54746	1/3-3/31	Mon-Fri	10 a.m.-9 p.m.	FREE
54747	1/7-3/25	Sa/Su	9 a.m.-6:30 p.m.	FREE

YESLER CC — Ages 18 and Older

53370	1/3-3/31	Mon-Sat	11 a.m.-7:45 p.m.	FREE

DODGEBALL

Play dodgeball.

GREEN LAKE CC — Ages 18 and Older

53242	1/4-3/29	Wednesday	6-8:45 p.m.	FREE

LOYAL HEIGHTS CC — Ages 16 and Older

54415	1/9-4/10	Monday	7-8:45 p.m.	FREE

VAN ASSELT CC — Ages 8-11

53812	1/5-3/30	Thursday	5-6:15	FREE

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

54716	1/3-4/22	Tu/Th	10 a.m.-1 p.m.	FREE
	1/7-4/22	Saturday	10 a.m.-2 p.m.	FREE
	1/7-4/22	Saturday	2:30-4:30 p.m.	FREE

JEFFERSON CC — Ages 16 and Older

53299	1/3-3/28	Tuesday	6-8:45 p.m.	FREE

MAGNUSON CC @ HANGAR 30 — Ages 13 and Older

53293	1/3-3/28	M/Tu	6-8 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.

HIGH POINT CC

ADULT — Ages 18 and Older

	1/3-3/31	M/Tu/Th/F	2-3 p.m.	FREE

YOUTH — Ages 17 and Under

	1/3-3/31	M/Tu/Th/F	3:30-5 p.m.	FREE
	1/4-3/29	Wednesday	2-5 p.m.	FREE

INT'L DISTRICT/CHINATOWN CC

FAMILY — All Ages

54720	1/7-4/22	Saturday	2-4:30 p.m.	FREE

YOUTH — Ages 12-18

54721	1/3-4/18	M/Tu	3:30-5:50 p.m.	FREE
	1/4-4/19	Wednesday	2-5:30 p.m.	FREE
	1/6-4/21	Friday	1:30-8:45 p.m.	FREE

JEFFERSON CC - TEEN OPEN GYM — Ages 12-18

53300	1/4-3/31	M/W/F	3:30-4:30 p.m.	FREE

RAINIER BEACH CC — Ages 18 and Older

53306	1/3-3/31	M/Tu/F	Noon-2 p.m.	Free

RAVENNA ECKSTEIN CC — Ages 12 and Older

Call center for hours.

VAN ASSELT CC — All Ages

	1/9-3/27	Monday	5-7:45 p.m.	FREE
	1/3-3/28	Tuesday	6-7:45 p.m.	FREE
	1/4-3/30	W/Th	6:30-7:45 p.m.	FREE
	1/6-3/31	Friday	6-8 p.m.	FREE
		Saturday	2-3:45 p.m.	FREE

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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

54407	1/9-3/27	Monday	6:15-8:15 p.m.	FREE

BITTER LAKE CC

ADULT — Ages 18 and Older

	1/9-3/27	Monday	11:30 a.m.-2:30 p.m.	FREE
	1/9-3/27	Monday	6:30-8 p.m.	FREE
	1/4-3/29	Wednesday	11:30 a.m.-2 p.m.	FREE
	1/5-3/30	Thursday	12-2 p.m.	FREE
	1/6-3/31	Friday	1-2 p.m.	FREE

TEEN — Ages 10-17

		M/Tu/Th/F	2:30-6:30 p.m.	FREE
		Wednesday	1:30-5:30 p.m.	FREE

GARFIELD CC — Ages 18 and Under

54702	1/4-3/29	Wednesday	2:30-5:30 p.m.	FREE
	1/6-3/31	Friday	3:30-5:30 p.m.	FREE

GREEN LAKE CC — Ages 18 and Older

53244	1/6-3/31	M/F	10 a.m.-2 p.m.	FREE

INT'L DISTRICT/CHINATOWN CC — Ages 18 and Older

54715	1/4-4/21	M/W/F	11:30 a.m.-1:30 p.m.	FREE

LOYAL HEIGHTS CC — ALL AGES

	1/4-3/31	Mon-Fri	2-4 p.m.	FREE

MAGNUSON CC @ HANGAR 30 — Ages 13 and Older

53295	1/3-3/28	M/Tu	6-8 p.m.	FREE

VAN ASSELT CC — Ages 18 and Older

53830	1/3-3/30	Tu/Th	1-2:30 p.m.	FREE
	1/7-3/25	Saturday	9:30 a.m.-1 p.m.	FREE

YESLER CC — Ages 18 and Older

53358	1/3-3/30	Tu/Th	12:10-2:10 p.m.	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 - Call to confirm Fridays — Ages 18 and Older

54410	1/6-3/31	Tu/F	6:15-8:15 p.m.	FREE

INT'L DISTRICT/CHINATOWN CC — Ages 18 and Older

54714	1/4-4/19	Wednesday	6-8:45 p.m.	FREE

MEADOWBROOK CC — Ages 18 and Older

53818	1/4-3/29	Wednesday	6:15-8:15 p.m.	FREE

MILLER CC — Ages 16 and Older

53439	1/9-3/27	Monday	6-8 p.m.	FREE

VAN ASSELT — Ages 18 and Older

	1/8-3/26	Sunday	10 a.m.-2 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

BALLARD CC				Ages 18 and Older
54403	1/3-3/30	Tu/Th	10 a.m.-Noon	FREE
54404	1/4-3/29	Wednesday	6:15-8:15 p.m.	FREE
BITTER LAKE CC				Ages 18 and Older
53691	12/13-3/3	Tu/F	10 a.m.-12:30 p.m.	FREE
DELRIDGE CC				Ages 16 and Older
54075	1/9-3/29	M/W	10:15 a.m.-12:25 p.m.	FREE
GARFIELD CC				Ages 18 and Older
53376	1/5-4/6	Thursday	10:15 a.m.-1 p.m.	FREE
GREEN LAKE CC				Ages 18 and Older
54108	1/5-3/30	Thursday	10:30 a.m.-1:30 p.m.	FREE
HIGH POINT CC				Ages 18 and Older
53283	1/4-3/25	W/F	10 a.m.-12:45 p.m.	FREE
INT'L DISTRICT/CHINATOWN CC				Ages 18 and Older
54713	1/2-4/17	Monday	6-8:45 p.m.	FREE
JEFFERSON CC				Ages 18 and Older
53301	1/9-3/27	Monday	10 a.m.-1 p.m.	FREE
LOYAL HEIGHTS				Any Age
54416	1/6-4/7	Friday	Noon-2 p.m.	FREE
MAGNOLIA CC				Ages 18 and Older
53209	1/2-4/17	Monday	11 a.m.-2 p.m.	FREE
53210	1/26-4/20	Thursday	11 a.m.-2 p.m.	FREE
MAGNUSON CC @ HANGAR 30				Ages 16 and Older
53294	1/4-3/30	W/Th	9:30-11:30 a.m.	FREE
MEADOWBROOK CC				Ages 18 and Older
53985	1/5-3/30	Thursday	10 a.m.-3 p.m.	FREE
MILLER CC				Ages 16 and Older
53453	1/4-3/29	M/W	10 a.m.-1 p.m.	FREE
MONTLAKE CC				Ages 18 and Older
	1/4-3/29	Wednesday	10 a.m.-1 p.m.	FREE
NORTHGATE CC				Ages 18 and Older
53247	1/6-3/31	M/F	9:30 a.m.-2 p.m.	FREE
	1/4-3/29	Wednesday	9:30 a.m.-1:30 p.m.	FREE
QUEEN ANNE CC				Ages 18 and Older
54303	1/3-3/30	Tu/Th	Noon-2:30 p.m.	FREE
VAN ASSELT CC - SENIOR				Ages 50 and Older
53807	1/18-3/29	M/W	Noon-2:45 p.m.	FREE
YESLER CC				Ages 18 and Older
	1/3-3/30	Tu/Th	9 a.m.- Noon	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
53241	1/3-3/29	Tuesday	6-8:45 p.m.	FREE
	1/4-3/29	Wednesday	10 a.m.-1 p.m.	FREE
INT'L DISTRICT/CHINATOWN CC				Ages 18 and Older
54718	1/4-4/22	M/W/F/Sa	6-8:30 p.m.	Adult: $3 Seniors $2
LAKE CITY CC				Ages 16 and Older
	1/4-3/31	M/W/F	4-6:45 p.m.	FREE

FUTSAL

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

BALLARD CC				Ages 18 and Older
54405	1/5-3/30	Thursday	6:15-8:15 p.m.	FREE

STEP AEROBICS

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

GARFIELD CC				Ages 18 and Older
54703	1/3-4/11	Tuesday	5:30-6:30 p.m.	FREE

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
53335	1/10-3/28	Tuesday	6-7 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

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-Fri	10 a.m.-5 p.m.
Saturday	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.

ADULT DIGITAL LITERACY COMPUTER

Come learn technical and digital skills needed for school, job training, and employment.

YESLER CC				Ages 18 and Older
53377	1/5-3/30	Thursday	9 a.m.-Noon	FREE

ARTS AND CRAFTS

Are you creative and like to paint or design things from scratch? Join our program and find the freedom of expression as we make tie dye t-shirts, bracelets, scented candles, and much more.

YESLER CC				Ages 10-18
53407	1/3-3/28	Tuesday	4-6:30 p.m.	FREE

CRAFT GROUP

Bring supplies and craft alongside other inspired crafters. From beading to scrapbooking, students can easily find help from others for their individual projects. This is not a class, just crafting and discussions. Everyone is welcome. 2nd Saturdays of the month.

MEADOWBROOK CC				Ages 16 and Older
53817	1/14, 2/11, 3/11	Saturday	12:30-4:30 p.m.	FREE

QUILTING

Bring your quilting projects to work on. Share ideas and enjoy the company of other crafters. No formal instruction provided.

JEFFERSON CC				Ages 18 and Older
53513	1/6-3/31	Friday	11 a.m.-2 p.m.	FREE

JUGGLING

Come learn how to juggle!

BALLARD CC				Ages 18 and Older
54406	1/4-3/29	Wednesday	6:15-8:15 p.m.	FREE

SOUFEND'S SUNDAY CHECK-IN

Old School Sunday Runs and community check-in's are returning!!

RAINIER BEACH CC				Ages 18 and Older
53351	1/8-3/26	Sunday	9a.m.-2 p.m.	FREE

VIRTUAL PROGRAMS

REGISTRATION OPENS DECEMBER 6th

BLACK WOMEN: TAKE THE LEAD IN YOUR HEALTH

FREE

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.

53302	3/11	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.

53267	1/7-3/25	Sat	Noon-4:30 p.m.	$240
53265	1/9-3/27	Mon	4-8:45 p.m.	$200

DOWNLOAD WEBEX

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

MARCUS GARVEY BOOK CLUB

FREE

Ages 18 and Older

Books are the foundation of knowledge. Come join facilitators Reverend Harriett Walden and Erik Stark of The Family Empowerment Institute. Each month covers a new book focusing on local, cultural, historical, and African American topics. You must be registered to attend. This is a hybrid class. **You may register for an in-person experience or choose the virtual program.**

53386	1/3-4/4	Tuesday	6:30-8 p.m.	FREE

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

SPECIAL EVENTS

SPECIAL EVENT: PANCAKE BREAKFASTS

Join your friends and neighbors for our community Pancake Breakfasts. Bring the whole family and enjoy all -you-can-eat pancakes along with scrambled eggs, sausage, juice, coffee and tea. Proceeds from these events will help provide scholarships for our low-income neighbors! Buy your tickets at the door.

BITTER LAKE CC — All Ages

2/26	Sunday	9 a.m.-Noon	$5

LOYAL HEIGHTS CC — All Ages

3/5	Sunday	9 a.m.-Noon	$7

NORTHGATE CC — All Ages

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

SPECIAL EVENT: COMMUNITY HOLIDAY PARTY

FREE

GARFIELD CC — 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 AT BALLARD CC

BALLARD CC — 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

SPECIAL MONTHLY EVENT: WINTER WEDNESDAYS

BALLARD CC — All Ages

You've heard of Tuesdays in Ballard, but now join us for Winter Wednesdays every 4th Wednesday during winter. This free monthly get together includes games, crafts, snacks, and warm winter beverages. Themes and activities for our mini celebrations will be posted at the community center and on Facebook.

1/25, 2/22, and 3/22	Wednesday	6-8 p.m.	FREE

SPECIAL EVENT: MULTI-CULTURAL DINNER

BITTER LAKE CC — 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: PATHWAY OF LIGHTS

FREE

GREEN LAKE CC — 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. 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. ***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.

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

SPECIAL EVENT: INTRO TO PARKOUR WORKSHOP

FREE

GARFIELD CC — Ages 7-13

Parkour is a movement discipline focused on connecting movements in jumping, vaulting, and climbing. It's an accessible, non-competitive sport that turns your surroundings into a playground. Learn about the sport at this special event.

1/19	Thursday	4-6 p.m.	FREE

SPECIAL EVENT: POLLINATORS IN OUR URBAN GARDENS

FREE

GARFIELD CC — ALL AGES

Join us to learn about the role bugs play in garden pollination and to release ladybugs in the Garfield Community Center garden. This event is dedicated to the memory of Traci Grant whose passion for the Garfield garden lives on in the plants and people who have grown up here.

4/20	Thursday	4-6 p.m.	FREE

LAKE CITY CC

NORTHEAST SEATTLE

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
53001	1/4-1/25	M/W	5-6 p.m.	$42
53000	2/1-2/27	M/W	5-6 p.m.	$42
52999	3/1-3/29	M/W	5-6 p.m.	$63

Advanced				Some experience suggested
52998	1/4-1/25	M/W	5-7 p.m.	$42
52997	2/1-2/27	M/W	5-7 p.m.	$49
52996	3/1-3/29	M/W	5-7 p.m.	$63

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				Ages 2-3
53004	1/4-1/25	Wednesday	3-3:30 p.m.	$68
53003	2/1-2/22	Wednesday	3-3:30 p.m.	$68
53002	3/1-3/22	Wednesday	3-3:30 p.m.	$68

HAPPYFEET SOCCER				Ages 3-4
53006	1/4-1/25	Wednesday	3-3:30 p.m.	$68
53005	2/1-2/22	Wednesday	3-3:30 p.m.	$68
53010	3/1-3/22	Wednesday	3-3:30 p.m.	$68

HAPPYFEET SOCCER				Ages 5-6
53009	1/4-1/25	Wednesday	4-4:30 p.m.	$68
53008	2/1-2/22	Wednesday	4-4:30 p.m.	$68
53007	3/1-3/22	Wednesday	4-4:30 p.m.	$68

NORTHEAST SEATTLE

LAURELHURST CC

ADULT POTTERY

This mixed-level class goes beyond making bowls using hand building, extruder, and wheel throwing techniques. Bring your own tools or purchase a kit at class. The first 25lbs. are included and more can be purchased during facility operating hours only. ***No Class 3/23/23.***

DAYTIME SESSIONS				Ages 18 and Older
53938	1/10-3/28	Tuesday	11 a.m.-1:30 p.m.	$420
53939	1/12-3/30	Thursday	11 a.m.-1:30 p.m.	$385
53940	1/13-3/31	Friday	11 a.m.-1:30 p.m.	$420

EVENING SESSIONS				Ages 18 and Older
53936	1/9-3/27	Monday	4:15-6:45 p.m.	$350
53937	1/11-3/29	Wednesday	4:15-6:45 p.m.	$420

MAGNUSON CC

NORTHEAST SEATTLE

ROCK THE PARK: TEEN COOKING CLASS

FREE

Ages 13-17

Get your apron and throw on your chef's hat, it's time to cook! Learn how to make easy and delicious meals that will have everyone asking for seconds.

53810	1/14-3/25	Saturday	2-4:30 p.m.	FREE

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.

				Price per session
January				
53535	1/6-1/27	Fri	3-6:30 p.m.	$30
53534	1/7-1/28	Sat	12:30-4 p.m.	$30
53533	1/9-1/30	Mon	3-6:30 p.m.	$30
February				
53538	2/3-2/24	Fri	3-6:30 p.m.	$30
53537	2/4-2/25	Sat	12:30-4 p.m.	$30
53536	2/6-2/27	Mon	3-6:30 p.m.	$30
March				
53541	3/3-3/31	Fri	3-6:30 p.m.	$30
53540	3/4-3/25	Sat	12:30-4 p.m.	$30
53539	3/6-3/27	Mon	3-6:30 p.m.	$30

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.

52927	1/2-3/29	M/W	5:30-7 p.m.	$315

NORTHEAST SEATTLE

MEADOWBROOK CC

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. ***No Class on 3/23.***

53415	1/12-2/16	Thursday	3:15-4 p.m.	$54
53414	2/23-3/30	Thursday	3:15-4 p.m.	$45

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. ***No Class on 3/23.***

53371	1/12-2/16	Thursday	4-4:45 p.m.	$54

DANCE FITNESS: DANSATION

Ages 16 and Older

Do you love to dance? This exhilarating class will have you moving to a variety of radio hits, pop, club, hip hop, Latin, and house. These classes move between high and low-intensity dance moves designed to get your heart rate up and boost cardio endurance.

53374	1/3-1/31	Tuesday	6:15-7:15 p.m.	$40
53392	2/7-2/28	Tuesday	6:15-7:15 p.m.	$40
53393	3/7-3/28	Tuesday	6:15-7:15 p.m.	$40

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.

53527	1/10-3/28	Tuesday	9-10:30 a.m.	FREE
53530	1/10-3/16	Tuesday	7-8:30 p.m.	FREE
53528	1/12-3/16	Thursday	9-10:30 a.m.	FREE
53529	1/12-3/23	Thursday	7-8:30 p.m.	FREE

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.

53413	1/4-1/25	Wed	2-6:30 p.m.	$36/class
53412	1/10-1/31	Tue	3:30-6:30 p.m.	$36/class
53489	2/1-2/22	Wed	2-6:30 p.m.	$36/class
53457	2/7-2/28	Tue	3:30-6:30 p.m.	$36/class
53490	3/1-3/29	Wed	2-6:30 p.m.	$36/class
53460	3/7-3/28	Tue	3:30-6:30 p.m.	$36/class

MEADOWBROOK CC

NORTHEAST SEATTLE

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

53394	1/9-3/27	Monday	7-8:30 p.m.	$63

Ages 18 and Older

53395	1/9-3/27	Monday	7-8:30 p.m.	$63

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.

53498	1/4-1/30	M/W	6:30-7:30 p.m.	$30
53499	2/1-2/27	M/W	6:30-7:30 p.m.	$35
53500	3/1-3/29	M/W	6:30-7:30 p.m.	$35

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.

53396	1/4-1/30	M/W/F	6:30-8:30 p.m.	$75
54125	1/6-1/27	Friday	6:30-8:30 p.m.	$40
53398	2/1-2/27	M/W/F	6:30-8:30 p.m.	$75
54124	2/3-2/24	Friday	6:30-8:30 p.m.	$40
53399	3/1-3/29	M/W/F	6:30-8:30 p.m.	$95
54126	3/3-3/31	Friday	6:30-8:30 p.m.	$50

LATE NIGHT BADMINTON

Ages 18 and Older

In efforts to offer badminton during our basketball season, we created a late-night badminton program. The registration fee covers ten weeks of activity from January 6- March 10. Participants must be registered to participate, and for safety reasons there will be no entry allowed after 10 p.m.

53811	1/6-3/10	Friday	9:30-11:30 p.m.	$65

REGISTRATION OPENS DECEMBER 6th

SCAN ME

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

NORTHEAST SEATTLE

MILLER CC

MUSIC LESSONS

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.

53444	1/3-1/31	Tuesday	2-6 p.m.	$30/class
53443	2/7-2/28	Tuesday	2-6 p.m.	$30/class
53442	3/7-3/28	Tuesday	2-6 p.m.	$30/class

PIANO LESSONS — **Ages 10 and Older**

Learn to play the piano from an experienced teacher in weekly 30-minute private lessons. Scholarships are available. Please call Miller Community Center to book your time slot.

54174	1/12-1/26	Thursday	2-6 p.m.	$30/class
54216	2/2-2/16	Thursday	2-6 p.m.	$30/class
54217	3/2-3/30	Thursday	2-6 p.m.	$30/class

LIL HOOPERS

This fun co-ed, instructional class will teach the basics of basketball. This program has six weeks of instruction with a scrimmage between teams. It's a friendly non-competitive opportunity for beginner sports.

LIL HOOPERS CO-ED — **Ages 3-5**

53479	1/10-2/14	Tuesday	2-2:45 p.m.	$60
53485	2/28-4/4	Tuesday	2-2:45 p.m.	$60

LIL HOOPERS II CO-ED — **Ages 6-8**

53486	1/10-2/14	Tuesday	3-3:45 p.m.	$60
53487	2/28-4/4	Tuesday	3-3:45 p.m.	$60

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

53488	1/11-2/15	Wednesday	2-2:45 p.m.	$70

Session 2

54143	3/1-4/5	Wednesday	2-2:45 p.m.	$70

KOREAN SENIOR ASSOCIATION FITNESS & LUNCH PROGRAM

FREE

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 (ARCS) partners with various locations in the community. The Korean Senior Association (Korean language program) meets at Miller Community Center every Tuesday and Friday.

53445	1/3-3/31	Tu/F	9:30 a.m.- 1 p.m.	FREE

AFTER-SCHOOL TEEN PROGRAM

FREE

Ages 11-14

This is a daily after-school tween/teen program filled with a variety of activities: sports, arts, music, cooking, and more! Activities are designed for middle-school aged youth.

53438	1/3-3/31	Mon-Fri	2-7:30 p.m.	FREE

PICKLEBALL SKILLS & DRILLS

Ages 18 and Older

Learn the basics 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 beginners. Please bring your own pickleball racquet and a water bottle.

53464	1/3-2/17	Friday	10:30 a.m.-Noon	$75
53476	3/3-4/7	Friday	10:30 a.m.-Noon	$75

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.

53980	1/14-2/11	Saturday	10-10:45 a.m.	$80
53981	2/18-3/18	Saturday	10-10:45 a.m.	$64

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.

53978	1/14-2/11	Saturday	9-9:55 a.m.	$80
53979	2/18-3/18	Saturday	9-9:55 a.m.	$64

YOGA

Ages 18 and Older

Yoga is a physical practice suitable for all ages and experience levels. We connect breathing to movement through a sequence of postures that promote safe alignment, flexibility, and strength. Light meditation will be part of the program.

53494	1/10-1/31	Tuesday	6-7 p.m.	$48
53495	2/7-2/28	Tuesday	6-7 p.m.	$48
53496	3/7-3/21	Tuesday	6-7 p.m.	$36

ADULT POTTERY

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.

BEGINNER — **Ages 18 and Older**

53383	1/9-3/20	Monday	5:30-8 p.m.	$306
53384	1/10-3/14	Tuesday	5:30-8 p.m.	$340

POTTERY: ALL LEVELS — **Ages 16 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. Includes one bag of clay and open studio time during class duration.

53385	1/11-3/15	Wednesday	5:30-8 p.m.	$340

POTTERY: OPEN STUDIO — **Ages 18 and Older**

This is open studio time to work on your projects or start a new one. Clay fees are not included, but firing is available. **Orientation is required before first use and occurs the first Thursday of the month at 6 p.m. or the first Saturday at 10 a.m.**

54341	1/5-1/28	*Studio times/days are the same as the Center hours. Call 206-684-4736 for hours.*	$150
54342	2/2-2/25		$150
54343	3/2-3/23		$150

REGISTRATION OPENS DECEMBER 6th

Seattle Parks & Recreation

SCAN ME

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

KAJUKENBO

Ages 15 and Older

Kajukenbo is a combination of the various martial arts from which its name is derived. KA Karate, JU for Judo and Jujutsu, KEN for Kenpo and BO for Boxing. Join us and challenge yourself to learn this effective martial art appropriate for people of all sizes.

53292	1/7-3/18	Saturday	11 a.m.-Noon	$110

WOMENS SELF-DEFENSE WORKSHOP

Ages 15 and Older

This workshop style class will help build confidence, awareness, and defense skills. As you learn to punch, kick, block, escape wrist grabs, and more. You'll gain the confidence needed to fend off an attacker.

53823	1/21	Saturday	1-2:30 p.m.	$10
53824	3/11	Saturday	1-2:30 p.m.	$10

RAVENNA-ECKSTEIN CC

NORTHEAST SEATTLE

SELF DEFENSE (FREE)

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.

52601	1/6-3/17	Friday	5-6:30 p.m.	FREE

TEEN STICK ARTS (FREE)

Ages 12-17

Interested in traditional Japanese stick fighting? Starting with the basics and advancing to paired forms, students will develop safe stick handling and controlled techniques. As we get grounded in basic principles we will also use Japanese terms for movements and modes of practice.

53227	1/20-3/24	Friday	3:15-4:45 p.m.	FREE

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.

52606	1/11-3/22	Wednesday	6:30-7:15 p.m.	$150

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.

52595	1/11-3/22	Wednesday	5:30-6:15 p.m.	$150

TINY TOTS

Ages 3-5

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.

52604	1/9-3/22	Mon-Thu	11:45 a.m.-2:45 p.m.	$1,767

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.

52603	1/12-2/9	Thursday	6-6:45 p.m.	$50
52926	2/16-3/16	Thursday	6-6:45 p.m.	$50

INTERMEDIATE/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.

52602	1/12-3/16	Thursday	7-8 p.m.	$130

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.

52599	1/13-3/31	Friday	1-1:45 p.m.	$168
52600	1/13-3/31	Friday	2-2:45 p.m.	$168

REGISTRATION OPENS DECEMBER 6th

SCAN ME

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

BALLARD CC

NORTHWEST SEATTLE

DND 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.

54402	1/3-3/28	Tuesday	3:45-5:45 p.m.	$312

STRATEGY GAMES CLUB

Ages 8-12

Bring your A-Game and get ready to scheme. From chess and cards to Catan and Magic the Gathering, let's challenge each other. We'll learn the rules of the game while we make friends and practice problem solving together.

54414	1/5-3/30	Thursday	3:45-5:45 p.m.	$288

BEGINNING PICKLEBALL

Ages 16 and Older

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

54398	1/3-2/16	Tu/Th	1-2 p.m.	$168
54399	2/21-3/30	Tu/Th	1-2 p.m.	$132

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.

54411	1/3-3/30	Tu/Th	6:30-8:30 p.m.	$100

QIGONG

Ages 18 and Older

Experience Qigong: the ancient Chinese art of self-development through simple exercises, meditations, and visualizations. In this class we will learn to get the most out of meditation and learn Taoist practices for excellent health.

54772	1/9-3/27	Monday	6:30-7:45 p.m.	$150

ADULT POTTERY

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 SESSIONS — **Ages 16 and Older**

54400	1/9-3/20	Monday	10 a.m.-12:30 p.m.	$270
54401	1/4-3/15	Wednesday	10 a.m.-12:30 p.m.	$330

EVENING SESSIONS — **Ages 16 and Older**

54395	1/3-3/14	Tuesday	6-8:30 p.m.	$330
54396	1/4-3/15	Wednesday	6-8:30 p.m.	$330
54394	1/3-3/16	Thursday	6-8:30 p.m.	$330

YOUTH POTTERY

PARENT/TOT POTTERY CREATIONS — **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.

54413	1/6-3/31	Friday	9:30-10:30 a.m.	$260

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.

54412	1/4-3/29	Wednesday	2:30-4 p.m.	$260

COMIC BOOK ARTS/MURAL MAKING

Ages 8-12

Are you ready to play with art on big and small scales? Learn from a real local artist and draw comic book characters. Then we will team up with classmates to create a mural. We're blending art and fun in this creative program.

54557	1/6-3/31	Friday	3:45-5:45 p.m.	$312

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

LITTLE HOOPERS B-BALL

AGES 5-7

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.

53694	1/10-2/14	Tuesday	5:15-6 p.m.	$72
53743	3/7-4/11	Tuesday	5:15-6 p.m.	$72

EVERYDAY KUNG FU

Ages 10 and Older

Learn this non-traditional kung-Fu based martial art and explore self-defense. meditation, conditioning, and awareness through graceful movement. Techniques are presented to each student in an individually driven curriculum. Wear comfortable clothes and practice barefoot or wear shoes with light colored tread. Students 10-13 yrs. must have a parent or guardian in attendance.

53723	1/10-2/14	Tuesday	5:30-6:45 p.m.	$66
53745	2/28-4/4	Tuesday	5:30-6:45 p.m.	$66

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

53674	12/15-3/9	Thursday	7-8:30 p.m.	$117

ADVANCED

53673	12/15-3/9	Thursday	7-9 p.m.	$130

MIXED MEDIA ART CLASS

Ages 4-8

Celebrate the changing seasons! In this mixed media class, we will make festive projects featuring our favorite things about Fall. Each week we will rotate through different mediums, learn important concepts of art like color, pattern, and perspective.

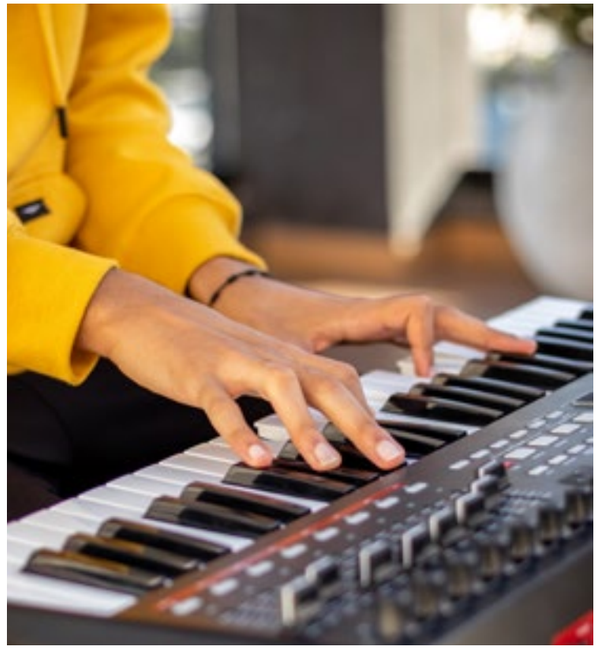
53749	12/29-2/2	Thursday	4:30-5:30 p.m.	$105
53750	2/16-3/23	Thursday	4:30-5:30 p.m.	$105

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.

53987	2/1-2/22	Wednesday	3-7:30 p.m.	$30/class
53746	1/4-1/25	Wednesday	3-7:30 p.m.	$30/class
53988	3/1-3/29	Wednesday	3-7:30 p.m.	$30/class



PRE-BALLET

Ages 5-7

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.

53751	1/14-2/18	Saturday	Noon-12:45 p.m.	$66
53752	2/25-4/1	Saturday	Noon-12:45 p.m.	$66

BALLET

Ages 6-8

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.

53677	1/14-2/18	Saturday	1-1:45 p.m.	$66
53678	2/25-4/1	Saturday	1-1:45 p.m.	$66

CREATIVE DANCE

Ages 3-4

Young dancers experience the joy of dancing by learning the basics of movement and self-expression. A focus on how the body moves and musicality are emphasized through games, improvisation, and choreography. Students should wear clothes that promote comfort.

53687	1/14-2/18	Saturday	11-11:45 a.m.	$66
53688	2/25-4/1	Saturday	11-11:45 a.m.	$66

ROLLER SKATING LESSONS

Ages 5 and Older

Come participate in some intergenerational skating for beginning and intermediate roller skaters and bladers. Class will be divided according to skill level. Come and learn to skate or improve the skills you have developed so far. After lessons, you can practice with others during Friday Night Family Skate!

53825	1/6-1/27	Friday	6-6:45 p.m.	$28
53826	2/3-2/24	Friday	6-6:45 p.m.	$28
53827	3/3-3/31	Friday	6-6:45 p.m.	$35

AEROBIC DANCE FITNESS: HIT THE DANCE FLOOR

All Ages

This aerobic fitness class uses interval reps synched to music with High/Low fitness options. Moves are set to pop, Latin, hip hop, and soul stirring favorites. Connection not perfection, its just us and the dance floor. Wear comfortable work-out clothes, low grip shoes, and bring water. All levels welcome.

53676	1/11-2/15	Wednesday	6:30-7:30 p.m.	$66
53725	2/22-3/29	Wednesday	6:30-7:30 p.m.	$66

DANCE FITNESS

Ages 8 and Older

Join a barefoot cardio-dance workout that builds flexibility, agility, mobility, strength, and stability. Dance is fun, low-impact and adaptable to individual needs and abilities. Wear clothes that you can dance in.

53683	12/3-1/14	Saturday	9:30-10:30 a.m.	$66
53684	1/28-3/4	Saturday	9:30-10:30 a.m.	$66

PIANO LESSONS

Ages 5-17

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.

52782	1/6-1/27	Friday	3-6 p.m.	$184
53994	1/7-1/28	Saturday	9:30-11:30 a.m.	$184
52784	2/3-2/24	Friday	3-6 p.m.	$184
53995	2/4-2/25	Saturday	9:30-11:30 a.m.	$184
52785	3/3-3/24	Friday	3-6 p.m.	$184
53996	3/4-3/18	Saturday	3-5 p.m.	$138

SPD MIXED GENDER PERSONAL SAFETY

FREE

Ages 14 and Older

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. This will be an in-person class.

53357	2/18	Saturday	2-4 p.m.	FREE

REGISTRATION OPENS DECEMBER 6th

SCAN ME

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

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.

52795	1/14-2/18	Saturday	10-10:45 a.m.	$75
52764	2/25-4/1	Saturday	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.

52763	1/14-2/18	Saturday	11 a.m.-Noon	$85
52794	2/25-4/1	Saturday	11 a.m.-Noon	$85

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.

52793	1/14-2/18	Saturday	9:15-10 a.m.	$75
52765	2/25-4/1	Saturday	9:15-10 a.m.	$75

YOGA FOR KIDS

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.

53240	1/14-3/18	Saturday	9:30-10:30 a.m.	$85

MEDITATION AND BREATHWORK

NEW

Ages 18 and Older

Experience a combination of mindful meditation and breathwork techniques to calm both your mind and body as you ease stress and tension. Please bring a yoga mat or cushion. No experience needed, but not advised for anyone with advanced respiratory or cardiac conditions.

53245	1/9-3/27	Monday	6-7 p.m.	$115
53246	1/10-3/14	Tuesday	10:30-11:30 a.m.	$115

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.

INTERMEDIATE

53348	1/10-3/14	Tuesday	10:30-11:30 a.m.	$120

ART CLASS AND STORY TIME

NEW

Ages 3-5

Let's create exciting art projects, read stories, and play games! Each class focuses on different art concept including color, shape, line and pattern. Lessons will introduce foundations of art while inspiring creativity and fun! All materials are provided. Parents are required to attend the class. Wear clothes that can get messy in.

54642	1/17-2/14	Tuesday	10:30-11:30 a.m.	$131
54686	2/21-3/21	Tuesday	10:30-11:30 a.m.	$131

Seattle Parks & Recreation
presents...

Saturday, December 10

4:30 - 7:30 p.m.

If you'd like to volunteer, please call Green Lake Community Center at ***206-684-0780***

DONATE AT THE LINK ABOVE

Bring a non-perishable food donation to benefit Family Works!
familyworksseattle.org

Thank you to our sponsors:

Seattle Neighborhoods
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PCC Community Markets
Green Lake Chamber
HomeStreet Bank

This event is hosted by the Green Lake Advisory Council

GREEN LAKE CC

NORTHWEST SEATTLE

KIDS ART CLASS

Age 7-10

MIXED MEDIA

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! ***No class 2/21 and 2/22.***

53087	1/9-2/13	Monday	4:30-6 p.m.	$131

CARTOONING

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. ***No class 2/21 and 2/22.***

53093	2/27-4/3	Monday	4:30-6 p.m.	$157

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

52796	1/17-3/14	Tuesday	6-8:30 p.m.	$300

INTERMEDIATE

53233	1/18-3/15	Wednesday	6-8:30 p.m.	$300

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. ***No class 2/22.***

53232	1/18-3/15	Wednesday	10 a.m.-12:30 p.m.	$300

ADULT ART CLASS LANDSCAPES AND SEASCAPES

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.

53085	1/9-2/13	Monday	6:30-8 p.m.	$178

ADULT WATERCOLOR ART CLASS

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.

53091	2/27-4/3	Monday	6:30-8 p.m.	$157

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. ***No class 2/21.***

53231	1/17-3/14	Tuesday	10 a.m.-12:30 p.m.	$300

NORTHWEST SEATTLE

LOYAL HEIGHTS CC

TWEEN & TEEN BOOK CLUB

FREE

Ages 11-16

Let's meet up to talk about our favorite books! Each participant will get a chance to pick a book to lead discussion on, parents are welcome to attend.

54757	1/11-3/15	Wednesday	10-10:55 a.m.	FREE

PIANO WITH ELIAS

Ages 5 and Older

Learn to play the piano from an experienced professional teacher in weekly 30-minute private lessons. Training includes sight-reading, technique, expression, theory, and chords. Students must have access to an electric keyboard or piano for practice outside of lessons. ***No class 1/16 or 2/20.***

1/9-1/30	Monday	2:30-3 p.m.	$90
1/9-1/30	Monday	3-3:30 p.m.	$90
1/9-1/30	Monday	3:30-4 p.m.	$90
1/9-1/30	Monday	4-4:30 p.m.	$90
1/9-1/30	Monday	6:30-7 p.m.	$90
1/9-1/30	Monday	7-7:30 p.m.	$90
1/9-1/30	Monday	7:30-8 p.m.	$90
2/6-2/27	Monday	2:30-3 p.m.	$90
2/6-2/27	Monday	3-3:30 p.m.	$90
2/6-2/27	Monday	3:30-4 p.m.	$90
2/6-2/27	Monday	4-4:30 p.m.	$90
2/6-2/27	Monday	6:30-7 p.m.	$90
2/6-2/27	Monday	7-7:30 p.m.	$90
2/6-2/27	Monday	7:30-8 p.m.	$90
3/6-3/27	Monday	2:30-3 p.m.	$120
3/6-3/27	Monday	3-3:30 p.m.	$120
3/6-3/27	Monday	3:30-4 p.m.	$120
3/6-3/27	Monday	4-4:30 p.m.	$120
3/6-3/27	Monday	6:30-7 p.m.	$120
3/6-3/27	Monday	7-7:30 p.m.	$120
3/6-3/27	Monday	7:30-8 p.m.	$120

LIL HOT SHOTS

Ages 6-8

This fun co-ed, class teaches the basics of basketball. During eight weeks of instruction we'll have scrimmages between teams in this non-competitive opportunity for beginner sports. Parents are invited to cheer on and support their young ones.

54432	1/12-3/23	Thursday	4:45-5:35 p.m.	$130

BALLARD FC FUTSAL

Ages 6-13

Come and learn from Ballard FC players and coaches. Futsal is an exciting, fast-paced soccer game played across the world. With 5 people to a side, the game is set on a basketball sized court with a smaller, low bounce ball with touchline boundaries and but no walls.

54428	1/10-2/14	Tuesday	4:30-5:30 p.m.	$100

PICKLEBALL

Pickleball is a racquet sport that combines elements of badminton, tennis, and ping pong. Two, three, or four players use solid paddles made of wood to hit a whiffle ball over a net. The net and rules are similar to tennis, with a few modifications. We will have lots of fun indoors learning the basics and competing with one another. Equipment provided. ***No class 2/22.***

Ages 8-12

54756	1/11-3/15	Wednesday	2:15-3:10 p.m.	$75

Ages 12-16

54754	1/11-3/15	Wednesday	1:15-2:10 p.m.	$75

SHORIN-RYU KARATE

Ages 8 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. ***No class 1/16 and 2/20***

54429	1/9-3/29	M/W	6-7:30 p.m.	$112

CIRCUIT TRAINING

Ages 18 and Older

Become a stronger you! Circuit training strengthens your major muscle groups as you rotate among training stations in the Loyal Heights Fitness Room. Sign up and add some variety to your workouts! ***No class 1/24 and 1/31.***

54310 1/3-4/4 Tuesday 10:45-11:45 a.m. $78

ADULT SALSA AND BACHATA

Ages 13 and Older

We've combined Salsa, a blended dance form with origins in Cuba, and Bachata's soft hip motions and footwork in this dance class. Get ready for Caribbean and Latin influenced music as you learn basic skills and work one on one to practice and improve.

54430 1/12-3/23 Thursday 6:30-8 p.m. $160

ALL LEVEL YOGA - FLOW WITH BREATH

Ages 16 and Older

This yoga class focuses on creating extra spaces inside the body, through deep stretching with breath. In this class, participants will also gain benefits from practicing techniques to control breathing (Pranayama - life force) to achieve calming that also helps to clarify the mind. ***No class 1/16 and 2/20.***

54777 1/9-3/27 Monday 5:30-6:30 p.m. $110

FENCING: BEGINNER

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 sparing with your class mates. No experience necessary. No equipment necessary for the beginners class. ***No class 1/16 and 2/20.***

54418 1/9-3/27 Monday 6:30-8 p.m. $100

INTERMEDIATE — Ages 15 and Older

If you have completed our beginning class, or, if you have had basic instruction elsewhere, this is your next step. Intermediate fencers are expected to have their own basic equipment: mask, jacket, plastron, gloves, knickers or long pants, and practice foil.

1/11-3/29 Wednesday 6:30-8 p.m. $120

SPECIAL EVENT: PANCAKE BREAKFAST

All Ages

Join your friends and neighbors for Loyal Heights Community Center's Annual Pancake Breakfast! Bring the whole family and enjoy all-you-can-eat pancakes, scrambled eggs, sausage, juice, and coffee! Proceeds from this event will help provide scholarships to those in need throughout the year. Volunteers are needed for this event; please call 206-684-4052 for additional info.

3/5 Sunday 9 a.m.-Noon $7

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

CREATIVE MOVEMENT — Ages 3-6

Let's fall in love with dance! Students will dance to their favorite songs and learn to move their bodies. Students should wear comfortable clothing and dance barefoot. Parents are welcome to attend class along with their students to enjoy the process of moving together. ***No class on 2/22.***

54421 1/11-3/15 Wednesday 11-11:55 a.m. $85

THE SCIENCE OF SENSES — Ages 3-7

Sight, sound, taste, touch, and scent help us understand our world, but how and why we can do these things? Let's learn how we interact with our world and some senses beyond those five, like your sense of balance! We will use hands-on activities and games to understand more. ***No class 2/22.***

54452 1/11-3/15 Wednesday 10-10:55 a.m. $85

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. ***No class on 2/22.***

54420 1/11-3/15 Wednesday 1:15-2:10 p.m. $85

EMOTIONS 101 — Ages 6-11

Have you ever felt angry, bored, or jealous and just ignored your feelings? Learn all about your emotions, what they mean, and what they are telling you. We'll discover how to change them or sit with them as well as calming techniques and coping skills. ***No class on 2/22.***

54422 1/11-3/15 Wednesday 10-10:55 a.m. $160

FAMILY PAPIER MACHE PIÑATA WORKSHOP — Ages 7-12

In this messy hands-on class, you'll learn basic papier-mâché skills. We'll start small with a simple project and then put those skills to work on your family piñata that you can take home. No experience necessary. Construction supplies are included except pinata contents. Students under 11 must be accompanied by an adult. ***No class on 2/22.***

54423 1/11-3/15 Wednesday 11-11:55 a.m. $70

THE GAME OF GO — Ages 7-16

Learn the ancient game of Go through introductory lectures and play time. Starting with small boards, we'll create a foundation and progress to the full territory-based game. Games are easily adapted so they are enjoyable for beginning players playing against more experienced players. ***No class on 2/22.***

54427 1/11-3/15 Wednesday 1:15-2:10 p.m. $90

INTRO TO BOARD GAME MECHANICS — Ages 10-16

Let's explore a different type of board game every week. Come play and find the style of gaming you like best. This class is intended for students with minimal board game experience, but there will be games to challenge any level of player. ***No class on 2/22.***

54425 1/11-3/15 Wednesday 2:15-3:10 p.m. $70

GREAT LIVING ARTISTS — Ages 10-16

There are so many great artists living and working around the world. We will learn about 9 artists who work with a variety of different materials, and then use their work as inspiration for our own artwork. Bring your creativity and excitement to try different techniques. No class on 2/22.

54424 1/11-3/15 Wednesday 12-12:55 p.m. $95

PHILOSOPHY — Ages 12-16

Children frequently ask philosophical questions about the human condition. Discussing these questions together lets us listen and understand our values and assumptions. We will also focus on making valid arguments while respecting perspectives of others. Each class will have a prompt encouraging questions and discussion. ***No class on 2/22.***

54426 1/11-3/15 Wednesday 11-11:55 a.m. $185

REGISTRATION OPENS DECEMBER 6th

SCAN ME

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

INTRO TO POTTERY

Ages 18 and Older

The urge to create is intrinsically human. Create pottery pieces by using a combination of hand-building and throwing clay into works of art; Immerse yourself in a practice that has endured the test of time. Participants will be guided through numerous techniques to decorate and build ceramic projects.

53214	1/12-3/16	Thursday	9 a.m.-Noon	$450

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.

53212	1/12-2/16	Thursday	5-8 p.m.	$320
53213	2/16-3/30	Thursday	5-8 p.m.	$320

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.

53196	1/4-2/22	Wednesday	9:30 a.m.-12:30 p.m.	$256
53197	1/4-2/22	Wednesday	2-5 p.m.	$256
53199	2/22-4/12	Wednesday	9:30 a.m.-12:30 p.m.	$256
53198	2/22-4/12	Wednesday	2-5 p.m.	$256

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.

53200	1/4-2/8	Wednesday	3-3:45 p.m.	$82.50
53201	1/4-2/8	Wednesday	4-4:45 p.m.	$82.50
53202	2/15-3/29	Wednesday	3-3:45 p.m.	$96.25
53203	2/15-3/29	Wednesday	4-4:45 p.m.	$96.25

YOUTH EXPRESSIONISTIC DRAWING

Ages 7-10

Young artists will explore the basic elements of drawing with a variety of media including pencil, crayon, and oil pastel. We'll find inspiration from nature and in works from respected artists while creating a community structure that reflects the interests of the participants.

53447	1/9-3/13	Monday	3:45-5 p.m.	$150

ART THEORY & STUDIO ART

Ages 18 and Older

Are you always noticing how things are designed and want to learn why we think something looks good? This class explores what defines art, the lives and influences of different artists, and how to use the elements of art and principles of design.

53446	1/9-3/13	Monday	6-7:30 p.m.	$175

LIL HOOPERS CO-ED

Ages 6-7

This fun co-ed, instructional class will teach the basics of basketball. This program has eight weeks of instruction with a scrimmage between teams. It's a friendly non-competitive opportunity for beginner sports.

53018	1/23-2/13	Monday	5:30-6:30 p.m.	$60
53215	1/30-3/6	Monday	6:30-7:30 p.m.	$60

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.

53204	1/3-1/26	Tu/Th	5:30-6:45 p.m.	$50
53206	1/31-2/23	Tu/Th	5:30-6:45 p.m.	$50
53205	2/28-3/30	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.

53222	1/6-1/27	Friday	9:30-11:30 a.m.	$152
53221	2/3-2/24	Friday	9:30-11:30 a.m.	$152
53220	3/3-3/17	Friday	9:30-11:30 a.m.	$76
53219	3/24-4/7	Friday	9:30-11:30 a.m.	$114

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.

53216	1/3-1/19	Tu/Th	9:30-10:45 a.m.	$48
53217	2/28-3/16	Tu/Th	9:30-10:45 a.m.	$42
53218	3/28-4/13	Tu/Th	9:30-10:30 a.m.	$42

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.

53195	1/12-3/16	Thursday	6:30-7:30 p.m.	$123

YOGA FOR KIDS

Ages 6-12

Discover yoga! This yoga class includes breath exercises and physical poses. It's an active class with a fun and creative approach to stretching, strengthening and increased awareness. This is a non-competitive form of exercise that all children can enjoy. Please bring a mat to class and wear clothing that's easy to move in. Masks are optional.

53239	1/11-2/15	Wednesday	5-6 p.m.	$80
53238	2/22-3/29	Wednesday	5-6 p.m.	$80

HATHA YOGA

Ages 18 and Older

This is a Hatha yoga class that includes breath practices (pranayama) and physical poses (asanas). Move with awareness to increase flexibility, strength, and balance. Non-flow style. Please bring a mat to class and wear clothing that's easy to move in. Masks are optional.

53236	1/11-2/15	Wednesday	6:30-7:30 p.m.	$92
53237	2/22-3/29	Wednesday	6:30-7:30 p.m.	$92

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. ***Please call 206-386-4283 to schedule your time slot.***

52790	1/5-1/26	Thursday	3-6 p.m.	$184
52791	2/2-2/23	Thursday	3-6 p.m.	$184
52792	3/2-3/30	Thursday	3-6 p.m.	$184

ADULT ART CLASSES

WATERCOLORING — Ages 18 and Older

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

53095	1/10-2/14	Tuesday	6:30-8 p.m.	$178

LANDSCAPES AND SEASCAPES — Ages 18 and Older

Join us for a fun introduction to acrylic painting with step-by-step instructions! We will explore a variety of techniques including color mixing, blending, creating texture, and more to create impressive projects at a beginner's pace. Please bring an apron to wear.

53100	2/28-4/4	Tuesday	6:30-8 p.m.	$178

YOUTH ART CLASSES

CARTOONING — Ages 7-9

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. We will explore different styles of cartooning including manga, comics, and classic cartoons through creative, exciting projects. No prior experience is required.

53097	1/10-2/14	Tuesday	4:30-6 p.m.	$157

MIXED MEDIA — Ages 7-9

Build the foundations of art while inspiring creativity. We'll create innovative mixed media projects with watercolors, oil pastel, colored pencils, and more. Each class we'll choose a different medium and art concept including color, pattern, texture, and more.

53099	2/28-4/4	Tuesday	4:30-6 p.m.	$157

ENGLISH CONVERSATION — FREE

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.

53391	1/11-3/15	Wednesday	5:30-6:30 p.m.	FREE

BALLET

PRE-BALLET — Age 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.

53253	1/10-2/14	Tuesday	3:30-4:15 p.m.	$85
53254	2/21-3/28	Tuesday	3:30-4:15 p.m.	$85

BALLET 1 — Age 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.

53249	1/10-2/14	Tuesday	4:30-5:15 p.m.	$85
53250	2/21-3/28	Tuesday	4:30-5:15 p.m.	$85

BALLET 2 — Age 7-10

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

53251	1/10-2/14	Tuesday	5:30-6:30 p.m.	$100
53252	2/21-3/28	Tuesday	5:30-6:30 p.m.	$100

COVID GUIDELINES

FIND DETAILS ON PAGE 56

NORTHGATE CC

NORTHWEST SEATTLE

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.

53248	1/12-3/16	Thursday	9:45-10:45 a.m.	$120

KENDO

Ages 10 and Older

Kendo is the art of Japanese fencing. Kendo practice is composed of many types of training and our class will cater to all experience levels, but will focus on the basics of footwork and swings. Students will also be introduced to modern Kendo Equipment (Shinai and Bokken) are required.

54699	1/4-3/29	Wednesday	6:30-8 p.m.	$95

GOJU-RYU KARATE: BEGINNER/INTER.

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.

53256	1/9-3/27	Monday	5:30-7:30 p.m.	$50

COVID GUIDELINES

FIND DETAILS ON PAGE 56

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/3RPu4ol

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

NORTHWEST SEATTLE

QUEEN ANNE CC

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.

54250	1/4-1/30	M/W	6-7 p.m.	$56
54251	2/1-2/27	M/W	6-7 p.m.	$56
54252	3/1-3/29	M/W	6-7 p.m.	$56

HIP HOP

Let's dance to pop and hip-hop based music! We will warm-up, play games, and learn exclusive dance choreography! Classes are focused on building confidence! Some dance experience will benefit participants. Hosted by Metropolis Dance. *No class during Mid-Winter break Feb. 20-24.

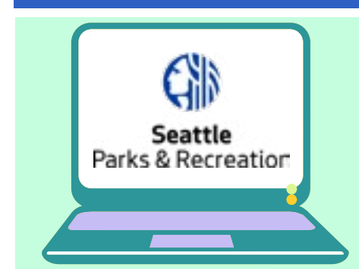
HIP HOP 1 — Ages 6-8

54508	1/26-4/6	Thursday	4:05-5 p.m.	$184

HIP HOP 2 — Ages 9-11

54511	1/26-4/6	Thursday	5:05-6 p.m.	$184

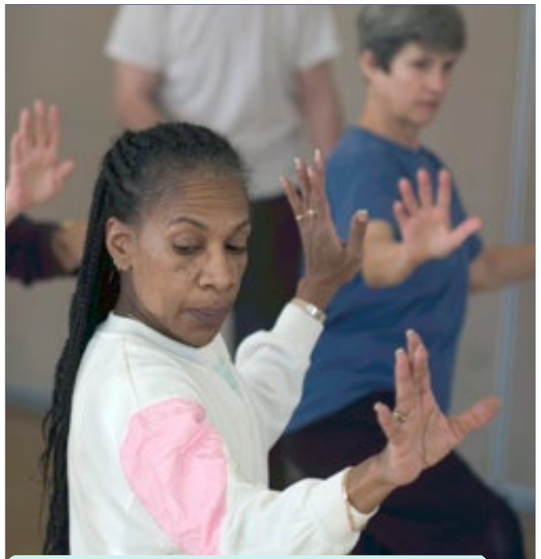
REGISTRATION OPENS DECEMBER 6th



SCAN ME

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

Seattle Parks & Recreation



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.

Find out more at www.seattle.gov/parks/seniors/ where you can download the Lifelong Recreation brochure and sign-up for our email newsletter. Contact us at 206-684-4951.

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

ELL CAREGIVERS COFFEE & CONVERSATIONS

FREE

Ages 18 and Older

Coffee and Conversation aims to welcome ELL caregivers of elementary-aged youth with casual conversation focused on participant-led topics. Support for the group is provided by the MLL Teacher from Madrona Elementary and volunteers from the Madrona Elementary PTSA. All English levels are welcome.

54127	1/6-4/7	Friday	1:30-2:25 p.m.	FREE

MARCUS GARVEY BOOK CLUB

FREE

Ages 18 and Older

Books are the foundation of knowledge. Come join facilitators Reverend Harriett Walden and Erik Stark of The Family Empowerment Institute. Each month covers a new book focusing on local, cultural, historical, and African American topics. You must be registered to attend. This is a hybrid class. **You may register for an in-person experience or choose the virtual program.**

53386	1/3-4/4	Tuesday	6:30-8 p.m.	FREE

TWISTED PRETZEL YOGA

Ages 18 and Older

Explore the basic yoga postures (asana), breath practices (pranayama), and yoga theory. These classes are a great option for those wanting to work on refining and/or holding postures. You will be encouraged to work within your own limitations and abilities. All experience levels welcome.

53997	1/11-2/22	Wednesday	6:30-7:30 p.m.	$92
53998	3/1-4/5	Wednesday	6:30-7:30 p.m.	$92

SPECIAL EVENT: INTRO TO PARKOUR WORKSHOP

FREE

Ages 7-13

Parkour is a movement discipline focused on connecting movements in jumping, vaulting, and climbing. It's an accessible, non-competitive sport that turns your surroundings into a playground. Learn about the sport at this special event.

1/19	Thursday	4-6 p.m.	FREE

PARKOUR

FREE

Ages 7-13

Parkour is a movement discipline focused on connecting movements in jumping, vaulting, and climbing. It's an accessible, non-competitive sport that turns your surroundings into a playground. Classes are a mix of indoor and outdoor activities, and they take place rain or shine. Additional insurance required for participants.

53993	1/26-3/16	Thursday	4-5:30 p.m.	FREE

YOUTH DEVELOPMENT TAEKWONDO

FREE

Ages 5-18

Taekwondo promotes positive behaviors and improved life skills. Persistent positive feedback supports and reinforces educational achievement, behavioral change, and community building. We challenge our students to think critically and open their minds to change.

53387	1/4-4/12	M/W	6-7:30 p.m.	FREE

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.

53999	1/9-2/13	Monday	3:30-4:15 p.m.	$80
54121	2/27-4/3	Monday	3:30-4:15 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.

54000	1/9-2/13	Monday	4:30-5:20 p.m.	$80
54001	1/11-2/15	Wednesday	4:30-5:20 p.m.	$95
54122	2/27-4/3	Monday	4:30-5:20 p.m.	$95
54123	3/1-4/5	Wednesday	4:30-5:20 p.m.	$95

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.

54119	1/9-2/13	Monday	5:30-6:25 p.m.	$80
54120	2/27-4/3	Monday	5:30-6:25 p.m.	$95

SPECIAL EVENT: POLLINATORS IN OUR URBAN GARDENS

FREE

ALL AGES

Join us to learn about the role bugs play in garden pollination and to release ladybugs in the Garfield Community Center garden. This event is dedicated to the memory of Traci Grant whose passion for the Garfield garden lives on in the plants and people who have grown up here.

4/20	Thursday	4-6 p.m.	FREE

INTERNATIONAL DISTRICT/ CHINATOWN CC

SOUTHEAST SEATTLE

SENIOR EXERCISE

FREE

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.

54723	1/4-4/21	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.

54724	1/7-4/22	Saturday	11 a.m.-Noon	$45

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.

54726	1/6-1/27	Friday	4-6 p.m.	$40/class
54730	1/6-1/27	Friday	4-6 p.m.	$40/class
54727	2/2-2/23	Thursday	4-6 p.m.	$40/class
54731	2/3-2/24	Friday	4-6 p.m.	$40/class
54728	3/2-3/30	Thursday	4-6 p.m.	$40/class
54729	3/3-3/31	Friday	4-6 p.m.	$40/class

SOUTHEAST SEATTLE

JEFFERSON CC

TEEN PROGRAMS

FREE

TEEN ADVISORY PROGRAM

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

53605	1/4-3/29	Wednesday	5-6 p.m.	FREE

TEEN CAFE & GAME NIGHT

Learn to experience how to run a business, budget, market, and plan some themed game nights.

53607	1/6-3/31	Friday	4-8 p.m.	FREE

TEEN CHEF AND GARDENING

Learn from celebrity chefs and create a menu. We will use a budget to gather ingredients available. We will also create healthy snacks and meals with our own teen-tended garden, and then plan what to plant.

53604	1/4-3/29	Wednesday	3-5 p.m.	FREE

PEER TUTORING CLUB

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

53606	1/3-3/30	Tu/Th	4-6 p.m.	FREE

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!

53310	1/3-1/31	Tuesday	11-11:45 a.m.	$87.50
53311	2/14-3/28	Tuesday	11-11:45 a.m.	$87.50

ADULT POTTERY

Ages 18 and Older

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

53325	1/10-3/14	Tuesday	10 a.m.- 1 p.m.	$330
53328	1/11-3/15	Wednesday	5:30-8:30 p.m.	$330
53597	1/12-3/16	Thursday	5:30-8:30 p.m.	$330

TEEN MOCK TRIAL

FREE

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.

53316	1/3-3/29	Mon-Wed	6-8 p.m.	FREE

PIANO LESSONS

Ages 5-12

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

53333	1/12-3/16	Thursday	6-6:30 p.m.	$300
53321	1/12-3/16	Thursday	6:30-7 p.m.	$300
53322	1/12-3/16	Thursday	7-7:30 p.m.	$300
53323	1/12-3/16	Thursday	7:30-8 p.m.	$300
53635	1/13-3/17	Friday	4-4:30 p.m.	$300
53318	1/13-3/17	Friday	4:30-5 p.m.	$300
53319	1/13-3/17	Friday	5-5:30 p.m.	$300
53595	1/13-3/17	Friday	5:30-6 p.m.	$300
53320	1/13-3/17	Friday	6-6:30 p.m.	$300
53596	1/13-3/17	Friday	6-6:30 p.m.	$300

JEFFERSON CC

SOUTHEAST SEATTLE

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.

53315	1/9-2/13	Monday	5-5:45p.m.	$40
53594	2/27-3/27	Monday	5-5:45p.m.	$40

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.

53636	1/17-3/21	Tuesday	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.

53314	1/10-2/14	Tuesday	5-5:45 p.m.	$48
53593	2/21-3/28	Tuesday	5-5:45 p.m.	$48

ZUMBA®

Ages 16 and Older

Are you tired of the same old workout? 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 salsaton. Music selections include both fast and slow rhythms to help tone and sculpt the body.

53330	1/12-3/30	Thursday	7-8 p.m.	$96
53331	1/10-3/28	Tuesday	7-8 p.m.	$96

SOUTHEAST SEATTLE

RAINIER BEACH CC

AEROBICS WITH BLESSED HEARTS FITNESS

FREE

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.

53305	1/5-3/30	Thursday	6-7 p.m.	FREE

FAMILY MARTIAL ARTS

Ages 14 and Older

This is a martial arts program for the whole family! Participants will learn how to defend themselves so they can feel safer and more comfortable in everyday life, and build leadership skills by setting and achieving their own goals. Accomplishments are rewarded with positive reinforcement, so every student feels great about their progress.

53598	1/9-2/13	M/W	6-7 p.m.	$60

WOMEN'S SELF-DEFENSE

Ages 14 and Older

Your safety comes first! Learn essential safety and self-defense principles to recognize danger and avoid life-threatening situations. Specific methods include developing a confident voice, escaping from commons grabs, and getting to safety. Women ONLY.

53599	1/10-2/14	Tuesday	7:15-8:15 p.m.	$60

COVID GUIDELINES

FIND DETAILS ON PAGE 56

FAMILY ZUMBA®

FREE

Ages 14 and Older

Zumba® fuses fitness, entertainment, and culture into an exhilarating dance-fitness sensation! Join the fitness parties that blends upbeat world rhythms with easy to follow choreography for a total body workout that feels like a celebration! Please arrive early as space is limited. Masks are not required but are preferred.

53307	1/4-3/29	Wednesday	6:30-7:30 p.m.	FREE

GOJU RYU KARATE

FREE

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.

53308	1/9-3/29	M/W	7:15-8:30 p.m.	FREE

GENTLE YOGA

Ages 50 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.

53309	1/7-2/11	Saturday	9-10 a.m.	$60
53637	2/18-3/25	Saturday	9-10 a.m.	$60

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.

KIDS				**Ages 5-8**
53345	1/11-2/15	Wednesday	2:30-3:15 p.m.	$55
YOUTH				**Ages 9-12**
53346	1/11-2/15	Wednesday	1:30-2:15 p.m.	$55
ADULT				**Ages 14 and Older**
53347	1/11-2/15	Wednesday	3:30-4:15 p.m.	$60

VAN ASSELT CC

SOUTHEAST SEATTLE

MIXXED FIT®

Ages 16 and Older

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

53815	1/2-3/27	Monday	6-7 p.m.	$65

WOMEN'S ZUMBA® FREE

Ages 16 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.

53813	1/10-3/30	Tu/Th	6-7 p.m.	FREE

AEROBIC DANCE FITNESS

Ages 16 and Older

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

53831	1/11-3/29	Wednesday	6-7 p.m.	$55

BEGINNING MUSIC LESSONS

GUITAR — **Ages 7 and Older**

Receive the gift of music with this affordable, easy and fun introduction to the guitar. By the end of the the course, the student will be playing well known melodies or strumming along with their favorite songs. Student, please bring a guitar (acoustic guitar preferred), a tuner and guitar picks.

53833	1/14-3/25	Saturday	10:30-11:25 p.m.	$80

PIANO — **Ages 7 and Older**

Receive the gift of music with this affordable, easy and fun introduction to the piano.

53834	1/19-3/23	Thursday	4-4:30 p.m.	$80

PARKOUR FREE

Ages 8-12

Parkour is a movement discipline focused on connecting movements in jumping, vaulting, and climbing. It's an accessible, non-competitive sport that turns your surroundings into a playground. Classes are a mix of indoor and outdoor activities, and they take place rain or shine. Additional insurance required for participants.

53801	1/24-3/14	Tuesday	4-5 p.m.	FREE

DOUBLE DUTCH FREE

Ages 5-15

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

53832	1/24-3/21	Tuesday	3:45-4:45 p.m.	FREE

DELRIDGE CC

SOUTHWEST SEATTLE

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. Participants test for belt rank at their own pace. Open to beginners. ***No Class 1/16/23; 2/20/23.***

53618	1/9-3/22	M/W	4:30-5:15 p.m.	$50

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 students with Karate experience. ***No Class 1/16/23; 2/20/23.***

53617	1/9-3/22	M/W	5:30-6:30 p.m.	$50

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.

53619	1/10-2/14	Tuesday	12:45-1:15 p.m.	$240
53621	1/10-2/14	Tuesday	1:30-2 p.m.	$240
53622	1/10-2/14	Tuesday	2:15-2:45 p.m.	$240
53623	1/10-2/14	Tuesday	3-3:30 p.m.	$240
53624	1/10-2/14	Tuesday	3:45-4:15 p.m.	$240
53625	1/10-2/14	Tuesday	4:30-5 p.m.	$240
53626	1/10-2/14	Tuesday	5:15-5:45 p.m.	$240
53627	1/10-2/14	Tuesday	6-6:30 p.m.	$240
53620	2/28-4/4	Tuesday	12:45-1:15 p.m.	$240
53628	2/28-4/4	Tuesday	1:30-2 p.m.	$240
53629	2/28-4/4	Tuesday	2:15-2:45 p.m.	$240
53630	2/28-4/4	Tuesday	3-3:30 p.m.	$240
53631	2/28-4/4	Tuesday	3:45-4:15 p.m.	$240
53632	2/28-4/4	Tuesday	4:30-5 p.m.	$240
53633	2/28-4/4	Tuesday	5:15-5:45 p.m.	$240
53634	2/28-4/4	Tuesday	6-6:30 p.m.	$240

BEGINNING TAP AND JAZZ

Explore rhythms, body-mind coordination, and musicality while learning basic tap and jazz movements set to upbeat music. Each class will combine individual and combinations of dance skills. Tap shoes and Jazz or Ballet shoes required.

YOUTH — **Ages 5-9**

53613	1/12-2/16	Thursday	4:15-5:15 p.m.	$65
53614	3/2-4/6	Thursday	4:15-5:15 p.m.	$65

ADULT — **Ages 18 and Older**

53615	1/12-2/16	Thursday	5:30-6:30 p.m.	$65
53616	3/2-4/6	Thursday	5:30-6:30 p.m.	$65

HIAWATHA CC

SOUTHWEST SEATTLE

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!

***Program held at Dakota Place, not Hiawatha CC.**
4304 SW Dakota St, Seattle, WA 98116

53608	1/9-3/27	Monday	3-3:45 p.m.	$96
53609	1/9-3/27	Monday	4-4:45 p.m.	$96

- 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
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- Recreation Instructors

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www.arcseattle.org/jobs

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(206) 476-4163
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SOUTHWEST SEATTLE

HIGH POINT CC

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.

53094	1/4-3/29	Wednesday	5:45-7 p.m.	$70

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.

53152	1/5-1/31	Tu/Th/Sa	6-7:30 p.m.	$40
53153	2/2-2/28	Tu/Th/Sa	6-7:30 p.m.	$40
53154	3/2-3/30	Tu/Th/Sa	6-7:30 p.m.	$40

FAMILY NATURE ADVENTURES — FREE

URBAN WILDLIFE ADVENTURE — Ages 2 and Older

Let's learn to find the amazingly diverse urban wildlife living all around us. There is a rich world right outside your front door that we can explore together. We'll learn through short presentations, nature walks, and age-appropriate activities. Parents must accompany children under 10 years old.

53286	3/11	Saturday	11 a.m.-12:30 p.m.	FREE

NATIVE PLANTS ADVENTURE — Ages 2 and Older

Share the joy of learning as a family as we discover the magnificent native plants of the Pacific Northwest. Which plants are invaders, medicinal, and how do they interact with other species in their environment? Our day will include a brief presentation, nature walks, and an activity. Children under 10 must be accompanied by an adult.

53287	3/25	Saturday	11 a.m.-12:30 p.m.	FREE

TODDLER ART

Ages 3-5

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.

53493	1/19-2/16	Thursday	10-11 a.m.	$58
53590	3/2-4/6	Thursday	10-11 a.m.	$58

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. ***NO CLASS 2/22 & 3/15.***

53090	1/4-2/1	Wednesday	10:15-11 a.m.	$60
53155	2/15-3/29	Wednesday	10:15-11 a.m.	$60

WORLD MUSIC DANCE FITNESS

Ages 16 and Older

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

53454	1/9-1/30	Monday	6:15-7:15 p.m.	$30
53474	2/6-2/27	Monday	6:15-7:15 p.m.	$30
53475	3/6-3/27	Monday	6:15-7:15 p.m.	$40

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.

53158	1/5-2/2	Thursday	2:30-7:30 p.m.	$26.50/Class
53171	1/7-2/4	Saturday	10 a.m-3 p.m.	$26.50/Class
53168	2/9-3/30	Thursday	2:30-7:30 p.m.	$26.50/Class
53172	2/11-3/25	Saturday	10 a.m-3 p.m.	$26.50/Class

SOUTH PARK CC

SOUTHWEST SEATTLE

TEEN MUSIC PRODUCTION: BEGINNER

Ages 14-19

Ever dream of working in a music production studio? Here's your chance to get started. Learn the basics of electronic music and MIDI-based musical compositions from which DAW works best for you to how MIDI is integrated into the music production process. ***NO CLASS 3/23.***

53679	1/10-1/31	Tu/Th	6:30-7:30 p.m.	FREE
53681	2/2-2/28	Tu/Th	6:30-7:30 p.m.	FREE
53682	3/2-3/30	Tu/Th	6:30-7:30 p.m.	FREE

COVID GUIDELINES

FIND DETAILS ON PAGE 56

SOUTHWEST SEATTLE

YESLER CC

PICKLEBALL — FREE

Ages 18 and Older

Come learn the basics of Pickleball, and develop useful skills and techniques to help you improve your game.

53365	1/3-1/31	Tu/Th	9 a.m.-Noon	FREE
53366	2/2-2/28	Tu/Th	9 a.m.-Noon	FREE

BASEKTBALL: DRILLS AND SKILLS

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.

DRILLS AND SKILLS — Ages 10-17

53336	1/4-1/30	M/W/F	4-6:45 p.m.	$66
53337	2/1-2/27	M/W/F	4-6:45 p.m.	$66
53338	3/1-3/31	M/W/F	4-6:45 p.m.	$66

DRILLS AND SKILLS: ADVANCED — Ages 10-17

53354	1/3-1/31	Tu/Th	4-6:45 p.m.	$66
53355	2/2-2/28	Tu/Th	4-6:45 p.m.	$66
53356	3/2-3/30	Tu/Th	4-6:45 p.m.	$66

YESLER FITNESS ROOM — FREE

Ages 18 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.

53370	1/3-3/31	Mon-Sat	11 a.m.-7:45 p.m.	FREE

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

WINTER 2023 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.

YOUTH BASKETBALL

This league provides athletes the opportunity to learn and solidify the fundamentals of basketball including team play and sportsmanship.

Teams are grouped by age and ability and all players are required to have a minimum amount of playing time each game. Practices occur at the home community center or nearby gym; practice days & times vary depending on team/coach.

Games occur at various Community Centers throughout the city. Games begin in early February and end in early April with the opportunity for post-season play for qualifying teams. Games are typically Saturdays for ages 10-12 and Sundays for ages 13-17.

Registration and Concussion forms, Birth Certificate and Payment must be received to be registered. ***Players may sign up until January 19, 2023, or at their community center until teams are full; the last day to add a new player to an existing team is January 19, 2023.***

BOYS' CUBS BASKETBALL

Ages 8-9	**Fee: $110**

GIRLS' CUBS BASKETBALL

Ages 8-9	**Fee: $110**

BOYS' BASKETBALL

Ages 10, 11, 12, 13, 14-15, and 16-17	**Fee: $110**

GIRLS' BASKETBALL

Ages 10, 11, 12, 13, and 14-17	**Fee: $110**

YOUTH TRACK AND FIELD

AGE GROUPS 5-17 ***(Age is determined by birth year)***

Young athletes in our Track and Field program will be coached and then get to compete with other kids their age in various athletic contests based on running, jumping, and throwing. Runners register at their neighborhood community center and practices occur at their home track or field. Practices begin the week of March 20th.

Track meets will be held at West Seattle Stadiums and meets begin April 15th at either 9:30 a.m. or 1:30 p.m. Teams will be forming at Community Centers throughout Seattle.

Registration Opens March 7th
Fee: $65

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!

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

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.

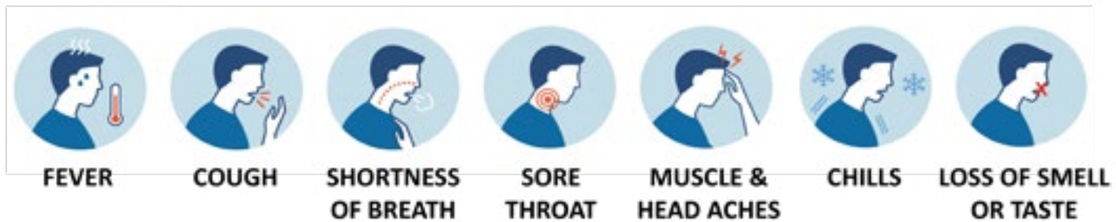
INSURANCE
An additional $5 insurance fee will be required when registering for all gymnastics, tumbling, or circus arts classes at Seattle Parks and Recreation facilities. This non-refundable fee covers your child's participation in all gymnastics, tumbling, parkour, or circus arts classes at SPR facilities 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:



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 recreatonal activities for people with physical and developmental disabilities. We provide opportunities to participate in recreational activities speecifically 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