

# Parks & Recreation Department 2016 Spring & Summer Activities Guide

Where the Fun Begins!



## Teen Center

Teen Center at Valley Ridge Community Center is open to teens in grades 7-12. See page 7 for details.

# Live Music

## Music in the Park Summer Concert Series 2016

Angle Lake Park ★ 6:30–8:00 p.m. ★ Free

19408 International Blvd., SeaTac

Friday, June 24 ♦ Show Nuff Funk (*Hard core, old school, funk band*)

Friday, July 8 ♦ Cory Wilds Band (*Energetic three piece unit that blends elements of traditional Rock, Blues and Jazz.*)

Friday, July 15 ♦ Kim Archer (*Vocally-driven soulful rock, original songs, or whole new vibe on vintage hits.*)

Friday, July 29 ♦ Ventura Highway Revisited (*Acoustic based rock of the 70's.*)

North SeaTac Park ★ 6:30–8:00 p.m. ★ Free

S. 128th St. & 20th Ave. S., SeaTac (In case of rain, concerts move under picnic shelter in park.)

Wednesday, July, 13 ♦ Highline Symphonic Band (*Symphonic music*)

Wednesday, July 20 ♦ 14/48 Theatre (*Family Theatre*)

Wednesday, July 27 ♦ Supersones (*Cuban Salsa*)

Wednesday, August 3 ♦ Little Sara & the Night Owls (*Classic Soul/Blues*)



Friday concerts at Angle Lake Park are sponsored by the City of SeaTac and supported by 4Culture. [www.ci.seatac.wa.us/music](http://www.ci.seatac.wa.us/music)  
Wednesday concerts are co-sponsored by City of Burien and City of SeaTac. [www.burienwa.gov/concerts](http://www.burienwa.gov/concerts)



## Family 4<sup>th</sup> of July

July 4, 2016 ★ Angle Lake Park ★ Free

### Live Entertainment

1:00-1:30 Nolan Garret (Rock)

1:45-2:15 p.m. ★ Tahoma Souls Alive

2:30-3:00 p.m. ★ Girls Love Rockets (Pop)

3:15-4:00 p.m. ★ Andrew Landers & Mainstreet Struggleville (*Americana/Folk/Pop*)

4:15-4:45 p.m. ★ Moss Brothers (*Southern Rock*)

5:00-5:45 p.m. ★ Sleepy Pilot (*Rock*)

6:00-6:45 p.m. ★ Chasing the Bullet (*Hard Rock*)

7:00-7:45 p.m. ★ Mr. Von (*Hip Hop*)

8:00-8:45 p.m. ★ Late September Dogs (*Rock*)

9:00-9:55 p.m. ★ Strangely Alright (*Super Pop*)

### Fireworks Show

Fireworks show starts at 10:00 p.m.

*The swimming beach and boat launch will be closed on July 4th due to staging of fireworks.*

Information ★ [www.ci.seatac.wa.us/4thofjuly](http://www.ci.seatac.wa.us/4thofjuly)

## Contact Information

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### 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 <http://www.ci.seatac.wa.us/index.aspx?page=136>

### SeaTac Community Center Hours

Monday-Thursday..... 8:30 a.m.-9:30 p.m.  
Friday..... 8:30 a.m.-5 p.m.  
Saturday..... 8:30 a.m.-4 p.m.  
Sunday..... Closed

### Senior Center Hours

Monday-Friday..... 8:30 a.m.-4 p.m.

### Holiday Closures

May 30..... Memorial Day  
July 4..... Independence Day  
September 5..... Labor Day

## City of SeaTac

### Mayor

Rick Forschler

### Interim City Manager

Donny Payne

### Deputy Mayor

Michael Siefkes

### Acting Parks & Recreation Director

Lawrence Ellis

### Councilmembers

Kathryn Campbell  
Peter Kwon  
Tony Anderson  
Pam Fernald  
Erin Sitterley



## 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

<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.  
..... Sa, Noon-4 p.m.  
Indoor Flying Time..... F, 10 a.m.-2 p.m.  
Pickleball..... M/W/Th, 10 a.m.-3 p.m.  
..... T, 10 a.m.-1 p.m.  
..... F, 2-4:45 p.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 [mfitzpatrick@ci.seatac.wa.us](mailto:mfitzpatrick@ci.seatac.wa.us)  
Website [www.ci.seatac.wa.us/index.aspx?page=147](http://www.ci.seatac.wa.us/index.aspx?page=147)

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

**Sunset Park** Baseball/Softball/Soccer

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

### Facility & Picnic Shelter Rentals

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

### SeaTac Community Center

(Banquet Room, Gymnasium, Multi-Purpose Rooms)

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

**North SeaTac Park** (Picnic Shelter)

## Preschool Programs

### ABC...123 Preschool

Registration for Fall 2016 opens April 1st. Sign up early to reserve your spot for fall.

In ABC...123 preschool, we want to help your child in their development through exploration of play, socialization and education. We have a designed curriculum which prepares our 3 and 4 year old students for the next step into our 4 and 5 year old class. 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, our classes are full. We welcome you to place your child on our waitlist for when a spot opens up. On April 1st all classes are first come, first served until they are filled.

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	9:30 a.m.-12 p.m.	\$1,050/yr or \$105/mo
T/Th	9:30 a.m.-12 p.m.	\$1,050/yr or \$105/mo
T/Th	1-3:30 p.m.	\$1,050/yr or \$105/mo

### 4 & 5 Year Old Classes

**New 4 day class option at Valley Ridge**

**Instructor:** Teacher Jackie Monahan

**Location:** Valley Ridge Community Center

Day	Time	Tuition
M/T/W/Th	9 a.m.-12 p.m.	\$2,450/yr or \$245/mo

**2 day class at SeaTac Community Center**

**Instructor:** Teacher Linsey Johnson

**Location:** SeaTac Community Center

Day	Time	Tuition
M/W	1-4 p.m.	\$1,250/yr or \$125/mo

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

**New!**

### ABC... 123 Preschool Enrichment Classes

Fridays this fall, we are excited to add this new program, led by Teacher Jackie, to our school year offerings. Our enrichment classes will be focused on certain fun preschool themes and will be packed full of preschool fun. This is open to kids who are 3-5 years old on September 1, 2016. Registration opens on April 1, 2016. Specific themes, fees and schedules were not available at the time of this print but are available now at [www.seatacpreschool.com](http://www.seatacpreschool.com). Or by calling us at 206.973.4680.

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### 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.

### Online Registration

We now offer the option to register and pay for classes and programs online! Go to the Parks & Recreation Department web page on the City of SeaTac website ([CityOfSeaTac.com](http://CityOfSeaTac.com)) and click on the Rec1 icon. Or you may go to <https://secure.rec1.com/WA/city-of-seatac>.



There will be a \$1 convenience fee added to each transaction for all online registrations.

**Questions about online registration? 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.

### Lifeguards at Angle Lake Park

Lifeguards will be in service at Angle Lake Park on Saturday, June 25 through Labor Day weekend. Hours will be posted at the park.



### SeaTac's Before & After School Program

REC'N CREW

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.

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

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

**Friday Swimming at the YMCA:** We will be taking kids the first Friday of most months to the Matt Griffin YMCA to go swimming. Space is limited and sign-ups begin the Monday prior to the swim date.

### Break Busters

#### Spring Break Camp

Nothing says 'spring' like the Rec'N Crew Spring Break Camp. This is traditionally our largest camp of the year and for good reason. Join us for wild and crazy morning assemblies, games, crafts, field trips, & more! Spaces limited to the first 36 campers per day. Bring a sack lunch.

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

Date	Day	Time	Grades	Fee
Apr. 4-8	M-F	6 a.m.-6 p.m.	K-6	\$135*
Daily	M,T,W,Th or F	6 a.m.-6 p.m.	K-6	\$35/day*

\* This is our early bird rate. Rate will increase by \$10 after March 28th.

#### No School Days

We are your destination for a random no school day in May. 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. This is a scheduled for a snow make up day and will be cancelled if not needed.

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

Date	Day	Time	Grades	Fee
May 31	T	6 a.m.-6 p.m.	K-6	\$35*

\* This is our early bird rate. Rate will increase by \$10 after May 24th.



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



### The Great Summer Camp 2016

**For kids entering K-6th Grade:** This is our 7th year as "The Great Summer Camp" and we have earned that title. Our camps are packed full of great activities, trips and memories. This includes wild and crazy assemblies, favorite games, daily crafts, cooking, weekly field trips, and weekly swimming at the YMCA. In our camp, kids are found, in great numbers, laughing, playing, and building memories that will last a lifetime. It may be early, but it's time to start thinking about the kind of summer you want your child to have. Will it be good, or will it be GREAT?

**Tween Camp:** For kids who are a little older and want a little more freedom. Our Tween Camp is for kids entering 5th and 6th grade. These campers will get off site an extra day or so each week to play, hike, swim at local parks as well as go on a variety of other free adventures. Space in our vans is limited and this camp often fills up during the summer, so sign up early if you want to save your spot.

Once Tween camp is full, 5th and 6th graders are still welcome to sign up, but they will stay on-site with the youth camp on the extra day that Tween camp goes off site.

Ages	Day	Date	Time	Fee
5-12	M-F	Weekly	6 a.m.-6 p.m.	\$135/week*
5-12	M,T,W,Th,F	Daily	6 a.m.-6 p.m.	\$40/day

\* \$10 non-transferrable/non-refundable holding fee saves your child's spot per week. Full payment is due one week prior to week attending. \$135 is the early bird rate through June 13, 2016. After this date, the price of camp will be \$145 per week. Daily rate remains at \$40.

Dates	Field Trips (Youth & Tween Camps)
June 20-24	Pacific Science Center/Back to Camp BBQ
June 27-July 1	Woodland Park Zoo
July 5-8 <sup>1</sup>	Trampoline Nation/Celebration Park
July 11-15	Pioneer Farms
July 18-22	Remlinger Farms
July 25-29	Field Day at Bow Lake
Aug. 1-5	Stewart Heights Water Park
Aug. 8-12	Roller Skating/Celebration Park
Aug. 15-19	Tacoma Rainiers Baseball Game
Aug. 22-26	Bowling & the Beach/Annual BBQ & Talent Show
Aug. 29-Sept. 2	All Camp Tacky Awards

<sup>1</sup> No camp on Monday, July 4.

Field trips are subject to change.

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

#### \$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.

## Youth Programs

### Hula I (All Beginners)

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

**Instructor:** Jaydeen Robinson & Melanie Panui

**Location:** Valley Ridge Community Center

Dates (Classes)	Day	Time	Ages	Fee
May 1-22 (3)*	Su	1:30-2:30 p.m.	6+	\$21

\*No class May 8 due to Mother's Day.

### Hula II (Youth Hula)

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

**Instructor:** Jaydeen Robinson & Melanie Panui

**Location:** Valley Ridge Community Center

Dates (Classes)	Day	Time	Ages	Fee
May 1-29 (4)	Su	2:30-3:30 p.m.	6+	\$28

\*No class May 8 due to Mother's Day.

## Home School

### Home School Gym Program For ages 1st-8th graders!

Study hard...play hard. We can't help you much with the first part, but we will totally take care of the second part! 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 and kids. Also, for those students 5th grade and up, stick around at 2:30 p.m. for a bonus game just for you.

If you'd like more information, or to be put on our home school e-mail list, you can contact Brian Tomisser at 206.973.4682 or btomisser@ci.seatac.wa.us.

**Location:** SeaTac Community Center, Gymnasium

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

Dates	Day	Time	Ages	Fee
Ongoing <sup>1</sup>	T	1:30-2:30 p.m.	6-16	\$5/child \$40/10 visit pass <sup>2</sup>

<sup>1</sup> No class April 5th for Spring Break.

<sup>2</sup> Ten visit pass may be used for any child.

### Lifeguards at Angle Lake Park

Lifeguards will be in service at Angle Lake Park on Saturday, June 25 through Labor Day weekend. Hours will be posted at the park.



## Youth Soccer

### Summer Soccer Academy (U6-U12 or Ages 4-12)

SeaTac United is very excited to offer our Summer Soccer Academy featuring a National Coaches Association of America (NSCAA) designed curriculum. An NSCAA Coach Trainer will lead our SeaTac United coaches as they provide a great academy to keep kids learning and loving soccer during the break between our Spring and Fall seasons.



Academy sessions include warm-ups, skills instruction and plenty of and small-sided games. We will host 8 sessions (6 sessions for U5s) over 2 weeks starting at 5:45 p.m. or 6:45 p.m., depending on the player's age.

The classes are for boys and girls ages 4-12. We encourage parents to stay and watch during the sessions. For players age 4, an adult or older sibling will be expected to be field side during the session.

Registration is completed online at [www.SeatacUnited.org](http://www.SeatacUnited.org). Payment is made at the SeaTac Community Center or just call 206.973.4680.

Players need to arrive on time with soccer cleats (athletic shoes are fine for U5s), water, soccer socks, and shin guards.

**Instructor:** SeaTac United

**Location:** Sunset Playfield, 13659 18th Ave., S., SeaTac

**Dates:** August 1-11

**Fees:** Season fees listed below.

Annual fee is \$19 and lasts from Aug. '16-Aug. '17.

Uniforms are purchased online at [www.SeatacUnited.org/youth-soccer](http://www.SeatacUnited.org/youth-soccer). (Only the practice shirt is required.)

Ages*	Day	Time	Season Fee
U5	M,W,Th	5:45-6:45 p.m.	\$19 (\$29 after June 11)
U6	M-Th	5:45-6:45 p.m.	\$29 (\$39 after June 11)
U8	M-Th	5:45-7 p.m.	\$29 (\$39 after June 11)
U10	M-Th	6:45-8 p.m.	\$29 (\$39 after June 11)
U12	M-Th	6:45-8 p.m.	\$29 (\$39 after June 11)

\*See Player Age Chart to right.

### To Register

Go online to [SeaTacUnited.org/youth-soccer](http://SeaTacUnited.org/youth-soccer).

**Payment will be through:** SeaTac Community Center  
13735 24th Ave. S., SeaTac  
206.973.4680

Details may change. Please check the SeaTac United website for the latest information at [www.SeatacUnited.org](http://www.SeatacUnited.org). Also follow us on Facebook and @SeaTacU.

### 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.**



## Youth Soccer

### \*SeaTac United Bonus\*

#### Summer Potluck BBQ

**Saturday, August 6, 2016**

SeaTac United will be hosting our annual BBQ at Angle Lake Park for all SeaTac United families. RSVP at [www.SeaTacUnited.org/news-events](http://www.SeaTacUnited.org/news-events).

#### Coach Training, Beginners Welcome

Be a hero and volunteer for coach training during the Summer Soccer Academy. You will receive on the field instruction from Erik Oman, NSCAA Coach Trainer, and have a chance to learn in a very supportive environment. It's a great way to get started or learn new techniques from more experienced coaches. For volunteers that continue to coach in the Fall Season, they will receive coaching gear, a SU coach's polo, and a modest gift card as a thank you for supporting these great kids.

### 2016/17 Player Age Chart

Birth Month	2012	2011	2010	2009	2008	2007	2006	2005	2004
Jan.	U5	U6	U8	U8	U10	U10	U12	U12	
Feb.	U5	U6	U8	U8	U10	U10	U12	U12	
Mar.	U5	U6	U8	U8	U10	U10	U12	U12	
Apr.	U5	U6	U8	U8	U10	U10	U12	U12	
May	U5	U6	U8	U8	U10	U10	U12	U12	
June	U5	U6	U8	U8	U10	U10	U12	U12	
July	U5	U6	U8	U8	U10	U10	U12	U12	
Aug.	U5	U5	U6	U8	U8	U10	U10	U12	U12
Sept.		U5	U6	U8	U8	U10	U10	U12	U12
Oct.		U5	U6	U8	U8	U10	U10	U12	U12
Nov.		U5	U6	U8	U8	U10	U10	U12	U12
Dec.		U5	U6	U8	U8	U10	U10	U12	U12

### 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.

### Online Registration

We now offer the option to register and pay for classes and programs online! Go to the Parks & Recreation Department web page on the City of SeaTac website ([CityOfSeaTac.com](http://CityOfSeaTac.com)) and click on the Rec1 icon. Or you may go to <https://secure.rec1.com/WA/city-of-seatac>.

There will be a \$1 convenience fee added to each transaction for all online registrations.

**Questions about online registration? 206.973.4680**



## Teen Programs

### Teen Center at Valley Ridge

Have you visited our new Teen Center? It opened in November 2015 and is packed daily with students having a great time. This is our 17th year serving SeaTac teens! Located at the Valley Ridge Community Center (next to The Tyee Educational Complex), our Teen Center has something for everyone. Meet with friends, play some Playstation 4, Kinect 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)

Dates	Days	Time	Grades	Fee
Through May	M-Th	2-5 p.m.	7-12	Free
Through May	F	Noon-3 p.m.	7-12	Free

### 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.

Date	Location	Theme	Fee
April 1	Hi-Line Lanes	Bowling	\$6
May 13	Tukwila Comm. Ctr.	Dance & Potluck	\$6
June 10	Hi-Line Lanes	Bowling	\$6

### Other Classes Available to Teens

Check specific class info for age requirements.

Total Body Fitness, Belly Dancing, Zumba .....	Page 9
Hula, Yoga .....	Page 10
Archery, Fencing, 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.

**SATISFACTION GUARANTEED**

See our policy on page 18.

## Teen Programs

### Spring Break Camp (Open to 6th Graders too!)

We love the spring and nothing says 'Spring' more than Spring Break Camp! This camp will be packed full of trips and will be located at our brand new Teen Center at the Valley Ridge Community Center. Minimum of 8 youth required by Monday, March 28th.

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

Dates	Days	Time	Grades	Fee
Apr. 4-8	M-F	7:30 a.m.-4 p.m.	6-9	\$80*
Daily	M,T,W,Th or F	7:30 a.m.-4 p.m.	6-9	\$30

\* This is our early bird rate. Fee increases by \$10 after March 28th. The daily rate of \$30 is not subject to the Early Bird rate.

### Extended Care for Teen Spring Break Camp

Extended care for participants of our Teen Spring Break Camp is available also! This will be held at Bow Lake Elementary, in conjunction with our Youth Spring Break Camp. Teens must sign up for the entire week and must follow youth camp policies while on site. (Sorry no phones or electronics!)

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

Dates	Days	Time	Grades	Fee
Apr. 4-8	M-F	6-7:30 a.m.	6-9	\$25
Apr. 4-8	M-F	4-6 p.m.	6-9	\$25

### Summer Field Trips for 7th-10th Graders

Registration opens June 1st. (Those registered in Teen Camp do not need to sign up for these trips.)

Day/Date	Activity	Time	Fee
Th/June 23	Gameworks	7:30 a.m.-4 p.m.	\$30
Th/June 30	Wildwaves	7:30 a.m.-4 p.m.	\$30
W/July 6	WhirlyBall	7:30 a.m.-4 p.m.	\$30
Th/July 14	Family Fun Center	7:30 a.m.-4 p.m.	\$30
W/July 20	Seattle Mariner's Game	7:30 a.m.-4 p.m.	\$30
Th/July 28	Seattle Pinball Museum	7:30 a.m.-4 p.m.	\$30
Th/Aug. 4	Snohomish Aquatic Center	7:30 a.m.-4 p.m.	\$30
Th/Aug. 11	Wild Waves	7:30 a.m.-4 p.m.	\$30
Th/Aug. 18	Trampoline Nation	7:30 a.m.-4 p.m.	\$30
Th/Aug. 25	Pacific Science Center	7:30 a.m.-4 p.m.	\$30
Th/Sept. 1	Teen Choice	7:30 a.m.-4 p.m.	\$30

Note: All trips run in conjunction with our Summer Teen Camp program. Participants will go with Teen Camp to field trip and take part in Teen Camp during non-trip hours. Number of spaces will be limited depending on camp enrollment.



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



## Teen Summer Camp

**Only \$80 per week or \$30 per day if you register by June 13!**

Our teen camp is celebrating its 19th summer of serving kids in our community. We will celebrate with fun, active trips and activities to make this a summer to remember. Teen camp goes off-site daily. Some days we will do bigger trips, like Wild Waves or a Mariners game. Some days, we may go hiking or to a local park for games or swimming. Each day is a new adventure.

Grades	Days	Dates	Time	Fee
Entering 7-9	M-F	June 20-Sept. 2	7:30 a.m.-4 p.m.	\$80*

\*This is the early bird rate through June 13th. After this date camp is \$90/week. Daily rate remains at \$30.

### Extended Care for Teen Summer Camp

We are offering extended care options for participants of our Teen Summer Camp. This will be held at Bow Lake Elementary, in conjunction with our Youth Summer Camp. Teens must sign up for the entire week and must follow youth camp policies while on site. (Sorry, no phones or electronics.)

Grades	Days	Time	Fee
7-9	M-F	6-7:30 a.m.	\$25/weekly rate
7-9	M-F	4-6 p.m.	\$25/weekly rate

### Teen Summer Camp at a Glance

Call the SeaTac Community Center or e-mail Brian at [btomisser@ci.seatac.wa.us](mailto:btomisser@ci.seatac.wa.us) for a daily list of trips throughout the summer.

Date	Trip Day	Featured Field Trip/Activities
June 20-24 <sup>1</sup>	Th	Gameworks
June 27-July 1	Th	Wildwaves
July 5-8 <sup>2</sup>	W	Whirlyball
July 11-15	Th	Family Fun Center
July 18-22	W	Seattle Mariner's Game
July 25-29	Th	Seattle Pinball Museum
Aug. 1-5	Th	Snohomish Aquatic Center
Aug. 8-12	Th	Wildwaves
Aug. 15-19	Th	Trampoline Nation
Aug. 22-26	Th	Pacific Science Center
Aug. 29-Sept. 2 <sup>3</sup>	Th	Teen Choice

Trip dates and activities are subject to change. Final schedule will be available when registration opens on April 1st.

\$10/per week holding fee holds your spot. This fee is applied towards the weekly rate and is non-transferrable and non-refundable.

<sup>1</sup>Dates could change for this week if there are snow make up days.

<sup>2</sup>No camp on July 4th, Independence Day holiday.

<sup>3</sup>Dates subject to change. Pending the first day of school in the Highline School District.

### What is WhirlyBall?

Agility, Speed, Strength, none of these qualities will be of any use in the highly-competitive world of WhirlyBall. Although it combines lacrosse, hockey and basketball with bumper cars, WhirlyBall has caused great athletes of every stripe to laugh and holler their way to a crushing defeat. If you choose to accept the challenge, you will use hand-held scoops to propel whiffle balls at your scoring target. In a team of five, you will have a bang-up time trying to outscore the competition.

### 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

Dates (Classes)	Day	Time	Ages	Fee
May 3-Sept. 1 (32)	T/Th	5:30-6:30 p.m.	16+	\$96
May 3-June 2 (10)	T/Th	5:30-6:30 p.m.	16+	\$45
June 7-30 (8)	T/Th	5:30-6:30 p.m.	16+	\$36
July 5-28 (8)	T/Th	5:30-6:30 p.m.	16+	\$36
Aug. 2-Sept. 1 (6)*	T/Th	5:30-6:30 p.m.	16+	\$27

\*No class August 16, 18, 23, 25 for floor maintenance.

### 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

Dates (Classes)	Day	Time	Ages	Fee
May 2-Aug. 31 (30)	M/W	16+ 5:45-6:45 p.m.	16+	\$90
May 2-25 (7) <sup>1</sup>	M/W	16+ 5:45-6:45 p.m.	16+	\$31.50
June 1-29 (9)	M/W	16+ 5:45-6:45 p.m.	16+	\$40.50
July 6-27 (7) <sup>1</sup>	M/W	16+ 5:45-6:45 p.m.	16+	\$31.50
Aug. 1-31 (6) <sup>2</sup>	M/W	16+ 5:45-6:45 p.m.	16+	\$27

<sup>1</sup>No class May 30th & July 4th due to holiday closures.

<sup>2</sup>No class August 15-24 for floor maintenance.

### 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.

Dates (Classes)	Day	Time	Age	Fee
May 2-Sept. 1 <sup>1</sup> (62)	M-Th	See Below <sup>2</sup>	16+	\$149

<sup>1</sup>No class May 30 and July 4 due to holiday closures.

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

### Online Registration

We now offer the option to register and pay for classes and programs online! Go to the Parks & Recreation Department web page on the City of SeaTac website (CityOfSeaTac.com) and click on the Rec1 icon. Or you may go to <https://secure.rec1.com/WA/city-of-seatac>.

There will be a \$1 convenience fee added to each transaction for all online registrations.

**Questions about online registration? 206.973.4680**



### 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

Dates (Classes)	Day	Time	Ages	Fee
May 2-Aug. 29 (17)*	M	6:30-8 p.m.	15+	\$68
May 2-30 (5)	M	6:30-8 p.m.	15+	\$25
June 6-27 (4)	M	6:30-8 p.m.	15+	\$20
July 11-25 (3)*	M	6:30-8 p.m.	15+	\$15
Aug. 1-29 (5)	M	6:30-8 p.m.	15+	\$25

\*No class July 4th due to holiday closure.

### Intermediate/Advance 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

Dates (Classes)	Day	Time	Ages	Fee
May 4-Aug. 31 (18)	W	6:30-8 p.m.	15+	\$72
May 4-25 (4)	W	6:30-8 p.m.	15+	\$20
June 1-29 (5)	W	6:30-8 p.m.	15+	\$25
July 6-27 (4)	W	6:30-8 p.m.	15+	\$20
Aug. 3-31 (5)	W	6:30-8 p.m.	15+	\$25

### 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

Dates (Classes)	Day	Time	Ages	Fee
May 7-Aug. 27 (17)	Sa	10:15-11:15 a.m.	15+	\$68
May 7-28 (4)	Sa	10:15-11:15 a.m.	15+	\$20
June 4-25 (4)	Sa	10:15-11:15 a.m.	15+	\$20
July 2-30 (5)	Sa	10:15-11:15 a.m.	15+	\$25
Aug. 6-27 (4)	Sa	10:15-11:15 a.m.	15+	\$20

### 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.

## 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:** SeaTac Community Center

Dates	Day	Time	Ages	Fee
May 7-Aug. 27	Sa	8:30-10 a.m.	16+	Punch Pass

Punch Pass Options:

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

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

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

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 (Adult Hula)

Students in this class have been dancing for 5+ years. They are committed to studying hula and have the desire to perform publicly or participate in hula competitions. They have learned how to make their costumes, their hula instruments, and have a good knowledge of the Hawaiian language.

**Instructor:** Jaydeen Robinson & Melanie Panui

**Location:** Valley Ridge Community Center

Dates (Classes)	Day	Time	Ages	Fee
May 1-29 (4)*	Su	3:30-4:30 p.m.	13+	\$28

\*No class on May 8th due to Mother's Day.

### Hula IV ~ Advanced

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:** Jaydeen Robinson & Melanie Panui

**Location:** Valley Ridge Community Center

Dates (Classes)	Day	Time	Ages	Fee
May 1-29 (4)	Su	5-6 p.m.	16+	\$28

\*No class on May 8th due to Mother's Day.

### 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.

## Pickleball Instructional Clinics

### Beginner Play

Intended for pickleball players who want to learn the basics of the game. You will learn the basic rules of the game, the size of the court, areas of the court and the rules related to them, fundamentals of the game, equipment and etiquette. Handouts will be provided. Instruction and demonstration along with hands on play will help put the information into action. After this class you will have the fundamentals of pickleball and the next step is to go out and start playing. Wear comfortable gym clothes and indoor court shoes. If you have a pickleball paddle please bring it with you. Minimum of 8, maximum of 16 participants.

**Instructor:** Tom Grubb

**Location:** SeaTac Community Center, Gym

Date	Day	Time	Ages	Fee
May 28	Sa	12:30-2 p.m.	12+	\$30

Register by May 20th.

### Advanced Play

Intended for the pickleball player who knows the fundamentals of the game and wants to progress deeper into strategies and situational play. We will explore dinking, the third shot drop (when and how to use this shot), how to neutralize power players, effective net play, patience, overhands, right shot at the right time, minimizing your errors, serves, tournament play, and what is stacking. Handouts will be provided. Instruction and demonstration along with hands on play will help put the information into action. After this class you will have the skills foundation to help you elevate your game to the next level. Wear comfortable gym clothes and indoor court shoes. If you have a pickleball paddle please bring it with you. Minimum of 8, maximum of 16 participants.

**Instructor:** Tom Grubb

**Location:** SeaTac Community Center, Gym

Date	Day	Time	Ages	Fee
May 28	Sa	2:30-4 p.m.	12+	\$30

Register by May 20th.

## Pickleball Tournaments

Saturday, May 7

SeaTac Community Center, Gym

\$15 per person per tournament

### Mixed/Mixed

In this doubles tournament your partner changes each game in the round robin, timed game format. Games are 13 minutes long. Minimum of 3 games guarantee. This is open to a maximum of 8 women and 8 men. Top point scorers will play a championship game.

### Doubles Tournament

This non gender specific doubles tournament will play a round robin format. Games are 13 minutes long. Minimum of 3 games guarantee. This is open to a maximum of 8 teams. Top two point scoring teams play a championship game.

### Singles Tournament

This non gender specific singles tournament will play a round robin format. Games are 13 minutes long. Minimum of 3 games guarantee. This is open to a maximum of 8 players. Top two point scorer play a championship game.

**Check website for more details.** [www.ci.seatac.wa.us](http://www.ci.seatac.wa.us)

### 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.

**Instructor:** Chris Konker

**Location:** SeaTac Community Center, Gym

Dates (Classes)	Day	Time	Ages	Fee
May 5-Sept. 1 (17)	Th	7-9:15 p.m.	18+	\$85
May 5-26 (4)	Th	7-9:15 p.m.	18+	\$26
June 2-30 (5)	Th	7-9:15 p.m.	18+	\$32.50
July 7-28 (4)	Th	7-9:15 p.m.	18+	\$26
Aug. 4-Sept. 1 (3)	Th	7-9:15 p.m.	18+	\$19.50

\*No class August 18 or 25 due to floor maintenance.

### 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

Dates (Classes)	Day	Time	Ages	Fee
May 4-25 (4)	W	5-7 p.m.	10+	\$50
June 1-29 (5)	W	5-7 p.m.	10+	\$60
July 6-27 (4)	W	5-7 p.m.	10+	\$50
Aug. 3-31* (3)	W	5-7 p.m.	10+	\$40

\*No class August 17 or 24 due to floor maintenance.

### 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

Dates	Day	Time	Ages	Fee
May 4-Aug. 31*	W	7-9 p.m.	12+	\$50

\*No class August 17 or 24 due to floor maintenance.

### 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

Dates	Day	Time	Ages	Fee
May 3-June 30	T/Th	6:15-7 p.m.	8+	\$60
July 5-Sept. 1*	T/Th	6:15-7 p.m.	8+	\$60

\*No class August 15-25 for floor maintenance.

#### Continuing Second Class

Dates	Day	Time	Ages	Fee
May 3-June 2	T/Th	7-7:45 p.m.	8+	\$30
June 7-30	T/Th	7-7:45 p.m.	8+	\$30
July 5-28	T/Th	7-7:45 p.m.	8+	\$30
Aug. 2-Sept. 1*	T/Th	7-7:45 p.m.	8+	\$30

\*No class August 15-25 for floor maintenance.

### 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

Dates (Classes)	Day	Time	Ages	Fee
May 4-June 29 (9)	W	TBD	6+	\$180
July 6-Aug. 31 (8)	W	TBD	6+	\$160

### Lifeguards at Angle Lake Park

Lifeguards will be in service at Angle Lake Park on Saturday, June 25 through Labor Day weekend. Hours will be posted at the park.



**SATISFACTION GUARANTEED**

See our policy on page 18.

## 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 for the third Thursday of each month.

### 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.

**Drop in Bridge**..... Thursdays • 12:30-3 p.m.

**Bunko** .....2nd & 4th Wednesday • 5 p.m.

*If interested, call 206.973.4690 for more information.*

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

**Coloring**..... Tuesday & Thursday • 9:30-11:30 a.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 & 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

## Coloring ~ Do you enjoy coloring? NEW!

One of the newest trends is coloring for adults. Though traditionally associated with the younger ages, coloring is making a comeback with many older adults. According to an article in the Huffington Post, coloring can be beneficial for its destressing power. It can generate wellness and quietness as well as stimulate brain areas related to motor skills, the senses and creativity. We will be offering a new drop in activity for coloring. Bring your own supplies or check out ours.

• Tuesdays & Thursdays, 9:30-11:30 a.m.

## Participation

Independent individuals, 55 years of age or older, are eligible for participation at the SeaTac Senior Program. This includes programs, drop in activities, and trips. Individuals, 55 years of age or older, requiring assistance to use the restrooms, have issues with roaming, or who need respite care or adult day care services are welcome to participate but need to have a caregiver present while at the Senior Program. The Senior Program does not provide care giving services.

Visits from adult family homes and assisted living facilities are encouraged but require advance notice and accompanying staff.

Meals on Wheels and our lunch program operate with Federal guidelines which set the age of eligibility at 60, though there are some exceptions.

If you have any questions, please feel free to contact Kathleen Cummings at 206.973.4683.

## 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

Date	Day	Time	Age	Fee
June 9	Th	9 a.m.-4:30 p.m.	55+	\$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

**Days:** Monday/Wednesday/Friday

Dates (Classes)	Time	Age	Fee
Mar. 28-Apr. 29 (15)	8:45-9:45 a.m.	55+	\$45
May 9-June 10 (14)	8:45-9:45 a.m.	55+	\$42

### 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.

### Stress Management

Managing stress is something we could all use some tips on. Lita Artis, massage therapist, will be here to talk about managing stress through massage.

**Presenter:** Lita Artis

**Location:** SeaTac Community Center

Date	Day	Time	Age	Fee
Apr. 27	W	12:30	55+	Free

### Weight Room Pass

SeaTac residents who are 55 years of age or older, can obtain a weight room pass at no cost. The pass is good on Tuesday and Thursday mornings, 9-11 a.m. To obtain a pass, see Senior Program staff with a current driver's license or WA State issued identification card.

## Senior Program

Thank you to Comfort Keepers for sponsoring the following workshops. Family members are welcome to attend with seniors.



### 10 Ways to Simplify Your Legal Affairs

Rebecca King, an attorney with Northwest Elder Law Group, will be here to discuss ways to simplify your legal affairs. Topics will include wills, durable powers of attorney and advanced directives.

**Presented by:** Rebecca King, Northwest Elder Law Group

**Location:** SeaTac Community Center

Date	Day	Time	Age	Fee
April 20	W	12:30	55+	Free

### Overwhelmed When You Think About Downsizing/Moving?

This seminar is designed to de-mystify the challenges of moving that sometimes get in the way of the positive decision to sell your home and move to a retirement community or a smaller home. Are you eager to reduce your clutter but at a loss about how to begin? Get expert advice. You'll leave with all the practical tips you need to decide which possessions to keep, give away, sell or donate to charity.

**Presented by:** Terry Depend and Sue McCullough, owners of Rightsizing for Seniors

**Location:** SeaTac Community Center

Date	Day	Time	Age	Fee
May 18	W	12:30 p.m.	55+	Free

### Alzheimer's Association Caregiver Support Group



Caring for someone with memory loss? Alzheimer's Association caregiver support groups provide a consistent and caring place for people to learn, share and gain emotional support from others who are also on a unique journey of providing care to a person with memory loss. Meetings for unpaid care partners, family members and friends will be held the 3rd Thursday of each month. For more information, contact group facilitator Gerry Crouch at 206.632.3985.

**Location:** SeaTac Community Center

**Upcoming Meeting Dates:** Apr. 21, May 19, June 16, July 21 & Aug. 18

Date	Day	Time	Age	Fee
See above	Th	1-2:30 p.m.	All	Free

### Free Legal Advice

Mary Henderson, Attorney at Law, will be here once a month to answer legal questions for seniors. These include issues regarding wills, Power of Attorney, Elder Law, Landlord-tenant issues and the Vulnerable Adult Protective Act. Thirty minute afternoon appointments are available on the first Thursday of each month. For an appointment please call the senior desk at 206.973.4690. By appointment only. Upcoming dates are:

- May 5, June 2, July 7 and August 4

### Fraud Awareness

It is estimated that seniors are swindled out of nearly \$3 billion a year. Since only 1 in 44 cases are reported, it is likely that this amount is only the tip of the iceberg. The Senior Project was created in response to this troubling trend. The project has produced several videos geared towards senior targeted fraud. Each video presentation will be approximately 40 minutes. The videos will be shown at 12:30 p.m. on the following days:

- Wednesday, Apr. 6 ~ Scams
- Wednesday, Apr. 13 ~ Identity Theft & Estate Planning

### Aquatic Opportunities

One of the best places to exercise is in the water. We are fortunate to have several locations nearby that provide pool time for lap swimming and classes. Though the SeaTac Community Center does not have a pool itself, SeaTac residents have access to the Matt Griffin YMCA located on South 188th Street. See information below about punch cards available for SeaTac residents.

There is also a pool in Tukwila that has lots of opportunity for instruction, lap swimming and classes. Local fitness clubs often have pools with liberal schedules as well. If you have been looking for a way to get moving, aquatic may be the way to go.

### 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.

### Tukwila Pool

Summer will be here before you know it... and the time to learn or brush up on your swimming skills is now! The Tukwila Pool is committed to make swimming accessible, safe and fun for all. Their friendly, knowledgeable pool staff provides a warm, welcoming environment with a variety of diverse programming, including a Learn to Swim program. The extensive menu of swim lessons for all ages is taught by qualified instructors who focus on skill progression. Other offerings include lap swimming, open swims, family swims, water aerobics, single gender swims, and special fun themed events every third Saturday. The indoor pool is open year round and features a diving board, slide and basketball hoop.

**Website:** [tukwilapool.org](http://tukwilapool.org)

**Phone:** 206.267.2350

**Location:** 4414 S. 144th St. (Between Foster High School and Showalter Middle School)

### Facility Maintenance

The banquet room and gym are scheduled for annual floor refinishing in August. The anticipated date for closure of these two rooms is August 15-27. During this time, lunch will not be available and gym activities will be cancelled. All other activities will go on as scheduled. Updated information will be available at the community center in early August.

### Free Wi-Fi

In case you didn't now, the SeaTac Community Center has free WiFi. This provides an opportunity while you are here to check emails, search the internet on your tablet, etc. Please be aware the site is not a secured one, so this would not be the place to do on-line banking or use a credit card.

### Holiday Bazaar Sign Ups open July 18

The early bird sign up for the Senior Program's annual bazaar opens on July 18 and closes on July 31. Space fills up quickly so if you are interested in being a vendor, the earlier you sign up the better. You can sign up for a space and bring your own table or you can get a space with a table for an additional \$10 charge. Applications will be available on-line as well as at the community center. We anticipate having 80 or so spaces for vendors. For questions, please call Kathleen at 206.973.4683.

**Location:** SeaTac Community Center

	<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Age</u>	<u>Fee</u>
Space only	Nov. 5	Sa	9-3 p.m.	All	\$25*
Space w/table	Nov. 5	Sa	9-3 a.m.	All	\$35*

\*These are the Early Bird rates. Fee increases by \$5 on August 1.

### 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.

### Trips: To go, or not to go?

It is important that when you register for a trip, you are available the date of the excursion. Registration is often a few months out before a trip. We realize that schedules change and people may be ill. However, we are experiencing a lot of trip cancellations, particularly with casino trips. The casinos send a motor coach based on the assurance of a certain number of participants. As that number goes down, so does the possibility of future trips to casinos. If you are unsure about your availability, it may be better to get a spot on the waiting list of a trip.

It's also important to make sure that the trip is a good fit for you. If you have any questions about the physicality of a trip, see Linda. She almost always knows the ins and outs of the trip, how much standing, walking, stairs, etc.

### 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, April 5th 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 whose 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, April 6th.**
- 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!

## Senor Trips

### New Day Show

In February, KING TV moved into their new building in the SODO district. Our plans are to check out the new studio and watch the taping of New Day with Margaret Larson. Remember to practice your clapping skills! Following our visit, we will enjoy lunch at Claim Jumpers in Tukwila. Lunch is on your own. This trip may be subject to change due to the taping schedule. Fee includes transportation only.

Date	Day	Time	Ages	Fee
May 9	M	8:45 a.m.	55+	\$6

### Adventures in Auburn

We are heading to the Auburn Valley for lunch at the Auburn Senior Center. Cost is a suggested donation of \$3 and \$1 more for salad bar. Afterwards, we will walk across the park to the White River Museum. There is a special exhibit featuring ladies hand bags and purses called "Small Bags and Big Events." The museum also features a lot of local history and exhibits. You may be required to fill out a Personal Information Form at Auburn Senior Center for Catholic Community Services. Lunch is on your own. Fee includes transportation and admission to the museum.

Date	Day	Time	Ages	Fee
May 12	Th	10:30 a.m.	55+	\$6

### Bloedel Reserve, Winslow and the Japanese Community Memorial

The Reserve's 150 acres are a unique blend of natural woodlands and beautifully landscaped gardens. We will have a tour of the grounds which will involve a lot of standing and walking on a variety of surfaces and grades. After the tour we will retreat to downtown Winslow for lunch on your own at a variety of restaurants. The last stop is at Prichard Park to view the Japanese Community Memorial. Fee of this trip includes round trip ferry, admission to the Reserve and transportation.

Date	Day	Time	Ages	Fee
May 31	T	8:30 a.m.-4 p.m.	55+	\$26

### Hurray for the Red, White & Blue... A tour of the USO

This tour will give you a bird's eye view of the recently renovated USO facilities at the airport. See firsthand how volunteers help welcome our traveling service members and their families during travel times and layovers at the airport. These efforts support our troops in a very tangible manner and are a labor of love for all those involved. Access to the area does not require any special security, but be sure to have your driver's license or State issued id with you. We may even run into some individuals we know as several of our seniors volunteer here. Afterwards we will head down to Southcenter for lunch at Sizzler's. Fee includes transportation only. Lunch is on your own.

Date	Day	Time	Ages	Fee
June 13	M	9:45 a.m.	55+	\$1

## Casino Trips

### Red Wind Casino - Double the Fun!

A motor coach will take us to Nisqually Red Wind Casino for a chance to win big. The Red Wind has over 975 slot machines plus a variety of gaming tables and card games. Lunch will be at the casino which offers a great buffet. Please remember to bring your Red Wind Player's Card as we will need to see your card when you check in. You must bring valid ID or passport. Fee includes transportation only.

Date	Day	Time	Age	Fee
May 23	M	8:30 a.m.	55+	\$8
Aug. 22	M	8:30 a.m.	55+	\$8

### Tulalip Casino

A bus and a van will take us 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 the players club, you will receive a coupon book for slot play and a meal coupon for \$5 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. We will need to see your player card at the time of check in at the center.

Date	Day	Time	Age	Fee
June 6	M	9 a.m.	55+	\$8

### Lucky Eagle Casino

Our journey will take us to Rochester on the Lucky Eagle motor coach. With over 1,000 slots machines, many different kinds of gaming tables and keno, you are sure to find a game to pass the time. The casino also offers a non-smoking section, a deli, full service restaurant and buffet for your dining pleasure. Please remember to bring your Lucky Eagle Player's Card and you will receive your daily coupons for free play and the buffet. We will need to see your player club card at check in. You must bring valid ID or passport. Fee includes transportation only.

Date	Day	Time	Age	Fee
July 12	T	8:30 a.m.	55+	\$8

### Village Theatre • 2016/2017 Season Tickets

Once again we will be offering season tickets to the Village Theatre. As in the past, the seats will be in the balcony and we will attend the Thursday matinees. The Village offers 5 shows which are listed below. The fee is \$215 and includes all 5 tickets and transportation. We generally depart at 12:30 p.m. and return by 6:00 p.m. The shows are:

- Pump Boys and the Dinettes Oct. 6, 2016
- Singin' In the Rain Dec. 1, 2016
- 39 Steps Feb. 9, 2017
- A Proper Place April 6, 2017
- Dreamgirls June 1, 2017

For more information, please call Linda at 206.973.4686. Registration is now open for these season tickets. Space is limited and payment must be received by May 13th.

### High Tea at the Olive Branch Café

Enjoy a lovely High Tea at the Olive Branch Café in Tacoma's Freighthouse Square. The tea features a scone, cup of soup, mini sandwiches, chocolate-covered seasonal fruit, mini desserts, appetizer, and tea followed by a lovely glass of Olive Branch lemonade. We will have time for a little shopping before tea at Freighthouse Square. Afterwards, we will drive to Wright Park and the Seymour Conservatory for a quick tour and look at the park. Fee includes High Tea, admission to Seymour Conservatory and transportation. (If wish to participate in the trip and you are not a tea drinker, the Olive Branch Café will serve coffee or another beverage. Please let Linda know in advance.)

<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Age</u>	<u>Fee</u>
June 20	M	10 a.m.-4 p.m.	55+	\$41

### Pt. Defiance Park Picnic at Owen Beach

It is time for our annual summer picnic trip! Views of Vashon Island and ferry boats makes Owen Beach a great destination. Pack a lunch with a beverage and we will depart from the center for a day of fun. Enjoy the scenic waterfront promenade or walk to the boat house marina before lunch. After the picnic, we will tour the park and stop at the rose garden or pagoda. As we head back, there will be a short visit to Brown & Haley's and Emily's Chocolate Outlets in Fife. A bottle of water will be provided for each participant. Please remember to bring sunscreen and hat for sun protection. Fee includes transportation only. You must bring your own lunch.

<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Age</u>	<u>Fee</u>
June 27	M	9:30 a.m.	55+	\$7

### Renton River Days Senior Picnic

The City of Renton and Renton Senior Center always put on a great party for the River Days Senior Day Picnic. We will pick up the lunch tickets in advance and hand them out the day of the event. Hamburger, chips, dessert and beverage is the picnic menu. (Menu is subject to change). Fee includes transportation only.

<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Age</u>	<u>Fee</u>
July 21	Th	10 a.m.	55+	\$1

### Online Registration

We now offer the option to register and pay for classes and programs online! Go to the Parks & Recreation Department web page on the City of SeaTac website (CityOfSeaTac.com) and click on the Rec1 icon. Or you may go to <https://secure.rec1.com/WA/city-of-seatac>.

There will be a \$1 convenience fee added to each transaction for all online registrations.

Questions about online registration? 206.973.4680



### Wallaby Ranch

The Fall City Wallaby Ranch is a ten acre, privately owned property located in the lush green Snoqualmie Valley. A guided tour of the ranch will be provided by Rex and Tawny Paperd, the owners. The ranch specializes in the breeding of Gray and Albino Bennetts Wallabies and Red Kangaroos. Afterwards, we will 'hop' over to Mount Si Golf Course for lunch in the club house. A quick stop at Snoqualmie Falls for a couple of pictures should round out our day in the Snoqualmie Valley. Fee includes transportation and admission to the Wallaby Ranch. Lunch is on your own.

<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Age</u>	<u>Fee</u>
July 25	M	9:30 a.m.	55+	\$15

### Taste of Edmonds

We will sneak away to the quiet community of Edmonds for a tasty treat trip to the Taste of Edmonds. There will be vendors selling both food and craft items, several stages with music and entertainment and a few other surprises. You will need to bring enough cash for admission (\$4) and what you purchase for food at each vendor. Cash is suggested because the vendors may not take credit cards. Don't forget to pack a bottle of water, sun screen and hat for sun protection. Fee includes transportation only.

<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Age</u>	<u>Fee</u>
Aug. 12	F	11 a.m.	55+	\$9

### Telephone Pioneer Museum

Take a trip down memory lane as we travel to Tacoma for a guided tour of the Telephone Pioneer Museum. The museum is staffed by retired telephone company employees who have witnessed many amazing changes in technology. Among its many gems, the museum features a switch board from 1928, one of Tacoma's first telephone books from 1891 and a hand cranked 1907 phone. Long before we were worried about cell phone towers and inquires of "Can you hear me now?", telephones were an integral part of our changing lives and technology. Afterwards we will stop for lunch at the Swiss Restaurant and Pub. Fee includes everything but lunch which is on your own.

<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Age</u>	<u>Fee</u>
Aug. 18	Th	9:30 a.m.	55+	\$7

### Evergreen State Fair in Monroe

Senior Day at the Fair! We will head to Monroe for fun and everyone's favorite - fair food! Enjoy scones, funnel cake, the cows, chickens and bunnies, watch a demonstration of steamless cookware and walk through the many exhibits to see "Who Won the Blue Ribbon". This is one of our most popular trips of the year. Please remember there is a lot of walking, bring a bottle of water, and put on a hat and sunscreen. Lunch is on your own at the fair. We recommend that you bring cash for lunch because a lot of the vendors do not take credit cards. Fee includes transportation only.

<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Age</u>	<u>Fee</u>
Aug. 29	M	8:30 a.m.	55+	\$9

## Registration Information

### Online Registration

Online registration now available at <https://secure.rec1.com/WA/city-of-seatac>. There will be a \$1 convenience fee added to each transaction for all online registrations.

### 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>

### 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.-4:30 p.m.; Saturday, 9 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 4:30 p.m. and Saturday from 9 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.

### Online Registration

We now offer the option to register and pay for classes and programs online! Go to the Parks & Recreation Department web page on the City of SeaTac website ([CityOfSeaTac.com](http://CityOfSeaTac.com)) and click on the Rec1 icon. Or you may go to <https://secure.rec1.com/WA/city-of-seatac>.

There will be a \$1 convenience fee added to each transaction for all online registrations.

**Questions about online registration? 206.973.4680**



### 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.

# Backyard Wildlife FESTIVAL

## Tukwila's Annual Backyard Wildlife Festival

Saturday, May 14 • 9 a.m.-3 p.m.  
Tukwila Community Center  
12424 42nd Ave. S., Tukwila

The City of SeaTac has joined other sponsors for this annual event that helps educate and inspire the community to welcome wildlife in your backyard and garden. For a list of activities and events, please call the Tukwila Community Center @ 768.2822 or visit [www.backyardwildlifefestival.org](http://www.backyardwildlifefestival.org).



## THEATRE

*in the Park*  
.....  
*Love's Labour's Lost*

## Shakespeare's "Love's Labour's Lost"

Friday, July 22 • 7:00 p.m. • Free  
Angle Lake Park

*Love's Labour's Lost is one of William Shakespeare's early comedies, believed to have been written in the mid-1590s for a performance at the Inns of Court before Queen Elizabeth I. It follows the King of Navarre and his three companions as they attempt to forswear the company of women for three years of study and fasting, and their subsequent infatuation with the Princess of Aquitaine and her ladies. In an untraditional ending for a comedy, the play closes with the death of the Princess's father, and all weddings are delayed for a year. The play draws on themes of masculine love and desire, reckoning and rationalization, and reality versus fantasy.*

Additional free parking is available at Alaska Airlines which is located just north of the park.



Sponsored by City of SeaTac.  
Supported by 4Culture.



# Two Fun Events • One Awesome Day!

## Touch-A-Truck

Saturday, August 13 • 10 a.m.-1 p.m.  
Valley Ridge Community Center & Parking Lot  
4644 S. 188th St., SeaTac

Come see and touch vehicles that provide safety and services to the community. There will be vehicles from the Fire, Police, Parks and Public Works Departments among others from throughout the city including local businesses. There will be display booths and refreshments.



## GET YOUR GREEN ON Event

- Get information on being more environmentally friendly and "waste wise," natural yard care, recycling more and safe disposal of toxic household items.
- Purchase a rain barrel for \$25. (1 per person, while supplies last.)
- Enter to win a rain barrel or 2 cubic yards of wood chips for your yard. (Winner must schedule pickup. No delivery.)
- Free (while supplies last) - BioBags and kitchen counter top food scrap containers (Must have curbside collection service in SeaTac with Recology CleanScapes.)



ECRWSS  
Postal Customer

PRSR STD  
U.S. POSTAGE PAID  
SEATTLE, WA  
PERMIT NO. 1



★ **The Great Summer Camp!** ★ See page 5 for details.

## WATER SPRAY PARK

Angle Lake Park

Opens Memorial Day Weekend!  
Hours: 11:00 a.m.-8:00 p.m.

