## Adaptive Sports and Recreation

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:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Organization</th>
<th>Website/Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Baseball</strong></td>
<td><strong>Challenger Baseball</strong></td>
<td>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</td>
</tr>
<tr>
<td><strong>Outdoors for All</strong></td>
<td></td>
<td>outdoorsforall.org 206-838-6030</td>
</tr>
<tr>
<td><strong>Basketball</strong></td>
<td><strong>Seattle Adaptive Sports</strong></td>
<td>seattleadaptivesports.org 206-963-0916</td>
</tr>
<tr>
<td><strong>Biking</strong></td>
<td><strong>Outdoors for All</strong></td>
<td>outdoorsforall.org 206-838-6030 Outdoors for All maintains a resource list of suppliers for adaptive cycles across the U.S.</td>
</tr>
<tr>
<td><strong>Book clubs</strong></td>
<td><strong>Reader Circles</strong></td>
<td>readerscircle.org</td>
</tr>
<tr>
<td><strong>Dance</strong></td>
<td><strong>Ballet-Washington Contemporary Ballet, Tacoma</strong></td>
<td>wcbdance.org 253-302-4172</td>
</tr>
<tr>
<td></td>
<td><strong>Ballroom dance, Oly’s Dance Studio, Everett</strong></td>
<td>olysstudio.com/power-of-one 425-257-0102</td>
</tr>
</tbody>
</table>

### To Learn More
- Physical and Occupational Therapy 206-987-2113
- Ask your child’s healthcare provider 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.

---

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

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

**Seattle Public Library**
spl.org 206-386-4636

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

**Seattle Light Motion Dance Company**
nchpad.org/Directories/Programs/78 59/Light-Motion-Dance-Company 206-328-0818
<table>
<thead>
<tr>
<th>Category</th>
<th>Activity</th>
<th>Location</th>
<th>Website/Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fencing</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fishing</strong></td>
<td>Youth Outdoors Unlimited</td>
<td>Washington State Fish and Game</td>
<td>youthoutdoorsu.org&lt;br&gt;509-431-1603&lt;br&gt;&lt;br&gt;<strong>Cast for Kids</strong>&lt;br&gt;Visit their calendar to find events near you.&lt;br&gt;castforkids.org/find-an-event</td>
</tr>
<tr>
<td><strong>Gymnastics</strong></td>
<td>Redmond, Emerald City Gymnastics</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Hiking</strong></td>
<td>Outdoors for All</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Horses</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Hunting</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Kayaking and canoeing</strong></td>
<td><strong>Outdoors for All</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Library</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Nordic skiing</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Outdoor recreation

**ADA Accessible Washington State Parks**  
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

**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 and  
recreation.gov/pass/

### Parks and recreation

**Bellevue**  
parks.bellevuewa.gov/community-centers/highland/adaptive-recreation  
425-452-7686

**Everett**  
everettwa.gov/149/Parks-Community-Services  
425-257-8300

**Issaquah**  
issaquahwa.gov/index.aspx?NID=305  
425-837-3300

**Pierce County**  
co.pierce.wa.us/index.aspx?nid=114  
253-798-4148

**Redmond**  
redmond.gov/165/Parks-Recreation  
425-556-2900

**Seattle**  
seattle.gov/parks/find/specialized-programs  
206-386-9094

**Snohomish**  
snohomishcountywa.gov/813/Recreation  
425-388-6600

**Tacoma**  
metroparkstacoma.org/adaptive  
253-404-3955

### Playgrounds and gardens

**Auburn**  
auburnwa.gov/city_hall/parks_arts_recreation

**Bainbridge Island, Owen’s Playground**  
biparks.org/

**Bothell**  
Miner’s Corner Park  
snohomishcountywa.gov/Facilities/Facility/Details/Miners-Corner-57

**Bremerton**  
Evergreen Rotary Park  
bremertonwa.gov/Facilities/Facility/Details/Evergreen-Rotary-Park-6

**Clinton Beach Park, Clinton WA**  
portofsouthwhidbey.com/facilities/clinton-beach-park/

**Port Angeles**  
Shane Park  
cityofpa.us/Facilities/Facility/Details/Shane-Park-25

**Seattle Children’s Playgarden**  
seattlechildrensplaygarden.org  
206-325-5576

**Spokane**  
Discovery Playground in Mirabeau Point Park  
spokanevalley.org/Parks
<table>
<thead>
<tr>
<th>Sport</th>
<th>Organization</th>
<th>Website/Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rugby</td>
<td>Seattle Slam Wheelchair Rugby</td>
<td>seattleslam.org</td>
</tr>
<tr>
<td>Resources for</td>
<td>Washington State Department of Services</td>
<td>dsb.wa.gov 206-906-5500</td>
</tr>
<tr>
<td>training and</td>
<td>for the Blind</td>
<td></td>
</tr>
<tr>
<td>education</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Road racing</td>
<td>Spokane ParaSport</td>
<td>parasportspokane.org 509-999-6466</td>
</tr>
<tr>
<td>Rock climbing</td>
<td>Outdoors for All</td>
<td>outdoorsforall.org 206-838-6030</td>
</tr>
<tr>
<td>Rowing</td>
<td>Seattle Seize the Oar</td>
<td>seizetheoar.com 206-854-1267</td>
</tr>
<tr>
<td>Sailing</td>
<td>Footloose Sailing Seattle</td>
<td>footloosedisabledsailing.org 206-578-6735</td>
</tr>
<tr>
<td>Skiing</td>
<td>Outdoors for All</td>
<td>outdoorsforall.org 206-838-6030</td>
</tr>
<tr>
<td>Sled hockey</td>
<td>Seattle Adaptive Sports</td>
<td>seattleadaptivesports.org 206-963-0916</td>
</tr>
<tr>
<td>Snowboarding</td>
<td>Outdoors for All</td>
<td>outdoorsforall.org 206-838-6030</td>
</tr>
<tr>
<td>Snowshoeing</td>
<td>Outdoors for All</td>
<td>outdoorsforall.org 206-838-6030</td>
</tr>
<tr>
<td>Soccer</td>
<td>Seattle Adaptive Sports</td>
<td>seattleadaptivesports.org 206-963-0916</td>
</tr>
<tr>
<td>Special Olympics</td>
<td>Washington Special Olympics</td>
<td>specialolympicswashington.org/ 206-362-4949</td>
</tr>
</tbody>
</table>
| **Swimming and aquatics** | **Bellingham Parks and Recreation**
cob.org/services/recreation/activities
360-778-7665 | **Shoreline and Renton: Shadow Seals**
shadowsealsswimming.org |
| --- | --- | --- |
| **Bellevue Aquatics Center**
bellevuewa.gov/city-government/departments/parks/sports-and-athletics/bellevue-aquatic-center
425-452-4444 | **Table tennis** | **Seattle Green Lake Table Tennis**
glttc.org
206-684-0780 |
| **Teen programs** | **Teen programs** | **Bellevue Aquatics Center**
bellevuewa.gov/city-government/departments/parks/sports-and-athletics/bellevue-aquatic-center
425-452-4444 | **Seattle Adaptive Sports**
seattleadaptivesports.org
206-963-0916 |
| **Redmond Parks and Recreation**
redmond.gov/165/Parks-Recreation
425-556-2300 | **Shoreline Parks and Recreation**
shorelinewa.gov/government/departments/parks-recreation-cultural-services
206-801-2700 |
| **Tennis** | **Tennis** | **Seattle Adaptive Sports**
seattleadaptivesports.org
206-963-0916 |
| **Theater** | **Theater** | **Theater of Possibility, Seattle/Bellevue**
laurenmarshall.com |
| **Track and field** | **Track and field** | **Seattle Adaptive Sports**
seattleadaptivesports.org
206-963-0916 |
| **Spokane ParaSport**
parasportspokane.org
509-999-6466 |
| **Volleyball** | **Volleyball** | **Seattle Space Needle Volleyball Club**
snvf.weebly.com/about-us.html
206-930-0593 |
| **Volunteering** | **Volunteering** | **Washington State Volunteer Match**
volunteermatch.org |
| **Weekend excursions** | **Weekend excursions** | **Outdoors for All**
outdoorsforall.org
206-838-6030 |
## Adaptive Sports and Recreation

<table>
<thead>
<tr>
<th>Activity</th>
<th>Organization</th>
<th>Website</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wheelchair basketball</td>
<td>Seattle Adaptive Sports</td>
<td>seattleadaptivesports.org</td>
<td>206-963-0916</td>
</tr>
<tr>
<td>Yoga</td>
<td>Seattle Adaptive Yoga NW</td>
<td>adaptiveyoganorthwest.com</td>
<td>206-949-9692</td>
</tr>
<tr>
<td>Youth social group</td>
<td>Seattle Adaptive Sports</td>
<td>seattleadaptivesports.org</td>
<td>206-963-0916</td>
</tr>
</tbody>
</table>

Seattle Children’s offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children’s will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children’s. However, your child’s needs are unique. Before you act or rely upon this information, please talk with your child’s healthcare provider.

© 2019 Seattle Children’s, Seattle, Washington. All rights reserved.