

LIFELONG RECREATION

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



Seattle
Parks & Recreation

SUMMER 2026



REGISTER online at Noon:
May 19
seattle.gov/parks

Come Play with Us!

Welcome to Lifelong Recreation!

SUMMER Quarter 2026

July 6-August 29

REGISTRATION

begins at **NOON**
on **May 19, 2026**

No Programs and Facilities closed on:

- July 3 July 4th Observed for Staff
- July 4 Independence Day

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.

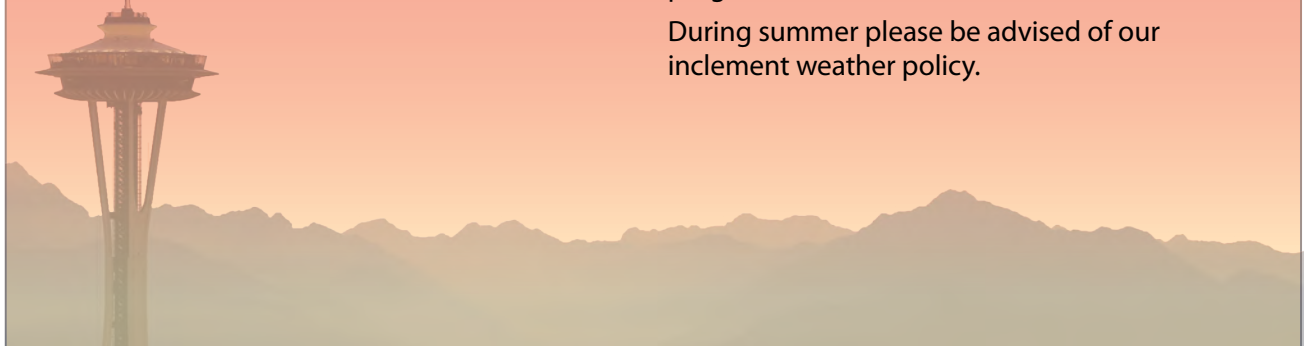
Heat:

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!



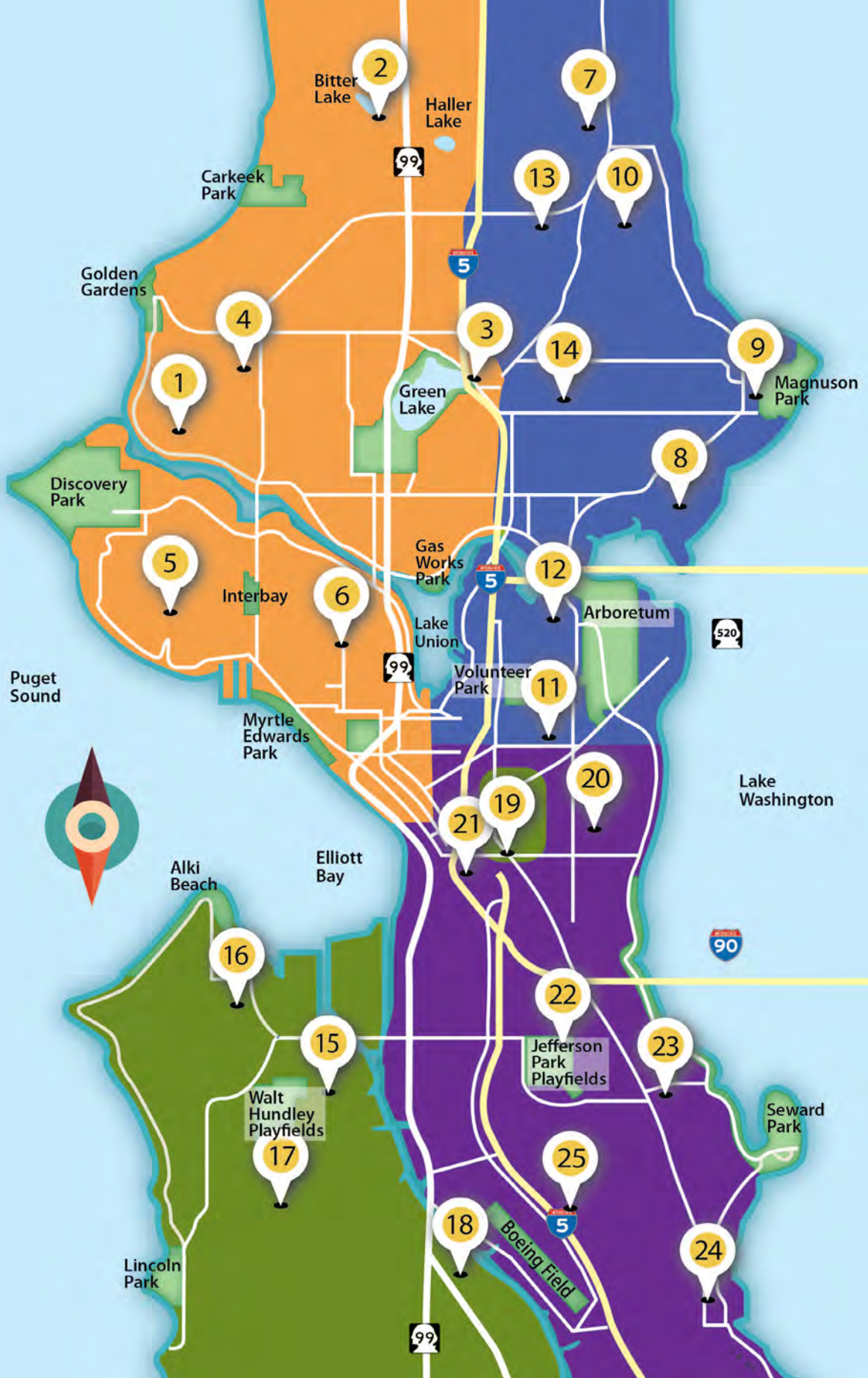
Cover photo: Some happy field trip participants enjoy a stroll after lunch at Edmonds Waterfront Park!



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COMMUNITY CENTER LOCATIONS



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Northwest

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

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

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

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

Pages
19-26

Northeast

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

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

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

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

Pages
27-32

Southwest

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

15) DELRIDGE CC
4501 Delridge Way S, 98106
tel: 206-684-7423
16) HIAWATHA CC
2700 California Ave. SW, 98116
tel: 206-684-7441

17) HIGH POINT CC
6920 34th Ave. SW, 98126
tel: 206-684-7422
18) SOUTH PARK CC
8319 8th Ave. S, 98108
tel: 206-684-7451

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

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Southeast

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

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

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

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

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Signature Programs

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

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

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

BOLLYWOOD FITNESS						
Delridge						
89321	7/10-8/14	Fri	10-11 a.m.	A Carver	\$48	
BUILDING BALANCE WITH FRIENDS						
Maple Leaf Reservoir Park, Shelter 1						
90881	7/9-8/27	Thu	10-11:30 a.m.	M Kaye	\$25	
BUILDING STABILITY						
Northgate						
90909	7/8-8/26	Wed	2-3 p.m.	M Kaye	\$25	
CHAIR SUPPORTED FITNESS						
South Park						
91582	7/9-8/27	Thu	10:30-11:30 a.m.	E Haqiiwa	Free	

CIRCUIT TRAINING						
Video Link - Bitter Lake: https://youtu.be/JpJLEntLKAM						
Video Link - Queen Anne: https://youtu.be/Faj4Hn5-fR0						
Bitter Lake						
90928	7/10-8/21	Fri	9:30-10:30 a.m.	R Buyce	\$28	
Jefferson Park—Outside						
91158	7/10-8/28	Fri	10-11 a.m.	E Haqiiwa	Free	
Loyal Heights						
90927	7/7-8/18	Tue	9:30-10:30 a.m.	R Buyce	\$56	
90926	7/9-8/20	Thu	9:30-10:30 a.m.	R Buyce	\$56	
Meadowbrook						
90884	7/10-8/28	Fri	11:30 a.m.-12:30 p.m.	R Buyce	\$56	
91045	7/10-8/28	Fri	12:45-1:45 p.m.	R Buyce	\$56	
Van Asselt						
91159	7/8-8/26	Wed	10-11 a.m.	E Haqiiwa	Free	
DANCE FIT						
Delridge						
89323	7/9-8/13	Thu	10-11 a.m.	D Pierce	\$48	
DANCE FITNESS						
Northgate						
90910	7/8-8/26	Wed	11 a.m.-Noon	K Omori	\$64	



DANCE FOR PARKINSON'S					
Garfield					
	6/18-7/30	Thu	10:30 a.m.-Noon		Free
DANCE— TRADITIONAL AND CONTEMPORARY ASIAN					
Jefferson					
91278	7/7-8/25	Tue	6-7:45 p.m.	K Luo	Free
Van Asselt					
91279	7/10-8/28	Fri	11 a.m.-12:45 p.m.	K Luo	Free
ENHANCE FITNESS					
Hiawatha					
Silver&Fit® One Pass®/Renew Active					
89329	7/7-8/25	Tue	9:45-10:45 a.m.	N Fraser	Free
89331	7/9-8/20	Thu	11 a.m.-Noon	N Fraser	Free
Self-Pay					
89330	7/7-8/25	Tue	9:45-10:45 a.m.	N Fraser	\$64
89332	7/9-8/20	Thu	11 a.m.-Noon	N Fraser	\$64
Magnolia					
Silver&Fit® One Pass®/Renew Active					
90938	7/13-8/17	Mon	Noon-1 p.m.	K Adolphsen	Free
90940	7/15-8/19	Wed	Noon-1 p.m.	K Adolphsen	Free
90936	7/17-8/21	Fri	Noon-1 p.m.	K Adolphsen	Free
Self-Pay					
90939	7/13-8/17	Mon	Noon-1 p.m.	K Adolphsen	\$48
90941	7/15-8/19	Wed	Noon-1 p.m.	K Adolphsen	\$48
90937	7/17-8/21	Fri	Noon-1 p.m.	K Adolphsen	\$48
Meadowbrook					
Silver&Fit® One Pass®/Renew Active					
90887	7/6-8/24	Mon	11 a.m.-Noon	C House	Free
90889	7/8-8/26	Wed	9:40-10:40 a.m.	C House	Free
90885	7/10-8/28	Fri	9:40-10:40 a.m.	C House	Free
Self-Pay					
90888	7/6-8/24	Mon	11 a.m.-Noon	C House	\$64
90890	7/8-8/26	Wed	9:40-10:40 a.m.	C House	\$56
90886	7/10-8/28	Fri	9:40-10:40 a.m.	C House	\$56

NEW to EnhanceFitness?

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



Miller					
Silver&Fit® One Pass®/Renew Active					
91175	7/6-8/24	Mon	1:15-2:15 p.m.	M Taplin	Free
91179	7/8-8/26	Wed	11:45 a.m.-12:45 p.m.	M Taplin	Free
91177	7/9-8/27	Thu	11:45 a.m.-12:45 p.m.	M Taplin	Free
Self-Pay					
91176	7/6-8/24	Mon	1:15-2:15 p.m.	M Taplin	\$48
91180	7/8-8/26	Wed	11:45 a.m.-12:45 p.m.	M Taplin	\$48
91178	7/9-8/27	Thu	11:45 a.m.-12:45 p.m.	M Taplin	\$48
Rainier					
Silver&Fit® One Pass®/Renew Active					
91144	7/8-8/26	Wed	10:15-11:15 a.m.	YS Gartz	Free
91138	7/9-8/27	Thu	9:15-10:15 a.m.	N Fraser	Free
91140	7/10-8/28	Fri	10:15-11:15 a.m.	YS Gartz	Free
Self-Pay					
91145	7/8-8/26	Wed	10:15-11:15 a.m.	YS Gartz	\$64
91139	7/9-8/27	Thu	9:15-10:15 a.m.	N Fraser	\$64
91141	7/10-8/28	Fri	10:15-11:15 a.m.	YS Gartz	\$64
FABULOUSLY FIT					
Delridge					
89333	7/8-8/12	Wed	10-11 a.m.	S Simmons	\$48
FITNESS					
Magnolia					
90942	7/15-8/19	Wed	9:30-10:45 a.m.	K Adolphsen	\$60
JUICY JOINTS					
Bitter Lake					
90948	7/6-8/17	Mon	9-10 a.m.	J Rayor	\$28
90949	7/8-8/19	Wed	9-10 a.m.	J Rayor	\$28
LINE DANCE					
Video Link: https://youtu.be/n4CVebDKpDg					
Line Dance					
High Point					
All Levels					
89338	7/9-8/27	Thu	Noon-1 p.m.	S Simmons	\$64
Queen Anne					
Beginner					
90951	7/13-8/24	Mon	3:30-4:30 p.m.	C Banta	\$48
Continuing					
90950	7/15-8/26	Wed	5:45-6:45 p.m.	C Banta	\$56
Party Line Dance					
Meadowbrook					
All Levels					
90893	7/6-8/24	Mon	12:15-1:15 p.m.	C House	\$64
Soul Line Dance					
Rainier					
91150	7/6-8/24	Mon	12:45-1:45 p.m.	M Silver	\$64
Tuesday Dance Party					
Delridge					
89347	7/7-8/11	Tue	10-11 a.m.	A Carver	\$48

MOVE WITH EASE					
Bitter Lake					
90952	7/6-8/17	Mon	11:30 a.m.-12:15 p.m.	J Rayor	\$22
PILATES					
Video Link: https://youtu.be/C6iGDqezc3M					
Bitter Lake					
90956	7/10-8/21	Fri	11:30 a.m.-12:30 p.m.	D Dragovich	\$56
Laurelhurst					
90876	7/9-8/27	Thu	12:30-1:30 p.m.	D Dragovich	\$64
Meadowbrook					
90894	7/8-8/26	Wed	11:30 a.m.-12:30 p.m.	D Dragovich	\$56

STRETCH AND BALANCE					
Northgate					
<i>Beginner</i>					
90916	7/6-8/24	Mon	2-3 p.m.	M Kaye	\$25
<i>Intermediate</i>					
90915	7/10-8/28	Fri	2-3 p.m.	M Kaye	\$25
STRENGTH AND CONDITIONING					
Laurelhurst					
90877	7/7-8/25	Tue	9:15-10:15 a.m.	J Shearer	\$64
Magnuson—Outside					
90883	7/9-8/27	Thu	8:15-9:15 a.m.	J Shearer	\$64



TAI CHI AND QIGONG					
Video Link: https://youtu.be/J82jluSOs5s					
Tai Chi					
Ballard					
<i>Mixed Levels Chen-Style</i>					
90964	7/13-8/24	Mon	6:30-7:30 p.m.	S House	\$56
Green Lake					
<i>All Levels</i>					
90959	7/8-8/26	Wed	10:30-11:30 a.m.	E Baxa	\$64
Garfield					
<i>All Levels</i>					
91151	7/6-8/24	Mon	9:45-10:45 a.m.	E Baxa	\$64
Loyal Heights					
<i>Beginner</i>					
90962	7/7-8/4	Tue	10:30-11:30 a.m.	C Tan	\$40
<i>Continuing</i>					
90963	7/7-8/4	Tue	12:30-1:30 p.m.	C Tan	\$40
Magnuson—Outside					
<i>All Levels</i>					
90898	7/7-8/25	Tue	10-11 a.m.	E Baxa	\$64
Queen Anne					
<i>All Levels</i>					
90961	7/9-8/20	Thu	11 a.m.-Noon	E Baxa	\$56
Ravenna-Eckstein					
<i>All Levels</i>					
91167	7/7-8/25	Tue	12:45-1:45 p.m.	E Baxa	\$64
Qigong					
Loyal Heights					
90957	7/14-8/4	Tue	11:15 a.m.-12:15 p.m.	C Tan	\$40
Northgate					
<i>Beginner</i>					
90913	7/2-7/23	Thu	11:15 a.m.-12:15 p.m.	A Peizer	\$32
<i>Ongoing</i>					
90914	7/2-7/23	Thu	12:30-1:30 p.m.	A Peizer	\$32
Ravenna-Eckstein					
<i>Beginner</i>					
91165	7/1-7/22	Wed	2-3 p.m.	A Peizer	\$32
<i>Ongoing</i>					
91166	7/1-7/22	Wed	12:45-1:45 p.m.	A Peizer	\$32
WHOLE BODY FITNESS					
Delridge					
89352	7/6-8/10	Mon	10-11 a.m.	D Pierce	\$48
Rainier Beach					
91280	7/7-8/11	Tue	10:30-11:30 a.m.	D Pierce	Free

YOGA					
Chair Yoga					
Bitter Lake					
90970	7/10-8/21	Fri	1-1:45 p.m.	J Robin	\$22
Gentle Yoga					
Video Link: https://youtu.be/-rbaj950AtE					
Bitter Lake					
90975	7/8-8/12	Wed	5:30-6:30 p.m.	D Schulz	Free
Hiawatha					
89335	7/6-8/24	Mon	10-11 a.m.	J Reed	\$64
Laurelhurst					
90874	7/9-8/27	Thu	11 a.m.-Noon	J Robin	\$64
Magnolia					
90974	7/7-8/18	Tue	10:30-11:30 a.m.	TBD	\$56
Miller					
91168	7/6-8/24	Mon	11:45 a.m.-12:45 p.m.	L Gardener	\$48
Northgate					
91174	7/10-8/28	Fri	10-11 a.m.	J Robin	\$64
Ravenna-Eckstein					
91164	7/7-8/25	Tue	2:30-3:30 p.m.	J Robin	\$64
Vini Yoga					
Hiawatha					
89349	7/8-8/26	Wed	10-11 a.m.	A Merlo	\$64
Laurelhurst					
90878	7/14-8/18	Tue	11 a.m.-Noon	H Mair	\$48
Magnolia					
90979	7/9-8/20	Thu	9:30-10:30 a.m.	M Alex	\$56
Meadowbrook					
90895	7/13-8/17	Mon	9:30-10:30 a.m.	H Mair	\$48
Northgate					
90917	7/16-8/20	Thu	10-11 a.m.	H Mair	\$48
Rainier Beach					
91155	7/10-8/28	Fri	10-11 a.m.	A Merlo	\$64
ZUMBA® AND ZUMBA GOLD®					
Video Link: https://youtu.be/mzy3RR_SfuQ					
Laurelhurst					
90879	7/7-8/25	Tue	12:15-1:15 p.m.	C House	\$64
90880	7/9-8/27	Thu	9:15-10:15 a.m.	C House	\$64
Magnolia					
90977	7/6-8/17	Mon	9:30-10:30 a.m.	TBD	\$56



www.facebook.com/LifelongRecreationSPR/

ADULT SPORTS

For information about any Adult Sports visit our website at:

<http://www.seattle.gov/parks/find/adult-sports-teams-and-programs>,

or contact Adult Sports by phone at 206-684-7092, or email adultsports@seattle.gov.



Pickleball at a Glance

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

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

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

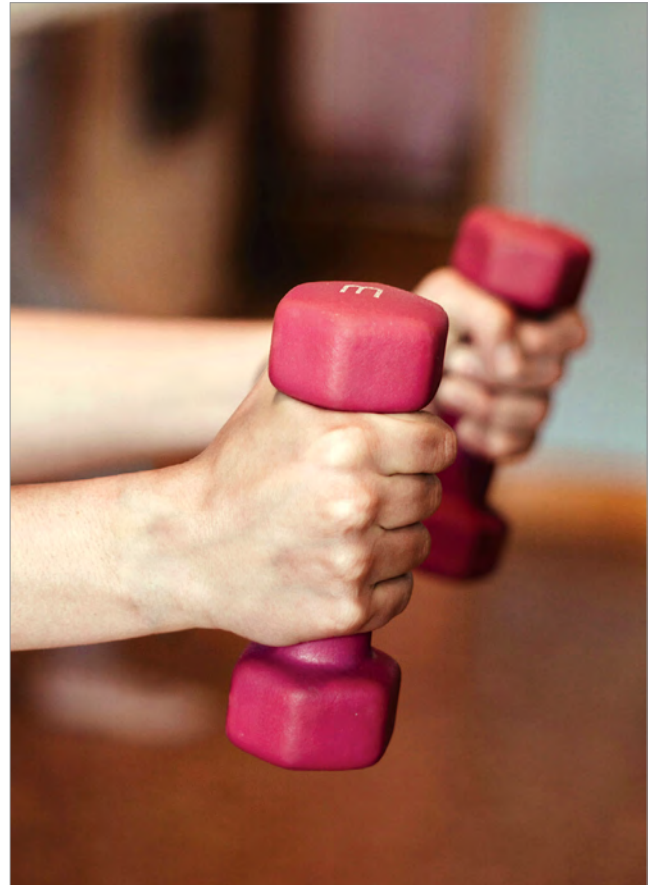


Come work out at our Fitness Centers

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

OUR FITNESS CENTERS ARE FREE!

Delridge	206-684-7423
Garfield	206-684-4788
Hiawatha	206-684-7441
International District Chinatown	206-233-7061
Loyal Heights	206-684-4052
Meadowbrook	206-684-7522
Northgate	206-386-4283
Queen Anne	206-386-4240
Rainier Beach	206-386-1925
Rainier	206-386-1919
Van Asselt	206-386-1921
Yesler	206-386-1245





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

Programs for Ages 50+ Available

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



Seattle
Parks & Recreation



Let us help you get your feet wet!

POOLS: YEAR-ROUND INDOOR

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

POOLS: SUMMER OUTDOOR

Colman Pool	
8603 Fautleroy Way SW	206-684-7494
Lowery C. "Pop" Mounger Pool	
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.

Diablo Lake Cruise



Our destination for this adventure is the North Cascades Institute. Participants will experience a fun, interactive boat tour to view the beauty of Diablo Lake and the North Cascades, as well as learning about the fascinating history of the Upper Skagit Hydroelectric Project. Included in the trip cost is a delicious home-cooked lunch at the North Cascades Environmental Learning Center! Boat tour and lunch lasts 2.5-3 hours. This trip will be on a charter bus with a restroom.

Departure Sites: Jefferson CC at 6 a.m., and Northgate Transit Center at 6:30 a.m.

90848 7/29 Wed 6 a.m.-7 p.m. \$190



Walking Soccer Clinics— Registration Now Open for Spring! 2 clinic dates to choose from!

Walking soccer is a low-impact, modified version of traditional soccer. It is accessible and safer for older adults, those recovering from injury, or anyone seeking a less demanding way to enjoy the sport. The game also provides an active way to improve and maintain balance, coordination, and cardiovascular health. With a focus on social connection and fun, walking soccer is becoming increasingly popular as an all-round recreational activity. Come learn what it is all about!

All experience levels with soccer are welcome. When registering, please review the custom question about experience and choose the appropriate response for you.

Registration info below:

90287	5/5	Tue	10 a.m.-Noon	Magnuson Park	Free
90302	5/12	Tue	10 a.m.-Noon	Magnuson Park	Free

If you are interested in future opportunities for participating in Walking Soccer, please call the Lifelong Recreation main line at 206-684-4951. Leave a message with your name and contact information—phone and email address. We will follow up with you as more information becomes available.

Questions?

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

REGISTRATION

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



Departure Sites

Departure Times

Ballard CC

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

Bitter Lake CC

13035 Linden Ave. N
North parking lot

NORTHBOUND TRIPS:

Ballard: 25 minutes before
time listed.

Bitter Lake: at time listed.

SOUTHBOUND TRIPS:

Bitter Lake: 25 minutes before
time listed.

Ballard: at time listed.

Departure Site Request

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

SCHOLARSHIPS

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

BACK IN MOTION

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

RAINBOW RECREATION

Rainbow Recreation program info can be found on page 39, 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

West Seattle Outing

Travel across the bridge into a whole other Seattle. Depending on weather and access to locations, stops may include Duwamish Cultural Center, Seattle Chinese Garden, or Alki Beach—check the online listing for more information/updates before registering. Enjoy lunch at Salty's Seaside Grill, pay for on your own. Some walking on uneven paved and unpaved surfaces.

Southbound

90943 7/15 Wed 9:30 a.m.-4 p.m. \$48

Henry Art Tour

Ryan Henry Ward's hundreds of murals around Seattle are public art at its most cheerful and whimsical. We will view over 20 of Henry's most colorful outdoor and indoor murals at different locations around Seattle. The tour includes visits to two brew pubs to get a drink, eat a snack, and get up-close to some of Henry's art, pay for on your own. Along the way we will stop at Henry's gallery on Seattle's waterfront. Tour is in a private ADA accessible bus. Some walking will be required, mostly on flat or gently graded surfaces.

Departure Sites: Bitter Lake CC, and Queen Anne CC

91284 7/22 Wed 10 a.m.-3 p.m. \$86

Tacoma Museums

Explore two different museums in Tacoma! Our first stop will be the LeMay Car Museum. This museum has rotating exhibits centering around the country's love affair with the automobile. Following lunch at a local venue, pay for on your own, the next stop will be the Museum of Glass. There we will have a group tour, followed by a leisurely afternoon tea. Both locations are generally accessible, some extensive walking will be required.

Southbound

90945 8/6 Thu 9:30 a.m.-5 p.m. \$86

Eastside Thrift

A summer outing to Bellevue and Redmond to visit several thrift and vintage stores. Bring a personal shopping bag to stash the treasures you may find! There will be a midday lunch stop at a local venue, pay for on your own.

Southbound

90946 8/12 Wed 10:30 a.m.-4 p.m. \$22

SOCIAL PROGRAMS

Crafts

Drop-In Craft Circle

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

Queen Anne

90932 7/9-8/20 Thu 1:30-4 p.m. Free

Games

Drop-In Board Game Buffet

Board games are on offer for self-directed play with old friends, or new. Get up and move with ping pong or pool, or kick back with a video game. Volunteers and visitors are welcome to develop their own ideas and activities in a multi-purpose space, inquire with staff.

Queen Anne

90929 7/10-8/28 Fri 10 a.m.-1 p.m. Free

Drop-In Bridge

Enjoy a game of bridge.

Magnolia United Church of Christ, 3555 West McGraw St.

To reserve your seat contact jcwells@earthlink.net / 206-755-8122.

Mixed Levels

90931 7/8-8/26 Wed 12:30-3:30 p.m. Free

Queen Anne

Mixed Levels

90930 7/7-8/25 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

90933 7/10-8/28 Fri 1:30-4:30 p.m. Free

LIFELONG LEARNING

Drop-In Online Registration Support

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

Bitter Lake

90934 8/5 Wed 10 a.m.-Noon Free

Queen Anne

90935 7/30 Thu 10 a.m.-Noon Free

DROP-IN SPORTS

Pickleball at a Glance

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

Pickleball Skills and Drills

Open to beginners seeking to learn and hone basic pickleball skills and strategies. The class will begin with fundamentals and then progress to more active play.

Loyal Heights

90954 7/13-8/17 Mon 9:30-10:45 a.m. J Pilgrim-Stoppel \$60

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; a Δ (triangle) notes a reduced class fee made possible by a **King County Shape Up Grant**; see page 13 or box below.

NOTE: During Summer Quarter several regular programs are on hiatus. If you don't see your desired program listed here, check back again Fall Quarter, or try out something new!

Aerobics and Dance

Juicy Joints Fitness

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

Bitter Lake

90948Δ	7/6-8/17	Mon	9-10 a.m.	J Rayor	\$28
90949Δ	7/8-8/19	Wed	9-10 a.m.	J Rayor	\$28

Line Dance

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

Queen Anne

Beginner

90951	7/13-8/24	Mon	3:30-4:30 p.m.	C Banta	\$48
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Continuing

90950	7/15-8/26	Wed	5:45-6:45 p.m.	C Banta	\$56
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Move with Ease

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

Bitter Lake

90952Δ	7/6-8/17	Mon	11:30 a.m.-12:15 p.m.	J Rayor	\$22
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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! *Note: Day/time is tentative: please check online listing before registering.*

Magnolia

90977	7/6-8/17	Mon	9:30-10:30 a.m.	TBD	\$56
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Strength and Conditioning

Circuit Training

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

Bitter Lake

90928Δ	7/10-8/21	Fri	9:30-10:30 a.m.	R Buyce	\$28
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Loyal Heights

90927*	7/7-8/18	Tue	9:30-10:30 a.m.	R Buyce	\$56
90926*	7/9-8/20	Thu	9:30-10:30 a.m.	R Buyce	\$56



* Class qualifies for \$10 off **SHAPE UP COUPON** if you are a new student.
 Δ Reduced class fee made possible by a **King County Shape Up Grant**.

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.

Magnolia

Silver&Fit® | One Pass®/Renew Active

90938	7/13-8/17	Mon	Noon-1 p.m.	K Adolphsen	Free
90940	7/15-8/19	Wed	Noon-1 p.m.	K Adolphsen	Free
90936	7/17-8/21	Fri	Noon-1 p.m.	K Adolphsen	Free

Self-Pay

90939	7/13-8/17	Mon	Noon-1 p.m.	K Adolphsen	\$48
90941	7/15-8/19	Wed	Noon-1 p.m.	K Adolphsen	\$48
90937	7/17-8/21	Fri	Noon-1 p.m.	K Adolphsen	\$48



Fabulously Fit

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

Magnolia

90942 7/15-8/19 Wed 9:30-10:45 a.m. K Adolphsen \$60

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

Δ Reduced 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.

Note: Some Tai Chi classes will meet outside at times in summer quarter.

Ballard

Mixed Levels Chen-Style

90964 7/13-8/24 Mon 6:30-7:30 p.m. S House \$56

Green Lake—Outside

90959 7/8-8/26 Wed 10:30-11:30 a.m. E Baxa \$64

Loyal Heights

Beginner

90962* 7/7-8/4 Tue 10:30-11:30 a.m. C Tan \$40

Continuing

Note: Continuing class requires instructor permission

90963 7/7-8/4 Tue 12:30-1:30 p.m. C Tan \$40

Queen Anne

All Levels

90961 7/9-8/20 Thu 11 a.m.-Noon E Baxa \$56

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

90957* 7/14-8/4 Tue 11:15 a.m.-12:15 p.m. C Tan \$40

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

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

Yoga and Pilates

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

Pilates

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

Bitter Lake

90956 7/10-8/21 Fri 11:30 a.m.-12:30 p.m. D Dragovich \$56

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

90970 Δ 7/10-8/21 Fri 1-1:45 p.m. J Robin \$22

Gentle Yoga

Bitter Lake Registration required to participate

90975 7/8-8/12 Wed 5:30-6:30 p.m. D Schulz Free

Magnolia

90974 7/7-8/18 Tue 10:30-11:30 a.m. TBD \$56

Vini Yoga

Magnolia

90979 7/9-8/20 Thu 9:30-10:30 a.m. M Alex \$56



Tori Fernau
Northeast Recreation Specialist

cell 206-696-8252
tori.fernau@seattle.gov

REGISTRATION

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



Departure Sites and Times

Northgate Transit Station

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

NEW Magnuson CC

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

Meadowbrook CC

10517 35th Ave. NE
Depart at time listed.

Departure Site Request

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

SCHOLARSHIPS

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

BACK IN MOTION

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

RAINBOW RECREATION

Rainbow Recreation program info can be found on page 39, 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

Carnation Farms Tour

Come explore the rich history of Carnation Farms, founded in 1908, and reimagined in 2016 as a nonprofit with a mission to educate and build a resilient local food system. We'll spend time at an onsite museum, then visit their crops and livestock area. Lunch in Duvall, pay for on your own, or bring a sack lunch to enjoy outside as you explore the downtown area. This trip will involve uneven, gravel, and dirt paths at the farm.

90776 7/8 Wed 9 a.m.-3:30 p.m.

\$23

Oso Slide Memorial

Today we will visit the SR 530 Slide Memorial at the site of the tragic Oso landslide (2014). This permanent memorial honors those who were lost, those who survived, the responders and the resilience of the surrounding communities. Lunch in Arlington, pay for on your own, or bring a sack lunch to enjoy outside as you explore the historic downtown area. This trip will involve a lot of walking outside, mostly paved surfaces, some gravel paths.

90775 7/13 Mon 9 a.m.-3:30 p.m.

\$35

Lumen Field Private Tour

Get a behind the scenes look at Lumen Field on a private tour! Based on availability, our tour might include visiting the Press Box and Broadcast Booth, the Fan Deck where they raise the 12 Flag, locker rooms, a suite, and the field! After enjoy lunch out, pay for on your own, at a nearby restaurant. This trip will involve a lot of walking on the tour.

90778 8/17 Mon 9 a.m.-2:30 p.m. \$60

Evergreen State Fair in Monroe

Let's head north to Monroe to the Evergreen State Fair! Take it all in exploring at your own pace: farm animals, fair food, music and entertainment throughout the day. Lunch, pay for on your own. Note: This event is outdoors and will require lots of walking, mostly paved surfaces, some gravel paths.

90777 8/31 Mon 9:10 a.m.-3:45 p.m. \$44



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

Meets at Ravenna-Eckstein CC for Summer Quarter

Meets the 3rd Wednesday of each month: 7/15, and 8/19.

90875 Wed 2:15-3:15 p.m. Free

Meadowbrook Book Club

Meets on the 3rd Thursday of each month: 7/16 and 8/20.

90891 Thu Noon-1 p.m. Free

Miller LGBTQ+ Affirming Book Group

See Rainbow page 39 for details.

91169 8/10 Wed 2-3:30 p.m. Free

Northgate Book Club

Meets the 2nd Tuesday of each month: 7/14 and 8/11.

90912 Tue 3-4:30 p.m. Free

Ravenna Evening Book Group

Meets at Northgate CC for Summer Quarter

Meets the 2nd Monday of each month: 7/13 and 8/10.

90918 Mon 6:30-7:45 p.m. Free

Games

Drop-In Bridge

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

Montlake

7/10-9/11 Fri 1:30-3:45 p.m. Free

Northgate

7/6-8/31 Mon 1-3 p.m. Free

Drop-In Mahjong

Drop-In and play mahjong, for experienced players.

Laurelhurst Note: Mondays for Summer Quarter

7/6-8/31 Mon 11 a.m.-1:45 p.m. Free

Ravenna-Eckstein No program 8/13

6/25-9/3 Thu 10 a.m.-1 p.m. Free

ARTS AND HANDWORK

Meadowbrook Craft Club

Bring your own supplies to craft alongside others! This is an open space for creating, socializing, and community. Beading, sewing, knitting, scrapbooking, coloring—whatever your current projects are! There is no formal instruction. Meets only on 2nd Thursdays of the month for summer quarter: 7/9 and 8/13. **Registration required.**

Meadowbrook

90892 7/9-8/13 Thu 11 a.m.-1 p.m. Free

Watercolor with Sandra Kahler

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 Bldg 30 for Summer Quarter

90896 7/9-8/13 Thu 10 a.m.-12:30 p.m. S.Kahler \$69



LIFELONG LEARNING

Tech Time

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

Before Summer 2026 Registration Opens

Meadowbrook

5/15	Fri	10:30 a.m.-12:30 p.m.	Free
5/18	Mon	10 a.m.-12:30 p.m.	Free

Before Fall 2026 Registration Opens

Meadowbrook

8/5	Wed	10 a.m.-Noon	Free
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DROP-IN SPORTS

Pickleball at a Glance

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

SPORTS

Bettyball

Bettyball (Social Basketball)

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

Ravenna-Eckstein

91163	7/10-8/28	Fri	1-2:30 p.m.	Free
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Buckyball

Buckyball

Buckyball is a relaxed version of pickup soccer for older adults, with few rules to follow, and no score keeping. There will be an emphasis on fun, safety, inclusion, and socialization, while exercising our brains and bodies. No soccer experience required, all are welcome! Led by a volunteer.

Northgate

91203	7/22-8/26	Wed	12:45-2:15 p.m.	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

Dance Fitness

Dance, fitness, and fun! Come workout while enjoying an hour of movement and music. No equipment or experience required.

Northgate

90910	7/8-8/26	Wed	11 a.m.-Noon	K Omori	\$64
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Line Dance Party

NE Transportation

Sign up here for a van ride to the Line Dance Party on August 14 at High Point CC in West Seattle. This is TRANSPORTATION only, you still need to register and pay for the event separately, #89340—see SW Special Events page 29. Lifelong Staff will contact you the week prior to confirm your preferred departure site.

Departure Sites: Magnuson CC at 12:15 p.m., and Northgate CC at 12:45 p.m.

91211	8/14	Fri	12:15-5 p.m.	\$8
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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

90893	7/6-8/24	Mon	12:15-1:15 p.m.	C House	\$64
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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

90879	7/7-8/25	Tue	12:15-1:15 p.m.	C House	\$64
90880	7/9-8/27	Thu	9:15-10:15 a.m.	C House	\$64

Strength and Conditioning

Building Balance with Friends—Outdoor

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

Maple Leaf Reservoir Park, Shelter 1

90881	7/9-8/27	Thu	10-11:30 a.m.	M Kaye	\$25
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Building Stability

Exercise in a circuit training format with stations focused on strengthening your stability and balance. Personalize your workout by choosing your level of challenge for each activity. *Note: This class will meet in the Gym for the first 2 weeks of summer, then move to the Multipurpose Room.*

Northgate

90909	7/8-8/26	Wed	2-3 p.m.	M Kaye	\$25
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Circuit Training

Become a stronger you! In this fitness program you will move from one strength training station to the next with cardio intervals in-between. *No class 8/7. Note: For summer quarter we are able to offer a 2nd Circuit Training class!*

Meadowbrook

90884	7/10-8/28	Fri	11:30 a.m.-12:30 p.m.	R Buyce	\$56
91045	7/10-8/28	Fri	12:45-1:45 p.m.	R Buyce	\$56



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 No class Wednesday 8/5 and Friday 8/7

Silver&Fit® One Pass®/Renew Active						
90887	7/6-8/24	Mon	11 a.m.-Noon	C House	Free	
90889	7/8-8/26	Wed	9:40-10:40 a.m.	C House	Free	
90885	7/10-8/28	Fri	9:40-10:40 a.m.	C House	Free	

Self-Pay

90888	7/6-8/24	Mon	11 a.m.-Noon	C House	\$64	
90890	7/8-8/26	Wed	9:40-10:40 a.m.	C House	\$56	
90886	7/10-8/28	Fri	9:40-10:40 a.m.	C House	\$56	

Miller No class Monday 8/3 and 8/10, Wednesday 8/5 and 8/12, and Thursday 8/6 and 8/14

Silver&Fit® One Pass®/Renew Active						
91175	7/6-8/24	Mon	1:15-2:15 p.m.	M Taplin	Free	
91179	7/8-8/26	Wed	11:45 a.m.-12:45 p.m.	M Taplin	Free	
91177	7/9-8/27	Thu	11:45 a.m.-12:45 p.m.	M Taplin	Free	

Self-Pay

91176	7/6-8/24	Mon	1:15-2:15 p.m.	M Taplin	\$48	
91180	7/8-8/26	Wed	11:45 a.m.-12:45 p.m.	M Taplin	\$48	
91178	7/9-8/27	Thu	11:45 a.m.-12:45 p.m.	M Taplin	\$48	



Stretch and Balance—Beginner

AAAHH! A body that feels good! Stretches designed to end everyday pain, plus strengthening balance skills, to build a body ready and eager to take on whatever life has to offer. *Note: This class will meet in the gym for the first 2 weeks of summer, then move to the multipurpose room.*

Northgate

90916 7/6-8/24 Mon 2-3 p.m. M Kaye \$25

Stretch and Balance —Intermediate

Standing, seated, and on the floor, you will explore ways to go deeper with stretches for your whole body. Balance challenges round out the program. *Note: This class will meet in the gym for the first 2 weeks of summer, then move to the multipurpose room.*

Northgate

90915 7/10-8/28 Fri 2-3 p.m. M Kaye \$25



Strength and Conditioning

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

Laurelhurst

90877 7/7-8/25 Tue 9:15-10:15 a.m. J Shearer \$64

Magnuson—Outside

Near Shelter 2 by the Swimming Beach

90883 7/9-8/27 Thu 8:15-9:15 a.m. J Shearer \$64

Tai Chi and Qigong

Tai Chi

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

Magnuson Shelter 2—Outside

All Levels

90898 7/7-8/25 Tue 10-11 a.m. EBaxa \$64

Ravenna-Eckstein

All Levels

91167 7/7-8/25 Tue 12:45-1:45 p.m. EBaxa \$64

Qigong/Tai Chi—Beginner

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

Beginner—No experience necessary

Northgate

90913 7/2-7/23 Thu 11:15 a.m.-12:15 p.m. A Peizer \$32

Ravenna-Eckstein

91165 7/1-7/22 Wed 2-3 p.m. A Peizer \$32

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

Northgate

90914 7/2-7/23 Thu 12:30-1:30 p.m. A Peizer \$32

Ravenna-Eckstein

91166 7/1-7/22 Wed 12:45-1:45 p.m. A Peizer \$32

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. This is a mat Pilates class.

Laurelhurst

90876 7/9-8/27 Thu 12:30-1:30 p.m. D Dragovich \$64

Meadowbrook No class 8/5

90894 7/8-8/26 Wed 11:30 a.m.-12:30 p.m. D Dragovich \$56

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

90874 7/9-8/27 Thu 11 a.m.-Noon J Robin \$64

Miller

91168 7/6-8/24 Mon 11:45 a.m.-12:45 p.m. L Gardener \$48

Northgate NEW LOCATION for Summer Quarter!

91174 7/10-8/28 Fri 10-11 a.m. J Robin \$64

Ravenna-Eckstein NEW DAY for Summer Quarter!

91164 7/7-8/25 Tue 2:30-3:30 p.m. J Robin \$64

Vini Yoga

Laurelhurst

90878 7/14-8/18 Tue 11 a.m.-Noon H Mair \$48

Meadowbrook

90895 7/13-8/17 Mon 9:30-10:30 a.m. H Mair \$48

Northgate

90917 7/16-8/20 Thu 10-11 a.m. H Mair \$48



John Hasslinger
Southwest Recreation Specialist

cell 206-423-3988
john.hasslinger@seattle.gov

REGISTRATION

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



Departure Sites and Times

High Point CC

6920 34th Ave. SW

Depart 15 minutes before time listed.

NEW Delridge CC

4501 Delridge Way SW

Depart at time listed.

Departure Site Request

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

SCHOLARSHIPS

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

BACK IN MOTION

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

RAINBOW RECREATION

Rainbow Recreation program info can be found on page 39, 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

Tide Pooling at Fox Island and Gig Harbor

See what the tide reveals! Join us on the lowest tide of the year to see Puget Sound's hidden marine life up close at Fox Island. Afterward, we'll head to scenic Gig Harbor Waterfront for a free afternoon—perfect for lunch, boutique shopping, or a stroll along the docks. Surfaces on this trip are sandy at the beach, and paved in Gig Harbor. **Offered jointly with SE.**

89343 7/14 Tue 9 a.m.-4 p.m. \$40



Heronswood Garden

We'll take the Bainbridge ferry and head to Heronswood Garden, a beautiful 15-acre gem owned by the Port Gamble S'Klallam Tribe. Explore the garden's six compact areas at your own pace: Formal Garden, Renaissance Garden, Woodland Garden, Rock Garden, Traveler's Garden, and S'Klallam Connections Garden. Then we'll head to historic downtown Port Gamble for lunch—pay for on your own, exploration time, and a bonus dahlia demonstration garden. Garden paths are flat gravel, wheelchair and walker accessible. **Offered jointly with SE.**

89344 7/23 Thu 9 a.m.-4 p.m. \$81

Burien Market and Town Square Stroll

Enjoy a relaxing Thursday morning in the heart of Burien! We're heading to the Burien Town Square for their vibrant, year-round Farmers Market. This paved, level square is exceptionally easy to navigate and filled with the best of Washington's summer harvest, from fresh berries and honey to handmade crafts and live music. You'll have plenty of time to explore the stalls and enjoy lunch, pay for on your own. Choose a "market-to-table" picnic in the park or visit one of the many charming cafés bordering the square.

89345 8/13 Thu 9:45 a.m.-1:45 p.m. \$23

Illahee State Park

A scenic ferry ride across the Sound and a 45-minute drive reveals the beach and ancient woods of Illahee State Park. Retired National Parks Ranger Pat Pilcher will lead us on a gentle .5-mile walk through a rare old-growth forest, sharing the history of the park's giant tree, and the historic USS West Virginia memorial site. Pack a lunch to enjoy at our shaded shelter on the flat upper trails, then we'll take the van down to the water's edge for beach and pier-side exploring before heading home.

89346 8/27 Thu 8:45 a.m.-4 p.m. \$65

NATURE AND ENVIRONMENT

Historical Walk Along The Duwamish River

Discover a hidden gem tucked along the banks of the Duwamish Waterway. This guided walk traces the area's transformation from the ancestral home of the First People to a bustling European settlement. National Parks Ranger, Pat Pilcher, will explain how local geology shaped the landscape and discuss the vital, ongoing progress of the Superfund Cleanup. Join us to uncover the layers of history, challenges, and resilience that define this unique shoreline. Meet at the north parking lot across from the Duwamish Longhouse.

Schmitz Park Preserve

89341 8/4 Tue 10:30 a.m.-Noon P Pilcher Free

SPECIAL EVENTS

Line Dance Party

Get ready to step, sway, and groove at our quarterly line dance celebration! Whether you're a seasoned dancer or just starting out, our expert instructors will guide you through the moves and keep the energy high. Join us for an afternoon of fun, rhythm, and community. All levels welcome! Register early to receive a playlist and event details ahead of time. Let's dance! Optional: Bring a potluck dish or drink to share.

Note: There is a transportation option from the NE Sector, see below.

High Point

89340 8/14 Fri 1:30-4 p.m. \$12

TRANSPORTATION from NE

Sign up here for a van ride to the Line Dance Party from the NE Sector. This is TRANSPORTATION only, you still need to register and pay for the event separately, see above. Lifelong Staff will contact you the week prior to confirm your preferred departure site.

Departure Sites: Magnuson CC at 12:15 p.m., and Northgate CC at 12:45 p.m.

91211 8/14 Fri 12:15-5 p.m. \$8

SOCIAL PROGRAMS

Book Clubs

High Point Book Club

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

Meets: 7/9 and 8/13.

High Point

89337 Thu 1-2 p.m. G Buckley-Jones Free

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

89342 7/11-9/26 Sat 11:30 a.m.-12:30 p.m. M Summers Free



LIFELONG LEARNING

Be a Dementia Friend!

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

Hiawatha NEW LOCATION

91132 7/29 Wed 10:30 a.m.-Noon Free



VOLUNTEER

Volunteers Orientation

Join the Seattle Parks team as a Dance Assistant! We are looking for volunteers to help with weekly social dances at Delridge Community Center. Register here to start the conversation with our volunteer coordinator. Orientation is held online via Teams.

Virtual

89351 7/9 Thu 2-3 p.m. Free



DROP-IN SPORTS

Pickleball at a Glance

See page 10 for community center information for indoor pickleball.

Outdoor Pickleball

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

Delridge Courts

7/2-9/29 T/Th 10 a.m.-Noon Free

Miller Courts

7/1-9/30 M/W/F 10 a.m.-Noon Free

Mt Baker Courts

7/7-9/29 T/Th 10 a.m.-Noon Free

Walt Hundley Courts

7/1-9/30 M/W/F 10 a.m.-Noon Free

FITNESS

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

Aerobics and Dance

Bollywood Fitness

Fitness fusion that combines global dance, strength training, and whole body stretching, to give you a complete workout—body, mind, and soul! Set to fun world music (Bollywood, Latin, Western, Pop, and 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.

Delridge

89321 7/10-8/14 Fri 10-11 a.m. A Carver \$48

Chair Supported Fitness

Celebrate the reopening of South Park CC with a fun, judgment-free workout designed for every-body. We've got you covered with cardio, range of motion, and balance exercises—all with seated and standing chair-supported options. The Golden Rule: All abilities are welcome, and modifications are always available! Spread the word, don't keep the fun to yourself! Invite your friends to register, or encourage them to just drop in and say hi. **Registration is required for class participation.**

South Park

91582 7/9-8/27 Thu 10:30-11:30 a.m. E Hagiwa Free

Dance Fit

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

Delridge

89323 7/9-8/13 Thu 10-11 a.m. D Pierce \$48

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.

Hiawatha

Silver&Fit® | One Pass®/Renew Active

89329	7/7-8/25	Tue	9:45-10:45 a.m.	N Fraser	Free
89331	7/9-8/20	Thu	11 a.m.-Noon	N Fraser	Free

Self-Pay

89330	7/7-8/25	Tue	9:45-10:45 a.m.	N Fraser	\$64
89332	7/9-8/20	Thu	11 a.m.-Noon	N Fraser	\$64

Line Dance

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

High Point

All Levels

89338	7/9-8/27	Thu	Noon-1 p.m.	S Simmons	\$64
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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.

Delridge

89347	7/9-8/11	Tue	10-11 a.m.	A Carver	\$48
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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.

Delridge

89352	7/6-8/10	Mon	10-11 a.m.	D Pierce	\$48
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Strength and Conditioning

Fitness

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

Delridge

89333 7/8-8/12 Wed 10-11 a.m. S Simmons \$48

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? Here 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.

Hiawatha

89319 7/10-8/28 Fri 10-11 a.m. J Reed \$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

Hiawatha

89335 7/6-8/24 Mon 10-11 a.m. J Reed \$64

Vini Yoga

Hiawatha

89349 7/8-8/26 Wed 10-11 a.m. A Merlo \$64

Masha Shtern
Southeast Recreation Specialist

cell 206-450-9522
masha.shtern@seattle.gov

REGISTRATION

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



Departure Sites

Departure Times

Garfield CC

2323 E Cherry St.

Jefferson CC

3801 Beacon Ave. S

NORTHBOUND TRIPS:

Garfield: at time listed.

Jefferson: 20 minutes

before time listed.

SOUTHBOUND TRIPS:

Garfield: 20 minutes before time listed.

Jefferson: at time listed.

SCHOLARSHIPS

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

BACK IN MOTION

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

RAINBOW RECREATION

Rainbow Recreation program info can be found on page 39, 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

Fox Island Tidepooling and Gig Harbor

See what the tide reveals! Join us on the lowest tide of the year to see Puget Sound's hidden marine life up close at Fox Island. Afterward, we'll head to scenic Gig Harbor Waterfront for a free afternoon—perfect for lunch, boutique shopping, or a stroll along the docks. Surfaces on this trip are sandy at the beach, and paved in Gig Harbor. **Offered jointly with SW.**

Departure Site: Jefferson CC only

91156 7/14

Tue 9 a.m.-4 p.m.

\$40

Dance This!

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 to share their culture through dance. Past guest master artists include Dance Theatre of Harlem, Mark Morris Dance Group, Chloe Arnold of Syncopated Ladies, Spectrum Dance Theatre, and more. 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 accessible. Trip fee includes theatre admission, pay for lunch on your own.

Northbound

91283 7/10

Fri 10:40 a.m.-3:30 p.m.

\$16

Heronswood Garden and Port Gamble

We'll take the Bainbridge ferry and head to Heronswood Garden, a beautiful 15-acre gem owned by the Port Gamble S'Klallam Tribe. Explore the garden's six compact areas at your own pace: Formal Garden, Renaissance Garden, Woodland Garden, Rock Garden, Traveler's Garden, and S'Klallam Connections Garden. Then we'll head to historic downtown Port Gamble for lunch—pay for on your own, exploration time, and a bonus dahlia demonstration garden. Garden paths are flat gravel, wheelchair and walker accessible. *Offered jointly with SW.*

Departure Site: Jefferson CC only

91153 7/23 Thu 9 a.m.-4 p.m. \$81

Woodland Park Zoo

We'll enjoy an unguided visit to Woodland Park Zoo, and then have lunch in the adjacent rose garden. Zoo admission included. Bring your lunch, or buy onsite. Wheelchair accessible. *Note: Trip fee may be subject to change.*

Northbound

91152 8/10 Mon 9:30 a.m.-2:30 p.m. \$16

Camano Island

We'll start by exploring the Matzke Fine Art Gallery, which features a ten-acre outdoor sculpture park under a natural tree canopy, as well as indoor art exhibits. Admission is free but donations are encouraged. Then we'll head to Camano Island State Park where you can enjoy an expansive flat beach, lunch at picnic tables, or walk along short nature trails. An ice cream and shopping stop at Camano Island Commons will complete the day! Sculpture park terrain paths are flat with short, well-maintained grass or gravel; trip is accessible to walkers. Restroom stops included. Bring your lunch. *Offered jointly with Outdoor Recreation. For Densmore Bldg departure site in North Seattle see page 43 and sign up with Outdoor Recreation #91229.*

Departure Site: Jefferson CC only

91154 8/21 Fri 8:45 a.m.-5 p.m. \$35

SOCIAL PROGRAMS

Book Clubs

Rainier Beach Book Club

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

Rainier Beach

91148 7/13-8/10 Mon 1-2:30 p.m. N Kiser Free

Games

Drop-In Bridge

Drop-In play for bridge players. All Levels.

Rainier

91137 7/1-8/26 Wed 11 a.m.-3 p.m. Free

Drop-In Mahjong

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

Rainier

91157 7/7-8/25 Tue Noon-3 p.m. Free



Social Time

50+ Social Time Potluck

Join us for a monthly social potluck to gather and connect. Enjoy rotating themes, birthday celebrations, and presentations on various topics. Please bring a food item to share if you can. Coffee and cake provided. Register to be emailed updates, or just stop by the third Thursday of every month: 7/16 and 8/20.

Rainier Beach

91135 Thu 11:30 a.m.-1:30 p.m. Free

ARTS AND HANDWORK

Arts and Crafts Circle

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

Rainier Beach

91289 7/7-8/25 Tue 11:45 a.m.-12:45 p.m. E Hagiwa Free

Art in the Park Social with Erika

Spend time outside in a park setting while creating art with peers. We'll observe landscapes and create artwork based on what you see or feel inspired by. Paper and pastels/pencils will be provided, or bring your own art supplies. Open to all experience levels.

Seward Park, Shelter 2

91277 7/20 Mon 10:30 a.m.-Noon E Hagiwa \$10

Drawing with Seniors Creating Art

Explore the wonderful world of drawing! Using a variety of pencils, you will be guided on basic techniques, including shading and drawing from different perspectives. Leave with finished pieces of artwork each week. Free! No experience necessary and all supplies provided. Class is in partnership with Seniors Creating Art. You may register for only one Seniors Creating Art class per quarter.

Rainier

91183 7/9-7/30 Thu 10:30 a.m.-Noon C Esp Free

Challah Bread Baking Workshop

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

IDCC

91581 6/25 Thu 10 a.m.-1 p.m. M Shtern \$25

Registration and Scholarship Tech Support Session

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

Rainier

91149 8/5 Wed 11:30 a.m.-12:30 p.m. Free

Rainier Beach

91501 8/4 Tue 11:45 a.m.-12:45 p.m. Free

LIFELONG LEARNING

Beginning Ukulele

Learn to play ukulele, no experience necessary! You will learn finger picking, strumming, and chords as we learn using carefully chosen songs offered in increasing difficulty. Bring your own ukulele to class.

Rainier Beach

91559 7/9-8/27 Thu 11:30 a.m.-12:30 p.m. C Snider \$64



DROP-IN SPORTS

Pickleball

See page 10 for community center information for indoor pickleball.

Outdoor Pickleball

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

Mt Baker Courts

7/7-9/29 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 Beginner

This class is for those who already have some experience playing and will help you reach the next level. Class includes 1-hour of instruction and 30 minutes of practice time. **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

91146 7/8-8/5 Wed Noon-1:30 p.m. B Brown \$60

Pickleball Skills—Intermediate

Up your skill level—learn doubles court strategy, stacking, and defensive/offensive lobbing. We can assist you with preparing for tournaments. **Prerequisites:** Players know the rules including net rules and kitchen lines, can position themselves on the court and move quickly to the net, sustain rallies with strategic hits, 80% serves and returns are in consistent play, and understand not to pop dinks, hard and soft game, and can work with a partner to win a point.

Rainier

91147 7/8-8/5 Wed 1:30-3 p.m. B Brown \$60

FITNESS CLASSES

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

Aerobics and Dance

Traditional and Contemporary Asian Dance

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

Jefferson

91278 7/7-8/25 Tue 6-7:45 p.m. K Luo Free

Van Asselt

91279 7/10-8/28 Fri 11 a.m.-12:45 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@stgpresents.org is required to join the program.

Garfield

6/18-7/30 Thu 10:30 a.m.-Noon Free

Whole Body Fitness

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

Rainier Beach

91280 7/7-8/11 Tue 10:30-11:30 a.m. D Pierce Free

Register online at www.seattle.gov/parks

Strength and Conditioning

NEW Circuit Training

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

Van Asselt

91159 7/8-8/26 Wed 10-11 a.m. E Hagiwa Free

Circuit Training—Outside

Improve your endurance and overall fitness by walking laps at Jefferson Park. Throughout the walk, there will be stations with different exercises to help work on strength, range of motion, and balance. Each class ends with a guided stretch and cool down. **Registration is required for class participation.**

Jefferson Park

91158 7/10-8/28 Fri 10-11 a.m. E Hagiwa Free

EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. For this class, NEW participants or those who have not participated in over a year must submit an application prior to registration. Only members with Medicare Advantage with Silver&Fit® or OnePass®/Renew Active as a benefit qualify for free participation. Silver&Fit® and OnePass®/Renew Active participants must provide their Fitness ID Number on their application. **The online application and program information are located on the LLR website at <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

91142	7/6-8/24	Mon	11 a.m.-Noon	N Fraser	Free
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Self-Pay

91143	7/6-8/24	Mon	11 a.m.-Noon	N Fraser	\$64
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Rainier

Silver&Fit® | One Pass®/Renew Active

91144	7/8-8/26	Wed	10:15-11:15 a.m.	YS Gartz	Free
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91138	7/9-8/27	Thu	9:15-10:15 a.m.	N Fraser	Free
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91140	7/10-8/28	Fri	10:15-11:15 a.m.	YS Gartz	Free
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Self-Pay

91145	7/8-8/26	Wed	10:15-11:15 a.m.	YS Gartz	\$64
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91139	7/9-8/27	Thu	9:15-10:15 a.m.	N Fraser	\$64
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91141	7/10-8/28	Fri	10:15-11:15 a.m.	YS Gartz	\$64
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Soul Line Dance

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

Rainier

91150	7/6-8/24	Mon	12:45-1:45 p.m.	A Ponder	\$64
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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

91151	7/6-8/24	Mon	9:45-10:45 a.m.	E Baxa	\$64
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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.

Vini Yoga

Rainier Beach

91155	7/10-8/28	Fri	10-11 a.m.	A Merlo	\$64
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Tamara Keefe
Rainbow Recreation Specialist

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

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

REGISTRATION

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

SCHOLARSHIPS

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

SOCIAL

LGBTQ+ Affirming Book Group

Would you like to read, and then gather to discuss books with others in an LGBTQ+ affirming space? Books with potential interest to community members are chosen with support from the Seattle Public Library. Please register quarterly. The book selection is sent via email in advance of the meeting date once a small group has registered. Register early to have plenty of time to read the book! Open to LGBTQ+ community members 50+ and their allies.

Miller
 91169 8/12 Wed 2-3:30 p.m. Free

Sports

Buckyball

Buckyball is a relaxed version of pickup soccer for older adults, with few rules to follow, and no score keeping. There will be an emphasis on fun, safety, inclusion, and socialization, while exercising our brains and bodies. No soccer experience required, all are welcome! Led by a volunteer. Please contact the NE Lifelong Specialist with any questions about this activity: tori.fernau@seattle.gov, 206-696-8252.

Northgate
 91203 7/22-8/26 Wed 12:45-2:15 p.m. Free

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 their allies.

Miller
 91168 7/6-8/24 Mon 11:45 a.m.-12:45 p.m. L Gardener \$48

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.

Tamara Keefe
Dementia-Friendly Recreation Specialist

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

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

Free Programs

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

Receive Updates

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

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

91133 7/7-8/25 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.momentiasseattle.org.

Memory Café

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

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

Northgate Memory Café

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

Questions? Call Emily at 206-684-0170

A Seattle Public Library and Seattle Parks & Recreation collaboration.

ARTS AND CULTURE

Printmaking with Seniors Creating Art

Explore printmaking! Learn techniques to create unique prints using a block, brayer, and inks, and finish with artwork to display. All that's needed is a playful, experimental attitude for this introductory class through Seniors Creating Art. A conversation with SPR's Dementia-Friendly Recreation Specialist is required for 1st time participants. Please contact tamara.keefe@seattle.gov. Limit registration to one Seniors Creating Art class per quarter. Offered in collaboration with Southeast Seattle Senior Center.

SESSC, 4655 S Holly St.

91162 7/13-8/3 Mon 2-3:30 p.m. Free

LIFELONG LEARNING

Be a Dementia Friend!

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

Hiawatha NEW LOCATION

91132 7/29 Wed 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 to schedule.

Various Locations

2nd and 4th Fridays: 7/10-8/28
91134 10:30 a.m.-Noon. Free

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

NATURE AND ENVIRONMENT

Carkeek Park Low Tide Walk

Explore the beach at Carkeek Park on one of the lowest tides of the summer! Discover a variety of species living in the intertidal zone with a Seattle Parks Naturalist. Expect to stand or walk during the program, and to travel less than .5 mile. There are logs on the beach for sitting and resting, if desired. Wear sturdy shoes. We'll encounter variable terrain including sand and pebbles, and surfaces may be slippery. A fenced bridge over train tracks, with a stairway on the beach side (50 open-riser, metal grating steps with two landings), provides access to the beach. 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 to schedule.

Carkeek Park

91160 8/11 Tue 10-11:30 a.m. Free

Garden Discovery Program

Join us in the garden at The Memory Hub to 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 others in this 3-part series. Offered in collaboration with UW Memory and Brain Wellness Center. Details and directions to the central Seattle location emailed to registered participants prior to the program start. A conversation with SPR's Dementia-Friendly Recreation Specialist is required for 1st time participants. Please contact tamara.keefe@seattle.gov to schedule.

Memory Hub

Meets 3 Fridays: 7/17, 8/7, and 9/4
91130 Fri 10:30 a.m.-Noon Free

Courtney Gogetap
Outdoor Recreation Specialist

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

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

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


SCHOLARSHIPS


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


RAINBOW RECREATION

Rainbow Recreation program info can be found on page 39, 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 10:30 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*, 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 10:30 a.m.

Free



FIELD TRIPS

Departure Sites for Field Trips (unless noted) are:

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

Note: Arrival time at second location may be delayed due to traffic. Please arrive on time and we will do our best to stick to schedule.

Jetty Island

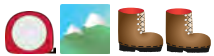


Utilizing the Jetty Island foot ferry, we will travel to the island and have 3 hours to explore and play before catching the return ferry and heading back to Seattle. Please bring your own sack lunch and water for the adventure. Read email closely as times may be modified due to ferry reservation times.

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

91230 7/24 Fri 9 a.m.-4:30 p.m. \$38

The Falconer Encounter



Experience a program at The Falconer facility where we will meet 7-10 raptor ambassadors up close! The program works a little like a "show and tell" as we will meet each bird, and is very question-based and engaging. Many topics covered, even how to become a licensed falconer. Educational handouts are available to take home, as well as a couple of tables of bird/falconry items to check out while we learn about the birds. The program lasts about 90 minutes, and we will meet falcons, hawks, vultures, owls, and there is even a new eagle ambassador. Everyone is welcome to put on the glove to hold some of the falconry ambassadors for pictures. Light beverages and snacks provide, but please bring your own sack lunch and water for the adventure.

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

91187 8/4 Tue 8:45 a.m.-2:45 p.m. \$68

Mountainview Blueberry Farm



Mountainview Blueberry Farm in Snohomish has a variety of yummy blueberries available for people to pick on their own. Fee includes transportation and admission into farm. Pay for blueberries on your own. Please bring your own water and snacks.

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

91235 8/5 Wed 9 a.m.-3 p.m. \$35

Camano Island



We'll start by exploring the Matzke Fine Art Gallery featuring a 10-acre outdoor sculpture park under a natural tree canopy, as well as indoor art exhibits. Admission is free/donations encouraged. Then to Camano Island State Park where you can enjoy a long flat beach, lunch at picnic tables, or walk along short nature trails. An ice cream/shopping stop at Camano Island Commons completes the day! Park terrain paths are flat with short, well-maintained grass or gravel; trip is accessible to walkers. Restroom stops included. Bring your lunch. **Offered jointly with SE. For Jefferson CC departure site see page 35.**

Departure sites: Densmore Bldg at 9 a.m.

91229 8/21 Fri 9 a.m.-5 p.m. \$35

NATURE AND ENVIRONMENT

Guided Nature Walk in Myrtle Edwards Park



Explore newly restored Myrtle Edwards Park. Walk the waterfront trail and learn about nature—from kelp forests and tidepools, to native trees and birds of prey.

Myrtle Edwards Park

91017 8/13 Thu 11 a.m.-12:30 p.m. Free

Diablo Lake Trip

Check out page 12 for the Diablo Lake Citywide adventure!

TRANSIT ADVENTURES

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

West Seattle Taxi



Meeting at Pier 50, we will catch the West Seattle Taxi to the West Seattle Water Taxi Pier. Option to meet at West Seattle Taxi to explore 2-3 miles before returning to the West Seattle Water Taxi Pier to picnic together. Participants bring your own lunch, or pay for on your own from Marination Ma Kai. Then return via the West Seattle Water Taxi. Please watch for email as times will change based on West Seattle Water Taxi times. Note: Participants are responsible for their own transportation fees.

Pier 50

91272 7/10 Fri 10 a.m.-1 p.m. Free

Jacobsen Observatory



Join us on this private program in partnership with the Jacobsen Observatory. Sky viewing is the main event of the evening. However, nightfall comes late. Program begins at 9 p.m. while the sky is still light. The first major event of the evening is a talk by students or faculty. Then, once skies are clear and dark, our spirited volunteers from the Seattle Astronomical Society open the old dome, point the telescope to objects of interest, and public viewing begins (unless the skies are overcast). Built in 1895, the Observatory and its lovely brass 6-inch refracting telescope are presently committed to public viewing and exploration of the wonders of the Universe. The telescope was designed in the days before electricity was common, so the telescope tracks the sky using its original gear-and-weight mechanism, much like the wind-up drive of a grandfather clock. It was used by UW astronomers for research until about 1945. Note: there is an ADA ramp to the classroom inside the observatory; however, access to the dome is possible only via a narrow wooden stairway built in the 1890s. Please dress for the night weather! Option to meet the group at U-District Light Rail at 8:40 p.m.

UW Jacobsen Observatory

91019 7/14 Tue 9-11 p.m. Free

University of Washington: PNW Weather and Climate



Hosted by the UW Department of Atmospheric and Climate Science, we'll have a classroom session on PNW weather and climate. For those wanting to meet at the UW 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 Atmospheric Sciences

91186 7/16 Thu 9:10 a.m.-1:10 p.m. Free

South Bellevue Station



Meeting at the new South Bellevue Station, we will explore Mercer Slough Blueberry Farm and Bellefields Trail. 1-mile walk to the starting point plus additional exploration so plan on about 3-4 miles with time to enjoy nature and the blueberry fields. Bring money if you are interested in picking blueberries at the farm depending on availability.

South Bellevue Station

91228 7/31 Fri 10 a.m.-Noon Free

UW Sustainability Tour



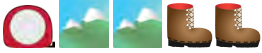
In partnership with UW Sustainability, we will go on a guided walking tour of the UW campus focusing on sustainability features, including green spaces and innovative buildings. This walk will start at the UW Light Rail Station and end at the U-District Light Rail Station, and is estimated to be a little over a mile and slightly uphill, with stops to discuss the UW's campus and sustainability efforts.

UW Light Rail

91020 8/12 Wed 10-11:30 a.m. Free

WALKS

Olmsted Walking Tour of Volunteer Park



Volunteer Park is often referred to as the crown jewel of Seattle's Olmsted Park and boulevard system. It is the most complete and best-preserved Olmsted-designed landscape in our city. Land purchased in 1876 was originally used as a cemetery, but in their 1903 report to the Seattle Board of Park Commissioners, the Olmsted Brothers proposed extensive improvements to the park. Join the Friends of Olmsted on a 1-mile walk exploration with lots of time standing and listening.

Volunteer Park

90853 7/30 Thu 10 a.m.-Noon Free



Georgetown Exploration with Lisa and Lori



Come explore one of Seattle's oldest and most fascinating neighborhoods, Georgetown. We'll visit historic buildings and monuments, as well as see shops and art spaces that showcase the revitalization of this quirky, gritty, and creative neighborhood. Participants should be able to walk at least 2 miles. We will meet at Oxbow Park at 10:30 a.m. to start the tour. Parking can be found in adjoining streets, but it is not abundant. The tour time is about 2 hours.

Oxbow Park

91236 8/7 Fri 10:30 a.m.-12:30 p.m. Free

Magnolia 4 Park Walk



We will explore 4 of Magnolia's fabulous parks, meeting and beginning at Ella Bailey. Parks include Ella Bailey Park, Thorndyke Park, Ursula Judkins Viewpoint, and Magnolia Park. Walk will be 3 miles with incline.

Magnolia

91021 8/18 Tue 10 a.m.-Noon Free

Olmsted Walking Tour of Green Lake Park and Boulevard



Green Lake is one of Seattle's most popular and historic Olmsted-designed parks. The lake itself is a geological remnant from the last ice age, named for its late summer algal bloom. Although Green Lake was included in the Olmsted's 1903 Parks Plan, at that time the lake itself was owned by the State of Washington, and much of the surrounding land was owned by developers. Between 1907 and 1912, the city hired the Olmsted Brothers to design both the park and its boulevard. Over the next several decades, the park was developed largely according to the Olmsted plan. 2.8 miles with time standing and listening.

Green Lake

90855 8/20 Thu 10 a.m.-Noon Free

ONGOING WALKS AND RUNS

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

Sound Steps: Ongoing Walks

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

90849 7/10-8/28 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

90851 7/6-8/31 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. *Modified dates of Wednesday/Thursday walking due to summer gym availability. 7/22-7/23 and 8/19-8/20 may only be half gym with the potential of another program being held on the other half.*

Rainier Beach CC Gym

91018 7/8-8/27 W/Th 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

90850 7/6-8/31 Mon 10-11:30 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 to get registered for a volunteer onboarding session, and we can get you started in no time.



Lifelong Recreation Advisory Council

You Can Make a Difference!

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

Your Advisory Council

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

Join Us!

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

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

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

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. To learn more visit us at 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!



Are you 60+ years old?

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



Discounts include:

Seattle Aquarium: 75% OFF

Woodland Park Zoo: 75% OFF

Seattle Animal Shelter: 50% OFF

Pacific NW Ballet: 50% OFF

View Discounts:

Use your cell phone camera to scan this QR code

OR visit

seattle.gov/agefriendlydiscounts.



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

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



Are you facing aging or disability issues?

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

SENIOR CENTERS AND PROGRAMS FOR SENIORS

About...Senior Centers!

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

Center/Program Locations

Ballard NW Senior Center

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

Central Area Senior Center

500 30th Ave. S, 98144
206-726-4926 / <https://casrcenter.org/>

Club Bamboo

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

El Centro de la Raza

2524 16th Ave. S, 98144
206-957-4634 / www.elcentrodelaraza.org

Ethiopian Community Center

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

Generations Aging With Pride

206-495-8312 / gapseattle.org

Greenwood Senior Center

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

International Drop-In Center

7301 Beacon Ave S, 98108
206-587-3735 / www.idicseniorcenter.org

Kin On Community Center

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

Lake City Senior Center

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

Lifetime Learning Center

3841 NE 123rd St, 98125
206-949-8882 / lifetimelinelearningcenter.org

North East Seattle Together (NEST)

8008 35th Ave. NE, 98115
206-525-6378 / www.nestseattle.org

Pike Place Senior Center

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

Sea Mar Latino Senior Nutrition and Outreach Program

Various Locations
206-764-4700 / seamar.org

Salvation Army Senior Center/White Center

9050 16th Ave. SW, 98106
206-767-3150 / tsawwhitecenter.org

Southeast Seattle Senior Center

4655 S Holly St, 98118
206-722-0317 / sessc.org

South Park Senior Center

8201 10th Ave. S, 98108
206-767-3650 / spseniors.org

Sunshine Garden Chinese Senior Community Center

611 S. Lane St, 98104
206-624-5633 / cisc-seattle.org

The Center for Active Living

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

Wallingford Community Senior Center

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

REGISTRATION



FIRST CHOICE

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



SECOND CHOICE

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



THIRD CHOICE

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



FOURTH CHOICE

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



Parks Management and Professional Staff

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

Parks Management

Michele Finnegan, Acting Superintendent
Aphrodyi Antoine, Director of Recreation
Chukundi Salisbury Sr, OOC Matrix and Partnerships Manager

Professional Staff

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

SCHOLARSHIP INFORMATION

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

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

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

How to submit your application

Preferred method:

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

Or mail to:

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

Here are some beginning qualification guidelines:

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

Registration Information and Refund Policy

Payment

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

Fees and Charges

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

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

Confirmations

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

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

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

Class Cancellations

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

Scholarships

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

Wait Lists

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

Anti-discrimination

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

Accommodation for People with Disabilities

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

Specialized Programs

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

More Information

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

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

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

DISCLAIMER NOTE

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



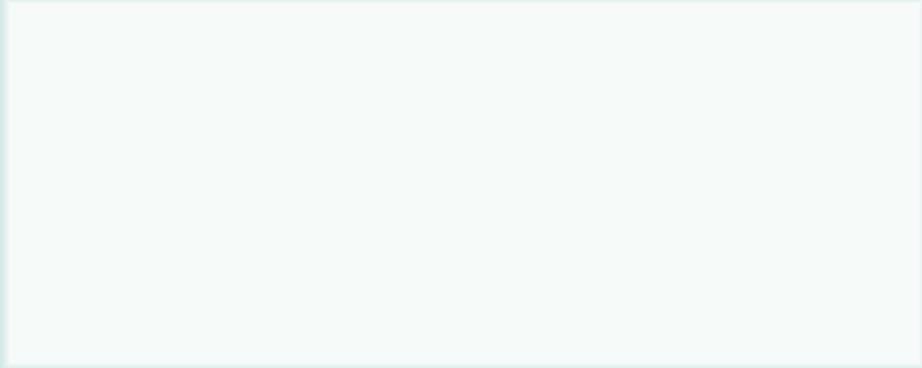
Seattle Parks & Recreation

Lifelong Recreation

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

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Walking Soccer Clinics— Registration Now Open!



2 clinic dates to choose from!

Walking soccer is a low-impact, modified version of traditional soccer. It is accessible and safer for older adults, those recovering from injury, or anyone seeking a less demanding way to enjoy the sport. The game also provides an active way to improve and maintain balance, coordination, and cardiovascular health. With a focus on social connection and fun, walking soccer is becoming increasingly popular as an all-round recreational activity. Come learn what it is all about!

All experience levels with soccer are welcome. When registering, please review the custom question about experience and choose the appropriate response for you.

Registration info below:

90287	5/5	Tue	10 a.m.-Noon	Magnuson Park
90302	5/12	Tue	10 a.m.-Noon	Magnuson Park

If you are interested in future opportunities for participating in Walking Soccer, please call the Lifelong Recreation main line at 206-684-4951. Leave a message with your name and contact information—phone and email address. We will follow up with you as more information becomes available.