



# Summer Resources for Families 2023

The warm weather and longer days are great opportunities to spend time with friends and family. Washington state offers many great programs and activities for all communities and individuals.



## Low Cost and Free Summer Activities

### Community Centers and YMCA

Craft classes, yoga, cooking, music, swimming, arts, and special events are often low-cost and easy to join.

### Libraries

Libraries host free events and story times and are great resources for finding out what else is going on in the community.

### Museums for All

Those receiving food assistance (SNAP benefits) can get free or reduced admission to more than 900 museums throughout the United States by presenting their SNAP EBT card. To learn more and find participating museums near you visit [museums4all.org](https://museums4all.org).

### Orca Cards

The Orca Card pass offers a convenient, more affordable way to ride public transit in the Puget Sound area. To learn more about the Orca pass visit <https://kingcounty.gov/depts/transportation/metro/fares-orca/orca-cards/lift.aspx>.

### State Parks Discover Pass

Washington State Parks and Recreation Commission offers the Disability Pass to all Washington State residents who meet the Social Security Administration's definition of disability. To learn more visit <https://www.parks.wa.gov/1207/Disability-Pass>.

## Outdoor Recreational Resources

### Local Parks and Recreation

City and county recreation programs have specialized opportunities as well as programs for children and adults of all abilities. Check your local parks and recreation department for events and programs.

### Outdoors for All

Outdoors for All offers programs that include adaptive cycling, mountain biking, kayaking, hiking, and more. They are located in the greater Seattle area. To learn more visit [outdoorsforall.org](https://outdoorsforall.org).

### Disabled Hikers

Disabled Hikers founded in 2018 aims to advocate for inclusion and accessibility in the outdoors. The site offers trail guides, resources, and stories from other individuals accessing the outdoors. To learn more visit [disabledhikers.com](https://disabledhikers.com).

### Washington Trails Association

The WTA has created a page specifically for Barrier-Free Trails to help individuals find wheelchair-friendly hikes. To learn more visit <https://www.wta.org/go-outside/seasonal-hikes/summer-destinations/ada-accessible-hikes>.

### The Arc of WA Summer Camp Resource Page

Visit The Arc of WA Summer Camp resource page to see a variety of accessible camps throughout Washington. To learn more visit [arcwa.org/parent-to-parent/info-resources/camp-resources](https://arcwa.org/parent-to-parent/info-resources/camp-resources).

## Safety Resources

Summer activities are typically spent outdoors or in the water! Safety is an important topic for individuals and caregivers. The Washington State Developmental Disability Administration has put together informational bulletins for caregivers for summer safety.

- [Dehydration Caregiver Bulletin](#)
- [Heat Safety Caregiver Bulletin](#)
- [Water Safety Caregiver Bulletin](#)