



The Buzz

Adaptive Recreation Activities

WINTER-SPRING 2025 // JANUARY-APRIL



Come join the fun at Club Thursday!

Greetings Participants and Supporters

This program is designed for individuals in the Renton area with physical and or neurological disabilities. The City of Renton is proud to provide a range of activities for participants to choose from including recreational, social, and enrichment opportunities.

Preregistration is required for all programs. For more information, call Steven Kurtz at 425-430-6748 or email SKurtz@rentonwa.gov.

FITNESS

Healthy Athletes

Every Other Thursday 6-7pm

January 9 & 23,
February 6 & 20,
March 6 & 20, April 3

AGES 16 AND UP. Fun fitness workouts every other week, coupled with wellness and nutrition education.

\$10R/\$15NR #23590
Senior Activity Center
Preregistration required

ACCESS TRANSPORTATION:

Please schedule drop-offs no earlier than 5:45 pm and pick-ups no later than 7:15 pm (unless participant is also attending Club Thursday after this class). Participants routinely picked up late may be charged for staff time accrued.



Renton Special Olympics Basketball taking the court!



rentonwa.gov/adaptive
rentonwa.gov/register

SPECIAL OLYMPICS LEAGUES

Softball

Wednesdays 6-7pm
March 19 – June 25

AGES 8 AND UP. Hey batter batter! Swing on down to Liberty Park and join us for another season of Special Olympics Softball. Bring a glove, water and a positive attitude!

\$10R / \$15NR #23613

Preregistration required

Liberty Park

ACCESS TRANSPORTATION: Please schedule drop-offs no earlier than 5:45 pm and pick-ups no later than 7:15 pm (unless participant is also attending Club Thursday after this class). Participants routinely picked up late may be charged for staff time accrued

Track

Mondays 6-7pm
March 17 – June 23

AGES 8 AND UP. Are you ready to run? Come join us at Hazen High School and give it your all for another season of Track and Field! Open for youth and adults of all skill levels. All equipment is provided, just dress to move (and for the weather!) and bring your water. **NO PRACTICE 5/26.**

\$10R / \$15NR #23609

Preregistration required.

Hazen High School

ACCESS TRANSPORTATION: Please schedule drop-offs no earlier than 11:45 am and pick-ups no later than 2:15 pm. Participants routinely picked up late may be charged for staff time accrued.



Logan taking the lead in track



Renton Special Olympics soccer team showing off their medals

Soccer

Mondays 6-7pm
March 17 – June 23

AGES 8 AND UP. Gooooaaal! Join us at Hazen High School for the world's most popular game, soccer! All skill levels welcome. Dress to move (and for the weather!) and bring plenty of water. **NO PRACTICE 5/26.**

\$10R / \$15NR #23611

Preregistration required.

Hazen High School

ACCESS TRANSPORTATION: Please schedule drop-offs no earlier than 5:45 pm and pick-ups no later than 7:15 pm. Participants routinely picked up late may be charged for staff time accrued.

Golf

Wednesdays 6-7pm
March 19 – June 25

AGES 8 AND UP. FOREEEEEEE! Grab your golf bag and a set of tees and come work on your golf game at the Maplewood Driving Range as we prepare for our first Special Olympics golf season.

\$10R / \$15NR #23612

Preregistration required

Maplewood Golf Course

ACCESS TRANSPORTATION: Please schedule drop-offs no earlier than 5:45 pm and pick-ups no later than 7:15 pm. Participants routinely picked up late may be charged for staff time accrued.

Basketball

Mondays 6-7pm
Nov 25 – Feb 24

AGES 8 AND UP. Nothing but net" expert? Basketball is open to adults and youth of all skill levels! Equipment is provided, dress to move and bring water! **NO PRACTICE 12/23, 12/30, 1/20, 2/17.**

Currently Full – Waitlist Only

\$10R / \$15NR #22043

Preregistration required

Renton Community Center

ACCESS TRANSPORTATION: Please schedule drop-offs no earlier than 5:45 pm and pick-ups no later than 7:15 pm. Participants routinely picked up late may be charged for staff time accrued.

Basketball Team Skills

Tuesdays 6-7pm
Nov 26 – Feb 25

AGES 8 AND UP. New to basketball? Special Olympics Team Skills is the perfect place to start getting comfortable with basketball! We will work on the basics of dribbling, passing, and shooting in a less competitive manner. **NO PRACTICE 12/24, 12/31.**

Currently Full – Waitlist Only

\$10R / \$15NR #22375

Preregistration required

Renton Community Center

ACCESS TRANSPORTATION: Please schedule drop-offs no earlier than 5:45 pm and pick-ups no later than 7:15 pm. Participants routinely picked up late may be charged for staff time accrued.



Coach Steven and the golf crew working on their short game!

SOCIAL EVENTS

Club Thursday

Thursdays, 7-8:30pm

January 9–April 3

AGES 16 AND UP. Meet us at the Renton Senior Center for an evening filled with friends and fun! Activities vary from week to week and are listed in “The Buzz”. Light snacks are provided.

January 9: Bingo Night

January 23: Karaoke

February 6: Board Game Night

February 20: Dance Party With DJ Randy

March 6: Talent Show

March 20: Dance Party With DJ Randy

April 3: End of Season Party

\$10R / \$15NR [#23589](#)

Preregistration required

Renton Senior Center

ACCESS TRANSPORTATION: Please schedule drop-offs no earlier than 6:45 pm and pick-ups no later than 8:45 pm. Participants routinely picked up late may be charged for staff time accrued.

Tasty Thursday

AGES 13 AND UP. Tasty Thursdays will allow students to explore the fundamental skills of cooking and meal preparation. Students will practice the introductory skills of knife safety, chopping, dicing, peeling, grating, stove basics, boiling, grating, and measuring. **GROUP 1 will have more staff help and will follow a simpler recipe. GROUP 2 will have less staff help and will work mostly independently.**

Group 1: Thur, April 10, 5-7pm

\$15R / \$20NR [#23607](#)

Group 2: Thur, April 17, 5-7pm

\$15R / \$20NR [#23608](#)

Preregistration required

Renton Senior Center

ACCESS TRANSPORTATION: Please schedule drop-offs no earlier than 4:45 pm and pick-ups no later than 7:15 pm. Participants routinely picked up late may be charged for staff time accrued.

Movie Nights at CARCO Theater

Thursdays, 6-8:15pm

January 16, February 13, March 13

AGES 13 AND UP. Have you ever wanted your own private movie theater experience? Now's your chance! Come hang out with your Adaptive Rec friends and enjoy a movie at Carco Theater! Light snacks provided. This event is open to Adaptive Recreation participants, family, and caregivers.

\$10R / \$15NR [#23603](#)

Preregistration required

Carco Theater

ACCESS TRANSPORTATION: Please schedule drop-offs no earlier than 5:45 pm and pick-ups no later than 8:45 pm. Participants routinely picked up late may be charged for staff time accrued.

Trivia Night Series at Liberty Park

Thursdays, 6-7pm

January 30, February 27, March 27

AGES 13 AND UP. Compete with your friends, show of what you know, and if you're lucky, become the trivia champion for the evening! Join us this Winter for our three-part Trivia Series!

\$10R / \$15NR [#23605](#)

Preregistration required

Liberty Park Building

ACCESS TRANSPORTATION: Please schedule drop-offs no earlier than 5:45 pm and pick-ups no later than 7:15 pm. Participants routinely picked up late may be charged for staff time accrued.



The Mid Day Meet Up Crew!

Mid-Day Meet Up

Mondays & Wednesdays, 12-3pm

January 27– March 19

AGES 16 AND UP. Meet-up with the Adaptive Recreation team at Liberty Park! Experience arts and crafts, board games, and empowerment through life skills in an inclusive and supportive environment. Limited space available!

\$10R / \$15NR [#23759](#)

Preregistration required

Liberty Park Building

ACCESS TRANSPORTATION: Please schedule drop-offs no earlier than 11:45 am and pick-ups no later than 3:15 pm. Participants routinely picked up late may be charged for staff time accrued.

Field Trip – Seattle Aquarium

Friday, February 21, 11am-3pm

AGES 13 AND UP. Explore the wonders of the sea! Join us for a trip to Seattle for an afternoon in the city with the fish! Participants must bring their own money for Lunch + Gift Shop.

\$15R / \$20NR [#23761](#)

Preregistration required

Meeting at the Renton

Community Center

ACCESS TRANSPORTATION: Please schedule drop-offs no earlier than 10:45 am and pick-ups no later than 3:30 pm. Participants routinely picked up late may be charged for staff time accrued.

Field Trip – Bellevue Square

Friday, March 21, 11am-3pm

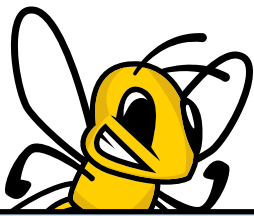
AGES 13 AND UP. Do you love shopping? What about window shopping? Join us for an afternoon and lunch in the city at Bellevue Square! Participants must bring their own money for Lunch + Shopping.

\$15R / \$20NR [#23763](#)

Preregistration required

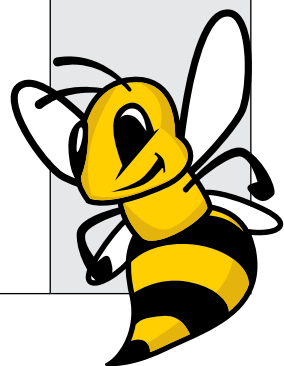
Meeting at Renton Community Center

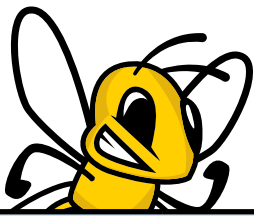
ACCESS TRANSPORTATION: Please schedule drop-offs no earlier than 10:45 am and pick-ups no later than 3:30 pm. Participants routinely picked up late may be charged for staff time accrued.



The Buzz Activities **January 2025**

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6 Basketball 6-7pm	7 Basketball Team Skills 6-7pm	8	9 Healthy Athletes 6-7pm Club Thursday 7-8:30pm	10	11
12	13 Basketball 6-7pm	14 Basketball Team Skills 6-7pm	15	16 Movie Night 6-8pm	17	18
19	20	21 Basketball Team Skills 6-7pm	22	23 Healthy Athletes 6-7pm Club Thursday 7-8:30pm	24	25
26	27 Mid-Day Meet Up 12-3pm Basketball 6-7pm	28 Basketball Team Skills 6-7pm	29 Mid-Day Meet Up 12-3pm	30 Trivia 6-7pm	31	

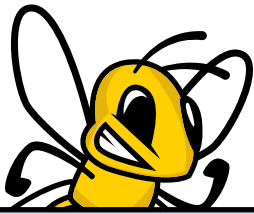




The Buzz Activities February 2025

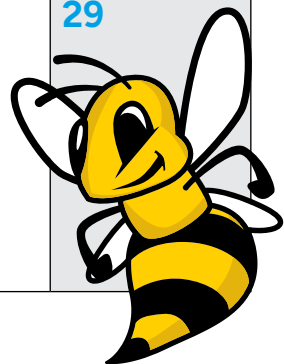
SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 Mid-Day Meet Up 12-3pm Basketball 6-7pm	4 Basketball Team Skills 6-7pm	5 Mid-Day Meet Up 12-3pm	6 Healthy Athletes 6-7pm Club Thursday 7-8:30pm	7	8
9	10 Mid-Day Meet Up 12-3pm Basketball 6-7pm	11 Basketball Team Skills 6-7pm	12 Mid-Day Meet Up 12-3pm	13 Movie Night 6-8pm	14	15
16	17 Mid-Day Meet Up 12-3pm Basketball 6-7pm	18 Basketball Team Skills 6-7pm	19 Mid-Day Meet Up 12-3pm	20 Healthy Athletes 6-7pm Club Thursday 7-8:30pm	21 Field Trip- Seattle Aquarium 11am-3pm	22
23	24 Mid-Day Meet Up 12-3pm Basketball 6-7pm	25 Basketball Team Skills 6-7pm	26 Mid-Day Meet Up 12-3pm	27 Trivia 6-7pm	28	

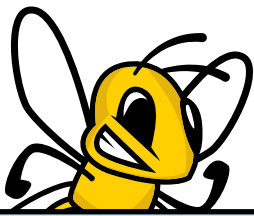




The Buzz Activities **March 2025**

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 Mid-Day Meet Up 12-3pm	4	5 Mid-Day Meet Up 12-3pm	6 Healthy Athletes 6-7pm Club Thursday 7-8:30pm	7	8
9	10 Mid-Day Meet Up 12-3pm	11	12 Mid-Day Meet Up 12-3pm	13 Movie Night 6-8pm	14	15
16	17 Mid-Day Meet Up 12-3pm	18	19 Mid-Day Meet Up 12-3pm Golf / Softball 6-7pm	20 Healthy Athletes 6-7pm Club Thursday 7-8:30pm	21 Field Trip- Bellevue Square 11am-3pm	22
23	24 Soccer / Track 6-7pm	25	26 Golf / Softball 6-7pm	27 Trivia 6-7pm	28	29
30 	31 Soccer / Track 6-7pm					





The Buzz Activities **April 2025**

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 Golf / Softball 6-7pm	3 Healthy Athletes 6-7pm Club Thursday 7-8:30pm	4	5
6	7 Soccer / Track 6-7pm	8	9 Golf / Softball 6-7pm	10 Tasty Thursday Group 1 5-7pm	11	12
13	14 Soccer / Track 6-7pm	15	16 Golf / Softball 6-7pm	17 Tasty Thursday Group 2 5-7pm	18	19
20	21 Soccer / Track 6-7pm	22	23 Golf / Softball 6-7pm	24	25	26
27	28 Soccer / Track 6-7pm	29	30 Golf / Softball 6-7pm			





The Buzz

Adaptive Recreation Activities

City of Renton
1055 S Grady Way
Renton WA 98057

Access Transportation

Please schedule drop offs no earlier than 15 minutes before an activity begins and pick ups no later than 15 minutes after an activity ends.

Activity Locations

Carco Theater

1717 Maple Valley Hwy, Renton, WA 98057

Hazen High School

1101 Hoquiam Ave NE, Renton, WA 98059

Liberty Park

1101 Bronson Way N, Renton, WA 98057

Maplewood Golf Course

4050 SE Maple Valley Rd, Renton, WA 98058

Renton Community Center

1715 Maple Valley Hwy, Renton, WA 98057

Renton Senior Activity Center

211 Burnett Ave N, Renton, WA 98057

WE NEED YOUR EMAIL! Activities may change as the quarter progresses. Make sure we have your correct email on file by calling 425-430-6700 or emailing recreation@rentonwa.gov.

One Dream at a Time Foundation

Thank you to One Dream at a Time Foundation for helping to provide programs at a reduced cost to participants in the adaptive community!

Thank You