

# Adaptive Sports and Recreation

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These organizations provide opportunities for adaptive sports and recreation activities. If you live in the Seattle area, the two organizations to the right offer a variety of sports, recreation and social activities:

**Seattle Adaptive Sports**  
seattleadaptivesports.org  
206-963-0916

**Outdoors for All**  
outdoorsforall.org  
206-838-6030

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## Baseball

### Challenger Baseball

The Little League Challenger Division accommodates players with physical or intellectual conditions. For ages 4 to 18 (up to 22 if still enrolled in school). To learn more and find if there is a league in your area visit [littleleague.org/play-little-league/challenger/about-challenger](http://littleleague.org/play-little-league/challenger/about-challenger)

### Monroe Miracle League Baseball

YMCA Monroe  
EGantala@ymca-snoco.org  
360-804-2165

### Vancouver Miracle League Baseball

miracleleagueofvancouverwa.org  
360-901-0492

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## Basketball

### Seattle Adaptive Sports

seattleadaptivesports.org  
206-963-0916

### Spokane-ParaSport

parasportspokane.org  
509-999-6466

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## Biking

### Outdoors for All

outdoorsforall.org  
206-838-6030  
Outdoors for All maintains a resource list of suppliers for adaptive cycles across the U.S.

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## Book clubs

### Reader Circles

readerscircle.org

### Seattle Public Library

spl.org  
206-386-4636

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## Dance

### Ballet-Washington Contemporary Ballet, Tacoma

wcbdance.org  
253-302-4172

### Ballroom dance, Oly's Dance Studio, Everett

olysstudio.com/power-of-one  
425-257-0102

### Seattle Light Motion Dance Company

nchpad.org/Directories/Programs/7859/Light-Motion-Dance-Company  
206-328-0818

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## To Learn More

- Physical and Occupational Therapy  
206-987-2113
- Ask your child's healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

## Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



## Adaptive Sports and Recreation

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### Fencing

**Tacoma Metro Fencing Club**  
tacomafencing.com  
253-830-4127

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### Fishing

**Youth Outdoors Unlimited**  
youthoutdoorsu.org  
509-431-1603

**Washington State Fish and Game**  
wdfw.wa.gov/accessibility  
360-902-2349

#### **Cast for Kids**

Visit their calendar to find events near you.  
castforkids.org/find-an-event

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### Gymnastics

**Redmond, Emerald City Gymnastics**  
emeraldcitygymnasticsacademy.com  
425-861-8772

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### Hiking

**Outdoors for All**  
outdoorsforall.org  
206-838-6030

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### Horses

**Redmond, Little Bit Therapeutic Riding**  
littlebit.org  
425-882-1554

**Horse Assisted Therapies: PATH International**  
Visit [pathintl.org/path-intl-centers/find-center](http://pathintl.org/path-intl-centers/find-center), to find a horse therapeutic center near you.

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### Hunting

**Washington state, Youth Outdoors Unlimited**  
youthoutdoorsu.org  
509-431-1603

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### Kayaking and canoeing

**Outdoors for All**  
outdoorsforall.org  
206-838-6030

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### Library

**Washington Talking Book and Braille Library**  
wtbbl.org  
206-615-0400  
800-542-0866

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### Nordic skiing

**Outdoors for All**  
outdoorsforall.org  
206-838-6030

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### Outdoor recreation

#### ADA Accessible Washington State Parks

[parks.state.wa.us/156/ADA-Recreation](https://parks.state.wa.us/156/ADA-Recreation)  
360-902-8844

**Discounted Passes** – Washington State Parks offers passes that reduce or waive camping, moorage, watercraft launch fees and day use for people with disabilities. Passes are valid only at Washington state parks. Application for disability pass at [parks.state.wa.us/205/Passes](https://parks.state.wa.us/205/Passes)

#### National Parks, Monuments, Forests, Wildlife Refuge & Fishing Services Access Pass

The Access pass is a free, lifetime pass to many public recreation sites in the U.S. Available to citizens or permanent residents who have been medically determined to have a permanent disability. At many sites, the pass also discounts fees such as camping, swimming, boat launching, and guided tours.

[nps.gov/planyourvisit/passes.htm#CP\\_JUMP\\_5088581](https://nps.gov/planyourvisit/passes.htm#CP_JUMP_5088581) and [recreation.gov/pass/](https://recreation.gov/pass/)

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### Parks and recreation

#### Bellevue

[parks.bellevuewa.gov/community-centers/highland/adaptive-recreation](https://parks.bellevuewa.gov/community-centers/highland/adaptive-recreation)  
425-452-7686

#### Everett

[everettwa.gov/149/Parks-Community-Services](https://everettwa.gov/149/Parks-Community-Services)  
425-257-8300

#### Issaquah

[issaquahwa.gov/index.aspx?NID=305](https://issaquahwa.gov/index.aspx?NID=305)  
425-837-3300

#### Pierce County

[co.pierce.wa.us/index.aspx?nid=114](https://co.pierce.wa.us/index.aspx?nid=114)  
253-798-4148

#### Redmond

[redmond.gov/165/Parks-Recreation](https://redmond.gov/165/Parks-Recreation)  
425-556-2900

#### Seattle

[seattle.gov/parks/find/specialized-programs](https://seattle.gov/parks/find/specialized-programs)  
206-386-9094

#### Snohomish

[snohomishcountywa.gov/813/Recreation](https://snohomishcountywa.gov/813/Recreation)  
425-388-6600

#### Tacoma

[metroparkstacoma.org/adaptive](https://metroparkstacoma.org/adaptive)  
253-404-3955

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### Playgrounds and gardens

#### Auburn

##### Les Grove Park

[auburnwa.gov/city\\_hall/parks\\_arts\\_recreation](https://auburnwa.gov/city_hall/parks_arts_recreation)

##### Bainbridge Island, Owen's Playground

[biparks.org/](https://biparks.org/)

#### Bothell

##### Miner's Corner Park

[snohomishcountywa.gov/Facilities/Facility/Details/Miners-Corner-57](https://snohomishcountywa.gov/Facilities/Facility/Details/Miners-Corner-57)

#### Bremerton

##### Evergreen Rotary Park

[bremertonwa.gov/Facilities/Facility/Details/Evergreen-Rotary-Park-6](https://bremertonwa.gov/Facilities/Facility/Details/Evergreen-Rotary-Park-6)

#### Clinton Beach Park, Clinton WA

[portofsouthwhidbey.com/facilities/clinton-beach-park/](https://portofsouthwhidbey.com/facilities/clinton-beach-park/)

#### Port Angeles

##### Shane Park

[cityofpa.us/Facilities/Facility/Details/Shane-Park-25](https://cityofpa.us/Facilities/Facility/Details/Shane-Park-25)

#### Seattle Children's Playgarden

[seattlechildrensplaygarden.org](https://seattlechildrensplaygarden.org)  
206-325-5576

#### Spokane

##### Discovery Playground in Mirabeau Point Park

[spokanevalley.org/Parks](https://spokanevalley.org/Parks)

## Adaptive Sports and Recreation

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### Rugby

**Seattle Slam Wheelchair Rugby**  
seattleslam.org

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### Resources for training and education

**Washington State Department of Services for the Blind**  
dsb.wa.gov  
206-906-5500

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### Road racing

**Spokane ParaSport**  
parasportspokane.org  
509-999-6466

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### Rock climbing

**Outdoors for All**  
outdoorsforall.org  
206-838-6030

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### Rowing

**Seattle Seize the Oar**  
seizetheoar.com  
206-854-1267

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### Sailing

**Footloose Sailing Seattle**  
footloosedisabledsailing.org  
206-578-6735

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### Skiing

**Outdoors for All**  
outdoorsforall.org  
206-838-6030

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### Sled hockey

**Seattle Adaptive Sports**  
seattleadaptivesports.org  
206-963-0916

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### Snowboarding

**Outdoors for All**  
outdoorsforall.org  
206-838-6030

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### Snowshoeing

**Outdoors for All**  
outdoorsforall.org  
206-838-6030

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### Soccer

**Seattle Adaptive Sports**  
seattleadaptivesports.org  
206-963-0916

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### Special Olympics

**Washington Special Olympics**  
specialolympicswashington.org/  
206-362-4949

## Adaptive Sports and Recreation

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### Swimming and aquatics

**Bellingham Parks and Recreation**  
cob.org/services/recreation/activities  
360-778-7665

**Bellevue Aquatics Center**  
bellevuewa.gov/city-government/departments/parks/sports-and-athletics/bellevue-aquatic-center  
425-452-4444

**Shoreline and Renton: Shadow Seals**  
shadowsealsswimming.org

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### Table tennis

**Seattle Green Lake Table Tennis**  
glttc.org  
206-684- 0780

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### Teen programs

**Bellevue Aquatics Center**  
bellevuewa.gov/city-government/departments/parks/sports-and-athletics/bellevue-aquatic-center  
425-452-4444

**Redmond Parks and Recreation**  
redmond.gov/165/Parks-Recreation  
425-556-2300

**Seattle Adaptive Sports**  
seattleadaptivesports.org  
206-963-0916

**Shoreline Parks and Recreation**  
shorelinewa.gov/government/departments/parks-recreation-cultural-services  
206-801-2700

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### Tennis

**Seattle Adaptive Sports**  
seattleadaptivesports.org  
206-963-0916

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### Theater

**Theater of Possibility, Seattle/Bellevue**  
laurenmarshall.com

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### Track and field

**Seattle Adaptive Sports**  
seattleadaptivesports.org  
206-963-0916

**Spokane ParaSport**  
parasportspokane.org  
509-999-6466

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### Volleyball

**Seattle Space Needle Volleyball Club**  
snvf.weebly.com/about-us.html  
206-930-0593

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### Volunteering

**Washington State Volunteer Match**  
volunteermatch.org

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### Weekend excursions

**Outdoors for All**  
outdoorsforall.org  
206-838-6030

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### Wheelchair basketball

**Seattle Adaptive Sports**  
seattleadaptivesports.org  
206-963-0916

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### Yoga

**Seattle Adaptive Yoga NW**  
adaptiveyoganorthwest.com  
206-949-9692

**Outdoors for All**  
outdoorsforall.org  
206-838-6030

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### Youth social group

**Seattle Adaptive Sports**  
seattleadaptivesports.org  
206-963-0916