The City of Redmond is a contractor for DSHS!

adaptive recreation

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 Eggerud at 425-556-2330 or beggerud@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 beggerud@redmond.gov at least two weeks prior to the program start date.

Volunteer Opportunities

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

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 Eggerud at 425-556-2330 or beggerud@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 Eggerud at 425-556-2330 or beggerud@redmond.gov. For TTY calls, please dial 711 for TRS.

To contact staff before, during and after programs, call 425-556-2330.

Something for Everyone!

Sports & Fitness

Martial Arts & Movement Class

Discover Martial Arts in a fun and welcoming environment. Explore movements, techniques, breathing exercises and self-defense skills. Classes and curriculum are ongoing. Beginners are accepted any session. Classes are taught by professional black belt instructors. Enso Center, 8708 196th Ave NE Redmond, WA 98053, 425-869-0276, www.enso-center.org.

Instr: Enso Center Staff

Loc: ENSO Center Studio

Age: 13+ yrs..... Fee: $35R/$42N

38262	Wed	Sep 7-28	7-8pm
38263	Wed	Oct 5-26	7-8pm
38264	Wed	Nov 2-30	7-8pm
38265	Wed	Dec 7-28	7-8pm

Basketball

It's time to start the Team Redmond basketball season! This season we will meet for approximately 20 practices, the schedule will be passed out at the first practice and will be updated throughout the season. Participants will compete in a Regional Jamboree in January and a Regional Tournament in February. New players are always welcome to join the fun!

Instr: TBA

Loc: Redmond Jr High Gym

Age: 8+ yrs..... Fee: $60R/$72N

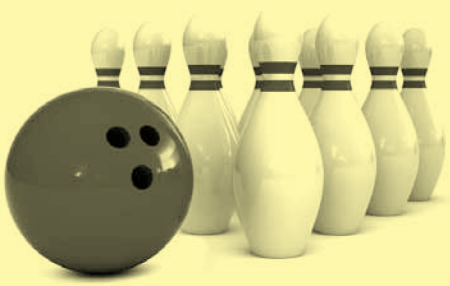
38292	Tue, Thu	Nov 1-Mar 1	7-8:30pm

Bowling League

Do you love to bowl? If your answer was yes then it's time to join the first ever Redmond Adaptive Recreation Bowling League at Tech City Bowling Lanes! Teams will be assigned on the first night. The first place team will be awarded trophies! Sign up today!

Instr: TBA

Loc: Old Redmond Schoolhouse Community Center Lobby

Age: 16+ yrs..... Fee: $160R/$192N

38330	Wed	Sep 21-Nov 9	5-7pm