

TODDLER INDOOR GYM

DOES YOUR CHILD NEED TO BURN OFF SOME ENERGY?

Your child will learn social skills, develop hand-eye coordination, and make new friends. *A parent or responsible caregiver (18 or older) must be present at all times. Registration is not required.*

Location: Delridge CC

M/W 1-4 pm \$3

Location: Hiawatha CC

Mon/Thu 10 am-1 pm \$3

Location: South Park CC

Thu 1-3 pm \$3

Location: High Point CC

Tue/Thu 10 am-1 pm \$3



PLAY AND LEARN

Free drop-in program (funded by United Way of King County and Seattle Parks and Recreation)

Play and Learn is a partnership between Denise Louie Education Center and the South Park Community Center. Play and Learn is a program for parents and caregivers of young children to learn and explore together. This facilitated program is designed to support the development of children's school readiness skills and to provide education and support for parents and caregivers

11-11:45 am: Free Play

You and your child can explore the various activities and materials set out for the week. Please stay nearby to help facilitate your child's interaction with others.

11:45-12:10 pm: Circle/Story Time

12:15-12:30 pm: Snack (optional lunch)

Join other parents and caregivers for a snack provided by Denise Louie. Many regular participants also bring a lunch from home and eat together with the group.

Location: South Park Community Center

Tue 11-1 pm

DROP-IN BRIDGE

Location: Delridge

Mon 9 am-Noon \$2

COMMUNITY KITCHEN

Community Kitchen brings people together to prepare food and share it. Everyone gets involved in the food preparation, cooking and cleaning, and then we all eat a meal together. In addition to leaving a community kitchen with a full belly, participants gain cooking skills, fresh ideas, nutrition awareness, and (perhaps) best of all, new friends. Space is limited to 12 participants: please reserve your spot by calling the front desk at 684-7451 or register online.

Location: South Park Community Center

LOCAL HARVEST WITH MARRA FARM

#122124 9/17 Wed 5:30-8 pm

DEMENTIA FRIENDLY COOKING FOR BRAIN HEALTH

#122125 10/15 Wed 5:30-8 pm

CELEBRATE THE SEASON WITH GOOD NUTRITION

#122126 11/19 Wed 5:30-8 pm

TAI CHI FOR ARTHRITIS

FREE!

Are you 50 and older and looking for a way to get fit? Tai Chi for Arthritis is a great way to ease the pain, learn about weight distribution, power transformation, balance, stability, flexibility with increased range of motion and proper breathing.

Location: South Park CC

Tuesday 1-2 pm

Thursday 11:30-12:30 pm

TEEN LATE NIGHT

LATE NIGHT

FREE!

Ages 13-19

The Late Night Recreation Program is a fun, safe environment for high-risk Seattle youth. Our goal is to save the lives of our youth, create opportunities for success and provide positive alternatives to drugs, gangs, and other undesirable activities. The Late Night Recreation Program targets youth most prone to harmful behavior and shows them the possibility of having a positive future. We provide: educational services such as tutoring, computer and teen parenting programs, inter-cultural activities such as ethnic dance, and bead-making. Also athletic activities such as basketball, volleyball, martial arts and other sports.

Location: South Park CC, SWTLC, High Point CC

Fri 7 pm-Midnight

Location: SWTLC, Delridge CC

Sat 7 pm-Midnight

SWTLC TEEN DROP-IN ACTIVITIES

FREE!

Ages 11-19

Times and days for drop-in programs are subject to change depending on Basketball League practices.

BASKETBALL

Wed 3-6 pm

VOLLEYBALL

Tue 3-6 pm

PICKLE BALL/BADMINTON

Thu 5-8 pm

	Alki	Delridge	Hiawatha	High Point	South Park
BASKETBALL	Times are limited; please contact center for availability.	TEEN Mon/ Wed 4-6 pm Tue/Thu 2-6 pm Fri 1-6 pm		Mon/Wed/Fri 2:30-4 pm	YOUTH/TEEN M/W 3:30-5:30 pm ADULTS Tue 1-4 pm Th/F 3-5 pm
DODGEBALL	Mon 5-7:45 pm				
FITNESS ROOM		M/W 9 am-8 pm T/Th Noon-8 pm Fri 11-6 pm	Mon/ Thu 10 am-8 pm Tue/Wed 11 am-8 pm		
PICKLE BALL		M/W 10 am-Noon T/Th Noon-2 pm	Friday 10 am-Noon	Mon 9:30 am-11:30 am	
VOLLEYBALL		T/Th 10 am-Noon			YOUTH/TEEN Tue 6:30-8:30 pm ADULTS Thu 6:30-8:30 pm

There is an Adult Sports drop-in fee during all operating hours. The fee is \$3 per session for adults (ages 18 to 49) and \$2 per session for seniors (ages 50+). Drop-in activities are subject to change, based on community center activities. Call the center within 48 hours prior to verify daily schedule.

