

# LIFELONG RECREATION

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



Seattle  
Parks & Recreation

SUMMER 2025



**REGISTER online at Noon:**

**May 20**

**[seattle.gov/parks](https://seattle.gov/parks)**

***Come Play with Us!***

# Welcome to Lifelong Recreation!

**SUMMER Quarter 2025**

July 7-August 30

*No Programs and Facilities closed on:*

• July 4

4th of July

**REGISTRATION**

begins at **NOON** on **May 20**

No  
Membership  
Fees!

**Wondering how to register?**

Detailed registration information can be found on pages 50 and 51.

## SUMMER INCLEMENT WEATHER POLICY

When Seattle Public Schools cancels OR delays school, all Lifelong Recreation Programs will be cancelled for the day. During school breaks, Lifelong Recreation will make any needed determination regarding weather-related closures. In the event of extreme weather conditions such as cold, heat, and smoke, additional criteria will be used to determine whether Lifelong Recreation's outdoor programs will run as planned.

Staff will make every effort to communicate by the end of the preceding day when cancellations are expected. Lifelong Recreation will update our main phone line at 206-684-4951 by 8 a.m. regarding program cancellations for the day. If there is no message update, programs will run as scheduled.

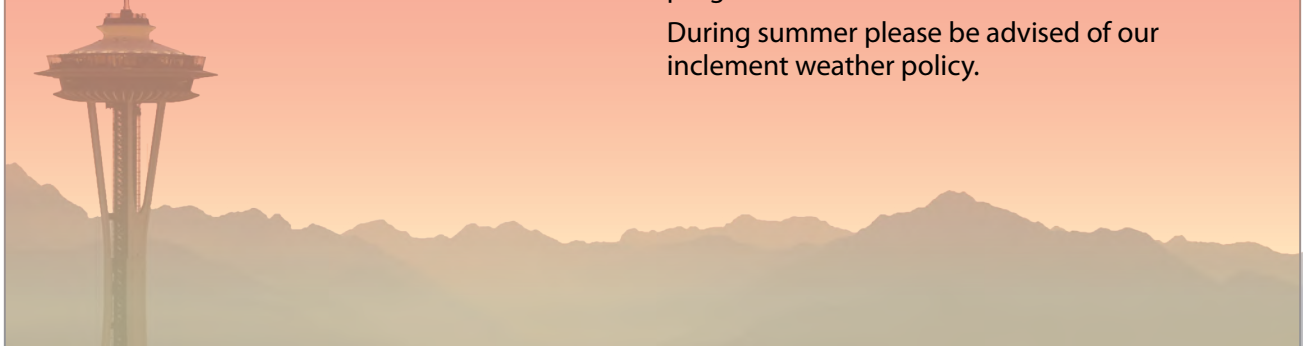
### Heat:

When smoke or extreme hot weather is in the forecast call 206-684-4951 for Lifelong Recreation updates and cancellations. When predicted temperatures are to be at 82°F or higher, or AQI reaches 101 or higher, programs that occur OUTDOORS will be cancelled.

### Air Quality:

Seattle Parks and Recreation uses AirNow.gov to determine air quality status for the general Seattle area. Lifelong Recreation will follow these guidelines when air quality is worsening: When the AQI (Air Quality Index) is between 101 and 200 all OUTDOOR Lifelong Recreation programs will be cancelled; when the AQI is at 201 or higher ALL Lifelong Recreation programs will be cancelled.

During summer please be advised of our inclement weather policy.





# Seattle Parks Lifelong Recreation Staff



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

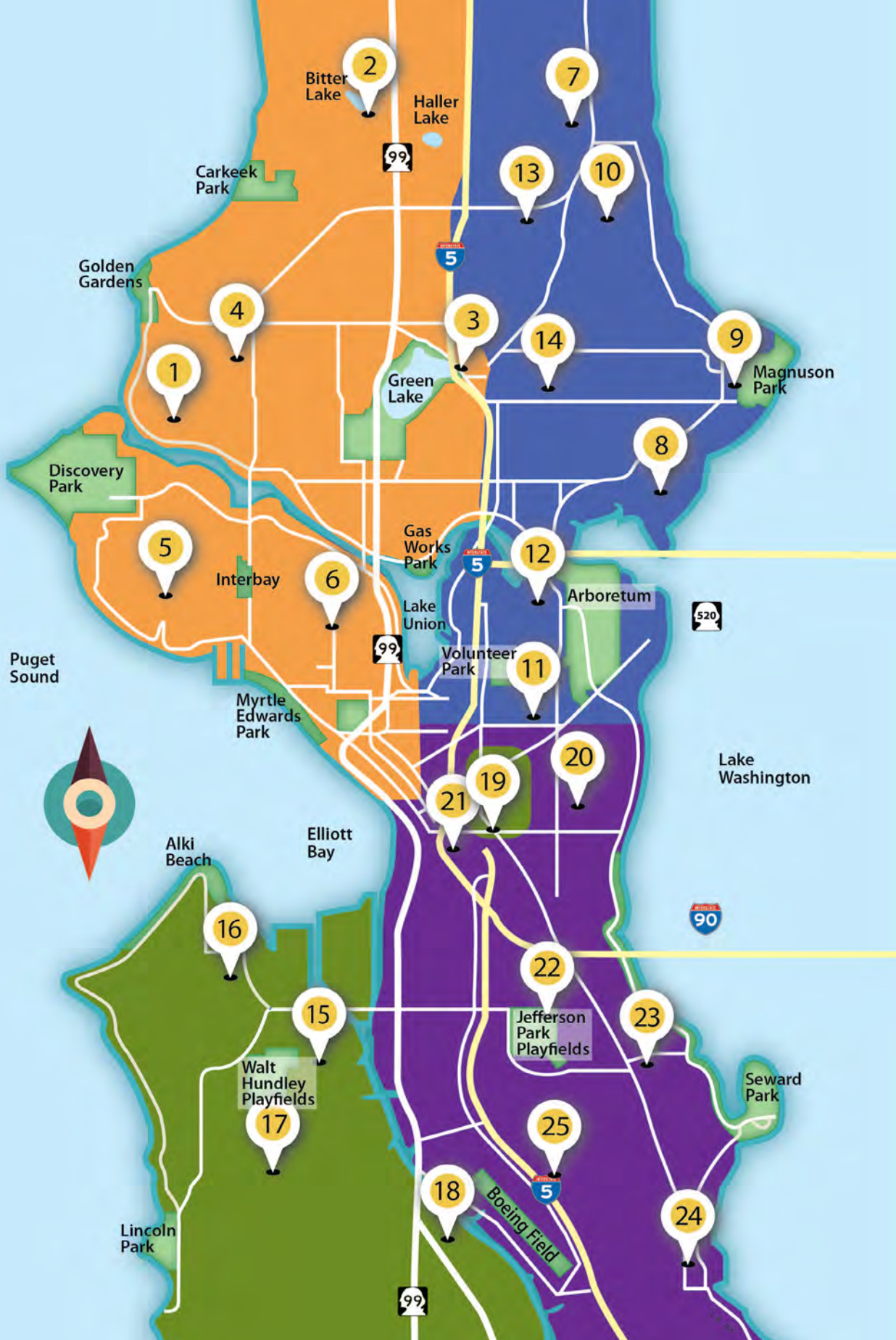


Some photos courtesy of: Meryl Schenker Photography, Ryan Hawk Photography.

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COMMUNITY CENTER LOCATIONS



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## Northwest

**Gerald Seminatore**, Recreation Specialist  
206-233-7138 / cell 206-399-8561 / [gerald.seminatore@seattle.gov](mailto:gerald.seminatore@seattle.gov)

**1) BALLARD CC**  
6020 28th Ave. NW, 98107  
tel: 206-684-4093  
**2) BITTER LAKE CC**  
13035 Linden Ave. N, 98133  
tel: 206-684-7524

**3) GREEN LAKE CC**  
7201 E Green Lake Dr. N, 98115  
tel: 206-684-0780  
**4) LOYAL HEIGHTS CC**  
2101 NW 77th St., 98117  
tel: 206-684-4052

**5) MAGNOLIA CC**  
*Closed for renovations*  
2550 34th Ave. W, 98199  
tel: 206-386-4235  
**6) QUEEN ANNE CC**  
1901 1st Ave. W, 98119  
tel: 206-386-4240

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## Northeast

**Tori Fernau**, Recreation Specialist  
206-386-9106 / cell 206-696-8252 / [tori.fernau@seattle.gov](mailto:tori.fernau@seattle.gov)

**7) LAKE CITY CC**  
*Closed due to fire damage*  
12531 28th Ave. NE, 98125  
tel: 206-256-5645  
**8) LAURELHURST CC**  
4554 NE 41st St., 98105  
tel: 206-684-7529  
**9) MAGNUSON CC**  
7110 62nd Ave. NE, 98115  
tel: 206-684-7026

**10) MEADOWBROOK CC**  
10517 35th Ave. NE, 98125  
tel: 206-684-7522  
**11) MILLER CC**  
330 19th Ave. E, 98112  
tel: 206-684-4753  
**12) MONTLAKE CC**  
1618 E Calhoun St., 98112  
tel: 206-684-4736

**13) NORTHGATE CC**  
10510 5th Ave. NE, 98125  
tel: 206-386-4283  
**14) RAVENNA-ECKSTEIN CC**  
6535 Ravenna Ave. NE, 98115  
tel: 206-684-7534

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27-32

## Southwest

**John Hasslinger**, Recreation Specialist  
206-256-5403 / cell 206-423-3988 / [john.hasslinger@seattle.gov](mailto:john.hasslinger@seattle.gov)

**15) DELRIDGE CC**  
4501 Delridge Way S, 98106  
tel: 206-684-7423  
**16) HIAWATHA CC**  
*Closed for renovations*  
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**  
*Closed for renovations*  
8319 8th Ave. S, 98108  
tel: 206-684-7451

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

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## Southeast

**Masha Shtern**, Interim Recreation Specialist  
cell 206-450-9522 / [masha.shtern@seattle.gov](mailto:masha.shtern@seattle.gov)

**20) GARFIELD CC**  
2323 E Cherry St., 98122  
tel: 206-684-4788  
**21) INTERNATIONAL DISTRICT/  
CHINATOWN CC**  
719 8th Ave. S, 98104  
tel: 206-233-0042

**22) JEFFERSON CC**  
3801 Beacon Ave. S, 98108  
tel: 206-684-7481  
**23) RAINIER CC**  
4600 38th Ave. S, 98118  
tel: 206-386-1919

**24) RAINIER BEACH CC**  
8825 Rainier Ave. S, 98118  
tel: 206-386-1925  
**25) VAN ASSELT CC**  
2820 S Myrtle St., 98108  
tel: 206-386-1921

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## Signature Programs

**Dementia-Friendly Recreation**  
**Tamara Keefe:**  
206-615-0100  
cell 206-399-4655  
[tamara.keefe@seattle.gov](mailto:tamara.keefe@seattle.gov)

**Rainbow Recreation**  
**Tamara Keefe:**  
206-615-0100  
cell 206-399-4655  
[tamara.keefe@seattle.gov](mailto:tamara.keefe@seattle.gov)

**Outdoor Recreation**  
**Courtney**  
cell 206-618-4254  
[sound.steps@seattle.gov](mailto:sound.steps@seattle.gov)



BOLLYWOOD FITNESS						
High Point						
Session 1						
78970	7/11-8/1	Fri	9:45-10:45 a.m.	A Carver	\$32	
Delridge						
Session 2						
79003	8/8-8/22	Fri	9:45-10:45 a.m.	A Carver	\$24	
BUILDING BALANCE WITH FRIENDS						
Outside for Summer—Magnuson Park, Shelter 3						
79188	7/17-8/28	Thu	1-2:30 p.m.	M Kaye	Free	
CIRCUIT TRAINING						
Video Link - Bitter Lake: <a href="https://youtu.be/JpJLEntLKAM">https://youtu.be/JpJLEntLKAM</a>						
Video Link - Queen Anne: <a href="https://youtu.be/Faj4Hn5-fR0">https://youtu.be/Faj4Hn5-fR0</a>						
Bitter Lake						
79202	7/11-8/29	Fri	9:30-10:30 a.m.	R Buyce	\$32	
Loyal Heights						
79201	7/8-8/26	Tue	9:30-10:30 a.m.	R Buyce	\$64	
79200	7/10-8/28	Thu	9:30-10:30 a.m.	R Buyce	\$64	
Meadowbrook						
77833	7/11-8/29	Fri	11:30 a.m.-12:30 p.m.	R Buyce	\$64	

DANCE FIT						
High Point						
Session 1						
78971	7/10-7/31	Thu	9:45-10:45 a.m.	A Carver	\$32	
Delridge						
Session 2						
79004	8/7-8/21	Thu	9:45-10:45 a.m.	A Carver	\$24	
DANCE FOR PARKINSON'S						
Garfield						
	6/12-7/31	Thu	10:30 a.m.-Noon		Free	
DANCE—						
TRADITIONAL AND CONTEMPORARY ASIAN						
Van Asselt						
79365	7/9-8/27	Wed	6-7:45 p.m.	K Luo	Free	



## ENHANCE FITNESS

### Garfield

Silver&Fit® | One Pass®/Renew Active

79283	7/7-8/18	Mon	11 a.m.-Noon	N Fraser	Free
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Self-Pay

79284	7/7-8/18	Mon	11 a.m.-Noon	N Fraser	\$56
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### High Point

Silver&Fit® | One Pass®/Renew Active

Session 1

78977	7/8-7/29	Tue	11 a.m.-Noon	N Fraser	Free
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Session 2

79006	8/5-8/26	Tue	8:45-9:30 a.m.	N Fraser	Free
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Self-Pay

Session 1

78978	7/8-7/29	Tue	11 a.m.-Noon	N Fraser	\$32
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Session 2

79007	8/5-8/26	Tue	8:45-9:30 a.m.	N Fraser	\$24
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### Meadowbrook

Silver&Fit® | One Pass®/Renew Active

77837	7/7-8/25	Mon	11 a.m.-Noon	C House	Free
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77839	7/9-8/27	Wed	9:40-10:40 a.m.	C House	Free
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77835	7/11-8/29	Fri	9:40-10:40 a.m.	C House	Free
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Self-Pay

77838	7/7-8/25	Mon	11 a.m.-Noon	C House	\$64
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77840	7/9-8/27	Wed	9:40-10:40 a.m.	C House	\$64
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77836	7/11-8/29	Fri	9:40-10:40 a.m.	C House	\$64
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### Miller

Silver&Fit® | One Pass®/Renew Active

77829	7/7-8/25	Mon	10:15-11:15 a.m.	M Taplin	Free
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77831	7/10-8/28	Thu	10:30-11:30 a.m.	M Taplin	Free
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Self-Pay

77830	7/7-8/25	Mon	10:15-11:15 a.m.	M Taplin	\$64
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77832	7/10-8/28	Thu	10:30-11:30 a.m.	M Taplin	\$64
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### Queen Anne

Silver&Fit® | One Pass®/Renew Active

79212	7/7-8/11	Mon	Noon-1 p.m.	K Adolphsen	Free
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79214	7/9-8/13	Wed	Noon-1 p.m.	K Adolphsen	Free
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79210	7/11-8/15	Fri	Noon-1 p.m.	K Adolphsen	Free
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Self-Pay

79213	7/7-8/11	Mon	Noon-1 p.m.	K Adolphsen	\$48
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79215	7/9-8/13	Wed	Noon-1 p.m.	K Adolphsen	\$48
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79211	7/11-8/15	Fri	Noon-1 p.m.	K Adolphsen	\$48
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### Rainier

Silver&Fit® | One Pass®/Renew Active

79285	7/9-8/27	Wed	10:15-11:15 a.m.	YS Gartz	Free
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79359	7/10-8/28	Thu	10-11 a.m.	N Fraser	Free
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79281	7/11-8/29	Fri	10:15-11:15 a.m.	YS Gartz	Free
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Self-Pay

79286	7/9-8/27	Wed	10:15-11:15 a.m.	YS Gartz	\$64
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79360	7/10-8/28	Thu	10-11 a.m.	N Fraser	\$64
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79282	7/11-8/29	Fri	10:15-11:15 a.m.	YS Gartz	\$64
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## NEW to EnhanceFitness?

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



FABULOUSLY FIT						
Queen Anne						
79216	7/9-8/13	Wed	9:30-10:45 a.m.	K Adolphsen	\$60	
FITNESS						
High Point						
Session 1						
78979	7/9-7/30	Wed	10-11 a.m.	S Simmons	\$32	
Delridge						
Session 2						
79008	8/6-8/27	Wed	10-11 a.m.	S Simmons	\$32	
INTRO TO THE FITNESS ROOM						
Northgate						
Session 1						
79179	7/16-7/30	Wed	2-3 p.m.	M Kaye	Free	
Session 2						
79180	8/6-8/20	Wed	2-3 p.m.	M Kaye	Free	
LINE DANCE						
Video Link: <a href="https://youtu.be/n4CvEbDKpDg">https://youtu.be/n4CvEbDKpDg</a>						
Line Dance						
High Point						
All Levels						
Session 1						
78983	7/10-7/31	Thu	11:15 a.m.-12:15 p.m.	S Simmons	\$32	
Session 2						
79012	8/7-8/28	Thu	Noon-1 p.m.	S Simmons	\$32	
Queen Anne						
Beginning						
79227	7/7-8/25	Mon	3:30-4:30 p.m.	C Banta	\$64	
Continuing						
79226	7/9-8/27	Wed	5:45-6:45 p.m.	C Banta	\$64	
Party Line Dance						
Meadowbrook						
All Levels						
77843	7/7-8/25	Mon	12:15-1:15 p.m.	C House	\$64	
Soul Line Dance						
Northgate						
All Levels						
78574	7/11-8/8	Fri	10:15-11:30 a.m.	M Silver	\$50	
Rainier						
79288	7/7-8/4	Mon	11:45 a.m.-12:45 p.m.	M Silver	\$40	
Tuesday Dance Party						
High Point						
Session 1						
78998	7/8-7/29	Tue	9:45-10:45 a.m.	A Carver	\$32	
Delridge						
Session 2						
79014	8/5-8/26	Tue	9:45-10:45 a.m.	A Carver	\$32	

PILATES						
Video Link: <a href="https://youtu.be/C6iGDgez3M">https://youtu.be/C6iGDgez3M</a>						
Laurelhurst						
77641	7/17-8/28	Thu	12:30-1:30 p.m.	D Dragovich	\$56	
Meadowbrook						
77844	7/9-8/27	Wed	11:15 a.m.-12:15 p.m.	D Dragovich	\$64	
STRETCH AND BALANCE						
Northgate						
78575	7/14-8/25	Mon	1:30-2:30 p.m.	M Kaye	Free	
STRENGTH AND CONDITIONING						
Laurelhurst						
77642	7/8-8/26	Tue	9:30-10:30 a.m.	J Shearer	\$64	
Magnuson Park, Shelter 3 —Outside for Summer						
79185	7/10-8/28	Thu	8:15-9:15 a.m.	J Shearer	\$64	
TAI CHI AND QIGONG						
Video Link: <a href="https://youtu.be/J82jluSOs5s">https://youtu.be/J82jluSOs5s</a>						
Tai Chi						
Ballard						
Beginning/Continuing Chen-Style						
79237	7/7-8/25	Mon	6:30-7:30 p.m.	S House	\$64	
Green Lake—Outside for Summer						
All Levels						
79232	7/9-8/27	Wed	10:30-11:30 a.m.	E Baxa	\$64	
79233	7/9-8/27	Wed	11:45 a.m.-12:45 p.m.	E Baxa	\$64	
Garfield						
79235	7/15-8/26	Tue	11:15 a.m.-12:15 p.m.	C Tan	\$54	
Continuing						
79236	7/15-8/26	Tue	12:30-1:30 p.m.	C Tan	\$54	
Loyal Heights						
Beginning						
79235	7/8-8/5	Tue	11:15 a.m.-12:15 p.m.	C Tan	\$40	
Continuing						
79236	7/8-8/5	Tue	12:30-1:30 p.m.	C Tan	\$40	
Magnuson Park, Shelter 2—Outside for Summer						
All Levels						
79186	7/8-8/26	Tue	10-11 a.m.	E Baxa	\$64	
Queen Anne						
All Levels						
79234	7/10-8/28	Thu	11 a.m.-Noon	E Baxa	\$64	
Ravenna-Eckstein						
All Levels						
79314	7/8-2/26	Tue	12:45-1:45 p.m.	E Baxa	\$64	
Qigong						
Loyal Heights						
79231	7/10-8/7	Thu	11:15 a.m.-12:15 p.m.	C Tan	\$40	
WHOLE BODY FITNESS						
High Point						
Session 1						
79001	7/7-7/28	Mon	9:45-10:45 a.m.	TBD	\$32	
Delridge						
Session 2						
79016	8/4-8/25	Mon	9:45-10:45 a.m.	TBD	\$32	



<b>YOGA</b>						
<b>Back in Action Gentle Yoga</b>						
<b>High Point</b>						
Session 1						
78969	7/11-8/1	Fri	11 a.m.-Noon	J Reed		\$32
Session 2						
79002	8/8-8/29	Fri	Noon-1 p.m.	J Reed		\$32
<b>Chair Yoga</b>						
<b>Bitter Lake</b>						
79245	7/11-8/29	Fri	1-1:45 p.m.	J Robin		\$24
<b>Gentle Yoga</b>						
Video Link: <a href="https://youtu.be/-rbaj950AtE">https://youtu.be/-rbaj950AtE</a>						
<b>Bitter Lake</b>						
79249	7/9-8/20	Wed	5:30-6:30 p.m.	D Schulz		Free
<b>High Point</b>						
Session 1						
78980	7/7-/28	Mon	11 a.m.-Noon	J Reed		\$32
Session 2						
79009	8/4-8/25	Mon	Noon-1 p.m.	J Reed		\$32
<b>Laurelhurst</b>						
77640	7/17-8/28	Thu	11 a.m.-Noon	J Robin		\$56
<b>Loyal Heights</b>						
79247	7/7-8/25	Mon	10:45-11:45 a.m.	R MacDonald		\$64
<b>Miller</b>						
79341	7/7-8/25	Mon	11:45 a.m.-12:45 p.m.	L Gardener		\$64
<b>Pritchard Beach Bathhouse</b>						
79287	7/8-8/19	Tue	9-10 a.m.	LM Chollette		Free
<b>Queen Anne</b>						
79248	7/7-8/25	Mon	2-3 p.m.	R MacDonald		\$64



[facebook.com/LifelongRecreationSPR/](https://facebook.com/LifelongRecreationSPR/)

## Fitness Class DROP-INS

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

<b>Vini Yoga</b>						
<b>High Point</b>						
Session 1						
78999	7/9-7/30	Wed	11:15 a.m.-12:15 p.m.	A Merlo		\$32
<b>Delridge</b>						
Session 2						
79015	8/6-8/27	Wed	11:15 a.m.-12:15 p.m.	A Merlo		\$32
<b>Laurelhurst</b>						
77643	7/15-8/26	Tue	11 a.m.-Noon	H Mair		\$56
<b>Loyal Heights</b>						
79250	7/10-8/28	Thu	5:30-6:30 p.m.	A Mason		\$64
79251	7/11-8/29	Fri	10-11 a.m.	M Alex		\$64
<b>Meadowbrook</b>						
77845	7/7-8/25	Mon	9:30-10:30 a.m.	H Mair		\$64
77846	7/10-8/28	Fri	1:30-2:30 p.m.	H Mair		\$56
<b>Northgate</b>						
78576	7/10-8/28	Thu	10:15-11:15 a.m.	H Mair		\$56
<b>Rainier Beach</b>						
79291	7/11-8/22	Fri	10-11 a.m.	A Merlo		\$64
<b>ZUMBA® AND ZUMBA GOLD®</b>						
Video Link: <a href="https://youtu.be/mzy3RR_SfuQ">https://youtu.be/mzy3RR_SfuQ</a>						
<b>Bitter Lake</b>						
79254	7/9-8/27	Wed	Noon-1 p.m.	S Tennyson		\$32
<b>Laurelhurst</b>						
77644	7/15-8/26	Tue	12:15-1:15 p.m.	C House		\$56
77638	7/17-8/28	Thu	9:15-10:15 a.m.	C House		\$56

## 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](mailto:jayson.powell@seattle.gov).



## Pickleball at a Glance

To learn about opportunities to play pickleball in the Seattle area please visit:

<https://www.seattle.gov/parks/recreation/sports/pickleball>.

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



## Come work out at our Fitness Centers

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

*OUR FITNESS CENTERS ARE NOW FREE!*

Delridge	206-684-7423
Garfield	206-684-4788
Hiawatha (closed for renovation)	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

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

### POOLS: SUMMER OUTDOOR

<b>Colman Pool</b>	
8603 Fauntleroy Way SW	206-684-7494
<b>Lowery C. "Pop" Mounger Pool</b>	
2535 32nd Ave W	206-684-4708

### 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.









**Gerald Seminatore**  
Northwest  
Recreation Specialist

206-233-7138 / cell 206-399-8561  
gerald.seminatore@seattle.gov

### REGISTRATION

Register for programs using the activity number listed next to each program. Registration and payment details can be found on page 50. For accommodation requests please email [kyle.bywater@seattle.gov](mailto:kyle.bywater@seattle.gov).

### 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.

### TRIPS

#### Departure Sites

##### Ballard CC

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

##### Bitter Lake CC

13035 Linden Ave. N  
North parking lot at street level

#### Departure Times

##### SOUTHBOUND TRIPS:

**Bitter Lake:** 25 minutes before time listed.

**Ballard:** at time listed.

##### NORTHBOUND TRIPS:

**Ballard:** 25 minutes before time listed.

**Bitter Lake:** at time listed.

### SCHOLARSHIPS

The scholarship cycle runs June 2025-26. Have your application approved prior to registration. Those who applied for scholarships for 2024-25 will be extended through June 2026. If you do not have a scholarship currently please see details on page 50 to apply.

### BACK IN MOTION

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

### RAINBOW RECREATION

Rainbow Recreation program info can be found on pages 40-41, or search for "Rainbow" in Seattle Parks and Recreation's ACTIVE Net online registration system. Programs designated with a rainbow highlight are LGBTQ+ affirming spaces for community members and their allies.

### SHAPE UP

If you are new to any **Shape Up** class, receive \$10 off your first class. You must call or register in person to receive the discount. **Shape Up** classes are noted by an orange \* (asterisk) next to the registration number, e.g. 160978\*.

Several classes have reduced fees thanks to a **King County Shape Up Grant**. These classes are noted by an orange Δ (triangle) next to the registration number, e.g. 160978Δ. The Shape Up \$10 off coupon is invalid for these classes.

## FIELD TRIPS

**Village Theater Everett**

Since 1979, Village Theatre has been a leading producer of musical theatre in the Pacific Northwest. On this outing, we'll attend a matinee performance of the Tony Award winning musical *The Color Purple*, based on Alice Walker's novel and the subsequent film. Following the show, we'll have an early dinner, paid on your own, as a group at a local restaurant before returning to Seattle.

**Northbound**

79219 7/24 Thu 11 a.m.-6:30 p.m. \$95

**Hibulb Cultural Center and Tulalip Casino**

The mission of the Hibulb Cultural Center is to restore, protect, and interpret the history, cultural values, and spiritual beliefs of the Tulalip and other regional tribes that were signatories to the *Treaty of Point Elliott*. The center offers a wide array of exhibits and activities. Following the visit, lunch at the Tulalip Casino, pay for on your own.

**Northbound**

79220 7/30 Wed 10 a.m.-4 p.m. \$46

**Pacific Bonsai Museum and Saltwater State Park**

The Pacific Bonsai Museum is a cultural gem offering contemporary and traditional bonsai exhibits, group tours, education, and special events. We will tour the museum, then head out to Saltwater State Park for lunch and a walk along the ocean, weather permitting. Bring your own lunch, or partake of some of the items we'll have on board.

**Southbound**

79218 8/6 Wed 9:30 a.m.-4 p.m. \$50

**Flying Heritage and Combat Armor Museum**

The Flying Heritage and Combat Armor Museum in Everett is dedicated to the display and preservation of rare military aircraft, tanks, and other military equipment. On rotation in the three working hangars are military artifacts from the United States, United Kingdom, Germany, the Soviet Union, and Japan. After our docent-led tour we will have lunch at a nearby waterfront restaurant, pay on your own.

**Northbound**

79217 8/8 Fri 9:30 a.m.-3:30 p.m. \$38







## SOCIAL PROGRAMS

### Crafts

#### Craft Circle

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

#### Queen Anne

79205 7/10-9/11 Thu 1:30-4 p.m.

Free

### Games

#### Drop-In Bridge

Enjoy a game of bridge.

#### Queen Anne

*Intermediate/Advanced*

79204 7/8-9/9 Tue 12:30-3:30 p.m.

Free

#### Drop-In Mahjong

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

#### Queen Anne

*All Levels*

79206 7/11-9/12 Fri 1:30-4:30 p.m.

Free

Register online at [www.seattle.gov/parks](http://www.seattle.gov/parks)

## ARTS AND HANDWORK

### Watercolor with Sandra Kahler

Receive individual attention to enhance your skills. Bring your own watercolor supplies to each class, a materials list will be provided. Each class includes a group lesson and demonstration. Some previous watercolor experience is recommended.

#### Loyal Heights

79239 7/14-8/11 Mon 10:30 a.m.-1 p.m. S Kahler \$60

### Art of Collage

Collage is an art form made up of overlapping pieces of material, such as photographs, fabric, colored and textured paper, and other types of mixed media. This is an opportunity to experiment, create, and socialize with others. Will you be the next Picasso?

#### Bitter Lake

79382 7/17-7/31 Thu 10:30 a.m.-Noon LC Marvet \$45

#### Loyal Heights

79381 7/14-7/28 Mon 1:30-3 p.m. LC Marvet \$45

## LIFELONG LEARNING

### Fraud and Identity Theft

Con artists don't care how hard you have worked. They steal billions from Americans every year. This workshop will equip you with the tools you need to spot and avoid fraud and scams. Get an inside look at how scammers think, how to safeguard against identity theft and fraud, and what to do if you or someone you know has been a victim. Learn how to navigate websites and safeguard your identity online. Presented in collaboration with AARP.

#### Bitter Lake

79241 7/10 Thu 1:30-3:30 p.m. Free

#### Loyal Heights

79240 8/4 Mon 1:30-3:30 p.m. Free



## DROP-IN SPORTS

### Pickleball at a Glance

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

## SPORTS

### Bettyball

Bettyball is an unskilled and quirky version of pickup basketball for adults. It's played on a half court with few rules to follow, and no score keeping. It is a great community builder for older adults who want to have fun in a friendly group while staying in shape. Laughter is encouraged! **Registration required for participation.** NB: Frequent no-shows may be dropped from the roster to make room for waitlisted players.

#### Green Lake

79197 7/9-8/27 Wed 5:30-6:45 p.m. Volunteers Free

### Pickleball Skills—Beginning

Have you been curious about pickleball and wanted to give it a try? In this class, you'll learn the fundamentals of the game and play in a relaxed environment with others. For age 50+ participants.

#### Loyal Heights

79229 7/14-8/18 Mon 9:30-10:45 a.m. J Pilgrim-Stoppel \$48

# FITNESS CLASSES

Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle. An \* (asterisk) notes a *Shape Up* class, see orange box on page 13 for details. A Δ (triangle) notes a reduced class fee made possible by a *King County Shape Up Grant*.

**NOTE:** Some regularly scheduled instructors are away this summer. Their classes will return in the fall.

## Aerobics and Dance

### Fabulously Fit

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

#### Queen Anne

79216 7/9-8/13 Wed 9:30-10:45 a.m. K Adolphsen \$60

### Line Dance

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

#### Queen Anne

##### Beginning

79227 7/7-8/25 Mon 3:30-4:30 p.m. C Banta \$64

##### Continuing

79226 7/9-8/27 Wed 5:45-6:45 p.m. C Banta \$64

### 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!

#### Bitter Lake

79254Δ 7/9-8/27 Wed Noon-1 p.m. S Tennyson \$32

**NOTE:** Zumba Gold® classes at Loyal Heights and Queen Anne will return in the fall.



\*Class qualifies for \$10 off **SHAPE UP COUPON** if you are a new student.

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



## Strength and Conditioning

### Circuit Training

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

#### Bitter Lake

79202 Δ 7/11-8/29 Fri 9:30-10:30 a.m. R Buyce \$32

#### Loyal Heights

79201 7/8-8/26 Tue 9:30-10:30 a.m. R Buyce \$64

79200 7/10-8/28 Thu 9:30-10:30 a.m. R Buyce \$64



### EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. For this class, NEW participants or those who have not participated in over a year must submit an application prior to registration. Only members with Medicare Advantage with Silver&Fit® or OnePass®/Renew Active as a benefit qualify for free participation. Silver&Fit® and OnePass®/Renew Active participants must provide their Fitness ID Number on their application. **The online application and program information are located on the LLR website at <https://www.seattle.gov/parks/find/for-adults-50>, or <https://bit.ly/LLREF>.** If you are unable to access forms electronically, you can pick up paper forms from a community center offering EnhanceFitness classes. Participants will be notified via email when their application has been processed and they are eligible to register for classes.

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

To learn more about EnhanceFitness, Silver&Fit®, or One Pass®/Renew Active visit:

<http://projectenhance.org/enhancefitness/>,

<https://www.silverandfit.com/>, or

<https://www.youronepass.com>.

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

#### Queen Anne

Silver&Fit® | One Pass®/Renew Active

79212 7/7-8/11 Mon Noon-1 p.m. K Adolphsen Free

79214 7/9-8/13 Wed Noon-1 p.m. K Adolphsen Free

79210 7/11-8/15 Fri Noon-1 p.m. K Adolphsen Free

#### Self-Pay

79213 7/7-8/11 Mon Noon-1 p.m. K Adolphsen \$48

79215 7/9-8/13 Wed Noon-1 p.m. K Adolphsen \$48

79211 7/11-8/15 Fri Noon-1 p.m. K Adolphsen \$48

*\*Class qualifies for \$10 off **SHAPE UP COUPON** if you are a new student.*

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

## Tai Chi and Qigong

### Tai Chi

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

#### Ballard

*Beginning/Continuing Chen-Style*

79237	7/7-8/25	Mon	6:30-7:30 p.m.	S House	\$64
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#### Green Lake—Outside for Summer

—Back in Motion Class

*All Levels \*if you have little or no Tai Chi experience we recommend you register for the 10:30 a.m. class*

79232	7/9-8/27	Wed	10:30-11:30 a.m.	E Baxa	\$64
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79233	7/9-8/27	Wed	11:45 a.m.-12:45 p.m.	E Baxa	\$64
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#### Loyal Heights—Back in Motion Class

*Beginning*

79235	7/8-8/5	Tue	11:15 a.m.-12:15 p.m.	C Tan	\$40
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*Continuing*

79236	7/8-8/5	Tue	12:30-1:30 p.m.	C Tan	\$40
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#### Queen Anne—Back in Motion Class

*All Levels*

79234	7/10-8/28	Thu	11 a.m.-Noon	E Baxa	\$64
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### Qigong

Qigong ("chee gong") and Tai Chi bring great benefits for fitness, disease prevention, and improved balance. Qigong is the foundation of Tai Chi and is recommended as a complementary practice for stress reduction, increasing vital energy, and flexibility. Styles taught in class: Taiji Qigong 18, and the Eight Pieces of Brocade.

#### Loyal Heights—Back in Motion Class

79231	7/10-8/7	Thu	11:15 a.m.-12:15 p.m.	C Tan	\$40
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## Yoga

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

### Yoga

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

### Chair Yoga

#### Bitter Lake

79245	7/11-8/29	Fri	1-1:45 p.m.	J Robin	\$24
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### Gentle Yoga

#### Bitter Lake

*Registration required to participate*

79249	7/9-8/20	Wed	5:30-6:30 p.m.	D Schulz	Free
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#### Green Lake

75220	4/7-6/16	Mon	12:30-1:30 p.m.	R MacDonald	\$80
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#### Loyal Heights

79247	7/7-8/25	Mon	10:45-11:45 a.m.	R MacDonald	\$64
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#### Queen Anne

79248	7/7-8/25	Mon	2-3 p.m.	R MacDonald	\$64
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### Vini Yoga

#### Loyal Heights

79250	7/10-8/28	Thu	5:30-6:30 p.m.	A Mason	\$64
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79251	7/11-8/29	Fri	10-11 a.m.	M Alex	\$64
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*\*Class qualifies for \$10 off **SHAPE UP COUPON** if you are a new student.*

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



**Tori Fernau**  
**Northeast**  
**Recreation Specialist**

206-386-9106 / cell 206-696-8252  
*tori.fernau@seattle.gov*

### REGISTRATION

Register for programs using the activity number listed next to each program. Registration and payment details can be found on page 50. For accommodation requests please email [kyle.bywater@seattle.gov](mailto:kyle.bywater@seattle.gov).

### SCHOLARSHIPS

The scholarship cycle runs June 2025-26. Have your application approved prior to registration. Those who applied for scholarships for 2024-25 will be extended through June 2026. If you do not have a scholarship currently please see details on page 50 to apply.

### TRIPS

#### Departure Sites And Times

#### **Magnuson Building 30**

6310 NE 74th St.

Depart 20 minutes before time listed.

#### **Meadowbrook CC**

10517 35th Ave. NE

Depart at time listed.

#### **Northgate Transit Station**

10200 1st Ave NE

Passenger Pick Up/Drop Off Zone near South Entrance (B2)

Depart 40 minutes before time listed.

#### Departure Site Request

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

### BACK IN MOTION

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

### RAINBOW RECREATION

Rainbow Recreation program info can be found on pages 40-41, or search for "Rainbow" in Seattle Parks and Recreation's ACTIVE Net online registration system. Programs designated with a rainbow highlight are LGBTQ+ affirming spaces for community members and their allies.

## FIELD TRIPS

### Farm and Fiber Arts

We'll start with a visit to South Fork Farms' Bunk House Boutique for "all things alpaca"—yarn, clothing, soap, and maybe even the alpacas if they come say hi from the fields! Afterwards we'll make our way to La Conner to explore the Pacific Northwest Quilt and Fiber Arts Museum. Lunch paid for on your own. Note: There are stairs required to access the upper floors at the museum.

79320    7/23    Wed    10 a.m.-4:30 p.m.    \$48

### Anacortes Art Festival

Sit back and enjoy the scenic ride as we head north to the Anacortes Art Festival! At your own pace, visit over 220 artisan booths, a fine art exhibit, food trucks, and 2 stages with music and entertainment. Lunch paid for on your own. Note: This event is outdoors and will require lots of walking.

79316    8/1    Fri    9 a.m.-4:30 p.m.    \$39



## Working Waterfront

Enjoy a boat ride on the Jetty Island Ferry for the *Working Waterfront Harbor Tour*, a 1-hour guided tour with the Port of Everett. Learn about the diverse roles the Port of Everett plays along the waterfront from the operation of its international seaport, environmental stewardship, public access, and more! Before our tour we'll spend some time at Jetty Landing Park, feel free to bring a snack or drink to enjoy outside. Cost of trip includes transportation and tour admission. **Joint program with Outdoor Recreation.**

79317 8/13 Wed 3:30-8 p.m. \$54

## Throwback Thursday

Calling all history buffs! Join us on a guided tour aboard the Jetty Island Ferry as we explore the Everett Waterfront and learn about its former mill town days—when lumber, fishing, and maritime industries thrived! This tour is presented by Historic Everett, and the Port of Everett. Before our tour we'll spend some time at Jetty Landing Park, feel free to bring a snack or drink to enjoy outside. Cost of trip includes transportation and tour admission. **Joint program with Outdoor Recreation.**

79318 8/21 Thu 3:30-8 p.m. \$54

## Evergreen State Fair in Monroe

*Where the Magic Comes Alive!* is the theme for this year's fair, in its 116th year! Take it all in and explore at your own pace—farm animals, fair food, music, and entertainment throughout the day. Lunch paid for on your own. Note: This event is outdoors and will require lots of walking.

79356 8/25 Mon 9:20-4 p.m. \$44



## NATURE AND ENVIRONMENT

### Thornton Creek Exploration

Join an environmental educator to learn about the Thornton Creek watershed. A joint program with Outdoor Recreation. Option to meet at Northgate Station at 9:45 a.m. or at the Northgate Community Center at 10 a.m. Expect some incline and dirt paths. More detail will be emailed to registered participants prior to the program. An LGBTQ+ affirming space open to community members 50+ and their allies. **Joint Outdoor Recreation and Rainbow Recreation programs.**

### Lower Woodland Park

79343 7/31 Thu 9:45-11:30 a.m. Free

## SOCIAL PROGRAMS

### Book Clubs

Explore new books, ask interesting questions, listen to different points of view, hear varied interpretations, metaphors, and themes. ***If you need a current book list for NE, please contact the NE Recreation Specialist; for Rainbow at Miller, please contact the Rainbow Recreation Specialist.***

### Laurelhurst Book Group at Ravenna-Eckstein

Meets the 3rd Wednesday of each month: 7/16 and 8/20. This group will meet at Ravenna-Eckstein for the summer.

79315 Wed 2:15-3:15 p.m. Free

### Meadowbrook Book Club

Meets the 3rd Thursday of each month: 7/17 and 8/21.

77841 Thu Noon-1 p.m. Free

### Miller LGBTQ+ Affirming Book Group

See Rainbow page 41 for details.

79342 8/20 Wed 2-3:30 p.m. Free

### Northgate Book Club

Meets the 2nd Tuesday of each month: 7/8 and 8/12.

78569 Tue 3-4:30 p.m. Free

### Ravenna Evening Book Group at Northgate

Meets the 2nd Monday of each month: 7/14 and 8/11. This group will meet at Northgate CC for the summer.

78573 Mon 6:30-7:45 p.m. Free

## Games

### Drop-In Bridge

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

#### Japanese Gardens, Tateuchi Room

6/27-8/29 Fri 1:30-3:45 p.m.

#### Northgate No activity 9/1

7/7-9/8 Mon 1-3 p.m.

### Drop-In Mahjong

Drop-In and play mahjong, for experienced players.

#### Laurelhurst

7/1-9/9 Tue 11 a.m.-1:45 p.m.

#### Ravenna-Eckstein

6/26-8/28 Thu 10 a.m.-1 p.m.

## ARTS AND HANDWORK

### Meadowbrook Craft Club

Free Bring your own supplies to craft alongside others! This is an open space for creating, socializing, and community. Beading, sewing, knitting, scrapbooking, coloring—whatever your current projects are! This is not a class with instruction. Registration required. Meets the 2nd Thursday of the month: 7/10 and 8/14.

#### Meadowbrook

Free 77842 Thu 11 a.m.-1 p.m. Free

### Watercolor with Sandra Kahler—Outside

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

#### Magnuson Park, Shelter 3

77847 7/10-8/14 Thu 9:30 a.m.-Noon S Kahler \$72



# LIFELONG LEARNING

## Overdose Prevention and Response Training

This training will be facilitated by the Overdose Prevention Collective, a local volunteer run nonprofit. They will cover what an overdose is, the signs and symptoms, what Naloxone/Narcan is and how to use it, and how to give rescue breaths. In addition, they will share some of the science behind treatment for opioid use disorder. There will be a hands-on portion where participants can practice giving Naloxone with training devices.

### Northgate

78262 6/6 Fri 9:30-10:30 a.m. Free



## Tech Time

### Pre-Online Registration Support—Drop-In

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

### Before Summer 2025 Registration Opens

#### Meadowbrook

75186 5/12 Mon 10 a.m.-1 p.m. Free  
75187 5/16 Fri 9 a.m.-Noon Free

### Before Fall 2025 Registration Opens

#### Meadowbrook

79312 8/6 Wed 10-11:30 a.m. Free

Register online at [www.seattle.gov/parks](http://www.seattle.gov/parks)

# DROP-IN SPORTS

## Pickleball at a Glance

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

## FITNESS

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

## Aerobics and Dance

### Party Line Dance

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

#### Meadowbrook

77843 7/7-8/25 Mon 12:15-1:15 p.m. C House \$64

### Soul Line Dance for All Levels

A fun, energetic class for the mind, body, and soul! Come learn easy choreographed dance steps while groovin' to sweet soul music. Reap the benefits of exercise, building community, and overall good health.

#### Northgate

78574 7/11-8/8 Fri 10:15-11:30 a.m. M Silver \$50

### Zumba Gold®

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

#### Laurelhurst

77644 7/15-8/26 Tue 12:15-1:15 p.m. C House \$56  
77638 7/17-8/28 Thu 9:15-10:15 a.m. C House \$56



## Strength and Conditioning

### Building Balance with Friends

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

### Outside for Summer—Magnuson Park, Shelter 3

79188 7/17-8/28 Thu 1-2:30 p.m. M Kaye Free

## 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

77833 7/11-8/29 Fri 11:30 a.m.-12:30 p.m. R Buyce \$64



## EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. For this class, NEW participants or those who have not participated in over a year must submit an application prior to registration. Only members with Medicare Advantage with Silver&Fit® or OnePass®/Renew Active as a benefit qualify for free participation. Silver&Fit® and OnePass®/Renew Active participants must provide their Fitness ID Number on their application. **The online application and program information are located on the LLR website at <https://www.seattle.gov/parks/find/for-adults-50>, or <https://bit.ly/LLREF>.** If you are unable to access forms electronically, you can pick up paper forms from a community center offering EnhanceFitness classes. Participants will be notified via email when their application has been processed and they are eligible to register for classes.

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

To learn more about EnhanceFitness, Silver&Fit®, or One Pass®/Renew Active visit:

<http://projectenhance.org/enhancefitness/>,  
<https://www.silverandfit.com/>, or  
<https://www.youronepass.com>.

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

### Meadowbrook

Silver&Fit® | One Pass®/Renew Active

77837	7/7-8/25	Mon	11 a.m.-Noon	C House	Free
77839	7/9-8/27	Wed	9:40-10:40 a.m.	C House	Free
77835	7/11-8/29	Fri	9:40-10:40 a.m.	C House	Free

Self-Pay

77838	7/7-8/25	Mon	11 a.m.-Noon	C House	\$64
77840	7/9-8/27	Wed	9:40-10:40 a.m.	C House	\$64
77836	7/11-8/29	Fri	9:40-10:40 a.m.	C House	\$64

### Miller

Silver&Fit® | One Pass®/Renew Active

77829	7/7-8/25	Mon	10:15-11:15 a.m.	M Taplin	Free
77831	7/10-8/28	Thu	10:30-11:30 a.m.	M Taplin	Free

Self-Pay

77830	7/7-8/25	Mon	10:15-11:15 a.m.	M Taplin	\$64
77832	7/10-8/28	Thu	10:30-11:30 a.m.	M Taplin	\$64

## Intro to The Fitness Room

In this 3-week class you will learn the basics of using the community center's fitness rooms. Get familiar with the equipment and space in a supportive group environment.

### Northgate

Session 1

79179	7/16-7/30	Wed	2-3 p.m.	M Kaye	Free
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Session 2

79180	8/6-8/20	Wed	2-3 p.m.	M Kaye	Free
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## Stretch and Balance

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

### Northgate—Back in Motion Class

78575	7/14-8/25	Mon	1:30-2:30 p.m.	M Kaye	Free
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## 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.

**Laurelhurst NB:** Our first day of class will take place outside; meet at the playground.

77642	7/8-8/26	Tue	9:30-10:30 a.m.	J Shearer	\$64
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### Magnuson Park, Shelter 3 —Outside for Summer

79185	7/10-8/28	Thu	8:15-9:15 a.m.	J Shearer	\$64
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## Tai Chi and Qigong

### Tai Chi

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

#### Magnuson Park, Shelter 2 —Outside for Summer

All Levels

79186 7/8-8/26 Tue 10-11 a.m. E Baxa \$64

#### Ravenna-Eckstein

All Levels

79314 7/8-2/26 Tue 12:45-1:45 p.m. E Baxa \$64



## Yoga and Pilates

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

### Pilates

Stabilize and strengthen the core muscles of your abdominals and back while improving your flexibility and posture. These are mat pilates classes.

#### Laurelhurst

77641 7/17-8/28 Thu 12:30-1:30 p.m. D Dragovich \$56

#### Meadowbrook

77844 7/9-8/27 Wed 11:15 a.m.-12:15 p.m. D Dragovich \$64

### Yoga

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

#### Gentle Yoga

##### Laurelhurst

77640 7/17-8/28 Thu 11 a.m.-Noon J Robin \$56

#### Vini Yoga

##### Laurelhurst

77643 7/15-8/26 Tue 11 a.m.-Noon H Mair \$56

**Meadowbrook** No class Thursday 8/15

77845 7/7-8/25 Mon 9:30-10:30 a.m. H Mair \$64

77846 7/10-8/28 Fri 1:30-2:30 p.m. H Mair \$56

#### Miller—Rainbow Recreation Class

79341 7/7-8/25 Mon 11:45 a.m.-12:45 p.m. L Gardener \$64

**Northgate** No class 8/14

78576 7/10-8/28 Thu 10:15-11:15 a.m. H Mair \$56



**John Hasslinger**  
Southwest  
Recreation Specialist

206-256-5403 / cell 206-423-3988  
[john.hasslinger@seattle.gov](mailto:john.hasslinger@seattle.gov)

### REGISTRATION

Register for programs using the activity number listed next to each program. Registration and payment details can be found on page 50. For accommodation requests please email [kyle.bywater@seattle.gov](mailto:kyle.bywater@seattle.gov).

### SCHOLARSHIPS

The scholarship cycle runs June 2025-26. Have your application approved prior to registration. Those who applied for scholarships for 2024-25 will be extended through June 2026. If you do not have a scholarship currently please see details on page 50 to apply.

### TRIPS

#### Departure Sites And Times

#### **High Point CC**

6920 34th Ave. SW

Depart 15 minutes before time listed.

#### **Hiawatha CC**

2700 California Ave. SW—on Walnut Ave. SW, east of CC, near parking area between CC and West Seattle High School.

Depart at time listed.

#### Departure Site Request

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

### BACK IN MOTION

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

### RAINBOW RECREATION

Rainbow Recreation program info can be found on pages 40-41, or search for "Rainbow" in Seattle Parks and Recreation's ACTIVE Net online registration system. Programs designated with a rainbow highlight are LGBTQ+ affirming spaces for community members and their allies.

## FIELD TRIPS

### McChord Air Museum and Picnic

Join us for a group tour of this historical museum! Bring a picnic lunch to enjoy at Lake Spanaway afterwards.

78994 7/17 Thu 9:45 a.m.-3 p.m. \$50

### Remlinger Raspberry Pick

U-pick raspberry and farm explore time! Remlinger boasts gorgeous raspberry fields, a café with farm-to-table ingredients, and a farmers' market featuring their famous Remlinger Pies, and other local goodies. Please bring money for u-pick, lunch, and your other purchases.

78995 7/31 Thu 9:30 a.m.-2:30 p.m. \$22



### Duris Farm Pickle Party

Who doesn't like a pickle party? Craft your own pickles in a 1-hour workshop; shop for fresh, local produce and specialty items like freshly mixed salsa, pickling cucumbers, honey produced on site, and garlic garlands, all mostly sourced directly from the Duris Farm and nearby farmers. Activity fee includes pickle party. Lunch, pay on your own, before the party. Bring money for produce and specialty item purchases.

78996 8/14 Thu 10 a.m.-4 p.m. \$64

### Old Fort Nisqually

Join us for a living-history, guided tour of the restored, 1833 Hudson's Bay Trading and Farming Outpost. We'll learn the history of the Hudson's Bay Company's first venture into the Puget Sound Region and discover its evolution from lucrative, fur trading into a successful agricultural enterprise. We'll explore the fort, then lunch on your own at Freighthouse Square. Activity fee includes fort entrance and tour cost.

78997 8/28 Thu 9:45 a.m.-3:45 p.m. \$46

## NATURE AND ENVIRONMENT

### Schmitz Preserve Park Exploration

This forest gem is so much more than a mere collection of trees—it is a living, breathing, community much like our City of Seattle. The trees continually interact with each other and communicate with all of the many, diverse species that inhabit this forest world. Wander among these giants with a retired park ranger as your guide as we learn how this "city" operates. During the walk we'll immerse our senses in the timeless beauty and serenity of this complex community. Meet at the Admiral Way entrance, Admiral Way and SW Stevens St., and be prepared for muddy trails and possible rainy weather.

#### Schmitz Preserve Park

79352 8/5 Tue 11 a.m.-12:30 p.m. P Pilcher Free

## SPECIAL EVENTS

### Line Dance Party

Are you ready to kick up your heels and join us for an electrifying afternoon of line dancing? Join our quarterly dance celebration! Our team of experienced dance instructors are ready to lead you through the steps and get your heart pumping. All levels welcome. Registered students will receive an emailed playlist and more details prior to the dance.

#### High Point

78984 8/8 Fri 1:30-4 p.m. \$11



## SOCIAL PROGRAMS

### Book Clubs

#### High Point Book Club

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

Meets: 7/10 and 8/14.

#### High Point

79010	Thu	1-2 p.m.	G Buckley-Jones	Free
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### Music

#### 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

78992	7/5-9/27	Sat	11:30 a.m.-12:30 p.m.	M Summers	Free
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## VOLUNTEER

### Volunteers Orientation

Make an impact in your community! Lifelong Recreation SW is currently seeking assistant instructors for beginner and intermediate fall pickleball skills classes. Register here to open a conversation with our volunteer coordinator, and to join our Seattle Parks & Recreation team. Orientation will be online via Teams.

#### Virtual

79000	7/15	Tue	2-3 p.m.	Free
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## DROP-IN SPORTS

### Pickleball at a Glance

See page 10 for community center information for indoor pickleball.

### Outdoor Pickleball

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

#### Delridge Courts

7/1-8/28	T/Th	10 a.m.-Noon	Free
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#### Miller Courts

7/2-8/29	M/W/F	10 a.m.-Noon	Free
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#### Mt Baker Courts

7/1-8/28	T/Th	10 a.m.-Noon	Free
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#### Walt Hundley Courts

7/2-8/29	M/W/F	10 a.m.-Noon	Free
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## 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 yoga/exercise mat, water bottle, and towel.

#### High Point

Session 1

78970	7/11-8/1	Fri	9:45-10:45 a.m.	A Carver	\$32
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#### Delridge

Session 2

79003	8/8-8/22	Fri	9:45-10:45 a.m.	A Carver	\$24
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## 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!

### High Point

#### Session 1

78971	7/10-7/31	Thu	9:45-10:45 a.m.	A Carver	\$32
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### Delridge

#### Session 2

79004	8/7-8/21	Thu	9:45-10:45 a.m.	A Carver	\$24
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## EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. For this class, NEW participants or those who have not participated in over a year must submit an application prior to registration. Only members with Medicare Advantage with Silver&Fit® or OnePass®/Renew Active as a benefit qualify for free participation. Silver&Fit® and OnePass®/Renew Active participants must provide their Fitness ID Number on their application. **The online application and program information are located on the LLR website at <https://www.seattle.gov/parks/find/for-adults-50>, or <https://bit.ly/LLREF>.** If you are unable to access forms electronically, you can pick up paper forms from a community center offering EnhanceFitness classes. Participants will be notified via email when their application has been processed and they are eligible to register for classes.

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

To learn more about EnhanceFitness, Silver&Fit®, or One Pass®/Renew Active visit:

<http://projectenhance.org/enhancefitness/>,

<https://www.silverandfit.com/>, or

<https://www.youronepass.com>.

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

### High Point

Silver&Fit® | One Pass®/Renew Active

#### Session 1

78977	7/8-7/29	Tue	11 a.m.-Noon	N Fraser	Free
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#### Session 2

79006	8/5-8/26	Tue	8:45-9:30 a.m.	N Fraser	Free
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#### Self-Pay

#### Session 1

78978	7/8-7/29	Tue	11 a.m.-Noon	N Fraser	\$32
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#### Session 2

79007	8/5-8/26	Tue	8:45-9:30 a.m.	N Fraser	\$24
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## Line Dance

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

### High Point

*All Levels*

Session 1

78983 7/10-7/31 Thu 11:15 a.m.-12:15 p.m. S Simmons \$32

Session 2

79012 8/7-8/28 Thu Noon-1 p.m. S Simmons \$32

## Tuesday Dance Party

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

### High Point

Session 1

78998 7/8-7/29 Tue 9:45-10:45 a.m. A Carver \$32

### Delridge

Session 2

79014 8/5-8/26 Tue 9:45-10:45 a.m. A Carver \$32

## 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 yoga/exercise mat.

### High Point

Session 1

79001 7/7-7/28 Mon 9:45-10:45 a.m. TBD \$32

### Delridge

Session 2

79016 8/4-8/25 Mon 9:45-10:45 a.m. TBD \$32



## Strength and Conditioning

### Fitness

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.

#### High Point

##### Session 1

78979	7/9-7/30	Wed	10-11 a.m.	S Simmons	\$32
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#### Delridge

##### Session 2

79008	8/6-8/27	Wed	10-11 a.m.	S Simmons	\$32
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## Yoga and Pilates

*We have a limited supply of yoga and pilates gear for new participants. We recommend 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. 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.

#### High Point—Back in Motion Class

##### Session 1

78969	7/11-8/1	Fri	11 a.m.-Noon	J Reed	\$32
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##### Session 2

79002	8/8-8/29	Fri	Noon-1 p.m.	J Reed	\$32
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### Yoga

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

### Gentle Yoga

#### High Point

##### Session 1

78980	7/7-/28	Mon	11 a.m.-Noon	J Reed	\$32
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##### Session 2

79009	8/4-8/25	Mon	Noon-1 p.m.	J Reed	\$32
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### Vini Yoga

#### High Point

##### Session 1

78999	7/9-7/30	Wed	11:15 a.m.-12:15 p.m.	A Merlo	\$32
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#### Delridge

##### Session 2

79015	8/6-8/27	Wed	11:15 a.m.-12:15 p.m.	A Merlo	\$32
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**Masha Shtern**  
Southeast  
Interim Recreation Specialist

cell 206-450-9522  
[masha.shtern@seattle.gov](mailto:masha.shtern@seattle.gov)

### REGISTRATION

Register for programs using the activity number listed next to each program. Registration and payment details can be found on page 50. For accommodation requests please email [kyle.bywater@seattle.gov](mailto:kyle.bywater@seattle.gov).

### SCHOLARSHIPS

The scholarship cycle runs June 2025-26. Have your application approved prior to registration. Those who applied for scholarships for 2024-25 will be extended through June 2026. If you do not have a scholarship currently please see details on page 50 to apply.

### TRIPS

#### Departure Sites

#### **Garfield CC**

2323 E Cherry St.

#### **Jefferson CC**

3801 Beacon Ave. S

#### Departure Times

#### **NORTHBOUND TRIPS:**

**Garfield:** at time listed.

**Jefferson:** 15 minutes before time listed.

#### **SOUTHBOUND TRIPS:**

**Garfield:** 15 minutes before time listed.

**Jefferson:** 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.

### RAINBOW RECREATION

Rainbow Recreation program info can be found on pages 40-41, or search for "Rainbow" in Seattle Parks and Recreation's ACTIVE Net online registration system. Programs designated with a rainbow highlight are LGBTQ+ affirming spaces for community members and their allies.

## FIELD TRIPS

### ***Dance This!* and Pike Place Market**

*Dance This!* is Seattle Theatre Group's signature dance program, now in its 27th year, which brings together youth and adult performers from diverse communities for collaboration and to share their culture through the art of dance. Past guest master artists have included Dance Theatre of Harlem, Mark Morris Dance Group, Spectrum Dance Theatre, Whim W'him, and American Dance Theatre. We'll start with lunch and social time at Pike Place Market, then head to the Moore Theatre for the 1 p.m. matinee. Wheelchair and walker accessible. Trip fee includes theatre admission, pay for lunch on your own.

#### **Northbound**

79293 7/11 Fri 11 a.m.-5 p.m. \$16

### **Historic Poulsbo Tour**

We'll take the Bainbridge Island Ferry and head to historic downtown Poulsbo. Nicknamed Little Norway, Poulsbo is a quaint, compact waterfront Scandinavian-themed town on Liberty Bay. We'll enjoy a guided 75-minute walking tour, about 6 blocks, with the Poulsbo Historical Society and learn about the history of the town, boats, fire, lutefisk, and more! Afterwards we'll have free time for lunch, pay on your own, and to explore the Heritage and Maritime Museum, cafés, bakeries, shops, etc. Paved flat terrain, wheelchair and walker accessible.

#### **Northbound**

79290 7/22 Tue 9 a.m.-4 p.m. \$67





### Deception Pass and Whidbey Island

Let's explore Whidbey Island! We'll first stop at Mt. Erie Viewpoint for a beautiful view of the San Juan Islands from the parking lot, no hiking required! Then we'll explore Deception Pass for 30-45 minutes before heading to Coupeville for lunch, pay on your own, at the waterfront. Maybe another stop if time allows! We'll complete our adventure with a scenic ferry ride back to the mainland. Terrain will be a mix of gravel and pavement, walker accessible. Bathroom stops included.

#### Departure Site: Jefferson CC only

79604 8/26 Tue 9 a.m.-5 p.m. \$40

### After Midnight

#### Musical at the 5th Avenue Theatre

Immerse yourself in the sultry, swingin' Jazz Age of the Harlem Renaissance, where the Cotton Club is the place to be! This musical is infused with the iconic tunes of Duke Ellington, Dorothy Fields, Harold Arlen, and the rhythmic poetry of Langston Hughes. Seats are on the main floor (no stairs), walker accessible, in sections 3 and 4. We'll go out to a coffee shop briefly after the performance, pay on your own. Trip fee includes transportation and theatre ticket.

#### Northbound

With transportation:

79296 8/16 Sat 12:30-4:30 p.m. \$16

No transportation (you meet us at the theatre):

79297 8/16 Sat 1-4:30 p.m. Free

## SOCIAL PROGRAMS

### Book Clubs

#### Rainier Beach Book Club

Explore new books, listen to different points of view, share opinions and ideas with others. This is a new club seeking members. Please register to attend. Join us on the second Monday of every month: 7/14 and 8/11.

#### Rainier Beach

79364 Mon 1-2:30 p.m. N Kiser Free

### Games

#### Drop-In Bridge

Drop-In play for bridge players. All Levels.

#### Rainier

79357 7/2-8/30 Wed 11 a.m.-2 p.m. Free

#### Drop-In Mahjong

Drop-In and play mahjong!

#### Rainier

79358 7/3-8/31 Thu 11 a.m.-2 p.m. Free

### Social Time

#### 50+ Social Time Potluck

Join us for a monthly social potluck to gather and connect. This summer we will be outside! Enjoy rotating themes, birthday celebrations, and presentations on various topics. Please bring a food item to share if you can. Coffee and cake provided. Register to be emailed updates, or just stop by the third Thursday of every month: 7/17 and 8/21.

#### Rainier Beach

79279 Thu 11:30 a.m.-1:30 p.m. Free

## LIFELONG LEARNING

### Registration and Scholarship Tech Support Session

Come learn or practice how to register for activities online with Seattle Parks and Recreation the week before Fall registration opens. Learn how to access your ACTIVE Net account, how to register, make a wish list, make a payment, apply for a scholarship, and other helpful tips and tricks! Lifelong Recreation staff will be available for one-on-one support. We can also help you with your scholarship application—be sure to bring your income verification document/s. Feel free to bring your own smart phone, laptop, or tablet to practice on. Public Wi-Fi available at the center. Registration appreciated, but drop-ins are also welcome.

#### Rainier

79370 8/6 Wed 11:30 a.m.-12:30 p.m. Free



Register online at [www.seattle.gov/parks](http://www.seattle.gov/parks)

## DROP-IN SPORTS

### Pickleball

See page 10 for community center information for indoor pickleball.

### Outdoor Pickleball

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

#### Mt Baker Courts

7/1-8/28 T/Th 10 a.m.-Noon Free

## SPORTS

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

### Pickleball Skills—Beyond Beginners

This class is for those who already have some experience playing and will help you reach the next level. Class includes 1-hour of instruction and 30 minutes of practice time. **Prerequisites:** Players should know the basic rules and how to keep score. They get at least 50% of their serves and returns in play.

#### Rainier

79362 7/9-8/6 Wed Noon-1:30 p.m. M Bisch \$60

### Pickleball Skills—Intermediate

The goal of this class is to challenge and help you continue to move to the next level with your skills in areas such as doubles court strategy, stacking, and defensive and offensive lobbing. We can assist you with preparing for tournaments (if interested). **Prerequisites:** Players know the rules of pickleball including net rules and kitchen lines, can position themselves appropriately on the court and move quickly to the net, can sustain rallies easily with strategic hits, and serves and returns are in play and consistent (80%). They also understand not to pop dinks, understand hard and soft game, and can work with a partner to win a point. Please bring your own water bottle.

#### Rainier

79363 7/9-8/6 Wed 1:30-3 p.m. M Bisch \$60

Summer Quarter July 7-August 30 35

## 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

In this fun class you will stretch and learn new dance moves influenced by Chinese dance, mainly Mongolian and Tibetan music. All levels and backgrounds welcome. Class is taught in Mandarin, Cantonese, and English. **Registration is required for this free class.**

##### Van Asselt

79365 7/9-8/27 Wed 6-7:45 p.m. K Luo Free

#### Dance for Parkinson's

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

##### Garfield

6/12-7/31 Thu 10:30 a.m.-Noon Free

#### Free Fitness at Pritchard Beach

Whole Body Fitness is taking a break for the summer. Through a generous sponsorship from The Lakeshore Retirement Community, our Gentle Yoga class #79287 on Tuesdays from 9- 10 a.m. will be **free**, held at the Pritchard Beach Bathhouse this summer, just 1/2 mile from Rainier Beach CC. Yoga mats will be available to borrow. See page 37.

### Strength and Conditioning

#### EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. For this class, NEW participants or those who have not participated in over a year must submit an application prior to registration. Only members with Medicare Advantage with Silver&Fit® or OnePass®/Renew Active as a benefit qualify for free participation. Silver&Fit® and OnePass®/Renew Active participants must provide their Fitness ID Number on their application. **The online application and program information are located on the LLR website at <https://www.seattle.gov/parks/find/for-adults-50>, or <https://bit.ly/LLREF>.** If you are unable to access forms electronically, you can pick up paper forms from a community center offering EnhanceFitness classes. Participants will be notified via email when their application has been processed and they are eligible to register for classes.

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

To learn more about EnhanceFitness, Silver&Fit®, or One Pass®/Renew Active visit:

<http://projectenhance.org/enhancefitness/>,

<https://www.silverandfit.com/>, or

<https://www.youronepass.com>.

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

##### Garfield

Silver&Fit® | One Pass®/Renew Active

79283 7/7-8/18 Mon 11 a.m.-Noon N Fraser Free

Self-Pay

79284 7/7-8/18 Mon 11 a.m.-Noon N Fraser \$56



**Rainier**

Silver&amp;Fit® | One Pass®/Renew Active

79285	7/9-8/27	Wed	10:15-11:15 a.m.	YS Gartz	Free
79359	7/10-8/28	Thu	10-11 a.m.	N Fraser	Free
79281	7/11-8/29	Fri	10:15-11:15 a.m.	YS Gartz	Free

**Self-Pay**

79286	7/9-8/27	Wed	10:15-11:15 a.m.	YS Gartz	\$64
79360	7/10-8/28	Thu	10-11 a.m.	N Fraser	\$64
79282	7/11-8/29	Fri	10:15-11:15 a.m.	YS Gartz	\$64

**Soul Line Dance**

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

**Rainier**

79288	7/7-8/4	Mon	11:45 a.m.-12:45 p.m.	M Silver	\$40
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**Tai Chi and Qigong****Tai Chi**

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

**Garfield***All Levels*

79289	7/7-8/18	Mon	9:30-10:30 a.m.	E Baxa	\$56
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**Yoga**

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

**Yoga**

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

**Gentle Yoga**

**Pritchard Beach Bathhouse** *This class is generously sponsored by The Lakeshore Retirement Community.*

79287	7/8-8/19	Tue	9-10 a.m.	LM Chollette	Free
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**Vini Yoga****Rainier Beach**

79291	7/11-8/22	Fri	10-11 a.m.	A Merlo	\$64
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**Tamara Keefe**  
Dementia-Friendly  
Program Coordinator

206-615-0100 /  
cell 206-399-4655  
[tamara.keefe@seattle.gov](mailto: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 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>.

## FITNESS CLASSES

### Joyful Movement

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

### Rainier Beach

79339 7/8-8/19 Tue 10:30-11:30 a.m. Free

## MOMENTIA SEATTLE

At Seattle Parks and Recreation, we are proud to be part of the grassroots movement empowering persons with memory loss and their loved ones to remain connected and active in the community. To learn more about Momentia and see a calendar with a full listing of memory loss offerings in the Greater Seattle area, visit: [www.momentiaSeattle.org](http://www.momentiaSeattle.org).

## Memory Café

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

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

## Northgate Memory Café

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

Questions? Call Emily at 206-684-0170

*A Seattle Public Library and Seattle Parks & Recreation collaboration.*

# NATURE AND ENVIRONMENT

## Beavers and Bats

Meadowbrook Pond is a lovely area for an exploratory evening walk with an urban naturalist, and others living with memory loss, and family and friends. We'll hope for sightings and, at a minimum, bring awareness to our surroundings and learn about two fascinating creatures most active from dusk to dawn. Be prepared to traverse less than 1 mile, and stand/walk for 1.5 hours. Wear sturdy footwear and bring any snacks and water you'll want to feel well while we wander together. Meet-up details will be sent to registered participants prior to the program. A conversation with SPR's Dementia-Friendly Recreation Specialist is required for 1st time participants. Please contact [tamara.keefe@seattle.gov](mailto:tamara.keefe@seattle.gov) to schedule.

## Meadowbrook Pond

79336 8/21 Thu 7-8:30 p.m. 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" accessible to people living with memory loss and their families in this 3-part series. Light refreshments provided. Offered in collaboration with UW Memory and Brain Wellness Center. Directions to the Central Seattle location emailed to registered participants prior to program start. A conversation with SPR's Dementia-Friendly Recreation Specialist is required for 1st time participants. Please contact [tamara.keefe@seattle.gov](mailto:tamara.keefe@seattle.gov) to schedule.

## The Memory Hub

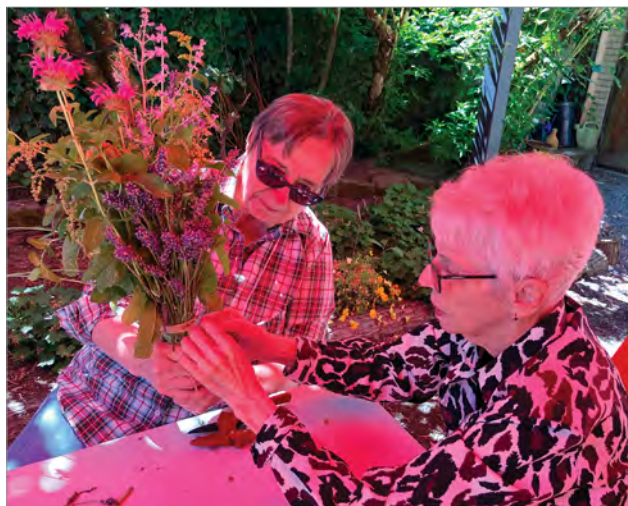
Friday: 7/18, 8/1, and 9/5  
79337 10:30 a.m.-Noon Free

## Mindful Walk

Join a Seattle Parks & Recreation urban naturalist in our quarterly mindful walk—this time through beautiful Lincoln Park. We'll stroll through the forest, enjoy the sights and sounds of birds, the smell and feel of plants, and the gathering of community. Be prepared to walk/stand for 1.5 hours. We'll travel no more than 1 mile. No vigorous hills. Details will be sent to registered participants prior to the program. A conversation with SPR's Dementia-Friendly Recreation Specialist is required for 1st time participants. Please contact [tamara.keefe@seattle.gov](mailto:tamara.keefe@seattle.gov) to schedule.

## Lincoln Park

79340 7/10 Thu 10:30 a.m.-Noon. Free



# OUTDOOR RECREATION

## Out and About Walks

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

## Various Locations

2nd and 4th Fridays: 7/11-8/22  
79338 10:30 a.m.-Noon. Free





**Tamara Keefe**  
Rainbow  
Program Coordinator

206-615-0100 /  
cell 206-399-4655  
[tamara.keefe@seattle.gov](mailto: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](mailto: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 50. For accommodation requests please email [kyle.bywater@seattle.gov](mailto:kyle.bywater@seattle.gov).

## SCHOLARSHIPS

The scholarship cycle runs June 2025-26. Have your application approved prior to registration. Those who applied for scholarships for 2024-25 will be extended through June 2026. If you do not have a scholarship currently please see details on page 50 to apply.

## NATURE AND ENVIRONMENT

### Thornton Creek Exploration

Join an environmental educator to learn about the Thornton Creek watershed. A joint program with Outdoor Recreation. Option to meet at Northgate Station at 9:45 a.m. or at the Northgate Community Center at 10 a.m. Expect some incline and dirt paths. More detail will be emailed to registered participants prior to the program. An LGBTQ+ affirming space open to community members 50+ and their allies. *Joint program with Outdoor Recreation.*

### Thornton Creek Watershed

79343 7/31 Thu 9:45-11:30 a.m.

Free



## SOCIAL

### LGBTQ+ Affirming Book Group

Would you like to read and then gather to discuss with others in an LGBTQ+ affirming space? Book choices with potential interest to community members are chosen with support from the Seattle Public Library. Registered participants will be emailed the book selection in advance of the meeting date. The Rainbow Book Group meets quarterly and will evolve based on community interest. Open to community members 50+ and their allies.

**Miller**

79342 8/20 Wed 2-3:30 p.m.

Free

## 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.*

### Yoga

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

#### Gentle Yoga

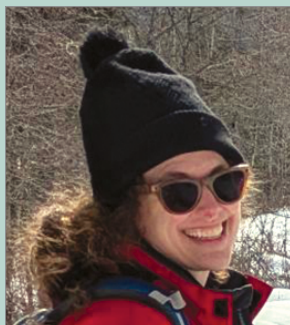
Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, and peace of mind. Chair seated participants are welcome. An LGBTQ+ affirming space for adults 50+ and allies

**Miller**

79341 7/7-8/25 Mon 11:45 a.m.-12:45 p.m. L Gardener \$64







**Courtney**  
Recreation Specialist

cell 206-618-4254  
[sound.steps@seattle.gov](mailto:sound.steps@seattle.gov)

Outdoor Recreation 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 number provided. See page 50 for registration information. Unless dates are specified, walks are generally ongoing. Check with the volunteer walk leader for any dates that may be missed.

## Sign Up For Our Newsletter!

To stay up-to-date on new walks as they become available, send an email to [sound.steps@seattle.gov](mailto:sound.steps@seattle.gov) to join the mailing list for program updates.

## SCHOLARSHIPS

The scholarship cycle runs June 2025-26. Have your application approved prior to registration. Those who applied for scholarships for 2024-25 will be extended through June 2026. If you do not have a scholarship currently please see details on page 50 to apply.

## RAINBOW RECREATION

Rainbow Recreation program info can be found on pages 40-41, or search for "Rainbow" in Seattle Parks and Recreation's ACTIVE Net online registration system. Programs designated with a rainbow highlight are LGBTQ+ affirming spaces for community members and their allies.

## Hike Rating Legend

### DISTANCE

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

### ELEVATION

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

### TERRAIN

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

## DOG WALKS

### Dog Walks

Bring a dog or come without if you love to walk with dogs! We meet every Friday at 11:30 a.m. Prepare to walk 2-3 miles, rain or shine. Meet at the designated site, leash your dog, and bring poop bags. Please email or phone with your contact information to [sound.steps@seattle.gov](mailto:sound.steps@seattle.gov) or call Recreation Specialist's number above to be added to the walk leader's list. Volunteer walk leader Sharon LeVine will contact you weekly with walk locations.

### Various Locations—

Email or call to be added to the contact list

Fri 11 a.m.

Free





## FIELD TRIPS

### Departure Sites for Field Trips (unless noted) are:

Densmore Building, 8061 Densmore Ave N.—under the entrance sign, and Jefferson CC, 3801 Beacon Ave S.



### House of Fire

Come experience the starting place of the largest privately-owned wood/pellet/gas stove, insert, and fireplace company in America—Travis Industries. A guide will lead us along the loud factory floor as we encounter robots, machines, and fireplace craftspeople who turn raw materials into hearth products. We will stop for snacks, please bring your own, and a nature break at Picnic Point Park before our return. Wear closed-toed shoes for the factory floor environment, and uneven terrain with stairs for beach access.

**Departure sites:** Jefferson CC at 7:30 a.m., and Densmore Bldg at 8 a.m.

79278 7/10 Thu 7:30 a.m.-1:30 p.m. \$21



### Mukilteo Lighthouse Tour

The Mukilteo Light House was built in 1906 and is listed on the National Register of Historic Places. The Mukilteo Historical Society will be taking us on a docent-led exploration of the operational light house. Time will be available to explore the grounds and have a snack, please bring your own drinks/food. To view inside of the lighthouse you will need to be able to walk up and down stairs.

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

79277 7/15 Tue 9:15 a.m.-2:15 p.m. \$21

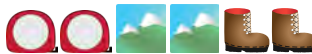


### Fishing at Log Boom Pier

We'll head to the Log Boom Pier in Kenmore for an all-levels fishing workshop with freshwater angler, bass pro George Yasutake. All equipment will be provided, or bring your own if you wish. Please bring a sack lunch to enjoy while fishing.

**Departure sites:** Jefferson CC at 8:45 a.m., and Densmore Bldg at 9:15 a.m.

79378 7/18 Fri 8:45 a.m.-1 p.m. \$21



### Lake Sammamish Kayaking

In partnership with Outdoors for All, join us on a Lake Sammamish tandem kayaking adventure!. Please bring your own picnic lunch to enjoy after kayaking on the picnic tables at Lake Sammamish Park. Expect 1-1.5 hours of kayaking on the lake, with additional preparation and instruction time, followed by 1-hour to picnic, with the opportunity to check out an adaptive cycle, free at the Outdoors for All Adaptive Cycle Center, for a quick loop on one of the trails on your own if interested.

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

79355 8/5 Tue 9 a.m.-4 p.m. \$136



## Working Waterfront

Enjoy a boat ride on the Jetty Island Ferry for the *Working Waterfront Harbor Tour*, a 1- hour guided tour opportunity with the Port of Everett. Learn about the diverse roles the Port of Everett plays along the waterfront from the operation of its international seaport, environmental stewardship, public access, and more! Before our tour we will spend some time at Jetty Landing Park, feel free to bring a snack or drink to enjoy outside. Cost of trip includes transportation and tour admission. *Joint program with NE.*

**Departure sites:** Jefferson CC at 3 p.m., and Densmore Bldg at 3:30 p.m.

79294 8/13 Wed 3-8:30 p.m. \$54

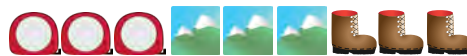
## Throwback Thursday

Calling all history buffs! Join us on a guided tour aboard the Jetty Island Ferry as we explore the Everett Waterfront and learn about its former mill town days—when the lumber, fishing, and maritime industries thrived! This tour is presented by Historic Everett, and the Port of Everett. Before our tour we will spend some time at Jetty Landing Park, feel free to bring a snack or drink to enjoy outside. Cost of trip includes transportation and tour admission. *Joint program with NE.*

**Departure sites:** Jefferson CC at 3 p.m., and Densmore Bldg at 3:30 p.m.

79295 8/21 Thu 3-8:30 p.m. \$54

## TRANSIT ADVENTURES



**Transit:**

### Angle Lake Light Rail Station— Des Moines Creek Park Trail

Just a short walk from Angle Lake Light Rail Station is the entrance to the Des Moines Creek Park Trail, a flat, paved trail lined with a canopy of trees that leads to the beach waterfront at Des Moines Marina. Bring a sack lunch to eat at the marina for some relaxation before our hike back. This out-and-back walk from the light rail station is 6 miles.

### Angle Lake Light Rail Station

79353 7/23 Wed 10 a.m.-2 p.m. Free



**Transit:**

### Roosevelt Light Rail Station— Cowen Park Walk

We will meet at the Roosevelt Light Rail Station for a walk to the shaded trails that connect Cowen Park and Ravenna Park. This hiking trail has soft, dirt footing and runs along a babbling ravine in a quiet nature oasis. Walk is a 3 mile loop.

### Roosevelt Light Rail Station

79303 8/19 Tue 10-11:30 a.m. Free



Photo courtesy of Michael Lampi

# NATURE AND ENVIRONMENT



## Intertidal Zone Uncovered

Intertidal Zone Uncovered: Exposing the secrets of the low tide. Discover what kinds of organisms live in the zone where the water meets the land. Join our ocean expert, Giovannina Souers, to find out the unique adaptations that allow species to live in these conditions, and why this habitat is so diverse.

### Virtual via Webex

79633 7/10 Thu 6-7 p.m. Free



## UW: PNW Weather and Climate

Learn about PNW weather and large-scale climate (El-Nino, the Gulf Stream, Hurricane formation, etc.) Hosted by the UW Department of Atmospheric and Climate Science, we'll have a classroom session on PNW weather and climate, followed by tours of UW's in-house weather reporting studio. For those wanting to meet at the University of Washington light rail station, please arrive at 9:10 a.m. For those meeting the group on campus, please arrive at 9:25 a.m. Additional details will be sent via email one week prior, please reach out to Courtney if you do not receive.

### UW Department of Atmospheric Sciences

79274 7/16 Wed 9:10 a.m.-1:10 p.m. Free

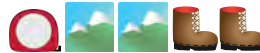


## Thornton Creek Exploration

With our Environmental Education Expert, we will meet at the Northgate Community Center and learn more about the Thornton Creek Watershed. For those wanting to meet at the Northgate Light Rail Station, we will meet at 9:45 a.m. For those meeting at the community center front desk, we will begin our adventure at 10 a.m. *Joint program with Rainbow Recreation.*

### Thornton Creek Watershed

79273 7/31 Thu 9:45-11:30 a.m. Free



## Watershed Series: Longfellow Creek

Join Nicole from Environmental Education for this fascinating Watershed Series. In this installment, we will learn about the plants and animals found in Longfellow Creek Watershed in West Seattle. Meet at Greg Davis Park, 2600 SW Brandon St., Seattle, 98106, for a walk along the creek trail. Bus access: Take the H Line to the Delridge Library stop, and walk down Brandon Street towards 26th Ave S. If driving, there is plenty of street parking available along 26th St.

### Greg Davis Park in West Seattle

79301 8/14 Thu 10-11:30 a.m. Free



## Watershed Series: Union Bay Natural Area

Come out and enjoy this Watershed Series with our Environmental Education Specialist Nicole. We will be checking out the Union Bay Natural Area. This wetland trail offers a unique perspective of the power of restoration in an urban landscape. Parking is available at the Center for Urban Horticulture.

### Union Bay Natural Area

79302 8/28 Thu 10-11:30 a.m. Free



## WALKS



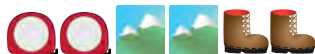
### Green Lake Loop

Bundle up and enjoy good company in this walk around an old favorite, Green Lake! 2.8-mile loop. Meet in front of Green Lake CC, walk begins at 10 a.m.

#### Green Lake

79275 7/9 and 8/6 Wed 10-11:30 a.m..

Free



### Lincoln Park Walk

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

#### Lincoln Park

79276 7/14 and 8/11 Mon 10-11:15 a.m.

Free



### Arboretum: Foster Island

We will meet at the Arboretum and complete the four mile Foster Island Trail out and back hike. Prepare to get muddy and bring your own snacks and water for the journey.

#### UW Arboretum

79366 7/30 Wed 10 a.m.-12:30 p.m.

Free

## ONGOING WALKS AND RUNS

Sound Steps is a community-driven and volunteer-led walking program designed for all levels of walkers. If you would like to plan and lead a walk, please be in touch!

### Discovery Park Walking Club

Feel at peace with nature on a Friday escape to explore Discovery Park. Trail lengths will range from 60-90 minutes long, with varying hike elevations at a moderate pace. Sound Steps volunteer-led group will meet in front of the Discovery Park Visitor Center.

#### Discovery Park ELC Visitor Center

79269 7/11-8/29 Fri 10-11:30 a.m.

Free

### Llandover Woods Sound Steps Walk

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

#### Llandover Woods Trailhead, 145th and 3rd Ave. NW

79270 7/7-8/25 Mon 10-11 a.m.

Free

### Rainier Beach Sound Steps Walk

Walk laps to music inside the gym at Rainier Beach Community Center. All paces and mobility levels welcome. *No program 8/5, 8/6, 8/12, 8/13, 8/19, and 8/20.*

#### Rainier Beach CC Gym

79272 7/15-8/27 T/W 10:30-11:30 a.m.

Free

### Seward Park Walking Club

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

#### Seward Park Audubon Center

79271 7/7-8/25 Mon 10-11:30 a.m.

Free

### Sound Steps Walking and Running Club

Open to walkers and runners of all experience levels! We'll gather in the parking lot of Building 30 in Magnuson Park, then head to Magnuson's dirt track to walk or run laps at your own pace, with the opportunity to take rest breaks whenever you need. This group is a great opportunity to have some accountability to get out the door, or for anyone looking for friends to walk or run with.

#### Magnuson Park Track

79371 7/11-8/29 Fri 8-10 a.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. Get in touch with our Outdoor Recreation Specialist Courtney at [sound.steps@seattle.gov](mailto:sound.steps@seattle.gov) to get registered for a volunteer onboarding session, and we can get you started in no time.



## Lifelong Recreation Advisory Council

### You Can Make a Difference!

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

### Your Advisory Council

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

### Join Us!

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

If you'd like to get involved, please contact a Lifelong Recreation Specialist, see page 5.

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

## VOLUNTEER OPPORTUNITIES

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



- Lead a book club, bridge club, or mahjong group.
- Be a field trip van driver: tours and meals comp'd.
- Volunteer to instruct a class such as arts and crafts, fitness, or cooking.
- 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 monthly FREE events called Civic Coffee where older adults can gather, meet local government and community leaders, learn about key issues, ask questions, and provide feedback. Currently, these events are held in-person at local senior centers and other community partner sites around Seattle, with an option for participants to join online. We offer live interpretation during these events in several languages.

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

For questions or accommodation requests, please call 206-233-5121 or email [agefriendly@seattle.gov](mailto:agefriendly@seattle.gov). To learn more visit us at [seattle.gov/agefriendly!](http://seattle.gov/agefriendly!)



## Age Friendly Seattle

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

To learn more visit us at [seattle.gov/agefriendly!](http://seattle.gov/agefriendly!)



## Are you 60+ years old?

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



### Discounts include:

**Seattle Aquarium: 75% OFF**

**Woodland Park Zoo: 75% OFF**

**Seattle Animal Shelter: 50% OFF**

**Pacific NW Ballet: 50% OFF**

### View Discounts:

Use your cell phone camera to scan this QR code →  
OR visit  
[seattle.gov/agefriendlydiscounts](http://seattle.gov/agefriendlydiscounts).



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

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



## Are you facing aging or disability issues?

Community Living Connections  
1-844-348-5464  
[www.communitylivingconnections.org](http://www.communitylivingconnections.org)



# SENIOR CENTERS AND PROGRAMS FOR SENIORS

## About...Senior Centers!

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

## Center/Program Locations

### **Ballard NW Senior Center**

5429 32nd Ave. NW, 98107  
206-297-0403 / [ballardseniorcenter.org](http://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](http://www.acrs.org)

### **El Centro de la Raza**

2524 16th Ave S, 98144  
206-957-4634 / [www.elcentrodelaraza.org](http://www.elcentrodelaraza.org)

### **Ethiopian Community Center**

8323 Rainier Ave S, 98118  
206-325-0304 / [www.ecseattle.org](http://www.ecseattle.org)

### **Generations Aging With Pride**

206-495-8312 / [gapseattle.org](http://gapseattle.org)

### **Greenwood Senior Center**

525 N 85th St., 98103  
206-297-0875 / [phinneycenter.org/gsc/](http://phinneycenter.org/gsc/)

### **International Drop-In Center**

7301 Beacon Ave S, 98108  
206-587-3735 / [www.idicseniorcenter.org](http://www.idicseniorcenter.org)

### **Kin On Community Center**

4416 S Brandon St, 98118  
206-556-2237 / <https://kinon.org/>

### **Lake City Senior Center**

*Site Temporarily Closed—  
Running Programs at Alternate Locations*  
12531 28th Ave. NE, 98125  
206-268-6738 / [lakecityseniors.org](http://lakecityseniors.org)

### **Lifetime Learning Center**

3841 NE 123rd St, 98125  
206-949-8882 / [lifetimelearningcenter.org](http://lifetimelearningcenter.org)

### **North East Seattle Together (NEST)**

8008 35th Ave. NE, 98115  
206-525-6378 / [www.nestseattle.org](http://www.nestseattle.org)

### **Pike Place Senior Center**

85 Pike St., #200, 98101  
206-728-2773 / [pmsc-fb.org/](http://pmsc-fb.org/)

### **Sea Mar Latino Senior Nutrition and Outreach Program**

Various Locations  
206-764-4700 / [seamar.org](http://seamar.org)

### **Salvation Army Senior Center/White Center**

9050 16th Ave. SW, 98106  
206-767-3150 / [tsawhitecenter.org](http://tsawhitecenter.org)

### **Southeast Seattle Senior Center**

4655 S Holly St., 98118  
206-722-0317 / [sessc.org](http://sessc.org)

### **South Park Senior Center**

8201 10th Ave. S, 98108  
206-767-3650 / [spseniors.org](http://spseniors.org)

### **Sunshine Garden Chinese Senior Community Center**

611 S. Lane St., 98104  
206-624-5633 / [cisc-seattle.org](http://cisc-seattle.org)

### **Wallingford Community Senior Center**

4649 Sunnyside Ave. N, 98103  
206-461-7825 / [wallingfordseniors.org](http://wallingfordseniors.org)

### **West Seattle Senior Center**

4217 SW Oregon St., 98116  
206-932-4044 / [sc-ws.org](http://sc-ws.org)

## REGISTRATION



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



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



**THIRD CHOICE**  
Call your local recreation center during their hours of operation at the phone number listed on page 5 of this brochure, and found online at [seattle.gov/parks/centers.asp](http://seattle.gov/parks/centers.asp). All staff can assist you with registration.



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

## Parks Management and Professional Staff

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  
Aphrodyi Antoine, Director of Recreation  
Kyle Bywater, OOC Matrix and Partnerships Manager

**Professional Staff**  
Carol Baxter, Recreation Program Coordinator, 206-849-6564  
Masha Shtern, Administrative Specialist, 206-684-4951

## SCHOLARSHIP INFORMATION

Seattle Parks District Scholarship funds are available to those who qualify. A pilot program for 2025-26 will extend scholarships to those who already qualified for 2024-25 for one additional year. If you are new and need to apply:

- Print the 2025-26 application form and fill out completely. To apply online with **CiviForm**, or to download forms to fill out, visit [www.seattle.gov/parks/scholarships-and-financial-aid](http://www.seattle.gov/parks/scholarships-and-financial-aid).
- Gather required income and household size (proof of dependents) documentation. Page one and two of your 2024 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:**  
Use the new **CiviForm**, or email your completed application forms and supporting documents to [Scholarship.Parks@Seattle.gov](mailto:Scholarship.Parks@Seattle.gov) —printable photo attachments or scanned documents are accepted at this time.

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

Here are some beginning qualification guidelines:

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

# Registration Information and Refund Policy

## Payment

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

## Fees and Charges

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

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

## Confirmations

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

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

- A full refund will be issued for any class, trip, or reservation that is canceled for any reason by the Department or the Associated Recreation Council.
- Satisfaction Guarantee-Any person who registers for a CLASS and who requests a refund before the second class session may receive a prorated refund minus a service charge.
- Any person who registers for a TRIP and requests a refund 14 days or more before it's start, may receive a refund minus a service charge.
- A transfer from one class to another is permitted without cost if done on the same business day as the original registration, and is subject to space availability.
- No fee is charged for a transfer initiated by Seattle Parks and Recreation staff when done to correct an error in registration or allow for a better recreation opportunity.
- Please read the entire policy 7.16 for specific information.
- An extra process is required for child care refunds or transfers. There will be no refunds or make-up classes for activities missed due to illness or vacations.

## Class Cancellations

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

## Scholarships

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

## Wait Lists

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

## Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental, or physical handicap.

## Accommodation for People with Disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids, or other accommodations, please email [kyle.bywater@seattle.gov](mailto:kyle.bywater@seattle.gov). Please allow 10 working days' advance notice. If a class or activity is scheduled in an area that is not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

## Specialized Programs

For information on programs for youth/adults with disabilities, please call the Specialized Programs Office at 206-684-4950, or visit the web at: <https://www.seattle.gov/parks/find/for-people-with-disabilities>.

## More Information

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

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

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

## DISCLAIMER NOTE

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





# Seattle Parks & Recreation

## Lifelong Recreation

Magnuson Building 30

6310 NE 74th St

Seattle, WA 98115

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# Engage with the Community

## Great programs come from you!

Lifelong Recreation is driven by community involvement, and great programs come from you! If you have ideas or talents that you want to share, let us know. We are always looking for community involvement to grow our programs!

There are many ways to help—assisting in a program, or leading a program. Do you like taking walks with others? Consider leading a walking group. Enjoy reading and discussing books? Lead a book group. Enjoy playing games? Lead a mahjong or bridge group, or start a new games group. Enjoy crafting? Lead a craft group. Enjoy sports? Help out with pickleball or Bettyball.

There are numerous ways to be involved. Look through our brochure, page 29 has a volunteer orientation coming up for SW, page 47 discusses becoming a walk leader. To get in touch with a Recreation Specialist, see page 5 for contact information.

