Metro Parks Tacoma
ADAPTIVE RECREATION

2020 WINTER GUIDE
JANUARY, FEBRUARY, MARCH

Get Involved!
Participate - Volunteer - Rent Equipment - Donate - Sponsor
Web: www.metroparkstacoma.org/adaptive-recreation/
Email: Adaptive@tacomaparks.com
FB: @AdaptiveRecreation
Phone: 253-404-3955
SPORT PRACTICES

TYPHOONS GOALBALL AGES 15+
Designed for individuals with visual impairments and blindness, Players use eye shades and a specialized ball to score on their opponents. Join the only team in Tacoma and practice and compete throughout the season.

Location: Gray Middle School
Fee $15/month Time: Sat 8:30-10am
Jan #14255
Feb #14256
Mar #14257

TITANS WHEELCHAIR BASKETBALL AGES 18+
Join us on the court for a great workout while having fun playing the game of basketball! The Tacoma Titans meet twice weekly to practice and offer the opportunity to participate in several tournaments each year. Make new friends and sharpen your skills. Open to all from beginners to advanced athletes, their family and friends.

Location: Gray Middle School
Fee: $20/month Time: Wed 6-8pm/ Sat 12-2pm
Jan #14250
Feb #14251
Mar #14252

JR TITANS WHEELCHAIR BASKETBALL AGES 5-17
Come practice with Tacoma’s only youth wheelchair basketball team. Tacoma Jr Titans meet weekly to practice and participate in several tournaments each year. Make new friends, play fun games and learn new skills.

Location: Gray Middle School
Fee: $15/month Time: Sat 10-12pm
Jan #14305
Feb #14306
Mar #14307

Registration Required: Fee, time, age range, & course code are listed. Use the course code to “search” online or over the phone when you call STAR Center Front desk.

ADAPTIVE EQUIPMENT RENTALS AVAILABLE
253-404-3955
**TRAINING, TOURNAMENTS, & CLINICS**

**WHEELCHAIR BASKETBALL TOURNAMENTS AGES 18+**

Tacoma Titans NWBA - (Adult Competitive)
These tournaments are for our NWBA season in hopes to play for a spot at Nationals!

- **2020 DIII Tournament** - Dates: 1/30 - 2/2
  Las Vegas, NV - #14301
- **2020 Nationals** - Dates: March 2020
  Wichita, KS - TBA

**HIGH PERFORMANCE TRAINING AGES 16+**

Increase your speed, power, strength, and athleticism to improve your sports performance.
From beginner to advanced this class will get you achieving your goals.

**Location:** STAR Center

**Fee:** $20/month  **Time:** Thurs 5:30-7pm

Jan #14258  Feb #14259  Mar #14260

**Tacoma Titans CWBL - (Adult Beginner)**
These tournaments are for our CWBL season in hopes to develop new players through experiences.

- **CWBL Tournament** - Dates: 1/17-1/19
  Kamloops, BC - Fee $100 #14261
- **CWBL Finals** - Dates: 3/13-3/15
  Lower Mainland, BC - Fee $100 #14262

**TACOMA PRESIDENTS CUP TOURNAMENT AGES 5+**

We are hosting this tournament at the South Tacoma Boys and Girls Club and need volunteers and other support.

**Dates:** 2/15-2/16 (Fees vary based on team)

- **Tacoma Titans** - Fee $0 - #14296  Same as Below
- **Tacoma Jr. Titans** - Fee $0 - #14296
- **D3 Teams** - Fee $275 - #14299
- **Prep Teams** - Fee $125 - #14297

**CASCADE CLASSIC GOALBALL TOURNAMENT AGES 18+**

Vancouver, WA - Fee: $100  Date: 2/7-2/9

**WE ARE HOSTING THIS TOURNAMENT AT THE SOUTH TACOMA BOYS AND GIRLS CLUB AND NEED VOLUNTEERS AND OTHER SUPPORT.**

**DIII Teams - Fee $275 - #14299**

**Prep Teams - Fee $125 - #14297**

**END OF SEASON SCRIMMAGE - ALL SPORTS**

Let’s celebrate the end of the goalball & wheelchair basketball seasons with a day of BBQ, awards, & scrimmages!

**Fee:** $0  **Date:** Sat, Mar 28th 10-2pm  #14254
SOCIALS

ADULT DANCE CLASSES AGES 18+
Grab your friends, partners or family members & join us for a fun themed dance each month.
Location: Boy & Girls Club 3875 S 66th St
Fee: $5 Time: Sat Adult 7:00-9pm
1/25 Winter Wonderland Ball - Waltz #14244
2/22 Love to Tango #14245
3/21 Boogie Woogie - 50’s style #14246

KIDS DAY OUT AGES 5+
Drop off your child(ren) at Adaptive Kids Day Out once a month to try new activities and meet new friends. We’ll be playing games, doing crafts and making snacks.
Location: STAR Center 3873 S. 66th St.
Fee: $25/$20 siblings Time: Sun 1:00-4pm
1/5 #14247
2/2 #14248
3/8 #14249

THE CONNECT AGES 5+
Join our community by connecting with others and create lasting friendships and support through this great meetup group!
Location: Boy & Girls Club 3875 S 66th St
Fee: $0 Time: Mon 6:30 - 7:30 PM
1/27 #14302
2/24 #14303
3/30 #14304

TASTE OF ITALY ADULT COOKING CLASS AGES 18+
Join us as we bring the Taste of Italy to Tacoma! We will learn about key ingredients, prepping and cooking a well-balanced meal.
Location: STAR Center 3873 S. 66th St.
Fee: $5 Time: Sun 1:00-4pm
1/12 #14300

You may be eligible for MPT fee assistance!
Contact us for additional information:
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FB: @AdaptiveRecreation
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