

## Outdoors for All 2024 Summer Programming

	Location & Time	Program Dates	Price	Equipment Rental	Transportation (Pick Up/Drop Off)	Registration Opening in ActiveNet	Key Facts
Summer Camps	Magnuson Park 9am-3pm	June 24-28 July 1-3 July 8-12 July 15-19 July 22-26 July 29-Aug 2	\$590/week	included	Northgate Transit Center (8:30am/3:20pm)  Seattle Goodwill (8:10am/3:40pm)	March 18, 2024	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. Daily price is \$118. Youth camp registration is by the week.
	Lake Sammamish 9am-3pm	Aug 5-9 Aug 12-16 Aug 19-23 Aug 26-30 (must register for each week separately)	\$590/week	included	Eastgate Plaza (8:40am/3:20pm)  Highland Center (8:30am/3:30pm)	March 18, 2024	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.
Learn to Ride	Magnuson Park 10am-12pm	April 6, 13, 20, 27	\$400.00	included; option to take home between lessons	No	March 5, 2024	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.
	Magnuson Park 10am-12pm	Sept 7, 14, 21, 28	\$400.00	included; option to take home between lessons	No	April 23, 2024	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
Rock Climbing	Exit 38 off I-90 6-8pm	June 26, July 3, 10, 17	\$300.00	included	\$145 Magnuson Park (3:45pm/9:30pm)  Eastgate Plaza (5:15pm/8:45pm)	April 23, 2024	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 Crags 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.
	Exit 38 off I-90 5:45-7:45pm	Aug 7, 14, 21, 28	\$300.00	included	\$145 Magnuson Park (3:30pm/9:15pm)  Eastgate Plaza (5pm/8:30pm)	April 23, 2024	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.
Kayaking	Magnuson Park 6-8pm	June 27, July 11, 18, 25	\$300.00	included	No	April 23, 2024	Paddle Lake Washington OR Lake Sammamish! 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.
	Lake Sammamish State Park 6-8pm	July 9, 16, 23, 30	\$300.00	included	No	April 23, 2024	
	Magnuson Park 6-8pm	Aug 8, 15, 22, 29	\$300.00	included	No	April 23, 2024	
Paddle Boarding	Magnuson Park 9-11am	July 13, 20, 27	\$225.00	included	No	April 23, 2024	Come experience Outdoors for All's newest sport. Paddleboarding is a great way to enjoy Lake Sammamish 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.
	Lake Sammamish State Park 6-8pm	August 5, 12, 19	\$225.00	included	No	April 23, 2024	
Gravel Biking	Palouse to Cascade Trail 1-4pm	April 7, 14, 21	\$475.00	included	\$110 Magnuson Park (12:00pm/5:00pm)  Eastgate Plaza (12:30pm/4:30pm)	March 5, 2024	Explore the Snoqualmie Valley Trail and Palouse-Cascade Trail on wheels with us! This program is geared towards riders aged 18 and up who can independently ride a bike or trike on varied road surfaces including pavement and gravel. 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. Recumbent trikes and handcycles are available if needed, as well as standard two wheeled bikes for those who can already independently ride one. Lessons will be a mix of group riding and 1:1 instruction and will cover basic bike handling skills and trail etiquette, with opportunity to ride progressively longer distances each week.
	Palouse to Cascade Trail 1-4pm	May 5, 12, 19	\$475.00	included	\$110 Magnuson Park (12:00pm/5:00pm)  Eastgate Plaza (12:30pm/4:30pm)	March 5, 2024	
	Palouse to Cascade Trail 9am - 12pm	Sept 8, 15, 22	\$475.00	included	\$110 Magnuson Park (8:00am/1:00pm)  Eastgate Plaza (8:30am/12:30pm)	April 23, 2024	
Mountain Biking	Duthie Hill		Details coming soon				
Equipment Rentals	On-Site Cycle Rentals Magnuson Park 10am-6pm	May 1-Sept 30	Free	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.
	On-Site Cycle Rentals Lake Sammamish State Park 10am-6pm	June 15 -Sept 30	Free	Helmet Requested adaptations	n/a	n/a	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 Lake Sammamish or ride on the East Lake Sammamish Trail between the hours of 10am-6pm, 7-days per week.
	Off-Site Cycle Rentals (MTB not included)	by appointment only	<u>Single</u> - \$40/day; \$200/Week (+tax) <u>Tandem</u> - \$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 <i>most</i> adult sized trikes.