



City of Spokane  
**PARKS**  
& RECREATION

# Therapeutic Recreation Services

# Winter/Spring 2024

## January – April



# January Events

## TRS Bowling & Pizza

1 day | Ages 16+

Join us for an afternoon of bowling, pizza, fun and friends. Fee includes everything so extra money is not required. Meet at Lilac Bowl, 1112 E Magnesium Rd. 15113 | Wed. | 1/31 | 1-3:30pm | \$33

## TRS Classy Crafts

4 weeks | Ages 16+

Explore your creative side and make a variety of beautiful and meaningful crafts each week. Participants will have the opportunity to improve skills such as fine motor, socialization, and communication. Class meets at Park Operations lunchroom, 2304 E. Mallon Ave. 15066 | Thurs. | 1/11-2/1 | 4:15-5:30pm | \$49

## TRS Cornhole & Pizza

4 Weeks | Ages 12+

Everyone can have fun and play this favorite lawn game-Cornhole. Laughter and friendly competition will abound. Pizza will be served. Meet at Fowler United Methodist Church, 3928 N. Howard. 14992 | Mon. | 1/8-1/29 | 4:30-6pm | \$57

## TRS Day at the Theatre

1 day | Ages 16+

Come with us as we delight in the entertaining theatre productions put on by our local Spokane Childrens Theatre(SCT) 2727 N. Madelia St.

### Cheaper by the Dozen - SCT

15114 | Sun. | 1/28 | 1:45 - 4:15pm | \$31

## TRS Friday Night Jam

1 day | Ages 18+

Come rock and swing at Spokane's oldest on-going nightclub for people with developmental disabilities. If participants require direct supervision, then care providers need to attend. Meet at West Central Community Center, 1603 N. Belt.

### Happy New Years

15121 | Fri. | 1/12 | 7-8:30pm | \$11

## TRS The Harlem Globetrotters

1 day | Ages 16+

The Harlem Globetrotters are an exhibition basketball team. They combine athleticism, theater, and comedy in their style of play. Be amazed as they dribble, spin, slam and dunk with moments of extreme basketball innovation and unparalleled fan fun. Meet at Spokane Veterans Memorial Arena, main entrance, Boone & Howard. 15126 | Mon. | 1/29 | 6:30-9:15pm | \$53

## TRS Ice Skating

8 weeks | Ages 8+

Participants with developmental disabilities learn to skate and improve existing skills. Please dress warmly. Meet at Eagles Ice Arena, 6321 N. Addison St. 15002 | Sat. | 1/13-3/2\* | 3:30-4:15pm | \$79  
\*No Class 1/27

## TRS Line Dancing

4 weeks | Ages 14+

Easy beginner line dancing is for everyone. Grab your dancing shoes and join us as we learn the fundamentals of line dancing and other dances such as the Macarena, YMCA, Alley Cat and more. Meet at Fowler United Methodist Church, 3928 N. Howard. 14901 | Mon. | 1/8 - 1/29 | 3 - 4pm | \$31

## TRS Spokane Chiefs Hockey

1 day | Ages 18+

Action packed ice hockey from the Spokane Chiefs major junior team that plays in the Western Hockey League. Cheer on the Chiefs with your friends. Sign-up fee covers staff, & tickets. Meet at Spokane Veterans Memorial Arena main entrance, Boone & Howard.

### Chiefs vs. Everett Silvertips

14914 | Fri. | 1/19 | 6:30-9:45pm | \$39

## TRS What's Cooking

4 weeks | Ages 16+

Tired of eating at home? Sign up for this class and you will prepare a meal, practice table manners, visit with friends, and take part in clean-up duties. Participants will have the opportunity to practice skills such as following directions, socialization, and hygiene required when in the kitchen. Class meets at Southside Senior Activity Center, 3151 E. 27th Ave.-kitchen. 15003 | Tues. | 1/9-1/30 | 4-6pm | \$67

# TRS SWIMMING

## 7 weeks | Ages 8+

Meet at Whitworth University Aquatic Center, 300 W. Hawthorne. *No swimming 1/28 & 3/10*

### Blue Dolphin Swim Team

For people with developmental disabilities who want to swim competitively or get a good workout. Ability to swim 75 yards without assistance and with rhythmic breathing.

14998 | Sun. | 1/7-3/17 | 2:15-3:45pm | \$63

### Learn to Swim - Beginner

Individuals will learn how to face float, back float, kick with floats and learn the crawl stroke with rotary breathing. Elementary back stroke and back crawl will be taught with the goal of swimming 20 yards. We require each swimmer to have an attendant in the water assisting so the teacher can rotate their attention safely.

14996 | Sun. | 1/7-3/17 | 3:05-3:50pm | \$63

### Learn to Swim - Intermediate

Individuals who have mastered the Beginner skills and are ready to move on skills worked on will be distance swimming, breaststroke, butterfly, diving, simple turns and deeper water experience.

14997 | Sun. | 1/7-3/17 | 2:15-3pm | \$63

NEW  
TIME

NEW  
TIME

See Page 10  
for Cross Country,  
Alpine Ski and  
Snowboard Information

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6
7 Swimming Learn to Swim	8 Cornhole & Pizza Line Dancing	9 What's Cooking	10	11 Classy Crafts	12 Friday Night Jam Happy New Years	13 Ice Skating Blue Waxers
14 Swimming Learn to Swim	15 Cornhole & Pizza Line Dancing	16 What's Cooking	17	18 Classy Crafts	19 Spokane Chiefs Hockey vs. Everett Silvertips	20 Ice Skating Blue Waxers Powderhounds
21 Swimming Learn to Swim	22 Cornhole & Pizza Line Dancing	23 What's Cooking	24	25 Classy Crafts	26	27 NO Ice Skating Blue Waxers Powderhounds
28 NO Swimming NO Learn to Swim Day at the Theater Cheaper by the Dozen	29 Cornhole & Pizza Line Dancing The Harlem Globetrotters	30 What's Cooking	31 Bowling & Pizza	1 Classy Crafts	2	3 Ice Skating NO Blue Waxers Powderhounds



# February Events

## TRS Classy Crafts

4 weeks | Ages 16+

Explore your creative side and make a variety of beautiful and meaningful crafts each week. Participants will have the opportunity to improve skills such as fine motor, socialization, and communication. **Class meets at Park Operations lunchroom, 2304 E. Mallon Ave. 15068 | Thurs. | 2/8-2/29 | 4:15-5:30pm | \$49**

## TRS Cookie Bake Night

1 day | Ages 14+

Spend the evening making several types of cookies. Enjoy yourself, take home or share with friends. Gluten-free options are available. **Class meets at Southside Senior Activity Center, 3151 E. 27th Ave.-kitchen. 15072 | Wed. | 2/14 | 4:30-6:30pm | \$22**

## TRS Cornhole & Pizza

4 Weeks | Ages 12+

Everyone can have fun and play this favorite lawn game-Cornhole. Laughter and friendly competition will abound. Pizza will be served. **Meet at Fowler United Methodist Church, 3928 N. Howard. 14993 | Mon. | 2/5-2/26 | 4:30-6pm | \$57**

## TRS Day at the Theatre

1 day | Ages 16+

Come with us as we delight in the entertaining theatre productions put on by our local Christian Youth Theatre (CYT) **Bing Crosby Theater – 901 W. Sprague Ave.**

**Joseph and the Amazing Technicolor Dreamcoat (CYT)**

15115 | Sat. | 2/24 | 2:45 – 5:15pm | \$31

## TRS Eagle Basketball

1 day | Ages 16+

Join us as we cheer on the Eastern Eagles Men's Basketball team. The excitement will take place at EWU on Reese Court. **Bring suggested \$15 money for snacks or souvenirs if desired. Meet at Reese Court, Pavillion at Eastern Washington University, Cheney, WA. 15118 | Thurs. | 2/15 | 5:45-8:45pm | \$29**

## TRS Fine Dining

1 day | Ages 18+

Do you like getting dressed up and going out? Come with us and experience the culinary delights of Spokane's finest restaurants! Staff will help in the selection and purchase of a meal. Participants will have the opportunity to improve social, communication, and etiquette skills. **Price does not include cost of food. Transportation provided from Park Operations 2304 E. Mallon Ave.**

**Old Spaghetti Factory**

15119 | Wed. | 2/21 | 5:45-9pm | \$21

## TRS Ice Skating

8 weeks | Ages 8+

Participants with developmental disabilities learn to skate and improve existing skills. Please dress warmly. **Meet at Eagles Ice Arena, 6321 N. Addison St. 15002 | Sat. | 1/13-3/2\* | 3:30-4:15pm | \$79**  
**\*No Class 1/27**

## TRS Line Dancing

4 weeks | Ages 14+

yrs. & Up Easy beginner line dancing is for everyone. Grab your dancing shoes and join us as we learn the fundamentals of line dancing and other dances such as the Macarena, YMCA, Alley Cat and more. **Meet at Fowler United Methodist Church, 3928 N. Howard. 14905 | Mon. | 2/5 – 2/26 | 3 – 4pm | \$31**

## TRS Raptor Reef

### Indoor Water Park

1 day | Ages 18

Grab your swimsuit and towel and head with us to Triple Play Raptor Reef Indoor Water Park in Hayden, Idaho. There are three slides, 'Lost Falls', which is 400 feet long and full of twists. 'Velociraptor Vortex' is the super bowl ride that swirls, spins and flushes, and the 'Prehistoric Plunge' is 300 feet of high-speed body sliding. Fee includes transportation, staff, pizza dinner and park entrance fee. **Transportation provided from Park Operations, 2304 E. Mallon Ave. 15124 | Sun. | 2/25 | 12:30-6pm | \$53**

## TRS Spokane Chiefs Hockey

1 day | Ages 18+

Action packed ice hockey from the Spokane Chiefs major junior team that plays in the Western Hockey League. Cheer on the Chiefs with your friends. Sign-up fee covers staff, & tickets. **Meet at Spokane Veterans Memorial Arena main entrance, Boone & Howard.**

**Chiefs vs. Tri City Americans**

14915 | Fri. | 2/9 | 6:30-9:45pm | \$39

**Chief vs. Regina Pats**

14995 | Fri. | 2/23 | 6:30-9:45pm | \$39

## TRS What's Cooking

4 weeks | Ages 16+

Tired of eating at home? Sign up for this class and you will prepare a meal, practice table manners, visit with friends, and take part in clean-up duties. Participants will have the opportunity to practice skills such as following directions, socialization, and hygiene required when in the kitchen. **Class meets at Southside Senior Activity Center, 3151 E. 27th Ave.- kitchen. 15004 | Tues. | 2/6-2/27 | 4-6pm | \$67**



**See Page 10  
for Cross Country,  
Alpine Ski and  
Snowboard Information**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 <b>NO Swimming</b> <b>NO Learn to Swim</b>	29 Cornhole & Pizza Line Dancing The Harlem Globetrotters	30 What's Cooking	31 Bowling & Pizza	1 Classy Crafts	2	3 Ice Skating <b>NO Blue Waxers</b> Powderhounds
4 Swimming Learn to Swim Langlauf Community Nordic Race	5 Cornhole & Pizza Line Dancing	6 What's Cooking	7	8 Classy Crafts	9 Spokane Chiefs Hockey vs. Tri City Americans	10 Ice Skating Blue Waxers <b>NO Powderhounds</b>
11 Swimming Learn to Swim	12 Cornhole & Pizza Line Dancing	13 What's Cooking	14 Cookie Bake Night	15 Classy Crafts Eagle Basketball	16	17 Ice Skating Blue Waxers Powderhounds
18 Swimming Learn to Swim	19 Cornhole & Pizza Line Dancing	20 What's Cooking	21 Fine Dining Old Spaghetti Factory	22 Classy Crafts	23 Spokane Chiefs Hockey vs. Regina Pats	24 Ice Skating Blue Waxers Powderhounds Day at the Theatre Joseph and the Amazing Technicolor Dreamcoat
25 Swimming Learn to Swim Raptor Reef Indoor Water Park	26 Cornhole & Pizza Line Dancing	27 What's Cooking	28	29 Classy Crafts	1	2 Ice Skating Blue Waxers Powderhounds

# March Events

## TRS Classy Crafts

4 weeks | Ages 16+

Explore your creative side and make a variety of beautiful and meaningful crafts each week. Participants will have the opportunity to improve skills such as fine motor, socialization, and communication. **Class meets at Park Operations lunchroom, 2304 E. Mallon Ave. 15069 | Thurs. | 3/7-3/28 | 4:15-5:30pm | \$49**

## TRS Cookie Bake Night

1 day | Ages 14+

Spend the evening making several types of cookies. Enjoy yourself, take home or share with friends. Gluten-free options are available. **Class meets at Southside Senior Activity Center, 3151 E. 27th Ave.-kitchen. 15073 | Wed. | 3/13 | 5:30-7:30pm | \$22**

## TRS Cornhole & Pizza

4 Weeks | Ages 12+

Everyone can have fun and play this favorite lawn game-Cornhole. Laughter and friendly competition will abound. Pizza will be served. **Meet at Fowler United Methodist Church, 3928 N. Howard. 14994 | Mon. | 3/4-3/25 | 4:30-6pm | \$57**

## TRS Day at the Theatre

1 day | Ages 16+

Come with us as we delight in the entertaining theatre productions put on by our local Spokane Childrens Theatre(SCT) 2727 N. Madelia St.

## Tuck Everlasting - Meet at SCT

15116 | Sun. | 3/17 | 1:45 - 4:15pm | \$31

## TRS Fine Dining

1 day | Ages 18+

Do you like getting dressed up and going out? Come with us and experience the culinary delights of Spokane's finest restaurants! Staff will help in the selection and purchase of a meal. Participants will have the opportunity to improve social, communication, and etiquette skills. **Price does not include cost of food. Transportation provided from Park Operations 2304 E. Mallon Ave.**

## Outback Steakhouse

15120 | Wed. | 3/27 | 5:45-9pm | \$21

## TRS Friday Night Jam

1 day | Ages 18+

Come rock and swing at Spokane's oldest on-going nightclub for people with developmental disabilities. If participants require direct supervision, then care providers need to attend. Dates and themes vary. **Meet at West Central Community Center, 1603 N. Belt.**

## St. Patrick's

15122 | Fri. | 3/8 | 7-8:30pm | \$11

## TRS Line Dancing

4 weeks | Ages 14+

& Up Easy beginner line dancing is for everyone. Grab your dancing shoes and join us as we learn the fundamentals of line dancing and other dances such as the Macarena, YMCA, Alley Cat and more. **Meet at Fowler United Methodist Church, 3928 N. Howard. 14908 | Mon. | 3/4 - 3/25 | 3 - 4pm | \$31**

## TRS Paint & Taste

1 day | Ages 14+

Do you like painting and apple cider? Make a masterpiece of your very own while enjoying sipping on cider. No painting experience required. **Meet at Spokane Valley Parks & Recreation Center Place, 2426 N. Discovery Place. 15123 | Wed. | 3/20 | 5:30-7pm | \$21**

## TRS What's Cooking

4 weeks | Ages 16+

Tired of eating at home? Sign up for this class and you will prepare a meal, practice table manners, visit with friends, and take part in clean-up duties. Participants will have the opportunity to practice skills such as following directions, socialization, and hygiene required when in the kitchen. **Class meets at Southside Senior Activity Center, 3151 E. 27th Ave.- kitchen. 15005 | Tues. | 3/5-3/26 | 4-6pm | \$67**



## GOT E-MAIL!

If you have e-mail and are interested in receiving brochures and letters through e-mail, let us know. You can call 509.625.6245 or e-mail it to us at: [abusch@spokanecity.org](mailto:abusch@spokanecity.org)

See Page 10  
for Cross Country,  
Alpine Ski and  
Snowboard Information

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25 Swimming Learn to Swim Raptor Reef Indoor Water Park	26 Cornhole & Pizza Line Dancing	27 What's Cooking	28	29 Classy Crafts	1	2 Ice Skating Blue Waxers Powderhounds
3 Swimming Learn to Swim	4 Cornhole & Pizza Line Dancing	5 What's Cooking	6	7 Classy Crafts	8 Friday Night Jam St. Patrick's	9 4th Annual Powderhounds Cup
10 NO Swimming NO Learn to Swim	11 Cornhole & Pizza Line Dancing	12 What's Cooking	13 Cookie Bake Night	14 Classy Crafts	15	16
17 Swimming Learn to Swim Day at the Theatre Tuck Everlasting	18 Cornhole & Pizza Line Dancing	19 What's Cooking	20 Paint & Taste	21 Classy Crafts	22	23
24	25 Cornhole & Pizza Line Dancing	26 What's Cooking	27 Fine Dining Outback Steakhouse	28 Classy Crafts	29	30
31						

# April Events

## TRS Bicycling

6 weeks | Ages 16+

Enjoy Spokane's natural beauty by bicycle. Participants need to be in moderate physical condition and ride a bike safely. Make sure your bike is in good working order and helmet fits well and is less than 5 years old. Meet at Mirabeau Point Park, trailhead, 13500 Mirabeau Pkwy, Spokane Valley.

15131 | Wed. | 4/24-5/29 | 5 - 7pm | \$69

## TRS Classy Crafts

4 weeks | Ages 16+

Explore your creative side and make a variety of beautiful and meaningful crafts each week. Participants will have the opportunity to improve skills such as fine motor, socialization, and communication. Class meets at Park Operations lunchroom, 2304 E. Mallon Ave.

15070 | Thurs. | 4/4-4/25 | 4:15-5:30pm | \$49

## TRS Cornhole & Pizza

4 Weeks | Ages 12+

Everyone can have fun and play this favorite lawn game-Cornhole. Laughter and friendly competition will abound. Pizza will be served. Meet at Fowler United Methodist Church, 3928 N. Howard.

15127 | Mon. | 4/8-4/29 | 4:30-6pm | \$57

## TRS Day at the Theatre

1 day | Ages 16+

Come with us as we delight in the entertaining theatre productions put on by our local Spokane Childrens Theatre(SCT) 2727 N. Madelia St.

You're a Good Man Charlie Brown - Meet at SCT

15117 | Sat. | 4/20 | 1:45 - 4:15pm | \$31

## TRS Line Dancing

4 weeks | Ages 14+

yrs. & Up Easy beginner line dancing is for everyone. Grab your dancing shoes and join us as we learn the fundamentals of line dancing and other dances such as the Macarena, YMCA, Alley Cat and more. Meet at Fowler United Methodist Church, 3928 N. Howard.

15128 | Mon. | 4/8 - 4/29 | 3 - 4pm | \$31

## TRS Seize the Day

1 day | Ages 18+

Find yourself sitting around the house during the day? Want to get out and meet some new friends and enjoy some new activities? Come with TRS and Seize the Day with our early afternoon programs around town!

**Rivers Wish Animal Sanctuary** - A refuge for animals such as rabbits, horses, cows, donkeys, goats, sheep, chickens, geese, pigs, dogs and cats. Meet at West Central Community Center parking lot, 1603 N. Belt.

15125 | Wed. | 4/10 | 10am-2pm | \$25

## TRS SWIMMING

7 weeks | Ages 8+

Meet at Whitworth University Aquatic Center, 300 W. Hawthorne.

### Blue Dolphin Swim Team

For people with developmental disabilities who want to swim competitively or get a good workout. Ability to swim 75 yards without assistance and with rhythmic breathing.

14999 | Sun. | 4/7-5/12 | 2:15-3:45pm | \$63

### Learn to Swim - Beginner

Individuals will learn how to face float, back float, kick with floats and learn the crawl stroke with rotary breathing. Elementary back stroke and back crawl will be taught with the goal of swimming 20 yards. We require each swimmer to have an attendant in the water assisting so the teacher can rotate their attention safely.

15001 | Sun. | 4/7-5/12 | 3:05-3:50pm | \$63

### Learn to Swim - Intermediate

Individuals who have mastered the Beginner skills and are ready to move on skills worked on will be distance swimming, breaststroke, butterfly, diving, simple turns and deeper water experience.

15000 | Sun. | 4/7-5/12 | 2:15-3pm | \$63

## TRS Spokane

### Indians Baseball

1 day | Ages 18+

Let's support our local Spokane Indians Baseball Team. Participants are responsible to bring the suggested amount of money listed. Sign-up fee covers transportation, staff, and tickets. Caregiver tickets available at a discount. TRS staff ratio is 1:4-6. Participants will have the opportunity to practice socialization skills such as making choices, handling money, following directions and getting along within a group. Meet at the Main entrance of Avista Stadium, 602 N Havana St, Spokane Valley, WA

### Everett Aqua Sox Fireworks Night

15323 | Fri. | 4/19 | 6-9:45pm | \$34

## TRS Trivia Night

1 day | Ages 14+

Bring your sack dinner and laugh with friends while playing Trivia. Fun prizes will abound. Meet at Park Operations lunch room, 2304 E. Mallon Ave.

15132 | Fri. | 4/26 | 5:30-7pm | \$19

## TRS What's Cooking

4 weeks | Ages 16+

Tired of eating at home? Sign up for this class and you will prepare a meal, practice table manners, visit with friends, and take part in clean-up duties. Participants will have the opportunity to practice skills such as following directions, socialization, and hygiene required when in the kitchen. Class meets at Southside Senior Activity Center, 3151 E. 27th Ave.-kitchen.

15130 | Tues. | 4/9-4/30 | 4-6pm | \$67



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4 Classy Crafts	5	6
7 Swimming Learn to Swim	8 Cornhole & Pizza Line Dancing	9 What's Cooking	10 Seize the Day Rivers Wish Animal Sanctuary	11 Classy Crafts	12	13
14 Swimming Learn to Swim	15 Cornhole & Pizza Line Dancing	16 What's Cooking	17	18 Classy Crafts	19 Spokane Indians Baseball	20 Day at the Theatre You're a Good Man Charlie Brown
21 Swimming Learn to Swim	22 Cornhole & Pizza Line Dancing	23 What's Cooking	24 Bicycling	25 Classy Crafts	26 Trivia Night	27
28 Swimming Learn to Swim	29 Cornhole & Pizza Line Dancing	30 What's Cooking	1 Bicycling	2	3	4

# Alpine and Downhill Programs

## TRS Blue Waxers Cross

### Country Skiing Lessons 7 Weeks | Ages 12

The class is designed for people with developmental disabilities. Fresh air, experience and fun are just a few benefits of this activity. We ski at Mt. Spokane on the terrific trail system. Participants should be able to walk a mile with minimal difficulty. The class size is limited to the number of volunteers. Separate registration form is required. Please find on web site [www.spokaneparks.org](http://www.spokaneparks.org) or call Alice Busch 625.6245. **No ski class on 2/3.** Langlauf Community Nordic Race is Sunday February 4. If interested in doing each skier must pre-register and pay for event on own. TRS will provide supervision and transportation. The Blue Waxers will not participate in Special Olympics.

**Lessons & Equipment - Meet at Selkirk Lodge, Mt. Spokane. Parking permit required.**  
15129 | Sat. | 1/13 - 3/2 | 9am-Noon | \$145

### Lessons, Transportation, & Equipment

15112 | Sat. | 1/13 - 3/2 | 7:30am - 1:30pm | \$199

### Transportation Departure locations and times:

Park Operations 2304 E. Mallon Ave. | 7:30am  
Yokes Mt. Spokane Day Road | 8am

### Transportation Return locations and times:

Yokes Mt. Spokane Day Road | 1pm  
Park Operations 2304 E. Mallon Ave. | 1:30pm

## TRS Powderhounds Alpine

### Ski & Snowboard Program 1 lesson | Ages 6+

One to one instructor/student ratio with volunteers trained in PSIA methods and therapeutic recreation elements. Course gives people opportunities to experience freedom and control of gliding down the slopes. Lessons offered are sit-ski (mono & bi), snowboarding, stand up with outriggers (3 & 4 track) for amputee/balance needs as well as stand up (2 track) for those with cognitive, visual or sensory needs. We ski/ board at Mt. Spokane on Saturdays and meet at Lodge #1 Yurt or our Snowsports chalet at the base of chair #5. To enroll in this class there is a separate registration form. Please find on web site [www.spokaneparks.org](http://www.spokaneparks.org) or call Alice Busch at 625.6245. **No class 2/10.** \$75 per lesson (Includes instruction, ticket and equipment if needed.) **Enroll in 4 lessons and a season pass will be included.**

### Morning (AM) Lessons:

15330	Sat.	1/20	9-11:30am	\$75
15331	Sat.	1/27	9-11:30am	\$75
15332	Sat.	2/3	9-11:30am	\$75
15333	Sat.	2/17	9-11:30am	\$75
15334	Sat.	2/24	9-11:30am	\$75
15335	Sat.	3/2	9-11:30am	\$75

### Afternoon (PM) Lesson:

15336	Sat.	1/20	12:30-3pm	\$75
15337	Sat.	1/27	12:30-3pm	\$75
15338	Sat.	2/3	12:30-3pm	\$75
15339	Sat.	2/17	12:30-3pm	\$75
15340	Sat.	2/24	12:30-3pm	\$75
15341	Sat.	3/2	12:30-3pm	\$75

**Transportation ONLY for AM Lessons** \$20 per lesson  
Transportation provided from Park Operations- 2304 E. Mallon Ave. and Yokes, 14202 N. Market St.

15344	Sat.	1/20	7:45am-2pm	\$20
15368	Sat.	1/27	7:45am-2pm	\$20
15369	Sat.	2/3	7:45am-2pm	\$20
15370	Sat.	2/17	7:45am-2pm	\$20
15371	Sat.	2/24	7:45am-2pm	\$20
15372	Sat.	3/2	7:45am-2pm	\$20

Please be aware that if the roads are clear the van may arrive back as much as fifteen minutes early and if road conditions make for slow travel, the van could be a few minutes late. Please be at the sites in plenty of time to take your student home. One late pick-up can cause delays for the rest of the group. We may assess late fees if necessary. All late pickups will be taken to Park Operations. Be sure to mark on your registrations form which site you will be using. We encourage not using paratransit for this program but if you do, please use only Park Operations, 2304 E. Mallon Ave as transportation site. **Only available for those taking AM lessons.** Must be able to load own equipment and be responsible for personal items. Limited wheelchair spots.

### The TRS van will leave:

- Park Operations, 2304 E. Mallon Ave. | 7:45 am
- Yokes, 14202 N. Market St. | 8:15 am

### The TRS van will return:

- Yokes, 14202 N. Market St | 1:30 pm
- Park Operations, 2304 E. Mallon Ave. | 2:00 pm

## 4th Annual Powderhounds Cup

Celebrate the end of the season by participating in the annual Powderhounds Cup. Mt. Spokane staff and MSSRA will set up a course on Chair 5 & 3. All who are able and want to race can do. This is an extra day outside of our 6-week lesson program. After racing we will enjoy music, food, and prizes. No fee. **We are currently looking for this years' sponsors. If interested please contact Alice Busch at [abusch@spokanecity.org](mailto:abusch@spokanecity.org).**

Sat. | 3/9 | 9am-2pm

See Page 11  
for Volunteer  
Ski/Snowboard  
Instructor Clinics

# Volunteers/Instructors

## Volunteer Ski/Snowboard Instructor Clinics

**Blue Waxers** – Teaching those with developmental disabilities how to cross country ski. Preferred to have advanced beginner to intermediate skills. Equipment can be provided if needed. Held at Selkirk Lodge. Includes training, background check and more. Nordic Snow – Sat. Jan 6, 2024 9AM-12PM, @ Selkirk Lodge – **MUST have Sno-Park Permit**  
15355 | Sat. | 1/6 | 9am-12pm | \$10

**Powderhounds** – Giving people ages 6yrs. & Up opportunities to experience freedom and control of gliding down the slopes. Lessons offered are snowboarding, sit-ski (mono & bi), stand up with outriggers (3 & 4 track) for amputee/balance needs as well as stand up (2 track) for those with cognitive, visual, or sensory needs.

These **MANDATORY** clinics will help teach new and returning instructors skill progressions and new teaching techniques. We will be observing your ability to work with people, your ability to ski, and your ability to teach to ensure a quality program. Must be able to ski or snowboard independently. Need to provide own equipment. Preferred to be able to do intermediate (blue runs) or above skills. **Instructors are asked to commit to volunteering a minimum of 6 lessons**, so students experience consistent instruction.

**Powderhounds MANDATORY: Returning instructors**  
**Dryland Training:** Fri. Jan 5, 2024, 6PM-8:30PM  
@ Park Operations, 2304 E. Mallon Ave.  
15357 | Fri. | 1/5 | 6-8:30pm | w/o Pass \$55  
15358 | Fri. | 1/5 | 6-8:30pm | w/Pass

**On Snow Training:** @ Mt. Spokane,  
Sat. Jan 6, 2024 8:45AM-1PM, or 1:45PM-6PM,  
**and** Sun. Jan 7, 2024 or Sun. Jan 14, 2024  
**Choose 1 session:** 8:30AM-12PM Stand-Up or  
12:30PM-4:00PM Sit Down

**Powderhounds MANDATORY: New instructors**  
**Dryland Training:** Fri. Jan 12, 2024 6PM-8:30PM,  
@ Park Operations 2304 E. Mallon Ave  
15359 | Fri. | 1/12 | 6-8:30pm | \$55

**On Snow Training:** @ Mt. Spokane  
Sat. Jan 13, 2024 8:45AM-4PM, **and** Sun. Jan 14, 2024  
**Choose 1 session:** 8:30AM-12PM Stand-Up or  
12:30PM-4:00PM Sit Down

# Funshine Day Camp

*Specialized and Adaptive Recreation Services  
for Individuals with Disabilities*

## Join Our Team

Experience the joy of providing adaptive recreation to a unique community of campers. Laughter, friendships and sunshine will fill your summer.

Call 509-625-6245 or  
email [abusch@spokanecity.org](mailto:abusch@spokanecity.org)  
for more information.



## Special Thanks to our Fall Quarter Volunteers

Bill Anderson  
Dave Bentz  
Scott Boucher  
Steve Busch  
Naomi Busch  
Makenna Edwards  
Denise Hansen

Kristal Loudin  
Loretta Moon  
Mackenzie Searles  
Natalie Stagnone  
Kelley Strange  
Gabriella Welton  
Frank Wintersteen

## Fall Highlights





City of Spokane Parks and Recreation Department  
**ACTIVITY REGISTRATION FORM**

509.755.CITY (2489)  
SpokaneParks.org

Which program are you registering for?  
 General  TRS

LAST NAME	FIRST NAME	MI
ADDRESS	CITY/STATE	ZIP
DAY WORK OR CELL PHONE	NIGHT PHONE	EMAIL

**PAYEE INFORMATION**

**PARTICIPANT INFORMATION**

LAST NAME	FIRST NAME	MI	BIRTHDATE	AGE	GENDER	ACTIVITY NUMBER	ACTIVITY NAME	FEE
			/ /		M F			
			/ /		M F			
			/ /		M F			
			/ /		M F			
			/ /		M F			
			/ /		M F			
			/ /		M F			
			/ /		M F			
			/ /		M F			
			/ /		M F			
			/ /		M F			
			/ /		M F			
			/ /		M F			
			/ /		M F			
			/ /		M F			
			/ /		M F			
			/ /		M F			
			/ /		M F			
			/ /		M F			
			/ /		M F			
			/ /		M F			
			/ /		M F			
			/ /		M F			

Statistical Information (birthdate & sex of participant) is used for demographics and to customize course activities

Make checks payable to: City of Spokane

Mailing Address: Spokane Parks & Recreation Department  
Class Registration - My Spokane  
808 W. Spokane Falls Blvd.  
Spokane, WA 99201-3317

Total Program Fees: \$

Credit Card /Debit Card payments are also accepted in the form of VISA, MC or AMEX for Online or Phone Registrations Only.

DDA will send funds.  Yes  No Case Manager Name: \_\_\_\_\_ phone # \_\_\_\_\_ email: \_\_\_\_\_

Please contact your case manager to send verification of payment to: [abuscdh@spokanacity.org](mailto:abuscdh@spokanacity.org)

**THERAPEUTIC RECREATION ONLY**

General supervision is provided 15 minutes prior to class time and 15 minutes at end of class. If additional supervision is required there will an additional fee imposed.

Check One: Group Home/Institution \_\_\_\_\_ In Own Home/Apartment \_\_\_\_\_ Private Home With Parent \_\_\_\_\_

Dietary Precautions/Foods to avoid:

Allergies:  Bee/Wasp Stings  Drug Allergies  Food Allergies  Latex Allergies  Other Please Specify:

Activity Limitations/Physical problems (if any):

Will you (your child) need to be reminded to take medications during program hours?  Yes  No

Careprovider/Support Staff provided?  Yes  No

Will you be using Paratransit?  Yes  No If yes, what is your rider number?

Feb 2020 **CONTINUE ON BACK**



# THERAPEUTIC RECREATION

**Do you have any disabilities? (Be specific)**

**Participant Personal Needs:**

Therapeutic Recreation staff provides leadership and supervision for the activity but are unable to provide attendant care (feeding, toileting assistance, giving medications, transfers, etc.). Care providers should accompany participants who need such attendant care. Parks & Recreation staff reserves the right to mandate a care provider as a prerequisite to participation. Registration fees for care providers will vary by activity.

**Social Skills/Behavioral Info:**

**Participation:**  Easily  Needs Occasional Prompting  Needs Constant Prompting

**Needs Help Managing:**  Behavior  Personal Space  Emotions

**Other Information:**

**Mobility and Adaptive Equipment:**  Yes  No

**Do you use adaptive equipment?**  Manual  Electric  Full-time  Part-time

**Wheelchair:**  Manual  Electric  Full-time  Part-time

**Check all that apply:**  Cane/Crutches  AFO's/Splint/braces  Walker

**Other information:**

**Daily Life:**

**Toileting:**  Independent  Independent w/reminders  Only with assistance

**Eating:**  Independent  Independent w/ partial assistance  Only with assistance

**Communication Information:**  Verbal and clearly understood  Verbal but not clearly understood  Non-verbal  Uses sign language  Uses a communication board

**Additional Personal Needs Information:**

**MEDICATION INFORMATION & WAIVER \*signature required**

This form must be completed by all participants who require medication while attending a City of Spokane activity (referred to herein as "Participant"). **Please complete the Medication Information Form & Waiver of Liability even if Participant will not take medication while at the activity.** This information will help us better assist Participant with medications.

- The activity leaders will provide reminders to Participant to take medications and to safely secure medication when not in use.
- Participant must be able to take his/her own medications while at the activity.
- Please package medication by dose in individual extra small zip lock bags or blister cards labeled by the pharmacy to include: 1) name of Participant; 2) name of physician; 3) name of pharmacy; 4) dosage and amount; and 5) time to take. For example, if Participant takes six different medications at dinner time there should be six small zip lock bags or blister cards, each with the label information listed above. Then put all bags in a larger zip lock bag labeled with Participant's name, date, day, and time to take; e.g. Sam Jones, Saturday, June 15, 6:00 pm.
- Please send only the amount of medication needed for the dates of the activity. Do not send excess dosages.
- If Participant has a medical insurance card, please bring it in case of emergency.

**WAIVER OF LIABILITY:** I understand that personnel from Parks & Recreation will administer only the prescribed medication mentioned in this Medication Information Form. I hereby waive any and all claims against the City of Spokane, which includes the City of Spokane Parks & Recreation Division and Therapeutic Recreation Services; any employees, chaparrones, or volunteers; and all their respective insurance companies, successors in interest, commercial & corporate sponsors, affiliates, agents, employees, representatives, assignees, officers, directors, and shareholders (each a "Released Party"), and agree to hold Released Parties harmless from any and all liability which may arise in connection with Participant's use of medication.

BY SIGNING ON BEHALF OF A MINOR OR OTHER PARTICIPANT, I REPRESENT THAT I AM AUTHORIZED TO SIGN ON PARTICIPANT'S BEHALF and/or I AM THE PARENT OR LEGAL GUARDIAN OF THE MINOR PARTICIPANT and acknowledge that Participant is bound by all the terms of this Agreement.

Signature \_\_\_\_\_ Date \_\_\_\_\_

MEDICATION TAKEN	
Type:	Dosage:
Type:	Dosage:
Type:	Dosage:
Type:	Time(s):
Type:	Time(s):
Type:	Time(s):

List any special instructions/cautions/side effects:

**CITY OF SPOKANE PARKS & RECREATION DEPARTMENT WAIVER AND RELEASE OF LIABILITY**

**WARNING: PLEASE READ CAREFULLY BEFORE SIGNING!**

**THIS IS A RELEASE OF LIABILITY & WAIVER OF CERTAIN LEGAL RIGHTS INCLUDING THE RIGHT TO SUE OR CLAIM COMPENSATION**

1. Each person participating in the City of Spokane Parks & Recreation Division's activity identified herein (referred to as "Activity") is referred to as "Participant." I, the undersigned, am a Participant and, if a Participant is under 18 or has a guardian, I am the Participant's parent or legal guardian. I understand that participating in the Activity referenced herein can be HAZARDOUS AND INVOLVE THE RISK OF PHYSICAL INJURY AND/OR DEATH.

2. I understand the dangers and risks of the Activity and that Participant ASSUMES ALL INHERENT DANGERS AND RISKS of the Activity.

3. In consideration for being permitted to participate in the Activity, I AGREE, to the greatest extent permitted by law, TO WAIVE ANY AND ALL CLAIMS AGAINST AND TO HOLD HARMLESS, RELEASE, INDEMNIFY, AND AGREE NOT TO SUE the City of Spokane, which includes the City of Spokane Parks & Recreation Division and Therapeutic Recreation Services; any employees, chaplains, or volunteers; and all their respective insurance companies, successors in interest, commercial & corporate sponsors, affiliates, agents, employees, representatives, assignees, officers, directors, and shareholders (each a "Released Party") FOR ANY INJURY, INCLUDING DEATH, LOSS, PROPERTY DAMAGE, OR EXPENSE, WHICH I, OR PARTICIPANT, MAY SUFFER, ARISING IN WHOLE OR IN PART OUT OF PARTICIPANT'S PARTICIPATION IN THE ACTIVITY except only for injury or damage caused by the sole negligence of the City of Spokane, its employees, or agents. To the extent Participant's damages were caused by or resulted from the concurrent negligence of the City of Spokane, its elected and appointed officers, employees, agents, or representatives, the obligation to indemnify, defend, and hold harmless is valid and enforceable to the extent of the negligence of Participant.

I UNDERSTAND THAT I AM ENGAGING IN AN ACTIVITY THAT HAS NUMEROUS INHERENT RISKS THAT COULD LEAD TO MY SERIOUS INJURY (INCLUDING COMPLETE PARALYSIS) OR DEATH. I ACKNOWLEDGE THAT REMOVING THOSE RISKS IS NOT POSSIBLE AND ELIMINATING THOSE RISKS WOULD FUNDAMENTALLY CHANGE THE NATURE OF THE ACTIVITY AND WOULD JEOPARDIZE THE ESSENTIAL QUALITIES OF THE ACTIVITY.

IN FURTHER CONSIDERATION FOR ALLOWING PARTICIPANT TO PARTICIPATE IN THE ACTIVITY, I FURTHER RELEASE AND GIVE UP ANY AND ALL CLAIMS AND RIGHTS THAT I MAY NOW HAVE AGAINST ANY RELEASED PARTY AND UNDERSTAND THIS RELEASES ALL CLAIMS, INCLUDING THOSE OF WHICH I AM NOT AWARE, THOSE NOT MENTIONED IN THIS RELEASE AND THOSE RESULTING FROM ANYTHING WHICH HAS HAPPENED UP TO NOW.

4. I AGREE TO PAY ALL COSTS, INCLUDING ATTORNEYS' FEES, INCURRED BY ANY RELEASED PARTY IN DEPENDING AN INVESTIGATION, CLAIM, OR LAWSUIT BROUGHT BY OR ON PARTICIPANT'S BEHALF WHETHER ARISING IN WHOLE OR IN PART FROM PARTICIPANT'S PARTICIPATION IN ANY ACTIVITY OR FROM ANY MISREPRESENTATIONS OR FRAUDULENT EXECUTION OF THIS AGREEMENT.

5. I represent that Participant is in good health and that there are no special problems associated with Participant's physical or mental condition that would enhance the risks of my participation in the Activity, that would increase the likelihood of my injury and/or death, or that would interfere with my safety in the Activity. I authorize a licensed physician or other medical care provider to carry out any emergency medical care for Participant which may be necessary and agree to be fully responsible for any costs associated with such care or transport to such care.

6. I grant the Released Parties the right of publicity to own and use any image collected of Participant while participating in the Activity. YES  NO

7. I agree that any and all claims for loss, injury, and/or death arising from Participant's participation in the Activity shall be governed by the law of the State of Washington and that exclusive jurisdiction of any such claim shall be in a court of competent jurisdiction in the in the State of Washington, County of Spokane.

8. BY SIGNING ON BEHALF OF A MINOR OR OTHER PARTICIPANT, I REPRESENT THAT I AM AUTHORIZED TO SIGN ON PARTICIPANT'S BEHALF and/or I AM THE PARENT OR LEGAL GUARDIAN OF THE MINOR PARTICIPANT and acknowledge that Participant is bound by all the terms of this Agreement. I acknowledge that the Activity entails known and unanticipated risks that could result in physical or emotional injury, paralysis, or death to Participant as well as damage to property, or to third parties. I understand that such risk cannot be eliminated without jeopardizing the essential qualities of the activity. I assume the risk and financial responsibility for any injury, illness, or liability resulting from Participant's participation. I waive any claims and agree to hold harmless and not sue Released Parties from all claims or liability arising out of Participant's participation. I have been made aware of the itinerary and give permission for Participant to ride in the vehicle designated by the staff of the City of Spokane Park & Recreation Division while attending or participating in the Activity, and I understand this release/waiver applies with equal weight to any claim arising from riding in a vehicle, including entering or exiting the vehicle. I certify that the Participant has no medical or physical conditions that could interfere with his/her safety in this activity, or else I am willing to assume and bear the costs of all risks that may be created, directly or indirectly, by any such condition.

In case of emergency involving Participant, I understand every effort will be made to contact me. In the event I cannot be reached, I authorize a qualified physician/surgeon selected by City of Spokane personnel to examine me and in the event of injury or serious illness administer emergency care to the above-named participant which may include hospitalization, anesthesia, surgery, or injections of medication for Participant. I understand every reasonable effort will be made to contact me to explain the nature of the problem prior to any involved treatment. In the event it becomes necessary for City of Spokane Parks & Recreation staff or volunteers to obtain emergency care for Participant, I agree that neither the City of Spokane nor any of its personnel assumes financial liability for expenses incurred because of the accident, injury, or illness.

9. I understand that this Agreement will apply for each and every day Participant participates in any Activity. I understand that this Agreement is a contract and, to the fullest extent permitted by law, shall be binding on me and my assignees, subrogers, distributors, heirs, next of kin, executors and personal representatives. If any part of this Agreement is deemed to be unenforceable, the remaining terms shall be an enforceable contract between the parties.

**MINOR PARTICIPANT INFORMATION – requires Parent/Guardian to complete, sign & date below**

Minor – Last Name, First name, M.I. (print) \_\_\_\_\_ Date of birth (MM-DD-YYYY) \_\_\_\_\_

**ADULT PARTICIPANT INFORMATION – required to complete, sign & date below**

Adult/Parent/Guardian - Last, First, M.I. (print) \_\_\_\_\_ Date of birth (MM-DD-YYYY) \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

Emergency Contact (print) \_\_\_\_\_ Relation \_\_\_\_\_ Phone number \_\_\_\_\_

# Customer Involvement Policies & Important Information

## Customer Involvement Policies

- Arrive to the activity/meeting location on time. Under most circumstances TRS will not wait longer than fifteen minutes for participants to arrive. This will prevent a delay in transportation and tardiness of any reservation.
- Leave the activity on time. TRS will wait until transportation comes. If additional supervision is required the participant will be billed \$8.00 for every 15 minutes or \$32.00 for every hour your transportation is late or you arrive too early. (Please refer to the additional supervision form).
- Bring the appropriate amount of money for activity. TRS staff do not carry additional funds to pay for activities. If you do not have sufficient funds for the activity, you may be sent home. Via home site, bus or taxi.
- Bring the appropriate clothing/gear for activity. (i.e.; helmets/gloves, swimsuit/cap, pillow/sleeping bag, extra layers in cold weather, etc.)
- Respect people, place and things around you.
  - a. Stay with the group.
  - b. Follow instructions of TRS staff.
  - c. No smoking permitted except in designated areas upon approval of TRS staff.
  - d. No food or drink allowed on the vans or other transport vehicles.
  - e. No stealing

Absolutely No Sexual Harassment or Assaultive behavior will be tolerated. We reserve the right to send participants home if displaying inappropriate behaviors or not abiding by the TRS Customer Involvement Policies.

We strive to provide a safe and enjoyable experience for everyone in a Therapeutic Recreation Services activity.

## Important Information

### Service Philosophy

Primary goal is to make recreational activities available to a broad spectrum of people with developmental and/or physical disabilities. Our purpose is to assist people to have positive experiences and develop appropriate leisure and social skills they can use throughout their lifetime. Mastery of leisure skills often leads to an increase in self-esteem and the ability to tackle other obstacles in life.

### Volunteer/Staff

Volunteers are vital to our programs. Parents/careproviders, siblings, and students are encouraged to volunteer. If you are interested in volunteering, call 509.625.6245. Paid positions also available.

### Participant Personal Needs

Therapeutic Recreation staff provides leadership for the activity and are unable to provide attendant care (feeding, toileting assistance, giving medications, transfers, etc.). Careproviders should accompany participants who need

personal care. Participants who have behavioral issues may be asked to participate with a careprovider in attendance. Registration fees for careproviders may be waived or will vary depending on the activity.

### Medication Policy

Participants who take medication during a Therapeutic Recreation program must complete a MEDICATION INFORMATION AND WAIVER form and return it before start of class. Participants must be self-medicating. Program staff can take custody of medication and remind participants when to take medication. Program staff cannot administer medication. All medication must be packaged according to program instructions. Participants should have a current medical coupon/medical insurance card, and identification with current address and phone number.

### Miscellaneous Information

Participants will be notified of class changes. Classes held in Spokane school facilities do not meet on holidays, vacation & curriculum days.

### Program Fees

Limited scholarship funds are available should a participant be unable to afford a class. Donations are tax deductible and assist us to better serve the leisure needs of people with disabilities. Therapeutic Recreation Services is a registered contractor with DSHS and is eligible to accept DDA respite funds for payment of activities through the Provider 1 system. Contact your local DDA case manager for more information.

### Process to use DDA Funding:

1. Contact your DDA case manager and inform them of price.
2. Have case manager send funding approval to [abusch@spokanecity.org](mailto:abusch@spokanecity.org)
3. Fill out registration and then on page 13 indicate DDA as payment source and list case manager.
4. When registration form has been received and processed by TRS, a confirmation receipt will be sent to camper/family.
5. Provide copy of confirmation receipt to case manager.
6. If camper needs to cancel registration, regular refund policy and procedures apply (see below). DDA WILL NOT PAY IF CAMPER DOES NOT ATTEND BUT DID NOT CANCEL. In this case, payment responsibility falls to camper's family.

### Refund Policy

Participants will be notified if a class or program is canceled due to lack of enrollment and will be offered an alternate choice, full refund or credit on account. Participants who wish to cancel enrollment must notify Therapeutic Recreation at least seven days prior to the program date to be considered for a refund. Refund amount will be based on the number of students enrolled and any supply costs incurred on the participant's behalf. Careproviders may

not substitute participants. Every participant must be pre-registered. Requests for refunds must be made in writing and approved by Therapeutic Recreation supervisor. Refunds will not be made after the first session or for missed sessions. Trip deposits are non-refundable unless cancellation is made at least 30 days before trip departure date.

### Transportation/Paratransit Users

The Spokane Transit Authority offers both fixed route and para-transit services to the public. For fixed route service, call 509.328.7433; para-transit service, call 509.328.1552. STA will not wait for instructors or buildings to open. Our instructors arrive fifteen minutes prior to the start of the class. In order to prevent participants from being dropped off too early please give a "no earlier than drop" time of 15 minutes before the class starts. Do not use a "no later than" time as it causes problems of too early of an arrival. Care providers must accompany participants who cannot find the class location independently or wait appropriately for the instructor. Therapeutic Recreation works with STA and care providers to identify early and late arrivals and make changes in schedules as needed. \*Another suggestion is to use subscription trips. After attending a class three weeks in a row the rider qualifies. With this ride you won't need to call in each week- just call when need to cancel. Schedule rides early. If participants need additional supervision while waiting for transportation after program hours, a bill will be sent to cover staff expenses. Para-transit is not recommended for those activities involving a flexible return time - i.e. trips.

### Registration Procedure:

- Advance registration is necessary for all programs except where noted.
- Registration is processed on first paid, first served basis. Payment can be accepted over the phone with Visa/MC/Discover only. No verbal reservations over phone.
- Mail in, phone in, walk in, or fax 509.625.6205 registrations.
- Medication Information & Waiver form filled out as necessary.

### Other Parks Programs Available to Special Populations

The programs in this brochure are designed for persons with developmental and physical disabilities. All other Park Department programs are available to persons with disabilities. Please look through the Spokane Parks and Recreation Department Class & Activity Guide to see if a program is of interest to you. Then call Alice Busch at 509.625.6245 and she will help you get started by notifying the instructor who will make preparations or adaptations, if needed.



**Discounted  
Skiing/Snowboarding  
+ Volunteering  
= One Awesome Winter**



Do you enjoy skiing or snowboarding and want to help improve the quality of life for people with disabilities? Consider volunteering with Therapeutic Recreation Services.

Call 625-6245 or email [abusch@spokanecity.org](mailto:abusch@spokanecity.org) for more information.

**REGISTER  
ONLINE**

[SpokaneRec.org](http://SpokaneRec.org)



**CALL  
US**

Call 311  
or outside the city at  
509.755.CITY  
Fax 509.625.6990



**Look for more  
exciting activities  
coming this summer**

## **Therapeutic Recreation Services**

The programs in this brochure are designed for persons with developmental and physical disabilities. All other Parks Department programs are available to persons with disabilities. Please look through the Spokane Parks and Recreation Department Class & Activity Guide to see if a program is of interest to you. Then call Alice Busch at 509.625.6245 and she will help you get started by notifying the instructor who will make preparations or adaptations, if needed.

This is not an activity of the school or school district. Distribution of this material and the use of District facilities does not constitute an endorsement or sponsorship for the event/information by the school or the district.



509.755.2489  
[spokaneparks.org](http://spokaneparks.org)



808 West Spokane Falls Boulevard  
Fifth Floor - City Hall  
Spokane WA 99201-3317  
509.625.6200

**Address Service Requested**

**PRSR STD**  
U.S. Postage  
**PAID**  
Spokane, WA  
Permit No. 722