

APPENDIX I: RECREATION INVENTORY MATRIX

Activity	Type	Program Sponsor/Location (if applicable)	Who's Served	Drop-In Or Register	Sessions/Seasons	Fee	Number of Participants (if available)
ADULT SPORTS LEAGUES							
Basketball - League	Team Sport	Shoreline PRCS	18 + older	Register	Winter	\$346/team	
Basketball - League	Team Sport	Mountlake Terrace Rec. Pavilion	18 + older	Register	Summer and Fall Leagues	\$400/team Summer, \$500/team Fall	
Basketball - Open Gym	Drop-in	Shoreline PRCS	18 + older	Drop-in		\$3/person	
Basketball - Open Gym	Drop-in	Shoreline/ South County YMCA		Drop-in	Year-round	W/Membership	
Basketball - Open Gym	Drop-in	Mountlake Terrace Rec. Pavilion	18 + older	Drop-in	2 times a week	W/Admission	
Basketball - Open Gym	Drop-in	24 Hour Fitness		Drop-in	Year-round	W/Membership	
Basketball 3-on-3	Drop-in	Anderson Center	18 + older	Register		\$190/team	
Basketball 5-on-5	Drop-in	Edmonds Community College Gym		Register		\$400/team	
Basketball -Open Gym	Drop-in	Harbor Square Athletic Club		Drop-in	Year-round	W/Membership	
Open Gym - Drop-in	Drop-in	Frances Anderson Center Gym		Drop-in	Year-round	\$3 adult, \$2 youth	
Climbing Wall	Drop-in/instruct	Shoreline/South County YMCA		Drop-in	Year-round	W/Membership	
Co-Rec Soccer Association	instruct/comp/rec	Shoreline Park	11 - 70 yrs.		Year-round	\$965/team	8,000/season
Puget Sound Soccer League (Black Sox)	competitive		18 - 40 yrs. Men	Register	Sept. - June	\$1,200/team	300
Greater Seattle Soccer League	rec/comp		17 - 60+ yrs.	Register		\$735/team, \$40/player	14,000
Racquetball	Team Sport/Drop-in	Mountlake Terrace Rec. Pavilion	16 + older	Both	Year-round	\$7.50/hr residents, \$8/hr non-resident	
Racquetball	Team Sport/Drop-in	Harbor Square Athletic Club		Drop-in	Year-round	W/Membership	
Racquetball	Team Sport/Drop-in	Mountlake Terrace Rec. Pavilion		Drop-in	Year-round	\$8/hour	
Racquetball	Team Sport/Drop-in	Lynnwood Rec Center	16 + older	Drop-in	Year-round	\$7/hour	
Racquetball	Team Sport/Drop-in	24 Hour Fitness		Drop-in	Year-round	W/Membership	
Puget Sound Senior Baseball League	competitive		21 + older	Register	March - September	\$325/player	190
Shoreline Community Church	recreational		12 - 70 yrs.	Drop-in	July - Aug.	\$10/player	60

Activity	Type	Program Sponsor/Location (if applicable)	Who's Served	Drop-In Or Register	Sessions/Seasons	Fee	Number of Participants (if available)
(Softball)							
Softball - League	Team Sport	Mountlake Terrace Rec. Pavilion	18 + older	Register	Spring leagues	\$550/team	
Softball - League	Team Sport	Lynnwood Rec Center	18 + older	Register		\$420/team	
Tennis	Varies	Harbor Square Athletic Club	18 + older	Register	Year-round		
Tennis Lessons	Varies	Harbor Square Athletic Club		Register	Year-round	Varies	
Tennis Lessons	Varies	Lynnwood Rec Center	16 + older	Register		\$33 Resident, \$36 Non	
Tennis Lessons	Varies	Lynnwood Rec Center		Register		\$33 Resident, \$36 Non	
Volleyball	Team Sport	24 Hour Fitness		Drop-in	Year-round	W/Membership	
Volleyball - League	Team Sport	Mountlake Terrace Rec. Pavilion	18 + older	Register	Fall leagues	\$275/team	
Volleyball - League	Team Sport	Edmonds Community College Gym		Register	8 weeks	\$190/team	
Volleyball - League	Team Sport	Lynnwood Rec Center	18 + older	Register		\$150/team	
Volleyball - Open Gym	Drop-in	Shoreline PRCS	18 + older	Drop-in		\$3/person	
Volleyball - Open Gym	Drop-in	Mountlake Terrace Rec. Pavilion		Drop-in	Once a week	W/Admission	
Volleyball, Basketball, Soccer, Softball, Baseball, Tennis		Shoreline Community College	Students	Register	August - May	N/A	
Wallyball	Team Sport	Mountlake Terrace Rec. Pavilion	16 + older	Register	Year-round	\$7.50/hr residents, \$8/hr non-resident	
Disc NW	Team Sport		youth + adult	Register	Year-round	\$500/team, \$33/player	2,825
Gymnastics	Instruct	AGDE					
NWCSL	rec/comp		18 - 60+ yrs.	Register	Year-round	\$625/team	1,600
ADULT FITNESS							
Aerobics		Mountlake Terrace Rec. Pavilion	18 + older	Register	Year-round	Varies	
Aerobics		Shoreline/ South County YMCA		Drop-in	Year-round	W/Membership	
Aerobics		Lynnwood Rec Center	16 + older	Register		Varies	
Aerobics		Frances Anderson Center		Drop-in	Year-round	\$5/class, \$11/week	

Activity	Type	Program Sponsor/Location (if applicable)	Who's Served	Drop-In Or Register	Sessions/Seasons	Fee	Number of Participants (if available)
		Gym					
Jazzercise - Step		Shoreline PRCS	18 + older	Both		\$45 month, \$8 drop-in	
Cardio/Weight Room		Shoreline PRCS	18 + older	Both	Year-round	Varies	
Cardio/Weight Room		Mountlake Terrace Rec. Pavilion		Drop-in	Year-round	W/Admission	
Cardio/Weight Room		Harbor Square Athletic Club		Drop-in	Year-round	W/Membership	
Cardio/Weight Room		Shoreline/South County YMCA		Drop-in	Year-round	W/Membership	
Cardio/Weight Room		Lynnwood Rec Center		Drop-in	Year-round	\$2.75 adult, \$2 youth	
Cardio/Weight Room		Lynnwood Rec Center		Drop-in	Year-round	W/Admission	
Cardio/Weight Room		24 Hour Fitness		Drop-in	Year-round	W/Membership	
Cardio/Weight Room		Frances Anderson Center Gym		Drop-in	Year-round	\$3/person	
Pilates		Shoreline PRCS		Register	Year-round	\$48	
Pilates		Harbor Square Athletic Club		Register	by appt	\$60 Member. \$65 Non	
Tae Kwon Do		Mountlake Terrace Rec. Pavilion	18 + older	Register	Year-round	Varies	
Tae Kwon Do		Lynnwood Rec Center	15 + older	Register		\$34 Resident, \$37 Non	
Karate (Family)		Shoreline PRCS	9 + older	Register	Varies	\$55	
Tai Chi, Qigong, Yoga		Frances Anderson Center Gym		Drop-in	Varies	Varies	
Tai Chi		Shoreline PRCS	18 + older	Register	Year-round	\$52	
Yoga		Lynnwood Rec Center	15 + older	Register		Varies	
Yoga/Pilates		Mountlake Terrace Rec. Pavilion	18 + older	Register	Year-round	Varies	
ADULT DANCE							
Ballet, ballroom, swing, salsa, tango, etc.		Shoreline PRCS	18 + older	Register	Varies	Varies	
Ballroom, belly, swing, line		Lynnwood Rec Center	10 + older	Register		Varies	
Tap/Ballet/Swing/Jazz/Line	Dance	Mountlake Terrace Rec. Pavilion	Teen - Adult	Register	Year-round	Varies \$67-\$88 Resident, \$74-\$95 Non	
ADULT ACTIVITY							
Family Night		Shoreline/South County YMCA		Drop-in	Year-round		

Activity	Type	Program Sponsor/Location (if applicable)	Who's Served	Drop-In Or Register	Sessions/Seasons	Fee	Number of Participants (if available)
Outdoor Adventure Programs		Frances Anderson Cultural Center	12 + older	Register	Varies	Varies	
Special Interest/Educational workshops		Frances Anderson Cultural Center	14 + older	Register	Year-round	Varies	
Various arts, crafts, music workshops		Shoreline PRCS	Varies	Register	Year-round	Varies	
Various arts, crafts, music workshops		Frances Anderson Cultural Center	14 + older	Register	Year-round	Varies	
Various Workshops, classes, clubs		Lynnwood Rec Center	16 + older	Register	Year-round	Varies	
Dog obedience - various levels		Shoreline PRCS	12 + older (handler)	Register	Year-round	Varies	
YOUTH SPORTS							
Basketball	Recreational	Shoreline/South County YMCA	preschool - 6th grade	Register	winter		
Shoreline Avalanche Fast pitch Softball	competitive		13 - 14 yrs.		Jan. - Oct.	\$500/player	14
Eastside Elite (Softball)	rec/comp		15 - 19 yrs.	Register	Year-round	\$1,000/player	>15
North King County Little League	instruct/comp/rec		5 - 18 yrs.	Register	March - July	\$70 - \$110/player	660
Richmond Little League	recreational		6 - 18 yrs.	Register	Feb. - Aug.	\$65 - \$125/player	750
Soccer	competitive	Shoreline Christian School	Grades K - 12	Register		\$60/player	43
Shorelake Soccer	instruct/comp/rec		4 - 18 yrs.	Register	April - March	\$65 - \$95/player	1,400
Indoor Soccer	recreational	Shoreline/South County YMCA	preschool - 6th grade	Register	spring/fall		
Outdoor Preschool Soccer	instructional	Shoreline/South County YMCA	3 -5 yrs.	Register	summer		
Catholic Youth Organization (Soccer)	recreational	Richmond Highlands Field	5 - 14 yrs.	Register	Aug. - Nov.	\$300/team	8,000
Hillwood Soccer Club	instruct/rec/comp		5 -18 yrs.	Register	August - December	\$45 - \$65/player	1,555
Seattle Youth Soccer Association	instruct/comp/rec		5 - 19 yrs.		Aug. - Dec.	\$25 - \$2,500/player	11,000
Sno-King Youth Club (Soccer)	recreational		5 - 13 yrs.	Register	Year-round		3,000
Emerald City FC (Soccer)	competitive		9 - 18 yrs.	Register	March - Feb.	\$1,300/player	320
Tennis	recreational	Shoreline/South County YMCA	6 - 12 yrs.	Register	summer		

Activity	Type	Program Sponsor/Location (if applicable)	Who's Served	Drop-In Or Register	Sessions/Seasons	Fee	Number of Participants (if available)
Tennis Lessons	instructional	Lynnwood Rec Center	7 - 15 yrs.	Register	One month	\$33 Resident, \$36 Non	
Space Needle Volleyball Foundation	instructional		11 - 18 yrs. Girls	Register	Nov. - June	\$150/team	200
Kings Schools	competitive		12 - 19 yrs.				200
Shoreline School District	rec/comp		3 - 18 + yrs.	Register	August - May	\$25 - \$50/player	
Shoreline/South County Family YMCA	instruct/rec		4 - 12 yrs.	Register		\$45 - \$55/player	550
YOUTH FITNESS							
Gymnastics	instructional	Shoreline PRCS/Cascade Elite	18 mo. + older	Register	Varies	Varies	
Gymnastics	instructional	Lynnwood Rec Center	18 mo. - 3 yrs.	Register		\$48 Resident, \$50 Non	
Gymnastics	instructional	Frances Anderson Cultural Center	2 - 6 yrs.	Register	Varies	Varies	
Gymnastics	rec/comp/instruct	AGDE	5 - 18 yrs.	Register	Year-round	Varies	
Indoor Playground		Mountlake Terrace Rec Pavilion		Drop-in		W/Admission	
Tae Kwon Do Youth		Lynnwood Rec Center	6 - 15 yrs.	Register	One month	\$34 Resident, \$37 Non	
Various Youth Fitness		Frances Anderson Cultural Center	2 - 12 yrs.	Register	Varies	Varies	
Yoga/Pilates		Lynnwood Rec Center	10 - 16 yrs.	Register	One month	\$96-\$115 R, \$100-\$120 Non	
YOUTH DANCE							
Dance (creative, ballet, rhythm, performance, etc.)		Shoreline PRCS	18 mo. + older	Register	Varies	Varies	
Competitive Dance Team	Dance	AGDE		Register		Varies	
Olympic Ballet School	Dance	Frances Anderson Cultural Center					
Tap/Ballet/Hip-Hop/Jazz/Theatre Dance	Dance	Mountlake Terrace Rec. Pavilion	2 - 14 yrs. Varies w/program	Register	1 - 3 days/week	\$66-\$70 Resident, \$77-\$93 Non	
Teen Dance	Dance	Lynnwood Rec Center	12 - 18 yrs.			Varies	
YOUTH ACTIVITY							
Summer Camp		Shoreline PRCS	Varies	Register	Year-round	Varies	
Summer Camp		AGDE		Register			
Summer Day Camp		Shoreline/ South County			summer		

Activity	Type	Program Sponsor/Location (if applicable)	Who's Served	Drop-In Or Register	Sessions/Seasons	Fee	Number of Participants (if available)
		YMCA					
Kids Club		24 Hour Fitness			Year-round		
Youth Clubs		Shoreline/ South County YMCA					
Youth Camp		Mountlake Terrace Rec Pavilion	3 - 11 yrs.			Varies	
Teen Camp		Mountlake Terrace Rec Pavilion	6th - 9th grade		July - August		
Before/After School Program		Shoreline/ South County YMCA					
Outdoor Camp		Mountlake Terrace Rec Pavilion	10 - 13 yrs.	Register	One week in August	\$105 Resident, \$120 Non	
Golf Camp		Mountlake Terrace Rec Pavilion	10 - 16 yrs.				
Soccer Camp		Mountlake Terrace Rec Pavilion	7 - 12 yrs.			\$45 Resident, \$55 Non	
Tennis Camp		Mountlake Terrace Rec Pavilion	7 - 13 yrs.			Varies	
Dance Camp		Mountlake Terrace Rec Pavilion			One week	Varies	
Specialty Camp		Shoreline PRCS	Varies	Both	Varies	Varies	
Specialty Camp		Mountlake Terrace Rec Pavilion	5 - 18 yrs.			Varies	
Kids Club		Lynnwood Rec Center			Varies	Varies	
Outdoor Adventure programs		Frances Anderson Cultural Center	6 + older	Register	Varies	Varies	
Arts/crafts/special events/music		Shoreline PRCS	Varies	Both	Varies	Varies	
Arts/crafts/special events/music		Shoreline-Lake Forest Park Arts Council	Varies	Both	Varies	Varies	
Arts/crafts/special events		Frances Anderson Cultural Center		Register		Varies	
Arts/crafts/special events		Lynnwood Rec Center			Varies	Varies	
Arts/crafts/special events		Frances Anderson Cultural Center	18 mo. - 12 yrs.		Varies	Varies	
Counselor/Baby sitting Training		Lynnwood Rec Center	11 - 18 yrs.		Varies	Varies	
Various Preschool Activities		Frances Anderson Cultural	Infant - 5 yrs.		Varies	Varies	

Activity	Type	Program Sponsor/Location (if applicable)	Who's Served	Drop-In Or Register	Sessions/Seasons	Fee	Number of Participants (if available)
		Center					
Teen Programs (various)		Shoreline PRCS	12 - 19 yrs.	Both	Year-round	Varies	
Teen Night		Mountlake Terrace Rec Pavilion		Drop-in			
Teen Volunteer		Mountlake Terrace Rec Pavilion	13 - 17yrs. +			Free	
AQUATICS							
Swim Lessons/Exercise/Training/Lap Swim/Rec Swim		Shoreline PRCS	All	Both	Year-round	Varies	
Cascade Swim Club	instruct/comp/rec		5 - 22 yrs	Register	Sept. - July	Varies	200
Lap Swim	Instruct/fitness/rec	24 Hour Fitness			Year-round	W/Membership	
Leisure Pool	Instruct/fitness/rec	Mountlake Terrace Rec Pavilion			Year-round	\$1.50 Resident, \$2 Non	
Swim Lessons/Exercise/Training	Instruct/fitness/rec	Mountlake Terrace Rec Pavilion			Year-round	Varies	
Swim Lessons/Exercise/Training	Instruct/fitness/rec	Weyerhaeuser Aquatic Center			Year-round	Varies	
Swim Lessons/Exercise/Training	Instruct/fitness/rec	Mt. Rainier Pool			Year-round	Varies	
Swim Lessons/Exercise/Training	Instruct/fitness/rec	Renton Pool			Year-round	Varies	
Swim Lessons/Exercise/Training	Instruct/fitness/rec	Si View Pool			Year-round	Varies	
Swim Lessons/Exercise/Training	Instruct/fitness/rec	Tahoma Pool			Year-round	Varies	
Swim Lessons/Exercise/Training	Instruct/fitness/rec	Cottage Lake Pool			Summer season	Varies	
Swim Lessons/Exercise/Training	Instruct/fitness/rec	Vashon Pool			Summer season	Varies	
Swim Lessons/Exercise/Training	Instruct/fitness/rec	Yost Pool			Summer season	Varies	
Swim Lessons/Exercise/Training	Instruct/fitness/rec	Helene Madison Pool			Year-round	Varies	
Swim Lessons/Exercise/Training	Instruct/fitness/rec	Fircrest Pool	people w/disabilities, others		Year-round	Varies	
Swim	Instruct/fitness/rec	Innis Arden Pool	Residents of		Summer season	Varies	200 families

Activity	Type	Program Sponsor/Location (if applicable)	Who's Served	Drop-In Or Register	Sessions/Seasons	Fee	Number of Participants (if available)
Lessons/Exercise/Training			Innis Arden				
Swim Lessons/Exercise/Training	Instruct/fitness/rec	Lynnwood Pool			Year-round	Varies	
SENIOR SPORTS							
Senior Fitness		Lynnwood Senior Center	55 + older	Register	Monthly	\$15	
Silver Sneakers		Mountlake Terrace Rec Pavilion	60 + older			\$3.50	
Volleyball		Shoreline PRCS	50 + older	Drop-in		\$1.00	
Volleyball		Mountlake Terrace Rec Pavilion	60 + older				
Pickle Ball		Shoreline PRCS	50 + older	Drop-in		Free	
SENIOR ACTIVITIES							
Senior classes/workshops/special events		Lynnwood Senior Center	55 + older	Varies	Varies		
Senior Social		Mountlake Terrace Rec Pavilion	60 + older	Drop-in		\$3.00	
Walking/Hiking Clubs		Lynnwood Senior Center	55 + older	Drop-in			
Senior classes/workshops/special events		Shoreline Senior Center	55+ older	Varies	Varies		
SENIOR AQUATICS							
Senior Water Fitness		Shoreline PRCS	55 + older	Both	Year-round	Varies	
Senior Water Exercise		Mountlake Terrace Rec Pavilion	60 + older	Drop-in			
Senior Water Exercise		Fircrest Pool	55+ older	Both	Varies	Varies	