COMMUNITY CENTERS:

NORTHEAST
LAKE CITY
MAGNUSON
MEADOWBROOK
MILLER
MONTLAKE
RAVENNA-ECKSTEIN

NORTHWEST
BALLARD
BITTER LAKE
GREEN LAKE
LOYAL HEIGHTS
MAGNOLIA
NORTHGATE
QUEEN ANNE

SOUTHEAST
GARFIELD
INT’L DISTRICT/CHINATOWN
JEFFERSON
RAINIER BEACH
VAN ASSELT

SOUTHWEST
DELRIDGE
HIGH POINT
HIAWATHA
YESLER

VIRTUAL PROGRAMS

REGISTER ONLINE:

FALL 2022 PROGRAMS
REGISTER ONLINE:
AUGUST 16
Seattle Parks and Recreation is pleased to offer several options to register for programs and activities.

We hope our registration options listed on this page will guide you to a choice that works best for you. While some of our Community Centers continue to operate on limited hours and with limited staff, we ask for your patience and understanding if we are not able to respond as quickly as you may expect.

Thank you for your continued support of Seattle Parks and Recreation.

SCHOLARSHIPS AVAILABLE!
For more information, including how to apply, please visit Seattle Parks and Recreation scholarship and financial page [https://www.seattle.gov/parks/find/scholarships-and-financial-aid](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](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](http://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](mailto: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.
At this time, these following community centers are offering in-person programs. Additional sites will be adding programs in the future.

### NORTHEAST SEATTLE

<table>
<thead>
<tr>
<th>Center Name</th>
<th>Address</th>
<th>Phone</th>
<th>Fax</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lake City CC</td>
<td>12531 28th Ave NE, Seattle, WA 98125</td>
<td>PH: 206-256-5645</td>
<td>Fax: 206-684-7529</td>
</tr>
<tr>
<td>Laurelhurst CC</td>
<td>4554 NE 41st St, Seattle, WA 98112</td>
<td>PH: 206-684-7529</td>
<td>Fax: 206-684-7529</td>
</tr>
<tr>
<td>Magnuson CC</td>
<td>7110 62nd Ave NE, Seattle, WA 98115</td>
<td>PH: 206-684-7026</td>
<td>Fax: 206-684-7141</td>
</tr>
<tr>
<td>Meadowbrook CC</td>
<td>10517 35th Ave NE, Seattle, WA 98125</td>
<td>PH: 206-684-7522</td>
<td>Fax: 206-684-4921</td>
</tr>
<tr>
<td>Montlake CC</td>
<td>1618 E Calhoun St, Seattle, WA 98112</td>
<td>PH: 206-684-4736</td>
<td>Fax: 206-684-7534</td>
</tr>
<tr>
<td>Ravenna-Eckstein CC</td>
<td>6535 Ravenna Ave NE, Seattle, WA 98115</td>
<td>PH: 206-684-7534</td>
<td>Fax: 206-684-4921</td>
</tr>
</tbody>
</table>

### NORTHWEST SEATTLE

<table>
<thead>
<tr>
<th>Center Name</th>
<th>Address</th>
<th>Phone</th>
<th>Fax</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ballard CC</td>
<td>6020 28th Ave NW, Seattle, WA 98107</td>
<td>PH: 206-684-4093</td>
<td>Fax: 206-684-7199</td>
</tr>
<tr>
<td>Bitter Lake CC</td>
<td>13035 Linden Ave N, Seattle, WA 98133</td>
<td>PH: 206-684-7524</td>
<td>Fax: 206-684-0858</td>
</tr>
<tr>
<td>Green Lake CC</td>
<td>7201 E Green Lake Dr N, Seattle, WA 98115</td>
<td>PH: 206-684-0780</td>
<td>Fax: 206-684-7550</td>
</tr>
<tr>
<td>Loyal Heights CC</td>
<td>2101 NW 77th St, Seattle, WA 98117</td>
<td>PH: 206-684-4052</td>
<td>Fax: 206-684-4052</td>
</tr>
<tr>
<td>Magnuson CC</td>
<td>2550 34th Ave W, Seattle, WA 98109</td>
<td>PH: 206-386-4235</td>
<td>Fax: 206-684-4230</td>
</tr>
<tr>
<td>Meadowbrook CC</td>
<td>10510 5th Ave NE, Seattle, WA 98119</td>
<td>PH: 206-386-4283</td>
<td>Fax: 206-684-4284</td>
</tr>
<tr>
<td>Montlake CC</td>
<td>1618 E Calhoun St, Seattle, WA 98112</td>
<td>PH: 206-684-7534</td>
<td>Fax: 206-684-4921</td>
</tr>
<tr>
<td>Ravenna-Eckstein CC</td>
<td>6535 Ravenna Ave NE, Seattle, WA 98115</td>
<td>PH: 206-684-7534</td>
<td>Fax: 206-684-4921</td>
</tr>
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</table>

### SOUTHEAST SEATTLE

<table>
<thead>
<tr>
<th>Center Name</th>
<th>Address</th>
<th>Phone</th>
<th>Fax</th>
</tr>
</thead>
<tbody>
<tr>
<td>Garfield CC</td>
<td>2323 E Cherry St, Seattle, WA 98122</td>
<td>PH: 206-684-4788</td>
<td>Fax: 206-684-4380</td>
</tr>
<tr>
<td>Rainier Beach CC</td>
<td>8825 Rainier Ave S, Seattle, WA 98118</td>
<td>PH: 206-386-1925</td>
<td>Fax: 206-386-1510</td>
</tr>
<tr>
<td>Van Asselt CC</td>
<td>2820 S Myrtle St, Seattle, WA 98108</td>
<td>PH: 206-386-1921</td>
<td>Fax: 206-386-1894</td>
</tr>
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</table>

### SOUTHWEST SEATTLE

<table>
<thead>
<tr>
<th>Center Name</th>
<th>Address</th>
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<th>Fax</th>
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</thead>
<tbody>
<tr>
<td>Delridge CC</td>
<td>4501 Delridge Way SW, Seattle, WA 98106</td>
<td>PH: 206-684-7423</td>
<td>Fax: 206-684-7424</td>
</tr>
<tr>
<td>Hiawatha CC</td>
<td>2700 California Ave SW, Seattle, WA 98116</td>
<td>PH: 206-684-7411</td>
<td>Fax: 206-923-1691</td>
</tr>
<tr>
<td>High Point CC</td>
<td>6920 34th Ave SW, Seattle, WA 98126</td>
<td>PH: 206-684-7422</td>
<td>Fax: 206-684-7402</td>
</tr>
<tr>
<td>Yesler CC</td>
<td>917 E Yesler Way, Seattle, WA 98122</td>
<td>PH: 206-386-1245</td>
<td>Fax: 206-684-7787</td>
</tr>
</tbody>
</table>

**General Information**

- **Preschool**: 2-3
- **Licensed School Age Care**: 4
- **Drop-in Programs**: 5-6
- **Virtual Programs**: 7-12
- **Special Events**: 13-14
- **Citywide Athletics**: 24
- **Environmental Learning Centers**: 25
- **Additional Information**: 53
- **COVID Guidelines**: 54

**General Information**


**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.
INTERESTED IN TEACHING A CLASS OR WORKSHOP AT SEATTLE COMMUNITY CENTERS?
Please contact the Assistant Coordinators listed below with your programming idea(s).

CLASSES ARE SCHEDULED APPROXIMATELY SIX MONTHS IN ADVANCE.

<table>
<thead>
<tr>
<th>COORDINATORS/ASST. COORDINATORS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BALLARD CC</strong></td>
</tr>
<tr>
<td>C: Tim Ewings</td>
</tr>
<tr>
<td>AC: Paula Pablo</td>
</tr>
<tr>
<td><strong>BITTER LAKE CC</strong></td>
</tr>
<tr>
<td>C: Cynthia Etelamaki</td>
</tr>
<tr>
<td>AC: Richard By</td>
</tr>
<tr>
<td><strong>DELRIDGE CC</strong></td>
</tr>
<tr>
<td>C: Daryl Look</td>
</tr>
<tr>
<td>AC: Paula Pablo</td>
</tr>
<tr>
<td><strong>GARFIELD CC</strong></td>
</tr>
<tr>
<td>C: Derryn Anderson</td>
</tr>
<tr>
<td>AC: Jennifer Romo</td>
</tr>
<tr>
<td><strong>GREEN LAKE CC</strong></td>
</tr>
<tr>
<td>C: Chris Easterday</td>
</tr>
<tr>
<td>AC: Mary Pat Byington</td>
</tr>
<tr>
<td><strong>HIGH POINT CC</strong></td>
</tr>
<tr>
<td>C: Andrea Sisco</td>
</tr>
<tr>
<td>AC: Tamela Thomas</td>
</tr>
<tr>
<td><strong>INTERNATIONAL DISTRICT/CHINATOWN CC</strong></td>
</tr>
<tr>
<td>C: Doreen Deaver</td>
</tr>
<tr>
<td>AC: Joshua Chan</td>
</tr>
<tr>
<td><strong>JEFFERSON CC</strong></td>
</tr>
<tr>
<td>C: Paul Davenport</td>
</tr>
<tr>
<td>AC: Dawn Bennett</td>
</tr>
<tr>
<td><strong>LAKE CITY CC</strong></td>
</tr>
<tr>
<td>C: Rob Bellm</td>
</tr>
<tr>
<td><strong>LOYAL HEIGHTS CC</strong></td>
</tr>
<tr>
<td>C: Nick White</td>
</tr>
<tr>
<td>AC: Paula Pablo</td>
</tr>
<tr>
<td><strong>MAGNOLIA CC</strong></td>
</tr>
<tr>
<td>C: Katie Fridell</td>
</tr>
<tr>
<td>AC: Andrew Nguyen</td>
</tr>
<tr>
<td><strong>MAGNUSON CC</strong></td>
</tr>
<tr>
<td>C: Kim LeMay</td>
</tr>
<tr>
<td>AC: Penny Atwood</td>
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<tr>
<td><strong>MEADOWBROOK CC</strong></td>
</tr>
<tr>
<td>C: Douglas Oaksford</td>
</tr>
<tr>
<td>AC: Heather Wyatt</td>
</tr>
<tr>
<td><strong>MILLER CC</strong></td>
</tr>
<tr>
<td>C: Cameron Roth</td>
</tr>
<tr>
<td><strong>MONTLAKE CC</strong></td>
</tr>
<tr>
<td>C: Stefan Schmidt</td>
</tr>
<tr>
<td>AC: Tom Diamond</td>
</tr>
<tr>
<td><strong>NORTHGATE CC</strong></td>
</tr>
<tr>
<td>C: Marc Hoffman</td>
</tr>
<tr>
<td>AC: Mary Pat Byington</td>
</tr>
<tr>
<td><strong>QUEEN ANNE CC</strong></td>
</tr>
<tr>
<td>C: Gina Saxby</td>
</tr>
<tr>
<td>AC: Santy Villarico</td>
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<tr>
<td><strong>RAINIER BEACH CC</strong></td>
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<tr>
<td>C: Martha Winther</td>
</tr>
<tr>
<td>AC: Deja‘Nay Gilliam</td>
</tr>
<tr>
<td><strong>RAVENNA-ECKSTEIN CC</strong></td>
</tr>
<tr>
<td>C: Cameron Rivera-Floidine</td>
</tr>
<tr>
<td>AC: Thomas Hargrave</td>
</tr>
<tr>
<td><strong>VAN ASSELT CC</strong></td>
</tr>
<tr>
<td>C: Kiki Kennedy</td>
</tr>
<tr>
<td><strong>YESLER CC</strong></td>
</tr>
<tr>
<td>C: Gary Alexander</td>
</tr>
<tr>
<td>AC: Faizah Osayande</td>
</tr>
</tbody>
</table>

PARKS MANAGEMENT

<table>
<thead>
<tr>
<th>Christopher Williams</th>
<th>Barb Wade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acting Superintendent</td>
<td>Recreation Manager</td>
</tr>
<tr>
<td>Daisy Catague</td>
<td>Trevor Gregg</td>
</tr>
<tr>
<td>Acting Recreation Director</td>
<td>Recreation Manager</td>
</tr>
<tr>
<td>Mike Plympton</td>
<td>Tim Pretare</td>
</tr>
<tr>
<td>Aquatics Manager</td>
<td>OOC Recreation Manager</td>
</tr>
<tr>
<td>Tia Scott</td>
<td>LaShawn Street</td>
</tr>
<tr>
<td>Facilities &amp; Youth Sports Manager</td>
<td>OOC Recreation Manager</td>
</tr>
</tbody>
</table>

CLOSURES

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>9/5</td>
<td>Labor Day</td>
</tr>
<tr>
<td>9/27</td>
<td>All Sites Closed</td>
</tr>
<tr>
<td>10/10</td>
<td>Indigenous Peoples Day</td>
</tr>
<tr>
<td>11/11</td>
<td>Veterans Day</td>
</tr>
<tr>
<td>11/24</td>
<td>Thanksgiving Day</td>
</tr>
<tr>
<td>11/25</td>
<td>Day after Thanksgiving</td>
</tr>
<tr>
<td>12/25</td>
<td>Christmas Day</td>
</tr>
<tr>
<td>12/26</td>
<td>Day after Christmas</td>
</tr>
</tbody>
</table>
PRESCHOOL PROGRAM | Ages 3-5

Seattle Parks and Recreation operates half-day preschool programs in 12 neighborhood community centers. These low-cost early childhood programs provide a safe, happy, healthy learning environment for preschool children.

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

**NORTHWEST SEATTLE**

<table>
<thead>
<tr>
<th>Ages</th>
<th>Days</th>
<th>Time</th>
<th>5 Days</th>
<th>4 Days</th>
<th>3 Days</th>
<th>2 Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-5</td>
<td>Mon-Fri</td>
<td>8:30 a.m.-2:30 p.m.</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>3-5</td>
<td>Mon-Fri</td>
<td>9:30 a.m.-3:30 p.m.</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
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</tbody>
</table>

**BALLARD COMMUNITY CENTER**

**BITTER LAKE COMMUNITY CENTER**

**GREEN LAKE COMMUNITY CENTER**

**Magnolia Community Center**

**Loyal Heights Community Center**

**NORTHEAST SEATTLE**

<table>
<thead>
<tr>
<th>Ages</th>
<th>Days</th>
<th>Time</th>
<th>5 Days</th>
<th>4 Days</th>
<th>3 Days</th>
<th>2 Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-5</td>
<td>Mon-Fri</td>
<td>8:30 a.m.-2:30 p.m.</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
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</tr>
<tr>
<td>4-5</td>
<td>Mon-Thu</td>
<td>9:30 a.m.-1 p.m.</td>
<td>$792</td>
<td>$632</td>
<td>$520</td>
<td>$356</td>
</tr>
</tbody>
</table>

**MEADOWBROOK COMMUNITY CENTER**

**SOUTHWEST SEATTLE**

**Alki Community Center**

**Southwest Seattle**

<table>
<thead>
<tr>
<th>Ages</th>
<th>Days</th>
<th>Time</th>
<th>5 Days</th>
<th>4 Days</th>
<th>3 Days</th>
<th>2 Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-5</td>
<td>M/W/F</td>
<td>8:30 a.m.-Noon</td>
<td>$792</td>
<td>N/A</td>
<td>$520</td>
<td>$356</td>
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<tr>
<td>4-5</td>
<td>M/W/F</td>
<td>8:30 a.m.-Noon</td>
<td>$792</td>
<td>N/A</td>
<td>$520</td>
<td>$356</td>
</tr>
</tbody>
</table>

**Jefferson Community Center**

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
- 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.

**Closures:**

- 9/5 Labor Day
- 9/27 All Sites Closed
- 10/10 Indigenous Peoples Day
- 11/11 Veterans Day
- 11/24 Thanksgiving Day
- 11/25 Day after Thanksgiving
- 12/25 Christmas Day
- 12/26 Day after Christmas
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 resolution skills, and positive decision-making abilities. We like to work in partnership with our local schools to make sure your child’s educational experience is constantly being enriched. Our trained staff works daily to offer activities in areas such as: arts and culture, environmental stewardship, health and fitness, academic support, and more.

HIGHLIGHTS OF OUR PROGRAM:
- Quality and consistent care with qualified staff
- We welcome all members of the community
- A morning and afternoon snack will be provided
- Scholarship applications may be picked up at your local community center, DSHS child care subsidies are also accepted

Register NOW at your local community center!
A non-refundable $25 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.

CLOSURE DATES:
- 9/5 Labor Day
- 9/27 All Sites Closed
- 10/10 Indigenous Peoples Day
- 11/11 Veterans Day
- 11/24 Thanksgiving Day
- 11/25 Day after Thanksgiving
- 12/25 Christmas Day
- 12/26 Day after Christmas

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

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

GENERAL INFORMATION

TRANSPORTATION FOR PUBLIC SCHOOL STUDENTS
Seattle Public Schools will transport children within the district’s busing zones. If a child comes from outside the Seattle Schools’ busing zones, or if a child will be coming from a private school, the family is responsible for transportation. See the Seattle Public Schools website (https://bit.ly/sps_transport) or call 206-252-0900 for more information.

EQUAL OPPORTUNITY PROVIDER
In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, 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
# DROP-IN PROGRAMS

## NEW DROP-IN UPDATE

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

## TODDLER PLAYROOM

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

<table>
<thead>
<tr>
<th>Location</th>
<th>Age Group</th>
<th>Date</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ballard CC</td>
<td>Ages 5 and Under</td>
<td>51040 9/12-12/30</td>
<td>Mon-Fri</td>
<td>9:30 a.m.-8 p.m.</td>
<td>FREE</td>
</tr>
<tr>
<td>Green Lake CC</td>
<td>Ages 5 and Under</td>
<td>51150 9/6-12/31</td>
<td>Mon-Sat</td>
<td>10 a.m.-8 p.m.</td>
<td>FREE</td>
</tr>
<tr>
<td>Laurelhurst CC</td>
<td>Ages 5 and Under</td>
<td>51200 9/12-12/16</td>
<td>M/W/F</td>
<td>9:30 a.m.-Noon</td>
<td>FREE</td>
</tr>
<tr>
<td>Northgate CC</td>
<td>Ages 4 and Under</td>
<td>50776 9/6-12/29</td>
<td>Tu/Th</td>
<td>Noon-2:30 p.m.</td>
<td>FREE</td>
</tr>
<tr>
<td>Queen Anne CC</td>
<td>Ages 5 and Under</td>
<td>51875 9/6-12/29</td>
<td>Mon-Fri</td>
<td>11 a.m.-5:30 p.m.</td>
<td>FREE</td>
</tr>
<tr>
<td>Rainier Beach CC</td>
<td>Ages 2-5</td>
<td>51214 9/22-12/22</td>
<td>Thu</td>
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<td>FREE</td>
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<tr>
<td>Ravenna Eckstein CC</td>
<td>Ages 5 and Under</td>
<td>50351 9/6-12/13</td>
<td>Tu/Th</td>
<td>12:30-2:30 p.m.</td>
<td>FREE</td>
</tr>
<tr>
<td>Van Asseltt CC</td>
<td>Ages 2-5</td>
<td>51008 9/6-12/29</td>
<td>Tu/Th</td>
<td>10 a.m.-Noon</td>
<td>FREE</td>
</tr>
<tr>
<td>Yesler CC</td>
<td>Ages 5 and Under</td>
<td>51261 9/16-12/30</td>
<td>Fri</td>
<td>11 a.m.-1 p.m.</td>
<td>FREE</td>
</tr>
</tbody>
</table>

## TODDLER PLAY AND RUN

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

<table>
<thead>
<tr>
<th>Location</th>
<th>Age Group</th>
<th>Date</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lake City CC</td>
<td>Ages 1.5-5</td>
<td>50446 9/13-12/13</td>
<td>Tu/Th</td>
<td>9:45 a.m.-12:30 p.m.</td>
<td>FREE</td>
</tr>
<tr>
<td>Meadowbrook CC</td>
<td>Ages 1.5-5</td>
<td>51268 9/7-12/16</td>
<td>M/W/F</td>
<td>12:30-2:30 p.m.</td>
<td>FREE</td>
</tr>
</tbody>
</table>

## DROP-IN UPDATE

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

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

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

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

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

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

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

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

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

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

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

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

LATE NIGHT
Late Night is a safe and supportive environment for teens ages 13-19. This recreation-based program is held on Friday and Saturday evenings from 7p.m.-12a.m., with a focus on positive teen interactions and engagement where all teens are welcome. Dinner is provided each night.

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

RAINIER BEACH CC
Ages 13-19
49944  9/9-12/31  Fri-Sat  7 p.m.-Midnight  FREE
FALL 2022
Register online at https://bit.ly/spr_activity_reg

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

- **DELRIDGE CC**
  - Ages 18 and Older
  - 50602
  - 9/6-12/30
  - Mon-Fri
  - 10:15 a.m.-5:15 p.m.
  - FREE

- **INT’L DISTRICT/CHINATOWN CC**
  - Ages 18 and Older
  - 50750
  - 9/12-12/30
  - Mon-Fri
  - 11 a.m.-8:45 p.m.
  - FREE
  - 9/17-12/31
  - Sat
  - 11 a.m.-4:45 p.m.
  - FREE

- **LOYAL HEIGHTS CC**
  - Ages 16 and Older
  - 50607
  - 9/20-12/30
  - Mon-Fri
  - 9 a.m.-5:15 p.m.
  - FREE

- **MEADOWBROOK CC**
  - Ages 18 and Older
  - 50991
  - 9/1-12/30
  - Mon-Fri
  - 8:30 a.m.-8:15 p.m.
  - FREE
  - 9/3-12/31
  - Sat
  - 9 a.m.-4:45 p.m.
  - FREE

- **NORTHGATE CC**
  - Ages 18 and Older
  - 50818
  - 9/6-12/30
  - Mon-Fri
  - 9 a.m.-7:30 p.m.
  - FREE

- **QUEEN ANNE CC**
  - Ages 18 and Older
  - 51877
  - 9/6-12/30
  - Mon-Fri
  - 11 a.m.-6:45 p.m.
  - FREE

- **YESLER CC**
  - Ages 18 and Older
  - 51267
  - 9/6-12/31
  - Mon-Sat
  - 11 a.m.-7:45 p.m.
  - FREE

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.
  - FREE

- **GREEN LAKE CC**
  - Last shower at 4:30 p.m.
  - Tue-Sat
  - 9 a.m.-5 p.m.
  - FREE

- **MEADOWBROOK CC**
  - Last shower at 7:00 p.m.
  - Mon-Fri
  - 2:30-7:30 p.m.
  - FREE

- **MILLER CC**
  - Last shower at 5:30 p.m.
  - Mon-Fri
  - 10 a.m.-6 p.m.
  - FREE

HOMESCHOOL: OPEN GYM
Come and play!

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

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

- **INT’L DISTRICT/CHINATOWN CC**
  - Ages 18 and Older
  - FAMILY
  - 50749
  - 9/17-12/31
  - Sat
  - 2-4:30 p.m.
  - FREE

  - YOUTH
  - 50752
  - 9/1-12/29
  - Mon-Thu
  - 3-5:30 p.m.
  - FREE
  - 9/2-12/30
  - Fri
  - 3-8:45 p.m.
  - FREE

  - JEFFERSON CC
  - Ages 16 and Older
  - 50671
  - 9/2-11/28
  - M/F
  - 3:30-4:45 p.m.
  - FREE

  - RAINIER BEACH CC
  - Ages 18 and Older
  - 52329
  - 9/19-12/23
  - M/Tu/F
  - Noon-2 p.m.
  - FREE

  - RAVENNA ECKSTEIN CC
  - Ages 12 and Older
  - 50352
  - 9/6-12/29
  - Tu/Th
  - 3-5 p.m.
  - FREE
  - 50353
  - 9/7-10/14
  - M/W/F
  - 3-5 p.m.
  - FREE

  - VAN ASSELT CC
  - All Ages
  - 50647
  - 9/5-12/26
  - Mon
  - 5-7:45 p.m.
  - FREE
  - 9/6-12/27
  - Tue
  - 6-7:45 p.m.
  - FREE
  - 9/7-12/29
  - W/Th
  - 6:30-7:45 p.m.
  - FREE
  - 9/9-12/30
  - Fri
  - 6-8 p.m.
  - FREE
  - 9/10-12/31
  - Sat
  - 2-3:45 p.m.
  - FREE

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

- **INT’L DISTRICT/CHINATOWN CC**
  - Ages 50 and Older
  - 50751
  - 9/14-12/30
  - W/F
  - 11 a.m.-12:30 p.m.
  - FREE
## DROP-IN PROGRAMS

**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 birds will be provided.

<table>
<thead>
<tr>
<th>Location</th>
<th>Age</th>
<th>Date</th>
<th>Schedule</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Int’l District/Chinatown CC</td>
<td>Ages 18 and Older</td>
<td>9/13-12/29</td>
<td>Tu/Th</td>
<td>FREE</td>
</tr>
<tr>
<td></td>
<td>Ages 18 and Older</td>
<td>9/17-12/31</td>
<td>Sat</td>
<td>FREE</td>
</tr>
<tr>
<td>Jefferson CC</td>
<td>Ages 16 and Older</td>
<td>9/6-11/29</td>
<td>Tue</td>
<td>FREE</td>
</tr>
<tr>
<td>Magnolia CC @ Hanger</td>
<td>Ages 13 and Older</td>
<td>9/6-11/29</td>
<td>M/Tu</td>
<td>FREE</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Location</th>
<th>Age</th>
<th>Date</th>
<th>Schedule</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Miller CC</td>
<td>Ages 16 and Older</td>
<td>9/6-11/29</td>
<td>Tue</td>
<td>FREE</td>
</tr>
</tbody>
</table>

## COVID GUIDELINES
FIND DETAILS ON PAGE 54
DROP-IN PROGRAMS

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

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.

BALLARD CC  Ages 18 and Older
51045  9/9-12/30  Tu/F  6:15-8:15 p.m.  FREE

GARFIELD CC  Ages 18 and Older
50366  9/9-12/16  Fri  6:45 p.m.  $3

MILLER CC  Ages 16 and Older
50505  9/8-11/28  M/Th  6-8 p.m.  FREE

INT’L DISTRICT/CHINATOWN CC  Ages 18 and Older
50748  9/14-12/28  Wed  6-8:45 p.m.  FREE

MEADOWBROOK CC  Ages 18 and Older
50988  9/7-11/23  Wed  6:15-8:15 p.m.  FREE

MONTLAKE CC  Ages 18 and Older
51161  9/8-12/15  Tu/Th  4-7:30 p.m.  FREE

VAN ASSELT  Ages 18 and Older
50646  9/10-12/31  Sat  9-11 a.m.  FREE

PICTURE LINK

PICKLEBALL

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

BALLARD CC  Ages 18 and Older
51039  9/6-12/29  Tu/Th  10 a.m.-Noon  FREE
51041  9/7-12/28  Wed  6:25-8:15 p.m.  FREE

DELRIDGE CC  Ages 18 and Older
50486  9/12-12/16  M/W/F  10:15 a.m.-12:25 p.m.  FREE

GARFIELD CC  Ages 18 and Older
51259  9/8-12/15  Thu  10:15 a.m.-1 p.m.  FREE

HIGH POINT CC  Ages 18 and Older
50876  9/7-12/30  W/F  10 a.m.-12:45 p.m.  FREE

INT’L DISTRICT/CHINATOWN CC  Ages 18 and Older
50746  9/12-12/26  Mon  6-8:45 p.m.  FREE

JEFFERSON CC  Ages 18 and Older
51878  9/12-12/5  Mon  10 a.m.-1 p.m.  FREE

LOYAL HEIGHTS  Any Age
51730  9/16-12/16  Fri  Noon-2 p.m.  FREE

MAGNOLIA CC  Ages 18 and Older
48998  9/12-12/26  Mon  11 a.m.-2 p.m.  FREE

MAGNUSON CC @ HANGER  Ages 16 and Older
51986  9/1-11/30  W/Th  9:30-11:30 a.m.  FREE

MEADOWBROOK CC  Ages 18 and Older
51558  9/8-12/8  Thu  10 a.m.-3 p.m.  FREE

MILLER CC  Ages 16 and Older
50575  9/7-11/30  M/W/F  10 a.m.-1 p.m.  FREE

MONTLAKE CC  Ages 18 and Older
51160  9/7-12/17  W/Sa  10 a.m.-1 p.m.  FREE

NORTHGATE CC  Ages 18 and Older
50819  9/7-12/14  M/F  11 a.m.-2 p.m.  FREE
50820  9/7-12/26  Wed  11 a.m.-1:30 p.m.  FREE

QUEEN ANNE CC  Ages 18 and Older
51869  9/6-12/29  Tu/Th  Noon-2:30 p.m.  FREE

VAN ASSELT CC  Ages 50 and Older
50742  9/7-12/28  M/W  Noon-2:45 p.m.  FREE

YESLER CC  Ages 18 and Older
51255  9/6-12/29  Tu/Th  10 a.m.-Noon  FREE

VOLLEYBALL

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

BALLARD CC  Ages 18 and Older
51045  9/9-12/30  Tu/F  6:15-8:15 p.m.  FREE

GARFIELD CC  Ages 18 and Older
50366  9/9-12/16  Fri  6:45 p.m.  $3

MILLER CC  Ages 16 and Older
50505  9/8-11/28  M/Th  6-8 p.m.  FREE

INT’L DISTRICT/CHINATOWN CC  Ages 18 and Older
50748  9/14-12/28  Wed  6-8:45 p.m.  FREE

MEADOWBROOK CC  Ages 18 and Older
50988  9/7-11/23  Wed  6:15-8:15 p.m.  FREE

MONTLAKE CC  Ages 18 and Older
51161  9/8-12/15  Tu/Th  4-7:30 p.m.  FREE

VAN ASSELT  Ages 18 and Older
50646  9/10-12/31  Sat  9-11 a.m.  FREE

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

### DROP-IN PROGRAMS

## JUGGLING
Come learn how to juggle!

<table>
<thead>
<tr>
<th>Location</th>
<th>Ages</th>
<th>Dates</th>
<th>Times</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BALLARD CC</strong></td>
<td>Ages 18</td>
<td>9/6-12/28</td>
<td>Tue/Fri 6-8:30 p.m.</td>
<td>FREE</td>
</tr>
<tr>
<td><strong>MILLER CC</strong></td>
<td>Ages 18</td>
<td>9/6-12/28</td>
<td>Mon/Wed 6-8:30 p.m.</td>
<td>FREE</td>
</tr>
</tbody>
</table>

## 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.

<table>
<thead>
<tr>
<th>Location</th>
<th>Ages</th>
<th>Dates</th>
<th>Times</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>NORTHGATE CC</strong></td>
<td>Ages 18</td>
<td>9/6-12/19</td>
<td>Mon 11:30 a.m.-1:30 p.m.</td>
<td>FREE</td>
</tr>
</tbody>
</table>

## 50 & UP FUN
Join us for eight Donic Delhi Tables, Tennis Tables, and two more tables for Mahjong. Varies between centers.

<table>
<thead>
<tr>
<th>Location</th>
<th>Ages</th>
<th>Dates</th>
<th>Times</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>INT’L DISTRICT/CHINATOWN CC</strong></td>
<td>Ages 50</td>
<td>9/12-12/28</td>
<td>Mon-Wed 3-5 p.m.</td>
<td>FREE</td>
</tr>
<tr>
<td><strong>VAN ASSELT CC</strong></td>
<td>Ages 50</td>
<td>9/6-12/28</td>
<td>Fri 3-5 p.m.</td>
<td>FREE</td>
</tr>
</tbody>
</table>

## BRIDGE
Drop-in play for intermediate bridge players.

<table>
<thead>
<tr>
<th>Location</th>
<th>Ages</th>
<th>Dates</th>
<th>Times</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>NORTHGATE CC</strong></td>
<td>Ages 18</td>
<td>9/19-12/12</td>
<td>Mon 1-3 p.m.</td>
<td>FREE</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Location</th>
<th>Ages</th>
<th>Dates</th>
<th>Times</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>GREENLAKE CC</strong></td>
<td>Ages 18</td>
<td>9/6-12/30</td>
<td>Tu/F 6-8:45 p.m.</td>
<td>FREE</td>
</tr>
<tr>
<td><strong>INT’L DISTRICT/CHINATOWN CC</strong></td>
<td>Ages 18</td>
<td>9/12-12/26</td>
<td>Mon 6-8:30 p.m.</td>
<td>$3 Adults/ $2 Seniors</td>
</tr>
<tr>
<td><strong>LAKE CITY CC</strong></td>
<td>Ages 16</td>
<td>9/9-12/16</td>
<td>M/W 4-6:45 p.m.</td>
<td>FREE</td>
</tr>
</tbody>
</table>

## PING-PONG / TABLE TENNIS
Come play the fun sport of Table Tennis. Please bring your own paddle and water bottle.

<table>
<thead>
<tr>
<th>Location</th>
<th>Ages</th>
<th>Dates</th>
<th>Times</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>GREENLAKE CC</strong></td>
<td>Ages 18</td>
<td>9/6-12/30</td>
<td>Tu/F 6-8:45 p.m.</td>
<td>FREE</td>
</tr>
<tr>
<td><strong>INT’L DISTRICT/CHINATOWN CC</strong></td>
<td>Ages 18</td>
<td>9/12-12/28</td>
<td>Wed 10 a.m.-1 p.m.</td>
<td>FREE</td>
</tr>
</tbody>
</table>

## JUGGLING
Come learn how to juggle!

<table>
<thead>
<tr>
<th>Location</th>
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<tr>
<td><strong>GREENLAKE CC</strong></td>
<td>Ages 18</td>
<td>9/12-12/26</td>
<td>Mon 6-8:30 p.m.</td>
<td>$3 Adults/ $2 Seniors</td>
</tr>
<tr>
<td><strong>LAKE CITY CC</strong></td>
<td>Ages 16</td>
<td>9/9-12/16</td>
<td>M/W 4-6:45 p.m.</td>
<td>FREE</td>
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</table>

## BRIDGE
Drop-in play for intermediate bridge players.

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<th>Location</th>
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<tbody>
<tr>
<td><strong>NORTHGATE CC</strong></td>
<td>Ages 18</td>
<td>9/19-12/12</td>
<td>Mon 1-3 p.m.</td>
<td>FREE</td>
</tr>
</tbody>
</table>

## 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.

<table>
<thead>
<tr>
<th>Location</th>
<th>Ages</th>
<th>Dates</th>
<th>Times</th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>NORTHGATE CC</strong></td>
<td>Ages 18</td>
<td>9/19-12/12</td>
<td>Mon 1-3 p.m.</td>
<td>FREE</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Location</th>
<th>Ages</th>
<th>Dates</th>
<th>Times</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MONTLAKE CC</strong></td>
<td>Ages 18</td>
<td>9/13-12/13</td>
<td>Sat 9:30 a.m.-12:30 p.m.</td>
<td>$20</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Location</th>
<th>Ages</th>
<th>Dates</th>
<th>Times</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>INT’L DISTRICT/CHINATOWN CC</strong></td>
<td>Ages 50</td>
<td>9/15-12/29</td>
<td>Thu 1:30-2:30 p.m.</td>
<td>FREE</td>
</tr>
</tbody>
</table>
COOK ALONG WITH CHEF TAYLOR

Ages 12 and Older
The power of sharing food goes way beyond its physical nourishment. This is a hands-on cooking class led by Chef Taylor is geared to making affordable meals from around the globe, not just watching food be made. Your ingredients list will be sent out 5-7 days in advance. This class is virtual where you’ll be cooking and interacting from your own kitchen. A Webex meeting invitation will be sent out to all registrants 2-3 days in advance.

- **Mexican Food**
  - 50899  9/27  Tue  5-6 p.m.  FREE
- **Italian Food**
  - 50900  10/18  Tue  5-6 p.m.  FREE
- **Asian Food**
  - 50901  11/1  Tue  5-6 p.m.  FREE
- **Pacific NW Food**
  - 50902  11/15  Tue  5-6 p.m.  FREE

VIRTUAL HEALTHY EATS

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

- **Virtual Healthy Eats**
  - 50934  10/26  Wed  10-11 a.m.  FREE
  - 50937  11/9  Wed  10-11 a.m.  FREE

BLACK WOMEN: TAKE THE LEAD IN YOUR HEALTH

Ages 15 and Older
Black women around the world have the worst outcomes for health issues like breast cancer, diabetes, obesity, childbirth, hysterecctomy 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.

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

PIANO GROUP LESSONS

Ages 5 and Older
Learn to play the piano from an experienced professional teacher in weekly small group lessons. Training includes sight-reading, technique, expression, theory, and chords. Students must have access to a full electric keyboard or piano for practice outside of lessons. Class is NOT in-person. Register through Garfield Community Center by calling 206-684-4788.

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

Prior to event, a link will be sent to join, through Webex. For questions email: PKS_Virtual_Programs@seattle.gov
SPD: MIXED GENDER PERSONAL SAFETY CLASS
Ages 15 and Older
Learn how to be proactive and enhance your personal safety. Through discussion and lecture you will be taught to avoid dangerous situations and decrease the odds of becoming a victim. Presented to you by female and male Seattle police officers and is not a self-defense class. For questions please email PKS_Virtual_Programs@seattle.gov Prior to event, a link will be sent to join, through Webex.

<table>
<thead>
<tr>
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<tr>
<td>51566</td>
<td>12/14</td>
<td>Wed</td>
<td>6-7:30 p.m.</td>
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BECU VIRTUAL
Ages 14-19

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

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

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

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

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

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STOCK AND ROLL FOR TEENS
This session helps teens understand investment basics. We’ll use a stock market simulation to understand market fluctuations, risk, and how the market works overall.

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

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

SPECIAL EVENT: MOUNTAIN FEST

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

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

Halloween Special Events

Halloween Carnival at Loyal Heights CC Ages 2 and Older
Join us for a fright fest of activities, games and challenges. Dress in costume and remember to bring a bag for your goodies. Festivities include carnival games, crafts, cookie decorating, cake walks and more! Hot dogs and water will be on sale for $1 each. Volunteers are needed to help set-up, clean-up, and run carnival games. Proceeds from tickets supports the Loyal Heights Community Center scholarship fund.

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

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

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

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

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

Pumpkin Carving at Northgate CC Ages 5 and Older
Kick off Halloween weekend with a family pumpkin carving and decorating night! We'll have pumpkins of all sizes with safe carving tools an paints to create your spooky or funky jack-o-lantern. Enjoy cookies, candies and hot cider. Stick around for the jack-o-lantern contest to win prizes! All ages welcome.

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

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

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

DISCOVERY PARK’S 50TH ANNIVERSARY CELEBRATION

Saturday, October 1
10AM - 4PM
Discovery Park

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

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

Discover for Details

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

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

SCAN FOR DETAILS
**SPECIAL EVENTS**

### Glow Party at Delridge CC
**Ages 5 and Older**
Join the Delridge Community Center for our famous glow in the dark party! Enjoy our themed games, snacks, and music. Wear your costume, face paint, or anything that will illuminate the party.

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

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

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

### SPECIAL EVENT: TAKE A HIKE 2022 NATIONAL TRAILS DAY
**Ages 7 and Older**
W. Duwamish Greenbelt trails Partnership Hike. On National Trails Day, follow the water in the Puget Creek Watershed. Under the guidance of Steve Richmond, long-time advocate for restoring the health of Puget Creek, follow the creek from its origins near Puget Ridge Edible Park to its outlet into the Duwamish Waterway near the Duwamish Longhouse and Cultural Center. Part of this three-mile trail from ridge to river and back is standard gravel; other parts are unimproved social trails. Begin at the Puget Ridge Edible Park, 1899-1801 SW Brandon St, Seattle, WA 98106 at 11 a.m. RSVPs welcomed at wdgtrails@gmail.com.

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

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

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

### SPECIAL EVENT: PANCAKE BREAKFAST
**Ages 2 and Older**
Join your friends and neighbors at the Northgate Community Center Pancake Breakfast. Bring the whole family and enjoy all-you-can-eat pancakes along with scrambled eggs, sausage, juice, coffee and tea. Proceeds from this event will help provide scholarships for our low-income neighbors! Buy your tickets at the door. $7 for adults, $5 kids (under 4) & seniors (65 and older)

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

### SPECIAL EVENT: MULTI-CULTURAL DINNER
**All Ages**
Join us for a culinary tour around the world and introduce your family to food from different cultures during this annual Bitter Lake tradition. Food is one of the best ways to experience and celebrate diversity. We have something for everyone!

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

### SPECIAL EVENT: COMMUNITY HOLIDAY PARTY
**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
**All Ages**
Join us this year for an evening of holiday fun. You bring your imagination and we provide the rest! There will be all sorts of crafts, music, and of course our magnificent Gingerbread construction zone!

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

GOJU-RYU KARATE

Ages 12 and Older
Self-defense, awareness, and physical and mental development are incorporated into the study of this Japanese karate style. Learn fundamental techniques of karate, and how to use linear and circular techniques to subdue and control an attacker.

BEGINNER

<table>
<thead>
<tr>
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<th>Days</th>
<th>Time</th>
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ADVANCED

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<td>50603</td>
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<td>M/W</td>
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</table>

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

<table>
<thead>
<tr>
<th>Course Code</th>
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HAPPYFEET SOCCER

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HAPPYFEET SOCCER

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<td>$34</td>
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</table>
AIKIDO FOR TEENS AND ADULTS
Ages 11 and Older
Discipline, focus, self-confidence and flexibility are benefits of aikido! With plenty of interaction and individual attention, we focus on posture, footwork, movement, and throws. Gain self-awareness while increasing fitness, decrease stress, and learning skills to stay calm through daily life.

50885 9/12-12/14 M/W 5:30-7 p.m. $300

REGISTRATION OPENS AUGUST 16th

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.

<table>
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<tr>
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<td>50760 9/7-9/28 Wed 3-7:45 p.m. $30</td>
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<td>50758 9/12-9/26 Mon 3-7:45 p.m. $30</td>
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<td>50767 12/5-12/26 Mon 3-7:45 p.m. $30</td>
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<td>50769 12/7-12/28 Wed 3-7:45 p.m. $30</td>
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</table>
SHOTOKAN KARATE: BEGINNER

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.

Ages 7 and Older

9/7-9/28  50630  M/W/F  6:30-8:30 p.m.  $85
10/2-10/31 50970  M/W/F  6:30-8:30 p.m.  $80
11/2-11/30 50971  M/W/F  6:30-8:30 p.m.  $65
12/2-12/30 50972  M/W/F  6:30-8:30 p.m.  $110
DRUM LESSONS

Ages 10 and Older

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

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

COVID GUIDELINES

FIND DETAILS ON PAGE 54

DISCOVERY PARK’S 50TH ANNIVERSARY CELEBRATION

Saturday, October 1
10AM - 4PM

Discovery Park

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

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

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

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

MONTLAKE CC

DANCE TOGETHER WITH MOVING MINDS

Ages 18 months-3 years
Bond with your child through movement and creative play. Join us to improve coordination and social skills in classes that seamlessly blend teacher-directed activities with child-led explorations and discoveries. When ready, your child may take the class independently.

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

JOYFUL MOVEMENT WITH MOVING MINDS

Ages 2-3
The perfect class for tots who are beginning to explore independent learning. In a warm, light-hearted environment, your child will enjoy imaginative movement, songs, games, and stories that enhance their physical, mental, and social-emotional development.

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

PLAYFUL DANCE WITH MOVING MINDS

Ages 3-4
Through active, imaginative dance play, your child will develop coordination, strength, and stability. In a creative, community-focused classroom, children become confident with ballet-based vocabulary and foundational movement patterns through music, games, and creative exploration.

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

CREATIVE BALLET WITH MOVING MINDS

Ages 5-6
Starting with foundations learned in Playful Dance, your child will strengthen their confidence, control, musicality, and ability to collaborate. This class introduces children to the ballet barre, more challenging movement combinations, and choreography tools to develop their own movement style.

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

YOUTH WHEEL POTTERY

Ages 13-17
Join us in a relaxing ceramics studio to create hand-built pieces as well as cups, bowls, and vases on the potter’s wheel. We’ll have weekly demonstrations as well as one-on-one guidance. Includes one bag of clay and open studio time during class duration.

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

BEGINNER POTTERY

Ages 18 and Older
Join us in a relaxing ceramics studio to create hand-built pieces as well as cups, bowls, and vases on the potter’s wheel. We’ll have weekly demonstrations as well as one-on-one guidance. All levels welcome. Includes one bag of clay and open studio time during class duration.

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

Register online at https://bit.ly/spr_activity_reg
**GENTLE YOGA**

**Ages 18 and Older**
Stretch and move with awareness, correct alignment and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, poise, and peace of mind.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
<th>Day/Time</th>
<th>Fee</th>
</tr>
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<tbody>
<tr>
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<td>Sat 9-10 a.m.</td>
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<td>10/1-10/29</td>
<td>Sat 9-10 a.m.</td>
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<td>11/5-11/26</td>
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<td>51871</td>
<td>12/3-12/17</td>
<td>Sat 9-10 a.m.</td>
<td>$30</td>
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</tbody>
</table>

**PILATES**

**Ages 18 and Older**
Lengthen and strengthen your muscles while improving posture, body alignment, breathing, balance, flow and strength. Bring a yoga mat if you have one; otherwise the community center has some available. Perfect for those with minimal fitness activity or as a supplement to other exercise practices.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
<th>Day/Time</th>
<th>Fee</th>
</tr>
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<tr>
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<td>51874</td>
<td>12/1-12/29</td>
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</tr>
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</table>

**SPECIAL EVENT: HALLOWEEN FEST**

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>10/28</td>
<td>Fri</td>
<td>5:30-7:30 p.m.</td>
<td>FREE</td>
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</table>

**REGISTRATION OPENS AUGUST 16th**

BEGINNER YOGA

Ages 18 and Older
This beginner yoga class introduces the fundamental principles of pose alignment and breath. Students will be introduced to yoga postures through verbal description and demonstration. All levels can work within their own ability. Wear comfortable clothes and bring a yoga mat and props if you have them.

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

CHAIR YOGA

Ages 18 and Older
Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, poise, and peace of mind. Chair yoga offers accessibility and is adapted for individuals with mobility and balance challenges.

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

PRE-BALLET

Ages 3-4
Students experience the joy of dancing as they learn the basics of ballet technique and creative dance. Motor skills, posture, coordination, and musicality are emphasized through games, exercises, and choreography. Students should wear ballet shoes, dance attire, and have long hair pulled back.

50034 9/9-12/9 Fri 1-1:45 p.m. $162
50043 9/9-12/9 Fri 2-2:45 p.m. $162

TINY TOTS

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

Ages 2-3
50042 9/19-12/14 Mon-Thu 9-11:30 a.m. $1,645

Ages 3-5
50038 9/19-12/14 Mon-Thu 11:45 a.m.-2:45 p.m. $1,551

SHOTOKAN KARATE: BEGINNER

Ages 7 and Older
Here’s your chance to try martial arts! The fundamentals of martial arts are based on understanding your body, movement, and space with and without a partner. Classes focus on kihon (basic techniques), kata (forms), and kumite (partner work), self-confidence, and self-defense. Parents are encouraged to remain in class with younger students.

50037 9/8-10/20 Thu 6-6:45 p.m. $60
50041 10/27-12/8 Thu 6-6:45 p.m. $60

SHOTOKAN KARATE: INTER/ADVANCED

Ages 7 and Older
Have fun learning traditional Japanese Shotokan karate. Martial Arts training improves self-confidence and concentration in all parts of life. Participants test for belt rank at their own pace. Students participating at the intermediate level should have reached orange belt or above, or with instructor’s permission.

50036 9/8-10/20 Thu 7-8 p.m. $120
50040 10/27-12/8 Thu 7-8 p.m. $120

SELF DEFENSE

Ages 16 and Older
Students will learn from an experienced martial artist and learn how to defend themselves so they can feel safer and more comfortable in everyday life.

50035 9/2, 10/7, 11/4, 12/2 Fri 5-6:30 p.m. $25

YOUTH ROWING CLASS

Ages 11-15
Rowing is both fun and a great way to be healthy! Discover your connection to movement, build healthy habits, and create community. This program mixes rowing and other fitness activities to strengthen sports skills and teamwork. Get ready to get moving and meet new friends!

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

I WANT TO PLAY...HOW DO I GET STARTED?

1. To participate in most Seattle Parks Youth Sports leagues (for basketball and volleyball, for example) you can either recruit a coach and put together your own team or you can be placed on an existing team with the help of community center staff. Call for more information. For some sports (Track and Field, for example) all you need to do is go into your community center to get registered.

2. Get registered!
   Visit your local community center or go to www.seattle.gov/parks/athletics

3. Start practices and get ready for fun times honing your skills and competing against other neighborhood community centers!

If your center doesn’t offer a sport, the staff will refer you to the next closest center. Centers need a minimum number of players and a volunteer coach to offer the sport.

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

YOUTH FLAG FOOTBALL

Ages 8-9, 10-12, 13-14  Fee: $65
The Citywide Co-ed Flag Football League provides players the opportunity to develop fundamental skills, team play, and sportsmanship. Games are played in accordance with NFL flag football rules and field dimensions. Participants can sign up at a local community center to be placed on a team. Check with your center for practice times, dates, and locations. Register early for your best chance of securing a spot on a team.

YOUTH VOLLEYBALL

Ages 10-11, 12-13, 14-17  Fee: $65
The Citywide Volleyball League provides players the opportunity to develop fundamental skills, team play, and sportsmanship. Participants can sign up at a local community center to be placed on a team. Practices take place at community centers or nearby school gyms from early September through Mid-November, ending the season with a weekend jamboree. Register early for your best chance of securing a spot on a team.

KNOW ANY COACHES?

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

CAMP LONG MOUNTAIN FEST

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

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

50th ANNIVERSARY CELEBRATION: DISCOVERY PARK

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

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

BIRD TOURS AT DISCOVERY PARK

Ages 8 and Older
Discover the joy of birding. Join experienced birders in exploring Discovery Park’s many habitats looking for migrants as well as year-round residents. For more information, please contact the Discovery Park Visitor Center at 206.386.4236 or email at discovery.park@seattle.gov

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

CARKEEK PARK SALMON STEWARDS

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

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

4-H CHALLENGE COURSE AT CAMP LONG

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

Pricing varies depending on type of program and group size

MORE DETAILS: bit.ly/3RPu40l

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

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

VOLUNTEER NATURALIST TRAINING

Ages 18 and Older
Become a Seattle Urban Nature Guide! Seattle Parks and Recreation is offering free training for those interested in this volunteer opportunity. Guides will engage school students in our parks while inspiring change through education. Guides connect community with parks through interactive events. Applications are due August 20th and training will begin on Saturday, August 27th. For additional information and to apply, visit our website at www.seattle.gov/parks/volunteer/environmental-education-volunteering

SCHOOL FIELD TRIPS

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

Register online at https://bit.ly/spr_activity_reg
**REGISTRATION OPENS AUGUST 16th**

**LITTLE HOOPERS**

**Ages 3-5**
Preschool Basketball Skillz and drills. Learn to dribble, shoot, and pass with this age appropriate class.

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

**SPECIAL EVENT:**
**HALLOWEEN CARNIVAL**

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

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

**SPECIAL EVENT:**
**GINGERBREAD JUBILEE**

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

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

---

**AFTERSCHOOL HOOPS**

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

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

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

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

**AFTERSCHOOL KICKBALL**

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

- **Ages 5-8**
  - **52091** 9/9-10/7 Fri 3:45-4:45 p.m. **$55**
  - **52092** 10/14-11/4 Fri 3:45-4:45 p.m. **$33**
  - **52093** 11/18-12/16 Fri 3:45-4:45 p.m. **$44**

- **Ages 8-11**
  - **52094** 9/9-10/7 Fri 5-6 p.m. **$55**
  - **52095** 10/14-11/4 Fri 5-6 p.m. **$33**
  - **52096** 11/18-12/16 Fri 5-6 p.m. **$44**

FALL 2022
Register online at https://bit.ly/spr_activity_reg

ADULT POTTERY

Ages 16 and Older

This mixed level class goes beyond making bowls using hand building, extruder, and wheel throwing techniques. Bring your own tools or purchase a kit for $17. Clay bags cost $10 after the first 25lbs are used. Purchases can be made during facility operating hours only.

Daytime

<table>
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<tr>
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<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Cost</th>
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<td>51513</td>
<td>9/12-12/12</td>
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<td>10 a.m.-12:30 p.m.</td>
<td>$390</td>
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<td>9/7-12/14</td>
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<td>10 a.m.-12:30 p.m.</td>
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Evening

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<td>9/8-12/8</td>
<td>Thu</td>
<td>6-8:30 p.m.</td>
<td>$420</td>
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PARENT/TOT POTTERY CREATION

Ages 2-4

Bring your budding artists to this playful clay class. Work with your toddler to explore the materials and make art together. A variety of projects and hand-building techniques will be introduced. Enjoy this special time together as you connect and collaborate over clay.

<table>
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<td>Fri</td>
<td>9:30-10:30 a.m.</td>
<td>$80</td>
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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.

<table>
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<tr>
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<td>52033</td>
<td>11/2-12/14</td>
<td>Wed</td>
<td>2:30-4 p.m.</td>
<td>$140</td>
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D & D CLUB

Ages 5-12

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

<table>
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<th>Dates</th>
<th>Days</th>
<th>Time</th>
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<td>52035</td>
<td>11/1-12/13</td>
<td>Tue</td>
<td>3:45-5:45 p.m.</td>
<td>$168</td>
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BEGINNING PICKLEBALL

Ages 16 and Older

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

<table>
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<tr>
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<th>Days</th>
<th>Time</th>
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<td>52058</td>
<td>10/11-11/10</td>
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<td>1-2 p.m.</td>
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<tr>
<td>52060</td>
<td>11/15-12/13</td>
<td>Tu/Th</td>
<td>1-2 p.m.</td>
<td>$96</td>
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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.

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<th>Course</th>
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<td>51046</td>
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<td>Tu/Th</td>
<td>6:30-8:30 p.m.</td>
<td>$100</td>
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JR OLYMPICS

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

<table>
<thead>
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<th>Ages 5-8</th>
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<tbody>
<tr>
<td>52097</td>
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<tr>
<th>Ages 8-11</th>
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<td>52102</td>
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<tr>
<td>52101</td>
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<td>52100</td>
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</table>
ADVENTURES IN YOGA

Ages 19-50
This is a great class to learn the foundations of yoga in a safe and supportive environment. You can expect an emphasis on simplicity, repetition, and ease of movement. Postures are held for an extended period to build strength, flexibility, and balance. We will make a full circuit of the body’s range of motion with standing postures, twists, backbends, and gentle flows. Variations and options will be given to students to meet their unique needs. This class is accessible for all levels.

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

SPECIAL EVENT: BIG PUMPKIN BASH

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

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

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.

\[ \text{SEPTMBER} \]
51198  9/7-9/28  Wed  3:30-6:30 p.m.  $30/class

\[ \text{OCTOBER} \]
51199  10/5-10/26  Wed  3:30-6:30 p.m.  $30/class

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 5-9
Learn the basics of basketball in a fun and safe environment! Students will practice passing, dribbling, shooting, rebounding, and more. We will use our new skills in organized group games. Each participant will receive a t-shirt. Please wear athletic shoes and bring a water bottle.

\[ \text{AGES 5-6} \]
51196  9/14-10/19  Wed  5:30-6:15 p.m.  $72

\[ \text{AGES 7-9} \]
51197  9/14-10/19  Wed  6:15-7 p.m.  $72

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

\[ \text{BEGINNER} \]
51165  9/15-12/8  Thu  7-8:30 p.m.  $54

\[ \text{ADVANCED} \]
51168  9/15-12/8  Thu  7-9 p.m.  $60
KIDS ART CLASS: CARTOONING

Age 7-10
Learn the essentials of cartooning and create your own cool characters! Students will learn how to draw cartoon eyes and expressions, animals, foods, and more. Explore different styles of cartooning including manga, comics, and classic cartoons through creative, exciting projects. Please note: This is a beginner level course and no prior experience is required.

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

KIDS ART CLASS: MIXED MEDIA

Age 7-10
Create innovative and exciting mixed media projects with watercolors, oil pastel, colored pencils, and more! Each class will rotate through different mediums and will focus on a different concept of art including color, pattern, texture, perspective, and composition. These lessons will build the foundations of art while inspiring creativity and fun!

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

CREATIVE DANCE

Ages 3-4
Students will explore expressive movement using music, stories, and props. We will focus on developing motor skills, balance, and coordination along with imagination and creativity. A variety of dance concepts and vocabulary will be introduced in a fun, safe, and engaging way. Please bring your own water bottle.

Session 1
50460 9/17-10/22 Sat 9:15-10 a.m. $75
Session 2
50461 11/5-12/10 Sat 9:15-10 a.m. $75

PRE-BALLET

Ages 4-5
Students experience the joy of dancing as they learn the basics of ballet technique and creative dance. Motor skills, posture, coordination, and musicality are emphasized through games, exercises, and choreography. Students should wear ballet shoes, dance attire, and have long hair pulled back.

Session 1
50462 9/17-10/22 Sat 10-10:45 a.m. $75
Session 2
50463 11/5-12/10 Sat 10-10:45 a.m. $75

BALLET 1

Ages 6-7
We will develop ballet skills and vocabulary while inspiring creativity and expression. Barre and center work will be introduced, as well as combinations and choreography. Students should wear ballet slippers or bare feet, close fitting attire, and have their hair pulled back. All students welcome. Please bring your own water bottle.

Session 1
50464 9/17-10/22 Sat 11-12 a.m. $75
Session 2
50465 11/5-12/10 Sat 11-12 a.m. $75

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.

Session 1
50517 9/17-10/22 Sat 9:30-10:30 a.m. $85
Session 2
50518 11/5-12/10 Sat 9:30-10:30 a.m. $80
SPECIAL EVENT:
PATHWAY OF LIGHTS
All Ages
The annual Green Lake Pathway of lights is fast approaching, let us help you get into the holiday spirit with a free event for the entire family. On Saturday, December 10, 2022 from 4:30-7:30 p.m., come stroll the glimmering Green Lake circuit, paths, and docks which will be lit with thousands of twinkling candles. And while you wander through the magic of the sparkling lights, enjoy live holiday music. Also, look out for the return of the popular hot air balloons at Pathway of Lights! Please bring a can food donation to support the Family Works Food Bank.
Volunteers to assist with the event and volunteer music groups are needed, so if you are interested in helping, we would love to hear from you! To volunteer or learn more, please contact Green Lake Community Center at 206-684-0780.
Thank you to this year’s sponsors: Green Lake Advisory Council, Lake and Company Real Estate, PCC Community Market, Green Lake Masons, Green Lake Chamber of Commerce, The Shelter Restaurant, Family Works, Green Lake Animal Hospital and Aegis Living.

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

BASKETBALL: LITTLE DRIBBLERS
Ages 6-7
Athletes will learn fundamentals, conditioning, ball handling, correct technique, practice habits, and shooting. We will also focus on good nutrition and physical well-being while having fun. This class is open for all skill levels in grades 1st through 2nd grade ONLY. No class 9/29 and 11/24

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

BASKETBALL SKILLS & DRILLS
WITH ERNIE CHATTERS
Ages 8-16
Introduce players to basketball in a welcoming atmosphere. Coaches will encourage the fundamentals of basketball and help develop skills in teamwork, social connection, and listening. All equipment will be provided by coaches. Please bring your own water bottle.

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

PICKLEBALL SKILLS AND DRILLS
Ages 18 and Older
Learn the basic strokes, rules, and strategies of pickleball. A cross between tennis, badminton, and ping pong, this sport enjoys a large community of players in the Pacific Northwest. Once you’ve learned the basics, you can join our drop-in play across most of the Community Centers in Seattle. This class is designed for beginning and intermediate players. Must show vaccination status, wear a mask. Please bring your own water bottle.

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

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

COVID GUIDELINES
FIND DETAILS ON PAGE 54
ADULT ART CLASS
LANDSCAPES AND SEASCAPES
Age 18 and Older
Introduction to acrylic painting on canvas! We will explore a variety of techniques including color mixing, blending, creating texture, and more to create impressive projects at a beginner's pace. Local Seattle artist will guide participants through step by step instructions - no art experience required.

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

ADULT POTTERY: WHEEL THROWING
Age 18 and Older
Students will throw on the potter's wheel sugar jars with lids, and more. No experience needed. Class includes a bag of clay and free studio time during the session. If registering after first class, no clay included. Please bring your own water bottle.

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

ADULT POTTERY: HAND BUILDING/SCULPTURE
Age 18 and Older
Students will learn hand-building and wheel throwing techniques to make unique projects. Create your own dinner ware, teapot set, and paint with slip or work on inlay designs and more. No experience needed. Class includes a bag of clay and free studio time during the quarter. Please bring your own water bottle.

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

ADULT 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.

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

OPEN YOGA
Ages 18 and Older
This yoga class helps build strength and better flexibility, while quieting your mind and increasing body awareness. Some yoga experience is helpful. Please bring your own yoga mat, blanket and water bottle. Masks are optional.

\textbf{Session 1}
50526 9/19-10/31  Mon  6:30-7:30 p.m.  $90

\textbf{Session 2}
50527 11/7-12/12  Mon  6:30-7:30 p.m.  $90
SPECIAL EVENT:
HALLOWEEN CARNIVAL

Ages 2 and Older
Join us for a fright fest of activities, games and challenges. Dress in costume and remember to bring a bag for your goodies. Festivities include carnival games, crafts, cookie decorating, cake walks and more! Hot dogs and water will be on sale for $1 each. Volunteers are needed to help set-up, clean-up, and run carnival games. Proceeds from tickets supports the Loyal Heights Community Center scholarship fund.

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

FENCING: BEGINNER

Ages 15 and Older
Join us for a beginners course in Olympic style fencing. In this course we focus on the basics of fencing by learning to fence with a foil. We will learn the rules and etiquette of this martial discipline as well as footwork and sword technique. By the end of the course we will be practicing sparing with your class mates. No experience necessary. No equipment necessary for the beginners class.

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

SHORIN-RYU KARATE

Ages 9 and Older
Okinawan karate is a dynamic martial art of self-defense. Students will learn to block, punch, kick and defend against one or several opponents. Class will focus on kata pattern-like movements rich in self-defense techniques flexible to any street circumstance. Strength development, stretching, courtesy, honor, humility, confidence, and self-control will be emphasized. Discover your potential in a safe and welcoming environment. All levels welcomed. Instructor has more than four decades karate experience.

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

GYMNASTICS

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

Preschool Gymnastics  Ages 3-4
51892 9/20-12/13 Tue 3:45-4:30 p.m. $140

Kinder Gymnastics  Ages 5-6
51894 9/20-12/13 Tue 4:45-5:30 p.m. $140

Youth Gymnastics  Ages 7-10
51895 9/20-12/13 Tue 5:45-6:30 p.m. $160

HOMESCHOOL PROGRAMS

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

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

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

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

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

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

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

**Art Exploration**  
Ages 6-9

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

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

**Board Games**  
Ages 10-16

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

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

**Budding Artist Workshop**  
Ages 3-6

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

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

**Cultural Anthropology**  
Ages 10-15

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

51708  
9/21-11/16  Wed  10-11 a.m.  $110
**HOMESCHOOL PROGRAMS (continued)**

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

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

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

**Fiber Play**
**Ages 9-16**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Ages 18 and Older
Create pottery pieces by using a combination of hand-building and throwing clay into works of art. Participants will be guided through numerous techniques to decorate and build ceramic projects.

**Session 1**
- **51542** 9/6-10/25 Tue 9:30 a.m.-12:30 p.m. $320
- **51216** 9/6-10/25 Tue 2-5 p.m. $320
- **50059** 9/7-10/26 Wed 2-5 p.m. $320
- **50061** 9/7-10/26 Wed 9:30 a.m.-12:30 p.m. $320

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

FAMILY POTTERY

Ages 5 and Older
Learn the basics of clay sculpture. We will use pinch and slab techniques to complete a variety of projects. Students will use brightly colored, non-toxic glazes, and be introduced to the pottery wheel. All materials are provided. Dress for a mess! Parents may accompany their children at no charge to assist and encourage; or may enroll as students to receive individual instruction and studio time. Clay is included in registration, more may be purchased.

**Session 1**
- **51219** 9/15-10/20 Thu 5-8 p.m. $320

**Session 2**
- **51226** 10/27-12/8 Thu 5-8 p.m. $320

PICKLEBALL SKILLS AND DRILLS

Ages 18 and Older
Learn the basic strokes, rules, and strategies of pickleball. A cross between tennis, badminton, and ping pong, this sport enjoys a large community of players in the Pacific Northwest. Once you’ve learned the basics, you can join our drop-in play across most of the Community Centers in Seattle. This class is designed for beginning and intermediate players. Must show vaccination status or wear a mask. Please bring your own water bottle.

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

COVID GUIDELINES

FIND DETAILS ON PAGE 54
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.

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PRE-BALLETT
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.

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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.

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SPECIAL EVENT: PUMPKIN CARVING

Ages 5 and Older
Kick off Halloween weekend with a family pumpkin carving and decorating night! We'll have pumpkins of all sizes with safe carving tools and paints to create your spooky or funky jack-o-lantern. Enjoy cookies, candies and hot cider. Stick around for the jack-o-lantern contest to win prizes! All ages welcome.

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

ESL CLASSES

CITIZENSHIP TEST PREPARATION  Ages 18 and Older
Students will study United States history, civics, writing, practice interview strategies, and complete other preparations for the United States Citizenship Test. This course is best for students who have approximately intermediate-level English.

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

ENGLISH CONVERSATION  Ages 18 and Older
This class offers practice with casual conversation focused on student-led topics and current events. This class is perfect for ESL students looking for a way to practice speaking, listening, and reading skills. All English levels are welcome.

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

ENGLISH SURVIVAL SKILLS  Ages 18 and Older
Build English survival skills by learning basic phrases for conversation. You’ll learn vocabulary for introductions, sharing personal information, grocery shopping, doctor visits, and some foundational grammar. Perfect for beginner students.

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

PICKLEBALL SKILLS AND DRILLS

Ages 18 and Older
Learn the basic strokes, rules, and strategies of pickleball. A cross between tennis, badminton, and ping pong, this sport enjoys a large community of players in the Pacific Northwest. Once you’ve learned the basics, you can join our drop-in play across most of the Community Centers in Seattle. This class is designed for beginning and intermediate players. Please bring your own water bottle. No class 9/29, 11/24, or 11/25.

50694 9/15-10/27 Thu 9:30-10:30 a.m. $72
50696 11/3-12/8 Thu 9:30-10:30 a.m. $60

OPEN YOGA

Ages 18 and Older
Open Yoga class helps build strength and better flexibility, while quieting your mind and increasing body awareness. Some yoga experience is helpful. Please bring your own yoga mat, blanket, and water bottle. Masks are optional.

50522 9/22-11/3 Thu 6:30-7:30 p.m. $90
50523 11/10-12/22 Thu 6:30-7:30 p.m. $85

YOGA FOR KIDS

Ages 6-12
This is a Hatha yoga that includes breath exercises and physical poses. It’s an active class with a fun and creative approach to stretching, strengthening and increased awareness. Please bring a mat to class and wear clothing that’s easy to move in.

Session 1
50519 9/21-10/26 Wed 5-6 p.m. $85
50524 9/21-10/26 Wed 6:30-7:30 p.m. $92

Session 2
50520 11/2-12/14 Wed 5-6 p.m. $85
50525 11/2-12/14 Wed 6:30-7:30 p.m. $92
ADULT CANVAS ART CLASS

**Age 18 and Older**

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

**REGISTRATION: 51280**

- 11/17-12/19
- Mon 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.

**REGISTRATION: 51279**

- 9/19-11/7
- Mon 6:30-8 p.m.
- $157

SPECIAL EVENT:

**PANCAKE BREAKFAST**

**Ages 2 and Older**

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

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

**Register Online:**


**REGISTRATION OPENS:**

- AUGUST 16th

**New:**

- ROLLER SKATING CLASSES
  - **Ages 5 and Older**
  - Are you ready to take the first step towards getting better at roller skating? Join us in this friends and family-friendly sport and get ready for fun. This is the perfect environment to learn how to skate or become a better skater. All skill levels welcome. Please look online for class level information.

  **REGISTRATION:**

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

**Ages 3-5**
Children experience the joy of dancing while learning basic ballet skills, movements, and vocabulary. This class has a classic structure with rhythmic and creative games mixed in.

**50807** 9/20-10/25  Tue  3:30-4:15 p.m.  $85

**50808** 11/1-12/6  Tue  3:30-4:15 p.m.  $85

**BALLETT 1**

**Ages 5-7**
This class teaches the basics of correct body alignment and proper ballet technique. Students learn basic ballet vocabulary and combine it with expressive dances. This class will introduce traditional barre and center-floor work, and a creative game to round out the day.

**50811** 9/20-10/25  Tue  4:30-5:15 p.m.  $85

**50815** 11/1-12/6  Tue  4:30-5:15 p.m.  $85

**BALLETT 2**

**Ages 7-10**
This class teaches the basics of correct body alignment and proper technique. Students learn ballet vocabulary and combine it with expressive dances. This class introduces traditional barre and center-floor work, and a creative game will end each day. This traditional class is for dancers with 2 years of dance instruction and for older beginners.

**50816** 9/20-10/25  Tue  5:30-7:30 p.m.  $100

**50817** 11/1-12/6  Tue  5:30-6:30 p.m.  $100

**PIANO LESSONS**

**Ages 5-16**
Learn to play the piano from an experienced professional teacher in weekly 30-minute private lessons. Training includes sight-reading, technique, expression, theory, and chords. Students must have access to an electric keyboard or piano for practice outside of lessons. 15 minutes of cleaning is added at the end of each session.

**50615**  9/8-9/29  Thu  3-6 p.m.  $138

**50616**  10/6-10/27  Thu  3-6 p.m.  $184

**50617**  11/3-11/17  Thu  3-6 p.m.  $138

**50618**  12/1-12/8  Thu  3-6 p.m.  $92

**GOJJU-RYU KARATE**

**Ages 14 and Older**
Self-defense, awareness, and physical and mental development are incorporated into the study of this Japanese karate style. Learn fundamental techniques of karate, and how to use linear and circular techniques to subdue and control an attacker. All levels are welcome. Please bring your own water bottle.

**50788** 9/19-10/31  Mon  5:30-7:30 p.m.  $30

**50789** 11/7-12/12  Mon  5:30-7:30 p.m.  $30

**KIDS ART CLASS: CARTOONING**

**Age 7-10**
Learn the essentials of cartooning and create your own cool characters! Students will learn how to draw cartoon eyes and expressions, animals, foods, and more. Explore different styles of cartooning including manga, comics, and classic cartoons through creative, exciting projects. Please note: This is a beginner level course and no prior experience is required.

**51281** 9/19-11/7  Mon  4:30-6 p.m.  $157

**KIDS ART CLASS: MIXED MEDIA**

**Age 7-10**
Create innovative and exciting mixed media projects with watercolors, oil pastel, colored pencils, and more! Each class will rotate through different mediums and will focus on a different concept of art including color, pattern, texture, perspective, and composition. These lessons will build the foundations of art while inspiring creativity and fun!

**51282** 11/14-12/19  Mon  4:30-6 p.m.  $157
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.

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

LINE DANCE

Ages 50 and Older
Work out with your mind and body. Learn new dance patterns to some great music. Instructor C. Banta

50401  9/14-12/14  Wed  5:45-6:45 p.m.  $91
VIETNAMESE SENIOR ASSOCIATION
FITNESS & LUNCH PROGRAM

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

50368 9/6-12/30  Tu/Th  9:30 a.m.-1 p.m.  FREE

AEROBICS WITH BLESSED HEARTS FITNESS

Ages 18 and Older
Get your all-in-one workout while moving and grooving to the beat! Engage in cardio pumping, strength building, and muscle toning. You’ll have tons of fun with 24-year fitness veteran Noel Montgomery, CMA, PFT, IFPA-certified.

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

MARCUS GARVEY BOOK CLUB

Ages 18 and Older
Books are the foundation of knowledge. Come join facilitators Reverend Harriett Walden and Erik Stark of The Family Empowerment Institute. Each month covers a new book focusing on local, cultural, historical, and African American topics. You must be registered to attend. This is a hybrid class. You may register for an in-person experience or choose the virtual program.

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

SPECIAL EVENT: THANKSGIVING FEAST

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

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

SPECIAL EVENT: COMMUNITY HOLIDAY PARTY

All Ages
Come celebrate all the season’s many wonders with your neighbors and friends at Garfield Community Center! Pre-registration is required to receive a toy at the event. Toys are not guaranteed and dependent on donations to the Center. Available toys will be given to families the week after the event. Call 206-684-4788 for details.

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

COVID GUIDELINES

FIND DETAILS ON PAGE 54
DANCE TOGETHER WITH MOVING MINDS

Ages 1-3
Bond with your child through movement and creative play. Join us to improve coordination and social skills in classes that seamlessly blend teacher-directed activities with child-led explorations and discoveries. When ready, your child may take the class independently.

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

PLAYFUL DANCE WITH MOVING MINDS

Ages 3-4
Through active, imaginative dance play, your child will develop coordination, strength, and stability. In a creative, community-focused classroom, children become confident with ballet-based vocabulary and foundational movement patterns through music, games, and creative exploration.

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

CREATIVE BALLET WITH MOVING MINDS

Ages 5-6
Starting with foundations learned in Playful Dance, your child will strengthen their confidence, control, musicality, and ability to collaborate. This class introduces children to the ballet barre, more challenging movement combinations, and choreography tools to develop their own movement style.

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

FORMATIVE BALLET WITH MOVING MINDS

Ages 6-10
With respect for the safety of their body, your child will build a foundational understanding of ballet alignment and strong technique. A combination of traditional ballet structures and creative investigation will cultivate your child’s sense of artistry, self-appreciation, and community.

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

SPECIAL EVENT:
CREepy CARNIVAL FOR KIDS

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

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

INTRO TO BATON TWIRLING

Ages 6-14
Baton twirling will help your child develop agility, flexibility and coordination while having fun developing routines in a group! We will develop a full routine to perform at our end-of-quarter celebration. Batons are provided or you may bring your own. Participants should wear closed-toe sneakers.

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

YOUTH DEVELOPMENT
TAEKWONDO

Ages 5-18
Taekwondo promotes positive behaviors and improved life skills. Persistent positive feedback supports and reinforces educational achievement, behavioral change, and community building. We challenge our students to think critically and open their minds to change.

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

Register online at https://bit.ly/spr_activity_reg | FALL 2022 | 42
PIANO LESSONS

Ages 8 and Older
Learn to play the piano from an experienced professional in weekly 30-minute private lessons. Training includes sight-reading, technique, expression, theory, and chords. Students must have access to an electric keyboard or piano for practice outside of lessons. Please contact International District/Chinatown Community Center at 206-233-0042 to schedule your private lessons.*Families can sign-up for one time slot and one day per person.

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

SENIOR EXERCISE

Ages 50 and Older
Exercise and physical activity are good for just about everyone, including older adults. Come and sweat it out to your favorite aerobic DVDs. Hand weights and resistance bands provided.

- **50822** 9/14-12/30 W/F 11 a.m. - 12:30 p.m. FREE

8 ANIMALS/8 METHODS KUNG-FU

Ages 12 and Older
Develop speed, power, coordination, and discipline through the art of Yee Jong Pai Kung Fu. Learn the effective, classical techniques from the style of 8 Animals and 8 Methods.

- **September-October**
  - **50820** 9/17-10/29 Sat 11 a.m.-Noon $35
  - **51009** 11/5-12/31 Sat 11 a.m.-Noon $35

- **November-December**
  - **50821** 9/17-10/29 Sat 11 a.m.-Noon $35
  - **51798** 11/15-12/31 Sat 11 a.m.-Noon $45

ZUMBA®

Ages 16 and Older
Zumba® combines high energy, motivating music, and unique moves that allow you to dance away your worries. The routines feature aerobic/fitness interval training, combining fast and slow rhythms that tone and sculpt the body.

- **50821** 9/17-10/29 Sat 10-11 a.m. $35
- **51798** 11/15-12/31 Sat 10-11 a.m. $45
**ADULT POTTERY WHEEL: BEGINNER**

**Ages 18 and Older**  
Never taken a wheel class before or it’s been a while since you have? Jefferson CC pottery room is the place to be! Learn how to make cups, bowls and more in this relaxed and supportive environment. Come and express your creativity!

- **50438**  
  9/12-10/17  
  Mon  
  5:30-8:30 p.m.  
  $297

- **50439**  
  9/13-10/18  
  Tue  
  10 a.m.-1 p.m.  
  $363

- **51342**  
  10/31-12/5  
  Mon  
  5:30-8:30 p.m.  
  $297

**ADULT POTTERY WHEEL: ADVANCED**

**Ages 18 and Older**  
Continue your ceramic evolution in this wheel throwing class designed for intermediate through advanced levels. Handbuilding techniques will be integrated as well. Students will expand their technical skills and gain a greater understanding of the aesthetics of form, with one-on-one guidance and extensive individual attention by an experienced instructor. Prerequisite: Instructor Approval. Must have previous wheel experience with ability to center clay and throw independently.

- **50437**  
  9/7-10/12  
  Wed  
  5:30-8:30 p.m.  
  $330

- **51344**  
  9/8-10/13  
  Thu  
  5:30-8:30 p.m.  
  $330

- **51343**  
  10/26-11/30  
  Wed  
  5:30-8:30 p.m.  
  $330

- **51345**  
  10/27-12/1  
  Thu  
  5:30-8:30 p.m.  
  $330

**REGISTRATION OPENS AUGUST 16th**

**MOCK TRIAL**

**Ages 14-17**  
Come learn public speaking skills, acting and how to analyze the case. Be dedicated and committed to experience new skills and challenges. Make new friends, get team support and earn service hours by tutoring each other.

- **51003**  
  9/1-11/29  
  M/Tu/Th  
  6:30-8:30 p.m.  
  FREE

**BRAZILIAN JIU JITSU**

**Ages 5-12**  
Brazilian Jiu Jitsu is a grappling martial art that promotes the concept that a smaller, weaker person can successfully defend against a bigger, stronger, heavier assailant by using proper technique and leverage. This class aims to build confidence in your child by emphasizing healthy living, respect for self and others, perseverance, self-discipline and integrity through the fun medium of martial arts. We also practice meditation to help improve focus, concentration, self-awareness, and stress management.

- **50658**  
  9/6-10/11  
  Tue  
  4:40-5:30 p.m.  
  $80
### JUNIOR HOOPERS

**Ages 6-8**  
Want to learn how to dribble, shoot, and play defense? Emphasis is placed on the fundamentals of ball handling, shooting techniques, and footwork while increasing endurance, flexibility, and strength. All the while encouraging teamwork and sportsmanship. Parental supervision required.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Start Date</th>
<th>Days</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>50441</td>
<td>9/13-10/18</td>
<td>Tue</td>
<td>5-5:45 p.m.</td>
<td>$48</td>
</tr>
</tbody>
</table>

### 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.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Start Date</th>
<th>Days</th>
<th>Time</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>50442</td>
<td>9/12-10/24</td>
<td>Mon</td>
<td>5-5:45 p.m.</td>
<td>$48</td>
</tr>
</tbody>
</table>

### 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!

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Start Date</th>
<th>Days</th>
<th>Time</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>50581</td>
<td>9/13-9/27</td>
<td>Tue</td>
<td>11-11:45 a.m.</td>
<td>$52.50</td>
</tr>
<tr>
<td>51036</td>
<td>10/4-10/25</td>
<td>Tue</td>
<td>11-11:45 a.m.</td>
<td>$70</td>
</tr>
<tr>
<td>51037</td>
<td>11/8-12/13</td>
<td>Tue</td>
<td>11-11:45 a.m.</td>
<td>$105</td>
</tr>
</tbody>
</table>

### PIANO LESSONS

**Ages 5-12**  
One-on-one piano lessons for beginning to advanced students. One half-hour lesson per week. Scholarships are available.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Start Date</th>
<th>Days</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>50667</td>
<td>9/1-11/3</td>
<td>Thu</td>
<td>6-6:30 p.m.</td>
<td>$270</td>
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<tr>
<td>50668</td>
<td>9/1-11/3</td>
<td>Thu</td>
<td>6:30-7 p.m.</td>
<td>$270</td>
</tr>
<tr>
<td>50669</td>
<td>9/1-11/3</td>
<td>Thu</td>
<td>7-7:30 p.m.</td>
<td>$270</td>
</tr>
<tr>
<td>50670</td>
<td>9/1-11/3</td>
<td>Thu</td>
<td>7:30-8 p.m.</td>
<td>$270</td>
</tr>
<tr>
<td>50659</td>
<td>9/2-11/4</td>
<td>Fri</td>
<td>4-4:30 p.m.</td>
<td>$300</td>
</tr>
<tr>
<td>50660</td>
<td>9/2-11/4</td>
<td>Fri</td>
<td>4:30-5 p.m.</td>
<td>$300</td>
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<tr>
<td>50661</td>
<td>9/2-11/4</td>
<td>Fri</td>
<td>5-5:30 p.m.</td>
<td>$300</td>
</tr>
<tr>
<td>50662</td>
<td>9/2-11/4</td>
<td>Fri</td>
<td>5:30-6 p.m.</td>
<td>$300</td>
</tr>
<tr>
<td>50663</td>
<td>9/2-11/4</td>
<td>Fri</td>
<td>6-6:30 p.m.</td>
<td>$300</td>
</tr>
</tbody>
</table>

### ZUMBA®

**Ages 16 and Older**  
Are you tired of the same old work out? Try something NEW! Inspired by Latin dance and music, Zumba® uses a variety of styles in its routines, including cumbia, merengue, salsa, reggaeton, hip-hop, pop, mambo, rumba, flamenco, calypso, and salsatón. Music selections include both fast and slow rhythms to help tone and sculpt the body.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Start Date</th>
<th>Days</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
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<td>50444</td>
<td>9/8-9/29</td>
<td>Thu</td>
<td>7-8 p.m.</td>
<td>$96</td>
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<tr>
<td>50456</td>
<td>9/13-9/27</td>
<td>Tue</td>
<td>7-8 p.m.</td>
<td>$96</td>
</tr>
</tbody>
</table>
AEROBICS WITH BLESSED HEARTS FITNESS
Ages 18 and Older
Come down to Rainier Beach Community Center and get your all in one workout: cardio pumping, strength building, and muscle toning, while moving and grooving to booming beats. You’ll have tons of fun with 24-year fitness veteran Noel Montgomery, CMA, PFT, IFPA-certified. No class 6/23.  
49951  9/8-12/29  Thu  6-7 p.m.  FREE

BASKETBALL: LITTLE DRIBBLERS
Ages 5-8
Athletes will learn fundamentals, conditioning, ball handling, and shooting. We will also focus on good nutrition and physical well-being while having fun. This class is co-ed and good for all skill levels. Players will learn correct technique and great practice habits.  
51006  9/13-10/6  Tu/Th  6-7 p.m.  $60
51162  10/11-11/3  Tu/Th  6-7 p.m.  $60

BASKETBALL: PLAYER DEVELOPMENT
Ages 9-12
Athletes will learn fundamentals, conditioning, ball handling, and shooting. We will also focus on good nutrition and physical well-being while having fun. This class is co-ed and good for all skill levels. Players will learn correct technique and great practice habits.  
51007  9/13-10/6  Tu/Th  7-8 p.m.  $60
51163  10/11-11/3  Tu/Th  7-8 p.m.  $60

TEACHER MARIKA’S CAREGIVER AND DANCER TIME
Ages 3-6
Through music, props and brain-integrated dance games, this 45-minute dance class with Teacher Marika strengthens bodies, minds and souls of little ones by providing a safe and positive environment for your child. Caregivers are welcome to attend class with their little ones to observe and potentially join in, depending on their dancer’s comfort level. Age range 3-6yrs old.  
51011  9/9-9/30  Fri  11:15 a.m. - Noon  $40
51204  10/7-10/28  Fri  11:15 a.m. - Noon  $40
51205  11/4-12/16  Fri  11:15 a.m. - Noon  $40

FAMILY ZUMBA®
Ages 14 and Older
Zumba® fuses fitness, entertainment, and culture into an exhilarating dance-fitness sensation! Join the fitness parties that blends upbeat world rhythms with easy to follow choreography for a total body workout that feels like a celebration! Please arrive early as space is limited. Masks are not required but are preferred.  
49950  9/7-12/28  Wed  6:30-7:30 p.m.  FREE

GOJU RYU KARATE
Ages 6 and Older
Self-defense, awareness, and physical and mental development are incorporated into the study of this Japanese karate style. Learn fundamental techniques of karate, and how to use linear and circular techniques to subdue and control an attacker. All levels welcome. There will be no class on 9/26 and 11/23.  
51602  9/12-12/14  M/W  7:15-8:30 p.m.  FREE

GENTLE YOGA
Ages 14 and Older
Gentle yoga helps correct alignment and awareness in stretches and movement. This class focuses on breathing to help increase strength and stamina, and improve flexibility. Participants will develop better balance, posture, poise, and peace of mind. This course is open to all genders and families.  
51209  9/13-11/22  Tue  10:30-11:30 a.m.  $75

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

ADULT  Ages 14 and Older
51034  9/14-10/19  Wed  3:30-4:15 p.m.  $50

KIDS  Ages 5-8
51033  9/14-10/19  Wed  2:30-3:15 p.m.  $45

YOUTHS  Ages 9-12
51028  9/14-10/19  Wed  1:30-2:15 p.m.  $45
DISCOVERY CREW

Ages 9-12
Row your way to health and fun! Discover a connection to movement while you build healthy habits and create community. We'll focus on a mix of rowing and fitness activities to improve your sports skills and teamwork. Let's get moving and make new friends.

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

NEW HOLLY GIRLS GROUP

Ages 10-18
Grow together in this 8-week session focused on sharing our life experiences. School, love, self-esteem, stress, dating, dreams and more. We all experience these things individually, but we can connect by better understanding how they affect each of us.

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

MIXXED FIT®

Ages 16 and Older
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.

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

WOMEN'S ZUMBA®

Ages 8 and Older
Get ready to dance your worries away as we combine motivating music and high energy moves. Routines feature aerobic interval training set to fast and slow rhythms that will help tone and sculpt the body. To create a safe space that respects diverse cultural practices, this program is for women only.

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

YOUTH INDOOR SOCCER

Ages 8-13
Youth will be exposed to different sets of skills and techniques. Coaches will work with players to develop their ability as well as discover a better understanding of the game in a fun and energetic environment.

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

YOUTH DODGEBALL

Ages 8-11
Dodgeball is all about high energy fun! Kids play different versions of dodgeball and variations in strategies. This course will help your child improve agility and awareness, build athleticism and learn proper mechanics of the game.

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

<table>
<thead>
<tr>
<th>#</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Rate</th>
</tr>
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<tbody>
<tr>
<td>50478</td>
<td>9/13-10/25</td>
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<tr>
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<td>6-6:30 p.m.</td>
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KARATE: THE EMPTY HAND

Ages 11 and Older
This class presents a multi-disciplinary self-defense approach, where students will study and practice basic Shotokan Karate techniques and strategies and learn to defend against larger and/or multiple opponents. Come join the fun and get great exercise too! Open to adults and children.

<table>
<thead>
<tr>
<th>#</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
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KARATE: JUNIORS

Ages 6-9
This class presents a multi-disciplinary self-defense approach, where students will study and practice basic Shotokan Karate techniques and strategies and learn to defend against larger and/or multiple opponents. Come join the fun and get great exercise too! Open to adults and children.

<table>
<thead>
<tr>
<th>#</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
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ADULT UKULELE JAMMING & PRACTICE

Ages 18 and Older
This group will be a space to share tips and tricks on the ukulele and learn the basics. Come ready to learn, make mistakes, and grow with classmates and the group facilitator. We’ll use the book 365 Days of Ukulele.

<table>
<thead>
<tr>
<th>Session 1</th>
<th>#</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
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<th>#</th>
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</table>

UKULELE GROUP YOUTH LESSONS

Ages 5-8
Your child will learn to play the ukulele using carefully chosen songs offered in increasing difficulty. The class features finger picking, strumming, and chords as we learn together in a playful way. Students must bring their own ukulele to class.

<table>
<thead>
<tr>
<th>Session 1</th>
<th>#</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Rate</th>
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<table>
<thead>
<tr>
<th>Session 2</th>
<th>#</th>
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<td>4:50-5:35 p.m.</td>
<td>$72</td>
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</table>

Ages 9-12
Older Youth will learn to play the ukulele using carefully chosen age appropriate songs offered in increasing difficulty and quicker pace based on students. The class features finger picking, strumming, and chords as we learn together as a group. Students must bring their own ukulele to class.

<table>
<thead>
<tr>
<th>Session 1</th>
<th>#</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Rate</th>
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</thead>
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<table>
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<tr>
<th>Session 2</th>
<th>#</th>
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<tbody>
<tr>
<td>50967</td>
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<td>Wed</td>
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<td>$72</td>
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</tbody>
</table>

REGISTRATION OPENS AUGUST 16th

CREATIVE BALLET WITH MOVING MINDS
Ages 5-6
Starting with foundations learned in Playful Dance, your child will strengthen their confidence, control, musicality, and ability to collaborate. This class introduces children to the ballet barre, more challenging movement combinations, and choreography tools to develop their own movement style.

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

PLAYFUL DANCE WITH MOVING MINDS
Ages 3-4
Through active, imaginative dance play, your child will develop coordination, strength, and stability. In a creative, community-focused classroom, children become confident with ballet-based vocabulary and foundational movement patterns through music, games, and creative exploration.

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

BEGINNING TAP AND JAZZ
Ages 5-8
Explore rhythms, body-mind coordination, and musicality while learning basic tap and jazz movements set to upbeat music. Each class will combine individual dance skills as well as combinations of dance skills. The instructor will be Deborah Pierce Past proprietor of “Dance Factory” and judging team member of many West Coast dance competitions, including “Star Power” and “Rainbow Connection.” Requirements: Tap shoes and Jazz or Ballet shoes.

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

SPECIAL EVENT: GLOW PARTY
Ages 5 and Older
Join the Delridge Community Center for our famous glow in the dark party! Enjoy our themed games, snacks, and music. Wear your costume, face paint, or anything that will illuminate the party.

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

MOVEMENT AND MEDITATION
Ages 16 and Older
Meditation courses include guided and silent meditation, gentle movement, breathing practices, discussion, and inspiration. Appropriate for total beginners and experienced meditators. Your guide for this weekly experience will be Deborah Pierce. With over 46 years of experience teaching dance and movement as well as being a certified Chopra Meditation instructor.
No Class 9/29, 10/13, 11/24.

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

SPECIAL EVENT: TAKE A HIKE 2022 NATIONAL TRAILS DAY
Ages 7 and Older
W. Duwamish Greenbelt trails Partnership Hike. On National Trails Day, follow the water in the Puget Creek Watershed. Under the guidance of Steve Richmond, long-time advocate for restoring the health of Puget Creek, follow the creek from its origins near Puget Ridge Edible Park to its outlet into the Duwamish Waterway near the Duwamish Longhouse and Cultural Center. Part of this three-mile trail from ridge to river and back is standard gravel; other parts are unimproved social trails. Begin at the Puget Ridge Edible Park, 1899-1801 SW Brandon St, Seattle, WA 98106 at 11 a.m.
RSVPs welcomed at wdgtrails@gmail.com.

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

COVID GUIDELINES
FIND DETAILS ON PAGE 54
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!

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
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<td>Mon</td>
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<tr>
<td>50865</td>
<td>10/3-10/31</td>
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<td>3:3-45 p.m.</td>
<td>$48</td>
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<tr>
<td>50866</td>
<td>11/7-12/12</td>
<td>Mon</td>
<td>3:3-45 p.m.</td>
<td>$60</td>
</tr>
</tbody>
</table>

HIAWATHA CC

SOUTHWEST SEATTLE

WE'RE HIRING

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

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

FOR MORE INFORMATION CONTACT:

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

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

Register online at https://bit.ly/spr_activity_reg | FALL 2022 | 50
TAE KWON DO

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.

Ages 18 and Older

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

TODDLER ART

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

□ Ages 2-3.5

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

□ Ages 3-5

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

PIANO INSTRUCTION

Ages 5 and Older

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

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

TANG SOO DO KARATE

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

50855 9/7-12/14 Wed 5:45-7 p.m. $75
BASEKTBALL: DRILLS AND SKILLS
Ages 10-17
Teens will participate in team sports with supervision from Drills and Skills Staff. Everyone gets a chance to participate and enjoy the activities offered. Participants will improve their physical fitness, as well as basketball, leadership, communication, teamwork, and hand-eye coordination skills as they play games against their peers.

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

BUTOKUKAN KARATE
Ages 8 and Older
American Butokukan translates to Institute of Martial Virtue; a modern, comprehensive, integrated program of instruction in traditional East-Asian martial arts. The training is both mental and physical. Mental aspects of training involve the development of self-discipline, self-confidence, tolerance, and understanding. Physical training encompasses aikido, karate, and related weapons. Taught by Grandmaster Tyron Asphy.

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

4-H CHALLENGE COURSE AT CAMP LONG
- LOW + HIGH CHALLENGE COURSES -
- ROCK CLIMBING - AND MORE!

Pricing varies depending on type of program and group size
MORE DETAILS: bit.ly/3RPu40l

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

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

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!
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 will 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.

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 website at www.seattle.gov/parks, or call our Public Information line, 206-684-4075.
COVID GUIDELINES
BEFORE YOU VISIT

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

- FEVER
- COUGH
- SHORTNESS OF BREATH
- SORE THROAT
- MUSCLE & HEAD ACHES
- CHILLS
- LOSS OF SMELL OR TASTE

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

Seattle Parks and Recreation’s Specialized Programs offers year-round recreational activities for people with physical and developmental disabilities. We provide opportunities to participate in recreational activities specifically designed and conducted by trained staff for people with disabilities.

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

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