

Parks, Community Programs & Services 2017 Winter Activities Guide

Where the Fun Begins!



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

Tree Lighting & Festive Fun



Thursday, December 1 • 5:00 p.m.

SeaTac Community Center

13735 24th Ave. S., SeaTac

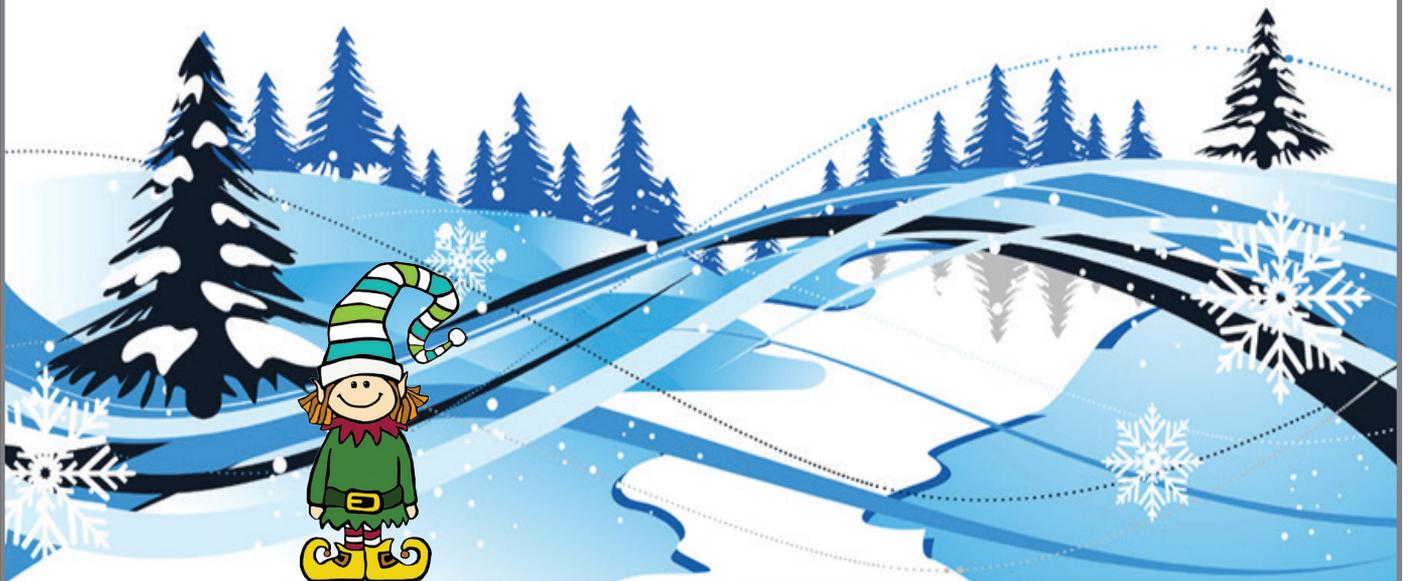
Holiday Crafts for Kids ~ 5:00-6:15 p.m.

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

Festive Entertainment ~ 5:30 p.m.

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

Refreshments



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, Community Programs & Services	www.ci.seatac.wa.us/parks

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

December 26.....	Christmas Day Observed
January 2.....	New Year's Day Observed
January 16.....	Martin Luther King Jr. Day
February 20.....	President's Day

City of SeaTac

Mayor
Michael Siefkes

Acting City Manager
Joe Scorcio

Deputy Mayor
Pam Fernald

**Parks, Community Programs &
Services Director**
Lawrence Ellis

Councilmembers
Rick Forschler
Kathryn Campbell
Peter Kwon
Tony Anderson
Erin Sitterley



Drop-In Fees & Activities SeaTac Community Center

New fees effective January 1, 2017.

Drop-In Activity Fees

Activity	Adult	Senior ¹
Archery.....	\$8.....	\$8
Open Badminton (Weekdays).....	\$3.50.....	\$2.50
Open Badminton (Saturdays).....	\$4.50.....	\$4.50
Open Basketball.....	\$3.50.....	\$2.50
Open Pickleball.....	\$3.50.....	\$2.50
Indoor Flying.....	\$3.50.....	\$2.50

	Resident ¹	Non Res	Senior ²
Adult Class Drop-In (when available).....	\$6.....	\$8.....	\$6
Weight Room ³	\$5.....	\$6.....	\$2.50
Weight Room (monthly pass) ³	\$25.....	\$30.....	\$21
Shower only ⁴ (towels not provided).....	\$3.....	\$3.....	\$3

¹ Resident of SeaTac.

² Senior citizen must be at least 55 years old.

³ Participants for the weight/cardiovascular room must be at least 16 years of age.

⁴ 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.....	T, 10 a.m.-1 p.m.
.....	Th, 10 a.m.-3 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	ci.seatac.wa.us/sportfields

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	www.ci.seatac.wa.us/facilityrentals

SeaTac Community Center

(Banquet Room, Gymnasium, Multi-Purpose Rooms)

Valley Ridge Community Center

(Multi-Purpose Room with Kitchen)

Angle Lake Park (Picnic Shelters, Stage)

North SeaTac Park (Picnic Shelter)

ABC...123 Preschool

Registration for Fall 2017 opens March 15, 2017. Sign up early to ensure your spot for the 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. Then from there we focus on preparing our 4 and 5 year olds for Kindergarten. Kids are welcome to join at any level or with any amount of experience. Our preschool is a great place to introduce your child to a classroom setting and get them ready for school. They will make friends, learn how to function within a classroom, and learn some things they will need to know entering kindergarten.

\$50 school year registration fee for all preschool students. Covers entire school year.

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

For more information or to download registration paperwork, check us out at www.seatacpreschool.com.

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

3 & 4 Year Old Classes

Teacher: Linsey Harris

Location: SeaTac Community Center

Day	Time	Tuition
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: Cerise Paone

Location: Valley Ridge Community Center

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

2 day class at SeaTac Community Center

Teacher: Linsey Harris

Location: SeaTac Community Center

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

Save the Date: Both preschool locations will be having an open house for families interested in Fall 2017 preschool. Come and meet the teachers and ask your questions. Time for both meetings is 5:30-7 p.m.

4 & 5 Year Olds – March 8, Valley Ridge Community Center

3 & 4 Year Olds – March 9, SeaTac Community Center

www.seatacpreschool.com

Enrichment Fridays

Want a supplemental day for your Preschooler? You can add an extra day and they can explore fun topics and gain valuable experiences with Teacher Cerise. She has great ideas and can't wait to explore with your little one. The focus is Kindergarten readiness preparations that focus on academic and social development.

Teacher: Cerise Paone

Location: SeaTac Community Center

Session Topics:

January ~ Dinosaurs - Science

February ~ Stories - Literacy and Language Development

March ~ Arts and Crafts - Fine Motor

April ~ Building and Construction - Math/Manipulative

May ~ Summer Fun and Kindergarten Readiness

Date (Classes)	Day	Time	Ages	Fee
Jan. 6-27 (4)	F	9 a.m.-12 p.m.	4-5	\$60/mo
Feb. 3-24 (4)	F	9 a.m.-12 p.m.	4-5	\$60/mo
Mar. 3-31 (4)*	F	9 a.m.-12 p.m.	4-5	\$60/mo
Apr. 14-28 (3)	F	9 a.m.-12 p.m.	4-5	\$45/mo
May 5-26 (4)	F	9 a.m.-12 p.m.	4-5	\$60/mo

*No class March 10.

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, Community Programs & Services 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

Photos of Participants

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

SATISFACTION GUARANTEED

See our policy on page 18.

Break Busters

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

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

Mid Winter Break

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

Location: Bow Lake Elementary School, SeaTac Activity Room

Date (Days)	Day	Time	Grades	Fee
Feb. 20-21 (2)	M/T	6 a.m.-6 p.m.	K-6	\$60*
Feb. 20 (1)	M	6 a.m.-6 p.m.	K-6	\$35*
Feb. 21 (1)	T	6 a.m.-6 p.m.	K-6	\$35*

* This is our early bird rate. Rate will increase by \$10 after February 13.

No School Days

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

Location: Bow Lake Elementary School, SeaTac Activity Room

Date (Days)	Day	Time	Grades	Fee
Mar. 10 (1)	F	6 a.m.-6 p.m.	K-6	\$35*

* This is our early bird rate. Rate will increase by \$10 after March 3.

Spring Break Camp

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

Location: Bow Lake Elementary School, SeaTac Activity Room

Date (Days)	Day	Time	Grades	Fee
April 3-7	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*

* This is our early bird rate. Rate will increase by \$10 after March 27th.

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 and Parkside.

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 the kids to the Matt Griffin YMCA on the first Friday of most months. Space is limited and sign-ups begin the Monday prior to the swim date. We also will go most Fridays through the year when there is no school.

\$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 Parks, Community Programs & Services at 206.973.4680 for more information.

Home School

Home School Gym Program For ages 6-16 years!

It's winter and it's cold outside. There is no better place to be than with us every Tuesday. Each week will be packed full of high energy games and competitions. This popular program is a great break for hard working home school parents. Drop in fee is \$5 per child or you can purchase a 10 visit punch card for \$40.

Location: SeaTac Community Center, Gymnasium

Instructors: Mr. Jacob and Ms. Reyna

Dates	Day	Time	Ages	Fee
Ongoing	T	1:30-2:30 p.m.	6-16	\$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 - Winter Futsal Soccer, only better!



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

Futsal sessions will last for 1 hour including skills instruction and plenty of game play. The classes are for boys and girls.

Players shall arrive on time with non-marking athletic shoes (no cleats), water, soccer socks and shin guards.

Instructor: SeaTac United

Location: Chinook Middle School, Gym (locations may vary)

Key Dates:

- **Jan. 4** - Registration Closes (Limited spots - may close earlier. Order uniforms by this date.)
- **Jan. 18** - Parent Orientation Meeting, Chinook Middle School Cafeteria. Times: U6 - 5:00 p.m., U8 - 5:30 p.m., U10 - 6:00 p.m., U12 - 6:30 p.m.
- **Jan. 23** - U6 and U8 first practice
- **Jan. 25** - U10 and U12 first practice
- **Mar. 3** - Season ends

Weekly Schedule:

Practices (6): January 23-March 3¹
 U6 - Mondays, 5:30 p.m.²
 U8 - Mondays, 6:30 p.m.²
 U10 - Wednesday, 5:30 p.m.²
 U12 - Wednesday, 6:30 p.m.²

¹ No practice Monday, February 20 due to holiday.

² Players arrive 15 minutes prior to practice starting.

Games (6): U6 - Friday, 5:20 p.m.
 U8 - Friday, 6:00 p.m.
 U10 - Friday, 6:40 p.m.
 U12 - Friday, 7:20 p.m.

Fee: \$45 (Scholarships available at seatacunited.org)

How to Register:

Apply at SeaTacUnited.org or call the SeaTac Community Center, 206.973.4680.

Uniform: SeaTac United Practice Tee - If you need one order on the Sea Tac United website by January 4.

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

Parks, Community Programs & Services - 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

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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

Teen Center at Valley Ridge

It has been one year since we opened our new addition and it is busy! The Teen Center is located at Valley Ridge Park. We have been serving teens since 2000 at this location. Also this year, we are now open Monday-Friday. The Teen Center has something for everyone. Meet with friends, play some Playstation 4 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 Community Center (Next to Tye & Chinook.)

Dates	Days	Time	Grades	Fee
Through school year	M-Th	2-5 p.m.	7-12	Free
Through school year	F	1-3 p.m.	7-12	Free

Teen Winter Break Camp 2016

You thought Summer Teen Camp was amazing? Well you haven't seen anything yet as we gear up for Winter Break Camp 2016. Space is limited and scholarship funds may be available to qualified SeaTac residents.

Location: Drop off/Pickup at Valley Ridge unless signed up for extended care. After Camp pick up will be at Valley Ridge Community Center or the SeaTac Community Center.

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

* Prices above are our early bird rate. Rates go up by \$10 after December 12th. The daily rate of \$30 is not subject to the early bird rate.

Extended Care for Teen Winter Break Camp

Do you need to drop your student off before 7:30 a.m. or pick them up after 4 p.m.? Again this year, we are offering extended care through our youth camp at Bow Lake Elementary. Drop them off early and our teen staff will pick them up and bring them to Teen Camp by 7:30 a.m. Or we will take them over to Bow Lake after teen camp, where they can hang out until 6 p.m.

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

Teen Spring Break Camp 2017

Open to 6th graders too!

Can't wait for summer? Rainy fall, followed by a cold winter got you down? Here is the answer. Spring is here and we are ready to bring in the camp season. Minimum of 8 youth required by Monday, March 27th.

Location: Drop off/Pickup at Valley Ridge unless signed up for extended care. After Camp pick up will be at Valley Ridge Community Center or the SeaTac Community Center.

Dates	Days	Time	Grades	Fee
Apr. 3-7	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

* Prices above are our early bird rate. Rates go up by \$10 after March 27th. The daily rate of \$30 is not subject to the early bird rate.

Summer Teen Camp 2017

Summer Teen Camp (for kids entering 7th-9th grade in fall of 2017) is back and better than ever. Registration opens April 1. Check back then for details on our trips and activities.

Young Adult Socials

The City of SeaTac, in collaboration with the local cities of Burien and Tukwila 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. and is \$6 per event. *Please note: Bowling at Highline Lanes is from 5:00-6:30 p.m. Food or snacks provided at each event.

Date	Location	Theme
Jan. 13	Valley Ridge Comm. Ctr.	Game Night
Feb. 10	Hi-Line Lanes*	Bowling
Mar. 10	Burien Art	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, ZumbaPage 9
- Karate, Archery, Fencing, Rapier SwordPage 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 Parks, Community Programs & Services at 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.

Gym Schedule

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

Effective through April 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 a.m.						Closed (Available for Rentals)	Private Rental 8 a.m.-5 p.m.
8:45 a.m.	Seniors Working Out 8:45-9:45 a.m.		Seniors Working Out 8:45-9:45 a.m.		Seniors Working Out 8:45-9:45 a.m.		
9:00 a.m.							
9:30 a.m.							
9:45 a.m.		Pickleball 9 a.m.- 1 p.m. \$3.75 - adults \$2.75 - seniors		Pickleball 9 a.m.-3 p.m. \$3.75 - adults \$2.75 - seniors		Private Gym Rental 10 a.m.-Noon	
10:00 a.m.							
10:30 a.m.							
11:00 a.m.							
11:30 a.m.							
Noon		Home School (grades 1-9) 1:30-2:30 p.m. \$5 drop in					
12:15 p.m.							
12:30 p.m.							
1:00 p.m.							
1:30 p.m.							
2:00 p.m.							
2:30 p.m.							
3:00 p.m.							
3:30 p.m.	Available for Rentals	Available for Rentals	Available for Rentals	Available for Rentals	Available for Rentals		
4:00 p.m.							
4:30 p.m.							
5:00 p.m.						Closed (Available for Rentals)	Closed (Available for Rentals)
5:30 p.m.	Zumba 5:45-6:45 p.m.	Total Body Fitness 5:30-6:30 p.m.	Zumba 5:45-6:45 p.m.	Total Body Fitness 5:30-6:30 p.m.			
5:45 p.m.							
6:00 p.m.					Closed (Available for Rentals)		
6:30 p.m.							
6:45 p.m.							
7:00 p.m.	Badminton 7-9:15 p.m. \$3.50 - adults \$2.50 - seniors	Private Rental	Private Rental	Archery 6:45-9:15 p.m.			
7:30 p.m.							
8:00 p.m.							
8:30 p.m.							
9:00 p.m.							

Gym schedule is subject to change. Please call 206.973.4680 to confirm activity.

Retail sales tax will be added to applicable recreation programs including drop in activities.

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
Jan. 3-Apr. 27 (34)	T/Th	5:30-6:30 p.m.	16+	\$102
Jan. 3-26 (8)	T/Th	5:30-6:30 p.m.	16+	\$36
Jan. 31-Mar. 2 (10)	T/Th	5:30-6:30 p.m.	16+	\$45
Mar. 7-30 (8)	T/Th	5:30-6:30 p.m.	16+	\$36
Apr. 4-27 (8)	T/Th	5:30-6:30 p.m.	16+	\$36

Zumba®

~ Ditch the workout... join the party!

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

Instructor: Lynne Deines

Location: SeaTac Community Center, Gym

Dates (Classes)	Day	Time	Ages	Fee
Jan. 4-Apr. 26 (31)*	M/W	5:45-6:45 p.m.	16+	\$93
Jan. 4-25 (6)*	M/W	5:45-6:45 p.m.	16+	\$27
Jan. 30-Mar. 1 (9)*	M/W	5:45-6:45 p.m.	16+	\$40.50
Mar. 6-29 (8)	M/W	5:45-6:45 p.m.	16+	\$36
Apr. 3-26 (8)	M/W	5:45-6:45 p.m.	16+	\$36

**No class January 16 or February 20 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
Jan 3-Apr. 27 (65) ¹	M-Th	See below ²	16+	\$156

¹No class January 16 or February 20 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, Community Programs & Services 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
Jan. 9-Apr. 24 (14)*	M	6:30-8 p.m.	15+	\$56
Jan. 9-30 (3)*	M	6:30-8 p.m.	15+	\$15
Feb. 6-27 (3)*	M	6:30-8 p.m.	15+	\$15
Mar. 6-27 (4)	M	6:30-8 p.m.	15+	\$20
Apr. 3-24 (4)	M	6:30-8 p.m.	15+	\$20

**No class January 16 or February 20 due to holiday closures.*

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
Jan. 4-Apr. 26 (17)	W	6:30-8:00 p.m.	15+	\$68
Jan. 4-25 (4)	W	6:30-8 p.m.	15+	\$20
Feb. 1-22 (4)	W	6:30-8 p.m.	15+	\$20
Mar. 1-29 (5)	W	6:30-8 p.m.	15+	\$25
Apr. 5-26 (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
Jan. 7-Apr. 29 (17)	Sa	10:15-11:15 a.m.	15+	\$68
Jan. 7-28 (4)	Sa	10:15-11:15 a.m.	15+	\$20
Feb. 4-25 (4)	Sa	10:15-11:15 a.m.	15+	\$20
Mar. 4-25 (4)	Sa	10:15-11:15 a.m.	15+	\$20
Apr. 1-29 (5)	Sa	10:15-11:15 a.m.	15+	\$25

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

<u>Dates</u>	<u>Day</u>	<u>Time</u>	<u>Ages</u>	<u>Fee</u>
Jan. 3-Feb. 28	T/Th	6:15-7 p.m.	8+	\$60
Mar. 2-Apr. 27	T/Th	6:15-7 p.m.	8+	\$60

Continuing Second Class

<u>Dates</u>	<u>Day</u>	<u>Time</u>	<u>Ages</u>	<u>Fee</u>
Jan. 3-31	T/Th	7-7:45 p.m.	8+	\$30
Feb. 2-28	T/Th	7-7:45 p.m.	8+	\$30
Mar. 2-30	T/Th	7-7:45 p.m.	8+	\$30
Apr. 4-27	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

<u>Dates (Classes)</u>	<u>Day</u>	<u>Time</u>	<u>Ages</u>	<u>Fee</u>
Jan. 5-Apr. 27 (17)	Th	7-9:15 p.m.	15+	\$85
Jan. 5-26 (4)	Th	7-9:15 p.m.	15+	\$26
Feb. 2-23 (4)	Th	7-9:15 p.m.	15+	\$26
Mar. 2-30 (5)	Th	7-9:15 p.m.	15+	\$32.50
Apr. 6-27 (4)	Th	7-9:15 p.m.	15+	\$26

Drop in Archery

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

Fencing

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

Instructor: Kathleen Retz

Location: SeaTac Community Center, Room 105

<u>Dates (Classes)</u>	<u>Day</u>	<u>Time</u>	<u>Ages</u>	<u>Fee</u>
Jan. 9-30 (3)*	M	5-7 p.m.	10+	\$40
Feb. 6-27 (3)*	M	5-7 p.m.	10+	\$40
Mar. 6-27 (4)	M	5-7 p.m.	10+	\$50
Apr. 3-24 (4)	M	5-7 p.m.	10+	\$50

*No class January 16 or February 20 due to holiday closures.

Rapier Sword Combat

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

Instructor: Jason Prendergast

Location: SeaTac Community Center, Room 105

<u>Dates (Classes)</u>	<u>Day</u>	<u>Time</u>	<u>Ages</u>	<u>Fee</u>
Jan. 7-Apr. 26 (17)	W	7-9 p.m.	12+	\$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

<u>Dates</u>	<u>Day</u>	<u>Time</u>	<u>Ages</u>	<u>Fee</u>
Jan. 7-Apr. 29	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

<u>Dates (Classes)</u>	<u>Day</u>	<u>Time</u>	<u>Ages</u>	<u>Fee</u>
Jan. 4-Apr. 27 (17)	W	TBD	6+	\$340

Photos of Participants

Occasionally, Parks, Community Programs & Services 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		9 a.m.-1 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
Jan. 12	Th	9 a.m.-4:30 p.m.	55+	\$15/\$20 ¹
Mar. 9	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
Jan. 9-Feb. 17 (17)*	8:45-9:45 a.m.	55+	\$51
Feb. 27-Apr. 7 (18)	8:45-9:45 a.m.	55+	\$54
Apr. 17-May 26 (18)	8:45-9:45 a.m.	55+	\$54

*No class January 16, Martin Luther King Jr. Day.

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

E-Readers and Digital Downloads

King County Library Systems will be here to walk us through the use of e books and digital downloads. Whether you got a new device for the holidays or have been meaning to dust off the device you have had for a while, this will be a great hands on class. Bring your own device or learn from one of the ones the library will provide for the training.

Date	Day	Time	Ages	Fee
Jan. 11	W	12:30 p.m.	55+	None

Islam 101

Do you have questions on Islamic beliefs and practices? What do your Muslim neighbors believe? What does Islam say about human rights and serving humanity? This interactive class helps clarify misconceptions about Islam and Muslims in America.

Date	Day	Time	Ages	Fee
Jan. 25	W	12:30 p.m.	55+	None

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: Christy Goff, MS, RDN, CD

Location: SeaTac Community Center

Date	Day	Time	Age	Fee
Mar. 15	W	12:30 p.m.	55+	Free

Living Well with Arthritis

Focus: Arthritis and Balance

This will be a short presentation on treating and living with arthritis. Learn about what arthritis is, why we all get arthritis, and what you can do about it. Best evidence approaches to treating your arthritis will be taught. Participants will leave with a greater understanding of arthritis and an increased understanding of treatment strategies to keep them aging healthy. Presented by Outpatients Physical Therapy and Rehabilitation Services Sponsored by Comfort Keepers

Date	Day	Time	Age	Fee
Apr. 19	W	12:30 p.m.	55+	None

Online Registration

We now offer the option to register and pay for classes and programs online! Go to the Parks, Community Programs & Services 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

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: Jan. 19, Feb. 16, March 16, April 20

Dates	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:

- Jan. 5, Feb. 2, March 2 and April 6

Swimming at Matt Griffin YMCA

SeaTac residents may swim at the 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)

Inclement Weather and Preparedness

With winter approaching, it is always a good time to take stock of emergency supplies. Be sure to have a flashlight ready with plenty of batteries. Bottles of water, non perishable food items, pet food and ample supplies of medications are important to have on hand in case of an emergency.

In case of inclement weather, the Senior Program follows the Highline School District closures. If the schools are closed, there are no programs or lunches at the Senior Program. The community center may still be open, but senior programs are cancelled. We will do our best to update our senior message phone (206.973.4690) when weather dictates a closure. If the weather is iffy, it is always better to stay at home than venture out on slippery walkways and roads.

Cultural Corner

Peking Acrobats

We will be traveling to the Pantages Theatre in Tacoma to see the Peking Acrobats. THE PEKING ACROBATS perform daring maneuvers atop a precarious pagoda of chairs. The performers are experts at trick-cycling, precision tumbling, somersaulting and gymnastics. The Peking Acrobats defy gravity with amazing displays of contortion, flexibility and control. They push the envelope of human possibility with astonishing juggling dexterity and incredible balancing feats, showcasing tremendous skill and ability. Hold on to your seat - this will be amazing. Fee includes ticket and transportation.

Date	Day	Time	Ages	Fee
Jan. 29	Su	1:30 p.m.	55+	\$38

Dishing with the Divas

Centerstage in Federal Way presents this fun and boisterous production. It is the final airing of Girl Talk on WPMS with two hosts and sex therapist Dr. Lauda. The three are dishing and busting out the hits about love, motherhood and of course, men! Fee includes ticket and transportation.

Date	Day	Time	Ages	Fee
Feb. 26	Su	12:30 p.m.	55+	\$30

Village Season Ticket Holders:

Remaining show dates for the 2016 and 2017 season are as follows:

- Feb. 9 ~ The 39th Step
- April 6 ~ A Proper Place
- June 1 ~ Dreamgirls

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.

Trip Registration Policy

- Registration for SeaTac Senior residents opens one day prior to general registration.
- **Early registration for SeaTac residents will be available on Tuesday, December 6th 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, December 7th.**
- 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

Yves Saint Laurent at SAM

The Seattle Art Museum presents Yves Saint Laurent: The Perfection of Style. The exhibit showcases highlights from the legendary designer's 44 year career. The exhibition is a visually rich environment within which to witness the development of Saint Laurent's style from his first days at Dior in 1955, through his groundbreaking designs of the 1960s and 70s and his last two decades of work before he retired in 2002. We will meet at the community center and will be dropped off at the light rail station. There is walking involved in this trip as we will walk down to the SAM from the light rail station. Fee includes admission to the exhibit and transportation to and from the station. You will need to purchase a round trip light rail ticket or use your ORCA card. Lunch is on your own at the Nordstrom Café.

Date	Day	Time	Ages	Fee
Jan. 6	F	9 a.m.	55+	\$12

Bowling at the Bass Pro Shop

Back by popular demand, we will be heading to Tacoma for a fun day of bowling. The Bass Pro Shop features 16 bowling lanes encased by their 12,000 gallon freshwater aquarium. The aquarium is stocked with 75-100 fish and has some remarkable backdrops. Lunch will be at the shop's casual restaurant – Uncle Buck's. Fee includes transportation and bowling. Lunch is on your own. Bowling shoes are required. You can bring your own or rent shoes at Bass for \$3.25.

Date	Day	Time	Ages	Fee
Jan. 23	M	10:15 a.m.	55+	\$14

Federal Reserve Bank & Chinese Lunch

Our plans are to tour the Federal Reserve Bank in Renton. The bank is a branch of the San Francisco Federal Reserve Bank. The tour will give us a fascinating look at how money moves through the banking system. However we will certainly plan to celebrate the 'Year of the Rooster' with a lovely Chinese lunch. Fee includes transportation. Lunch is on your own. **This is an interest list only. Once we have confirmation from the Federal Reserve, we will take payment.**

Date	Day	Time	Ages	Fee
Jan. 30	M	9 a.m.	55+	\$6

High Tea at the Fairmont Olympic

In our quest for another lovely and leisurely tea, we are heading to downtown Seattle via light rail. Our destination is the Fairmont Olympic, a Seattle tradition since 1924. Enjoy traditional afternoon tea in the elegant surroundings of The Georgian room which sets the mood with high ceilings, large Palladian windows and spectacular chandeliers. The tea features a selection of loose leaf teas, scones, tea sandwiches, savories and sweets. You will need to purchase a round trip light rail ticket or use your ORCA card. Fee includes the cost of the high tea, tip and gratuity.

Date	Day	Time	Ages	Fee
Feb. 6	M	9 a.m.	55+	\$52

Druid's Glen

Enjoy the scenic drive to Covington as we head to Druid's Glen Golf Course for lunch. Nestled in the shadow of Mount Rainier on 230 acres, the grounds are truly gorgeous. We will have lunch at the Druid's Glen Tap House which, with its Celtic roots, just may feature some Irish favorites in addition to traditional pub fare. Fee includes transportation. Lunch is on your own.

Date	Day	Time	Ages	Fee
Mar. 13	M	11 a.m.	55+	\$7

Quilters Anonymous Show

Calling all those who have trouble walking past a new quilt store or get lost in the fabric aisle for hours. We have a trip for you! Held in Monroe, the Quilters Anonymous Show is in its 36th year. It features 500 displayed quilts and free demonstrations. There is also a merchant mall which has quilts, fabrics and other quilt related goods that are available for purchase. Fee includes transportation only. Admission and lunch are on your own at the show. Please bring cash for lunch and admission which is expected to be less than \$10.

Date	Day	Time	Ages	Fee
Mar. 17	F	9 a.m.	55+	\$9

Extended Travel: New England & Tuscany

Calling all travel enthusiasts! Here is an opportunity to travel with seniors from senior centers across the state. The Washington State Association of Senior Centers (WSASC) is offering some great travel opportunities through Collette. Each trip includes air fare, lodging and select meals. Fee is based on per person, double occupancy. Both trips feature multiple nights at the same hotel – reducing a lot of packing and unpacking. Pricing is also available for single and triple occupancy. The option of travel insurance is highly recommended but not included in the quoted price. If you are interested in finding out more about the trips, be sure to attend the presentation at the Tukwila Senior Program. See details below.

Islands of New England, Sept. 18-25, 2017, \$2,929 ppdd.

The trip is for 8 days and includes 11 meals (7 breakfasts, 1 lunch and 3 dinners). Highlights included Providence, Newport, Boston, Cranberry Bogs, Plymouth Rock, Plymouth Plantation, Cape Cod, Hyannis, Nantucket, and Martha's Vineyard, a whale watch or sand dunes excursion and a lobster dinner.

Spotlight on Tuscany, October 12-20, 2017, \$3,749 ppdd.

The trip is for 9 days and includes 10 meals (7 breakfasts and 3 dinners). Highlights include Montecatini Terme, Florence, Lucca, Gothic Line, Siena, Winery Tour, Pisa, and San Gimignano. Excursions for additional fees include a day trip to Cinque Terre.

Informational Travel Presentations

Tuesday, January 31, 1:00 p.m.

Collette Travel will present information and answer questions about both trips at this meeting. The Tukwila Community Center is at 12424 42nd Ave S, Tukwila WA 98168. Please RSVP to them at 206.768.2822 ext. 2321.

Hydroplane and Race Boat Museum

Rev up your engines - we're heading to the Hydroplane Museum in Kent. Visit the nation's only public museum dedicated to hydroplanes. Reminisce about your memories of watching these speedy vehicles race and see up close what the boats look like. Though the museum is not terribly large, it is packed full of history and artifacts that enthusiasts will enjoy. Afterwards we will have lunch. Fee includes transportation and admission. Lunch is on your own.

<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Ages</u>	<u>Fee</u>
Mar. 23	Th	9:30 a.m.	55+	\$15

Going Green: Tour of a Recycling Plant

Recology CleanScapes provides recycling services to many local communities, including SeaTac. We have arranged a private tour of their facilities in South Seattle. Learn how paper, plastics, and more are sorted and recycled. This two hour experience will give us a close up view and understanding of the recycling system and how our actions affect the process. We will observe the sorting line where you can hear, see, and smell materials as they travel through a series of conveyor belts and high tech machines. No open toed shoes allowed on the tour. Afterwards, we will have lunch at a local eatery. Fee includes transportation. Lunch is on your own.

<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Ages</u>	<u>Fee</u>
Mar. 27	M	TBD	55+	\$5

Windmill Gardens and Bistro

Spring has sprung in Summer! Enjoy this beautiful escape to Windmill Gardens. Embrace the first blooms of spring, check out the Windmill, pick up a plant or visit the Windmill Village. The Village features specialty shops, including a pond store, display garden, a tea shop and a bistro. We will have lunch at the bistro. Lunch is a pre-set price and is included in the cost of the trip. Lunch will include a choice of 2 out of 3 items – soup, salad, or sandwich in addition to a select beverage. Fee includes transportation and lunch.

<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Ages</u>	<u>Fee</u>
Apr. 17	M	9:30 a.m.	55+	\$26

Terracotta Warriors: Guards For Eternity

Pacific Science Center in Seattle and The Franklin Institute in Philadelphia are proud to present Terracotta Warriors: Guards for Eternity. The exhibit features artifacts from the First imperial Dynasty of China. Qin Shi Huang, founder of the Qin dynasty, ruled a unified China as its first emperor from 221-207 B.C. Emperor Qin's most memorable project was the massive mausoleum complex he had constructed for himself. Guarded by an army of more than 6,000 life-size terra cotta soldiers, the emperor's tomb would remain hidden for more than 2,200 years after his death. Terracotta Warriors: Guards for Eternity is an exhibit making its premier here in Seattle. History buffs will not want to miss this. Fee includes transportation and admission. Lunch is on your own, which will be in lower Queen Anne.

<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Ages</u>	<u>Fee</u>
May 1	M	9 a.m.	+55	\$34

Lucky Eagle Casino – Two trips!

The Lucky Eagle bus will take us to Rochester on two occasions. With over 1,000 slot machines, different kinds of gaming tables and keno, you are sure find a game to pass the time. The casino also offers a non-smoking section. The casino has 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. You must bring Valid ID or passport. Fee includes transportation only.

<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Ages</u>	<u>Fee</u>
Jan. 10	T	8:30 a.m.	55+	\$8
Apr. 11	T	8:30 a.m.	55+	\$8

Red Wind Casino

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 different 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. You must bring Valid ID or passport. Fee includes transportation only.

<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Ages</u>	<u>Fee</u>
Feb. 13	M	8:30 a.m.	55+	\$8

Quil Ceda Creek Casino

A bus will take us to the Quil Ceda Creek Casino for a full day of fun. The casino offers slot machines, card games and gaming tables for your playing enjoyment. You must bring Valid ID or passport and your Quil Ceda Creek Player club card (if you have one). After registering with players club, you will receive a coupon book for slot play and a coupon for \$5 off your meal. Fee includes transportation only.

<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Ages</u>	<u>Fee</u>
Mar. 6	M	9 a.m.	55+	\$8

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. 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.

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.

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.

Retail Sales Taxes

Retail sales tax will be added to applicable recreation programs.

Refunds

You will receive a 100% refund if insufficient enrollment forces the cancellation of a class. Allow approximately three weeks for refund if enrollment fee was paid by check, cash or money order.

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, Community Programs & Services 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.



Easter Egg Hunt

Date/Time: Saturday, April 15, 9:00 a.m. Sharp!

Location: Angle Lake Park
19408 International Blvd., SeaTac

Ages: Kids up to 10 years of age.

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

Contact: 206.973.4680

Come scramble for eggs and treats! Kids should bring a bag or basket for collecting treats. Bring your camera to take your child's picture with the Easter Bunny.



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City of SeaTac's first community garden is scheduled to open the spring of 2017 at North SeaTac Park 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 may be used for 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 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 opens Tuesday, January 3, 2017.
- You may register online or at the SeaTac Community Center.
- Registration fee is \$40 per year.

Information

- More information about plot size and amenities will be ready soon. Please continue to check our website for updates.
- Community garden rules and regulations will be online in December.
- Garden website - www.ci.seatac.wa.us/communitygarden

www.ci.seatac.wa.us/communitygarden

SeaTac Community Garden