

After the Bell: Recreational & Leisure Opportunities for Students with Disabilities

Click on titles for links to websites from November 30, 2011 SEPAC Presentation

[Northshore Wranglers](#)

Cole Caplan: colec@seniorservices.org

[Into the Arts](#)

Jody Fridenstine: fridenstinej@hotmail.com

"Into the Arts" is a program that offers children with special needs the opportunity to participate in performing arts activities. This unique program provides an individualized, specially designed curriculum encompassing dance, creative movement, musical theatre, and singing activities for students aged 4 to 21 years. Activities are carefully selected and appropriately modified by the Occupational Therapist instructor to enable participation at various skill levels in each class. Also, through the use of instructional assistants, a low ratio of students per instructor is maintained in each class. For additional information about this program, call Jody Fridenstine, OTR/L at 425-885-1405. 425-885-1405.

[Challenger Baseball](#)

Dave Tronson: dave@gly.com

District 8 also offers children the option to play in the Little League® Challenger division. The Challenger division is a separate program within Little League® that provides children with mental or physical disabilities a place to enjoy the game of baseball. This program is open to children ages 5 to 18, or the completion of High School. Please [contact us](#) for information regarding the Challenger division.

[Northwest's Child](#)

Darcy: Darcyh8@gmail.com

[Evergreen Shooting Stars Cheer](#)

Deana Harris: deana@eastsidegymnastics.com

[Piano con Brio](#)

Colleen Reph: screph@yahoo.com

[Northwest Special Families](#)

Michelle Shaw: michelles226@gmail.com

Northwest Special Families is a parent-led community of families with children with special needs. We offer supported social opportunities for children and families in North King and South Snohomish counties. Northwest Special Families, a parent-led, volunteer organization, aims to increase opportunities for social inclusion for elementary & secondary age children with special needs and their families through support, education and advocacy.

Summer Pals

Natalia Bynum: nsbynum@comcast.net

[Can Bike](#) (co-sponsored by Northwest Special Families)

Konnie Drews: davekonnie@yahoo.com

The mission of Lose The Training Wheels™ is to teach individuals with disabilities to ride a conventional two wheel bicycle and become lifelong independent riders. This achievement, in turn, creates a gateway of opportunity, helping them gain assurance and self-reliance in many other aspects of their lives.

[TEAM Center of WA](#)

Jessica Argento: jessicaargento@hotmail.com

The Technology, Education and Mentoring (TEAM) Center of Washington's mission is to make a positive and meaningful difference in the lives of individuals with special needs by helping them develop age appropriate technology skills and build self-esteem. These skills are increasingly necessary for accessing academics, exercising independence and developing meaningful job readiness. TEAM fills another need in basic childhood development—the ability to access information and learn life skills in a peer group, just like other kids who participate in after school sports and activities.

[Redmond Parks and Recreation - Adaptive Recreation](#)

Barbe Eggerud: beggerud@redmond.gov 425-556-2330

Sports, Day Camps, Trips and Tours, Socials, Classes