

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.



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 13 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 12-17 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

Youth Ages 5-16 M/W 2:30-3:45 p.m.

Saturday 10:30 a.m.-12:30 p.m.

Adult 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+)

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.

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 3-8:45 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-9 p.m.

Tu/Th 11 a.m.-5 p.m.

Saturday 10 a.m.-5 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 Thursday 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 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.

Van Asselt CC

Ages 16 and Older Saturday 9-10:45 p.m.

MARCH 2022
SOUTH SEATTLE

SEATTLE PARKS AND RECREATION DROP-IN PROGRAMS: SOUTH

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Seattle
Parks & Recreation



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