WEEKLY WALKS - NORTH

Ballard Sound Steps
Enjoy varied marine activity along the Lake Washington Ship Canal including tugs, barges, sail boats, cabin cruisers and crew boats, as well as Canada Geese, Great Blue Heron and other birds. Three miles, flat, paved Burke-Gilman Trail. Moderate pace. Meet at the Ballard Fred Meyer main entrance, 915 NW 45th St.

Carkeek Park Hike
Three miles, some hills, natural surface forest trails with views of Puget Sound and occasional forays through adjacent streets. Moderate pace. Meet at Eddie McAbee entrance, NW 100th and 6th Ave. NW.

Senior Zoo Walkers $20/13 wks
Woodland Park Zoo, Kaiser Permanente, and Seattle Parks and Recreation invite you to join Senior Zoo Walkers, promoting fitness and socializing in a beautiful setting. Fitness leader warm-up at 9:15 a.m. Sign up online: http://www.zoo.org/seniorzoowalkers. Meet at Woodland Park Zoo, South Gate, 50th and Fremont.

Green Lake Loopers
Walk the three-mile loop at a gentle or moderate pace. Monthly group; hosted by the Wallingford Community Senior Center. Meet in front of Green Lake Church, 6350 E Green Lake Way N, cross street is Meridian Ave. N. RSVP to WCSC: 206-461-7825.

North Greenwood Sound Steps
Three miles, moderate pace, some hills, natural surface forest trails in Llandover Woods greenspace. Meet at Diva Espresso, 14419 Greenwood Ave. N (Diva Espresso at the northernmost end of Greenwood Ave.). Call Nancy at 206-851-6860 if you’d like more information.

Sound Steps Strollers
Start taking steps toward a healthier you! This program is designed for beginner walkers, people with mobility challenges, and those who use mobility aides. Group meets at the food court at Northgate Mall, located at the south entrance near the parking garage. Led by volunteer walk leader, Patty Young, 206-365-6691.

Magnuson Park
All ages welcome! Walk with a group as we explore the sights and sounds of Magnuson Park. Varied terrain and flexible pace and distance. Please call Anu before attending at 505-412-0274. Meet outside Sand Point Tennis Center Entrance.

Weekly Walks are FREE unless otherwise noted.

Stay Connected!
- Follow us on Facebook.
- Visit the Sound Steps blog at seattlesoundsteps.wordpress.com.
- Email sound.steps@seattle.gov to receive the E-newsletter.

Sound Steps is a community-driven walking program designed for all levels of walkers. Whether you are just starting out, or have already walked marathons, there is a group for you!

Please register for programs using the barcode provided. See page 43 for registration information or call the program coordinator if you have questions.

Hikes: Levels of Difficulty
- 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

Tamara Keefe
Sound Steps
Program Coordinator
206-684-4664 / cell 206-399-4655
tamara.keefe@seattle.gov

Fall 2018 October 1 - December 15
WEEKLY WALKS - CENTRAL

Space Needle Loop
Walk the 1.5-mile loop from Brookdale Queen Anne to the Space Needle/Seattle Center at a gentle or moderate pace. Some small hills. Meet at 805 4th Ave. N, Seattle, 98019 on Saturday mornings at 10:30 a.m. Light refreshments will be provided after the walk. Call Michael Tubbs at 206-284-0055 for more information.

Pike Place Market Sound Steps
Three miles, flat, paved with waterfront views. At your own pace. Meet at the Market Commons, 100 Western Ave., just south of Victor Steinbruck Park.

Discovery Park Sound Steps
2.8 miles, some hills, natural surface trails with Puget Sound views. Moderate pace. Meet at the visitor center.

WEEKLY WALKS - SOUTH/WEST

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

Rainier Beach Indoor Walk
Walk laps to music inside the gym at your own pace.

NEW Roxhill Park
Join your neighbors for a walk on the Longfellow Creek Trail, through Roxhill Park on a .5 mile loop—stop there or continue on for another loop for one mile total. Meet at the trail entrance on Barton (just south of crosswalk, behind the bus stop).

SOUND STRIDERS

Enjoy faster, longer walks? Free
Join ‘Sound Striders’ for five to six mile moderately-paced walks every week! Meet at 8 a.m. for coffee; walk leaves at 8:30 a.m. Each month we explore a different Seattle neighborhood. Call 206-684-4664 for current walk locations, or view on the blog, under Weekly Walking Groups>Sound Striders.

NORTH Striders Tuesdays
SOUTH Striders Thursdays
REGISTRATION FORM

<table>
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<th>Class/Trip Number</th>
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Total Amount (payable to City of Seattle) $  

Name  
Address  
Telephone  
Email  
Date of Birth

Visit us on the web at http://www.seattle.gov/parks/find/lifelong-recreation-(50)
In general, Lifelong Recreation Programs are
No fee is charged for a transfer initiated by Seattle Parks
Any person who registers for a TRIP and requests a
A transfer from one class to another is permitted without
Specific number of participants. If too few people sign up
To cover the cost of providing a program, we need a
City: Fees and charges are necessary to provide financial
Fees and charges include a user fee paid to Seattle Parks and Recreation to defray
Program charges include the cost of providing the programs. Program charges include
A user fee paid to Seattle Parks and Recreation to defray
We will create waiting lists for all filled classes. 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
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,
accommodation for 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-
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/
Constant Contact – use with care: In most cases, it is not necessary to
Contact – use with care: In most cases, it is not necessary to
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.

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
lessons 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.

Waiting Lists
We will create waiting lists for all filled classes. 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.

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/

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.

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
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disabilities, please call the Specialized Programs Office at
206-684-4950, or visit the web at: www.cityofseattle.net/
parks/SpecialPops/index.htm.

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.