



Tukwila Community Center  
12424 42nd Avenue South  
Tukwila, WA 98168

206.768.2822  
parksrec@tukwilawa.gov

Follow us @TukwilaParks



## Help a Tukwila child and their family today!

Every year Tukwila Parks and Recreation joins with community partners for the **Spirit of Giving Campaign**. Together, we can reduce financial stress for caregivers and

help create a time of ease and joy for Tukwila children experiencing housing insecurity.

- This is your chance to help Tukwila families in need as we enter the winter season.
- This program relies on gifts and cash for care packages. Last year we helped 250 children and their families.
- Special toys, cozy items, hygiene essentials, and grocery gift cards to ensure a healthy, happy winter.



This year let's help even more children! Together, WE can support this important giving program. Learn more at [TukwilaWA.gov/Giving](https://TukwilaWA.gov/Giving) or email [Giving@TukwilaWA.gov](mailto:Giving@TukwilaWA.gov)

## Tukwila's Public Art Program needs you!

We need your assistance in creating a public art program that serves all our community. Sign up for one of the listening sessions below and help us plan for the future!

**First Community Session** (virtual)  
**Tuesday, October 3**, 6 p.m. – 8 p.m.

**Second Community Session** (virtual)  
**Thursday, October 12**, 11 a.m. – 1 p.m.

**Third Community Session** (in-person)  
**Saturday, October 14**, 10 a.m. – 12 p.m.

Tukwila Community Center  
Language interpretation support and activities for participants with children to be provided.

Learn more  
and sign up!



Fall into planting season and build Tukwila's Urban Forests. **Calling all volunteers to join Green Tukwila.** Help plant six different parks with native trees and plants. All tools and training provided onsite. Sign up today at [TukwilaWA.gov/GreenTukwila](https://TukwilaWA.gov/GreenTukwila).



**Restoration at Riverton Park**

**Wednesdays**, 11:30 a.m. – 1:30 p.m.

**October 11, November 8, December 13**

**Planting at Cottonwood Corner**

**Thursdays**, 11 a.m. – 2 p.m.

**October 12, November 9, December 14**

**Duwamish Alive at Duwamish Hill Preserve**

**Saturday, October 21**, 10 a.m. – 1 p.m.



**Planting at Upper Crystal Springs Park**  
**Saturday, October 28**  
10 a.m. – 1 p.m.

**Planting at Lower Crystal Springs Park**  
**Wednesday, November 8**  
10 a.m. – 1 p.m.

**Help Heal Our Habitat at Codiga Park!**  
**Saturday, November 11**, 10 a.m. – 1 p.m.  
**Tuesday, December 12**, 10 a.m. – 1 p.m.

**Green Tukwila Day at Duwamish Hill Preserve**  
**Saturday, November 18**, 10 a.m. – 1 p.m.

2023 TUKWILA

# Fall Rec Guide

## Gear Up – Step Out – Let's Play!



## Fall is here!

Start your next adventure with Tukwila Parks and Recreation! There's something for everyone – explore more at

[TukwilaWA.gov/Fall2023](https://TukwilaWA.gov/Fall2023)



မြန်မာဘာသာဖြင့် ဖတ်ပါ။

Midan ku akhri Soomaali.

این را به دری بخوانید.

Lea esto en español.

यो नेपाली भाषामा पढ्नुहोस् ।

Đọc bằng Tiếng Việt.

## FREE COMMUNITY CENTER EVENTS

### Senior Information & Health Fair

**Wednesday, October 11**

10 a.m. – 2 p.m.  
Meet with a variety of vendors for information on open enrollment, support services, health and fitness, travel and recreation.

### Fall Carnival

**Thursday, October 26**

6 p.m. – 8 p.m.  
Bring your friends, dress up in your best costume, and join us for a night of carnival games, activities and a ghoulish good time! Everyone is welcome!

### Veterans Day Event

**Thursday, November 9**

11 a.m. – 2 p.m.  
Join us to honor our veterans and their families. Complimentary lunch and entertainment will be provided.

### Winter Craft Fun

**Friday, December 15**

10 a.m. – 12 p.m. (noon)  
Ages: 3-5 years  
Funded by an American Rescue Plan grant, join the fun with craft activities. Caregivers can join or have a couple of hours to yourself!



# FALL 2023

## TUKWILA PARKS & RECREATION

Scholarships are available at  
[HealthyTukwila@TukwilaWA.gov](mailto:HealthyTukwila@TukwilaWA.gov).

### TEENS

Drop in at the Tukwila Community Center.

#### After School Teen Room (FREE)

**Mondays - Fridays**, 3 p.m. – 6 p.m.

Open 30 minutes after school on early release days. Are you looking for a supervised place for your teen to be after school? The Teen Room has something for everyone, including activities and homework help!

#### Teen Late Night (FREE)

**Fridays**, 8 p.m. – 11 p.m.

**September 22, 29 • October 6, 13, 20**

**November 3, 17 • December 1, 8, 15**

Teen Late Night is the perfect place for your teen. Join us for sports and games.



### ADAPTIVE RECREATION

#### Young Adult Socials

**Second Friday of the Month**, 5 p.m. – 7 p.m.

Fee: \$5 per session • Ages: 18+ years

Drop in. No registration required.

**October 13:** SeaTac Community Center

**November 17th:** Tukwila Community Center

**December 8th:** SeaTac Community Center

In partnership with the City of SeaTac to host monthly socials for teens/young adults with disabilities.

### YOUTH ATHLETICS

Registration required at [tukwilaWA.gov/signup](http://tukwilaWA.gov/signup).

All programs are at the Tukwila Community Center.

#### Force 10 3X3 Basketball Clinics (FREE)

**Saturdays, September 23 and 30** 10:30 a.m. – 12 p.m.

Ages: 7 – 13 years

3X3 basketball is a faster-paced variation of basketball played three-a-side, with one backboard and in a half-court setup.

#### Cultures United Futsal (FREE)

**Saturdays**, 10:30 a.m. – 12:30 p.m.

November 4 – December 9 (no session on 11/11, 11/25)

Ages: 7 – 10 years

Futsal is a type of soccer that is played indoors on a much smaller court. The smaller field size ensures a game of Futsal is fast-paced and more intense, with more opportunity for goal scoring.

#### Kung Fu

**Mondays and Wednesdays**, 6 p.m. – 7:30 p.m.

Monthly Fee: \$25 • Ages: 8 – 15 years

Baat Ying Baat Faat (8 animals 8 methods) is a neo-classical style of Kung fu that is based on various styles of northern and southern Chinese martial arts.

### ART & MUSIC

Registration required at [tukwilaWA.gov/signup](http://tukwilaWA.gov/signup).

All programs are at the Tukwila Community Center.

#### African Drumming

**Saturdays, Beginning September 23**, 10 a.m. – 11:30 a.m.

Fee: \$10 • Ages: 6 – Family/Adult

Learn to play traditional rhythms of West Africa. In this class be introduced to the different drums (djembe, dun dun, sangban, and kenkeni), and techniques for playing each one.

#### Piano & Guitar Lessons

**Thursdays**, 3:30 p.m. – 6 p.m. (Half Hour Sessions)

Monthly Fee: \$140 • Ages: 5 years – Adult

Private lessons with a focus on musicality, creativity, and helping both kids and adults choose to learn and practice the music they love

### ADULT ENRICHMENT

All programs are at the Tukwila Community Center.

#### Adult Nutrition/Cooking Class (NEW)

**Tuesdays, September 26 - December 12**

5:30 p.m. - 8:30 p.m

Fee: \$50 per person • Ages 16+ years

Food as Medicine Everyday (FAME™) 10-week Series:

Join weekly workshops that demonstrate simple techniques for selecting and preparing healthy whole foods. Light dinner included. (No class October 31 and November 21)

#### Watercolor Basics and Beyond (NEW)

**Saturdays, September 23 – December 16**, 10 a.m. – 12 p.m.

Fee: \$100

This 10-week course is for beginners to learn the basics of watercolor painting in a joyful and fun atmosphere. (No class November 11 and 25)

### PRESCHOOL

Registration required at [tukwilaWA.gov/signup](http://tukwilaWA.gov/signup).

All programs are at the Tukwila Community Center.

#### Toddler Time Playgroup (FREE)

**Tuesdays, September – December**, 1 p.m. – 2 p.m.,

Ages: 1.5 - 3 years

Activities support motor skills and mental development.

#### Baby & Me (FREE)

**Thursdays, September – December**, 1 p.m. – 2 p.m.

Ages 0 – 1.5 years

New parents can meet other families and learning about age-appropriate activities.

#### Ms. Cindy's Play & Learn (FREE)

**Fridays, September – December**, 9:30 a.m. – 11 a.m.

Ages: 0 – 5 years

Meet other families and join engaging activities, including storytime and snack, songs, interactive games, art activities and free play.

### SENIORS



Discover the full offerings for Seniors in the Senior Scoop newsletter. Register at the Community Center or online.

All programs are at the Tukwila Community Center unless otherwise noted.

#### FREE Senior Fitness Classes

**Mondays**, 11 a.m. – 12 p.m., **Drum Fitness**

**Tuesdays**, 10 a.m. – 11 a.m., **Silver Sneakers**

**Tuesdays**, 11:15 a.m. – 12:15 p.m., **Line Dance**

**Wednesdays**, 8 a.m. – 9 a.m., **Senior Strength**

**Thursdays**, 8 a.m. – 9 a.m., **Silver Sneakers**

#### Soft Style Kung Fu for Senior Adults (NEW)

**Thursdays, Beginning September 14**, 1 p.m. – 2 p.m.

Learn Baat Ying Baat Faat's (Eight Animals Eight Methods) soft-style method of kung fu (Yao June) from Sifu Ricky Thatsanavongsa. Students will develop better coordination, balance, strength, and flexibility through traditional breathing and movement exercises.

#### SENIOR ENRICHMENT

##### Senior Adult Finance Classes (FREE/NEW)

In partnership with the American Bankers Association.

**Wednesday, Oct. 11**, 1 p.m., **Safe Banking for Seniors**

**Tuesday, Oct. 17**, 1 p.m., **Preventing Identity Theft**

**Tuesday, Nov. 14**, 1 p.m., **Choosing a Financial Caregiver**

**Tuesday, Dec. 12**, 1 p.m., **Choosing an Executor**

#### ART & MUSIC

##### Senior Painting Class

**Thursdays, Beginning September 14**, 10 a.m. – 12 p.m.

Fee: \$40 per month

This class is for non-beginners. Refine painting skills and learn new techniques.

##### Beginning Watercolor

**Fridays, Beginning September 15**, 11 a.m. – 1 p.m.

Fee: \$40 per month

This class is strictly designed for the beginner painter that wants to learn watercolor. We will begin from step one at an easy pace to make sure everyone is feeling confident with their true artistic self.

#### Ukulele

**Tuesdays**, 1 p.m. – 2 p.m.

**September 12-26** (\$30) • **October 3-31** (\$50)

**November 7- 28** (\$30, no class on November 21)

#### TRIPS & CELEBRATIONS

##### Thanksgiving Lunch (FREE)

**Tuesday, November 21**, 11 a.m.

This 33rd annual event is held at the Double Tree Inn and Suites by Hilton in Tukwila.

##### 12 Days of Goodness with the Seattle Seahawks (FREE)

**Friday, December 8**, 11 a.m. • Tukwila Community Center Help us celebrate and appreciate our veterans This event will include guest appearances by Seattle Seahawks Legends. Enjoy Lunch and photo opportunities.

#### Tukwila Trailers Women's Hiking Group

**Monday Hikes Year-round**, 8:30 a.m. (rain or shine)

Fee: \$10

This group meets at the Tukwila Community Center and departs at 8:30 a.m. Please call 206-768-2822 to register. Pick up a hiking schedule with rating difficulty at the center or look for us on our website.

### FITNESS CENTER

The Tukwila Community Center's Fitness Center includes circuit equipment, free weights, treadmills, stair stepper recumbent bike, and an upright bike and ellipticals.

**HOURS:** Monday – Thursday 6:30 a.m. – 8:30 p.m.

Friday, 6:30 a.m. – 6:30 p.m.

Saturday, 7:30 a.m. – 12:30 p.m.

### FITNESS & WELLNESS

For fitness class schedule, fees and membership, visit the [Tukwila Parks and Recreation website](http://Tukwila Parks and Recreation website).



#### Fitness Meet Ups at Crystal Springs Park (NEW)

**September 11 & 25**, 6 p.m. • **October 10 & 24**, 6 p.m.

Weather Permitting • Ages: 7 years to Adult

Fee: \$5 per meet up (Please pre-register at the Tukwila Community Center)

Join Mayweather Boxing + Fitness Tukwila's instructor. Experience strength, cardio and shadow boxing workout. All levels are welcome.

#### Family Martial Arts (NEW)

**Tuesdays, September 26 – October 24**,

6:45 p.m. – 7:45 p.m.

Ages: 7 years to Adult • Fee: \$25 per person

Tukwila Community Center

Families: join the fitness fun! Blending the best techniques and training methods of five traditional martial arts systems, KAJUKENBO was created by combining the first few letters of each style: KA (Karate), JU (Judo and Jujitsu), KEN (Kenpo), and BO (Chinese boxing).

#### Women's Self Defense (NEW)

**Tuesdays, September 26 – October 24**, 8 p.m. – 9 p.m.

Ages: 16 years and older • Fee: \$50 per person

Tukwila Community Center

Self-defense training is a life skill that helps women to be more aware of their surroundings and be prepared for the unexpected at any time. Through training, participants are taught to become psychologically, intellectually and physically strong enough to protect themselves in times of distress.



**Court Sports:** Find out about clinics, open play and adult leagues for all levels on the [Tukwila Parks & Recreation website](http://Tukwila Parks & Recreation website).



Explore more at [TukwilaWA.gov/Fall2023](http://TukwilaWA.gov/Fall2023)