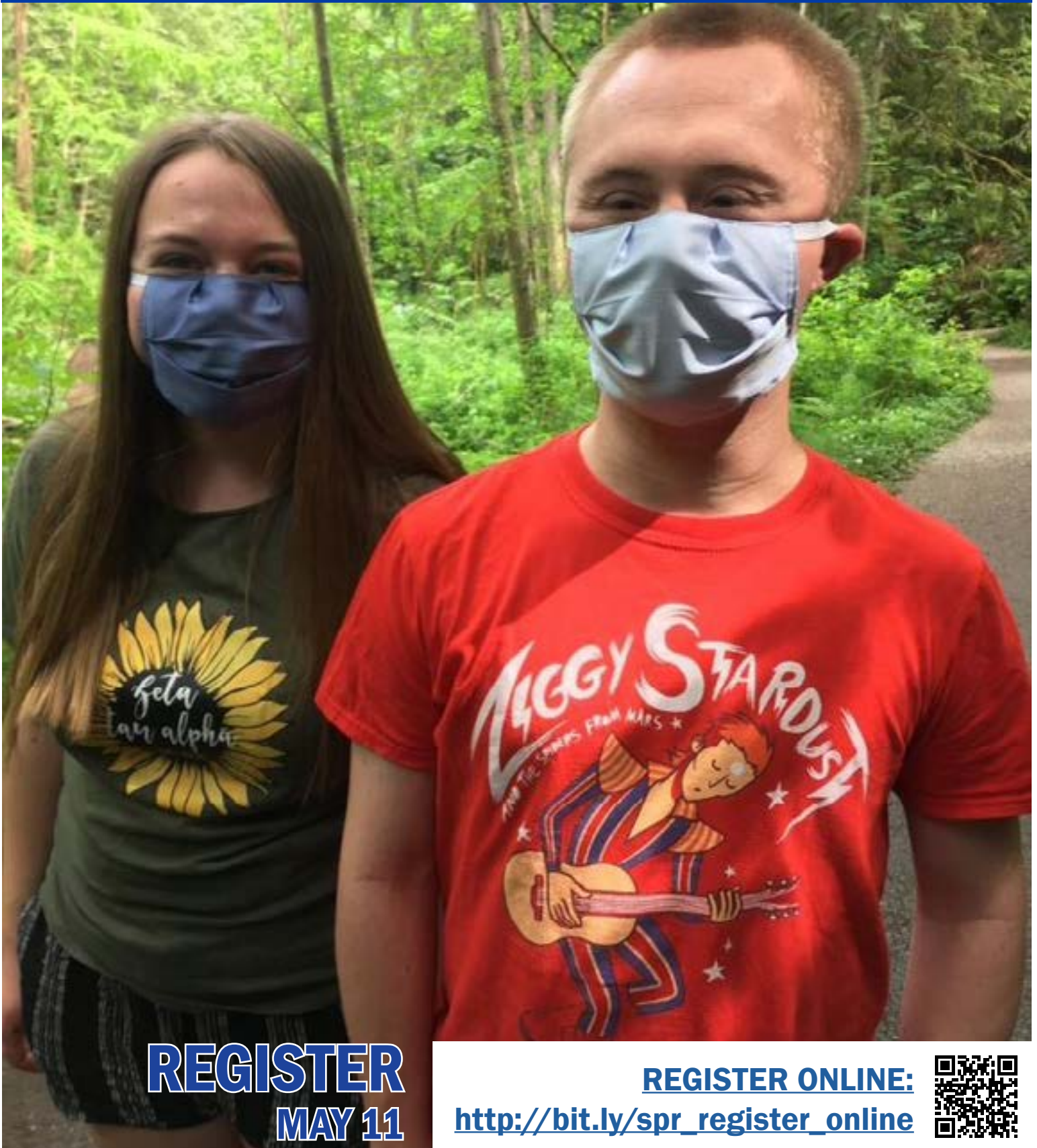


SEATTLE CITYWIDE VIRTUAL PROGRAMS



Seattle
Parks & Recreation

JUNE 2021 PROGRAMS



REGISTER
MAY 11

REGISTER ONLINE:
http://bit.ly/spr_register_online





VIRTUAL PROGRAMS

ALL AGES

PARKOUR & MOVEMENT GAMES

Ages 5 and Older

Parkour is a movement discipline focused on connecting movements in jumping, vaulting, and climbing. It's an accessible, non-competitive sport that turns your surroundings into a playground. Classes are a mix of indoor and outdoor activities, and they take place rain or shine. Additional insurance required for participants, *\$5 annually. Class is NOT in-person and release form must be signed prior to first day of participation.

[41353](#) 6/1-6/22 Tu 3:45-4:30 p.m. \$53

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!

[41906](#) 6/3-6/24 Th 3:45-4:45 p.m. \$30



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

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.

[41905](#) 6/3-6/24 Th 2:30-3:30 p.m. \$35

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.

41915	6/2	W	4-4:20 p.m.	FREE
41916	6/7	M	9:30-9:50 a.m.	FREE
41917	6/10	F	4:30-4:50 p.m.	FREE

VIRTUAL PROGRAMS

ALL AGES (Continued)

BEGINNING SHOTOKAN KARATE

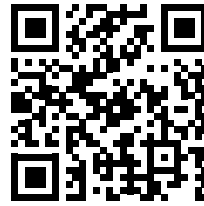
Ages 7 and Older

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.

41907 6/2-6/30 W 4-4:45 p.m. \$38



VIRTUAL PROGRAMS: GETTING STARTED



SCAN ME



LEARN HOW TO GET STARTED WITH VIRTUAL PROGRAMS:
http://bit.ly/spr_virtual_how_to2

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

41925	6/5-6/26	Sa	1-1:45 p.m.	\$80
41924	6/7-6/28	M	4-4:45 p.m.	\$80

LEVEL 1:

41918	6/7-6/28	M	3-3:45 p.m.	\$80
41919	6/7-6/28	M	5-5:45 p.m.	\$80

LEVEL 2:

41921	6/5-6/26	Sa	12-12:45 p.m.	\$80
41920	6/5-6/26	Sa	2-2:45 p.m.	\$80

LEVEL 3:

41922	6/5-6/26	Sa	3-3:45 p.m.	\$80
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LEVEL 5:

41923	6/7-6/28	M	6-6:45 p.m.	\$80
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VIRTUAL PROGRAMS

YOUTH

TOT BOP

Ages 1-3.5 yrs

This virtual parent/child class involves movement, music, rhythm, song, and various props. You'll enjoy this opportunity to spend some one-on-one time with your toddler as you creatively and energetically explore dancing, singing, moving and exploring. Older siblings are welcome to participate. A Webex link will be shared 2-3 days prior to class.

41336 6/2-6/23 W 10:30-11:30 a.m. \$61

CREATIVE BALLET

Ages 3-8

Ms. Marika uses 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.

41910 6/1-6/29 Ages: 3-6 Tu 11-11:45 a.m. \$45

41911 6/3-7/1 Ages: 4-6 Th 3-3:45 p.m. \$45

41912 6/3-7/1 Ages: 5-8 Th 4-4:45 p.m. \$45

VIRTUAL STORY HOUR WITH MAI AT SEATTLE PUBLIC LIBRARY

FREE

Ages 5 and Under

In partnership with Seattle Public Library at Magnolia, story time will be with Mai. Check out Magnolia Community Center Facebook or Magnolia Public Library Facebook, for story of week.

41348 6/2-6/23 W 10-10:30 a.m. FREE

INTRODUCTION TO HOCKEY

FREE

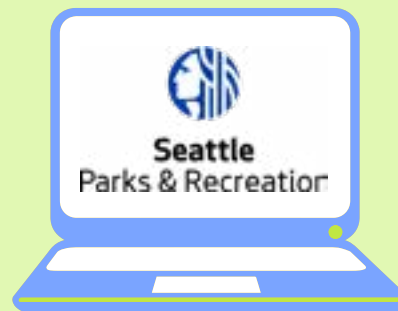
Ages 6-12

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.

41908 6/1-6/22 Tu 3:30-4:15 p.m. FREE



REGISTRATION OPENS MAY 11



SCAN ME

REGISTER ONLINE:
http://bit.ly/spr_register_online

VIRTUAL PROGRAMS

↘ YOUTH (Continued)

CREATIVE BALLET WITH MOVING MINDS

Ages 5-6

Starting with foundations learned in Playful Dance, your child will strengthen their confidence, control, musicality, and ability to collaborate. This class introduces children to ballet techniques, more challenging movement combinations, and choreography tools to develop their own movement style.

[41339](#) 6/1-6/15 Tu 5-5:55 p.m. \$46

DANCE PARTY WED WITH MOVING MINDS

Ages 7-10

Older children will love getting their hearts racing in this active online get-together. Dance games & choreography challenges will accompany centering exercises and playful exercises in dance technique to help them find focus and renew their creativity. Social sharing & reflection time will be offered at the beginning and end of every class.

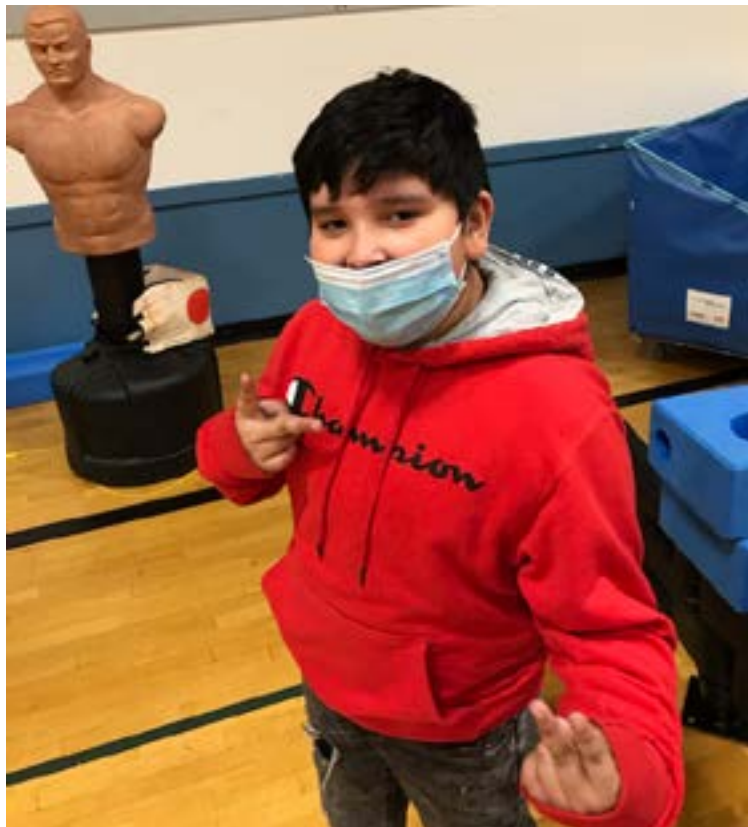
[41701](#) 6/2-6/16 W 5-5:55 p.m. \$76

PLAYFUL DANCE WITH MOVING MINDS

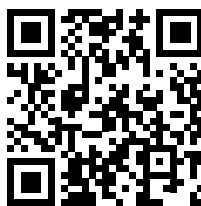
Ages 3-4

Through active, imaginative dance play, your child will develop coordination, strength, and stability. In a creative, community-focused classroom, children become confident with ballet-based vocabulary and foundational movement patterns through music, games, and creative exploration.

[41342](#) 6/1-6/15 Tu 4-4:55 p.m. \$46



DOWNLOAD WEBEX



SCAN ME



DOWNLOAD TO PARTICIPATE IN VIRTUAL PROGRAMS:
http://bit.ly/webex_download

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 Prior to event, a link will be sent to join, through Webex.

[41351](#) 6/14 M 3-4:30 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!

[41310](#) 6/10-6/24 Th 5:30-6:30 p.m. \$25



REGISTRATION OPENS MAY 11



SCAN ME

REGISTER ONLINE:

http://bit.ly/spr_register_online

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.

[41307](#) 6/1-6/15 Tu 6:30-8 p.m. **FREE**



VIRTUAL PROGRAMS

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.

41913 6/2-6/30 W 6-6:50 p.m. \$25

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.

41914 6/1-6/29 Tu 6-6:30 p.m. FREE

VIRTUAL PROGRAMS: GETTING STARTED



SCAN ME



LEARN HOW TO GET STARTED WITH VIRTUAL PROGRAMS:
http://bit.ly/spr_virtual_how_to2



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

41658 6/1-6/22 Tu 9:30-10:30 a.m. \$28

STRENGTH AND CONDITIONING

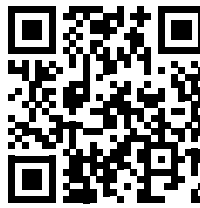
Ages 50 and Older

Build strength, flexibility, balance and achieve better overall conditioning. Class is not in person. *Ideal for seniors and adults with limited mobility.* Instructor: J Shearer

41654 5/20-6/24 Th 8:30-9:30 a.m. \$42



DOWNLOAD WEBEX



SCAN ME

DOWNLOAD TO PARTICIPATE IN VIRTUAL PROGRAMS:
http://bit.ly/webex_download

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

41904 6/3-6/24 Th 2:30-3:30 p.m. **FREE**

CHAIR STRENGTH AND TONE

Ages 50 and Older

Strengthen and tone all muscle groups for improved health and fitness in this low-level fitness class. Great for those who are just starting an exercise regimen, or those who need to stay fit but need the security of a chair. *Ideal for seniors and adults with limited mobility.* Instructor: D Dragovich

41656 6/1-6/22 Tu 1-1:45 p.m. \$24



VIRTUAL PROGRAMS

↳ LIFELONG RECREATION (Continued)



FAB FIT MIXED FORMAT

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

41657 6/2-6/23 W 9:30-10:45 a.m. \$36

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!

41887	6/7	M	3-4 p.m.	FREE
41888	6/14	M	3-4 p.m.	FREE
41889	6/21	M	3-4 p.m.	FREE

DROP-IN BRIDGE

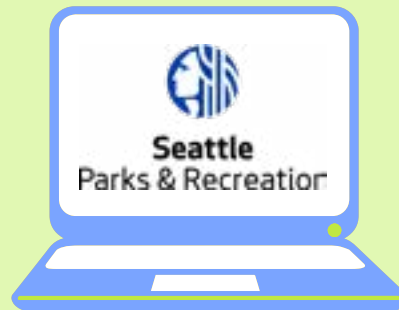
FREE

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.

41874 6/4-6/25 F 1-4 p.m. FREE

REGISTRATION OPENS MAY 11



SCAN ME

REGISTER ONLINE:

http://bit.ly/spr_register_online

VIRTUAL PROGRAMS

↘ LIFELONG RECREATION (Continued)

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

41893	6/7-6/28	M	9:30-10:30 a.m.	\$28
41892	6/4-6/25	F	9:30-10:30 a.m.	\$28

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

41659	6/1-6/22	Tu	11:30 a.m.-12:30 p.m.	\$28
41660	6/3-6/24	Th	12:15-1:15 p.m.	\$28

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

41885	6/3-6/24	Th	11 a.m.-Noon	\$28
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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

41890	6/3-6/24	Th	9:30-10:30 a.m.	\$28
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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 or Linda at 206-684-4951.

41897	6/1-6/29	Tu	1:30-2:30 p.m.	\$35	K. Adolphsen
41899	6/2-6/30	W	10:30-11:30 a.m.	\$35	Y. Gartz
41901	6/3-6/24	Th	1:30-2:30 p.m.	\$28	K. Adolphsen
41903	6/4-6/25	F	10:30-11:30 a.m.	\$28	Y. Gartz

Kaiser Permanente Program

41896	6/1-6/29	Tu	1:30-2:30 p.m.	FREE	K. Adolphsen
41898	6/2-6/30	W	10:30-11:30 a.m.	FREE	Y. Gartz
41900	6/3-6/24	Th	1:30-2:30 p.m.	FREE	K. Adolphsen
41902	6/4-6/25	F	10:30-11:30 a.m.	FREE	Y. Gartz





VIRTUAL PROGRAMS

↘ SPECIALIZED PROGRAMS

Specialized Programs provide a variety of engaging and exciting recreation opportunities for youth and adults with disabilities. Currently we are offering virtual recreation for our participants and families to stay connected and healthy from the comfort and safety of home. We have programs such as: daily program videos, weekly call in and/or online programs, quarterly special events that are either drive thru or virtual, and a quarterly “Rec 2 Go” kit.

SPECIALIZED PROGRAMS VIDEOS ONLINE

FREE

YOUTUBE

View over 275 of our past program videos on the Specialized Programs YouTube playlist here:
http://bit.ly/spro_youtube

FACEBOOK

Find program videos shared daily on our Facebook Page:
http://bit.ly/spro_facebook

Mondays: “Picture Book” with Hanna

Tuesdays: “Hannah’s Kitchen”

Wednesdays: “Art with Sav”

Thursdays: “Rec Round Up” – Facebook Live

Fridays: “Skills and Drills” with Kat



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 or by calling our main office at 206-684-4950.

\$10

VIRTUAL PROGRAMS

↘ SPECIALIZED PROGRAMS (CONT.)

FLIX & FRIENDS

FREE

A monthly special event series for participants of all ages with disabilities. Each quarter we will base our activities around a new movie – this quarter is THE SECRET LIFE OF PETS 2. Flix and Friends Activity Packets will be in our Spring Rec 2 Go kits and will be available for download on our Facebook page in early April. The movie will not be shown at the event. Join these events online or by phone. Space is limited to 25 people per event. Sign up for 1 or all 3.

To register, email: PKS_Specialized_Programs@seattle.gov, or call our main office at: 206-684-4950.

Friday 6/18 4:30-5:30 p.m. FREE



FRIDAY NIGHT SOCIAL

FREE

Ages 4-30

An online event for Youth and Young Adults ages 4-30 with disabilities. Come see your friends, play games, and engage in other staff facilitated activities. We will have a separate break out room for younger youth with activities specifically geared for them. Space is limited to 30 participants.

To register, email: PKS_Specialized_Programs@seattle.gov, or call our main office at: 206-684-4950.

6/4 Friday 6:30-8 p.m. FREE

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

3/24-6/16 Wednesdays 4:30-5:30 p.m. \$10

VIRTUAL PROGRAMS: GETTING STARTED



SCAN ME



LEARN HOW TO GET STARTED WITH VIRTUAL PROGRAMS:
http://bit.ly/spr_virtual_how_to2

CALL-IN 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

RISE & SHINE LINE Monday 10:30 a.m. FREE

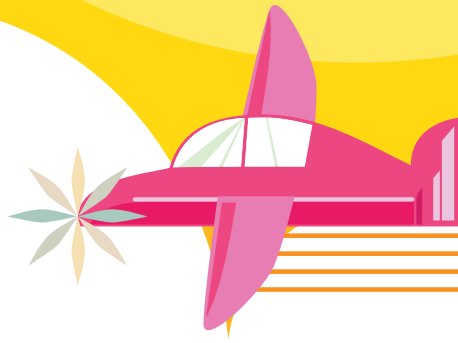
Come chat with friends at the start of your week.
No program June 21, 28, and July 5.

CHATLINE 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 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**