Sport and Outdoor Activities
1. Outdoors for All Foundation  www.outdoorsforall.org
5. Camp Fire USA – Central Puget Sound Council  https://campfireseattle.org
6. Special Olympics  http://specialolympicswashington.org
7. TOPSoccer:  http://www.washingtonyouthsoccer.org/programs/topsoccer/

Summer Camps
1. Blue Compass Adventure Camps for Teens  https://www.bluecompasscamps.com
2. Black Diamond Adventure Camps  https://blackdiamond.org

Local Parks and Recreation
1. King County Parks and Recreation -  https://www.kingcounty.gov/depts/dnrp.aspx
a. Adaptive Recreation -
   https://www.rentonwa.gov/city_hall/community_services/recreation_and_neighborhoods/recreation/specialized_recreation

7. Tukwila Parks and Recreation home page -
   http://www.tukwilawa.gov/departments/parks-and-recreation/
   a. Specialized Recreation Programs -
   b. Preschool, Youth, and Teen programs -

Gym Resources
2. Metropolitan Gym (gymnastics) - https://metropolitangym.com
5. Federal Way Community Center Climbing Pinnacle -
   https://itallhappenshere.org/recreation/climbing-pinnacle/

Swimming and Pool Resources
1. Covington Aquatic Center: https://www.covingtonwa.gov/aquatics.php
4. See YMCA Resources for additional availability

Music, Art, & Cooking
1. Kindermusik www.kindermusik.com
3. Frog Legs Kids Culinary Academy - www.frooglegskca.com
4. Kent Station AMC – Sensory Friendly Films

Library Resources
1. King County Library System: http://www.kcls.org
   a. Game On! – various locations in King County

Academic and Education Programs
1. Thrive By Five: [https://thrivewa.org](https://thrivewa.org)
4. ACHIEVE-Federal Way: call the HCC Outreach Center at (206)-592-3526 or email at achieve@highline.edu

**YMCA Resources – Greater Seattle Area**

1. [www.seattleymca.org](http://www.seattleymca.org)