

Summer 2020: July 6-August 28



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Connect with us!

- Visit [http://www.seattle.gov/parks/find/sound-steps-\(50\)](http://www.seattle.gov/parks/find/sound-steps-(50)) to receive Sound Steps e-newsletter.
- Sound Steps is a community-driven and volunteer led walking program designed for all levels of walkers. If you would like to plan and lead a walk, please be in touch!

REGISTRATION

Please register quarterly for all programs using the barcode provided. See page 58 for registration information. Unless dates are specified, weekly walks are generally ongoing. Check with the volunteer walk leader for any dates that may be missed.

Hike Rating Legend

 **Easy** - paved, smooth and fairly level trail surface; recommended for beginners

 **Moderate** - some hills; exposed roots and rocks possible

 **Challenging** - some difficult terrain; hills or stairs

 **Difficult** - steep hills, significant elevation gain; for advanced hikers

SCHOLARSHIPS

Complete your June 2020-June 2021 application prior to summer registration on 5/5. See page 58 for details.

SPECIAL NEIGHBORHOOD WALKS

Meet Me at the Park

We'll gather at Brighton Playfield to take a short walk and try out the new fitness equipment! All mobility levels welcome. An opportunity to find a walk buddy and talk with a Seattle Parks & Recreation representative about your walking goals. Meet at Brighton Playfield, 6000 39th Ave. S.

38130 7/7 Tue 11:30 a.m.-12:30 p.m. Free

NEW Kobe Terrace Neighborhood Walk

A leisurely stroll through small, little known Kobe Terrace Park featuring Mt. Fuji cherry trees and a 200-year-old Japanese stone lantern gifted to Seattle from Kobe, Japan, and adjacent Danny Woo Community Garden. About .5 mile, with option to retrace steps uphill back to the community center for 1-mile total. Additional walk and transit routes shared to support your return. Meet on Yesler Way outside Yesler CC. Public transportation suggested.

38099 8/10 Mon 10-11:30 a.m. Free



HIKES AND TRIPS

Enjoy the great outdoors! Two regular departure sites:

NORTHEND: 8061 Densmore Ave. N

SOUTHEND: Jefferson Community Center

Departure times are listed and vary based on destination. Return times are approximate. Please bring a lunch and plenty of water. Register online or at your local community center.

Bridle Trails State Park

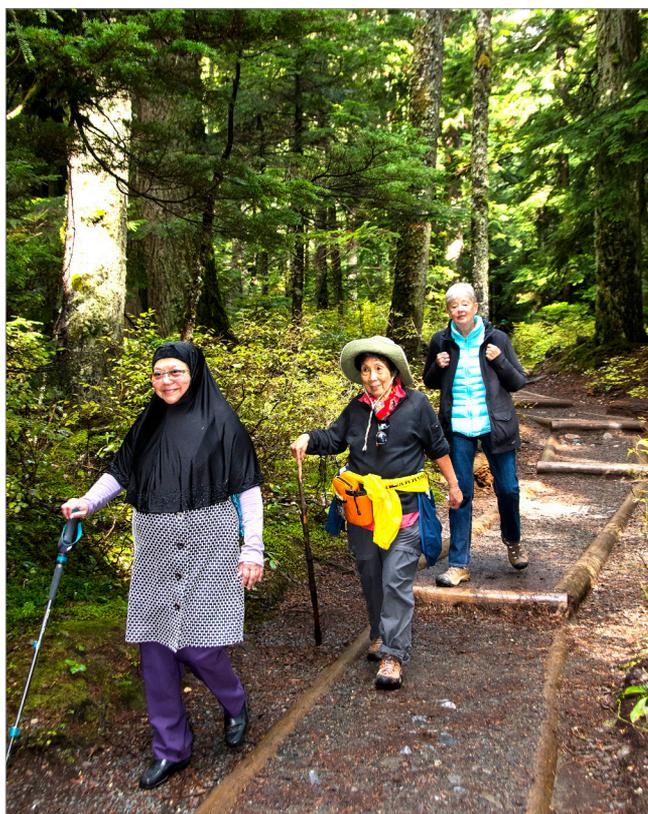
We'll travel on a forested, 3.5 mile, loop trail that winds through second-growth trees and a carpet of ferns. Minimal elevation gain. Return 2:30 p.m.

38085 7/6 Mon Densmore: 9 a.m. \$22
Jefferson CC: 9:30 a.m.

Cedar Butte

1.75 forested miles to the summit with views north up the Middle Fork of the Snoqualmie River. Mount Si, Mount Teneriffe, Green Mountain, Russian Butte, and Mailbox Peak are all visible on a clear day. 3.5 miles and 900 feet of elevation gain. Return 3:30 p.m.

38100 8/3 Mon Densmore: 9 a.m. \$28
Jefferson CC: 9:30 a.m.



Weekly Walks are FREE unless otherwise noted. Please register each quarter.

WEEKLY WALKS—NORTH

Ballard Sound Steps Walk

Enjoy varied marine activity along the Lake Washington Ship Canal including multiple boat varieties and bird species. Three miles of flat, paved Burke-Gilman Trail. Moderate pace. Meet at the Ballard Fred Meyer, inside main entrance.

38084 Mon 9:30-10:30 a.m. 915 NW 45th St.

Carkeek Park Sound Steps Walk

Natural surface forest trails with some hills and occasional forays through neighborhood streets. Three miles, moderate pace. Meet at Eddie McAbee entrance.

38086 Wed 10-11:30 a.m. NW 100th and 6th Ave NW

Green Lake Loop Sound Steps Walk

Walk around the lake at a gentle or moderate pace. Hosted by the Wallingford Community Senior Center. Meet in front of Green Lake Church. RSVP to WCSC: 206-461-7825.

38088 Fri 1:30-2:30 p.m. 6350 E Green Lake Way N

Magnuson Park Sound Steps Walk

All ages welcome! Explore the sights and sounds of Magnuson Park. Varied terrain and flexible pace and distance. Meet outside Sand Point Tennis Center entrance.

38091 Sun 10-11 a.m. 7135 Sports Field Drive NE

North Greenwood Sound Steps Walk

Three miles, moderate pace, some hills, natural surface forest trails in Llandover Woods greenspace. Meet at Diva Espresso. Call Nancy for more information: 206-851-6860.

38093 Mon 9:30-10:30 a.m. 14419 Greenwood Ave N

Sand Point Sound Steps Walk

For anyone living within Magnuson Park or interested in building community with park residents. Distances range from .5 to 1.5 miles. Those living with mobility challenges are welcome. Call or text walk leader Terry before attending: 206-913-3790.

38096 Tue 11 a.m.-Noon Magnuson Park

Weekly Walks are FREE unless otherwise noted. Please register each quarter.

WEEKLY WALKS—NORTH

Senior Zoo Walkers Sound Steps Walk

\$20/13 weeks

Woodland Park Zoo, Kaiser Permanente, and Seattle Parks and Recreation invite you to join Senior Zoo Walkers, a walking program to promote fitness and well being. Warm-up at 9:15 a.m. Register online: <http://www.zoo.org/seniorzoowalkers>.

Meet at Woodland Park Zoo south entrance.

Tue/Thu

N 50th and Fremont Ave. N



Share A Walk With Others!

The Sound Steps walking program provides opportunities for fitness and socialization, as well as exploration. We rely on community members to design and lead walks that are of interest to the community. Many of you have a favorite route, park, or knowledge of an area. One-time walks, short series, or ongoing weekly walks are all possible and welcome! If you'd like to share a walk with others, please contact tamara.keefe@seattle.gov or 206-684-4664 so that we can create opportunity together!

WEEKLY WALKS—CENTRAL

Discovery Park Sound Steps Walk

Natural surface trails with some hills and Puget Sound views. 2.8 miles. Moderate pace. Meet at the Discovery Park Environmental Learning Center.

38087

Fri

10-11 a.m.

3801 Discovery Park Blvd.

WEEKLY WALKS— SOUTH/WEST

Lincoln Park Sound Steps Walk

Three miles, some hills, natural and paved surface trails along Puget Sound. All paces welcome. Meet at the center of the north parking lot at Lincoln Park.

38090

Mon

10-11:15 a.m.

8011 Fauntleroy Way SW

Rainier Beach Sound Steps Walk

Walk laps to music inside the gym at Rainier Beach Community Center. All paces and mobility levels welcome.

38095

Tu/W

10-11 a.m.

Rainier Beach CC

Seward Park Sound Steps Walk

Begin by stretching and then walk once, or twice, around the flat, paved 2.4-mile loop. Pet-friendly. Meet near the restrooms close to park entrance.

38097

Fri

9:30-11:15 a.m.

5900 Lake WA Blvd. S

SOUND STRIDERS

Looking for Sound Striders information?

Details on the five to six-mile Strider walks can be found on their independently operated webpage at www.soundstriders.com. Registration with Seattle Parks & Recreation is no longer necessary for this program. Contact 206-684 4664 with questions.

REGISTRATION



FIRST CHOICE

Go to Seattle Parks and Recreation's new online registration software at http://bit.ly/spr_registration_account. Sign in, or create an account if this is your first time registering for classes with the new software. Once you are logged in, choose your programs and pay online.



SECOND CHOICE

Find your local recreation center at: seattle.gov/parks/centers.asp and stop by to register for programs and meet the staff. Please note hours of operation, as they vary across recreation centers.



THIRD CHOICE

Call your local recreation center during their hours of operation at the phone number listed at: seattle.gov/parks/centers.asp. All staff can assist you with registration.



FOURTH CHOICE

Register by phone with our Business Service Center at 206-684-5177. The Business Service Center is open Monday through Friday between 8:30 a.m. and 6 p.m. Questions may be emailed to: ParksBSC@seattle.gov.



Parks Management and Professional Staff

4554 NE 41st Street • Seattle, Washington 98105
206-684-4951 • Fax 206-684-4957 • TDD/TTY Only 206-233-1509

Parks Management

Jesús Aguirre, Superintendent
Justin Cutler, Director of Recreation

Professional Staff

Cheryl Brown, Recreation Program Coordinator, 206-615-0619
Dena Schuler, Management Systems Analyst, 206-615-1884
Linda Guzzo, Administrative Specialist, 206-684-4951

SCHOLARSHIP INFORMATION

Limited scholarship funds are available to those who qualify. To apply, visit any community center or pool, bring your most recent 1040 or SSI paperwork, and picture ID. To download forms online visit https://bit.ly/spr_scholarships. Approval can take up to several weeks and must occur prior to registration. Scholarship funds run out each quarter so please apply early.

Quarter registration dates begin:

Summer—5/5/20, and Fall—8/4/20. Our current scholarship cycle runs June 2019-June 2020.

A new scholarship application must be submitted and approved to qualify for programs taking place July 2020 and beyond.

Here are some beginning qualification guidelines:

Scholarship Eligibility		Number in House			
		1		2	
80%	Monthly	\$1,981.00	\$2,227.50	\$2,671.00	\$3,003.75
	Yearly	\$23,761.00	\$26,730.00	\$32,041.00	\$36,045.00
70%	Monthly	\$2,228.50	\$2,356.20	\$3,004.75	\$3,177.30
	Yearly	\$26,731.00	\$28,274.40	\$36,046.00	\$38,127.60
60%	Monthly	\$2,357.20	\$2,544.30	\$3,178.30	\$3,430.95
	Yearly	\$28,275.40	\$30,531.60	\$38,128.60	\$41,171.40
50%	Monthly	\$2,545.30	\$2,732.40	\$3,431.95	\$3,684.60
	Yearly	\$30,532.60	\$32,788.80	\$41,172.40	\$44,215.20
40%	Monthly	\$2,733.40	\$2,900.70	\$3,685.60	\$3,911.55
	Yearly	\$32,789.80	\$34,808.40	\$44,216.20	\$46,938.60

Registration Information and Refund Policy

Payment

Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due plus a \$20 fee. Registration is not complete and a spot in the class cannot be held without payment in full.

Fees and Charges

ARC: Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees are used to offset the cost of providing the programs. Program charges include a user fee paid to Seattle Parks and Recreation to defray operating costs. Washington State sales tax is also included where applicable.

City: Fees and charges are necessary to provide financial support to Seattle Parks and Recreation for the operating costs of programs, facilities and grounds. The revenue generated by these fees constitutes only a portion of funds required for operating and maintaining the Parks system. All fees collected from activities and concessions are used exclusively for the Parks system as these funds are deposited in the Parks and Recreation Fund, not the City General Fund. Swimming pool fees and charges are set by City Council.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

Refunds

Refunds: It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- A full refund will be issued for any class, trip, or reservation that is canceled for any reason by the Department or the Associated Recreation Council.
- Satisfaction Guarantee—Any person who registers for a CLASS and who requests a refund before the second class session may receive a prorated refund minus a service charge.
- Any person who registers for a TRIP and requests a refund 14 days or more before it's start, may receive a refund minus a service charge.
- A transfer from one class to another is permitted without cost if done on the same business day as the original registration, and is subject to space availability.
- No fee is charged for a transfer initiated by Seattle Parks and Recreation staff when done to correct an error in registration or allow for a better recreation opportunity.

Please read the entire policy 7.16 for specific information. An extra process is required for child care refunds or transfers. There will be no refunds or make-up classes for activities missed due to illness or vacations.

Class Cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Scholarships

Seattle Parks and Recreation wants to ensure that our activities, classes, and sports are available to everyone, regardless of their ability to pay. To apply for a scholarship, please talk to one of our Recreation Specialists.

Wait Lists

We will create wait lists for all filled classes and trips. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability. If you cannot attend a class or trip you are registered for, your spot will be given to the first person on the wait list.

Anti-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 the presence of any sensory, mental, or physical handicap.

Accommodation for People with Disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids, or other accommodations, please call 206-386-9094 or TDD 206-233-1509. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area that is not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Specialized Programs

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

More Information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075, or TDD/TTY 206-233-1509.

Wondering which Lifelong Recreation program is right for you?

In general, Lifelong Recreation Programs are designed for (independent) people age 50 and better, but we also offer specifically designed programs for those living with dementia or chronic pain. If there is an accommodation that you need to better access one of our programs, please contact the recreation specialist in your area.

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 for updated information.

As of July 6, 2015, all of Seattle's public parks are smoke-free! Smoke-free parks help reduce litter, promote healthy lifestyles for youth, and create a welcoming environment for all park users. Smoking is allowed in public rights-of-way including sidewalks. For more information visit seattle.gov/parks/smokingban/.