

Seattle Children's Adaptive Sports and Recreation Listing

Seattle Children's has compiled a list of adaptive recreation activities within Puget Sound area in an effort to promote the continued healing and well being of our patients and community. The resources gathered here are intended for individuals with physical disabilities that may require adaptation and/or support to engage in meaningful leisure experiences. For questions or to suggest updates, please e-mail adaptiverecreation@seattlechildrens.org.

Disclaimer: This list was compiled to help promote physical activity and recreation. The individual programs have not been vetted or formally reviewed by Seattle Children's Hospital.

Activity	Organization	Website	Phone Number	City	zip code
Aquatic/Pool/Swimming	Community Integration Services	www.cisaquatics.com	425-830-7746	North Bend/ Bellevue	98045
Ballet	Washington Comtemporary Ballet	http://www.wcbdance.org/	253-302-4172	Lakewood	98498
Ballroom Dancing	Oly's Dance Studio	http://olysstudio.com/power-of-one/	425-257-0102	Everett	98201
Baseball	Challenger Baseball	http://www.pacificlittleleague.com/challenger	206-801-7123	Edmonds/ Lynnwood	98043
Baseball	Miracle League Baseball	http://www.miracleleague.com/	360-524-5423	Vancouver	98687
Basketball	Seattle Adaptive Sports	www.Seattleadaptivesports.org	206-963-0916	Seattle	98122
Basketball	ParaSport Spokane	http://parasportspokane.org/	509-999-6466	Spokane	99216
Biking	Outdoors for All	www.outdoorsforall.org	206-838-6030	Seattle	98115
Book Clubs	Seattle Public Library	http://www.spl.org/	206-386-4636	Seattle	98104
Book Clubs	Reader Circles	www.readerscircle.org		Washington State	
Dance	Light Motion Dance Company	http://www.nchpad.org/Directories/Programs/7859/Light-Motion-Dance-Company	206-328-0818	Seattle	98144
Fencing	Metro Tacoma Fencing Club	https://metrotacoma.wordpress.com/	253-830-4127	Lakewood	98499
Fishing	Youth Outdoors Unlimited	www.youthoutdoorsu.org	509-431-1603	Washington State	
Fishing	WA State Fish and Game	http://wdfw.wa.gov/accessibility/	360-902-2200	Washington State	
Gymnastics	Emerald City Gymnastics	www.emeraldcitygymnasticsacademy.com	425-861-8772	Redmond	98052
Hiking	Outdoors for All	www.outdoorsforall.org	206-838-6030	Seattle	98115

Horse back Riding	Little Bit Therapeutic Riding	www.littlebit.org	425-882-1554	Redmond	98052
Hunting	Youth Outdoors Unlimited	www.youthoutdoorsu.org	509-431-1603	Washington State	
Kayaking & Canoeing	Outdoors for All	www.outdoorsforall.org	206-838-6030	Seattle	98115
Library	Washington talking book & Braille Library	www.wtbbl.org	206-615-0400	Seattle	98121
Murder Ball (rugby)	Seattle Slam	www.seattleslam.org	360-440-2498	Seattle	98119
Nordic Skiing	Outdoors for All	www.outdoorsforall.org	206-838-6030	Seattle	98115
Outdoor Recreation	Washington State Parks	http://parks.state.wa.us/156/ADA-Recreation	360-902-8844	Washington State	
Parks and Recreation	Everett Parks and Recreation	www.everettwa.org	425-257-8300	Everett	98203
Parks and Recreation	Bellevue Parks and Recreation	https://parks.bellevuewa.gov/community-centers/highland/adaptive-recreation/	425-452-7686	Bellevue	98009
Parks and Recreation	Issaquah Parks and Recreation	www.ci.issaquah.wa.us/Index.aspx?NID=305	425-837-3300	Issaquah	98027
Parks and Recreation	Snohomish Parks and Recreation	https://snohomishcountywa.gov/813/Recreation	425-388-6600	Snohomish	98201
Parks and Recreation	Pierce County Parks and Recreation	http://co.pierce.wa.us/index.aspx?nid=114	253-798-4148	Pierce County	98499
Parks and Recreation	Tacoma Metro Parks	http://www.metroparkstacoma.org/adaptive/	253-404-3955	Tacoma	98405
Playgarden	Seattle Childrens Playgraden	www.seattlechildrensplaygarden.org	206-325-5576	Seattle	98144
Quad Rugby	Seattle Slam Washington	www.seattleslam.org		Seattle/Bellevue	98126
Recources for Training and Education	State Department of Services for the Blind	www.dsb.wa.gov/index.shtml	206-906-5500	Seattle	98118
Recreation Programs	Special Olympics	http://www.specialolympics.org/	206-362-4949	Seattle	98101
Recreation Programs	Redmond Parks and Recreation	http://www.redmond.gov/ParksRecreation/	425-556-2900	Redmond	98073
Road Racing	ParaSport Spokane	http://parasportspokane.org/	509-999-6466	Spokane	99216
Rock climbing	Outdoors for All	www.outdoorsforall.org	206-838-6030	Seattle	98115
Rowing	Seize the Oar	http://www.seizetheoar.com/	206-854-1267	Seattle	

Sailing	Footloose Sailing	www.footloosedisabledsailing.org	206-578-6735	Seattle	98122
Skiing	Outdoors for All	www.outdoorsforall.org	206-838-6030	Seattle	98115
Sled Hockey	Seattle Adaptive Sports	www.Seattleadaptivesports.org	206-963-0916	Seattle	98122
Snowboarding	Outdoors for All	www.outdoorsforall.org	206-838-6030	Seattle	98115
Snowshoeing	Outdoors for All	www.outdoorsforall.org	206-838-6030	Seattle	98115
Soccer	Seattle Adaptive Sports	www.Seattleadaptivesports.org	206-963-0916	Seattle	98122
Soccer	TopSoccer	www.washingtonyouthsoccer.org/programs/topsoccer/	253-994-1609	Washington State	
Sports/Physical Activity	Northwest Association for Blind	http://nwaba.org/	360-448-7254	Vancouver	98665
Swimming	Bellingham Parks and Recreation	http://www.cob.org/services/recreation/activities/Pages	360-778-7665	Bellingham	98229
Swimming	Shadow Seals	www.shadowsealsswimming.org		Shoreline / Renton	98155
Swimming and Aquatics	Bellevue Aquatics Center	www.ci.bellevue.wa.us/aquatic_center.htm	425-452-4444	Bellevue	98007
Table Tennis	Green Lake Table Tennis	http://www.glttc.org/	206-684-0780	Seattle	98115
Teen Activities	Redmond Parks and Recreation	http://redmond.gov/ParksRecreation/	425-556-2300	Redmond	98073
Teen Activities	Seattle Adaptive Sports	www.Seattleadaptivesports.org	206-963-0916	Seattle	98122
Teen Activities	Shoreline Parks and Recreation	www.cityofshoreline.com	206-801-2700	Shoreline	98133
Teen Programs	Bellevue Aquatics Center	www.ci.bellevue.wa.us/aquatic_center.htm	425-452-7686	Bellevue	98007
Tennis	Seattle Adaptive Sports	www.Seattleadaptivesports.org	206-963-0916	Seattle	98122
Theater	Theater of possibility	laurenmarshall.com		Seattle/ Bellevue	98103
Track and field	Seattle Adaptive Sports	www.Seattleadaptivesports.org	206-963-0916	Seattle	98122
Track and field	ParaSport Spokane	http://parasportspokane.org/	509-999-6466	Spokane	99216
Various Activity	Outdoors For All	www.outdoorsforall.org	206-838-6030	Seattle	98115
Volleyball	Space Needle Volleyball Club	http://www.eteamz.com/spaceneedlevolleyballclub/	206-930-0593	Seattle	98125

Volunteering	Volunteer Seattle	http://www.seattle.gov/html/citizen/volunteer.htm	206-684-2489	Seattle	98104
Volunteering	Vounteer Match	www.volunteermatch.org		Washington State	
Weekend Excursions	Outdoors for All	www.outdoorsforall.org	206-838-6030	Seattle	98115
Wheelchair Basketball	Seattle Adaptive Sports	www.Seattleadaptivesports.org	206-963-0916	Seattle	98122
Yoga	Adaptive Yoga NW	https://adaptiveyoganw.com/	206-949-9692	Seattle	98103

Yoga	Outdoors for All	www.outdoorsforall.org	206-838-6030	Seattle	98115
Youth Social Group	Seattle Adaptive Sports	www.Seattleadaptivesports.org	206-963-0916	Seattle	98122

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