



SEATTLE PARKS AND RECREATION DROP-IN PROGRAMS

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



Seattle
Parks & Recreation



BASKETBALL

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

High Point CC
Ages 5 and Older W/Th 2:30-4:15 p.m.

International District/Chinatown CC
Ages 18 and Older M/W/F 11:30 a.m.-1:30 p.m.

Van Asselt CC
Teen Ages 12-18 Saturday 2-3:45 p.m.
Adult Ages 18 and Older Tu/Th 10 a.m.-1:45 p.m.
Saturday 11 a.m.-1:45 p.m.

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

BADMINTON: 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.
18 and Older Tuesday 10 a.m.-1 p.m.
Saturday 10 a.m.-1:45 p.m.

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.

DODGEBALL: Yesler CC
Stay active and meet new people by joining adults of all skill levels in a drop-in game of dodgeball.
18 and Older Friday 5:45-7:45 p.m.

OPEN GYM: International District/Chinatown CC
Want to shoot some hoops? Stay active, meet new people of all skill levels, and enjoy a pick-up game of basketball.
FAMILY Ages 5 and Older Saturday 2-4:30 p.m.
YOUTH Ages 12-18 Mon-Thu 3-5:30 p.m.
Friday 3-9 p.m.

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 Mon-Fri 11 a.m.-5 p.m.

International District/ Chinatown CC
Ages 18 and Older M/W/F Noon-8 p.m.
Tu/Th 11 a.m.-4 p.m.
Saturday 10 a.m.-4 p.m.

Rainier CC
Ages 18 and Older Mon-Sat Check with center for times.

Yesler CC
Ages 18 and Older Mon-Fri 9 a.m.-6:45 p.m.

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.-1:30 p.m.

High Point CC
Ages 18 and Older W/F 10 a.m.-12:45 p.m.

International District/Chinatown CC
Ages 18 and Older Monday 6-8:45 p.m.

Rainier CC
Ages 18 and Older Th 10 a.m.-1 p.m.

Van Asselt CC: Senior
Ages 50 and Older M/W 12-2:45 p.m.

Yesler CC
Ages 18 and Older Tu/Th 10 a.m.-Noon

PING PONG/TABLE TENNIS

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

International District/Chinatown CC
ADULT Ages 16 and Older M/W/F 6-8:30 p.m.
W/F 1-2:30 p.m.
FAMILY Ages 12 and Older Saturday 2-4:30 p.m.

RECREATION

BIG BRAINS: Yesler CC
Come build your skills at the Big Brains Superheroes class
Ages 5-17 Mon-Thu 4:30-6:30 p.m.

BRIDGE: Rainier CC
Bridge players of all levels welcome.
Ages 18 and Older Wednesday 11 a.m.-1:30 p.m.

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 3-5 p.m.

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 11:30 a.m.-1:30 p.m.

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.
Cost: \$3 pre-register, \$4 at the door

VOLLEYBALL

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

International District/Chinatown CC
Ages 18 and Older Wednesday 6-8:45 p.m.

NEW DROP-IN STANDBY OPTIONS

***UPDATE:** We no longer offer waitlists for Drop-In Programs. Please check back regularly to see if a spot has opened up.

***ATTENTION PARTICIPANTS:** If you cannot attend your reservation, please contact the community center to cancel so others can sign-up.

On the day of, if drop-in time slots are full, participants can form a standby line outside the community center. If after 15 minutes a reserving party does not arrive, community center staff will try to fill the drop-in time slot on a first come, first served basis.

FEBRUARY 2022 SOUTH SEATTLE

SEATTLE PARKS AND RECREATION DROP-IN PROGRAMS: SOUTH

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	DELRIDGE	HIGH POINT	INTERNATIONAL DISTRICT/CHINATOWN		RAINIER	VAN ASSELT		YESLER	
BASKETBALL		<p>W/Th 2:30-4:15 p.m. Ages 13 and Older</p>	<p>M/W/F 11:30 a.m.-1:30 p.m. Ages 18 and Older</p>			<p>TEEN Saturday 2-3:45 p.m. Ages 12-17</p>	<p>ADULT Tu/Th 10 a.m.-1:45 p.m. Saturday 11 a.m.-1:45 p.m. Ages 18 and Older</p>	<p>DRILLS & SKILLS M/W 4-7:45 p.m. Tu/Th 4-6:45 p.m. Ages 5-18</p>	<p>ADULT Tu/Th 2-3:45 p.m. Saturday 9-10:30 a.m. Ages 18 and Older</p>
DANCE, & MARITAL ARTS			<p>LINE DANCE Monday 11 a.m.-1 p.m. \$3 Adult, \$2 Senior (65+) Ages 18 and Older</p>	<p>CHINESE DANCE Tu/Th 11 a.m.-1 p.m. \$3 Adult, \$2 Senior (65+) Ages 18 and Older</p>	<p>TAI CHI M/Th 2-3 p.m. Ages 18 and Older</p>				
FITNESS ROOM	<p>Mon-Fri 11 a.m.-5 p.m. Ages 18 and Older</p>		<p>M/W/F Noon-8 p.m. Tu/Th 11 a.m.-4 p.m. Saturday 10 a.m.-4 p.m. Ages 18 and Older</p>		<p>Mon-Sat Check with the community center for times. Ages 18 and Older</p>			<p>Mon-Fri 9 a.m.-6:45 p.m. Ages 18 and Older</p>	
RECREATION, SPORTS, & FITNESS			<p>50 AND UP FUN Mon-Fri 3-5 p.m. Ages 50 and Older</p>	<p>OPEN GYM Family: Saturday 2-4:30 p.m. Ages 5 and Older Youth: Mon-Thu 3-5:30 p.m. Friday 3-9 p.m. Ages 12-18</p>	<p>BRIDGE Wednesday 11 a.m.-1:30 p.m. Ages 18 and Older</p>	<p>HIP HOP SPIN Tuesday 6:45-7:45 p.m. Ages 16 and Older</p>	<p>SENIOR GAMES Tu/Th 11:30 a.m.-1:30 p.m. Ages 50 and Older</p>	<p>BIG BRAINS Mon-Thu 4:30-6:30 p.m. Ages 5-17</p>	<p>DODGEBALL Friday 5:45-7:45 p.m. Ages 5-18</p>
PICKLEBALL	<p>M/W/F 10:15 a.m.-1:30 p.m. Ages 18 and Older</p>	<p>W/F 10 a.m.-12:45 p.m. Ages 18 and Older</p>	<p>Monday 6-8:45 p.m. Ages 18 and Older</p>		<p>Thursday 10 a.m.-1 p.m. Ages 18 and Older</p>		<p>SENIOR M/W 12-2:45 p.m. Ages 50 and Older</p>	<p>Tu/Th 10 a.m.-Noon Ages 18 and Older</p>	
PING PONG			<p>Adult M/W/F 6-8:30 p.m. W/F 1-2:30 p.m. Ages 16 and Older</p>	<p>Family Saturday 2-4:30 p.m. Ages 12 and Older</p>					