

LIFELONG RECREATION

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



Seattle
Parks & Recreation

SPRING 2023



REGISTER online at Noon:

March 7

seattle.gov/parks



Come Play with Us!

Welcome to Lifelong Recreation!

SPRING Quarter 2023

April 3-June 24

REGISTRATION

begins at NOON on March 7

No Programs and Facilities closed on:

- April 10-14* Spring Break
- May 29 Memorial Day
- June 8 Facility Closure
- June 19 Juneteenth

**Spring Break may affect some class meetings*

No
Membership
Fees!

Detailed registration information can be found on pages 42 and 43.

Need a Scholarship?

It's time to start preparing for the 2023-2024 application cycle!

Scholarship Information

Seattle Park District Scholarship funds are available to those who qualify. To apply:

- Print the 2023-24 application form and fill out completely. To download forms online visit https://bit.ly/spr_scholarships.
- Gather required income and household size (proof of dependents) documentation. Page one and two of your 2022 IRS 1040 form is the preferred income document.
- Submit your application and documents (black out all social security numbers and bank routing numbers before submitting).

How to submit your application

Preferred method: 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 Av. W, Suite 100, Seattle, WA 98119.



Here are some beginning qualification guidelines:

Scholarship Eligibility		
Eligibility % Level	1 Person in Household— Income Yearly Range— Adjusted Gross	2 People in Household — Income Yearly 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

Seattle Parks Lifelong Recreation Staff

Since 1974, 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!



E-Newsletter...

Receive the Lifelong Recreation Newsletter! Go to [www.seattle.gov/parks/find/lifelong-recreation-\(50\)](http://www.seattle.gov/parks/find/lifelong-recreation-(50)) and add your email address.

Come have some fun with us this spring!



Register online at www.seattle.gov/parks

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Most photos courtesy of: Meryl Schenker Photography, Ryan Hawk Photography.

COMMUNITY CENTER LOCATIONS



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Northwest

Case Berrysmith, Recreation Specialist

206-233-7138 / cell 206-399-8561 / case.berrysmith@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
18-22

Northeast

Robin Brannman, Recreation Specialist

206-386-9106 / cell 206-696-8252 / robin.brannman@seattle.gov

7) LAKE CITY CC
12531 28th Ave. NE, 98125
tel: 206-256-5645
8) LAURELHURST CC
4554 NE 41st St., 98105
tel: 206-684-752
9) MAGNUSON PARK CC
7110 62nd Ave. NE, 98115
tel: 206-684-7026

Magnuson Brig, Building 406
6344 NE 74th St., 98115
Building 30, Workshop
6310 NE 74th St., 98115
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
23-26

Southwest

John Hasslinger, Recreation Specialist

206-256-5403 / 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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27-29

Southeast

Angela P Smith, Recreation Specialist

cell 206-450-9522 / angelap.smith@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

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

Outdoor Recreation cell
206-849-6564
sound.steps@seattle.gov

BOLLYWOOD FITNESS					
High Point					
55295	4/4-6/20	Tue	10-11 a.m.	A Carver	\$77
55294	4/7-6/23	Fri	10-11 a.m.	A Carver	\$77
CHAIR STRENGTH AND TONE					
Bitter Lake					
54644	4/3-6/12	Mon	1:45-2:45 p.m.	D Dragovich	Free
Meadowbrook					
55202	4/5-6/21	Wed	12:30-1:30 p.m.	D Dragovich	\$84
CIRCUIT TRAINING					
Video Link - Bitter Lake: https://youtu.be/JpJLEntLKAM					
Video Link - Queen Anne: https://youtu.be/Faj4Hn5-fRO					
Bitter Lake					
54648	4/7-6/23	Fri	9:30-10:30 a.m.	R Buyce	\$84
Loyal Heights					
54647	4/4-6/20	Tue	9:30-10:30 a.m.	R Buyce	\$84
54646	4/6-6/22	Thu	9:30-10:30 a.m.	R Buyce	\$77
Meadowbrook					
55203	4/7-6/23	Fri	11:30 a.m.-12:30 p.m.	R Buyce	\$84
Queen Anne					
56249	4/4-6/20	Tue	11:15 a.m.-12:15 p.m.	L Leone	\$84
56250	4/6-6/22	Thu	11:15 a.m.-12:15 p.m.	L Leone	\$77
DANCE FIT					
Delridge					
55318	4/6-6/22	Thu	10:15-11:15 a.m.	Debbie P	\$77
DANCE FOR PARKINSON'S					
Garfield					
55322	4/6-6/15	Thu	10:15-11:45 a.m.		Free
DANCE—(DROP-IN)					
TRADITIONAL AND CONTEMPORARY ASIAN					
Jefferson					
	4/5-6/21	Wed	6-7 p.m.	S Ma	\$2
	4/8-6/24	Sat	2-3:45 p.m.	S Ma	\$2



ENHANCE FITNESS					
Garfield					
KP and ASH Members					
55324	4/5-6/14	Wed	10:15-11:15 a.m.	YS Gartz	Free
55323	4/7-6/16	Fri	10:15-11:15 a.m.	YS Gartz	Free
Self-Pay					
55320	4/5-6/14	Wed	10:15-11:15 a.m.	YS Gartz	\$77
55327	4/7-6/16	Fri	10:15-11:15 a.m.	YS Gartz	\$77
Jefferson					
KP and ASH Members					
55325	4/3-6/12	Mon	10:30-11:30 a.m.	V Bowles	Free
55326	4/7-6/23	Fri	10:30-11:30 a.m.	V Bowles	Free
Self-Pay					
55328	4/3-6/12	Mon	10:30-11:30 a.m.	V Bowles	\$70
55321	4/7-6/23	Fri	10:30-11:30 a.m.	V Bowles	\$84
Magnolia					
KP and ASH Members					
54654	4/3-6/12	Mon	Noon-1 p.m.	K Adolphsen	Free
54656	4/5-6/21	Wed	Noon-1 p.m.	K Adolphsen	Free
54652	4/7-6/23	Fri	Noon-1 p.m.	K Adolphsen	Free
Self-Pay					
54655	4/3-6/12	Mon	Noon-1 p.m.	K Adolphsen	\$70
54657	4/5-6/21	Wed	Noon-1 p.m.	K Adolphsen	\$84
54653	4/7-6/23	Fri	Noon-1 p.m.	K Adolphsen	\$84
Magnuson Brig					
KP and ASH Members					
55209	4/4-6/13	Tue	9:30-10:30 a.m.	C House	Free
55211	4/6-6/15	Thu	9:30-10:30 a.m.	J Shearer	Free
Self-Pay					
55210	4/4-6/13	Tue	9:30-10:30 a.m.	C House	\$77
55212	4/6-6/15	Thu	9:30-10:30 a.m.	J Shearer	\$70
Meadowbrook					
KP and ASH Members					
55215	4/5-6/21	Wed	9:40-10:40 a.m.	C House	Free
55207	4/7-6/23	Fri	9:40-10:40 a.m.	C House	Free
Self-Pay					
55216	4/5-6/21	Wed	9:40-10:40 a.m.	C House	\$84
55208	4/7-6/23	Fri	9:40-10:40 a.m.	C House	\$84
Miller					
KP and ASH Members					
56473	4/3-6/12	Mon	10:15-11:15 a.m.	C House	Free
55213	4/13-6/22	Thu	10:30-11:30 a.m.	M Taplin	Free
Self-Pay					
56474	4/3-6/12	Mon	10:15-11:15 a.m.	C House	\$70
55214	4/13-6/22	Thu	10:30-11:30 a.m.	M Taplin	\$70



facebook.com/LifelongRecreationSPR/

FABULOUSLY FIT					
Magnolia					
54658	4/5-6/21	Wed	9:30-10:45 a.m.	K Adolphsen	\$105
FITNESS AT DELRIDGE					
Delridge					
55299	4/5-6/21	Wed	10:15-11:15 a.m.	S Simmons	\$77
JUICY JOINTS					
Bitter Lake					
54669	4/3-6/12	Mon	9:15-10:15 a.m.	J Rayer	\$70
54670	4/5-6/21	Wed	9:15-10:15 a.m.	J Rayer	\$84
LATIN EXPRESSION					
Magnuson Brig					
55220	4/4-6/13	Tue	10:45-11:45 a.m.	C House	\$77
LINE DANCE					
Video Link: https://youtu.be/n4CVebDKpDg					
High Point					
55303	4/6-6/22	Thu	11:15 a.m.-12:15 p.m.	S Simmons	\$77
Queen Anne					
54671	4/5-6/21	Wed	5:45-6:45 p.m.	C Banta	\$84
Van Asselt					
Advanced Beginner					
55329	4/6-6/22	Thu	1-2 p.m.	M Chen	\$77

SOUL LINE DANCE					
Magnuson Brig					
All Levels					
55231	4/7-6/9	Fri	11:30 a.m.-12:45 p.m.	M Silver	\$88
Miller					
All Levels					
55340	4/10-6/12	Mon	1:15-2:15 p.m.	M Silver	\$63
Montlake					
All Levels					
55232	4/10-6/12	Mon	10:15-11:15 a.m.	M Silver	\$63
PILATES					
Video Link: https://youtu.be/C6iGDgez3M					
Laurelhurst					
55227	4/6-6/15	Thu	12:30-1:30 p.m.	D Dragovich	\$70
Loyal Heights					
54674	4/3-6/12	Mon	Noon-1 p.m.	D Dragovich	\$70
Meadowbrook					
55226	4/5-6/21	Wed	11:15 a.m.-12:15 p.m.	D Dragovich	\$84
Ravenna-Eckstein					
55225	4/8-6/24	Sat	11:30 a.m.-12:30 p.m.	D Dragovich	\$84
Virtual					
55247	4/4-6/20	Tue	11:30 a.m.-12:30 p.m.	D Dragovich	\$84



STRENGTH AND CONDITIONING					
Magnuson Brig					
55234	4/6-6/15	Thu	8:15-9:15 a.m.	J Shearer	\$70
55233	4/7-6/16	Fri	10:15-11:15 a.m.	M Silver	\$77
TAI CHI AND QIGONG					
Video Link: https://youtu.be/J82jluSOs5s					
Garfield					
All Levels					
55330	4/3-6/12	Mon	10:15-11:15 a.m.	E Baxa	\$70
Green Lake					
54677	4/5-6/21	Wed	10:30-11:30 a.m.	E Baxa	\$84
54679	4/5-6/21	Wed	11:45 a.m.-12:45 p.m.	E Baxa	\$84
High Point					
55313	4/3-6/12	Mon	11 a.m.-Noon	Pam E	\$63
IDCCC					
55331	4/3-6/20	Tue	10:15-11:15 a.m.	G Seminatore	\$84
Loyal Heights					
Beginning					
54674	4/4-6/20	Tue	12:15-1:15 p.m.	C Tan	\$84
Level 1					
54678	4/4-6/20	Tue	11:15 a.m.-12:15 p.m.	C Tan	\$84
Qigong					
54675	4/6-6/22	Thu	11:15 a.m.-12:15 p.m.	C Tan	\$77

Magnuson Brig					
All Levels					
55236	4/4-6/13	Tue	10-11 a.m.	E Baxa	\$77
Meadowbrook					
All Levels					
55235	4/7-6/23	Fri	8:30-9:30 a.m.	E Baxa	\$84
Northgate					
Beginning					
55228	4/6-6/22	Thu	11:15 a.m.-12:15 p.m.	A Peizer	\$77
Ongoing					
55229	4/6-6/22	Thu	12:30-1:30 p.m.	A Peizer	\$77
Wallingford Senior Center					
All Levels					
55248	4/7-6/16	Fri	1-2 p.m.	G Seminatore	Free
T'AI CHI CHIH®					
Green Lake					
55367	4/6-6/22	Thu	10:30-11:30 a.m.	L Robinson	\$77
WHOLE BODY FITNESS					
Delridge					
55319	4/3-6/12	Wed	10:15-11:15 a.m.	Debbie P	\$63



YOGA					
Back in Action Gentle Yoga					
High Point					
55293	4/7-6/23	Fri	11:30 a.m.-12:30 p.m.	J Reed	\$77
Chair Yoga					
Bitter Lake					
54645	4/7-6/23	Fri	1:30-2:15 p.m.	M Samuels	Free
Magnolia					
54950	4/4-6/20	Tue	10-10:45 a.m.	K Kleinman	\$84
Queen Anne					
54972	4/4-6/20	Tue	11:45 a.m.-12:30 p.m.	K Kleinman	\$84
Ravenna-Eckstein					
55744	4/6-6/1	Thu	2-2:45 p.m.	M Samuels	Free
Gentle Yoga					
Video Link: https://youtu.be/-rbaj950AtE					
Bitter Lake					
54664	4/19-6/21	Wed	10:30-11:30 a.m.	H Karrfalt	\$70
Green Lake					
54667	4/17-6/12	Mon	12:30-1:30 p.m.	R MacDonald	\$56
High Point					
55300	4/3-6/12	Mon	9:45-10:45 a.m.	J Reed	\$63
55301	4/5-6/21	Wed	11:30 a.m.-12:30 p.m.	J Reed	\$77
Laurelhurst					
55219	4/6-6/15	Thu	9:30-10:30 a.m.	J Robin	\$70
Loyal Heights					
54665	4/17-6/12	Mon	10:45-11:45 a.m.	R MacDonald	\$56
Magnuson Brig					
55217	4/5-6/14	Wed	10-11 a.m.	J Robin	\$77
Miller					
55364	4/3-6/12	Mon	11:45 a.m.-12:45 p.m.	L Gardener	\$70
Queen Anne					
54994	4/17-6/12	Mon	2-3 p.m.	R MacDonald	\$56
Ravenna-Eckstein					
55218	4/8-4/24	Sat	10-11 a.m.	J Robin	\$84
Gentle Yoga—Flow-Style					
Bitter Lake					
54666	4/5-6/21	Wed	5:30-6:30 p.m.	D Schultz	Free
Queen Anne					
54668	4/5-6/21	Wed	3-4 p.m.	M Samuels	\$84
Stress Less with Breath and Movement					
Loyal Heights					
55609	5/11	Thu	1-2:30 p.m.	G Gensler	\$25

Fitness Class Drop-Ins

Lifelong Recreation now 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.



Vini Yoga					
Ballard					
54798	4/5-6/21	Wed	10:45-11:45 a.m.	A Mason	\$77
Magnolia					
54680	4/7-6/23	Fri	9:30-10:30 a.m.	M Alex	\$84
Meadowbrook					
55244	4/10-6/12	Mon	9:30-10:30 a.m.	H Mair	\$56
Montlake					
55246	4/14-6/23	Fri	10:30-11:30 a.m.	H Mair	\$70
Northgate					
55245	4/6-6/22	Thu	10-11 a.m.	H Mair	\$70
ZUMBA®					
Delridge					
55317	4/4-6/21	Tue	10:15-11:15 a.m.	M Jorgensen	\$77
ZUMBA® GOLD					
Video Link: https://youtu.be/mzy3RR_SfuQ					
Loyal Heights					
55601	4/3-6/12	Mon	9:30-10:30 a.m.	S Price	\$63
54683	4/6-6/15	Thu	9:30-10:30 a.m.	S Price	\$63
Magnolia					
54685	4/5-6/14	Wed	10:30-11:30 a.m.	S Price	\$70
54684	4/7-6/23	Fri	10:30-11:30 a.m.	M Jorgensen	\$84

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 Jayson Powell at:

206-684-7092, cell 206-295-2465,

email: jayson.powell@seattle.gov.



Pickleball at a Glance

Please call the community center for days, times, and registration.

See page 24 for additional SW outdoor pickleball opportunities.

Pickleball	Free
NORTHWEST	
Bitter Lake	206-684-7524
Loyal Heights	206-684-4052
Magnolia	206-386-4235
NORTHEAST	
Magnuson	206-684-7026
Meadowbrook	206-684-7522
Northgate	206-386-4283
SOUTHWEST	
High Point	206-684-7422
Yesler	206-386-1245
SOUTHEAST	
Garfield	206-684-4788
Rainier	206-386-1919
Van Asselt	206-386-1921

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 NOW 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 CC	206-386-1919
Van Asselt	206-386-1921
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.

HOW TO



How to Use Webex for Virtual Classes

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

Virtual

55316 4/3 Mon 3-4 p.m. Free

Learn how to use Webex, then try our pilates class at home!



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.

Yoga and Pilates

Pilates

Pilates can stretch and strengthen the body in keeping with balance and alignment. Mat exercises focus on finding the muscles of your powerhouse (your core or center) and strengthening this area to support your spine. Mat work enhances posture, a strong center, suppleness, a toned body, and an improved sense of well-being. Feel invigorated after your work out!

Virtual

55247 4/4-6/20 Tue 11:30 a.m.-12:30 p.m. D Dragovich \$84



Case Berrysmith
Northwest
Recreation Specialist

206-233-7138 / cell 206-399-8561
case.berrysmith@seattle.gov

REGISTRATION

Register for programs using the activity number listed next to each program. Registration and payment details can be found on page 42. For accommodation requests, please call 206-684-7548.

Rainbow Recreation can be found on pages 32-33.

SCHOLARSHIPS

The scholarship cycle runs June 2022–June 2023. Have your application approved prior to registration. See page 42 for details.

TRIPS

DEPARTURE SITES

Ballard Community Center
6020 28th Ave. NW
South of bldg, angled parking lot

Bitter Lake Community Center
13035 Linden Ave. N
North parking lot at street level

DEPARTURE TIMES

SOUTHBOUND TRIPS:

Bitter Lake: 20 minutes before time listed.

Ballard: at time listed.

NORTHBOUND TRIPS:

Ballard: 20 minutes before time listed.

Bitter Lake: at time listed.

BACK IN MOTION

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

SHAPE UP

If you are new to any **Shape Up** class, receive \$10 off your first class. **Shape Up** classes are noted by an orange asterisk next to the registration number, e.g. 160978*.

FIELD TRIPS

Tulip Festival and More

Off to the tulip festival in the Skagit Valley! We will spend time in Roozengaarde exploring the gardens and fields. Enjoy a buffet lunch in a private room at the infamous Farmhouse Restaurant, bring \$15 + tip. To make the day extra special we will have a scenic drive back to Seattle via Whidbey Island. Wear durable shoes, conditions can be muddy.

Northbound

54660 4/12 Wed 9 a.m.-5 p.m. \$50

Federal Way Gardens

The joy of spring is seeing gardens come to life. We will have tours of the Rhododendron Garden and Powell's Wood in Federal Way. Lunch out on your own. All admissions are included in registration fee. Wear comfortable walking shoes.

Northbound

54663 4/19 Wed 9:30 a.m.-4:30 p.m. \$46

Register online at www.seattle.gov/parks

Spring is a great time to get out and explore!





Trillium Luteum and Brunnera "Jack Frost" in Susie Egan's Cottage Lake garden.

Cottage Lake Trilliums

Susie Egan has been passionate about saving trilliums and has created a spectacular garden at her Cottage Lake home where she has put them on display. 2023 is the last year that she will hold these tours. Admission is included in the registration. Lunch on your own.

Northbound

55284 5/3 Wed 9 a.m.-2 p.m. \$40

Boehm's Candy and XXX Root Beer Diner

We will head to Issaquah to tour the Boehm's Candy factory, chalet, and chapel and enjoy a sample or two of chocolate. Afterwards, we will head to the famous XXX Root Beer for lunch and take in nostalgia from the 1950s at this historic drive-in. Tour admission included in registration fee; lunch is on your own.

Northbound

54662 5/10 Wed 9:30 a.m.-2:45 p.m. \$28

Franklin Falls Hike

Franklin Falls hike follows the south fork of the Snoqualmie River, ending at the base of a 70-foot waterfall. The hike has a gradual incline (400 ft) through old growth forest with views of the river and is about 2 miles in length. Bring a sack lunch to enjoy at the falls. Wear sturdy shoes.

Northbound

54661 6/14 Wed 10 a.m.-3:30 p.m. \$30

SPECIAL EVENTS

Guided Yoga—Nature Stroll in the Park

Join yoga teacher/naturalist Gail for a 1-mile leisurely walk through Lower Woodland Park. Stop along the way for gentle yoga practice, focused breathing, and nature identification. No yoga experience or yoga props needed. Mostly on the paths with some uneven terrain. Optional: Bring a snack and stay afterwards to schmooze and eat. Directions and details provided after signup.

Lower Woodland Park

55000 5/18 Thu 10:30 a.m.-12:30 p.m. Gail \$25

Planning Potluck and Scholarships

A potluck with a purpose! Enjoy great food with community neighbors, and tell us ideas about what programs you would like to see in the future, so be sure bring your ideas with you—this can be for classes, special events, or field trips. We will also have scholarship forms on hand for the new application cycle.

Lower Woodland Park

55357 5/19 Fri 11 a.m.-12:30 p.m. Free

SOCIAL PROGRAMS

Games

Drop-In Bridge

Enjoy a game of bridge.

Magnolia

All Levels

54649 4/5-7/26 Wed 9 a.m.-Noon Free

Queen Anne

Intermediate

54650 4/4-6/27 Tue 12:30-3:30 p.m. Free

Crafty Ladies

Drop-in knitting, crochet, and needlepoint. Bring your project and socialize with others.

Queen Anne

54974 4/6-6/22 Thu 1:30-4 p.m. Free

Drop-In Mahjong

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

Queen Anne All

Levels

54651 4/7-6/30 Fri 1:30-4:30 p.m. Free

ARTS AND HANDWORK

Watercolor

If you have never picked up a brush before or are an experienced watercolorist, our classes are right for you. Receive individual attention to enhance your skills. Bring your own paints and brushes. The instructor will provide a materials list. A demonstration follows each lesson in this class.

Loyal Heights

54682 4/10-6/5 Mon 10:30 a.m.-1 p.m. S Kahler \$84

LIFELONG LEARNING

Fall Prevention/Fire Safety

Find out how to be more independent and healthier in your future by learning strategies and resources to prevent falls and fires in your home. Topics include home modification ideas, exercise programs, medication, vision, home fire hazards, importance of smoke and carbon monoxide alarms, and how to respond safely to a home fire. Brought to you by the UW Public Health Program in collaboration with SFD and WA State Dept of Health.

Queen Anne

53611 5/16 Tue 1:30-2:30 p.m. Free

Loyal Heights

54659 5/23 Tue 1:30-2:30 p.m. Free

Stroke Awareness/Hands-Only CPR

Learn about hands-only CPR and how to recognize the signs of stroke. You will come away with the ability to recognize serious medical emergencies, and to communicate and collaborate with 9-1-1 dispatchers. This is a general education course for seniors and is not a certification class. Brought to you by the UW Public Health Program.

Loyal Heights

53610 4/11 Tue 10-11 a.m. Free

Queen Anne

54676 4/25 Tue 1:30-2:30 p.m. Free

DROP-IN FITNESS

Pickleball at a Glance

See page 9 for community center information for days, times, and registration.

PICKLEBALL SKILLS

Pickleball Skills

Learn the basics of this popular sport, or brush up on your skills. This class is designed for beginning or intermediate players.

Loyal Heights

54672 4/7-5/5 Fri 10:30-Noon M Anderson \$15

54673 5/12-6/9 Fri 10:30-Noon M Anderson \$15



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. An * (asterisk) notes a **Shape Up** class, see box on p 13 for details.

Aerobics and Dance

Fabulously Fit

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

Magnolia

54658 4/5-6/21 Wed 9:30-10:45 a.m. K Adolphsen \$105

Juicy Joints Aerobics

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

Bitter Lake

54669* 4/3-6/12 Mon 9:15-10:15 a.m. J Rayor \$70

54670* 4/5-6/21 Wed 9:15-10:15 a.m. J Rayor \$84

Line Dance

Work out with your mind and body. Learn new dance patterns to some great music.

Queen Anne

54671 4/5-6/21 Wed 5:45-6:45 p.m. C Banta \$84

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!

Loyal Heights No class Mon 4/10 and Thu 4/13

55601* 4/3-6/12 Mon 9:30-10:30 a.m. S Price \$63

54683* 4/6-6/15 Thu 9:30-10:30 a.m. S Price \$63

Magnolia No class Wed 4/12

54685 4/5-6/14 Wed 10:30-11:30 a.m. S Price \$70

54684 4/7-6/23 Fri 10:30-11:30 a.m. M Jorgensen \$84

Strength and Conditioning

Chair Strength and Tone

Strengthen and tone all muscle groups for improved health and fitness in this low-level fitness class. Great for those who are just starting an exercise regimen, or those who need to stay fit but need the security of a chair. *Registration is still required for free classes as class sizes are limited.*

Bitter Lake—Back in Motion Class

54644 4/3-6/12 Mon 1:45-2:45 p.m. D Dragovich Free

Circuit Training

Become a stronger you! Circuit training strengthens your major muscle groups as you rotate among training stations.

Bitter Lake

54648* 4/7-6/23 Fri 9:30-10:30 a.m. R Buyce \$84

Loyal Heights

54647* 4/4-6/20 Tue 9:30-10:30 a.m. R Buyce \$84

54646* 4/6-6/22 Thu 9:30-10:30 a.m. R Buyce \$77

Queen Anne

56249 4/4-6/20 Tue 11:15 a.m.-12:15 p.m. L Leone \$84

56250 4/6-6/22 Thu 11:15 a.m.-12:15 p.m. L Leone \$77

EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. This evidence-based program is offered in partnership with Sound Generations. For this class, NEW participants, or those returning from prior to the start of the pandemic, must submit the Participant Information and Health History forms, prior to registration. Forms location: <https://www.seattle.gov/parks/find/for-adults-50>. Kaiser Permanente members with Part B Medicare coverage must also provide a copy of their membership card, or complete the Kaiser Permanente Eligibility form. Silver and Fit participants, write your member number at the top of your forms. Mail to: Lifelong Recreation, Magnuson Bldg 30, 6310 NE 74th St, Seattle, 98115.

Note: Screening forms take up to two weeks to process. Free to Kaiser Permanente Part B Medicare coverage participants. American Specialty Health (ASH) Silver and Fit will cover in-person classes and is limited to 10 visits a month. To learn more about EnhanceFitness visit <https://projectenhance.org/enhancefitness/> and <https://projectenhance.org/about-us/>.

Magnolia

KP and ASH Members

54654 4/3-6/12 Mon Noon-1 p.m. K Adolphsen Free

54656 4/5-6/21 Wed Noon-1 p.m. K Adolphsen Free

54652 4/7-6/23 Fri Noon-1 p.m. K Adolphsen Free

Self-Pay

54655 4/3-6/12 Mon Noon-1 p.m. K Adolphsen \$70

54657 4/5-6/21 Wed Noon-1 p.m. K Adolphsen \$84

54653 4/7-6/23 Fri Noon-1 p.m. K Adolphsen \$84



Meet Gail Gensler

and try her
NEW class
**Stress Less
with Breath
and Movement!**

Gail Gensler is a happy Phinney area retiree. She is a registered yoga teacher with over 500 hours of training and almost 20 years of teaching.

Tai Chi and Qigong

Tai Chi

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

Green Lake—Back in Motion Class

54677	4/5-6/21	Wed	10:30-11:30 a.m.	E Baxa	\$84
54679	4/5-6/21	Wed	11:45 a.m.-12:45 p.m.	E Baxa	\$84

Loyal Heights—Back in Motion Class
Beginning

54674*	4/4-6/20	Tue	12:15-1:15 p.m.	C Tan	\$84
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Level 1

54678*	4/4-6/20	Tue	11:15 a.m.-12:15 p.m.	C Tan	\$84
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Qigong

Qigong and Tai Chi bring great benefits for fitness, disease prevention, and improved balance. Qigong is the foundation of Tai Chi, as it develops the internal side of Tai Chi. This class teaches Tai Chi Qigong and Yang Tai Chi short form.

Loyal Heights—Back in Motion Class

54675*	4/6-6/22	Thu	12:15-1:15 p.m.	C Tan	\$77
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Yoga and Pilates

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

Pilates

Stabilize and strengthen the core muscles of your abdominals and back while improving your flexibility and posture.

Loyal Heights

54674*	4/3-6/12	Mon	Noon-1 p.m.	D Dragovich	\$70
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Register online at www.seattle.gov/parks

NEW Stress Less with Breath and Movement

We all breathe. Did you know that HOW you breathe affects stress, sleep, energy, brain fog and more? Includes personal breathing practice and gentle movement practice along with background information on breathing, and a take-home handout.

Loyal Heights

55609	5/11	Thu	1-2:30 p.m.	G Gensler	\$25
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Yoga

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

Chair Yoga

Bitter Lake—Back in Motion Class

Registration is still required for free classes as class sizes are limited.

54645	4/7-6/23	Fri	1:30-2:15 p.m.	M Samuels	Free
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NEW Magnolia—Back in Motion Class

54950	4/4-6/20	Tue	10-10:45 a.m.	K Kleinman	\$84
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NEW Queen Anne—Back in Motion Class

54972	4/4-6/20	Tue	11:45 a.m.-12:30 p.m.	K Kleinman	\$84
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Gentle Yoga

Bitter Lake

54664*	4/19-6/21	Wed	10:30-11:30 a.m.	H Karrfalt	\$70
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Flow-Style Gentle Yoga

Registration is still required for free classes as class sizes are limited.

54666*	4/5-6/21	Wed	5:30-6:30 p.m.	D Schultz	Free
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NEW Green Lake

54667	4/17-6/12	Mon	12:30-1:30 p.m.	R MacDonald	\$56
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Loyal Heights

54665*	4/17-6/12	Mon	10:45-11:45 a.m.	R MacDonald	\$56
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NEW Queen Anne

54994	4/17-6/12	Mon	2-3 p.m.	R MacDonald	\$56
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Flow-Style Gentle Yoga

54668	4/5-6/21	Wed	3-4 p.m.	M Samuels	\$84
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Vini Yoga

Ballard

54798	4/5-6/21	Wed	10:45-11:45 a.m.	A Mason	\$77
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Magnolia

54680	4/7-6/23	Fri	9:30-10:30 a.m.	M Alex	\$84
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Class qualifies for \$10 off **SHAPE UP COUPON if you are a new student.*



Robin Brannman
Northeast
Recreation Specialist

206-386-9106 / cell 206-696-8252
robin.brannman@seattle.gov

REGISTRATION

Register for programs using the activity number listed next to each program. Registration and payment details can be found on page 42. For accommodation requests, please call 206-684-7548.

Rainbow Recreation can be found on pages 32-33.

SCHOLARSHIPS

The scholarship cycle runs June 2022–June 2023. Have your application approved prior to registration. See page 42 for details.

TRIPS

DEPARTURE SITES

Meadowbrook Community Center
10517 35th Ave. NE

NEW DEPARTURE LOCATION

Northgate CC
10510 5th Ave. NE

DEPARTURE TIMES

NORTHBOUND TRIPS:

Meadowbrook: at time listed.
Northgate: 20 minutes before time listed.

SOUTHBOUND TRIPS:

Meadowbrook: 20 minutes before time listed.
Northgate: at time listed.

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.

FIELD TRIPS

Chihuly Glass Museum

Wander through the garden, glasshouse, and interior exhibits showcasing the studio glass of Dale Chihuly, a contemporary artist. Free passes will be available to cover admission. Lunch on your own at the Armory where you will find a wide variety of restaurant options.

Southbound

55238 4/17 Mon 10 a.m.-3 p.m. \$10

Cottage Lake Trilliums

Susie Egan has been passionate about saving trilliums and has created a spectacular garden at her Cottage Lake home where she has put them on display. 2023 is the last year that she will hold these tours. Admission is included in the registration. Lunch on your own.

Northbound

55354 4/24 Mon 9 a.m.-2 p.m. \$40

A Capital Idea

Enjoy a guided tour of the Legislative Building in Olympia, then free time to explore the spacious grounds. Bring a sack lunch to enjoy on campus.

Southbound

55243 5/8 Mon 9:30 a.m.-2:30 p.m. \$30

Sacred Seeds Trail and St Edwards Lodge

Stroll through the woods of the Sacred Seeds Trail at Bastyr University and take a self-guided QR tour. Later we will visit The Lodge at St Edwards where you may want to take a self-guided QR tour, have lunch in the Cedar+Elm dining hall, or bring your own sack lunch and soak in the tranquil natural beauty of the surrounding state park. Lunch on your own.

Northbound

55240 6/5 Mon 9:30 a.m.-2 p.m. \$18

Come explore Cottage Lake Trilliums with us!



SPECIAL EVENTS

Flag Day Potluck

Celebrate with us at this potluck community engagement. Bring a dish to share. Drinks, plates, and utensils will be provided. This is a time to bring ideas for classes, special events, or field trips. We will take time to hear ideas about what programs you would like to see in the future. Scholarship forms will be available for the 2023-2024 cycle that begins in June.

Magnuson Brig Tranquility Garden

55358 6/14 Wed 11 a.m.-1 p.m. Free

SOCIAL PROGRAMS

Book Clubs

Book Club

Explore new books, ask interesting questions, listen to different points of view, hear varied interpretations, metaphors, and themes.

Laurelhurst

Meets the 3rd Wednesday of each month.

55196 Wed 2:30-3:30 p.m. Free

Meadowbrook

Meets the 3rd Thursday of each month.

55197 Thu 11 a.m.-Noon Free

Games



Drop-In Bridge

Drop-In play for bridge players. All Levels.

Montlake

4/7-6/30 Fri 1-4 p.m. Free

Drop-In Mahjong

Drop-In and play mahjong!

Lake City

4/6-6/22 Thu 11:45 a.m.-1:15 p.m. Free

Laurelhurst

4/4-6/13 Tue 11 a.m.-1:45 p.m. Free

Register online at www.seattle.gov/parks

Mahjong Lessons

Mahjong bears a great resemblance in play to certain card games, namely those of the rummy family, and is fun to play. This class will introduce beginners to the basic rules and regulations of the game. Class size is limited to 5 participants so register early.

Lake City

55221 4/13-5/4 Thu 10:15-11:45 a.m. \$24

ARTS AND HANDWORK

Brig Artist Studio

In this 4-hour, mentored art studio class you will work independently on your artwork in a supportive, encouraging, and friendly group. All levels are welcome and must be able to work independently. Individual and group critiques are given each class. All mediums welcome. Students are responsible for their own art supplies.

Magnuson Brig

55198 4/7-4/28 Fri 10 a.m.-2 p.m. Pope/Frazer \$112

55199 5/5-5/26 Fri 10 a.m.-2 p.m. Pope/Frazer \$112

55200 6/2-6/16 Fri 10 a.m.-2 p.m. Pope/Frazer \$84



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! Registration required.

Magnuson Brig

55222 4/4-6/13 Tue 10 a.m.-12:30 p.m. Free

Watercolor with Sandra Kahler

Bring your paints, brushes, and joy of painting. A demonstration is taught after each lesson with instruction. All skill levels welcome.

Magnuson Brig

55249 4/6-5/25 Thu 10 a.m.-12:30 p.m. S Kahler \$84

Spring Quarter April 3-June 24

19

LIFELONG LEARNING

Fall Prevention/Fire Safety

Find out how to be more independent and healthier in your future by learning strategies and resources to prevent falls and fires in your home. Topics include home modification ideas, exercise programs, medication, vision, home fire hazards, importance of smoke and carbon monoxide alarms, and how to respond safely to a home fire. Brought to you by the UW Public Health Program in collaboration with SFD and WA State Dept of Health.

Ravenna-Eckstein

55272 4/18 Tue 1:30-2:30 p.m. Free

Stroke Awareness/Hands Only CPR

Learn about hands-only CPR and how to recognize the signs of stroke. You will come away with the ability to recognize serious medical emergencies, and to communicate and collaborate with 9-1-1 dispatchers. This is a general education course for seniors and is not a certification class. Brought to you by the UW Public Health Program.

Ravenna-Eckstein

55270 5/2 Tue 1:30-2:30 p.m. Free

Chair Yoga with Maria Samuels



Maria Samuels has been teaching yoga on and off for about 4 years, including at Garfield and Bitter Lake CCs, as well as in her own private practice.

Chair Yoga is one of her specialties, as well as Beginner Flow, and Children's Yoga. She is excited to teach at Ravenna-Eckstein, and is looking forward to getting to know you and guiding you through your yoga class with pranayama, asanas, and soothing music. See page 22 for class and registration details!

DROP-IN FITNESS

Pickleball at a Glance

See page 9 for community center information for days, times, and registration.

PICKLEBALL SKILLS

Meet Marty Bisch— Pickleball Instructor Extraordinaire



Marty comes from a tennis background, playing competitively in high school and college, and began playing pickleball six years ago. He found extra instruction—classes, workshops, and private lessons, really helped him work on his game, and now he would like to help you work on yours.

NEW Pickleball Skills—Beginners

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

55433	4/4-5/2	Tue	2-3:30 p.m.	M Bisch	\$53
55434	5/9-6/6	Tue	2-3:30 p.m.	M Bisch	\$53

NEW Pickleball Skills—Beyond Beginners

If you have some but limited pickleball experience, and can sustain a short rally with players of equal ability, then this class is for you! Brush up on your basic skills so you can join our drop-in play across most of the community centers in Seattle. Please bring your own water bottle.

Meadowbrook

55431	4/4-5/2	Tue	Noon-1:30 p.m.	M Bisch	\$53
55224	5/9-6/6	Tue	Noon-1:30 p.m.	M Bisch	\$53

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.

Aerobics and Dance

Latin Expression

Work out to a lively Latin beat while you learn some new dance moves with instructor Cindy House!

Magnuson Brig

55220	4/4-6/13	Tue	10:45-11:45 a.m.	C House	\$77
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Soul Line Dance

Not just country! Line dance to an assortment of music genres, including soul, rhythm and blues, as well as country. Work out your mind and body. Learn new dance patterns to all kinds of great music.

Magnuson Brig

All Levels

55231	4/7-6/9	Fri	11:30 a.m.-12:45 p.m.	M Silver	\$88
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Miller

All Levels

55340	4/10-6/12	Mon	1:15-2:15 p.m.	M Silver	\$63
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Montlake

All Levels

55232	4/10-6/12	Mon	10:15-11:15 a.m.	M Silver	\$63
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Strength and Conditioning

Chair Strength and Tone

Strengthen and tone all muscle groups for improved health and fitness in this low-level fitness class from a chair. Great for those who are just starting an exercise regimen, or those who need to stay fit but need the security of a chair.

Meadowbrook—Back in Motion Class

55202	4/5-6/21	Wed	12:30-1:30 p.m.	D Dragovich	\$84
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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.

Meadowbrook

55203	4/7-6/23	Fri	11:30 a.m.-12:30 p.m.	R Buyce	\$84
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EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. This evidence-based program is offered in partnership with Sound Generations. For this class, NEW participants, or those returning from prior to the start of the pandemic, must submit the Participant Information and Health History forms, prior to registration. Forms location: <https://www.seattle.gov/parks/find/for-adults-50>. Kaiser Permanente members with Part B Medicare coverage must also provide a copy of their membership card, or complete the Kaiser Permanente Eligibility form. Silver and Fit participants, write your member number at the top of your forms. Mail to: Lifelong Recreation, Magnuson Bldg 30, 6310 NE 74th St, Seattle, 98115.

Note: Screening forms take up to two weeks to process. Free to Kaiser Permanente Part B Medicare coverage participants. American Specialty Health (ASH) Silver and Fit will cover in-person classes and is limited to 10 visits a month. To learn more about EnhanceFitness visit <https://projectenhance.org/enhancefitness/> and <https://projectenhance.org/about>.

Magnuson Brig

KP and ASH Members

55209	4/4-6/13	Tue	9:30-10:30 a.m.	C House	Free
55211	4/6-6/15	Thu	9:30-10:30 a.m.	J Shearer	Free

Self-Pay

55210	4/4-6/13	Tue	9:30-10:30 a.m.	C House	\$77
55212	4/6-6/15	Thu	9:30-10:30 a.m.	J Shearer	\$70

Meadowbrook

KP and ASH Members

55215	4/5-6/21	Wed	9:40-10:40 a.m.	C House	Free
55207	4/7-6/23	Fri	9:40-10:40 a.m.	C House	Free

Self-Pay

55216	4/5-6/21	Wed	9:40-10:40 a.m.	C House	\$84
55208	4/7-6/23	Fri	9:40-10:40 a.m.	C House	\$84

Miller NEW Monday class

KP and ASH Members

56473	4/3-6/12	Mon	10:15-11:15 a.m.	C House	Free
55213	4/13-6/22	Thu	10:30-11:30 a.m.	M Taplin	Free

Self-Pay

56474	4/3-6/12	Mon	10:15-11:15 a.m.	C House	\$70
55214	4/13-6/22	Thu	10:30-11:30 a.m.	M Taplin	\$70

Strength and Conditioning

ENERGIZE your morning stretching, swooping, and strengthening! You will go through a series of exercises to build strength, flexibility, balance, and achieve better overall conditioning. This class will leave you feeling happy and connected.

Magnuson Brig

55234	4/6-6/15	Thu	8:15-9:15 a.m.	J Shearer	\$70
55233	4/7-6/16	Fri	10:15-11:15 a.m.	M Silver	\$77

Tai Chi and Qigong

Tai Chi

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

Magnuson Brig

All Levels

55236	4/4-6/13	Tue	10-11 a.m.	E Baxa	\$77
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Meadowbrook

All Levels

55235	4/7-6/23	Fri	8:30-9:30 a.m.	E Baxa	\$84
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Wallingford Senior Center

Registration is still required for free classes as class sizes are limited.

All Levels

55248	4/7-6/16	Fri	1-2 p.m.	G Seminare	Free
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Qigong and Beginning 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.

Northgate

Beginning—Back in Motion Class

55228	4/6-6/22	Thu	11:15 a.m.-12:15 p.m.	A Peizer	\$77
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Ongoing

55229	4/6-6/22	Thu	12:30-1:30 p.m.	A Peizer	\$77
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Yoga and Pilates

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

Pilates

Stabilize and strengthen the core muscles of your abdominals and back while improving your flexibility and posture.

Laurelhurst

55227	4/6-6/15	Thu	12:30-1:30 p.m.	D Dragovich	\$70
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Meadowbrook

55226	4/5-6/21	Wed	11:15 a.m.-12:15 p.m.	D Dragovich	\$84
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Ravenna-Eckstein

55225	4/8-6/24	Sat	11:30 a.m.-12:30 p.m.	D Dragovich	\$84
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Yoga

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

NEW Chair Yoga

Chair yoga offers accessibility and is adapted for individuals with mobility and balance challenges.

Ravenna-Eckstein—Back in Motion Class

Registration is still required for free classes as class sizes are limited.

55744	4/6-6/1	Thu	2-2:45 p.m.	M Samuels	Free
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Gentle Yoga

Laurelhurst

55219	4/6-6/15	Thu	9:30-10:30 a.m.	J Robin	\$70
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Magnuson Brig

55217	4/5-6/14	Wed	10-11 a.m.	J Robin	\$77
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Ravenna-Eckstein

55218	4/8-6/24	Sat	10-11 a.m.	J Robin	\$84
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Vini Yoga

Meadowbrook No class 5/8

55244	4/10-6/12	Mon	9:30-10:30 a.m.	H Mair	\$56
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Montlake No class 5/12

55246	4/14-6/23	Fri	10:30-11:30 a.m.	H Mair	\$70
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Northgate No class 5/11

55245	4/6-6/22	Thu	10-11 a.m.	H Mair	\$70
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John Hasslinger
Southwest
Recreation Specialist

206-256-5403 / 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 42. For accommodation requests, please call 206-684-7548.

Rainbow Recreation can be found on pages 32-33.

SCHOLARSHIPS

The scholarship cycle runs June 2022–June 2023. Have your application approved prior to registration. See page 42 for details.

TRIPS

DEPARTURE SITES AND TIMES

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

Hiawatha Community Center
Depart at time listed on Walnut Ave. SW, east of CC, near parking area between CC and West Seattle High School. Community center address: 2700 California Ave. SW.

TRIPS

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.

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.

FIELD TRIPS

Woodland Park Zoo

Woodland Park Zoo is a recipient of several Best National Exhibit Awards—what a gem! We will check out the lions, tigers and bears during this spring stroll through the zoo. Bring a sack lunch. Activity fee includes transportation. Zoo admission on your own—75% off with gold card (provided for those 60+).

55341 4/13 Thu 10 a.m.-3 p.m. \$10

Nisqually Refuge

Every year thousands of birds migrate through this refuge. An experienced naturalist will lead you on a rare park tour. Following the experience, we embark to lunch on your own at Paldo World Market, home to an ethnic food court and top-notch bakery. Nothing but FUN on this schedule!

55315 4/27 Thu 9:15 a.m.-3:45 p.m. \$39

Twin Falls Hike

A spectacular spring hike with views of three "twin" water falls. Round trip distance is 2.6 miles with elevation gain of 600 feet. Expect about 90-min of total walking time on well-maintained trails, with some unevenness and loose rocks. Bring a brown bag lunch to enjoy at the lower falls viewpoint.

55314 6/1 Thu 9:30 a.m.-3:30 p.m. \$29



Discover what birds travel to Nisqually Refuge this

NATURE AND ENVIRONMENT

Explore an Old Growth Forest

Wander among giants of the forest at West Seattle's Schmitz Preserve Park with a retired national parks ranger as your guide. Whether your relationship with trees is a casual fling or a passionate affair, you will discover facts and hear stories about these marvelous plants that may change your perception of our leafy neighbors. During the walk we'll learn key characteristics to aid in identifying several native trees. This is an interactive experience that encourages participation while respecting your perspective and shared wisdom. Meet at the Admiral Way entrance (SW Admiral Way and Stevens St. SW).

Schmitz Preserve Park

55339 4/19 Wed 10:30 a.m.-Noon Free



SPECIAL EVENTS

Line Dance Party

Lifelong Recreation's quarterly line dance party headlined by Ms. Linda Reese! Come in your dancing shoes and leave with a workout. Learn and dance some of the most popular line dances. All registrants will receive an emailed playlist and more details prior to the dance party.

High Point

55304 6/9 Fri 1:30-4 p.m. \$9

Silver Sounds Summer Variety Show

Join us for an old-time variety show and sing-along. We sing, dance, and tell jokes, and a fun time will be had by all! Free raffle drawing and prizes. Silver Sounds is completely volunteer-led, spreading joy through music and entertainment. Space is limited.

High Point

55380 6/6 Tue 1:30-2:30 p.m. Free

SOCIAL PROGRAMS

Book Clubs

High Point Book Club

Meets the 2nd Thursday of each month. This is an active club seeking new members!

Meets: 4/13, 5/11, and 6/8.

NOTE: new meeting time 10-11 a.m.!

High Point

55302 Thu 10-11 a.m. Gail B Free

Silver Sounds

Join Silver Sounds singers! Have fun while bringing joy to residents of retirement communities and nursing homes. No singing experience necessary. If you play an instrument, bring it! After registration you'll receive a welcome email with further instructions. Practice and performance dates to be announced.

High Point

55312 4/8-6/24 Sat 1-2 p.m. M Summers Free

LIFELONG LEARNING

Group Piano

Is learning to play the piano a lifetime dream? If so, THIS INTRODUCTORY group piano class offers combined theory, lecture, instruction, and practice all customized for the adult learner. Suitable for students who don't have an instrument or time for practicing at home. Scholarship eligible. Lesson book fee of \$8 not included. Space limited to 3 students.

High Point

55305 5/18-6/22 Thu 11:45 a.m.-12:30 p.m. Nancy C \$119



DROP-IN SPORTS

Pickleball at a Glance

See page 9 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, and your community spirit!

Delridge Courts

4/4-6/29 T/Th 10 a.m.-Noon Free

Miller Courts

4/3-6/30 MWF 10 a.m.-Noon Free

Walt Hundley Courts

4/3-6/30 MWF 10 a.m.-Noon Free

Pickleball Skills

Pickleball Skills—Beginner

Session includes basic skills, drills, and strategies—like dinking, lobbing, and serving. We request that you do not register for this class if you have taken either a fall or winter skills class as this helps ensure new players have a chance to learn this wonderful sport. *No class Tuesday 4/11 and Thursday 4/13.*

Delridge

55308	4/4-5/9	Tue	10:15-11:45 a.m.	MJ Bingham	\$25
55309	5/16-6/13	Tue	10:15-11:45 a.m.	MJ Bingham	\$25
55306	4/6-5/11	Thu	10:15-11:45 a.m.	TBD	\$25
55307	5/18-6/15	Thu	10:15-11:45 a.m.	TBD	\$25

Pickleball Skills—All Levels

Improve your on-court skills and boost your confidence in your playing ability. All levels welcome—no equipment required! We request that you do not register for this class if you have taken both the fall and winter class with Max as this helps ensure new players have a chance to learn this wonderful sport. *No class 4/10.*

High Point

55310 4/3-6/12 Mon 11:30 a.m.-1 p.m. M Anderson \$45

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 others), you'll get a great workout and learn music and moves from other cultures. Please bring 3-5 lb. hand weights, a mat, water bottle, and towel. *No class Tuesday 4/11, and Friday 4/14.*

High Point

55295	4/4-6/20	Tue	10-11 a.m.	A Carver	\$77
55294	4/7-6/23	Fri	10-11 a.m.	A Carver	\$77

NEW 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! *No class 4/13.*

Delridge

55318 4/6-6/22 Thu 10:15-11:15 a.m. Debbie P \$77

Line Dance

Work out with your mind and body. Learn new dance patterns to some great music. *No class 4/13.*

High Point

55303 4/6-6/22 Thu 11:15 a.m.-12:15 p.m. S Simmons \$77

Zumba®

Ditch the workout, join the party! Fun is the key ingredient in this low-impact, Latin-inspired dance fitness class. No rhythm or partner required. You'll leave exhilarated and energized! Appropriate for all fitness levels. *No class 4/11.*

Delridge

55317 4/4-6/21 Tue 10:15-11:15 a.m. M Jorgensen \$77

Strength and Conditioning

Fitness at Delridge

Build total body muscle strength using fitness bands, free weights, and floor work. Improve balance, flexibility, and agility. Instructor is a professional dance and fitness instructor, and performer. Please bring hand weights to class. *No class 4/12.*

Delridge

55299 4/5-6/21 Wed 10:15-11:15 a.m. S Simmons \$77



There are so many fun ways to exercise with us!

NEW Whole Body Fitness

Use your own body weight to strengthen your core, upper and lower body as well. 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. Please bring a mat. *No class 4/10.*

Delridge

55319 4/3-6/12 Wed 10:15-11:15 a.m. Debbie P \$63

Tai Chi and Qi Gong

Tai Chi—Continuing

Learn the last third of the yang style short form tai chi in a gentle, supportive class. This style was created by Professor Cheng Man Chi'ing. Tai chi promotes balance, stress relief, and energy cultivation. For students who have learned the first two thirds of the yang style short form tai chi. *No class 4/10.*

High Point—Back in Motion Class

55313 4/3-6/12 Mon 11 a.m.-Noon Pam E \$63

Yoga

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

Back in Action Gentle Yoga

Have you been out of action for awhile? In this gentle yoga class you can focus on enjoyable movements that will help you build strength and restore functionality of your muscles and joints. You will learn easy poses to improve your balance, flexibility and range of motion. All the poses can be modified to avoid pain, and there are no kneeling poses. Everyone can work at their own pace in a no-competition atmosphere, with peaceful music and plenty of wonderful relaxation at the end. Suitable for beginners. Bring a yoga mat if you have one, and a small blanket or large towel for covering up at the end. *No class 4/14.*

High Point—Back in Motion Class

55293 4/7-6/23 Fri 11:30 a.m.-12:30 p.m. J Reed \$77

Gentle Yoga

Stretch and move with awareness, correct alignment, and focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, and peace of mind. Non-flow style. Bring a yoga mat and large towel for padding in kneeling poses. *No class Monday 4/10, and Wednesday 4/12.*

High Point

55300 4/3-6/12 Mon 9:45-10:45 a.m. J Reed \$63

55301 4/5-6/21 Wed 11:30 a.m.-12:30 p.m. J Reed \$77



Angela P. Smith
Southeast
Recreation Specialist

cell 206-450-9522
angelap.smith@seattle.gov

REGISTRATION

Register for programs using the activity number listed next to each program. Registration and payment details can be found on page 42. For accommodation requests, please call 206-684-7548.

Rainbow Recreation can be found on pages 32-33.

SCHOLARSHIPS

The scholarship cycle runs June 2022–June 2023. Have your application approved prior to registration. See page 42 for details.

TRIPS

DEPARTURE SITES AND TIMES

Garfield Community Center

2323 E Cherry St.

Depart at time listed.

Jefferson Community Center

3801 Beacon Ave. S

Depart 15 minutes prior to time listed.

Participants will be contacted 3-5 days before their field trip to confirm details and departure locations.

While masks are not required, we encourage wearing a mask if you are unable to social distance. Please be kind and respect everyone's choice.

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.

FIELD TRIPS

Puyallup State Fair

Washington's biggest celebration of spring is back! Come enjoy all your fair favorites including food, animals, entertainment, rides, and more at the Western Washington State Fairgrounds in Puyallup. Lunch and the cost of admission on your own.

55334 4/21 Fri 9:45 a.m.-3:45 p.m. \$18

Burke Museum

Learn, be inspired, and enjoy a trip to the Burke Museum of Natural History and Culture! See into working labs, view one-of-a-kind objects, and visit galleries containing dinosaur fossils, Northwest Native art, and cultural pieces from across the globe. Lunch and free time on your own in the U-District and University Bookstore.

55379 5/4 Thu 9:45 a.m.-2:30 p.m. \$10

Portland Train Ride

The Rose City awaits you! From Seattle's King Street Station we will travel aboard the Amtrak Cascades train to Portland, Oregon. On this round-trip excursion we'll have lunch downtown, and explore the farmers market and artisan vendors on the waterfront. Wear comfortable shoes for walking and/or use public transportation options as needed. Time permitting, do some tax-free shopping and check out your favorite spots. Lunch on your own. Round trip train fee \$55; no refunds. Checks payable to City of Seattle by 5/25.

55335 6/17 Sat 7 a.m.-8:30 p.m. \$10 + Fee



DROP-IN SPORTS

Pickleball at a Glance

See page 9 for community center information for days, times, and registration.

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

Traditional and Contemporary Asian Dance

Have fun while learning new dance moves influenced by Malaysian, Chinese, and Vietnamese dance. Class is delivered in Mandarin and English. \$2 drop-in fee per class.

Jefferson

All Levels

4/5-6/21	Wed	6-7 p.m.	S Ma
4/8-6/24	Sat	2-3:45 p.m.	S Ma

Traditional and Contemporary Asian Dance at last year's Big Day of Play!



Dance for Parkinson's

Explore dance movements in this class in a welcoming environment with live music. You will stretch and strengthen muscles, focusing on balance and rhythm. Our professional dancers use thought, imagination, eyes, ears, and touch to control movement while standing or seated. Ideal for those with Parkinson's disease, caregivers, and friends.

Please note the following requirements: registration with Seattle Parks & Recreation AND with Seattle Theatre Group Dance for PD® at shawnr@stgpresents.org is required to access the facility, as well as registration with NW Parkinson's Foundation at www.nwpcf.org.

Garfield

55322 4/6-6/15 Thu 10:15-11:45 a.m. Free

Line Dance

Work out with your mind and body. Learn new dance patterns to all kinds of great music.

Van Asselt

Advanced Beginner

55329 4/6-6/22 Thu 1-2 p.m. M Chen \$77

Strength and Conditioning

EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. This evidence-based program is offered in partnership with Sound Generations. For this class, NEW participants, or those returning from prior to the start of the pandemic, must submit the Participant Information and Health History forms, prior to registration. Forms location: <https://www.seattle.gov/parks/find/for-adults-50>. Kaiser Permanente members with Part B Medicare coverage must also provide a copy of their membership card, or complete the Kaiser Permanente Eligibility form. Silver and Fit participants, write your member number at the top of your forms. Mail to: Lifelong Recreation, Magnuson Bldg 30, 6310 NE 74th St, Seattle, 98115.

Note: Screening forms take up to two weeks to process. Free to Kaiser Permanente Part B Medicare coverage participants. American Specialty Health (ASH) Silver and Fit will cover in-person classes and is limited to 10 visits a month. To learn more about EnhanceFitness visit <https://projectenhance.org/enhancefitness/> and <https://projectenhance.org/about-us/>.

Garfield

KP and ASH Members

55324	4/5-6/14	Wed	10:15-11:15 a.m.	YS Gartz	Free
55323	4/7-6/16	Fri	10:15-11:15 a.m.	YS Gartz	Free

Self-Pay

55320	4/5-6/14	Wed	10:15-11:15 a.m.	YS Gartz	\$77
55327	4/7-6/16	Fri	10:15-11:15 a.m.	YS Gartz	\$77

Jefferson

KP and ASH Members

55325	4/3-6/12	Mon	10:30-11:30 a.m.	V Bowles	Free
55326	4/7-6/23	Fri	10:30-11:30 a.m.	V Bowles	Free

Self-Pay

55328	4/3-6/12	Mon	10:30-11:30 a.m.	V Bowles	\$70
55321	4/7-6/23	Fri	10:30-11:30 a.m.	V Bowles	\$84



Get moving in one of our exercise classes!

Tai Chi and Qi Gong

Tai Chi

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

Garfield

All Levels

55330	4/3-6/12	Mon	10:15-11:15 a.m.	E Baxa	\$70
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Tai Chi and Qi Gong—Beginner

Relaxing, ancient moves are taught through easy, repeating exercises followed by the beginning steps of the Tai Chi Form 24. The goal is to maintain and restore bone mass, equilibrium, balance, and poise by activating vital energy during this moving, meditation practice. No experience necessary.

IDCCC—Back in Motion Class

55331	4/3-6/20	Tue	10:15-11:15 a.m.	G Seminatore	\$84
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Tamara Keefe
Dementia-Friendly
Program Coordinator

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. Many of these programs have been inspired by and developed through 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 monthly 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>.

SOCIAL PROGRAMS

Lake City Momentia Meet-Ups

Laugh, explore and connect at this inclusive, memory-friendly event for the whole community. We are rebuilding the group and would love to have you join us for improv, music, movement, and more! Reach out to Justin at 206-707-1865 or justinf@soundgenerations.org if interested. This class is offered in partnership with Lake City Seniors and Sea Mar Latino Seniors.

Lake City CC

Free

Reuniones de Momentia en Lake City

Ríase, explore y conéctese en este evento inclusivo y memorable para toda la comunidad. Estamos reiniciando el grupo y nos encantaría que se uniera a nosotros para el improv, el arte, la música, el movimiento, y más. Si desea asistir a clases, comuníquese con Justin al 206-707-1865 o justinf@soundgenerations.org. Esta clase se ofrece en colaboración con Lake City Seniors y Sea Mar Latino Seniors.

Lake City CC

Gratis

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 calendar with a full listing of memory loss offerings in the Greater Seattle area, visit: www.momentiasseattle.org.

Momentia Mondays at SESSC

Connect with others experiencing memory loss and explore different topics and projects together, including art, improv, drumming, movement, and more! Offered in partnership with the Southeast Seattle Senior Center (SESSC). Please call the SESSC to confirm the program details, at 206-722-0317.

Mondays

12:30-1:45 p.m.

Free

OUTDOOR RECREATION

Art in the Park

Enjoy time in the Japanese Garden at the Arboretum and a watercolor painting experience led by an Elderwise facilitator. Series is open to persons with early to mid-stage dementia and their care partners. Each session includes time to explore the garden and a guided watercolor painting experience. No artistic skills necessary; all materials provided. A conversation with the Dementia-Friendly Recreation Specialist is required for 1st time participants. Please contact tamara.keefe@seattle.gov.

Japanese Garden

Alternate Wednesdays: 4/26, 5/10, 5/24 and 6/7
55359 10 a.m.-Noon

Free

Garden Discovery Program

Join us in the garden at The Memory Hub. Discover changes through the season, engage in horticultural activities, and learn what makes this public "memory garden" particularly accessible to people living with dementia and their families in this 3-part series. Light refreshments provided. Offered in partnership with UW Memory and Brain Wellness Center and with support from Family Resource Home Care. Directions to the central Seattle location provided to registered participants prior to program start. A conversation with the Dementia-Friendly Recreation Specialist is required for 1st time participants. Please contact tamara.keefe@seattle.gov.

The Memory Hub

1st Fridays: 4/7, 5/5, and 6/2
55360 10:30 a.m.-Noon

Free



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 the Dementia-Friendly Recreation Specialist is required for 1st time participants. Please contact tamara.keefe@seattle.gov.

Various Locations

2nd and 4th Fridays
55361 10:30 a.m.-Noon. Free

Memory Loss Zoo Walks

Enjoy a gentle to moderately-paced walk through the zoo, followed by a social gathering in the zoo café. Flat, paved surface. A partnership with the Alzheimer's Association and Greenwood Senior Center. Registration and screening required by calling the Alzheimer's Association at 206-363-5500.

Woodland Park Zoo

Monday, Tuesday or Wednesday mornings Free





Tamara Keefe
Rainbow
Program Coordinator

206-615-0100 /
cell 206-399-4655
tamara.keefe@seattle.gov

Seattle Parks and Recreation strives to create respectful and safe environments, to enhance health and well-being, and to welcome community members of all backgrounds. While our LGBTQ+ neighbors are welcome in all programs, Rainbow Recreation was developed to specifically serve LGBTQ+ identified 50+ adults, and their friends and allies. We want your involvement to design programming that meets needs and interests! What would you like to see, or what can you offer? Contact tamara.keefe@seattle.gov so that we can create opportunity.

REGISTRATION

Register for programs using the activity number listed next to each program. Registration and payment details can be found on page 42. For accommodation requests, please call 206-684-7548.

TRIPS

DEPARTURE SITES AND TIMES

Miller Community Center:
at time listed.

Possible north/south Seattle departure sites depending upon need. Contact Tamara for information.

SCHOLARSHIPS

The scholarship cycle runs June 2022–June 2023. Have your application approved prior to registration. See page 42 for details.

FIELD TRIPS

Nature's Chorus

We'll travel by van to Magnuson Park and enjoy an evening walk in the wetlands where we'll hope to hear an amazing natural performance from the aptly named Pacific Chorus Frogs. A n L LGBTQ+ affirming space. Open to everyone. Depart Miller CC at 6:30 p.m.

55366 4/18 Tue 6:30-9 p.m. \$10



SPECIAL EVENT

RainbowSteps Pancake Walk

SoundSteps meets Rainbow Recreation for this inaugural social walk. This walk is open to members of the LGBTQIA+ community (lesbian, gay, bisexual, transgender, questioning, intersex, asexual, and other gender and sexual identities), as well as allies (people who are not members of the community but provide love, safety, and advocacy to those who are). We'll start at Miller CC and stroll through North Capitol Hill to the Louisa Boren Lookout Point before returning to Miller CC by way of Volunteer Park. Walk is 2.5 miles with some hills. When we get back to Miller CC, we'll have a pancake bar and the chance to hang out. A great place to meet some friends to go to Pride Weekend festivities!

Miller CC

56268 6/1 Thu 11 a.m.-1:30 p.m. Free

ARTS AND HANDWORK

Create and Connect

Bring your water-based art project, craft supplies, knitting, etc. to work alongside others, be inspired, and have an opportunity to connect. Explore ideas for additional creative time together. An LGBTQ+ affirming space. Open to everyone.

Miller

55363 5/16 Tue 2-3:30 p.m. Free

Lift Your Voice

A meeting place and activity to share, experiment, and discover. Singing and oral storytelling will be supported through training methods that unlock the potential of the human voice. Project development will consider the skill levels and prior experiences of registered participants. A community building lab around something we all share—our voices! An LGBTQ+ affirming space. Open to everyone.

Miller

55365 4/25-6/6 Tue 6-7 p.m. G Seminare \$21

Yoga is for everybody!



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.

Tai Chi

T'ai Chi Chih®

Work through a slow, meditative routine of nineteen moves and one pose. The movements circulate and balance the internal energy (Chi) to all the organs, muscles, and bones. Anyone can do Tai Chi Chih, and chair-seated students are welcome. An LGBTQ+ affirming space. Open to everyone. *No class 6/8.*

Green Lake

55367 4/6-6/22 Thu 10:30-11:30 a.m. L Robinson \$77

Yoga

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

Gentle Yoga

Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, and peace of mind. Chair seated participants are welcome. An LGBTQ+ affirming space. Open to everyone.

Miller

55364 4/3-6/12 Mon 11:45 a.m.-12:45 p.m. L Gardener \$70



Outdoor Specialist Outdoor Recreation Program Coordinator

cell 206-618-4254
sound.steps@seattle.gov


Outdoor Recreation is our new program that encompasses Sound Steps, but adds more! Hikes, Environmental Education, Dog Walks, anything outdoor related lands here.

Please register quarterly for all programs using the activity provided. See page 42 for registration information. Unless dates are specified, walks are generally ongoing. Check with the volunteer walk leader for any dates that may be missed.

Sign Up For Our Newsletter!

As we move into the New Year and have more volunteer walk leaders onboarded, there will be more walks available throughout Seattle than what is currently listed in this brochure. To stay up-to-date on new walks as they become available, send Brooke an email at sound.steps@seattle.gov to join the mailing list for program updates.

Hike Rating Legend

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

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

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

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

SCHOLARSHIPS

The scholarship cycle runs June 2022–June 2023. Have your application approved prior to registration. See page 42 for details.

DOG WALKS

Bring a dog, or come without one if you love dogs. Prepare to walk 2-3 miles, rain or shine. Meet at the designated site, leash your dog, and bring poop bags. Walks are free. Currently dog walks take place every Friday at 11 a.m. Please register at sound.steps@seattle.gov to get a list of locations, and so volunteer leader Sharon LeVine may contact you if there is a change.



FIELD TRIPS

Sammamish River Trail Exploration

The Sammamish River Trail, a flat and paved riverside bike path that runs alongside wilderness, farmland, and wineries, provides a relaxing breath of fresh air outside of the city. We will be parking at a trailhead for an hour-long out-and-back walk. Walk at your own pace and explore however much you can see of the trail in an hour before returning back home. Departure site: Jefferson CC.

Sammamish River Trail

56490 5/26 Fri 8:30.-11:30 a.m.

\$18

SPECIAL EVENTS



Join us as we explore tidal zones at Carkeek Park in the City Nature Challenge, as well as other nature adventures!

City Nature Challenge!

Join us for a 4-day event series with the City Nature Challenge—a citizen science competition to track biodiversity, make science accessible, and get people into nature. Using iNaturalist, a free and easy-to-use nature photography and identification app, cities across the world compete to see who can photograph and identify the most unique plants and animals.

Lifelong Recreation will be making our contribution with a series of 4 walks across the city. Come for one or come for all! At each walk, we'll meet at the gathering place to learn the rules of the City Nature Challenge and how to use the iNaturalist app for your cellphone or camera, then meander throughout the area photographing as much wildlife as we can. This is an at-your-own pace event, in that you can walk however fast or however long you please. The City Nature Challenge is all-ages, so feel free to bring your friends and family. No need to RSVP! Don't have a phone or camera? That's ok!

Friday 4/28 5:30-7:30 p.m.:

Carkeek Park (meet at playground)

Featured nature: tidal zones, forest, creek, orchard.

Saturday 4/29 1-3 p.m.:

Discovery Park (meet at Wolf Tree Nature Trail)

Featured nature: forest, ponds, meadows.

Sunday 4/30 9-11 a.m.:

Meadowbrook Pond (meet at Meadowbrook CC)

Featured nature: ponds, wetlands.

Monday 5/1 10 a.m.-Noon:

Delridge Neighborhood Exploration (meet at Delridge CC)

Featured nature: peat bog, creek, forest.

PUBLIC TRANSIT WALKS AND HIKES

NEW Public Transit Walks and Hikes!

Come celebrate public transportation with this wildly popular walk series. This quarter, we're excited to offer "Bus Walks" for the first time—you'll meet at a destination, go for a walk, and take the bus back to your starting point. You can still find our classic "Lightrail Walks" as well, where we will meet at a lightrail station and explore the area around it on foot before returning back to the station for departure. Participants are responsible for their own transit fare.

Lightrail–Northgate Station: Thornton Creek Exploration

Head to the northernmost stop on the light rail to explore where Thornton Creek begins. We'll experience the way the actual headwaters were tamed, weave through the woods beside it, check for a beaver spotting at Beaver Pond, then continue our walk through neighborhoods that give us an occasional glimpse of the waterway. We'll finish this walk at the Kingfisher Natural Area's stone crossing of the creek, which is about 1/3 of the way to where Thornton Creek empties into Lake Washington. Walk is 3-4 miles in distance on paved paths.

Northgate Light Rail Station

56491 4/19 Wed 2-3:30 p.m. Free

Bus Walk: Madison Street Challenge

Do you have what it takes to walk the full length of Madison Street, the longest road in Seattle?! We'll start downtown on the waterfront, and follow the road all the way to Madison Beach, seeing much of the city along the way! Once we get to the beach, we'll relax for a bit before taking a bus back to the start. This route is on sidewalk, with steep uphill and downhill throughout. Walk distance is ~4 miles total.

Pier 54

56492 4/24 Mon 10 a.m.-12:30 p.m. Free

Lightrail–Tukwila Int'l Blvd Station: Highline SeaTac Botanical Garden

For this lightrail walk we'll talk a stroll through the urban-industrial area of SeaTac to arrive at a secret botanical gem—the Highline SeaTac Botanical Garden! Featuring a Japanese Garden, a Paradise Garden, and roses, irises, daylilies, and fuchsias represented by garden societies, this park packs quite a punch of variety into a small space. Walk is ~3.5 miles total.

Tukwila International Boulevard Light Rail Station

56493 5/10 Wed 11 a.m.-1 p.m. Free

Bus Walk: South Seattle College Arboretum Exploration

A repeat of a highly-requested walk from last summer, but this time, with a bus to take you from the final destination to the start line! We'll start at Delridge CC, stroll through the woods alongside Longfellow Creek, then meander uphill to the South Seattle College Arboretum and Seattle Chinese Garden. This route features gorgeous neighborhood sights and an incredible landscaping delight on South Seattle College's campus. It's ~2.5 miles from the community center to the endpoint, and we'll stroll around the gardens for another mile or two before taking a bus back to the start. Please note this walk has a meandering but steep uphill to get to the destination.

Delridge CC

56494 5/25 Thu 1-3 p.m. Free

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. Message Brooke at sound.steps@seattle.gov to get registered for a volunteer onboarding session this spring, and we can get you started in no time.



SPRING WALKS

Marra-Desimone Park and Picnic

Marra-Desimone Park is a lush gardenscape in South Park—perfect to view the budding flowers and have a picnic! We'll take a slow and mindful walk through the p-patch gardens and farm, and take in all the seasonal sensory goodness before sitting down for a picnic view. Bring your own sack lunch or snacks to enjoy. Walk will be short, less than 1.5 miles total.

Marra-Desimone Park

56478 4/4 Tue 11:30 a.m.-1 p.m. Free

Ballard Locks to Discovery Park Loop

A cluster of Northwest Seattle gems, all in one walk! Starting from the Ballard Locks parking lot, we'll cross the water to Magnolia to Discovery Park, walk part of the loop trail to the North Beach, and then connect back to Ballard. Featuring waterways, forest, and beach, this walk is equal parts urban and secluded, with lots of incredible Seattle history throughout. Walk is ~6 miles total, with some inclines, and a mixture of pavement and dirt path.

Ballard Locks

56479 5/12 Fri 11 a.m.-12:30 p.m. Free

RainbowSteps Pancake Walk

SoundSteps meets Rainbow Recreation for this inaugural social walk. This walk is open to members of the LGBTQIA+ community (lesbian, gay, bisexual, transgender, questioning, intersex, asexual, and other gender and sexual identities), as well as allies (people who are not members of the community but provide love, safety, and advocacy to those who are). We'll start at Miller CC and stroll through North Capitol Hill to the Louisa Boren Lookout Point before returning to Miller CC by way of Volunteer Park. Walk is 2.5 miles with some hills. When we get back to Miller CC, we'll have a pancake bar and the chance to hang out. A great place to meet some friends to go to Pride Weekend festivities!

Miller CC

56268 6/1 Thu 11 a.m.-1:30 p.m. Free

SOUND STEPS WALKS

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!

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

56487 4/3-6/12 Mon 10-11 a.m. Free

Rainier Beach Sound Steps Walk

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

Rainier Beach CC Gym

56488 4/4-6/21 T/W 10:30-11:30 a.m. Free

Seward Park Loop Sound Steps Walk

Join us for this 2.8-mile loop around Seward Park which has beautiful views of Lake Washington and the Cascade Mountains all the way around! Meet in front of the Audubon Center near the main parking lot.

Seward Park Audubon Center

56489 4/6-6/22 Thu 11 a.m.-12:30 p.m. Free



ENVIRONMENTAL EDUCATION

Signs of Spring Stroll

The air is warming, flowers b looming, b irds chirping—the season is changing all around us! Join us for a slow and mindful walk through this tucked away trail with a naturalist team to help us notice the signs of spring throughout the forest and creek. This walk is less than 2 miles total on a mix of pavement and dirt, at a slow pace, with lots of stopping for observations along the way.

Deadhorse Canyon

56480 4/6 Thu 11 a.m.-12:30 p.m. Free

Marine Mammals

Whales, seals, sea lions, otters—all aquatic mammals that you can see throughout the waters in and around Puget Sound. As some of these animals take quite a bit of effort to see in the outdoors, we'll spend the evening learning all about them from home with the Environmental Education Team, so if you ever spot one in the wild you'll already know all about them!

Virtual

56481 5/10 Wed 6-7:30 p.m. Free

West Seattle Bee Garden

Admire our local pollinators hard at work as we tour the hives in the educational enclosures at High Point Commons P-Patch Community Gardens. Brilliant landscape architecture allows the bees to be viewed safely while we observe their behavior.

High Point Commons Park

56482 5/18 Thu 11 a.m.-12:30 p.m. Free

Using Technology to Improve Your Walks/Runs

The internet offers many tools to help you plan, track and record, and enhance the experience of your walks and runs. We'll go over the basics of a few different free websites and smartphone/tablet apps. This class is for the techno-curious who want to access new tools to improve their health and connect them to others wishing to do the same.

Virtual

56483 5/30 Tue 6-7:30 p.m. Free

Foraging in the Forest

The term "wildcrafting" comes from the Old English word "wildcrofting", which means "farming the woods". We'll move slowly through the wooded trails in Seward Park searching for plants, herbs, and fungi with culinary and medicinal functions, learning the uses and properties of each. Of note, the actual harvesting of edibles is not permitted in Seattle Parks, so we will simply be observing and learning about what we find. Please do not remove identified wildlife from the park on this walk.

Seward Park

56484 6/15 Thu 11 a.m.-12:30 p.m. Free

RUN CLUBS



Northend Run Club

Open to runners of all experience levels! We'll gather in the parking lot of Building 30 in Magnuson Park for a light warmup, then head to Magnuson's dirt track to run laps at your own pace, with the opportunity to take rest breaks whenever you need. This group will be led by an experienced track and cross-country coach, so it is a great opportunity for beginners to get some tips, for experienced runners to have some accountability to get out the door, or for anyone looking for friends to run with.

Magnuson Park Track

56485 4/7-6/23 Fri 8-10 a.m. Free

Southend Run Club

Open to runners of all experience levels! We'll gather in front of Jefferson CC for some light group warmups, then head to the track at Jefferson to run laps at your own pace, with the opportunity to take rest breaks whenever you need. This group will be led by an experienced track and cross-country coach, so it is a great opportunity for beginners to get some tips, for experienced runners to have some accountability to get out the door, or for anyone looking for friends to run with.

Jefferson Park Track

56486 4/6-6/22 Thu 8-10 a.m. Free



There are a lot of ways you can volunteer with us!



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.

If you'd like to get involved, please contact Cheryl Brown at 206-849-6564.

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.

VOLUNTEER OPPORTUNITIES

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



- Lead a book club, bridge club, or mah jong group.
- Be a field trip van driver: tours and meals comp'd.
- Join the Senior Volunteer Team at your local community center.
- Come help at a food bank with us.
- Be a 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 above.

Age Friendly Civic Coffee

Age Friendly Seattle hosts a monthly FREE event where older people can meet community leaders and local government officials, ask questions, and provide feedback. Join us on the 3rd Thursday of each month, 10:30 a.m.-Noon as we discuss a range of topics from housing to brain health. Multilingual captioning is included online, and interpretation is available upon request. This event is held virtually and—coming soon—we aim to bring it back in-person, too. Refreshments will be served at in-person locations. Tune in at bit.ly/AgeFriendlyLive!

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



Age Friendly Seattle

The City of Seattle has created an Age Friendly Seattle Action Plan based on the following 8 domains of livability by The World Health Organization:



1. Outdoor spaces and buildings
2. Transportation
3. Housing
4. Social participation
5. Respect and social inclusion
6. Civic participation, and employment
7. Communication and information
8. Community and health services

Visit www.seattle.gov/agefriendly to learn more.

Are you 60+ years old?

Then you qualify for a Gold Card discount at locations around King County!



Discounts include:

Seattle Aquarium: FREE

Woodland Park Zoo: 75% OFF

Seattle Animal Shelter: 50% OFF

See the full list of discounts and request a Gold Card at seattle.gov/agefriendlydiscounts.

You can apply online 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, visit seattle.gov/agefriendlydiscounts to apply for the FLASH card.*

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

Due to COVID 19, centers will have varying hours of operation, so please contact your center for more information.

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 / www.kinon.org

Lake City Community Center

12531 28th Ave. NE, 98125
206-268-6738 / lakecityseniors.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 / tsawwhitecenter.org

Southeast 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

Wallingford Community Senior Center

4649 Sunnyside Ave. N, 98103
206-461-7825 / wallingfordseniors.org

West Seattle Senior Center

4217 SW Oregon St., 98116
206-932-4044 / sc-ws.org

REGISTRATION



FIRST CHOICE

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



SECOND CHOICE

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.



THIRD 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

AP Diaz, Superintendent
Daisy Catague, Director of Recreation
Lori Chisholm, Matrix and Partnerships Manager

Professional Staff

Carol Baxter, OOC Recreation Program Coordinator—
through April 2023, 206-849-6564
Cheryl Brown, Recreation Program Coordinator, 206-849-6564
Dena Schuler, Management Systems Analyst, 206-450-9819

SCHOLARSHIP INFORMATION

Seattle Park District Scholarship funds are available to those who qualify. To apply:

- Print the 2023-24 application form and fill out completely. To download forms online visit https://bit.ly/spr_scholarships.
- Gather required income and household size (proof of dependents) documentation. Page one and two of your 2022 IRS 1040 form is required.
- Submit your application and documents (black out all social security numbers and bank routing numbers before submitting).

How to submit your application

Preferred method: 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 Av. 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 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 call 206-684-7548 or TDD 206-233-1509. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area that is not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Specialized Programs

For information on programs for youth/adults with disabilities, please call the Specialized Programs Office at 206-684-4950, or visit the web at: <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.

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.

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/.



Seattle Parks & Recreation

healthy people healthy environment strong communities

Lifelong Recreation

Magnuson Building 30
6310 NE 74th St
Seattle, WA 98115

CHANGE SERVICE REQUESTED

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PERMIT 152



We have a lot of fun field trips
planned for this spring, come
join us and make a few friends!

