

King County Community Organizations for Kids and Families (Created by UW DPT Class of 2026; last updated June 2025)

Name of Organization	Website	City	Brief description of organization and programs offered	Age(s) of children served	Health conditions of children served (if applicable)	Cost/Cost ranges	Days/Times/Seasons when programs are offered	Language Availability (if available)	Additional important information or special notes
Special Olympics Washington	https://specialolympicswashington.org/about/	All of WA state	Special Olympics is a global sports organization that offers year-round training and competition in a variety of sports for children and adults with intellectual and developmental disabilities. Their mission is to promote inclusion and community regardless of ability or disability. There are opportunities available for athletes, Unified partners (individuals without intellectual or developmental disability who compete alongside athletes), volunteers, and coaches. They also offer additional programs/resources regarding inclusive health and leadership-building opportunities.	Children are able to compete as young as age 8, and there is no upper age limit; there is also Special Olympics Young Athletes available for ages 2-7.	Persons with intellectual and developmental disability of all ability levels.	Free for participants-funded through donations and fundraising.	Programs are offered every season, with slight variations in sports offered depending on geographical region. In Seattle specifically, bowling, gymnastics, and flag football are offered in the fall; basketball, alpine skiing, cross country skiing, snowboarding, and snow shoeing are offered in the winter; and soccer, bocce, golf, and softball are offered in the spring.	Not specified- local county coordinator can provide more specific information on language support.	Special Olympics Washington is always looking for new volunteers. They also have a specific need for volunteers in dentistry, optometry, and physical therapy for free screenings for the athletes.
City of Auburn - Specialized Recreation Program	https://www.auburnwa.gov/city_hall/parks_arts_recreation/recreation/specialized_recreation	Auburn Community and Event Center	Unified sports - matches those with disabilities into team sports in an environment where participants are educated on inclusion and skills are matched between players and teams to bring people together to play. Includes extras skill and concept straining to get ready for team play. Classes and trips - social and recreational activities generally with transport available open to all community members. Class example - All Kids Bike - 6-12 years for balance, pedaling and practice open to all abilities if child can walk.	Youth, teens, and adults for all abilities ages 8 and up	individuals with developmental, intellectual, and physical disabilities	\$25-30 per season of sport: basketball recreational league full for this season \$5 for single events: Fitness FLAIR, Friday Feature Films, Pickleball Financial aid available - must provide proof of Auburn residency and 3 months income verification.	910 9th Street SE, Auburn, WA 98002 Variable, Basketball on Thursdays	Google Translate options for website easily available for interpretation of information, no information about language availability in activities	Very cost friendly for people of all ages and varying ranges of disability, and very accessibility-friendly.
PRO Club	https://www.proclub.com/club/youth	Bellevue	PRO Club is a health and wellness facility that offers a diverse range of fitness, sports, and family programs designed for all age groups, catering to individual goals and needs. The club also provides kids' programs, summer camps, daycare, and physical therapy, all in an environment that is designed to support healthy and active living. It offers a wide variety of kids and youth programs designed to promote social, teamwork and engagement. Children can enjoy sports like basketball, soccer and swimming, and a variety of fitness and recreational activities tailored to all ages. The club also provides licensed child care, preschool, after-school care, and a supervised Kids Zone for young children.	Overall range 3-18yo, depending on services required. Childcare: 6w-2yo; Kids Zone: 6mo-8yo; Summer camp: 3-18yo Sports: Basketball: 4-15yo; Soccer: 3-12yo; Badminton: >9yo; Racquetball: >7yo; Table tennis: >14yo; Squash: 5-18yo	comprehensive fitness programs for kids of all ages and abilities, individualized program might be requested. PT is available through their medical spa (throughout person's lifespan).	Monthly, single site (Bellevue) access Adult (30-64): \$140.00 Senior (65+): \$125.00 Young Adult (21-29): \$125.00 Junior (13-20): \$60.00 Child (0-12): \$30.00 *Note: initiation fee \$300 No available financial assistant program available	4455 148th Avenue N.E. Bellevue, WA 98007 All sports programs are available year-round (note sports programs during summer will be part of summer camp program) Days and Times offered depends on the activity, all programs typically offered during the weekdays after school. E.g. 3-6yo program at 4-5pm; 7-12yo program at 5-6pm	Multilingual services might be provided based on staff availability upon request	Shuttles are available from select local schools to transport children for afterschool care. (Pricing for afterschool care: With Shuttle Pick-Up: \$880/month (Members), \$890/month (Non-Members) Without Shuttle Pick-Up: \$630/month (Members), \$830/month (Non-Members)). Plus, the Kids Zone is a complimentary service for members, offering a safe and engaging space for younger children to play and socialize.
Athletes for Kids	https://athletesforkids.org/	Bellevue, Issaquah, Kirkland, Mercer Island, Newcastle, North Bend, Redmond, Renton, Sammamish, Snoqualmie, Woodinville	Athlete for Kids is a mentorship program where high school athletes mentor kids with disabilities and special needs. It is not about sports but about building relationships between kids with disabilities and high school athletes. After carefully matching the child with a qualified and trained high school student, who commits to mentoring a child for 1-3 years, the pair meets 2-4x/month for fun and meaningful activities/ meet-ups (does not have to be sports-related) outside the home. Mentorship Coordinator is available to discuss any issues. Mentors are required to attend a monthly meeting at/near their school with a AFK staff and other mentors. Mentees/buddies and their guardians are also contacted regularly to get their input on how the match is going.	Mentees/buddy: Children from 1st – 11th grade who have a referral from a school professional, healthcare provider, or other specialist, and/or has a recognized disability or IEP, and attend a school that feeds to one of the feeder high school for our Mentors (home school also ok); Mentors: High school athletes attending one of the 11 AFK Chapter High Schools.	children with wide range of disabilities, including ASD; ADHD; developmental, learning, and physical disabilities; anxiety; depression; and more	mentorship fee: 240/year, payable monthly, quarterly, annually beginning once child matched Full and partial scholarship are available for those who apply.	Year round. Mentor and mentee meet on a weekly basis for 6-8 hours (2-4 times) a month. Mentor must commit to becoming a mentor for 1-3 years.	unspecified	Mentors go through intensive training and must be in their freshman-junior year attending one of the affiliated Athlete for Kids high schools. The mentors also attend monthly mentor training at their high school. Depending on the time of year, the next new mentor orientation/training and buddy availability it may take 1-6 months to start the mentorship program. Mentee/buddy and mentor must reside within a reasonable driving distance of one of our chapter high schools or to each other.
Outdoors for All	https://outdoorsforall.org/	Bellevue, Seattle, Issaquah, Snoqualmie	Outdoors For All provides recreational sports programs for children and adults with disabilities, for all skill levels, ranging from beginners to the sport to athletes that want to compete. Programs are offered year-round, with a variety of sports offered such as skiing, snowboarding, cycling, kayaking, hiking, and yoga, among others, all with accommodations to allow people with varying ability levels to participate. They also offer youth and adult day camps for people with and without disabilities, as well as military programs for veteran, transitioning, or active duty members.	generally 7+	all abilities, sports are adapted based on condition; for example, different ways to ski are offered such as 2, 3, or 4 track skiing, sit/bi/mono skiing; options are provided for children with balance difficulties, amputations, hearing and visual impairments, and developmental disabilities, paraplegia, quadraplegia, head injuries	Cost varies based on the program, ranges from free for onsite cycle rentals at Magnuson park up to \$610/ week for the mountain biking series; financial aid is available to participants, Outdoors For All aims to remove economic barriers that prevent participation	Recreation Programs are offered year-round, but the sport changes based on season; all year offerings are cycling, yoga; winter sports are downhill skiing, nordic skiing, snowboarding, showshoeing; spring and summer offer day camps, kayaking, paddleboarding, hiking, rock climbing, and weekend excursions/camping	Not specified	Partnered w/ SDOT to provide free accessible cycling rental

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Bellevue LifeSpring	https://www.bellevuelifespring.org/	Bellevue, WA	Bellevue lifespring is a nonprofit organization directly partnered with the Bellevue School District that is dedicated to fostering stability and self-sufficiency for Bellevue's children and their families. Their programs offer comprehensive programs to address childrens basic needs, educational support, and guidance on referrals as indicated. Some of the programs they offer are, food assistance, clothing support, education support such as scholarships and assistance to improve grades, financial aid for emergency services, and family hubs to provide in person assistance to families.	Age 18 and younger	Bellevue lifespring does not specifically help to serve children with specific health conditions however they provide referrals to specialized services if needed through other local organizations such as kindering. The services are inclusive and address social determinants of health.	All programs are offered at no cost to families in need within the Bellevue school district	The programs operate on times throughout the school year and vary based on program. The family hub hours are typically 10am-4pm and days vary based on the school that is offering. The food assistance program, "Breaktime Mealtime" operates during all major school breaks. The clothing support program, "Clothes-4-Kids" operates annually before the school year as a back to school program. The "Grads-On-Trak" program services are offered during summer break.	This organization offers bilingual language options for english and spanish in newsletters, spanish, community outreach, and staffmembers.	All Bellevue school district students are eligible but individual sign up for programs needs to be done for each program offered.
Bridge of Promise	https://bridgeofpromise.org/	Bellevue, WA . Kent, WA. Seattle WA.	Bridge of Promise is a nonprofit which works with people with intellectual and developmental disability in the greater Seattle area. They aim to create community and provide activities for adults with IDD to bridge the gap in services and resources for people with IDD after they leave the school system. The host day programs and hold inclusive events such as the summer fun fair, a baseball game and a friendship dance.	Age 21 and older	Intellectual and developmental disability	Free	Day programs Monday through Friday and several bigger events throughout the year.	English	People that want to donate to the program can attend their yearly dinner and auction in addition to thier annual golf tournament
Alyssa Burnett Adult Life Center	https://www.seattlechildrens.org/clinics/alyssa-burnett-adult-life-center/	Bothell, WA	The Alyssa Burnett Adult Life Center is a lifelong resource for those with developmental disability to connect them to resources in their community once they age out of school services. Through a person centered approach, the center helps build skills, identify strengths, and promotes resilience and independence. There are classes, outings, and support groups provided for art, music, health, fitness, and life skills. The center helps people identify their goals and strengths, and then gets them connected to resources based on their interests.	18+	ASD and other Developmental Disabilities	Classes: Tuition for each 12-week quarter at Seattle Children's Alyssa Burnett Adult Life Center ranges from \$360 to \$540. Costs depend on class topic, length and number of classes. Outing examples: museums or coffee shops, swim at a pool, pick berries or pumpkins, ride ferries, bike or hike. Costs vary based on	Classes start each quater and go throughout the whole year. Quarterly schedule for 2025 (as example): Winter 2025 = January 6-March 21; Spring 2025 = March 31-June 20; Summer 2025 = June 30-September 19; Fall 2025 = September 29-December 2025	Interpreters offered through Seattle Children's hospital	On-site behavior specialists are present they offer classes all year long in art, music, recreation, health, fitness and life skills. 1 to 4 staff member to participant ratio and aides/caregivers are welcome to join.
KidoKinetic Multi-Sports Weekly Session	https://www.kidokinetics.com/Event/Search?lat=47.759038&lng=-122.2021071	Bothell, WA	This program introduces new sports to their kiddos each week including volleyball, basketball, pickleball and such. The program emphasizes development of skills like gross motor skills, hand-eye coordination, and improving balance, agility, and teamwork and the children have an opportunity to receive their own set of equipment. The program also focuses on different areas of fitness like cardiovascular and muscle endurance, strength, flexibility, agility, balance, and coordination.	2-6 yrs old, but there are programs for children in age groups of 1-2 yrs, 3-5 yrs, and 5-10 yrs	N/A, however there is emphasis to develop hand-eye coordination, balance, agility and improve CV+Pulmonary endurance, and muscular strength and endurance.	\$100/kid/every 4 weeks Annual \$40-45 fee	Year-round, classes are held on Wednesdays	Not specified/likely English	There are different program times including Camp, Enrichment, Physical Education, and Special Events. This particular program is Enrichment. Also different programs such as SportsPlay, Hoops, Scoops, and Shots, Run the Bases, Nothing but Nets, NinjaPlay, Flag Fun and more for specific sports!
Barnacles & Bees	https://www.barnaclesandbees.com/	Bremerton & Belfair	Barnacles and Bees is an outdoor/nature immersion education organization focused on facilitating children's social/emotional and physical development, and their learning habits by connecting children (and their families) to nature. The programs offered are based on "free play and child-led curriculums" to give children autonomy in their learning activities. They offer a variety of programs for a wide age range. The different programs offered for young children (anywhere from 0-5 years old) focus on free play, short hikes, exploration, and singing/story times. This is all to help with physical/gross motor development, social development, outdoor skills, and spatial awareness (of people and the environment). Programs for grade school children include additional nature exploration/observations, free play, developing critical thinking and problem solving skills, and reflections (such as journaling).	0-10 years old (Dependent on the program); Family Nature Play Class: geared for 0-5 year olds (but all parents/caregivers welcome); Taking Root: 1-5 years old; Nature Immersion: 3-5 years old; Summer Camp: 3-6 years old; Grade School: 5-10 years old	All children, but specific health conditions not specified. **Since this program is entirely outdoors, caregivers/parents with children who require adaptive equipment (wheelchairs, walkers, adaptive strollers, standers, etc.) should reach out to Barnacles and Bees at hello@barnaclesandbees.com or 206-866-5147 to determine if the activities and terrain would be appropriate for their child.**	Family nature play class: free for all; Taking root: \$120 for 6 weeks, \$140 for 7 weeks, \$160 for 8 weeks; Nature Immersion: 2 days/week = \$290, 3 days/week = \$435, 5 days/week \$725; After school program: \$150 monthly; Summer camp: \$75 per child/weekly; Grade School: \$290/month (if 2 days/week), \$435 (if 3 days/week). **discounts and financial scholarships available**	Family nature play class: 3rd Tuesday of each month during the school year (sept.-june) from 10am-12pm, not specified if this goes into the summer; Taking Root: once a week (day varies) for 6-8 weeks; Nature Immersion: 9:30am-12:30pm from Sept.-June, days will depend on how many days/week child is signed up for. After school program: Sept-June (Weds 1:45-5pm); Summer Camp: 3 Sessions in July (Tues & Thurs 9am-1pm); Grade school: Sept-June (9:30am-12:30pm), days dependent on how many days/week child is signed up for.	Not specified, can reach out to hello@barnaclesandbees.com for more questions	Registration is required; programs will have different themes (i.e. shells, blossoms and pollinators, salmon, etc.) each month.

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Children's Therapy Center	https://clickids.org/services/kpl/	Burien (also have locations in Maple Valley and Kent)	Children's Therapy Center is dedicated to maximizing the potential of children with disabilities. This organization was founded in 1979 and emphasizes using a holistic lens and building on each family's cultural experiences. Many programs are offered here including early child developmental services, family resource navigation, and Kaleidoscope Play and Learn. The family resource navigation offers culturally responsive and linguistically appropriate support for navigating healthcare and educational systems. The Kaleidoscope Play and Learn offers the opportunity to meet with other families and learn about fostering healthy child development and school readiness.	Early Child Developmental Services: Birth to 3 years, Family Resource Navigation: Birth to 18 years, Kaleidoscope Play and Learn: Birth to 5 years	Children with and without disability	Kaleidoscope Play & Learn: Free	Every Wednesday 1:30-3:00PM	Not specified	
Northwest's Child	https://northwestschild.org/	Edmonds, WA	Established in 1989, Northwest's Child is a nonprofit agency dedicated to empowering individuals with moderate to severe disability. They promote community integration, development of social and adaptive skills, and continued education through year round day programming. Through their "Out and About" program, they offer dedicated time for field trips, arts and crafts, and other activities out in the community. Programs are developed for each child based on their IEP. In addition, they offer programming for adults over 21 through Aaron's Place, which focuses more on vocational skills and independent living.	ages 5-21 for Northwest's Child, ages 21+ for Aaron's Place	Moderate to severe developmental and physical disabilities	cost is \$25/hour but they state they are committed to providing care to all regardless of ability to pay. In line with this, they offer sliding scale and scholarships	Day programs are offered year round. Programs for school-aged children operate between 11am and 6pm M-F on regular school days, and between 9am and 6pm M-F during breaks/holidays. Evening, weekend, and in-home care is available by request. Aaron's place is open 9:30am to 5pm M-F year round at 5 different locations in Bothell, Kirkland, Seattle	not specified	Personal care services such as toileting are provided. However, their website states that families must supply lunches for their kids due the wide variety of specialized dietary needs.
Providence Children's Center	https://blog.providence.org/pediatrics/children-s-center-offers-free-group-classes-in-snohomish-county	Everett, WA	The Providence Children's Center offers a range of group classes for children led by speech, occupational, and physical therapists. The toddler group sessions include reading, playtime, music, circle time, and art. The baby group sessions include infant massage, developmentally appropriate literature, music, motor skills, and playtime activities. The AAC group sessions include social interaction, community building, and education on navigating AAC strategies and topics.	Baby, toddler (age 1-3 years); Alternative and augmentative communication (ages 3-12 years)	all pediatric-aged children and all skill levels	Free!	Toddler: every thursday 10-11am - Baby: begins September 18 - AAC: first tuesday every month 4-4:45pm	Not specified on site	The child will be accompanied by their caregiver for all group classes. You can sign your child up for as many classes as you want, but have to register in advance. The emails for registering are listed on the website.
Inclusive Recreation at FWCC	https://italhappenshere.org/programs/inclusive-recreation/	Federal Way	The Federal Way Community Center has a number of recreation programs on offer to facilitate a welcoming and accessible community wherer members of all abilities can engage, form connections, and thrive. There are a number of activity options available for diverse interests. Special Olympics sports leagues for bowling, basketball, flag football, swim, soccer, and golf are available. Fitness classes including Fitness FUNDamentals, Sit N' Fit, Adpative Dance, and Shallow Water Aerobics are available. Day trips for exploring local parks, trails, and landmarks are available. They have Dinner and a Movie outings where participants gather to eat at a restaurant and then return to the community center for a movie viewing. They have personal development-focused classes including Aktion Club and Learn 4 Life. They also have arts a creativity classes including Crafts & Creativity and Friendship Theatre. They keep staff to participant rations of 1:6 for community outings and 1:8 for activities based at the community center to ensure each participant has their personal needs met.	Ages divided based on specific activity offered, mostly for older children: 12+, 13+, 16+, and 18+ activities available	All abilities welcome. There is an intake form for requesting specific accomodations as needed	Cost ranges from \$0.00-\$121.00 per session depending on the activity attended. DDA funding can be used to pay activity fees. Activity scholarships of up to \$150 per year are also available for qualifying applicants.	Programs are held year-round, with activities available Monday through Saturday. Activity times vary, with morning, afternoon, and evening times available.	Intake form available in English, Spanish, and Korean	They are open for volunteering! They have a form to fill out on the linked website if you are interested in volunteering as a staff member for any of the available programs.
UW GoBabyGo	https://gobabygo.rehab.washington.edu/	Greater Seattle Area	Go Baby Go is a community outreach program that provides modified ride-on cars to children with disabilities, promoting mobility, play, and exploration. Founded by Dr. Cole Galloway at the University of Delaware, the Seattle chapter became UW Go Baby Go in 2020 under co-directors Drs. Shawn Rundell and Heather Feldner. Through workshops and events, the program fosters social connections for children and families. All cars are provided at no cost, and UW Go Baby Go has built nearly 100 cars since 2020.	6mo – 5 years	Children with delays in mobility due to conditions such as spina bifida, cerebral palsy, and other genetic syndromes. Children with sensory/intellectual impairments	Free	Events are scheduled based on volunteer availability and funding, and are announced ahead of time on their site and social media.	Not specified, can reach out to gobabygo@uw.edu for more questions	participation is free of charge children must be able to sit with minimal support in order to safely use modified cars Volunteers of all backgrounds are welcome—no technical skills required, as training is provided. All builds are subject to safety review and family training at pickup.
Issaquah School District Transition to Kindergarten	https://www.isd411.org/programs-services/elementary-programs/tk	Issaquah, WA	This is a preK program for children who need some extra preparation before entreing kindergarten. Children may have academic and/or social-emotional needs that would benefit from preparatory services before starting school.	at least 4 years old by august 31st of the school year	any child/family who demonstrates academic, social-emotional, or financial needs	Free	Monday - Friday with same bell schedule as K-5 students at the school where the program is being held: Apollo Elementary, Briarwood Elementary, Clark Elementary, Discovery Elementary, or Newcastle Elementary	Support for participation regardless of language: interpretation and translation services or transitional biligual education programs are available through Issaquah School District. Contact for services: Dawn Wallace at wallaced@issaquah.wednet.edu	Children must live within boundaries of Issaquah school district. There is an application and screening process; priority given to children who demonstrate the most need for support.

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Kent Parks	https://www.kentwa.gov/departments/kent-parks/programs-activities/adaptive-recreation-programs	Kent	The Kent Parks department offers a variety of adaptive sports programming for children of all abilities and levels. Programming is split up into spring, summer, and fall sessions. Programming is offered once a week for 11 week sessions. Spring programming includes swimming, tennis, and track and field. Softball is offered in the summer and bowling in the fall.	Ages 8+ for swimming, track and field, softball, and bowling, Ages 12+ for tennis or with instructor approval	Not specified, website welcomes all participants with intellectual and/or developmental disabilities.	Swim team: \$140, Developmental swim: \$117, Tennis: \$91, Track and field: \$130, Softball: \$78, Bowling: \$148.50	Spring 2025 Dolphin Swim Team: Saturdays from March 29 - June 7 Developmental Swim (beginner and intermediate): Saturdays from March 29 - June 7 Tennis: Saturdays from April 19 - June 7 Track and Field: Wednesdays from March 27 - June 4 Summer 2025 Beginning Softball/T-Ball: Wednesdays from July 2 - August 6 Advanced Softball: Wednesdays from July 2 - August 6 Fall 2025 Bowling: Wednesdays from September 3 - November 12	Not specified	Some programs are affiliated with Special Olympics and require athletes to additionally register through the Special Olympics portal in order to be eligible for Special Olympics events and tournaments. Additionally, all classes are group classes and ask that children who require 1:1 assistance bring a caregiver so the instructor can focus on the group as a whole. Kent Parks also offers scholarships for families who need financial assistance for these programs.
Open Doors for Multicultural Families	https://opendoorswa.org	Kent, Kirkland, Remond (*main office in Kent)	Offers culturally and linguistically tailored programs for children and families with disabilities, including advocacy, inclusive community engagement, caregiver training, and afterschool or weekend enrichment. Programs aim to support underserved families, especially immigrant and refugee communities.	Infants to young adults (0–21+), depending on the program.	Developmental disabilities, intellectual disabilities, physical disabilities, and autism spectrum disorders.	<u>Most services are offered free of charge. Some programs may have associated costs (not specified), but scholarships and financial assistance are available to ensure accessibility for all families. For more information, you can call 523-216-4479. You can also fill out the form at https://www.tfaforms.com/forms/view/4979848?fta_2172=fta_2173 if you need help, and the organization will determine how they can best support you.</u>	Program schedules vary. Many activities are held on weekdays after school and on weekends. Programs are offered year-round, with some seasonal events and workshops. It's recommended to contact the organization directly or visit their Events page for the most current schedule.	High language availability—services provided in over 12 languages, including Spanish, Chinese, Vietnamese, Somali, Korean, and more. Bilingual staff and interpretation are available.	Strong focus on equity and cultural inclusion. Especially serves immigrant and refugee families. Programs support whole families, not just the child. Locations vary; confirm program availability by site. To support the program, a \$5 donation can provide a transportation stipend for a low-income family to attend parent training, and \$25 can support a recreational activity for a family.
United Way of King Washington Autism Alliance	https://www.uwkc.org/ https://washingtonautismalliance.org/	King County, WA Kirkland, WA	United Way of King County is a nonprofit organization that provides resources for individuals with ASD/IDD as well as resources for families and caregivers with children with ASD/IDD. These resources include family navigation to help guide care throughout the lifespan, advocacy and legal services, information for education and workplace access, and information connecting to other local programs services as well. Members who subscribe get access to all of these resources and services as well as a monthly newsletter that encompasses advances in legislation and fun local activities for families and individuals with ASD.	infants-adults All ages	N/A ASD, IDD	free About \$50 annually	<u>Most services available year-round</u> , with various events	Website translation is available. The website can be translated in many languages, but there is no explicit explanation about services in said languages.	Individuals must live in King County in order to be eligible for services.
Lynnwood Recreation	https://www.lynnwoodwa.gov/Community/Play-Lynnwood/Lynnwood-Recreation-Classes-Activities	Lynnwood, WA	The city of Lynnwood has a recreation center that offers a large catalog of classes and activities for people of all ages. Classes range from swim lessons, preschool activities, youth activities, teen activities, safety classes, group fitness classes on land and water, and 62+ events. For children specifically, they offer music classes, movement classes, summer camps, and "mini ninja warriors". Mini ninja warriors is designed for preschool-age kids to develop physical skills in an exciting way.	Babies 6mo-3yrs, Preschool ages 4-6, Youth 7-12, Teen 13-18	Not specified	General range of \$65+ for courses—Swim: \$80-90 per course (usually covers 10 classes), Mini Ninja Warrior \$60-75 per course (1x weekly, 6 total), Music classes \$65 per course (1x/week, 5 total), summer camp \$140/week (scholarships are offered *Recreation Benefit Fund, 75% off),	Swim Monday - Friday , mini ninja warrior every tuesday 1:30pm, music class every thursday/friday 9:15am or 11:15am, summer camp 7 days offered throughout June-August	Not specified	a VERY large range of classes, we only highlighted a few

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Marysville Community Food Bank	https://www.marysvillefoodbank.org/	Marysville, WA	<p>This is a local food bank that is trying to end the choice between buying food, buying school necessities, or paying rent / mortgage. To apply for food, you have to go through a google form process</p> <p>"They offer additional services such as: Simple gesture: a way for community members to donate to the food bank where a member of the bank will pick it up from your front porch Giving gardens: is specifically asking for fresh produce donations because they know the impact of eating fresh vegetables or fruits and how that can positively affect someone. Food for thought: This is a community resource that is aimed at giving children a backpack of food that can feed them throughout the day for breakfast, lunch, dinner & desert, and snacks. Home delivery: This service is meant for those that cannot leave their home due to disability and there is no one else that can come to pick up their meals at the food bank. Toy Store: This is a service during christmas time where they open the church for kids to choose toys for the holidays. Just a special way for kids that may not get gifts and toys around holidays to experience it. For this upcoming year, it will be hosted on December 9-11, 2025"</p>	All ages	Anyone, but they specifically ask on their google form if you are disabled (unspecified), veteran and homeless	Free but requires internet connection and a device to fill out a google form.	All year. Pick up times range from 3:00 to 5:45 pm. You can book 8 days in advance of pickup day. If you need help, you can call on Tuesday, Wednesday, Thursday from 9:30 am to 12:00 PM	English, Korean, Somali, Ukranian, vietnamese, Spanish, Russian	
Miracle League Baseball	https://www.ymca-snoco.org/programs/1108/miracle-league-baseball/	Monroe, WA	Adaptive baseball intended for anyone needing assitacne to play. Described as "non-competitive" baseball league focused on athlete participation. Buddies given to players all players and everyone gets the chance to bat and run bases. Offers schedule adjusments to help meet player and family/caregiver needs.	Ages 5-18+, broken into 3 leagues (5-11, 12-17, 18+)	anyone	free	spring/summer	not specified	
YMCA of Mukilteo	https://www.ymca-snoco.org/mukilteo-ymca/	Mukilteo, WA	classes/activities/resources offered: Kids zone (M-Sat) that offers activites for ages of 6 weeks thru 10 years ranging from sensory play activities to STEM based activites for older kids, Youth Development Center intended for teens, youth sports, childrens' swim classes, Weekly family activities, summer camp for ages 3-16, Teen late nights, family pickleball and many recommendations for at home family activities	all ages (varies by activity/class)	anyone	varies according to program and membership, family membership w/ 2 adults is \$158/mo, some classess and activities are free, financial assistance available	all year	not specified	
Encompass Early Learning Center	https://encompassnw.org/	North Bend	<p>Encompass is a nonprofit that partners with families in the North Bend area to provide foundations for children of all abilities. They offer early learning resources, therapies (OT, PT, SLP), in-home, and onsite services for family enrichment.</p> <p>Some examples of programming include: Florish Fridays (weekly play-based activities), Toddler Groups (weekly free meetups for 12-36 month olds), ParentChild+ (pre-education and reading support), Kinship (wider family support including group meetings, services enrolment, local advocacy), a variety of workshops and lunch and learns, and pediatric therapies.</p>	0 - 10	All inclusive of children requiring PT, OT, or SLP. Offers referrals to additional community providers when children have additional needs.	Preschool services are \$225-\$275 per week with additional financial support available through Early Childhood Education and Assistance Pogram (ECEAP).	Year round, closed on weekends.	Not specified/English	Parents' Night Out sessions for children ages 2-10 (no dates specified). Early support for infants and toddlers (ESIT). Mental health and behavioral therapy. Counseling for adults when issues being address is related to parenting. Insurance, medicaid eligible.
Child Care Action Council	https://ccacwa.org/parents1/kpl/	Olympia	The Child Care Action Council is an organization that seeks to support early learning for children and serves families in the Thurston, Grays Harbor, Kitsap, Mason, Clallam, and Jefferson counties. They offer various services including care provider trainings, developmental focused play groups, consultation for children and families, connections to other learning, development, and/or child care programs, early learning centers, and early literacy and STEM programs. The Kaleidoscope Play and Learn Play Groups are led by trained playgroup facilitators who lead children and families through social and educational play activities including circle time, storytelling, singing, art projects and games.	birth - 5 years for Kaleidoscope Play and Learn Play Groups	any	Play groups are free	Olympia play group times and locations: Mondays, 10:30am, Downtown Olympia Timberland Library; Tuesdays, 10:00am, Providence St. Peter Family Medicine; Thursdays, 10:30am, Child Care Action Council office	Not specified. Website is written in both English and Spanish.	
Kinderling	https://kinderling.org/kinderling-families/resources/	Redmond, WA (also offices in Bellevue, Bothell, Renton)	Kinderling provides evaluation, therapy and education to help support the families of children with diverse needs to "nurture hope, courage and the skills to soar". They have a wide range of services including: PT, OT, SLP, mental health, family care coordination, play groups/camps and parenting classes.	birth -10	Kinderling works with a wide variety of conditions including: CP,complex motor impairment, Down syndrome, ASD, sensory processing, ADHD, chromosomal disorders, dyslexia, dysgraphia, pediatric feeding disorder, DCD, general developmental delays.	Fees vary based on service. They do bill insurance and highlight that services are available even if families ar unable to pay. They also offer sliding scale for programs like the co-op playgroup.	M-F 8-5, but specific programs like the co-op playground will have independent schedules.	There are program and services flyers available in English and Spanish and the website has a translation option.	Kinderling also offers tele-appointments for families.

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Family First Community Center	https://familyfirstrenton.org/	Renton	Family First Community center is dedicated to providing community members with opportunities to develop a growth mindset, leadership, integrity, and to have fun. Their programs help people throughout the lifespan and families build connections, promote learning and wellness, and to foster individual growth. They offer programs for education and learning; health and wellness; dance and movement; arts and creativity; community connections; resources and services; and medical care through HealthPoint, a network of nonprofit health centers. Some examples of activities offered are tot time with the family, acrylic painting, Spanish story time, introduction to ballet, and 40 and over basketball.	Toddlers, young children, teens, families, adults & seniors	Average developing, developmental differences and disabilities, offers accommodations for people with disabilities	Free membership Free: community haircuts, family first Friday (meal, arts and crafts, pickleball), Look Listen Learn, Teen Leadership Group \$15.00: Fine Arts Acrylic Art Class, Murphy Basketball \$125.00: Monday Victory Taekwondo (8 classes), Saturday Victory Taekwondo (9 classes)	Anytime during their open hours M-F 9:00 am - 8:00 pm Sat 10:00 am - 6:00 pm Sun closed Seasons: Year long Targeted hours 9:00 am - 12:00 pm: seniors 50+ and toddlers and their caregivers 12:00 pm - 2:00 pm: intergenerational, all ages welcome 2:30 pm - 5:30 pm: middle and high school 6:00 pm - 8:00 pm: intergenerational, all ages welcome	Center: English, Spanish Website: Arabic, Chinese, Dutch, English, French, German, Italian, Portuguese, Russian, Spanish	They follow the Renton School District calendar year and have reduced hours during school breaks Transportation options for older adults and people with disabilities via ADA Paratransit Program and the Hyde Shuttle
Shadow Seals Swimming	https://shadowsealsswimming.org/home	Renton, Greater Seattle	Shadow Seals is a USA registered swim club for swimmers with physical disabilities located primarily in Renton at Lindbergh High school. The swim club serves as a resource to assist swimmers to compete in different levels of competition, transition swimmers to able bodied swim clubs, and educate the greater community about swimming with disabilities.	Children as young as 5 to adults, although they don't have strict age cutoffs for people who can join	Children with physical disabilities	USA swim team membership fee (\$30 for a flex membership for limited meets, \$90 for a premier membership for unlimited meets), Shadow Seal Club fee ~\$50 per month but may be offset with fund raising efforts.	All practices are Sunday afternoons at Lindbergh High School (2:00-3:30pm)	Not specified	Shadow seals also hosts an annual Marin Morrison Memorial meet annually.
Arc of King County	https://arcofkingcounty.org/	Renton, WA	Advocates for equitable opportunity for children and adults with intellectual and developmental disabilities. They help families connect with local resources, like special education, supported living, housing resources, recreational activities, and behavioral therapies. It also provides connection opportunities, support for aging caregivers, inclusion workshops, opportunities to advocate, and education on intellectual and developmental disabilities and inclusion for people and businesses.	infants-adults	Intellectual and developmental disabilities	Disability is Diversity Classes: \$700, or free for non-profits Many resources are free or provided by state funding	Resources available throughout the year. Many educational materials are videos available on their website. Here's a link to a calendar with their events: https://arcofkingcounty.org/community-calendar.html	English and Spanish	Silver Tsunami: a resource for support and connection for aging caregivers as their loved ones with intellectual and developmental disabilities become adults: https://arcofkingcounty.org/services/silver-tsunami.html
Fairwood Martial Arts	Fairwood Martial Arts	Renton, WA	Fairwood Martial Arts is a great option for parents for its emphasis on self-defense strategies in a fun, safe, and collaborative environment. Fairwood states that they can help kids with ADHD improve their focus/social skills and help kids grow more "athletic" movement skills. It is a family-owned dojo in Renton, Washington that hosts weekly classes from years 3-12+. Fairwood Martial Arts is known to be in an inclusive, non-intimidating setting that focuses on physical fitness and self-defense taught by dedicated staff. They also focus on character development, discipline, and leadership. They offer flexible, contract-free training options and no long-term commitments.	3-12+	Anyone can join	Free trial valued at \$49	All year, classes weekly	English	Karate
True Martial Arts	https://www.truemartialarts.com/	Sammamish	There are numerous types and styles of martial arts schools to select from. Some teach merely combat, with little regard for values. Some are staunch traditionalists who spend hours practicing stances and kata. True Martial Arts provides a balanced approach, teaching traditional principles and classic martial arts motions while also teaching modern self-defense techniques that are practical and effective, as well as life skills that students may apply every day to become successful, respectable, and happy people.	Pee Wee Kickers: Ages 3–5 Youth Program: Ages 5–12 Teen & Adult Program: Ages 13 and up Family Classes: All ages SNAP (Special Needs Advancement Program): All ages	True Martial Arts offers individualized martial arts instruction for children and adults with developmental, physical, or cognitive disabilities. It focuses on building confidence, coordination, focus, and motor skills in a safe, adaptive environment. Instructors are specially trained to modify techniques and pacing based on each participant's needs. Started in 2009, SNAP was Washington State's first inclusive martial arts program of its kind and has since supported students with autism, Down syndrome, ADHD, and other special needs.	Introductory Special: 8 weeks of classes with a uniform for \$60 (for new students) Spring Break Camp: \$50/day or \$230/week Summer Camps: \$50/day, \$230/week for a half-day, or \$315 for a full-day camp (3-day June camp is \$190) Regular Classes: Options include punch cards or drop-in fees; specific rates are not listed online.	Monday 4:15 - 8:00 pm Tuesday 3:45 - 8:30 pm Wednesday 3:30 - 8:00 pm Thursday 3:45 - 8:30 pm Friday CLOSED	English	Taekwondo, kickboxing, arnis, karate

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FamilyWorks	https://www.familyworkkseattle.org/	Seattle	This community center offers many programs. For example they offer food access programs that make food more accessible to the community. There is a food bank, or mobile food pantries. They also offer family support programs like play and learn groups. They also offer support to families like a diaper bank and a community closet. Lastly, they offer assistance if families need referrals to community connection like for the WIC program.	Kaleidoscope (play group): 0-5 yrs, Community programs (field trips, cooking classes); 6-18 yrs Diaper bank: 8 mo-4 yrs Every other service: ALL	Anyone can join	Mostly free, however some of the community classes cost \$10-20 but scholarships are always available	Multiple locations Wed: 2:00 pm–5:00 pm Fri: 11:00 am–2:00 pm	English and spanish (other lanaguages available on request)	
Seattle Adaptive Sports	https://www.seattleadaptivesports.org/	Seattle	Seattle Adaptive Sports is a nonprofit organization that provides a sports club designed for Paralympic athletes. The sports program is designed for individuals with disability that exclude them from traditional sports. They believe that sports provide an opportunity for individuals with disabilities for personal growth and development. They think that people shouldn't be excluded from sports just because they have a disability. They provide competitive sports leagues, recreational sports, instructional camps, sports clinics, and other adaptive awareness events. The sports included are sled hockey, wheelchair basketball, goalball, power soccer, and youth sports.	All Ages	Individuals with a permanent physical disability. Physical disabilities could include: amputation, spinal cord injury, cerebral palsy, joint damage, severe scoliosis, spina bifida, transverse myelitis, traumatic brain injury, and other congenital or acquired conditions that affect mobility.	Free for 2 practice sessions, membership required to attend 3 or more sessions/year, \$75/year membership fee, USA Hockey team: \$46, \$100 equipment loaners	Wheelchair basketball: September- April Sled Hockey: September - April Goal Ball: September- May Power Soccer: May - November Youth Wheel chair basketball: School year Youth Sled Hockey: Weekly practice starts in sepetember	Not specified, but likely English	members must have ability to follow sequences of instructions and have adequate upper body control
Seattle Parks and Recreation Specialized Programs	https://www.seattle.gov/parks/recreation-for-people-with-disabilities	Seattle	The Seattle Parks and Rec specialized programs is dedicated to providing a diverse range of recreational activities for individuals with a range of disabilities. The programs they offer are adult day programs, teen and young adult afterschool programs, youth weekend programs, summer day camps, fitness programs, specialty classes, and Seattle Adaptive Sports. Some specific examples of classes that are offered for Spring 2025 are sensory classes, teen social, picnics, mariners games, swimming, painting and pizza, family fun center, pottery, spring fling dance, spring training, and talent shows.	youth (ages 4-21), teen (ages 12-21), transition (ages 16-30), adult (ages 21+)	Range of cognitive and physical disabilities	Youth - Sensory friendly Saturdays: 60\$, Teen - Family fun center: \$40, Picnic in the park: 25\$, Mariners game: \$45, Swimming and dinner: \$25, Paint and pizza: \$25, Parks city tour: \$20; Transition - pottery: \$45, afternoon hangout: \$45, spring training: FREE; Adult - pottery: \$45, fitness with friends: \$15, running social: \$40	https://www.seattle.gov/documents/Departments/ParksAndRecreation/Programs/SpecializedPrograms/Specialized%20Programs-Spring-2025-Web.pdf	sign language interpretation, auxiliary aids	There is a registration date for each season, make sure to check the website and brochure for those dates and times. They also have a Facebook page with reminders for signing up for programs, as well as additional events that are not on the initial brochure.
UW Husky ADAPT	https://www.huskyadapt.me.uw.edu	Seattle	Husky ADAPT is a student-led organization at the University of Washington with three main branches. The first branch is the design team that focuses on creating and prototyping unique solutions for accessibility related challenges in the community. The second team is the toy adaptation team which teaches students from all ages and backgrounds as well as community members how to adapt commercial toys to be more accessible for people with disabilities, and then providing them to community members and families that could benefit at no cost. The third team is GoBabyGo which adapts off the shelf ride-on cars to the specific needs of children with mobility impairments to provide them with a no cost option for early powered mobility.	All ages	Any mobility/fine/gross motor impairment that limits a child's ability to participate in play with commercial toys or their ability to explore and participate in their community environment	Donates toys at no cost to community members and organizations that could benefit.	Year round. Design teams focus on one project for the duration of an academic year (three academic quarters). Toy adaptation team host adaptation events twice per month for students with special events throughout the year at local community organizations (e. g. local high schools)	Not specified by the organization. Individual volunteers may speak multiple languages and may be able to provide some level of translation/interpretation services if available.	HuskyADAPT relies on monetary donations and awards to fund the toy adaptation process to be able to provide this resource for children/families/community members. Adapted toys are available on request from organizations/families.
AIM - Arts for Everyone	https://www.aim-seattle.org/	Seattle (Near University Village)	AIM, which stands for Adaptive and Inclusive Movement Initiative, is a nonprofit organization whose goal is to provide access to the arts, including dance, music, and theater classes. The organization began in 2022 with an adaptive dance class but has since expanded its programs to include a wider range of arts classes, adult day programs, and summer camps. One of the goals of this organization is to offer programs at low or no cost to families.	Ages: 5-24	All populations but mainly Autism, Down syndrome, and Cerebral Palsy	Group Classes (8 wk sessions) \$175 + \$40 Facility fee Mini-Series classes (4 wk sessions) \$87.50 Adult Day Program (1 day a wk for 8 wks) \$700 Summer camps \$300 (13+) \$250(5-12) *They accept Developmental Disabilities Administration (DDA) funds to pay for classes*	Year round Current Sessions: Mini Series (May 31 - June 22), Spring group classes (April 26 - June 22), Summer Camps start July 14 and run weekly, 4 days a week (Monday through thursday) until August 28th. There is also a new younger campers for 5-12 that will be from August 4th to 7th	English and able to work with AAC devices. Hopes to have interpreters on staff in the future	
Adaptive Yoga Northwest	https://www.adaptivelyoganorthwest.com	Seattle (Phinney Ridge Center)	Adaptive Yoga NW promotes yoga for all abilities and mobilities. The program promotes physical movement, calm breathing, and building community. There are in person and virtual classes.	(No age requirements listed)	All abilities and Mobilities	Entire Quarter 2025 10 week Series is \$250, single class drop-ins \$30 financial assistance if needed. Online Classes are donation based	Mon, Wed, Fri classes offered Year round Current Spring Quater Schedule, April 23rd - June 25th : Mondays @ 6:00 PM In-person or Online, Volunteer Supported Class Wednesdays @ 2:30 PM In-Person Only, Fridays @ 2:00 PM In-person or Online (future quater dates not listed)	Not specified	They offer Zoom options in addition to their in person classes and have volunteer support

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UW Institute on Human Development and Disability	https://ihdd.org/	Seattle (University of Washington)	The UW IHDD offers many programs that help individuals with diverse needs and abilities. They provide specialty clinics such as adult autism, autism, biochemical genetics, cardiac neurodevelopment, child development, Down Syndrome, Fetal Alcohol Spectrum Disorder (FASD), genetic medicine, infant development, late and moderate preterm babies, neurogenetics, pediatric audiology, and Phenylketonuria (PKU). Direct services include inclusive education at the Haring Center and employment programs for ages 18-65 years old, Washington Assistive Technology Act Program, independent legal services for the blind, and communication technology devices.	All ages	Children and adults with disabilities such as autism, neurodevelopmental disabilities, down syndrome, cardiovascular impairments, FASD, PKU, and hearing problems	Costs depend on many factors such as insurance, type of specialty clinic, and types of services received. Financial assistance is available for those without insurance. Major insurances are accepted. UWMC patients can obtain cost estimates once an appointment is scheduled.	All year	UWMC provides interpreter services. UW Autism center and any of the direct services arrange their own interpreters as needed.	Education and training are available for providers through the LEND (Leadership Education in Neurodevelopmental and Related Disabilities) program. Research plays a big role in the IHDD such as, animal behavior studies, brain imaging, clinical translation, and genetics.
Theater of Possibilities	http://www.laurenmarshall.com/TheaterOfPossibility.htm	Seattle and Bellevue	Theater of Possibility (TOP) is an inclusive theater program founded and directed by Lauren Goldman Marshall. It empowers neurodivergent youth (including those with autism, ADHD, and other learning differences) through drama, playwriting, acting, and improvisation. Social issues like bullying, exclusion, peer pressure, and identity are explored through storytelling.	Classes: age 7-10, 11-14, 15 to adult	Neurodiverse individuals including youth with ASD, and underserved populations including economically disadvantaged children living in subsidized housing	Ages 7-10: \$400 (10 meetings) Ages 11-14: \$560 (14 meetings) Ages 15- adult: \$600 (15 meetings) 10% sibling discount, half-scholarships and pay-what-you-can available on request; no one will be turned away for inability to pay	Ages 7-10: 10 Saturdays for 75 min, 1:15-2:30pm Ages 11-14: 14 Sundays for 80 min, 12-1:20pm Ages 15- adult: 15 Sundays for 90 min, 1:30-3pm Seasonal cycle of classes	not specified	TOP is also open to peer allies and siblings. DSHS/DDA respite provider status helps support access.
YMCA	https://www.seattleyymca.org/	Seattle, 13 gym locations in greater Seattle area, as well as a shelter and 2 behavioral health centers. Organization has a large national and international presence	YMCA is a large player in the community space focusing on community through fitness and services with particular attention to child and youth support. General facility offering - complete gym with showers lockers available and Kids Zone - kid care on location so their caregivers can work out independently while children get enrichment. Membership provides access to all locations. Other offerings: Bold and Gold - outdoors teen leadership, 1 and 2 week experiences with gradual withdrawal of leader support for independence. Family day camps and kid overnight camping: sleeping in cabins - focusing on nature exploration, nature education, friendship and classic camp activities. (1st -12th grade). Older kids have more specialized trips focusing on art, kayaking ect. Cooking classes. Private and group swim lessons. Various Youth sports and instruction. BASE - before and after school enrichment and early education programs. Emergency shelter and housing support. Caregiver Support Services, counseling/behavioral health	Location access - all ages B&G ages 11-18. Summer overnight camps 1st-12th grade. Cooking class - may be relevant to adult transition. Swim - 6 months- 3 years with adult, then allowed w/out assist. Kids Zone - 6 weeks to 12 years. BASE mostly elementary some K8. Shelter 18-24 for owned will connect for younger.	Strengths in foster support /behavioral health	Gym membership \$154 family, \$91 Individual (79\$ join fee, often not required). Need based financial aid by application. Free membership while under review. Kid Zone - no additional cost. Counseling/shelter/behavioral help - calling for options is free. Before and after school enrichment ~\$700 per month. Almost all services have financial aid applicaiton.	Gym and most gym based activities are year round with class offerings having a rotational aspect. They have nice activity calendars. Camp and B&G are summer offerings. Kids Zone specific limited hours per location generally Mon - Sat year year-round.	Not well specified on site - may want to reach out per the particular service/location	Great option for those needing access to showers due their living situation. Organization has a very strong community focus and is receptive to discussions on financial need.
TOP Soccer	https://www.sysa.org/topsoccer	Seattle, WA	A soccer program for children with intellectual, emotional, or physical disabilities that offers opportunities to play soccer in an inclusive, fun, supportive, and diverse environment. This program has volunteer Buddies that are high school students to support the players on the field. The team practices once a week for an hour for 8-10 weeks in the Spring and Fall at Arena Sports in Magnuson Park. It is a community-based program that is organized by local volunteers and allows kids with disabilities to connect with other children, coaches, buddies, families, and grow physical soccer skills along with emotional life skills.	4 yrs and up	Intellectual, physical, and emotional disabilities	\$30 per player, no specific info available about scholarships offered	Spring and Fall. 8-10 weeks, 1x a week for 1 hour (12:30-1:30 or 1:30-2:30 depending on age and ability). Spring 2025 schedule is April 6 - June 8. No schedule for Fall available right now.	Not specified, but may be able to request a Buddy that speaks a specific language	Cost covers coach gift, trophies or other swag, and end of year party. Session times are grouped for younger or less able-bodied players in the first hour and for older or more able-bodied players in the second hour.
Down Syndrome Center of Puget Sound	https://www.dscpugetsound.org/	Seattle, WA (University District)	Lifespan services and promotion of inclusivity for people with Down Syndrome in all daily activities. The organization offers a wide range of services including OT and speech therapy, parent and child group therapy, tutoring, and family consultations of how to best support their children among others.	0-18+	People w/ Down Syndrome & their families	Covers 90% of the cost of all services and offers financial aid to all who ask, does not bill insurance	year round	English, and bilingual services for Spanish-speaking families	Offers a WIDE variety of services and programs targeted to different age ranges, including parent support groups and classes, tutoring, speech and occupational therapy, family consultation, support for teens during puberty, skill building, and many more

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Spartan Recreation Center	https://www.shorelinewa.gov/government/departments/parks-recreation-cultural-services/recreation-facilities/spartan-recreation-center	Shoreline	Spartan Recreation center is a place for everyone to participate in different activities such as group fitness classes, summer camps, indoor fitness class, and more. They promote fitness and wellness, community dance, STEM programs, sports, specialized recreation, and other cultural events. This center provides programs for all ages. This center helps promote lifelong healthy habits and community for everyone. It allows fitness and classes to be accessible and provides an inclusive environment for all.	All ages	Not Specified	Drop in Sports/open gym: Youth Drop-In Free Adult Drop-In \$4 Adult 10-Punch Pass \$5 Adult 1-Month Pass \$33 Adult 3-Month Pass \$83 Senior/Disabled Drop-In \$3 Senior/Disabled 10-Punch Pass \$40 Senior/Disabled 1-Month Pass \$22 Senior/Disabled 3-Month Pass \$58 Indoor playground for children \$3(resident) \$3.50 (non resident) Other activities vary on the price and age	All year round have to look at activity calander Indoor playground: Jan. 6th- June 13th Mondays, Wednesdays, and Fridays 10:00 a.m. - 12:00 p.m. Closed during no-school days and breaks No program 1/20, 2/17-2/21, 4/21-4/25, 5/26 Open gym: Badminton 18 yrs and over Th 6:00-7:45pm Basketball Drop In All ages Mo- Sa Vary Basketball 30+30 yrs and up We 6:00-7:45pm Pickleball- Recreation Level 18 yrs and up Mo 6:00-7:45pm Tu/Th 9:15am-12:15pm Pickleball 50+50 yrs and up Tu/Th 7:15-9:00am Ping Pong 18 yrs and up Mo, We, Fr 1:30-3:30pm Volleyball 50+50 yrs and up	English, Spanish, Chinese (Traditional), Chinese (Simplified), Korean, Vietnamese, Taglog, Amharic, Trigrigna, Russian, Japanese, Khmer	
Seattle Playgarden	https://seattleplaygarden.org/	South Seattle (North Beacon Hill)	Seattle Playgarden is a garden for everybody. They currently provide a variety of programming including summer camps, preschool, youth leadership, and young adult social gathering connections. The Playgarden is founded on the core values of inclusion and providing children of all capabilities a safe and accesible place to play. The Playgarden is also a publicly accessible park available for free during open hours.	Summer Camp - Ages: 3.5 - 21 Teen Camps - Ages: 13 - 21 'Huckleberries' - Ages: 3.5 - 8 Junior Counselor - Ages: 13 - 16 Preschool - Ages: 3 - 5	The Seattle Playgarden encourages children of all capabilities to participate in their programming including those who use adapted mobility devices, and other disabilities including children who qualify for IEPs.	Free to visit/guests. Preschool based on sliding scale with many Seattle residents qualifying for free tuition. Summer camp between \$175 - \$500 per child/week.	Playgarden access (daily, year round), Summer camps (Summer), preschool (September - June)	Not specified/English	Other activities of note include wheel chair basketball, community P-Patch, birthday parties, and partnerships with local organizations including the Seattle Childrens Theatre and Seattle Parks and Recreation.
Parks Tacoma	https://www.parkstacoma.gov/	Tacoma	Parks Tacoma is a CAPRA-accredited, independent park district whose mission is to create healthy opportunities to play, learn, and grow by providing a variety of inclusive programs and accommodating environments for all, regardless of age and ability. One such program is their Adaptive & Specialized Recreation program, which focuses on accessible recreation in order to promote diversity and inclusion. Other activities include adult sports, chess, cooking, dance, fishing, martial arts, senior programs, youth sports, teen programs, and tot programs.	Age depends on the program you want to register for. For example, for Beep Baseball (a baseball team focused on individuals with visual impairment), you need to be 10+.	All children with and without disability; however, it may be dependent on the program you are trying to join.	Similarly, cost will depend on the program you are trying to register for. For Beep Baseball, there is a \$15 monthly registration fee. However, Parks Tacoma also offers a financial assistance/scholarship program that families can apply for.	Parks Tacoma is closely partnered with programs such as Rainier Adaptive Sports and Special Olympics Washington which offer adaptive sports/recreation opportunities year-round.	Financial Assistance Forms are available in several different languages including Spanish, Russian, Vietnamese, and Korean. For every program there is the ability to request for accommodations- including translation services and ASL interpretation.	They also offer many family-based opportunities such as bike outings where participants can borrow adaptive bikes as needed.
A Step Ahead	https://www.asapc.org/	Tacoma, Puyullap (All of Pierce County)	A Pierce County based organization that supports families with developmental delays or disabilities with many services for developmental support, such as SLP, PT, OT, Special Education, Infant Mental Health, and Vision Services. Their services are both home and school-based, as well as offer community activities and events.	0-3	Focus on a range of developmental delays	Costs vary and depend on insurance plans. The organizations also offers ways to seek financial assistance.	services are year round, depend on need and type of service.	unspecified	A Step Ahead aims to provide a wide range of services in order to increase access to development supports to families; because of their spectrum of services, they are able to increase more access points for families.