

DROP-IN PROGRAMS

All drop-in programs are now free (unless otherwise noted), but they now require a Quickcard. Drop-in activities are subject to change, based on community center activities. Call center 48 hours in advance to verify daily schedule.
No program 9/14, 11/10, 11/23, 11/24, and 12/25.

TODDLER GYM PLAY TIME

FREE!

Ages Walkers-5 Years

Children play, learn, and develop both motor and social skills in this highly interactive drop-in social and play time. Toddlers will meet new friends, play on bouncy toys, ride scooters and tricycles, play with bouncy balls, and much more. (Parents must accompany their child at all times.) Times are subject to change.

BALLARD COMMUNITY CENTER (STARTS 9/6)*

M/W/F 9:30 a.m.-12:30 p.m.

BITTER LAKE COMMUNITY CENTER

Mon/Wed 9:30 a.m.-12:30 p.m.

LOYAL HEIGHTS COMMUNITY CENTER (STARTS 9/19)

Tue/Thu 10 a.m.-2 p.m.

MAGNOLIA COMMUNITY CENTER*

Wed/Fri 11 a.m.-1 p.m.

QUEEN ANNE COMMUNITY CENTER

Tue/Thu 10 a.m.-1 p.m.

*Ballard and Magnolia also offers an Imagination Playground. It includes bricks and cylinders, accented with chutes, channels, and parts that suggest motion or connectivity. It inspire children to design their own inventions.

QUIET PLAY GYM

For families affected by autism.

Location: Ballard CC

Fridays 1-2:30 p.m.

TODDLER PLAY ROOMS

FREE!

Enjoy a dedicated play space filled with lots of children's toys of all shapes, sizes, and mobility. It's a great way for your child to learn and socialize with others. Parental supervision required. Must adhere to posted rules. So what are you waiting for? Come in from the wet and cold and play! Public Health-Seattle and King County requires that you take away changed diapers. Times are subject to change.

BALLARD COMMUNITY CENTER (STARTS 9/5)*

Ages 4 and younger

Enjoy the toddler open gym at no charge on M/W/F.

Mon-Fri 9:30 a.m.-8:30 p.m.

BELLTOWN COMMUNITY CENTER

Ages 7 and younger

M/W/Th 3-8 p.m.

Fri 9:30 a.m.-2:30 p.m.

GREEN LAKE COMMUNITY CENTER

Ages 5 and younger

Available for rentals on Saturday and Sundays!

Mon-Fri 10 a.m.-8 p.m.

Saturday 9 a.m.-4:45 p.m.*

*Private rentals are available on Saturdays from 1-5 p.m. Please call the center at 206-684-0780 before coming on Saturday afternoons.

QUEEN ANNE COMMUNITY CENTER

Ages 5 and younger

Mon-Fri 9:30 a.m.-4 p.m.

Sat 10 a.m.-3 p.m.



DROP-IN PROGRAMS



Seattle
Parks & Recreation

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LOYAL HEIGHTS WEIGHT ROOM

FREE!

Ages 18 and Older

Take a little time to get a workout in our fitness room. The room features several pieces of cardio equipment, Kaiser Compress machines, a punching bag, free weights, a cable machine, squat rack, and more.

Location: Loyal Heights CC

Mon 9 a.m.-8:45 p.m.
T/Th 10:30 a.m.-5:45 p.m., 7-8 p.m.
Wed 10:30 a.m.-8:45 p.m.
Fri 11 a.m.-Noon, 1-8:45 p.m.

QUEEN ANNE WEIGHT ROOM

FREE!

Ages 18 and Older

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.

Location: Queen Anne CC

Mon-Fri 1-8:45 p.m.
Sat 10 a.m.-3 p.m.

SOUND STEPS WALKING PROGRAM - GREEN LAKE LOOPERS

FREE!

Ages 50 and Older

Walk the 3-mile loop at a gentle or moderate pace. Monthly group; hosted by the Wallingford Community Senior Center. Meet in front of the Green Lake Church, 6350 E. Green Lake Way N. (cross street is Meridian Ave N.) RSVP to WCSC: 206-461-7825.

Location: Green Lake CC

Montly **Fri** 1:30 p.m.

DROP-IN ADULT WATER COLOR

FREE!

Ages 18 and Older

Join us each week for painting, sharing ideas, and critiques. We will paint still life scenes, share reference photos, and/or work on our own independent projects. This group is open to watercolorists at all levels. This is not a class. To participate, please bring your own paints, brushes, paper, and unbreakable water container.

Location: Loyal Heights CC

Fri 11 a.m.-3 p.m.

LOBBY GAMES

FREE!

All Ages

Come play ping pong, chess, checkers and possibly other games in our lobby. Available during open hours, call ahead to confirm.

Location: Belltown CC

SPECIALIZED PROGRAMS

Seattle Parks and Recreation's Specialized Programs offers year-round recreational activities for people with physical and developmental disabilities. We provide opportunities to participate in recreational activities specifically designed and conducted by trained staff for people with special needs.



We provide recreation programs for all ages including cooking, fitness, social gatherings, drama, crafts, games, and after school activities. Also offered are weekend outings, special events, a variety of Special Olympics sports competitions, and both day and overnight summer camps. Our partner Seattle Adaptive Sports hosts a variety of wheelchair and adaptive sports programs.

View an on-line brochure by going to: seattle.gov/parks (select the link to Specialized Programs under Popular Links) or contact our office at 206-684-4950.

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	BALLARD	BELLTOWN	BITTER LAKE	GREEN LAKE	LOYAL HEIGHTS	MAGNOLIA	QUEEN ANNE
Starting in November gym availability will be limited due to Citywide Basketball season. Please call your center for current availability.							
BASKETBALL			Monday 7-9 p.m. ends 11/6	M/T/Th Noon-2 p.m. Friday 10 a.m.-2 p.m.	Friday 7-8:45 p.m.	Tuesday 6-8 p.m.	T/Th/F 6-8:30 p.m.
DODGEBALL				Wed 7-8:45 p.m.	Monday 7-8:45 p.m.		
DOUBLE DUTCH				Call to confirm days			
FUTSAL	Th/F * 6:30-8:30 p.m. <i>*Fri is Women only</i>						
JUGGLING	Wednesday 6:30-8:30 p.m.						
PICKLEBALL	Tuesday 9:30-11:30 a.m. Wednesday 6:30-8:30 p.m.		T/F 10 a.m.-1 p.m. Thursday 6:45-8:45 p.m. ends 11/9	Thursday 6-8:45 p.m. ends 11/16 Saturday 11 a.m.-2 p.m. ends 12/2	Friday Noon-2 p.m. <i>(no drop-in 11/17 and 12/15)</i>	Monday 11 a.m.-1 p.m.	
TABLE TENNIS (PING PONG)	Open to the public at any time. Equipment is available during operating hours. Tables are located outside.	M/T/W 3-8 p.m. Th/F 9:30am-2:30pm.		Wednesday 10 a.m.-1 p.m. Fri (ends 11/17) 6-8:45 p.m. Saturday 5-9 p.m. Sunday 4-9 p.m. \$5 or \$45 <i>(10-visit) punch card (14 tables)</i>			
TAI CHI				Mon (\$7) 7-8 p.m.			
VOLLEYBALL	Teens Only Tue 4-6 p.m. T/F * 6:30-8:30 p.m. <i>*Fri is Women only</i>					Thursday 6-8 p.m.	