



Resource Guide

January-March 2018

Free & Low Cost Activities/Caregiver Resource Guide

Important Info About this Packet:

This list, compiled by Treehouse Little Wishes Program, is provided as a guide only; please contact the location where the event is being held for details, questions, or for confirmation that the event is still happening. This is not a complete list of Seattle events.*Most events are free unless otherwise noted call location to confirm. Information on most of the events in this list can also be found at the Seattle Parks and Recreation website:

<http://www.seattle.gov/parks/brochures/>

*****NOTE: This newsletter is for upcoming programs during the months of January- April. This will hopefully allow those interested in participating in Seattle park activities enough time to register and plan for them.

For future & additional copies, go to:
<http://www.treehouseforkids.org/how-we-help/essentials/>

Save Some Change!

With Seattle Parks and Recreation Discount Quick Card– New options available! Quick Card is a prepaid discount admission card that provides access to many recreational choices at Seattle Parks and Recreation.

To purchase a discount quick card, visit any center. A photo is taken at the time of purchase. Cards are issued to individuals and are not transferable.

Toddler Play 10 admissions: \$24

Drop-In Gym 10 admissions: \$27 (Adults) \$18 (Seniors)

Fitness Room 10 admissions: \$27 (Adults) \$18 (Seniors)

Punch Card 30 day UNLIMITED: \$20 (Adults) \$13 (Seniors)

Contact your community center for more information

Some of the upcoming programs have been included in this newsletter but there are **more programs available for free during the upcoming months that are not listed**. Refer to the website to find out more information regarding a description of each program, any changes since the release of this newsletter and registration information. Register early as some of the programs also have limited enrollment and fill up quickly. Feel free to contact programs that have already started if you would like to join, many will allow individuals to register if space is available.

There will be changes to the operating hours at some community centers and changes to some Parks and Recreation fees. We have tried to provide the most up to date information but changes may still occur before registration starts. Please call your local community center or pool for updates. We apologize for the inconvenience this may cause.

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City Wide Athletics:

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

SPRING YOUTH SPORTS FIRST DAY OF REGISTRATION: FEBRUARY 6, 2018 TRACK AND FIELD (GIRLS AND BOYS):

Age Groups: 5-17 (Age is determined by birth year.) Young athletes in our Track and Field program will be coached and then get to compete with other kids their age in various athletic contests based on running, jumping, and throwing. Runners register at their neighborhood community center and practices occur at their home track. Track meets will be held at Nathan Hale and West Seattle Stadiums and meets begin mid-April. Teams will be forming at Community Centers throughout Seattle. Fee \$40 Minimum: Approximately 10 kids

CO-ED VOLLEYBALL LEAGUE:

Age Groups: 10-11, 12-13, & 14-17 (Age as of 8/31/17) The Co-Ed Volleyball League provides players the opportunity to develop and solidify fundamental skills, team play and sportsmanship. Players may sign up online or at their local community center. For registration materials please go to <http://www.seattle.gov/parks/Athletics.htm>.

Practices take place at the community center or nearby school gym and begin in early April. Games are played on weeknights and begin in mid-April and conclude with a weekend jamboree in mid- May.

PRACTICE TIMES VARY...CHECK WITH YOUR LOCAL CENTER FOR SPECIFIC DATES AND TIMES. If your local community center does not have enough kids or a coach to form a full team, you will be given the option of transferring to a nearby center's team if a spot is available or withdrawing with a full refund. Register early for your best chance of securing a spot on a team. Fee: \$40 Minimum: At least 3 Boys per team Start Date: Varies.

YOUTH BASKETBALL LEAGUE (GIRLS AND BOYS):

Boys Age Groups: 10, 11, 12, 13, 14-15, and 16-17*

Girls Age Groups: 10, 11, 12, 13, and 14-17*

Minimum: 7 players per team Seattle Parks and Recreation's Youth Basketball League provides young athletes the opportunity to learn and solidify the fundamentals of basketball while participating in weekly-organized practices and games. League games begin the first week of January and run through the month of March with the opportunity for post-season play at the end of the regular season.

Practices occur at the home community center and games (on Saturdays and Sundays) occur at various community centers throughout the city. *Age as of August 31, 2017 Registration begins October 3, 2017 (Noon) Practices begin November 13, 2017 League Games begin January 6-8, 2018 Fee: \$85
WWW.SEATTLE.GOV/PARKS/ATHLETICS

Teen Late Night- Seattle Parks and Recreation Citywide Program

Late Night is a safe and supportive environment for teens ages 13-19. This recreation based program is held on Fridays and Saturdays from 7 p.m.-Midnight with a focus on Positive Teen interactions and engagement where all teens are welcomed. The Late Night program is aligned and supportive of the City's Race and Social Equity framework, including education and employment readiness programs. Come to your local Late Night and explore more of what we have to offer! Photo ID required.

Seattle Parks & Recreation Citywide Teen Programs' goal is to impact the life trajectories of teens, by providing opportunities for community involvement, building positive relationships, and learning experiences that build skills, while embracing stewardship to ensure confident leadership roles in society. Contact your local neighborhood specialist for more information.

NORTH - (206) 684-7523 Meadowbrook Teen Life Center, Bitterlake Community Center

CENTRAL - (206) 684-4550 Garfield Teen Life Center

SOUTHEAST - (206) 551-7316 Ranier Community Center, Ranier Beach Community Center, Van Asselt Community Center

SOUTHWEST - (206) 684-7438 Southwest Teen Life Center High Point Community Center, Delridge Community Center South Park Community Center

RECTECH - LAB PUBLIC ACCESS HOURS AND PROGRAMS

RecTech's mission is to facilitate effective technology-driven programs providing education, recreation, and community development services for children, families, and neighborhoods. RecTech works to bridge the digital divide, providing technology access, training, and opportunities for personal and career development where the need is greatest, in Community Technology centers across south and central Seattle. Programs consist mainly of youth development services, workforce training, senior citizen programs, adult digital literacy training, and a variety of specialized educational opportunities. In the ten years since its inception, RecTech has worked to become a leading community resource, building stronger, more engaged communities through quality technology programming. Visit rectech.seattle.gov for more information.

OPEN COMPUTER LAB: During open hours, RecTech offers free time to use our technology resources for your own personal and professional needs. Please be aware that the labs are used by both young and old and some websites may be closed due to inappropriate content for minors. Please see below for open lab hours for each site:

DELRIDGE COMMUNITY CENTER: RecTech Site Lead: Leslie Howle (206-684-0364) Mon-Thu 1-8 p.m. Fri-Sun CLOSED

SOUTH PARK COMMUNITY CENTER: RecTech Site Lead: Tony Hatten (206-684-7451) Mon-Fri 10 a.m.-6 p.m. Sat/Sun CLOSED

YESLER COMMUNITY CENTER: RecTech Site Lead: Asfaha Lemlem (206-615-1579) Monday 2-5 p.m. Tuesday 10 a.m.-6 p.m. Wednesday 2-6 p.m. Thursday 10 a.m.-6 p.m. Friday 2-4:30 p.m. Sat/Sun CLOSED

RAINIER COMMUNITY CENTER: RecTech Site Lead: Jonathan O.L.H. Porter (206.386.1919) Mon Noon-3 p.m. Wed 1-3 p.m. T/Th/F Noon-4 p.m. Sat/Sun CLOSED

RAINIER BEACH COMMUNITY CENTER: RecTech Site Lead: Young Pham (206-470-9115) Mon-Fri 11 a.m.-6:30 p.m. Sat/Sun CLOSED

DROP-IN All Ages: Computer lab has 8 PC's equipped with the latest versions of Microsoft Office, Adobe Premium Design Suite, the latest web browser versions, and a B&W printer in addition to free WIFI. Utilize our community technology lab to stay on top of your email, fill out online forms, do online banking, or research your next outing. Tutoring also available by appointment. Location: Rainier Beach CC Ongoing M-F Noon-3 p.m. 5-6:30 p.m. ADULT 1 ON 1 M/W 11 a.m.-2 p.m. OPEN LAB M/T/Th/F 5-6:30 p.m.

EVENING OPEN LAB: All Ages Open access to the internet, computers, and productivity software including Microsoft Office, Adobe Photoshop, and more. Whether you want to work on your own, or you'd like help using these or other technologies such as smartphones, laptops, tablets, email, social media, etc., our lab staff is here to help.

Citywide Teen Advisory Council:

Join other teens and make a difference in your community. The Teen Advisory Council (TAC) plans activities, fundraisers, and volunteer projects. If you're interested, please join our monthly meetings by registering with the teen programs at any community center. Times and days of meetings will vary from center to center.

Alki C.C.: Third Fri. of the month 5-6 p.m.

Delridge C.C.: Last Thursday of the month 4-5 p.m.

Hiawatha C.C.: Thursday 5 p.m.

High Point C.C.: Friday 4:30 p.m.

South Park C.C.: 2nd and 4th Wednesday 4:15-5 p.m.

SouthWest C.C.: Tuesday 3 – 5 pm

Special Events:

FRIDAY NIGHT SKATE:

Ages 2 and older. Join us for a night of skating for the whole family. Don't have your own skates? That's ok, we have your size. Enjoy a night of family fun to the latest pop music, races, and lights. No skate night 12/22. Location: Alki CC

Ongoing Fri 5:45-7:45 p.m. \$3/skater

THEMED SKATE NIGHTS: Ages 5 and Older. Join us for a night of fun! We'll have themed music, games, raffles, a costume contest, and a whole lot of fun for the entire family. Location: Alki CC

SUPER HERO: 2/16 Fri 5:45-7:45 p.m. \$3/skater

MARDI GRAS: 3/23 Fri 5:45-7:45 p.m. \$3/skater

SPRING FLING: 4/20 Fri 5/45-7:45 \$3/skater

BIG SCREEN MOVIE (AGES 12-18):

3/16 Fri 6-9 PM Hiawatha

SCHOLARSHIP SOCIAL:

Join us for our 2018-2019 Scholarship Social. This is the perfect opportunity to come down to Hiawatha, and we will help you ll out the necessary paperwork so you are ready for the 2018-2019 scholarship year. Please bring completed 2017 1040. Location: Hiawatha CC 2/10 Sat 10 a.m.-Noon

Southwest Seattle

ADVISORY COUNCIL FUN ACTIVITY NIGHTS:

Bring the whole family to a fun monthly evening at Yesler CC. Activities will include movie nights, gym game nights, board game nights, etc. We will also use these times to share fun and educational programming opportunities with the community. These events will be sponsored by the Yesler Community Center Advisory Council, a group of volunteers made up of neighbors and community agency staff to advise Seattle Parks and Recreation on activities in the Yesler Community Center. Admission is free but snacks will be sold to support the Yesler Community Center Advisory Council. Location: Yesler CC

TEEN LATE NIGHT (Ages 13-19) :

Late Night is a safe and supportive environment for teens ages 13-19. This recreation based program is held on Fridays and Saturday evenings from 7 p.m.-Midnight with a focus on positive teen interactions and engagement where all teens are welcomed. The Late Night Program is aligned and supportive of the city's Race and Social Equity framework, including education and employment readiness programs. Come to your local Late Night and explore more of what we have to offer.

Contact your local neighborhood specialist for more information.

Fri and Sat Nights 7 p.m.-Midnight

NORTH: 206-684-7523

Bitter Lake Community Center
Meadowbrook Teen Life Center

CENTRAL: 206-684-4550
Garfield Teen Life Center

SOUTHEAST: 206-551-7316

Rainier Community Center
Rainier Beach Community Center
Van Asselt Community Center

SOUTHWEST: 206-684-7438
South Park Community Center
High Point Community Center
Southwest Teen Life Center

Drop In Programs:

All drop-in programs require a fee of \$3 (Adults) or \$2 (ages 65+), unless otherwise noted. Drop-in activities are subject to change, based on community center activities. Call center within 48 hours prior to verify daily schedule. Save today with a Quick Card. **No Programs 1/1, 1/15, 2/19.

BALLROOM DANCE:

Ages 18 and Older Join us to experience complimentary and Latin dance lessons and free dance instruction/guidance in ballroom dancing. Location: Yesler CC

Sat 2:30-4:30 p.m.

DROP-IN BASKETBALL:

DELDRIDGE: M/T/Th 3-8 p.m. W/F 3-6p.m.

HIAWATHA: Unavailable during winter

HIGH POINT: M/W/F 2:30-4 pm

SOUTH PARK: M/T/W Noon-2 p.m.

YESLER: YOUTH M-F 3-5 p.m. ADULTS T/Th 1-3 p.m.

DROP-IN COMPUTER LAB:

DELDRIDGE: M-Th 2:30 7:00

SOUTHPARK: M/T/W 10AM-6 PM

YESLER: Mon:2-5 PM, T/Th:10 AM-4 PM,

Wed:2PM-6PM, Fri:2PM-4:30

DROP-IN FITNESS ROOM:

DELDRIDGE: M/W 9 a.m.-8 p.m. T/Th Noon-8 p.m. Friday 11 a.m.-6 p.m.

HIAWATHA: Mon/Th 10 a.m.-3 p.m. T/W 11 a.m.-3 p.m. Friday Noon-3 p.m.

DROP-IN PICKLEBALL:

DELDRIDGE: M/W 9:30-11:30 a.m. Wed 6-8 p.m.(Sep-Oct) T/Th Noon-2 p.m.

HIAWATHA: Friday 10 a.m.-Noon

HIGH POINT: Mon 9:30-11 Wed/Fri 9:30 a.m. Noon

YESLER: T/Th 10 a.m.-Noon

DROP-IN VOLLEY BALL:

DELDRIDGE: T/Th 10 a.m.- noon **YESLER:** Mon 6-8 p.m.

Alki Community Center:

HELP OTHER PEOPLE ENGAGE (HOPE):

Ages 12-17 At Alki Community Center we believe every youth has something special to offer. HOPE embraces the opportunity to help each youth find that gift through engaging volunteer activities. HOPE is a program that gives student volunteers experience working with other students, youth, and adults. This program allows youth to bring their voice and insight to their service learning experience at Alki Community Center. To find out about volunteer service learning hours, contact Paula Pablo at 206-684-7430 to set up an interest interview.

TEEN NIGHT:

Age 12-17 Once per quarter Alki Community Center will hold a teen night for all the teen volunteers (H.O.P.E) through the quarter. Enjoy open gym, arts and crafts, food and a ton of laughter. For more details please contact Paula @ (206) 233-3851.

KARATE - THE EMPTY HAND:

Ages 7 and Older This class teaches traditional Shotokan Karate based on the texts of Gichin Funakoshi and Yasutsune Itosu. Presented using a multidisciplinary self-defense approach, by studying and practicing basic Karate techniques and strategies, that are designed to defend against larger and/or multiple opponents. Come join the fun and great exercise too! Open to adults and children. We were West Seattle Shotokan...Now we're Alki Shotokan...we've been here for over 25 years...come be part. No classes 1/15 and 2/19. Instructor: Jay Lavassar and Fred Armstrong

1/8-1/31; 2/5-2/28; 3/5-3/28; 4/2-4/30;
M/W 6:30-7:30 p.m. \$30 for Youth

ZUMBA® DANCE AND FITNESS:

(Ages 16 and Older) Zumba® combines high energy, and motivating Latin music with unique moves, and combinations that allow you to dance away your worries. The routines feature aerobic/fitness interval training with a combination of fast, and slow rhythms that tone and sculpt the body. Zumba® uses the principles of fitness interval training and

resistance training to maximize caloric output, fat burning, and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps. Join us the last Thursday of every month for a themed Zumba Class. Monthly fee below, \$10 drop in fee.

1/22-2/12 Mon 7:15-8:15 p.m. \$36

2/26-3/26 Mon 7:15-8:15 p.m. \$45

1/22-2/12 Mon 7:15-8:15 p.m. \$36

2/26-3/26 Mon 7:15-8:15 p.m. \$45

Delridge Community Center:

COLD CUTS, DJING, AND MUSIC PRODUCTION:

Ages 11-19 Chow down as you learn the basics of DJing and music production...or just cook and eat while you listen to great music, either way, you are welcome! Professional Guest DJ instructors and performances monthly.

Wed 4:30-5:30 p.m.

TEEN FITNESS:

Ages 14-19 Cease to be obese! Work off those calories and feel great! Teen open fitness room hours. E-13 Form Required.

M/W 4:30-6 p.m.

TEEN ADVISORY COUNCIL:

Ages 11-19 Join us for the Delridge Teen Advisory Council the last Thursday of each month. Call 206-684-7423 for more information.

Last Tuesday of the Month 6-7 p.m.

ZUMBA® DANCE AND FITNESS Ages:

16 and Older Zumba. combines high energy, and motivating Latin music with unique moves, and combinations that allow you to dance away your worries. The routines feature aerobic/fitness interval training with a combination of fast, and slow rhythms that tone and sculpt the body. Zumba. uses the principles of fitness interval training and resistance training to maximize caloric output, fat burning, and total body toning. It is a mixture of body sculpting movements

with easy to follow dance steps. Join us the last Thursday of every month for a themed Zumba.

\$10 drop in fee.

Monthly fee \$42. Fees and times vary.

STRONG BY ZUMBA®-TONING AND HIGH INTENSITY FITNESS:

Ages 16 and Older STRONG by Zumba™ combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster. No class 11/22. Instructor: Michelle Burns

11/1-12/20 Wed 7-8 p.m. \$49

Hiawatha Community Center:

AFTER SCHOOL TEEN DROP-IN:

Ages 11-19 Daily activities set up by teens for teens – volleyball, basketball, current music, crafts and more. Hiawatha also offers FREE dance studio space, a homework computer station. And FREE Wi-Fi access. Location: Hiawatha CC

Jan-Mar M-F 3:30-4:30 p.m.

TEEN JOB READINESS PROGRAM:

Ages 14-19 Earn service learning hours and gain skills that prepare you for work and university life. In addition to quarterly intern positions, staff also offers resume, job application and interviewing assistance. Join our Hiawatha team! For more information, send your resume and/or inquiries to John. Hasslinger@Seattle.gov. Location: Hiawatha CC Jan-Mar, **Hours vary by position and program.**

FLEX FIT DROP IN:

Ages 14-19 Challenge your body to do great things! Student centered body-weight circuits, power yoga, core-fit, sports specific training, and more. Location: Hiawatha CC

Jan-Mar T/Th 3:35-4:35 p.m.

TUTOR CONNECT:

Ages 11-19 Connect with a fellow teen who can help you succeed in the classroom.

Volunteer tutors and those who seek help are asked to email John.Hasslinger@Seattle.gov. Location: Hiawatha CC

Jan-Mar 4-7 p.m. Weekdays by appointment

WESTSIDE DRAMA PERFORMANCE:

Ages 14-18 Show your Westside Spirit and cheer on your talented 'WildCat' friends. Those who serve 15+ hours beginning September 5th earn FREE seats for the performance! Pre-funk begins at 6 p.m. in the Center, show starts at 7 p.m. at the high school. Location: Hiawatha CC

Jan- Mar Select Fri 6-10:30 p.m.

Invest In You!:

Got college on your mind? Check out communitycenter opportunities to earn tuition dollars, seek scholarship funds, and raise your value to potential universities. Invest in YOU! Please send emails to John.Hasslinger@Seattle.gov to schedule an appointment. Location: Hiawatha CC

High Point Community Center:

HIGH POINT TEEN PROGRAM INFORMATION FOR WINTER 2018 :

All programs are on the schedule but may be subject to change due to staffing and participation levels. We are a drop-in program. E-13's are required for participations and for any Field Trips. Teen program ages are 11-19 years old. For more information please call 206-684-7422 and speak with Laura Wilburn.

POPCORN AND MOVIE Ages 11-19:

This program is for kids who participate in one or more of our programs. The youth will be able to choose the Red Box movie and choices will be discussed in our Teen Talk sessions. No program 11/16.

Every other Thu 5-8 p.m.

TEEN GRUB CLUB Ages 11-19:

This class explores healthy eating and cooking habits. We cook from scratch. No mixes and or packaged sauces. Real whole foods are cooked and served by youth and for youth. Food is for participating youth. If you have recipe ideas or if you can cook,

please come out and share your ideas and thoughts.

TEEN BAKING Ages 11-19:

On those off Wednesdays the kids here like to bake some fun stuff. It started out with cookies but some of the kids are interested in baking other things. We bake everything from scratch. No cake mixes allowed in this place. The youth are experimenting with using whole food choices and healthy recipes.

Every other Wed 4-6 p.m.

ICE CREAM SOCIALS Ages 11-19:

Everybody knows that everything tastes better with ice cream. Youth make and serve ice cream to their peers. This program is for participants in youth programs here at High Point. The youth that make and serve ice cream will receive community service hours.

Third Fri/month 4-7 p.m.

WEST SEATTLE TAE KWAN DO CLUB Ages 18 and Older:

Learn Tae Kwon Do, a Korean martial art known primarily for its fast sparring techniques, dynamic forms, and strong kicks. Our club is focused on self-improvement in a non-competitive atmosphere that promotes unity, respect, and indomitable spirit. Improve physical abilities such as strength, speed, endurance, flexibility, and coordination as well as mental attributes such as confidence, focus, self-control, and willpower. Taught by Darin Smith, 3rd deg. black belt and certified personal trainer. No class 9/14 and 11/23. Instructor: Darin Smith

2/1-2/26 M/Th 6:30-8 p.m. and Sat 10 a.m.-Noon \$35

3/1 - 3/31 M/Th 6:30-8 p.m. Sat 10 a.m.-Noon \$35

HATHA YOGA:

Stillness in Hatha yoga postures helps us heal, balance and strengthen the body. Focus on the breath gives us benefits beyond yoga. Inspiring group energy plus individual attention. All levels get maximum benefits! Instructor: Taught by 2-time Washington yoga champion- Robert Powers.

1/5-1/26 Fri 10 am-11 am p.m. \$35

2/5-2/26 Fri 10 am-11 am p.m. \$35

3/5-3/26 Fri 10 am-11 am p.m. \$35

Southpark Community Center:

INTRODUCTION TO PIANO:

Ages 6 and Older. This program offers an A to Z introduction to playing piano for those who have never played before, and those who are playing but want to learn more about piano music theory.

LUNCHTIME YOGA:

Ages 16 and Older. Come and relax and take a lunch break to experience a healthy yet soothing workout. Yoga will help you de-stress your day away, become more flexible and strengthen your core.

1/2-1/30 Tue Noon-1 p.m. \$20

2/6-2/27 Tue Noon-1 p.m. \$20

3/6-3/27 Tue Noon-1 p.m. \$20

4/3-4/24 Tue Noon-1 p.m. \$20

BOYS TO MEN:

Fellas' it's time to step our game up! This young men's group provides a platform to learn, experience and grow providing young men confidential conversations on topics that are most relevant in their lives.

12/5-12/26 Tue 5-6:30 p.m.

SISTER CIRCLE: FREE!

(Ages 10 and Older) Upon request, the South Park Community Center has created a program specifically for young women to support participants in building positive relationships amongst their own. Young women between the ages of 10+ are welcome to discover all of themselves with Sisters of a common goal.

1/2-1/30 T/Th 5:30-7:30 p.m.

2/1-2/27 T/Th 5:30-7:30 p.m.

3/1-3/29 T/Th 5:30-7:30 p.m.

4/3-4/26 T/Th 5:30-7:30 p.m.

LGBT AND ALLIES: BUILDING AND ALLY NATION: **FREE!**

Ages 10 and Older. Young adults it is time to roll up our sleeves and get to work. At the South Park Community Center, we are recruiting young adults who are interested in building collaborations and alliances between the Seattle Parks and Recreation Staff and alternate teens so that every community center is a welcoming and safe space. You can participate in this project as an afterschool program, service learning opportunity or internship. If you would like to have this as an internship opportunity, please ensure that you have completed both Coping and Support Training and Race: The Power of an Illusion Training.

1/5-1/26 Fri 5-7 p.m.

2/2-2/23 Fri 5-7 p.m.

3/2-3/30 Fri 5-7 p.m.

4/6-4/27 Fri 5-7 p.m.

SOUTH PARK MUSIC EXPLORATION AND CREATION STATION:

(Ages 12 and Older) Teen musician, here is your opportunity to learn the basics of the music production business. Explore the professional music production software Logic Pro and create something you can share with your friends, family, and community. (Stipend Program)

1/2-3/29 T/Th 5:30-6:45 p.m.

4/3-6/28 T/Th 5:30-6:45 p.m. N R

FOOD SAFETY TRAINING: **FREE**

(Ages 14-19) Are you looking for a part time job that involves handling food served to the public? Before you travel on that journey, you should stop by the South Park Late Night Program on one of the dates below. Washington State requires that all food workers have food safety training before handling food served to the public. Food workers who take a food safety training class and pass the State of Washington exam on food safety basics are issued a Food Worker Card (also called a Food Handler Permit). South Park Late Night will not only provide the training but pay for the card as well. Now that's winning!

1/19, 2/16, 3/16, 4/20

Fri 7-9:30 p.m.

Yesler Community Center:

TEEN FITNESS:

Ages 11-19. Join fellow teens in Yesler Community Center's Fitness Room and learn to be fit together! You will encourage each other to be healthy, learn how to use fitness equipment properly, and learn simple techniques to incorporate into your daily routine to accomplish your fitness goals. **FREE** Instructor: Donna Kirvin and Intern

1/11-3/30 M-F 3:30-5 p.m.

LEADERSHIP DEVELOPMENT PLUS PROGRAM/ ENTREPRENEURSHIP:

Ages 14-19 Yesler's Leadership Development Plus Program is a program for teen's ages 14 to 19 years old. This program is designed to develop and enhance the leadership skills within our participants. This program will also help teens to create a business based on their skills and talents that they have. They will be encouraged to build relationship with their peers and to find partners within the community that can help them successfully start a small business and apply for start-up grants. Some internships are available but requirements must be met before you are selected by the Recreation Leader Donna Kirvin. Instructor: Donna Kirvin

1/2-3/30 M-F 11 a.m.-6 p.m.

DRILLS AND SKILLS:

(Ages 14-19) Teens will be able to participate in team sports. Activities will be supervised by Drills and Skills Staff to ensure that everyone gets a chance to participate and enjoyed the activities offered. Participants will improve the physical fitness durability, they will learn and improve on such skills as basketball, leadership, communication, teamwork, eye and hand coordination. Participants will play games against the peers. Participants will work on ball handling, defensive drills, passing drills, lay-ups, jumpers, full court press, screening, blocking and running plays. Instructor: James Hampton/ Aaron Brook's Foundation

1/2-3/30 T/Th 4-6:45 p.m.

HISTORY OF WAACKING, DANCE CLASS, LGBTQ COMMUNITY DANCE CLASS:

(Ages 14 and Older) Waacking was born out of a dance called Pinking in the 70s during the height of the disco era. Pinking stemmed from the black and latino gay underground clubs in LA, a safe place for their community to express themselves and dance without fear of persecution. Punks was a derogatory term for gay men at the time that they took as their own. Inspired by tv shows and hollywood dramaticism pinking involved lots of emotional expression and posing. Later it was called whacking meaning 'to strike' after the quick arm motions involved as well as to help distance itself from the negative term pinking. It was later changed to the double a spelling, waacking, to further distance itself from sexual and violent connotations. Waacking is currently undergoing a new wave of popularity across Asia, Europe, and America with new styles and forms being created. No class 2/19.

1/9-1/23 Tue 6-7 p.m. \$20

2/6-2/20 Tue 6-7 p.m. \$20

3/6-3/20 Tue 6-7 p.m. \$20

Drop-in: \$10

WOMEN'S ZUMBA:

(Ages 13 and Older) Join the Zumba Women's class. Zumba is a Latin inspired dance fitness class that incorporates Latin and International music and dance movements. This class format combines fast and slow rhythms that tone and sculpt the body, blending balance of cardio and muscle toning benefits. Zumba is fun, different, easy and effective. No class 12/25, 1/1, 1/15, and 2/19 **SCHOLARSHIPS AVAILABLE** Drop-in: \$10

1/8-1/29 Mon 6-7 p.m. \$20

1/10-1/31 Wed 6-7 p.m. \$20

2/5-2/26 Mon 6-7 p.m. \$20

2/7-2/28 Wed 6-7 p.m. \$20

3/5-3/26 Mon 6-7 p.m. \$20

3/7-3/28 Wed 6-7 p.m. \$20

KYOKUSHIN KARATE:

(Ages 8 and Older) Students will learn the sport side of Kyokushin Karate, a traditional martial art founded by Mas Oyama, and application of those skills in self defense situations. Students will benefit from increased stamina, strength and flexibility as well as greater confidence and self discipline. Class is suitable for all levels of ability, from no experience to those who desire to compete in tournaments. No prior experience necessary. Open to children and adults. Families are welcome. No class 12/25, 1/1, 1/15, and 2/19. **SCHOLARSHIPS AVAILABLE**

1/8-1/29 Mon 6-7:45 p.m.

2/5-2/26 Mon 6-7:45 p.m.

3/5-3/26 Mon 6-7:45 p.m.

Adult \$25, Youth & Teen \$15
Drop-in: \$9

INTRO TO BREAK DANCE:

(Ages 8-14 and Older) Learn the basics of the first Hip Hop dance known as breaking. We'll go over the history of the dance, basic techniques, cyphering, and battle mentality. Curriculum includes an introduction to toprock, footwork, freezes, go downs, power moves, and burns. No class 2/19
1/9- 1/23 Tue 5-6 p.m. \$20

2/6-2/20 Tue 5-6 p.m. \$20

3/6-3/20 Tue 5-6 p.m. \$20

Drop-in: \$10

BEGINNING FREESTYLE DANCE CLASS:

(Ages 8-14 and Older) Never danced before? Uncoordinated? Have no rhythm? Then this is the perfect class for you! This class covers the basics of all dancing in a relaxed, easy learning environment. We will cover basic rhythm, simple dance techniques, connecting with any type of music, emotional expression, and the fear of dancing in front of other people. No class 2/19. Drop-in: \$10
1/9-1/23 Tue 7-8 p.m. \$20

2/6-2/20 Tue 7-8 p.m. \$20

3/6-3/20 Tue 7-8 p.m. \$20

SOUTHWEST COMMUNITY CENTER HOURS:

ALKI COMMUNITY CENTER: 5817 SW Stevens St / Seattle, WA 98116, PH: 206-684-7430 Fax: 206-938-9549

Mon/Wed/Fri 3-8 p.m. Tue/Thu 10 a.m.-3 p.m. Sat/Sun Closed

DELTRIDGE COMMUNITY CENTER: 4501 Delridge Way S / Seattle, WA 98106, PH: 206-684-7423 Fax: 206-684-7424

Mon/Wed 9 a.m.-8 p.m. Tue/Thu Noon-8 p.m. Friday 11 a.m.-6 p.m. Sat/Sun Closed

HIAWATHA COMMUNITY CENTER: 2700 California Ave SW / Seattle, WA 98116, PH: 206-684-7441 Fax: 206-923-1691

Mon/Thu 10 a.m.-8 p.m. Tue/Wed 11 a.m.-8 p.m. Friday Noon-7 p.m. Sat/Sun (available for rentals) Closed

HIGH POINT COMMUNITY CENTER: 6920 34th Ave SW / Seattle, WA 98126, PH: 206-684-7422 Fax: 206-684-7402

Mon-Thu 9 a.m.-8 p.m. Fri/Sat 9 a.m.-7 p.m. Sunday 2-8 p.m.

SOUTHWEST TEEN LIFE CENTER: 2801 SW Thistle St/Seattle, WA 98126, Entry is located on south side of building.

PH: 206-684-7438 Fax: 206-233-7295, Tue-Fri 2:30-8 p.m. Fri/Sat 7 p.m.-Midnight (Late Night) Saturday 5-7 p.m.

SOUTH PARK COMMUNITY CENTER: 8319 8th Ave S / Seattle, WA 98108, PH: 206-684-7451 Fax: 206-684-7992

Mon-Thu 10 a.m.-9 p.m. Friday 10 a.m.-7 p.m. Saturday 9 a.m.-5 p.m. Sunday Closed

YESLER COMMUNITY CENTER: 917 E. Yesler Way / Seattle, WA 98122, PH: 206-386-1245 Fax: 206-684-7787

Mon-Fri 10:30 a.m.-8 p.m. Saturday 10 a.m.-5 p.m. Sunday 9:30 a.m.-5 p.m.

Northwest Seattle

Special Events:

FAMILY SKATE NIGHT:

All Ages. Join us for this popular Bitter Lake family tradition! We will have great music and play fun games. Bring your own skates and blades, or borrow a pair of ours. Please note: No toy skates allowed. No Skate Night 2/23. Location: Bitter Lake CC Annex (13040 Greenwood Ave N)

1/5-3/30 Fri 6:30-8:15 p.m. \$4/skater

DAY TIME MOVIES:

All Ages. Enjoy a family movie during the week. Come on Thursday mornings and watch family friendly movies together. Enjoy popcorn and beverages. Movies will be announced on the Belltown Facebook Page. Location: Belltown CC

1/18 Thu 10 a.m. 2/15 Thu 10 a.m. 3/15 Thu 10 a.m.

FAMILY FUN NIGHT:

All Ages. Magnolia will host a family fun night, full of activity. Family Fun Night is designed to get the kids moving, a gym full of bouncy houses, tumbling mats, and more. Location: Magnolia CC

Movie Night: 1/16 Fri 6-7:30 p.m. \$3

Bouncy House Night: 2/16 Fri 6-8 p.m. \$3

Family Bingo Night: 3/16 Fri 6-8 p.m. \$3

Location: Queen Anne CC:

Family Fun Night: 11/3 Fri 6:30-8:30 p.m

COLORING AND CRAFTS NIGHT FREE!

Ages 5 and Older. Join us every second Friday of the month to kickoff the Belltown Artwalk. We will have coloring, ribbons, bows, string, paper, glue, and more to indulge your crafting hearts! Location: Belltown CC

12/8 Fri 6-7:30 p.m

BELTOWN ARTWALK: All Ages

Join us every second Friday of the month to kick-off the Belltown Artwalk. Pick up a free map of participating venues, check out the center's featured artists, enjoy refreshments and raffle prizes. Doors open from 6-7:30 p.m. Other participating venues remain open till 9 p.m.. Location: Belltown CC

12/8 Fri 6-7:30 p.m.

1/12 Fri 6-7:30 p.m.

2/9 Fri 6-7:30 p.m.

3/9 Fri 6-7:30 p.m.

WOMEN'S SELF DEFENSE WORKSHOP: FREE!

Learn to use your natural strengths to quickly and effectively defend yourself. You can gain the awareness, confidence, and skill you need to protect yourself. Quickly learn simple and powerful techniques to shock an attacker by striking vital points, as you yell "NO!" and run to safety. Presented by Oom Yung Doe Martial Arts School. Location: Belltown CC

1/23 Tue 6-7:30 p.m.

WON'T YOU BE MY VALENTINE?: FREE!

Ages 5 and Under Join us for a special version of our drop-in Tot Gym where we will have some sweet treats and crafts to celebrate Valentine's Day. Kiddos will have the opportunity to design Valentine's Day cards for that special grandparent, parent, sibling, or teacher in their lives. Location: Bitter Lake CC

2/14 Wed 9:30 a.m.-12:30 p.m.

COMMUNITY SWEET HEARTS POTLUCK AT EVANS POOL: FREE!

All Ages Come and gather with the Green Lake Community and the Green Lake staff! We will set up the swimming pool deck with tables and chairs; Bring a dish to share, and maybe a story or two to share. Be prepared to make a friend or two and enjoy some great food. Evans Pool is proud to present "The Sauna Lizards", our own locally homegrown band of swimmers! Enjoy lively, fun music while you eat and socialize! Only adults can swim from noon-1:30pm, adults and children under 18 are welcome to at 1:30-2:30pm for our general swim. Everyone is welcome at the potluck 12-2:30pm. Part of Neighborhood Appreciation Day! Location: Green Lake CC/Evans Pool

2/10 Noon-2:30 p.m. - Potluck for all
Noon-1:30 p.m. - Adult Swim Only 1:30-2:30 p.m. - General Swim

PANCAKE BREAKFAST!

All Ages. Join your friends and neighbors for Bitter Lake Community Center's Annual Pancake Breakfast! Bring the whole family and enjoy all-you-can-eat pancakes, scrambled eggs, sausage, juice, and coffee! Proceeds from this event will help provide scholarships to those in need throughout the year. Volunteers are needed for this event; please call 206-684-7524 for additional info. Location: Bitter Lake CC

2/25 Sun 9 a.m.-Noon \$5 (Children ages 3 and younger eat free!)

THE ANNUAL BALLARD BASH OUT OF THIS WORLD:

The Annual Daddy Daughter Dinner has been upgraded to include the whole family! For the 26th year you can join family, friends and neighbors as the Ballard Community Center puts on the party of the year. This year's event will be totally Out of This World. In addition to dinner and dancing, activities and crafts will focus on the planets, stars, and the possibilities of what lies beyond our solar system. Astronauts, aliens and space travelers alike, grab your gear and your friends for this galactic adventure. Make your reservations today as ship space is limited. Children 2 and under are free. Location: Ballard CC

4/21 Sat 6-10 p.m. \$30/person

SPRING EGG HUNTS:

Ages 2-10. Join your neighbors for the quickest special event of the year; the Spring Candy and Egg Hunt! Plan enough time to park and find your age group's hunt area. This event runs rain or shine. Make sure to bring a basket or bag to put all your goodies in! We will also be collecting non-perishable food items for the local food bank. Volunteers needed. Call your local center. Locations: Ballard CC, Bitter Lake CC Annex (13040 Greenwood Ave N), Loyal Heights CC, Magnolia CC, Queen Anne CC

3/31 Sat 10 a.m. sharp!

SPRING EGG SCRAMBLE:

Everyone will meet in the gym per their child's age and time. Please bring a basket or bag to collect your goodies in. Parking will be tight. Be prepared to walk to the community center. Come rain or shine. Please bring a can food donation for the local food bank. Location: Green Lake CC

Ages 1-3 3/31 Sat 10 a.m.

Ages 4-6 3/31 Sat 10:30 a.m.

Ages 7-10 3/31 Sat 11 a.m.

PANCAKE BREAKFAST FUNDRAISER:

All Ages. This annual fund raiser is more than just a great meal; proceeds go to fund scholarships for youth throughout the year. So, come and enjoy the company of friends and neighbors as we provide a yummy breakfast, activities and crafts for kids, and so much more! We need volunteers, so please call 206-684-4052 if you're interested. Location: Loyal Heights CC

3/4 Sun 8 a.m.-Noon \$6/person

HUMOR WORKSHOP:

Location: Green Lake CC

3/17 Sat 2 p.m.

SERVICE LEARNING HOURS:

Ages 11-16. High school students are required to complete 60 hours of volunteer service in order to meet graduation requirements. This is an opportunity for you to earn a portion of your hours at Magnolia Community Center. Teens receiving service learning credit will be required to be active in the Teen Advisory Council Leadership

Component as part of their 60 hours. The ongoing hours varies.

TEEN ADVISORY COUNCIL:

Ages 11-15. Here is an opportunity to represent your community center by suggesting future activities, and to help run special events. Meetings are held once per month at the community center. For more information, visit the teen board.

3rd Friday of the month 4-5:30 p.m

Drop-In Programs:

All drop-in programs are now free (unless otherwise noted), but they now require a Quickcard. Drop-in activities are subject to change, based on community center activities. Call center 48 hours in advance to verify daily schedule. No program 12/25, 1/1, 1/15, and 2/19.

TODDLER GYM PLAY TIME:

Ages Walkers-5 Years. Children play, learn, and develop both motor and social skills in this highly interactive drop-in social and play time. Toddlers will meet new friends, play on bouncy toys, ride scooters and tricycles, play with bouncy balls, and much more. (Parents must accompany their child at all times.) Times are subject to change.

BALLARD COMMUNITY CENTER M/W/F
9:30 a.m.-12:30 p.m.

BITTER LAKE COMMUNITY CENTER
Mon/Wed 9:30 a.m.-12:30 p.m.

LOYAL HEIGHTS COMMUNITY CENTER
Tue/Thu 10 a.m.-2 p.m.

MAGNOLIA COMMUNITY CENTER* Wed/Fri
11 a.m.-1 p.m.

QUEEN ANNE COMMUNITY CENTER
Tue/Thu 10 a.m.-1 p.m.

DROP-IN ADULT WATER COLOR:

Ages 18 and older. Join us each week for painting, sharing ideas, and critiques. We will paint still life scenes, share reference photos, and/or work on our own independent projects. This group is open to watercolorists at all levels. This is not a class. To participate, please bring your own paints, brushes, paper, and unbreakable water container. Location: Loyal Heights CC

Fri 11 a.m.-3 p.m.

QUIET PLAY GYM:

The Ballard Community Center is proud to be able to offer Quiet Play time for families affected by autism spectrum disorder. Experience all the fun of the community center without the large crowds. We will be dimming the lights and make special efforts to reduce the noise level. Location: Ballard CC

Fridays 1-2:30 p.m.

TODDLER PLAY ROOMS:

Enjoy a dedicated play space filled with lots of children's toys of all shapes, sizes, and mobility. It's a great way for your child to learn and socialize with others. Parental supervision required. Must adhere to posted rules. So what are you waiting for? Come in from the wet and cold and play! Public Health-Seattle and King County requires that you take away changed diapers. Times are subject to change.

BALLARD COMMUNITY CENTER* Ages 4 and younger on M/W/F. Mon-Fri 9:30 a.m.-8:30 p.m.

BELLTOWN COMMUNITY CENTER Ages 5 and younger M/W/Th 3-8 p.m. Fri 9:30 a.m.-2:30 p.m.

GREEN LAKE COMMUNITY CENTER Ages 5 and younger Available for rentals on Saturday and Sundays! Mon-Fri 10 a.m.-8 p.m. Saturday 9 a.m.-4:45 p.m.* *Available to rent on Saturday and Sunday!

QUEEN ANNE COMMUNITY CENTER Ages 5 and younger Mon-Fri 9:30 a.m.-4 p.m. Sat 10 a.m.-3 p.m.

LOYAL HEIGHTS WEIGHT ROOM:

Ages 18 and older. Take a little time to get a workout in our fitness room. The room features several pieces of cardio equipment, Kaiser Compress machines, a punching bag, free weights, a cable machine, squat rack, and more. Location: Loyal Heights CC

Mon 9 a.m.-8:45 p.m.

T/Th 10:30 a.m.-5:45 p.m., 7-8 p.m.

Wed 10:30 a.m.-8:45 p.m.

Fri 11 a.m.-Noon, 1-8:45 p.m.

QUEEN ANNE WEIGHT ROOM:

Ages 18 and older. Commit to get fit! In our friendly, non-intimidating fitness room, you can set and meet your goals no matter what your level of fitness is. Put on that old pair of sweats, grab your sneakers, we are into fitness, not fashion. No program on 5/30. Location: Queen Anne CC

Mon-Fri 1-8:45 p.m. Sat 10 a.m.-3 p.m.

LOBBY GAMES:

Come play ping pong, chess, checkers and possibly other games in our lobby. Available during open hours, call ahead to confirm.

Location: Belltown CC

OPEN PLAY PIANO PRACTICE:

All Ages. Come in and have at it tapping the keys. Location: Belltown CC

Mon/Wed 3-4 p.m.

DROP-IN BASKETBALL:

Ages 18 and under Free!

Green Lake: M/T/Th Noon-2 p.m. Friday 10 a.m.-2 p.m.

Loyal Heights: Friday 7-8:45 p.m.

Magnolia: Monday 7-9pm

Queen Anne: T/Th/F 6-8:30 p.m.

TABLE TENNIS – PING PONG:

Open to the public at any time. Equipment is available during operating hours. Tables are located outside.

Bell Town: M/T/W 3-8 p.m. Thu/Fri 9:30a.m.-2:30p.m. FREE

Greenlake: Wednesday 10 a.m.-1 p.m. Fri (ends 11/17) 6-8:45 p.m. Saturday 5-9 p.m. Sunday 4-9 p.m. \$5 or \$45 (10-visit) punch card (14 tables)

VOLLEYBALL:

BALLARD: Teens Only Tue 4-6 p.m. T/F * 6:30-8:30 p.m. *Fri is Women only

MAGNOLIA: Thursday 6-8 p.m.

Ballard:

WACKY WEDNESDAYS:

Ages 5-12 Early release Wednesdays are the perfect time to try something new. Kids will enjoy time in the gym and on the playground, paper crafts, strategy games, dance, cooking and more. Every week will be a new adventure! Program will be at Adams Elementary, room 103. A snack will be provided, and kids are encouraged to bring a water bottle. All children must be signed out at the end of program by a approved a guardian.

1/10-4/4 Wed 2:10-5 p.m. \$230

4/18-6/20 Wed 2:10-5 p.m. \$210

KIDS AT CLAY:

Ages 5-12 The art of pottery is thousands of years old. At the Ballard Community Center, we will "travel" throughout time visiting various moments in history, the people involved and any special clay and/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. We will even make our own clay body (type of clay) from raw materials! This in-depth program allows for students to explore and learn about different cultures and history as they relate to the art of pottery. No Passport needed! No class days TBA will follow Seattle Public Schools schedule and include 1/15, 2/19, 2/20, and 2/22. Instructor: Andrea Hays

Ages 5-8: 1/8-4/16 Mon 3:45-5:15 p.m. \$280

1/9-4/17 Tue 3:45-5:15 p.m. \$280

Ages 9-12: 1/11-4/19 Thu 3:45-5:15 p.m. \$280

FENCING-ADVANCED CLUB:

Ages 12 and Older This class is for those who have completed the intermediate class or for experienced fencers who want to stay in practice and improve their skills. Fencers at this level must have all their own equipment and wear appropriate fencing attire. This includes mask, jacket, plastron, knickers, glove, and electric gear. We usually have two or three electric strips set up and all weapons are welcome. There are no enrollment limits for Open Fencing. Instructor: Pat Reeves

1/2-4/5 T/Th 7-8:30 p.m. \$110

JEWELRY MAKING:

Ages 7-12 Kids will learn about different material, styles and designs as they learn to make their own jewelry. If you can dream it- you can make it! No class days TBA will follow Seattle Public Schools schedule and include. Instructor: Amber Daub

1/5-4/6 Fri 3:45-4:45 p.m. \$168

PILATES:

Ages 18 and Older Join us for a 45-minute "Pilates-based" Mat Class which will focus on stretching and strengthening your muscles, particularly the "core" muscles. We will strengthen, tone, and improve flexibility and balance. You'll leave with more energy and a warm glow! Light weights and mats are provided, although you are welcome to bring your own. We recommend you bring your own towel. No class 2/22. Drop-In: \$5

1/4-2/8 Thu 10:30-11:15 a.m. \$24

2/15-3/29 Thu 10:30-11:15 a.m. \$24

Belltown:

BEGINNING AND INTERMEDIATE GROUP GUITAR LESSONS:

All Ages Come learn the basics of playing guitar such as chords, scales, and skills necessary to play your favorite songs! This class is appropriate for total beginners with no musical experience, as well as students with some experience. Please bring a six string acoustic or electric guitar (along with practice amp) to each class. Class size is limited to six students, so register early to secure your spot! No class 1/16 and 2/20.

1/8-2/26 Mon 6-7 p.m. \$50

3/5-3/26 Mon 6-7 p.m. \$30

PUBLIC SPEAKING: FREE!

Work on improving your public speaking, presentation and professional leadership skills with Emerald City Toastmasters. Enrollment is open to all; visitors are welcome! Noon to 1 p.m., Thursdays at Belltown Community Center.

1/4-3/29 Thu Noon-1 p.m. (registration is required)

HEARTFUL MEDITATION:

Includes simple and practical techniques to relax and calm your mind. In a few minutes, you will learn how to feel the lightness and joy of your true nature. You don't need to know how to meditate or to believe in a particular system or philosophy. The Heartfulness technique shows us to gently turn our attention towards our heart and experience that inner presence for ourselves. These are free courses but space is limited.

1/2-3/27 Mon 7-8 p.m.

Bitter Lake:

ART PROJECTS FOR KIDS:

Ages 3-8 Fun art projects for children 3 to 8 years old, parents welcome. Each class will explore a different art technique, including painting, drawing, printmaking, collage, crafts and paper constructions. Kids will have fun building creative skills and learning about art. Supplies and materials provided.

Instructor: Kathleen Coyle

1/6-2/10 Sat 2-3:15 p.m. \$72

2/17-3/24 Sat 2-3:15 p.m. \$72

LITTLE HOOPERS INSTRUCTIONAL BASKETBALL:

Ages 5-9 Learn the basics of basketball in a fun and safe environment! Students will learn basic basketball skills which instructors will incorporate into organized group games. All participants will receive a t-shirt. Please wear athletic shoes and bring a water bottle.

1/11-2/15 Thu 5-5:50 p.m. \$54

2/22-3/29 Thu 5-5:50 p.m. \$54

AARON BROOKS FOUNDATION DRILLS AND SKILLS: FREE!

Ages 10-18 The Drills and Skills mission is to empower youth to become successful citizens by providing a safe, nurturing environment where they can develop academic, social, and leadership skills. The participants will start each session with tutoring and homework time, followed by structured activities to develop their

interpersonal skills, and ending with physical activity, such as basketball drills and scrimmages. No class 1/15 and 2/19.

Instructor: James Hampton

1/8-3/26 Mon 4-7 p.m.

BALLET 2:

Ages 6-10 Girls and boys experience the joy of dancing through ballet technique. Students will learn ballet vocabulary, motor skills, posture, balance, coordination, musicality, and motor planning. This class has a classic ballet structure and includes choreography and creative expression. Students should wear ballet shoes, dance attire, and have long hair pulled back.

Instructor: Fawnia Chauvaux

1/6-2/10 Sat 1-2 p.m. \$60

2/17-3/24 Sat 1-2 p.m. \$60

CONTEMPORARY DANCE:

Ages 10-14 Contemporary dance is for students that want to take their skills to the next level. Contemporary dance includes elements from various dance styles including: Ballet, Modern, Jazz, African and Latin Dance. Students will develop core strength and breath work and practice floor work, fall and recovery, rhythm, musicality, and improvisation. They will also learn choreographed sequences to music from around the world. This class requires the approval of the instructor or a minimum of 1 year of dance class experience. Instructor: Fawnia Chauvaux

1/6-2/10 Sat 2-3 p.m. \$70

2/17-3/24 Sat 2-3 p.m. \$70

ROLLER SKATING LESSONS:

Ages 5 and Older Come participate in some intergenerational skating for beginning and intermediate roller skaters and bladders. Class will be divided according to skill level. Come and learn to skate or improve the skills you have developed so far. After lessons, you can practice with others during Friday Night Family Skate! No class 2/23. Instructor: Dona Ely

1/5-1/26 Fri 5:30-6:30 p.m. \$40

2/2-2/16 Fri 5:30-6:30 p.m. \$30

3/2-3/30 Fri 5:30-6:30 p.m. \$50

HOMEWORK HELP: FREE!

Looking for a help on your homework? Why not hang out and get your homework done at the same time! We have the space, resources, and tutors to give you that one on one help so you get done with your homework and still have time to chill with your friends. Come by to the Bitter Lake Community Center and help us help you!

1/8-3/27 M/T 4:30-6 p.m. Wed 5:30-7 p.m.

TEEN CHEFS: FREE!

Ages 11-18 This class will provide hands-on cooking and nutrition education for participants. Learn how to sustainably prepare your own meals and develop a taste for traditional dishes from around the world. Have a favorite recipe you'd like to share with the group? Bring it to class and we'll cook it together!

1/4-3/29 Thu 4-5:30 p.m.

TEEN ADVISORY COUNCIL:

Ages 11-18 Takes place first Thursday of the month. Here is a chance for teens to represent their peers by planning afterschool activities and field trips for themselves and their friends! Participants will also engage in discussions regarding issues in and around their community, as well as ideas to help solve them. For more information, please contact Richard By or Adam Johnson at the Community Center 206-684-7524.

1st Thurs of the Month 1/4 and 3/1 4-5 p.m

COMMUNITY SERVICE HOURS:

Ages 13-19 High school students seeking to fulfill community service hours can earn them through helping at various special events. Please contact Richard By or Adam Johnson at the community center at 206-684-7524 for opportunities. Ongoing

TAI CHI:

Ages 16 and Older Learn the world's most

popular and gentle martial art. Yang style Tai Chi is a traditional form of exercise, renowned for developing coordination, flexibility, patience, balance and strength. Wear loose comfortable clothing. No class 1/15. Instructor: Chris Marshall

1/8-2/19 Mon 7-8:30 p.m. \$36

2/26-3/26 Mon 7-8:30 p.m. \$30

Green Lake:

BALLET 1:

Ages 5-7 A class for those students wanting to explore ballet in an engaging, inclusive, and fun way. We will develop ballet skills and vocabulary while inspiring creativity and expression. Students will learn the fundamentals of good posture, alignment, balance, and placement. 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 off the face. All students welcome.

1/20-2/17 Sat 10:45-11:45 a.m. \$50

2/24-3/24 Sat 10:45-11:45 a.m. \$50

KAJUKENBO KUNG FU:

Ages 8 and Older Kajukenbo is a mixed martial arts system from Hawaii. The name Kajukenbo is a portmanteau of the various arts from which its style is derived: KA for Karate, JU for Judo and Jujutsu, KEN for Kenpo and BO for Boxing. Instructor: Jacque Johnson

1/18-2/15 Thu 5-6 p.m. \$50

2/22-3/22 Thu 5-6 p.m. \$50

ADULT/YOUTH PIANO LESSONS:

Ages 6 and Older Learn to play the piano from an experienced professional teacher in weekly 30-minute private lessons. Training includes sight-reading, technique, expression, theory, and chords. Must have access to electric key board or piano for home practice. Sign-up for half hour time slots. Instructor: Brendan McGovern

1/4-1/25 Thu 3:30-8:30 p.m. \$25/lesson

2/1-2/22 Thu 3:30-8:30 p.m. \$25/lesson

3/1-3/29 Thu 3:30-8:30 p.m. \$25/lesson

1/6-1/27 Sat 10 a.m.-1 p.m. \$25/lesson

2/3-2/24 Sat 10 a.m.-1 p.m. \$25/lesson

2/3-2/31 Sat 10 a.m.-1 p.m. \$25/lesson

YOUTH TABLE TENNIS CLASS:

Ages 7-16 Come sign up for a super fun game of table tennis. Learn effective strokes, serve and return of serve, along with footwork. Program is taught by Tom Veatch and friends and runs 1.5 hours each day after which participants can then stay for an additional 1.5 hours of open play.

1/6-1/27 Sat 5:15-6:45 p.m. \$12

2/3-2/24 Sat 5:15-6:45 p.m. \$12

3/3-3/31 Sat 5:15-6:45 p.m. \$15

TEEN SWIM: FREE!

Ages 11-18 Teens with school ID can swim for (Youth are \$3.75 without school ID).

Tue 7 p.m.-8 p.m.

TEENS DEN @ GREEN LAKE:

Ages 11-17. Calling all teens come hang out in our new TEEN Room! We have pool table, air hockey, foosball, shuffleboard, darts, X-Box, shoot some hoops or join our teen advisory council. Check out calendar of special events and join the fun! An updated E-13 must be on file. Must show school ID or Quick Card

1/3-3/31 M-F 3-8 p.m. Sat 11 a.m.-4 p.m.

TEENS QUARTERLY OPEN

CHALLENGE NIGHT: FREE!

Ages 11-17 Join us for an 8-Ball pool tournament. Double elimination tournament. All levels welcome between the ages of 11 and 17. Must have your Quick Card. Do you need some practice time? Stop by the Teen Den and practice your shots before the tournament.

2/16 Fri 7-9 p.m.

ZY QIGONG:

Ages 14 and Older Come join Jean Clough and Karen Fletcher, who are certified qigong instructors as they teach one of the world's most ancient and complete healing and self-development systems. Learn to: activate your energy center and system; absorb, generate, and move energy; increase your energy level and vitality; reach a deep relaxed state; balance and improve your immune and digestive systems and feel more present with your daily life. Instructors: Jean Clough

1/17-2/14 Wed 5:15-6:45 p.m. \$75

HAWAIIAN HULA DANCE:

Ages 14 and Older Learn dance steps, hand movements, language, and customs in a welcoming, creative environment. Fit them together in the telling of a story. Fun, low impact exercise! Instructor: Eileen Mumm

1/8-1/29 Tue 5:45-6:45 p.m. \$44

2/5-2/26 Tue 5:45-6:45 p.m. \$44

3/6-3/27 Tue 5:45-6:45 p.m. \$44

Loyal Heights:

MACHINE SEWING @WHITTIER:

Ages 7-12 Students are invited to learn a skill they will use for a lifetime and a hobby they will forever enjoy sewing! No experience necessary for boys and girls to learn the basics and beyond. Beginning students will learn machine safety and beginner sewing techniques, while the more experienced students can expand on skills they already have. Projects, which are constantly rotating during the quarter, include backpacks, phone cases, clothing, accessories, bags, games, stuffed animal and more! All sewing classes are supervised by Chelsea Cook, owner of Little Hands Creations. No class 1/15 and 2/19 Instructor: Little Hands Sewing Location: Whittier Elementary School

1/8-2/26 Mon 2:30-4 p.m. \$180

3/5-4/2 Mon 2:30-4 p.m. \$150

HIP HOP @WHITTIER:

Ages 5-12 Learn the creative and energetic dance steps of Hip Hop for fun or fitness. Hip Hop classes are designed for students to learn all facets, foundations and fundamentals of hip hop. Students will leave class refreshed, with confidence and ready to strut their stuff. Instructor: Anna Nagy
Location: Whittier Elementary School

1/9-3/20 Tue 2:30-4 p.m. \$180

AFTER SCHOOL HOOPS @WHITTIER:

Ages 5-12 After School Hoops® is a basketball program for aspiring young players. The class combines fundamental skills instruction with organized team competition with the goal of providing an enjoyable and educational after school athletic event. Developing players benefit by improving their individual skills such as passing, dribbling, shooting, rebounding, and defending while, at the same time, learning how to work within the framework of a team. Boys and girls of all skill levels are encouraged to join! No class 2/21. Instructor: One on One Basketball

1/10-3/21 Wed 2:30-4 p.m. \$225

WHAT'S COOKING?!

Ages 7-12 In this fun class, young chefs will learn about kitchen basics including food safety, nutrition and how to follow a recipe. Together we will taste the rainbow as we explore everyone's favorites as well as cuisines from around the world. Learning to cook is a great way to support your child's growing independence and creativity! No class 2/22 Instructor: Mindy Jahn

1/11-3/29 Thu 5-6 p.m. \$165

PIANO LESSONS:

Ages 6 and Older Learn to play the piano from an experienced professional teacher in weekly 30-minute private lessons. Training includes sight-reading, technique, expression, theory, and chords. Students must have access to an electric key board or piano for practice outside of lessons. Instructor: Dina Drovetto

1/9-1/30 Tue 4-7:30 p.m. \$22

2/6-2/27 Tue 4-7:30 p.m. \$22

3/6-3/27 Tue 4-7:30 p.m. \$22

4/3-4/24 Tue 4-7:30 p.m. \$22

PIANO OR GUITAR LESSONS (BONUS MANDARIN):

Ages 4 and Older Students of all levels are welcome for lessons in piano or guitar. As a bonus, instructor Bruce will teach one or more phrases or characters in Mandarin Chinese per lesson. If you do not have an instrument yet, please consult instructor for appropriate choices. Lessons are 30 minutes once per week. Please call 206-684-4052 to schedule your lessons. Instructor: Bruce Howard

1/4-1/25 Thu 4-7:30 p.m. \$22

2/1-2/22 Thu 4-7:30 p.m. \$22

3/1-3/29 Thu 4-7:30 p.m. \$22

4/5-4/26 Thu 4-7:30 p.m. \$22

GYMNASTICS:

Ages 7-10 Girls and boys will develop their gymnastics skills in a fun and positive environment. Students will progress skills in tumbling and on balance beam, bar, vault and trampoline. Students will develop coordination, strength, flexibility and endurance. Parents may attend the first day of class only, parents are asked to not be in the class room so that your child will not be distracted while learning. No class 1/15 and 2/19 *Insurance required for this class, please see "Insurance" under General Information section at the back of the brochure. Instructor: Tigger Husinga

1/8-4/2 Mon 5:30-6:30 p.m. \$132

MARTIAL ARTS: TANG SOO DO:

Ages 8 and Older Get moving with your friends, family and neighbors! Explore self-defense through the traditional Korean martial art of Tang Soo Do! You will get the opportunity to develop skills in kicking, striking, flexibility, balance and coordination. We aim to teach students to become better versions of themselves through movement, self-discipline and focus. If you choose to

continually participate in this class, you will have the opportunity to gain belt ranks through an internationally recognized martial arts organization. Your instructors are both verified 3rd degree black belts through the WTSDA and have over 30 years combined martial arts experience. Instructors: Mr. Robert Nelson and Mr. Juanya Williams

1/8-1/31 M/W 7:15-8:15 p.m. \$28

2/5-2/28 M/W 7:15-8:15 p.m. \$28

3/5-3/28 M/W 7:15-8:15 p.m. \$28

FENCING-BEGINNING:

Ages 12 and Older If you have never fenced before, this is the class for you. You will learn basic footwork, attacks, parries, strategy, rules, and etiquette. By the end of the quarter you will be able to step onto the strip in electric gear and fence! Basic fencing equipment for the class will be provided. However, you will need to wear long pants (sweats or warm-ups recommended) and court or running shoes. Street shoes are not allowed. Instructor: Bon Bernard

1/2-4/5 T/Th 7-8 p.m. \$110

FENCING-INTERMEDIATE:

Ages 12 and Older If you have completed our beginning class, this is the next step. Or, if you have had basic instruction elsewhere, you may take this class with instructor permission. Intermediate fencers are expected to have their own basic equipment: Mask, jacket, plastron, glove, knickers or long pants, and practice foil. However, participants can rent a basic kit for \$30. Instructor: Bon Bernard

1/2-4/5 T/Th 7-8 p.m. \$110

LOYAL HEIGHTS AFTER SCHOOL TEEN PROGRAM: FREE!

Ages 11-18 Teens participate in fun, exciting, and educational activities after school.

1/2-4/7 M-F 3-6 p.m.

COMMUNITY DINNER PROGRAM:

FREE!

Ages 11-18 The program goal is to teach teens the importance of volunteering and helping others. High School student can receive service learning hours for volunteering. This program is held once a month on Thursdays. We must have a minimum of three teens to participate in this activity.

1/4-4/5 Thu 4:30-6:30 p.m.

PIZZA AND PINS: FREE!

Ages 11-18 Teens eat pizza and pop while bowling to games at Roxbury Lanes. We must have a minimum of five teens to participate in this activity.

1/5-4/6 Alt. Fri 4-7:30 p.m.

TEEN SWIM: FREE!

Ages 11-18 Teens swim at Evans pool. We must have a minimum of three teens to participate in this activity.

1/2-4/3 Tue 6:30-8:30 p.m.

POPCORN AND A MOVIE: FREE!

Ages 11-18 Participants will watch an exciting movie rental.

1/8-4/2 Mon 3:30-6 p.m.

HOMEWORK TIME: FREE!

Ages 11-18 Teens are given an hour at the beginning of the program to do their homework.

1/2-4/6 M-F 3-4 p.m

Magnolia:

TAEKWON DO:

Ages 7 and Older Taekwon Do, a Korean martial art is taught utilizing a fun, safe, family focused method designed for a wide range of skill levels and ages (7 and older). This class teaches traditional Taekwon Do and focuses on empowering students to reach their full potential through self-disciplined, hard work! Students should wear comfortable clothes (no shorts please) that

allow them to move freely. Uniforms are required. Students should consult their instructor for purchasing options. A typical class is run with the instructor leading the group through a series of warm ups and stretches, followed by drills that focus on development of balance and technique. *Please contact the Magnolia Community Center at 206-386-4235 to register multiple people. Instructor: Bob Couch

1/2-1/30 T/Th 6:15-7:30 p.m. \$50

2/6- 2/27 T/Th 6:15-7:30 p.m. \$50

3/6-3/29 T/Th 6:15-7:30 p.m. \$50

Sibling Discount: \$10

ZUMBA®:

Ages 16 and Older Ever thought about taking Zumba®? Looking for something to kick start your fitness plan? Join us for this exciting and active Zumba® class with super-energetic instructor. Drop-in is only \$9 per class. Fee is monthly and will not be prorated after the start of the month. No class 1/16 and 2/20. Instructor: Venessa Mackie and Run Chneang

1/8-1/29 Mon 6:30-7:30 p.m. \$15

1/10-1/24 Wed 6:30-7:30 p.m. \$15

1/13-1/27 Sat 9:45-10:45 a.m. \$15

2/5 -2/26 Mon 6:30-7:30 p.m. \$15

1/31-2/21 Wed 6:30-7:30 p.m. \$20

2/3-2/24 Sat 9:45-10:45 a.m. \$20

3/5 -3/26 Mon 6:30-7:30 p.m. \$20

2/28-3/28 Wed 6:30-7:30 p.m. \$25

3/3-3/24 Sat 9:45-10:45 a.m. \$20

MIXXEDFIT®:

Ages 16 and Older MixxedFit® is a people-inspired dance fitness program that is a perfect blend of explosive dancing and boot camp inspired toning. The music selection is young, fresh, upbeat, and familiar. MixxedFit® has repetitive moves that are easy to follow, maximizing workouts rather than focusing on complicated dance steps to

help tone and sculpt the body. This program caters to all shapes, ages, and skill levels.

1/9 -1/30 Tue 6:30-7:30 p.m. \$30

2/6 -2/27 Tue 6:30-7:30 p.m. \$30

3/6 -3/27 Tue 6:30-7:30 p.m. \$30

Drop-In: \$8

POTTERY FOR ALL AGES:

Ages 4 and Older Everyone is welcome in this class. You will learn the basics of wheel, hand building and glazing techniques in a safe and structured environment. Parents may accompany a child or children at no charge, but are expected to assist and encourage their child. Adults may also attend, and will be offered individualized instruction. Adults may take advantage of liberal studio hours. The first 25-pound bag of clay is free, additional bags can be purchased. We provide tools and limited glazes. Instructor: Jane Meagher

1/11-3/15 Thu 5-8 p.m. \$170

KIDS CARPENTRY:

Ages 5-10 Kids' Carpentry is a hands-on toy building class designed to teach girls and boys, ages 5-10, practical woodworking skills with an emphasis on the safe use of hand tools. While kids construct fun and exciting projects they are also empowered to become independent thinkers-building confidence, self esteem, and a repertoire of practical skills that will last them a lifetime! At the end of the session, each child will go home with at least one but often three or more wooden toys or games that they have made and painted by hand. Instructor: Kids Carpentry Instructor

1/11-2/8 Wed 5-6 p.m. \$110

2/15-3/22 Wed 5-6 p.m. \$132

1/11-2/8 Wed 6-7 p.m. \$110

2/15-3/22 Wed 6-7 p.m. \$132

BALLET I:

Ages 6-10 Join our instructor, Charla Jennings, during her carefully crafted lessons that will enhance body and spatial awareness, basic movements and creative impressions. Ballet tights and shoes are required for all pre-ballet and ballet classes. No program 11/23. Instructor: Charla Jennings

1/10-2/14 Wed 4:45-5:30 p.m. \$60

2/21-3/21 Wed 4:45-5:30 p.m. \$50

Queen Anne:

WORLD DANCE WITH MARISSAWEST AFRICA, CUBA, BRAZIL!

Ages 4-7 Come get your worldly groove on! Each seasonal session of World Dance with Marissa will focus on different areas of the world. Participants will learn a variety of cultural dances from the featured areas. Students will further learn about each place by creating a booklet of coloring pages illustrating various cultural aspects of each country. Dress up, dance videos, games, stories, and instruments from these cultures will also be part of the children's World Dance experience. Join us! Delight in your child's end-of-session performance complete with costumes on the final day of class! No class 1/15 and 2/15. Instructor: Marissa Baratian

1/8-2/12 Mon 4-5 p.m. \$60

2/26-3/19 Mon 4-5 p.m. \$48

BREAK DANCE:

Ages 6-12 Let's get movin' and groovin'! Our beginning level class is focused on safety and basic break dance technique. Classes are non-competitive and focused on building confidence. Show off your new skills at our exciting Metropolis Dance Show! Dance games and party lights are always a hit in class too! www.metropolisdance.com. No program 2/22. Instructor: Metropolis Dance Studio

1/16-3/20 Tue 5:05-6 p.m. \$150 Sibling Discount: \$5

CHESS CLUB: Ages 6-12 Chess is the game of Kings and Queens! This class is designed to teach those new to chess, or to improve the skills of those who have played before. Time is typically split between instruction and game play.

1/18-3/15 Thu 3:30-4:30 p.m. \$105

MID-WINTER BREAK CLAY CAMPS:

Ages 5-12 Bring your creativity to this class! Campers will complete a variety of different projects. We will pinch, coil, roll out clay slabs, and even use the potter's wheel! All projects will be glazed with colorful, non-toxic glazes, and returned to the young artist by the end of the week. Projects include teapots, monsters (fierce or friendly) birdhouses, and much, much more! Dress for a mess! All materials are non-toxic and food safe. Instructor: Jane Meagher

2/20-2/23 T-F 9 a.m.-1 p.m. \$120

INTRODUCTION TO BALL HOCKEY:

Age 5-12 Learning running, passing, stickhandling, shooting and battling! No class 1/15 Instructor: DeeJay Alook

1/8 -2/12 Mon 5-6 p.m. \$ 72

2/26 -3/26 Mon 5-6 p.m. \$ 72

KIDSTASTIC CARE: Ages 5-12 Kidstastic is an art and recreation class that's fun, and promotes creativity and individual achievement. Actives include, Kids Yoga, multi-cultural art projects, Snack Art, learning games, Brain Quest, story time acting, jokes, teaching kind words and other activities during our classes. No class 1/15 and 2/19.

1/8-2/2 2:30-6 p.m.

2/5-3/2 2:30-6 p.m.

3/5-3/30 2:30-6 p.m.

5 days \$1260; 4 days \$1008; 3 days \$756; 2 days \$504; 1 day \$252; Drop-In \$80

QACC TEEN DROP-IN: FREE! Ages Middle School/High School 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 to choose from while at QACC. Middle School and High School ages are welcome. Instructor: Dirk Hallingstad

Mon-Fri 2:30-7 p.m.

TRADITIONAL NON-CONTACT TAE KWON DO:

Ages 6 and older This class teaches non-contact Tae Kwon Do and focuses on these 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. Instructor: Jeanie Ahn

FULL SESSION:

1/3-3/28 M/W 6-7 p.m. \$135

Sibling/Family Discount: \$15

MONTHLY SESSION:

1/3-1/31 M/W 6-7 p.m. \$50

2/5-2/28 M/W 6-7 p.m. \$50

3/5-3/28 M/W 6-7 p.m. \$50

Sibling/Family Discount: \$5

PICKLES AND POTS:

Age 14 and Older A professional chef will teach you how to make fermented pickles that are delicious and heal the gut! Then we will make beautiful platters and crocks to display your pickles. We provide the clay, non-toxic glazes, and firing. Instructors: Heather Logan and Jane Meagher

1/27-2/17 Sat 10:30 a.m.-12:30 p.m. \$88

NorthWest Center

Hours:

BALLARD CC:

6020 28th Ave. NW / Seattle, 98107 Ph: 206-684-4093 Fax: 206-684-7199

HOURS Mon-Fri 9 a.m.-9 p.m. Saturday (1/14-3/25) 9 a.m.-5 p.m. Sunday Closed

BELLTOWN CC:

415 Bell Street / Seattle, 98121 Ph: 206-684-7245

HOURS Mon/Tue/Wed 3-8 p.m. Thu/Fri 9:30 a.m.-2:30 p.m. Sat/Sun Closed

BITTER LAKE CC:

13035 Linden Ave. N / Seattle, 98133 Ph: 206-684-7524 Fax: 206-684-0858

HOURS Mon-Thu 9 a.m.-9 p.m. Fri/Sat 9 a.m.-7 p.m. Sunday Closed

GREEN LAKE CC:

7201 E Green Lake Dr. N / Seattle, 98115 Ph: 206-684-0780 Fax 206-684-7550

HOURS Mon-Fri 10 a.m.-9 p.m. Saturday 9 a.m.-5:30 p.m. Sunday Closed

LOYAL HEIGHTS CC:

2101 NW 77th St. / Seattle, 98117 Ph: 206-684-4052

HOURS Mon/Wed 9 a.m.-9 p.m. Tue/Thu 9 a.m.-8 p.m. Friday 10 a.m.-9 p.m. Saturday (1/6-3/24) 9 a.m.-5 p.m. Sunday Closed

MAGNOLIA CC:

2550 34th Ave. W / Seattle, 98199 Ph: 206-386-4235 Fax: 206-386-4230 CLOSED FOR MAINTENACE 2/17-2/25

HOURS Tue/Thu 9 a.m.-9 p.m. Saturday 9 a.m.-2 p.m. Sunday Closed

QUEEN ANNE CC:

1901 1st Ave. W / Seattle, 98119 Ph: 206-386-4240 Fax: 206-386-4284

HOURS Mon-Fri 9:30 a.m.-9 p.m. Saturday 10 a.m.-3 p.m. Sunday Closed

BALLARD POOL:

1471 NW 67th St. / Seattle, 98117 Ph: 206-684-4094

EVANS POOL:

7201 E. Green Lake Dr. N / Seattle 98115 Ph: 206-684-4961

QUEEN ANNE POOL:

1920 1st Ave. W / Seattle, 98119 Ph: 206-386-4282

Southeast Seattle

Special Events:

COMMUNITY KITCHEN: **FREE!**

All Ages International District/Chinatown Community Center will host Community Kitchens once a month for lunch through a partnership with International Community Health Service. Please call 206-233-0042 for more information. Location: International District/Chinatown CC Once a month

Thu 11 a.m.-1 p.m

MAKE-N-TAKE MONDAYS: **FREE!:**

All Ages Join PhillySoCreative in partnership with the Van Asselt Community Center to learn different techniques like heat embossing, water coloring, stamping, 3D projects, and more! Each month will feature cultural sharing of drinks/food to connect with the activity. Space is limited to 15, so sign up early! Location: Van Asselt CC

VALENTINE'S DAY PROJECT 1/29 Mon 6-7:30 p.m.

BLACK HISTORY PROJECT 2/26 Mon 6-7:30 p.m.

SPRING TIME PROJECT 3/26 Mon 6:30-7:30 p.m.

ALL ABOUT BIRTHDAYS 4/30 Mon 6:30-7:30 p.m.

HISTORY FILM SERIES: **FREE!**

All Ages Popcorn and a movie with meaning and discussion – Come watch films with us that highlight heritage and history fostering inclusion and multicultural engagement. Both evenings we will have staff available to

help complete Scholarship applications. 3/2 will include a pasta meal. Location: Rainier CC

BLACK HISTORY MONTH 2/22 Thu 7:30-9 p.m.

WOMAN'S HISTORY MONTH 3/8 Thu 7:30-9 p.m.

PANCAKE BREAKFAST AT THE BEACH:

Come join the Rainier Beach Community Center and its Advisory Council for its Annual Pancake Breakfast at the Beach! Join us for some delicious pancakes, turkey sausage, and beverages while mingling with members of your Rainier Beach community. Tickets will be sold in advance and at the door. All proceeds will go to support the Rainier Beach Advisory Council in its efforts to provide families with scholarships to participate in Rainier Beach Community Center programs. Location: Rainier Beach CC

2/10 Sat 10 a.m.-1 p.m.

2 years and under: FREE; Youth (3-15yrs): \$3; Seniors (65+ yrs): \$3; Adult (16-64yrs): \$5 Families (5+ members): \$20

VALENTINES CARDS AND CRAFTS:

FREE!: All Ages Create sweet treats and a card to tell your loved ones you appreciate them. Location: International District/Chinatown CC

2/9 Fri 5-7 p.m.

SCHOLARSHIP NIGHT:

All Ages We have set aside a night to help walk you through the process of filling out our scholarship paperwork. Anyone that may be seeking financial assistance for our programs is invited. We will have staff that can translate multiple languages as well as a representative from our scholarship office to help guide you through the process. This will be an opportunity to apply for our new scholarship cycle (2018—2019) as well as the current cycle. Everyone must submit their 1040 Tax Form for income verification. If 1040 is not available the following documents can be used as verification along

with a completed WESD form: » Current TANF/Welfare award letter » Full-time student verification or current class schedule and Financial Aid paperwork » Proof of current Social Security benefits (SSA benefit statement or SSA-1099) » Proof of Disability pay (SSI or Long Term Disability statement) » Gross full-time paycheck stubs before taxes (1 month or 32+ hours for all household income) » Unemployment statement Location: Rainier CC

2/22 Thu 5:30-7:30 p.m.

2ND ANNUAL MARCH MADNESS:

FREE!:

All Ages Join the Van Asselt Community Center for some March Madness basketball fun! We will have food, games, prizes, and definitely some basketball games on the big screen. Open to families and all ages. Donations welcome. Locations: Van Asselt CC

3/23 Fri 5 p.m.

FLASHLIGHT EGG HUNT: **FREE!:**

Ages 12-18 Looking for a new twist on an egg hunt? Try finding the loot in the dark. Bring a flashlight and a bag, but don't be late, because the hunt goes quick. Meet in the Jefferson Community Center Gym. Rain or shine, we will be outside, so dress for the weather. Location: Jefferson CC

3/30 Fri 8 p.m.

SPRING EGG HUNT: **FREE!:**

Ages 11 and Under Join your neighbors for the quickest special event of the year; the Spring Egg Hunt! Bring a basket or bag to put all your goodies in. Children will be divided into appropriate age groups to ensure a fun and fair hunt. Meet out on the field by your age group sign or in the Van Asselt Community Center Gym if it is raining. Please plan on arriving at least 15 minutes early. The hunt begins at 10 a.m. sharp and will run rain or shine! Locations: Van Asselt CC, Jefferson CC, Rainier CC, International District/Chinatown CC

3/31 Sat 10 a.m.

Drop-In Programs:

All drop-in programs are now free (unless otherwise noted), but they now require a Quickcard. Drop-in activities are subject to change, based on community center activities. Call center 48 hours in advance to verify daily schedule. No program 12/25, 1/1, 1/15, and 2/19:

BASKETBALL:

ID/C:

YOUTH: Mon* 3-5:30 p.m. Tue 3-4:30 p.m.
Wed 1:30-5:45 p.m. Fri 1:30-8:45 p.m.
FAMILY (kids under 12 w/parent) Sat 2-4:45 p.m.
ADULT M/W/F 11:30 a.m.-1:30 p.m.
*half-gym

JEFFERSON: M/F 3:30-4:45 p.m

RAINIER:

YOUTH M/W 3-6 p.m. T/Th 3-5:15 p.m. Fri 3-5:45 p.m.
ADULT Mon 10 a.m.-3 p.m., 7-9 p.m. T/Th/F 1-3 p.m. Wed 10 a.m.-3 p.m.
Sat Call for availability

RAINIER BEACH:

YOUTH M-F 2:30-4:30 p.m.
ADULT Please call for availability, 206-386-1925

VAN ASSELT:

YOUTH Ages 8-20 Mon 2-6 p.m. T/Th 2-5 p.m. Wed 2-7:45 p.m. Fri 2-4 p.m.
ADULT Saturday 9 a.m.-1 p.m.

DANCE:

ID/C:

LINE DANCING* M/F 11 a.m.-12:30 p.m.
CHINESE DANCE* Tue/Thu 10 a.m.-1 p.m.
*\$3 Adult/ \$2 Senior

JEFFERSON:

WORLD DANCE Mon 6:45-8:45 p.m.
BALLROOM DANCING Wed 1-3 p.m.

RAINIER:

MIXXED FIT® M/W 6-7 p.m. \$7

MARTIAL ARTS:

ID/C:

KUNG FU Tue 7-8 p.m. \$10 Drop-in

RAINIER:

ADULT TAI CHI Wed 3-3:45 p.m. Sat 9:30-10:15 a.m. \$3
KUNG FU EXERCISES W/F 9:15-10 a.m. \$2

VAN ASSELT:

SELFDEFENSE Ages 6-16 Fri 5:30-6:30 p.m.
Ages 16 and older Fri 6:30-7:30 p.m.

TABLE TENNIS:

GARFIELD:

ADULT Mon/Wed 11 a.m.-2 p.m

ID/C:

YOUTH Mon 3-6p.m. Wed 4:30-6 p.m.
ADULT * M/W/F 1-2:30 p.m. 6-8:45 p.m.
Saturday 2-4:45 p.m. *\$3 Adult/ \$2 Senior

VAN ASSELT:

Includes Foos Ball M/W/F 2-7:45 p.m. T/Th 10 a.m.-7:45 p.m. Saturday 9 a.m.-3:45 p.m.

Garfield:

ACROBATICS AND CIRCUS ARTS CLASS:

Ages 5-10 This beginning circus class will keep you moving! Instructors from the School of Acrobatic and New Circus Arts will teach tumbling, wire walking, juggling, trampoline, rolling globe, and acrobatics. Don't miss out on the fun, sign up now!
*Insurance required for this class, please see "Insurance" under General Information section at the back of the brochure.
Instructor: SANCA instructors

Ages 5-7:

1/9-2/13 Tue 5-5:45 p.m. \$30

2/20-3/27 Tue 5-5:45 p.m. \$30

Ages 8-10:

1/9-2/13 Tue 5:45-6:30 p.m. \$30

2/20-3/27 Tue 5:45-6:30 p.m. \$30

TOMMY'S GUITAR OR PIANO LESSONS:

Ages 6-18 Ever hear an amazing song and want to learn to play it on the guitar? We can help! Come learn all styles of music on an electric or acoustic guitar. Our instructor will help teach students in the best way for them, whether it's sight reading, by sound, or with pictures, we can make it work for you! Want to take a class with a friend, sibling, or parent? We can do semi-private lessons also. Participants must register at least three days before first class. Instructor: Tommy

1/9-2/13 Tue 4-8 p.m.

2/20-3/27 Tue 4-8 p.m.

\$25 per class for Private

TEEN/TWEEN CENTER DROP-IN HOURS:

Ages 11-14 Hang out and plug in with your friends and try to win at the Xbox Kinect, Xbox 360: Madden, NBA 2K, Dance Central, Michael Jackson Experience, Wipe-Out or try your hand at tradition games like Monopoly, Jenga, Checkers, Chess, Pictionary, Uno, Dominoes, Outburst, and Ping Pong is also available. No program 1/1, 1/15 2/19, 12/25, and 1/1. M-F 4-7 p.m. Depending on Staff availability.

CODE. PLAY. CONNECT: FREE!:

Ages 10-13 Create with Code. Design and program your own video games, stories, social media, sports, art, and other fun coding activities. Explore more of your creativity through technology. No previous computer experience is necessary. Have your friends join too — the CS First Coding Club is social and fun!

Wed 4-5:15 p.m.

GIRL TALK: FREE!: Ages 12-19 Our focus is joining together as girls with the common goal of being mentally and physically fit. We will discuss hot topics including arts and culture, future education, health, and much more. There will be guest speakers from the community that will cover health, finances, and education. Tue 4:30-6 p.m.

WEST AFRICAN DANCE-ALL LEVELS:

Ages 12 and Older Would you like to exercise by learning West African dance to live drumming? Then this is the class for you! Beginners and intermediates are welcome to join us. You will learn basic, yet energetic dance movements with others. How exciting it will be for you to take a weekly trip to African Dance and learn so much! There will be an end of the class exhibit for your friends and family. All levels. Instructor: Afua Kouyate of Adefua Cultural Education Workshop and Kouyate Arts Performance Company Just returning from Africa!

2/17-3/24 Sat 2:30-4 p.m. \$72

International District/Chinatown:

FINE ART DRAWING:

Ages 6-12 Learn to draw through different lessons which encourage advancements in motor skills, creativity, and self-confidence. Transform simple objects into wonderful works of art using a variety of media such as ink, pencil, charcoal, watercolor, oil, and chalk. Students who are actively involved in the arts have been proven to produce 25% higher in academic achievement. No class 1/15 and 2/19.

1/8-1/29 Mon 5-6 p.m. \$36

2/5-2/26 Mon 5-6 p.m. \$36

3/5-3/26 Mon 5-6 p.m. \$48

1/3-1/31 Wed 5-6 p.m. \$60

2/7-2/28 Wed 5-6 p.m. \$48

3/7-3/28 Wed 5-6 p.m. \$48

LUCKY LIONS DANCE CLASS:

Ages 6-25 Students will learn the basic movements of the lion head and body through the fundamental movements of Kung Fu. Students learn respect for others and interpersonal skills that will benefit them for a lifetime in their family lives, school, and the business world. Working together helps to build character and self-confidence and it

teaches students the importance of clear and open dialogue with those around us.

1/2-1/30 Tue 6-7 p.m. \$45

2/6-2/27 Tue 6-7 p.m. \$36

3/6-3/27 Tue 6-7 p.m. \$36

8 ANIMAL/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. Drop-ins are welcome.

1/2-1/30 Tue 7-8 p.m. \$45

2/6-2/27 Tue 7-8 p.m. \$36

3/6-3/27 Tue 7-8 p.m. \$36

Drop-in: \$10

Jefferson:

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.

1/10-2/14 Wed 5-5:45 p.m. \$48

2/21-3/28 Wed 5-5:45 p.m. \$48

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.

Ages 5-8:

1/9-2/13 Tue 3-3:50 p.m. \$48

2/20-3/27 Tue 3-3:50 p.m. \$48

Ages 9-12:

1/9-2/13 Tue 4-4:50 p.m. \$48

2/20-3/27 Tue 4-4:50 p.m. \$48

BRAZILIAN JIU JITSU TRY OUT CLASS

FREE! Come join us on Tuesday, January 9!

PEER TUTORING CLUB: FREE!

Ages 12-17 Teach others, meet new friends, and work together on homework.

Sept-June Tue 4-6 p.m.

JEFFERSON MOCK TRIAL: FREE!

Highschool 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.

9/7-3/24 M-F 5-8 p.m.

RESUME WORKSHOP: FREE!

Highschool Learn how to create your resume! No work experience, no problem. Start with your volunteer experience and learn to use active words to summarize your skills.

1/26 and 2/23 Fri 4-5 p.m.

JEFFERSON TEEN CAFÉ: FREE!

Ages 12-17 Learn how to make your favorite drinks and appetizers. Have fun and join us for board games, and perform your talents. Each month we will be hosting different themes.

Fri 6:30-8:30 p.m.

INTRO TO TAI CHI: FREE!

Ages 18 and Older Tai Chi promotes a well-balanced body and mind while gently increasing the body's range of motion. The meditative movements improve relaxation, stress reduction, posture, circulation, and more. Instructor practices a calming, patient demeanor which allows her to adapt to the

needs of men and women of all ages and levels.

1/10-1/31 Wed 9-10:30 a.m.

2/7-2/28 Wed 9-10:30 a.m.

3/7-3/28 Wed 9-10:30 a.m.

4/4-4/25 Wed 9-10:30 a.m.

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 salsaton. Music selections include both fast and slow rhythms to help tone and sculpt the body.

1/9-3/20 Tue 7-8 p.m. \$77

1/11-3/22 Thu 7-8 p.m. \$77

Rainier:

LITTLE HOOPERS BASKETBALL:

Ages 3-5 Get off to a great sporting start with your preschooler! This co-ed 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. No program 1/15 and 2/19.

1/8-2/12 Mon 6:15-7 p.m. \$45

2/26 -3/26 Mon 6:15-7 p.m. \$45

JUNIOR HOOPERS BASKETBALL:

Ages 6-7 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. Teamwork and sportsmanship will be encouraged. Parental supervision required.

1/10-2/14 Wed 6:15-7 p.m. \$48

2/21-3/28 Wed 6:15-7 p.m. \$48

PERSONAL MUSIC LESSONS:

Ages 5 and Older Learn to play piano, drums, guitar, bass guitar, or all four!* Lessons are 30 minutes long and are offered on a monthly basis. Our instructor will tailor instruction to each student's needs and experience. Please note: payment is required prior to the start of a session. Time slots are guaranteed upon payment. No lessons 1/15 and 2/19. *Drum, guitar, and bass guitar are only available on Mondays and Saturdays.

1/8-3/19 Mon 2:30-8:30 p.m. \$225

1/9-3/20 Tue 3-7:30 p.m. \$275

1/11-3/22 Thu 3-7:30 p.m. \$275

1/12-3/23 Fri 3-5:30 p.m. \$275

1/13-3/24 Sat 9:30 a.m.-1:30p.m., 2:30-4:30 p.m. \$275

GOJU RYU KARATE:

Ages 7 and Older Build self-confidence and stay fit while learning the basic skills and forms of this style of karate. Beginning and continuing students are welcome. The sessions are continuous throughout the year and taught by Sensei Paul Kurose, who along with family members has taught in our community for 20+ years. Check out his experience! No class 1/15 and 2/19.

1/8-3/28 M/W 7:15-8:45 p.m. \$15

TEENS RESILIENCE BACK TO

SCHOOL TOOL KIT CLASS: FREE!

Ages 11-18 Teens will learn how to destress by being Optimism in appreciating 3 things that went right instead of the 1 thing that went wrong. They will use their Strength to address obstacles that arise. Gratitude they will write down 3 things they are grateful for at the end of each day. Connection they will reach out for support when facing tough issues. Communicate teens will talk to their parent(s) about what they are thinking and feeling on a daily or weekly basis. Breathing helps us to navigate the tension that arises in our mind and body when tough times comes

it also helps us to calm our nerves, so Breathe.

1/8-3/26 Mon 4:30-7:30 p.m.

FLOUR POWER: FREE!

Ages 11-18 This cooking class will be hands on and is a great way to engage teens in healthy, fun food from scratch, all while building kitchen confidence at a more complex level so they will be ready to compete in the Top Chef Competitions.

1/9-3/27 Tue 4:30-7:30 p.m.

CULTURAL ADVENTURES: FREE!

Ages 11-18 Learn about the peers in your teen program and their cultural. Teens will do activities and tell stories to learn interesting facts about everyone's cultural. Teen will learn a new cultural every week.

1/3 -3/28 Wed 4:30-7:30 p.m.

DYNAMIC DESIGNS: FREE!

Ages 11-18 This art program will allow the teens to draw, paint and design words of art using their creative imaginations and life experiences.

1/11-3/29 Thu 4:30-7:30 p.m.

YOUTH DANCE: FREE!

Ages 11-18 Teens will learn the art and joy of dancing while gaining poise and building self-confidence. This program is for beginners who want to learn to dance or teens who know how to dance. The advance will help choreography the dances.

1/12-3/30 Fri 4-6 p.m.

ADULT DIVA:

Ages 16 and older Think Beyonce, Rhianna, and Jennifer Lopez, just to mention a few. This class is designed for our students to release their inner Diva and surrounds the concepts of empowering women and building their inner confidence (men are also very welcome to join). This class used to be known as 'heels,' however dancing in heels is not a requirement; SASSINESS definitely is. Get ready to get down to the hottest hits. You will leave this class feeling sexy, sassy,

and ready to take on the world. Incorporating urban, hip hop, and funk styles, students do not need to have any dance experience to join. Instructor: Boom Dance Studios

1/11-2/15 Thu 6:30-7:30 p.m. \$75

2/22-3/29 Thu 6:30-7:30 p.m. \$75

SPECIAL ANNOUNCEMENTS:

Rainier Teen Program is always looking for new participants with brilliant ideas will implement any program you would like to participate in within reason and costs.

OTHER SPECIAL EVENTS AND PROGRAMS ARE:

NATIONAL FREEDOM DAY 2/1

VALENTINE'S DAY 2/14

BLACK HISTORY MONTH CELEBRATION

2/23

READ ACROSS AMERICA DAY Teens will partner with the After-School Program March 2

GOOD FRIDAY 3/30

***TEEN ADVISORY COUNCIL** Last Thursday of each Month.

***FIELD TRIPS** usually Fridays

MOVIES DAYS 1/5, 1/26, 2/16, and 3/9.

BOWLING DAYS 1/12, 2/2, 2/23, and 3/16.

SKATING DAYS 1/19, 2/9, 3/2 and 3/30

Rainier Beach:

LYRICAL DANCE:

Do you have a super expressive child? The lyrical dance class will give them an introduction to creative storytelling and self-expression through a mix of ballet, jazz, and contemporary techniques. Feel free to wear any clothes that are comfortable for movement; ballet slippers or bare feet are Ok. Parental supervision required. Instructor: Emmy Fansler

Ages 5-7: 1/10-2/14 Wed 4:45-5:30 p.m. \$54

2/21-3/28 Wed 4:45-5:30 p.m. \$54

Ages 8-12: 1/10-2/14 Wed 5:30-6:15 p.m. \$54

2/21-3/28 Wed 5:30-6:15 p.m. \$54

HIP HOP DANCE:

Ages 7 and Older All experience levels will be able to enjoy this opportunity to express themselves through a diverse, urban, welcoming environment. Instructor: Emmy Fansler

1/10-2/14 Wed 6:15-7 p.m. \$54

2/21-3/28 Wed 6:15-7 p.m. \$54

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. Instructor: Coach Sandra

1/12-2/16 Fri 5-5:45 p.m. \$60

2/23-3/30 Fri 5-5:45 p.m. \$60

JUNIOR HOOPERS:

Ages 6-7 This class emphasizes the fundamentals including ball handling, shooting techniques and footwork while increasing endurance, flexibility and strength while encouraging teamwork and sportsmanship. This course will include fun scrimmages at the end of the quarter. Parental supervision required. Instructor: Coach Sandra

1/12-2/16 Fri 6-7 p.m. \$54

2/23-3/30 Fri 6-7 p.m. \$54

CHALLENGE MONDAY: FREE!

Ages 11-19 This new program is designed to challenge youth to build and develop skills in communication and problem solving. Participants focus on becoming aware of how to interact as members of the community while finding personal connections and being mindful of those around them. This program will end with a field trip to Camp Long to use their new skills on the 4H Challenge course. No program 1/15 and 2/19.

1/8-3/26 Mon 4-6 p.m.

BOYS 2 MEN: FREE!

Ages 11-19 Our young men's group helps focus and develop today's young men through support. Our program introduces young men to different life topics and encourages purposeful discussions to help them gather understanding that will carry them through their goals in life.

1/11-3/29 Thu 4-6 p.m.

GIRL CHAT: FREE!

Ages 11-19 This new program is for all young women. This group will help build up our young women to help them navigate through today's society. We will focus on developing a positive self-image and self-esteem. There will be different speakers and activities to engage young women and help them lay a foundation that will benefit them through life. Middle School meets Tuesday; High School meets Thursday.

1/9-3/27 Tue 4-6 p.m.

COOKING AT THE BEACH: FREE!

Ages 11-19 Our Center's cooking program focuses on teens finding healthy alternatives to what they normally eat. Youth research recipes and are responsible for every element of cooking. This program helps in familiarizing teens with basic cooking instructions and preparation. This cooking program is totally hands on under the supervision of center staff.

1/10-3/28 Wed 4-6 p.m.

PIZZA PROJECT: FREE!

Ages 11-19 The goal of these projects is for youth to engage their writing and thinking skills on a topic. Youth are encouraged to come up with points on how these topics relate to them. After the work is done, we have pizza and discuss what ideas they come up with.

1/11-3/29 Thu 4-6 p.m.

FACEBOOK GROUP: FREE!

Ages 11-19 This Facebook group will be posting with a purpose. Youth in this group will post pictures and other designed digital media to share with other youth on

Facebook. Our goal is to focus and raise visibility of positive images of youth in and around our community. No program 1/15 and 2/19.

1/8-3/28 M/W 4-5 p.m.

GAME ROOM DROP-IN: FREE!

Ages 11-19 Our game room will be hosted by Safe Passage staff for teens to hangout, plug in with friends, and try to win. We will have Xbox games such as Madden, NBA 2K16, Dance Central, Wipe Out, board games, Dominoes, Uno, Checkers, Jenga, Pictionary, and Ping Pong. Game On!!

1/9-3/29 T/Th 4-6 p.m.

DRILLS AND SKILLS: FREE!

Ages 11-18 The Aaron Brooks Foundation Basketball Drills and Skills Program is working collaboratively with the community to develop a comprehensive youth development strategy for youth in underserved communities. The Drills and Skills mission is to empower youth to become successful citizens by providing a safe, nurturing environment where they can develop basketball skills, academic, social, and leadership skills. Drills and Skills Application, E-13, and Concussion Form required.

1/2-3/27 Tue 3-7 p.m.

FAMILY ZUMBA®: FREE!

Ages 14 and Older Founded in 2001, Zumba® Fitness is a global lifestyle brand that fuses fitness, entertainment, and culture into an exhilarating dance-fitness sensation! Zumba® exercise classes are 'fitness parties' that blend 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. Instructor: Toni Harding

1/3-3/28 Wed 6:30-7:30 p.m.

YOUR HOUSE BOXING AND COMMUNITY CLUB: FREE!

Ages 12-24 YHBCC is a free boxing program for youth and young adults. The program emphasizes physical fitness and mental

discipline through boxing training. Sparring is not required and no previous boxing experience is necessary. The program also promotes educational and community engagement. With the support of coaches and mentors, participants are required to fulfill their commitments to educational, vocational, personal, and/or life goals, and to give back through regular community service activities. YHBCC pushes youth to become more complete and connected individuals. Registration paperwork required. No program 1/15 and 2/19.

1/2-3/30 M-Th 3:30-6 p.m.

Van Asselt:

DOUBLE DUTCH JUMP ROPE:

Ages 5-14 Have fun, bring a friend, get moving, and learn the basic exercises and skills needed for Double Dutch. We will practice skills including how to enter the rope, do stunts, tricks, routines, speed jumping, and more. Track your progress, make new friends, learn a new skill! Scholarships are available.

1/9-2/13 Tue 5-6 p.m. \$30

2/20-3/27 Tue 5-6 p.m. \$30

DRILLS AND SKILLS:

Ages 8-14 Have fun, get moving, and learn the game of basketball. Practice skills like dribbling, passing and shooting. This class also builds valuable life skills such as communication and working as part of a team. No class 3/23 (March Madness Special Event).

1/12-3/30 Fri 4-7 p.m. \$20

FEMALE ONLY BASKETBALL SKILLS:

Ages 6-14 Have fun, get moving, and learn the game of basketball. Practice skills like dribbling, passing and shooting. This class also builds valuable life skills such as communication and working as part of a team. No class 3/31 for Spring Egg Hunt.

Ages 6-8:

1/13-3/24 Sat 1-2 p.m. \$20

Ages 9-11:

1/13-3/24 Sat 2-3 p.m. \$20

Ages 12-14:

1/13-3/24 Sat 3-4 p.m. \$20

SELF-DEFENSE: FREE!

Ages 6-16 Come learn self-defense skills – no time is better than now. Don't wait any longer to feel safer and more comfortable in your everyday life. Coach Edmonds has years of experience in multiple martial art disciplines. No class 3/23

1/12-3/30 Fri 5:30-6:30 p.m.

INTRO TO SEWING:

Ages 8 and Older Learn everything from sewing on a button and hemming pants to creative sewing projects. This class will work on both hand and machine sewing. No experience necessary. Scholarships are available. No class 3/23 (March Madness Special Event).

1/12-3/30 Fri 6:30-7:30 p.m. \$60

PCC COOKING: FREE!

Ages 10-19 Join Bryce for some yummy, healthy, and gluten free cooking fun! This program includes choosing recipes, trips to the store to learn about healthy choices, and practice preparing a dish.

1/8-3/26 Mon 5 p.m.

CENTER HOPPING HOOP: FREE!

Ages 10-19 Van Asselt Teens who participate regularly in our teen program will have the opportunity to get in the van and go across the city to different community centers and play basketball against other teens. This will also give teens the chance to explore different parts of the city and experience different cultures.

TBD Depending on game/site schedules 5:30-7 p.m.

DESIGN YOUR HOOD: FREE!

Ages 10-19 Get involved at Van Asselt! We will be redesigning the Teen Room and you don't want to miss out! Talk to Clay or Katie

for the details. YES Program Application and E-13 form required for participation.

End of Jan-Spring Break Wed 4-6 p.m. Sat 10 a.m.-3 p.m.

WOMEN'S ONLY

ZUMBA®/AEROBICS: FREE!

Ages 8 and Older Are you tired of the same old work out? Try this fun workout inspired by Latin dance and upbeat music. Zumba® uses a variety of styles in its routines, including cumbia, merengue, salsa, reggae tone, hip-hop, pop, mambo, rumba, flamenco, calypso, and salsa. Music selections include both fast and slow rhythms to help tone and sculpt the body. Space is limited, so register early!

1/9-3/20 Tue 6-7 p.m.

1/11-3/22 Thu 6-7 p.m.

Southwest Center Hours:

GARFIELD CC:

2323 E Cherry St. / Seattle, WA 98122
PH: 206-684-4788 Fax: 206-684-4380
HOURS Mon-Fri 10 a.m.-9 p.m. Saturday 10 a.m.-5 p.m. Sunday Available for Rentals

GARFIELD TEEN LIFE CENTER:

428 23rd Ave. / Seattle, WA 98122
PH: 206-684-4550 Fax: 206-684-4324
HOURS Mon-Thu 2:30-8 p.m. Friday Noon-7 p.m. Sunday Closed
LATE NIGHT (AGES 13-19 ONLY) Fri/Sat 7 p.m.-Midnight

ID/CHINATOWN CC:

719 8th Ave. S /Seattle, WA 98104
PH: 206-233-0042 Fax: 206-233-5036
HOURS M/W/F 11 a.m.-9 p.m. Tue/Thu 10 a.m.-7 p.m. Saturday 10 a.m.-5 p.m. Sunday Closed

JEFFERSON CC:

3801 Beacon Ave. S /Seattle, WA 98108
PH: 206-684-7481 Fax: 206-684-7483
HOURS Mon-Fri 9 a.m.-9 p.m. Saturday 9

a.m.-5 p.m. Sunday Closed
GREAT NIGHT (AGES 19 AND OLDER)
Saturday 7 p.m.-Midnight

RAINIER CC:

4600 38th Ave. S /Seattle, WA 98118
PH: 206-386-1919 Fax: 206-386-1904
HOURS Mon/Wed 9 a.m.-9 p.m. T/Th 10 a.m.-9 p.m. Friday 9 a.m.-6 p.m. Saturday 9 a.m.-5 p.m. Sunday (available for rent) Closed
LATE NIGHT (AGES 13-19 ONLY) Fri/Sat 7 p.m.-Midnight

RAINIER BEACH CC:

8825 Rainier Ave. S /Seattle, WA 98118
PH: 206-386-1925 Fax: 206-386-1510
HOURS Mon-Thu 10 a.m.-9 p.m. Friday 10 a.m.-7 p.m. Saturday 8:30 a.m.-7 p.m. Sunday 9 a.m.-6:30 p.m.
LATE NIGHT (AGES 13-19 ONLY) Fri/Sat 7 p.m.-Midnight

VAN ASSELT CC:

2820 S. Myrtle St. /Seattle, WA 98108
PH: 206-386-1921 Fax: 206-386-1894
HOURS Mon/Wed/Fri 2-8 p.m. Tue/Thu 10 a.m.-8 p.m. Saturday 9 a.m.-4 p.m. Sunday Closed
LATE NIGHT (AGES 13-19 ONLY) Saturday 7 p.m.-Midnight

MEDGAR EVERS POOL:

500 23rd Ave /Seattle, WA 98122
PH: 206-684-4766

RAINIER BEACH POOL:

8825 Rainier Ave. S /Seattle, WA 98118
PH: 206-386-1925 Fax: 206-386-1510
CLOSED 3/27-4/16 FOR MAINTENANCE.

Northeast Seattle

Special Events:

THEATER FOR YOUNG CHILDREN:

FREE! Ages 2½-10 Brought to you through a partnership between Sweet Pea Cottage Enterprises and Seattle Parks and Recreation. We will be performing free theater in your community centers during winter. Check out our performance locations below!

THE GINGERBREAD MAN: Run, run, as fast as you can. You can't catch me! Come see a crazy cast of characters try to catch this tricky cookie. He thinks he's so clever, but little does he know that he soon will meet the animal that will out-fox him.

Location:

Bitterlake CC 12/6 Wed 11:15 a.m.

Loyal Heights CC 12/15 Fri 11:15 a.m.

Greenlake CC 1/19 Fri 11:15 a.m.

Belltown CC 1/26 Fri 11:15 a.m.

SILVER SCREENERS CINEMA CLUB:

FREE! Ages 12 and Older A free senior outreach program presented by Scarecrow Video, and our way of convening the elder community with movies. In addition to providing access to its vast film library, Scarecrow's movie experts lead post-film discussions with Silver Screeners program audiences.

Location:

LIFEBOAT: 1/9 Tue 2-4:30 p.m.

THE EGG AND I: 2/13 Tue 2-4:30 p.m.

GENTLEMEN PREFER BLONDES: 3/13 Tue 2-4:30 p.m.

Location: Ravenna-Eckstein CC

INITIATION OF LIFE 1/17 Wed 1-3:30 p.m.

LIFEBOAT 2/21 Wed 1-3:30 p.m. **LEAVE HER TO HEAVEN** 3/21 Wed 1-3:30 p.m.

MOVIE NIGHT:

All Ages Join us for dinner and a movie! Movies will be chosen about a month before the showing. Check us out on Facebook to stay up to date! Location: Northgate CC

2/2 Fri 5:15-7 p.m. \$3/meal

3/2 Fri 5:15-7 p.m. \$3/meal

FRIDAY FAMILY FUN NIGHTS: FREE!

All Ages Enjoy a casual evening with friends and family. Entertainment and a light snack will be provided. On Family Hip Hop night join Sheila as she leads you and your family through some new Hip Pop moves to some hip pop music. Work up a sweat and have some great fun together. Location: Ravenna-Eckstein CC

BUILD IT NIGHT 12/1 Fri 6-8 p.m.

BOARD GAMES AND FAMILY HIP POP IN THE STAGE ROOM 1/6 Fri 6:30-7:30 p.m.

MOVIE NIGHT 2/23 Fri 6-8 p.m.

LET'S ROLL NIGHT 3/30 Fri 6-8 p.m.

PARENTS NIGHT OUT:

Ages 5-12 Drop your kids off for a night of pizza, gym games, movies, and fun while you enjoy a night on the town. Space is limited so please register early. Call us, 206-684-4736 to reserve a spot and get more information. Location: Montlake CC

1/19 Fri 5:30-8:30 p.m. \$25

2/16 Fri 5:30-8:30 p.m. \$25

3/16 Fri 5:30-8:30 p.m. \$25

SCHOLARSHIP NIGHT: FREE!

Ages 18 and Older Get your scholarships ready for the new scholarship cycle, June 2018-June 2019! Seattle Parks and Recreation offers scholarships for programs and activities. Approval now will allow you to register for summer classes at a reduced fee. You may receive a discount of up to 80% on registration fees! Scholarships are based on income and family size. Income and

dependency documentation are required—please bring your 2017 tax forms or TANF letter with you to this event or other income documentation.

Location: Northgate CC

3/14 Wed 6-7:30 p.m.

Location: Ravenna-Eckstein CC

4/18 Wed 5-6:30 p.m.

SWEETHEART SOIRÉE:

All Ages Grab your sweetie and boogie on over to Ravenna for an evening of fun! Dance, dance, dance to the music but don't forget to take a break to make Valentines. Dip, dip, dip on the dance floor AND dip, dip, dip a variety of goodies into our chocolate fountain. Yum, yum, yum! Location: Ravenna-Eckstein CC

2/9 Fri 6:30-8 p.m. \$3

HANDS-ON SKILL FAIR: FREE!

Ages 12 and Older A new wave is sweeping the county. People are recognizing the joy of satisfaction and security of being able to provide for our own needs, shifting from dependence on giant corporations to a healthy interdependence with our local community. Let's relearn the skills our grandparents knew! In partnership with Meadowbrook Community Center, Sustainable NE Seattle is organizing its fourth annual "HandsOn Skill Fair." Folks from our neighborhood have stepped up to share skills such as food reservation, gluten-free and regular baking, basic plumbing and electrical, tool repair, simple bike maintenance, and making lotions, just to name a few. Location: Meadowbrook CC

2/10 Sat 10 a.m.-5 p.m.

BLARNEY BASH:

All Ages Let the luck of the Irish be with you tonight as we sit down to watch an amazing magic show with Louie Fox! Don't forget to wear your green! Games and snacks start at 6:30 p.m., show begins at 7 p.m. Location: Ravenna-Eckstein CC

3/16 Fri 6:30-8 p.m. \$5

LUCKY LEPRECHAUN HUNT: FREE!

Ages 6-10 Hunt for special gold coins and win candy, treats, and prizes in this annual event!

Location: Magnuson CC

3/17 Sat 11:30 a.m.-Noon

SPRING EGG HUNT: FREE!

Ages 12 and Under Hop on over for a family fun spring tradition in the Laurelhurst neighborhood! Be sure to bring your basket to hunt for eggs and special prizes! Please help support our can food drive to assist our local food bank and our bake sale to support the community center programs. It will be an EGG-citing time for all! Please plan to arrive no later than 9:45 a.m.! Location: Laurelhurst Park

3/31 10 a.m. sharp!

Please plan to arrive no later than 9:45 a.m.!

*Free with Canned Food Donation

SPRING EGG HUNT: FREE!

Ages 12 and Under Meadowbrook CC is hosting our annual Spring Egg Hunt! Come hunt for treats and special prizes. Remember to bring your baskets. Please arrive by 9:45 a.m. Location: Nathan Hale Stadium

3/31 Sat 10a.m. sharp! Please arrive by 9:45a.m.

MONTLAKE SPRING EGG HUNT: FREE!

Ages 1-11 Join in the fun for Montlake Community Center's greatest egg hunt ever! The hunt begins at 10 a.m. sharp. Bring your own basket to collect all the goodies.

Location: Montlake CC

3/31 Sat 10 a.m.

SPRING BUNNY TRAIL: FREE!

Ages 12 and Under Hippy hop on down the bunny trail for the annual festive event. Be sure to be here at 10 a.m., rain or shine! We'll gather on the field divided into age groups for treats and treasures. Live rabbits that you can snuggle with, will be here twitching their noses, and flopping their ears. Location: Ravenna-Eckstein CC

3/31 Sat 10 a.m. sharp!

Drop-In Programs: *All*

drop-in programs are now free (unless otherwise noted), but they now require a Quickcard. Drop-in activities are subject to change, based on community center activities. Call center 48 hours in advance to verify daily schedule. No program 12/25, 1/1, 1/15, and 2/19

CHESS: FREE!

All Ages Learn and practice one of the best strategy games in the world. Play full games with friends or work out chess puzzles on your own! All levels of players welcome.

Fri 1-4 p.m. DROP-IN (AMERICAN)

ENGLISH LANGUAGE CONVERSATION:

All Ages We offer a welcoming place for English language learners to practice their conversational skills. In partnership with Seattle Public Libraries, come meet others who are eager to practice their vocabulary through casual conversation. If you are interested in volunteering, email Tom.Diamond@seattle.gov. Patience is appreciated; bilingualism is helpful, but not necessary. Location: Northgate CC

Wed 4-6 p.m.

PING PONG: FREE!

All Ages We offer two ping pong tables for you to train, play, or just have fun! Try out our new outdoor table! One hour maximum. Paddles and balls can be checked out at no extra charge. Location: Northgate CC

Mon 11 a.m.-7 p.m.

Tue/Thu 10 a.m.-8 p.m.

Wed 11 a.m.-8 p.m.

Fri 11 a.m.-1 p.m., 4-7 p.m.

Sat 9 a.m.-5 p.m.

RACQUETBALL:

Ages 12 and Older If younger than 12, must be accompanied by adult. Balls and racquets can be checked out at no extra charge. Reserve a court in advance or take your chances and drop-in. You can make reservations one week in advance on the half hour only. Courts can also be used for

informal squash matches. Call 206-684-7026 for more information. Location: Magnuson CC

Mon-Wed 2-9 p.m. \$8/hour

Thu 9 a.m.-9 p.m. \$8/hour

Fri 9 a.m.-7 p.m. \$8/hour

Sat 9 a.m.-5 p.m. \$8/hour

WALLYBALL:

Ages 12 and Older If younger than 12, must be accompanied by adult. Try this exciting variation on volleyball in our racquetball court. Please reserve ahead of time so staff can have the net set up upon your arrival. Location: Magnuson CC

Mon-Wed 2-9 p.m. \$12/hour

Thu 9 a.m.-9 p.m. \$12/hour

Fri 9 a.m.-7 p.m. \$12/hour

Sat 9 a.m.-5 p.m. \$12/hour

BASKETBALL:

Location: Montlake

M/W/F 2-4p.m.

T/TH 3-4p.m.

PICKLEBALL:

Magnuson: Thu 9:15 a.m. – Noon

Meadowbrook: Competitive T/TH 10 a.m.-1:15 p.m. Recreation T/TH Noon-2 p.m.

Miller: Mon 10:15 a.m. -1:15 p.m.

Northgate: M/F 11 a.m. - 2 p.m.

Rav-Eck: All Levels M/W 10 a.m. – 1 p.m.

Inter/Adv. 11:30 a.m. – 2 p.m.

Laurelhurst CC:**PEE WEE BASKETBALL:**

Ages 4-7 This league is a great way to introduce our young players to basketball in a non-competitive atmosphere where playing, learning, and having fun are most important. Participants are divided into teams per age groups. Volunteer coaches encourage the basics of the sport and teamwork. Each participant receives a team t-shirt. Practice and game times vary and are played on Saturdays at Laurelhurst Elementary School gym. If you are interested in coaching, please call the community center at 206-684-7529. No class 2/17. Play and practice times to be determined.

Ages 4-5 1/20-3/17 Sat 9 a.m.-1 p.m. \$80
Ages 6-7 1/20-3/17 Sat 9 a.m.-1 p.m. \$80

PIANO LESSONS 101:

Ages 5-16 Private piano lessons are 30 minutes long, and offered to ages 5-16. Lessons are taught in a relaxed atmosphere and tailored to each child's individual level. The instructor, Ms. Drovetto, has taught piano to over 200 students in the Seattle and North Shore after school music programs. Please call the Laurelhurst Community Center at 206-684-7529 to register for a specific half hour time slot.

1/22-2/12 Mon 2:30-7:30 p.m. \$108

2/26-3/26 Mon 2:30-7:30 p.m. \$135

1/17-2/14 Wed 2:30-7:30 p.m. \$135

2/21-3/28 Wed 2:30-7:30 p.m. \$162

AFRICAN DANCE:

Ages 6-13 Professional performing artist, Shakira Rae Adams brings the beat to your feet through traditional/modern West African dance. Come together to build our African village, exploring the polyrhythms that will gyrate through our bodies. Music and dance is a language that can be spoken by everyone and ALL levels are welcome! No class 1/15 and 2/19. Instructor: Shakira Rae Adams

1/8-3/26 Mon 6-7 p.m. \$150

BEGINNING TEEN/ADULT HIP HOP:

Ages 13 and Older This class will introduce hip-hop and street styles dance to young adults of all ages! Hip-hop is a fun and creative way to get exercise, learn some new moves and join the dance community. This class will cover a variety of styles and teach dancers basic movement techniques for learning choreography, improvisation, and musicality. Instructor: Callie Nissing

1/17-3/28 Wed 6:30-7:30 p.m. \$143

KUNDALINI YOGA:

Ages 16 and Older Considered to be the most comprehensive of all the yogas, Kundalini Yoga incorporates the use of breath, movement, meditation, and deep relaxation.

It is a practical tool for everyday people. It's powerful, efficient, and effective. Kundalini Yoga is an ancient, time proven technology for human transformation, helping people live their lives with greater meaning and joy. No class 1/15. Instructor: Kathryn Scarberry

1/8-2/12 Mon 6:30-8 p.m. \$40

2/26-3/26 Mon 6:30-8 p.m. \$40

Magnuson CC:

PAINTING: FREE!

Ages 6-18 Learn different styles of painting through research and practice! We'll start each class with a trip to the library to choose books that highlight different artists or aesthetic styles. We'll take our books back to the community center to study and try our hand at painting like the pros!

Mon 4-6 p.m.

GARDENING: FREE!

Ages 6-18 Magnuson youth and teens now have space in the Magnuson Park P-Patch! Through fall and winter, we'll plant and tend to our crops. Learn about soil building, succession planting, and sustainable living.

Tue 4-6 p.m.

BOOM DANCE: HIP HOP KIDS:

Ages 7-10 Learn the creative and energetic dance steps of hip-hop for fun or fitness. Hip-hop classes are designed for students to learn all facets, foundations, and basic fundamentals of hip-hop. Students will leave class refreshed, with confidence and ready to strut their stuff. Students do not need to have any dance experience. From warm up and stretches, to isolations and choreography, students will SWAG their way out of class. Instructor: Boom Dance Studio
Location: Magnuson Park/The Brig

1/9-2/13 Tue 5-6 p.m. \$90

2/27-3/27 Tue 5-6 p.m. \$75

AFTER SCHOOL SPECIAL: FREE!

Ages 6-10 Drop in Thursdays for some free after school fun! You can look forward to a

different activity each week, like cooking, group games, arts & crafts, and more!

Thu 4:30-6 p.m.

GAME NIGHT: FREE!

Ages 11-18 Compete against your friends in games of all kinds. Every week has games of basketball, ping pong, board games, and video games! Try out a new game or come back to defend your title.

Wed 6-9 p.m.

MOVIE NIGHT: FREE!

Ages 11-18 Rent a new movie from Redbox and snack on popcorn and goodies.

Thu 6-8 p.m.

LATE NIGHT: FREE!

Ages 13-18 Come to Magnuson Late Night, just for teens! With lots of indoor activities to fill your Friday night, including basketball, ping pong, racquetball, and wallyball. Relax with friends and watch a movie or play video games. There's opportunities for off-campus field trips, including swimming, the art museum, and more. Meet new people and try something new! Must have completed E-13 form to participate.

Fri 7-11 p.m.

WOMEN'S SELF-DEFENSE:

Ages 14 and Older Shock, scream, run! Learn essential safety and self-defense principles to recognize danger and avoid life threatening situations. Specific methods include developing a strong confident voice, escapes from commons grabs, striking shock points, and escaping to safety. Classes are ongoing; join anytime! Instructor: Oom Yung Doe
Location: Magnuson Park/The Brig 1/6-2/10
Sat 11:30 a.m.-12:30 p.m. \$115 2/17-3/24 Sat 11:30 a.m.-12:30 p.m. \$115

PIANO LESSONS:

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

materials on their first day. Call Magnuson to register 206-684-7026.

1/10-1/31 Wed 3-6 p.m. \$100

2/7-2/28 Wed 3-6 p.m. \$100

3/7-3/28 Wed 3-6 p.m. \$100

MAGNUSON EXPLORER PACKS:

Designed for families and small groups, these backpacks are stuff with everything you need for a fun-filled, self-guided park adventure. Included are park maps, wildlife identification guides and charts, binoculars, and games, plus an activity book to take home. Choose from two different themes: Wetland Discoveries or Birds of Magnuson. Explorer packs are available for rental at Magnuson Community Center front desk.

M-W 2:30-9 p.m. \$5/rental

Thu 9 a.m.-9 p.m. \$5/rental

Fri 9 a.m.-7 p.m. \$5/rental

Sat 9 a.m.-5 p.m. \$5/rental

Meadowbrook CC:

BALLET 1:

Ages 5-7 Children will learn ballet positions and steps in a fun and encouraging environment that incorporates creative exploration as well as traditional ballet technique. Guests are invited to watch class on the last day. Instructor: Charla Jennings

1/11-2/15 Thu 4:4-45 p.m. \$72

2/22-3/29 Thu 4:4-45 p.m. \$72

KENDO: THE WAY OF THE JAPANESE SWORD:

Ages 10 and Older Kendo is a path towards self-improvement through training in the ways of the Japanese sword. Meadowbrook Kendo Dojo offers beginning and advanced practitioners year round training in basic and advanced sword techniques along with teaching the cultural and traditional aspects of Japanese martial arts. No class 1/1, 1/15, and 2/19. Instructor: T.konno, Kendo Kyoshi 7th Dan. Location: Meadowbrook Teen Life Center

1/8-3/26 Mon 7-8:30 p.m.

\$65 Youth \$130 Adult

KARATE:

Ages 7 and Older Learn the practice of Karate. You will exercise a variety of techniques including blocks, strikes, evasions, throws, and joint manipulations. No class 1/1, 1/15, and 2/19. Instructor: Nihad Khalaf

BEGINNING:

1/3-1/31 M/W 6:30-7:30 p.m. \$30

2/5-2/28 M/W 6:30-7:30 p.m. \$30

3/5-3-28 M/W 6:30-7:30 p.m. \$30

ADVANCED:

1/3-1/31 M/W/F 6:30-8:30 p.m. \$60

2/2-2/28 M/W/F 6:30-8:30 p.m. \$60

3/2-3/30 M/W/F 6:30-8:30 p.m. \$60

ONE ON ONE BASKETBALL: SCHOOL DAY OFF HOOPS CAMP:

Ages 6-12 Don't get bored when school is off... GET BETTER! One on One has been at the forefront of youth basketball development since 1991. Our school off-day camps are a great way to stay active, improve your skills, and meet new friends! We guarantee you will learn, sweat and HAVE FUN! Instructor: One on One Staff

1/31 Wed 9 a.m.-5 p.m. \$60

ONE ON ONE BASKETBALL MIDWINTER HOOPS CAMP:

Ages 6-12 Winter Break is long, but it does not need to be boring! Join us for our 6th Annual Holiday Hoops Camp. We will have fun and get great exercise while improving our fundamentals over the long winter break! Drills, games, competitions, scrimmages, and prizes!!! Instructor: One on One Staff

2/20-2/23 T-F 9 a.m.-3 p.m. \$180

BABYSITTING CERTIFICATION:

Ages 11-15 This class, taught by a CPR instructor/parent, is a fun, interactive workshop providing 11-15 year-olds the essential skills they must know in order to obtain babysitting work. The course includes role play, video lessons, instructor led discussions, and hands on skills training to

give potential babysitters the confidence to responsibly care for the infants and children in their charge. An ASHI (American Safety and Health Institute) certification card is issued upon completion of the training. This class includes a CPR review, but does not include CPR certification. ENROLL AT WWW.CPRSEATTLE.COM

3/10 Sat 9:15 a.m.-1:45 p.m. \$45

COMMUNITY KITCHEN:

Ages 12 and Older Sustainable NE Seattle and the Meadowbrook Community Center are joining together to create a community kitchen which brings people together around food in a shared space to plan, cook, learn, and eat together. These meals are focused on food that is healthy for people and the planet, i.e. organic and vegetarian. An added bonus of cooking together is the economic benefit of purchasing food in bulk and saving fuel resources. Participants will prepare food, eat together, and have food to take home. Participants are asked to bring dishes/cookware to bring home their portion of the food that is prepared.

FOODS FROM AFRICAN: Ground nut stew/ Fu Fu, Abijan Cabbage salad, plantains, and a ginger soft drink. 1/17 Wed 6-9:30 p.m. \$20

FOODS FROM NORTHERN ITALIAN: Milanese Risotto, spinach with pine nuts and raisins, sautéed cucumbers, green salad, and biscotti. 2/21 Wed 6-9:30 p.m. \$20

FORAGING FOR WILD FOODS: Nettle quiche, wild greens salad, sorrel sauce on potatoes, and berry cobbler. 3/17 Sat 9 a.m.-11 p.m. \$20

FOCCIA NIGHT: Basic savory focaccia, vegetable filled focaccia, sweet focaccia with fruit, and large green salad. 4/18 Wed 6-9:30 p.m. \$20

FUN! FIT:

Ages 16 and Older This is full body workout that targets all of the major muscle groups. We will increase strength, decrease body fat, and improve overall conditioning. Class format will change slightly, but we will focus on essentials: cardio, strength training, and a

proper cool down which includes stretching. Depending on weather conditions, this may take place outdoors. No class 2/20 and 2/22. Instructor: Maricres Tuliao ACE Certified

1/2-3/27 Tue 6-7 p.m. \$60

1/4-3/29 Thu 6-7 p.m. \$60

BALLROOM AND LATIN DANCE: Ages 12 and Older Each session is custom tailored to the majority of the participants' requests covering the Tango, Cha-Cha, Foxtrot, Rumba, Waltz, Swing, and Salsa. Come by yourself or with a partner. Please remember your dancing shoes! Instructor: Charla Jennings, Certified Ballroom Dance Instructor

1/9-2/13 Tue 8-9 p.m. \$66

2/20-3/27 Tue 8-9 p.m. \$66

Miller CC:

KIDZ LOVE SOCCER-SOCCER:

1 Ages 5-6 Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Shin guards are required after the first meeting.

1/12-2/16 Fri 4:30-5:15 p.m. \$75

3/2-4/6 Fri 4:30-5:15 p.m. \$75

DRUM LESSONS:

Ages 6 and Older Learn expression through music! This Miller Community Center drum class is a fun experience where lessons are tailored to each individual student. Lessons include reading music, playing by ear, music theory, and composition. Lessons are 30 minutes long, call 206-684-4753 to see what slots are available. No class 1/15. Instructor: Larry Jones

1/8-2/12 Mon 5:30-8 p.m. \$125

2/26-4/9 Mon 5:30-8 p.m. \$175

1/10-2/14 Wed 5:30-8 p.m. \$150

2/28-4/11 Wed 5:30-8 p.m. \$175

RECYCLE, REPURPOSE & RECREATE ART!

Ages 11-15 Students will discover how to use their creativity to upcycle and repurpose household materials into new art! Bring in items from home, or use materials we provide. The instructor will have some ideas and examples as well. No class 1/15 and 2/19. Instructor: Amber Daub

1/8-2/12 Mon 4:30-5:30 p.m. \$70

2/26-4/2 Mon 4:30-5:30 p.m. \$84

AFTER SCHOOL TEEN DROP-IN: FREE!

Ages 11-19 Daily activities set up by teens for teens- volleyball, basketball, crafts, and more. Miller also offers a homework computer station and FREE Wi-Fi access.

1/2-3/30 M/W/F 3:30-7 p.m. T/Th 3:30-5:30 p.m.

TEEN TUTOR PROGRAM: FREE!

Ages 11-18 Connect with a fellow teen who can help you succeed in the classroom. Volunteer tutors and those who seek help are asked to email buck.buchanan@seattle.gov for appointment

1/2-3/30 M/T/Th/F 3-5:30 p.m.

DINNER AND A MOVIE: FREE!

Ages 11-18 Come to Miller Community Center and learn basic culinary skills every Wednesday starting at 3 p.m.. You will learn about nutrition while having fun with other teens. You will also learn how to make healthy meals that are quick, easy and not lacking in taste in this class. Then relax in the teen room while watching a movie.

Wed 3-7 p.m

BRAIN HACKS FOR TEENS:

Ages 12-18 Learn valuable social and life skills with your peers. Ever wondered why you get so stressed and anxious? Have you wished you could figure out a way to deal with all of the pressures in your life and just enjoy being a teenager more? This class will teach you about your brain and give you a

space to share your experiences and frustrations with other teens. We will talk about ways to hack the systems in your brain and body so you can deal with strong emotions positively, make stronger connections with friends and family, and understand how to capitalize on the amazing brain development that happens during the teen years. Join a group of your peers for interesting conversations, insightful activities, and community-building and leave with some tools to help you feel more positive and focused. Instructor: Kari O'Driscoll

1/11-2/15 Thu 4-5 p.m. \$150

Montlake CC:

OKINAWAN KARATE-DO:

Age 8 and Older Learn traditional Okinawan KARATE-DO in a safe, welcoming environment. Karate is an effective way of self-defense: learn blocks, kicks, punches, stances—all integrated in movement pattern drills called "kata". Develop concentration, calmness, confidence, and grow fit. Class taught at Montlake Community Center since 1973; instructor has 35 years of training and teaching experience there. Karate questions? Email instructor at epseattle@msn.com. No class 1/15 and 2/19. Instructor: Harold R. Avelar

1/8-2/21 M/W 6:30-8:30 p.m. \$60

2/26-4/4 M/W 6:30-8:30 p.m. \$60

YOUTH POTTERY:

Ages 6-13 Come explore the nature of clay as we hand form it into cups, bowls, animals, masks, and glaze paintings. We will practice basic hand building and glazing techniques for making functional pottery and small sculptures. No class 1/15 and 2/19. Instructor: Adrien Miller

1/8-2/26 Mon 4:30-5:15 p.m. \$75

CHILD 2 CHEF COOKING CLASS:

Ages 6-11 Child2Chef inspires youth through culinary arts. Our classes are each 2 hours long and the mini chefs will learn a new

recipe each class. We also cover food safety, healthy options, etiquette, and more! On the last day, please join us for a celebration to see what they've learned! No class 1/15.

Instructor: Dwane Butler

1/29-2/14 M/W 4:30-6:30 p.m. \$200

2/26-3/14 M/W 4:30-6:30 p.m. \$200

TRI-HARA KARATE YOUTH CLASS:

Ages 6-18 Through this martial art form, students will develop coordination of mind and body, confidence, awareness, respect, sincerity, focus, perseverance, self-defense, and healthy boundaries. These are tools for life. Benefits will be noticeable at home, as well as in school, sports, and social behaviors. This program is designed to be fun and challenging, encouraging students to be the best they can be in all aspects of life.

Beginners welcome. The instructor for this class is Sean Gorman, who holds a 3rd degree black belt in Goju-Ryu karate, and has studied several other martial art forms since 1992. Instructor: Sean Gorman

1/6-3/24 Sat 9-10 a.m. \$25

CREATIVE COMPUTING WITH SCRATCH 101:

Ages 7-9 Students design their own world and then bring it to life with Scratch, a visual drag and drop programming language developed at MIT. Through creating animations and developing interactive games, students learn the fundamentals of programming, including initialization, looping, and conditional statements. Students of all learning styles are captivated by the use of games, movement, and collaboration in the classroom. Instructors provide personalized help so that students can progress at their own pace as they experiment with fun new challenges. No class 2/23. Instructor: Computing Kids

1/12-3/9 Fri 3:30-4:30p.m. \$220

OKINAWAN KARTE-DO:

Age 8 and Older Learn traditional Okinawan KARATE-DO in a safe, welcoming environment. Karate is an effective way of self-defense: learn blocks, kicks, punches,

stances—all integrated in movement pattern drills called "kata". Develop concentration, calmness, confidence, and grow fit. Class taught at Montlake Community Center since 1973; instructor has 35 year training and teaching experience there. Open to new and skilled practitioners. Opportunity available to train with visiting karate-do master from Okinawa, Japan. Karate questions? Email instructor at epseattle@msn.com. No class 1/15 and 2/19. Instructor: Harold R. Avelar

1/8-2/21 M/W 6:30-8:30 p.m. \$60

2/26-4/4 M/W 6:30-8:30 p.m. \$60

NorthGate CC:

BALLET 1:

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

1/9-2/13 Tue 4:30-5:15 p.m. \$63

2/27-3/27 Tue 4:30-5:15 p.m. \$52.50

BALLET 2:

Ages 7-10 This class teaches the basics of correct body alignment and proper ballet technique. Students learn basic ballet vocabulary and combine it into fun, energetic, and expressive dances. Class will introduce traditional barre and center-floor work, and a creative game to round out the day. This traditional class is for students who have taken two years of dance instruction and for older beginners.

1/9-2/13 Tue 5:30-6:15 p.m. \$63

2/27-3/27 Tue 5:30-6:15 p.m. \$52.50

LEARN TO PLAY: SOCCER 2

Ages 4-6 It's time to play soccer! Learn the rules to soccer through skill drills, games, and mini matches. We'll improve coordination and learn positive communication with our

teammates. Don't forget that you can join Tot Gym for free before or after class!

1/9-2/1 T/Th 12:30-1:15 p.m. \$80

2/6-3/1 T/Th 12:30-1:15 p.m. \$80

3/6-3/29 T/Th 12:30-1:15 p.m. \$80

HIP POP JUNIOR:

Ages 5-7 Join the fun! Students will learn basic hip-hop dance moves and choreography to classic and current pop and hip hop music. Classes are energetic and focused on coordination and self-confidence. The dance party continues with some fun dance games. Students should wear comfortable sneakers and bring a water bottle. No class 1/15. Instructor: Sheila Gruner

1/8-2/12 Mon 3:45-4:30 p.m. \$50

2/26-3/26 Mon 3:45-4:30 p.m. \$50

BOOM DANCE: HIP HOP KIDS:

Ages 7-10 Learn the creative and energetic dance steps of hip-hop for fun or fitness. Hip-hop classes are designed for students to learn all facets, foundations, and basic fundamentals of hip-hop. Students will leave class refreshed, with confidence and ready to strut their stuff. Students do not need to have any dance experience. From warm up and stretches, to isolations and choreography, students will SWAG their way out of class. Instructor: Boom Dance Studio

1/11-2/15 Thu 4:45-5:45 p.m. \$90

3/1-3/29 Thu 4:45-5:45 p.m. \$75

TEEN ROOM: FREE!

Ages 11-19 Come to Northgate and hang out after school at the Northgate Teen Room. Sit back and relax with friends, listen to music, play Xbox, and enjoy the end of your day.

Every M-F After school until close

BOARD GAME NIGHT: FREE!

Ages 11-19 No more Monopoly or Life, we've got more than your average board game. Try out some of the newest, most popular board games like Pandemic and Settlers of Catan.

There's group cooperative games, competitive games, and even roleplay games! Our nerd experts will help you learn the games and their strategies.

Every Thursday 6-8 p.m.

TEEN WORKPLACE READINESS: FREE!

Ages 11-19 Teens looking to work on a resume, improve interview skills, or just gain valuable insight into the transitioning into the workplace can find help in our center. Work with other teens, staff, and volunteers to gain knowledge about professional employment. To learn about internships at Northgate Community Center, email Tom.Diamond@seattle.gov.

ART MATERIAL SCRAMBLE: FREE!

Ages 11-19 Our Teen Room will always be stocked with a wide assortment of art materials and crafting tools. Come to the Teen Room to see what's in supply and create whatever your heart desires. Don't see something you want? Ask our staff and we may be able to add the supplies you need. Donations to the room's stockpile are always welcome! Please call 206-386-42832 or email Tom.Diamond@seattle.gov for details.

BAKING AND MORE:

Ages 16 and Older All classes are hands-on, one-time workshops. No experience necessary! All supplies and ingredients are provided, just bring an apron and tupperware! Sign up for two or more classes, and receive a discounted rate of \$30 per class. Instructor: Masha Shtern

CHEESECAKE AND SWIRLS: Learn how to make delicious creamy cheesecake and beautiful swirling patterns. We'll make our own mini-cheesecake and learn how to make round and rectangular swirling patterns using berries and chocolate sauces. You will get your own minicheesecake pan to keep! BYO Apron. Gluten-free crust available upon request. 2/10 Sat 11 a.m.-2 p.m. \$35

CHALLAH: We'll learn to make challah, a delicious fluffy braided egg bread. You'll learn the entire process from flour to load: mixing, kneading, rising, baking, and several dough braiding techniques. You'll make your

very own loaf to take home, warm out of the oven! We'll also make a yummy dip while we wait for the dough to rise. 2/19 Mon 6-9 p.m. \$35

ENGLISH LANGUAGE CONVERSATION:

All Ages We offer a welcoming place for English language learners to practice their conversational skills. In partnership with Seattle Public Libraries, come meet others who are eager to practice their vocabulary through casual conversation. If you are interested in volunteering, email Tom.Diamond@seattle.gov. Patience is appreciated and bilingualism is helpful, but not necessary.

Wed 4-6 p.m.

Rav-Eck CC:

HIP POP JUNIOR:

Ages 5-7 Join the fun! Students will learn basic hip hop dance moves and choreography to classic and current pop and hip hop music. Classes are energetic and focused on coordination and selfconfidence. The dance party continues with some fun dance games. The students should wear comfortable sneakers and bring a water bottle. Instructor: Sheila Gruner

1/9-2/13 Tue 4-4:45 p.m. \$66

2/27-3/27 Tue 4-4:45 p.m. \$55

PRE-BALLET:

Ages 3-5 Children learn basic ballet skills in a creative, fun environment. Students will experience the joy of dancing while learning basic movements and ballet vocabulary. This class has a classic structure with rhythmic and creative games mixed in. No class 2/17 and 3/7. Instructors: Michaela Hendrix and Anna Moretti

1/10-2/7 Wed 4:15-5 p.m. \$65

2/21-3/28 Wed 4:15-5 p.m. \$65

1/13-2/10 Sat 9:15-10 a.m. \$65

1/13-2/10 Sat 10:15-11 a.m. \$65

2/24-3/31 Sat 9:15-10 a.m. \$78

2/24-3/31 Sat 10:15-11 a.m. \$78

PRE-BALLET:

Ages 3-4 Children learn basic ballet skills in a creative, fun environment. Students experience the joy of dancing while learning basic movement skills and ballet vocabulary. This class has a classic structure with rhythmic and creative games mixed in. Children should dress in close-fitting clothing that allows for comfortable movement. Instructor: Charla Jennings

1/12-3/16 Fri 11:30 a.m.-12:15 p.m. \$120

PRE-BALLET:

2 Ages 4-6 This class is for children who have completed Pre-Ballet and would like to continue to learn ballet skills in a creative, fun, and safe environment. This class has a classic structure with rhythmic and creative games mixed in. Children should wear close-fitting clothes that allow for comfortable movement. Instructor: Charla Jennings

1/12-3/16 Fri 12:20-1:05 p.m. \$120

SPORTS OF ALL SORTS:

Ages 3-5 This is a fun way to start out in sports. Your child will learn the basics of soccer, basketball, baseball, and more! In this class, we will cover basic skills while having fun in a non-competitive environment, focusing on team work and good sportsmanship! Instructor: Sheila Gruner

1/9-2/13 Tue 3-3:45 p.m. \$66

2/27-3/27 Tue 3-3:45 p.m. \$55

GROSSOLOGY OF THE HUMAN BODY:

Ages 7-12 Explore the depths of the human body, diving into the intricacies of our cellular structure. Learn scientifically correct vocabulary and processes. Build edibles defining the structure and functions of the "machines" we can be. Understand why we function the way we do while uncovering reasons why science can be GROSS. Gain knowledge, collaboration, life skills, and

appreciate our differences as a species.

Instructor: Shakira Rae Adams

1/9-2/13 Tue 5:30-6:30 p.m. \$152

2/20-3/27 Tue 5:30-6:30 p.m. \$152

AFRICAN DANCE:

Ages 6-13 Professional performing artist, Shakira Rae Adams brings the beat to your feet through traditional/modern West African dance. Come together to build our African village, exploring the polyrhythms that will gyrate through our bodies. Music and dance is a language that can be spoken by everyone and ALL levels are welcome!

Instructor: Shakira Rae Adams

1/9-3/27 Tue 6:30-7:30 p.m. \$180

MUSIC ENSEMBLE AND SINGALONG:

Ages 8-13 We live in a multi-cultural society. Sing in different languages of the World and interpret the melodies to English in order to bring meaning and understanding to culture. Students encouraged to bring their own songs. Instructor: World Music Artist Amadanyo from Nembe, Nigeria

1/22-2/12 Mon 3:30-4:30 p.m. \$80

2/26-3/26 Mon 3:30-4:30 p.m. \$100

YOUTH INTRO TO TENNIS:

Ages 5-10 Introduce your children to racquet sports and sharpen their hand-eye coordination. There's no waiting in lines in this class, and fun games and drills make it a hit! We provide racquets. Class takes place in the gym in the fall. Water bottle recommended. Class size is limited to 8 so register early. No class 2/19. Instructor: Denise Bailey

1/22-3/19 Mon 4-4:45 p.m. \$96

YOUTH BEGINNING/ADVANCED TENNIS:

Ages 7-15 Keeping the fun in tennis, this beginning/advanced class will introduce basic court play, focus on swings, and continue building hand-eye coordination skills. Games and drills will keep you busy hitting the ball! This class picks up where "Youth Intro to Tennis" leaves off. Class takes place in the gym. No class 2/19. Instructor: Denise Bailey

1/22-3/19 Mon 4:45-5:30 p.m. \$96

BALLET 1:

Ages 5-7 This class teaches the basics of correct body alignment and proper ballet technique. Students learn basic ballet vocabulary and combine it into fun, energetic, and expressive dances. Class will introduce traditional barre and center-floor work, and a creative game will round out the hour. No class 3/7. Instructors: Michaela Hendrix and Anna Moretti

1/10-2/7 Wed 5-6 p.m. \$70

2/21-3/28 Wed 5-6 p.m. \$70

1/13-2/10 Sat 11 a.m.-Noon \$70

2/24-3/31 Sat 11 a.m.-Noon \$84

BALLET 2/3:

Ages 8-13 This class teaches the basics of correct body alignment and proper ballet technique. Students learn basic ballet vocabulary and combine it into fun, energetic, and expressive dances. Class will include traditional barre and center-floor work. This traditional class is for students who have taken 2 years of dance instruction and older beginners. No class 3/7. Instructors: Michaela Hendrix

1/10-2/7 Wed 6-7 p.m. \$70

2/21-3/28 Wed 6-7 p.m. \$70 reg

HIP POP:

Ages 8-10 Join the dance party! The students will learn more complex hip hop dance moves and choreography to classic and current pop and hip hop music. Classes are energetic and focused on coordination and self-confidence. The dance party always includes fun dance games. The students should wear comfortable sneakers and bring a water bottle. No class 11/23. Instructor: Sheila Gruner

1/11-2/15 Thu 4-4:45 p.m. \$66

3/1-3/29 Thu 4-4:45 p.m. \$55

SHOTOKAN KARATE:

Ages 6 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 the level of seventh kyu (Orange belt) or above, or with Instructor's permission. Instructor: John Lane

BEGINNER:

1/11-1/25 Thu 6-6:45 p.m. \$27

2/1-2/22 Thu 6-6:45 p.m. \$36

3/1-3/29 Thu 6-6:45 p.m. \$45

INTERMEDIATE/ADVANCED:

1/11-1/25 Thu 7-8 p.m. \$27

2/1-2/22 Thu 7-8 p.m. \$36

3/1-3/29 Thu 7-8 p.m. \$45

INTERPRETIVE PERFORMANCE

THEATER:

Ages 8-13 Teen-Theater Class that uses music with dual/multi languages in a recreational format to entertain and educate youth towards intercultural understanding of diverse populations in Seattle communities. Instructor: World Music Artist Amadanyo from Nembe, Nigeria

1/22-2/12 Mon 4:30-5:30 p.m. \$80

2/26-3/26 Mon 4:30-5:30 p.m. \$100

Center Info:

HOURS Maintenance Closure June 18-23.
Mon-Fri 12:30-8:30 p.m. Saturday 9 a.m.-5
p.m. Sun (available for rentals) Closed

LAURELHURST C. C.:

4554 NE 41st St. / Seattle WA 98105
PH: 206-684-7529 Fax: 206-522-6029
HOURS Mon-Fri 9 a.m.-2 p.m. Sat/Sun
(available for rentals) Closed

MAGNUSON C. C.:

7110 62nd Ave. NE / Seattle WA 98115
PH: 206-684-7026
HOURS Mon-Wed 2-9 p.m. Thursday 9 a.m.-
9 p.m. Friday 9 a.m.-6:30 p.m. Saturday 9
a.m.-5 p.m. Sunday Closed Late Night (ages
13-19 only): Fri 6:30-11 p.m.

MEADOWBROOK C. C.:

10517 35th Ave. NE / Seattle WA 98125
PH: 206-684-7522
HOURS Mon-Fri 9 a.m.-9 p.m. Saturday 9
a.m.-5 p.m. Sunday Closed

MEADOWBROOK TEEN LIFE CENTER:

10750 30th Ave. NE / Seattle WA 98125
PH: 206-684-7523
HOURS Sun/Mon Closed Tue-Thu 2:30-8
p.m. Friday 2:30 p.m.-Midnight Saturday 5
p.m.-Midnight

MILLER C. C.:

330 19th Ave. E/ Seattle WA 98112
PH: 206-684-4753
HOURS Mon/Wed/Fri Noon-8 p.m. Tue/Thu 9
a.m.-5 p.m. Sat/Sun Closed

MONTLAKE C. C.:

1618 E Calhoun St. / Seattle WA 98112
PH: 206-684-4736 Fax: 206-233-7140
HOURS Mon/Fri 11 a.m.-9 p.m. Tue/Wed/Thu
3-9 p.m. Saturday 9 a.m.-4 p.m. Sunday
Closed

NORTHGATE C. C.:

10510 5th Ave. NE / Seattle WA 98125
PH: 206-386-4283
HOURS Mon/Fri 11 a.m.-7 p.m. Tue/Thu 10
a.m.-8 p.m. Wednesday 11 a.m.-8 p.m.
Saturday 9 a.m.-5 p.m. Sunday (available for
rentals) Closed

RAVENNA-ECKSTEIN C. C.:

6535 Ravenna Ave. NE / Seattle WA 98115
PH: 206-684-7534 Fax: 206-233-3973

Seattle Parks and Recreation Aquatics Information:

Lessons "Seattle Swims": Swim for fun, fitness, and safety! All ages swimming instruction by certified lifeguards and trained instructors.

Class Information: Online registration using the SPARC system. Go to <http://class.seattle.gov/parks>

Contact your local pool for more information!

BALLARD POOL 1471 NW 67th St • (206) 684-4094
seattle.gov/parks/aquatics/Ballardp.htm

EVANS POOL 7201 E Green Lake Drive N • (206) 684-4961
seattle.gov/parks/aquatics/Evanspool.htm

HELENE MADISON POOL 13401 Meridian Ave N • (206) 684-4979
seattle.gov/parks/aquatics/madisonpool.htm

MEADOWBROOK POOL 10515 35th Ave NE • (206) 684-4989
seattle.gov/parks/aquatics/meadowbrookpool.htm

MEDGAR EVERS POOL 500 23rd Ave • (206) 684-4766
seattle.gov/parks/aquatics/everspool.htm

QUEEN ANNE POOL 1920 1st Ave W • (206) 386-4282
seattle.gov/parks/aquatics/queenannepool.htm

RAINIER BEACH POOL 8825 Rainier Ave S • (206) 386-1925
seattle.gov/parks/aquatics/rainierbeachpool.htm

SOUTHWEST POOL 2801 SW Thistle St • (206) 684-7440
seattle.gov/parks/aquatics/swpool.htm
Summer Only COLMAN POOL 8603

Fauntleroy Way SW • (206) 684-7494
seattle.gov/parks/aquatics/colman.htm

LOWERY C. "POP" MOUNGER POOL 2535 32nd Ave W • (206) 684-4708
seattle.gov/parks/aquatics/mounger.htm

Other Activities:

***This list, compiled by Treehouse Little Wishes Program, is provided as a guide only; please contact the location where the event is being held for details, questions, or for confirmation that the event is still happening.**

Free Art Saturdays at The 2100 Building in Rainier Valley:

All materials provided. All levels welcome. Space is limited, so be sure to arrive on time. Every Friday night the Gage Alhadeff Studio is transformed into a drop-in art center for teen artists and on Saturdays, Teen Art Studios sets up in The 2100 Building in Rainier Valley!

Teen Art Studios (TAS):

A free program that provides a diverse, challenging and productive environment for young artists. Every month a different professional artist teaches a new art form, including cartooning, figure drawing, mixed media and more. You receive focused instruction and get the chance to explore a range of different mediums and skills. *Refreshments provided.*

Location: 2100 24th Ave South Seattle, WA 98144
6:30pm-9:30pm/Ages 13-18



A FREE year round outdoor recreation and environmental education program for teens 14-19 years old citywide.

PROGRAMMING INCLUDES: After-School Workshops, Overnight and Day Trips, Service Projects, Week Long Expeditions, Paid Internships. **GET INVOLVED TODAY! NO EXPERIENCE NECESSARY.**

For more information please go to:
seattle.gov/parks/teens/02

Langston Hughes Performing Arts Center:

The Langston Hughes Performing Arts Center (LHPAC) celebrates, nurtures, presents and preserves African American and Diaspora performing arts and cultural legacies. LHPAC provides a continual opportunity for all citizens of Seattle, from various walks of life and diverse backgrounds to experience and engage in these performing arts. Every season, Langston Hughes Performing Arts Center has new theatrical works, classes, and programs. LHPAC offers both performances and instruction, which is highly inclusive and reflects the pluralistic diversity of the surrounding neighborhoods of the Central Area, the International District and across Seattle. Contact them for more information about their FREE and low cost classes and performances. **1700 Yesler Way S. Call us at 206-684-4758.**

Youngstown Cultural Arts Center:

Free After School Art classes: Beatmaking, DIY Organic Gardening, Digital Media, Live Music Lab, Youngstown Records, Breakdancing, DIY Fashion, Spoken Word Poetry, Sustainable Visual Art. **4408 Delridge Way SW, Seattle, WA 98106 206-935-2999**

Weekdays 3:30-5:30

Visit their website at [:http://www.youngstownarts.org/all_access_classes/](http://www.youngstownarts.org/all_access_classes/) to apply for these free classes!

Environmental Learning Centers:

LEARN ABOUT THE WILD SIDE OF Seattle at your Environmental Learning Centers! All the centers have programs for adults and families focusing on the natural wonders of the Puget Sound region and how you can make a difference in your world. Learn about and sign up for programs on SPARC, an online registration service. Each park also has its own web page at www.seattle.gov/parks/.

Discovery Park: located 5 miles northwest of downtown Seattle with 8 miles of trails, ponds, saltwater beaches, forests, and meadows.
206-386-4236, 3801 W. Government Way, email: discover@seattle.gov

Carkeek Park: Located in North Seattle With trails, playground, and the historic Piper's Orchard

206-684-0877, 950 NW Carkeek Park Road,
email: carkeek@seattle.gov

Camp Long: Located in West Seattle
With 68-acre forested park with hiking trails,
climbing rocks with instructors, wetlands
loaded with frogs and salamanders
206-684-7434, 5200 35th Ave SW, email:
camplong@seattle.gov

The Burke Museum of Natural History and Culture:

Open daily, the Burke Museum welcomes all visitors who are curious about the natural wonders of Washington State, the Pacific Northwest, and the Pacific Rim. Discovery awaits you. Admission is **FREE on the first Thursday of the month from 10am-8pm**. Regular hours are daily from 10am-5pm, \$9.50 adult, \$6 students and youth 5+, ages 4 and under are always free. On the University of Washington campus at the corner of 17th Avenue NE and NE 45th Street (206) 543-7907

Seattle Art Museum (SAM):

1300 First Avenue Seattle, WA 98101 |
206.654.3100 | www.seattleartmuseum.org
SAM offers free admission to all on the **FIRST THURSDAY** of each month. All free day programs include access to special exhibitions as well as all SAM collections and installations.

Museum of Flight:

9404 East Marginal Way S. Seattle, WA
98108 | 206.764.5720 |
www.museumofflight.org Thanks to sponsor
Wells Fargo Bank, Museum admission is free
of charge on the first Thursday evening of
every month from 5-9 p.m!

Bellevue Arts Museum:

510 Bellevue Way N.E. - Bellevue, WA 98004
425-519-0770 www.bellevueart.org
Bring out your child's imagination and
creativity with one of Bellevue Arts
Museum's many free or low-cost workshops
for children of all ages.
Tuesday-Thursday, Saturday 10 a.m.-5:30
p.m.; Friday 10 a.m.-9 p.m.; Sunday 11 a.m.-
5:30 p.m.

Frye Art Museum:

704 Terry Ave. - Seattle, WA 98104
206-622-9250 | www.fryemuseum.org
The Frye Art Museum engages audiences,
challenges perceptions, and encourages
dialogue about art in all its complexities, past
and present. Admission is always free. For
updated information on Frye's education
programs that provide art experiences for

children, adults, and educators. Tuesday -
Saturday, 10 a.m.-5 p.m.; Sunday, noon-5
p.m.; Thursday, 10 a.m.-8 p.m.

Seattle Center Children's Museum:

The Children's Museum, Seattle is an
interactive, hands-on museum which
provides children (ages birth - 10) and their
families a fun and creative place to play and
discover. Children can explore and interact
with the 11 permanent exhibits including the
Neighborhood, Global Village, Imagination
Studio and the Mountain. Daily
programming provides additional
opportunities for art, culture and science
exploration. Visitors to the Museum are
immediately wrapped up in this kid sized
world of fun and exploration.

Mon - Fri: 10 AM - 5 PM

Sat/Sun: 10 AM - 6 PM

Price: \$7.50 adults/children, \$6.50 for
grandparents and \$6.00 for groups (10 or
more)

**Medical Coupon cards provide free daily
admission for the individual listed on the
card only.**

Treehouse Caregiver Resource Guide

Resource Support Lines:

The Foster Parent & Caregiver Support Line: 1-800-301-1868

A help line that foster parents and relative caregivers can access when they are in crisis. Crisis line workers will be able to listen and offer advice about how to manage children with emotional or behavioral problems. The support line operates after business hours, when Children's Administration social workers and foster care licensors are not available.

Family Help Line: 1-800-932-HOPE www.parenttrust.org

The Family Help Line is a free, statewide training and referral line for the families of Washington State. Last year, the Family Help Line received over 5,000 calls and requests for information. Calls can last up to 90 minutes and parents can call as often as needed.

Foster Parent Investigation Retention Support Team (FIRST): 1-253-219-6782

Support for foster parents under investigation for allegations of abuse or neglect Monday through Saturday, 8:00 a.m. – 8:00 p.m., or leave a message and receive a return call within 24 hours.

On-Going and Crisis Support for foster parents:

Under contracts with the state, three private agencies are working to build supports for you within the foster care community. Supports include hubs, support groups and matching new foster parents with veteran foster parents. To get connected:

- If you live in **eastern Washington, the Olympic Peninsula down through Pacific County or from Thurston County to Clark County**, call 1-888-794-1794.

- If you live in **King County**, call 206-605-0664 and in any county from **Snohomish County north**, call 360-510-7601 or 360-863-6530
- If you live in **Pierce or Kitsap counties**, call 253-473-9252
- If you live in **Renton Region 4**, call CARE: Counseling, Assistance, Relief and Education 1-888-263-3457 or www.friendsofyouth.org

Parenting Resources and Classes:

Children's Administration Foster Parent Website:

<http://www.dshs.wa.gov/ca/fosterparents/>
Visit this website for information on training and parenting resources. The website offers helpful training videos on behavioral issues, health and safety, parenting tips, and many more. It also provides links to other websites for parenting concerns.

Contact 1-800-543-7414 to connect with the statewide foster parent recruitment information center.

Children's Home Society of Washington Parent Education:

206-695-3200
http://www.childrenshomesociety.org/Our_Services/Family_Support/Parent_Education.html

The parent education programs give families important skills and information to help children reach their potential in safe, loving homes. Classes available in:

- Conscious Fathering
- Home Team Parent Aide Program
- Home Visitation
- Next Generation
- Parent Education and Skill-Building
- Parent Trust
- Parents as Teachers
- SPARK: Strong Partners and Relationships for Kids
- Strengthening Families Program
- The Nurturing Parenting Program
- Triple P Parent Coaching

Friends of Youth: Parenting Resources (classes):

(Issaquah, Duvall, Snoqualmie)
<http://www.friendsofyouth.org/parentingResources.aspx>

Parents are their children's first and most important teachers. But sometimes, they

need a little extra help dealing with the challenges that arise. They need the opportunity to learn effective parenting strategies, build skills, and discuss their issues with other parents. Friends of Youth offers several parenting education classes throughout our community that provide the tools parents need to encourage the development of strong healthy families.

STEP (Systemic Training for Effective Parenting) classes:

Parents of 2-12 year-olds.
Parents of Teens (Open to parents of 13-19 year-olds).

Prevention Parenting classes:

Guiding Good Choices (Open to parents of 9-14 year olds).
Staying Connected with Your Teen (Open to parents of 14-17 year olds).

Foster Parent/Caregiver resources:

Lutheran Community Services

(Seattle): (206) 694 – 5713

<http://www.lcsnw.org/permanencyplanning/parents.html>

- Group and individual preparation and training for Permanency Planning
- Foster Parent Support Group
- Permanency Planning Newsletter
- Parenting training or referral
- Information and referral to community resources
- Ongoing counseling and support

Children's Administration:

Meet, Greet, and Train

These long lunch hours are set aside for all caregivers to come together and enjoy a brown bag lunch Gala and engage in one hour of training on a variety of topics. Those topics include things like, Managing Anger in Your Homes; Tactics to Avoid Chaos When Parenting the ADHD child; Active Communication and many, many more. Come and get acquainted and enjoy the networking with other caregivers.

To register call: 1-800-876-5195

Children's Home Society of Washington: 206-695-3200

Family Resource Centers:

www.childrenshomesociety.org/Our_Services/Family_Support/Family_Resource_Centers.html

Our family resource and support centers help families build on their strengths, find support networks and services, and promote the well-being of the entire family. Locations: Auburn, North Seattle

Kinship Caregiver Support:

Groups for parents and relatives who are primary caregivers offer an opportunity to connect with others, find new ways to deal with challenges, and gain insight and support from people in similar situations.

FPAWS: Foster Parent Association of Washington State: 1-800-391-CARE

(2273) www.fpaws.org

Help to empower, to support and to advocate for foster, kinship-care and adoptive families.

The NFPA is the national voice for foster parents and provides services to individual states to improve the services to foster parents throughout the country. NFPA holds an annual training conference in late April or May.

FPAWS is part of the larger NFPA: National Foster Parent Association:
<http://www.nfpainc.org/>

CARE: Counseling, Assistance, Relief, and Education:

CARE supports state licensed foster parents or relative caretakers when they are caring for state placed children with difficult behavior problems. If the caregiver calls CARE at 206-915-0459, we will call them back within 24 hours. We will offer to go to their home within 72 hours of their call. The primary goal of CARE is to prevent the placement from "failing"; to keep the child in your home and keep you as a placement resource. We provide the following kinds of support for up to three months:

- Telephone consultation as requested by the caregiver
- A master's level CARE staff member can provide short term in-home counseling using behavior based approaches to help the caregiver gain skills and techniques for dealing with the child's behavior.

- We can help develop behavior management and supervision plans that meet the needs of the child. Friends of Youth programs specialize in sexually aggressive behaviors, physically aggressive behaviors, mental health problem behaviors and others.
- Access to CARE staff 24/7 for emergency consultation
- Referrals and information about resources and training to improve caregiver skills
- Funds to assist in paying for community resources; e.g. boys and girls club membership, day camp, etc.
- Funds to assist with child evaluations and assessments
- Funds to assist in paying for training classes
- Assistance in advocating with the assigned social worker to get respite funds for household items that will assist in maintaining a child in the home; e.g. bedding, special needs items, etc.

YMCA: The Center For Young Adults:

Providing young adults who have experienced foster care or homelessness with the resources and skills they need to move toward independence.

<http://www.seattlemca.org/page.cfm?ID=center> (206) 749-7550

Educational Resource:

See the below link for the second edition of the Guide to Supporting Students in Foster Care.

The primary purpose of this guide is to provide information, resources and tools to positively impact the educational experiences of students in foster care.

<https://www.treehouseforkids.org/wp-content/uploads/2018/01/treehouse2017final2ndedinteractive.pdf>

For additional educational support resources, please see the Treehouse website at <http://www.treehouseforkids.org/our-services/academic-support/>

Additional Community Resources:

2-1-1 Washington Information Network:

Dial: 2-1-1 or online at:

<http://www.resourcehouse.info/WIN211/>

This network provides a directory of health and human service programs to find resources like food banks (food pantries), emergency shelters, transportation, health clinics, rent or utilities assistance, legal help, and many more.

Casey Family Programs:

A guide to SSI and Social Security Benefits for Children and Youth in Out-of-Home Care:

<http://www.casey.org/Resources/Publications/pdf/GuideToSSI.pdf>

Relative Caregiver Resources:

<http://www.grandfactsheets.org/doc/Washington%2007%20New%20Template.pdf>

Kent Youth and Family Services:

A list of services and support organizations dedicated to helping individuals and families in South King County.

<http://www.kyfs.org/resources.html>

