Daytimes  Age: 15+
First we socialize and have lunch, then we play games, do craft activities, and get our bodies moving with easy exercises and dance activities. Meet at STAR Center with a sack lunch. On days that it is nice, we will be taking walks outside. All levels welcome.
Meet at STAR Center  Fee: $40
13567  04/14 - 06/23  Tue  12 – 2 pm
13568  04/16 - 06/25  Thu  12 – 2 pm

Tuesday Night Activity Club  Age: 15+
How about spending Tuesday nights playing games and doing crafts? This is a mellow night of activities, hanging out with old friends, and making new ones. All levels welcome.
Meet at STAR Center  Fee: $40
13569  04/14 - 06/23  Tue  6:30 – 8:15 pm

Wednesday Night Social Group Age: 15+
This is a high energy place to play interactive games and dance! Come enjoy a fun time with old friends and new. We have a great time! What are you waiting for?
Meet at STAR Center  Fee: $40
13570  04/15 - 06/24  Wed  6:00 – 8:00 pm

Lifetime Fitness  Age: 15+
Hang out with friends and get in shape! All ability levels are welcome. We will do group and individualized exercises, stretches, games, sports, and workouts. Please wear clothes you can be active in, and bring water!
Meet at STAR Center  Fee: $40
13571  04/16 - 06/25  Thu  4 – 5:30 pm

Tacoma Garden Society  Age: 15+
Plant some veggies, flowers, and more! Learn how to care for a vegetable garden. Wear attire for being outside—raingear, sunscreen, a hat, and always bring water. There will be no activity on May 25 due to Memorial Day.
Meet at the Friends Garden  Fee: $20
16902  05/11– 06/22  Mon  1 – 2:30 pm

Registrations will be due to STAR Center by 6 pm on Thursday, March 19th.
Final payments due: Sunday, April 12th.
Spring Quarter: April 13th through June 28th
Spring Session:
Apr. 13 - Jun. 28, 2020

Registrations due to
STAR Center: by 6 pm
on Thu., March 19th.

You will receive a link to
your invoice via email as
soon as you are
registered, but this may
be as late as 03/27/20,
so please be patient.
Please make sure to
include an accurate
email on your
registration form. If you
do not have an email,
you will need to reach
out to Specialized Rec
staff to see what you
have been registered
for.

Avoid late and
withdrawal fees.

Learn how by reading
the information
section.

If activities have a
next to them, you can
register and pay for
them any time before
March 19th at STAR
Center.

DANCES & EVENTS
(EARLY REGISTRATION)

Crazy Hats  Age: 15+
With the Kentucky Derby on Saturday, what
better way to set the stage than with crazy
hats? The bigger, odder, and brighter the
better for this dance. At the end of the night,
the person with the craziest hat will be
declared. Come for the hats and stay for the
music! STAR Center
16904 05/01  Fri  6 – 8 pm Fee:$8

Cinderella Ball  Age 15+
Please meet us at the Tacoma Yacht Club for
our 6th annual Cinderella Ball. This is an
elegant afternoon complete with dancing,
snacking, beautiful views of the Puget Sound,
and fun friends. Prom style attire is highly
recommended. Tacoma Yacht Club
16905 05/16  Sat 1-4 pm Fee: $5

Under the Sea  Age: 15+
This dance will celebrate our love for marine
life and our great oceans! Come dressed as
your favorite underwater creature; either real
or mythical! Join us to “sea” your friends and
dance the night away! STAR Center
15268 06/05  Fri  6-8 pm Fee: $8

SPORTS
(EARLY REGISTRATION)

Bowling  Age 15+
Make friends with like-minded bowlers and
work on your form. Bring $2.20 each week for
two games and shoes. Please bring exact
change. Meet at Narrow Plaza Bowl.
Narrows Plaza Bowl
16899 04/13 - 06/22  Mon  4 – 5:30 pm
16900 04/14 - 06/23  Tue  4 – 5:30 pm

Footgolf  Age 15+
Try your hand, or rather your foot, at one of
the most unique sports in Tacoma- Footgolf.
Join us at Meadow Park Golf Course for a
round on the Williams 9. No clubs or
experience required, just a soccer ball. Dress
for the weather, bring a water bottle and wear
close-toed shoes.
Meadow Park Golf Course  Fee $40
16901 04/16 - 06/25  Thu  9:30 am-11:30 am

Special Olympic Golf  Age: 8+
Join us this summer for Special Olympics Golf
at Meadow Park Golf Course. Please bring your
clubs and a bottle of water to each practice. If
you need clubs, please let us know. Please
wear a hat and appropriate golf course attire.
All skill levels welcome!
Meadow Park Golf Course  Fee: $40
16906 06/08 - 08/17  Mon  5 – 7 pm

New to Special Olympics with
Metro Parks Tacoma?
All athletes need to fill out a registration
form and turn it in to STAR Center
before the registration deadline.
Athletes that wish to compete with
Special Olympics must have an Athlete
for Participation Form (AFP) filled out
and signed by their doctor every 3
years. If you are unsure if your AFP is
up to date, please contact us before the
start of the season. All athletes are
expected to abide by the behavior
policy posted on the back of the
registration form. Check out:
specialolympicswashington.org/sw-
region-sports/ for more info!
Dinner and a Movie
Age: 15+
There's nothing quite like watching an exciting blockbuster movie with your friends, and while we're out on the town let's grab dinner. Please bring $30 for admission and dinner.

Meet at STAR Center
Fee: $20
16876 04/25 Sat 1 – 5 pm
16877 05/23 Sat 1 – 5 pm
16878 06/13 Sat 1 – 5 pm

Seattle Great Wheel
Age: 15+
For this outing we will take the ferry from Bremerton to Seattle for a day spent on the waterfront. We will ride on the Great Wheel (Ferris Wheel) that overlooks the water and the Seattle Skyline. Afterwards we will get lunch at one of the many waterfront restaurants. Please bring $20 for lunch and extra money if you would like to purchase a souvenir. Meet at STAR Center.
Fee: $55; Caregiver Fee: $45
16888 05/02 Sat 10 am– 3:30 pm

Lunch and Lanes at Narrows Age: 15+
Join us at Narrows Plaza Bowl. We will be eating lunch and bowling as a group. Please make sure to bring $25 for lunch and two games of bowling. Meet at Narrows Plaza Bowl.
Fee: $20
16881 05/03 Sun 12 – 2:30 pm
16882 06/14 Sun 12 – 2:30 pm

Putt-Putt and Lunch Age: 15+
Meet us at Tower Lanes for some indoor mini-golf and lunch. Bring $20 for lunch and your round of golf. Course is not ADA Accessible.
Meet at Tower Lanes
Fee: $20
16879 05/17 Sun 11 – 1 pm
16880 06/28 Sun 11 – 1 pm

Emerald Downs
Age: 15+
We will be heading over to Auburn to check out some world class horse racing at Emerald Downs. Place bets on your favorite horse, or just sit back and enjoy the action! Please bring $30 for admission, snack, and additional money if you would like to place a wager. Dress for the weather. Meet at STAR Center.
Fee: $25; Caregiver Fee: $15
16875 05/24 Sun 1 – 6:00 pm

Cougar Mt. Zoo
Age: 15+
For this outing, we will be checking out some of the amazing wildlife at Cougar Mountain Zoo in Issaquah. The zoo is has amazing views of the cascades and they focus on education and endangered species. Please bring a sack lunch, water, and $16 for admission. Meet at STAR Center.
Fee: $35; Caregiver Fee: $10
16883 05/30 Sat 11– 4 pm
Rainiers Game  Age: 15+
Baseball is one of the great American pastimes, so come enjoy a game with friends! Root for the home team as the Tacoma Rainiers as they take on the Salt Lake Bees. Please bring $20 for concessions or a souvenir. Meet at Cheney Stadium main gate behind home plate.

Fee: $40; Caregiver Fee $15
16887 05/31
Sun 1:00 – 4:30 pm

MaST Aquarium  Age: 15+
The Marine Science and Technology Center is a marine biology and aquarium facility of Highline College. Here we will get a chance to see over 250+ species native to the Puget Sound. We will be eating lunch at a nearby park, so please bring a sack lunch. Meet at STAR Center.

Fee: $25; Caregiver Fee $10
16884 06/20
Sat 10 – 2pm

Ice Cream Cruise  Age: 15+
Join us as we head up to Seattle for a humorously narrated tour of Lake Union. This hour long cruise will include Lake Union house boats, Dale Chihuly’s studio, Spy Ships, Gas Works Park and Sleepless in Seattle. Please bring $20 for your ticket and some sweet treats! After the cruise we will have a picnic at Lake Union Park. Bring a sack lunch and water. Meet at STAR Center.

Fee: $30; Caregiver Fee $10
16885 06/21
Sun 9:30 am – 2 pm

Capitol Tour  Age: 15+
For this outing, we will be getting a guided tour of the Capitol Building in Olympia. The tour of the Legislative Building (Capitol) includes the North Foyer, Rotunda, State Reception Room, and Legislative Galleries. This is a great outing for anyone that is interested in seeing how the government of Washington State is conducted. Wear comfortable walking shoes. Meet at STAR Center.

Fee: $25; Caregiver Fee $10
16886 06/27
Sat 1:30 – 5 pm
COOKING CLASSES
RANDOMIZED REGISTRATION

Make Your Own Pizza Age: 15+
Everybody loves pizza, and with this class you will have the opportunity to create your very own! You can choose to make more of a classic style pizza, or experiment and create something totally unique. The possibilities are endless!
STAR Center Fee: $20
15255 04/26 Sun 10 am – 12 pm
15256 04/27 Mon 5 – 7 pm

Tacos! Age: 15+
With Cinco de Mayo closing in, what better way to celebrate than with tacos? For this class we will be making a variety of different types of tacos with endless toppings! Taco bout a good time!
STAR Center Fee: $20
15257 05/03 Sun 10 am – 12 pm
15258 05/04 Mon 5 – 7 pm

Oodles of Noodles Age: 15+
There are so many different types of food that you can make with noodles. In this class we will explore some classic noodle dishes that you will be able to make at home! Join us at STAR Center for Oodles of Noodles!
STAR Center Fee: $20
16907 06/07 Sun 10 am – 12 pm
16908 06/08 Mon 5 – 7 pm

ART CLASSES
RANDOMIZED REGISTRATION

Magazine Art Age: 15+
We will be repurposing old magazines into majestic works of art. Rip and tear strips to create the backdrop for your favorite animal!
STAR Center Fee: $30
15263 04/24 Fri 1 – 3 pm

Clay Pots Age: 15+
We will be creating pots out of quick drying clay. Once the clay has dried, you will have the opportunity to paint and decorate your pot to make it truly unique!
STAR Center Fee: $30
15264 05/15 Fri 1 – 3 pm

Paint by Numbers Age: 15+
Painting by numbers is back and now for adults. Pick from a few different picture options and choose your colors to make an amazing project. The best part is, no two pictures end up the same!
STAR Center Fee: $30
16912 06/12 Fri 1 – 3 pm

Contact Us!

(253) 404-3950
3873 S. 66th, Tacoma, WA 98409
MetroParksTacoma.org/
Specialized

Email us: specialized@tacomaparks.com
For the most current updates and info follow us on Facebook.com/
SpecializedRecreationMPT

Interested in Volunteering with Metro Parks Tacoma?
Interested volunteers please contact Beau Benner at beaub@tacomaparks.com or (253) 404-3950 for more info and to learn how to get started.
Volunteers may be subject to a free yearly background check through Metro Parks Tacoma. Volunteers and coaches represent Metro Parks Tacoma and therefore must follow all policies and guidelines of the organization. Volunteers/Special Olympic Coaches may also be asked to fill out additional paperwork by Special Olympics Washington in order to attend tournaments and events.

Cookie Cooking Class!
VACATION ADVENTURES 2020 TRIPS RANDOMIZED

REGISTRATION

Deception Pass Lodge Camping Trip (Register Now!)
Ages: 18+
For this trip we will be heading to Cornet Bay Environmental Learning Center at Deception Pass State Park. You will be able to enjoy the outdoors by hiking, sightseeing, and have a campfire. After a fun day outside, you will have your warm bed to get a good night sleep. You get the best of both worlds with the Lodge Camping Trips!

Meet at STAR Center
Fee: $190; Attendant $90
16929 05/08 – 05/10

Joseph, Oregon Tent Camping Trip (Register Now!)
Ages: 18+
This will be our 3 night, 4 day tent camping trip. We will have the opportunity to see the Wallowa Mountains as we stay at Wallowa Campground. We will do some hiking, sight-seeing, and traditional campground activities.
Fee: $300; Attendant $200
16930 06/25 – 06/28

North Cascades Tent Camping Trip (Register in Summer Quarter)
Ages: 18+
Join us for a 3 day, 2 night tent camping trip at Newhalem Campground in North Cascades National Park. We will get to go hiking and enjoy the beautiful mountain views. This will be a trip that you will truly never forget.

Meet at STAR Center
Fee: $220; Attendant $95
07/31 – 08/02

Fort Flagler Lodge Camping Trip (Register in Summer Quarter)
Ages: 18+
Our last trip of the year will be to Wilson Environmental Learning Center at Fort Flagler State Park. Fort Flagler is located on the Northern tip of Marrowstone Island and was built in the late 1800s! We will get to do some hiking, beach exploring, and more!

Meet at STAR Center
Fee: $170; Attendant $80
09/25 – 09/27

Contact Us!
(253) 404-3950
3873 S. 66th, Tacoma, WA 98409
MetroParksTacoma.org/
Specialized
Email us: specialized@tacomaparks.com
Follow us on Facebook: for info about classes and important updates
Facebook.com/
SpecializedRecreationMPT
INFORMATION

Notice: In the last year the number of participants registering for our programs has increased substantially. Because of this we cannot guarantee that you will receive all the programs and outings you request on your registration form. If you turn in your registration form late we cannot guarantee that you are placed in any requested programs or outings. Please pay close attention to your emailed invoice. It will inform you of the dates, times, and locations for programs you are registered for.

Notice: We cannot guarantee you a spot in a program just because you have been attending said program for multiple years.

Notice: All of our programs and outings have a limited number of space available—if you cannot attend an outing or program please call Specialized Recreation staff at (253) 404-3980 to withdraw so we can fill your spot with someone on the waitlist and refund you (please see cancelation policy below). If you are not registered or are on the waitlist for a program, please do not attend the program unless staff has contacted you.

Registration
- Due to the high demand for our programs, we register using a randomized process. Registrations turned in by the deadline will be randomly drawn and processed. You may not be registered for everything you request.
- Please complete the registration form before participating in programs. Make sure you are registered and have paid before payment deadline on April 12th. Unless you use DDA for payment.
- Mail, email, or hand deliver your registration form before 6 pm on 3/19/20 to STAR Center. Forms cannot be faxed and we cannot accept registrations over the phone. There is an editable form available online.
- Please note that registrations must be received by Thursday, March 19th.
- Due to our randomized registration process please do not send in payment with your registration form.
- All participants need to be pre-registered for programs for safety.
- No substitutions of participants.
- If you are new to our program and are signing up after the deadline, please contact the office to see what programs are available.

Payment Policy
- All payments are due no later than 4/12/20 at 6 pm or you may be withdrawn from your activities.
- Payment methods accepted: cash, check, credit, debit, DDA, Lane Talmadge Scholarship and MPT financial aide.
- Please make payment arrangements including financial aid, scholarships and DDA before registration.
- We will email invoices when you are registered. If you do not have an email, you can find out what you are registered for in person at STAR Center.
- All activities and courses must be paid in full on or before April 12th, unless DDA is arranged prior to registration.

Cancellation Policy/No Show Policy
- You must request cancelation, and receive confirmation from a Specialized Recreation administrative staff at least 5 business days before an outing or class for a refund. You must contact an Specialized Recreation administrative staff to cancel, or you will be considered a no-show. The number is (253) 404-3980.
- Refunds will not be made for missed or forgotten sessions, or late cancelations.
- If a participant No Shows for 2 programs (weekend adventures, art or cooking classes) they will be removed (with refund) from the rest of their registered outings & classes for the rest of the quarter if there are people on the waiting list. And their registration form will be processed last for the following quarter.
- DDA - Participants who use DDA to pay for their programs will be personally financially accountable to pay the registration fee for the programs (outings, classes, & dances) if they No Showed, regardless of reason.

Attendant Staffing (1:1, aids, chaperones, care providers)
Metro Parks staff provides leadership to our programs and trips. Staff ratios vary depending on the program. We are unable to provide attendant care, such as assistance using the restroom, personal transfers, eating or dispensing your medication. Your staff may accompany to support you if you need this type of assistance. There may be an attendant fee with some outings. They must be pre-registered. They will also be responsible for any admission or other charges. Metro Parks pays for tickets in advance to secure seats, there is a separate fee for your aid or staff on those programs this quarter. If it becomes necessary for you to bring an attendant to help you be successful in our programs, we’ll help you find a solution. Attendants needed for outings must be indicated on the registration form. If it is not properly indicated, the participant may be withdrawn from the program.

Staff Arrival Times & Departure Times
For your safety we want to alert you to the staff schedule. Our activity sites are not staffed more than 30 minutes before and after the published program time. If you arrive earlier than that you will be unaccompanied and unsupervised. If our staff is required to wait with you longer than 30 minutes past the ending time for activities, a service fee will be charged to your account, at the rate of $20 per hour.

Behavior Policy
Metro Parks staff are dedicated and trained to assist all participants to have a successful experience at all activities. However, we are not equipped to deal with significant behavioral issues. All participants must be able to function in a group environment. If closer supervision is necessary, a caregiver or chaperone is welcome to accompany the participant. Unacceptable behaviors include but are not limited to: self abuse, physical or verbal abuse towards others, violent behaviors, profanity, and a constant unwillingness to participate in activities. Noncompliance with behavior standards may result in the requirement of a caregiver accompaniment during future activities or possible dismissal from activities.
Complete this form and return it to STAR Center (3873 S.66) on or before 6 pm on Thursday, 3/19/19. Payments are due by 5 pm on 4/12/20. Make your payment in person at STAR Center or by phone with credit card.

Name: _____________________________________________ Gender:(Circle one) Female  Male  Transgender  Other

Birthdate: _____________________________ Ethnicity: _____________________________

Address: _____________________________________ Apt # _______ City: ___________________________ Zip: __________________

Primary Phone: ________________________________ Secondary Phone: ________________________________

E-mail: ___________________________________________________________

Use DDA for Payment? Yes/No If Yes:  Case Manager: ____________________________ Phone: _________________________

Have you applied for Lane Talmadge Scholarship _____ or Metro Parks Financial Aid _____ this year? Check if yes.

Emergency Contact: ___________________________ Phone: ______________________Relationship: ______________________

Emergency Contact: ___________________________ Phone: ______________________Relationship: ______________________

Medical Information/Allergies______________________________________________________________________________________

Caregiver attends? Yes / No Need a sign language interpreter? Yes / No Use a wheelchair? Yes / No

Financial Aid/Information
There are options for financial aid to help you pay for programs. Specialized offers $50/calendar year Lane Talmadge Scholarships for any participant who has financial need. Applications are online (www.metroparkstacoma.org/specialized-scholarship) and at STAR Center. Please return your completed application to STAR Center no later than the day registration forms are due. Allow 3-5 days for processing.

City of Tacoma residents may also apply for financial assistance from Metro Parks Tacoma. Applications for this financial assistance may be found online (www.metroparkstacoma.org/customer-service), at STAR Center and at the Metro Parks Main Office (4702 S 19th St). Return completed applications to the main office for processing. Please allow 2-3 weeks for processing.

If you live with your family you may qualify for DDA respite funds that would pay for Specialized programs. Talk to your DDA case manager to see if you qualify!

Release of liability — Release of liability — I waive all rights and release all claims that might be had against Metropolitan Park District of Tacoma (MPT), its’ hired or contracted instructors, and their employees and agents, for any and all injuries or losses which may be suffered because of my, or my child’s participation in the above activity including being transported by vehicle to and from the activity offered by the MPT. I have been advised via this document the MPT does not provide Uninsured, Underinsured, Med Pay or Personal Injury Protection Coverage. I consent to my and/or child’s or children’s participation and/or being transported in this sponsored activity/program of the MPT. I also agree, individually and on behalf my child, to release and hold harmless MPT, its officials, employees, volunteers and agents and agree to waive any right of recovery that I may have to bring a claim or lawsuit for damages against MPT for any personal injury, death or other harmful consequences occurring to my child or me arising out of my and/or my child's voluntary participation in this activity and/or from being transported to and from the activity. I consent to the use of my name, likeness and voice or those of my child or children without monetary compensation in connection with any MPT publicity, and expressly release the MPT and its agents from any and all claims for damages for libel, slander, invasion of the right of privacy and any other claim arising out of any broadcast, exhibition, promotion or advertising of the MPT. I give my permission to have my photo or the photo of my children or child taken during classes used for publicity purposes by the MPT.

Signature Participant/Parent/Legal Guardian __________________________ Date ______________
Early Registration Activities Requested Due by 3/19
You may register and pay for these activities at the STAR Center front desk before March 19th (9 am - 7 pm). Payment for these can be paid at time of registration if you do not use DDA. You may also register & pay for these activities online. Contact our staff to set up your online account. You will be waitlisted if activities are full.

Limited Capacity Registration Activities Requested Due 3/19
Registrations for these activities are due in to STAR Center by 6 pm, March 19. They will be processed December 20. Payments will be due by April 12. Registrations for these activities will be selected randomly. You will be waitlisted if activities are full.

SOCIALS & CLASSES
- Daytimes (Tue)
- Daytimes (Thurs)
- Tues Night Activity Club
- Wednesday Night Social Group
- Lifetime Fitness
- Tacoma Garden Society

SPORTS AND SPECIAL OLYMPICS SPORTS
- Special Olympics Softball
- Special Olympics Golf
- Monday Bowling
- Tuesday Bowling
- Footgolf

DANCES & EVENTS
- Crazy Hats (5/1)
- Cinderella Ball (5/16)
- Under the Sea (6/5)

ART CLASSES
- Magazine Art (4/24)
- Clay Pots (5/15)
- Paint by Numbers (6/12)

COOKING CLASSES
- Pizza (Sun 4/26)
- Pizza (Mon 4/27)
- Tacos (Sun 5/3)
- Tacos (Mon 5/4)
- Noodles (Sun 6/7)
- Noodles (Mon 6/8)

WEEKEND ADVENTURES
- Emerald Downs (5/24)
- Cougar Mt. Zoo (5/30)
- Rainiers Game (5/31)
- Lunch and Lanes (6/14)
- MaST Aquarium (6/20)
- Ice Cream Cruise (6/21)
- Capitol Tour (6/27)
- Deception Pass WA
- Joseph, OR
- Putt Putt & Lunch (5/17)
- Joseph, OR

IF YOU DO NOT RECEIVE AN EMAIL RECEIPT BY 3/27, PLEASE CONTACT SPECIALIZED REC.
Spring 2020 UPDATE
Specialized Recreation
3873 S. 66th Street
Tacoma, WA 98409
(253) 404-3950

Creating Healthy Opportunities to Play,
Learn and Grow
MetroParksTacoma.org/Specialized

For more information on any of our programs,
please call the office at (253) 404-3950 or
e-mail us specialized@tacomaparks.com