

SEATTLE PARKS AND RECREATION DROP-IN PROGRAMS: SOUTH

To participate, participants must register at: https://bit.ly/spr_dropin_fall21
All programs are free unless noted otherwise. Masks must be worn while participating in all community center activities.



BASKETBALL

Want to shoot some hoops? Stay active, meet new people of all skill levels, and enjoy a pick-up basketball game.

Garfield CC

Youth	Ages 11-18	M/Th/F Wednesday	3:45-5:15 p.m. 2:20-5:15 p.m.
Adult	Ages 18 and Older	Mon-Thu Saturday	8-8:45 p.m. 1-4:45 p.m.

High Point CC

	Ages 5 and Older	Wednesday Sa/Su	2:30-5:30 p.m. 1-3:45 p.m.
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Rainier CC

Youth	Ages 9-14	Saturday	11 a.m.-12:45 p.m.
Teen	Ages 13-20	Saturday	1-2:45 p.m.
Family	Ages 6-13	Saturday	10-10:45 a.m.
Pick-Up	Ages 16 and Older	Saturday	3-3:45 p.m.

Van Asselt CC

Youth	Ages 11 and Younger	M/Th Tu/W	2-3:45 p.m. 2-4:45 p.m.
Teen	Ages 12-18	M/Th Tu/W Friday Saturday	5-7:45 p.m. 6:30-7:45 p.m. 6-7:45 p.m. 2-3:45 p.m.
Adult	Ages 18 and Older	Tu/Th Saturday	10 a.m.-1:45 p.m. 11 a.m.-1:45 p.m.

Yesler CC

Drills & Skills	Ages 5-18	M/W Tu/Th	4-7:45 p.m. 4-6:45 p.m.
Youth	Ages 5-18	M/W Saturday	2:30-3:45 p.m. 10:30 a.m.-12:30 p.m.
Adult	Ages 18 and Older	Tu/Th Saturday	2-3:45 p.m. 9-10:30 a.m.

DANCE

CHINESE DANCE: International District/Chinatown CC

Music and movement communicate health, beauty, and community in this Chinese dance class.

18 and Older	Tu/Th	11 a.m.-1 p.m.
Cost: \$3 Adult, \$2 Senior (65+)		

LINE DANCE: International District/Chinatown CC

Instructor led line dance class for beginner/intermediate levels.

18 and Older	Monday	11 a.m.-1 p.m.
Cost: \$3 Adult, \$2 Senior (65+)		

FITNESS & SPORTS PROGRAMS

50 AND UP FUN: International District/Chinatown CC

We are hosting our 50 years and up community members with 8 Donic Delhi Table Tennis Tables and two more tables for Mahjong.

50 and Older	Mon-Fri Saturday	3-5 p.m. 9:30 a.m.-12:30 p.m.
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SENIOR EXERCISE: International District/Chinatown CC

Exercise and physical activity are good for just about everyone, including older adults. Come and sweat it out to your favorite aerobic DVDs. Hand weights and resistance bands provided.

50 and Older	Wednesday	11 a.m.-12:30 p.m.
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HIP HOP SPIN: Rainier CC

The beats of Hip Hop and R&B will push you through this high intensity workout for all fitness levels. Control your own resistance and speed, allowing you to progress toward your fitness goals. This class is free due to the Get Moving Grant. Reserve your bike up to 1hr early, spots are limited!

16 and Older	Tuesday	6:45-7:45 p.m.
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FAMILY ZUMBA: Rainier Beach CC

Zumba fuses fitness, entertainment, and culture into an exhilarating dance-fitness sensation! Join the fitness parties that blends upbeat world rhythms with easy to follow choreography for a total body workout that feels like a celebration!

14 and Older	Wednesday	6:30-7:30 p.m.
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FITNESS ROOM

Commit to get fit! In our friendly, non-intimidating fitness room, you can set and meet your goals no matter what your level of fitness is. Put on that old pair of sweats, grab your sneakers, we are into fitness, not fashion.

Delridge CC

Ages 18 and Older	M/W/F	12-6 p.m.
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Garfield CC

Ages 18 and Older	M/W Tu/Th Friday Saturday	11 a.m.-4:45 p.m. 2-8:45 p.m. 2-6:45 p.m. 11 a.m.-3:45 p.m.
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Rainier CC

Ages 18 and Older	Mon-Fri M/W Saturday	11 a.m.-4:45 p.m. 5-7:45 p.m. 10 a.m.-3:45 p.m.
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Rainier Beach CC

Ages 18 and Older	Mon-Thu Friday Saturday	10:30 a.m.-7:30 p.m. 10:30 a.m.-4:30 p.m. 10 a.m.-3:30 p.m.
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Yesler CC

Ages 18 and Older	Mon-Fri	9 a.m.-6:45 p.m.
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MARTIAL ARTS

8 ANIMALS & 8 METHOD KUNG FU: International District/Chinatown CC

Learn the effective, classical techniques from the style of 8 Animals and 8 Methods.

Ages 12 and Older	Saturday	11 a.m.-12 p.m.
Cost: \$3 Adult, \$2 Youth/Senior (65+)		

TAI CHI: Rainier CC

Improve your health and energy circulation using the principles of Qigong (energy exercise). Movements are slow and fluid to help restore balance, stability, ease of movement, and alignment.

Ages 18 and Older	M/Th	2-3 p.m.
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PICKLE BALL

Play or practice your skills in this unique paddle sport that is a fast paced combination of tennis and ping pong. Open to All levels.

Delridge CC

Ages 18 and Older	M/W/F	10:15 a.m.-12 p.m.
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High Point CC: Senior

Ages 50 and Older	W/F	10 a.m.-11:45 p.m.
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Van Asselt CC: Senior

Ages 50 and Older	M/W	12-1:45 p.m.
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Yesler CC

Ages 18 and Older	Tu/Th	10 a.m.-12 p.m.
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PING PONG/TABLE TENNIS

Learn to play or enhance your skills Ping Pong is open to all levels.

International District/Chinatown CC

Ages 13 and Older	Mon-Fri M/W/F Saturday	11:30 a.m.-2:30 p.m. 5:30-8:30 p.m. 1-4:30 p.m.
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Cost: \$3 Adult, \$2 Senior (65+), Youth Free
Children under 16 should be accompanied by an adult.

RECREATION

BRIDGE: Rainier CC

Bridge players of all levels welcome.

Ages 18 and Older	Wednesday	11 a.m.-1:30 p.m.
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SENIOR GAMES: Van Asselt CC

We are hosting our 50 years and up community members for Table Tennis Tables, card games, and Mahjong.

Ages 50 and Older	Tu/Th	12-1:45 p.m.
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BIG BRAINS: Yesler CC

Come build your skills at the Big Brains Superheroes class

Ages 5-18	Mon-Thu	4:30-6:30 p.m.
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VOLLEYBALL

Drop by and join a team for some welcoming competition. Have fun and hone your skills alongside adults of all skill levels.

Garfield CC

Ages 18 and Older	Friday	6-8:45 p.m.
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Cost: \$3 Adult, \$2 Senior (65+)

Van Asselt CC

Ages 16 and Older	Saturday	9-10:45 a.m.
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FALL 2021
SOUTH SEATTLE

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	DELRIDGE	GARFIELD	HIGH POINT	INTERNATIONAL DISTRICT/CHINATOWN		RAINIER		RAINIER BEACH	VAN ASSELT		YESLER	
BASKETBALL		YOUTH M/Th/F 3:45-5:15 p.m. Wednesday 2:20-5:15 p.m. Ages 11-18	Wednesday 2:30-5:30 p.m. Sa/Su 1-3:45 p.m. Ages 5 and Older			YOUTH Saturday 11-11:45 a.m. 12-12:45 p.m. Ages 9-14	FAMILY Saturday 10-10:45 a.m. Ages 6-13		YOUTH/TWEEN M/Th 2-3:45 p.m. Tu/W 2-4:45 p.m. Ages 11 and Younger	TEEN M/Th 5-7:45 p.m. Tu/W 6:30-7:45 p.m. Friday 6-7:45 p.m. Saturday 2-3:45 p.m. Ages 12-18	DRILLS & SKILLS M/W 4-7:45 p.m. Tu/Th 4-6:45 p.m. Ages 5-18	ADULT Saturday 9-10:30 a.m. Tu/Th 2-3:45 p.m. Ages 18 and Older
		ADULT Mon-Thu 8-8:45 p.m. Saturday 1-4:45 p.m. Ages 18 and Older				TEEN Saturday 1-1:45 p.m. 2-2:45 p.m. Ages 13-20	PICK-UP Saturday 3-3:45 p.m. Ages 16 and Older		ADULT Tu/Th 10 a.m.-1:45 p.m. Saturday 11 a.m.-1:45 p.m. Ages 18 and Older	YOUTH M/W 2:30-3:45 p.m. Saturday 10:30 a.m.-12:30 p.m. Ages 5-18		
DANCE, & MARITAL ARTS				8 ANIMAL & 8 METHOD KUNG FU Saturday 11 a.m.-12 p.m. \$3 Adult, \$2 Youth/ Senior (65+) Ages 12 and Older	CHINESE DANCE Tu/Th 11 a.m.-1 p.m. \$3 Adult, \$2 Senior (65+) Ages 18 and Older LINE DANCE Monday 11 a.m.-1 p.m. \$3 Adult, \$2 Senior (65+) Ages 18 and Older	TAI CHI M/Th 2-3 p.m. Ages 18 and Older						
FITNESS ROOM	M/W/F 12 - 6 p.m. Ages 18 and Older	M/W 11 a.m.-4:45 p.m. Tu/Th 2-8:45 p.m. Friday 2-6:45 p.m. Saturday 11 a.m.-3:45 p.m. Ages 18 and Older				Mon-Fri 11 a.m.-4:45 p.m. M/W 5-7:45 p.m. Saturday 10 a.m.-3:45 p.m. Ages 18 and Older		Mon-Thu 10:30 a.m.-7:30 p.m. Friday 10:30 a.m.-4:30 p.m. Saturday 10:30 a.m.-3:30 p.m. Ages 18 and Older			Mon-Fri 9 a.m.-6:45 p.m. Ages 18 and Older	
RECREATION & FITNESS				50 AND UP FUN! Mon-Fri 3-5 p.m. Saturday 9:30 a.m.-12:30 p.m. Ages 50 and Older	SENIOR EXERCISE Wednesday 11 a.m.-12:30 p.m. Ages 50 and Older	BRIDGE Wednesday 11 a.m.-1:30 p.m. Ages 18 and Older	HIP HOP SPIN Tuesday 6:45-7:45 p.m. Ages 16 and Older	FAMILY ZUMBA Wednesday 6:30-7:30 p.m. Ages 14 and Older	SENIOR GAMES Tu/Th 12-1:45 p.m. Ages 50 and Older	BIG BRAINS Mon-Thu 4:30-6:30 p.m. Ages 5-18		
PICKLEBALL	M/W/F 10:15-11 a.m. 11:15 a.m.-12 p.m. Ages 18 and Older		W/F 10-10:45 a.m. 11-11:45 a.m. Ages 50 and Older						SENIOR M/W 12-1:45 p.m. Ages 50 and Older	Tu/Th 10 a.m.-12 p.m. Ages 18 and Older		
PING PONG				Mon-Fri 11:30 a.m.-2:30 p.m. M/W/F 5:30 - 8:30 p.m. Saturday 1-4:30 p.m. \$3 Adult, \$2 Senior (65+), Youth Free Ages 13 and Older								
VOLLEYBALL		Friday 6-8:45 p.m. Ages 18 and Older \$3 Adult, \$2 Senior (65+)							Saturday 9-10:45 a.m. Ages 16 and Older			