Feeling Stuck on Campus?

Get Out and Get Active in Seattle!

Free Activities

- **Intramural or Club sports**- join a team and get to know students and have fun playing basketball, floor hockey, football, soccer, softball, and volleyball and other single day tournaments. Check out the SPU Intramurals webpage at: www.spu.edu/depts/intramurals/
- **On-Campus Gyms**- use the free gym, fitness center, and weight room in Royal Brougham Pavilion, as well as workout areas in Emerson, other dorms and CHA
- **Run, bike, walk, rollerblade, or scooter** – on the Burke Gilman trail alongside the canal, the Discovery Park Trail, or go to Gas Works, or the Woodland Park Zoo
- **Ultimate Frisbee**- fun on Fridays at 4:30pm currently held at Queen Anne Bowl or play in Tiffany Loop with friends.
- **Tennis**- play tennis on SPU courts / community courts above Queen Anne Bowl

Cheap Activities

- **Swim passes**- get reduced rate student swim passes at the Unicom desk for the Queen Anne Pool. Purchase 3 entrances for only $5. Check out schedules at: www.ci.seattle.wa.us/parks/aquatics/Pools/queenanne/schedule.htm
  Also check out a complete list of Seattle pools at: www.seattle.gov/parks/pools.asp
- **Yoga to the People** – Yoga classes in the U District to get a variety of class options and times – only $10 per class. www.yogatothepeople.com/seattle/
- **Salsa Dancing** –Drop in classes every Friday - $10. Social Dance Party Fridays- $5. Dance series – see website for more info: www.salsacontodo.com/
- **Ballard Pilates-** Mat Sessions (group of 5 or more) and more at: www.ballardpilates.com/services/rates.html
- **Indoor Soccer and Basketball** –at Arena Sports: www.arenasports.net/index
- **Kayak and SUP (Standup Paddleboards)** – classes and sessions at the Northwest Outdoor Center. Check out: www.nwoc.com/
- **Ballard Health Club** –Get a year-long or monthly membership: www.ballardhealthclub.com/membership