The following are resources for recreational opportunities for those with no or low vision. For more ideas, check with your local parks and recreation department, senior center or the internet.

**Arts and Visually Impaired Audiences (AVIA)**
AVIA is a provider of arts accessibility for blind and those with low vision 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 also available.

**Address:** 400 Harvard Avenue East # 202
Seattle, Washington 98102–4951

**Phone:** 206–323–7190

**Website:** www.artsvia.org

**Email:** aviaboss@artsvia.org

**Footloose Disabled 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.

**Address:** 320 Lake Washington Blvd.
Seattle, WA 98122

**Phone:** 206–382–2680

**Website:** www.footloosesailing.org

**Email:** info@footloosesailing.org

**KCTS Descriptive Video Services**
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. To obtain a viewer guide, which lists accessible programming, you must become a member ($35/year).

**Phone:**
206–443–4215 Member services
206–443–6783 DVS information

**Website:** www.kcts9.org
MoPix (Motion Picture Access)
MoPix is a website that lists theaters currently offering video description or Rear Window Captioning Systems. In Washington, Cinerama and Pacific Place (Seattle), along with Kent Station and AMC River Park Square (Spokane) currently offer video description.

**Address:** One Guest Street  
Boston, MA 02135

**Phone:** 617–300–3400  
**Website:** www.mopix.org  
**Email:** access@wgbh.org

Music Courses for the Visually Impaired
Uses recordings to teach students how to play various instruments without written or Braille notation. Examples are “Intro to the Guitar for the Vision-Impaired” and “Intro to the Piano for the Vision-Impaired”.

**Address:** 704 Habersham Road  
Valdosta, GA 31602

**Phone:** 888–778–1828  
**Website:** www.musicvi.com  
**Email:** bill@musicvi.com

Northwest Association for Blind Athletes (NWABA)
NWABA provides opportunities for blind and visually impaired persons to become engaged in physical activity and sports.

**Address:** PO Box 65265  
Vancouver, WA 98665–0009

**Phone:** 800–880–9837  
**Website:** www.nwaba.org  
**Email:** billy@nwaba.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.

**Address:** 2 Nickerson Street #101  
Seattle, WA 98109–1652

**Phone:** 206–838–6030  
**Website:** www.outdoorsforall.org  
**Email:** info@outdoorsforall.org
**Self-Defense Classes for the Blind**
Self-defense classes for blind and visually impaired individuals taught by Robert Ott, a Chief Master in Martial Arts, who is also blind.

**Contact:** Robert Ott  
**Phone:** 253–966–3571 Office  
360–888–0474 Mobile  
**Website:** www.certainvictory.com  
**Email:** pilsung@comcast.net

**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.

**Address:** 19830 Southeast 328th Place  
Auburn, WA 98092–2212  
**Phone:** 800–859–2267 ext. 105  
**Website:** www.campberachah.org  
**Email:** kaltick@campberachah.org

**United States Blind Golfers Association (USBGA)**
USBGA is a non-profit organization which exist to teach and promote blind and visually impaired golf. It also holds tournaments, including an annual National Championship.

**Phone:** 570–386–5414  
**Website:** www.blindgolf.com

**Vision Loss Connection**
Brings together individuals with shared interest and activities that connect people living with impaired vision. Activities include 5th Avenue Theater events, goal ball, museum tours, a book group, and Braille group.

**Address:** 23 West Boston Street  
Seattle, WA 98119  
**Phone:** 206–282–3913  
**Website:** www.visionlossconnections.org  
**Email:** info@visionlossconnections.org
**VAS Washington: The State Organization of Arts and Disability**

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 John F. Kennedy Center for the Performing Arts.

**Address:** 305 Harrison Street #303  
Seattle, WA 98109  
**Phone:** 206–443–1843  
**Website:** www.vsaaw.org  
**Email:** info@creativeactivities.org

This is a short list of the recreation resources available to individuals who are blind or partially sighted. These resources are not facilitated by SightConnection and may change at any time. Please contact our agency if you are aware of any changes or would like to add a resource.

If you or someone you know will benefit from additional information on recreation resources please contact the SightConnection office.

**Our mission**

“Enhancing the ability of people with vision loss to lead active, independent lives.”

**Programs and services**

- Low vision rehabilitation  
- Low vision clinic  
- Instruction in independent living skills  
- Professional counseling  
- Safe travel and orientation training  
- Education, information and referral services  
- Assistive Technology resources  
- Adaptive aids specialty store

**Agency and store contact information**

**Address**  
9709 Third Ave NE #100  
Seattle, WA 98115–2027

**Phone**  
206–525–5556 v/tdd  
800–458–4888 toll free

**Fax**  
206–525–0422

**Email**  
info@SightConnection.org

**Agency website**  
www.SightConnection.org

**Agency hours**  
Monday–Friday  
8:30 am–5:00 pm

**Store website**  
www.SightConnection.com

**Store hours**  
Monday–Friday  
9:00 am–5:00 pm

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