



ACTIVITY GUIDE: SUMMER 2015

PROGRAM INFORMATION



Transforming lives
through outdoor recreation



Outdoors for All Foundation

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SUMMER 2015 ACTIVITY GUIDE



MISSION: To enrich the quality of life for children and adults with disabilities through outdoor recreation.

The Outdoors for All Foundation is a national leader and one of the largest nonprofit organizations providing year-round instruction in outdoor recreation for people with physical, developmental, and sensory disabilities since 1977. Its roots began with fifteen children with disabilities learning to downhill ski at The Summit at Snoqualmie. We now offer numerous year-round recreation opportunities to enrich the lives of more than 2,300 participants a year, all with the help of fourteen dedicated staff and over 700 volunteers. Outdoors for All offers opportunities for individuals, families and custom programming to meet your needs. Please take a look at our programs and contact us at anytime so we can find a recreation option to fit you!

DEMO DAYS



Demo Days provide a unique FREE opportunity to experience Outdoors for All's various programs and equipment. Not sure if you want to sign up for a rock climbing series, cycling, or kayaking activities? Come try them out first...for FREE! Thanks to our generous donors, all Demo Days are free of charge and open to children and adults with disabilities, their families and friends. RSVP for this event by registering online or via phone. Also indicate if you will be bringing any additional participants, family members or are requesting specific equipment. This will help us make sure to have enough gear on hand for everybody. (Transportation is NOT available for Demo Days.)

| DATE | DEMO | TIME | AGE | LOCATION | COST |
|----------------------|-------------------------|-------------|-----|---|------|
| Tuesday, May 19 | Cycling & Kayaking | 3-7 pm | 5+ | Picnic Shelter #1 Magnuson Park Seattle | FREE |
| Sunday, June 7 | Cycling & Rock Climbing | 10 am -2 pm | 5+ | Mountaineers Magnuson Park Seattle | FREE |
| Tuesday, July 21 | Cycling & Kayaking | 3-7 pm | 5+ | Picnic Shelter #1 Magnuson Park Seattle | FREE |
| Monday, August 17 | Cycling | 3-7 pm | 5+ | Program Office at the Brig Magnuson Park Seattle | FREE |
| Sunday, September 20 | Cycling & Kayaking | 10 am -2 pm | 5+ | Picnic Shelter #1 Magnuson Park Seattle | FREE |

YOGA



Warm up to summer with Sun Salutations! Join our therapeutic yoga group in gentle stretching, strength building, relaxation and fun! Outdoors for All has partnered with Taj Yoga Studio to provide these 7-week series of yoga for people with intellectual disabilities.

| DATE | TIME | AGE | LOCATION | TUITION |
|---|----------------|-----|----------|---------|
| Tuesdays, April 28, May 5, 12, 19, 26 June 2 and 9 | 4:30 to 5:30pm | 14+ | Taj Yoga | \$44 |
| Tuesdays, June 23, 30, July 7, 14, 21, 28 Aug 4 | 4:30 to 5:30pm | 14+ | Taj Yoga | \$44 |

HIKING



Adaptive Hiking Experience: With a multitude of accessible hiking trails throughout Washington state, we are able to offer participants of all ability levels a chance to get out on the trails and enjoy the great outdoors. For those who need more assistance to get outdoors, we have our adaptive hiking equipment, the TrailRider!

- **WALLACE FALLS:** Wallace Falls boasts panoramic views of the skykomish river, and distant potraits of the Olympic Mountains. Hike out from civilization to hike through aged hemlocks and along the wallace river, along the woody trail to the lower falls at Wallace Falls, then continue for a better view of the middle falls. There is an option for fast and ambitious hikers to continue on to the upper falls.

| DATE | TIME | AGE | LOCATION | TRANSPORTATION | TUITION |
|-----------------|-------------|-----|--|----------------|---------|
| Sunday, June 21 | 10am to 2pm | 8+ | Wallace Falls State Park, Gold Bar, WA | \$16 | \$33 |

- **COVEL CREEK FALLS/BRILLE TRAIL:** The Cispus Learning Center is the starting point for this hike and features a .9 mile loop Hike along Brille Trail, specifically designed for individuals with Visual Impairment, as well as access to the Covell Creek Falls hike. Covell Creek Falls is a great hike for shade along well maintained trails with views of waterfalls and rock faces, and interesting features such as small waterfalls and footbridges. The hike departs from the Cispus Environmental Learning Center. The hike is easy but does feature some ascent with switchbacks, offers shallow caves to explore, and the highlight is the 175 ft Angel Falls.

| DATE | TIME | AGE | LOCATION | TRANSPORTATION | TUITION |
|-----------------|-------------------|-----|--|----------------|---------|
| Sunday, July 19 | 10:30am to 2:30pm | 8+ | Cispus Learning Ctr, Gifford Pinchot National Forest, Randle, WA | \$16 | \$33 |

- **TIPSOO LAKE:** The loop trail leaving Tipsoo Lake meanders through meadows that offer some of the best views of Mount Rainier found anywhere. The route is relatively flat - it rolls up and down but has no ridiculously steep sections and only a few real climbs. This hike takes advantage of the Pacific Crest Trail. As you stroll down the trail, enjoy masses of western anemone, beargrass, lupine and paintbrush. 3 miles; 600 ft Elevation Gain (Activity time excludes travel time to hiking location).

| DATE | TIME | AGE | LOCATION | TRANSPORTATION | TUITION |
|----------------------|------------|-----|---------------------------|----------------|---------|
| Sunday, September 13 | 9am to 3pm | 8+ | Mt. Rainier National Park | \$16 | \$33 |

ROCK CLIMBING



Come enjoy rock climbing, outdoors, and take advantage of the short Northwest summer. Whether this is your first time climbing or you are a seasoned pro, we have something for you! Climb to new heights and conquer your fear with our adaptive rock climbing program. Build endurance, strength, coordination and have fun socializing as well! (Cost includes instruction, shoe and harness rental). SPECIAL ADAPTIVE GEAR! We also have an adaptive climbing system available for those with lower body weakness or paralysis.

| DATE | TIME | AGE | LOCATION | TRANSPORTATION | TUITION |
|--|------------|-----|---|----------------|---------|
| Wednesdays July 8, 15, 22, 29 Aug 5 and 12 | 6pm to 8pm | 5+ | Deception Crags North Bend Exit #38 | \$55 | \$175 |

KAYAKING



Relax and unwind after a long day as you get out and hit the waters of Lake Washington! Participants will be paired 1:1 with Outdoors for All volunteers in tandem kayaks as they learn the basic skills of flat water kayaking. This is a great chance to explore the waters and shores of Lake Washington. If you have never tried kayaking before, we hope that you get signed up for this summer activity! It is a great way to fall in love with a new recreational activity. This activity is geared to all levels of individuals, including those who kayak regularly.

| DATE | TIME | AGE | LOCATION | TRANSPORTATION | TUITION |
|-----------------------------|------------|-----|--|----------------|---------|
| Thursdays Aug 13, 20, 27 | 6pm to 8pm | 12+ | Lake Washington, Magnuson Park Seattle | not available | \$160 |

NOTE: We have specialized life jackets available that are designed to keep your head out of the water and keep you upright. An ability to swim independently is not required for this activity. We can provide a great kayak experience for any and all individuals with disability. Low stability, upper body weakness, low balance, amputee...we can get you out enjoying the waters of Lake Washington!

WEEKEND EXCURSION



BANKS LAKE WEEKEND EXCURSION: Get away from city life and jump on the bus to Banks Lake, an Outdoors for All favorite among participants and volunteers. We will be traveling to sunny Eastern Washington for a popular weekend getaway. Enjoy all the lake has to offer both on and off the water, including water-skiing, tubing, kayaking, hiking, cycling and more. Participants must be independent in their daily living skills and must have previously participated in an Outdoors for All program. Participants must be able to turn face down to face up unassisted wearing a life jacket for water activities.

| DATE | TIME | AGE | LOCATION | TRANSPORTATION | COST |
|--------------|------------------------------|-----|---------------------------|----------------|-------|
| August 7 - 9 | 12pm Friday to 9pm Sunday | 12+ | Banks Lake / Grand Coulee | Included | \$400 |

DAY CAMPS



Outdoors for All Day Camps provide an active camp environment for children with and without disabilities ages 5 – 21. Our camp strives to build each camper’s social development, self-confidence and fine and gross motor skills by accommodating the needs of each camper. Camps are designed to provide a welcoming, fun and nurturing environment; activities are structured as “challenge by choice”, allowing for a wide variety of abilities, fitness and fun! Outdoors for All camp staff are trained instructors in adaptive recreation and passionate about bringing the outdoor experience to each child. **You can download a day camp brochure on-line. For more information about our Summer Day Camp program, please contact our Day Camp Manager, Molly Harrigan: mollyharrigan@outdoorsforall.org 206.838.6030 x250**

CUSTOM EVENTS, ABILITY ASSESSMENTS & LESSONS

CUSTOM EVENTS

Year-round, Outdoors for All partners with a variety of family groups, community organizations, parks and recreation departments, hospitals and schools to bring the experience of outdoor recreation directly to that organization. If you have a group of five or more, we can plan an outdoor recreation activity specifically for you and your group! Experience the thrill of rock climbing, an afternoon of relaxing cycling, kayak the serene waters of Lake Washington and much more! Custom Event activities such as cycling or kayaking are also a great addition to a group picnic or birthday party. Custom Events can accommodate all ability levels. Transportation, group pricing, and financial scholarships are available.



EQUIPMENT FITTINGS AND ABILITY ASSESSMENTS

Looking to get involved in Cycling, Winter Sports, Water Skiing, Kayaking, Hiking, Rock Climbing, Camping or other activities? Outdoors for All can provide one on one ability assessments! Our professional adaptive recreation staff can sit down with you and discuss what activities you would like to participate in, as well as how to make sure you can participate independently and safely. Outdoors for All Staff will be able to discuss programs that would fit your needs, provide community resources for equipment and other activities, and demonstrate adaptive equipment available for you. To schedule an ability assessment, contact Program Manager Dan Retailiau at DanRetailiau@outdoorsforall.org or 206.838.6030 x206

PRIVATE LESSONS

Would you like a one-on-one lesson? Outdoors for All can work with you in a private setting to train you and your family on certain activities. We can help you to be more independent in Cycling, Kayaking, or Rock Climbing. Contact Program Coordinator Kris Christensen to find out if an Adaptive Recreation Lesson is right for you. KrisChristensen@outdoorsforall.org or 206.838.6030 x121

ADAPTIVE CYCLING PROGRAM



Did you know that Outdoors for All has a variety of adaptive equipment available for rent, including cycles? We have recumbent trikes, side-by-side recumbent tandems, handcycles and more! Outdoors for All has one of the largest fleets of adaptive cycles in the country. Approximately 80 cycles are available thanks to numerous donations, grants and contributions.

EXAMPLES OF CYCLES FOR RENT:

Drop-in Rental Program Beginning May 22nd thru Sept 28th

Friday, Saturday and Sunday: 10am - 5pm
Monday - Thursday: By Appointment

Hourly Rates starting at \$15
Daily Rates starting at \$40
Season Pass: \$100 Good through September 30th, 2015.

Magnuson Park has miles of trails to enjoy and is just across the street from the Burke-Gilman for those interested in a longer ride.

FITTINGS, ASSESSMENTS AND DEMOS

Individual assessments are an option for those who would like advice on what type of cycle to rent. Staff or Volunteers can work with you one on one to explore the variety of cycles and find the best match for you. Individual assessment and cycle demo available by appointment for \$60.

RECUMBENT TRIKE / EZ-3



This popular recumbent cycle offers less strain to arms, shoulders and neck compared to standard upright cycles. The leg length, pedal stroke and handle bars can be adjusted to make the perfect ride. Balance is also not a worry and it is easy to stop.

HANDCYCLES



Handcycles are great for those with lower body weakness or paralysis. Our fleet of cycles offers you the choice between recumbent or upright handcycles. We also have handcycles for children and adults. This is a great upper body exercise.

* Financial aid available for qualifying participants based upon need.
* Specific cycles based upon availability, some restrictions apply

SIDE-BY-SIDE TANDEM / JTB



Take a ride on one of our side-by-side tandems! Individuals with different skill levels and abilities can ride together. Enjoy your partner's company but also be able to pedal independently! Only one rider has to steer. Also has a comfortable recumbent position.

STANDARD TANDEM



The tandem bicycle is a form of bicycle designed to be ridden by more than one person. This is a great choice of cycle for individuals who may have visual impairments. Grab a friend and cruise Magnuson Park or the Burke-Gilman trail.

SUMMER 2015 REGISTRATION, POLICIES & FINANCIAL SCHOLARSHIPS

FINANCIAL SCHOLARSHIPS

Outdoors for All's aim is to remove economic barriers that may prevent participants from accessing the outdoors. Thanks to grants and the generosity of our donors, Financial Scholarships are available to participants based on the availability of funding. Currently, awards may range from 50% - 70% of activity costs, with a maximum award of \$650 per participant per season.

To apply for Financial Aid:

- Fill out the Financial Aid scholarship application form that can be downloaded from our website.
- Fax, scan or mail to Outdoors for All as soon as you have registered for an activity and determined that you have need.

Partial financial scholarships are made in accordance with the guidelines listed on the scholarship application form via "first come, first served" manner. More detailed information, including a scholarship application, can be found on our website.

POLICIES

Participant Behavior Standards:

Behavior issues can be a part of many disabilities. Outdoors for All makes every attempt to accommodate the aspects of individuals' disabilities. However, Outdoors for All programs are not equipped to deal with significant behavioral issues. Please alert the office in advance regarding issues of concern so we can work together to ensure a positive and safe experience for all - participants, staff and volunteers. A caregiver may be required to attend with a participant to meet this goal.

Unacceptable behavior includes: self-abuse, physical and verbal abuse of others, sexual contact, violent behavior, profanity and a consistent unwillingness to participate in activities. Noncompliance with behavior standards may result in the requirement of caregiver accompaniment during future activities or possible dismissal from activities.

Participant Personal Needs:

Outdoors for All staff and volunteers are not prepared or trained to handle significant personal care needs (for example restroom or medicine distribution). Individuals requiring extra support for restroom and other personal care needs must provide their own caregiver. Outdoors for All staff and volunteers will not dispense medication to participants. For questions, please contact our office.

Financial Scholarships Policy:

Outdoors for All awards partial financial scholarships based on application guidelines. Guidelines and applications are available on our web site. All scholarship applications must be made 10 days in advance of activity start date.

Cancellation Policy:

Participants must cancel 10 days in advance to be eligible for a partial refund or credit. On the rare occasion an activity is cancelled due to lack of participants or volunteers, you will be provided a full refund.

REGISTRATION PROCESS

You can quickly and easily get signed up for activities using our ONLINE registration process! Use this guide to figure out which activities you are interested in, then visit us online to register.

ON-LINE REGISTRATION PROCESS:

Go to our Online Registration page: Choose "Register" and "Participate". Then find the activity you would like to register for and submit your registration. All participants will need to complete an Information Form as well as a Liability Waiver. You can mail, fax or e-mail these required forms to our office:

Outdoors for All
6344 NE 74th Street, Suite 102
Seattle, WA 98115
f: 206.838.6035
info@outdoorsforall.org

Once you register, you will receive a confirmation that we have received your registration. More details will be sent closer to the activity date.

PHONE REGISTRATION PROCESS:

Having issues with the online process? No problem! You can also register by calling our Registrar. Take a look through this guide and give us a call!

For questions about registration:

info@outdoorsforall.org
206.838.6030 x200