

Parks & Recreation Department 2016 Fall Activities Guide

Where the Fun Begins!



Two Fun Events • One Awesome Day!

Touch-A-Truck

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.

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

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.*)



Photography Exhibit - Theme "SeaTac"

October 3-28, 2016 • SeaTac Community Center
Exhibit is open during regular building hours.

The City of SeaTac will be holding a Photography Exhibit this October. This exhibit will be a little different than in the past. The theme of this exhibit will be "SeaTac." (The city, not the airport.) A requirement to enter, is that photos must be taken in the City of SeaTac within the past two years. We'd like to see images representing the landscape, people and points of interest in the City. For a list of parks please visit www.cityofseatac.com.

Entry Fee: \$15 per entry. Maximum of two entries.
Registration: Monday, September 26, 10 a.m.-7 p.m.
Location: SeaTac Community Center

To request an entry form or for more information, please call Marlon Olson, Recreation Supervisor at 206.973.4684 or email him at molson@ci.seatac.wa.us.

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.
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Holiday Closures

September 5.....	Labor Day
November 24-25.....	Thanksgiving Holiday
December 26.....	Christmas Day Observed

City of SeaTac

Mayor

Michael Siefkes

Acting City Manager

Joe Scorcio

Deputy Mayor

Pam Fernald

Parks & Recreation Director

Lawrence Ellis

Councilmembers

Rick Forschler
Kathryn Campbell
Peter Kwon
Tony Anderson
Erin Sitterley



Drop-In Fees & Activities SeaTac Community Center

Drop-In Activity Fees

Activity	Adult	Senior ¹
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 ²	\$4.50.....	\$2.50
Weight Room (monthly pass) ²	\$28.....	\$21
Shower only ³ (towels not provided).....	\$2.....	\$2

¹ Senior citizen must be at least 55 years old.

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

³ 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, Noon-3 p.m.
Pickleball.....	Th, 10 a.m.-3 p.m. T, 10 a.m.-1 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
Website	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
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

In ABC...123 preschool, we want to help your child in their development through exploration of play, socialization and education. 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, most 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.

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

3 & 4 Year Old Classes

Teach: Linsey Johnson

Location: SeaTac Community Center

<u>Day</u>	<u>Time</u>	<u>Tuition</u>
M/W	9:30 a.m.-12 p.m.	\$105/mo
T/Th	9:30 a.m.-12 p.m.	\$105/mo
T/Th	1-3:30 p.m.	\$105/mo

4 & 5 Year Old Classes

New 4 day class option at Valley Ridge

Teacher: Jackie Monahan

Location: Valley Ridge Community Center

<u>Day</u>	<u>Time</u>	<u>Tuition</u>
M/T/W/Th	9 a.m.-12 p.m.	\$245/mo

2 day class at SeaTac Community Center

Teacher: Linsey Johnson

Location: SeaTac Community Center

<u>Day</u>	<u>Time</u>	<u>Tuition</u>
M/W	1-4 p.m.	\$125/mo

New School Year Parent Meeting

For those of you enrolled in the fall ABC...123 Preschool program, we will have our annual parent meeting on Thursday, September 1st at the SeaTac Community Center. Parent meeting for 4 & 5 year old classes will be at 10 a.m. and for the 3 & 4 year old classes we will meet at 11 a.m. Childcare will be provided for the students so adults can talk.

www.seatacpreschool.com

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.

New!

Preschool Friday 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 4-5 years old on September 1, 2016. Specific themes, fees and schedules were not available at the time of this print but will be available at www.seatacpreschool.com. Or by calling us at 206.973.4680.

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) 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



Break Busters

No School Days

Schools out, but we are 'in'. Send your child to us for a great day of games and play. We want your child to have some fun so sign up early. Program will be cancelled if a minimum of 10 has not been met. Campers need to bring a sack lunch.

Location: Bow Lake Elementary School, SeaTac Activity Room

Date	Day	Time	Grades	Fee
Oct. 14	F	6 a.m.-6 p.m.	5-12	\$35*
Nov. 11	F	6 a.m.-6 p.m.	5-12	\$35*

* This is our early bird rate. Rate will increase by \$10 on October 7th and November 4th respectfully.

Conference Week

Nothing says 'Thanksgiving' like you sending your kids to us and we send them back happy and tired. Just like all of our great camps, days will be packed full of a variety of fun and crazy activities that your kids will love.

Location: Bow Lake Elementary School, SeaTac Activity Room

Date	Day	Time	Grades	Fee
Nov. 21 (only)	M	6 a.m.-6 p.m.	5-12	\$35*
Nov. 22 (only)	T	6 a.m.-6 p.m.	5-12	\$35*
Nov. 23 (only)	W	6 a.m.-6 p.m.	5-12	\$35*
Nov. 21-23	M-W	6 a.m.-6 p.m.	5-12	\$90*

* This is our early bird rate. Rate will increase by \$10 after Nov. 14th.

Winter Break Camp

Wow...where did 2016 go? We are not sure about that, but we are sure that there is no greater place to end 2016 than at our annual Winter Break Camp. 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 Monday, December 26.

Location: Bow Lake Elementary School, SeaTac Activity Room

Date	Day	Time	Ages	Fee
Dec. 19-23 (5)	M-F	6 a.m.-6 p.m.	5-12	\$135*
Dec. 27-30 (4)	T,W,Th,F	6 a.m.-6 p.m.	5-12	\$108*
Daily	M-F	6 a.m.-6 p.m.	5-12	\$35/day*

* This is our early bird rate. Rate will increase by \$10 after Dec. 12th.

\$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

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, Parkside and Seattle Christian.

Location: Bow Lake Elementary School, SeaTac Activity Room

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

¹ You choose the days.

² You choose the hours. (Closed during school hours.)

³ 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. These are early release days and perfect for a little dip in the pool.

Home School

Home School Gym Program For ages 1st-9th graders!

We are really excited to bring back our home school program for its 8th year! We play an assortment of fun and interactive gym games meant to teach basic group skills and to burn off as much energy as humanly possible. Drop in fee is \$5 per child or you can purchase a 10 visit punch card for \$40.

Location: SeaTac Community Center, Gymnasium

Instructors: Mr. Brian and Ms. Erin

Dates	Day	Time	Grades	Fee
Starts Oct. 4	T	1:30-2:30 p.m.	1-9	\$5/child \$40/10 visit pass ¹

¹ Ten visit pass may be used for any child.



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



Youth Soccer

SeaTac United Fall Youth Soccer Boys and Girls U6-U12

Ages 4-11 on July 31, 2016. (See age chart.)

SeaTac United offers a youth soccer program focused on the development of foot skills and team play dynamics. We will have traditional coach led practices and weekend games. This provides the consistent coach-player-team relationship fundamental to personal character growth in our young players. The program also features sessions led by our NSCAA professional coach, delivering a weekly Skills Academy to our players to address their need for the best possible skills training. He also provides coach training to our SeaTac United coaching staff. We feel this combination affords the optimal soccer and personal growth available.

U6-U10 will play league games, while the U12 will play academy style games. All of our U6-U10 games are small-sided, 4v4 (U6) or 5v5 (U8-U10), to increase the amount of touches on the ball and therefore improving our player's rate of learning. U12 games can vary in format from 5v5 to 11v11 in an effort to transition their mindset to the full-sided game.

All players must wear cleats, shin guards, black shorts and socks to each session. Wear the practice tee to practices and the game kit to games.

Practice Location: Valley Ridge, Field #1, 4644 S. 188th St.

Important Dates:

- **Aug. 10** - Registration Closes (Order uniforms by this date for free delivery to Orientation.)
- **Aug. 24** - Mandatory Orientation Meeting (Details TBD, uniform issue, team assignments)
- **Aug. 27** - Coach Training (Volunteer at SeaTacUnited.org)

Weekly Schedule:

Practice Date/Day/Time: Aug. 29-Oct. 26

Monday & Wednesday

U6 - 5:30-6:15 p.m.

U8 - 5:15-6:15 p.m.

U10 & U12 - 6:30-7:30 p.m.

Game Day/Location: Saturdays (Sept. 10-Oct. 29); Home games are at Valley Ridge Park, Field #1

Fee: \$79

How to Register:

1. Apply at SeaTacUnited.org
2. Pay at SeaTac Community Center, 206.973.4680
3. Buy uniform at SeaTacUnited.org (Required items are practice tee and game kit. Game kit includes game shirt, shorts & socks.)

Details may change. Please check the SeaTac United website for the latest information at www.SeaTacUnited.org. Also follow us on Facebook and @SeaTacU.

SeaTac Parks & Recreation Contact Information

Payment is made at SeaTac Community Center, 13735 24th Ave. S., SeaTac.

Phone: 206.973.4680

SeaTac United Contact Information

Website: www.SeaTacUnited.org

Email: info@SeaTacUnited.org

**Scholarship information available at:
SeaTacUnited.org**



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

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

Questions about online registration? 206.973.4680

New Teen Center at Valley Ridge begins it's first full school year!

Our Teen Center has been serving students from the Tye Educational Complex and Chinook Middle School since the spring of 2000. Last November we opened our new addition to the Valley Ridge Community Center that is designed just for teens. 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 Tye & Chinook)

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



Teen Programs

Annual Fall Lock-in

We are taking advantage again this year of a random no school day in October, with our 6th annual Teen Lock-In. We will start the night with an off-site field trip and then head back to the SeaTac Community Center for a night filled with food, video games, gym time, and crazy (but safe) fun. Minimum of 8 required by Friday, October 2nd.

Location: Drop off / Pickup at the SeaTac Community Center. Transportation home available within the Highline area for an additional \$5. Pre-registration is required.

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

Date	Days	Time	Grades	Fee
Oct. 13-14	Th-F	7 p.m.-7 a.m.	7-9	\$25

Winter Break Camp 2016

Nothing says December like our Winter Break Camp. The 2016 version is going to be epic! All the information you need to sign up is below. Minimum of 8 youth are required by Monday, December 12th.

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

Date	Days	Time	Grades	Fee
Dec. 19-23 ¹	M-F	7:30 a.m.-4 p.m.	7-9	\$80 ²
Dec. 27-30 ¹	T-F	7:30 a.m.-4 p.m.	7-9	\$64 ²
Daily ¹	M-F	7:30 a.m.-4 p.m.	7-9	\$30 ²

¹ No camp December 26th.

² Prices above are our early bird rate. Rates go up by \$10 after December 12th.

Extended care for Teen Winter Break Camp

Want a little extra care for your teen camper? This option will be held at Bow Lake Elementary, in conjunction with our Youth Winter Break Camp. Teens must sign up for the entire week and must follow youth camp policies while on site (sorry, no phones or electronics).

Date	Days	Time	Grades	Fee
Dec. 19-23	M-F	6-7:30 a.m.	7-9	\$25
Dec. 19-23	M-F	4-6 p.m.	7-9	\$25
Dec. 27-30	T-F	6-7:30 a.m.	7-9	\$20
Dec. 27-30	T-F	4-6 p.m.	7-9	\$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 starting in September from 5:00-7:00pm and is \$6 per event. Food or Snacks provided at each event.

Date	Location	Theme
Sept. 9	Angle Lake Park	Picnic & Potluck
Oct. 14	Hi-Line Lanes	Bowling
Nov. 18	Tukwila Comm. Center	Game Night & make your own dinner
Dec. 9	Hi-Line Lanes	Bowling
Jan. 13	SeaTac Comm. Center	Exercise Class & Social
Feb. 10	Hi-Line Lanes	Bowling
Mar. 10	Burien	Burien Art
Apr. 14	Hi-Line Lanes	Bowling
May 5	Tukwila Comm. Center	Dance & Potluck
June 9	Hi-Line Lanes	Bowling

Other Classes Available to Teens

Check specific class info for age requirements.

Total Body Fitness, Belly Dancing, Zumba	Page 9
Karate, Archery, Fencing, Rapier Sword	Page 10
Yoga, 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.



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



SATISFACTION GUARANTEED

See our policy on page 18.

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
Sept. 6-Dec. 29 (33)	T/Th	5:30-6:30 p.m.	16+	\$99
Sept. 6-29 (8)	T/Th	5:30-6:30 p.m.	16+	\$36
Oct. 4-27 (8)	T/Th	5:30-6:30 p.m.	16+	\$36
Nov. 1-Dec. 1 (9)*	T/Th	5:30-6:30 p.m.	16+	\$40.50
Dec. 6-29 (8)	T/Th	5:30-6:30 p.m.	16+	\$36

*No class November 24, Thanksgiving Day.

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
Sept. 7-Dec. 21 (32) ¹	M/W	16+ 5:45-6:45 p.m.		\$96
Sept. 7-28 (7)	M/W	16+ 5:45-6:45 p.m.		\$31.50
Oct. 3-26 (8)	M/W	16+ 5:45-6:45 p.m.		\$36
Oct. 31-Nov. 30 (10)	M/W	16+ 5:45-6:45 p.m.		\$45
Dec. 5-21 (7) ¹	M/W	16+ 5:45-6:45 p.m.		\$31.50

¹No class December 26 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.

Dates (Classes)	Day	Time	Age	Fee
Sept. 6-Dec. 29 ¹ (65)	M-Th	See Below ²	16+	\$156

¹No class November 24 or December 26 due to holiday closures.

²Total 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
Sept. 12-Dec. 19 (15)*	M	6:30-8 p.m.	15+	\$60
Sept. 12-26 (3)	M	6:30-8 p.m.	15+	\$15
Oct. 3-31 (5)	M	6:30-8 p.m.	15+	\$25
Nov. 7-28 (4)	M	6:30-8 p.m.	15+	\$20
Dec. 5-29 (5)	M	6:30-8 p.m.	15+	\$15

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
Sept. 7-Dec. 28 (17)	W	6:30-8 p.m.	15+	\$68
Sept. 7-28 (4)	W	6:30-8 p.m.	15+	\$20
Oct. 5-26 (4)	W	6:30-8 p.m.	15+	\$20
Nov. 2-30 (5)	W	6:30-8 p.m.	15+	\$25
Dec. 7-28 (4)	W	6:30-8 p.m.	15+	\$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

Dates (Classes)	Day	Time	Ages	Fee
Sept. 3-Dec. 17 (15)	Sa	10:15-11:15 a.m.	15+	\$60
Sept. 3-24 (4)	Sa	10:15-11:15 a.m.	15+	\$20
Oct. 1-29 (5)	Sa	10:15-11:15 a.m.	15+	\$25
Nov. 12-26 (3)	Sa	10:15-11:15 a.m.	15+	\$15
Dec. 3-17 (3)	Sa	10:15-11:15 a.m.	15+	\$15

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

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
Sept. 6-Oct. 27	T/Th	6:15-7 p.m.	8+	\$60
Nov. 1-Dec. 29	T/Th	6:15-7 p.m.	8+	\$60

Continuing Second Class

Dates	Day	Time	Ages	Fee
Sept. 6-29	T/Th	7-7:45 p.m.	8+	\$30
Oct. 4-27	T/Th	7-7:45 p.m.	8+	\$30
Nov. 1-Dec. 1	T/Th	7-7:45 p.m.	8+	\$30
Dec. 6-29	T/Th	7-7:45 p.m.	8+	\$30

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
Sept. 8-Dec. 29 (17)	Th	7-9:15 p.m.	18+	\$85
Sept. 8-29 (4)	Th	7-9:15 p.m.	18+	\$26
Oct. 6-27 (4)	Th	7-9:15 p.m.	18+	\$26
Nov. 3-17 (3)	Th	7-9:15 p.m.	18+	\$19.50
Dec. 1-29 (5)	Th	7-9:15 p.m.	18+	\$32.50

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
Sept. 7-28 (4)	W	5-7 p.m.	10+	\$50
Oct. 5-26 (4)	W	5-7 p.m.	10+	\$50
Nov. 2-30 (5)	W	5-7 p.m.	10+	\$60
Dec. 7-28 (4)	W	5-7 p.m.	10+	\$50

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
Sept. 7-Dec. 28	W	7-9 p.m.	10+	\$50

SATISFACTION GUARANTEED

See our policy on page 18.

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.

Instructor: Sandra Gomez

Location: SeaTac Community Center

Dates	Day	Time	Ages	Fee
Sept. 3-Dec. 17	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

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
Sept.-Dec. (16)	W	TBD	6+	\$320

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.

Fitness/Class Drop In Schedule

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Classes Available for Drop In						
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.			
Yoga						8:30-10 a.m.
Archery				7-9:15 p.m.		
Fencing			5-7 p.m.			
Rapier Sword Combat			7-9 p.m.			
Belly Dance (Beginner)	6:30-8 p.m.					
Belly Dancer (Intermediate)			6:30-8 p.m.			
Rak Shakti Core & More					10:15-11:15 a.m.	
Karate (Beginners)		6:15-7 p.m.		6:15-7 p.m.		
Karate (Continuing)		7-8 p.m.		7-8 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.-5 p.m.	10 a.m.-4 p.m.
SeaTac Community Center, Gym - Drop In						
Badminton	7-9:15 p.m.					Noon-4 p.m.
Pickleball	10 a.m.-3 p.m.	9 a.m.-1 p.m.	10 a.m.-3 p.m.	9 a.m.-3 p.m.		
Basketball	Please call 206.973.4680 to check availability.					

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) 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.

Bunko2nd & 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 GroupTuesdays • 9 a.m.

Cribbage & Coffee Fridays • 9:30 a.m.

Mah Jongg.....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?

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
Sept. 8	Th	9 a.m.-4:30 p.m.	55+	\$15/\$20 ¹
Nov. 10	Th	9 a.m.-4:30 p.m.	55+	\$15/\$20 ¹

¹Fee 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
Sept. 12-Oct. 21(17)	8:45-9:45 a.m.	55+	\$51
Oct. 31-Dec. 9 (16)	8:45-9:45 a.m.	55+	\$48

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.

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.

Free Wi-Fi

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.

Senior Program



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

Eat Better, Feel Better: Nutrition and the Digestive System

As we age, our digestion and absorption of certain nutrients can change. Learn about the mechanisms and steps within the digestive process. Ways to increase the body's absorption of certain nutrients and how to improve overall gastrointestinal health and digestion will be discussed.

Presented by: Katherine Figel, RD, CD, from Pacific Medical Centers and Living Well Alliance

Location: SeaTac Community Center

Date	Day	Time	Age	Fee
Sept. 21	W	12:30 p.m.	55+	Free

Unbiased Medicare Information

Come and get a free unbiased education and advice from SHIBA, the Statewide Health Insurance Benefits Advisor. The workshop will help you better understand your health care options and rights, find affordable health care coverage, and evaluate and compare health insurance plans. SHIBA is a service of the Washington State Office of the Insurance Commissioner.

Location: SeaTac Community Center

Date	Day	Time	Age	Fee
Oct. 19	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: Sept. 15, Oct. 20, Nov. 17, Dec. 15

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:

- Sept. 1, Oct. 6, Nov. 3 and Dec. 1

Holiday Bazaar Vendor Sign Ups Now Open!

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

	Date	Day	Time	Age	Fee
Space only	Nov. 5	Sa	9-3 p.m.	All	\$30*
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.

Aquatic Opportunities

One of the best places to exercise is in the water. 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

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

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.

METRO: Transportation Options and Training plus ORCA TO GO

King County Metro will be here to talk about the different transportation options that are available. Participants will learn how to independently travel to destinations of their choice. There will also be an opportunity to work with the METRO staff and actually plan and take a future group trip.

ORCA TO GO will also be here for seniors and people with disabilities wishing to get an ORCA card. ORCA TO GO agents can take care of ORCA card transactions including adding E-purse value to new and existing passes. VISA, MasterCard and cash are accepted. Agents will take photos as part of applying for Regional Reduced ORCA card for people with disabilities and Medicare cardholders. People over age 65 can receive senior Regional Reduced ORCA cards.

<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Age</u>	<u>Fee</u>
Sept. 7	W	12:30 p.m.	55+	Free

Foot Reflexology

Lita Artis, massage therapist, returns for this informative talk on foot reflexology.

Reflexology is an alternative medicine involving application of pressure to the feet and hands with specific thumb, finger, and hand techniques without the use of oil or lotion. It is based on a system of zones and reflex areas that purportedly reflect an image of the body on the feet and hands, with the premise that such work effects a physical change to the body.

<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Age</u>	<u>Fee</u>
Sept. 14	W	12:30 p.m.	55+	Free

Medicare

We will host two Medicare workshops this fall. One is focused on individuals new to Medicare or soon to be on Medicare with a segment also on open enrollment for existing Medicare participants. This will be on October 5th. See description below. The second class will focus on decisions regarding the annual open enrollment and will take place on October 19th. See Comfort Keepers class listed on page 14 titled "Unbiased Medicare Information."

Welcome to Medicare

This is a great introduction to Medicare for those soon to be turning 65. The class will cover

- Medicare A, B, C and D.
- Help you understand your Medicare benefits and options.
- Help paying for Medicare if you qualify.

The workshop is presented by SHIBA – Statewide Health Insurance Benefits Advisors- and offers free, unbiased help and information. For existing Medicare participants, open enrollment questions will also be discussed. Open enrollment is from October 15-December 7.

<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Age</u>	<u>Fee</u>
Oct. 5	W	12:30-2 p.m.	Open	Free

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, August 9 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, August 10th.**
- 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 be 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!

Senior Trips

La Conner

It is time for a visit to the quaint little town of La Conner. Upon arrival, there will be a tour of the Skagit County Historical Museum. You will then have free time to explore the many shops, galleries and dining establishments in downtown La Conner. The trip would not be complete without a stop at the famous Snow Goose Produce Stand just outside of town for some healthy fruits and veggies or a decadent ice cream treat. Fee includes transportation and admission to the museum. Lunch is on your own. Please note, we will be returning to the Senior Program at 5:30 p.m.

<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Ages</u>	<u>Fee</u>
Sept. 19	M	8 a.m.	55+	\$15

St. Demetrios Greek Festival in Montlake

Homemade Greek Treats await you. From lamb to calamari and loukoumathes to baklava, all freshly prepared and served under a large outdoor tent. While you eat, enjoy live Greek music with Taki and the Mad Greeks or dancing from St. Demetrios' award-winning Greek dance groups. The great shopping opportunities, Greek wine tasting and docent-led church tours, make this festival a full day of fun! It is best to bring cash to this event. A three course lunch of chicken or salmon (approximately \$18) is available. Other choices include the many a la carte items starting around \$5 to \$7. You must have cash to purchase tokens for all the a la carte items. Cash or credit card is taken for the three course lunch. Fee includes transportation only. Lunch is on your own.

<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Ages</u>	<u>Fee</u>
Oct. 7	F	10:30 a.m.	55+	\$8

Fall Foliage Tour to Leavenworth

A leisurely motor coach ride over Stevens pass will take us to everyone's favorite Bavarian Village - Leavenworth. Stops include the Upper Valley Museum as well as the lovely downtown area where you can explore the many shops and eateries. After a mid-afternoon departure, you can enjoy the seasonal colors of Blewett Pass and surrounding Kittitas Valley. We will stop in Cle Elum for about an hour to check out Owen's Meats, Cle Elum Bakery and maybe an ice cream treat. Scenic viewing continues as we head back on Snoqualmie Pass with a scheduled return at 6 p.m. Fee includes motor coach transportation and admission to the museum. Lunch is on your own. There is a lot of walking on this trip.

<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Ages</u>	<u>Fee</u>
Oct. 17	M	7:30 a.m.	55+	\$35

Lakewold Gardens...Beautiful Tables... and a Lovely Lunch

This day is a step back in time and promises to be leisurely, elegant and inspiring! In its 18th year, Lakewold Garden's Beautiful Table Showcase is a new trip for us. The Wagner House will be filled with more than 30 themed "beautiful" table settings. Be sure to keep track of your favorite setting, as you will be able to vote for it. Afterwards we will have a guided tour of the grounds and garden. The next destination is lunch at the Olive Branch Café in Tacoma. Fee includes all admissions to Lakewold Garden and transportation. Lunch is on your own. There is a lot of walking and standing on this trip.

<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Ages</u>	<u>Fee</u>
Oct. 20	Th	9:15 a.m.	55+	\$22

Holiday Lights at the Garden D'Lights in Bellevue

A mid-afternoon departure for Bellevue will put us at the food court at the Crossroads Mall for an early dinner. After bundling up with coats, hats, gloves and scarves, we will venture out to the Garden D'Lights. Over ½ million lights help transform the Bellevue Botanical Garden into a blossoming winter wonderland. There will be a lot of walking on this trip on different surfaces and terrain. This trip is also weather dependent. Fee includes transportation only. Admission to the D'Lights is free. Dinner is on your own.

<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Ages</u>	<u>Fee</u>
Dec. 5	M	2 p.m.	55+	\$7

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 is 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.

Cultural Corner

The Queen of Bingo... A night of fun and games!

This CENTERSTAGE! production in Federal Way promises to be lots of fun. In the tradition of the hilarious sketches from the Carol Burnett show, The Queen of Bingo explores family ties, diet crazes, widowhood and winning - with a surprising twist!

Date	Day	Time	Age	Fee
Oct. 9	Su	12:45 p.m.	55+	\$30

Sister's Back to School Catechism: The Holy Ghost and Other Terrifying Tales

Tacoma's Broadway Center for the Performing Arts presents this Late Nite Catechism installment at the Theatre on the Square. Sister is preparing her classroom for the tricks and treats of a long year of Catechism. Be prepared for another hysterical lesson as Sister explores the Church's take on all the familiar Halloween tales of Ghosts and Goblins. Full of Sister's signature class participation, there will be hands on experience on how to build an appropriate Halloween costume. An uproarious theater piece, hilariously packed with audience participation, there has never been a more fun classroom! Fee includes ticket and transportation. (This trip is now open for registration.)

Date	Day	Time	Age	Fee
Oct. 29	Sa	1:30 p.m.	55+	\$35

Vienna Boys Choir

Presented by Tacoma's Broadway Center for the Performing Arts, the Vienna Boys Choir will perform at the Pantages Theatre. The choir has been thrilling audiences for more than five hundred years. The Vienna Boys Choir delights music lovers with its purity of tone, distinctive charm, and crowd-pleasing repertoire. Dressed in their trademark sailor suits and shiny black shoes, they perform Austrian folk songs, classical masterpieces, and beloved pop songs. Today, there are one hundred choristers from thirty different nations between the ages of ten and fourteen years old on tour.

Date	Day	Time	Age	Fee
Nov. 13	Su	1:30 p.m.	55+	\$42

Seattle Men's Chorus

This will be our first visit to the Rialto Theatre for a concert of heartfelt holiday magic sprinkled with a festive pinch of humor! There are presents under our tree for everyone: beloved carols, soaring holiday classics, and the antics you expect from the Seattle Men's Chorus.

Date	Day	Time	Age	Fee
Dec. 10	Sa	1:30 p.m.	55+	\$43

Casino Trips

Tulalip Casino

Travel to the Tulalip Casino in their bus 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
Sept. 26	M	9 a.m.	55+	\$8

Lucky Eagle Casino

Head to Rochester on a 40 seat motor coach for a day of fun at the Lucky Eagle. The casino has over 1,000 slot machines, many table games, a non-smoking section and Keno. You can enjoy lunch at the buffet or deli. Fee includes transportation only.

Date	Day	Time	Age	Fee
Oct. 11	T	8:30 a.m.	55+	\$8

Red Wind Casino

All aboard the motor coach for a ride to Nisqually Red Wind Casino. The casino 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. Fee includes transportation only.

Date	Day	Time	Age	Fee
Nov. 14	M	8:30 a.m.	55+	\$8

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

Holiday Bazaar

Saturday, November 5 • 9:00 a.m.-3:00 p.m.

Mark your calendars for the Senior Program's annual community event featuring:

80 Vendors • Gift Baskets • Crafts
Raffles • Candy Cane Café

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) 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 inquiries 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.



Holiday Bazaar

Saturday, November 5 • 9:00 a.m.-3:00 p.m.

Mark your calendars for the Senior Program's annual community event featuring:

80 Vendors • Gift Baskets • Crafts • Raffles • Candy Cane Café

For more information, please call 206.973.4690. The Senior Program is located at the SeaTac Community Center, 13735 24th Ave. S., SeaTac, 98168.

Tree Lighting and Festive Fun

Thursday, December 1 • 5:30-8:00 p.m.

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

5-6:15 p.m. ~ Holiday crafts for kids

5:30 p.m. ~ Take your child's picture with Santa

5:30 p.m. ~ Festive Entertainment

7:00 p.m. ~ Lighting of the Christmas Tree

Refreshments



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COMMUNITY GARDEN COMING SOON

City of SeaTac first community garden is scheduled to open the spring of 2017 at North SeaTac Park, near adjacent to the Botanical and Japanese gardens. The community garden will have small garden plots available to SeaTac residents for rent (April-October). Plants grown on the rented plots are for their personal use, donations or to share with others.

ELIGIBILITY

- Plot holder must be at least 18 years of age
- City of SeaTac residents have priority in receiving a plot. Non-residents may apply and be assigned a plot if there are plots available. Residency will be confirmed by a valid State of Washington driver's license and utility bill.
- Plots are offered to the waitlist in chronological order
- A maximum of 2 plots can be assigned to a household if all other eligible gardeners have received a plot.

REGISTRATION

- Registration will open Monday, January 2, 2017.
- You may register online or at the SeaTac Community Center.
- Registration fee is \$40 per year.

INFORMATION

For additional information, please visit www.ci.seatac.wa.us/community_garden.

