



The Buzz

Adaptive Recreation Activities

SEPTEMBER-DECEMBER 2026



Soccer GOALS!

Greetings Participants and Supporters

This program is designed for individuals in the Renton area with physical, intellectual, and/or developmental 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 Kerri Keenan at 425-430-6748 or email kkeenan@rentonwa.gov



CITY OF RENTON
PARKS & RECREATION

rentonwa.gov/adaptive
rentonwa.gov/register

Artistry and Creativity Class

Fridays, 3:30–5:00pm
October 9–October 23

AGES 12 & UP. Let's get creative! Learn color mixing, painting styles and self-expression. All supplies included.

NR \$18 / R \$15 [32878](https://rentonwa.gov/32878)
Preregistration required
Renton Community Center

ACCESS TRANSPORTATION: Please schedule drop-offs no earlier than 3:15pm and pick-ups no later than 5:15pm. Participants routinely picked up late may be charged for staff time accrued.



Abby showing off her bling at Track.



Tote bag painting with Paint the Town at Club Thursday.

CLUB THURSDAY

Every Thursday 7–8:30pm
September 10 – December 10

AGES 14 & UP. Meet us at the Renton Community Center for an evening filled with friends and fun! Activities vary from week to week—see below. Light snacks are provided.

NO PROGRAM NOVEMBER 19 & 26

NR \$15 / R \$10 [32857](#)

Preregistration required

Renton Community Center

- September 10: Outdoor Games & Trail Mix
- September 17: Superhero Dance
- September 24: Karaoke
- October 1: Talent Show
- October 8: Pizza and Board Games
- October 15: Trivia
- October 22: Pumpkin Carving :
Bring your own pumpkin
- October 29: Halloween Dance
- November 5: Bingo
- November 12: Turkey Trot & Birthdays Dance
- December 3: Ornament Painting
- December 10: Holiday Dance

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

SPECIAL OLYMPICS

Bowling

Saturdays, 11am–2pm
September 5–November 14

AGES 8 & UP. Ready, set bowl! Special Olympics Bowling is open to youth and adults of all skill ability. Join us for practice at Bowlero South Seattle.

NR \$15 / R \$10 [32858](#)

Preregistration required

Bowlero South Seattle

ACCESS TRANSPORTATION: Please schedule drop-offs no earlier than 10:30 am and pick-ups no later than 2:15 pm. Participants routinely picked up late may be charged for staff time accrued.

Basketball

Mondays, 6–7:30pm
November 16–March 1

AGES 8 & UP. New to basketball? “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 PROGRAM NOV 23, DEC 14, 21, 28 JAN 4, 18

NR \$15 / R \$10 [34129](#)

Preregistration required
Renton Community Center

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



Our basketball team showing up and showing off at the tournament.

Flag Football

Wednesdays, 6–7:30pm
September 9–November 4

AGES 8 & UP. Let’s get on the gridiron! Join us for Special Olympics Flag Football at Liberty Park. All skill levels welcome. Make sure to dress to move and bring plenty of water!

NR \$15 / R \$10 [32868](#)

Preregistration required
Liberty Park

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

Basketball Team Skills

Tuesdays, 6–7pm
November 17–March 2

AGES 8 & UP. Special Olympics Team Skills Basketball is a competition focused on fundamental basketball skills, designed for athletes with lower ability levels who may not yet be ready for traditional team play.

NO PROGRAM NOV 24, DEC 15, 22, & 29 JAN 5, 19

NR \$15 / R \$10 [34130](#)

Preregistration required
Renton Community Center

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

FITNESS

Cornhole Club

Tues, 6–7pm Nov 17–Dec 8

AGES 8 & UP. Join us for evening sessions filled with fun, friends, and cornhole! Practices are open for youth and adults of all skill levels. Equipment is provided. Please dress for movement and bring water.

NR \$7 / R \$5 [33089](#)

Preregistration required
Renton Community Center

ACCESS TRANSPORTATION: Please schedule drop-offs no earlier than 5:45pm and pick-ups no later than 7:15pm.

Pickleball Club

Tues, 6–7pm Sept 8–Nov 10

AGES 8 & UP. Join us for evening sessions filled with fun, friends, and of course Washington's state sport, Pickleball! Practices are open for youth and adults of all skill levels. Equipment is provided. However, if you prefer, you are welcome to bring your own. Please dress for movement and bring water.

NR \$15 / R \$10 [32859](#)

ACCESS TRANSPORTATION: Please schedule drop-offs no earlier than 5:45pm and pick-ups no later than 7:15pm.

Tuesday Night Workout

Tues, 5–6pm Sept 8–Dec 8

AGES 16 & UP. Attention all athletes! Come for a workout at the Renton Community Center. Spend an hour in the workout room and get healthy. Bring some water and wear comfortable workout clothes.

NR \$15 / R \$10 [32874](#)

Preregistration required
Renton Community Center

ACCESS TRANSPORTATION: Please schedule drop-offs no earlier than 4:45pm and pick-ups no later than 6:15pm.

Tuesday Night Tai Chi

Tues, 4:30–5:30pm Oct 6–Dec 8

AGES 14 & UP. Ready to try something new? Come try Tai Chi. Known as "moving meditation", it combines slow, gentle physical postures, and mental focus to improve overall mind-body wellness.

NR \$15 / R \$10 [32954](#)

Preregistration required
Renton Community Center

ACCESS TRANSPORTATION: Please schedule drop-offs no earlier than 4:15pm and pick-ups no later than 5:45pm. Participants routinely picked up late may be charged for staff time accrued.

EXCITING EXPEDITIONS

ONE FIELD TRIP PER PARTICIPANT.

Transportation provided to venue, however, participants need to provide own transportation to and from Renton Community Center. Preregistration required.

Meet at Renton Community Center

Woodland Park Zoo

Mon, 10am–5pm September 21

AGES 13 & UP. Join us for a "roaring" trip as we explore Woodland Park Zoo! Bring a sack lunch, or money to buy lunch or something special from the gift shop!

NR \$15 / R \$10 [32930](#)

ACCESS TRANSPORTATION: Drop-offs no earlier than 9:30am, pick-ups no later than 5:30pm.

Thomasson Family Farm

Mon, 10am–4pm October 19

AGES 14 & UP. Ticket price includes farm activities such as a corn maze, life-size foosball, an adult trike track and gift shop. Bring \$40 for lunch and a pumpkin.

NR \$24 / R \$20 [32931](#)

ACCESS TRANSPORTATION: Drop-offs no earlier than 9:30am, pick-ups no later than 4:30pm.

Zoolights

Mon, 3:30pm–8pm November 30

AGES 13 & UP. Celebrate the season and explore Zoolights at Point Defiance Zoo. Dress for the weather and bring money to eat at the zoo or bring your own food.

NR \$20 / R \$15 [32929](#)

ACCESS TRANSPORTATION: Drop-offs no earlier than 3pm, pick-ups no later than 8pm.

Scrooge at Civic Theatre

Sun, 12pm–5pm December 6

AGES 14 & UP. Enjoy a production of Scrooge! done using puppets. Theatre states: "Spooky ghost scenes and emotional moments may be intense for very young children, but the show remains family-friendly." Bring money for a meal.

NR \$15 / R \$10 [32880](#)

ACCESS TRANSPORTATION: Drop-offs no earlier than 11:30am, pick-ups no later than 5:30pm.



DubSea Fish Sticks game. The Fish Sticks won and we got to run the bases.



The Buzz Activities September 2026

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Summer Sports Banquet and BBQ 6–7pm Coulon Park South Shelter	2	3	4	5 Bowling 11am–2pm Bowlero South Seattle
6	7	8 Tuesday Night Workout 5–6pm • RCC Pickleball 6–7pm • RCC	9 Flag Football 6–7:30pm Liberty Park	10 Club Thursday 7–8:30pm Outdoor Games • Trail Mix • RCC	11	12 Bowling 11am–2pm Bowlero South Seattle
13	14	15 Tuesday Night Workout 5–6pm • RCC Pickleball 6–7pm • RCC	16 Flag Football 6–7:30pm Liberty Park	17 Club Thursday 7–8:30pm Superhero Dance • RCC	18	19 Bowling 11am–2pm Bowlero South Seattle
20	21 Exciting Expeditions: Woodland Park Zoo 10am–5pm	22 Tuesday Night Workout 5–6pm • RCC Pickleball 6–7pm • RCC	23 Flag Football 6–7:30pm Liberty Park	24 Club Thursday 7–8:30pm Karaoke • RCC	25	26 Bowling 11am–2pm Bowlero South Seattle
27	28	29 Tuesday Night Workout 5–6pm • RCC Pickleball 6–7pm • RCC	30 Flag Football 6–7:30pm Liberty Park			  CITY OF RENTON PARKS & RECREATION



The Buzz Activities **October 2026**

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Club Thursday 7–8:30pm Talent Show RCC	2	3 Bowling 11am–2pm Bowlero South Seattle
4	5	6 Tai Chi 4:30–5:30pm RCC Tuesday Night Workout 5–6pm • RCC Pickleball 6–7pm • RCC	7 Flag Football 6–7:30pm Liberty Park	8 Club Thursday 7–8:30pm Pizza and Board Games RCC	9 Adaptive Artistry and Creativity 3:30–5pm RCC	10 Bowling 11am–2pm Bowlero South Seattle
11	12	13 Tai Chi 4:30–5:30pm RCC Tuesday Night Workout 5–6pm • RCC Pickleball 6–7pm • RCC	14 Flag Football 6–7:30pm Liberty Park	15 Club Thursday 7–8:30pm Trivia • RCC	16 Adaptive Artistry and Creativity 3:30–5pm RCC	17 Bowling 11am–2pm Bowlero South Seattle
18	19 Exciting Expeditions: Thomasson Family Farm 10am–4pm	20 Tai Chi 4:30–5:30pm RCC Tuesday Night Workout 5–6pm • RCC Pickleball 6–7pm • RCC	21 Flag Football 6–7:30pm Liberty Park	22 Club Thursday 7–8:30pm Pumpkin Carving • Bring your own pumpkin! RCC	23 Adaptive Artistry and Creativity 3:30–5pm RCC	24 North King County Bowling Sub-Regional Tournament 11am–4pm Kenmore Lanes
 CITY OF RENTON PARKS & RECREATION	26	27 Tai Chi 4:30–5:30pm RCC Tuesday Night Workout 5–6pm • RCC Pickleball 6–7pm • RCC	28 Flag Football 6–7:30pm Liberty Park	29 Club Thursday 7–8:30pm Halloween Dance • RCC	30	31 Bowling 11am–2pm Bowlero South Seattle



The Buzz Activities November 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 Tai Chi 4:30–5:30pm RCC Tuesday Night Workout 5–6pm • RCC Pickleball 6–7pm • RCC	4 Flag Football 6–7:30pm Liberty Park	5 Club Thursday 7–8:30pm Bingo • RCC	6	7 Bowling 11am–2pm Bowlero South Seattle
8	9	10 Tai Chi 4:30–5:30pm RCC Tuesday Night Workout 5–6pm • RCC Pickleball 6–7pm • RCC	11	12 Club Thursday 7–8:30pm Turkey Trot + Birthdays Dance • RCC	13	14 Special Olympics Bowling Regional Competition 11am–4pm Kenmore Lanes
15	16 Basketball Practice 6–7:30pm RCC	17 Tai Chi 4:30–5:30pm (TN) Workout 5–6pm Cornhole 6–7pm Basketball Team Skills 6–7pm ALL RCC	18	19 NO CLUB THURSDAY	20	21
22	23	24 Tai Chi 4:30–5:30pm RCC Tuesday Night Workout 5–6pm • RCC Cornhole 6–7pm • RCC	25	26 NO CLUB THURSDAY	27	28
29	30 Exciting Expeditions: Zoolights 3:30–8pm Basketball Practice 6–7:30pm RCC					  CITY OF RENTON PARKS & RECREATION



The Buzz Activities December 2026

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Tai Chi 4:30–5:30pm (TN) Workout 5–6pm Cornhole 6–7pm Basketball Team Skills 6–7pm ALL RCC	2	3 Club Thursday 7–8:30pm Ornament Making • RCC	4	5
6 Exciting Expeditions: Scrooge! 12–5pm RCC	7 Basketball Practice 6–7:30pm RCC	8 Tai Chi 4:30–5:30pm (TN) Workout 5–6pm Cornhole 6–7pm Basketball Team Skills 6–7pm ALL RCC	9	10 Club Thursday 7–8:30pm Holiday Dance RCC	11	12   CITY OF RENTON PARKS & RECREATION
13 NO PROGRAMS	14	15	16	17	18	19
20 NO PROGRAMS	21	22	23	24	25	26
27 NO PROGRAMS	28	29	30	31		



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

Renton Community Center
1715 Maple Valley Hwy, Renton, WA 98057

Liberty Park
1101 Bronson Way N, Renton, WA 98057

Bowlero South Seattle
100 Andover Park W, Tukwila, WA 98188

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