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.

Contents:

Fun for ALL Abilities
Family Fun Activities and Events:
  Lego Club
  Sibshops, Support for Siblings
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Social Groups
State and National Parks
County and Local Parks & Recreation

2021 Summer Activities Guide

Recreational opportunities help individuals develop confidence, independence, new skills, and friendships.
Arc Resources and Monthly Support Groups

Mothers Network - 1st Saturday of the month for moms who have children with developmental disabilities.

Fathers Network - 4th Thursday of the month for dads who have children with developmental disabilities.

Connecting Families - 2nd Monday of the month for parents/providers of people with developmental disabilities.

SASSIE (Snohomish Autism Spectrum Support Information & Education) - 4th Monday of the month for parents/providers of people with autism/related disorders.

I C.A.N. (Independence Community & Advocacy Now, Woman’s Self-Advocacy) - 2nd Tuesday of the month 10:30 AM-12 for women who are self-advocates ages 16 & up.

Art and LEGO Club - 2nd Sunday of the month, inclusive virtual fun for all ages and abilities.

Padres Unidos (support group in Spanish) – 3rd Friday of the month for parents who have children with developmental disabilities.

People First - 4th Tuesday of the month, for people with intellectual and developmental disabilities, focused on educating ourselves and others, advocating for our rights, and having fun!

Sibshops

Sibshops at Arc of Snohomish County (Everett)
Special events for siblings of children with disabilities. Welcoming place to share joys, concerns and solutions, and develop a better understanding of their sibling’s disability. Crafts, games, and special events. Hosted by The Arc. 425-258-2459 www.arcsno.org

Sibshops at Kindering (Bothell) Action packed workshops for typically developing siblings of children with special needs, ages 6-11. Held one Friday each month, 4:30-7:30pm at Kindering Bothell. Registration required. Rosanne Carter 425-984-2623 sibshops@kindering.org

Sibshops at Seattle Children’s Hospital (Seattle) Monthly get-together featuring activities, games and celebrations for siblings of children with special or developmental needs. Registration required: 206-987-4133 http://www.seattlechildrens.org/classes-community/classes-events/sibshops/
2021 Camps and Day Camps

Camp Fire USA Central Puget Sound Camp:
Camps are taking registrations, will operate with limited capacity and follow restrictions
https://campfireseattle.org/camp-fire-day-camps/daycamp-covid-19/

Camp Killoqua: 2021 Resident Camp Schedule & Rates | Camp Fire (campkilloqua.org),
Day Camp Weekly Themes | Camp Fire (campkilloqua.org)

Camp Beausite: No 2021 camps: https://campbeusitenw.org

Kiwanis Camp Casey: Planning on a camp session July 25, July 31, depending on restrictions and safety. http://www.campcasey.org/

Camp Discovery: 2021 Camp August 15-18 At Black Diamond Camps, Auburn, Ages 7-17, need to be independent in self-care.
https://epilepsywashington.org/camp-discovery/

Camp Patterson: 2021 camp is cancelled (confirmed March 30) https://everettwa.gov/720/Camp-Patterson

Camp Prov: 5 Camp Sessions July 12 –August 13, Ages 4-9, siblings 4-7 and siblings. Register: www.Camp.Prov@providence.org 425-258-7158 Financial Aid Requests due June 1.

Aspiring Youth: Social groups, registration is open for 2021 summer camps, coaching help for navigating social challenges, adult services support. Families can use DDA Respite funds. https://aspiringyouth.net/

Easterseals Camp Stand by Me: 2021 camp registration is open: https://www.easterseals.com/washington/our-programs/camping-recreation/camp-programs-schedules.html


Lions Camp Horizon: 2021 Registration is closed: https://lionscamphorizon.org/

Outdoors for All: Summer Camp registration: https://outdoorsforall.org/

Warm Beach: 2021 Camps are closed, to open in 2022. https://www.warmbeach.com/camps/special-needs-programs/special-needs-camps/
Local Recreation Opportunities

**EVERETT:** Parks, Recreation and Open Space Plan is rethinking community wellbeing. They are seeking community input on Everett’s parks to better meet the needs of the community. Information and survey: [https://www.everettwa.gov/2695/Parks-Recreation-and-Open-Space-Plan](https://www.everettwa.gov/2695/Parks-Recreation-and-Open-Space-Plan)  
Forest Park Playground: An inclusive play space for kids of all abilities

**EDMONDS:** The “Play it Safe Plan” is updated regularly. Rules and what/where spaces are open can be found here: [https://www.everettwa.gov/2454/Kids-to-Parks-Day](https://www.everettwa.gov/2454/Kids-to-Parks-Day)  

**LAKE STEVENS:** North Lakeshore Swimming Beach is open with facilities-no lifeguard. Lundeen Park has an all-accessible playground for kids. [https://www.lakestevenswa.gov/507/5809/North-Lakeshore-Swim-Beach](https://www.lakestevenswa.gov/507/5809/North-Lakeshore-Swim-Beach)

**LYNNWOOD:** Check in Calls: Lynnwood Connects offers a weekly phone call for residents to chat and check in on them. [https://www.lynnwoodwa.gov/Community/Play-Lynnwood/Lynnwood-Connects-Check-In-Calls](https://www.lynnwoodwa.gov/Community/Play-Lynnwood/Lynnwood-Connects-Check-In-Calls)  
Weekly in-person and virtual events at the Lynnwood Recreation Center: [https://www.lynnwoodwa.gov/Community/Play-Lynnwood](https://www.lynnwoodwa.gov/Community/Play-Lynnwood)

**MARYSVILLE:** Community Events: [https://www.marysvillewa.gov/673/Community-Events](https://www.marysvillewa.gov/673/Community-Events)  
Current Classes for all in the family: [https://www.marysvillewa.gov/147/Parks-Culture-Recreation](https://www.marysvillewa.gov/147/Parks-Culture-Recreation)

**MILLCREEK:** Resource Center: [https://www.cityofmillcreek.com/covid_19_resource_ocenter](https://www.cityofmillcreek.com/covid_19_resource_ocenter)  
City Events: Being determined by safety considerations: [https://millcreektourism.com/events/city_events](https://millcreektourism.com/events/city_events)

**MONROE:** View what to do in the Monroe Magazine [https://75960731.flowpaper.com/ChooseMonroeSprSum2021/#page=1](https://75960731.flowpaper.com/ChooseMonroeSprSum2021/#page=1)  
YMCA Summer Camps are available: Download the SnoCo YMCA Summer Camp Brochure: [https://issuu.com/ymcasnoco/docs/final_3.12_brochure.v2](https://issuu.com/ymcasnoco/docs/final_3.12_brochure.v2)

**SNOHOMISH:** Snohomish Aquatic Center is open: [https://www.sno.wednet.edu/Domain/24](https://www.sno.wednet.edu/Domain/24)  
Outdoor Movies will start the end of July: [https://www.snohomishwa.gov/460/Outdoor-Movies](https://www.snohomishwa.gov/460/Outdoor-Movies)

**STANWOOD:** Farmers Markets are open in Stanwood and Camano Island  
[https://discoverstanwoodcamano.com/discover/?type=event&sort=latest](https://discoverstanwoodcamano.com/discover/?type=event&sort=latest)  
Local Fairs

**Evergreen State Fair:** “Back in the Saddle Again-Open for Fun 2021”, August 26-31 and Sept. 2-6

**Skagit County Fair:** Come Sit, Stay & Play for a Howlin’ Good Time, August 11-14

**King County Fair:** The Oldest Fair West of the Mississippi, July 15-18, 2021.

**Whidbey Island Fair:** July 15-18, 2021

Farmers Markets

**Arlington Farmers Market**
Legion Park: 114 N. Olympic Ave
Saturdays 10am – 2pm
May 8 – September 25

**Edmonds Garden Market**
Historical Museum: 5th & Bell Street
Saturdays 9am – 2pm
May 1 – June 12

**Everett Farmers Market**
2930 Wetmore Ave
Sundays 11am – 3pm
May 9 – October 31

**Monroe Farmer's Market**
Galaxy Theater: 1 Galaxy Way
Wednesdays 2:30pm – 7pm
May 26-September 1

**Bothell Park Ridge Community Market**
Park Ridge Church: 3805 Maltby Road, Bothell
Wednesdays 4pm–8pm
June 2—September 29

**Edmonds Summer Market**
Downtown: 5th St from the fountain
Saturdays 9am–2pm
June 19—October 9

**Marysville Farmer's Market**
Grocery Outlet: 9620 State Ave
Sundays 12pm–6pm
April 18—September 26

**Snohomish Farmers Market**
Cedar Ave & Pearl St.
Thursdays 3pm-7pm
May 6—September 30
Family Fun Activities and Events

Boys and Girls Club of America - www.bgca.org

Boy Scouts Mount Baker Council - www.mtbakerbsa.org

Snohomish County YMCA - https://ymca-snoco.org/

Campfire Snohomish County – Clubs, camps and school break activities. 425-258-5437  http://www.campfireusasnohomish.org/

Girl Scouts of Western Washington – 800-767-6845  www.girlscoutsww.org

Alyssa Burnett Adult Life Center (Bothell) – Online programs for adults with developmental disabilities. (425) 488-6137  https://www.seattlechildrens.org/clinics/autism-center/alyssa-burnett-adult-life-center/

Macaroni Kid (Snohomish County) Search for inclusive, kid friendly community events.  https://marysville.macaronikid.com/

Day Out With Thomas (Snoqualmie) – Advance ticket purchase is recommended. Includes a round trip with a full size Thomas the Tank Engine, activities and food vendors for a day of fun. 425-888-3030 ext. 7202  www.trainmuseum.org

Kidsbowlfree.com (Everett) - Registered kids receive 2 FREE GAMES of bowling every day All Summer Long!  http://www.kidsbowlfree.com

Imagine Children’s Museum (Everett) – Open June 2, 2021. See Website for information. Registration required. Sensory Sundays start June 20, 2021 425-258-1006  www.imaginecm.org


M Bar C Ranch Open July 30, open with no restrictions July 6, Tuesdays, Wednesdays and Saturdays  Sign up on the website:  http://forgottenchildrensfund.org/mbarc-ranch

Museum of Special Art (MOSA) (Bothell) – The Museum of Special Art (MOSA) is a nonprofit corporation developed to meet the needs of children and adults with disabilities by providing access to the visual arts, educational opportunities, career development, art internships and work opportunities for artists with disabilities.  www.museumofspecialart.org

The Museum of Flight (S. Seattle) – Offers accessible exhibits and the “Connections Program” which offers FREE admission for students age 5-18, plus one adult to accompany them.  http://www.museumofflight.org
Northwest Trek Wildlife Park (Eatonville) – The entire park is ADA accessible and wheelchairs can be secured to Trams for park tours. 360-832-6117 http://www.nwtrek.org/

The Outback Kangaroo Farm (Arlington) – Visit kangaroos Thurs-Sunday 10 am, 12 pm, 2 pm, 4 pm 360-403-7474 www.wildlifeparkarlingtonwa.com

Pacific Science Center (Seattle) – Caregiver complimentary general admission. General exhibits and theaters are wheelchair accessible. Free early access to exhibits on the second Saturday of each month for all families affected by autism spectrum disorder. http://www.pacificsciencecenter.org/Visit/accessibility

Pacific Science Center Access Family Membership offers discounted family membership to families that receive any type of state assistance (food stamps, Medicaid, etc.) Cost is $19 a year for two adults and up to six children. 206-443-2924

Sail Sand Point Youth Programs and Camps:


Seattle Symphony, Sensory Friendly First Concerts (Seattle) – Performances feature one Seattle Symphony musician at each 30-minute concert. Pre-concert activities begin 30-minutes prior to each performance. Free with ticket purchase. https://seattlesymphony.org/families-learning/families/first-concert


Snohomish County Music Project (Everett) – Music lessons for youth and adults taught by board certified music therapists who can accommodate to different learning styles and adapt to behavioral, social or cognitive challenges. 425-258-1605 http://scmusicproject.org/

Woodland Park Zoo (Seattle) – Discounted admission for people with disabilities and free admission for (1) caregiver. Free ADA accessible parking with a visible parking pass. www.zoo.org
**Therapeutic Riding and Horse Stables**


**Courageous Connections**  [https://www.courageous-connections.org](https://www.courageous-connections.org) Classes are safe places to experience personal growth and self-discovery.

**Shamrock Equine Therapy**  [https://shamrockequinetherapy.com](https://shamrockequinetherapy.com) A licensed mental health counselor treatment for bipolar disorder, anxiety disorders, panic disorder, psychosis, depression and PTSD, working with both traditional therapy sessions and equine assisted therapy sessions.

**Hiking, Trails, National Parks**

**Washington Wheelchair Accessible Trails and Maps:**  [https://www.traillink.com/stateactivity/wa-wheelchair-accessible-trails/](https://www.traillink.com/stateactivity/wa-wheelchair-accessible-trails/)

**Accessible Nature Information:** This site allows access to information about the ease of access for the area or trail.  [https://www.accessiblenature.info/?page_id=165](https://www.accessiblenature.info/?page_id=165)

**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  [http://store.usgs.gov/access-pass](http://store.usgs.gov/access-pass)

**Pass Program for Washington State Residents:** Washington State Parks offers 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.  [www.parks.wa.gov/205/Passes](http://www.parks.wa.gov/205/Passes)

**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.  [www.parks.wa.gov/ada-rec/](http://www.parks.wa.gov/ada-rec/)
Organized Sports and Recreation

All Aboard (Everett) – Opening June 21, 2021. Provides recreational, social, and educational activities for adults with special needs to help them develop an active, positive, and inclusive lifestyle. Age 18 and older. **425-327-5533** [www.allaboardwa.org](http://www.allaboardwa.org)

Aspiring Youth: providing social skills groups, summer camps, coaching and other programs for children, teens, young adults [https://aspiringyouth.net/](https://aspiringyouth.net/)

Challenger Baseball – Local multi-age teams set up according to abilities. Games are played as tee ball, coach pitch, player pitch or a combination of the three. [www.littleleague.org/learn/about/divisions/challenger.htm](http://www.littleleague.org/learn/about/divisions/challenger.htm)

Miracle League (Monroe YMCA) - Baseball, Bowling and Basketball adapted for all individuals needing help in order to participate. Buddies are provided for participants so parents can watch, cheer and talk with other parents. For event schedule Contact Adaptive Program Coordinator **360 804 2165**

Northshore Wranglers Inclusion Program At this time promoting virtual fun and friendships for special needs individuals of all ages and abilities, in partnership with the community. **425-488-4821 ext. 121** [https://www.northshoreseniorcenter.org/programs-services/#1603576463963-53f5c72e-e54a](https://www.northshoreseniorcenter.org/programs-services/#1603576463963-53f5c72e-e54a)

Outdoors for All: Enriching the lives of individuals with disabilities and their families through outdoor recreation. [https://outdoorsforall.org/](https://outdoorsforall.org/)

Quilceda Community Services, Willow Place (Marysville) – Offering specialized, ability appropriate recreation programs for adults with intellectual and developmental disabilities. **(360) 653-2324** [www.quilcedacommunityservices.org](http://www.quilcedacommunityservices.org)

TOPSoccer: Outreach Program for 4 year olds and older who have developmental disabilities: [https://washingtonyouthsoccer.org/community/topsoccer/#:~:text=The%20Outreach%20Program%20for%20Soccer,to%20assist%20with%20the%20game](https://washingtonyouthsoccer.org/community/topsoccer/#:~:text=The%20Outreach%20Program%20for%20Soccer,to%20assist%20with%20the%20game)

Local Parks and Recreation

Snohomish County Recreation and Leisure Resources
http://snohomishcountywa.gov/DocumentCenter/View/5827

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. 425-388-3411
www.snohomishcountywa.gov/200/Parks-Recreation

City Parks & Recreation Departments

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