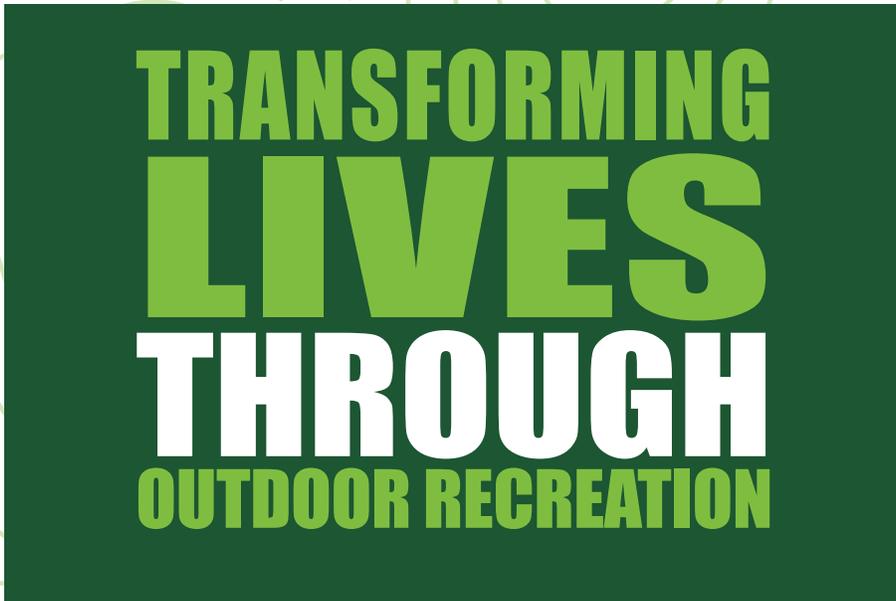




2017 YOUTH AND ADULT SUMMER PROGRAMS



2017 YOUTH & ADULT PROGRAM 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 in adaptive outdoor recreation. Since 1979 we have been providing year-round instruction in outdoor recreation for people with physical, developmental, and sensory disabilities. We offer numerous year-round recreation opportunities to enrich the lives of more than 2,400 participants a year, all with the help of 16 dedicated staff and over 700 volunteers.

Outdoors for All programs are designed to serve specific populations, which are indicated with each activity. We understand that a person may have multiple disabilities. **Please choose the program that matches the primary classification.** Contact our office with questions or concerns: 206.838.6030.

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DEMO DAYS

Not sure if you want to sign up for a rock climbing series 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.)

DATES & ACTIVITY	TIME	DISABILITY	AGE	LOCATION	COST
Sunday June 4-Rock Climbing	11am-3pm	All Disabilities	5+	Mountaineers Bldg	FREE
Sunday July 2-Kayaking	11am-3pm	All Disabilities	5+	Sail Sand Point	FREE
1st Sunday/month – Cycle Center Open House	11am-3pm	All Disabilities	5+	Adaptive Cycling Center	FREE

DAY CAMPS

Outdoors for All Day Camps provide an active camp environment for children and their siblings ages 5 – 21. Our camps strive 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! All activities and camps can serve participants with any diagnosis. Each activity is made accessible with adaptive equipment and accessible recreation.

You can download a day camp brochure online at outdoorsforall.org or request one by contacting the office at 206.838.6030.

ROCK CLIMBING

All climbers will enjoy a minimum of 1:1 instruction from trained volunteers and staff. The rock wall used at Deception Crags is appropriate for climbers of all ability levels, and will accommodate beginners and advanced climbers. Guidance and assistance can be provided along the full climb for every individual.

DATES	TIME	DISABILITY	AGE	LOCATION	COST
Wednesdays July 12-Aug 16	6-8pm	All Disabilities	5+	Exit 38 from I-90	\$210

TRANSPORTATION: Eastgate, Northgate, Seattle Goodwill (**Additional \$90** for the 6 week series)

KAYAKING

Paddle Lake Washington! Participants are paired 1:1 with Outdoors for All volunteers in tandem kayaks. All abilities and levels of experience are welcome. 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 serene waters of Lake Washington! Goals can range from meeting new people to putting in miles. Please note that students do not need to know how to swim for this activity. We have PFDs that are designed to keep the head out of the water and body upright.

DATES	TIME	DISABILITY	AGE	LOCATION	COST
Thursdays June 29-July 13	6:00-8:00pm	All Disabilities	8+	Magnuson Park	\$150
Thursdays July 27-Aug 10	6:00-8:00pm	All Disabilities	8+	Magnuson Park	\$150

YOGA

This is an opportunity for students with intellectual disabilities to practice movement in an environment tailored to break through personal limits while refining the skills to be their most authentic self. We focus on stretching and strength building through postures, breathing, relaxation and fun. All levels are welcome!

DATES	TIME	DISABILITY	AGE	LOCATION	COST
Tuesdays June 20-August 1	4:30-5:30pm	ID	14+	Taj Yoga	\$70 for 7 week series
Tuesdays August 15-September 26	4:30-5:30pm	ID	14+	Taj Yoga	\$70 for 7 week series

WEEKEND EXCURSION

Visit the city of subdued excitement with us. Outdoors for All is heading north to beautiful Larabee State Park, just outside the city of Bellingham, for a weekend of cycling, kayaking and camping. Participants are encouraged to bring supportive family and friends to this weekend of outdoor recreation. Whether attending with family, friends or independently, this program provides the opportunity for socialization and recreation activities that offer 'challenge by choice'.

DATES	DISABILITY	AGE	LOCATION	COST
Friday Aug 18-Sunday Aug 20	All Disabilities	8+	Larabee State Park, Bellingham	\$400

Additional Important Information: To sign up for this program, participants must have successfully participated in another Outdoors for All program within the previous 5 years. Participants who attend without a caregiver must be independent in their daily living skills. Each participant may bring up to (2) nonessential supportive family or friends. The fee for nonessential family and friends is \$100/person. There are no fees for essential caregivers. Please see page 8 for detailed information on essential caregivers under the title 'Participant Personal Needs' located in the Policies section. Because this is an overnight program, essential caregivers may also be needed if the participant needs someone to remain with them in the tent overnight, or if the participant is a minor. When uncertain if a caregiver is essential or nonessential, please contact our office at 206.838.6030.

ADAPTIVE CYCLING CENTER

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. Drop-in hours for season pass holders are Friday and Saturday from 10am to 5pm June - September. Rentals are also available by appointment Tuesday – Friday.

For first time renters, we strongly recommend scheduling an appointment for a fitting. Fittings are \$40 for a private session with specialized staff to trial which cycles will work best for you. All other rentals are by appointment only and we recommend scheduling at least three days in advance.

Hourly rental rates begin at \$15/hr for a single cycle or \$20/hr for a tandem. Daily rates start at \$40/hr or purchase a season pass for just \$100. Season passes are intended for drop-in hours, but can be used for rentals by appointment based on staff availability.

EXAMPLES OF CYCLES FOR RENT:

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.

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.

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.

*Financial aid available for qualifying participants based upon availability.

*Specific cycles based upon ability, some restriction apply

ADAPTIVE CYCLE CENTER OPEN HOUSE

Stop by Outdoors for All's Adaptive Cycle Center the first Sunday of each month for an opportunity to try out different adaptive cycles and see which one is the best fit for you! There is no charge to attend an open house, but advance registration is preferred in order to plan appropriate staffing. Open Houses are open to children and adults with disabilities, their families and friends. Open Houses are intended to give participants a chance to see and try Outdoors for All's equipment. Assessments and full rentals are not included.

DATES	TIME	DISABILITY	AGE	LOCATION	COST
Sunday June 4	11am-3pm	All Disabilities	5+	Adaptive Cycle Center	FREE
Sunday July 2	11am-3pm	All Disabilities	5+	Adaptive Cycle Center	FREE
Sunday August 6	11am-3pm	All Disabilities	5+	Adaptive Cycle Center	FREE

GROUP EVENTS, ABILITY ASSESSMENTS

GROUP EVENTS

Outdoors for All partners with a variety of 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, such as cycling or kayaking, specifically for you and your group! Custom Events can accommodate all ability levels. Transportation, group pricing, and financial scholarships are available. To schedule a Custom Event, please contact Kenna Chapman at 206.838.6030 x217.

EQUIPMENT FITTINGS AND ABILITY ASSESSMENTS

Looking to get involved in cycling, winter sports, kayaking, rock climbing, camping or other activities? Our professional adaptive recreation staff can provide one-on-one ability assessments! Outdoors for All staff will discuss which activities you would like to participate in, how to make sure you can participate independently and safely, demonstrate adaptive equipment available for you and provide community resources for equipment and other activities.

REGISTRATION, POLICIES & FINANCIAL AID

FINANCIAL AID

Outdoors for All aims to remove economic barriers that may prevent participants from accessing the outdoors. Thanks to grants and the generosity of our donors, Financial Aid is available to participants based on the availability of funding. Awards typically range from 40% - 70% of activity costs, with a maximum award of \$700 per participant per season. In certain cases, we may be able to provide more than 70% but this is rare.

To apply for Financial Aid:

- Fill out the Financial Aid application form that can be downloaded from our website
- Once you have registered for an activity email, mail, or fax the form to Outdoors for All

Partial financial scholarships are made in accordance with the guidelines listed on the application form via "first come, first served" manner. More detailed information 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.

Cancellation Policy:

Once lessons have begun, partial credits/refunds will be given only for significant medical or extraordinary personal circumstances approved by the Program Director.

If a participant cancels an activity more than 7 business days prior to the start of the activity, they will be eligible for a refund less the non-refundable deposit. If a participant cancels an activity and does not notify the office more than 7 business days prior to the activity, the participant is responsible for the full activity cost, as well as any transportation fees, equipment rentals, tickets or passes.

If you are going to be absent, please call the Outdoors for All hotline at 206.838.4995 and leave a message. Credits/refunds or make-up lessons are not given for participant absences.

REGISTRATION PROCESS

You can quickly and easily get signed up for any youth or adult program using NEW ONLINE registration process!

ONLINE REGISTRATION PROCESS:

On our website, click the PROGRAMS tab, and scroll down to REGISTRATION

- You must create an account online before registering
- Click on the Programs tab on the right hand side of the page
- Find the Activity you want to enroll in and add it to your cart and click enroll
- You will be prompted to answer activity related questions and to agree to our liability waiver
- Check-out

Once you register you will receive an email confirmation. More details will be sent 2 weeks prior to the activity.

PHONE REGISTRATION PROCESS:

Having issues with the online process? No problem! You can also register by calling the office at 206.838.6030.