

Outdoors for All 2023 Summer Programming

	Location & Time	Program Dates	Price (price/week)	Equipment Rental	Transportation (Pick Up/Drop Off)	Registration Opening in ActiveNet	Key Facts
Summer Camps	Magnuson Park 9am-3pm	June 26-30 July 5-7 July 10-14 July 17-21 July 24-28 July 31-Aug 4	\$590.00	included	Northgate Transit Center (8:30am/3:20pm) Seattle Goodwill (8:10am/3:40pm)	March 20, 2023	Summer camp is a Monday - Friday program, between the hours of 9am and 3pm. Each camp location will have options for Adult Adventure Days (ages 18+) and Youth Camp (ages 7-17). Adult Adventure Days participants can register for specific days (with a three-day minimum) through our Flexible Registration. Youth camp registration is by the week. Campers will take part in outdoor recreation activities such as cycling, swimming, hiking, kayaking, and rock climbing, the core of Outdoors for All's activities. In addition, camps visit area attractions, like zoos, parks, aquariums, and other fun-filled community excursions.
	Lake Sammamish 9am-3pm	Aug 7-11 Aug 14-18 Aug 21-25 Aug 28-Sept 1 (must register for each week separately)	\$590.00	included	Eastgate Plaza (8:40am/3:20pm) Highland Center (8:30am/3:30pm)	March 20, 2023	
Learn to Ride	Magnuson Park 9am-11am	April 8, 15, 22, 29	\$675.00	included; option to take home between lessons \$50	No	March 1, 2023	This program will teach youth and young adults to ride a 2-wheeled bicycle and provide them with basic knowledge and techniques for safe riding in public spaces. Riders will be partnered 1:1 with trained volunteer instructors in Magnuson Park. Students must be able to control the bike independently while maintaining safety. Students must wear a helmet while on the bike, follow directions from instructors, and be able to stay on task for the duration of the learning sessions
	Magnuson Park 10am-12pm	Sept 9, 16, 23, 30	\$675.00	included; option to take home between lessons \$50	No	April 25, 2023	
Rock Climbing	Exit 38 off I-90 6-8pm	June 28, July 5, 12, 19	\$300.00	included	\$145 Magnuson Park (3:45pm/9:30pm) Eastgate Plaza (5:15pm/8:45pm)	April 25, 2023	Climbers are paired 1:1 with a volunteer instructor (and other support members if needed) to experience climbing on natural rock at Olallie State Park, off of I-90. The rock wall used at Deception Crag is appropriate for climbers of all ability levels, and will accommodate beginners and advanced climbers. The crag is accessible to people with mobility aids, as Outdoors for All is permitted to shuttle participants using a company vehicle from the parking lot to the climbing wall, through the State Parks access gate. All climbing and safety equipment is provided. Outdoors for All offers a wide range of adaptive equipment to support individuals of all abilities and a wide range of goals.
	Exit 38 off I-90 5:45-7:45pm	Aug 9, 16, 23, 30	\$300.00	included	\$145 Magnuson Park (3:30pm/9:15pm) Eastgate Plaza (5pm/8:30pm)	April 25, 2023	
Kayaking	Magnuson Park 6-8pm	June 29, July 6, 13, 20	\$300.00	included	No	April 25, 2023	Paddle Lake Washington! Participants are paired 1:1 with Outdoors for All volunteers in tandem kayaks. Individuals with all experience levels and goals interests are welcome. Goals can range from meeting new people to putting in miles along the shoreline. Please note that students do not need to know how to swim for this activity, although you should be comfortable getting wet and with the possibility of getting in the water. We have PFDs that are designed to keep one's head out of the water and body upright.
	Magnuson Park 6-8pm	Aug 10, 17, 24, 31	\$300.00	included	No	April 25, 2023	
Paddle Boarding	Magnuson Park 9-11am	July 23rd, 30th	\$175.00	included	no	April 25, 2023	Come experience Outdoors for All's newest sport. Paddleboarding is a great way to enjoy Lake Washington in the summer. Participant must be comfortable with and ready to get wet. Individuals with all experience levels are welcome to join. Lessons will be lead in a group setting, with one instructor providing coaching to the group with the assistance of some volunteers. In order to participate, participants must be able to do the following: breath independently, independently maintain sealed airway passages while under water, independently hold head upright without head/neck support, independently turn from face-down to face-up in the water while wearing a properly fitted life jacket.
Weekend Excursion	Tolt MacDonald Campground	Aug 11-13	\$690.00	included	included	April 25, 2023	Join Outdoors for All as we spend the weekend outside. We will be sleeping in tents and cooking our meals on camp stoves. There will be indoor bathrooms with running water. Participants should be independent with self-care and behavior management or bring a caregiver with them. During the weekend you can also expect to go for a short hike and a 5-10 mile bike ride along a gravel path to Rattlesnake lake. It will be a great opportunity to socialize and meet other adults while enjoying time in the outdoors. Participants must be 18+ years old.
Gravel Biking	Palouse to Cascade Trail 1-4pm	May 7, 14, 21	\$475	included	\$110 Magnuson Park (12:00pm/5:00pm) Eastgate Plaza (12:30pm/4:30pm)	March 27, 2023	These bike rides will be held at various starting locations along the Palouse-Cascade Trail. This program is geared towards those who can independently ride a bike on a gravel bike path. Participants must be able to manipulate the brakes and gears and steer a bike independently at a pace of 5-10 miles/hr for a distance of 7-10 miles. Adaptive three wheeled trikes and handcycles will be available, as well as standard two wheeled bikes for those who can independently ride one. Lessons will be led in a group setting, with one instructor providing coaching to all the members of the group.
	Palouse to Cascade Trail 9am - 12pm	Sept 10, 17, 24	\$475	included	\$110 Magnuson Park (8:00am/1:00pm) Eastgate Plaza (8:30am/12:30pm)	April 25, 2023	
Mountain Biking	Duthie Hill Mountain Bike Park 5-7pm	June 6, 13, 20, 27	\$610.00	included	No	April 25, 2023	These programs will be led in partnership with Evergreen Mountain Bike Alliance at Duthie Hill Mountain Bike Park. This program is mostly geared to those needing adaptive mountain bikes, which are best suited for individuals riding handcycles or recumbent bikes. Lessons will be led in a group setting, with one instructor providing coaching to all of the members of the group. Adaptive mountain biking requires a higher degree of athleticism and coordination to safely operate the equipment. Participants must be able to join in small-group lessons and manipulate the brakes, gears, and steering of the bike independently. Standard mountain bikes can be available for individuals who meet the EEC.
	Duthie Hill Mountain Bike Park 5-7pm	September 6, 13, 20, 27	\$610.00	included	No	July 12, 2023	
Equipment Rentals	On-Site Cycle Rentals Magnuson Park 10am-6pm	May 1-Sept 30	\$0.00	Helmet Requested adaptations	n/a	n/a	Thanks to generous support from the Seattle Department of Transportation, Outdoors for All will be offering free daily bike rentals from the Adaptive Cycle Center in Magnuson Park. This is a drop-in style program in which advanced registration is not necessary, although it is helpful to have the appropriate bike prepared for riders. Riders can explore the trails around Magnuson Park or ride on the Burke Gilman Trail between the hours of 10am-6pm, 7-days per week.
	Off-Site Cycle Rentals (MTB not included)	by appointment only	Single - \$40/day; \$200/Week (+tax) Tandem - \$50/Day; \$250/week (+tax)	Helmet Requested adaptations	n/a	by appointment only	For cycle rentals outside of Magnuson Park, Outdoors for All asks that renters have an appropriate means to transport the bikes. Riders must be able to demonstrate safe operation of the cycles prior to being eligible for an off-site rental. Email Rentals@outdoorsforall.org for more information.
	Adaptive Mountain Bike	by appointment only	\$50/day \$250/week (+tax)	Helmet Requested adaptations	n/a	by appointment only	Adaptive mountain bikes are only rented to returning participants or those who can verify their riding ability. Outdoors for all owns and maintains three adaptive bikes - two different styles of off-road handcycles and one foot-powered recumbent cycle. These bikes require a higher degree of athleticism and coordination to power and safely ride. Email Rentals@outdoorsforall.org for more information.
	Beach Wheelchair Trail Rider Off-Road Wheelchair	by appointment only	\$40/day \$200/week (+tax)	Helmet Requested adaptations	n/a	by appointment only	Additional adaptive equipment is available to rent when not in use in other Outdoors for All programming. Email Rentals@outdoorsforall.org for more information.
	Car Hitch Rack for Tricycle	by appointment only	\$10/day \$50/week (+tax)	none	n/a	by appointment only	For transport of recumbent trikes or handcycles with a personal vehicle. Vehicle must have hitch with 1.25 or 2" receiver. Works with most adult sized trikes.