



RECREATION RESOURCE GUIDE

SEATTLE CAMPUS

TABLE OF CONTENTS

This resource guide is a sample of locations and services that you can use to stay active and engaged in and around Seattle!

This guide is meant to be an ever evolving document - if you have any recommendations for this guide, please let us know at nuglobalrec.seattle@northeastern.edu. Please check local resources for additional facilities.

This guide is not an endorsement of any venue, location, or business listed in the guide. It is provided for informational purposes only to inform the Northeastern community about recreational options available to them. Please use caution when participating in any activity and traveling to any venue. Participants assume all risks of participation.

The information in this guide was last updated in August, 2024. Please check with the venues for the most up to date hours, locations, and pricing.

Be safe and have fun!

Fitness App	3
Parks and Gardens	4
Sport Courts and Fields	5
Swimming Pools	8
Sight-Seeing	10
Ferry	12
Bikeshare	13
Kayak	14
Ice Skating	15
Hiking Trails	16
Running Clubs	18
Cycling Clubs	20
Fitness Studios	21
Dance Studios	23
Watch Parties	24
Other Events	26

FREE FITNESS APP



Northeastern students at global campus locations now have access to a free fitness app!

- 1. Scan the QR code to complete the quick registration form using your Northeastern email address.**
- 2. Within 1-2 business days of completing the registration form, look for an email with the invitation link from Fitness On Demand to create your account.**
- 3. Access the workouts by going to the website below or download the free Fitness on Demand app from the Apple Store or Google Play Store. Sign in with your full Northeastern email address.**
- 4. Choose the right workout for you! Pick from hundreds of workouts designed for all abilities!**

ACCESS YOUR WORKOUTS



Download the Fitness on Demand Mobile App



flex.fod247.fitness

SCAN ME



PARKS AND GARDENS

No.	Name of Location	Address	Contact	Hours of operation	Parking options	Transit options (from Campus and nearest bus stop)			Cost	Visit here for more information	Kid-friendly
						Walk	Time by Bus	Bus Route			
1	Denny Park	100 Dexter Ave. N., Seattle, WA 98109	(206) 684-4075	04:00 am - 11:30 pm	Yes	5 mins		—	Free	https://www.seattle.gov/parks/allparks/denny-park	Yes
2	Cascade Park	333 Pontius Ave N, Seattle, WA 98109	(206) 684-4075	04:00 am - 11:30 pm	Yes	8 mins		—	Free	https://www.seattle.gov/parks/allparks/cascade-playground	
3	Lake Union Park	860 Terry Ave., N, Seattle, WA 98109	(206) 684-4075	04:00 am - 11:30 pm	Yes	10 mins	7 mins	https://maps.ap.p.goo.gl/8rBUz9Cmbdzfj3Cv6	Free	https://www.seattle.gov/parks/allparks/lake-union-park	Yes
4	Olympic Sculpture Park	2901 Western Ave, Seattle, WA 98121	(206) 654-3100	06:00 am - 8:30 pm	Yes	25 mins	16 mins	https://maps.ap.p.goo.gl/DsVGhSaoCiTfLexR6	Free	https://www.seattleartmuseum.org/visit/olympic-sculpture-park	Yes
5	Carl Anderson Park	1635 11th Ave, Seattle, WA 98122	(206) 684-4075	04:00 am - 11:30 pm	Yes	27 mins	16 mins	https://maps.ap.p.goo.gl/7K9V4GkUcKv62Qrw5	Free	https://www.seattle.gov/parks/allparks/cal-anderson-park	Yes
6	Wards Spring Park	925 4th Ave N, Seattle, WA 98109	(206) 684-4075	04:00 am - 11:30 pm	Yes	27 mins	26 mins	https://maps.ap.p.goo.gl/2JXDoD71swPcB2yR7	Free	https://www.seattle.gov/parks/allparks/ward-springs-park	Yes
7	Gas Works Park	2101 N Northlake Way, Seattle, WA 98103	(206) 684-4075	04:00 am - 11:30 pm	Yes	—	25 mins	https://maps.ap.p.goo.gl/zZpNBxcu2cseTTBx6	Free	https://www.seattle.gov/parks/allparks/gas-works-park	Yes
8	Seattle Japanese Garden	1075 E Lk Washington Blvd, Seattle, WA 98112	(206) 684-4725	10:00 am - 07:00 pm (Monday Closed)	Yes	—	32 mins	https://maps.ap.p.goo.gl/u7TkKxdRCJJraAfL6	\$10	https://www.seattlejapanesegarden.org/	Yes
9	Volunteer Park	1247 15th Ave. E, Seattle, WA 98112	(206) 684-4075	06:00 am - 10:00 pm	Yes	38 mins walk	35 mins	https://maps.ap.p.goo.gl/XTZa78QoYSLjhSNm8	Free	https://www.seattle.gov/parks/allparks/volunteer-park	Yes

SPORTS COURTS AND FIELDS

No	Name of Location	Type of Court	Address	Contact No.	Hours of operation	Parking options	Transit options (from Campus and nearest bus stop)			Cost	Visit here for more information	Kid-friendly	Notes
							Walk	Time by Bus	Bus Route				
1	Cascade Playground	Basketball Half-Court (Outdoor)	333 Pontius Ave N, Seattle, WA 98109	(206) 684-4075	04:00 am - 11:30 pm	Yes	8 mins	—	—	Free	https://www.seattle.gov/parks/allparks/cascade-playground	Yes	
2	Belltown Pickleball Courts	Pickleball (Outdoor)	2600 5th Ave, Seattle, WA 98121		09:00 am - 08:00 pm	Yes	14 mins	9 mins	https://maps.app.goo.gl/Yf8ozcHWRrUqKJWe8	Free		Yes	
3	Carl Anderson Park	Soccer Field	1635 11th Ave, Seattle, WA 98122	(206) 684-4075	04:00 am - 11:30 pm	Yes	27 mins	16 mins	https://maps.app.goo.gl/7K9V4GkUcKv62Qrw5	Free	https://www.seattle.gov/parks/allparks/cal-anderson-park	Yes	
4	Downtown Seattle Y	Racquetball Court (Indoor)	909 Fourth Ave, Seattle, WA 98104	206-382-5010	M-F : 06:00 am - 08:00 pm Sat: 08:00 am - 12:00 pm Sun: Closed	Yes	30 mins	19 mins	https://maps.app.goo.gl/wMKnjFXu4NpDfAXj7	\$19 (Day pass for all activities)	https://www.seattlemca.org/schedules/racquetball-reservations?date=2024-06-04&locations=Downtown%20Seattle%20YMCA&categories=Racquetball%20Reservation&cn=		Call on the number to make a reservation
5	Downtown Seattle Y	Pickleball (Indoor)	909 Fourth Ave, Seattle, WA 98104	206-382-5010	M-F : 06:00 am - 08:00 pm Sat: 08:00 am - 12:00 pm	Yes	30 mins	19 mins	https://maps.app.goo.gl/wMKnjFXu4NpDfAXj7	\$19 (Day pass for all activities)	https://www.seattlemca.org/schedules/pickleball?locations=Downtown%20		Drop-in as per hour

					Sun: Closed						Seattle%20YMC A		
6	Downtown Seattle Y	Basketball Court (Indoor)	909 Fourth Ave, Seattle, WA 98104	206- 382- 5010	Check Website for Hours	Yes	30 mins	19 mins	https://m aps.app. goo.gl/w MKnjFXu 4NpDfAXj 7	\$19 (Day pass for all activiti es)	https://www.se attleymca.org/p rograms/sports- recreation/bask etball- drop/basketball - drop/basketball -all- ages?location= 36&session=62 71886		Drop-in as per hour
7	Queen Anne Community Centre	Softball Fields	1901 1st Ave W, Seattle, WA 98119	(206) 386- 4240	M-F: 09:00 am- 08:00pm Sat: 09:00 am - 05:00 pm Sun: Closed	Yes	—	34 mins	https://m aps.app. goo.gl/iZ KWnexrw 6Mf21Zv9	Free	https://www.se attle.gov/parks/ all-community- centers/queen- anne- community- center	Yes	Fields are free for use, if there is a reservation, you may be asked to leave the court, call ahead on the number to check
8	Queen Anne Community Centre	Baseball Field	1901 1st Ave W, Seattle, WA 98119	(206) 386- 4240	M-F: 09:00 am- 08:00pm Sat: 09:00 am - 05:00 pm Sun: Closed	Yes	—	34 mins	https://m aps.app. goo.gl/iZ KWnexrw 6Mf21Zv9	Free	https://www.se attle.gov/parks/ all-community- centers/queen- anne- community- center	Yes	Fields are free for use, if there is a reservation, you may be asked to leave the court, call ahead on the number to check
9	University Heights Plaza	Basketball (Outdoor)	5001 University Way NE., Seattle, WA, 98105		04:00 am - 11:30 pm	Yes	—	37 mins	https://m aps.app. goo.gl/eR 6ATvHvg GbK2dgX 6	Free	https://www.se attle.gov/parks/ allparks/univers ity-heights- plaza	Yes	

10	Delridge Community Centre	Tennis Court (Indoor)	4501 Delridge Way SW, Seattle, WA 98106	(206) 684-4764	M-F: 09:00 am- 08:30pm Sat: 09:30 am - 06:00 pm Sun: Closed	Yes	—	39 mins	https://maps.app.goo.gl/Hb3a15yMbWkCCqQH9	\$10 - per hour	https://www.seattle.gov/parks/all-community-centers/delridge-community-center	Yes	Call on the number to schedule courts
11	Delridge Community Centre	Basketball (Indoor)	4501 Delridge Way SW, Seattle, WA 98106	(206) 684-7423	M-F: 09:00 am- 08:30pm Sat: 09:30 am - 06:00 pm Sun: Closed	Yes	—	39 mins	https://maps.app.goo.gl/Hb3a15yMbWkCCqQH9	\$55- per hour	https://www.seattle.gov/parks/all-community-centers/delridge-community-center	Yes	Call on the number to schedule courts
12	Delridge Community Centre	Baseball Field	4501 Delridge Way SW, Seattle, WA 98106	(206) 684-7423	M-F: 09:00 am- 08:30pm Sat: 09:30 am - 06:00 pm Sun: Closed	Yes	—	39 mins	https://maps.app.goo.gl/Hb3a15yMbWkCCqQH9	Free	https://www.seattle.gov/parks/all-community-centers/delridge-community-center	Yes	Fields are free for use, if there is a reservation, you may be asked to leave the court, call ahead on the number to check
13	Delridge Community Centre	Soccer Field	4501 Delridge Way SW, Seattle, WA 98106	(206) 684-7423	M-F: 09:00 am-08:30 pm Sat: 9:30 am - 06:00 pm Sun: Closed	Yes	—	39 mins	https://maps.app.goo.gl/Hb3a15yMbWkCCqQH9	Free	https://www.seattle.gov/parks/all-community-centers/delridge-community-center	Yes	Fields are free for use, if there is a reservation, you may be asked to leave the court, call ahead on the number to check

POOLS

No.	Name of Location	Address	Contact No.	Hours of operation	Parking options	Transit options (from Campus and nearest bus stop)			Cost	Visit here for more information	Kid-friendly	Notes
						Walk	Time by Bus	Bus Route				
1	Lake Union Spray Park	860 Terry Ave. N, Seattle, WA 98109	(206) 684-4075	11:00 am - 08:00 pm	Yes	10 mins	—	—	Free	https://www.seattle.gov/parks/recreation/outdoor-water-recreation/sprayparks-and-wading-pools	Yes	May 25 - September 2, 2024, mostly self-operating with a timer
2	Downtown Seattle Y	909 Fourth Ave, Seattle, WA 98104	206-382-5010	Check Website for Hours	Yes	30 mins	19 mins	https://maps.app.google.com/maps/@47.611476,-122.337211,15t/data=!3m1!1e3!3m2!1s47.611476,-122.337211,15t/data=!3m1!1e3!3m2!1s47.611476,-122.337211,15t	\$19 (Day pass for all activities)	https://www.seattleymca.org/schedules/swim?date=2024-06-05&locations=Downtown%20Seattle%20YMCA&categories=&cn=	Yes	You can access the pool only during recreational hours and Lap Swim hours. You can also check the website for more detailed cost for classes
3	Queen Anne Pool	1920 1st Ave W, Seattle, WA 98119	(206) 386-4282	Check Website for Hours	Yes	—	34 mins	https://maps.app.google.com/maps/@47.631476,-122.357211,15t/data=!3m1!1e3!3m2!1s47.631476,-122.357211,15t/data=!3m1!1e3!3m2!1s47.631476,-122.357211,15t	\$6.50 (per hour)	https://www.seattle.gov/parks/pools/queen-anne-pool	Yes	You can access the pool only during recreational hours and Lap Swim hours. You can also check the website for more detailed costs for passes and classes
4	Queen Anne Playground Wading Pool	1920 1st Ave W, Seattle, WA 98119	(206) 386-4282	Check Website for Hours	Yes	—	34 mins	https://maps.app.google.com/maps/@47.631476,-122.357211,15t/data=!3m1!1e3!3m2!1s47.631476,-122.357211,15t/data=!3m1!1e3!3m2!1s47.631476,-122.357211,15t	Free	https://www.seattle.gov/parks/recreation/outdoor-water-recreation/sprayparks-and-wading-pools	Yes	Mostly suitable for kids only, season begins from June 22, 2024
5	Volunteer Park Wading Pool	1417 E Highland Dr, Seattle, WA 98119	(206) 684-7796	Check Website for Hours	Yes	—	34 mins	https://maps.app.google.com/maps/@47.611476,-122.337211,15t/data=!3m1!1e3!3m2!1s47.611476,-122.337211,15t/data=!3m1!1e3!3m2!1s47.611476,-122.337211,15t	Free	https://www.seattle.gov/parks/recreation/outdoor-water-recreation/sprayparks-and-wading-pools	Yes	Mostly suitable for kids only, season begins from June 22, 2024

		WA 98112						B6fzjnx 36		arks-and-wading-pools#volunteerparkwadingpool		
6	Medgars Evers Pool	500 23rd Ave, Seattle, WA 98122	(206) 684-4766	Check Website for Hours	Yes	—	39 mins	https://maps.app.google/rUChy8bu5gCyMCdx9	\$6.50 (per hour)	https://www.seattle.gov/parks/pools/medgar-evers-pool	Yes	You can access the pool only during recreational hours and Lap Swim hours. You can also check the website for more detailed costs for passes and classes
7	Ballard Pool	1471 NW 67th St, Seattle, WA 98117	(206) 684-4094	Check Website for Hours	Yes	—	40 mins	https://maps.app.google/rBDRLenDaL541d8L9	\$6.50 (per hour)	https://www.seattle.gov/parks/pools/ballard-pool	Yes	You can access the pool only during recreational hours and Lap Swim hours. You can also check the website for more detailed costs for passes and classes
8	Helene Madison Pool	13401 Meridian Ave N, Seattle, WA 98133	(206) 684-4979	Check Website for Hours	Yes	—	48 mins	https://maps.app.google/9UYHshHc1Sb3NBaL6	\$6.50 (per hour)	https://www.seattle.gov/parks/pools/helene-madison-pool	Yes	You can access the pool only during recreational hours and Lap Swim hours. You can also check the website for more detailed costs for passes and classes

SIGHT- SEEING

Get a Seattle Public Library Card and get free access to visit the Museums & Aquarium, if you live/ work or go to school in the King County Area, you can get a free card by filling out the below mentioned application form

<https://www.spl.org/using-the-library/get-started/get-started-in-english/en-get-started-with-a-library-card/en-library-card-application>

No	Name of Location	Address	Contact No.	Hours of operation	Parking options	Transit options (from Campus and nearest bus stop)			Cost	Visit here for more information		Kid-friendly
						Walk	Time by Bus	Bus Route	Paid	Location Website	Library Website	
1	Museum of History and Industry	860 Terry Ave N, Seattle, WA 98109	(206) 324-1126	Check out Website for hours	Yes	11 mins	8 mins	https://maps.app.goo.gl/wsbqbPKXKXSCBqVb9	\$19 (College Students)	https://3365.blackbaudhosting.com/3365/page.aspx?pid=196&tab=2&txobjid=c7485dea-f3ca-4f32-a587-558806f23303	https://www.spl.org/programs-and-services/arts-and-culture/museum-pass	Yes
2	Museum of Pop Culture	325 5th Ave N, Seattle, WA 98109	206-770-2700	Check out Website for hours	Yes	15 mins	14 mins	https://maps.app.goo.gl/TeSQMc3dKzd6UGSk6	\$26.00 - \$29.00 (Depending on days)	https://www.mopop.org/visit/museum-tickets/		Yes
3	Seattle Art Museum	1300 1st Ave, Seattle, WA 98101	206.654.3100	Check out Website for hours	Yes	25 mins	19 mins	https://maps.app.goo.gl/tB5taM1k3jZpNVZg7	\$19.99 - \$22.99 (Depending on days)	https://www.seattleartmuseum.org/visit/seattle-art-museum		Yes
4	Seattle Aquarium	1483 Alaskan Way Pier 59, Seattle, WA 98101	(206) 386-4300	09:30 am - 06:00 pm	Yes	28 mins	20 mins	https://maps.app.goo.gl/Su5w14Yoor4AehnY7	\$28 - \$34 (Discounted for WA Residents)	https://www.seattleaquarium.org/tickets/		Yes
5	Burke Museum of Natural History and Culture	4303 Memorial Way Northeast, Seattle, WA 98195	(206) 543-7907	Check out Website for hours	Yes	—	24 mins	https://maps.app.goo.gl/8nd9VSeAVdbskgwY8	\$14 (College Students)	https://www.burkemuseum.org/tickets		Yes
6	Wing Luke Museum	719 S King St, Seattle, WA 98104	(206) 623-5124	Check out Website for hours	Yes	—	30 mins	https://maps.app.goo.gl/hETuZ1D1EmFbA2Cq6	\$17	https://www.wingluke.org/visit		Yes
7	Woodland Park Zoo	Seattle, WA 98103	(206) 548-2500	09:30 am - 06:00 pm	Yes	—	31- 41 mins	https://maps.app.goo.gl/UZZEqdWRSfYPXmfy9	\$30.45	https://www.zoo.org/		Yes

8	National Nordic Museum	2655 NW Market St, Seattle, WA 98107	206.789.5707.	Check out Website for hours	Yes	—	34 mins	https://maps.app.goo.gl/AYingtFCCEVGL6nH8	\$15 (College Students)	https://tickets.nordicmuseum.org/events/7c254d09-e608-1546-338a-f230eb288a6d	https://www.spokaneartsmuseum.org/programs-and-services/arts-and-culture/museum-pass	Yes
9	Museum of Flight	Seattle, WA 98108	(206) 764-5700	Check out Website for hours	Yes	—	39 mins	https://maps.app.goo.gl/ipxfwHM9dWQ1twTv9	\$26	https://www.museumofflight.org/visit/hours-and-admission	https://www.spokaneartsmuseum.org/programs-and-services/arts-and-culture/museum-pass	Yes

FERRY

No.	Name of Ferry	Terminal Address	Pier	Crossing Time	Contact	Hours of operation	Transit options (from Campus and nearest bus stop)			One way Cost	Visit here for more information	Kid-friendly	Notes
							Walk	Time by Bus	Bus Route				
1	West Seattle Water Taxi to Alki Beach	801 Alaskan Way, Seattle, WA 98104	Pier 50	10-15 mins	—	Check the website for Hours		20 mins	https://maps.app.goo.gl/SCp9R4ZNSxFDZ4oNA	Cash/ Ticket - \$5.75 ORCA Card - \$5	https://kingcounty.gov/en/dept/metro/travel-options/water-taxi/west-seattle	Yes	Shuttles available to and from West Seattle Terminal to Alki Beach. You can take your bikes or pets along for free.
2	Bainbridge Island Ferry	Colman Dock, 801 Alaskan Wy, Seattle, WA 98104	Pier 52	35 mins	(206) 464-6400	Check the website for Hours	38 mins	17 mins	https://maps.app.goo.gl/FwVxAgvQFZS3vRSb9	\$9.85	https://wsdot.com/ferries/schedule/scheduledetailbyroute.aspx?route=sea-bi	Yes	Check website for Vehicles, Motorcycles, Stowage charges
3	Bremerton Ferry	Colman Dock, 801 Alaskan Wy, Seattle, WA 98104	Pier 52	35 mins	(206) 464-6400	Check the website for Hours	38 mins	17 mins	https://maps.app.goo.gl/FwVxAgvQFZS3vRSb9	\$9.85	https://wsdot.com/ferries/schedule/scheduledetail.aspx?departingterm=7&arrivingterm=3&roundtrip=true	Yes	Check website for Vehicles, Motorcycles, Stowage charges

BIKESHARE

Download the apps for the scooters or bikes that you want to ride

No.	App	E -Scooters	Cost	E- Bikes	Cost	Android App Link	iOS App Link
1	Lime	White/ Green standing scooters	\$1 to Unlock + \$0.45/ min + tax	White/ Green bikes	\$1 to Unlock + \$0.45/ min + tax	https://play.google.com/store/apps/details?id=com.limebike&hl=en_US	https://apps.apple.com/us/app/lime-ridegreen/id1199780189
2	Bird	Orange/ Black standing scooters	\$1 to Unlock + \$0.43/ min + tax	Blue/ Black bikes	\$1 to Unlock + \$0.43/ min + tax	https://play.google.com/store/apps/details?id=co.bird.android&hl=en_US	https://apps.apple.com/us/app/bird-ride-electric/id1260842311
3	Veo	Blue/ Black standing Astro scooters	\$1 to Unlock + \$0.31/ min + tax	Blue/ Black Halo Pedal bikes	\$1 to Unlock + \$0.20/ min + tax	https://play.google.com/store/apps/details?id=com.pgt.veoride	https://apps.apple.com/us/app/bird-ride-electric/id1260842311
				Blue/ Black Cosmo E-Bike	\$1 to Unlock + \$0.35/ min + tax		

KAYAK

No	Name of Location	Address	Contact	Hours of operation	Parking options	Transit options (from Campus and nearest bus stop)			Cost	Visit here for more information	Kid-friendly	Notes
						Walk	Time by Bus	Bus Route				
1	Moss Bay	1001 Fairview Ave N #1900, Seattle, WA 98109	(206) 682-2031	Mon, Wed-Fri - 11 pm - 8pm Tue - 11 am - 6:30 pm. Sat-Sun - 10 am - 7 pm	Yes	18 mins	14 mins	https://maps.app.goo.gl/4EHvHdXjRhApFQEd8	Single - 22\$ Double - 30\$	https://www.mosssbay.co/	Yes	
2	Northwest Outdoor Center	2100 Westlake Ave N Suite #1, Seattle, WA 98109	(206) 281-9694	Mon, Wed-Fri - 12 pm - 8pm. Sat-Sun - 10 am - 6 pm	Yes	30 mins	9 mins by	https://maps.app.goo.gl/yhdAa7LMM3Siu379	Single - 23\$ Double - 30\$ Triple - 40\$ Without Rentals (BYOK) - 7\$	https://www.nwoc.com/	Yes	Flat rate for groups of 16 and above. 3rd and 4th hour free on weekdays
3	University of Washington Waterfront Activities Centre	3710 Montlake Blvd NE, Seattle, WA 98195	(206) 543-9433	Wed- Sun - 10 am - 6 pm	Yes	—	37 mins	https://maps.app.goo.gl/jJ5oCmtv9UWfXr5VA	Single - 21\$ Double - 25\$	https://www.washington.edu/ima/waterfront/boat-rentals/	Yes	

ICE SKATING

No	Name of Location	Address	Contact	Hours of operation	Parking options	Transit options (from Campus and nearest bus stop)			Cost	Visit here for more information	Kid-friendly
						Walk From	Time by Bus	Bus Route			
1	Kraken Community Iceplex	10601 5th Ave NE, Seattle, WA 98125	(206) 279-7770	Check Website for Hours	Yes	—	48 mins	https://maps.app.google.com/maps/place/XjkYgXr8EPig7qCY8	Admission per adult - \$16.50 Skate Rentals per adult - \$6 Skate Aids (optional) per adult - \$9 Total per adult without aid - \$22.50 Total per adult with aid - \$31.50	https://www.krakencommunityiceplex.com/	Yes
2	Bellevue Ice Rink (Only in Winter)	10201 NE 4th St, Bellevue, WA 98004	(425) 453-1223	Check Website for Hours	Yes	—	55 mins	https://maps.app.google.com/maps/place/dg6jPx2TvyvRexNk9	Weekdays - \$15 (Including Skate Rentals) Weekends - \$20 (Including Skate Rentals)	https://www.bellevueicerink.com/admission	Yes

HIKE TRAILS

No	Name of Location	Address	Contact	Hike Distance	Time to Hike	Difficulty	Hours of operation	Parking options	Transit options (from Campus and nearest bus stop)		Cost	Visit here for more information	Dog-friendly
									Walk	Bus Route			
1	Seattle Centre	305 Harrison St, Seattle, WA 98109	N/A	1.5 miles	30 mins	Easy	07:00 am – 09:00 pm	Available	21 mins	https://maps.app.google.com/maps/@47.611483,-122.33728,15t/data=!3m1!1e3!3m2!1sSeattle+Centre+Downtown+Seattle+WA+98101!2sSeattle+Centre+Downtown+Seattle+WA+98101	N/A	https://www.alltrails.com/trail/us/washington/seattle-center	Leashed only
2	Cheshiahud Lake Union Loop	Seattle, WA, Cheshiahud Lake Union Loop, Seattle, WA 98102	(206) 684-4075	6.4 miles	2 hours 3 mins	Easy	04:00 am – 11:30 pm	Available (Gas works park)	38 mins	https://maps.app.google.com/maps/@47.62035,-122.32144,15t/data=!3m1!1e3!3m2!1sCheshiahud+Lake+Union+Loop!2sCheshiahud+Lake+Union+Loop	Free	https://www.seattle.gov/parks/allparks/cheshiahud-lake-union-loop	Leashed only
3	Seattle Waterfront Pathway	Starts from Elliot Bay	(206) 684-4075	8.6 miles	2 hours 35 mins	Easy	06:00 am – 09:00 pm	Available paid parking	28 mins	https://maps.app.google.com/maps/@47.6062,-122.3421,15t/data=!3m1!1e3!3m2!1sSeattle+Waterfront+Pathway!2sSeattle+Waterfront+Pathway	Free	https://www.alltrails.com/trail/us/washington/seattle-waterfront-pathway	Leashed only
4	Elliott Bay trail	Route: T-Mobile Park > Olympic Sculpture Park > Elliott Bay Park	NA	6 miles one way	1 hour	Moderate	N/A	N/A	25 mins	https://maps.app.google.com/maps/@47.62035,-122.32144,15t/data=!3m1!1e3!3m2!1sElliott+Bay+Trail!2sElliott+Bay+Trail	Free	https://www.wta.org/go-hiking/hikes/elliott-bay-trail	Leashed only

5	Colman Park to Seward Park	Colman park (1740 Lake Washington Blvd S, Seattle, WA 98144) > Seward park	Colman park: (206) 684-4075	3.3 miles	59 mins	Moderate	06:00 am – 10:00 pm	North Cascade Highway (State Highway 20)	More than 1 hour	https://maps.app.google.com/maps/@47.6144,-122.3344,15z/data=!3m1!1e3!3m2!1s47.6144,-122.3344,15z	Free	https://www.alltrails.com/trail/us/washington/colman-park-to-seward-park	No
6	Discovery Park & Lighthouse Loop	Seattle, WA 98199	(206) 386-4236	4.5 miles	1 hour 47 minutes	Easy	04:00 am – 11:30 pm	Available	More than 1 hour	https://maps.app.google.com/maps/@47.6311,-122.3344,15z/data=!3m1!1e3!3m2!1s47.6311,-122.3344,15z	Free	Discovery Park - Parks seattle.gov	Leashed only
7	Bridle trails state park	5300 116th Ave NE, Kirkland, WA 98033	(425) 455-7010	Check: https://www.alltrails.com/parks/us/washington/bridle-trails-state-park			Summer: 6:30 am-05:00 pm Winter: 08:00 am – 05:00 pm	Available: Discover Pass - \$10 for the day or \$30 for an annual pass	More than 2 hours	https://maps.app.google.com/maps/@47.7111,-122.2000,15z/data=!3m1!1e3!3m2!1s47.7111,-122.2000,15z	Check: https://parks.wa.gov/permits/fees	https://www.bridletrails.org/visit OR https://parks.wa.gov/find-parks/state-parks/bridle-trails-state-park	Leashed only

RUNNING CLUBS

No.	Name of Club	Description	Meeting Time and Day	Visit here for more information	Contact
1	Seattle Running Club	A Puget Sound-based running group that celebrates the beauty of the region and their personal potential with training, competition, and community. While the club offers a unique focus on trail running, members also rally on the road, track, and cross-country course.	Sunday trail runs: 8:00 am, rotating locations 1. First Sunday of the month- Cougar Mountain (Sky Country) 2. Second Sunday- Tiger Mountain (Lower High Point, Cable Line) 3. Third Sunday- Tiger / Squak Mountain (Poo Poo Point Trail, Issaquah High School) 4. Fourth and fifth Sunday- Varies Anywhere! Tuesday Hill repeats: 6:00 am, Squak Mountain State Park May Valley Trailhead. Bring a Discover Pass to park, and a headlamp in the fall, winter, and early spring.	https://www.seattlerunningclub.org/	CONTACT US – Seattle Running Club
2	Green Lake Group: Scenic Runs in Seattle	A socially run group offering scenic routes around Green Lake in Seattle, Washington. The group rotates through 10 different routes each week, including a 4-mile social run, a 6-mile off-lake route, and tempo runs. The group also offers an 8-week training program.	Dynamic event calendar. Please visit the website to get the most updated information.	https://www.meetup.com/seattle-greenlake-running-group/	Not available
3	Fleet Feet Club	A free club for runners and athletes in the Tacoma and Bonney Lake communities. Fleet Feet also offers a 10-week training program for trail runners, both new and experienced. The program includes education, support, and fun, and meets twice a week at the Forks Area Trail System.	Weekly social runs: Tuesday Fun Run - 6 pm Capitol Hill Tuesday Fun Run - 6 pm Ballard Thursday Pub Run - 6 pm Capitol Hill Thursday Pub Run - 6:30 pm Ballard with Frelard Run Club	https://www.fleetfeet.com/seattle/community/weekly-fun-runs	Contact Us - Fleet Feet Sports Seattle
4	Eastside Runners Club	A club for every kind of runner. ESR consists of individuals and families that range from walkers to recreational runners interested in socializing to serious runners interested in improving their	Wednesday night track workout: Track workouts at 6 PM. From September to October and February to May, meet at local junior high tracks, likely Kirkland Middle School. The rest of the year, meet at Lake Washington High School, 12033 NE 80th Street, Kirkland. Thursday night Redmond runs: Every Thursday meet at 5:30pm in front of Super Jock 'n Jill in downtown Redmond to run along the	https://www.eastsiderunner.com/	Eastside Runners Club - Contact

		running performance. All ages are welcome.	Sammamish River Trail. There is a convenient parking lot nearby where you can park Eastside runners club: Every Saturday at 8:30 AM, host a run at various locations around Lake Washington. Afterward, the run leader designates a nearby restaurant for breakfast and socializing.		
5	PNW Ladies Running Group	1. Culture - welcoming to all paces, backgrounds, goals, etc. 2. Commitment - keep rsvp's up-to-date to the best of your ability. 3. Contribution - step up and lead a group meetup. 4. Courage - to push themselves, to try something new, to help others, and to be a part of something "bigger" than themselves 5. Connection - not just another running group.	Dynamic event calendar. Please visit the website to get the most updated information.	https://www.pnwladies.com/	Contact Us PNW Ladies Running Group
6	Seattle Frontrunners	A running and walking club for the LGBTQIA+ community and its allies. Welcome all participants of every athletic ability, race, color, age, sex, gender identity, religion, national origin, disability, or sexual orientation.	Tuesday night track: At 7:00 pm, address is 1410 Northeast 66th Street, Seattle, WA 98115 (meet at the stands on the north side of the track). Wednesday night: 4 mile run at 6 pm. Starting in front of the Asian Art Museum in Volunteer Park (address is 1400 E Prospect St, Seattle, WA 98112). Thursday night trail run: At 6:30 pm starting in front of the Asian Art Museum in Volunteer Park (address is 1400 E Prospect St, Seattle, WA 98112). Saturday morning Run/walk: At 9:15 am, meet at west of the Green Lake Community Center, by the lakeshore lifeguard station (address is 7201 East Green Lake Dr. N, Seattle, WA 98115) before taking off on one of the 3-, 4-, 5-, or 6-mile routes.	https://www.seattlefrontrunners.org/	Contact Us — Seattle Frontrunners

CYCLING CLUB

No	Name of Club	Description	Meeting Time and Day	Address	Hours of operation	Contact	Visit here for more information
1	Cascade Bicycle Club	The nation's largest statewide bicycling non-profit serves bike riders of all ages, races, genders, income levels, and abilities throughout Washington. They teach the joys of bicycling, advocate for safe places to ride, and produce world-class rides and events.	Dynamic event calendar. Please visit the website to get the most updated information.	7787 62nd Ave NE, Seattle, WA 98115	10:00 am – 03:00 pm	(206) 522-3222	https://cascade.org/
2	Cyclists of Greater Seattle	C.O.G.S. is a Seattle Area cycling club with adventurous rides, fun people, and great social events. They offer terrific bike riding opportunities throughout the year.	Dynamic event calendar. Please visit the website to get the most updated information.	P.O. Box 31423 Seattle, WA 98103	Not available	1. rides@cyclistsofgreaterseattle.org 2. membership@cyclistsofgreaterseattle.org	https://cyclistsofgreaterseattle.wildapricot.org/
3	NorthStar Cycling	North Star Cycling has a simple goal, to get melanated people on bicycles to build a beloved community and be the radical, justice-focused conscience of cycling. They do this by knocking down the barriers to cycling, building community, and uplifting BIPOC riders to support their physical and mental health.	Sunday Service Rides: Meet up at Clubhouse at 10:30 am Roll out 11:00 AM. Limited bikes available for rent Wednesday FAST RIDES: Starting from the clubhouse - quick hot lap around Mercer Island. Meet up at 05:00 pm roll out at 05:30 pm	2015 E Union St, Seattle, WA 98122	Not available	https://www.northstarcycling.org/contact	https://www.northstarcycling.org/
4	The Boeing Employees' Bicycle Club	The Boeing Employees' Bicycle Club (BEBC) welcomes guests and potential members on all its rides, and we encourage you to join one of our fun, social, and healthy outings. You don't need to be a member to ride along, and unless otherwise stated, there are no fees.	September 9-12, 2024, Trail of the Coeur D'Alenes	Not available	Not available	cehilsinger@comcast.net	http://www.bebc-seattle.org/
5	Evergreen Mountain Bike Alliance	Evergreen Is the Voice of Washington's Mountain Bike Community. Evergreen acts as a single point of contact representing thousands of mountain bikers across Washington when working with land managers, politicians and other government agencies.	Dynamic event calendar. Please visit the website to get the most updated information.	112 W 2nd St North Bend, WA 98045	08:00 am – 06:00 pm	(206) 524-2900 questions@evergreenmtb.org	https://www.evergreenmtb.org/

For information on similar clubs please visit

<https://wabikes.org/index.php/growing-bicycling/resources/bike-clubs-in-washington-state/>

FITNESS STUDIOS

No.	Name of the Studio	Address	Contact	Hours of operation	Website	Parking options	Transit options (From Campus and Nearest Stop)		Cost	Kid-friendly
							Walk	Bus route		
1	Flow Fitness	311 Terry Ave N, Seattle, WA 98109	(206) 621-7246	Weekdays: 05:00 am – 10:00 pm Saturday: 08:00 am – 07:00 pm Sunday: 08:00 am – 05:00 pm	https://www.flowfitnessseattle.com/	Available	2 mins	—	https://www.flowfitnessseattle.com/memberships/	NA
2	Transform 180 Fitness	2517 6th Ave, Seattle, WA 98121	2067555004	Open 24 hours	https://transform180training.com/	Available	4 mins	—	Contact Gym	NA
3	Cyclebar SLU	1288 Harrison St, Seattle, WA 98109	(206) 402-6528	Weekdays: 5:30AM-8PM Saturday/Sunday: 8AM-12:30PM	https://www.cyclebar.com/location/south-lake-union	Available	10 mins	—	https://www.cyclebar.com/location/south-lake-union	NA
4	24 Hour Fitness	1827 Yale Ave, Seattle, WA 98101	2066240651	Weekdays: 5AM-10PM Friday: 5AM-9PM Saturday/Sunday: 6AM-8PM	https://www.24hourfitness.com/gyms/seattle-wa/downtown-seattle-sport?Adb_id=GGL_LOC_AC_Q_CDP	Available	12 mins from university	https://maps.app.goo.gl/a6dzP5H5fe0YsAWJ6	https://www.24hourfitness.com/gyms/seattle-wa/downtown-seattle-sport	NA
5	Northwest Strong	116 Vine St, Seattle, WA 98121	2535485005	Open 24 hours	https://nwstrong.com/	Available	18 mins	https://maps.app.goo.gl/JP5DcQW/Ws4nCBEBY9	https://nwstrong.com/membership/	NA
6	Seattle Athletic Club	2020 Western Ave, Seattle, WA 98121	(206) 443-1111	Weekdays: 5AM-10PM Saturday/Sunday: 7AM-8PM	https://www.sacdt.com/	Market Place Garage - 65 Lenora St	22 mins	https://maps.app.goo.gl/GBouK8eW8TRuaJUn7	Please check the website	YES

7	Studio 3 Fitness Cycle Strength Yoga	229 Queen Anne Ave N, Seattle, WA 98109	2064873373	Weekdays: 6AM-8PM Friday: 6AM-5PM Saturday/Sunday: 8:30AM-1PM	https://www.studio3fit.com/	Available	26 mins	https://maps.app.goo.gl/DgFARQZT5MiNnF3D9	https://www.studio3fit.com/studio-pricing	NA
8	NW Fitness Gym	504 9th Ave, Seattle, WA 98104	2064624308	Open 24 hours	https://www.nwfitnessgym.com/	Available	36 mins	https://maps.app.goo.gl/KaSkd8sLuUPvmENv5	https://www.nwfitnessgym.com/membership	NA

DANCE STUDIOS

No.	Name of the Studio	Address	Contact	Hours of operation & Cost	Website	Parking options	Transit options (From Campus and Nearest Stop)			Kid-friendly
							Walk	Time by Bus	Bus route	
1	Live 2 Dance	308 9th Ave N, Seattle, WA 98109	deepali@live2danceseatle.com	Check website for booking, schedule and cost of classes and workshops : https://www.wellnessliving.com/rs/schedule/live2danceseatle?k_business=342451&k_class_tab=35436&id_class_tab=1	https://live2danceseatle.com/	Available	3 mins	—	—	NA
2	Rangeela Dance Company	340 15th Ave E Suite 101, Seattle, WA 98112	(781) 738-0108	Check website for more information: https://rangeeladancecompany.com/dance-classes-in-seattle/	https://rangeeladancecompany.com/	Available	40 mins	17 mins	https://maps.app.goo.gl/PrsHmjiJxtMP9bjq9	Yes
3	Poprox Dance	1429 12th Ave, Seattle, WA 98122	hello@poproxdance.com	Check website for enrolling, schedule and cost of classes and workshops: https://www.poproxdance.com/capitol-hill	https://www.poproxdance.com/	Available	34 mins	27 mins	https://maps.app.goo.gl/6bY9YBwf6kVPm3z59	Yes
4	The Beacon	The Beacon, 812 Rainier Ave S, Seattle, WA 98144	https://www.massivemonkees.com/contact-us	Check the website: https://www.massivemonkees.com/memberships	https://www.massivemonkees.com/the-beacon-studio	NA	—	30 mins	https://maps.app.goo.gl/W4eDHTVMdRgPLw99A	NA
5	eXit SPACE	6600 1st Ave NE, Seattle, WA 98115	(206) 949-8643	Check website for enrolling, schedule and cost of classes and workshops: https://www.exitspacedance.com/adp.php	https://www.exitspacedance.com/	Available	—	41 mins	https://maps.app.goo.gl/31vXL72hYGXjEFXT6	Yes
6	All that Dance	3012 NE Blakeley St Seattle, WA 98105	(206) 524-8944	Check website for enrolling, schedule and cost of classes and workshops: https://allthatdanceseatle.com/classes	https://allthatdanceseatle.com/	Available	—	45 mins	https://maps.app.goo.gl/Nog1K3SdjwAacSMKA	Yes

WATCH PARTIES

No.	Watch Party	Location name	Address	Contact	Hours of operation	Website	Parking options	Distance from the University	Transit options by Bus
1	Seattle Mariners Bar league	LOCAL Public Eatery	404 Terry Ave N, Seattle, WA 98109	2062571888	Monday, Tuesday, Wednesday: 11:00A M-12 AM Thursday, Friday: 11 AM-1 AM Saturday: 10 AM-1 AM Sunday: 10 AM-12 AM	https://www.mlb.com/mariners/fans/bar-affiliate-program	Yes	0.1 miles	NA
2	Seattle Mariners Bar league	Flatstick Pub - South Lake Union	609 Westlake Ave N, Seattle, WA 98109	2062584989	Whole week: 11 AM–11 PM Friday, Saturday: 11 AM–1 AM	https://www.mlb.com/mariners/fans/bar-affiliate-program	Yes	0.3 miles	https://maps.app.goo.gl/8hY9TW8W4JUsNgCX9
3	Seattle Mariners Bar league	Buckley's in Belltown	2331 2nd Ave. Seattle, WA 98121	(206) 588-8879	Weekdays: 11:30 AM-1 AM Saturday, Sunday: 9 AM-2 PM	https://www.mlb.com/mariners/fans/bar-affiliate-program	Yes	0.8 miles	https://maps.app.goo.gl/3Z4nEyWdGEBREwE87
4	Seattle Mariners Bar league	Buckley's On Queen Anne	232 1st Ave W, Seattle, WA 98119	2066910232	Whole week: 12:30–1 AM, 10:30 AM–12 AM Monday: 11:30 AM–12 AM	https://www.mlb.com/mariners/fans/bar-affiliate-program	Yes	1.1 miles	https://maps.app.goo.gl/Zx6J6PLuB9Euu1UE8
5	Seattle Mariners Bar league	Flatstick Pub - Pioneer Square	240 2nd Ave S, Seattle, WA 98104	2066820608	Whole week: 12 PM–11 PM Friday, Saturday: 12 PM–1 AM	https://www.mlb.com/mariners/fans/bar-affiliate-program	Yes	1.7 miles	https://maps.app.goo.gl/Zx6J6PLuB9Euu1UE8
6	Seattle Kraken	Yard House	1501 4th Ave, Seattle, WA 98101	(206) 682-2087	Whole week: 11 AM–10 PM Friday, Saturday: 11 AM–1 PM	https://www.yardhouse.com/locations/wa/seattle/seattle-4th-and-pike/8343	Yes	0.8 miles	https://maps.app.goo.gl/3BJhetf4WC8bvC1i6

7	Seattle Kraken	Cairde Public House	701 5th Ave. N #100, Seattle, WA 98109	206-257-4217	Monday - Thursday 2 PM – 12 AM Friday - Saturday 12 PM – 2 AM Sunday 12:00 PM – 12 AM	https://www.cphbarseattle.com/	Yes	0.8 miles	https://maps.app.goo.gl/s63JQcD3S87zkywa9
10	Seattle Kraken	KJ's Bar	1703 E Olive Wy. Seattle, WA 98102	(206) 705-3514	Monday - Thursday 3 PM – 12 AM Friday - Saturday 3 PM – 1 AM Sunday 3 PM – 10 PM	https://kjsbarseattle.wixsite.com/kjs-bar	Yes	0.9 miles	https://maps.app.goo.gl/1b7Xj7gBegTQh1wY9
8	Seattle Kraken	Ozzie's	105 W Mercer St. Seattle, WA 98119	(206) 284-4618	Weekdays: 11 AM-2 AM Saturday, Sunday: 10 AM-2 AM	https://www.ozzieinseattle.com/	Yes	1.2 miles	https://maps.app.goo.gl/tjpTN4Gx4itA8axt6
9	Seattle Kraken	Queen Anne Beerhall	203 W Thomas St. Seattle, WA 98119	(206) 420-4326	Whole week: 11 AM–12 AM Friday, Saturday: 11 AM–2 AM	https://queenannebeerhall.com/	Yes	1.2 miles	https://maps.app.goo.gl/EfH77ximrwr3b4nV9

OTHER EVENTS

No	Name of Location	Address	Contact	Hours of operation	Parking options	Transit options (from Campus and nearest bus stop)			Cost	Visit here for more information	Kid-friendly	Notes
						Walk	Time by Bus	Bus Route				
1	Elihu Community Pizza Nights	860 Terry Ave., N. Seattle, WA 98109	—	05:30 pm - 07:00 pm	Yes	10 mins	7 mins	https://maps.app.goo.gl/8rBUz9Cmbdzfj3Cv6	Free	https://www.elihuseattle.com/	Yes	
2	Midweek Live Music	340 Bell St, 98121, Seattle, WA 98121	206-623-0340	Wed: 03:00 pm - 05:00 pm	Yes	14 mins	14	https://maps.app.goo.gl/NbXCVL8GUSZNzt1U6	Free	https://downtownseattle.org/events/post/midweek-music-at-bell-street-park-2024/	Yes	June 5, 2024 - September 25, 2024