

# Parks & Recreation Department 2015 Winter Activities Guide

Where the Fun Begins!





## TREE LIGHTING & FESTIVE FUN

Thursday, December 4 • 5:30 p.m.

SeaTac Community Center  
13735 24th Ave. S., SeaTac

Celebrate the beginning of the holiday season with friends and community.

- Craft Project ~ 5:30 p.m.
- Take your child's picture with Santa ~ 5:30 p.m.
- Festive Entertainment ~ 6 p.m.
- Refreshments

## Contact Information

### Table of Contents

Field/Facility Rental Contact/Fees.....	3
Activity Fees.....	3
Special Events.....	2, 19
Preschool Programs.....	4
Youth Programs.....	5-7
SeaTac United Youth & Sprouts Soccer.....	7
Teen Programs.....	8
Adult Programs.....	9-11
Senior Programs.....	12-14
Senior Trips.....	15-16
Parks & Facilities Map.....	17
How to Register.....	18

### Contact Us

SeaTac Community Center	13735 24th Ave. S. SeaTac, WA 98168 Ph: 206.973.4680 Fx: 206.973.4699
Senior Program	206.973.4690
Parks Maintenance	206.973.4770
Parks Administration	206.973.4670
Parks & Recreation Website	<a href="http://www.ci.seatac.wa.us/index.aspx?page=136">http://www.ci.seatac.wa.us/index.aspx?page=136</a>

### SeaTac Community Center Hours

Monday-Thursday.....	8:30 a.m.-9:30 p.m.
Friday.....	8:30 a.m.-7 p.m.
Saturday.....	10 a.m.-4 p.m.
Sunday.....	Closed

### Senior Center Hours

Monday-Friday.....	8:30 a.m.-4 p.m.
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### Holiday Closures

December 25.....	Christmas Day
January 1.....	New Year's Day
January 19.....	Martin Luther King Jr. Day
February 16.....	President's Day

## City of SeaTac

### Mayor

Mia Gregerson

### City Manager

Todd Cutts

### Deputy Mayor

Tony Anderson

### Assistant City Manager

Gwen Voelpel

### Councilmembers

Barry Ladenburg  
Kathryn Campbell  
Terry Anderson  
Dave Bush  
Pam Fernald

### Parks & Recreation Director

Kit Ledbetter



## Drop-In Fees & Activities SeaTac Community Center

### Drop-In Activity Fees

Activity	Adult	Senior <sup>1</sup>
Adult Class Drop-In (when available).....	\$6.....	\$6
Archery.....	\$8.....	\$8
Open Badminton.....	\$3.50.....	\$2.50
Open Basketball.....	\$3.50.....	\$2.50
Open Pickleball.....	\$3.50.....	\$2.50
Indoor Flying.....	\$3.50.....	\$2.50
Weight Room <sup>2</sup> .....	\$4.50.....	\$2.50
Weight Room (monthly pass) <sup>2</sup> .....	\$28.....	\$21
Shower only <sup>3</sup> (towels not provided).....	\$2.....	\$2
Tot-Lot Indoor Play Time.....	\$2/1st child \$1/each add'l child	

<sup>1</sup> Senior citizen must be at least 55 years old.

<sup>2</sup> Participants for the weight/cardiovascular room must be at least 16 years of age.

<sup>3</sup> Shower charge only if not participating in activity.

### Drop In Gym Activities

Archery.....	Th, 6:45-9:15 p.m.
Badminton.....	M, 7-9:15 p.m.
.....	T, 8:45-12:15 a.m.
.....	Sa, Noon-4 p.m.
Indoor Flying Time.....	F, 12:30-3:30 p.m.
Pickleball.....	M/W/Th, 10 a.m.-3 p.m.
Tot-Lot Indoor Playtime.....	F, 10-11:45 a.m.
Total Body Fitness.....	T/Th, 5:30-6:30 p.m.
Zumba.....	M/W, 5:45-6:45 p.m.

Please call for age requirements and to confirm activity.

### Sport Field Rentals

Phone	206.973.4770
Fax	206.973.4789
Field Conditions	206.973.4679 (Recorded Message)
Email	<a href="mailto:rchouinard@ci.seatac.wa.us">rchouinard@ci.seatac.wa.us</a>
Website	<a href="http://www.ci.seatac.wa.us/index.aspx?page=147">www.ci.seatac.wa.us/index.aspx?page=147</a>

**North SeaTac Park** Baseball/Softball/Soccer

**Sunet Park** Baseball/Softball/Soccer

**Valley Ridge Park** Baseball/Softball/Soccer

### Facility & Picnic Shelter Rentals

Phone	206.973.4680
Fax	206.973.4699
Email	<a href="mailto:facilityrental@cityofseatac.com">facilityrental@cityofseatac.com</a>
Website	<a href="http://www.ci.seatac.wa.us/index.aspx?page=146">http://www.ci.seatac.wa.us/index.aspx?page=146</a>

### SeaTac Community Center

(Banquet Room, Gymnasium, Multi-Purpose Rooms)

### Valley Ridge Community Center

(Multi-Purpose Hall)

**Angle Lake Park** (Picnic Shelters, Stage)

**North SeaTac Park** (Picnic Shelter)

## Preschool Programs

### ABC...123 Preschool

Registration for Fall 2015 opens April 1st. Sign up early to ensure your spot for fall.

**Save the Date:** Both preschool locations will be having an open house for families interested in Fall 2015 preschool on March 19th from 6-7:30 p.m. Come and meet the teachers and get answers to your questions.

In ABC...123 preschool, we want to help your child in their development through exploration of play, socialization and education. We have designed a curriculum which prepares our 3 and 4 year old students for the next step into our 4 and 5 year old class. Then from there, we focus on preparing our 4 and 5 year olds for Kindergarten. Kids are welcome to join at any level or with any amount of experience. Our preschool is a great place to introduce your child to a classroom setting and get them ready for school. They will make friends, learn how to function within a classroom, and learn some things they will need to know entering kindergarten.

Note: At this time, several of our classes are full. We welcome you to place your child on our waitlist for when a spot opens up.

For more information or to download registration paperwork, check us out at [www.seatacpreschool.com](http://www.seatacpreschool.com).

**Locations:** SeaTac Community Center, 13735 24th Ave. S.  
Valley Ridge Community Center, 4644 S. 188th St.

### 3 & 4 Year Old Classes

**Instructor:** Teacher Linsey Johnson

**Location:** SeaTac Community Center

Day	Time	Tuition
M/W/F	9:30 a.m.-12 p.m.	\$155/mo*
T/Th	9:30 a.m.-12 p.m.	\$105/mo*
M/W/F	1-3:30 p.m.	\$105/mo*

\*In addition to the monthly tuition, each child pays a \$40 registration fee that is good for the entire school year.

### 4 & 5 Year Old Classes

**Instructor:** Vanessa Pizarro

**Location:** Valley Ridge Community Center

Want preschool 5 days a week? Sign up for both classes!

Day	Time	Tuition
M/W/F	9:30 a.m.-12:30 p.m.	\$185/mo*
T/Th	9:30 a.m.-12:30 p.m.	\$125/mo*

.....  
**Save the Date:** Both preschool locations will be having an open house for families interested in Fall 2015 preschool on March 19th from 6-7:30 p.m. Come and meet the teachers and get answers to your questions.

[www.seatacpreschool.com](http://www.seatacpreschool.com)

### SeaTac United, Sprouts Soccer: Ages 3-4

SeaTac United's Sprouts Soccer program is based on fun and skill development for boys and girls ages 3 & 4.

See page 7 for details.

### Tot-Lot Indoor Play Time

Bring your kids to the SeaTac Community Center for this long time favorite of preschool parents. Kids can play in the gym with riding toys, balls and mats. No registration is required and Friday is popcorn day!

**Location:** SeaTac Community Center, Gym  
**Ages:** 5 & under with adult  
**Day/Time:** Fridays, 10-11:45 a.m.  
**Fee:** \$2/1st child, \$1/each add'l child

### Swimming at Matt Griffin YMCA

SeaTac residents may swim at the new YMCA by purchasing a punch card for \$5. Punch cards can be purchased at the SeaTac Community Center by showing proof of residency (**valid driver's license and a recent utility bill.**) Each punch card has ten punches for lap swim, 12 punches for water aerobics and eight to participate in open swim. Limit of four punch cards per household per year. For more information call SeaTac Parks and Recreation at 206.973.4680.

### Photos of Participants

Occasionally, Parks & Recreation staff takes photos and/or video during our programs. If you wish not to have yours or your children's photo/video taken in conjunction with our programs please notify any recreation staff member or your class instructor. Photos/video taken during Parks & Recreation activities are used in the promotion of future City programs.

### SATISFACTION GUARANTEED

See our policy on page 18.

### Inclement Weather

During a severe weather event, our programs and/or the SeaTac Community Center may close. If you are unsure about the weather, please call to confirm your activity.



## Youth Programs

REC'N CREW

### SeaTac's Before & After School Program

Our before and after school program is packed full of organized and exciting options that will provide your child a fun and safe place to be throughout the school year. We don't just watch your children, we engage them in recreational and educational activities that will make you (the parent) feel confident that your child is safe and having a great time! Serving Bow Lake, Madrona, McMicken, Hilltop and Parkside schools.

**Location:** Bow Lake Elementary School, SeaTac Activity Room

Ages	Day	Dates	Time	Fee
5-12	M-F <sup>1</sup>	Ongoing	6 a.m.-6 p.m. <sup>2</sup>	\$5/hr <sup>3</sup>

<sup>1</sup> You choose the days.

<sup>2</sup> You choose the hours. (Closed during school hours.)

<sup>3</sup> You pay only for the hours they attend.

**Hours sold in 20 hour punch cards for \$100.**

### After School Partners and Enhancements:

**Community School Collaborations (CSC):** Monday through Thursday, throughout most of the year, we will be partnering with CSC to provide even more enriching activities to your children. Kids can choose to sign up for activities such as cooking, science club, circus arts, yoga, choir and much more.

**Friday Swimming at the YMCA:** We will be taking the kids to the Matt Griffin YMCA monthly for swimming on the first Friday of each month. These are early release days and perfect for a little dip in the pool!

### \$30 Registration Fee

Participation in our youth program requires an annual \$30 registration fee. This fee goes from the first day of our summer camp through the following school year. The fee includes receiving a program t-shirt that is required to be worn when we go off site on field trips. Returning youth students who do not need a new t-shirt can opt to pay a \$20 registration fee. If needed, replacement shirts are \$15. Please call 206.973.4680 for complete details about our youth programs.

### Recreation Scholarship Program

This program is to provide financial assistance to youth and teen citizens for recreational services. Please call the Parks and Recreation Department @ 206.973.4680 for more information.



Find us on Facebook under 'SeaTac Youth Programs' or scan the QR code to go directly to our page!



## Break Busters!

### Winter Break Camp

2014 is coming to an end and we have got the place to be to end the year with a whole lot of laughter! Choose one day, one week, or come for the whole time. Campers will be involved in lots of crazy and fun crafts, silly games, field trips and treats. Bring a sack lunch and warm clothes. No camp on Christmas Eve, Christmas Day, or New Years Day.

**Location:** Bow Lake Elementary School, SeaTac Activity Room

**Grades:** K-6

Class #	Day	Date (Days)	Time	Fee
11038	M,T,F	Dec. 22-26 (3)	6 a.m.-6 p.m.	\$81*
11039	M,T,Th,F	Dec. 29-Jan. 2 (4)	6 a.m.-6 p.m.	118*
Varies	M-F	Daily	6 a.m.-6 p.m.	\$35/day*

\*This is our early bird rate. Price increases by \$10 after December 15.

### Mid Winter Break - No School Days

It used to be a full week, but the last couple of years Mid Winter break has changed to a long weekend. Either way, we have it covered for you. Your child will have a great time making friends and staying busy. As always, don't forget a sack lunch and warm clothes.

**Location:** Bow Lake Elementary School, SeaTac Activity Room

Class #	Age	Day	Date	Time	Fee
11268	K-6	M/T	Feb. 16-17	6 a.m.-6 p.m.	\$60*
11269	K-6	M	Feb. 16	6 a.m.-6 p.m.	\$35*
11270	K-6	T	Feb. 17	6 a.m.-6 p.m.	\$35*

\*This is our early bird rate. If you sign up after February 9, the rate will increase by \$10.

### No School Days

We are your destination for a random no school day in March. You send them to us full of energy and we will send them home happy and tired. Campers need to bring a sack lunch and a swim suit for afternoon swimming at the YMCA.

**Location:** Bow Lake Elementary School, SeaTac Activity Room

**Ages:** 5-12

Class #	Grades	Day	Date	Time	Fee
11271	K-6	F	Mar. 13	6 a.m.-6 p.m.	\$35*

\*This is our early bird rate. If you sign up after March 6, the rate will increase by \$10.

### Spring Break Week

The flowers are blooming and we can hear the rumblings of The Great Summer Camp right around the corner. We have one amazing stop before we get there. Spring Break camp is always one of our busiest weeks. Lots of kids and lots of fun! Spaces limited to the first 50 campers per day. Bring a sack lunch.

**Location:** Bow Lake Elementary School, SeaTac Activity Room

Class #	Grades	Day	Date (Days)	Time	Fee
11273	K-6	M-F	Apr. 6-10	6 a.m.-6 p.m.	\$135*
11274	K-6	M	Apr. 6	6 a.m.-6 p.m.	\$35*
11275	K-6	T	Apr. 7	6 a.m.-6 p.m.	\$35*
11276	K-6	W	Apr. 8	6 a.m.-6 p.m.	\$35*
11277	K-6	Th	Apr. 9	6 a.m.-6 p.m.	\$35*
11278	K-6	F	Apr. 10	6 a.m.-6 p.m.	\$35*

\*This is our early bird rate. If you sign up after March 30, the rate will increase by \$10.

## Youth Programs

### Youth Dance Classes

Introduce your little one to the world of ballet, tap, & jazz dancing in a positive, fun environment! See details below.

**Instructor:** Ms. Jennifer

**Location:** Community Center, Room 106

### Ballet, Tap, Jazz

This class is a start up for all others. Focus will be given on all elements of dance for your future dancers to enjoy their first dance experience without making the tough choices of what class to sign up for. It focuses attention on terminology and etiquette in a positive and encouraging environment. Dancers will need to have hair pulled back out of the face, light tights, solid leotard, ballet slippers and tap shoes for first class.

Class #	Ages	Day	Date (Classes)	Time	Fee
11241	4-5	T	Jan. 7-Feb. 11 (6)	6-6:28 p.m.	\$45
11242	6-8	T	Jan. 7-Feb. 11 (6)	6:30-6:58 p.m.	\$45
11243	4-5	T	Feb. 18-Mar. 25 (6)	6-6:28 p.m.	\$45
11244	6-8	T	Feb. 18-Mar. 25 (6)	6:30-6:58 p.m.	\$45

### Ballet

Beginning with the basic in ballet, dancers will be introduced to the world of ballet in an easy-learning environment, with emphasis on fun with learning. All dancers will need light tights, solid leotard and ballet slippers for first class.

Class #	Ages	Day	Date (Classes)	Time	Fee
11245	5-8	T	Jan. 7-Feb. 11 (6)	7-7:28 p.m.	\$45
11246	5-8	T	Feb. 18-Mar. 25 (6)	7-7:28 p.m.	\$45

### Jazz

Dancers will be introduced to the world of jazz in an easy-learning environment with emphasis on fun with learning. All dancers will need light tights, solid leotard and ballet slippers for the first class.

Class #	Ages	Day	Date (Classes)	Time	Fee
11247	5-8	T	Jan. 7-Feb. 11 (6)	7:30-7:58 p.m.	\$45
11248	5-8	T	Feb. 18-Mar. 25 (6)	7:30-7:58 p.m.	\$45

### Hula I (All Beginners)

This class is for all beginners of hula who have less than one year experience in hula basics.

**Instructor:** Moodette Ka'apana

**Location:** Valley Ridge Community Center

Class #	Ages	Day	Date (Classes)	Time	Fee
11219	6+	Su	Jan. 4-25 (4)	1:30-2:30 p.m.	\$28
11220	6+	Su	Feb. 1-22 (4)	1:30-2:30 p.m.	\$28
11221	6+	Su	Mar. 1-22 (4)	1:30-2:30 p.m.	\$28

### Hula II (Youth Hula)

Hula II is for returning students who have at least one year of hula training or instructor approval.

**Instructor:** Moodette Ka'apana

**Location:** Valley Ridge Community Center

Class #	Ages	Day	Date (Classes)	Time	Fee
11222	6+	Su	Jan. 4-25 (4)	2:30-3:30 p.m.	\$28
11223	6+	Su	Feb. 1-22 (4)	2:30-3:30 p.m.	\$28
11224	6+	Su	Mar. 1-22 (4)	2:30-3:30 p.m.	\$28

## Home School

### Home School Gym Program

#### Ages 6 and up!

It's winter and it's cold outside. There is no better place to be than with us every Tuesday. Each week will be packed full of high energy games and competitions. This popular program is a great break for hard working home school parents. Drop in fee is \$5 per child or you can sign up by the month for additional savings.

Note: It is possible by the time this is released, we will have separated the older kids (5th grade and up) to a separate time frame. For up to date information, you can contact Brian Tomisser at btomisser@ci.seatac.wa.us .

**Location:** SeaTac Community Center, Gymnasium

**Instructors:** Mr. Brian and Ms. Erin

Class #	Ages	Day	Date (Days)	Time	Fee
11118	6-17	T	Jan. 6-27 (4)	1:30-2:30 p.m.	\$16 <sup>3</sup>
11119	6-17	T	Feb. 6-27 (4)	1:30-2:30 p.m.	\$16 <sup>3</sup>
11120	6-17	T	Mar. 3-31 (5)	1:30-2:30 p.m.	\$20 <sup>3</sup>
11121	6-17	T	Apr. 14-28 (3) <sup>1</sup>	1:30-2:30 p.m.	\$12 <sup>3</sup>
11122	6-17	T	May 5-26 (4) <sup>2</sup>	1:30-2:30 p.m.	\$16 <sup>3</sup>

<sup>1</sup> No class on April 7 due to Spring Break.

<sup>2</sup> May 28th is our annual end of the year potluck/kickball game at Valley Ridge fields.

<sup>3</sup> You may also choose to pay a \$5 drop in per participant each time.

### Photos of Participants

Occasionally, Parks & Recreation staff takes photos and/or video during our programs. If you wish not to have yours or your children's photo/video taken in conjunction with our programs please notify any recreation staff member or your class instructor. Photos/video taken during Parks & Recreation activities are used in the promotion of future City programs.

## SATISFACTION GUARANTEED

See our policy on page 18.

### Inclement Weather

During a severe weather event, our programs and/or the SeaTac Community Center may close. If you are unsure about the weather, please call to confirm your activity.



## SeaTac United FC - Winter Futsal Academy Soccer, only better!

We are very excited to offer our Winter Futsal Academy featuring daily skills and futsal games. Futsal is soccer played on a gymnasium floor, a smaller area utilizing out of bounds lines instead of walls. This promotes better ball control skills as well as passing on the ground. Furthermore, futsal rewards players concentrating on their first touch and decision-making. Futsal is a great way for your young soccer player to amp up his or her game.



Futsal sessions will last for 1 hour including skills instruction and plenty of game play. Players need to arrive on time with non-marking athletic shoes (no cleats), water, soccer socks, and shin guards. Class size is limited so do not delay.

Register with SeaTac Parks & Recreation and then go online to [www.SeaTacUnited.org](http://www.SeaTacUnited.org) to complete AYSO forms and to access more information.

**Instructor:** SeaTac United, NSCAA Professional Coach Trainer  
**Location:** Chinook Middle School, Gymnasium

### Sprouts - Boys & Girls, Ages 3-4

Class #	Age	Day	Dates (Classes)	Time	Fee
11280	3-4	M/W	Jan. 12-Feb. 11 (9) <sup>1</sup>	5-6 p.m.	\$39 <sup>2,3</sup>

<sup>1</sup> No class on January 19, Martin Luther King Jr. Day.

<sup>2</sup> Fee is for registration on or before November 21. Afterwards, price goes up to \$49.

<sup>3</sup> Annual registration fee of \$15 is required. It's good for all SeaTac United Sprouts soccer programs and lasts from August 2014 through July 2015.

### Boys & Girls, U6-U12

The classes are for boys and girls and initial assignments will be based on age. They may be moved based on ability as appropriate.

Class #	Age	Day	Dates (Classes)	Time	Fee
11272	U6-U8	M/W	Jan. 12-Feb. 11 (9) <sup>1</sup>	6-7 p.m.	\$59 <sup>2,3</sup>
11272	U10-U12	M/W	Jan. 12-Feb. 11 (9) <sup>1</sup>	7-8 p.m.	\$59 <sup>2,3</sup>

<sup>1</sup> No class on January 19, Martin Luther King Jr. Day.

<sup>2</sup> Fee is for registration on or before November 21. Afterwards, price goes up to \$69.

<sup>3</sup> Annual registration fee of \$40 is required. This covers our uniform and AYSO fees. It's good for all SeaTac United soccer programs and lasts from August 2014 through July 2015.

### SeaTac Parks & Recreation Contact Information

Registration and payment is made at SeaTac Community Center, 13735 24th Ave. S., SeaTac.  
**Phone:** 206.973.4680

### SeaTac United Contact Information

**Website:** [www.SeaTacUnited.org](http://www.SeaTacUnited.org)  
**Phone:** 206.486.5387  
**Email:** [info@SeaTacUnited.org](mailto:info@SeaTacUnited.org)

Scholarships are available.



### 2014/15 Player Age Chart

Birth Month	2011	2010	2009	2008	2007	2006	2005	2004	2003	2002
Jan.	Sprout	Sprout	U6	U8	U8	U10	U10	U12	U12	
Feb.	Sprout	Sprout	U6	U8	U8	U10	U10	U12	U12	
Mar.	Sprout	Sprout	U6	U8	U8	U10	U10	U12	U12	
Apr.	Sprout	Sprout	U6	U8	U8	U10	U10	U12	U12	
May	Sprout	Sprout	U6	U8	U8	U10	U10	U12	U12	
June	Sprout	Sprout	U6	U8	U8	U10	U10	U12	U12	
July	Sprout	Sprout	U6	U8	U8	U10	U10	U12	U12	
Aug.		Sprout	Sprout	U6	U8	U8	U10	U10	U12	U12
Sept.		Sprout	Sprout	U6	U8	U8	U10	U10	U12	U12
Oct.		Sprout	Sprout	U6	U8	U8	U10	U10	U12	U12
Nov.		Sprout	Sprout	U6	U8	U8	U10	U10	U12	U12
Dec.		Sprout	Sprout	U6	U8	U8	U10	U10	U12	U12

### Coach Training - Winter Futsal

SeaTac United is proud to partner with the NSCAA (National Soccer Coaches Association of America) to provide free coach training to beginning and experienced coaches alike. The NSCAA professional coach trainer and our SeaTac United coaching leadership will conduct coach training during our Winter Futsal Academy sessions. Our goal is to provide you with the skills needed to be an effective coach in the SeaTac United soccer program. By taking this course, we hope to see you again as a coach during our upcoming Spring Soccer League.

Training with our training staff is run in concert with our 9-session Winter Futsal Academy. The professional coach trainer provided by the NSCAA will give you hands on training. This gives you real world experience on how to apply proper coaching techniques to run a fun, safe, and effective practice. You will also learn SeaTac United specific philosophies and methods we use to deliver our programs. This training is for both returning coaches and new volunteers. Coaches are expected to commit to at least every Monday or every Wednesday. Hopefully coaches can attend most if not all of sessions. Select the age group you wish to work with when you register.

**Instructor:** SeaTac United, NSCAA Professional Coach Trainer  
**Location:** Chinook Middle School, Gymnasium

**Dates:** January 12-February 11 (9 classes)<sup>1</sup>

Class #	Age	Day	Time	Fee
11281 (U6-U8)	18+	M/W	6-7 p.m.	Free
11282 (U10-U12)	18+	M/W	7-8 p.m.	Free

<sup>1</sup> No class on January 19, Martin Luther King Jr. Day.

To register as a volunteer coach, or for more information see us online at [www.SeaTacUnited.org](http://www.SeaTacUnited.org)

## Teen Programs

### Teen Center at Valley Ridge (next to Tyee & Chinook)

The city is planning to break ground in 2015 on a brand new teen center located at the same location. Look for more information soon!

Since opening in the spring of 2000, the SeaTac Parks and Recreation has been serving students from Chinook and Tyee with an amazing after school drop in program. Now in collaboration with the Community Schools Coalition, we continue to offer great after school options for Tyee and Chinook Students. The Teen Center has something for everyone. Meet with friends, play some Playstation 3, or ping pong, work on homework, or just hang out. We have special activities such as crafts, cooking projects or competitions. Transportation is available on a limited basis. Call for details.

**Location:** Valley Ridge Comm. Center (next to Tyee & Chinook)

Grades	Days	Dates	Time	Fee
7-12	M-Th	Sept. through May	2-5:15 p.m.	Free

### Winter Break Camp 2014

You thought Summer Teen Camp was amazing? Well you haven't seen anything yet as we gear up for Winter Break Camp 2014. Space is limited and scholarship funds may be available to qualified SeaTac residents. Minimum of 8 youth required by Monday, December 15.

**Location:** Drop off/Pickup at Valley Ridge Community Center unless signed up for extended care.

Grades:	Class #	Days	Dates	Time	Fee
7-9					
	11053	M,T,F	Dec. 22,23,26 <sup>1</sup>	7:30 a.m.-4 p.m.	\$58 <sup>3</sup>
	11054	M-W,F	Dec. 29-Jan. 2 <sup>2</sup>	7:30 am-4 p.m.	\$74 <sup>3</sup>
	11055	Various	Daily	7:30 a.m.-4 p.m.	\$30

<sup>1</sup>No camp December 24 & 25.

<sup>2</sup>No camp January 1.

<sup>3</sup>Take advantage of our Early Bird rate. Sign up by December 15th and receive \$10 off the listed price. The daily rate of \$30 is not subject to the Early Bird rate.

### Extended Care for Teen Winter Break Camp

Do you need to drop your student off before or after regular camp hours? Again this year we are offering extended care through our youth camp at Bow Lake Elementary. Drop them off early and our teen staff will swing by and pick them up and bring them to Teen Camp by 7:30 a.m. Or we will take them over to Bow Lake after camp, where they can hang out until 6 p.m. (Sorry, no phones or electronics.)

**Grades:** 7-9

Class #	Days	Dates	Time	Fee
11062	M,T,F	Dec. 22,23,26	6-7:30 a.m.	\$15
11063	M,T,F	Dec. 22,23,26	4-6 p.m.	\$15
11064	M-W,F	Dec. 29-Jan. 2	6-7:30 a.m.	\$20
11065	M-W,F	Dec. 29-Jan. 2	4-6 p.m.	\$20

### Young Adult Socials

The City of SeaTac, in collaboration with the local cities of Tukwila and Burien will be offering monthly socials for teens eligible for the Specialized Recreation program. Each activity runs the second Friday of every month from 5:00-7:00 p.m. Food or snacks provided at each event. Contact us in August for more details.

Date	Location	Theme	Fee
Jan. 9	SeaTac CC	Exercise class & social	\$5
Feb. 13	Hi-Line Lanes	Bowling	\$5
Mar. 13	Burien Art	Art	\$5
Apr. 3	Hi-Line Lanes	Bowling	\$5
May 15	Tukwila	Dance & Potluck	\$5
June 14	Hi-Line Lanes	Bowling	\$5

### Other Classes Available to Teens

Check specific class info for age requirements.

Total Body Fitness, Zumba, Belly Dancing .....	Page 9
Archery, Hula, Yoga, Fencing .....	Page 10
Karate, Piano Lessons .....	Page 11

### Teen Volunteer Hours

Teens, do you need volunteer hours for school? Volunteering to help out at our Young Adult Socials might be just the opportunity you are looking for in this inclusive program.

### How Old Are You?

Teen Programs are for students in grades 7-12. Student ID is required for most activities. Call the Teen Program at 206.973.4680 for more information.

### Fee Assistance/Recreation Scholarship Program

This program is to provide financial assistance to Teen citizens of SeaTac for recreational classes and camp activities listed in this section. Please call the Parks and Recreation Department @ 206.973.4680 for more information.

### Photos of Participants

Occasionally, Parks & Recreation staff takes photos and/or video during our programs. If you wish not to have yours or your children's photo/video taken in conjunction with our programs please notify any recreation staff member or your class instructor. Photos/video taken during Parks & Recreation activities are used in the promotion of future City programs.

### Upcoming Events to Watch For...

#### Spring Break Camp

SBC is for teens in grades 6-9. The camp will run April 7-11 for \$80 (if you sign up by the early bird date) or you can sign up for a daily rate of \$30 per day. Look for more details in the Spring Activities Guide or contact Nicole Jones at njones@ci.seatac.wa.us.

#### Summer Teen Camp

Summer Teen Camp (for kids entering grades 7-9 in fall of 2015) is back and better than ever. Check back on registration day, April 1st for details on our trips and activities!



Find us on Facebook under 'SeaTac Teen Programs' or scan the QR code to go directly to our page!



### Total Body Fitness

Join the fun of working all your major muscle groups for toning and strengthening, plus get in your cardio workout all in one hour. Set for every age and fitness level you'll experience invigorating music with easy to follow choreography. The class uses a variety of equipment and athletic moves to help improve your overall fitness and requires minimal coordination or experience.

**Instructor:** Teresa Kuzmer  
**Location:** SeaTac Community Center, Gym  
**Ages:** 16+

Class #	Day	Dates (Classes)	Time	Fee
11189	T/Th	Jan. 6-Mar. 26 (24)	5:30-6:30 p.m.	\$72
11190	T/Th	Jan. 6-29 (8)	5:30-6:30 p.m.	\$36
11191	T/Th	Feb. 3-26 (8)	5:30-6:30 p.m.	\$36
11192	T/Th	Mar. 3-26 (8)	5:30-6:30 p.m.	\$36

### Zumba®

**~ Ditch the workout... join the party!**

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out and to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

**Instructor:** Lynne Deines  
**Location:** SeaTac Community Center, Gym  
**Ages:** 16+

Class #	Day	Dates (Classes)	Time	Fee
11193	M/W	Jan. 5-Mar. 28 (22)	5:45-6:45 p.m.	\$66
11194	M/W	Jan. 5-28 (7)	5:45-6:45 p.m.	\$31.50
11195	M/W	Feb. 2-25 (7)	5:45-6:45 p.m.	\$31.50
11196	M/W	Mar. 2-25 (8)	5:45-6:45 p.m.	\$36

\*No class January 19 or February 16 due to holiday closures.

### Total Body Fitness/Zumba Combination Registration

This registration allows you to participate in both Zumba on Mondays and Wednesdays and Boot Camp on Tuesdays and Thursdays.

**Ages:** 16+

Class #	Day	Dates (Classes)	Time	Fee
11197	M-Th	Jan. 5-Mar. 26 (46) <sup>1</sup>	5:45-6:45 p.m. <sup>2</sup>	\$110.40

<sup>1</sup>No class January 19 or February 16 due to holiday closures.

<sup>2</sup>Total Body Fitness begins at 5:30 p.m., Zumba begins at 5:45 p.m.

### Fitness Maximizer

Take advantage of the maximum fitness program! Sign-up for any adult fitness class and you can add a monthly weight room pass for just \$10 per month.

### Inclement Weather

During a severe weather event, our programs and/or the SeaTac Community Center may close. If you are unsure about the weather, please call to confirm your activity.



### Beginning Belly Dance

Learn the art of belly dancing, including its history and culture. This class is perfect for the beginners and those wishing to enhance their belly dance skills. Beginners will concentrate on learning and combining basic moves and zill patterns. This class is perfect for those wishing a different form of exercise to increase balance, flexibility and gain self-confidence or just have fun. Bring your yoga mat.

**Instructor:** Marjhama (Petey Dunlap)  
**Location:** SeaTac Community Center, Room 106

Class #	Ages	Day	Dates (Classes)	Time	Fee
11205	15+	M	Jan. 5-26 (3)*	6:30-8 p.m.	\$15
11206	15+	M	Feb. 2-23 (3)*	6:30-8 p.m.	\$15
11207	15+	M	Mar. 2-30 (5)	6:30-8 p.m.	\$25

\*No class January 19 or February 16 due to holiday closures.

### Intermediate/Advanced Belly Dance

The class is perfect for students adding layering, shimmies, and more complex step combinations and developing choreography for group and solo routines. Students wishing additional challenges and fun can join the Oasis Student Troupe Community Performances. Class is perfect for those wishing to increase core control, balance, and flexibility and just have fun. Bring your yoga mat.

**Instructor:** Marjhama (Petey Dunlap)  
**Location:** SeaTac Community Center, Room 106

Class #	Ages	Day	Dates (Classes)	Time	Fee
11208	15+	W	Jan. 7-28 (4)	6:30-8 p.m.	\$20
11209	15+	W	Feb. 4-25 (4)	6:30-8 p.m.	\$20
11210	15+	W	Mar. 4-25 (4)	6:30-8 p.m.	\$20

### Shimmy to Skinny/Rak-Shakti Core & More

No previous belly dance experience required. Learn while you're having fun. Shimmy off those extra pounds and burn calories while you're having fun. Learn different forms of shimmies and fun Middle Eastern moves, then strengthen your core with Rak Shakti Core and more. Burn calories, gain strength, balance and flexibility. Bring your yoga mat.

**Instructor:** Marjhama (Petey Dunlap)  
**Location:** SeaTac Community Center, Room 106

Class #	Ages	Day	Dates (Classes)	Time	Fee
11211	15+	Th	Jan. 8-Mar 26 (12)	6:30-8 p.m.	\$36
11212	15+	Th	Jan. 8-29 (4)	6:30-8 p.m.	\$20
11213	15+	Th	Feb. 5-26 (4)	6:30-8 p.m.	\$20
11214	15+	Th	Mar. 5-26 (4)	6:30-8 p.m.	\$20

### Rak-Shakti Core & More

Strengthen your abdominals, back and entire body with movements based on techniques used in yoga and middle eastern dance. Burn calories more effectively and improve your well being. Increase flexibility, balance, stability, posture and total body strength. Bring your own yoga mat.

**Instructor:** Marjhama (Petey Dunlap)  
**Location:** SeaTac Community Center, Room 106

Class #	Ages	Day	Dates (Classes)	Time	Fee
11219	15+	Sa	Jan.3-Mar 28 (13)	10:15-11:15 a.m.	\$39
11216	15+	Sa	Jan. 3-31 (5)	10:15-11:15 a.m.	\$25
11217	15+	Sa	Feb. 7-28 (4)	10:15-11:15 a.m.	\$20
11218	15+	Sa	Mar. 7-28 (4)	10:15-11:15 a.m.	\$20

## Adult Classes

### Hatha Yoga

The consistent practice of Hatha Yoga's various disciplines will add clarity, vitality, and focus to your life. The postures (asanas) and deep breathing (pranayams) in yoga help to combat stress, strain and fatigue. Through regular practice you will heighten your concentration, improve blood circulation, strengthen muscles and increase your mental and physical energy. Wear loose fitting clothing. Students are encouraged to bring their own mats and a small blanket. Minimum of 6, maximum of 20 participants.

**Instructor:** Sandra Gomez

**Location:** Valley Ridge Community Center

Ages	Day	Dates	Time	Fee
16+	Sa	Jan.-Mar.	8:30-10 a.m.	Punch Pass

### Punch Pass Options:

5 visits ~ \$35 (Good for 3 months from date of purchase.) #11202

10 visits ~ \$70 (Good for 6 months from date of purchase.) #11203

20 visits ~ \$140 (Good for 6 months from date of purchase.) #11204

Single class drop-in fee ~ \$8

### Hula I and II

Beginning hula lessons are available for youth ages 6 and older and for adults. See page 6 for details.

### Hula III

In this class the students have been dancing hula for over 10 years and are committed to studying hula. They have the desire to perform publicly or participate in hula competitions. They have learned how to make their costumes, their hula instruments, and they have a good knowledge of the Hawaiian language.

**Instructor:** Moodette Ka'apana

**Location:** Valley Ridge Community Center

Class #	Ages	Day	Dates (Classes)	Time	Fee
11225	16+	Su	Jan. 4-25 (4)	3:30-4:30 p.m.	\$28
11226	16+	Su	Feb. 1-22 (4)	3:30-4:30 p.m.	\$28
11227	16+	Su	Mar. 1-22 (4)	3:30-4:30 p.m.	\$28

### Hula IV ~ Ancient Hula Chants (Kahiko Only)

Training hula dancers in ancient hula dances. Must complete Hula I, II and III prior to registering for this class. Students must be willing to study and learn the Hawaiian language to participate in this class. Students will also learn other skills in authentic Hawaiian crafts.

**Instructor:** Moodette Ka'apana

**Location:** Valley Ridge Community Center

Class #	Ages	Day	Dates (Classes)	Time	Fee
11228	16+	Su	Jan. 4-25 (4)	5-6 p.m.	\$28
11229	16+	Su	Feb. 1-22 (4)	5-6 p.m.	\$28
11230	16+	Su	Mar. 1-22 (4)	5-6 p.m.	\$28

### Photos of Participants

Occasionally, Parks & Recreation staff takes photos and/or video during our programs. If you wish not to have yours or your children's photo/video taken in conjunction with our programs please notify any recreation staff member or your class instructor. Photos/video taken during Parks & Recreation activities are used in the promotion of future City programs.

### Archery for Everyone

This is an open range with a dedicated instructor. All levels of archers welcome. Bow's, arrows and safety equipment for beginners will be provided. The emphasis will be on good form and safety in a relaxed environment. In the first hour, beginners will be given priority but at least two shooting lanes will be available for advanced archers. All participants are encouraged to bring personal equipment as long as it is safe. Compound, FITA, NAA and CAA shooters are welcome for practice. Class setup starts at 7 p.m. with clean-up at 9:15 p.m. Minors are welcome after instructor has met the parents. Instructor held punch card available for the fee of \$70 for 10 classes. (Class # 10938)

**Instructor:** Chris Konker

**Location:** SeaTac Community Center, Gym

Class #	Ages	Day	Dates (Classes)	Time	Fee
11235	18+	Th	Jan. 8-Mar 26 (12)	7-9:15 p.m.	\$60
11236	18+	Th	Jan. 8-29 (4)	7-9:15 p.m.	\$26
11237	18+	Th	Feb. 5-26 (4)	7-9:15 p.m.	\$26
11238	18+	Th	Mar. 5-26 (4)	7-9:15 p.m.	\$26

### Drop in Archery

The range will be open on an as available basis, dependent on the number enrolled in the class. Compound bows are allowed using standard target points only. \$8 drop-in fee per archer.

### Fencing

Learn the sport of Olympic fencing. In this class you will learn the basics of foil. Whether for fun, exercise, or development as a discipline, this class will put you on the path to finding the swordsman in you. Tennis shoes and loose fitting clothing are required. Maximum of 10 students per class.

**Instructor:** Kathleen Retz

**Location:** SeaTac Community Center, Room 105

Class #	Ages	Day	Dates (Classes)	Time	Fee
11231	10+	M	Jan. 5-26 (3)*	6:30-8:25 p.m.	\$40
11232	10+	M	Feb. 2-Mar 2 (4)*	6:30-8:25 p.m.	\$50
11233	10+	M	Mar. 9-30 (4)	6:30-8:25 p.m.	\$50

\*No class January 19 or February 16 due to holiday closures.

### Rapier Sword Combat

Learn the centuries-old art of rapier combat. Over the course of instruction you will develop the skills and discipline necessary to compete in the forms of single sword, sword and dagger, and more. No personal equipment required to start. Beginning classes run from 7-7:45 p.m., with advanced lessons and free sparring until 9:00 p.m. Must be 12 or older unless previously approved by the instructor. Maximum of 10 students per class. Drop-in fee is \$6.

**Instructor:** Jason Prendergast

**Location:** SeaTac Community Center, Room 105

Class #	Ages	Day	Dates	Time	Fee
11234	10+	W	Jan. 7-Mar. 25	7-9 p.m.	\$50

**SATISFACTION GUARANTEED**

See our policy on page 18.

**Karate**

**Beginning Karate**

Kara (empty) te (hand) is the art of weaponless fighting. This Beginning Karate class will teach you how to punch, kick, block and strike. You will learn the fundamentals of the Art of Shotokan Karate. Classes are for students of all experience levels age eight and up. Karate training will help make you stronger, more confident and develop self defense skills. Students who have completed the first class will be allowed into the Continuing Karate classes with instructor's approval.

**Continuing Karate**

Students in the Continuing Karate classes will learn kata (forms), kumite (sparring) and bunkai (self defense applications). Students will have the opportunity to advance in rank through testing.

**Instructor:** Skip Mathews, 3rd degree black belt

**Location:** SeaTac Community Center, Room 105

**Beginner First Class**

Class #	Ages	Day	Dates	Time	Fee
11198	8+	T/Th	Jan. 6-Mar. 26	6:15-7 p.m.	\$90

**Continuing Second Class**

Class #	Ages	Day	Dates	Time	Fee
11199	8+	T/Th	Jan. 6-29	7-7:45 p.m.	\$30
11200	8+	T/Th	Feb. 3-26	7-7:45 p.m.	\$30
11201	8+	T/Th	Mar. 3-26	7-7:45 p.m.	\$30

**Private Piano Lessons**

Individual, 30 minute lessons catered to each student's level. Lessons will emphasize musical theory, physical technique and different styles (classically based, but also including jazz and ethnic music). Each week students will be assigned pieces to play and practice at home. All ages and skill levels welcome. Instruction times are to be arranged with the instructor, generally Wednesday afternoons.

**Instructor:** Kevin Johnson

**Location:** SeaTac Community Center

Class #	Ages	Day	Dates (Classes)	Time	Fee
11240	6+	W	Jan.-Mar. (12)	TBD	\$240

**ESL - English as a Second Language**

This drop-in class will focus on learning English as a second language through interactive conversation, in a fun, interesting and informative atmosphere. For more information about the class please contact Norma at [clearsky79@comcast.net](mailto:clearsky79@comcast.net).

**Facilitator:** Norma Canham

**Location:** SeaTac Community Center, Conference Room 102

Ages	Day	Dates	Time	Fee
18+	W	Jan. 8-Mar. 26	10:30 a.m.-Noon	Free

**Fitness/Class Drop In Schedule**

*Schedule subject to change.  
Please call 206.973.4680 to confirm activity.*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Classes Available for Drop In</b>						
Total Body Fitness		5:30-6:30 p.m.		5:30-6:30 p.m.		
Zumba	5:45-6:45 p.m.		5:45-6:45 p.m.			
Hatha Yoga*						8:30-10 a.m.
Archery				7-9:15 p.m.		
Rapier Sword Combat			7-9 p.m.			
Fitness Room	8:30 a.m.- 9:30 p.m.	8:30 a.m.- 9:30 p.m.	8:30 a.m.- 9:30 p.m.	8:30 a.m.- 9:30 p.m.	8:30 a.m.- 7 p.m.	10 a.m.-4 p.m.
<b>SeaTac Community Center, Gym - Drop In</b>						
Badminton	7-9:15 p.m.	8:45-12:15 a.m.				Noon-4 p.m.
Pickleball	10 a.m.-3 p.m.		10 a.m.-3 p.m.	9 a.m.-3 p.m.		
Basketball	Please call 206.973.4680 to check availability.					

\* Hatha Yoga is held at Valley Ridge Community Center.

## Senior Program

### SeaTac Senior Café

Join us for a delicious meal served Tuesday-Friday in our lovely banquet room at the SeaTac Community Center. The meals are tasty, the atmosphere lovely and you'll be sure to find the company friendly and welcoming. The suggested donation for lunch is \$3 for those over 60 years of age. For individuals under 60, the cost is \$6. Menus are published in the SeaTac Senior Flyer. Lunch is served at 11:45 a.m. and is available on a first come, first served basis. The senior van provides transportation to lunch.

#### Group Lunch Reservations

We love to have groups join us for lunch. In order to be able to accommodate groups of 5 or more individuals, the following guidelines apply:

- Reservations must be made in advance by calling 206.973.4690.
- Your reservation cannot be confirmed unless you speak directly with a Senior Program staff member.
- Groups of 10 or more will need to make arrangements for advance payment of any lunch donation.
- A 10 day notice is required for group reservations.

#### Salad Bar

Each Tuesday, Thursday and Friday we offer a salad bar featuring delicious items. It is available before lunch from 11:15-11:45 a.m. unless there is a special event, entree salad or more than 70 people.

#### Meals on Wheels

The City of SeaTac delivers Meals on Wheels to eligible persons living in SeaTac who are homebound and 60+ years of age. For more information, call Kathleen Cummings at 206.973.4680.

#### Minor Home Repair

The City of SeaTac receives federal funds to support the SeaTac Minor Home Repair Program. The program provides subsidized minor home repairs for income eligible SeaTac homeowners. Residents will be required to have owned their home for a year, have current homeowners insurance and not have any intention of moving in the near future. Health and safety needs will be prioritized and there will be a cap to the dollar value of repairs that residents will qualify for. Additionally, we will encourage clients to submit only one proposed job at a time in order to serve as many SeaTac clients as possible. For more information about qualifications, call Colleen Brandt-Schluter at 206.973.4815.

#### Statewide Health Insurance Benefits Advisor

Questions about Medicare? Looking for options for help with prescription costs? Under 65, planning early retirement and not eligible for Medicare? Looking for long-term care options or concerned about fraud? Our Statewide Health Insurance Benefits Advisor volunteer can help. If you want unbiased information about options for health insurance and related matters. Call 206.973.4690 to make an appointment.

### Handy Reference Guide

SeaTac Senior Program  
13735 24th Avenue South, SeaTac, Washington 98168

#### Phone Numbers

206.973.4690 Senior Desk

Senior desk is staffed by volunteers. Please call this number for general information about the Senior Program, such as the lunch menu, foot care appointments, or a ride to lunch. This number is also the number to call to speak with Linda or Kathleen.

206.973.4680 Community Center

Please call this number to register for a trip or class, or to inquire about your status on a trip.

#### Hours of Operation

The doors of the Senior Program open at 8:30 a.m. and are locked at 4 p.m. Monday through Friday.

If you are participating in programs outside these hours, it is best to park in the north lot of the Community Center.

#### Need a ride to lunch? Here are some options...

**SeaTac Residents:** The SeaTac senior van provides lunch pick ups each day there is a lunch. See staff for details. Reservations are required by 9:00 a.m. of the morning you need a ride. 206.973.4690.

**SeaTac & Tukwila:** The Hyde Shuttle provides transportation in and about SeaTac and Tukwila. (Phone: 206.727.6262)

**Greater Burien Area:** Senior Services operates a transportation shuttle that will now bring individuals from the Burien area to the SeaTac Senior Program for lunch. There is no charge for the service. For more information and reservations, call 206.727.6262.

**ACCESS:** Metro's ACCESS program also provides transportation. An application is required. For more information please call 206.205.5000.

See staff if you have any questions.

#### Subscribe to SeaTac Senior Flyer Online!

One of the features of the City website is the ability to subscribe to publications and to receive notices about upcoming events, meetings, etc. It's very easy to subscribe and you can unsubscribe at any time. Here are the instructions...

On any page of the City's website ([www.ci.seatac.wa.us](http://www.ci.seatac.wa.us)) click on the "I want to..." button. It is located on the banner near the top of the page. Then click on "Sign up for..." and then "eNotifications." That will open the page where you can subscribe to receive notification for items added to the City Calendar or News items. In the News section check the box next to "Current Senior Newsletter" in order to keep receiving information about our classes and programs.

After signing up, you will receive an email. **You must follow the link in the email in order to activate your subscription.** If you have any questions feel free to contact Gwen Rathe, Administrative Assistant at 206.973.4670.

## Drop-In Activities

The Senior Program has several fun opportunities to play cards and games. Both our card room and lobby provide great venues for cards and games. Whether you like pinochle, bridge, cribbage, board games, Scrabble or Mah Jongg, come on in and join the fun. Our groups are friendly and newcomers and beginners are always welcome. For more information, call the Senior Program at 206.973.4690.

**Book Club**.....Second Tuesday • 11:30 a.m.  
*Give us a call and we will let you know our current book.*

**Drop in Bridge**..... Wednesday Nights • 5-9 p.m.  
..... Thursdays • 12:30-3 p.m.

**Bunko** .....2nd & 4th Wednesday • 5 p.m.  
*If interested, call 206.973.4690 for more information.*

**Canasta**..... Tuesday & Wednesday • 12:30-3 p.m.

**Computer Lab** ..... Monday-Friday • 9 a.m.-4 p.m.

**Craft Group** .....Tuesdays • 9 a.m.

**Cribbage & Coffee** ..... Fridays • 9:30 a.m.

**Mah Jongg**.....Mondays • 10 a.m.-Noon  
.....Tuesdays • 12:30-2:30 p.m.  
*Everyone is welcome to come and learn this fun game together.*

**Nintendo Wii**..... Fridays • 9 a.m.-3 p.m.

**Woodcarving**..... Wednesdays • 10 a.m.-noon

## Volunteers Needed

Volunteers are needed to assist in the following areas:

- Help with dishes and banquet room cleanup.

For information call Kathleen at 206.973.4683.

## Photos of Participants

Occasionally, Parks & Recreation staff takes photos and/or video during our programs. If you wish not to have yours or your children's photo/video taken in conjunction with our programs please notify any recreation staff member or your class instructor. Photos/video taken during Parks & Recreation activities are used in the promotion of future City programs.

## Inclement Weather

During a severe weather event, our programs and/or the SeaTac Community Center may close. If you are unsure about the weather, please call to confirm your activity.



## Senior Program

### Senior Shortcuts: How to Simplify and Organize Your Important Financial Papers

In this workshop, Madhuri Hosford will help participants learn how to organize important documents and why it's crucial to do so. You will take a "test drive" to discover your current understanding of your financial profile to learn the following:

- How to recognize, collect and organize personal, financial and legal papers.
- Useful tools to organize papers in appropriate locations for recommended amounts of time.
- How to identify and replace essential missing documents.
- How to complete a household inventory.
- How to communicate your organizational system to family members.
- How to prepare a disaster "grab and go" file for your family.

Class #	Age	Day	Date	Time	Fee
11249	55+	W	Mar. 18	12:45 p.m.	None

### Energy Assistance Program

The Senior Program will not be doing energy assistance applications this year. Individuals who have qualified in the past or would like to apply for the first time are encouraged to call the Multi Service Center directly at 1.800.348.7144 for more information. Appointments can be made for their Burien office.



Senior trip to Pike Place Market.

## Senior Program

### Driver Safety Program

Brush up on your driver safety skills in this one day classroom workshop.

**Instructor:** Marty Hill, AARP Instructor

**Location:** SeaTac Community Center, Room 107

Class #	Ages	Day	Date	Time	Fee
11250	55+	Th	Jan. 9	9 a.m.-4:30 p.m.	\$15/20 <sup>1</sup>

<sup>1</sup>Fee payable by check to AARP at class. Fee is \$15 for AARP members and \$20 for non AARP members.

### Seniors Working Out

Get a great morning workout with this exercise class. The specially designed exercises include stretching, reaching, strengthening and coordination. By repetition, you gain strength and an aerobic workout.

**Instructor:** Eileen Broomell

**Location:** SeaTac Community Center, Gym

**Ages:** 55+

**Days:** Monday/Wednesday/Friday

Class #	Dates (Classes)	Time	Fee
11252	Jan. 5-Feb. 13 (17)	8:45-9:45 a.m.	\$51
11253	Feb. 23-Apr. 3 (18)	8:45-9:45a.m.	\$54

\* No class on Monday, January 19, Martin Luther King Jr. Day.

### Seniors Working Out Punch Card

Punch cards are good for 10 classes and expire Dec. 12.

Class #	Dates	Fee
11254	Jan. 5-Feb. 13 (10 punches)	\$40
11255	Feb.23-Apr. 3 (10 punches)	\$40

### Intermediate Ballroom Dancing

This class is for intermediate level dancers with a basic knowledge of several dances. The class will increase variety in Foxtrot, Waltz, Rumba and the Tango. There will also be an introduction of East Coast Swing.

**Instructor:** Mitzi Cloyd

Class #	Ages	Day	Dates (Classes)	Time	Fee
11251	55+	M	Jan. 5-Apr. 6 (12)	1-2 p.m.	\$60

\* No class on January 19 or February 16 due to holiday closures.

### Weight Room

The SeaTac Community Center has a terrific weight room with cardiovascular equipment, weight machines, free weights, exercise balls and a variety of other equipment.

**Drop in one time use:** \$2.50 (Senior rate)

**Monthly pass:** \$21 (Senior rate)

**Fitness Maximizer:** \$10 per month, concurrent with enrollment in a fitness class.

### Crafts, Coffee & Conversation

This is a weekly chance to get together, chat over a cup of coffee, and work on some craft projects. Besides the quilt projects, there will be an opportunity to knit items for the homeless. We are always looking for new folks and new ideas. We meet each Tuesday morning from 9-11 a.m.

### Trip Notice

Due to staffing constraints, most of our winter trips will be at a capacity of 14 seats with one van. For fairness, we are limiting individuals to a choice of 4 trips – excluding the casino option which will be in motor coaches.

### Trip Registration Policy

- Registration for SeaTac Senior residents opens one day prior to general registration.
- **Early registration for SeaTac residents will be available on Tuesday, December 2nd starting at 9 a.m.**
- Early registration can be done in person or over the phone. Individuals will be placed on a sign-in list and registered based on their placement on the list. Individuals who phone will be called back when it is their turn to register.
- Full payment is required upon trip enrollment.
- Individuals may only register for themselves or household members.
- **Registration for non-residents opens on Wednesday, December 3rd.**
- Individuals with health concerns, mobility impairments, no credit cards, or who are out of town during registration time, may call Kathleen at 206.973.4680.
- Trip times subject to change. Individuals will be notified of any changes when reminder calls are made.
- Individuals who require special accommodations should notify staff at time of registration. For more information please call 206.973.4680.

### Trip Pickups

All participants will need to be able to arrange for their own transportation to and from the community center for trips.

Individuals who require transportation are encouraged to work with METRO ACCESS Services by calling 206.205.5000, the Hyde Shuttle at 206.727.6262 or see staff for assistance.

### Trip Cancellations

We are not able to process refunds or credits for cancellations made less than 2 business days (Mon.-Fri.) before a trip. Cancellations of trips involving already purchased tickets are not refunded, regardless of notice, unless someone buys your ticket. There is a new \$5 processing fee for all participant requested refunds.

**Trip Registration:** Once you register for a trip, please check your receipt to ensure you registered for the trips you were interested in. Mistakes can sometimes happen and are difficult to remedy the day of the trip.

**Wait Lists:** Our trips have been filling up very quickly. We always recommend getting on the wait list if a trip is filled. There is no fee involved to be on the wait list. We do our best to ensure those interested get on the trips. When we are able, we sometimes can add an extra van or even an extra day for a trip. If you're not on the wait list, we don't know you are interested!

**Trip registration for SeaTac residents opens on Tuesday, December 2nd at 9:00 a.m.**

**Trip Notice**

Due to staffing constraints, most of our winter trips will be at a capacity of 14 seats with one van. For fairness, we are limiting individuals to a choice of 4 trips – excluding the casino option which will be in motor coaches.

**Cell Phone Courtesies**

It is becoming harder to remember when we all didn't have cell phones. The instant availability a cell phone can provide is really valuable, especially during an emergency. However, as we all know, cell phone usage can be distracting and annoying. If your cell phone rings and you need to answer it, please continue the conversation in a quiet area. Please walk away to a corner in the banquet room, a hall outside the computer lab, etc. Your conversation is important to you, but does not need to be heard by all those around you. This is especially true for trips. People on our trips have paid money to take a tour and hear a docent speak. Other conversation is only distracting. We are asking that all cell phones be turned off while riding on the senior van. If you need to turn your phone on once you are at the destination, please be sure to take any calls discreetly and away from the main focus of the group. Your cooperation is greatly appreciated.

**Fragrance Free Trips**

In consideration of fellow trip participants we ask that individuals refrain from using perfumes and cologne while on a trip. Dueling fragrances can be overwhelming to individuals with allergies and sensitivities.

**Inclement Weather**

During a severe weather event, our programs and/or the SeaTac Community Center may close. If you are unsure about the weather, please call to confirm your activity.



**Lucky Eagle Casino**

The Casino is sending a private 41 passenger bus to pick us up and take us to Rochester for a day of fun and excitement. After exiting the bus you will swipe your player's club card and receive your coupons. Lunch at the casino. Please remember to bring valid ID and your Player's Club card. Fee includes transportation.

<u>Class #</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
11263	55+	M	Jan. 13	8:30 a.m.	\$8

**Red Wind Casino**

A motor coach will take us to Nisqually's Red Wind Casino for a chance to win big. The Red Wind has over 975 slot machines plus a variety of different gaming tables and card games too. Lunch will be at the casino which offers a great buffet. Fee includes transportation.

<u>Class #</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
11264	55+	M	Feb. 23	8:30 a.m.	\$8

**Tulalip Casino Trip**

We will take a bus and a van up to the Tulalip Casino for a full day of fun. The Tulalip Casino offers slot machines, card games and gaming tables for your playing enjoyment. **You must bring Valid ID or passport and your Tulalip Player club card (if you have one).** After registering with players club, you will receive a coupon book for slot play and a meal coupon for \$5.00 off the buffet or carver's deli. Fee includes transportation only. **This is an exclusive casino trip, no leaving for the outlet mall to shop.**

<u>Class #</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
11265	55+	M	Mar. 23	9 a.m.	\$8

**"We are 12th" at the EMP Museum**

Experience Music Project has an exhibit about the Super Bowl Champ Seattle Seahawks. It features a bling ring, the famed Vince Lombardi Trophy, and other items outlining the team's amazing run to the top. There will be a self guided tour of the exhibit and as well as the entire EMP Museum. Lunch follows somewhere on lower Queen Anne. There will be a lot of walking. Fee includes transportation and admission to the museum. Lunch is on your own.

<u>Class #</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
11258	55+	M	Jan. 5	9:30 a.m.	\$22

**Shopping, Lunch & Chocolate**

Let's go shopping at the Christine Alexander Outlet and lunch at the Olive Garden. We will venture south to Federal Way for a little shopping, a nice lunch and a little chocolate stop at Brown and Haley's and Emily's Chocolate. Fee includes transportation only. Lunch and shopping are on your own.

<u>Class #</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
11259	55+	M	Jan. 26	9:30 a.m.	\$6

## Senor Trips

### Trip Notice

Due to staffing constraints, most of our winter trips will be at a capacity of 14 seats with one van. For fairness, we are limiting individuals to a choice of 4 trips – excluding the casino option which will be in motor coaches.

### St. James Cathedral on First Hill

For more than 100 years, St. James Cathedral has stood atop Seattle's First Hill. The cathedral is the place of the cathedra, the bishop's chair. Through long centuries of tradition, cathedrals have been centers for service of the poor, for dialogue and the life of the mind, for the beauty of liturgy, music, and art. We will have an hour long guided tour of this century old landmark. We will learn the history of the building and the individuals who helped shape the Cathedral. There will be a lot of walking on the tour. Lunch will be somewhere in the neighborhood following the tour. Fee includes transportation. Lunch is on your own.

Class #	Age	Day	Date	Time	Fee
11260	55+	M	Feb. 2	9:30 a.m.	\$6

### High Tea at the Village Eatery and Tea Company

Tucked away in a corner of Country Village in Bothell is a quaint little tea shop -The Village Eatery and Tea Shop. We will have High Tea with a menu of homemade soup and savory scone, Union Jack salad in a puff pastry, fresh fruit and English tea sandwiches. This will be followed by fresh baked scones with jam, lemon curd and English Norfolk cream and an assortment of fresh baked dessert. Everyone will enjoy a leisurely tea time while visiting with friends. Afterwards, there will be time to browse through the many shops at Country Village and find a little nick nack or two. We may have a mystery stop before returning to the center. Please remember to dress for the weather as Country Village is not covered. Fee includes High Tea and transportation.

Class #	Age	Day	Date	Time	Fee
11261	55+	M	Feb. 9	9:30 a.m.	\$41

### Wee Bit of the Irish, Irish Lunch at Terrible Beauty in Renton

Enjoy your favorite Irish dish like Ha Penny Potato Cakes, Reuben Sandwich, Shepherd's Pie or Corned Beef and Cabbage. Terrible Beauty has a wide variety of food and spirits to tickle your Irish fancy. Have lunch then go on a Renton tour and then return to center. Don't forget to wear green and show off your Irish Spirit. Fee includes transportation only. Lunch is on your own.

Class #	Age	Day	Date	Time	Fee
11262	55+	M	Mar. 16	11 a.m.	\$6

## Cultural Corner

### Sweet Charity at the Seattle Musical Theatre

Have you ever known someone who wanted something so badly, she tried too hard to get it? Meet Charity, the girl who wants more than anything to be loved. Join this ever-hopeful woman in this Tony Award-winning musical as she sings, dances, laughs, and cries her way through the harsh reality of Times Square, searching for The One. Even amongst a colorful array of characters, including her cynical trio of streetwise girlfriends, a phony evangelist, a list of unreliable suitors, and of course the Coney Island "fun people," Central Park "strollers," and "self-improvers," the unflappable Charity knows in her heart that there's gotta be something better than this.

With music by the great Cy Coleman and lyrics by Dorothy Fields, this quirky romance includes musical theatre favorites *Big Spender*, *If My Friends Could See Me Now*, *Too Many Tomorrows*, *There's Gotta Be Something Better Than This*, *I'm a Brass Band*, and *Baby, Dream Your Dream*.

Class #	Age	Day	Date	Time	Fee
11256	55+	Su	Mar. 1	12:30 p.m.	\$40

### Evita at the TMP

As presented and described by The Tacoma Musical Playhouse, Argentina's controversial First Lady is the subject of this dynamic musical masterpiece featuring lyrics by Tim Rice and music by Andrew Lloyd Webber. As an illegitimate fifteen year old, Eve escaped her dirt poor existence for the bright lights of Buenos Aires. Driven by ambition and blessed with charisma, she was a starlet at 22, the president's mistress at 24, First Lady at 27, and dead at 33. Told through a compelling score that fuses haunting chorales with exuberant Latin, pop, and jazz influences, Evita creates an arresting theatrical portrait as complex as the women herself.... 'Don't Cry for me Argentina...'

Class #	Age	Day	Date	Time	Fee
11267	55+	Sa	May 2	12:30 p.m.	\$35

## Parks

### Angle Lake Park

19408 International Blvd.  
(boat launch, fishing, open recreation area, stage, picnic shelters/barbecue areas, restrooms, swimming, playground equipment, water spray park)

### Bow Lake Park

5040 S. 178th St.  
(open space)

### Des Moines Creek Park

2151 S. 200th St.  
(paved pedestrian and biking trail, trailhead parking)

### Grandview Off-Leash Dog Park

3600 S. 228th St.  
(fencing, trails, benches, kiosk, waste receptacles, open areas, sani-cans)

### Highline SeaTac Botanical Garden

13735 - 24th Ave. S.  
(south of community center parking lot, walking path, water feature, variety of plant species)

### McMicken Heights Park

S. 166th St. & 40th Ave. S.  
(tennis courts, open area, playground equipment)

### Neighborhood Park

(At SeaTac Community Center)  
13735 24th Ave. S.  
(half court basketball, playground equipment, swings, climbing boulder, skate park)

### North SeaTac Park

S. 128th St. & 20th Ave. S.  
(baseball/soccer/softball fields, open area, restrooms, playground equipment, picnic shelter, outdoor basketball, paved walking trails, community center, BMX track, disk golf)

### Sunset Playfields

13659 - 18th Ave. S.  
(baseball/soccer/softball fields, restrooms, tennis courts, paved walking trails, picnic area)

### Valley Ridge Park

4644 S. 188th St.  
(synthetic turf baseball/soccer/softball fields, tennis courts, community center, skate park, playground equipment, hockey court, basketball courts, 1/2 mile paved walking path)

## Program Facilities

### Bow Lake Elementary School

(SeaTac Activity Room)  
18237 42nd Ave. S.

### SeaTac Community Center

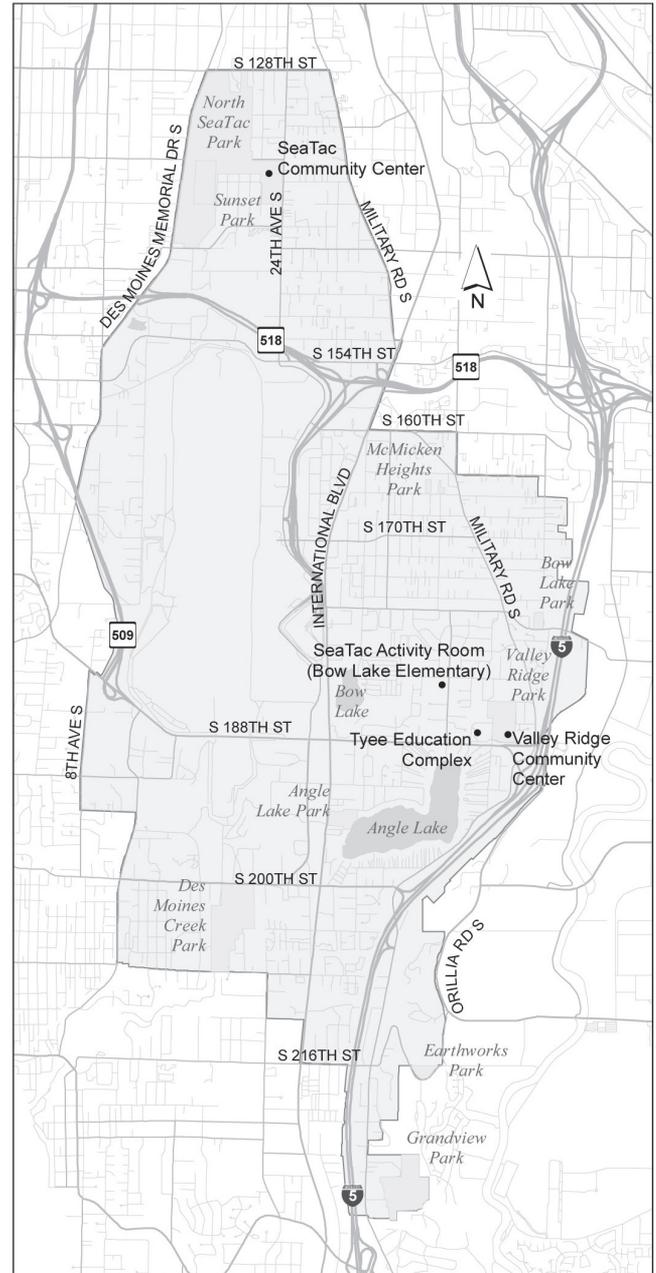
13735 - 24th Ave. S.

### Tyee Educational Complex/Gymnasium

4424 S. 188th St.

### Valley Ridge Community Center

4644 S. 188th St.



## Registration Information

### By Mail

Send form and payment to:  
SeaTac Community Center  
13735 24th Ave. S., SeaTac, WA 98168

Registration form can be found online at:  
<http://www.ci.seatac.wa.us/Modules/ShowDocument.aspx?documentid=134>

### Fax

206.973.4699 • Visa/Mastercard • 24-hour Convenience

### Phone

206.973.4680 • Visa/Mastercard  
Monday-Thursday, 8:30 a.m.-8:30 p.m.; Friday, 8:30 a.m.-6 p.m.

### Walk In

SeaTac Community Center  
13735 24th Ave. S., SeaTac, WA 98168  
Monday-Thursday, 8:30 a.m.-8:30 p.m.; Friday, 8:30 a.m.-6 p.m.; Saturday, 10 a.m.-4 p.m.

### Registration

Registration will be on a first come, first served basis. Please register early before classes are filled. **CLASSES WITH INSUFFICIENT NUMBER OF REGISTRANTS WILL BE CANCELLED.** Decisions to cancel classes will be made one (1) week prior to the start of class.

Registration will be accepted during business hours, Monday-Thursday between 8:30 a.m. and 8:30 p.m., Friday between 8:30 a.m. and 6 p.m. and Saturday from 10 a.m. until 4 p.m. Please register at least one week prior to the first day of class.

Mail-in registrants are advised to call to confirm that your registration has been received. Your cancelled check is your receipt. If the class has been filled prior to receiving your registration form, we will call you. Be sure to provide a daytime phone number on the registration form.

Payment must be made at the time of registration. Make checks payable to "SeaTac Parks and Recreation." MasterCard and Visa are accepted. Participants under 18 years of age must have parental consent.

### Retail Sales Taxes on Recreation Programs

Retail sales tax will be added to applicable recreation programs. If you have any questions, please contact Lawrence Ellis, Assistant Parks and Recreation Director at 973.4681 or Brenda Rolph, Assistant Finance Director at 973.4882.

### Non-Discrimination Policy

The City of SeaTac does not discriminate on the basis of race, sex, color, religion, national origin, age, disability, or veteran status in the provision of services, in programs or activities, or employment opportunities and benefits. Inquiries concerning the Americans With Disabilities Act of 1990, and requests for reasonable accommodation should be directed to City Hall 206.973.4800/TDD:973.4808. Mail in inquires to should be directed to:

City of SeaTac, Human Resources Department  
4800 S. 188th St., SeaTac, WA 98188

### Satisfaction Guaranteed

At the City of SeaTac Parks and Recreation Department, we are committed to providing the public with high quality recreation programs. Our residents and patrons are important to us and we feel they deserve quality at all times. We are so confident that our recreation classes are high quality that we are backing them with a Satisfaction Guaranteed Policy. If you are not satisfied you can repeat that class at no charge, receive full credit that can be applied to any recreation class or receive a full refund. Refund request must be made within five business days of last class. Policy DOES NOT apply to excursions, adult sport leagues, preschool, camps and special events.

### Inclement Weather

During a severe weather event, our programs and/or the SeaTac Community Center may close. If you are unsure about the weather, please call to confirm your activity.

### Refunds

You will receive a 100% refund if insufficient enrollment forces the cancellation of a class. Allow a minimum of 3 weeks for processing of refunds.

Classes cancelled due to inclement weather, or instructor cancellation will result in a credit to your family account.

Refunds for medical reasons will be pro-rated, if written verification from medical personnel is provided.

### Cancellations

In case of bad weather in which games or activities may be cancelled, participants or team representatives may call Parks and Recreation at 206.973.4680. Weather dependent cancellation decisions are made 2-3 hours prior to activity.

Cancellation decisions for specific programs are made 1 week prior to the start of the first class. Cancellations by registrants beyond this date will not be accepted.

Cancellation of specific programs may be necessary due to insufficient enrollment. The staff reserves the right to consolidate, postpone, reschedule or cancel any program due to lack of enrollment.

### Photos of Participants

Occasionally, Parks & Recreation staff takes photos and/or video during our programs. If you wish not to have yours or your children's photo/video taken in conjunction with our programs please notify any recreation staff member or your class instructor. Photos/video taken during Parks & Recreation activities are used in the promotion of future City programs.

# Art Exhibit

## Youth



**Reception** ~ Thursday, January 22, 2015, 5-6 p.m.  
SeaTac City Hall, Council Chambers

**Exhibit** ~ January 23-February 6, 2015 • 8:30 a.m.-5 p.m.  
SeaTac City Hall

**Who Can Enter?** ~ High school students currently residing in or attending high school in the City of SeaTac.

**For More Information** ~ Contact your school art instructor or call City of SeaTac, Parks & Recreation Department at 206.973.4680.

## EASTER EGG HUNT

Saturday, April 4, 2015 • 9:00 a.m. Sharp  
Angle Lake Park • 19408 International Blvd., SeaTac

For kids up to 10 years of age.

Sponsors: City of SeaTac, Parks & Recreation Dept.  
Kent Fire Dept. Regional Fire Authority  
Kent RFA Local 1747

Contact: 206.973.4680



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## We have your New Year's Resolution Solution!

Good physical fitness is a life long journey that is well worth the effort. If your goal is to get in better shape and lead a healthier lifestyle we can help. Join one of our many fitness classes and get started on a healthier you!

### Weight Room at SeaTac Community Center

Monthly weight room passes are available for \$28 per month for adults and \$21 per month for seniors 55 and over. Or drop-in and pay just \$4.50 per visit for adults and \$2.50 per visit for seniors 55 and over.

### Fitness Maximizer

Take advantage of the maximum fitness program. Sign up for any adult fitness class and you can add a monthly weight room pass for just \$10 per month.

### Drop In Activities

- Archery ..... Thursdays, 6:45-9:15 p.m.
  - Badminton ..... Mondays & Wednesdays, 7-9:15 p.m.
  - ..... Tuesdays, 8:45-11:45 a.m.
  - ..... Saturdays, Noon-4 p.m.
  - Basketball ..... Call to check availability.
  - Pickleball ..... Mondays & Wednesdays, Noon-3 p.m.
  - Total Body Fitness ..... Tuesdays & Thursdays, 5:30-6:30 p.m.
  - Hatha Yoga ..... Saturdays, 8:30-10 a.m. (Valley Ridge)
  - Zumba ..... Mondays & Wednesdays, 5:45-6:45 p.m.
- Please call to confirm activity.*

SeaTac Community Center • 206.973.4680