

## 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](mailto: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	<a href="http://www.cisaquatics.com">www.cisaquatics.com</a>	425-830-7746	North Bend	98045
Ballet	Washington Comtemporary Ballet	<a href="http://www.wcbdance.org/">http://www.wcbdance.org/</a>	253-302-4172	Lakewood	98499
Ballroom Dancing	Oly's Dance Studio	<a href="http://olysstudio.com/power-of-one/">http://olysstudio.com/power-of-one/</a>	425-257-0102	Everett	98201
Baseball	Challenger Baseball	<a href="http://www.pacificlittleleague.com/challenger">http://www.pacificlittleleague.com/challenger</a>	206-801-7123	Mountlake Terrace	98043
Baseball	Miracle League Baseball	<a href="http://www.miracleleague.com/">http://www.miracleleague.com/</a>	360-524-5423	Vancouver	98687
Basketball	Seattle Adaptive Sports	<a href="http://www.Seattleadaptivesports.org">www.Seattleadaptivesports.org</a>	206-963-0916	Seattle	98122
Basketball	ParaSport Spokane	<a href="http://parasportspokane.org/">http://parasportspokane.org/</a>	509-999-6466	Spokane	99216
Biking	Outdoors for All	<a href="http://www.outdoorsforall.org">www.outdoorsforall.org</a>	206-838-6030	Seattle	98115
Book Clubs	Seattle Public Library	<a href="http://www.spl.org/">http://www.spl.org/</a>	206-386-4636	Seattle	98104
Book Clubs	Reader Circles	<a href="http://www.readerscircle.org">www.readerscircle.org</a>		Washington State	
Dance	Light Motion Dance Company	<a href="http://www.nchpad.org/Directories/Programs/7859/Light-Motion-Dance-Company">http://www.nchpad.org/Directories/Programs/7859/Light-Motion-Dance-Company</a>	206-328-0818	Seattle	98144
Fencing	Metro Tacoma Fencing Club	<a href="https://metrotacoma.wordpress.com/">https://metrotacoma.wordpress.com/</a>	253-830-4127	Tacoma	98405
Fishing	Youth outdoors unlimited	<a href="http://www.youthoutdoorsu.org">www.youthoutdoorsu.org</a>	509-989-4849	Washington State	
Fishing	WA State Fish and Game	<a href="http://www.wdfw.wa.gov">www.wdfw.wa.gov</a>	360-902-2200	Washington State	
Gymnastics	Emerald City Gymnastics	<a href="http://www.emeraldcitygymnasticsacademy.com">www.emeraldcitygymnasticsacademy.com</a>	425-861-8772	Redmond	98052
Hiking	Outdoors for All	<a href="http://www.outdoorsforall.org">www.outdoorsforall.org</a>	206-838-6030	Seattle	98115

Hockey	Seattle Adaptive Sports	<a href="http://www.Seattleadaptivesports.org">www.Seattleadaptivesports.org</a>	206-963-0916	Seattle	98122
Horse back Riding	Little Bit Therapeutic Riding	<a href="http://www.littlebit.org">www.littlebit.org</a>	425-882-1554	Redmond	98052
Hunting	Youth outdoors unlimited	<a href="http://www.youthoutdoorsu.org">www.youthoutdoorsu.org</a>		Washington State	
Hunting	WA State Fish and Game	<a href="http://www.wdfw.wa.gov">www.wdfw.wa.gov</a>	360-902-2200	Washington State	
Kayaking & Canoeing	Outdoors for All	<a href="http://www.outdoorsforall.org">www.outdoorsforall.org</a>	206-838-6030	Seattle	98115
Library	Washington talking book & Braille Library	<a href="http://www.wtbbl.org">www.wtbbl.org</a>	206-615-0400	Seattle	98121
Murder Ball (rugby)	Seattle Slam	<a href="http://www.seattleslam.org">www.seattleslam.org</a>	360-440-2498	Seattle	98119
Nordic Skiing	Outdoors for All	<a href="http://www.outdoorsforall.org">www.outdoorsforall.org</a>	206-838-6030	Seattle	98115
Outdoor recreation	Washington State Parks	<a href="http://parks.state.wa.us/156/ADA-Recreation">http://parks.state.wa.us/156/ADA-Recreation</a>	360-902-8844	Washington State	
Parks and Recreation	Everett Parks and Recreation	<a href="http://www.everettwa.org">www.everettwa.org</a>	425-257-8300	Everett	
Parks and Recreation	Issaquah Parks and Recreation	<a href="http://www.ci.issaquah.wa.us/Index.aspx?NID=305">www.ci.issaquah.wa.us/Index.aspx?NID=305</a>	425-837-3300	Issaquah	98027
Parks and Recreation	Snohomish Parks and Recreation	<a href="http://www.snohomishcountywa.gov">www.snohomishcountywa.gov</a>	425-388-6600	Snohomish	
Parks and Recreation	Pierce County Parks and Recreation	<a href="http://co.pierce.wa.us/index.aspx?nid=114">http://co.pierce.wa.us/index.aspx?nid=114</a>	253-798-4177	Pierce County	98499
Parks and Recreation	Tacoma metro parks	<a href="http://www.metroparkstacoma.org/adaptive/">http://www.metroparkstacoma.org/adaptive/</a>	253-303-1000	Tacoma	98405
Playgarden	Seattle Childrens Playgraden	<a href="http://www.seattlechildrensplaygarden.org">www.seattlechildrensplaygarden.org</a>	206-325-5576	Seattle	98144
Quad rugby	Seattle Slam	<a href="http://www.seattleslam.org">www.seattleslam.org</a>	360-440-2498	Seattle/Bellevue	98126
Recources for training and education	Washington State Department of	<a href="http://www.dsb.wa.gov/index.shtml">www.dsb.wa.gov/index.shtml</a>	206-906-5500	Seattle	98118
Recreation programs	Special Olympics	<a href="http://www.specialolympics.org/">http://www.specialolympics.org/</a>	206-362-4949	Seattle	98101
Recreation programs	Whatcom County Parks and Recreation	<a href="http://www.co.whatcom.wa.us/parks/">http://www.co.whatcom.wa.us/parks/</a>	360-733-2900		
Road Racing	ParaSport Spokane	<a href="http://parasportspokane.org/">http://parasportspokane.org/</a>	509-999-6466	Spokane	99216
Rock climbing	Outdoors for All	<a href="http://www.outdoorsforall.org">www.outdoorsforall.org</a>	206-838-6030	Seattle	98115
Rowing	Seize the Oar	<a href="http://www.seizetheoar.com/">http://www.seizetheoar.com/</a>	206-854-1267	Seattle	

Sailing	Footloose Sailing	<a href="http://www.footloosedisabledsailing.org">www.footloosedisabledsailing.org</a>	206-382-2680	Seattle	98112
Skiing	Outdoors for All	<a href="http://www.outdoorsforall.org">www.outdoorsforall.org</a>	206-838-6030	Seattle	98115
Snowboarding	Outdoors for All	<a href="http://www.outdoorsforall.org">www.outdoorsforall.org</a>	206-838-6030	Seattle	98115
Snowshoeing	Outdoors for All	<a href="http://www.outdoorsforall.org">www.outdoorsforall.org</a>	206-838-6030	Seattle	98115
Soccer	Seattle Adaptive Sports	<a href="http://www.Seattleadaptivesports.org">www.Seattleadaptivesports.org</a>			
Soccer	TopSoccer	<a href="http://www.washingtonyouthsoccer.org/programs/topsoccer/">www.washingtonyouthsoccer.org/programs/topsoccer/</a>	253-994-1609	Washington State	
Sports/Physical Activity	Northwest Association for Blind	<a href="http://nwaba.org/">http://nwaba.org/</a>	360-448-7254	Vancouver	98665
Swimming	Bellingham Parks and Recreation	<a href="http://www.cob.org/services/recreation/activities/Pages">http://www.cob.org/services/recreation/activities/Pages</a>	360-778-7665	Bellingham	98225
Swimming	Shadow Seals	<a href="http://www.shadowsealsswimming.org">www.shadowsealsswimming.org</a>	206-542-2417	Shoreline / Renton	98155
Swimming and aquatics	Bellevue Aquatics Center	<a href="http://www.ci.bellevue.wa.us/aquatic_center.htm">www.ci.bellevue.wa.us/aquatic_center.htm</a>	425-452-4444	Bellevue	98007
Table Tennis	Green Lake Table Tennis	<a href="http://www.glttc.org/">http://www.glttc.org/</a>	206-684-0780	Seattle	98115
Teen Activities	Redmond Parks and Recreation	<a href="http://redmond.gov/ParksRecreation/">http://redmond.gov/ParksRecreation/</a>	425-556-2300	Redmond	
Teen Activities	Seattle Adaptive Sports	<a href="http://www.Seattleadaptivesports.org">www.Seattleadaptivesports.org</a>			
Teen Activities	Shoreline Parks and Recreation	<a href="http://www.cityofshoreline.com">www.cityofshoreline.com</a>	206-801-2700	Shoreline	98133
Teen Programs	Bellevue Aquatics Center	<a href="http://www.ci.bellevue.wa.us/aquatic_center.htm">www.ci.bellevue.wa.us/aquatic_center.htm</a>	425-452-7686	Bellevue	98007
Tennis	Seattle Adaptive Sports	<a href="http://www.Seattleadaptivesports.org">www.Seattleadaptivesports.org</a>	206-963-0916	Seattle	98122
Theater	Theater of possibility	<a href="http://laurenmarshall.com">laurenmarshall.com</a>		Seattle/ Bellevue	98103
Track and field	Seattle Adaptive Sports	<a href="http://www.Seattleadaptivesports.org">www.Seattleadaptivesports.org</a>	206-963-0916	Seattle	98122
Track and field	ParaSport Spokane	<a href="http://parasportspokane.org/">http://parasportspokane.org/</a>	509-999-6466	Spokane	99216
Various activity	Outdoors For All	<a href="http://www.outdoorsforall.org">www.outdoorsforall.org</a>	206-838-6030	Seattle	98115
Volleyball	Space Needle Volleyball Club	<a href="http://www.eteamz.com/spaceneedlevolleyballclub/">http://www.eteamz.com/spaceneedlevolleyballclub/</a>			
Volunteering	Volunteer Seattle	<a href="http://www.seattle.gov/html/citizen/volunteer.htm">http://www.seattle.gov/html/citizen/volunteer.htm</a>	206-684-2489	Seattle	98104

Volunteering	Vounteer Match	<a href="http://www.volunteermatch.org">www.volunteermatch.org</a>		Washington State	
Weekend excursions	Outdoors for All	<a href="http://www.outdoorsforall.org">www.outdoorsforall.org</a>	206-838-6030	Seattle	98115
Wheelchair Basketball	Seattle Adaptive Sports	<a href="http://www.Seattleadaptivesports.org">www.Seattleadaptivesports.org</a>	206-963-0916	Seattle	98122
Yoga	Adaptive Yoga NW	<a href="https://adaptiveyoganw.com/">https://adaptiveyoganw.com/</a>	206-949-9692	Seattle	98115

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