Adaptive Sports and Recreation

Soccer

- Youth Sports LEAGUES are forming now! Register at MetroParksTacoma.org/NYSA
  - NEW! Co-Ed 7s Soccer
    - Register: Jul. 30 - Aug. 31
    - Early Bird Discount: Aug. 17
    - Play Begins: Sept. 16
  - Second Wind Soccer
    - Early Bird Discount: Jan. 11, 2013
    - Play Begins: Feb. 10, 2013

Volleyball

- Winter Women’s and Co-Ed Leagues
  - Register: Dec. 5 - Jan. 14, 2013
  - Early Bird Discount: Dec. 31, 2012
  - Play Begins: Jan. 21, 2013

- Drop-In Basketball
  - Tuesday Nights
    - Fall Session: Oct. 2 - Dec. 11
    - Winter Session: Jan. 8 - Apr. 16, 2013
    - 6 - 8:45 pm, Gray Middle School
  - Thursday Nights
    - Fall Session: Sept. 13 - Dec. 13
    - Winter Session: Jan. 3 - May 2, 2013
    - 6 - 8:45 pm, Giaudrone Middle School

- Winter 4x4 League
  - 6 - 8 pm, South Tacoma Y

- Winter 3x3 League
  - 6 - 8 pm, South Tacoma Y

- Basketball
  - Junior Basketball
    - Age: 9-12
    - 11 am - 12:30 pm, Giaudrone Middle School
  - Youth Basketball
    - Age: 13-15
    - 11 am - 12:30 pm, Giaudrone Middle School

- Wheelchair Basketball
  - Gray Middle School (new)
  - Train and compete against other Paralympians.

- Adaptive Sports and Recreation
  - For people with developmental disabilities?
  - Looking for Special Olympics sports or programs?
  - More info at STARCenterTacoma.org

For more info on MetroParks Tacoma’s Adaptive Sports and Recreation contact (253) 404-3950 or visit MetroParksTacoma.org/AdaptiveSports.

NEW! Community Wellness classes at all locations:
- Healthy Living for Teens & Kids
  - Healthy Juice, Bunny Juice and Family Kitchen Series: Pizza, Tacos
  - Eating Together, Eat Better: Family Nutrition
  - Cooking Up a Holiday Story
  - Chili & Salsa Making

- Yoga & Tai Chi
  - Yoga and Tai Chi classes at STAR Center: Yoga and Tai Chi
    - Ages 50+
    - 1:30 - 3 pm, Portland Ave. Community Center
  - Baby & Tot Yoga
    - Ages 5 - 24 months
    - 11 am - 11:30 am, Portland Ave. Community Center
  - Yoga for Kids
    - Ages 5 - 12
    - 11:30 am - 12 pm, Portland Ave. Community Center

- Paralympic Sports
  - New! Co-Ed 7s Soccer
  - Age: 7-10
  - $62; $72 drop-in
  - Register: Jul. 30 - Aug. 31
  - Early Bird Discount: Aug. 17
  - Play Begins: Sept. 16

- Adult Soccer Leagues
  - Men’s Soccer
    - Age: 18+
    - 7 - 10 pm, Portland Ave. Community Center
  - Women’s Soccer
    - Age: 18+
    - 7 - 10 pm, Portland Ave. Community Center
  - Women’s Soccer
    - Age: 18+
    - 6 - 8 pm, South Tacoma Y

- Co-Ed Soccer
  - Age: 18+
  - 7 - 10 pm, Portland Ave. Community Center

- Second Wind Soccer
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Metro Parks Tacoma

General Information

Metro Parks Tacoma programs come with a satisfaction guarantee. If you're not happy with your experience, please make a refund request within 14 days of the start of class/activity. Refunds or credits are available for many classes (see below for exceptions). If you're not happy with your experience, please make a refund request. Metro Parks Tacoma reserves the right to make any changes in the programs, staff, fees, or locations without notice. Check our website for updated information.

Partners

Metro Parks Tacoma and the University of Washington partners.

General Information

**Scholarships**

Scholarships, based on financial need, are available for many classes and most programs. Call (253) 591-2022 or visit MetroParksTacoma.org/Scholarships for information. Please apply for scholarships at least five days prior to class enrollment.

**American Red Cross**

Get certified at Eastside Pool. Basic and professional levels, rescue skills, and more. Visit AmericanRedCross.org for details. The $20 application fee is included in the class fee. Registration closes at least one week prior to the beginning of class.

**Metro Parks Swim Teams**

To register, visit MetroParksTacoma.org/Swimming. School Districts offer combined fees. Contact (253) 591-2016 for further information.

**Metro Parks Tennis**

Contact (253) 591-2015 or visit MetroParksTacoma.org/Tennis for details.

**Starline Center**

Starline Center offers classes for dance, fitness, and arts. To register, visit StarlineCenter.org or call (253) 591-2043.

**General Information**

For questions about registration, call (253) 591-2022 or visit MetroParksTacoma.org.

**Skookum Archery Range**

For information about archery lessons and opportunities, call (253) 591-2016 or visit SkookumArcheryRange.org.

**Water Exercise Programs**

To register, visit MetroParksTacoma.org/Swimming. School Districts offer combined fees. Contact (253) 591-2016 for further information.

**Port of Seattle**

For more information about the Port of Seattle, visit PortofSeattle.com.

**General Information**

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