

Adaptive Sports and Recreation Links Puget Sound Area

GENERAL

- Seattle Adaptive Sports – Resources
<http://www.seattleadaptivesports.com/resources.html>
- Tacoma/South Sounds Adaptive Sports – Metro
<http://www.metroparkstacoma.org/adaptive/>
Adaptive Programs Include:
 - Archery - Mondays 6-7:30pm -Skookum Archers, March-Sept
 - Wheelchair Basketball - Saturdays 10-1pm - Peoples Community Center.
Wednesdays 530-830pm New Gray Middle School Gym
 - Strength & Conditioning - Tuesdays 6:30-8pm at STAR Center
 - Goalball - Saturdays 8:30-10am - Peoples Community Center
 - Beep Baseball- April-Sept
 - Kayaking - May- Sept
 - Cycle/ Bike Rides - May - Sept
 - Swimming - Metro Aquatics year round
 - Sitting Volleyball - Clinics year round
 - Boccia - Clinc and Comp Feb 7th and 8th
- Seattle Parks and Rec. – Specialized Populations
<http://www.seattle.gov/parks/specialpops/index.htm>
- The Crew – Mentoring, Social
<http://www.seattleadaptivesports.com/the-crew-youth-social.html>
- Sports & Recreation Resources For People With Disabilities In WA. State
<http://washingtonaccessfund.org/sports-recreation-resources-for-people-with-disabilities-in-washington-state/>

POWER WC SPORTS

- Article – “Are Power Wheelchair Sports Really Exercise?”
<http://quest.mda.org/series/exercising-muscle-disease-series/are-power-chair-sports-really-exercise>

ARCHERY

- Skookum Archers (*Tacoma*)
<http://www.metroparkstacoma.org/adaptive/>
- Next Step Archery (*Seattle*)
<http://www.nextsteparchery.com/>

BASEBALL

- Seattle Sluggers Beepball (*baseball for low vision/blind*)
<http://seattlesluggers.org/wordpress/>

BASKETBALL

- Several WC Basketball Teams in/near Seattle (*Seattle Storm, Sonics, Slick*)
<http://www.seattleadaptivesports.com/basketball.html>

CANOEING/KAYAKING

- Kenmore Cascade and Kayaking (*parakayaking and paracanoeing*)
<http://canoe-kayak.com/2014-10-05-00-17-10.html>
- Seattle Canoe and Kayak Club
<http://www.seattlecanoecub.org/>
- Cascade Paddle Sports (*Renton*)
<http://canoe-kayak.com/>

CYCLING

- Seattle Adaptive Sports
<http://www.seattleadaptivesports.com/resources.html>

DANCE

- Light Motion Dance Company
cacurtiss@msn.com <cacurtiss@msn.com>

FENCING

- Metro Tacoma Fencing
<http://www.tacomafencing.com/>
- Washington Fencing Academy
<http://www.washingtonfencing.com/>

FISHING

- C.A.S.T.for Kids
<http://www.castforkids.org/>

FLYING

- Challenger Air
http://www.challengeair.com/index.php?option=com_content&view=article&id=2&Itemid=2

GOLF

- Jefferson Park Golf
<http://www.premiergc.com/-jefferson-park-golf-course>

ROWING

- C'mon Seattle
<http://www.cmonseattle.com/>
- Sammamish Rowing Association
<http://sammamishrowing.org/>
- Commencement Bay Rowing Club
<http://www.combayrow.net/home.php>

RUGBY

- Seattle Slam Quad Rugby

<http://www.seattleslam.org/>

SAILING

- Footloose Sailing Program for People with Disabilities
<http://www.footloosesailing.org/>
- Sandpoint Sail
<http://www.sailsandpoint.org/>

SCUBA DIVING

- TL Sea Diving
<http://www.tlsea.com/home/>

SKIING

- Outdoors for All – skiing
<https://outdoorsforall.org/>

SLED HOCKEY

- Seattle Thunderbird Sled Hockey
<http://www.seattleadaptivesports.com/sled-hockey.html>

SOCCER

- Seattle Adaptive Sports – Power Soccer
<http://www.seattleadaptivesports.com/power-soccer.html>
- Rolling Thunder PWC Soccer
<http://www.rollingthundr.org/>
- King Cobra Goal Ball (*soccer for low vision/blind*)
<http://visionlossconnections.org/goalball.php>

Power WC Soccer Demo Videos

http://www.rollingthundr.org/index_page/soccer_demo.htm

<https://www.youtube.com/watch?NR=1&v=rAgqeHlkh4k>

Manual WC Soccer Video

<https://www.youtube.com/watch?v=JfUKmuy6KTY>

<https://www.youtube.com/watch?v=bB25rGEkZiE>

SWIMMING

- Shadow Seals Swimming
<http://www.shadowsealsswimming.org/Home.html>

TENNIS (Wheelchair)

- <mailto:anthonyandersonlxvi@gmail.com>
- Robinswood Tennis Center (*Bellevue*)

http://www.ci.bellevue.wa.us/robinswood_tennis_center.htm

- Amy Yee Tennis Center
<http://www.seattle.gov/parks/athletics/tennisct.htm>

TRACK AND FIELD

- Team Shadow
<http://www.seattleadaptivesports.com/track-and-field.html>

VOLLEYBALL

- Space Needle Sitting Volleyball Team
<http://www.eteamz.com/spaceneedlevolleyballclub/news/index.cfm?cat=282681>