

SPECIALIZED PROGRAMS

FALL 2026



**Fright Night Ball
on page 16**

NEW: Adult registration can now be emailed or phoned in. See page 5 for more info!



**Seattle
Parks & Recreation**



EXPLORE MORE!

www.seattle.gov/parks

GENERAL INFORMATION

WHERE TO FIND US

Specialized Programs

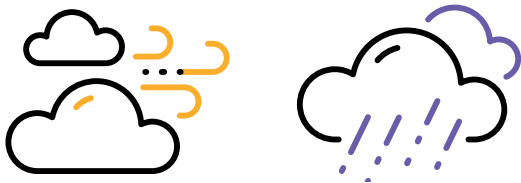
Magnuson Building 30
6310 NE 74th St.
Seattle, WA 98115
206-684-4950
www.seattle.gov/parks/find/specialized-programs

PARKS MANAGEMENT

Michele Finnegan, Interim Superintendent
Aphrodyi Antoine, Recreation Division Director
Katie Sifford, OOC Matrix & Partnership Manager

RECREATION STAFF

Hannah White, OOC Coordinator
Dorothy Rake, Sr. Recreation Specialist
Maiya Buettner-Johansen, Recreation Leader
Ky Krogh, Recreation Leader
Sophia Banel, Recreation Leader
Hanna O'Donnell, Recreation Attendant
Patrick Aspinwall, Recreation Leader



INCLEMENT WEATHER/ CANCELLATION POLICY

We will cancel outdoor programs if continuous rain or thunderstorms are in the forecast, or if it is predicted to be above 90 degrees during program hours, or if the Air Quality Index (AQI) is predicted to be "Harmful for Sensitive Groups." For further information, please call Specialized Programs at 206-684-4950 before venturing out to our programs.

DISCLAIMER

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. Fees may change after printing and after City Council approves City budget each year. Please visit www.seattle.gov/parks for updated information.

CODE OF CONDUCT

Any participants conduct that is disruptive or unsafe to participants or staff may result in being sent home early that day or unable to attend on a permanent basis for the quarter.

This will be decided on a case-by-case basis and is at the discretion of the program leadership staff. Such conduct includes, but is not limited to: Destruction of property, harming oneself or another, or refusal to follow the minimum safety requirements to participate in activities. All incidents will be documented and reported to direct caregivers in a timely manner.



GENERAL INFORMATION

NOTICES

- Please refer to the “Keep me home...” information on page 4 before attending program. Do not come to program if you are sick or have Covid symptoms.
- Please only bring food to programs when asked to bring a sack lunch.
- All participants attending Specialized Programs must have a Participant Information Form (PIF) on file before they can attend program. If you have attended in-person programs since 2023, the PIF we have on file is still good. If there are updates staff should be aware of, please submit a new PIF. If you don't have a PIF on file, we can mail one to you or you can find it online here: <http://www.seattle.gov/parks/find/specialized-programs>.

REGISTRATION INFORMATION

When calling, tell us if you are using Access and if you are using DDA Respite Care or if you have qualified for a scholarship. Once approved for scholarship, it can be applied towards reducing the amount to be paid from 50 - 90%.

PAYMENT

Please make checks payable to “City of Seattle”.
Mail to: Specialized Programs, Magnuson Building 30, 6310 NE 74th St., Seattle, WA 98115.
Due Monday, September 21.

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www.seattlecan.org



REFUND POLICY

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

- Anyone who registers for a class, special event, or program that is canceled for any reason by Parks and Recreation will receive a full refund.
- Anyone who registers for a trip, special event, or class and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge of 10% of the fee.
- Anyone who registers for a special event or program and withdraws from the activity fewer than 14 days before its start, or anyone who registers for a class and withdraws after the second session of a class, will receive no refund.
- There are no refunds or make-up classes for sessions missed due to illness or vacations.

PERSONS WITH DISABILITIES

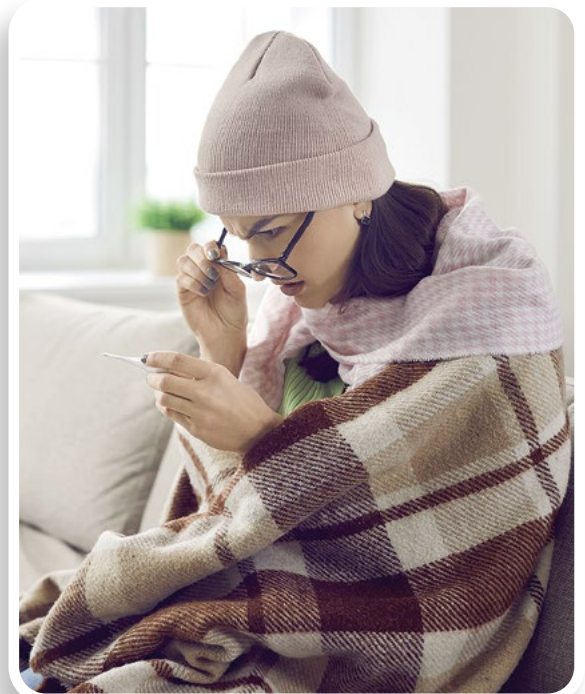
Reasonable accommodations will be made on request for persons with disabilities. If you need sign language interpretation, auxiliary aids or other accommodations, call V/TDD 206-233-1509. If possible, please allow 10 working days advance notice for sign language interpretation or auxiliary aids. If a class or activity is scheduled in an area that is not barrier-free for wheelchairs, we will make every effort to help you find a similar program in an accessible location. As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or presence of any sensory, mental, or physical handicap. (Seattle Municipal Code 18.12.180).



PLEASE KEEP ANY PARTICIPANT AT HOME WITH ANY OF THE FOLLOWING SYMPTOMS:

ILLNESS SYMPTOMS

- Fever of at least 100.4°
- Diarrhea, more than two loose stools per day or a stool contains a drop of blood or mucus
- Vomiting, twice or more in the past 24 hours
- Rash, any not associated with heat or allergic reaction
- Drainage from eye, redness of eyelid lining, swelling and discharge of pus
- Cough/Congestion/running nose - not related to seasonal allergies
- Appearance/Behavior: Unusually tired, lack of appetite, confused, irritable, unable to participate in program
- Sore throat: especially with fever or swollen glands
- Head lice or nits: until no lice or nits are present
- Scabies: until after treatment
- Open or oozing sores, unless properly covered and 24 hours have passed since.



SCHOLARSHIPS AVAILABLE!

Specialized Programs has scholarship funds available. We are offering year-round scholarships for all ages. Scholarships can reduce the amount of registration fees starting from 50% to 90% based on total annual income and number of people supported on that income.

If you need assistance completing the form, please call the Specialized Programs office at 206-684-4950.

REGISTRATION INFORMATION

► **YOUTH, TEEN, TRANSITION:** Registration begins on **Tuesday, September 1 at 9 AM**

Email **PKS_Specialized_Programs@seattle.gov** to register for the programs below. After your registration email is received and processed, you will get a confirmation email back from staff. No registrations can be taken before Tuesday, Sept. 1 at 9 AM. Participants are limited to one program per day unless a Special Event is being held.

YOUTH (Ages 4-21) *Please only register for those in your household.*

PROGRAM	REGISTRATION DATE	DETAILS
Sensory Friendly Saturdays	Tuesday, Sept. 1 at 9 AM	Register for 1, wait list for 1.

TEEN (Ages 12-21) *Please only register for those in your household.*

PROGRAM	REGISTRATION DATE	DETAILS
Teen Social	Tuesday, Sept. 1 at 9 AM	Can sign up for 3 and wait list for 2.
Saturday Activities	Tuesday, Sept. 1 at 9 AM	Can sign up for 2 and wait list for 1.

TRANSITION (Ages 16-30) *Please only register for those in your household.*

PROGRAM	REGISTRATION DATE	DETAILS
Pottery	Tuesday, Sept. 1 at 9 AM	Space is limited to 10 participants.
Afternoon Hangout	Tuesday, Sept. 1 at 9 AM	
Fright Night Ball	Tuesday, Sept. 1 at 9 AM	Special event Oct. 23.

► **ADULTS:** Participants are limited to one program per location. Registration starts at 9 AM on the dates listed below by calling or emailing the Specialized Programs Office. Phone: **206-684-4950**; Email: **PKS_Specialized_Programs@seattle.gov**. Emails or calls received before 9 AM will not be accepted. Your message should include if you are using Access, if you are using DDCCS Respite Care, or if you have qualified for a scholarship. Once approved for scholarship, it can be applied towards reducing the amount to be paid from 50-90%. Also include participant's name, what they want to sign up for and be wait listed for, and a call back number. Staff will email you a confirmation of the programs you are registered for at the end of registration week.

ADULT (Ages 21 and Up) *Please only register for those in your household.*

PROGRAM	REGISTRATION DATE	DETAILS
Fright Night Ball	Tuesday, Sept. 1 at 9 AM	Special event Oct. 23.
Sunshine Social, Pottery	Tuesday, Sept. 8 at 9 AM	Can sign up for 1 of 4 sessions.
Fitness with Friends OR Health	Tuesday, Sept. 8 at 9 AM	Can sign up for 1, not both.
Cooking Class	Wednesday, Sept. 9 at 9 AM	
Adult Socials	Wednesday, Sept. 9 at 9 AM	Choose 1, wait list for others.
Saturday Travels	Wednesday, Sept. 9 at 9 AM	Choose 1, wait list for others.

► **PAYMENT:** Please make checks payable to "City of Seattle".

► **MAIL TO:** Specialized Programs, Magnuson Building 30, 6310 NE 74th St., Seattle, WA 98115.

► **Payments are due by Monday, September 21.**

SENSORY FRIENDLY SATURDAYS

A program for participants ages 4 - 21.

Engage in games, science, art, music, sensory exploration, indoor and outdoor activities, and some free play. Activities are fun, purposeful, and emphasize each child’s strengths to promote independence. This program is designed for youth who need a HIGH level of support to transition, complete activities, and socialize. (Please discuss with staff if this program is appropriate for your child.)

Registration: Register for 1, wait list for 1. Refer to page 5 for registration information.

Note: Between **Sensory Friendly Saturdays** and **Saturday Activities** (page 8), for this quarter, you can only pick one of these programs, not both.

Bring: Sack lunch and drink

Dates	Times	Locations	Cost
Session 1: Saturdays, Sept. 26, Oct. 3, and Oct. 17	9:30 AM - 1:30 PM	Garfield Teen Life Center 428 23rd Ave. Seattle, 98122	▶ \$60 per session
Session 2: Saturdays, Oct. 24, Nov. 7, and Nov. 14			

Access Drop-Off Time	Access Pick-Up Window
Drop-Off Appointment Time: 9:45 AM	Pick-Up Window: 1:15 - 1:45 PM



TEEN SOCIAL

A program for participants ages 12 - 21.

Let's get out into the community and have a fun Friday night! Participants will experience different activities around Seattle while focusing on socializing and experiencing new things. 1 on 1 supervision is not provided.

Registration: Participants can sign up for 3 dates and wait list for 2. Refer to page 5 for registration information.

Dates	Times	Locations	Cost
Fridays: Sept. 25 - Dec. 4 If 16 or over, check out the Fright Night Ball on Friday, Oct. 23 (see back page of brochure for information)	4:30 - 8:30 PM	North End Drop-Off/Pick-Up: 8061 Densmore Ave. N Seattle, 98103 South End Drop-Off/Pick-Up: Jefferson Community Center 3801 Beacon Ave. S Seattle, 98108	Price varies, see below.

Access Drop-Off Time	Access Pick-Up Window
Drop-Off Appointment Time: 4:30 PM	8061 Densmore Ave. N ONLY Pick-Up Window: 8:30 - 9 PM

Sept. 25: Top-Chef Night. We are hosting another night of our fiery cooking competition! Come and join us for a night of great eats and treats!. ▶ \$20

Oct. 2: Seattle Reign Game. Join us as the Seattle professional women's soccer team takes on the North Carolina Courage at Lumen Field! ▶ \$50

Nov. 6: West Seattle Bowling. Knock down all the pins at the bowling lane with friends! We will spend the night playing and eating dinner at the alley. ▶ \$30

Nov. 13: Arts and Crafts. This night is about creating projects together! We will have a variety of different projects that you can try out. Dinner will be provided. ▶ \$15

Dec. 4: Zoo Lights and Dinner. We will get in the spirit and take a trip to see the Zoo Lights at the Woodland Park! Dinner will be provided. ▶ \$40



SATURDAY ACTIVITIES

A program for participants ages 12 - 21.

Registration: Participants can sign up for 1 and wait list for 1. Refer to page 5 for registration information.

Note: Between **Sensory Friendly Saturdays** (page 6) and **Saturday Activities**, for this quarter, you can register for 2, wait list for 1.

Bring: Sack lunch and drink



Dates	Times	Locations	Cost
Saturdays: Oct. 3, Oct. 24, and Nov. 14	9 AM - 2 PM	North End Drop-Off: 8061 Densmore Ave. N Seattle, 98103 South End Drop-Off: Jefferson Community Center 3801 Beacon Ave. S, Seattle, 98108	Price varies, see below.
Access Drop-Off Time		Access Pick-Up Window*	
Drop-Off Appointment Time: 9 AM		*8061 Densmore Ave. N <u>ONLY FOR EVERYONE</u> , not just Access. Pick-Up Window: 2 - 2:30 PM	



Oct. 3: Pumpkin Patch at Jubilee Farms. We will head to Jubilee Farms to get into the spooky spirit! You will have the chance to pick out your own pumpkin and take it home! Bring your boots and jacket as it may be wet!

▶ \$40

Oct. 24: A trip to the movies! We will see a film on the big screen at a local movie theater where we can also snack on favorite movie snacks such as popcorn and a drink! ▶ \$30

Nov. 14: Brunch and books. Who doesn't love to have a nice morning with friends eating brunch on a Saturday. After eating brunch, we will make our way to a bookstore where you can pick out a book to take home! ▶ \$40

POTTERY

A program for participants ages 16 - 30.

Let's create something! In this class, a pottery instructor will teach us hand building clay pottery techniques such as coil, slab, and pinch to make cups, bowls, and other decorative and seasonal items. Specialized Programs staff will be in the class to support.

Registration: Space is limited to 10 participants. Refer to page 5 for registration information.

Dates	Times	Locations	Cost
Mondays, Sept. 21 - Nov. 30 No program Oct. 12, Nov. 23	4:30 - 5:30 PM	Ballard CC 6020 28th Ave. NW Seattle, 98107	▶ \$40
Access Drop-Off Time		Access Pick-Up Window	
Drop-Off Appointment Time: 4:30 PM		Pick-Up Window: 5:30 - 6 PM	



AFTERNOON HANGOUT

A program for participants ages 16 - 30.

Participate in enriching group activities such as arts and crafts, sports, games, puzzles, and more. Activities are designed to promote socialization, increase independence, and explore new leisure interests.

Registration: Refer to page 5 for registration information.

Dates	Times	Locations	Cost
Tuesdays: Sept. 22 - Dec. 1 No program Nov. 24	4 - 5:30 PM	Meadowbrook CC 10517 NE 35th Ave. Seattle, 98125	▶ \$45

Access Drop-Off Time	Access Pick-Up Window
Drop-Off Appointment Time: 4:15 PM	Pick-Up Window: 5:15 - 5:45 PM

FRIGHT NIGHT BALL!

Please see back page for information on this program. Refer to page 5 for registration information.



ADULT PROGRAMS

FOR AGES 21 AND OLDER

Please call or email Specialized Programs at **206-684-4950** or **PKS_Specialized_Programs@Seattle.gov** starting on the time/dates listed on page 5. Please let us know if you are using Access and if you are using DDCCS/DDA Respite Care or have qualified for a scholarship.

NOTE: New Registration System for Adults. Please refer to page 5 for complete adult registration information.

PAYMENT INFORMATION:

Payments due by **Monday, September 21**

Payments for classes can be made by credit card OR check.

Please make check payable to: **City of Seattle**

MAIL CHECKS TO:

SPECIALIZED PROGRAMS

Magnuson Building 30

6310 NE 74th St, Seattle, WA 98115

POTTERY

Let's create something! In this class, a pottery instructor will teach us hand building clay pottery techniques such as coil, slab, and pinch to make cups, bowls, and other decorative and seasonal items. Specialized Programs staff will be in the class to support.

Registration: Space is limited to 10 participants. Refer to page 5 for registration information.

Dates	Times	Locations	Cost
Mondays, Sept. 21 - Nov. 30 No program Oct. 12, Nov. 23	2:30 - 3:30 PM	Ballard Community Center 6020 28th Ave. NW Seattle, 98107	▶ \$45

Access Drop-Off Time	Access Pick-Up Window
Drop-Off Appointment Time: 2:30 PM	Pick-Up Window: 3:30 - 4 PM

YOGA

Join us as a certified yoga instructor helps us move through relaxing flows, stretches, meditation, and mindfulness. All movements can be adapted to your body. Equipment will be provided. Please bring a water bottle. Must choose between Yoga or Pottery, not both.

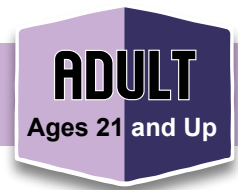
Registration: Space is limited to 10 participants. Refer to page 5 for registration information.

Dates	Times	Locations	Cost
Mondays, Sept. 21 - Nov. 30 No program Oct. 12, Nov. 23	2:30 - 3:30 PM	Rainier Community Center 4600 38th Ave. S Seattle, 98118	▶ \$10

Access Drop-Off Time	Access Pick-Up Window
Drop-Off Appointment Time: 2:30 PM	Pick-Up Window: 3:30 - 4 PM



Call 206-684-4950 for program information



FITNESS WITH FRIENDS

A movement-based program where we stretch, play games, and work on building strength through a consistent fitness routine. All activities can be adapted to meet participant's mobility levels.

Registration: You may register for 1 of the 3 sessions. Sign up for either Fitness with Friends or Health, not both. Refer to page 5 for registration information.

Dates	Times	Locations	Cost
Tuesdays, Sept. 22 - Dec. 1 No program Nov. 24 *sign up for Fitness or Health	10 - 11:15 AM	Meadowbrook Community Center 10517 NE 35th Ave. Seattle, 98125	▶ \$15
Access Drop-Off Time		Access Pick-Up Window	
Drop-Off Appointment Time: 10 AM		Pick-Up Window: 11 - 11:30 AM	

SESSION 2

Dates	Times	Locations	Cost
Tuesdays, Sept. 22 - Dec. 1 No program Nov. 24 *sign up for Fitness or Health	Noon - 1:15 PM	Meadowbrook Community Center 10517 NE 35th Ave. Seattle, 98125	▶ \$15
Access Drop-Off Time		Access Pick-Up Window	
Drop-Off Appointment Time: 12 PM		Pick-Up Window: 1 - 1:30 PM	

SESSION 3

Dates	Times	Locations	Cost
Tuesdays, Sept. 22 - Dec. 1 No program Nov. 24 *sign up for Fitness or Health	2 - 3:15 PM	Meadowbrook Community Center 10517 NE 35th Ave. Seattle, 98125	▶ \$15
Access Drop-Off Time		Access Pick-Up Window	
Drop-Off Appointment Time: 2 PM		Pick-Up Window: 3 - 3:30 PM	



SUNSHINE SOCIAL

This weekly program offers structured group activities that build social skills, independence, and friendships. Join us for themed celebrations, games, crafts, and more.

Registration: Sign up for 1 of the 4 sessions. Refer to page 5 for registration information.

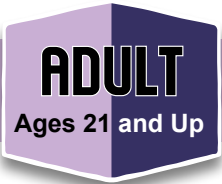
Dates	Times	Locations	Cost
Wednesdays, Sept. 23 - Dec. 2 No program Nov. 11, Nov. 25	Session 1: 10 AM - Noon Session 2: 1:30 - 3:30 PM	Rainier Beach Community Center 8825 Rainier Ave. S Seattle, 98118	▶ \$40

Dates	Times	Locations	Cost
Thursdays, Oct. 1 - Dec. 3 No program Sept. 26	Session 1: 10 AM - noon Session 2: 1:30 - 3:30 PM	Bitter Lake Community Center 13035 Linden Ave. N Seattle, 98133	▶ \$40

SESSION 1 Access Drop-Off Time Drop-Off Appointment Time: 10:15 AM	SESSION 1 Access Pick-Up Window Pick-Up Window: 11:45 AM - 12:15 PM
SESSION 2 Access Drop-Off Time Drop-Off Appointment Time: 1:45 PM	SESSION 2 Access Pick-Up Window Pick-Up Window: 3:15 - 3:45 PM



Call 206-684-4950 for program information



HEALTH

We will start each program with active time in the gym and learn about nutrition and wellness. We will not be making food in this program this quarter. Activities will be adapted to meet various mobility levels.

Registration: Refer to page 5 for registration information.

Important Information: Sign up for Health or Fitness.

Dates	Times	Locations	Cost
Fridays, Sept. 25 - Dec. 4 No program Nov. 27 *sign up for Health or Fitness	1 - 3 PM	Van Asselt Community Center 2820 S. Myrtle St. Seattle, 98108	▶ FREE

Access Drop-Off Time	Access Pick-Up Window
Drop-Off Appointment Time: 1:15 PM	Pick-Up Window: 2:45 - 3:15 PM

SATURDAY TRAVELS

Hit the road and discover Seattle while joining in on fun activities with friends! Please bring a sack lunch and dress for the weather.

Registration: Participants may register for 1 trip and wait list for others. Refer to page 5 for registration information.

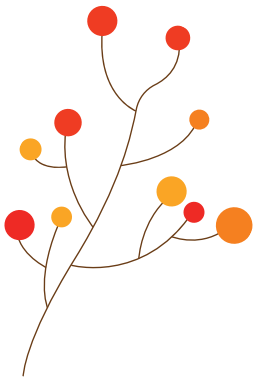
Dates	Times	Locations	Cost
Saturdays, Sept. 26, Oct. 17, Nov. 7	9 AM - 2 PM	North End Drop-Off/Pick-Up: 8061 Densmore Ave. N Seattle, 98103	▶ Price varies, see below

Access Drop-Off Time	Access Pick-Up Window
Drop-Off Appointment Time: 9 AM	Pick-Up Window: 2 - 2:30 PM

September 26: Ballard Locks. Its salmon run season! We will take a van trip to the Ballard Locks to see the salmon swimming and enjoy your sack lunch in a beautiful Seattle park. ▶ FREE

October 17: Bowling. Who you calling turkey, turkey? Turkeys, spares, and strikes await on this trip to go bowling with friends! ▶ \$20

Nov 7: Discover Northwest Nature. Let's go visit Becca at her new job at Discovery and Carkeek Park! We will learn about the nature and ecosystems that make our corner of the PNW so special. ▶ FREE



COOKING CLASS

A program for participants ages 21 and up.

Back by popular demand! Join us in learning important cooking skills and whipping up yummy snacks and treats. Allergies and sensitivities will be accommodated.

Registration: Refer to page 5 for registration information.

Dates	Times	Locations	Cost
Thursdays: Oct. 1 - Dec. 3	5 - 6:30 PM	Miller Community Center 330 19th Ave. E Seattle, 98122	▶ \$40

Access Drop-Off Time	Access Pick-Up Window
Drop-Off Appointment Time: 5:15 PM	Pick-Up Window: 6:30 - 7 PM

ADULT SOCIALS

Back by popular demand, Adult Socials are opportunities for adults to discover fun opportunities in the community around them. Participants may register for one trip and waitlist for others. Dinner is included in the price of this program.

Registration: Participants may register for 1 trip and wait list for others. Refer to page 5 for registration information.

Dates	Times	Locations	Cost
Friday, Oct. 16, Oct. 30, Nov. 20	4:30 - 8:30 PM	North End Drop-Off/Pick-Up: 8061 Densmore Ave. N Seattle, 98103	▶ Price varies, see below

Access Drop-Off Time	Access Pick-Up Window
Drop-Off Appointment Time: 4:30 PM	Pick-Up Window: 8:30 - 9 PM

Oct. 16: Skate Night at Bitter Lake. Lace up your skates for a fun night with friends! We will grab some dinner then hit the Bitter Lake Annex. Prior skating experience suggested, but not necessary. ▶ \$25

Oct. 30: Halloween Dinner Theater. Do you love movies and cooking? Then join us for a Halloween themed Dinner Theater. We will cook dinner together while watching a Halloween movie at a Community Center. ▶ \$17

Nov. 20: Out to Dinner. A Specialized Programs favorite! We will go out to dinner and enjoy fabulous food and conversation with one another. ▶ \$30



SPECIALIZED PROGRAMS

Magnuson Building 30
6310 NE 74th St.
Seattle, WA 98115
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FRIGHT NIGHT BALL

For Specialized Programs participants ages 16 and older.
Join us for a night of dancing and fun with friends!
Wear a costume if you want but not required. Snacks will be provided.

Registration: Refer to page 5 for registration information.

Friday, Oct. 23 from 6 - 8 PM

Cost: \$15 per person

Delridge Community Center

4501 Delridge Way SW, Seattle, WA 98106

Access Drop-Off Appointment Time: 6:15 PM

Pick-Up Window: 7:45 - 8:15 PM