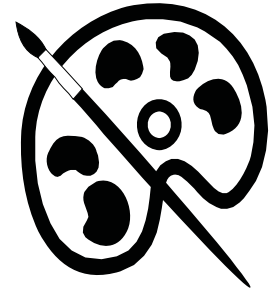


RECREATION RESOURCES

The following resources are some ideas for recreational opportunities for visually impaired people. For more ideas, check with your local parks and recreation department, senior center or the Internet, which offers a wealth of information.



Arts and Visually Impaired Audiences (AVIA)

Provides arts accessibility for blind and visually impaired people in the Puget Sound area. For a schedule of audio-described performances, notes on shows and directions to theaters, call The Access Arts Line (206) 528-2085. Large print and Braille schedules are available.

212 Harvard Ave. E. #402
Seattle, Washington 98102-5792
(206) 323-7190

Email: aviaboss@artsvia.org

Website: www.artsvia.org

Outdoors For All Foundation

Outdoors For All Foundation provides year-round, outdoor recreational activities and education in a variety of adaptive sports, such as, river rafting, cycling, hiking, in-line skating, canoeing, downhill skiing and snowboarding, cross-country skiing, snowshoeing, Day Camps and Custom Events.

2 Nickerson St. #101
Seattle, WA 98109-1652
(206) 838-6030

E-mail: info@outdoorsforall.org

Website: www.outdoorsforall.org

KCTS Descriptive Video Service

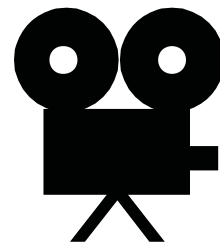
Visually impaired viewers who live in areas that receive the signal of public television station KCTS (Channel 9) can gain access to the DVS by activating the Second Audio Program (SAP) channel. Most stereo televisions and VCRs now have a special switch or button for this feature.

(206) 443-6677

(206) 443-4215 (current DVS program information)

Email: start@kcts.org

Website: www.kcts.org



The Footloose Sailing Association



Offers day sails, sailing lessons and other sailing opportunities to people with disabilities, including those who are blind or visually impaired. Most sailing is on Lake Washington.

4509 Interlake Ave N, #142

Seattle, WA 98103

(206) 382-2680

Email: info@footloosesailing.org

Website: www.footloosesailing.org

Music Courses for the Visually Impaired

Uses recordings to teach students how to play various instruments without written notation.

704 Habersham Rd.

Valdosta, GA 31602

(888) 778-1828

Email: bill@musicvi.com

Website: www.musicvi.com



Mopix

Mopix is a web site that lists theaters currently offering video description or Rear Window Captioning Systems. In Washington, Cinerama (Seattle), Pacific Place (Seattle), Kent Station and AMC River Park Square (Spokane) currently offer video description.

One Guest Street
Boston, MA 02135
(617) 300-3400

E-Mail: access@wgbh.org

Website: www.mopix.org

Self-Defense Classes for the Blind

Self-defense classes for blind individuals and other groups as well.

Robert Ott
(253) 966-3571 office
(360) 888-0474 cell phone

E-Mail: pilsung@comcast.net

Website: www.certainvictory.com

Therapeutic Horseback Riding Classes

Classes offered for visually impaired children and adults, as well as for those who have other disabilities, are offered in 6-week and 10-week sessions at Camp Berachah in Auburn.

19830 SE 328th Place
Auburn, WA 98092-2212
(800) 859-2267 Ext. 105

Email: kaltick@campberachah.org

Website: www.campberachah.org



United States Blind Golfers Association (USBGA)



USBGA has golf tournaments for players who are blind and visually impaired and publishes a biannual newsletter, The Midnight Golfer.

(864) 987-9688

Website: www.blindgolf.com

VSA Arts of Washington (VSAAW)

VSAAW is a cultural and educational organization dedicated to providing arts opportunities by, for, and with persons with disabilities. It is an accredited program of VSA arts, an educational affiliate of JFK Center for the Performing Arts.



305 Harrison St. #303

Seattle, WA 98109

(206) 443-1843

Email: info@VSAAW.org

Website: www.VSAAW.org

Bowling for the Blind and Visually Impaired

Bowling leagues for blind and visually impaired individuals.

American Blind Bowlers Association

James Benton, president (james.benton@ncmail.net)

Rozella Campbell, secretary (Abbasec.trea@yahoo.com)

Website: <http://www.americanblindbowlers.com/>

The Blinkers

Blind and visually impaired bowling league in Everett, WA

Email: blinkers@blindbowling.com

Website: <http://blindbowling.com/>

Community Services for the Blind and Partially Sighted

9709 Third Ave NE #100, Seattle, WA 98115-2027

(206) 525-5556 (v/tdd)

(800) 458-4888 (v/tdd)

(206) 525-0422 (fax)

Email: csbps@csbps.com

Website: www.csbps.com

Adaptive Aids Store: www.SightConnection.com

Agency hours: 8 AM – 5 PM, M-F

SightConnection Store hours: 9 AM - 5 PM, M-F

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