



# GREEN LAKE SMALL CRAFT CENTER

**2016  
PROGRAM  
BROCHURE**



**EXPLORE  
MORE!**



**GREEN LAKE SMALL CRAFT CENTER**  
5900 W Green Lake Way, Seattle, WA 98103

**REGISTER ONLINE!**  
[SEATTLE.GOV/PARKS](http://SEATTLE.GOV/PARKS)

# SEATTLE PARKS AND RECREATION

## GREEN LAKE SMALL CRAFT CENTER

5900 W Green Lake Way N, Seattle WA 98103  
Phone:.....206-684-4074  
Fax: .....206-684-4042  
Business Service Center: .....206-684-5177

## PARKS MANAGEMENT

**Jesús Aguirre** – Superintendent  
**Kelly Guy** – Recreation Director

## PROFESSIONAL STAFF

**Jason Frisk** – Senior Recreation Program Specialist,  
Green Lake Small Craft Center

## MISSION

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

## DIRECTIONS

From northbound or southbound I-5: take the 50th Street exit and turn west. Stay on 50th to the intersection of Stone Way N and Green Lake Way N. Turn right, go 1/4 mile, veer left onto West Green Lake Way North. The facility is just ahead on the right, next to the Aqua Theater. Lower Woodland Park, with sportsfields, a track, tennis courts, and seven picnic shelters, is to the south and west of Green Lake Small Craft Center. To reserve a sportsfield, track, or tennis court, call 206-684-4077. To reserve a picnic shelter, call 206-684-4081.



## METRO BUS INFORMATION

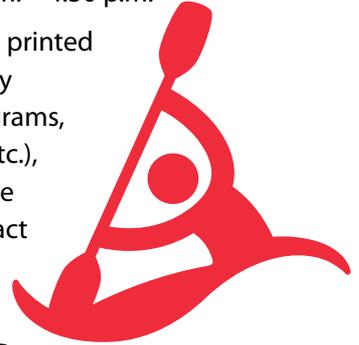
Metro transit routes:  
16, 26, 48, 358

**Important Notice** - Although we try to provide the most up-to-date information, changes may have occurred since going to print. Please contact your local community center or pool for updates. We apologize for any inconveniences this may cause.

## FACILITY OFFICE HOURS:

**School Year:** Mon-Fri: 3 – 6 p.m.; Sat: 9 – 11 a.m.  
**Summers:** Mon-Fri: 11 a.m. – 4:30 p.m.

NOTE: Because this brochure is printed once a year, and there are many variables during the year (programs, special events, staff absence, etc.), our standard hours may change from time to time. Please contact us for updates.



## ADVISORY COUNCILS

The Green Lake Small Craft Center has two advisory councils, the Rowing Advisory Council and the Seattle Canoe and Kayak Club. The Rowing Advisory Council meets the third Wednesday of each month, and the Seattle Canoe and Kayak Club meets the third Tuesday of each month. As Advisory Council activities are self-sustaining, we rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

**Meetings are held at the Green Lake Small Craft Center 7–9 p.m. For more information, call Jason at 206-684-4074.**



## ASSOCIATED RECREATION COUNCIL

For 40 years, the Associated Recreation Council (ARC) has provided recreation, lifelong learning programs and community-driven leadership in partnership with Seattle Parks and Recreation. With a goal of providing equitable access to citywide programs for Seattle residents of all ages, ARC works through 37 volunteer Advisory Councils to fulfill its mission of “building community through citizen engagement and participation in recreation and lifelong learning programs.” ARC is a 501c3 nonprofit organization. For more information, go to [www.arcseattle.org](http://www.arcseattle.org).

## DEAR FRIENDS:

Mayor Murray presented his 2016 Proposed Budget to City Council in late September 2015 and I'm excited to report that the news is very positive for parks and recreation services, such as the programs and classes listed in this brochure.

### Seattle Park District

Most of the changes affecting our budget are related to last year's passage of Proposition 1 and the creation of the Seattle Park District, which provides a new taxing district and revenue source. 2016 marks the first full year of funding for Park District initiatives at more than \$47 million annually. Program and project highlights include:

- Programs for People: More staffing and services at community centers, teen programs, lifelong recreation programs and special populations programs that began in 2015.
- Fix it First: \$25 million to reduce our major maintenance backlog and restore our urban forests.
- Maintaining Parks and Facilities: Increased park maintenance and preventative maintenance.
- Building for the Future: Planning and development for five of the 14 park sites acquired and "land-banked" with 2008 Levy funds.

### Other Changes

While most of the changes affecting the 2016 Proposed Budget are related to the Park District, non-District related changes include:

- Two beaches opening early: We are reallocating resources to open two swimming beaches a month early to address the trend of warmer spring temperatures.
- Major maintenance: SPR's 2016 Capital Improvement Budget (CIP) supports major maintenance projects such as environmental remediation, landscape and forest restoration, irrigation system repair, pavement restoration, and replacing major roof and HVAC systems. The CIP also provides funding for algae treatment at Green Lake (\$1.2 million), and moorage improvements (\$2 million).

Overall, the investments in the Mayor's Proposed Budget will allow Seattle Parks and Recreation to continue to provide exceptional services to our growing community.

Thank you for your participation in and support of our precious parks and recreation system.

Jesús Aguirre  
Superintendent



For small craft center event information and updates, visit the web at:  
<http://www.seattle.gov/parks/centers/grnlakcc.htm>,  
[www.greenlakecrew.org](http://www.greenlakecrew.org), or [www.seattlecanoekayak.club](http://www.seattlecanoekayak.club)

## TABLE OF CONTENTS

Special Events .....	5
Youth Rowing .....	6-7
Adult Rowing.....	8-10
Sailing & Senior Courses .....	12
Seattle Canoe & Kayak Club .....	13-15
Youth Kayak & Canoe .....	16-17
Youth Camps .....	18
Aquatics .....	19
Float Test .....	20
General Information .....	22
Registration Form.....	23

## REGISTRATION DATES

### Winter Quarter

Tuesday, December 1, 2015..... Noon

### Spring Quarter

Tuesday, March 8, 2016..... Noon

### Summer Quarter

Tuesday, April 5, 2016 ..... Noon

### Fall Quarter

Tuesday, August 9, 2016 ..... Noon



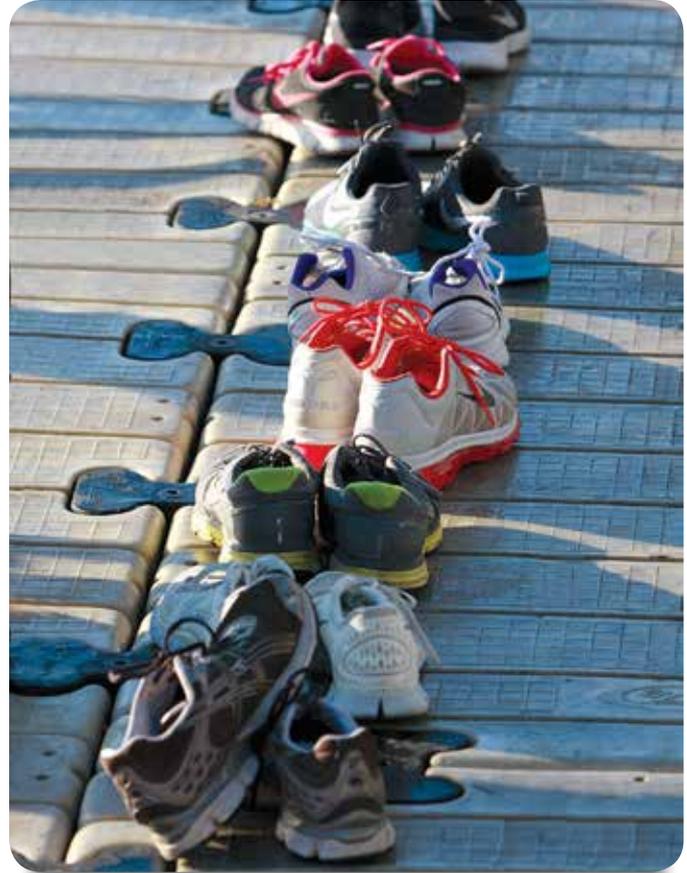
**Engage with your community and remain active. Learn something new, get fit, meet friends, or join us for field trips to places you have always wanted to visit.**

#### NEW THIS YEAR!

Are you caring for a loved one living with memory loss? Lifelong Recreation now offers Dementia-Friendly Recreation opportunities!



Find out more at [www.seattle.gov/parks/seniors/](http://www.seattle.gov/parks/seniors/) where you can download the Lifelong Recreation brochure and sign up for our email newsletter. Contact us at (206) 684-4951



## FLOAT TEST (Form on page 20)

Every Seattle Parks and Recreation participant must successfully pass a float test prior to the first water session of a small craft class. It is also a membership requirement for boating organizations sponsored by Seattle Parks and Recreation. The float test is valid for three years. You can take a float tests at a public swimming pool under the supervision of a lifeguard certified by the American Red Cross.

Identification is required. You must float, tread water, or swim in place for ten minutes, in deep water while wearing long pants and a long sleeved shirt. In the final minute of the test you must put on a life vest while continuing to tread water. Please call the pool ahead of time to arrange your float test. The test is generally administered during public or family swim times. Please bring along some type of picture ID.

**WE DO NOT PROVIDE COPIES OF FLOAT TESTS. BE SURE TO MAKE A COPY BEFORE YOU TURN IT IN!**

## SPECIAL EVENTS:

### GREEN LAKE SPRING REGATTA

**Saturday, March 19**

Join us for the 54th Annual Green Lake Spring Regatta. It is a 1,000-meter course, with events for every rower! Watch the Green Lake Crew website for entry information and for the results afterwards! ([www.greenlakecrew.org](http://www.greenlakecrew.org))

### TED HOUK REGATTA

**Saturday–Sunday, June 11 and 12**

The 37th annual regatta is sponsored by the Seattle Canoe and Kayak Club. It includes all canoe and kayak categories. ([www.seattlecanoecub.org](http://www.seattlecanoecub.org))

### YOUTH SUMMER BOATING

**June 27–July 29**

FREE outreach program for youth summer camps to give youth (ages 8 and older) access to boating opportunities throughout the summer. If you are a summer camp leader, call the office for more information and to receive an application packet. This program is not open to individuals; only summer camp groups can sign up. Daycare groups that meet age/skill criteria will also be considered. Participants must pass a deep water test (10 minutes floating in a lifejacket in deep water) and have necessary paperwork completed. For more information, call the office at 206-684-4074.

### SEAFAIR MILK CARTON DERBY

**Saturday, July 16**

The 45th annual Denny's Seafair Milk Carton Derby will be held at Green Lake. Nearly 100 homemade boats are entered in the competition each year, consisting of milk cartons for flotation. This full-day event brings children, adults, families and businesses down to Green Lake for fun, friendly competitions and shows.

### SUMMER ROWING EXTRAVAGANZA

**Saturday, August 6**

The 55th annual Summer Rowing Extravaganza will bring rowing teams from throughout the Pacific Northwest to compete in a full day of racing. Events are open in all categories. Watch the Green Lake Crew website for entry information in June and for results after the event. ([www.greenlakecrew.org](http://www.greenlakecrew.org))

### GREEN LAKE SUMMER SPLASH

**Saturday, August 20**

A FREE community event celebrating summer fun and healthy activities for families. Festivities include kids' activities, water sports activities for all ages, food vendors, live entertainment, corporate rowing races and more! Sponsored by Windermere Real Estate in Partnership with the Pocock Rowing Foundation. For more information, please email [jason.frisk@seattle.gov](mailto:jason.frisk@seattle.gov).

### FROSTBITE REGATTA

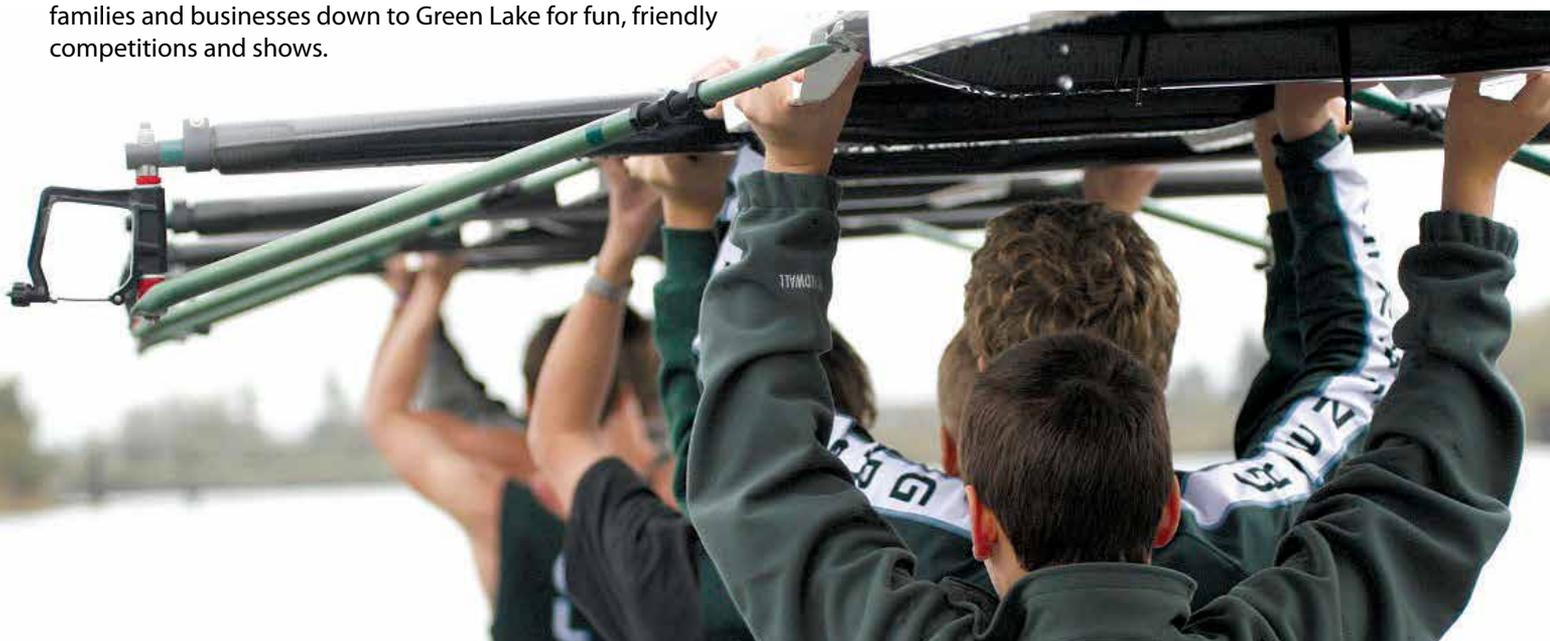
**Saturday, November 5**

The 52nd Annual Frostbite Rowing Regatta is hosted by Green Lake Crew and the Rowing Advisory Council. A penguin is the mascot for these frigid 1000-meter rowing races for rowers of all skill levels and ages. The Green Lake Crew website will have entry information available in October. ([www.greenlakecrew.org](http://www.greenlakecrew.org))

### ERIC HUGHES REGATTA

**Saturday, November 12**

Teams from around the Pacific Northwest and Canada compete in this paddling regatta hosted by Seattle Canoe and Kayak Club. ([www.seattlecanoecub.org](http://www.seattlecanoecub.org))



# YOUTH ROWING

## JUNIOR CREW TEAM

**Ages 13–18 in grades 8–12 (NO EXCEPTIONS)**

Rowing on a team is an incredible experience! Youth gain a sense of accomplishment and pride, working to meet the sport of rowing's physical and mental challenges. This rigorous sport also teaches sportsmanship and team camaraderie. Classes teach the fundamentals of the stroke as well as boat handling, water safety, and care of equipment. All classes are geared towards competitive rowing. Because rowing relies heavily on teamwork, we encourage regular attendance.

We will enroll students on a first-come, first-served basis. Occasional additional practices may be scheduled. There are several additional regattas that everyone will attend, for which fees will be assessed separately. Scholarships and/or discounts are available for low-income families; please pick up an application form from the office.

\*Due to the volume of new information, attendance is required for the first two weeks of practice each session.\*

\*\*\*This course requires a float test taken prior to class and a signed Risk & Release/Medical/Code of Conduct form on file.

Float tests are available at our pools, [www.seattle.gov/parks/pools.asp](http://www.seattle.gov/parks/pools.asp)\*\*\*

All necessary paperwork can be found at [www.seattle.gov/parks/boats/Grnlake.htm](http://www.seattle.gov/parks/boats/Grnlake.htm).

\*Home regatta fees are included in the price of the class.\*

### WINTER REGISTRATION BEGINS 12/1/15 AT NOON

Course	Date	Days	Time	# Classes	Cost	Barcode	Excluded Dates
<b>Novice: New to rowing as of June 1, 2015</b>							
Novice Girls	2/2 - 5/23	Mon - Fri	3:30 - 6 p.m.	79	\$519	135592	2/15
Novice Boys	2/2 - 5/23	Mon - Fri	3:30 - 6 p.m.	79	\$519	135591	2/15

(Novice Boys—beginning March 14, novice boys will practice 4-6:30 p.m.)

<b>Experienced: Previous rowing experience as of June 1, 2015</b>							
Exp. Girls	2/2 - 5/23	Mon - Fri	3:30 - 6 p.m.	79	\$519	135590	2/15
Exp. Boys	2/2 - 5/23	Mon - Fri	3:30 - 6 p.m.	79	\$519	135588	2/15

(Experienced Boys—beginning March 14, experienced boys will practice 4-6:30 p.m.)

### SUMMER REGISTRATION BEGINS 4/5/16 AT NOON

Course	Date	Days	Time	# Classes	Cost	Barcode	Excluded Dates
<b>Novice: New to rowing as of June 1, 2016</b>							
Novice Boys	6/27 - 8/5	Mon - Fri	7:30 - 9:30 a.m.	29	\$219	142164	7/4
Novice Boys	6/27 - 8/5	Mon - Fri	9:45 - 11:45 a.m.	29	\$219	142165	7/4
Novice Girls	6/27 - 8/5	Mon - Fri	7:30 - 9:30 a.m.	29	\$219	142166	7/4
Novice Girls	6/27 - 8/5	Mon - Fri	9:45 - 11:45 a.m.	29	\$219	142167	7/4

**Experienced: Previous rowing experience as of June 1, 2016**

Exp. Girls	6/27 - 8/5	Mon - Fri	7:30 - 9:30 a.m.	29	\$219	142169	7/4
Exp. Boys	6/27 - 8/5	Mon - Fri	7:30 - 9:30 a.m.	29	\$219	142168	7/4

### FALL REGISTRATION BEGINS 5/24/16 AT NOON

Course	Date	Days	Time	# Classes	Cost	Barcode	Excluded Dates
<b>Novice: New to rowing as of June 1, 2016</b>							
Novice Girls	9/7 - 11/4	Mon - Fri	3:30 - 6 p.m.	43	\$303	142233	9/5
Novice Boys	9/7 - 11/4	Mon - Fri	4 - 6:30 p.m.	43	\$303	142232	9/5
<b>Experienced: Previous rowing experience as of June 1, 2015</b>							
Exp. Girls	9/7 - 11/4	Mon - Fri	3:30 - 6 p.m.	43	\$303	142235	9/5
Exp. Boys	9/7 - 11/4	Mon - Fri	4 - 6:30 p.m.	43	\$303	142234	9/5

# JUNIOR CREW TEAM CONDITIONING – YOUTH

## JUNIOR CREW TEAM

Ages 13–18

Experience that great feeling of being fit and fast for the coming racing season. Our certified strength and conditioning instructors teach this 1.5-hour class and will give you the edge you need for rowing. In addition to our instructors, a Pilates instructor will work with you to help you develop your core strength. At least one session of rowing experience is required.

\*\*\*This course requires a float test taken prior to class and a signed Risk & Release/Medical/Code of conduct form on file. Float tests are available at our pools, [www.seattle.gov/parks/pools.asp](http://www.seattle.gov/parks/pools.asp).\*\*\*

All necessary paperwork can be found at [www.seattle.gov/parks/boats/Grnlake.htm](http://www.seattle.gov/parks/boats/Grnlake.htm).

### WINTER REGISTRATION BEGINS 12/1/15 AT NOON

Course	Date	Days	Time	# Classes	Cost	Barcode	Excluded Dates
Girls	1/4 - 1/29	Mon - Fri	3:30 - 5 p.m.	19	\$114	135595	1/18
Boys	1/4 - 1/29	Mon - Fri	3:30 - 5 p.m.	19	\$114	135593	1/18

### FALL REGISTRATION BEGINS 8/9/16 AT NOON

Course	Date	Days	Time	# Classes	Cost	Barcode	Excluded Dates
Girls	11/8 - 12/16	Mon - Fri	3:30 - 5 p.m.	26	\$156	142241	11/11, 11/24-25

## MIDDLE SCHOOL ROWING CAMP

Ages 12 – 14



Looking to get a jump start into the world of rowing? These two-week camps are the perfect introduction for young rowers to the exciting sport of Junior Crew. Courses will teach basic stroke technique with an emphasis on fitness and fun! This is a great place to start for younger rowers thinking about joining our Junior Crew Team. No previous experience necessary.

\*\*\*This course requires a float test taken prior to class and a signed Risk & Release/Medical/Code of conduct form on file. Float tests are available at our pools, [www.seattle.gov/parks/pools.asp](http://www.seattle.gov/parks/pools.asp).\*\*\*

All necessary paperwork can be found at [www.seattle.gov/parks/boats/Grnlake.htm](http://www.seattle.gov/parks/boats/Grnlake.htm).

### SUMMER REGISTRATION BEGINS 4/5/16 AT NOON

Course	Date	Days	Time	# Classes	Cost	Barcode
Session I	7/25 - 8/5	M/W/F	4 – 6 p.m.	6	\$50	142170
Session II	8/8 - 8/19	M/W/F	4 – 6 p.m.	6	\$50	142171



# ADULT ROWING

## LEARN TO ROW—NOVICE I

Ages 18 and up

Our Learn to Row classes teach the fundamentals of rowing. This “on the water” class will cover the basics of the rowing stroke, boat handling, water safety, rowing terms, coxing skills, and equipment care. Students begin with dockside rowing and quickly progress to rowing eight-oared racing shells. Sculling is done with two oars per person, and sweep rowing with one oar per person. Satisfactory completion of this class will qualify you for our adult novice rowing program. Classes meet for a total of 18 hours of instruction. We row rain or shine, so come prepared!

\*\*\*This course requires a float test taken prior to class and a signed Risk & Release form on file.  
Float tests are available at our pools, [www.seattle.gov/parks/pools.asp](http://www.seattle.gov/parks/pools.asp).\*\*\*

All needed paperwork can be found at [www.seattle.gov/parks/boats/Grnlake.htm](http://www.seattle.gov/parks/boats/Grnlake.htm).

### WINTER REGISTRATION BEGINS 12/1/15 AT NOON

Course	Date	Days	Time	# Classes	Cost	Barcode	Excluded Dates
Novice I	2/6 - 3/5	Sat/Sun	11 a.m. - 1p.m.	9	\$100	135585	---
Novice I	3/12 - 4/16	Sat/Sun	11 a.m. - 1p.m.	9	\$100	135587	3/19, 3/27

### SPRING REGISTRATION BEGINS 3/8/16 AT NOON

Course	Date	Days	Time	# Classes	Cost	Barcode	Excluded Dates
Novice I	3/30 - 4/27	Mon/Wed	6:30 - 8:30 p.m.	9	\$100	135691	---
Novice I	4/23 - 5/21	Sat/Sun	11 a.m. - 1p.m.	9	\$100	135692	---
Novice I	5/2 - 6/1	Mon/Wed	6:30 - 8:30 p.m.	9	\$100	135693	5/30
Novice I	5/3 - 5/31	Tue/Thu	5:30 - 7:30 a.m.	9	\$100	135694	---
Novice I	6/18 - 7/17	Sat/Sun	11 a.m. - 1p.m.	9	\$100	135695	7/16
Novice I	6/13 - 7/11	Mon/Wed	6:30 - 8:30 p.m.	9	\$100	135697	---
Novice I	6/9 - 7/7	Tue/Thu	5:30 - 7:30 a.m.	9	\$100	135696	---

### SUMMER REGISTRATION BEGINS 4/5/16 AT NOON

Course	Date	Days	Time	# Classes	Cost	Barcode	Excluded Dates
Novice I	7/23 - 8/27	Sat/Sun	11 a.m. - 1p.m.	9	\$100	142149	8/6, 8/13
Novice I	9/10 - 10/8	Sat/Sun	11 a.m. - 1p.m.	9	\$100	142152	---





## ADULT ROWING – CONTINUED

### NOVICE, INTERMEDIATE AND RECREATIONAL CREW—ROWING II AND III

**Ages 18 and up**

Continue to develop your rowing techniques. Improve your skills with drills emphasizing technique. Instruction will include sweep rowing or sculling or both. If enrollment can support, Rowing I rowers moving into Rowing II will be kept together as a group and receive instruction appropriate to their experience level. Rowing II rowers moving up to Rowing III will be kept together as a group and will receive instruction appropriate to the experience level. Prerequisite for this class is a minimum of one Rowing I (Learn to Row) class or equivalent experience. We strongly recommend a complete physical and cardiac evaluation for rowers 40 and older or those with pre-existing health conditions.

\*\*\*This course requires a float test taken prior to class and a signed Risk & Release form on file.

Float tests are available at our pools, [www.seattle.gov/parks/pools.asp](http://www.seattle.gov/parks/pools.asp).\*\*\*

All needed paperwork can be found at [www.seattle.gov/parks/boats/Grnlake.htm](http://www.seattle.gov/parks/boats/Grnlake.htm).

#### WINTER REGISTRATION BEGINS 12/1/15 AT NOON

Course	Date	Days	Time	# Classes	Cost	Barcode	Excluded Dates
Rowing II & III	1/2 - 1/31	Sat/Sun	9 - 11 a.m.	10	\$95	135582	---
Rowing II & III	2/6 - 4/17	Sat/Sun	9 - 11 a.m.	20	\$190	135583	3/19, 3/27

#### SPRING REGISTRATION BEGINS 3/8/16 AT NOON

Course	Date	Days	Time	# Classes	Cost	Barcode	Excluded Dates
Rowing II & III	4/23 - 7/3	Sat/Sun	9 - 11 a.m.	20	\$171	135698	5/28-29, 6/11-12
Rowing II & III	5/3 - 6/2	Tue/Thu	5:30 - 7:30 a.m.	10	\$95	135699	---
Rowing II & III	5/3 - 6/2	Tue/Thu	6:30 - 8:30 p.m.	10	\$95	135700	---
Rowing II & III	6/7 - 7/7	Tue/Thu	5:30 - 7:30 a.m.	10	\$95	135701	---
Rowing II & III	6/7 - 7/7	Tue/Thu	6:30 - 8:30 p.m.	10	\$95	135702	---

#### SUMMER REGISTRATION BEGINS 4/5/16 AT NOON

Course	Date	Days	Time	# Classes	Cost	Barcode	Excluded Dates
Rowing II & III	7/12 - 8/11	Tue/Thu	5:30 - 7:30 a.m.	10	\$95	142162	---
Rowing II & III	7/12 - 8/11	Tue/Thu	6:30 - 8:30 p.m.	10	\$95	142163	---
Rowing II & III	7/9 - 9/25	Sat/Sun	9 - 11 a.m.	19	\$181	142157	7/16, 8/6, 8/20, 9/3-4

#### FALL REGISTRATION BEGINS 8/9/16 AT NOON

Course	Date	Days	Time	# Classes	Cost	Barcode	Excluded Dates
Rowing II & III	10/1 - 11/20	Sat/Sun	9 - 11 a.m.	14	\$133	142231	11/5, 11/12

# ADULT ROWING

## OPEN ROWING

Drop-in rowing is available for adults on a limited basis. An Open Rowing Card is good for 10 rowing sessions during regularly scheduled novice rowing classes, for a non-refundable fee of \$130. **Cards are valid for one year from purchase date.**

\*\*\*This course requires a float test taken prior to class and a signed Risk & Release form on file.

Float tests are available at our pools, [www.seattle.gov/parks/pools.asp](http://www.seattle.gov/parks/pools.asp).\*\*\*

All necessary paperwork can be found at [www.seattle.gov/parks/boats/Grnlake.htm](http://www.seattle.gov/parks/boats/Grnlake.htm).

## COMPETITIVE ADULT CREW—ROWING IV

### Ages 18 and up

Be part of the TEAM! This is a competition and fitness program for the serious adult rower. It includes on and off the water conditioning, advanced rowing technique, and racing skills to prepare rowers for competition. On the water workouts may be determined by available daylight. We expect a strong commitment and regular attendance.

\*\*\*This course requires a float test taken prior to class and a signed Risk & Release form on file.

Float tests are available at our pools, [www.seattle.gov/parks/pools.asp](http://www.seattle.gov/parks/pools.asp).\*\*\*

All needed paperwork can be found at [www.seattle.gov/parks/boats/Grnlake.htm](http://www.seattle.gov/parks/boats/Grnlake.htm).

### WINTER REGISTRATION BEGINS 12/1/15 AT NOON

Course	Date	Days	Time	# Classes	Cost	Barcode	Excluded Dates
Rowing IV	1/2 - 1/24	Sat/Sun	8 - 10 a.m.	8	\$76	135578	---
Rowing IV	1/25 - 3/18	M/W/F	5:30 - 7:30 a.m.	30	\$285	135580	2/15
		Sat	7 - 9 a.m.				
Rowing IV	3/21 - 4/23	M/W/F	5:30 - 7:30 a.m.	20	\$190	135581	---
		Sat	7 - 9 a.m.				

### SPRING REGISTRATION BEGINS 3/8/16 AT NOON

Course	Date	Days	Time	# Classes	Cost	Barcode	Excluded Dates
Rowing IV	4/25 - 6/4	M/W/F	5:30 - 7:30 a.m.	25	\$237.50	135689	5/28, 5/30
		Sat	7 - 9 a.m.				
Rowing IV	6/13 - 7/29	M/W/F	5:30 - 7:30 a.m.	25	\$237.50	135690	7/4, 7/16
		Sat	7 - 9 a.m.				

### SUMMER REGISTRATION BEGINS 4/5/16 AT NOON

Course	Date	Days	Time	# Classes	Cost	Barcode	Excluded Dates
Rowing IV	8/1 - 9/19	M/W/F	5:30 - 7:30 a.m.	25	\$237.50	142146	8/6, 8/13, 9/3-5
		Sat	7 - 9 a.m.				

### FALL REGISTRATION BEGINS 8/9/16 AT NOON

Course	Date	Days	Time	# Classes	Cost	Barcode	Excluded Dates
Rowing IV	9/19 - 11/4	M/W/F	5:30 - 7:30 a.m.	27	\$256.50	142229	---
		Sat*	7 - 9 a.m.				
Rowing IV	11/13 - 12/18	Sat/Sun	8 - 10 a.m.	9	\$85.50	142230	11/26, 11/27

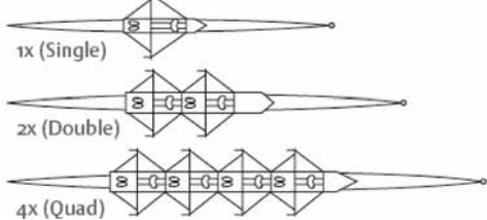
\*Saturday Practice time changes to 8 - 10 a.m. on 10/17 due to diminishing daylight.

NOTE: Because this brochure is printed once a year, and there are many variables during the year (programs, special events, staff absence, etc.), our standard hours may change from time to time. Please contact us for updates.



## TYPES OF BOATS

### Scull

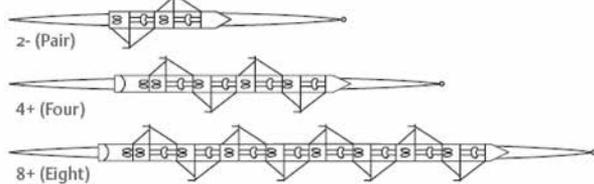


*One person with two oars*

*Two rowers with two oars each*

*Four rowers, each with two oars*

### Sweep



*Two rowers, each with one oar, usually without a coxswain*

*Four rowers, each with one oar, usually with a coxswain*

*Eight rowers, each with one oar, and a coxswain*

# LEARN TO SAIL—ADULTS

## Ages 18 and up

Take advantage of the Seattle breezes with our Toppers! Learn rigging, sailing theory, water safety, and more. We provide all the equipment. Participants will also get the chance to experience capsizing during the first class, so we recommend towels and extra clothes! These small boats require dexterity similar to getting out of a swimming pool without using a ladder, and sitting on a floor for an hour while occasionally crawling quickly for three seconds. Optional sailing books are available for \$18. Classes are 2.5 hours long.

\*\*\*This course requires a float test taken prior to class and a signed Risk & Release form on file.  
Float tests are available at our pools, [www.seattle.gov/parks/pools.asp](http://www.seattle.gov/parks/pools.asp).\*\*\*

All needed paperwork can be found at [www.seattle.gov/parks/boats/Grnlake.htm](http://www.seattle.gov/parks/boats/Grnlake.htm).

### SPRING REGISTRATION BEGINS 3/8/16 AT NOON

Course	Date	Days	Time	# Classes	Cost	Barcode
Learn to Sail	6/6 - 6/29	Mon/Wed	6 - 8:30 p.m.	8	\$175	142496

### SUMMER REGISTRATION BEGINS 4/5/16 AT NOON

Course	Date	Days	Time	# Classes	Cost	Barcode
Learn to Sail	7/6 - 8/1	Mon/Wed	6 - 8:30 p.m.	8	\$175	142200
Learn to Sail	7/12 - 8/4	Tue/Thurs	6 - 8:30 p.m.	8	\$175	142201
Learn to Sail	8/3 - 8/29	Mon/Wed	6 - 8:30 p.m.	8	\$175	142202

# BIRDS AND BOATS—INTRODUCTION TO CANOE/KAYAK FOR SENIORS

## Ages 55 and up

This class is designed and offered to people who are 55 and older. This non-competitive recreation class is perfect for people who enjoy the world around them. Learn the fundamentals of both canoeing and kayaking at a leisurely pace. In addition to a paddling instructor the class will be accompanied by a Naturalist who will speak about the wildlife that inhabits the Green Lake area. Each class is 2 hours long for a total of 8 hours.

\*\*\*This course requires a float test taken prior to class and a signed Risk & Release form on file.  
Float tests are available at our pools, [www.seattle.gov/parks/pools.asp](http://www.seattle.gov/parks/pools.asp).\*\*\*

All needed paperwork can be found at [www.seattle.gov/parks/boats/Grnlake.htm](http://www.seattle.gov/parks/boats/Grnlake.htm).

### SPRING REGISTRATION BEGINS 3/8/16 AT NOON

Course	Date	Days	Time	# Classes	Cost	Barcode
Birds & Boats	4/19 - 5/10	Tues	12 - 2 p.m.	4	\$75	135706

### SUMMER REGISTRATION BEGINS 4/5/16 AT NOON

Course	Date	Days	Time	# Classes	Cost	Barcode
Birds & Boats	7/26 - 8/16	Tues	9 - 11 a.m.	4	\$75	142177
Birds & Boats	9/6 - 9/27	Tues	12 - 2 p.m.	4	\$75	142179

SENIOR DISCOUNTS ARE SHOWN—Special senior pricing is reflected in the fees for the senior classes.

**OH, NO!  
YOU CANCELLED IT!**

**Sometimes courses are cancelled because  
people wait too long to register.  
Please register early to avoid disappointment!**

## INTRODUCTION TO CANOEING

### Ages 10 and up

Minimum age is 16, or 10 if accompanied by an adult. Join us for a fun, on-the-water course designed to build paddling skills for safe solo and partner canoeing. Our menu includes more than 20 paddling strokes used to control a canoe in a variety of situations. We provide all equipment. Weekday classes are 2.5 hours; weekend classes are 3.5 hours long.

\*\*\*This course requires a float test taken prior to class and a signed Risk & Release form on file.

Those under 18 need a completed medical form. Float tests are available at our pools, [www.seattle.gov/parks/pools.asp](http://www.seattle.gov/parks/pools.asp).\*\*\*

All needed paperwork can be found at [www.seattle.gov/parks/boats/Grnlake.htm](http://www.seattle.gov/parks/boats/Grnlake.htm).

### SPRING REGISTRATION BEGINS 3/8/16 AT NOON

Course	Date	Days	Time	# Classes	Cost	Barcode
Intro to Canoe	6/6 - 6/15	Mon/Wed	6 - 8:30 p.m.	4	\$100	135710

### SUMMER REGISTRATION BEGINS 4/5/16 AT NOON

Course	Date	Days	Time	# Classes	Cost	Barcode
Intro to Canoe	7/10 - 7/24	Sun	9 a.m. - 12:30 p.m.	3	\$100	142180
Intro to Canoe	7/18 - 7/27	Mon/Wed	6 - 8:30 p.m.	4	\$100	142181

## INTRODUCTION TO KAYAK

### Ages 13 and up

Minimum age is 16, or 13 if accompanied by an adult. This course is for the beginner or novice, emphasizing good paddling technique. We will help you get your feet wet (so to speak), answer your kayak questions, and make sure you have lots of fun! We provide all equipment except the optional wet suit. Weekday classes are 2.5 hours; weekend classes are 3.5 hours long.

\*\*\*This course requires a float test taken prior to class and a signed Risk & Release form on file.

Those under 18 need a completed medical form. Float tests are available at our pools, [www.seattle.gov/parks/pools.asp](http://www.seattle.gov/parks/pools.asp).\*\*\*

All needed paperwork can be found at [www.seattle.gov/parks/boats/Grnlake.htm](http://www.seattle.gov/parks/boats/Grnlake.htm).

### SPRING REGISTRATION BEGINS 3/8/16 AT NOON

Course	Date	Days	Time	# Classes	Cost	Barcode	Excluded Dates
Intro to Kayak	5/31 - 6/9	Tue/Thu	6 - 8:30 p.m.	4	\$100	135711	---
Intro to Kayak	6/18 - 7/2	Sat	9 a.m. - 12:30 p.m.	3	\$100	135712	---

### SUMMER REGISTRATION BEGINS 4/5/16 AT NOON

Course	Date	Days	Time	# Classes	Cost	Barcode	Excluded Dates
Intro to Kayak	7/5 - 7/14	Tue/Thu	6 - 8:30 p.m.	4	\$100	142182	---
Intro to Kayak	8/9 - 8/18	Tue/Thu	6 - 8:30 p.m.	4	\$100	142184	8/15
Intro to Kayak	8/20 - 9/10	Sat	9 a.m. - 12:30 p.m.	4	\$100	142186	---



# SEATTLE CANOE & KAYAK CLUB - CONTINUED

## ADULT SPRINT PADDLING CLASS

The Adult Sprint Team Program offers the same racing skills development opportunities of the Youth Sprint Team to all adults including post high school, intermediate, senior, and masters paddlers. Individual and team boat competitions at regional and USACK Nationals regattas can be in your future! You will also participate in conditioning, stroke improvement (via video taping), wake riding, starts and watercraft skills in sprint boats and surfskis. Events include 1K, 5K, and 10K distance races. This is a formally coached program open to all skill levels. Racing is not required, but opportunities will be offered.

\*\*\*This course requires a float test taken prior to class and a signed Risk & Release form on file.

Those under 18 need a completed medical form. Float tests are available at our pools, [www.seattle.gov/parks/pools.asp](http://www.seattle.gov/parks/pools.asp).\*\*\*

All needed paperwork can be found at [www.seattle.gov/parks/boats/Grnlake.htm](http://www.seattle.gov/parks/boats/Grnlake.htm).

### SPRING REGISTRATION BEGINS 3/8/16 AT NOON

Course	Date	Days	Time	# Classes	Cost	Barcode
Sprint Paddle	2/28 - 5/22	Sun	9:30 - 1:30 a.m.	13	\$78	135600
					SCKC Members FREE*	
Sprint Paddle	6/5 - 8/28	Sun	9:30 - 11:30 a.m.	13	\$78	135705
					SCKC Members FREE*	

### SUMMER REGISTRATION BEGINS 4/5/16 AT NOON

Course	Date	Days	Time	# Classes	Cost	Barcode
Sprint Paddle	6/21 - 8/25	Tue/Thu	6:30 - 8:30 p.m.	20	\$100	142176
					SCKC Members FREE*	

### FALL REGISTRATION BEGINS 8/9/16 AT NOON

Course	Date	Days	Time	# Classes	Cost	Barcode
Sprint Paddle	9/4 - 11/6	Sun	9:30 - 11:30 a.m.	10	\$60	142236
					SCKC Members FREE*	

\*FREE to Seattle Canoe & Kayak Club Members

## PARACANOE/KAYAK:

Paracanoe/kayak will make its debut at the Paralympic Games in Rio 2016. The Seattle Canoe and Kayak Club is at the forefront of this exciting new sport and is offering the only sport-specific paracanoe program in the United States. Boats, paddles, and coaching are offered for all competitive and recreational-minded individuals with physical disability. All ages are welcome. Come enjoy the freedom of paddling. Gain strength, fitness and confidence. Be a part of the Paralympic movement! If you would like more information, please email Jason Frisk at [jason.frisk@seattle.gov](mailto:jason.frisk@seattle.gov).

## DUCK ISLAND RACE SERIES

The Seattle Canoe and Kayak Club runs an informal, fun time-trial every Friday evening in July and August. Race registration starts at 6 p.m., with the race starting between 6:30 and 7 p.m. The club provides hotdogs as part of a potluck dinner after the racing. This is open to the general public free of charge. You can bring your own boat, or use club equipment. To use club equipment you must first complete a float test, and sign a risk and release form.

# SEATTLE CANOE AND KAYAK CLUB MEMBERSHIP INFORMATION

The Seattle Canoe and Kayak Club offers both competitive and recreational activities for flatwater canoeists and kayakers. Membership gives paddlers access to Club equipment for use on Green Lake. The Club has over 80 boats, including sea kayaks, Olympic-style racing kayaks, recreational canoes, and marathon canoes.

Qualified instructors teach paddling classes for the general public and, if space permits, club members can enroll in these classes for half price. All courses must have a minimum enrollment to cover costs. Club-sponsors competitive races in the Seattle area attract racers from throughout the region. The Annual Ted Houk Memorial Regatta, which offers flatwater sprint racing, takes place on Green Lake in June every year. Club meetings are held the third Tuesday of each month. Required safety meetings typically held the third Tuesday of the month at 6 p.m. in the meeting room.

\*\*\*This course requires a float test taken prior to class and a signed Risk & Release form on file.

Those under 18 need a completed medical form. Float tests are available at our pools, [www.seattle.gov/parks/pools.asp](http://www.seattle.gov/parks/pools.asp).\*\*\*

All necessary paperwork can be found at [www.seattle.gov/parks/boats/Grnlake.htm](http://www.seattle.gov/parks/boats/Grnlake.htm).

## FOUR EASY STEPS TO BECOMING A MEMBER

1. Complete a Float Test (see page 20).
2. Attend a safety orientation held the third Tuesday of every month at 6 p.m.
3. Complete a registration form (Risk and Release) (found on page 23).
4. Pay membership fee.

## WINTER REGISTRATION BEGINS 12/1/15 AT NOON

Memberships are annual and expire December 31.

Course	Date	Days	Time	# Classes	Cost	Barcode	Excluded Dates
Membership	1/1 - 12/31	Daily	Dawn-dusk	365	\$370	135598	Special Events
Membership	9/1 - 12/31	Daily	Dawn-dusk	122	\$185	142237	Special Events
Keys are issued during the safety orientation.						\$85 for each additional adult	
						\$45 for each additional child	



## APRIL POOLS DAY

*Seattle Parks and Recreation helping to make summertime safer.*

Seattle Parks and Recreation will join other public and private aquatic facilities throughout Washington to celebrate the 23rd Annual April Pools Day on Saturday, April 16, 2016. More than 30 facilities throughout the state are working together to help families prepare for a safe summer by hosting free events that offer water safety tips and activities.

Participants of all ages will have the opportunity to learn hands-on water safety in and out of the water. Activities may include practicing wearing and using life jackets, learning about hypothermia, taking a boat ride, practicing reaching and throwing rescues, and learning about CPR. Participants can enter a drawing for a free life jacket, as well as other prizes.

Don't miss this chance to get ready for fishing and boating season by participating in April Pools Day at your local Seattle Parks and Recreation swimming pool. Learn and have fun together as a family!

Call individual facilities for time of event and specific activities.

- Ballard Pool .....684-4094
- Evans Pool .....684-4961
- Helene Madison Pool .....684-4979  
(event on Sunday, April 17)
- Meadowbrook Pool.....684-4989
- Medgar Evers Pool.....684-4766
- Queen Anne Pool.....386-4282
- Southwest Pool .....684-7440
- Rainier Beach Pool.....386-1925

# YOUTH KAYAK AND CANOE

## INTRODUCTION AND DEVELOPMENT

**Ages 10–18**

Participants will learn water safety and basic paddling skills in an assortment of canoes and kayaks. As skills increase, paddlers will learn race paddling techniques. Previous paddling experience is not required, and we provide all equipment.

\*\*\*This course requires a float test taken prior to class and a signed Risk & Release/Medical form on file.

Float tests are available at our pools, [www.seattle.gov/parks/pools.asp](http://www.seattle.gov/parks/pools.asp).\*\*\*

All necessary paperwork can be found at [www.seattle.gov/parks/boats/Grnlake.htm](http://www.seattle.gov/parks/boats/Grnlake.htm).

### SPRING REGISTRATION BEGINS 3/8/16 AT NOON

Course	Date	Days	Time	# Classes	Cost	Barcode	Excluded Dates
Intro & Development	4/23 - 5/19	Tue/Thu	4 - 6 p.m.	12	\$105	135707	---
		Sat	10 a.m. - Noon				
	6/4 - 7/2	Tue/Thu	4 - 6 p.m.	12	\$105	135708	6/11
		Sat	10 a.m. - Noon				
	6/6 - 7/1	Mon/Wed/Fri	1:30 - 3:30 p.m.	12	\$105	135709	---

### SUMMER REGISTRATION BEGINS 4/5/16 AT NOON

Course	Date	Days	Time	# Classes	Cost	Barcode	Excluded Dates
Intro & Development	7/6 - 8/1	Mon/Wed/Fri	1:30 - 3:30 p.m.	12	\$105	142192	---
	7/5 - 7/30	Tue/Thu	4 - 6 p.m.	11	\$96	142191	7/16
		Sat	10 a.m. - Noon				
	8/2 - 8/30	Tue/Thu	4 - 6 p.m.	11	\$96	142193	8/6, 8/20
		Sat	10 a.m. - Noon				
	8/3 - 8/29	Mon/Wed/Fri	1:30 - 3:30 p.m.	12	\$105	142194	---

### FALL REGISTRATION BEGINS 8/9/16 AT NOON

Course	Date	Days	Time	# Classes	Cost	Barcode	Excluded Dates
Intro & Development	9/1 - 9/29	Tue/Thu	4 - 6 p.m.	12	\$105	142239	---
		Sat	10 a.m. - Noon				

## YOUTH CONDITIONING—CANOE/KAYAK

**Ages 10–18**

Keep that great level of physical fitness during the off season. Our instructor will help you in strength and cardiovascular land training so you can be ready for the upcoming paddling season.

\*\*\*This course requires a float test taken prior to class and a signed Risk & Release/Medical form on file.

Float tests are available at our pools, [www.seattle.gov/parks/pools.asp](http://www.seattle.gov/parks/pools.asp).\*\*\*

All needed paperwork can be found at [www.seattle.gov/parks/boats/Grnlake.htm](http://www.seattle.gov/parks/boats/Grnlake.htm).

### WINTER REGISTRATION BEGINS 12/1/15 AT NOON

Course	Date	Days	Time	# Classes	Cost	Barcode	Excluded Dates
Conditioning	1/4 - 1/29	Mon - Fri	4 - 6 p.m.	19	\$114	135601	1/18

### FALL REGISTRATION BEGINS 8/9/16 AT NOON

Course	Date	Days	Time	# Classes	Cost	Barcode	Excluded Dates
Conditioning	11/14 - 12/9	Mon - Fri	4 - 6 p.m.	18	\$108	142245	11/24-25

# YOUTH KAYAK AND CANOE - CONTINUED

## SPRINT RACING TEAM

Ages 12-18

The Seattle Canoe Club's Sprint Racing Team enables athletes to focus on competitive canoe and kayak racing. Participants can race in local, regional and national competitions. Green Lake is one of a few national training centers designated by the U.S. Canoe and Kayak Team. Athletes train to improve technique and physical conditioning. Completion of the Introduction class and permission of the coach are required for enrollment. Weekday classes are 2.5 hours; weekend classes are 2 hours long. With a coach's approval, paddlers younger than 12 years of age may be eligible.

\*\*\*This course requires a float test taken prior to class and a signed Risk & Release/Medical form on file.  
Float tests are available at our pools, [www.seattle.gov/parks/pools.asp](http://www.seattle.gov/parks/pools.asp).\*\*\*

All needed paperwork can be found at [www.seattle.gov/parks/boats/Grnlake.htm](http://www.seattle.gov/parks/boats/Grnlake.htm).

### WINTER REGISTRATION BEGINS 12/1/15 AT NOON

Course	Date	Days	Time	# Classes	Cost	Barcode	Excluded Dates
Sprint Team	2/2 - 3/29	Mon/Tu/Wed/Fri	3:30 - 6 p.m.	39	\$234	135599	2/15, 3/19
		Sat	8 - 10 a.m.				
Morning Weights	1/4 - 3/28	Mon/Wed/Fri	5:30 - 7 a.m.	35	\$210	135597	1/18, 2/15

### SPRING REGISTRATION BEGINS 3/8/16 AT NOON

Course	Date	Days	Time	# Classes	Cost	Barcode	Excluded Dates
Sprint Team	3/30 - 6/18	Mon/Tu/Wed/Fri	3:30 - 6 p.m.	54	\$324	135704	5/28-30, 6/11
		Sat	8 - 10 a.m.				
Morning Weights	3/30 - 6/3	Mon/Wed/Fri	5:30 - 7 a.m.	28	\$168	135703	5/30

### SUMMER REGISTRATION BEGINS 4/5/16 AT NOON

Course	Date	Days	Time	# Classes	Cost	Barcode	Excluded Dates
Sprint Team	6/20 - 9/2	Mon/Wed/Fri	3:30 - 6 p.m.	39	\$234	142188	7/4, 7/16, 8/6, 8/13
		Sat	8 - 10 a.m.				
Sprint Team Plus	6/20 - 9/2	Mon-Sat	8 - 10 a.m.	61	\$564	142189	7/4, 7/16, 8/6, 8/13
		Mon/Wed/Fri	3:30 - 6 p.m.				

### FALL REGISTRATION BEGINS 8/9/16 AT NOON

Course	Date	Days	Time	# Classes	Cost	Barcode	Excluded Dates
Sprint Team	9/7 - 11/10	Mon/Tu/Wed/Fri	3:30 - 6 p.m.	45	\$270	142238	11/5
		Sat	8 - 10 a.m.				
Morning Weights	10/3 - 12/9	Mon/Wed/Fri	5:30 - 7 a.m.	28	\$168	142244	11/11, 11/25



## YOUTH SAILING CAMP

Kids will have a great time learning sailing skills in our summer camps, using the Toppers here at Green Lake. Both new and experienced sailors can register. Learn the basics of sailing, rigging, safety, and boat handling. Participants must weigh at least 80 lbs. We provide life jackets. Classes are 4 hours.

\*\*\*This course requires a float test taken prior to class and a signed Risk & Release/Medical form on file. Float tests are available at our pools, [www.seattle.gov/parks/pools.asp](http://www.seattle.gov/parks/pools.asp).\*\*\*

All needed paperwork can be found at [www.seattle.gov/parks/boats/Grnlake.htm](http://www.seattle.gov/parks/boats/Grnlake.htm).

### SUMMER REGISTRATION BEGINS 4/5/16 AT NOON

#### Ages 11–17

Course	Date	Days	Time	# Classes	Cost	Barcode
Sailing Camp	6/27 - 7/1	Mon - Fri	Noon - 4 p.m.	5	\$200	142205
Sailing Camp	7/5 - 7/8	Tue - Fri	Noon - 4 p.m.	4	\$160	142206
Sailing Camp	7/11 - 7/15	Mon - Fri	Noon - 4 p.m.	5	\$200	142207
Sailing Camp	7/18 - 7/22	Mon - Fri	Noon - 4 p.m.	5	\$200	142208
Sailing Camp	7/25 - 7/29	Mon - Fri	Noon - 4 p.m.	5	\$200	142210
Sailing Camp	8/1 - 8/5	Mon - Fri	Noon - 4 p.m.	5	\$200	142211
Sailing Camp	8/8 - 8/12	Mon - Fri	Noon - 4 p.m.	5	\$200	142212
Sailing Camp	8/15 - 8/19	Mon - Fri	Noon - 4 p.m.	5	\$200	152213

#### Ages 10–13

Course	Date	Days	Time	# Classes	Cost	Barcode
Sailing Camp	7/11 - 7/15	Mon - Fri	Noon - 4 p.m.	5	\$200	142203
Sailing Camp	8/15 - 8/19	Mon - Fri	Noon - 4 p.m.	5	\$200	142204

## SAILING CAMP II



### Ages 11–17

Continue to improve your sailing skills and technique. Open to sailors that have had at least one week of sailing camp from the summer 2014 or later and/or have an advanced beginner's proficiency from another sailing club. Sailors that don't have the skills to make the continuation class will be moved down to our Sailing I course. Sailors will be introduced to new advanced sailing skills such as small boat skills, sail trim, basic racing techniques and racing rules. If weather permits, much more time will be spent on the water in the boats. Overall our goal at the end of the week is for our sailors to feel very comfortable in the boats on Green Lake. Classes will be limited in size, so be sure to sign up soon!

Course	Date	Days	Time	# Classes	Cost	Barcode
Sailing Camp	7/18 - 7/22	Mon - Fri	Noon - 4 p.m.	5	\$200	142214
Sailing Camp	8/8 - 8/12	Mon - Fri	Noon - 4 p.m.	5	\$200	142215

## ADVENTURE CAMP

### Ages 11-14

Canoeing, kayaking, and sailing on Green Lake, and tennis, golf, soccer, and other activities around Green Lake will fill the days! Field trips may include traveling by van. Bring a sack lunch, swimsuit, towel, and a change of clothes; we will provide snacks. Camps are during the following weeks of summer.

\*\*\*This course requires a float test taken prior to class and a signed Risk & Release/Medical form on file. Float tests are available at our pools, [www.seattle.gov/parks/pools.asp](http://www.seattle.gov/parks/pools.asp).\*\*\*

All necessary paperwork can be found at [www.seattle.gov/parks/boats/Grnlake.htm](http://www.seattle.gov/parks/boats/Grnlake.htm).

### SUMMER REGISTRATION BEGINS 4/5/16 AT NOON

Date	Days	Time	# Classes	Cost	Barcode
8/1 - 8/5	Mon - Fri	8:30 - 4 p.m.	5	\$300	142196
8/8 - 8/12	Mon - Fri	8:30 - 4 p.m.	5	\$300	142197
8/15 - 8/19	Mon - Fri	8:30 - 4 p.m.	5	\$300	142198

## CITY POOLS

### Ballard Pool

1471 NW 67th  
206-684-4094  
🚌 Served by Metro Bus #15

### Evans Pool

7201 E Green Lake Dr N  
206-684-4961  
🚌 Served by Metro Bus #16, 26, 48

### Madison Pool

13401 Meridian Ave N  
206-684-4979  
🚌 Served by Metro Bus #317

### Meadowbrook Pool

10515 35th Ave NE  
206-684-4989  
🚌 Served by Metro Bus #64, 65

### Medgar Evers Pool

500 23rd Ave E  
206-684-4766  
🚌 Served by Metro Bus #3, 4, 48

### Rainier Beach Pool

8825 Rainier Avenue S  
206-386-1925  
🚌 Served by Metro Bus #7, 9, 106

### Queen Anne Pool

1920 1st West  
206-386-4282  
🚌 Served by Metro Bus #3, 4, 13

### Southwest Pool

2801 SW Thistle  
206-684-7440  
🚌 Served by Metro Bus #22



## SUMMER OUTDOOR POOLS

### COLMAN POOL

8603 Fautleroy Way SW (on the beach in Lincoln Park) • 206-684-7494  
This pool offers seasonal outdoor swimming in a heated saltwater pool.

### MOUNGER POOL

2535 32nd Ave West • 206-684-4708  
In the heart of Magnolia. Enjoy this outdoor facility that features a lap pool, a warm water shallow pool and a 50' corkscrew water slide.

**A FLOAT TEST MAY BE TAKEN AT ANY OF THE ABOVE POOLS, A LIFEGUARDED BEACH DURING THE SUMMER, OR AT A FACILITY WITH A RED CROSS LIFEGUARD. REGULAR CHARGES APPLY. PLEASE CALL AHEAD TO TAKE THE FLOAT TEST AT ANY OF THE POOLS. PERSONAL PHOTO IDENTIFICATION REQUIRED FOR YOUTH AND ADULTS.**

## QUICK HISTORY

Seattle Parks and Recreation has been offering recreation opportunities since 1891. Outdoor aquatics programming has been a cornerstone of the comprehensive recreation focus with a long history of safety and fun:

- There are more than 430 parks and open areas covering almost 6,200 acres of parkland for you to enjoy.

## TWO BOATING LOCATIONS

- Green Lake Small Craft Center has a 67-year history of service to the community as a small craft center.
- Mount Baker Rowing and Sailing Center brings enthusiasm to the outdoor aquatics team as the newest member with 28 years of operation.

The Green Lake Small Craft Center and the Mount Baker Rowing and Sailing Center are instructional facilities, designed to introduce the public to safe and enjoyable use of small watercraft. The centers do not rent boats. Hours of operation vary, depending on program times. The two facilities offer comparable programs and opportunities. We encourage you to choose the location that is most convenient.

**ORIGINAL ONLY — NO COPIES  
ACCEPTED OR PROVIDED**

## FLOAT TEST

### Original Only - No copies accepted or provided

Every participant must successfully pass a float test prior to the first water session of a small craft class. It is also a membership requirement for boating organizations sponsored by Seattle Parks and Recreation. In deep water, while wearing long pants and a long-sleeved shirt, you must float, tread water or swim in place for 10 minutes. In the final minute of the test you must put on a life vest while continuing to tread water. A 10-minute float test is valid for three years.

Float tests must be taken at public swimming pools or public beaches under the supervision of a lifeguard certified by the American Red Cross. Regular pool admission is charged.

NAME \_\_\_\_\_ Phone: \_\_\_\_\_

ADDRESS \_\_\_\_\_

The above named individual has successfully passed a float test as required for participation in a small craft program sponsored by Seattle Parks and Recreation.



**SEATTLE PARKS  
AND RECREATION**

## SWIMMING POOL / BEACH / OFFICE USE ONLY

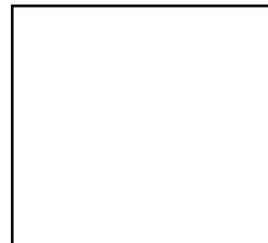
Identification Verified: \_\_\_\_\_ Initial: \_\_\_\_\_

Lifeguard name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

### VALIDATION STAMP



## LOW COST LIFE JACKET SALES AT EVANS POOL

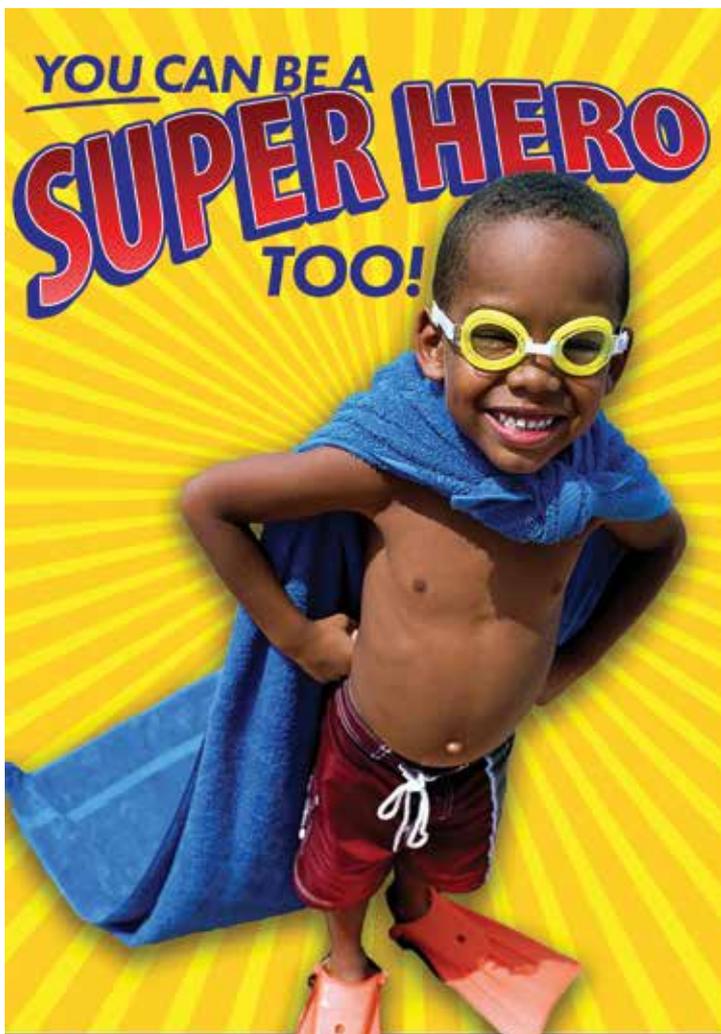
Seattle Parks and Recreation will hold sales of low cost life jackets at Evans Pool on the third Saturday of each month, all summer long. The pool is located at 7201 E. Green Lake Dr. N. The phone number is 684-4961.

**Why buy a life jacket?** Drowning is the second leading cause of unintentional injury death among children ages 1 – 14 years old. Wearing a life jacket saves lives.

The person for whom the jacket is being purchased must be present for proper fitting. Sorry, no refunds or returns - all sales are final.

We extend special thanks to our partners, Seattle Children's Hospital, Fisheries Supply, and the Coast Guard Auxiliary for their support of this event. For more information, please contact David Belanger, at 684-7440 or email [david.belanger@seattle.gov](mailto:david.belanger@seattle.gov).





**AS PART OF OUR COMMITMENT TO WATER SAFETY,** Seattle Parks and Recreation – in partnership with Seattle Children's Hospital, Tulalip Tribes and the support of many caring individuals – is offering Learn to Swim Scholarships to offset the cost of swim lessons for youth ages 4 to 16.

**HOW TO DONATE:** To make a contribution to the Learn to Swim Scholarship Fund, visit any Seattle Parks and Recreation pool or donate online to <https://donatenow.networkforgood.org/learntoswim>. For more information, call your local pool or 206-684-7185. Be a hero and help every child become a super swimmer!

**DO YOU KNOW A CHILD WHO NEEDS A SCHOLARSHIP?**

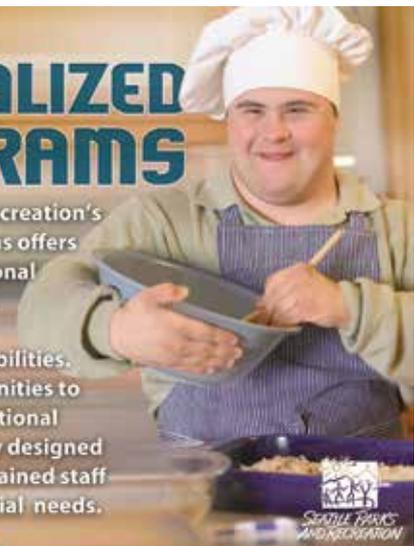
For more information on applying or to receive a low-income scholarship application, please contact your neighborhood pool. Funding is limited. Approved scholarships can be used for Kinder lessons (ages 4 to 5), Beginning Swimmer lessons (ages 6 to 16) and Advanced Swimmer lessons (ages 6 to 16).



<https://donatenow.networkforgood.org/learntoswim>

## SPECIALIZED PROGRAMS

Seattle Parks and Recreation's Specialized Programs offers year-round recreational activities for people with physical and developmental disabilities. We provide opportunities to participate in recreational activities specifically designed and conducted by trained staff for people with special needs.



We provide recreation programs for all ages including cooking, fitness, social gatherings, drama, crafts, games, and after school activities. Also offered are weekend outings, special events, a variety of Special Olympics sports competitions, and both day and overnight summer camps. Our partner Seattle Adaptive Sports hosts a variety of wheelchair and adaptive sports programs.

View an on-line brochure by going to [seattle.gov/parks](http://seattle.gov/parks) (select the link to Specialized Programs under Popular Links) or contact our office at 206-684-4950.

## DID YOU KNOW?

Seattle Parks and Recreation has over 40 indoor venues, rental facilities and hundreds of beautiful parks and gardens available to rent to weddings, private functions or any special event.

If you're interested in reserving a community center for an event or any other within the city, please call the community center directly.

For more information on how to reserve a space for your event, call: Outdoor special events 206-684-4080; Picnics, weddings and ceremonies 206-684-4081; Indoor venues 206-684-7254. Or visit our website at: [www.seattle.gov/parks/weddings](http://www.seattle.gov/parks/weddings).

## SEATTLE PARKS AND RECREATION SUMMER YOUTH BOATING AND OUTREACH

Make your donation today to Seattle Parks and Recreation Summer Youth Boating and Outreach. Your donation will help expose youth to a variety of boating programs. For more information call the Green Lake Small Craft Center: 206-684-4074. Make your donation via mail or in person at 5900 West Green Lake Way N, 98103.

Donate online to:  
[www.arcseattle.org/get-involved](http://www.arcseattle.org/get-involved)

# GENERAL INFORMATION

## REGISTRATION AND QUESTIONS

Take your choice...	Contact
 <b>BEST CHOICE:</b> Stop by your local recreation center	Staff welcome face-to-face interaction!
 <b>FIRST CHOICE:</b> Online registration using the SPARC system	<a href="http://www.seattle.gov/parks">www.seattle.gov/parks</a> and click on the SPARC logo (account needed)
 <b>SECOND CHOICE:</b> Call us during our reduced office hours of operation (not until at least 24 hours after registration begins). Check for current office hours.	206-684-4074
 <b>THIRD CHOICE:</b> Register by phone. The Business Service Center is open weekdays 9 a.m. to 5 p.m. Your local community center or swimming pool can also help you with registration.	206-684-5177
 <b>FOURTH CHOICE:</b> Mail in forms, or drop them in the Small Craft Center mail slot.	Green Lake Small Craft Center 5900 W Green Lake Way N Seattle, WA 98103

After registering for a course, you will be mailed or e-mailed required forms to complete and turn in on or before the first day of class.

### PAYMENT

We accept Visa, MasterCard and American Express when registering online or by mail. You may also mail in a check or money order with mail-in registrations. Please make checks payable to "City of Seattle" or "C.O.S." Payment is due when you register. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee.

### REFUNDS

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event, or program that is cancelled for any reason by the Department or Advisory Council will receive a full refund.
- Anyone who registers for a program and who requests a refund before the second class session may receive a prorated refund minus a service charge of 10% or \$5, whichever is greater.

- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start, may receive a refund minus a 10% or \$5 service charge, whichever is greater.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.

Please read the entire policy for specific information, available upon request.

### FINANCIAL ASSISTANCE

Through the support of generous donors, our advisory councils help ensure that our activities, classes, and sports are available to everyone, regardless of their ability to pay. Financial assistance or low income rates are offered for all youth and adult programs, and are granted based on financial need. For further information, to make a donation or to request an application, please call us at 206-684-4074.

### ADA COMPLIANCE

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids, or other accommodation, please call 206-615-0140 or TDD 206-223-7061. If possible, please allow 10 working days advance notice.

### NON-DISCRIMINATION

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin or presence of any sensory, mental or physical handicap. (Seattle Municipal code 18.12.280).

### SPECIALIZED PROGRAMS

For information on programs for youth/adults with disabilities, please call the Specialized Programs Office at 206-684-4950, or visit the web at <http://www.seattle.gov/parks/SpecialPops/index.htm>.

**Important Notice:** We have attempted to provide the most up-to-date information, however changes may have occurred since going to print. Please contact your local community center or pool for updates. We apologize for any inconveniences this may cause.

# REGISTRATION FORM

ADULT NAME (Last) \_\_\_\_\_ (First) \_\_\_\_\_ DATE \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE (home) \_\_\_\_\_ (work) \_\_\_\_\_ (cell) \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Emergency Phone(s) \_\_\_\_\_

EMAIL \_\_\_\_\_

**ASSUMPTION OF RISK AND RELEASE FORM:** Injuries to participants in small craft programs may occur from risks inherent in the sports or activities; from placing stress on the body that it has not been prepared for; from accidents in learning or practicing techniques; from failing to follow training, safety or racing rules; from the use of transportation to and from regattas, races and other events and from administration of first aid. For example, I might slip and fall; I might be struck by part of a boat; my boat might capsize or I might be thrown overboard into cold water; it may hit another boat or run into an obstruction or the shore, and the collision injure me. The severity of the injury can range from minor cuts, scrapes, or muscle strains to catastrophic injury such as paralysis or even death. I will be exposed to the weather, including rain, wind, cold and sun, I might become ill through chill or suffer sunburn and heat exhaustion. In order to avoid injuries I will obey the directions of my instructors and will follow all safety rules. I will tell my instructor about any limitations or medical restrictions on my participation. In consideration for my acceptance as a participant, I agree to assume the risks, release and hold the City of Seattle, its advisory councils, and sponsoring organizations, and their employees, independent contractors and agents harmless from claims for injuries and damages, which may occur from or as a result of my participation in the program. I agree that this assumption of risk and release shall bind my heirs and my estate. Participation authorized; risks assumed; and release granted. Authorizing signature below acknowledges having read all statements above. Participant's signature required, or the signature of a parent or guardian is required for participants under 18 years.

**PARTICIPANT SIGNATURE\*\*:** \_\_\_\_\_ DATE \_\_\_\_\_

\*\*Parent/Guardian for anyone 17 years of age or younger

PARTICIPANTS NAME		BIRTH DATE	EO*	GENDER	CLASS NUMBER	CLASS FEE	OFFICE USE ONLY	
Last	First							
Total								

\*ETHNIC ORIGIN: Information is used for statistical purposes and is not required for participation. A=Asian; B=Black/African American; H=Hispanic; N=Native American; W=Caucasian; O=Other.

**Complete the following information if paying by credit card:** Type (circle): Visa MasterCard AmExpress

Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Name as Shown on Card: \_\_\_\_\_ Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**You can also find this information on-line at [www.seattle.gov/parks](http://www.seattle.gov/parks)**



Green Lake Small Craft Center  
5900 W Green Lake Way N  
Seattle, WA 98103

**Change Service Requested**

PRSR STD  
U. S. POSTAGE  
**PAID**  
SEATTLE, WA  
PERMIT #152

## What's Happening in 2016 at the GREEN LAKE SMALL CRAFT CENTER

Age:	9	10	11	12	13	14	15	16	17	18	Adult	55+	Page
Adult Sprint Paddling													14
Competitive Adult Crew													10
Intro to Canoe/Kayak													12
Intro to Canoeing													13
Intro to Kayak													13
Jr. Crew Team													6
Jr. Crew Conditioning - Youth													7
Learn to Row - Novice I													8
Learn to Sail													12
Open Rowing													10
Rowing II & III													9
Sprint Racing Team													17
Youth Adventure Camp													18
Youth Canoe - Intro and Development													16
Youth Canoe/Kayak Conditioning													16
Youth Sailing Camp													18
Youth Sailing Camp II													18