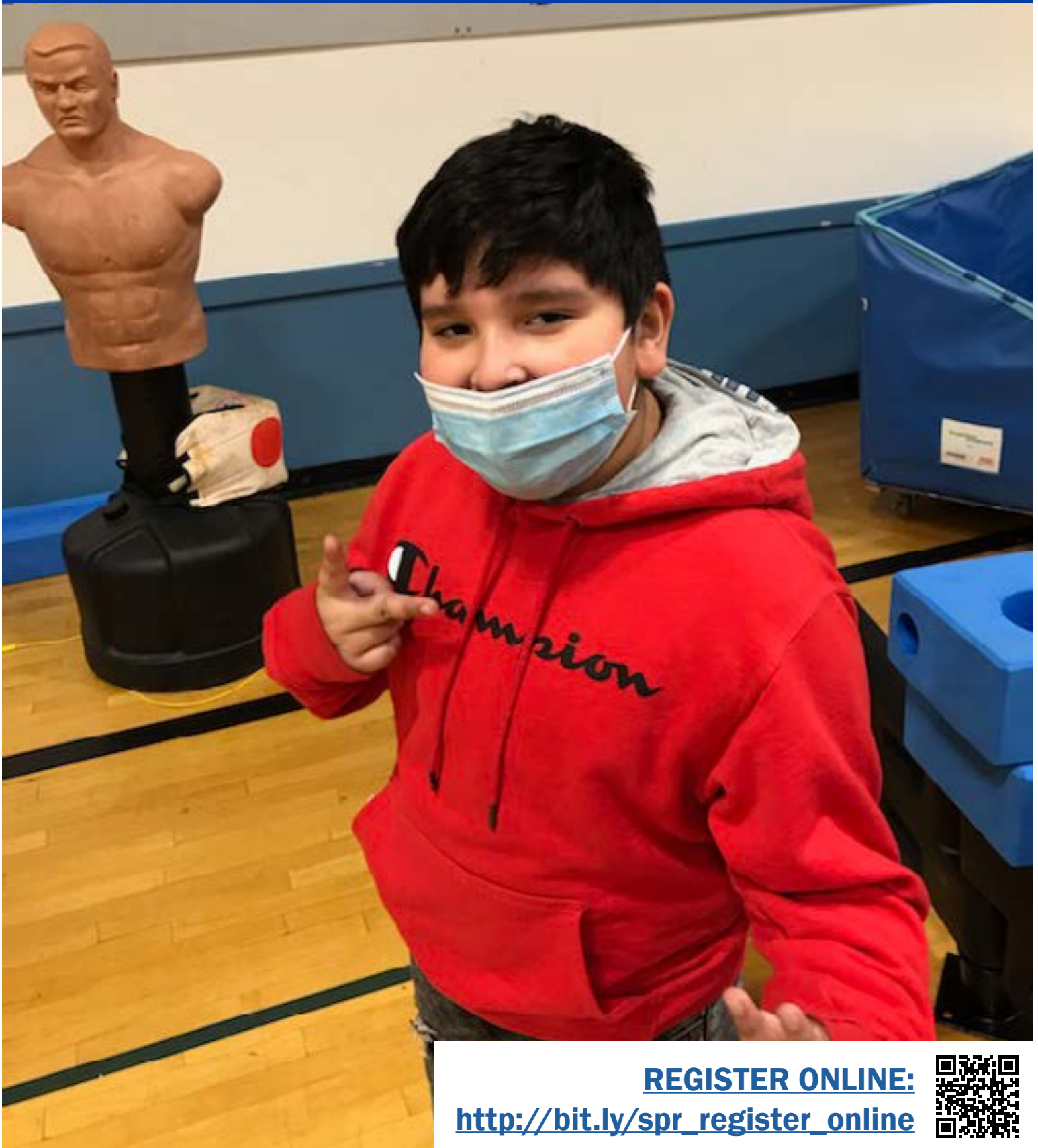


# SEATTLE CITYWIDE VIRTUAL PROGRAMS



Seattle  
Parks & Recreation



**REGISTER ONLINE:**  
[http://bit.ly/spr\\_register\\_online](http://bit.ly/spr_register_online)





# VIRTUAL PROGRAMS

## ALL AGES

### LINE DANCE

#### Ages 10 and Older

Join us for a good time with instructor-led line dance class for beginner/intermediate levels. Twirl and boogie with us from the comfort of your home!

<a href="#">41963</a>	7/1-7/29	Th	3:45-4:45 p.m.	\$40
<a href="#">41968</a>	8/5-9/2	Th	3:45-4:45 p.m.	\$40

### BALLROOM AND LATIN DANCE

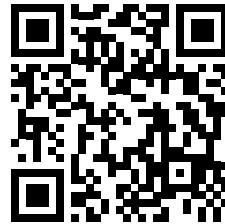
#### Ages 10 and Older

Each session is tailored to the majority of the participants' requests. We will cover several dance styles including tango, cha-cha, foxtrot, waltz, swing, and salsa. Come by yourself or with a partner. Please bring your dancing shoes.

<a href="#">41960</a>	7/1-7/29	Th	2:30-3:30 p.m.	\$40
<a href="#">41970</a>	8/5-9/2	Th	2:30-3:30 p.m.	\$40



## SAVE THE DATE



SCAN ME

## AUGUST 21, 2021

### IN-PERSON AND VIRTUAL EVENT!

Fun for ALL AGES, Games, Fitness, Entertainment, and more!

### TECH CHECK-IN

FREE

#### Ages 10 and Older

Anyone wanting to participate in virtual programming but would first like to test their connectivity, device capability, bandwidth demands and experience, can sign up for this technology check-in. Once registered, we will send you a Webex invite for the session--just like you would receive for any virtual program you might register for in the future. We'll help you troubleshoot common problems and offer suggestions to optimize your virtual experience.

<a href="#">42087</a>	7/8	Th	4:30-4:50 p.m.	FREE
<a href="#">42088</a>	7/14	W	9:30-9:50 a.m.	FREE
<a href="#">42089</a>	7/16	F	4:30-4:50 p.m.	FREE
<a href="#">42100</a>	8/5	Th	4:30-4:50 p.m.	FREE
<a href="#">42099</a>	8/9	M	9:30-9:50 a.m.	FREE
<a href="#">42098</a>	8/12	Th	4:30-4:50 p.m.	FREE

# VIRTUAL PROGRAMS

## ↘ ALL AGES (Continued)

### BEGINNING SHOTOKAN KARATE

#### Ages 7 and Older

Here's your chance to try martial arts! The fundamentals of martial arts are based on understanding your body, movement, and space with and without a partner. Classes focus on kihon (basic techniques), kata (forms), and kumite (partner work), self-confidence, and self-defense. Parents are encouraged to remain in class with younger students.

**41961**    **7/7-9/1**    **W**    **4-4:45 p.m.**    **\$72**

### PIANO GROUP LESSONS

#### Ages 5-Adult

Learn to play the piano from an experienced professional teacher in weekly small group lessons. Training includes sight-reading, techniques, expression, theory, and chords. Students must have access to an electric keyboard or piano for lessons and for practice outside of lessons. Class is NOT in-person. Register through Rainier Community Center by calling 206-386-1919.

#### PRIMER

<b>42084</b>	<b>7/10-7/31</b>	<b>Sa</b>	<b>1-1:45 p.m.</b>	<b>\$80</b>
<b>42095</b>	<b>8/7-8/28</b>	<b>Sa</b>	<b>1-1:45 p.m.</b>	<b>\$80</b>
<b>42083</b>	<b>7/12-7/26</b>	<b>M</b>	<b>4-4:45 p.m.</b>	<b>\$60</b>
<b>42101</b>	<b>8/2-8/30</b>	<b>M</b>	<b>4-4:45 p.m.</b>	<b>\$100</b>

#### LEVEL 1:

<b>42077</b>	<b>7/12-7/26</b>	<b>M</b>	<b>3-3:45 p.m.</b>	<b>\$60</b>
<b>42090</b>	<b>8/2-8/30</b>	<b>M</b>	<b>3-3:45 p.m.</b>	<b>\$100</b>
<b>42078</b>	<b>7/12-7/26</b>	<b>M</b>	<b>5-5:45 p.m.</b>	<b>\$60</b>
<b>42091</b>	<b>8/2-8/30</b>	<b>M</b>	<b>5-5:45 p.m.</b>	<b>\$100</b>

#### LEVEL 2:

<b>42102</b>	<b>7/10-7/31</b>	<b>Sa</b>	<b>12-12:45 p.m.</b>	<b>\$80</b>
<b>42103</b>	<b>8/7-8/28</b>	<b>Sa</b>	<b>12-12:45 p.m.</b>	<b>\$80</b>
<b>42080</b>	<b>7/10-7/31</b>	<b>Sa</b>	<b>2-2:45 p.m.</b>	<b>\$80</b>
<b>42092</b>	<b>8/7-8/28</b>	<b>Sa</b>	<b>2-2:45 p.m.</b>	<b>\$80</b>

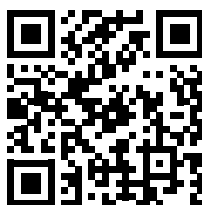
#### LEVEL 3:

<b>42081</b>	<b>7/10-7/31</b>	<b>Sa</b>	<b>3-3:45 p.m.</b>	<b>\$80</b>
<b>42093</b>	<b>8/7-8/28</b>	<b>Sa</b>	<b>3-3:45 p.m.</b>	<b>\$80</b>

#### LEVEL 5:

<b>42082</b>	<b>7/12-7/26</b>	<b>M</b>	<b>6-6:45 p.m.</b>	<b>\$60</b>
<b>42094</b>	<b>8/2-8/30</b>	<b>M</b>	<b>6-6:45 p.m.</b>	<b>\$100</b>

### VIRTUAL PROGRAMS: GETTING STARTED



**SCAN ME**



LEARN HOW TO GET STARTED WITH VIRTUAL PROGRAMS:  
[http://bit.ly/spr\\_virtual\\_how\\_to2](http://bit.ly/spr_virtual_how_to2)







# VIRTUAL PROGRAMS

## YOUTH

### CREATIVE BALLET

**Ages 3-8**

We use movement and music to stimulate brain reflexes, teach social/emotional learning skills, and encourage joy and self-expression. Music, props, and brain-integrated dance games help to strengthen bodies, minds, and souls of little ones.

**41950** 7/8-7/29 Ages: 4-6 Th 3-3:45 p.m. \$37

**41951** 7/8-7/29 Ages: 5-8 Th 4-4:45 p.m. \$37

### INTRODUCTION TO HOCKEY

FREE

**Ages 6-12**

Stickhandling and Hockey 101 course in partnership with the Seattle Kraken! Join the Seattle Kraken for an introductory course to hockey skills and stickhandling. In this course students will learn the basics of holding a hockey stick and controlling a hockey ball so they can go to a local park and play. Participants must have hockey stick and ball.

**41962** 7/6-7/27 Tu 3:30-4:15 p.m. FREE

**41969** 8/3-8/24 Tu 3:30-4:15 p.m. FREE

### REGISTRATION OPENS JUNE 1



SCAN ME

REGISTER ONLINE:  
[http://bit.ly/spr\\_register\\_online](http://bit.ly/spr_register_online)



### YOUTH DEVELOPMENT TAEKWONDO

FREE

**Ages 5-19**

Taekwondo promotes positive behaviors and improved life skills. Persistent positive feedback supports and reinforces educational achievement, behavioral change, and community building. We challenge our students to think critically and open their minds to change. Registration is open throughout the season.

**42060** 7/7-9/1 M/W 3-5 p.m. FREE

# VIRTUAL PROGRAMS

## ADULT

### WOMEN'S PERSONAL SAFETY CLASS **FREE**

#### Ages 14 and Older

Learn how to be proactive and enhance your personal safety. Through discussion and lecture you will be taught to avoid dangerous situations and decrease the odds of becoming a victim. Presented to you by female Seattle police officers and female employees and is not a self-defense class. For questions please email Vicki at [PKS\\_Virtual\\_Programs@seattle.gov](mailto:PKS_Virtual_Programs@seattle.gov) prior to event, a link will be sent to join, through Webex.

[41352](#) 8/17 M 4:30-6 p.m. **FREE**

### BLESSED HEARTS FITNESS

#### Ages 18 and Older

Get your all-in-one workout: cardio pumping, strength building, and muscle toning, while moving and grooving to booming beats. You'll have tons of fun with 24-year fitness veteran Noel Montgomery, CMA, PFT, IFPA-certified. See you online!

[42059](#) 7/1-9/2 Th 5:30-6:30 p.m. \$85

### LUNCH AND LEARN: RANK CHOICE VOTING **FREE**

#### Ages 16 and Older

Ranked-choice voting is a growing movement with the potential to dismantle some of the roadblocks to a healthier political system. Come learn what ranked-choice voting is, how it works, what are the challenges, and why many people believe it is an important first step to a better functioning democracy. Our presenters represent FairVote Washington, a non-partisan, non-profit champion of better elections. People of all political backgrounds are encouraged to attend. FairVote Washington is inviting you to this virtual webex event.

[42146](#) 7/23 F Noon-1 p.m. **FREE**



### MARCUS GARVEY BOOK CLUB **FREE**

#### Ages 18 and Older

Books are the foundation of knowledge. Come join facilitators Reverend Harriett Walden and Erik Stark of The Family Empowerment Institute. Each month covers a new book focusing on local, cultural, historical, and African American topics. For more information call 206-380-1710. You must be registered to attend.

[42061](#) 7/6-8/17 Tu 6:30-8 p.m. **FREE**

## SUMMER DAY CAMP 2021 18 COMMUNITY CENTERS ACROSS SEATTLE



Registration is  
Open Now



SCAN ME

AGES 5-12 | JUNE 28-AUG 27 | 7:30 A.M. - 6 P.M.

Mon-Fri | \$390/Week | Scholarships Available



## ADULT (Continued)

### DANCE FITNESS WITH LEI

#### Ages 16 and Older

This people-inspired fitness program is a perfect blend of explosive dancing and boot camp inspired toning. Repetition of movement maximizes the workout rather than focusing on complicated dance steps. This program caters to all shapes, ages, and skill levels.

**42075**    **7/7-8/25**    **W**    **6-6:50 p.m.**    **\$40**

### H.I.T.

**FREE**

#### Ages 16 and Older

H.I.T. stands for High Intensity Training. H.I.T. workouts are popular because of the results they yield in such an abbreviated time. Using a combination of weighted and resisted cardio segments you will get your heart rate revved, and fire up the lower body—legs and glutes beware. It is simple to follow—three repeated sets that contain 5 exercises. Light hand weights, resistance bands, and a brick are great, but you can also use household items such as 16 oz cans of vegetables, old hose or Lycra leggings. Come join the fun and you'll figure out what will work for you. This program is offered at no charge due to the Get Moving Grant.

**42076**    **7/6-8/31**    **Tu**    **6-6:30 p.m.**    **FREE**

### DOWNLOAD WEBEX



**SCAN ME**



**DOWNLOAD TO PARTICIPATE IN VIRTUAL PROGRAMS:**  
**[http://bit.ly/webex\\_download](http://bit.ly/webex_download)**





# VIRTUAL PROGRAMS

## ∟ LIFELONG RECREATION

### GENTLE YOGA

#### Ages 50 and Older

Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, and improve flexibility. You will develop better balance, posture, poise, and peace of mind. *Ideal for seniors and adults with limited mobility.* Instructor: H Mair

**42118** 7/6-8/24 Tu 9:30-10:30 a.m. \$56

### PILATES

#### Ages 50 and Older

Stabilize and strengthen the core muscles of your abdomen and back while improving flexibility, and posture and overall strength. *Ideal for seniors and adults with limited mobility.* Instructor: D Dragovich

**42119** 7/6-8/24 Tu 11:30 a.m.-12:30 p.m. \$56

**42120** 7/8-8/26 Th 12:15-1:15 p.m. \$56

### RESTORATIVE YOGA

FREE

#### Ages 50 and Older

Learn mindful meditation techniques coupled with gentle yoga flow for a relaxing mindful yoga experience that will help restore your mind and body. Beginner level.

**Equipment:** yoga mat (or substitute blanket or towel), bolster (or pillow), water bottle. Instructor: C Lovano

**42334** 7/8-8/26 Th 2:30-3:30 p.m. FREE

### CIRCUIT TRAINING

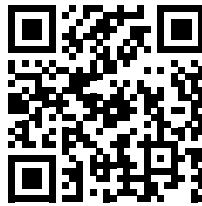
#### Ages 50 and Older

Become a stronger you! Circuit training strengthens your major muscle groups as you rotate among training stations. *Ideal for seniors and adults with limited mobility.* Instructor: R Buyce

**41949** 7/12-8/23 M 9:30-10:30 a.m. \$49

**41948** 7/9-8/27 F 9:30-10:30 a.m. \$56

### VIRTUAL PROGRAMS: GETTING STARTED



SCAN ME



LEARN HOW TO GET STARTED WITH VIRTUAL PROGRAMS:  
[http://bit.ly/spr\\_virtual\\_how\\_to2](http://bit.ly/spr_virtual_how_to2)





# VIRTUAL PROGRAMS

## ∨ LIFELONG RECREATION (Continued)

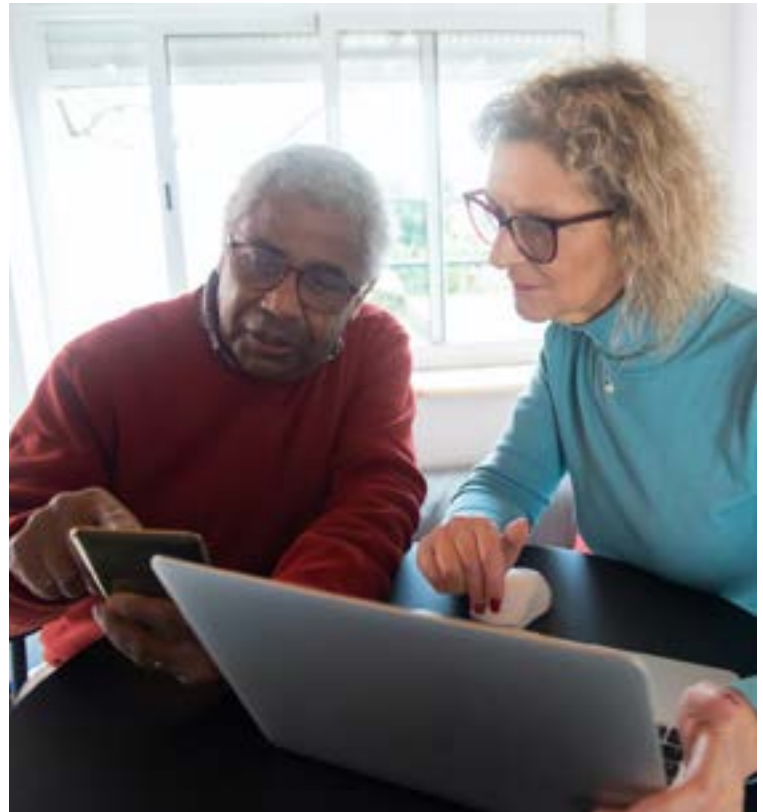
### PROGRAM PRACTICE SESSIONS

FREE

#### Ages 50 and Older

Practice navigating Webex, our new virtual programming platform. Gain confidence and troubleshoot problems BEFORE your first day of class, so you are ready to go. No pressure, we are learning together!

<a href="#">42105</a>	7/12	M	3-4 p.m.	FREE
<a href="#">42106</a>	7/19	M	3-4 p.m.	FREE
<a href="#">42107</a>	7/26	M	3-4 p.m.	FREE
<a href="#">42108</a>	8/2	M	3-4 p.m.	FREE
<a href="#">42109</a>	8/9	M	3-4 p.m.	FREE
<a href="#">42110</a>	8/16	M	3-4 p.m.	FREE
<a href="#">42111</a>	8/23	M	3-4 p.m.	FREE



### FABULOUSLY FIT MIXED FORMAT

\*NEW TIME

#### Ages 50 and Older

Learn how to improve endurance, strength, agility, core, balance, posture, and range of motion. Exercises include body weight, resistance bands, hand weights and half round rollers (list emailed prior to class). Participants should be comfortable safely getting to and from the floor or bed. Instructor: K Adolphsen

[42117](#) 7/7-8/25 W 9-10:15 a.m. \$70

REGISTRATION OPENS JUNE 1

### DROP-IN BRIDGE

FREE

#### Ages 50 and Older

Virtual Bridge Card Game is here! Join your friends and meet new folks who love to play the game! You will need to sign-up to create your own personal account on Bridgebase.com. Please note: basic competency of Bridgebase is needed for you and others to enjoy group play. City staff will be present 15 minutes early to start the meeting and resolve any tech issues before play. For questions and to register call the Recreation Specialist at 206-450-9522.

[42020](#) 7/2-8/27 F 1-4 p.m. FREE



SCAN ME

REGISTER ONLINE:  
[http://bit.ly/spr\\_register\\_online](http://bit.ly/spr_register_online)



# VIRTUAL PROGRAMS

## ↘ LIFELONG RECREATION (Continued)

### DOWNLOAD WEBEX



**SCAN ME**



DOWNLOAD TO PARTICIPATE IN VIRTUAL PROGRAMS:  
[http://bit.ly/webex\\_download](http://bit.ly/webex_download)

### AEROBIC DANCE

#### Ages 50 and Older

If you love listening and dancing to a variety of music, then you will love this class. Instructor leads routines that are fun and easy to learn, yet challenging enough to give you a sense of accomplishment. Class includes a warm-up to music, cardio (aerobic dancing) and a cool down with some stretching and conditioning. You'll have a great time dancing and singing along with the songs, and laughing as we encourage each other to step it up! Instructor: S Simmons

**42023** 7/8-8/26 Th 11 a.m.-Noon \$56

### SOUL LINE DANCE

#### Ages 50 and Older

Not just country! Line dance to an assortment of music genres, including soul, rhythm and blues and country. Work out your mind and body. Learn new dance patterns to all kinds of great music. *Ideal for seniors and adults with limited mobility.* Instructor: S Simmons

**42024** 7/8-8/26 Th 9:30-10:30 a.m. \$56

### ENHANCE FITNESS

#### Ages 50 and Older

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress.

**Some sections are free to Kaiser Permanente members with Part B Medicare coverage.** American Specialty Health (ASH) Silver and Fit is not offering free virtual programs; members can register at full rate. All participants (returning and new) must complete EnhanceFitness paperwork prior to being able to register online. **For more information, contact:** Cheryl at [cheryl.brown@seattle.gov](mailto:cheryl.brown@seattle.gov) or Linda at 206-684-4951.

<a href="#">42266</a>	7/6-8/24	Tu	1:30-2:30 p.m.	\$56	K. Adolphsen
<a href="#">42268</a>	7/7-8/25	W	10:30-11:30 a.m.	\$56	Y. Gartz
<a href="#">42270</a>	7/8-8/26	Th	1:30-2:30 p.m.	\$56	K. Adolphsen
<a href="#">42272</a>	7/9-8/27	F	10:30-11:30 a.m.	\$56	Y. Gartz

#### Kaiser Permanente Program

<a href="#">42265</a>	7/6-8/24	Tu	1:30-2:30 p.m.	FREE	K. Adolphsen
<a href="#">42267</a>	7/7-8/25	W	10:30-11:30 a.m.	FREE	Y. Gartz
<a href="#">42269</a>	7/8-8/26	Th	1:30-2:30 p.m.	FREE	K. Adolphsen
<a href="#">42271</a>	7/9-8/27	F	10:30-11:30 a.m.	FREE	Y. Gartz





# VIRTUAL PROGRAMS

## ↘ SPECIALIZED PROGRAMS

Specialized Programs provides a variety of engaging recreation opportunities for youth and adults with disabilities. In addition to offering in-person day camps this summer, we will continue to offer virtual recreation for participants and their families to stay connected and healthy from the comfort and safety of home. We will be sharing weekly program videos, 2 weekly call-in and/or online programs, and a quarterly “Rec 2 Go” kit.

### SPECIALIZED PROGRAMS VIDEOS ONLINE

FREE

Starting in July, Specialized Programs staff will be sharing program videos on Monday mornings. Supplies in our Summer “Rec 2 Go” kits will be featured in these videos! Check out the schedule below to see what we have planned:

#### Program Video Schedule:

- July 5:** Art with Sav
- July 12:** Picture Book with Hanna
- July 19:** Skills and Drills with Kat
- July 26:** Hannah’s Kitchen
- August 2:** Art with Sav
- August 9:** Picture Book with Hanna
- August 16:** Hannah’s Kitchen
- August 23:** Skills and Drills with Kat
- August 30:** Art with Sav
- September 6:** Picture Book with Hanna
- September 13:** Hannah’s Kitchen
- September 19:** Skills and Drills with Kat

#### YOUTUBE

View over 275 of our past program videos on the Specialized Programs YouTube playlist here:  
[http://bit.ly/sppro\\_youtube](http://bit.ly/sppro_youtube)

#### FACEBOOK

Find program videos shared daily on our Facebook Page:  
[http://bit.ly/sppro\\_facebook](http://bit.ly/sppro_facebook)



### SPECIALIZED PROGRAMS SUMMER DAY CAMPS

Specialized Programs will be offering day camps for youth and adults with disabilities.

5-weeks of Youth Camp for youth ages 6 - 21

5-weeks for Adults ages 22 and older

**10 a.m.-1 p.m. Monday-Thursday**  
(except weeks with Monday holidays)

#### Locations:

**SE Seattle:** John C. Little Park

**NE Seattle:** Ravenna Park, Shelter 1

**To receive a Summer Brochure with more information, contact the Specialized Programs team at:**

**Phone:** (206) 684-4950

**Email:** PKS\_Specialized\_Programs@Seattle.gov

# VIRTUAL PROGRAMS

## ↘ SPECIALIZED PROGRAMS (CONT.)

### QUARTERLY REC 2 GO KITS

Each quarter we will feature a new Rec 2 Go kit with supplies to recreate with at home, independently, or along with Virtual Programs for that quarter.

Contact the Specialized Programs Office to check on availability of our Summer 2021 kits by emailing: [PKS\\_Specialized\\_Programs@seattle.gov](mailto:PKS_Specialized_Programs@seattle.gov) or by calling our main office at 206-684-4950.

**\$10**

### WELLNESS WEDNESDAYS

#### Ages 16-30

An online program for Teens and Young Adults ages 16-30 with disabilities. Activities will include games, crafts, projects and more, all based around domains of wellness. Participants must have access to a device with a camera to participate. This program will be on WebEx.

To register, email: [PKS\\_Specialized\\_Programs@seattle.gov](mailto:PKS_Specialized_Programs@seattle.gov)

7/7-9/8      Wednesdays      2:30-3:30 p.m.      **\$10**



### VIRTUAL PROGRAMS: GETTING STARTED



LEARN HOW TO GET STARTED WITH VIRTUAL PROGRAMS:  
[http://bit.ly/spr\\_virtual\\_how\\_to2](http://bit.ly/spr_virtual_how_to2)

### CALL-IN/ONLINE PROGRAMS

**FREE**

These programs are currently on Webex and open to youth and adults with disabilities. Staff support is available at both programs.

For information on how to join, email:  
[PKS\\_Specialized\\_Programs@seattle.gov](mailto:PKS_Specialized_Programs@seattle.gov)

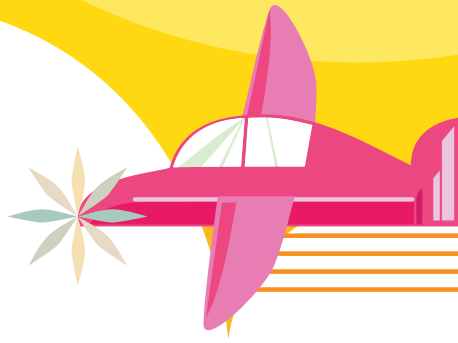
**CHATLINE 7/6-9/7 Tuesday 2:30 p.m. FREE**

Join us by calling in so we can socialize and have conversations with peers. *No program June 22 and 29.*

**REC ROUND UPS 7/8-9/9 Thursday 2:30 p.m. FREE**

Call-in to participate in structured group games and activities lead by staff. *No program June 24 and July 1.*





• SCHOLARSHIPS AVAILABLE

**JUNE 28-AUG 27**

**AGES: 5-12 | COST: \$390/WEEK**

**MON-FRI | 7:30 A.M.-6 P.M.**

*(\$312 for the week of 7/5)*

**18 COMMUNITY CENTERS ACROSS SEATTLE**

**REGISTRATION OPENS  
MAY 4, 2021**

**NEW THEMES EACH WEEK! CHECK OUT OUR SUMMER  
CAMP BROCHURE FOR ADDITIONAL OFFERINGS!**



**20  
21 SUMMER  
DAY CAMP**