



2022 Summer Activities Guide

Recreational opportunities help individuals develop confidence, independence, new skills, and friendships.

Our Mission

The Arc fosters respect and access for individuals with intellectual and developmental disabilities and their families, giving them the power to achieve a full and satisfying life.

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The Arc of Snohomish County
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Arc Resources and Monthly Support Groups



Mothers Network - Held the first Saturday of the month, 10am-12pm in Lynnwood

Join fellow moms who are rearing children with developmental disabilities to share resources and offer one another support and encouragement.

Alaina@arcsno.org | 425-258-2459 x111

Fathers Network - Held the fourth Thursday of the month, 7-8:30pm

Learn about resources, and share ideas and concerns with dads of children with developmental disabilities.

Jake@arcsno.org | 425-258-2459 x105

Caregiver Connections - Held the third Tuesday of the month, 7-8pm

A self-care centered support group for parents and family caregivers of children with developmental disabilities. Finding Joy, Celebrating Our Wins, Laughing with Friends.

Whitney@arcsno.org | 425-258-2459 x106

Padres Unidos - Held Fridays, 10-11am

Padres Unidos offers Spanish-speaking parents of children with developmental disabilities an opportunity to meet and connect.

Luz@arcsno.org | 425-258-2459 x114

View the Arc Calendar Online

[HTTPS://WWW.ARCSNO.ORG/CALENDAR/MONTH.CALENDAR](https://www.arcsno.org/calendar/month.calendar)

Adult Caregiver Support Group - Held the third Wednesday of the month 11am-12:30pm

Interactive meetings with featured speakers on topics impacting families who have an adult son or daughter with disabilities.

Teri@arcsno.org | 425-258-2459 x108

Connecting Families - Held the second Monday of the month, 7-8:30pm

Featured speakers highlight information and resources during interactive meetings allowing parents to share concerns and ask questions.

Alaina@arcsno.org | 425-258-2459 x111

Snohomish Autism Spectrum Support Information & Education (SASSIE) - Held the fourth Monday of the month, 7-8:30pm

A variety of speakers with backgrounds in Autism treatment provide information and knowledge on advocacy, development and behavior challenges. Although topics are autism spectrum-related, meetings cross over to many other types of developmental disabilities and are open to all.

Whitney@arcsno.org | 425-258-2459 x106

Lego® & Art Club - Held the second Sunday of the month, 1-2pm

FREE: Fun inclusive recreational opportunity for children with or without disabilities, their friends and families to socialize and enjoy building with Lego's®. Club

Whitney@arcsno.org | 425-258-2459 x106

Sibshops



Sibshops

Sibshops provide opportunities for siblings of children with special needs to enjoy peer support while participating in recreational activities. Participants share joys, concerns and solutions, and develop a better understanding of their sibling's disability.

Whitney@arcsno.org | 425-258-2459 x106

Adult Siblings

Adult Siblings provides opportunities for adult siblings of individuals with special needs to enjoy peer support while gaining the tools to better understand and support their sibling's disability. Watch for upcoming events in our monthly calendar.

Jamie@arcsno.org 425-258-2459 x104

Fun for All Abilities



Ask to visit a camp or day camp ahead of time and work together with program staff to address any concerns you may have.

Working together can make the program successful for your child.

REGISTER EARLY

Inclusive OR Specialized? When planning to enroll your child in a camp or activity, a consideration is whether to look for an inclusive setting (children with and without special needs participating together), or find a specialized experience (exclusively for children with special needs).

Benefits of Sending your Child to an Inclusive Camp/Recreational Activity:

- Gives your child a sense of community belonging;
- Provides an opportunity for growth and a stimulating environment;
- Honors everyone's unique abilities;
- Builds collaboration and interdependence;
- Enhances self-esteem;
- Is often more affordable than specialized programs;
- Allows for siblings to attend together.

Benefits of Sending your Child to a Specialized Camp/Recreational Activity:

- Geared to your child's special needs;
- Provides opportunities to socialize with peers who have similar challenges or disabilities;
- Opportunity to network with other families;
- Most activities and rules will be appropriate for your child;
- Will offer accommodations and inclusive opportunities when asked.



Plan for Success:

- Look for camps or organizations open to family participation, ideas or suggestions;
- Consider your child's abilities;
- Present your child in a positive light;
- Visit the program/activity location prior to the first day of camp or class;
- Work with your child on gaining appropriate skills;
- Ensure they have the necessary equipment, clothing and personal supplies;
- Ask if there's anything you can do to help your child and the staff have a great experience.

2022 Camps and Day Camps

Aspiring Youth Summer Camps: Summer camps for Autistic youth, Ages 8-18: aspiringyouth.net

Boys and Girls Club Summer Camps: Inclusive summer camps, Kindergarten – Grade 6: bgcsc.org

Camp Beausite: Inclusive camps with specialized supports, All Ages / Respite eligible: campbeausitenw.org

Camp Discovery: Specialized camp for youth with an Epilepsy diagnosis, Ages 7-16 (Aug. 14th-18th): epilepsywashington.org

Camp Fire USA Central Puget Sound Camp: Kindergarten – Grade 7, plus camp counselor opportunities for teens: tinyurl.com/2s48utxf

Camp Killoqua: Day Camp - Kindergarten – Grade 7, plus preschool options: campkilloqua.org/day-camp

Resident Camp - Grades 1-12: campkilloqua.org/resident-camp

Inclusion Program - Ages 7-12 with developmental disabilities: campkilloqua.org/inclusion-programs

Camp Korey: Specialized camps for families, spring & summer overnight camps - campkorey.org

Camp Patterson: CANCELLED FOR 2022 SEASON: <https://everettwa.gov/720/Camp-Patterson>

Camp Prov: Specialized camp for youth with disabilities, ages 3-12, and their siblings, ages 3-9. Contact camp.prov@providence.org

Easterseals Camp Stand by Me: Specialized camp for youth and adults with disabilities: tinyurl.com/4f9h2jr9

Kiwanis Camp Casey: Specialized camps for youth with physical disabilities, Ages 6-17: campcasey.org

Lions Camp Horizon: Specialized camp for individuals with disabilities, Ages 12 - Adult: lionscamphorizon.org

Outdoors for All Summer Camps: Specialized and adaptive summer camps, Ages 7 – Adult: tinyurl.com/2p9bk5vt

Skyhawks Summer Sports Camps: Inclusive sports camps, Ages 4-12: tinyurl.com/3muvnmur

Special Friends Warm Beach Camp: CANCELLED FOR 2022 SEASON: Specialized camp for individuals with disabilities, Ages 15 - Adult: tinyurl.com/6s2eamuw

YMCA Summer Camps: Inclusive summer camps, Preschool – Grade 9: ymca-snoco.org/summer-camp



Local Recreation Opportunities

- EVERETT:** Forest Park Playground: Adaptive and inclusive play space: tinyurl.com/3vfs9r5r
Everett Parks and Recreation Programs: tinyurl.com/wwa7xxd2
- EDMONDS:** Community events: visitedmonds.com/events
Yost Pool: tinyurl.com/3xsh3ymd
- LAKE STEVENS:** North Lakeshore Swimming Beach: Open with facilities; no lifeguards on duty: tinyurl.com/5bexa3vr
Cavalero Hill Community & Skate Park: tinyurl.com/y8zvr3tt
- LYNNWOOD:** Lynnwood Recreation Center: tinyurl.com/yc364zdh
Connect Check-in Calls: A weekly phone call to chat and check on residents: tinyurl.com/t46yecd4
- MARYSVILLE:** Community Events: tinyurl.com/2tfrcjmj
Marysville Parks, Culture & Recreation: tinyurl.com/7ksmfayt
- MILLCREEK:** Community Events: millcreektourism.com/events
Recreation Guide: tinyurl.com/yc53dcy7
- MONROE:** Community Events & Programs: choosemonroe.com
- SNOHOMISH:** Snohomish Aquatic Center: tinyurl.com/29yycxw4
- STANWOOD:** Community Resource Center of Stanwood/Camano: crc-sc.org
- OTHER:** Special Olympics Washington: Adaptive activities and virtual offerings, Ages 8 – Adult: specialolympicswashington.org



2022 Local Fairs

Evergreen State Fair: Theme: “The Show Must go On” | Aug. 25-30 & Sept. 1-5 | Monroe, WA

Skagit County Fair: Theme: “Stirrup Some Fun” | Aug. 10-13 | Mount Vernon, WA

King County Fair: The Oldest Fair West of the Mississippi | Jul. 14-17 | Enumclaw, WA

Whidbey Island Fair: Jul. 28-31 | Langley, WA

Silvana Community Fair: Small Town Fun for the Whole Family | Jul. 30 | Standwood, WA



2022 Farmers Markets



[Arlington Farmers Market](#)

Legion Park: 114 N. Olympic Ave
Saturdays 10am – 2pm
May 7 – September 25

[Edmonds Garden Market](#)

Historical Museum: 5th & Bell Street
Saturdays 9am – 2pm
May 7 – October 8

[Everett Farmers Market](#)

2930 Wetmore Ave
Sundays 11am – 3pm
May 8 – October 30

[Monroe Farmer's Market](#)

Galaxy Theater: 1 Galaxy Way
Wednesdays 2:30pm – 7pm
May 25--September 7

[Bothell Park Ridge Community Market](#)

Park Ridge Church: 3805 Maltby Road
Wednesdays 4pm-8pm
June –September 2022

[Edmonds Summer Market](#)

Downtown: 5th St from the fountain
Saturdays 9am-2pm
May 7–October 8

[Marysville Farmer's Market](#)

Grocery Outlet: 9620 State Ave
Sundays 12pm-6pm
April –September

[Snohomish Farmers Market](#)

Union Ave & Glenn St.
Thursdays 3pm-7pm
May 5–September 30

Family Fun Activities and Events

AMC Theaters: AMC Alderwood Mall 16 and Woodinville 12 theaters offer “sensory friendly” films monthly: amctheatres.com

Alyssa Burnett Adult Life Center: Online programs for adults with developmental disabilities: tinyurl.com/2p8wauwj



Art as A Way: Enriching lives of those with disabilities through participatory art, All ages (Whidbey Island): wayartstudio.com

Boy Scouts Mount Baker Council: Recreation and leadership opportunities for youth: mountbakerbsa.org

Boys and Girls Club of America: Providing youth with safe spaces, recreation and leadership opportunities: bgca.org

C.A.S.T for Kids Program: Provides a morning of fishing on a boat at no cost, Ages 5-17 with disabilities and their siblings as space allows: castforkids.org

Campfire Snohomish County: Youth leadership, camps and school break activities: campfiresnoco.org

Challenge Air at Paine Field: Self-esteem and confidence building through the experience of flight: challengeair.com
Scheduled event: Spokane Fly Day, Jun. 25.

Day Out With Thomas: Round trip ride in full-size Thomas the Tank Engine, plus food vendors and activities. Scheduled dates: Jul. 8-10, 15-17, 23-24 (Snoqualmie, WA): tinyurl.com/zw92cfy5

Edmonds Center for the Arts: Art experiences for all ages and all abilities. Reduced price ticket program for low-income students, families and older adults: edmondscenterforthearts.org

Footloose Sailing Association: Accessible sailing experiences for individuals with disabilities (Leschi Marina, Seattle): footloosedisabledsailing.org

Friendship Walk: 5K Walk/Run celebrating people of all abilities, Sept. 17 (Arlington): tinyurl.com/ycks659x

Girl Scouts of Western Washington: Leadership experience, fun and friendship while making the world a better place: girlscoutsww.org

Imagine Children’s Museum: “Sensory Sunday” on the 3rd Sunday of the month, 9-11AM: imaginecm.org

Kids Bowl Free: Youth receive 2 FREE GAMES of bowling every day all summer long at participating centers: kidsbowlfree.com

M Bar C Ranch: Ranch activities and outdoor refuge open to youth and families with challenged backgrounds (Freeland WA, Whidbey Island): forgottenchildrensfund.org/mbarc-ranch

Macaroni Kid: Website publication - Search for inclusive, kid-friendly community activities: macaronikid.com

Miracles and Memories Academy (Monroe) - A day and weekend respite program for adults with intellectual and developmental disabilities, offering client wrap-around services and social events: miraclesandmemoriesacademy.org

MoPOP – “Sensory Friendly” evening and morning admission, free with RSVP: tinyurl.com/3chn32r8

Museum of Special Art: Providing access to the visual arts, educational opportunities, career development, art internships and work opportunities for artists with disabilities: museumofspecialart.org

Northwest Trek Wildlife Park: Accessible connection with native Northwest wildlife (Eatonville): nwtrek.org

Pacific Science Center: Accessible exhibits and theater space with complimentary caregiver admission. Free early access on 2nd Saturdays for families impacted by Autism: pacificsciencecenter.org. (Discounted family memberships available for those on state assistance programs — Call 206.443.2924)

Pump It Up Lynnwood: “Sensory Jump” on 2nd Tuesdays, 6:30-7:45 pm: pumpitupparty.com

Sail Sand Point: Seattle community boating center, offering youth summer camps & adult classes: sailsandpoint.org

Seattle Aquarium: Accessible aquarium experience with discounted admission for individuals with disabilities and free admission for caregivers: seattleaquarium.org

Seattle Symphony: “Sensory Friendly First Concerts” feature one musician at each 30-minute concert. Pre-concert activities begin 30-minutes prior to performance, Ages 3-5: seattlesymphony.org

Shoreline Special Recreation Program: An adult day program, weekend trips and special events: tinyurl.com/2yzkr76u

Sno-Isle Libraries: All libraries are open for in-person services, groups and resources: sno-isle.org

Snohomish County Music Project: Providing music services and therapy: scmusicproject.org

Snohomish County YMCA: Recreational, health and fitness opportunities for all: ymca-snoco.org

The Museum of Flight: Offers accessible exhibits and “Connections Program” with FREE admission for students age 5-18 (plus 1 adult) (Seattle): tinyurl.com/2jx585f7

The Outback Kangaroo Farm: Wildlife park offering tours, Thurs-Sun 10 am, 12 pm, 2 pm & 4 pm (Arlington): wildlifeparkarlingtonwa.com

Voices of the Village: A performance ensemble inspiring audiences throughout Washington. Open to people of all ages and abilities, and audience participation encouraged: villagecommunitysvcs.org

Woodland Park Zoo: Discounted admission for people with disabilities and free admission for (1) caregiver. Free ADA accessible parking with a visible placard: zoo.org

Peer Social Groups

All Aboard: Provides recreational, social, and educational activities for adults with disabilities to encourage an active, positive, and inclusive lifestyle, Ages 18+ (Everett): allaboardwa.org

Aspiring Youth: Offering social groups, camps and coaching for youth with Autism, ADHD and Learning Disabilities, Ages 8-18 (Puget Sound area locations): aspiringyouth.net

Center for Independence: These centers set state-wide standards for best practices to strengthen the independent living movement in Washington State (Marysville): cfi-wa.org/marysvilleoffice

Eagle Wings Ministries: Social activities for adults with disabilities, bringing people and communities together: eaglewingsministries.org

FEAT of Washington, Families for Effective Autism Treatment: Early childhood intervention for all learners ages 3-8. Intensive (ABA) services with a focus on social and school-readiness skills – Half-day and full-day options: featwa.org

Miracles and Memories Academy: An inclusive, day and weekend respite program for adults with disabilities that supports the whole family and client with wrap-around services and social events. (Monroe): miraclesandmemoriesacademy.org

Puget Sound Counseling and Autism Services, LLC: Social groups, counseling and consulting by Glenna Clouse, M.Ed., LHMC, glennaclouse@gmail.com (Lynnwood): psautism.com

Lynnwood Speech & Associates: A pediatric speech-language therapy clinic offering Social Skills Groups, Individual Therapy and Evaluations (Lynnwood): lynnwoodspeechandassociates.com

Willow Place: A specialized recreation program with a holistic, wellness program of ability-appropriate activities, Mon-Thurs: quilcedacommunityservices.org

Therapeutic Riding and Horse Stables

Little Bit Therapeutic Riding: “Changing Lives... One Stride at a Time” (Redmond): littlebit.org

Courageous Connections: “Healing, Growing and Learning Through Experiences with Horses” (Marysville): courageous-connections.org

Shamrock Equine Therapy: Both traditional therapy and equine assisted sessions for mental health treatment (Monroe): shamrockequinetherapy.com

Warm Beach Horsemanship Programs: Learn horsemanship skills, grow in your personal life, find support and healing. (Stanwood) <https://www.warmbeach.com/camps/horsemanship/>



Parks, Hiking, Trails and National Parks

ADA Accessible Parks – snohomishcountywa.gov

- Miner’s Corner Park – Bothell: tinyurl.com/2p9386n2
- Lake Stickney Community Park – Lynnwood: tinyurl.com/y37e9m8b
- Lake Forest Park – Everett: tinyurl.com/3vfs9r5r

Washington Wheelchair Accessible Trails and Maps: tinyurl.com/2p8r3fuw

Accessible Nature Information: Information about the ease of access in a nature area or trail: accessiblenature.info

National Parks Access Pass: Register for a free, lifetime pass, available to U.S. citizens or permanent residents of the United States who have a permanent disability; pass provides access to over 2,000 recreation sites: usgs.gov/access-pass

Pass Program for Washington State Residents: Washington State Parks offer passes that reduce or waive camping, moorage and watercraft launch fees for limited income seniors, disabled veterans, foster parents and people with disabilities. Qualified individuals may apply for more than one type of pass; however, only one pass may be used at a time. Valid only at Washington state parks: parks.wa.gov

Accessible Outdoor Recreation Guide: The state of Washington is a leader in providing accessible outdoor recreation. The accessible sites in the link below are managed by the Washington State Parks and Recreation Commission, the Washington Department of Natural Resources, the Washington Department of Fish and Wildlife, and the United States Department of Agriculture (USDA) Forest Service, and the Olympic National Park: parks.wa.gov/ada-rec



Organized Sports and Recreation

Challenger Baseball: Local multi-age teams organized according to abilities. Games are played as tee-ball, coach pitch, player pitch or a combination of the three: tinyurl.com/2e7ewty3

Friendship Adventures: Offers social, recreational and educational activities for individuals with developmental disabilities in a safe, engaging environment: friendshipadventures.org

Monroe YMCA Miracle League: Adaptive baseball, bowling and basketball supported by Buddies. For event schedules, contact Adaptive Program Coordinator: 360-804-2165

Northshore Wranglers Inclusion Program: Virtual fun and friendships for people with disabilities of all ages, in partnership with the community: tinyurl.com/mpvs8u6e

Outdoors for All: Enriching the lives of individuals with disabilities and their families through outdoor recreation: outdoorsforall.org

TOPSoccer: Soccer program for youth with developmental disabilities, Ages 4 & up: tinyurl.com/ypyn3zwd

We Rock the Spectrum Kid's Gym: Sensory friendly gyms for all (Bellevue and Federal Way): werockthespectrumkidsgym.com

Wild and Scenic Institute: Offers variety of programming for children with disabilities, including rafting, hiking, skiing and more (King/Snohomish County): wildandscenic.org



Local Parks and Recreation

Snohomish County Recreation and Leisure Resources:
snohomishcountywa.gov

Snohomish County Parks and Recreation

Communities throughout Snohomish County offer ongoing activities for individuals, youth and their families, many of which are FREE or low-cost: More information: 425-388-3411 snohomishcountywa.gov

City Parks & Recreation Departments

Arlington	(360) 403-3448	arlingtonwa.gov
Edmonds	(425) 771-0230	edmondswa.gov
Everett	(425) 257-8300	everett.wa.gov
Lake Stevens	(425) 334-1012	lakestevenswa.gov
Lynnwood	(425) 670-5000	ci.lynnwood.wa.us
Marysville	(360) 363-8400	marysvillewa.gov
Mill Creek	(425) 745-1891	cityofmillcreek.com
Mountlake Terrace	(425) 776-9173	cityofmlt.com
Monroe	(360) 794-7400	monroewa.gov
Stanwood	(360) 629-2181	ci.stanwood.wa.us

