

Adaptive Recreation

The City of Redmond is a contractor for DSHS!

Do you receive respite hours from DDD/DSHS? If so, you can now use those hours towards recreation programs offered by the City of Redmond. For more information or to register for classes using respite hours, please contact Barbe Wolf at 425-556-2330 or bwolf@redmond.gov

Something for Everyone!

Don't just look in the Adaptive Recreation section – be sure to check out the great recreation opportunities in your age bracket in the rest of the Recreation Guide too! At the City of Redmond we encourage and support the participation of individuals with disabilities in ALL of our programs. If accommodations are needed to participate in a program, please contact our Inclusion Services Office at 425-556-2330 or bwolf@redmond.gov at least two weeks prior to the program start date.

Volunteer Opportunities

- Day Camps
- Inclusion Services
- Social Programs
- Sports Programs
- Trips and Tours

Are you looking for something fun and rewarding to do in your spare time? The Inclusion Services Office and Adaptive Recreation Program are always looking for friendly, energetic volunteers. For more information about volunteering, please contact Barbe Wolf at 425-556-2330 or bwolf@redmond.gov

Special Notes

In order to assist our staff and provide better service, we would greatly appreciate being notified of any accommodations a participant may need at least two weeks prior to the class start date.

The City of Redmond and its staff does not provide personal services such as feeding, dressing, and toileting. Participants are responsible for providing their own attendant for personal services. Participant attendants will not be charged for the class, however, we ask that you call our registration offices at 425-556-2300 ext. 3 and register them as the participant's attendant so that we do not overbook the class.

Should any participant behave in a manner that threatens the safety of the staff, fellow participants or themselves, they may be immediately dismissed from the program.

For more information about Inclusion Services or the Adaptive Recreation Program, please contact Barbe Wolf at 425-556-2330 or bwolf@redmond.gov. For TTY calls, please dial 711 for TRS.

Martial Arts and Movement Class

Stretch and strengthen your mind and body while discovering the Martial Arts. We explore movements, techniques, breathing exercises, and self-defense skills, in a fun, welcoming environment. Hapkido, Aikido, and Tai Chi are the base arts for our group workouts and personal practice. Classes and curriculum are ongoing. Beginners are accepted any session. Taught by professional black belt instructors, Sabrina and Jason Mix of Enso Center. Instr: Sabrina Mix

| | | | |
|-------------------------|---------------|------------------|-------|
| Loc: Enso Center Studio | | | |
| Age: 13 + yrs | | Fee: \$40R/\$48N | |
| Wed | Jan 6-Feb 10 | 7-8pm | 30860 |
| Wed | Feb 17-Mar 24 | 7-8pm | 30861 |
| Wed | Apr 7-May 12 | 7-8pm | 30862 |

Bowling

Mondays were made for bowling with your friends! Sign up for one night or every night! But register early because space will be limited! Bowling and shoe rentals are covered in the cost of registration.

| | | | |
|---|--------|------------------|-------|
| Loc: Old Redmond Schoolhouse Community Center Lobby | | | |
| Age: 13 + yrs | | Fee: \$12R/\$14N | |
| Mon | Jan 11 | 6-8:30pm | 30029 |
| Mon | Jan 25 | 6-8:30pm | 30033 |
| Mon | Feb 8 | 6-8:30pm | 30034 |
| Mon | Mar 8 | 6-8:30pm | 30035 |
| Mon | Mar 22 | 6-8:30pm | 30036 |
| Mon | Apr 12 | 6-8:30pm | 30037 |
| Mon | Apr 26 | 6-8:30pm | 30038 |

425-556-2300



Basketball

Calling all basketball lovers. Team Redmond basketball is back! You don't have to be Michael Jordan to play hoops with us, you don't even need to know how to play. Just come prepared to have fun!

| | | | |
|--------------------------|-------------|------------------|-------|
| Loc: Redmond Jr High Gym | | | |
| Age: 8 + yrs | | Fee: \$60R/\$72N | |
| Tue, Thu | Jan 5-Mar 4 | 7-8:30pm | 30039 |

Soccer

G000AAAALLLLL! It's soccer time! Practices will be at Hartman Park. Don't miss out on this great opportunity to play soccer; join Team Redmond Soccer today!

| | | | |
|--------------------------------------|-------------|------------------|-------|
| Loc: Grass Lawn Park Soccer Field #1 | | | |
| Age: 8 + yrs | | Fee: \$60R/\$72N | |
| Tue, Thu | Apr 6-Jun 3 | 7-8:30pm | 30040 |



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Trips & Tours - Adaptive Recreation

For information about Adaptive Recreation classes or to contact class staff before, during or after programs please call 425-556-2330.

Game, Pizza and Movie Party

Join us for an evening of fun; playing board games, eating pizza and watching movies with your friends! Pizza, pop, and popcorn will be provided. Bring your favorite games!

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|--|--------|------------------|-------|
| Loc: Old Redmond Schoolhouse Community Center Auditorium & Kitchen | | | |
| Age: 13 + yrs | | Fee: \$40R/\$48N | |
| Sat | Jan 23 | 2-9pm | 30601 |

Bowling and Movie Day

Let's get ready to roll! We will enjoy a movie and sub sandwiches at the Community Center first and then we head to the lanes for a bowling good time. Bowling, shoe rentals, and subs included.

| | | | |
|--|-------|------------------|-------|
| Loc: Old Redmond Schoolhouse Community Center Room 207 | | | |
| Age: 13 + yrs | | Fee: \$40R/\$48N | |
| Sat | Feb 6 | 11am-6pm | 30864 |

Thunderbirds Game

Help cheer on the Seattle Thunderbirds as they battle the Everett Silvertips! Bring money for dinner and souvenirs. Go Thunderbirds!! The last chance to register for this class is January 27th.

| | | | |
|---|--------|------------------|-------|
| Loc: Old Redmond Schoolhouse Community Center Lobby | | | |
| Age: 13 + yrs | | Fee: \$40R/\$48N | |
| Sat | Feb 20 | 4-9:30pm | 30041 |

Pacific Science Center

We are going to spend the day exploring and playing at the Science Center. Bring money for lunch at the Center House.

| | | | |
|---|-------|------------------|-------|
| Loc: Old Redmond Schoolhouse Community Center Lobby | | | |
| Age: 13 + yrs | | Fee: \$40R/\$48N | |
| Sat | Mar 6 | 11am-6pm | 30863 |

Cooking Class

Are you ready to get cooking? We will focus on cooking basics, nutrition and kitchen safety. Space is limited so register early. Lunch will be made in class.

| | | | |
|--|--------|------------------|-------|
| Loc: Old Redmond Schoolhouse Community Center Auditorium & Kitchen | | | |
| Age: 13 + yrs | | Fee: \$40R/\$48N | |
| Sat | Mar 20 | 10am-5pm | 30866 |

Point Defiance Zoo & Aquarium

This is the only place in Washington where you can see Beluga whales, sharks and elephants all at the same place! Join us as we walk through the park and discover all the amazing animals! Bring money for lunch and souvenirs.

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|---|--------|------------------|-------|
| Loc: Old Redmond Schoolhouse Community Center Lobby | | | |
| Age: 13 + yrs | | Fee: \$40R/\$48N | |
| Sat | Apr 10 | 9am-5pm | 30044 |

Golf

Fore! It doesn't matter if you are a beginner or an expert, having fun is the plan for this day! Mini-golf, lunch at Red Robin, the driving range and a golf related movie are all on the agenda! Bring money for lunch.

| | | | |
|---|--------|------------------|-------|
| Loc: Old Redmond Schoolhouse Community Center Lobby | | | |
| Age: 13 + yrs | | Fee: \$40R/\$48N | |
| Sat | Apr 24 | 10am-5pm | 30043 |