

# SEATTLE PARKS AND RECREATION DROP-IN PROGRAMS

To participate, participants must register at: [https://bit.ly/spr\\_dropin\\_registration](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



## BADMINTON

Keep your eye on the birdie! Stop by and enjoy a friendly game of badminton - a social and accessible sport for all.

**Magnuson CC at Hangar, Building 30**

**Ages 15 and Older**      **M/Tu/Th**      **6:30-7:45 p.m.**

## BASKETBALL

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

**Magnuson CC at Hangar, Building 30**

**Ages 15 and Older**      **M/Tu/Th**      **6:30-7:45 p.m.**

**Miller CC**

**Ages 16 and Older**      **Tuesday**      **6-8 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.

**Meadowbrook CC**

**Ages 18 and Older**      **Mon-Fri**      **8:30 a.m.-8:15 p.m.**

**Queen Anne CC**

**Ages 18 and Older**      **Mon-Fri**      **1:10-7:55 p.m.**



## 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.

## 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.

**Bitter Lake CC**

**Ages 16 and Older**      **Tu/F**      **10a.m.-12:45 p.m.**

**Magnolia CC**

**Ages 18 and Older**      **Monday**      **10:30-11:30 a.m.**

**Magnuson CC at Hangar, Building 30**

**Ages 18 and Older**      **W/Th**      **10-11:30 a.m.**

**Meadowbrook CC**

**Ages 18 and Older**      **Thursday**      **10 a.m.-3 p.m.**

**Miller CC**

**Ages 18 and Older**      **M/W/F**      **10 a.m.-12:45 p.m.**

**Queen Anne CC: Senior**

**Ages 55 and Older**      **Tu/Th**      **1-2:30 p.m.**

## PING PONG/TABLE TENNIS

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

**Lake City CC**

**Ages 16 and Older**      **M/W/F**      **4-7 p.m.**

**Queen Anne CC**

**Ages 18 and Older**      **Tu/F**      **1:30-2:30 p.m.**

## TRADITIONAL NON-CONTACT TAE KWON DO

This class teaches non-contact Tae Kwon Do and focuses on 5 tenets: Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit. Tae Kwon Do will help you increase your confidence, flexibility, balance, and strength. **\$40 one-time material fee; testing fees additional.**

**Queen Anne CC**

**Ages 18 and Older**      **M/W**      **6-7 p.m.**      **\$9/Session**

## VOLLEYBALL

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

**Meadowbrook CC**

**Ages 18 and Older**      **Wednesday**      **7-9 p.m.**

**Miller CC**

**Ages 16 and Older**      **Monday**      **6-8 p.m.**

## YOUTH PROGRAMS

**TODDLER PLAY AND RUN: Lake City CC**

Come out of the rain and play indoors at the Lake City Community Center! We'll have basketball hoops, soccer goals, scooters and a big, safe space to run free! Masks must be worn by individuals 2 years and older. Immediate household members only or cohorts such as a nanny share, up to 4 people.

**Ages 1-5**      **Tu/Th**      **9:15 a.m.-Noon**

**TODDLER GYM: Bitter Lake CC**

Want some space for your kids to let loose and burn off some energy? Up to 3 kids per family can play in one section of the gym with playgrounds balls. Masks required for kids and adults.

**Ages 2-5**      **Wednesday**      **9:15-11 a.m.**

**MARCH 2022**  
**NORTH SEATTLE**

# SEATTLE PARKS AND RECREATION DROP-IN PROGRAMS: NORTH

To participate, participants must register at: [https://bit.ly/spr\\_dropin\\_registration](https://bit.ly/spr_dropin_registration)

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	BITTER LAKE	LAKE CITY	MAGNOLIA	MAGNUSON CC at Hangar, Building 30	MEADOWBROOK	MILLER	QUEEN ANNE
BADMINTON				M/Tu/Th 6:30-7:45 p.m. Ages 15 and Older			
BASKETBALL				M/Tu/Th 6:30-7:45 p.m. Ages 15 and Older		ADULT Tuesday 6-8 p.m. Ages 16 and Older	
FITNESS ROOM					Mon-Fri 8:30 a.m.-8:15 p.m. Ages 18 and Older		Mon-Fri 1:10-7:55 p.m. Ages 18 and Older
PICKLEBALL	Tu/F 10 a.m.-12:45 p.m. Ages 18 and Older		Mondays 10:30-11:30 a.m. Ages 18 and Older	W/Th 10-11:30 a.m. Ages 18 and Older	Thursday 10 a.m.-3 p.m. Ages 18 and Older	M/W/F 10 a.m.-12:45 p.m. Ages 18 and Older	SENIOR Tu/Th 1-2:30 p.m. Ages 50 and Older
PING PONG		M/W/F 4-7 p.m. Ages 16 and Older					Tu/F 1:30-2:30 p.m. Ages 18 and Older
RECREATION	TODDLER GYM Wednesday 9:15-11 a.m. Ages 2-5	TODDLER PLAY AND RUN Tu/Th 9:15 a.m.-Noon Ages 1-5					NON-CONTACT TAE KWON DO M/W 6-7 p.m. Ages 18 and Older \$9/Session + \$40 Fee
VOLLEYBALL					Wednesday 7-9 p.m. Ages 18 and Older	Monday 6-8 p.m. Ages 16 and Older	