

# GREEN LAKE

## SMALL CRAFT CENTER



**Seattle**  
Parks & Recreation  
healthy people healthy environment strong communities

## PROGRAM GUIDE



register online:  
[seattle.gov/parks](https://seattle.gov/parks)





# Seattle Parks & Recreation

healthy people healthy environment strong communities

## GREEN LAKE SMALL CRAFT CENTER

5900 W Green Lake Way, Seattle, WA 98103  
phone: 206-684-4074 / fax: 206-684-4042

### REGISTER ONLINE!

**READY** – Please visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks) and look for SPARC to see what classes and programs are available for registration.

**SET** – Contact us to obtain your barcode and PIN number. Take time to make sure all of your questions are answered.

**GO** – In order to make your online registration go as smoothly as possible, please set up an account 24 hours before the registration date at <http://www.seattle.gov/parks/> and click on the SPARC section.

### DIRECTIONS

**From northbound or southbound I-5:** take the 50th Street exit and turn west. Stay on 50th to the intersection of Stone Way N and Green Lake Way N. Turn right, go 1/4 mile, veer left onto West Green Lake Way North. The facility is just ahead on the right, next to the Aqua Theater. Lower Woodland Park, with sportsfields, a track, tennis courts, and seven picnic shelters, is to the south and west of Green Lake Small Craft Center. To reserve a sportsfield, track, or tennis court, call 206-684-4077. To reserve a picnic shelter, call 206-684-4081.

### METRO BUS INFORMATION

Metro transit routes: 16, 26, 45, 358



### CLOSURES

*Holidays – No programs, No office hours*

- New Year's Day**
- Presidents' Day**
- Memorial Day**
- Independence Day**
- Labor Day**
- Veterans' Day**
- Thanksgiving Holiday**
- Christmas**

### PARKS MANAGEMENT

- Jesús Aguirre**, *Superintendent*
- Christopher Williams**, *Deputy Superintendent*
- Katie Gray**, *Recreation Director*
- Mike Plympton**, *Aquatics Manager*

### ASSOCIATED RECREATION COUNCIL



Since 1975 the Associated Recreation Council (ARC) has provided recreation, lifelong learning programs and community-driven leadership in partnership with Seattle Parks and Recreation. With a goal of providing equitable access to citywide programs for Seattle residents of all ages, ARC works through 37 volunteer Advisory Councils to fulfill its mission of "building community through citizen engagement and participation in recreation and lifelong learning programs." ARC is a 501c3 nonprofit organization. For more information, go to [www.arcseattle.org](http://www.arcseattle.org).

### ADVISORY COUNCIL

The Green Lake Small Craft Center has two advisory councils, the Rowing Advisory Council and the Seattle Canoe and Kayak Club. The Rowing Advisory Council meets the third Wednesday of each month, and the Seattle Canoe and Kayak Club meets the third Tuesday of each month. As Advisory Council activities are self-sustaining, we rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies. Meetings are held at the Green Lake Small Craft Center 7–9 p.m. For more information, call Jason Frisk at 206-684-4074.

### DISCLAIMER NOTE

*Although we strive to be accurate, this brochure is published for information purposes only. Changes may be necessary to the content depending on levels of participation or other factors, and fees may change after City Council action on the City budget each year. Please visit [www.seattle.gov/parks](http://www.seattle.gov/parks) for updated information.*





## JUNIOR CREW

### Grades 8-12

Rowing on a team is an incredible experience that promotes sportsmanship, camaraderie, and leadership. Classes teach the fundamentals of the stroke as well as boat handling, water safety, and care of equipment.

Junior Crew runs year-round. New sessions start in February, June, and September. On-land conditioning courses are held during the winter months. All classes are geared towards competitive rowing. Because rowing relies heavily on teamwork, we encourage regular attendance. The junior rowing program is open only to those in grades 8 to 12; sorry, no exceptions.

Scholarships and/or discounts are available for low-income families; please pick up an application form from the office.

\*All Junior Crew courses require a 10-minute float test, taken prior to your first class. Float Tests are available at our pools: <http://www.seattle.gov/parks/find/pools/pools-a-z>.

### NOVICE OR EXPERIENCED?

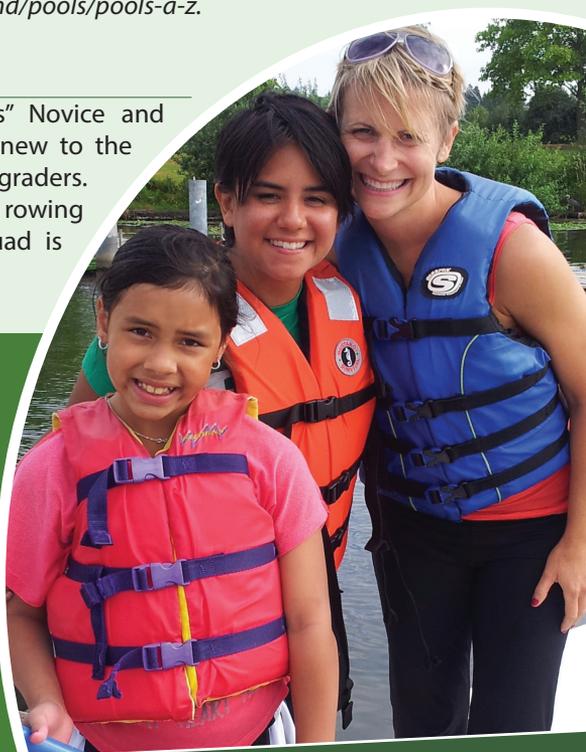
Our Junior Crew team is split into two "squads" Novice and Experienced. Novices are athletes who are brand new to the sport or in their first year of rowing, usually 8th-10th graders. Experienced rowers have at least one year of rowing experience under their belt. The experienced squad is open to 9th-12th graders.

## MIDDLE SCHOOL ROWING CAMP

### Ages 12-14

Looking to get a jump start into the world of rowing? These two-week camps are the perfect introduction for young rowers to the exciting sport of Junior Crew.

Courses will teach basic stroke technique with an emphasis on fitness and fun! This is a great place to start for younger rowers thinking about joining our Junior Crew Team. No previous experience necessary.



## ADULT ROWING

Green Lake has adult rowing classes for everyone! No matter your experience level. From beginner lessons to our competitive Masters Team. Our dedicated coaches are ready to take your rowing to the next level.

**All courses require a 10-minute float test, taken prior to your first class. Float Tests are available at our pools: <http://www.seattle.gov/parks/find/pools/pools-a-z>.**

### LEARN TO ROW—NOVICE I

#### **Ages 18 and Older**

Our Learn to Row classes teach the fundamentals of rowing. This “on the water” class will cover the basics of the rowing stroke, boat handling, water safety, rowing terms, coxing skills, and equipment care. Students begin with dockside rowing and quickly progress to rowing eight-oared racing shells. Sculling is done with two oars per person, and sweep rowing with one oar per person. Satisfactory completion of this class will qualify you for our adult rowing program. Classes meet for a total of 18 hours of instruction. We row rain or shine, so come prepared!



### ADULT INTERMEDIATE AND RECREATIONAL CREW— ROWING II AND III

#### **Ages 18 and Older**

Continue to develop your rowing techniques. Improve your skills with drills emphasizing technique. Instruction will include sweep rowing or sculling or both. Prerequisite for this class is a minimum of one Rowing I (Learn to Row) class or equivalent experience. We strongly recommend a complete physical and cardiac evaluation for rowers 40 and older or those with pre-existing health conditions.





## COMPETITIVE ADULT CREW— ROWING IV

### **Ages 18 and Older**

Be part of the TEAM! This is a competition and fitness program for the serious adult rower. It includes on and off the water conditioning, advanced rowing technique, and racing skills to prepare rowers for competition. On the water workouts may be determined by available daylight. We expect a strong commitment and regular attendance.



## OPEN ROWING

### **Ages 18 and Older**

Drop-in rowing is available for adults on a limited basis. An Open Rowing Card is good for 10 rowing sessions during regularly scheduled novice rowing classes, for a non-refundable fee of \$130.

**Cards are valid for one year from purchase date.**



# ADULT PADDLING AND SAILING

Seattle is a city surrounded by water! What better way to experience it than from the helm of a small sailboat or paddling a canoe or kayak? Our Adult Sailing and paddling classes are designed to get you out on the water and enjoying Seattle's unique aquatic environment.

**All courses require a 10-minute float test, taken prior to your first class. Float Tests are available at our pools: <http://www.seattle.gov/parks/find/pools/pools-a-z>.**

## LEARN TO SAIL

### Ages 18 and Older

Take advantage of the Seattle breezes with our Topper sailboats. Learn rigging, sailing theory, water safety, and more. We provide all equipment. Participants will also get the chance to experience capsizing during the first class, so we recommend towels and extra clothes.

Small boats sailing requires dexterity similar to getting out of a swimming pool without using a ladder, and sitting on a floor for an hour while occasionally crawling quickly for three seconds. Course consists of eight 2.5 hour classes.

## BIRDS AND BOATS— INTRODUCTION TO CANOE/KAYAK FOR SENIORS

### Ages 55 and Older

This class is designed and offered for people who are 55 and older. This non-competitive recreation class is perfect for people who enjoy the world around them. Learn the fundamentals of both canoeing and kayaking at a leisurely pace. In addition to a paddling instructor, the class will be accompanied by a Naturalist who will speak about the wildlife that inhabits the Green Lake area. Each course consists of four, two-hours classes for a total of 8 hours.



# SEATTLE CANOE AND KAYAK CLUB

All courses require a 10-minute float test, taken prior to your first class. Float Tests are available at our pools: <http://www.seattle.gov/parks/find/pools/pools-a-z>.

## INTRODUCTION TO CANOEING

### Ages 10 and Older

Minimum age is 16, or 10 if accompanied by an adult. Join us for a fun, on-the-water course designed to build paddling skills for safe solo and partner canoeing. Our menu includes more than 20 paddling strokes used to control a canoe in a variety of situations. All equipment is provided. Weekday and weekend classes available.



## INTRODUCTION TO KAYAK

### Ages 13 and Older

Minimum age is 16, or 13 if accompanied by an adult. This course is for the beginner or novice, emphasizing good paddling technique. We will help you get your feet wet (so to speak), answer your kayak questions, and make sure you have lots of fun! We provide all equipment except the optional wet suit. Weekday and weekend classes available.

## SEATTLE CANOE AND KAYAK CLUB MEMBERSHIP

The Seattle Canoe and Kayak Club offers both competitive and recreational activities for flatwater canoeists and kayakers. Membership gives paddlers access to Club equipment for use on Green Lake. The Club has over 80 boats, including sea kayaks, Olympic-style racing kayaks, recreational canoes, and marathon canoes.

Qualified instructors teach paddling classes for the general public and, if space permits, club members can enroll in these classes for half price. All courses must have a minimum enrollment to cover costs. Club-sponsored competitive races in the Seattle area attract racers from throughout the region. The Annual Ted Houk Memorial Regatta, which offers flatwater sprint racing, takes place on Green Lake in June every year. The club also sponsors casual time-trials on Green Lake the third Tuesday evening of the month from April to September. Club meetings are held the third Tuesday of each month. Required safety meetings typically held the third Tuesday of the month at 6 p.m. in the meeting room.

### Four easy steps to becoming a member:

1. Complete a 10-minute Float Test. Float Tests are available at our pools: <http://www.seattle.gov/parks/find/pools/pools-a-z>.
2. Attend a safety orientation held the third Tuesday of every month at 6 p.m.
3. Complete a Risk and Release Form (available online: <http://www.seattle.gov/parks/find/pools/pools-a-z>).
4. Pay membership fee (family and youth discounts available)

# SEATTLE CANOE AND KAYAK CLUB

All courses require a 10-minute float test, taken prior to your first class. Float Tests are available at our pools: <http://www.seattle.gov/parks/find/pools/pools-a-z>.

## ADULT SPRINT PADDLING CLASS

### Ages 18 and Older

The Adult Sprint Team Program offers the same racing skills development opportunities of the Youth Sprint Team to all adults including post high school, intermediate, senior, and masters paddlers. Individual and team boat competitions at regional and USACK Nationals regattas can be in your future! You will also participate in conditioning, stroke improvement (via video taping), wake riding, starts, and watercraft skills in sprint boats and surfskis. Events include 1K, 5K, and 10K distance races. This is a formally coached program open to all skill levels. Racing is not required, but opportunities will be offered.



## PARACANOE/KAYAK

Paracanoes/kayaks made its debut at the Paralympic Games in Rio 2016. The Seattle Canoe and Kayak Club is at the forefront of this exciting new sport and is offering the only sport-specific paracanoes program in the United States. Boats, paddles, and coaching are offered for all competitive and recreational-minded individuals with physical disability. All ages are welcome. Come enjoy the freedom of paddling. Gain strength, fitness, and confidence.

Be a part of the Paralympic movement! If you would like more information, please email Jason Frisk at [jason.frisk@seattle.gov](mailto:jason.frisk@seattle.gov).

## DUCK ISLAND SUMMER RACE SERIES

The Seattle Canoe and Kayak Club runs an informal, fun time-trial every Friday evening in July and August. Race registration starts at 6 p.m., with the race starting between 6:30 and 7 p.m. The club provides hotdogs as part of a potluck dinner after the racing. This is open to the general public free of charge. You can bring your own boat, or use club equipment. To use club equipment, you must first complete a float test and sign a risk and release form.



## YOUTH CANOE AND KAYAK SPRINT RACING TEAM

The Seattle Canoe Club's Sprint Racing Team enables athletes to focus on competitive canoe and kayak racing. Participants can race in local, regional, and national competitions. Green Lake is one of a few national training centers designated by the U.S. Canoe and Kayak Team. Athletes train to improve technique and physical conditioning.

**All courses require a 10-minute float test, taken prior to your first class. Float Tests are available at our pools: <http://www.seattle.gov/parks/find/pools/pools-a-z>.**



## YOUTH INTRODUCTION AND DEVELOPMENT

### Ages 10-18

Participants will learn water safety and basic paddling skills in an assortment of canoes and kayaks. As skills increase, paddlers will learn race paddling techniques. Previous paddling experience is not required and all equipment is provided.

Courses are scheduled regularly throughout the spring, summer and fall.



## YOUTH SPRINT RACING TEAM

### Ages 12-18

Completion of the Introduction class and permission of the coach are required for enrollment.

Practices are scheduled year-round with on-land conditioning substituting for water workouts during winter months.

Weekday classes are 2.5 hours after school; weekend classes are 2 hours long. With a coach's approval, paddlers younger than 12 years of age may be eligible.



## YOUTH SUMMER CAMPS

Green Lake Small Craft Center offers a variety of summer camps for youth ages 11-17. Whether it is a mix of activities with our Adventure Camps or a focus on Sailing, Green Lake Small Craft Center offers fun, safe, and memorable summer experiences. Open to all skill levels. No prior experience necessary.

**All courses require a 10-minute float test, taken prior to your first class. Float Tests are available at our pools: <http://www.seattle.gov/parks/find/pools/pools-a-z>.**



### YOUTH SAILING CAMP

#### Ages 11-17

Kids will have a great time learning sailing skills in our summer camps, using the Toppers here at Green Lake. Both new and experienced sailors can register. Learn the basics of sailing, rigging, safety, and boat handling. Participants must weigh at least 80 lbs. We provide life jackets. Classes are 4 hours in length Monday-Friday.

### SAILING CAMP II

#### Ages 11-17

Continue to improve your sailing skills and technique. Open to sailors that have had at least one week of youth sailing camp or later and/or have an advanced beginner's proficiency from another sailing club. Sailors will be introduced to advanced sailing skills such as, sail trim, basic racing techniques, and racing rules. If weather permits, much more time will be spent on the water in the boats. Overall our goal at the end of the week is for our sailors to feel very comfortable in the boats on Green Lake. Classes will be limited in size, so be sure to sign up early!



### ADVENTURE CAMP

#### Ages 11-14

Our full-day summer camp option. Fill the days canoeing, kayaking, and sailing on Green Lake, also enjoy tennis, golf, soccer, and other activities around Green Lake! Field trips may include traveling by van. Bring a sack lunch, swimsuit, towel, and a change of clothes; we will provide snacks. Camps run 8:30 a.m.-4 p.m.; Monday-Friday.



# GENERAL INFORMATION

---

## NON-DISCRIMINATION

---

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin or presence of any sensory, mental, or physical handicap. (Seattle Municipal code 18.12.280).

## ADA COMPLIANCE

---

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids, or other accommodation, please call 206-615-0140 or TDD 206-223-7061. If possible, please allow 10 working days advance notice.

## SPECIAL POPULATIONS

---

For information on programs for youth/adults with disabilities, please call the Special Populations Office at 206-684-4950, or visit the web at <http://www.cityofseattle.net/parks/SpecialPops/index.htm>.

## FINANCIAL ASSISTANCE

---

Through the support of generous donors, our advisory councils help ensure that our activities, classes, and sports are available to everyone, regardless of their ability to pay. Financial assistance or low income rates are offered for all youth and adult programs, and are granted based on financial need. For further information, to make a donation, or to request an application, please call us at 206-684-4074.



# SPECIAL EVENTS

## GREEN LAKE SPRING REGATTA

**Third Saturday in March**

Join us for the Green Lake Spring Regatta. It is a 1,000-meter course, with events for every rower! Watch the Green Lake Crew website for entry information and for the results afterwards! ([www.greenlakecrew.org](http://www.greenlakecrew.org))

## TED HOUK REGATTA

**Second Weekend in June**

The Ted Houk Regatta is sponsored by the Seattle Canoe and Kayak Club. It includes all canoe and kayak categories. ([www.seattlecanoekayak.club](http://www.seattlecanoekayak.club))

## SUMMER ROWING EXTRAVAGANZA

**First Saturday in August**

The Summer Rowing Extravaganza will bring rowing teams from throughout the Pacific Northwest to compete in a full day of racing. Events are open in all categories. Watch the Green Lake Crew website for entry information in June and for results after the event. ([www.greenlakecrew.org](http://www.greenlakecrew.org))

## GREEN LAKE SUMMER SPLASH

**Third Saturday in August**

A FREE community event celebrating summer fun and healthy activities for families. Festivities include kids' activities, water sports activities for all ages, food vendors, live entertainment, corporate rowing races, and more! Sponsored by Windermere Real Estate in partnership with the Pocock Rowing Foundation. For more information, please email [jason.frisk@seattle.gov](mailto:jason.frisk@seattle.gov).

## FROSTBITE REGATTA

**First Saturday in November**

The Frostbite Rowing Regatta is hosted by Green Lake Crew and the Rowing Advisory Council. A penguin is the mascot for these frigid 1000-meter rowing races for rowers of all skill levels and ages. The Green Lake Crew website will have entry information available in October. ([www.greenlakecrew.org](http://www.greenlakecrew.org))

## ERIC HUGHES REGATTA

**Second Saturday in November**

Teams from around the Pacific Northwest and Canada compete in this paddling regatta hosted by Seattle Canoe and Kayak Club. ([www.seattlecanoekayak.club](http://www.seattlecanoekayak.club))

