

# Spring 2020: April 6-June 20



**Tamara Keefe**  
Sound Steps  
Program Coordinator

206-684-4664 /  
cell 206-399-4655  
tamara.keefe@seattle.gov



## Connect with us!

- Visit [http://www.seattle.gov/parks/find/sound-steps-\(50\)](http://www.seattle.gov/parks/find/sound-steps-(50)) to receive Sound Steps e-newsletter.
- Sound Steps is a community-driven and volunteer led walking program designed for all levels of walkers. If you would like to plan and lead a walk, please be in touch!

## REGISTRATION

Please register quarterly for all programs using the barcode provided. See page 58 for registration information. Unless dates are specified, weekly walks are generally ongoing. Check with the volunteer walk leader for any dates that may be missed.

## Hike Rating Legend

 **Easy** - paved, smooth and fairly level trail surface; recommended for beginners

 **Moderate** - some hills; exposed roots and rocks possible

 **Challenging** - some difficult terrain; hills or stairs

 **Difficult** - steep hills, significant elevation gain; for advanced hikers

## SCHOLARSHIPS

Complete your June 2019-June 2020 application prior to spring registration on 3/3, and your June 2020-June 2021 application prior to summer registration on 5/5. See page 58 for details.

## SPECIAL NEIGHBORHOOD WALKS

### Scenic Strollers Spring Walks

Series of three casual-paced walks in the Montlake neighborhood. Each is 3+ miles. Some hills, none steep. Portage Bay 4/4, Azalea Way 5/2, Union Bay 6/6. Meet out front at Montlake Community Center.

34360 4/4, 5/2, Sat 9:30 a.m.-Noon Free  
6/6

### NEW Meet Me at the Park

Walk the paved paths at Jefferson Park on Beacon Hill with others. Chat with a Seattle Parks & Recreation staff member. All mobility levels welcome. Meet outside front entrance to Jefferson Community Center.

35595 4/7 Tue 11:30 a.m.-12:30 p.m. Free

### Ship Canal Sound Steps Walk

A moderate-paced walk along both sides of the Ship Canal, through industrial Ballard and the Locks. Six miles and flat, with two restroom breaks, on a combination of trails and roads. Meet at Ballard Fred Meyer's former SW entrance (now closed), where NW 43rd St. enters the parking lot.

34361 5/18 Mon 9 a.m.-Noon Free

### NEW Cheshiahud Loop Sound Steps Walk

The Cheshiahud Lake Union Loop is named after the Duwamish chief who guided early white settlers in the area. Circumnavigate the lake on this moderate-paced, mostly level, roughly 6-mile walk, with one restroom break. Meet at the "arches" near the restrooms in Gasworks Park, 2101 N Northlake Way.

35567 6/15 Mon 9 a.m.-Noon Free

## HIKES AND TRIPS

Enjoy the great outdoors! Two regular departure sites:

**NORTHEAST:** 8061 Densmore Ave. N

**SOUTHEAST:** Jefferson Community Center

Departure times are listed and vary based on destination. Return times are approximate. Please bring a lunch and plenty of water. Register online or at your local community center.

### Spring Lake/Lake Desire Hike

Explore this forested site with a 900-foot-tall rocky outcrop, a bog, and three miles of trails situated between two lakes. Look forward to possible views and rare flora sightings. Return 2:30 p.m.

34347 4/13 Mon Densmore: 9 a.m. \$18  
Jefferson CC: 9:30 a.m.

### Lake Wilderness and Cedar-Green River Trail Hike

Walk through forested areas and display gardens with plant collections highlighting both natural and cultivated landscapes. Natural surface trails, as well as some ADA paths. The Cedar-Green River Trail runs through the park, and we'll also travel the section along Lake Wilderness. Return 2:30 p.m.

34357 5/4 Mon Densmore: 9 a.m. \$18  
Jefferson CC: 9:30 a.m.

### Carbon River Mt. Rainier Hike

Marvel at magnificent old-growth forest in a temperate rainforest located in Mt. Rainier National Park's NW corner. Listen for the trilling of birdsong, and pause to take in the power of the Carbon River along a flat former roadway. Go as far as time allows on this out-and-back route. Return 5 p.m.

34358 6/1 Mon Densmore: 9 a.m. \$40  
Jefferson CC: 9:30 a.m.



## Share A Walk With Others!

The Sound Steps walking program provides opportunities for fitness and socialization, as well as exploration. We rely on community members to design and lead walks that are of interest to the community. Many of you have a favorite route, park, or knowledge of an area. One-time walks, short series, or ongoing weekly walks are all possible and welcome! If you'd like to share a walk with others, please contact [tamara.keefe@seattle.gov](mailto:tamara.keefe@seattle.gov) or 206-684-4664 so that we can create opportunity together!



Weekly Walks are FREE unless otherwise noted. Please register each quarter.

## WEEKLY WALKS—NORTH

### Ballard Sound Steps Walk

Enjoy varied marine activity along the Lake Washington Ship Canal including multiple boat varieties and bird species. Three miles of flat, paved Burke-Gilman Trail. Moderate pace. Meet at the Ballard Fred Meyer, inside main entrance.

34344 Mon 9:30-10:30 a.m. 915 NW 45th St.

### Carkeek Park Sound Steps Walk

Natural surface forest trails with some hills and occasional forays through neighborhood streets. Three miles, moderate pace. Meet at Eddie McAbee entrance.

34345 Wed 10-11:30 a.m. NW 100th and 6th Ave NW

Weekly Walks are FREE unless otherwise noted. Please register each quarter.

## WEEKLY WALKS—NORTH

### Green Lake Loop Sound Steps Walk

Walk around the lake at a gentle or moderate pace. Hosted by the Wallingford Community Senior Center. Meet in front of Green Lake Church. RSVP to WCSC: 206-461-7825.

34349                      Fri      1:30-2:30 p.m.      6350 E Green Lake Way N

### Magnuson Park Sound Steps Walk

All ages welcome! Explore the sights and sounds of Magnuson Park. Varied terrain and flexible pace and distance. Meet outside Sand Point Tennis Center entrance.

34351                      Sun      10-11 a.m.      7135 Sports Field Drive NE

### North Greenwood Sound Steps Walk

Three miles, moderate pace, some hills, natural surface forest trails in Llandover Woods greenspace. Meet at Diva Espresso. Call Nancy for more information: 206-851-6860.

34352                      Mon      9:30-10:30 a.m.      14419 Greenwood Ave N

### Sand Point Sound Steps Walk

For anyone living within Magnuson Park or interested in building community with park residents. Distances range from .5 to 1.5 miles. Those living with mobility challenges are welcome. Call or text walk leader Terry before attending: 206-913-3790.

34355                      Tue      11 a.m.-Noon      Magnuson Park

### Senior Zoo Walkers Sound Steps Walk

Woodland Park Zoo, Kaiser Permanente, and Seattle Parks and Recreation invite you to join Senior Zoo Walkers, a walking program to promote fitness and well being. Warm-up at 9:15 a.m. Register online: <http://www.zoo.org/seniorzoowalkers>.

Meet at Woodland Park Zoo south entrance.

Tue/Thu                      N 50th and Fremont Ave. N

## WEEKLY WALKS—CENTRAL

### Discovery Park Sound Steps Walk

Natural surface trails with some hills and Puget Sound views. 2.8 miles. Moderate pace. Meet at the Discovery Park Environmental Learning Center.

34348                      Fri      10-11 a.m.      3801 Discovery Park Blvd.

## WEEKLY WALKS— SOUTH/WEST

### Lincoln Park Sound Steps Walk

Three miles, some hills, natural and paved surface trails along Puget Sound. All paces welcome. Meet at the center of the north parking lot at Lincoln Park.

34350                      Mon      10-11:15 a.m.      8011 Fauntleroy Way SW

### Rainier Beach Sound Steps Walk

Walk laps to music inside the gym at Rainier Beach Community Center. All paces and mobility levels welcome.

34354                      T/W      10-11 a.m.      Rainier Beach CC

### Seward Park Sound Steps Walk

Begin by stretching and then walk once, or twice, around the flat, paved 2.4-mile loop. Pet-friendly. Meet near the restrooms close to park entrance.

34356                      Fri      9:30-11:15 a.m.      5900 Lake WA Blvd. S

## SOUND STRIDERS

### Enjoy longer walks?

Five to six-mile moderately paced weekly walks. Explore different Seattle neighborhoods. Meet at 8 a.m. for coffee, walk begins at 8:30 a.m. Register quarterly with Seattle Parks & Recreation and see the volunteer-managed website [www.soundstriders.com](http://www.soundstriders.com) for current location details. Questions? Phone: 206-684-4664.

### NORTH Striders Sound Steps Walk

34353                      Tue      8-10:30 a.m.

### SOUTH Striders Sound Steps Walk

34359                      Thu      8-10:30 a.m.

## REGISTRATION

### FIRST CHOICE



Go to Seattle Parks and Recreation's new online registration software at [http://bit.ly/spr\\_registration\\_account](http://bit.ly/spr_registration_account). Sign in, or create an account if this is your first time registering for classes with the new software. Once you are logged in, choose your programs and pay online.

### SECOND CHOICE



Find your local recreation center at: [seattle.gov/parks/centers.asp](http://seattle.gov/parks/centers.asp) and stop by to register for programs and meet the staff. Please note hours of operation, as they vary across recreation centers.

### THIRD CHOICE



Call your local recreation center during their hours of operation at the phone number listed at: [seattle.gov/parks/centers.asp](http://seattle.gov/parks/centers.asp). All staff can assist you with registration.

### FOURTH CHOICE



Register by phone with our Business Service Center at 206-684-5177. The Business Service Center is open Monday through Friday between 8:30 a.m. and 6 p.m. Questions may be emailed to: [ParksBSC@seattle.gov](mailto:ParksBSC@seattle.gov).



## Parks Management and Professional Staff

4554 NE 41st Street • Seattle, Washington 98105  
206-684-4951 • Fax 206-684-4957 • TDD/TTY Only 206-233-1509

### Parks Management

Jesús Aguirre, Superintendent  
Justin Cutler, Director of Recreation

### Professional Staff

Cheryl Brown, Recreation Program Coordinator, 206-615-0619  
Dena Schuler, Management Systems Analyst, 206-615-1884  
Linda Guzzo, Administrative Specialist, 206-684-4951

## SCHOLARSHIP INFORMATION

Limited scholarship funds are available to those who qualify. To apply, visit any community center or pool, bring your most recent 1040 or SSI paperwork, and picture ID. To download forms online visit [https://bit.ly/spr\\_scholarships](https://bit.ly/spr_scholarships). Approval can take up to several weeks and must occur prior to registration. Scholarship funds run out each quarter so please apply early.

Quarter registration dates begin: Spring—3/3/20, Summer—5/5/20, and Fall—8/4/20. Our current scholarship cycle runs June 2019-June 2020.

A new scholarship application must be submitted and approved to qualify for programs taking place July 2020 and beyond.

Here are some beginning qualification guidelines:

Scholarship Eligibility		Number in House			
		1	2	3	4
80%	Monthly	\$1,981.00	\$2,227.50	\$2,671.00	\$3,003.75
	Yearly	\$23,761.00	\$26,730.00	\$32,041.00	\$36,045.00
70%	Monthly	\$2,228.50	\$2,356.20	\$3,004.75	\$3,177.30
	Yearly	\$26,731.00	\$28,274.40	\$36,046.00	\$38,127.60
60%	Monthly	\$2,357.20	\$2,544.30	\$3,178.30	\$3,430.95
	Yearly	\$28,275.40	\$30,531.60	\$38,128.60	\$41,171.40
50%	Monthly	\$2,545.30	\$2,732.40	\$3,431.95	\$3,684.60
	Yearly	\$30,532.60	\$32,788.80	\$41,172.40	\$44,215.20
40%	Monthly	\$2,733.40	\$2,900.70	\$3,685.60	\$3,911.55
	Yearly	\$32,789.80	\$34,808.40	\$44,216.20	\$46,938.60

# Registration Information and Refund Policy

## Payment

Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due plus a \$20 fee. Registration is not complete and a spot in the class cannot be held without payment in full.

## Fees and Charges

**ARC:** Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees are used to offset the cost of providing the programs. Program charges include a user fee paid to Seattle Parks and Recreation to defray operating costs. Washington State sales tax is also included where applicable.

**City:** Fees and charges are necessary to provide financial support to Seattle Parks and Recreation for the operating costs of programs, facilities and grounds. The revenue generated by these fees constitutes only a portion of funds required for operating and maintaining the Parks system. All fees collected from activities and concessions are used exclusively for the Parks system as these funds are deposited in the Parks and Recreation Fund, not the City General Fund. Swimming pool fees and charges are set by City Council.

## Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

## Refunds

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

- A full refund will be issued for any class, trip, or reservation that is canceled for any reason by the Department or the Associated Recreation Council.
- Satisfaction Guarantee-Any person who registers for a CLASS and who requests a refund before the second class session may receive a prorated refund minus a service charge.
- Any person who registers for a TRIP and requests a refund 14 days or more before it's start, may receive a refund minus a service charge.
- A transfer from one class to another is permitted without cost if done on the same business day as the original registration, and is subject to space availability.
- No fee is charged for a transfer initiated by Seattle Parks and Recreation staff when done to correct an error in registration or allow for a better recreation opportunity.

Please read the entire policy 7.16 for specific information. An extra process is required for child care refunds or transfers. There will be no refunds or make-up classes for activities missed due to illness or vacations.

## Class Cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

## Scholarships

Seattle Parks and Recreation wants to ensure that our activities, classes, and sports are available to everyone, regardless of their ability to pay. To apply for a scholarship, please talk to one of our Recreation Specialists.

## Wait Lists

We will create wait lists for all filled classes and trips. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability. If you cannot attend a class or trip you are registered for, your spot will be given to the first person on the wait list.

## Anti-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 the presence of any sensory, mental, or physical handicap.

## Accommodation for People with Disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids, or other accommodations, please call 206-386-9094 or TDD 206-233-1509. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area that is not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

## 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: [www.cityofseattle.net/parks/SpecialPops/index.htm](http://www.cityofseattle.net/parks/SpecialPops/index.htm).

## More Information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks), or call our Public Information line, 206-684-4075, or TDD/TTY 206-233-1509.

**Wondering which Lifelong Recreation program is right for you?** In general, Lifelong Recreation Programs are designed for (independent) people age 50 and better, but we also offer specifically designed programs for those living with dementia or chronic pain. If there is an accommodation that you need to better access one of our programs, please contact the recreation specialist in your area.

### DISCLAIMER NOTE

Although we strive to be accurate, this brochure is published for information purposes only. Changes may be necessary to the content depending on levels of participation or other factors, and fees may change after City Council action on the City budget each year. Please visit [www.seattle.gov/parks](http://www.seattle.gov/parks) for updated information.

*As of July 6, 2015, all of Seattle's public parks are smoke-free! Smoke-free parks help reduce litter, promote healthy lifestyles for youth, and create a welcoming environment for all park users. Smoking is allowed in public rights-of-way including sidewalks. For more information visit [seattle.gov/parks/smokingban/](http://seattle.gov/parks/smokingban/).*