LIFELONG RECREATION

Arts, Fitness, and Social Opportunities for People Ages 50+

Seattle Parks & Recreation

WINTER 2027



REGISTER online at Noon:

December 8

seattle.gov/parks

Come Play with Us!

Welcome to Lifelong Recreation!

WINTER Quarter 2027
January 4-March 20

REGISTRATION
begins at **NOON**
on **December 8, 2026**

No Programs and Facilities closed on:

• January 1	New Year's Day
• January 18	Martin Luther King Jr Day
• February 15	Presidents' Day
• March 4	Staff Retreat

No Membership Fees!

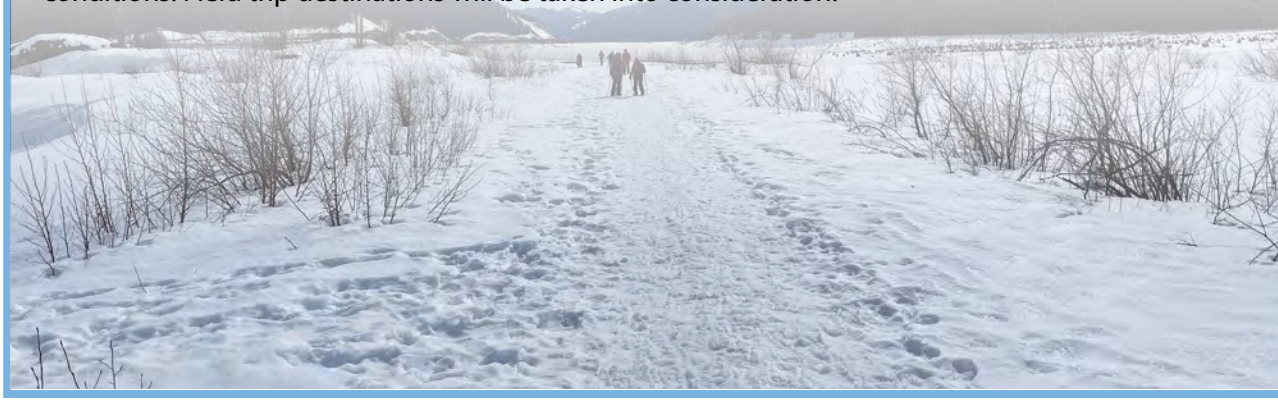
Note: During Seattle Public Schools Mid-Winter Break 2/16-2/19, some of our programs may have changes.

Wondering how to register?
Detailed registration information can be found on pages 50 and 51.
Need help navigating online registration? Come to a drop-in session to learn more, see pages 15, 22, or 36.

Lifelong Recreation Inclement Weather Policy

When Seattle Public Schools cancels, goes to remote learning, or delays school, all Lifelong Recreation Programs will be cancelled for the day. If schools are on break Lifelong Recreation will make any needed determination regarding weather closures, call the Lifelong Recreation mainline at 206-684-4951 to hear if programs are canceled after 8:30 a.m. Recreation Specialists will attempt to notify people one day prior when possible through email or phone calls when weather is predictable.

Cold
When temperatures are predicted to be 32°F or lower during the scheduled program time, outdoor programs such as hikes and walks will be cancelled, unless specifically planned to occur in snow conditions. Field trip destinations will be taken into consideration.



Seattle Parks Lifelong Recreation Staff



Since 1975, the Seattle Parks Lifelong Recreation program has been serving the community with vibrant programs in physical activity, social engagement, travel, education, and arts for adults age 50+. We provide exceptional, accessible, and affordable programs that promote quality of life and engage our diverse community. We look forward to serving you!

Cover photo:
A group of Seattle Seahawk fans on a field trip to Lumen Field.



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COMMUNITY CENTER LOCATIONS



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Northwest

Gerald Seminatore, Recreation Specialist
206-233-7138 / cell 206-399-8561 / *gerald.seminatore@seattle.gov*

1) BALLARD CC
6020 28th Ave. NW, 98107
tel: 206-684-4093

2) BITTER LAKE CC
13035 Linden Ave. N, 98133
tel: 206-684-7524

3) GREEN LAKE CC
7201 E Green Lake Dr. N, 98115
tel: 206-684-0780

4) LOYAL HEIGHTS CC
2101 NW 77th St., 98117
tel: 206-684-4052

5) MAGNOLIA CC
2550 34th Ave. W, 98199
tel: 206-386-4235

6) QUEEN ANNE CC
1901 1st Ave. W, 98119
tel: 206-386-4240

Pages 19-26

Northeast

Tori Fernau, Recreation Specialist
cell 206-696-8252 / *tori.fernau@seattle.gov*

7) LAKE CITY CC
Closed due to fire damage
12531 28th Ave. NE, 98125
tel: 206-256-5645

8) LAURELHURST CC
4554 NE 41st St., 98105
tel: 206-684-7529

9) MAGNUSON CC
7110 62nd Ave. NE, 98115
tel: 206-684-7026

10) MEADOWBROOK CC
10517 35th Ave. NE, 98125
tel: 206-684-7522

11) MILLER CC
330 19th Ave. E, 98112
tel: 206-684-4753

12) MONTLAKE CC
1618 E Calhoun St., 98112
tel: 206-684-4736

13) NORTHGATE CC
10510 5th Ave. NE, 98125
tel: 206-386-4283

14) RAVENNA-ECKSTEIN CC
6535 Ravenna Ave. NE, 98115
tel: 206-684-7534

Pages 27-32

Southwest

John Hasslinger, Recreation Specialist
cell 206-423-3988 / *john.hasslinger@seattle.gov*

15) DELRIDGE CC
4501 Delridge Way S, 98106
tel: 206-684-7423

16) HIAWATHA CC
2700 California Ave. SW, 98116
tel: 206-684-7441

17) HIGH POINT CC
6920 34th Ave. SW, 98126
tel: 206-684-7422

18) SOUTH PARK CC
8319 8th Ave. S, 98108
tel: 206-684-7451

19) YESLER CC
917 E Yesler Way, 98122
tel: 206-386-1245

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Southeast

Masha Shtern, Recreation Specialist
cell 206-450-9522 / *masha.shtern@seattle.gov*

20) GARFIELD CC
2323 E Cherry St., 98122
tel: 206-684-4788

21) INTERNATIONAL DISTRICT/ CHINATOWN CC
719 8th Ave. S, 98104
tel: 206-233-0042

22) JEFFERSON CC
3801 Beacon Ave. S, 98108
tel: 206-684-7481

23) RAINIER CC
4600 38th Ave. S, 98118
tel: 206-386-1919

24) RAINIER BEACH CC
8825 Rainier Ave. S, 98118
tel: 206-386-1925

25) VAN ASSELT CC
2820 S Myrtle St., 98108
tel: 206-386-1921

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Signature Programs

Dementia-Friendly Recreation
Tamara Keefe
206-615-0100
cell 206-399-4655
tamara.keefe@seattle.gov

Outdoor Recreation
Courtney Gogetap
cell 206-618-4254
sound.steps@seattle.gov

AGILITY AND STRENGTH: FUNCTIONAL CIRCUIT FOR ACTIVE ADULTS					
Hiawatha					
95783	1/8-3/19	Fri	11 a.m.-Noon	Novella F	$88
BOLLYWOOD FITNESS					
Delridge					
95485	1/8-3/19	Fri	10-11 a.m.	Allison C	$88
BUILDING BALANCE WITH FRIENDS					
Magnuson					
98718	1/7-3/18	Thu	1-2:30 p.m.	Mariah K	$25
BUILDING STABILITY					
Magnuson					
98718	1/7-3/18	Thu	1-2:30 p.m.	Mariah K	$25
Northgate					
98719	1/6-3/17	Wed	2-3 p.m.	Mariah K	$25
CHAIR SUPPORTED FITNESS					
South Park					
95486	1/7-3/18	Thu	10:30-11:30 a.m.	Erika H	Free
CIRCUIT TRAINING					
Video Link - Bitter Lake: https://youtu.be/JpJLEntLKAM					
Video Link - Queen Anne: https://youtu.be/Faj4Hn5-fR0					
Bitter Lake					
95658	1/8-3/19	Fri	9:30-10:30 a.m.	Rick B	$45
Jefferson					
97150	1/8-3/19	Fri	10-11 a.m.	Erika H	Free
Loyal Heights					
95657	1/5-3/16	Tue	9:30-10:30 a.m.	Rick B	$88
95656	1/7-3/18	Thu	9:30-10:30 a.m.	Rick B	$72
Meadowbrook					
98720	1/8-3/19	Fri	11:30 a.m.-12:30 p.m.	Rick B	$80
98721	1/8-3/19	Fri	12:45-1:45 p.m.	Rick B	$72
Van Asselt					
97143	1/6-2/24	Wed	10-11 a.m.	Erika H	Free
DANCE FIT					
Delridge					
95487	1/7-3/18	Thu	10-11 a.m.	Debbie P	$80
Yesler					
95488	1/8-3/19	Fri	10:15-11:15 a.m.	Debbie P	Free
DANCE FOR PARKINSON'S					
Garfield					
	1/7-2/25	Thu	10:30 a.m.-Noon		Free
DANCE—CHINESE DANCE					
Rainier					
97419	1/9-3/20	Sat	Noon-1:45 p.m.	Juli W	Free
Van Asselt					
97144	1/5-3/16	Tue	10-11:45 a.m.	Juli W	Free

ENHANCE FITNESS					
Garfield					
Silver&Fit® | One Pass®/Renew Active					
97159	1/4-3/15	Mon	Noon-1 p.m.	Novella F	Free
Self-Pay					
97160	1/4-3/15	Mon	Noon-1 p.m.	Novella F	$72
Hiawatha					
Silver&Fit® | One Pass®/Renew Active					
95498	1/7-3/18	Thu	11 a.m.-Noon	Novella F	Free
Self-Pay					
95499	1/7-3/18	Thu	11 a.m.-Noon	Novella F	$80
High Point					
Silver&Fit® | One Pass®/Renew Active					
95496	1/5-3/16	Tue	9:15-10:15 a.m.	Novella F	Free
Self-Pay					
95497	1/5-3/16	Tue	9:15-10:15 a.m.	Novella F	$88
Jefferson					
Silver&Fit® | One Pass®/Renew Active					
97155	1/7-3/18	Thu	9:30-10:30 a.m.	Novella F	Free
Self-Pay					
97156	1/7-3/18	Thu	9:30-10:30 a.m.	Novella F	$72
Magnolia					
Silver&Fit® | One Pass®/Renew Active					
95669	1/11-3/15	Mon	Noon-1 p.m.	Kathy A	Free
95671	1/13-3/17	Wed	Noon-1 p.m.	Kathy A	Free
95667	1/15-3/19	Fri	Noon-1 p.m.	Kathy A	Free
Self-Pay					
95670	1/11-3/15	Mon	Noon-1 p.m.	Kathy A	$64
95672	1/13-3/17	Wed	Noon-1 p.m.	Kathy A	$80
95668	1/15-3/19	Fri	Noon-1 p.m.	Kathy A	$80
Magnuson					
Silver&Fit® | One Pass®/Renew Active					
98739	1/6-3/17	Wed	1-2 p.m.	Carolyn H	Free
98737	1/7-3/18	Thu	10:30-11:30 a.m.	Jane S	Free
Self-Pay					
98740	1/6-3/17	Wed	1-2 p.m.	Carolyn H	$80
98738	1/7-3/18	Thu	10:30-11:30 a.m.	Jane S	$80
Meadowbrook					
Silver&Fit® | One Pass®/Renew Active					
98731	1/4-3/15	Mon	11 a.m.-Noon	Cindy H	Free
98733	1/5-3/16	Tue	9:40-10:40 a.m.	Cindy H	Free
98735	1/6-3/17	Wed	9:40-10:40 a.m.	Cindy H	Free
98729	1/8-3/19	Fri	9:40-10:40 a.m.	Cindy H	Free
Self-Pay					
98732	1/4-3/15	Mon	11 a.m.-Noon	Cindy H	$72
98734	1/5-3/16	Tue	9:40-10:40 a.m.	Cindy H	$80
98736	1/6-3/17	Wed	9:40-10:40 a.m.	Cindy H	$80
98730	1/8-3/19	Fri	9:40-10:40 a.m.	Cindy H	$80

Miller					
Silver&Fit® | One Pass®/Renew Active					
98741	1/4-3/15	Mon	2-3 p.m.	Novella F	Free
98745	1/6-3/17	Wed	1-2 p.m.	Novella F	Free
Self-Pay					
98742	1/4-3/15	Mon	2-3 p.m.	Novella F	$72
98746	1/6-3/17	Wed	1-2 p.m.	Novella F	$88
Montlake					
Silver&Fit® | One Pass®/Renew Active					
98749	1/4-3/15	Mon	1:45-2:45 p.m.	Carolyn H	Free
98747	1/8-3/19	Fri	3-4 p.m.	Novella F	Free
Self-Pay					
98750	1/4-3/15	Mon	1:45-2:45 p.m.	Carolyn H	$64
98748	1/8-3/19	Fri	3-4 p.m.	Novella F	$88
Rainier					
Silver&Fit® | One Pass®/Renew Active					
97161	1/6-3/17	Wed	10:15-11:15 a.m.	Yu San G	Free
97157	1/8-3/19	Fri	10:15-11:15 a.m.	Yu San G	Free
Self-Pay					
97162	1/6-3/17	Wed	10:15-11:15 a.m.	Yu San G	$96
97158	1/8-3/19	Fri	10:15-11:15 a.m.	Yu San G	$96

NEW to EnhanceFitness?

Scan this QR code, or go to https://bit.ly/LLREF, to get your registration form started.

FABULOUSLY FIT					
Magnolia					
95673	1/13-3/17	Wed	9:30-10:45 a.m.	Kathy A	$100
FITNESS					
Delridge					
95508	1/6-3/17	Wed	10-11 a.m.	Suzanne S	$88
JUICY JOINTS					
Bitter Lake					
95680	1/4-3/15	Mon	9-10 a.m.	Janet R	$36
95681	1/6-3/17	Wed	9-10 a.m.	Janet R	$44

LINE DANCE					
Video Link: https://youtu.be/n4CVebDKpDg					
Line Dance					
High Point					
All Levels					
95512	1/7-3/18	Thu	11:15 a.m.-12:15 p.m.	Suzanne S	$80
Improver					
95513	1/7-3/18	Thu	12:20-1:20 p.m.	Suzanne S	$80
Party Line Dance					
Meadowbrook					
All Levels					
98764	1/4-3/15	Mon	12:15-1:15 p.m.	Cindy H	$72
Soul Line Dance					
Rainier					
97170	1/4-3/15	Mon	12:45-1:45 p.m.	Anna P	$72
Tuesday Dance Party					
Delridge					
95527	1/5-3/16	Tue	10-11 a.m.	Allison C	$88
MEDITATION					
Ravenna-Eckstein					
98870	2/24-3/17	Wed	1-1:30 p.m.	Jen A	Free
MOVE WITH EASE					
Bitter Lake					
95684	1/4-3/15	Mon	10:30-11:15 a.m.	Janet R	$36
OTAGO STRENGTH AND BALANCE					
Montlake					
98762	1/5-3/4	Tue	1:45-2:45 p.m.	Kari M	Free



PILATES

Video Link: https://youtu.be/C6iGDgezc3M

Loyal Heights					
95688	1/5-3/16	Tue	10:30-11:30 a.m.	Debra D	$80
Laurelhurst					
98769	1/7-3/18	Thu	12:30-1:30 p.m.	Debra D	$72
Meadowbrook					
98771	1/6-3/17	Wed	11:30 a.m.-12:30 p.m.	Debra D	$80
Rainier					
97167	1/6-3/17	Wed	9:10-10:10 a.m.	Erin M	$80
Ravenna-Eckstein					
98770	1/9-3/20	Sat	11:30 a.m.-12:30 p.m.	Debra D	$88

PILOBOLUS CONNECTING WITH BALANCE

Bitter Lake					
95698	3/22	Mon	10-11:15 a.m.		Free
Jefferson					
99964	3/22	Mon	10-11 a.m.		Free

STRETCH AND BALANCE

Northgate					
Beginner					
98780	1/4-3/15	Mon	2-3 p.m.	Mariah K	$25
Intermediate					
98779	1/8-3/19	Fri	2-3 p.m.	Mariah K	$25

STRENGTH AND CONDITIONING

Garfield					
97171	1/6-3/17	Wed	1-2 p.m.	Erika H	Free
Laurelhurst					
98777	1/5-3/16	Tue	9:15-10:15 a.m.	Jane S	$88
Magnuson					
98778	1/7-3/18	Thu	9:15-10:15 a.m.	Jane S	$80

Fitness Class DROP-INS

Lifelong Recreation offers a drop-in option for a $10 fee for fitness classes only. If you want to try a class or can't commit to the whole session, this is a great option. Call or email the Recreation Specialist to inquire if the class you are interested in has capacity to accept drop-ins, and has not been cancelled. Some classes do fill to capacity with registration. *Note: Not available for EnhanceFitness classes.*

TAI CHI AND QIGONG

Video Link: https://youtu.be/J82jluSOs5s

Tai Chi					
Alki Bathhouse					
96772	1/6-3/17	Wed	10:30-11:30 a.m.	Julia V	$88
Ballard					
Mixed Levels Chen-Style					
95695	1/4-3/15	Mon	6:30-7:30 p.m.	Scott H	$72
Bitter Lake					
95696	1/5-3/16	Tue	7-8 p.m.	Scott H	$48
Green Lake					
All Levels					
95692	1/6-3/17	Wed	10:30-11:30 a.m.	Ed B	$88
Garfield					
All Levels					
97172	1/4-3/15	Mon	10:15-11:15 a.m.	Ed B	$72
High Point					
Continuing					
95525	1/4-3/15	Mon	11 a.m.-Noon	Pam K-E	$72
Montlake					
All Levels					
98782	1/4-3/15	Mon	12:45-1:45 p.m.	Ed B	$72
Queen Anne					
All Levels					
95691	1/7-3/18	Thu	11 a.m.-Noon	Ed B	$80
Ravenna-Eckstein					
All Levels					
98781	1/5-3/16	Tue	12:45-1:45 p.m.	Ed B	$80
Qigong					
Loyal Heights					
95689	1/7-3/18	Thu	11:15 a.m.-12:15 p.m.	TBD	$80
Magnuson					
Beginner					
98772	1/5-3/9	Tue	2:15-3:15 p.m.	Annette P	$80
Ongoing					
98774	1/5-3/9	Tue	3:30-4:30 p.m.	Annette P	$80
Northgate					
Beginner					
98773	1/7-3/4	Thu	11:15 a.m.-12:15 p.m.	Annette P	$72
Ongoing					
98775	1/7-3/4	Thu	12:30-1:30 p.m.	Annette P	$72

WHOLE BODY FITNESS

Delridge					
95530	1/4-3/15	Mon	10-11 a.m.	Debbie P	$72
Rainier Beach					
97177	1/5-3/16	Tue	10:30-11:30 a.m.	Debbie P	Free

YOGA					
Back in Action Gentle Yoga					
High Point					
95484	1/6-3/17	Wed	11:30 a.m.-12:30 p.m.	Jaki R	$88
Chair Yoga					
Bitter Lake					
95699	1/8-3/19	Fri	1:15-2 p.m.	Judith R	$35
Gentle Restore: Stretch, Breathe, and Meditate					
Hiawatha					
95515	1/4-3/15	Mon	11:45 a.m.-12:45 p.m.	Debbie P	$72
Gentle Yoga					
Video Link: https://youtu.be/-rbaj950AtE					
Bitter Lake					
95705	1/13-3/10	Wed	5:30-6:30 p.m.	Dan S	Free
Green Lake					
95703	1/4-3/15	Mon	12:30-1:30 p.m.	Rich M	$96
High Point					
95510	1//4-3/15	Mon	9:45-10:45 a.m.	Jaki R	$72
95509	1/8-3/19	Fri	11:30 a.m.-12:30 p.m.	Jaki R	$88
Laurelhurst					
98751	1/7-3/18	Thu	11 a.m.-Noon	Judith R	$72
Loyal Heights					
95700	1/4-3/15	Mon	10:45-11:45 a.m.	Rich M	$96
Magnolia					
95704	1/5-3/16	Tue	10:30-11:30 a.m.	Camron M	$88
Magnuson					
98752	1/6-3/17	Wed	10-11 a.m.	Judith R	$88
Miller					
98756	1/4-3/15	Mon	11:45 a.m.-12:45 p.m.	Laura G	$72
Montlake: Class with Chair Options					
98757	1/4-3/15	Mon	11:30 a.m.-12:30 p.m.	Judith R	$72
Northgate					
98755	1//8-3/19	Fri	11 a.m.-Noon	Judith R	$88
Ravenna-Eckstein					
98754	1/5-3/16	Tue	2:30-3:30 p.m.	Judith R	$88
98753	1/9-3/20	Sat	10-11 a.m.	Judith R	$88
Queen Anne					
95702	1/4-3/15	Mon	2:15-3:15 p.m.	Rich M	$96

Yoga for Renewal					
Magnuson					
98788	1/23	Sat	10:30-11:30 a.m.	Heidi M	$8
98789	2/20	Sat	10:30-11:30 a.m.	Heidi M	$8
98790	3/13	Sat	10:30-11:30 a.m.	Heidi M	$8
Yoga for Stress Relief					
Ravenna-Eckstein					
98791	1/27-2/17	Wed	1-2 p.m.	Jen A	Free
Vini Yoga					
Delridge					
95528	1/6-3/17	Wed	11:15 a.m.-12:15 p.m.	Adelaide M	$88
Laurelhurst					
98783	1/5-3/16	Tue	11 a.m.-Noon	Heidi M	$88
Magnolia					
95701	1/9-3/20	Sat	10-11 a.m.	Alice M	$88
Meadowbrook					
98784	1/4-3/15	Mon	9:30-10:30 a.m.	Heidi M	$72
98785	1/7-3/18	Thu	10-11 a.m.	Heidi M	$72
Rainier Beach					
97174	1/8-3/19	Fri	10-11 a.m.	Liz W	$88
ZUMBA® AND ZUMBA GOLD®					
Video Link: https://youtu.be/mzy3RR_SfuQ					
Laurelhurst					
98764	1/4-3/15	Mon	12:15-1:15 p.m.	Cindy H	$72
Magnolia					
95706	1/7-3/18	Thu	9:30-10:30 a.m.	Shannon P	$88



Like us on facebook

www.facebook.com/LifelongRecreationSPR/

ADULT SPORTS

For information about any Adult Sports visit our website at:
http://www.seattle.gov/parks/find/adult-sports-teams-and-programs,
or contact Adult Sports by phone at 206-684-7092, or email *adultsports@seattle.gov*.



Pickleball at a Glance

To learn about opportunities to play pickleball in the Seattle area please visit:
https://www.seattle.gov/parks/recreation/sports/pickleball.

You will find information about free drop-in times, locations, and reservations at Seattle community centers with indoor and outdoor courts. No registration is required, but players must check in at the front desk.



Come work out at our Fitness Centers

Exercise machines, free weights, and cardio equipment. Please call the corresponding community center for up to date fitness room information.

OUR FITNESS CENTERS ARE FREE!

Delridge	206-684-7423
Garfield	206-684-4788
Hiawatha	206-684-7441
International District Chinatown	206-233-7061
Loyal Heights	206-684-4052
Meadowbrook	206-684-7522
Northgate	206-386-4283
Queen Anne	206-386-4240
Rainier Beach	206-386-1925
Rainier	206-386-1919
Yesler	206-386-1245





Green Lake Small Craft Center & Mt. Baker Rowing and Sailing offer boating classes!

Programs for Ages 50+ Available

Call 206-684-4074 or 206-386-1913 for more information.

Seattle Parks & Recreation

Let us help you get your feet wet!

POOLS: YEAR-ROUND INDOOR	
Ballard Pool	
1471 NW 67th St.	206-684-4094
Evans Pool	
7201 E Green Lake Drive N	206-684-4961
Helene Madison Pool	
13401 Meridian Ave. N	206-684-4979
Meadowbrook Pool	
10515 35th Ave. NE	206-684-4989
Medgar Evers Pool	
500 23rd Ave.	206-684-4766
Queen Anne Pool	
1920 1st Ave. W	206-386-4282
Rainier Beach Pool	
8825 Rainier Ave. S	206-386-1925
Southwest Pool	
2801 SW Thistle St.	206-684-7440

Wellness Aquatic Activities

Visit http://www.seattle.gov/parks/pools.asp for a complete list of what Seattle Pools has to offer.

Our programs include:



Lap Swim
Adult Swim
Senior Swim
Women Only Swim
Adult Swim Lessons
Shallow Water Fitness
Deep Water Fitness
Hydro-Fit
Stretch N Flex AquaZumba*

** Low-impact and perfect for seniors looking for ways to improve joint range of motion and flexibility.*

Volunteer Drivers Needed!

Are you looking for a meaningful way to support older adults in your community?

Lifelong Recreation is seeking Volunteer Drivers to help participants access recreation programs, social events, and community outings.

What we're looking for:

- A valid driver's license
- A good driving record
- Willingness to operate a 14-passenger van
- Friendly, reliable, and community-minded individuals

What you'll do:

- Transport participants on field trips with Lifelong Recreation
- Support safe, welcoming, and positive experiences

Benefits:

- Make a real impact in your community
- Meet wonderful people
- Receive training and staff support
- Help expand access to recreation for older adults
- Get tour fees and meals comp'd



Interested? Let's Connect!

Lifelong.Recreation@seattle.gov
or
206-684-4951



Walking Soccer—
Drop-In Play

Walking soccer is a low-impact, modified version of traditional soccer. It is accessible and safer for older adults, those recovering from injury, or anyone seeking a less demanding way to enjoy the game. Other benefits include improved balance, coordination, and cardiovascular health with a focus on social connection and fun. All experience levels with soccer are welcome!

Bring: Turf shoes or athletic shoes, shin guards. No metal cleats.

Register with Bigfoot Walk Soccer Club at https://bigfootwalksoccer.com/.

Lower Woodland Soccer Field 2, 5201 Green Lake Way N

February 2, 9, 16, 23 and March 2, 9, 16, 23	Tue	10:30 a.m.-Noon	Free

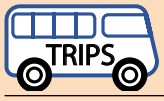
Questions?

If you have any questions about Citywide Events please contact Carol Baxter, Recreation Program Coordinator, at 206-849-6564 or *carol.baxter@seattle.gov*.

Gerald Seminatore
Northwest Recreation Specialist
206-233-7138 / cell 206-399-8561
gerald.seminatore@seattle.gov

REGISTRATION

Register for programs using the activity number listed next to each program. Registration and payment details can be found on page 50. For accommodation requests please email *PKS_ADA@seattle.gov*.



Departure Sites	Departure Times	
	NORTHBOUND TRIPS:	SOUTHBOUND TRIPS:
Ballard CC 6020 28th Ave. NW South of bldg, angled parking lot	**Ballard:** 30 minutes before time listed.	**Bitter Lake:** 30 minutes before time listed.
Bitter Lake CC 13035 Linden Ave. N North parking lot	**Bitter Lake:** at time listed.	**Ballard:** at time listed.

Departure Site Request

At the time of registration you will select your departure location from the available options. We do our best to proceed with our trips as planned; at times it is necessary to make changes to the times, cost, and destination. Note: Occasionally trips may have different departure locations—check the online listing for information. Please refrain from wearing fragrances.

SCHOLARSHIPS

The scholarship cycle runs June 2026-June 2027. Have your application approved prior to registration. Approvals are now good for 2 year periods. Please see details on page 50.

BACK IN MOTION

Our **Back in Motion** programs provide fitness classes and educational programs for people with chronic pain, or who are new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

RAINBOW RECREATION

Rainbow Recreation classes are designed to be affirming spaces for the LGBTQ+ community and allies. Look for programs designated with a rainbow highlight in the program listings, or search 'Rainbow' in the online registration system.

SHAPE UP

Several classes have reduced fees thanks to a **King County Shape Up Grant**. These classes are noted by an orange **Δ** (triangle) next to the registration number, e.g. 160978**Δ**.

FIELD TRIPS

Thrifting Adventure

The popular Thrifting Adventure Trip returns, with new stores and new treasures. We will visit three smaller stores in Shoreline/Edmonds/Lynnwood. A group lunch, pay for on your own, will be part of the experience.

Northbound

100117	1/13	Wed	10 a.m.-4 p.m.	$28.75

Seattle Opera

The Last Dream of Frida and Diego begins during the annual "Day of the Dead Festival", when the dead can cross over and visit the living. As Mexican muralist Diego Rivera reaches the end of his life, he longs to see his beloved Frida Kahlo again. Although wary of life and its pain, Frida is drawn back to the world of the living by her love for Diego and the desire to paint again. This new opera has received rave reviews for its music, dazzling visuals, and mythic ambience. Sung in Spanish with English subtitles. **Note:** Due to ticketing considerations: 1) registration is restricted to participants who will travel as part of the group from one of the designated departure sites, and 2) January 2 is the deadline for requests for withdrawal with refund.

Southbound

95677	1/23	Sat	Noon-5 p.m.	$123.80

Asian Art Museum and Conservatory

The Seattle Asian Art Museum (SAAM) is home to an extensive permanent collection of historic and contemporary art work from China, Korea, Japan, India, and other countries. We will have a tour (confirmation pending), with additional time to browse the galleries on your own. Then, we will walk a short distance to breathe in the warmth and scents of the many plants and flowers in Volunteer Park Conservatory. Lunch follows, pay for on your own, at a local venue.

Southbound

95675	2/3	Wed	10 a.m.-4 p.m.	$75.20

Klondike Gold Rush Historical Park

The Klondike Gold Rush National Historic Park is a unique urban park. We will have a guided tour through the history of the Yukon Gold Rush, and learn how dreamers who trekked north helped shape Seattle in its early decades. There will also be time for a self-guided walking tour of Seattle's oldest neighborhood, the Pioneer Square Historic District. Lunch at one of several local eateries, pay for on your own.

Southbound

95674	2/10	Wed	9:30 a.m.-3:30 p.m.	$53.10

Sea Mar Museum

The Sea Mar Museum of Chicano/a/Latino/a Culture is focused on the life of Mexican Americans, Chicano/as and Latino/as from the earliest times to the present. You will have a guided tour and introduction to the museum's exhibits on the social and economic history of Washington's Spanish speaking community from World War II to the present. Tour subject to availability.

Southbound

95678	3/2	Tue	1-5:30 p.m.	$53.10

Richmond Beach Saltwater Park

Would you like to gaze at the sea and contemplate the arrival of spring? Richmond Beach Saltwater Park is the ideal spot! This windswept beach is a popular gathering place with sweeping views of the Olympics and Puget Sound. After stretching your legs, we will take a brief drive to downtown Edmonds for lunch, pay for on your own, and some shopping time. **Note:** To reach the beach, one must cross a long footbridge over railroad tracks that run for miles along the water.

Northbound

95676	3/17	Wed	10 a.m.-4 p.m.	$28.75

SOCIAL PROGRAMS

Crafts

Drop-In Craft Circle
Drop-in and knit, crochet, etc. We donate our creations (hats, scarves, blankets, and baby clothes) to charity. Bring your project and socialize with others.

Queen Anne

95663	1/7-4/1	Thu	1:30-4 p.m.	Free

Games

Drop-In Board Game Buffet
Enjoy board game self-directed play with old friends, or new. Get up and move with ping pong or pool, or kick back with a video game.

Queen Anne

95660	1/8-4/2	Fri	10 a.m.-1 p.m.	Free

Drop-In Bridge
Enjoy a game of bridge.

Queen Anne

Mixed Levels

95661	1/5-3/30	Tue	12:30-3:30 p.m.	Free

Bridge
***NOT Drop-In**, please register in advance*

Magnolia United Church of Christ,
3555 West McGraw St.
Call Lance at 206-285-1008 to reserve your spot.

Mixed Levels

95662	1/6-3/31	Wed	12:30-3:30 p.m.	Free

Drop-In Mahjong
Play this fun game using Chinese tiles. Bring your Mahjong set if you have one. Beginners welcome.

Magnolia

All Levels

95659	1/6-3/31	Wed	1:30-4:30 p.m.	Free

Queen Anne

All Levels

95664	1/8-4/2	Fri	1:30-4:30 p.m.	Free

ARTS AND HANDWORK

Collage
Collage is an art form consisting of pieces of paper, photographs, fabric, and other types of mixed media glued to a surface. In these classes we will explore various types of collage, create, and learn from each other. Supplies will be provided.

Ballard

95650	2/9-3/16	Tue	10:30 a.m.-12:30 p.m.	Finn G	$53.10

Magnolia

95649	1/25-2/8	Mon	1:30-3:30 p.m.	Lynne M	$53.10

Visual Journaling
Journals may include writing, sketches, diagrams, illustrations, paintings, and numbers. Beginner-friendly class with no art experience necessary; for more experienced folks, there will be opportunities to work through creative blocks, inner critics, and self-judgement. ***Registration required.***

Queen Anne

95652	1/13-2/24	Wed	10:30 a.m.-Noon	Laima P	Free

Watercolor
Bring your paints, brushes, and joy of painting. A demonstration is taught after each lesson with instruction. Some experience recommended. Bring your own watercolor supplies.

Loyal Heights

95653	1/12-3/2	Tue	10:30 a.m.-1 p.m.	Sandra K	$121.60

LIFELONG LEARNING

Drop-In Online Registration Support
Drop-In support hours with Lifelong Recreation staff before spring registration opens. Learn how to access your ACTIVE Net account to register, make a wish list, make a payment, and other tips and tricks! Bring your own smart phone, laptop, or tablet to practice. Public Wi-Fi available. You do not need to register in advance, but please call 206-399-8561 and leave a message to confirm your attendance.

Bitter Lake

95665	2/3	Wed	10 a.m.-Noon	Free

Queen Anne

95666	2/2	Tue	10 a.m.-Noon	Free

Tech Workshops

Presented by Pacific Tech Tutors, a Lifelong Recreation community partner.

Email Scam Prevention

Learn how to identify email scams, block scam senders, and increase your digital security. Practice finding red flags of potential email scams through examples and instruction.

Magnolia

100024	3/9	Tue	10:30 a.m.-Noon	Free

Password Management

Build an understanding of password managers, what makes a strong password, and the importance of unique passwords. Learn about resetting, improving, and organizing passwords, passkeys, and usernames.

Magnolia

100025	3/16	Tue	10:30 a.m.-Noon	Free

Text and Phone Call Scams

Learn to identify text messages that contain suspicious links and other key red flags that suggest potential phishing. Practice deleting messages from your device, blocking the sender, and reporting the text as junk or spam. Learn strategies for handling spam phone calls, how to recognize potentially fraudulent calls and block them.

Magnolia

100026	3/23	Tue	Noon-1:30 p.m.	Free

DROP-IN SPORTS

Pickleball at a Glance

See page 10 for community center information for indoor drop-in pickleball play.

SPORTS

Bettyball (Social Basketball)

Bettyball is an unskilled, quirky version of pickup basketball played on a half court with minimum rules, and no score keeping. It is a great community builder for older adults who want to have fun and stay in shape. Laughter is encouraged! ***Registration required.***

Green Lake

95655	1/4-3/15	Mon	10:15-11:30 a.m.	Rhoda C	Free

Pickleball Skills—Beginning

Open to 50+ beginners seeking to learn and hone basic pickleball skills and strategies.

Loyal Heights

95686	1/4-2/8	Mon	9:30-11:15 a.m.	Jeremy P	$60

Pickleball Skills—Continuing

For players who have the fundamentals in hand and want to further develop their skills. After this class, you may feel confident enough to drop in on pickleball around town!

Loyal Heights

95687	2/22-3/15	Mon	9:30-11:15 a.m.	Jeremy P	$48

FITNESS CLASSES

Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle. A **Δ** *(triangle) notes a reduced class fee made possible by a* ***King County Shape Up Grant****.*

Aerobics and Dance

Juicy Joints Fitness

Learn fluid, stretchy movements that get your heart going, build your balance, and make your joints juicier! Learn free weights and exercise for injury prevention.

Bitter Lake

95680**Δ**	1/4-3/15	Mon	9-10 a.m.	Janet R	$36
95681**Δ**	1/6-3/17	Wed	9-10 a.m.	Janet R	$44

Δ *Reduced class fee made possible by a* ***King County Shape Up Grant****.*

Move with Ease
Strengthen and tone all muscle groups for improved health and fitness. Great for those who are just starting, or those who want to stay fit but need an assist from a chair for balance or support.

Bitter Lake

95684Δ	1/4-3/15	Mon	11:30 a.m.-12:15 p.m.	Janet R	$36

Workshop: Pilobolus Connecting with Balance
A special event! The acclaimed dance company Pilobolus will be in residence at the University of Washington, and engaging with the community in their "Connecting with Balance" workshops. These one-time workshops are designed to help people of any age reconnect with their bodies and improve dynamic stability. Pilobolus teaching artists will lead participants through exercises to improve strength, balance and mobility. Open to all levels of ability, with modifications, accommodations, and intensifications to meet your needs. Free, but registration is required to participate. Also offered at Jefferson CC, see page 37.

Bitter Lake

95698	3/22	Mon	10-11:15 a.m.	Free

Zumba Gold®
Ditch the workout, join the party! Fun is the key ingredient to this low-impact Latin-inspired dance fitness class. No rhythm required. Try a class and leave happy!

Magnolia

95706	1/7-3/18	Thu	9:30-10:30 a.m.	Shannon P	$88

Strength and Conditioning

Circuit Training
Become a stronger you! Circuit training strengthens your major muscle groups as you rotate among training stations. Fees vary by location and days.

Bitter Lake

95658Δ	1/8-3/19	Fri	9:30-10:30 a.m.	Rick B	$45

Loyal Heights

95657	1/5-3/16	Tue	9:30-10:30 a.m.	Rick B	$88
95656	1/7-3/18	Thu	9:30-10:30 a.m.	Rick B	$72

EnhanceFitness
Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. For this class, NEW participants or those who have not participated in over a year must submit an application prior to registration. Only members with Medicare Advantage with Silver&Fit® or OnePass®/Renew Active as a benefit qualify for free participation. Silver&Fit® and OnePass®/Renew Active participants must provide their Fitness ID Number on their application. **The online application and program information are located on the LLR website at seattle.gov/lifelong-recreation, or https://bit.ly/LLREF.** If you are unable to access forms electronically, you can pick up paper forms from a community center offering EnhanceFitness classes. Participants will be notified via email when their application has been processed and they are eligible to register for classes.

NOTE: *American Specialty Health (ASH) Silver&Fit®, and OnePass®/Renew Active will cover in-person classes and is limited to 10 visits a month.*

To learn more about EnhanceFitness, Silver&Fit®, or One Pass®/Renew Active visit: http://projectenhance.org/enhancefitness/, https://www.silverandfit.com/, or https://www.youronepass.com.

SPECIAL NOTE: *Changes to insurance programs occur annually and can affect eligibility for free participation in EnhanceFitness classes. Beginning January 1st you must have a current Silver&Fit® or One Pass® Fitness ID number to qualify for FREE participation.*

Magnolia

Silver&Fit® | One Pass®/Renew Active

95669	1/11-3/15	Mon	Noon-1 p.m.	Kathy A	Free
95671	1/13-3/17	Wed	Noon-1 p.m.	Kathy A	Free
95667	1/15-3/19	Fri	Noon-1 p.m.	Kathy A	Free

Self-Pay

95670	1/11-3/15	Mon	Noon-1 p.m.	Kathy A	$64
95672	1/13-3/17	Wed	Noon-1 p.m.	Kathy A	$80
95668	1/15-3/19	Fri	Noon-1 p.m.	Kathy A	$80

Δ *Reduced class fee made possible by a* ***King County Shape Up Grant****.*

Fabulously Fit

Learn how to improve endurance, strength, agility, core, balance, flexibility, and range of motion.

Magnolia

95673	1/13-3/17	Wed	9:30-10:45 a.m.	Kathy A	$100

Tai Chi and Qigong

Tai Chi

Maintain and restore bone mass, equilibrium, and poise, while playfully exploring vital energy.

Ballard

Mixed Levels Chen-Style

95695	1/4-3/15	Mon	6:30-7:30 p.m.	Scott H	$72

Bitter Lake

95696Δ	1/5-3/16	Tue	7-8 p.m.	Scott H	$48

Green Lake

95692	1/6-3/17	Wed	10:30-11:30 a.m.	Ed B	$88

Queen Anne

All Levels

95691	1/7-3/18	Thu	11 a.m.-Noon	Ed B	$80

Qigong

Qigong ("chee gong") and Tai Chi bring great benefits for fitness, disease prevention, and improved balance. Qigong is the foundation of Tai Chi and is recommended as a complementary practice for stress reduction, increasing vital energy, and flexibility. Styles taught may be drawn from: Taiji Qigong, Eight Brocades, and Long White Cloud.

Loyal Heights

95689	1/7-3/18	Thu	11:15 a.m.-12:15 p.m.	TBD	$80

Δ *Reduced class fee made possible by a* ***King County Shape Up Grant****.*



Yoga and Pilates

We have a limited supply of yoga and pilates gear for new participants. We recommend you bring your own equipment.

Pilates

Pilates focuses on strengthening and toning the body, particularly the core muscles. It involves precise, controlled movements that improve flexibility, posture, and body awareness. Much of the work is done on the floor.

Loyal Heights

95688	1/5-3/16	Tue	10:30-11:30 a.m.	Debra D	$80

Yoga

Stretch and move with awareness, correct alignment, and focus on breath to increase strength, stamina, improve flexibility, develop better balance, posture, and peace of mind. Non-flow style unless noted.

Chair Yoga

Bitter Lake

95699Δ	1/8-3/19	Fri	1:15-2 p.m.	Judith R	$35

Gentle Yoga

Bitter Lake ***Registration required***

95705	1/13-3/10	Wed	5:30-6:30 p.m.	Dan S	Free

Green Lake

95703	1/4-3/15	Mon	12:30-1:30 p.m.	Rich M	$96

Loyal Heights

95700	1/4-3/15	Mon	10:45-11:45 a.m.	Rich M	$96

Magnolia

95704	1/5-3/16	Tue	10:30-11:30 a.m.	Camron M	$88

Queen Anne

95702	1/4-3/15	Mon	2:15-3:15 p.m.	Rich M	$96

Vini Yoga

Magnolia

95701	1/9-3/20	Sat	10-11 a.m.	Alice M	$88

Tori Fernau
Northeast Recreation Specialist
cell 206-696-8252
tori.fernau@seattle.gov

REGISTRATION

Register for programs using the activity number listed next to each program. Registration and payment details can be found on page 50. For accommodation requests please email *PKS_ADA@seattle.gov.*



Departure Sites and Times

Northgate Transit Station
10200 1st Ave NE
Passenger Pick Up/Drop Off Zone near South Entrance
Depart 40 minutes before time listed.

Magnuson CC
7110 62nd Ave. NE
Depart 20 minutes before time listed.

Meadowbrook CC
10517 35th Ave. NE
Depart at time listed.

Departure Site Request

When you register please select your departure site from the available options. Please refrain from wearing fragrances on trips.

SCHOLARSHIPS
The scholarship cycle runs June 2026-June 2027. Have your application approved prior to registration. Approvals are now good for 2 year periods. Please see details on page 50.

BACK IN MOTION
Our **Back in Motion** programs provide fitness classes and educational programs for people with chronic pain, or who are new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

RAINBOW RECREATION
Rainbow Recreation classes are designed to be affirming spaces for the LGBTQ+ community and allies. Look for programs designated with a rainbow highlight in the program listings, or search 'Rainbow' in the online registration system.

FIELD TRIPS

Tacoma Art Museum

Spend the winter day indoors at the Tacoma Art Museum viewing art from around the world dating from the 18th century to the present, in addition to a collection of Northwest artworks. Afterwards, we will lunch at the museum's café, or at a nearby restaurant of your choice, pay for on your own. Or bring a sack lunch to enjoy in the lobby or 3rd floor atrium.

99930	1/7	Thu	9:30 a.m.-3:30 p.m.	$54.17

Skagit Winter Birding

The Skagit area is a hot spot for winter bird watching—snow geese, raptors, waterfowl—let's see what we can find! In between time outside, we'll visit the Interpretive Center at Padilla Bay where there is an aquarium and education displays on local ecology. Bring a sack lunch. **Note:** Some traversing on uneven and dirt surfaces.

99726	1/22	Fri	8:40 a.m.-4:30 p.m.	$38.69



Bainbridge Island Museum of Art

After a short ferry ride from downtown Seattle, we'll spend the morning at the Bainbridge Island Museum of Art. At your own pace, view their current exhibits including contemporary art and craft of the Puget Sound region. Afterwards, we will lunch in the town of Winslow, pay for on your own, or bring a sack lunch to enjoy at a park.

99736	1/25	Mon	9:30 a.m.-5 p.m.	$57.49

SPL's African American Collection

The Seattle Public Library's Douglass-Truth Branch houses one of the largest collections of African American literature and history on the West Coast. Spend time with the collection's curator and librarian to learn more about the history, significance, and unique resources. There will be some time to explore the materials independently. Afterwards, we will head to Jackson St for lunch at one of several restaurants, pay for on your own.

99731	2/17	Wed	9:40 a.m.-2:30 p.m.	$17.68

Edison Chicken Parade

We're heading back to Edison, a small town in Skagit County, for their annual Chicken Parade! Feel free to come dressed for the theme and be ready for a clucking good time. After the parade, we will lunch at Bow Kitchen Hub, pay for on your own, and if weather allows, we will make a birding stop or two on the way back. **Note:** This trip will run rain or shine, come dressed for the weather. 4-8 blocks of paved, flat and gravel surfaces. ***Offered jointly with SE, see page 34***.

99728	2/28	Sun	9 a.m.-5 p.m.	$38.69

Foss Waterway Seaport and Ruston Way

Explore the rich maritime history of Tacoma and the Puget Sound Region at the Foss Waterway Seaport. A mix of a docent-led tour, followed by some time to view the space independently. Afterwards, we will head to Ruston Way for lunch at a restaurant, pay for on your own, or bring a sack lunch to enjoy on the waterfront.

99734	3/18	Thu	9:40 a.m.-4:30 p.m.	$35.37

SOCIAL PROGRAMS

Book Clubs

Explore new books, ask interesting questions while listening to different points of view, varied interpretations, metaphors, and themes. If you need a current book list, please contact the NE Recreation Specialist.

NEW Time Laurelhurst Book Group

Meets the 3rd Wednesday of each month: 1/20, 2/17, and 3/17.

98758	Wed	3:15-4:15 p.m.	Free

Meadowbrook Book Club

Meets the 3rd Thursday of each month (*except February): 1/21, *2/25, and 3/18.

98760	Thu	Noon-1 p.m.	Free

Ravenna Evening Book Group

Meets the 2nd Monday of the month: 1/11, 2/8, and 3/8.

98776	Mon	6:30-8 p.m.	Free

Games

Drop-In Bridge

Drop-In play for bridge players, all levels. No lessons.

Montlake

1/8-4/2	Fri	1:30-3:45 p.m.	Free

Northgate

1/4-3/29	Mon	1-3 p.m.	Free

Drop-In Mahjong

Drop-In and play mahjong, for experienced players.

Laurelhurst—American-Style

1/5-3/30	Tue	11 a.m.-1:45 p.m.	Free

Magnuson —American-Style

1/7-4/1	Thu	10 a.m.-1 p.m.	Free

Mahjong Lessons

This class will introduce beginners to the basic rules and regulations of the National Mahjong League game. Class is limited to 5 participants so register early.

Northgate

98759	1/7-2/4	Thu	9:30-11 a.m.	Jacky	$26.53
100773	1/7-2/4	Thu	Noon-1:30 p.m.	Jacky	$26.53

ARTS AND HANDWORK

Drawing

Drawing is easy and fun! Expand your creativity and learn how to make drawings that come to life with highlights, shadows, shapes, and details. Lessons taught step-by-step in a supportive community environment. Bring home several finished art projects throughout the 4 week class. No experience necessary and all supplies provided in class. **Note:** If you would like to purchase your own supplies to use outside of class, please reach out to the NE Recreation Specialist for a supply list.

NEW Meadowbrook

99725	2/24-3/18	Wed	11 a.m.-1 p.m.	Pete B	$77.39

Montlake

98722	1/14-2/4	Thu	2-4 p.m.	Pete B	$77.39

NEW Northgate

99724	2/22-3/15	Mon	11 a.m.-1 p.m.	Pete B	$77.39

Meadowbrook Craft Club

Bring your own supplies to craft alongside others! This is an open space for creating, socializing, and community. Beading, sewing, knitting, scrapbooking, coloring—whatever your current projects are! There is no formal instruction. Meets on the 2nd and 4th Thursdays of the month: 1/14, 1/28, 2/11, 2/25, 3/25. ***Registration required.***

Meadowbrook

98761	1/14-3/25	Thu	11 a.m.-1 p.m.	Free

Painting in the Community

Join others to paint as a community of artists in any water medium, using your own supplies. There is no formal teaching during this time. There is plenty of peer suggestion and support! *No class 2/16.* ***Registration required.***

Meadowbrook

98763	1/5-3/16	Tue	10 a.m.-12:30 p.m.	Free



NEW Travel and Nature Sketching—In Pencil, Pen, and Watercolor

Living in the beautiful Pacific Northwest, we can be inspired by our amazing environment on a daily basis! In this class you'll learn all about how to draw and paint nature, scenery, and the environment with pencil, pen, and watercolors. No experience necessary. All supplies provided in class. **Note:** If you would like to purchase your own supplies to use outside of class, please reach out to the NE Recreation Specialist for a supply list.

Montlake

98869	2/11-3/4	Thu	2-4 p.m.	Pete B	$77.39

Watercolor

Bring your paints, brushes, and joy of painting. A demonstration is taught after each lesson with instruction. Some experience recommended. Bring your own watercolor supplies. *No class 2/18.*

Meadowbrook

98786	1/7-3/4	Thu	10 a.m.-12:30 p.m.	Sandra K	$121.61

Watercolor with Seniors Creating Art

In this introductory workshop series, you will learn about various watercolor painting techniques, brush usage, and coloring mixing. No experience necessary, all supplies provided. Class is offered in partnership with Seniors Creating Art and taught by their instructor. You may only register for one Seniors Creating Art class per quarter with Lifelong Recreation.

Northgate

99652	2/4-2/25	Thu	10:30 a.m.-Noon	TBD	Free

LIFELONG LEARNING

NEW Hearing Health

How loud is too loud? Do I really need hearing aids? Have hearing questions? Ask your neighborhood audiologist! Become empowered to recognize the signs of hearing loss and learn what good hearing hygiene requires. This class is taught by Tia McDonald of Perceptive AUD Consulting and Notary.

Northgate

99655	2/8	Mon	10:30 a.m.-Noon	Tia M	Free

Write Your Own Story

Write what you want on your own. Read it to the group and listen. Inspire and be inspired. Save your writing for loved ones or write for the pleasure of writing. **Note:** this is not a writing class. *No program 2/16.*

Meadowbrook

98787	1/5-3/16	Tue	10 a.m.-Noon		$10

Tech

Pre-Online Registration Support—Drop-In

Drop-In Support Hours with LLR staff the week before registration opens. Learn how to access your ACTIVE Net account to register, make a wish list, make a payment, and other helpful tips and tricks! Feel free to bring your own smart phone, laptop, or tablet to practice on. Public Wi-Fi available at the center. You do not need to register in advance.

Before Winter 2027 Registration Opens

Meadowbrook

12/2	Wed	10:30 a.m.-12:30 p.m.	Free
12/3	Thu	10:30 a.m.-12:30 p.m.	Free

Before Spring 2027 Registration Opens

Meadowbrook

2/26	Fri	10:30 a.m.-12:30 p.m.	Free
3/1	Mon	10:30 a.m.-12:30 p.m.	Free

DROP-IN SPORTS

Pickleball at a Glance
See page 10 for community center information for indoor drop-in pickleball play.

SPORTS

Bettyball

Bettyball (Social Basketball)
Bettyball is an unskilled and quirky version of pickup basketball for adults. It's played on a half court with a minimum of rules to follow, and no score keeping. It is a great community builder for older adults who want to have fun in a friendly group while staying in shape. Laughter is encouraged! Led by volunteers. ***Registration is required.***

Ravenna-Eckstein

98717	1/8-3/19	Fri	1-2:30 p.m.		Free

Pickleball Skills

Pickleball Skills—Beginner
Learn the basic strokes, rules, and strategies of pickleball. This class includes one hour of instruction and 30 minutes practice time. Once you've learned the basics, you can join our drop-in play across most of the Community Centers in Seattle. Please bring your own water bottle.

Meadowbrook

98767	1/5-2/2	Tue	Noon-1:30 p.m.	Marty B	$60

Pickleball Skills—Beyond Beginner
This class is for those who already have some experience playing and will help you reach the next level. Class includes 1-hour of instruction and 30 minutes of practice time. Prerequisite: Players should know the basic rules and how to keep score. They get at least 50% of their serves and returns in play. *No class 2/16.*

Meadowbrook

98768	1/5-2/2	Tue	1:30-3 p.m.	Marty B	$60
98765	2/9-3/16	Tue	Noon-1:30 p.m.	Marty B	$60

Pickleball Skills—Intermediate
The goal of this class is to challenge and help you continue to move to the next level with your skills in areas such as: doubles court strategy, stacking, defensive and offensive lobbing. We can assist you with preparing for tournaments (if interested). Prerequisites: Players know the rules of pickleball including net rules and kitchen lines, can position themselves on the court and move quickly to the net, sustain rallies easily with strategic hits, serves and returns are in play and consistent, understand not to pop dinks, hard and soft game, and can work with a partner to win a point. *No class 2/16.*

Meadowbrook

98766	2/9-3/16	Tue	1:30-3 p.m.	Marty B	$60

FITNESS

Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Aerobics and Dance

Party Line Dance
Learn how to do the line dances that pop up at celebrations. This class will introduce you to party dances such as Electric and Cha Cha Slide, the Cupid Shuffle, and other popular country and southern line dances.

Meadowbrook

98764	1/4-3/15	Mon	12:15-1:15 p.m.	Cindy H	$72

Zumba Gold®
Ditch the workout, join the party! Fun is the key ingredient to this low-impact Latin-inspired dance fitness class. No rhythm required. Try a class and leave happy!

Laurelhurst

98792	1/5-3/16	Tue	12:15-1:15 p.m.	Cindy H	$88

Strength and Conditioning

Building Balance with Friends

Balance's many dimensions work together to keep you upright and active. This class is an opportunity to build your balance skills through playful exercises and the company of new friends. Let's keep the workout lighthearted! Each class includes a walk in the surrounding neighborhood. Bring your willingness and water bottle.

Magnuson

98718	1/7-3/18	Thu	1-2:30 p.m.	Mariah K	$25

Building Stability

Exercise in a circuit training format with stations focused on strengthening your stability and balance. Personalize your workout by choosing your level of challenge for each activity.

Magnuson

98718	1/7-3/18	Thu	1-2:30 p.m.	Mariah K	$25

Northgate

98719	1/6-3/17	Wed	2-3 p.m.	Mariah K	$25

Circuit Training

Become a stronger you! In this fitness program you will move from one strength training station to the next with cardio intervals in-between. *No classes 2/19; no class 3/21 for class #98721 at 12:45-1:45 p.m.*

Meadowbrook

98720	1/8-3/19	Fri	11:30 a.m.-12:30 p.m.	Rick B	$80
98721	1/8-3/19	Fri	12:45-1:45 p.m.	Rick B	$72

Otago Strength and Balance

This evidence based program is shown to reduce falls up to 35%! Otago is a structured class that meets twice a week and is composed of 17 strength and balance exercises. The instructor will conduct a fall assessment on the 1st and last day of class. Benefits include balance, strength, fitness and well being. This class is being sponsored by Group Otago. **Note:** The first day will be an "Assessment Day" for ALL participants, new and returning! ***Registration is required.***

Montlake

98762	1/5-3/4	Tue	1:45-2:45 p.m.	Kari M	Free

EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. For this class, NEW participants or those who have not participated in over a year must submit an application prior to registration. Only members with Medicare Advantage with Silver&Fit® or OnePass®/Renew Active as a benefit qualify for free participation. Silver&Fit® and OnePass®/Renew Active participants must provide their Fitness ID Number on their application. **The online application and program information are located on the LLR website at seattle.gov/lifelong-recreation, or https://bit.ly/LLREF.** If you are unable to access forms electronically, you can pick up paper forms from a community center offering EnhanceFitness classes. Participants will be notified via email when their application has been processed and they are eligible to register for classes.

NOTE: *American Specialty Health (ASH) Silver&Fit®, and OnePass®/Renew Active will cover in-person classes and is limited to 10 visits a month.*

To learn more about EnhanceFitness, Silver&Fit®, or One Pass®/Renew Active visit: http://projectenhance.org/enhancefitness/, https://www.silverandfit.com/, or https://www.youronepass.com.

SPECIAL NOTE: *Changes to insurance programs occur annually and can affect eligibility for free participation in EnhanceFitness classes. Beginning January 1st you must have a current Silver&Fit® or One Pass® Fitness ID number to qualify for FREE participation.*

Magnuson *No classes Wed 1/13*

Silver&Fit® | One Pass®/Renew Active

98739	1/6-3/17	Wed	1-2 p.m.	Carolyn H	Free
98737	1/7-3/18	Thu	10:30-11:30 a.m.	Jane S	Free

Self-Pay

98740	1/6-3/17	Wed	1-2 p.m.	Carolyn H	$80
98738	1/7-3/18	Thu	10:30-11:30 a.m.	Jane S	$80

Meadowbrook *No classes February 16-19*

Silver&Fit® | One Pass®/Renew Active

98731	1/4-3/15	Mon	11 a.m.-Noon	Cindy H	Free
98733	1/5-3/16	Tue	9:40-10:40 a.m.	Cindy H	Free
98735	1/6-3/17	Wed	9:40-10:40 a.m.	Cindy H	Free
98729	1/8-3/19	Fri	9:40-10:40 a.m.	Cindy H	Free

Self-Pay

98732	1/4-3/15	Mon	11 a.m.-Noon	Cindy H	$72
98734	1/5-3/16	Tue	9:40-10:40 a.m.	Cindy H	$80
98736	1/6-3/17	Wed	9:40-10:40 a.m.	Cindy H	$80
98730	1/8-3/19	Fri	9:40-10:40 a.m.	Cindy H	$80

Miller

Silver&Fit® | One Pass®/Renew Active

98741	1/4-3/15	Mon	2-3 p.m.	Novella F	Free
98745	1/6-3/17	Wed	1-2 p.m.	Novella F	Free

Self-Pay

98742	1/4-3/15	Mon	2-3 p.m.	Novella F	$72
98746	1/6-3/17	Wed	1-2 p.m.	Novella F	$88

Montlake *No class Monday 1/11*

Silver&Fit® | One Pass®/Renew Active

98749	1/4-3/15	Mon	1:45-2:45 p.m.	Carolyn H	Free
98747	1/8-3/19	Fri	3-4 p.m.	Novella F	Free

Self-Pay

98750	1/4-3/15	Mon	1:45-2:45 p.m.	Carolyn H	$64
98748	1/8-3/19	Fri	3-4 p.m.	Novella F	$88

Strength and Conditioning

Energize your day by stretching, swooping, and strengthening! Jane will wind you through a series of exercises to build strength, flexibility, balance and achieve better overall conditioning. This class will leave you feeling happy and connected.

Laurelhurst

98777	1/5-3/16	Tue	9:15-10:15 a.m.	Jane S	$88

Magnuson

98778	1/7-3/18	Thu	9:15-10:15 a.m.	Jane S	$80

Stretch and Balance—Beginner

AAAHH! A body that feels good! Stretches designed to end everyday pain, plus strengthening balance skills, to build a body ready and eager to take on whatever life has to offer.

Northgate

98780	1/4-3/15	Mon	2-3 p.m.	Mariah K	$25

Stretch and Balance —Intermediate

Standing, seated, and on the floor, you will explore ways to go deeper with stretches for your whole body. Balance challenges round out the program.

Northgate

98779	1/8-3/19	Fri	2-3 p.m.	Mariah K	$25

Tai Chi and Qigong

Tai Chi

Maintain and restore bone mass, equilibrium, and poise, while playfully exploring vital energy. Yang-Style.

Montlake

All Levels

98782	1/4-3/15	Mon	12:45-1:45 p.m.	Ed B	$72

Ravenna-Eckstein *No class 2/16*

All Levels

98781	1/5-3/16	Tue	12:45-1:45 p.m.	Ed B	$80

Qigong/Tai Chi

Relaxing, ancient, meditative qigong moves, connected to the five elements, are taught followed by the beginning steps of the Yang style short form of Tai Chi. No experience necessary.

Beginner—No experience necessary

Magnuson

98772	1/5-3/9	Tue	2:15-3:15 p.m.	Annette P	$80

Northgate

98773	1/7-3/4	Thu	11:15 a.m.-12:15 p.m.	Annette P	$72

Ongoing—Prior attendance in Annette's Beginner Class is required

Magnuson

98774	1/5-3/9	Tue	3:30-4:30 p.m.	Annette P	$80

Northgate

98775	1/7-3/4	Thu	12:30-1:30 p.m.	Annette P	$72

Yoga and Pilates

We have a limited supply of yoga and pilates gear for new participants. We recommend you bring your own equipment.

NEW Meditation

We will do some light yoga stretches, spend some time seated in a chair, and do a walking meditation in the room. No meditation experience needed. Come try for a week, or all 4! This free class is being generously taught by a volunteer who is a registered yoga instructor with training in mindfulness meditation. ***Registration is required.***

Ravenna-Eckstein

98870	2/24-3/17	Wed	1-1:30 p.m.	Jen A	Free

Pilates

Stabilize and strengthen the core muscles of your abdominals and back while improving your flexibility and posture. This is a mat Pilates class.

Laurelhurst *No class 2/11*

98769	1/7-3/18	Thu	12:30-1:30 p.m.	Debra D	$72

Meadowbrook *No class 2/17*

98771	1/6-3/17	Wed	11:30 a.m.-12:30 p.m.	Debra D	$80

Ravenna-Eckstein

98770	1/9-3/20	Sat	11:30 a.m.-12:30 p.m.	Debra D	$88



Yoga

Stretch and move with awareness, correct alignment, and focus on breath to increase strength, stamina, improve flexibility, develop better balance, posture, and peace of mind. Non-flow style unless noted.

Gentle Yoga

Laurelhurst *No class 2/11*

98751	1/7-3/18	Thu	11 a.m.-Noon	Judith R	$72

Magnuson

98752	1/6-3/17	Wed	10-11 a.m.	Judith R	$88

Miller

98756	1/4-3/15	Mon	11:45 a.m.-12:45 p.m.	Laura G	$72

Montlake: Class with Chair Options

98757	1/4-3/15	Mon	11:30 a.m.-12:30 p.m.	Judith R	$72

Northgate

98755	1//8-3/19	Fri	11 a.m.-Noon	Judith R	$88

Ravenna-Eckstein

98754	1/5-3/16	Tue	2:30-3:30 p.m.	Judith R	$88
98753	1/9-3/20	Sat	10-11 a.m.	Judith R	$88

Vini Yoga

Laurelhurst

98783	1/5-3/16	Tue	11 a.m.-Noon	Heidi M	$88

Meadowbrook *No class Thursday 2/18*

98784	1/4-3/15	Mon	9:30-10:30 a.m.	Heidi M	$72
98785	1/7-3/18	Thu	10-11 a.m.	Heidi M	$72

Yoga for Renewal

Unplug from the world of to-do lists and technology! Class includes breath work, mindful meditation, and slow, flowing movements that gently transition into deeply restorative postures. Suitable for all levels. Offered 3 Saturdays. Join us for as many as you want, but you will need to register for each day individually.

Magnuson

98788	1/23	Sat	10:30-11:30 a.m.	Heidi M	$8
98789	2/20	Sat	10:30-11:30 a.m.	Heidi M	$8
98790	3/13	Sat	10:30-11:30 a.m.	Heidi M	$8

Yoga for Stress Relief

Focus on meditation, breath, and restful, restorative poses. Great for anyone interested in trying yoga or meditation, and those that enjoy a slow-paced practice. Free class is being generously taught by a volunteer who is a trained yoga instructor. ***Registration is required.***

Ravenna-Eckstein

98791	1/27-2/17	Wed	1-2 p.m.	Jen A	Free

John Hasslinger
Southwest Recreation Specialist
cell 206-423-3988
john.hasslinger@seattle.gov

REGISTRATION
Register for programs using the activity number listed next to each program. Registration and payment details can be found on page 50. For accommodation requests please email *PKS_ADA@seattle.gov.*



Departure Sites and Times

High Point CC
6920 34th Ave. SW
Depart 15 minutes before time listed.

Delridge CC
4501 Delridge Way SW
Depart at time listed.

Departure Site Request
At the time of registration you will select your departure location from the available options. We do our best to proceed with our trips as planned; at times it is necessary to make changes to the times, cost, and destination. Please refrain from wearing fragrances.

SCHOLARSHIPS
The scholarship cycle runs June 2026-June 2027. Have your application approved prior to registration. Approvals are now good for 2 year periods. Please see details on page 50.

BACK IN MOTION
Our **Back in Motion** programs provide fitness classes and educational programs for people with chronic pain, or who are new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

RAINBOW RECREATION
Rainbow Recreation classes are designed to be affirming spaces for the LGBTQ+ community and allies. Look for programs designated with a rainbow highlight in the program listings, or search 'Rainbow' in the online registration system.

FIELD TRIPS

Post Holiday Shopping

You've shopped for everyone on your list, now it's time to shop for you! The Outlet Collection in Auburn is the NW's largest indoor outlet shopping center. Explore a variety of stores at your own pace, including clothing, shoes, accessories, home goods, and specialty shops. This weather-proof outing offers relaxed walking, accessible seating, and plenty of opportunities to discover great post-holiday clearance sales. Enjoy lunch at one of the mall's many food options. Bring money for shopping and lunch.

95501 1/14 Thu 9:45 a.m.-2:45 p.m. $25.43

Swanson's Nursery

Brighten a winter day with a peaceful, plant-filled outing to Swanson's Nursery in Ballard. We'll explore their warm tropical conservatory, browse the indoor plant and gift areas, and enjoy a relaxing lunch in the onsite café surrounded by greenery, pay for on your own. This slow-paced, cozy adventure is perfect for older adults looking for a calm and refreshing winter escape. Bring money for lunch or any special items you'd like to take home.

95502 1/28 Thu 10 a.m.-2:15 p.m. $13.27

Burke Museum

Enjoy a refreshing winter outing to the Burke Museum at the University of Washington. Free First Thursday admission allows time to explore natural history, cultural exhibits, and active research spaces in a relaxed and accessible environment. Afterwards, walk to University Way, "The Ave", for a 90-minute lunch break at a restaurant of your choice, pay for on your own. This outing blends learning, exploration, and a flexible lunch in one of Seattle's most vibrant neighborhoods. Bring money for lunch.

95503 2/4 Thu 9:45 a.m.-2:15 p.m. $13.27

Buffalo Soldiers and Southern Kitchen

Join us for a meaningful visit to the Buffalo Soldiers Museum in Tacoma, where a guided-tour will highlight the bravery, resilience, and historic contributions of the Buffalo Soldiers. After the tour, we will head to Southern Kitchen, a local favorite known for its warm hospitality and classic comfort food. Enjoy lunch, pay for on your own, before we travel back to Seattle.

95504 2/18 Thu 9:45 a.m.-3 p.m. $25.43

Nisqually National Wildlife Refuge

Experience the peaceful beauty of the Billy Frank Jr Nisqually National Wildlife Refuge, one of Washington's most inspiring natural landscapes. Walk along wide, flat boardwalks that wind through wetlands and estuary habitats filled with birdlife and open views. A refuge ranger will begin our visit with a short welcome and orientation, followed by ample time to explore at your own pace. Bring a sack lunch to enjoy outdoors or under covered areas near the Visitor Center. This outing offers flexible walking options along the Sound, and a refreshing early-spring nature experience.

95505 3/4 Thu 9:30 a.m.-3:15 p.m. $38.70

NATURE AND ENVIRONMENT

Growing Oyster Mushrooms at Home

Oyster mushrooms are easy to grow on your kitchen counter! Learn about the fabulous and important world of fungi including their benefits to a sustainable world in a short presentation. Make a kit to take home and sprout some mushrooms you can eat! Includes relevant brochures and resource sheets, baggie, and materials to make a "seeded" mushroom bag to take home and grow. Brought to you by the Garden Hotline.

Hiawatha

98403 3/5 Fri 1-3 p.m. Free

Join one of our nature programs below with retired National Parks Ranger Pat Pilcher!

Camp Long Exploration

Learn the history and special features of the park while experiencing mindful meditation among the trees. Meet at the Camp Long Environmental Learning Center entrance just off 35 Ave. SW, and be prepared for muddy trails and possible rainy weather.

Camp Long ELC

95495 2/23 Tue 10:30 a.m.-Noon Pat P Free

Leave It to Beavers

Beavers are captivating creatures that dramatically transform their environment unlike no other animals—with the exception of humans. These furry vegetarians play a crucial role in creating complex habitats for many other organisms as they transform damaged watersheds into productive wetlands. This presentation explains their natural history and their complicated and often fraught relationship with humans. We will explore how and why they alter their environment to suit their needs.

High Point

95526 2/26 Fri 1:30-2:30 p.m. Pat P Free

SPECIAL EVENTS

Line Dance Party

Step, sway, and groove at our Citywide Line Dance Celebration! Whether seasoned dancer or just starting out, you will have a good time! All levels welcome! Join us for an afternoon of fun, rhythm, and community. Register early to receive a playlist and event details ahead of time. Optional: Bring a potluck dish/drink to share.

High Point

Instructors: Suzanne S, Michelle S, Chris B

95514	3/5	Fri	1:30-4 p.m.	$15

SOCIAL PROGRAMS

Book Clubs

High Point Book Club

Meets the 2nd Thursday of each month (*exception this March). This is an active club seeking new members! Meets: 1/14, 2/11, and 3/4*.

High Point

95511		Thu	1-2 p.m.	Gail B-J	Free

Dance

Social Dance

Friendly volunteers, led by Winnie T, will share easy dance steps and lead the group in a fun, relaxed social dance. This is not an instructional dance class, just a chance to enjoy the music, get moving, and connect with others. No partner or experience required.

Delridge *No program 1/18 and 3/15*

95524	1/4-3/15	Mon	1-3 p.m.	Winnie T, Thess M	Free

Music

Silver Sounds

Have fun and bring joy singing to residents of retirement communities and nursing homes. No experience necessary. Bring an instrument if you play! You'll receive a welcome email with further instructions. Practice and performance dates TBA. Background check required to participate in offsite performances.

High Point

95523	1/9-3/27	Sat	11:30 a.m.-12:30 p.m.	Margaret S	Free

ART AND HANDWORK

Discover the Joy of Drawing

Expand your creativity in one or both of these step-by-step drawing sessions. Learn to make your artwork come to life using foundational shapes, fine details, highlights, and deep shadows.

Session 1: Foundations of Drawing

Draw beautiful animals, flowers, and still-life scenes in a supportive community environment. No experience necessary, all supplies provided, take home several finished art projects! Take this course on its own, or combine it with Session 2 for double the fun.

Hiawatha

95489	1/8-1/29	Fri	1:30-3:30 p.m.	Pete B	$77.39

Session 2: Landscapes and People in Color

Focus on drawing stunning landscapes, birds, and people in a supportive community environment. No experience necessary, all supplies provided, take home several finished art projects! New students are welcome, and returning Session 1 students will find all-new projects to enjoy! We will also introduce colored pencils.

Hiawatha

95490	2/5-2/26	Fri	1:30-3:30 p.m.	Pete B	$77.39

Acrylic Painting with Seniors Creating Art

Join us for a fun acrylic painting experience! Explore colors, brushes, blending, layering, and easy-to-follow painting techniques. No experience needed. Come create, learn, and leave with finished pieces of artwork. Sponsored by Seniors Creating Art. Please register for a max of 1 SCA class per quarter.

High Point

98679	1/13-2/3	Wed	11:30 a.m.-1 p.m.	Cody E	Free

VOLUNTEER

Volunteers Orientation

Make an impact in your community! We are currently recruiting assistant pickleball instructors, assistant dance instructors, and urban hike volunteer leads to support active, inclusive programs across Seattle Parks. Register to connect with our volunteer coordinator to find out more. Orientation will be held online via Microsoft Teams.

Virtual

95529	2/23	Tue	2-3 p.m.		Free

DROP-IN SPORTS

Pickleball at a Glance

See page 10 for community center information for indoor pickleball.

Outdoor Pickleball

Outdoor courts dedicated to free, open pickleball play. No registration required. Seattle Parks Lifelong Recreation Volunteer Ambassadors are present to facilitate rotations when courts are busy. Please bring a paddle, outdoor balls, water, and community spirit!

Delridge Courts

1/4-3/31	T/Th	10 a.m.-Noon	Free

Miller Courts

1/4-3/31	M/W/F	10 a.m.-Noon	Free

Mt Baker Courts

1/5-3/30	T/Th	10 a.m.-Noon	Free

Walt Hundley Courts

1/4-3/31	M/W/F	10 a.m.-Noon	Free

SPORTS

Pickleball Skills: All Levels

All experience levels with no equipment needed. True beginners will receive a link to a short video to learn the basic rules before stepping onto the court for the very first day.

Delridge

Instructors are Mark and Janet B

95517	1/5-2/9	Tue	10 a.m.-Noon	$36
95519	2/16-3/16	Tue	10 a.m.-Noon	$30

High Point

Instructors are Robert L, Peter K, Deborah S

95518	1/4-2/8	Mon	11:30 a.m.-1 p.m.	$30
95520	2/22-3/15	Mon	11:30 a.m.-1 p.m.	$24

Pickleball Skills: Intermediate

Prerequisites: Players have a solid grasp of pickleball rules, net regulations and kitchen lines, can advance quickly to the net, and sustain rallies with strategic shot placement. Consistent serves and returns (80%) recommended.

Delridge

95521	1/7-2/4	Thu	10-11:30 a.m.	Max A	$60
95522	2/11-3/18	Thu	10-11:30 a.m.	Max A	$60

Pickleball Injury Prevention: Stay in the Game!

Boost your play and keep injuries at bay! This free, one-hour workshop is tailored for older adult pickleball enthusiasts who want to stay strong, confident, and court-ready. Elijah Lazo PT, DPT from Sound Physical Therapy will break down the most common pickleball injuries and share simple, effective ways to prevent them. You'll try out easy strengthening and mobility exercises using TheraBands and light weights, with upbeat, group-focused guidance to help everyone move safely and feel great. Come sharpen your skills, learn smart strategies, and get ready to stay in the game!

Hiawatha

99574	3/12	Fri	1:30-2:30 p.m.	Elijah Lazo, PT DPT	Free

FITNESS

Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Aerobics and Dance

Bollywood Fitness

Fitness fusion that combines global dance, strength training, and whole body stretching, to give you a complete workout—body, mind, and soul! Set to fun world music (Bollywood, Latin, Western, Pop, and more), you'll get a great workout and learn music and moves from other cultures. Please bring 3-5 lb. hand weights, a yoga/exercise mat, water bottle, and towel.

Delridge

95485	1/8-3/19	Fri	10-11 a.m.	Allison C	$88

Chair Supported Fitness

We've got you covered with cardio, range of motion, and balance exercises—all with seated and standing chair-supported options. The Golden Rule: All abilities are welcome, and modifications are always available! Spread the word, don't keep the fun to yourself! Invite your friends to register, or encourage them to just drop in and say hi. *No class 3/11.* ***Registration is required.***

South Park

95486	1/7-3/18	Thu	10:30-11:30 a.m.	Erika H	Free

Dance Fit

Dance Fit is a class that engages the entire body as well as the mind. Remembering choreography keeps your brain active while constant movement helps your heart, circulation, balance, muscles, and joints. Based on basic jazz steps, Dance Fit not only burns calories, it's fun too!

Delridge *No class 3/11*

95487	1/7-3/18	Thu	10-11 a.m.	Debbie P	$80

Yesler

Class translated into Vietnamese.
Registration required for this free class.

95488	1/8-3/19	Fri	10:15-11:15 a.m.	Debbie P	Free

EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. For this class, NEW participants or those who have not participated in over a year must submit an application prior to registration. Only members with Medicare Advantage with Silver&Fit® or OnePass®/Renew Active as a benefit qualify for free participation. Silver&Fit® and OnePass®/Renew Active participants must provide their Fitness ID Number on their application. **The online application and program information are located on the LLR website at seattle.gov/lifelong-recreation, or https://bit.ly/LLREF.** If you are unable to access forms electronically, you can pick up paper forms from a community center offering EnhanceFitness classes. Participants will be notified via email when their application has been processed and they are eligible to register for classes.

NOTE: *American Specialty Health (ASH) Silver&Fit®, and OnePass®/Renew Active will cover in-person classes and is limited to 10 visits a month.*

To learn more about EnhanceFitness, Silver&Fit®, or One Pass®/Renew Active visit:
http://projectenhance.org/enhancefitness/,
https://www.silverandfit.com/, or
https://www.youronepass.com.

SPECIAL NOTE: *Changes to insurance programs occur annually and can affect eligibility for free participation in EnhanceFitness classes. Beginning January 1st you must have a current Silver&Fit® or One Pass® Fitness ID number to qualify for FREE participation.*

Hiawatha

Silver&Fit® | One Pass®/Renew Active

95498	1/7-3/18	Thu	11 a.m.-Noon	Novella F	Free

Self-Pay

95499	1/7-3/18	Thu	11 a.m.-Noon	Novella F	$80

High Point

Silver&Fit® | One Pass®/Renew Active

95496	1/5-3/16	Tue	9:15-10:15 a.m.	Novella F	Free

Self-Pay

95497	1/5-3/16	Tue	9:15-10:15 a.m.	Novella F	$88

Line Dance

Work out with your mind and body. Learn new dance patterns to some great music. *No classes 3/11.*

High Point

All Levels

95512	1/7-3/18	Thu	11:15 a.m.-12:15 p.m.	Suzanne S	$80

Improver

95513	1/7-3/18	Thu	12:20-1:20 p.m.	Suzanne S	$80

Tuesday Dance Party

Ditch the workout, join the party! No rhythm or equipment required. Some dances will target specific muscle groups, but all will be fun and no equipment required. You'll leave exhilarated and energized! Appropriate for all fitness levels.

Delridge

95527	1/5-3/16	Tue	10-11 a.m.	Allison C	$88

Whole Body Fitness

Use your own body weight to strengthen your core, upper, and lower body. Slow and quick movements utilized for agility, coupled with yoga for balance and flexibility, rounding it out with a five-minute meditation for a whole-body experience. Please bring a yoga mat.

Delridge

95530	1/4-3/15	Mon	10-11 a.m.	Debbie P	$72

NEW from instructor Novella!



Try ***Agility and Strength: Functional Circuit for Active Adults***, a dynamic, equipment-based workout designed to boost strength, agility, and confidence—now offered at our newly reopened Hiawatha CC.

Strength and Conditioning

NEW Agility and Strength: Functional Circuit for Active Adults

A fast-paced, high-efficiency circuit class. Rotate through stations using hand weights, resistance bands, and body weight movements to build core stability, upper-body strength, and cardiovascular stamina.

Hiawatha

95783	1/8-3/19	Fri	11 a.m.-Noon	Novella F	$88

Fitness

Build total body muscle strength using fitness bands, free weights, and floor work. Improve balance, flexibility, and agility. Please bring hand weights.

Delridge

95508	1/6-3/17	Wed	10-11 a.m.	Suzanne S	$88

Tai Chi

Tai Chi

Open to continuing students who have completed the first section of this yang style short form tai chi. This style was created by Professor Cheng Man Chi'ing. Promotes balance, stress relief, and energy cultivation.

High Point

Continuing

95525	1/4-3/15	Mon	11 a.m.-Noon	Pam K-E	$72

Meet Tai Chi Instructor Julia!



A long-time Wu Form practitioner trained under Grandmaster John S.S. Leong, Julia offers a welcoming, step-by-step Tai Chi practice designed to refresh the body and focus the mind. See ***Wu-Style Tai Chi*** at top of page to sign up!

NEW Wu-Style Tai Chi

This class teaches slow, ballet-like movements through a uniquely dynamic method of low-impact conditioning. Class begins with a set of 18 exercises including squats, leg lifts, arm rolls, and stretching, followed by the 20-minute Wu Form, taught move-by-move, with individual attention. A quiet practice that leaves you feeling trim and refreshed!

Alki Bathhouse

96772	1/6-3/17	Wed	10:30-11:30 a.m.	Julia V	$88

Yoga and Pilates

We have a limited supply of yoga and pilates gear for new participants. We recommend you bring your own equipment.

NEW Gentle Restore: Stretch, Breathe, and Meditate

All level class uses gentle yoga stretches to ease tight muscles, breathing techniques to calm the nervous system, and concludes with a meditation to leave your mind clear and your body deeply relaxed. Wear comfortable attire. Bring a yoga mat and a blanket.

Hiawatha

95515	1/4-3/15	Mon	11:45 a.m.-12:45 p.m.	Debbie P	$72

Back in Action Gentle Yoga

Focus on enjoyable movements to build strength and restore functionality of your muscles and joints. Learn easy poses to improve your balance, flexibility, and range of motion. All can be modified to avoid pain. Work at your own pace in a positive atmosphere, with peaceful music and plenty of relaxation.

High Point

95484	1/6-3/17	Wed	11:30 a.m.-12:30 p.m.	Jaki R	$88

Yoga

Stretch and move with awareness, correct alignment, and focus on breath to increase strength, stamina, improve flexibility, develop better balance, posture, and peace of mind. Non-flow style unless noted.

Gentle Yoga

High Point

95510	1//4-3/15	Mon	9:45-10:45 a.m.	Jaki R	$72
95509	1/8-3/19	Fri	11:30 a.m.-12:30 p.m.	Jaki R	$88

Vini Yoga

Delridge

95528	1/6-3/17	Wed	11:15 a.m.-12:15 p.m.	Adelaide M	$88

Masha Shtern
Southeast Recreation Specialist
cell 206-450-9522
masha.shtern@seattle.gov

REGISTRATION

Register for programs using the activity number listed next to each program. Registration and payment details can be found on page 50. For accommodation requests please email *PKS_ADA@seattle.gov.*



Departure Sites	Departure Times	
Garfield CC 2323 E Cherry St. **Jefferson CC** 3801 Beacon Ave. S	**NORTHBOUND TRIPS:** **Garfield:** at time listed. **Jefferson:** 20 minutes before time listed.	**SOUTHBOUND TRIPS:** **Garfield:** 20 minutes before time listed. **Jefferson:** at time listed.

SCHOLARSHIPS

The scholarship cycle runs June 2026-June 2027. Have your application approved prior to registration. Approvals are now good for 2 year periods. Please see details on page 50.

BACK IN MOTION

Our **Back in Motion** programs provide fitness classes and educational programs for people with chronic pain, or who are new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

RAINBOW RECREATION

Rainbow Recreation classes are designed to be affirming spaces for the LGBTQ+ community and allies. Look for programs designated with a rainbow highlight in the program listings, or search 'Rainbow' in the online registration system.

FIELD TRIPS

Point Defiance Zoo and Aquarium and Trolls

Point Defiance Zoo and Aquarium is a 29-acre combined zoo and aquarium in Tacoma. Some highlights include Sumatran tigers, polar bears, red wolves, muskoxen, sharks, sea otters, and Megellanic penguins. You'll also have the chance to seek out 4 new, giant troll sculptures, part of the temporary installation *Trolls: A Field Study*, by Danish artist Thomas Dambo. Bring a sack lunch or purchase food onsite, pay for on your own. Wheelchair and walker accessible. ***Offered jointly with Outdoor Recreation, see page 42.***

Departure Site: Jefferson CC only

99945	1/15	Fri	9:15 a.m.-4:15 p.m.	$74.08

Snowshoe!

Snowshoe with *Outdoors for All* on a guided snowshoe tour. Gear is provided with fitting, orientation, and brief lesson. No experience needed but participants should be able to walk 2-3 miles at a slow-to-moderate pace in cold temperatures with slight elevation changes. We will walk to the start of the Iron Horse Trailhead, or if open, Gold Creek Pond. We recommend wearing water-resistant hiking boots and non-cotton layers to stay warm. Please bring your own lunch, warm beverages, and dry socks. We won't have a place to sit indoors and will be eating on the trail or in the van. ***Offered jointly with Outdoor Recreation, see page 43.***

Departure Site: Jefferson CC only

100011	2/3	Wed	9 a.m.-3 p.m.	$65.23

Edison Chicken Parade

Edison is an artistic, small town in the Skagit Valley that hosts the whimsical Bird and Chicken Parade every year. We'll head to the parade together, where participants dress up as chickens and other birds for a clucking good time! After the parade there will be time to explore Edison, which is rich in art galleries, gift shops, and cafés. We'll also make a birding stop in Skagit Valley on the way back. Trip is rain or shine, though in case of heavy rain we may make alternative plans after the parade. Be prepared to walk 4-8 blocks on flat, paved and gravel surfaces. Restroom stop included. ***Offered jointly with NE, see page 20.***

Departure Site: Bill Wright Golf Complex Building at Jefferson Park, 4101 Beacon Ave. S

99940	2/28	Sun	9:15 a.m.-5 p.m.	$38.70



Seattle Aquarium

We'll enjoy a self-guided visit of Seattle Aquarium and learn about the marine life of the Pacific Northwest. Exhibits feature sea otters, octopuses, and hands-on touch tanks that create an engaging and educational experience. Be sure to check out the new Ocean Pavilion! Afterwards, enjoy free time and lunch, pay for on your own, to explore at your own pace the new Overlook Park connecting the Seattle Waterfront to Pike Place Market. Wheelchair and walker accessible, mostly paved surfaces.

Northbound

99949	3/3	Wed	9:20 a.m.-3:20 p.m.	$17.69

Schack Fine Art Center in Everett

The Schack Fine Art Center in Everett features a glass blowing studio where you can watch artists in action, and visit galleries to view local and international artists in a wide range of mediums including stained glass, painting, and silversmithing. Afterwards, there will be time for exploring downtown Everett for lunch, pay for on your own. If the weather allows, we will visit the Everett Arboretum. Date may be subject to change, please check before registering. Wheelchair and walker accessible.

Northbound

99951	3/17	Wed	9:30 a.m.-3:30 p.m.	$34.27

Dear Evan Hansen
Musical at Issaquah Village Theatre

Evan Hansen has felt invisible his entire life, until opportunity hands him what he's always been looking for—the chance to belong. But as his lie becomes a legend, it sweeps him into a story he never intended to tell. This is a heartfelt, new coming-of-age musical about the courage it takes to find your voice, and it took Broadway by storm, winning six Tony Awards! We'll go out to dinner in downtown Issaquah before the show, pay for on your own. Trip fee includes transportation and theater ticket. Wheelchair and walker accessible. Show is 2 hours 35 minutes, with one intermission.

Northbound

100799	3/23	Tue	5-10:30 p.m.	$50

SOCIAL PROGRAMS

Book Clubs

Rainier Beach Book Club

Explore new books, listen to different points of view, share opinions and ideas with others, with an interest in banned books. Please register to attend. Meets second Monday of every month.

Rainier Beach

97168	1/11-3/8	Mon	1-2:30 p.m.	Nancy K	Free

Games

Drop-In Bridge
Drop-In play for bridge players. All Levels.

Rainier

97153	1/6-3/31	Wed	11 a.m.-2 p.m.	Free

Drop-In Mahjong
Hong Kong Majong is similar to rummy and you can pick up the basics in an afternoon!

Rainier

97154	1/5-3/30	Tue	Noon-3 p.m.	Free

Social Time

Fragrance-Free Social Hour
Join us once a month for a fragrance-free social hour for those who are chemically sensitive and their allies. Coffee provided. Please register, or just stop by. Meets on the 3rd Wednesday of every month: 9/16, 10/14, 11/18, and 12/16.

Garfield

93667		Wed	9:30-11 a.m.	Free

50+ Social Time Potluck
Join us for a monthly social potluck to gather and connect. Enjoy rotating themes, birthday celebrations, and presentations on various topics. Please bring a food item to share if you can. Coffee and cake provided. Register to be emailed updates, or just stop by the third Thursday of every month.

Rainier Beach

97145	1/21-3/18	Thu	11:30 a.m.-1:30 p.m.	Free

ARTS AND HANDWORK

Arts and Crafts Circle
Bring your art or craft projects and socialize with peers as you create! Drawing supplies and yarn provided. Register to receive activity updates and stay informed.

Rainier Beach

97146	1/5-3/16	Tue	11:45 a.m.-12:45 p.m.	Erika H	Free

Watercolor
Learn watercolor painting! Join us for an all-levels class where you'll learn brush-handling, dry and wet techniques, masking, and more. No experience necessary. Please bring your own materials including brushes, watercolors, and paper.

Rainier

97175	1/4-2/8	Mon	10:45 a.m.-12:15 p.m.	Sam D	$66.34
97176	2/22-3/15	Mon	10:45 a.m.-12:15 p.m.	Sam D	$53.07

LIFELONG LEARNING

Be a Dementia Friend!
Dementia Friends is a global movement changing the way people think, act, and talk about dementia. Join us for a free, 60-minute Dementia Friends Information Session where we'll talk about what dementia is, the most common type, key messages, communication tips, brain health, ways to foster dementia-friendly communities, and helpful resources. Time for conversation following the presentation for those interested. Learn more about Dementia Friends WA by visiting www.dementiafriendswa.uw.edu. The SPR Dementia-Friendly program prerequisite is not needed to register for Dementia Friends.

NEW Location Rainier

99593	1/27	Wed	11:30 a.m.-1 p.m.	Free

Beginning Ukulele
Learn to play ukulele, no experience necessary! You will learn finger picking, strumming, and chords as we learn using carefully chosen songs offered in increasing difficulty. Bring your own ukulele to class. *No class 2/18 and 3/11.*

Rainier Beach

97147	1/14-3/18	Thu	11:30 a.m.-12:30 p.m.	Chessie S	$64

Continuing Ukulele
This class is for those who have taken a ukulele class with instructor Chessie, or those who know how to play two or more chords and have some experience. You will continue learn finger picking, strumming, and chords using carefully chosen songs offered in increasing difficulty. Bring your own ukulele to class. Please remember to prepare for play by cutting your left hand finger nails short. *No class 3/11.*

Rainier Beach

97151	1/11-3/15	Mon	145-2:45 p.m.	Chessie S	$64



Challah Bread Baking Workshop

Learn to make challah, a delicious fluffy braided egg bread. You'll learn the entire process from flour to loaf: mixing, hand kneading, rising, baking, and several dough braiding techniques (three, four, six-strand and round loaves). We'll provide all the ingredients and you'll make your very own loaf to take home, warm out of the oven! We'll also make hummus while we wait for the dough to rise. BYO apron.

Jefferson Lawn Bowling Club House

97148	2/12	Fri	10 a.m.-1 p.m.	Masha S	$27.64

Registration and Scholarship Tech Support Session

Learn how to register for activities online with SPR the week before registration opens. Learn how to access your ACTIVE Net account to register, make a wish list, make a payment, apply for a scholarship, and more! We can also help you with your scholarship application—bring your proof of income document. Feel free to bring your own smart phone, laptop, or tablet to practice on. *Registration appreciated, but drop-ins are also welcome.*

Rainier Beach

97169	2/18	Thu	12:30-1:30 p.m.	Free

DROP-IN SPORTS

Pickleball

See page 10 for community center information for indoor pickleball.

Outdoor Pickleball

Outdoor courts dedicated to free, open pickleball play. No registration required. Seattle Parks LLR Volunteer Ambassadors are present to facilitate rotations when courts are busy. Please bring a paddle, outdoor balls, and your community spirit!

Mt Baker Courts

1/5-3/30	T/Th	10 a.m.-Noon	Free

SPORTS

*Please sign up for the **correct level** of Pickleball Skills or you will be asked to withdraw on the first day of the session.*

Pickleball Skills—Beginner

Learn the basic strokes, rules, and strategies. This class includes 1-hour of instruction and 30 minutes of practice time. Once you've learned the basics, you can join drop-in play across most of the community centers in Seattle. No experience necessary. Please bring your own water bottle.

Rainier

97163	1/4-2/8	Mon	1-2:30 p.m.	Baraka B	$60
1014481	2/22-3/15	Mon	1-2:30 p.m.	Baraka B	$60

Pickleball Skills—Beyond Beginner

Prerequisites: Players should know the basic rules and how to keep score. They get at least 50% of their serves and returns in play.

Rainier

101450	1/6-2/3	Wed	Noon-1:30 p.m.	Baraka B	$60
97164	2/10-3/10	Wed	Noon-1:30 p.m.	Baraka B	$60

Pickleball Skills—Intermediate

The goal of this class is to challenge and help you continue to move to the next level with your skills in areas such as: doubles court strategy, stacking, defensive and offensive lobbing. We can assist you with preparing for tournaments (if interested). **Prerequisites:** Players have a solid grasp of pickleball rules, net regulations, kitchen lines, can advance quickly to the net, and sustain rallies with strategic shot placement. Consistent serves and returns (80%) recommended.

Rainier

97165	1/6-2/3	Wed	1:30-3 p.m.	Baraka B	$60
97166	2/10-3/10	Wed	1:30-3 p.m.	Baraka B	$60

FITNESS CLASSES

Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Aerobics and Dance

Chinese Dance

Have fun and get fit while learning Chinese traditional, ethnic, and square (plaza) dances! All levels and backgrounds welcome. Class is taught in Mandarin and English. ***Registration is required.***

Rainier

97419	1/9-3/20	Sat	Noon-1:45 p.m.	Juli W	Free

Van Asselt

97144	1/5-3/16	Tue	10-11:45 a.m.	Juli W	Free

Dance for Parkinson's

STG Dance for PD® classes use dance, live music, and community in a safe and creative environment. Working with professional dancers and teaching artists trained in the Dance for PD® method, participants are inspired to explore movement and music in ways that are refreshing, enjoyable, and stimulating. No dance experience or diagnosis of Parkinson's disease is required to participate. **Please note:** Registration with Seattle Theatre Group Dance for PD® at *rexk@stgpresents.org* is required to join the program.

Garfield

	1/7-2/25	Thu	10:30 a.m.-Noon		Free

Workshop: Pilobolus Connecting with Balance

Connecting with Balance is a one-time workshop designed to help people of any age reconnect with their bodies and improve dynamic stability. Teaching artists from the world-famous Pilobolus Dance Company will lead participants through exercises to improve strength, balance, and mobility. This class is open to all levels of ability, with modifications and intensifications to meet your needs.

Jefferson

99964	3/22	Mon	10-11 a.m.		Free

Whole Body Fitness

Half of the class is a fun, jazz dance-based cardio workout, and the other half is strengthening, stretching, and meditation. You'll strengthen your core, upper and lower body using your own body weight. This class incorporates slow and quick movement for agility coupled with yoga for balance and flexibility while rounding it out with a five-minute meditation for a whole-body experience. Borrow one of our mats or bring your own. This free class is sponsored by Era Living/Lakeshore Retirement Community. ***Registration is required.***

Rainier Beach

97177	1/5-3/16	Tue	10:30-11:30 a.m.	Debbie P	Free

Strength and Conditioning

Circuit Training

This class is great for beginners and anyone looking to start exercising more regularly, as well as those looking for a challenge, as it offers lots of modifications and no judgment. Do exercises at circuit training-based stations to work on cardio, strength, range of motion, and balance. ***Registration is required.***

Jefferson *No class 2/19*

97150	1/8-3/19	Fri	10-11 a.m.	Erika H	Free

Van Asselt

97143	1/6-2/24	Wed	10-11 a.m.	Erika H	Free

EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. For this class, NEW participants or those who have not participated in over a year must submit an application prior to registration. Only members with Medicare Advantage with Silver&Fit® or OnePass®/Renew Active as a benefit qualify for free participation. Silver&Fit® and OnePass®/Renew Active participants must provide their Fitness ID Number on their application. **The online application and program information are located on the LLR website at seattle.gov/lifelong-recreation, or https://bit.ly/LLREF.** If you are unable to access forms electronically, you can pick up paper forms from a community center offering EnhanceFitness classes. Participants will be notified via email when their application has been processed and they are eligible to register for classes.

NOTE: *American Specialty Health (ASH) Silver&Fit®, and OnePass®/Renew Active will cover in-person classes and is limited to 10 visits a month.*

To learn more about EnhanceFitness, Silver&Fit®, or One Pass®/Renew Active visit: http://projectenhance.org/enhancefitness/, https://www.silverandfit.com/, or https://www.youronepass.com.

SPECIAL NOTE: *Changes to insurance programs occur annually and can affect eligibility for free participation in EnhanceFitness classes. Beginning January 1st you must have a current Silver&Fit® or One Pass® Fitness ID number to qualify for FREE participation.*

Garfield

Silver&Fit® | One Pass®/Renew Active

97159	1/4-3/15	Mon	Noon-1 p.m.	Novella F	Free

Self-Pay

97160	1/4-3/15	Mon	Noon-1 p.m.	Novella F	$72

Jefferson

Silver&Fit® | One Pass®/Renew Active

97155	1/7-3/18	Thu	9:30-10:30 a.m.	Novella F	Free

Self-Pay

97156	1/7-3/18	Thu	9:30-10:30 a.m.	Novella F	$72

Rainier

Silver&Fit® | One Pass®/Renew Active

97161	1/6-3/17	Wed	10:15-11:15 a.m.	Yu San G	Free
97157	1/8-3/19	Fri	10:15-11:15 a.m.	Yu San G	Free

Self-Pay

97162	1/6-3/17	Wed	10:15-11:15 a.m.	Yu San G	$96
97158	1/8-3/19	Fri	10:15-11:15 a.m.	Yu San G	$96

Strength and Conditioning

This all-levels class focuses on building strength by using hand weights and body weight to target all areas of the body. The class begins with a group warm up and ends with a cool down to work on flexibility and range of motion. Modifications are always available to meet you at your level. ***Registration required.***

Garfield

97171	1/6-3/17	Wed	1-2 p.m.	Erika H	Free

Soul Line Dance

This is a fun energetic class for the mind, body, and soul. Learn a variety of easy choreographed soul line dances while we groove to sweet soul music.

Rainier

97170	1/4-3/15	Mon	12:45-1:45 p.m.	Anna P	$72

Tai Chi and Qigong

Tai Chi

Maintain and restore bone mass, equilibrium, and poise, while playfully exploring vital energy.

Garfield

97172	1/4-3/15	Mon	10:15-11:15 a.m.	Ed B	$72

NEW IDCC Wu-Style

101295	1/7-3/18	Thu	10-11 a.m.	Lawrence P	$88

Yoga and Pilates

We have a limited supply of yoga and pilates gear for new participants. We recommend you bring your own equipment.

Pilates

In this mat Pilates class, stabilize and strengthen the core muscles of your abdominals and back while improving your flexibility and posture.

Rainier

97167	1/6-3/17	Wed	9:10-10:10 a.m.	Erin M	$80

Yoga

Stretch and move with awareness, correct alignment, and focus on breath to increase strength, stamina, improve flexibility, develop better balance, posture, and peace of mind. Non-flow style unless noted.

Vini Yoga

Rainier Beach *No class 2/17*

97174	1/8-3/19	Fri	10-11 a.m.	Liz W	$88

Tamara Keefe
Dementia-Friendly Recreation Specialist
206-615-0100 / cell 206-399-4655
tamara.keefe@seattle.gov

Working with community partners, we offer a variety of dementia-friendly recreation programs designed for and celebrating the strengths of people living with memory loss. Programs have been inspired by and developed with community input. For questions and registration information, contact Tamara Keefe, or the person noted in the description.

Free Programs

To reduce barriers to participation, all of our programs are now free to attend! This is made possible through generous community sponsorships and donations. To support Dementia-Friendly Recreation with a donation, visit https://arcseattle.org/Lifelong-Recreation-Donations and designate "Dementia-Friendly Programs."

Receive Updates

There are new dementia-friendly opportunities developing in the community all the time! To learn about upcoming programs, join the email list for the Dementia-Friendly Recreation e-Newsletter. Sign-up at http://www.seattle.gov/parks/find/dementia-friendly-recreation.

ARTS

NEW Collage with Seniors Creating Art

Explore the art of collage! Cut, tear, layer, and arrange color, pattern, texture, and image to create unique artwork. No experience needed. Bring your playful, creative spirit and a willingness to build community to this introductory Seniors Creating Art experience. Limit your registration to one SCA class per season per person, please. Offered in collaboration with SHA. Location details will be emailed to registered participants prior to the program start.

Ravenna School Apartments
6545 Ravenna Ave NE

99597 2/3-2/24 Wed 2-3:30 p.m. Free

MOMENTIA SEATTLE

At Seattle Parks and Recreation, we are proud to be part of the grassroots movement empowering persons with memory loss and their loved ones to remain connected and active in the community. To learn more about Momentia and see a selection of memory loss offerings in the Greater Seattle area, visit: www.momentiaseattle.org.

Memory Café

Living with memory loss? You, your friends, and family are invited to this monthly, free, drop-in event.

- A welcoming environment including opportunities to engage in conversation and activity.
- Refreshments provided.
- Program priority is to residents in nearby neighborhoods.
- No registration needed.

Northgate Memory Café

Northgate Branch Library
First Thursdays, 1-2:30 p.m.

Questions? Call Emily at 206-684-0170

A Seattle Public Library and Seattle Parks & Recreation collaboration.

FITNESS CLASSES

Joyful Movement

Feel good inside and out moving to the sounds of Motown and more. Facilitated by a dance instructor familiar with physical and cognitive limitations. Participants will utilize the breath in isolated joint and full-body movement. Everyone will begin each class seated and have the option to remain seated, or to stand, as the class progresses. Join this experience and revel in a feast for the body and soul!

Rainier Beach

99594 1/12-3/16 Tue 10:30-11:30 a.m. Free

LIFELONG LEARNING

Be a Dementia Friend!

Dementia Friends is a global movement changing the way people think, act, and talk about dementia. Join us for a free, 60-minute Dementia Friends Information Session where we'll talk about what dementia is, the most common type, key messages to know, communication tips, brain health, ways to foster dementia-friendly communities, and helpful resources. Time for conversation following the presentation for those interested. Learn more about Dementia Friends WA by visiting www.dementiafriendswa.uw.edu. The SPR Dementia-Friendly program prerequisite is not needed to register for Dementia Friends.

NEW LOCATION Rainier

99593 1/27 Wed 11:30 a.m.-1 p.m. Free

OUTDOOR RECREATION

Out and About Walks

Invigorate body, brain and spirit with 1.5 to 2-mile moderately-paced walks in parks and neighborhoods throughout Seattle. Varied terrain includes sidewalks and gravel paths; mostly level with occasional hills. Registered participants will receive details via email. A conversation with SPR's Dementia-Friendly Recreation Specialist is required for 1st time participants. Please contact *tamara.keefe@seattle.gov* to schedule.

Various Locations

2nd and 4th Fridays: 1/8-3/26

99595 10:30 a.m.-Noon. Free

Please note: A phone conversation with SPR's Dementia-Friendly Recreation Specialist is required for 1st time participants. Please contact *tamara.keefe@seattle.gov* to schedule.

NATURE AND ENVIRONMENT

Garden Discovery 2027 Kick-Off

Join us in the garden at The Memory Hub to see what's emerging this year! Learn what makes this public "memory garden" accessible to people living with memory loss and families and friends, and engage in a plant-inspired activity. Offered in partnership with UW Memory and Brain Wellness Center. Registered participants will receive details via email prior to the program. A conversation with SPR's Dementia-Friendly Recreation Specialist is required for 1st time participants. Please contact *tamara.keefe@seattle.gov* to schedule.

The Memory Hub

1st Friday: March 5

99573 10:30 a.m.-Noon Free

NEW Winter Waterfowl Walk

The cold season is a special time in the PNW. Ducks, geese, grebes, and more choose our lakes and waterways as their winter homes. Join a Seattle Parks & Recreation naturalist, and others living with memory loss and family and friends, as we walk along the water's edge, explore wetlands, learn about migration, and observe these beautiful birds in their winter habitat. Expect to walk about a mile on flat, paved and gravel paths. Binoculars and field guides available. Bring your own if you'd like. Registered participants will receive details via email prior to the program. A conversation with SPR's Dementia-Friendly Recreation Specialist is required for 1st time participants. Please contact *tamara.keefe@seattle.gov* to schedule.

NE Seattle/Union Bay

99596 2/23 Tue 10:30 a.m.-Noon Free

Courtney Gogetap
Outdoor Recreation Specialist
cell 206-618-4254
sound.steps@seattle.gov

Outdoor Recreation encompasses Sound Steps, but adds more! Hikes, Environmental Education, Dog Walks, Transit Walks, anything outdoor related lands here.

Please register quarterly for all programs using the activity number provided. See page 50 for registration information. Unless dates are specified, walks are generally ongoing. Check with the volunteer walk leader for any dates that may be missed.

SCHOLARSHIPS
The scholarship cycle runs June 2026-June 2027. Have your application approved prior to registration. Approvals are now good for 2 year periods. Please see details on page 50.

RAINBOW RECREATION
Rainbow Recreation classes are designed to be affirming spaces for the LGBTQ+ community and allies. Look for programs designated with a rainbow highlight in the program listings, or search 'Rainbow' in the online registration system.

Hike Rating Legend

DISTANCE
1 Tape Measure = 0.5-3 miles
2 Tape Measures = 3-5 miles
3 Tape Measures = 5+ miles

ELEVATION
1 Mountain = Mostly flat, slight elevation at most.
2 Mountains = Some moderate inclines, rolling hills, or minimal staircases.
3 Mountains = Be prepared for steep climbs or lengthy staircases as a main feature.

TERRAIN
1 Boot = Paved path or indoor flooring.
2 Boots = Soft gravel, grass, slight mud, and/or dirt paths.
3 Boots = Significant rocks, tree branches, tripping hazards, or mud. Come prepared!

WALKS

Downtown Waterfront Art Guided Walking Tour

In partnership with the Office of Arts and Culture, join us on this guided walk to learn more about the art featured on the Waterfront, and the process behind selecting it.

Downtown Waterfront
99617 2/25 Thu 10:30 a.m.-Noon Free

Freeway Park Walking Tour

Join us for a walking tour to learn about Lawrence Halprin's design and the legacy of the first ever urban park built on top of a freeway. The tour will highlight the history and architectural significance of this masterpiece of landscape design. The walk includes staircases and hill climbs. Wear appropriate footwear.

Freeway Park
99616 3/24 Wed 10-11:30 a.m. Free

FIELD TRIPS

Departure Sites for Field Trips (unless noted) are:
Densmore Building, 8061 Densmore Ave N.—under the entrance sign, and Jefferson CC, 3801 Beacon Ave S.
Note: Arrival time at second location may be delayed due to traffic. Please arrive on time as we do our best to stick to schedule.

King County Library Distribution Facility

Join us on this guided 45-minute tour, with additional time for questions after, led by the King County Library System on the process behind how the new sorter at the Oakesdale Materials Distribution Facility works. An exciting opportunity to learn how the materials you check out are sorted and sent to the different King County Library Branches. Tour is provided for free by the King County Library System, the small fee is for van transportation to the facility. **Note:** There are 2 tour opportunities—please only register for one.

Departure site: Trip 99610—Densmore Bldg at 9:30, and Trip 99611—Densmore Bldg at 9:50 a.m.

99610	1/12	Tue	9:30 a.m.-12:30 p.m.	$15.47
99611	1/19	Tue	9:50 a.m.-12:50 p.m.	$15.47

Point Defiance Zoo and Aquarium and Trolls

Point Defiance Zoo and Aquarium is a 29-acre combined zoo and aquarium in Tacoma. Some highlights include Sumatran tigers, polar bears, red wolves, muskoxen, sharks, sea otters, and Megellanic penguins. You'll also have the chance to seek out 4 new, giant troll sculptures, part of the temporary installation *Trolls: A Field Study*, by Danish artist Thomas Dambo. Bring a sack lunch or purchase food onsite, pay for on your own. Wheelchair and walker accessible. ***Offered jointly with SE see page 33.***

Departure site: Densmore Bldg only at 8:45 a.m.

100520	1/15	Fri	8:45 a.m.-4:45 p.m.	$74.08

Skiing or Snowboarding

Join us at The Summit at Snoqualmie—Summit West, or Stevens Pass. Participants will be individually fitted to appropriate gear such as boots, skis/snowboard (choose one or the other), and helmets. Everyone will provide their weight, height, age, and skiing level on the day of program to determine the most appropriate size skis/board. All lessons are taught by trained Instructors. The program will focus on the beginning fundamentals of skiing/boarding, moving at a pace that is safe/custom to each participant and their goals. Participants should come prepared with snow pants, jackets, and gloves. Lift ticket, transportation, and beginner ski instruction led by *Outdoors for All* is included in this price.

Departure sites: Lower Woodland Park at 9:30 a.m., and Jefferson CC at 10 a.m.

100014	1/28	Thu	9 a.m.-5:30 p.m.	$248.76



Snowshoe!

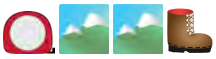


Snowshoe with *Outdoors for All* on a guided, beginning snowshoe tour. Gear is provided with fitting, orientation, and brief lesson from the parking lot. We will then walk to the start of the Iron Horse Trailhead, or if open, Gold Creek Pond. No experience needed but participants should be able to walk 2-3 miles at a slow-to-moderate pace in cold temperatures with slight elevation changes. We recommend water-resistant hiking boots and non-cotton layers to stay warm. Please bring your own lunch, warm beverages, and dry socks. We won't have a place to sit indoors, and we will be eating on the trail or in the van. ***Offered jointly with SE Sector, see page 33.***

Departure site: Lower Woodland Park at 8:45 a.m.

99667	2/3	Wed	8:45 a.m.-3:45 p.m.	$65.23

Bakke Coffee Museum



Join us on this guided tour that lasts approximately one hour, during which visitors can drink coffee, walk through the history of coffee, and experience the important role coffee has played in history, technology, and culture. There will be time afterwords for participants to explore the museum on their own. **Note:** The main floor of the museum is all one level, but the basement, which is part of the tour, is down a ramp that is steeper than ADA.

Departure sites: Jefferson CC at 9:30 a.m., and Densmore Bldg at 10 a.m.

99614	2/9	Tue	9:30 a.m.-2:30 p.m.	$54.17

NATURE AND ENVIRONMENT

Woodland Park Zoo

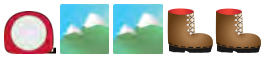


Meet at Woodland Park Zoo to explore together at a social pace while enjoying the zoo. Zoo admission included.

Woodland Park Zoo

99643	1/14	Thu	9:30 a.m.-12:30 p.m.	Free

Winter Waterfowl

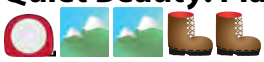


The cold season is a special time in the PNW—a menagerie of waterfowl chooses our lakes and waterways as their winter homes. Join a Seattle Parks & Rec Naturalist as we walk along the water's edge to explore the wetlands, learn about migration, and observe these beautiful birds in their winter habitat. Expect to walk about a mile on flat, paved and gravel paths. Binoculars and field guides will be provided.

Union Bay Horticulture Center

99619	2/11	Thu	10-11:30 a.m.	Free

Quiet Beauty: Plants in Winter



Join a Seattle Parks & Rec Naturalist as we walk in wonder of the quiet beauty of winter plants in Ravenna Park. Learn about tree adaptations for surviving the cold, how to identify native shrubs when they don't have leaves, and observe the magic of the first buds of spring. Expect to walk about a mile and a half on gravel paths that are mostly flat. Paths may be muddy.

Cowen/Ravenna Park

99620	3/17	Wed	10-11:30 a.m.	Free

TRANSIT ADVENTURES

Transit times can be unpredictable, please arrive 5 to 10 minutes early; walks will begin at the scheduled time.

Ailey II Dance Matinee

Join us on this matinee performance. Ailey II has advanced Alvin Ailey's vision by giving early-career dancers the vital experience of transitioning from training as a student to becoming a professional dancer. Ailey II dancers bring their technical mastery and emotional depth to works by the most daring established and emerging choreographers. No refunds after 1/4 due to advance ticket purchase.

Meet at Capitol Hill Light Rail
Walk .5 miles to STG at Kerry Hall

100012	1/29	Fri	9:15 a.m.-12:20 p.m.	$18.80

Seattle Center and Chihuly Garden and Glass

Meet in Seattle Center to enjoy a 1-2 mile exploration. We will begin there and end at Chihuly Garden and Glass to explore the museum at your own pace.

Meet at Seattle Center

99638	2/4	Thu	11 a.m.-2 p.m.	Free



Overlook Walk and Seattle Aquarium

Join us in exploring the elevated Overlook Walk as well as Seattle Aquarium. We will meet at the Westlake Light Rail Station and walk the hilly .5 miles to the Overlook to start our exploration. Bring your own snacks and water to enjoy while looking at the view. After enjoying Overlook Park, we will head to Seattle Aquarium to explore—free tickets available for participants.

Meet at Westlake Light Rail Station

99639	3/3	Wed	9:30 a.m.-1:30 p.m.	Free

Mercer Island

Meet at Mercer Island Light Rail, utilizing the 2 Line, we will walk as a group to Luther Burbank Park. We will explore the park and then return as a group to the light rail station. Walk estimated to be between 3-5 miles on uneven terrain.

Meet at Mercer Island Light Rail Station

99644	3/9	Tue	10 a.m.-Noon	Free

Bellevue Cherry Blossoms

Meet at Bellevue Downtown, utilizing the 2 Line, participants will walk as a group the 1 mile to Bellevue Park to search for cherry blossoms. We will explore, eat snacks, and then return as a group to the light rail station. Walk estimated to be between 3-5 miles on uneven terrain.

Meet at Bellevue Downtown Light Rail

99645	3/22	Mon	10 a.m.-12:30 p.m.	Free

NEW SOUND STEPS WALKING CHALLENGE

Come together to explore beautiful parks, get motivated to get moving, and build community—this is the purpose of the **2027 Sound Steps Walking Challenge**! Each month Lifelong Recreation's Outdoor Recreation will be visiting a monthly park for a 1-2 mile exploration at a social pace.

After registering for the walk, you will be eligible to pick up a ***2027 Lifelong Recreation Calendar*** at the walk during the first week of January. Register for the monthly walk that takes place at the featured park for each month. Each registered participant is eligible to receive a postcard for the completed walk. Try to collect all 12 postcards!

Pick Up Your 2027 Calendar Here:

NW Llandover Woods Walk

Gravel-surface trails winding through the woods.

Llandover Woods

99601 1/4 Mon 10-11:30 a.m. Free

SE Rainier Beach CC Walk

Walk laps to music inside the gym.

Rainier Beach CC

99602 1/5 Tue 10-11:30 a.m. Free

SW Lincoln Park Walk

Three miles, some hills, natural and paved surface trails along Puget Sound.

Lincoln Park, meet at center of north parking lot

100576 1/6 Wed 10-11:30 a.m. Free

NE Meadowbrook Pond Walk

Easy 1-2 mile walk exploring the pond.

Meet at Meadowbrook CC

100577 1/7 Thu 10-11 a.m. Free

NW Discovery Park Walk

Variable hike elevations and possible stairs among the trees.

Discovery Park

99600 1/8 Fri 10-11:30 a.m. Free

SE Seward Park Walk

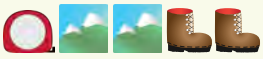
2.4 mile loop along the water, or through inland wooded trails.

Seward Park

99603 1/11 Mon 10-11:30 a.m. Free

Monthly Postcard Challenge Walks:

Alki Walk

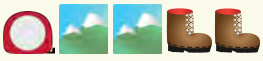


Let's explore Alki together! Walk is between 2-3 miles at a social pace.

Alki

99648 1/27 Wed 10-11:30 a.m. Free

Discovery Park Walk

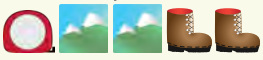


Let's explore Discovery Park together! Walk is between 2-3 miles at a social pace.

Discovery Park

99649 2/24 Wed 10-11:30 a.m. Free

Freeway Park Walk



Guided tour! Details page 41, but also a park featured in the walking challenge. The walk includes staircases and hill climbs. Wear appropriate footwear.

Freeway Park

99616 3/24 Wed 10-11:30 a.m. Free

ONGOING WALKS AND RUNS

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!

Sound Steps: Ongoing Walks

Dog Walks

Bring a dog or come without if you love to walk with dogs! We meet every Friday at 10:30 a.m. Prepare to walk 2-3 miles, at a social (not aerobic) pace. Meet at the designated site, leash your dog, and bring poop bags. Please email or phone with your contact information to *sound.steps@seattle.gov*, or call the Recreation Specialist to be added to the walk leader's list. Volunteer walk leader Sharon LeVine will contact you weekly with walk locations.

Various Locations—
Email or call to be added to the contact list
Fri 10:30 a.m. Free

Discovery Park Sound Steps Walk

Explore Discovery Park! 90-minutes with varying hike elevations and possibility of stairs at a moderate pace. Group will meet in front of the Discovery Park Visitor Center at 10 a.m.

Outside the Discovery Park Visitor Center
99600 1/8-3/19 Fri 10-11:30 a.m. Free

Llandover Woods Sound Steps Walk

Several beautiful gravel-surfaced trails wind their way through dense northwest forest; it's often so quiet you can hear a leaf drop.

Llandover Woods Trailhead, 145th and 3rd Ave. NW
99601 1/4-3/15 Mon 10-11 a.m. Free

Rainier Beach Sound Steps Walk

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

Rainier Beach CC Gym
99602 1/5-3/17 T/W 10:30-11:30 a.m. Free

Seward Park Sound Steps Walk

Join us for a weekly walk at Seward Park, with a choice between the paved 2.4-mile loop, or meandering the wooded trails throughout the park's interior. Beautiful views of Lake Washington, mountains, and rich flora and fauna make this a stunning walk! Meet in front of the Audubon Center near the main parking lot.

Seward Park Audubon Center
99603 1/4-3/15 Mon 10-11:30 a.m. Free



VOLUNTEER OPPORTUNITIES!

We have many opportunities for you to get involved within your community!

- **Field Trip Van Driver**: Tours and meals comp'd!—see page 12.
- **Lead a Club**: Book club, bridge club, or mahjong group.
- **Volunteer Class Instructor:** Arts and crafts, fitness, or cooking.
- **Walk Leader:** With Outdoor Recreation or Sound Steps.
- **Become a Seattle Urban Nature Guide**.
- **Help with Program Development** by joining the Lifelong Recreation Advisory Council—see below.



Join Us as a WALK LEADER!

Sound Steps can't happen without volunteers, and we are looking for more people to join us leading walks throughout the city. No experience required! This is a great opportunity to give back to your community on your own schedule. Get in touch with our Outdoor Recreation Specialist Courtney at *sound.steps@seattle.gov* to get registered for a volunteer onboarding session, and we can get you started in no time.



Lifelong Recreation Advisory Council

You Can Make a Difference!

The Lifelong Recreation Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people age 50+ of all abilities and backgrounds.

Your Advisory Council

Most classes, workshops, sports programs, special events, and facility rentals are funded through the local advisory councils, rather than from City of Seattle budget. Revenues generated through program fees offset program costs to make these activities self-sustaining. We rely on participation, donations, and contributions to maintain and upgrade equipment.

Join Us!

Citizen direction and participation is essential to our success. Our advisory councils are always looking for new members. Monthly meetings are held to advise about programs, policies, and financial issues.

To get involved, please visit https://arcseattle.org/get-involved/advisory-councils/, or contact a Lifelong Recreation Specialist on page 5.

The Associated Recreation Council (ARC) is dedicated to serving Seattle's community in partnership with Seattle Parks and Recreation with citywide fiscal accountability, advisory council support, and community-focused leadership.

Age Friendly Civic Coffee

Age Friendly Seattle hosts monthly FREE events called Civic Coffee where older adults can gather, meet local government and community leaders, learn about key issues, ask questions, and provide feedback. Currently, these events are held in-person at local senior centers and other community partner sites around Seattle, with an option for participants to join online. We offer live interpretation during these events in several languages.

Go to https://www.agingkingcounty.org/virtual-events/ for information about the next upcoming Civic Coffee event, and https://www.youtube.com/agingkingcounty to watch previous recordings on our YouTube channel.

For questions or accommodation requests, please call 206-233-5121 or email *agefriendly@seattle.gov*.

To learn more visit us at seattle.gov/agefriendly!

civic coffee

Age Friendly Seattle

Age Friendly Seattle is a citywide initiative that aims to make our community a great place to grow up and grow old. Since 2016, Seattle has been part of the global age-friendly movement. We focus on ensuring that people in our region can retain three key resources as we age: our health, our economic security, and our social connections.

To learn more visit us at seattle.gov/agefriendly!

Are you 60+ years old?

Then you qualify for a Gold Card **and** discounts at locations around King County!



Discounts include:

Seattle Aquarium: 75% OFF

Woodland Park Zoo: 75% OFF

Seattle Animal Shelter: 50% OFF

Pacific NW Ballet: 50% OFF

View Discounts:
Use your cell phone camera to scan this QR code → OR visit seattle.gov/agefriendlydiscounts.

You can apply online **at the link above**, or pick up a Gold Card at your local senior center, library branch, community center, Seattle Customer Service Center, Customer Service Bureau, or Seattle Animal Shelter. No application needed!

**If you are between the ages of 18 and 59 and have a disability, apply for a FLASH card at:* seattle.gov/agefriendlydiscounts.

Are you facing aging or disability issues?

Community Living Connections
1-844-348-5464
www.communitylivingconnections.org

SENIOR CENTERS AND PROGRAMS FOR SENIORS

About...Senior Centers!

Senior centers are lively community hubs providing a warm, welcoming social space and affordable programs to enrich the lives of seniors and their families. Caring staff provide guidance through some of the challenges of aging and navigating the network of community and government resources. Many senior centers provide counseling and support services, health services, fitness programs, financial and legal assistance, transportation options, and meal programs.

Center/Program Locations

Ballard NW Senior Center
5429 32nd Ave. NW, 98107
206-297-0403 / ballardseniorcenter.org

Central Area Senior Center
500 30th Ave. S, 98144
206-726-4926 / https://casrcenter.org/

Club Bamboo
3639 MLK Jr Way S, 98108
206-774-2440 / www.acrs.org

El Centro de la Raza
2524 16th Ave. S, 98144
206-957-4634 / www.elcentrodelaraza.org

Ethiopian Community Center
8323 Rainier Ave. S, 98118
206-325-0304 / www.ecseattle.org

Generations Aging With Pride
206-495-8312 / gapseattle.org

Greenwood Senior Center
525 N 85th St., 98103
206-297-0875 / phinneycenter.org/gsc/

International Drop-In Center
7301 Beacon Ave S, 98108
206-587-3735 / www.idicseniorcenter.org

Kin On Community Center
4416 S Brandon St, 98118
206-556-2237 / https://kinon.org/

Lake City Senior Center
Site Temporarily Closed—
Running Programs at
Lamb of God Lutheran Church
12509 27th Ave. NE, 98125
206-268-6738 / lakecityseniors.org

Lifetime Learning Center
3841 NE 123rd St, 98125
206-949-8882 / lifetimelearningcenter.org

North East Seattle Together (NEST)
8008 35th Ave. NE, 98115
206-525-6378 / www.nestseattle.org

Pike Place Senior Center
85 Pike St, #200, 98101
206-728-2773 / pmsc-fb.org/

Sea Mar Latino Senior Nutrition and Outreach Program
Various Locations
206-764-4700 / seamar.org

Salvation Army Senior Center/White Center
9050 16th Ave. SW, 98106
206-767-3150 / tsawhitecenter.org

South East Seattle Senior Center
4655 S Holly St, 98118
206-722-0317 / sessc.org

South Park Senior Center
8201 10th Ave. S, 98108
206-767-3650 / spseniors.org

Sunshine Garden Chinese Senior Community Center
611 S. Lane St, 98104
206-624-5633 / cisc-seattle.org

The Center for Active Living
4217 SW Oregon St, 98116
206-932-4044 / sc-ws.org

Wallingford Community Senior Center
4649 Sunnyside Ave. N, 98103
206-461-7825 / wallingfordseniors.org

REGISTRATION



FIRST CHOICE
Go to Seattle Parks and Recreation at **http://bit.ly/spr_registration_account**. Sign in, or create an account if this is your first time registering for classes. Once you are logged in, choose your program/programs and pay online.



SECOND CHOICE
Find your local recreation center at: **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 on page 5 of this brochure, and found online at **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**.

Parks Management and Professional Staff

Magnuson Bldg 30, 6310 NE 74th St, Seattle 98115
206-684-4951 • Fax 206-684-4957 • TDD/TTY Only 206-233-1509

Parks Management
Michele Finnegan, Acting Superintendent
Aphrodyi Antoine, Director of Recreation
Katie Sifford, OOC Matrix and Partnerships Manager

Professional Staff
Carol Baxter-Clubine,
Recreation Program Coordinator, 206-849-6564
TBD, Administrative Specialist, 206-684-4951

SCHOLARSHIP INFORMATION

Seattle Parks District Scholarship funds may be available to those who qualify. It is time to apply, or to renew your scholarship if your eligibility ends on May 31, 2026. Applications with a 2024 IRS 1040 will extend to May 2027. Applications with a 2025 IRS 1040 will extend until May 2028. How to apply:

- Print the 2026-27 application form and fill out completely. To apply online with **CiviForm**, or to download forms to fill out, visit **www.seattle.gov/parks/scholarships-and-financial-aid**.
- Gather required income and household size (proof of dependents) documentation. Page one and two of your 2025 IRS 1040 form is required.
- Submit your application and documents (black out all social security numbers and bank routing numbers before submitting).

Note: Scholarship funds are limited, apply early as applications can take up to two weeks to process and must be approved prior to registration.

How to submit your application

Preferred method:
Use the new **CiviForm**, or email your completed application forms and supporting documents to *Scholarship.Parks@Seattle.gov* —printable photo attachments or scanned documents are accepted at this time.

Or mail to:
Seattle Parks and Recreation Business Service Center
Elliott Bay Office Park
Attention: Scholarship Office, EBOP #14
Elliott Ave. W, Suite 100, Seattle, WA 98119

Here are some beginning qualification guidelines:

Scholarship Eligibility		
Eligibility % Level	1 Person in Household—Yearly Income Range-Adjusted Gross	2 People in Household—Yearly Income Range-Adjusted Gross
90%	$0 to $33,975.00	$0 to $45,775.00
80%	$33,975.00 to $38,221.88	$45,775.00 to $51,496.88
70%	$38,221.88 to $42,999.61	$51,496.88 to $57,933.98
60%	$42,999.61 to $48,374.56	$57,933.98 to $65,175.73
50%	$48,374.56 to $54,421.38	$65,175.73 to $73,322.70

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 and email if your class is postponed or cancelled.

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 email *PKS_ADA@seattle.gov*. 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: https://www.seattle.gov/parks/find/for-people-with-disabilities.

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, 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.

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/.

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 for updated information.

Seattle
Parks & Recreation

Lifelong Recreation
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Seattle, WA 98115

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SOUND STEPS Walking Challenge!

Come together to explore beautiful parks, get motivated to get moving, and build community—this is the purpose of the 2027 Sound Steps Walking Challenge! Each month Lifelong Recreation's Outdoor Recreation will be visiting a monthly park for a 1-2 mile exploration at a social pace.

After registering, you will be eligible to pick up a ***2027 Lifelong Recreation Calendar*** at the walk during the first week of January. Register for the monthly walk that takes place at the featured park for each month. Each registered participant is eligible to receive a postcard for the completed walk. Try to collect all 12 postcards!

2027 Calendar Distribution Dates and Walks

NW	99601	Llandover Woods	Monday	1/4
SE	99602	Rainier Beach CC	Tuesday	1/5
SW	100576	Lincoln Park	Wednesday	1/6
NE	100577	Meadowbrook	Thursday	1/7
NW	99600	Discovery Park	Friday	1/8
SE	99603	Seward Park	Monday	1/11

Postcard Walks

99648	Alki	Wednesday	1/27
99649	Discovery Park	Wednesday	2/24
99616	Freeway Park	Wednesday	3/24