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## **Upcoming Events in the Puget Sound Area**

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**Saturday, March 14 – Adult Yoga Experience, Seattle**

(12:30pm to 1:30pm)

**Sunday, March 15 – All Ages Swim Clinic, Seattle**

(5:00pm – 7:00pm)

**Saturday, March 28 – Ages 16+ Goalball Scrimmage, Tacoma**

(10:00am – 2:00pm)

**Friday, April 24 – Youth Paralympic Experience, Edmonds**

(11:00am to 4:00pm)

**Saturday, April 25 – Youth Paralympic Experience, Seattle**

(11:00am to 3:00pm)

**Saturday, April 25 – Adult Tandem Bike Ride, Seattle**

(4:30pm to 6:00pm)

**Sunday, April 26 – Youth Paralympic Experience, Mt Vernon**

(9:30am to 2:00pm)

**Northwest Association for Blind Athletes' programs are for individuals  
of all ages and ability levels**

**For more information, please contact Tara Rogowsky  
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