

## ↳ TOTS

### TODDLER PLAY ROOM

**Ages 0-5**

Come out of the rain and let your toddler enjoy indoor fun in our cozy toddler play room.

**Location: Queen Anne CC**

**M-F 9:30 am-8:30 pm \$3**

### TODDLER PLAY GYM

**Ages 1-5**

Bring your child(ren) to our large open gym to play with tricycles, push toys, balls, mats, Bouncy House, and more.

**Location: Queen Anne CC**

**T/Th 10 am-1 pm \$3**

### MIGHTY MITES INDOOR PLAYGROUND

**Ages 0-5**

Looking for a safe and fun place for toddlers and infants to play, to meet other parents, and make new friends? Our indoor playground is just the place! Featuring a Bouncy House, tons of toys, cars, balls, and much more, this is the perfect place to be before lunch. Parents supervise play activity. Punch cards are available.

**Location: Miller CC**

**Tue/Thu 10 am-Noon \$3**

### TODDLER PLAY ROOM

**Ages 6 months-5 years**

We offer a designated play room just for toddlers and infants. Enjoy the books, toys and playtime. Parents supervise play area. Punch cards available at the front desk.

**Location: Miller CC**

**Mon-Fri 4-8:30 pm \$3**

### TODDLER PLAY GYM

**Ages 6 months-5 years**

We are proud to offer an opportunity for parents and their little ones to roam wild and free in our gym. Toddler-friendly toys, including a Bouncy House, are featured. This is a great way for them to get exercise and socialize with other children in the community. No Tot Gym on 11/28.

**Location: Garfield CC**

**M/W/F 10 am-Noon \$3**

### INDOOR PLAYGROUND WITH SPECIALIZED TOYS

Our indoor gym for little ones features the Imagination Playground, a Bounce House and specialized toys designed for children with special needs, (our new outdoor playground open all year-round is ADA-accessible). We also have a climbing structure, cars, trikes and much more. Come on down and get those wiggles out of your children! Open Fall, Winter and Spring.

**Location: Montlake CC**

**M/W/F 9:30 am-1:30 pm \$3**

### TODDLER PLAY GYM

**Ages 0-5**

We are proud to offer an opportunity for parents and their little ones to roam wild and free in our gym. Toddler-friendly toys. This is a great way for your toddler to get exercise and socialize with other children in the community. Parent supervision is required.

**Location: Yesler CC**

**Mon/Wed 1-3 pm**

### PLAYTIME IMAGINATION PLAYGROUND

**Ages 0-7**

Bring your children to Belltown's Playtime featuring push toys, balls, Imaginary Playground and more!

**Location: Belltown CC**

**T/Th / F 10 am-2 pm**

**M/W 3-8 pm \$3 per child**




**WEIGHT ROOM**

No matter what your level of fitness, you can set and meet your goals in our friendly, non-intimidating fitness room. It's time to commit to get fit!

**Location: Queen Anne CC**

**M/W / F 10 am-7 pm**

**T/Th 11:30 am-8:30 pm**

**Sat 10 am-3 pm**

**\$3 Adults / \$2 Seniors / \$15 monthly**

**Location: Yesler CC**

**M-Th 1-9 pm**

**Fri 1-7 pm**

**Sat 10 am-5 pm**

**\$3 Adults / \$2 Seniors**

**CAPITOL HILL CRAFT GROUP**

All ages and skill levels with any portable crafts from knitting to scrapbooking to dedicated browsing of Etsy and Pinterest are welcome. Join us! You define "portable"; please bring your own supplies.

A drop-in fee of \$3 per person per session goes to the Community Center. You may bring in food and non-alcoholic beverages, and we share snacks. We also have a limited number of sewing machines available. For more information see website:[www.capitolhillcraftgroup.blogspot.com](http://www.capitolhillcraftgroup.blogspot.com)

**Location: Miller CC**

**2nd and 4th Wed**

**9/10, 9/24, 10/8 10/22, 11/12, 11/26, 12/10 12/24**

**5:30-8 pm**

**\$3**

**JAM - AN ECSTATIC AND CONTACT DANCE**

Jam is an open dance space, a place to explore your body movement expression by yourself and with other people. This dance is very lightly structured to give you experimental freedom in a safe space with friendly dancers. Feel the music, move with inspiration, and discover yourself.

**Location: Miller CC**

**Mondays 6:30-8:30 pm**

**\$6**

**VIETNAMESE FOOD AND FITNESS**

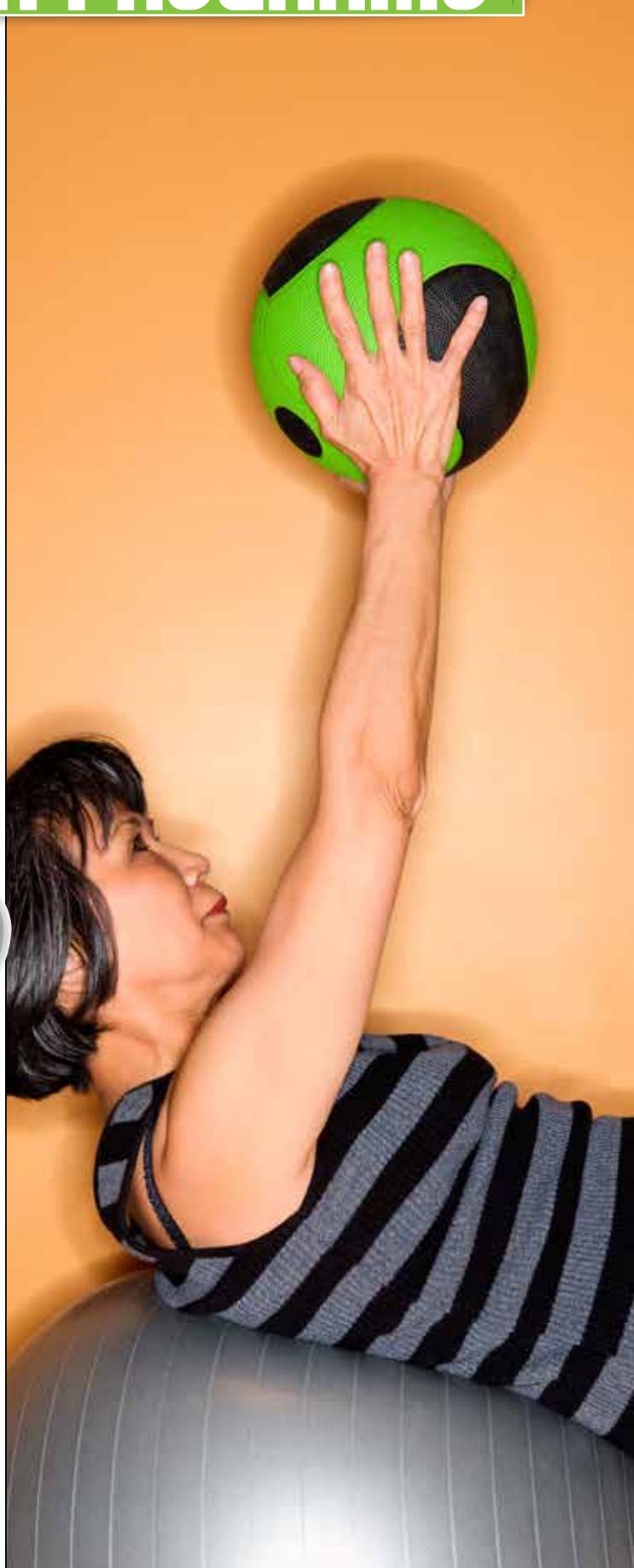
**Ages 55 and up**

This program offers great opportunities for elders to celebrate their culture and language. Each day provides lunch, social, educational and fitness programs.

**Location: Garfield CC**

**Tue/Fri 10 am-1 pm**

**FREE!**



## ADULT VOLLEYBALL

Bring a friend and play volleyball for an evening of fun.

**Location:** Miller CC

**Mon/Fri 6-8:45 pm \$3**

## WHEELCHAIR BASKETBALL

Drop-in wheelchair basketball is open to youth and adults with physical disabilities. Are you looking to be more active? Come experience recreational and/or competitive basketball with the NWBA Seattle Slick team. Equipment is limited and available on a first-come, first-serve basis. You will meet fellow athletes with similar likes and interest that love this fun, fast-paced sport.

**Location:** Miller CC

**Tue 6-8:45 pm \$3**

## IN-LINE SKATING

When the weather gets foul come inside and skate. Skating is a great way to get exercise while having fun.

**Location:** Miller CC Meany Gym

**Thu 7-8:30 pm \$3**

## YOUTH OPEN GYM

Work off that energy after a day at school! Get in shape, improve your sportsmanship and learn respect for each other.

**Location:** Yesler CC

**Tue-Fri 3-5 pm**

## BALLROOM DANCE

**Ages 18 & up**

Join us to experience complimentary and Latin dance lessons and free dance instruction/guidance in ballroom dancing.

**Location:** Yesler CC

**Tue 6-8 pm \$3 adults/\$2 seniors**

**Sat 2-4 pm \$3 adults/\$2 seniors**

## SENIOR GAMES

**Ages 55 & up**

Here's a chance to enjoy a fun afternoon of Mahjong and table tennis.

**Location:** Yesler CC

**M/W 1-4 pm \$3 adults/\$2 seniors**

## ETHIOPIAN & ERITREAN FOOD AND FITNESS

**Ages 55 & up**

This program offers great opportunities for elders to celebrate their culture and language. Open access for participants to utilize Yesler CC's fitness room before and after having a social and East African-styled brunch in the Multi-purpose Room. Each day provides lunch, social, educational and fitness programs.

**Location:** Yesler CC

**Thu 10 am-1 pm**

**Sat Noon-2 pm**



ALL ADULT DROP-IN PROGRAMS REQUIRE A \$3 FEE (SENIORS 50+ \$2), UNLESS OTHERWISE NOTED.  
 DROP-IN ACTIVITIES ARE SUBJECT TO CHANGE, BASED ON COMMUNITY CENTER ACTIVITIES.  
 CALL CENTER WITHIN 48 HOURS PRIOR TO VERIFY DAILY SCHEDULE

	Belltown	Garfield	Miller	Montlake	Queen Anne	Yesler
<b>Badminton</b>					<b>M-F</b> 1-5 pm	<b>Wed</b> 7-8:45 pm <b>Sat</b> 10 am-1 pm
<b>Basketball</b>		<b>YOUTH</b> Sat 10 am-2 pm <b>ADULTS</b> Sat 2-5 pm	<b>Wheel Chair</b> Tue 6-8:45 pm	<b>Tuesday</b> 6:30-7:45 <b>Friday</b> 3-6 pm	<b>M-F</b> 1-5 pm	<b>Tue/Thu</b> 1-3 pm
<b>Board Games</b>				<b>BRIDGE</b> Fri 12:30-4 pm <i>Hot coffee available</i>	<b>SCRABBLE/</b> <b>CHESS</b> Mon 10-11 am <b>MAH JONG/</b> <b>CARDS</b> M/F 2-4:30 pm	<b>Senior Games</b> M/W 1-4 pm
<b>Computer Lab</b>		<b>Mon-Sat</b> 2-7 pm <i>Call (206) 684-4788 for availability FREE!</i>				<b>ALL AGES</b> <b>Mon-Fri</b> 2-4 pm
<b>Dance</b>			<b>ESTATIC DANCE</b> <b>Mon</b> 6:30-8:30 pm \$6			<b>BALLROOM</b> <b>Tue</b> 6-8 pm <b>Sat</b> 2-4 pm
<b>Fitness Center</b>		<b>M-F</b> 10 am-9 pm <b>Sat</b> 10 am-5 pm <i>\$3/drop-in</i>		<b>FREE ADULT</b> <b>WORK OUT</b> <b>Thu</b> 7-8 pm	<b>M-F</b> 10 am-7 pm <b>T/Th</b> 11:30-8:30 pm <b>Sat</b> 10 am-3 pm <i>\$3/drop-in</i>	<b>Mon-Th</b> 1-9 pm <b>Friday</b> 1-7 pm <b>Sat</b> 10 am-5 pm <i>\$3/drop-in</i>
<b>Pickleball</b>		<b>T/Th</b> 10 am-1 pm	<b>Friday</b> 10 am-Noon			<b>T/Th</b> 10 am-Noon
<b>Skating</b>			<b>IN-LINE</b> <b>SKATING</b> <b>Thu</b> 7-8:30 pm			
<b>Tennis</b>	<b>TABLE TENNIS</b> Open hours	<b>INDOOR TENNIS</b> T/Th 10 am-Noon				
<b>Volleyball</b>		<b>Sunday</b> 1-4 pm	<b>Mon/Fri</b> 6-8:45 pm			