

fall **ACTIVITY** guide

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CITY OF
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PARKS &
RECREATION



FALL SOCCER LEAGUE

10 weeks | 18+ | September 8 – November 18

Coed league, recreational competition! Masters, Recreational and Competitive divisions. New format: 8-regular season games guaranteed, followed by playoffs for a minimum of 9 games per season. Games are played Saturdays at the Dwight Merkel Sports Complex. Registration opens 8/13, closes 8/27. \$900/team.



SpokaneParks.org/sports



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know your rec staff

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CORBIN KIDS PRE-SCHOOL

Little Leonardo's

6 weeks | Ages 3-5yrs. Children love art and they're naturally creative and imaginative. Each class is planned to expose your child to a new element of art each week. They will paint, sculpt, draw, cut paper and glue to help develop listening skills, fine motor skills and creative imagination play. **Class held at the Corbin Art Center, 507 W 7th Avenue. \$49**
1369 Mon. 10/1-11/5 9:30-10:30am

Let's Gogh Art!

6 weeks | Ages 4-5yrs. Does your child love to draw, paint, sculpt or just enjoy being creative? Then come join us in discovering different art techniques while learning about a new artist or children's book illustrator each week in this fast paced, fun class. There are new projects each week for returning students. **Class held at the Corbin Art Center, 507 W 7th Avenue. \$59**
1370 Tues. 10/2-11/6 9:30-11am

NEW! Make Art Together: Fabulous Fall!

6 weeks | Ages 2-4yrs. Yay! It's fall, and time to celebrate the season! This class is for you and your child to explore leaves, pumpkins and even the rainy, fall weather while making wonderful works of art. Experience a new weekly art theme, story, and relevant project. Children will discover color, texture while practicing basic cutting and gluing skills while exploring a variety of art techniques and materials. This class is fast paced, active and most of all fun! **Class held at the Corbin Art Center, 507 W 7th Avenue. \$49**
1371 Wed. 10/3-11/7 9:30-10:30am

NEW! Make Art Together: Mini Art Studio

6 weeks | Ages 2-4yrs. | Alisha Schulz This adult and child, new studio class offers our littlest artists a rich sensory experience and ample opportunity to ignite their imagination as they freely explore a variety of art materials. This class offers children the opportunity to build a deep foundation in art making as they discover new ways to use clay, paint, chalk, crayon, pencil, scissors, paper, glue (along with many other mediums) to express their ideas. Come prepared to be amazed by your child's innate ability to create art.



Creativity runs at an all time high in this class!

Class held at the Corbin Art Center, 507 W 7th Avenue. \$49
1372 Thurs. 10/4-11/8 9:30-10:30am

PRE-SCHOOL WORKSHOPS

NEW! Make Art Together: Halloween Fun

1 day | Ages 2-4yrs. Come have a frightfully fun time creating a friendly jack-o-lantern paper pumpkin, cute spider and other adorable Halloween crafts with your child. This is a fantastic class to come and have a great time creating art together. **Class held at the Corbin Art Center, 507 W 7th Avenue. \$21**
1380 Sat. 10/27 9:30-11am

NEW! Make Art Together: Turkey Jubilee

1 day | Ages 2-4yrs. You and your child will have lots of fun making this jumbo-sized Thanksgiving gobbler who's sure to delight family and friends. **Class held at the Corbin Art Center, 507 W 7th Avenue. \$21**
1381 Sat. 11/17 9:30-11am

NEW! Make Art Together: Holiday Ornaments

1 day | Ages 2-4yrs. Join us for a fun filled class making holiday ornaments together. You and your child will make some fabulous ornaments for your tree or to give a gift that you will both look at and remember for years to come. **Class held at the Corbin Art Center, 507 W 7th Avenue. \$21**
1382 Sat. 12/1 9:30-11am

NO SCHOOL TODAY CAMPS

Pre-registration is required

NEW! Animal Art: Let's Go Wild!

1 day | Ages 6-11yrs. Explore animals around the world through art. Unleash your creativity with different animal projects including collage, painting, drawing and sculpture. This camp is sure to be a "wild" time. Dress for a mess and please bring a lunch. **Class held at the Corbin Art Center, 507 W 7th Avenue. \$39**
1385 Mon. 11/12 9am-3pm

NEW! Crazy Clay & DIY Dough!

1 day | Ages 6-11yrs. Learn how to mix up your own modeling clays, do-it-yourself salt dough, and cook up a batch of perfect play dough. You'll follow fun recipes to make salt dough, reusable slime and more. You will even create your own DIY recipe book, so you can make these fun recipes at home again and again! Dress for a mess and bring a lunch. **Class held at the Corbin Art Center, 507 W 7th Avenue. \$39**
1386 Mon. 11/12 9am-3pm

NEW! Winter Break Sewing

2 days | 8-16 yrs. | Elizabeth Pike Got a new machine for Christmas? Bring it to along and come learn how to thread it, sew even seams, and use those mysterious gizmos while making fun projects for home and school! All materials provided! **Class held at Let's Get Sewing! Studio at 8707 N. Wall St. 509-217-7049 \$80**
1387 Fri.-Sat. 12/28-12/29 10am-3pm

CORBIN YOUTH

Afternoon Art Exploration

6 weeks | Ages 6-9yrs. | Beth McIlraith Explore a variety of artistic mediums, such as, oil pastels, paint, clay, paper, recycled objects and more each week. Here's a chance to use your artistic skills, be creative and try new things. There are new projects each week for returning students. **Class held at the Corbin Art Center, 507 W 7th Avenue. \$59**

1373 Tues. 10/2-11/6 4-5:30pm

NEW! After-School Art Exploration

6 weeks | Ages 9-14yrs. | Beth McIlraith Explore a variety of artistic mediums, such as, oil pastels, paint, clay, paper, recycled objects and more each week. Here's a chance to use your artistic skills, be creative and try new things. There are new projects each week for returning students. **Class held at the Corbin Art Center, 507 W 7th Avenue. \$65**

1374 Wed. 10/3-11/7 4-6pm

NEW! Children's Spanish

6 weeks | Ages 9-11yrs. | Mary Benham We will learn how to pronounce colors, basic vocabulary, numbers and much more in this fun/interactive class. Children will build their own notebooks that will contain their weekly handouts. **Class held at the Corbin Art Center, 507 W 7th Avenue. \$54**

1375 Thurs. 10/4-11/8 4-5pm

Drawing Basics

6 weeks | Ages 7-12yrs. Drawing is the basis and the first step for dimensional art forms. Explore with different tools and techniques and learn the many facets of drawing including freehand drawing, line, shading, fur-scales-feathers, still life, color, design composition, perspective, portraiture, animals and more. **Class held at the Corbin Art Center, 507 W 7th Avenue. \$55**

1376 Thurs. 10/4-11/8 4-5:30pm

Sewing After School

4 weeks | Ages 8-16yrs. | Elizabeth Pike (SAS) is an ongoing program designed to cover all the basics of sewing. Students complete simple to more advanced projects as their skills grow. "New to sewing" students begin with sewing machine basics while crafting a pillowcase with French seams and a pair of pajama pants. "Continuing" students' projects are skill and interest driven. Classes are formed in 4 week sessions and are multi-leveled. Students can bring their own machine or use one of our many studio machines. Materials for the first project are provided. Classes are held on Thursdays from 4-6, but students may arrive starting at 3:30. Make-up classes may be available with instructor permission. No experience needed. There will be no class on Thursday, November 22nd. **Class held at Let's Get Sewing! Studio at 8707 N. Wall St. 509-217-7049 \$120**

1377 Thurs. 10/4-10/25 4-6pm

1378 Thurs. 11/1-11/29 4-6pm

American Girl Couture

4 weeks | Ages 8-16yrs. | Elizabeth Pike Patterns, fabric, machines, pre-cuts, fashion challenge, prizes... Everything provided to make your doll a fashionista. Bring your doll and a lunch, afternoon tea party provided. Basic sewing experience - or instructor's prior permission - required. There is a \$30 supply fee payable to the instructor. **Class held at Let's Get Sewing! Studio at 8707 N. Wall St. 509-217-7049 \$80**

1379 Sat. 10/27 9am-5pm

YOUTH WORKSHOPS

NEW! Fun & Fanciful Holiday Ornaments

1 day | Ages 5-7yrs. Come make dazzling traditional, fun and personalized decorations for the holidays. Keep them for your own decorations or to give away as a gift. This will be a fun, fantastic, festive and sparkly class. **Class held at the Corbin Art Center, 507 W 7th Avenue. \$24**

1383 Sat. 12/8 9:30-11:30am

NEW! Holiday Hullabaloo

1 day | Ages 8-11yrs. Do you have kids that love to craft and create? Well, do we have a workshop for you! Come and make last minute gifts, cards and ornaments while listening to festive holiday music. We will also sing Christmas carols, create fabulous projects and maybe even dance a little. **Class held at the Corbin Art Center, 507 W 7th Avenue. \$24**

1384 Sat. 12/8 9:30-11:30am



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DRAWING

NEW!

Drawing on Gratitude

4 weeks | Ages 16+ | Megan Perkins We are surrounded by wondrous beauty in our everyday lives, but are frequently too busy to fully appreciate what we have. Use drawing and sketching to meditate on the things, places, moments, and people that you are grateful for. Beginners welcome! Supply list included upon confirmation of registration.

Class held at the Corbin Art Center, 507 W 7th Avenue. \$50
1310 Mon. 10/1-10/22 1:30-3:30pm

NEW!

Drawing on the Right Side

6 weeks | Ages 18+ | Xylina Weaver Artistic drawing can be achieved by every person with the desire to do so, just as Xylina herself learned while taking this very class at Corbin Art Center a few years ago from the wonderful Dian Zahner. You too can develop skill and confidence through a series of lessons, fun instructions and exercises made easy to enhance your creative and artistic self-confidence. No previous art training required. Supply list included upon registration confirmation.

Class held at the Corbin Art Center, 507 W 7th Avenue. \$70
1311 Tues. 10/02-11/06 12:30-2:30pm

Perspective Drawing

6 weeks | Ages 16+ | Tom Quinn Perspective is to drawing what grammar is to writing. It provides a structure to art by dictating where objects must be placed and which directions the angles go to achieve that vital third dimension of depth. You do not need to be an artist to draw well in perspective - when you know how to use the tools, they do the drawing for you. Supply list included upon confirmation of registration.

Class held at the Corbin Art Center, 507 W 7th Avenue. \$62

1312 Tues. 10/2-11/6 6:30-8:30pm

Drawing Fundamentals

6 weeks | Ages 16+ | Allison Bayley Join us as we begin to explore drawing fundamentals! If you are new to drawing or need to brush up on basic skills this is the class for you. We will be tackling drawing materials, composition, portrait techniques, shading, and perspective. Great basics that will lead to long lasting confidence in your drawing. (There will be no class on Wednesday, October 31st.) Supply list included upon confirmation of registration.

Class held at the Corbin Art Center, 507 W 7th Avenue. \$62

1313 Wed. 10/3-11/14 6:30-8:30pm

NEW!

Pastel Drawing

6 weeks | Ages 16+ | Tom Quinn Pastels are for those who wish immediate gratification. This dry medium enables to artists to start and stop at any time, making art creation easier to fit into their schedule. Colors are blended on the surface rather than on a palette, offering unlimited possibilities for self-expression. We will begin with a simple picture of a tree, and then students can move onto their own projects. Supply list included upon confirmation of registration.

Class held at the Corbin Art Center, 507 W 7th Avenue. \$62

1314 Thurs. 10/4-11/8 1-3pm



Create your own works of Art!

NEW!

Drawing Hands

1 day | Ages 16+ | Tom Quinn The hand is one of the most difficult parts of the human body for the artist to master. In this workshop, we'll cover the anatomy of the human hand, including bones, muscles, and blood vessels. After drawing skeletal hands, we'll be drawing the hands of a model in different positions and situations. Supply list included with registration confirmation.

Class held at the Corbin Art Center, 507 W 7th Avenue \$50

1315 Sat. 10/6 9am-3pm

NEW!

Your Mythic Journey: Finding Your Inner Storyteller Through Illustration

6 weeks | Ages 16+ | Kayleigh Lang We all tell stories about who we are, where we come from, and where we are going. This class offers the tools to explore the story in their own lives and to illustrate it to others, opening up a hidden world of self-discovery and meaning. All experience levels welcome! Supply list included upon confirmation of registration.

Class held at the Corbin Art Center, 507 W 7th Avenue. \$59

1316 Sun. 10/7-11/11 Noon-1:30pm

NEW!

Caricature Drawing

1 day | Ages 16+ | Tom Quinn Caricature is an old and respected art form. In this class, we'll discuss the ways to exaggerate and simply an individual's distinctive features to depict someone in a way that's both funny and instantly recognizable. Tom has been drawing caricatures for well over 25 years, and has learned to draw them both at leisure and under intense time pressure. Supply list included with registration confirmation.

Class held at the Corbin Art Center, 507 W 7th Avenue. \$50

1317 Sat. 10/20 9am-3pm

NEW! Monogram Animal Drawings

3 weeks | Ages 18+ | Xylina Weaver Create your own color pencil animal letter drawing/s for yourself or as a gift for another. Perhaps a Big Bear Bothers a Beehive, or a Wonderful Wolf Wanders Where it Wants? Participants will learn how to create a unique animal letter drawing with the use of color pencils. Participants will research their animal and be guided to create their drawing from chosen images. All participants will be supported to achieve their desired outcome. A DIY light box will be available in class for tracing along with instructions to make your own. Supply list included with registration. **Class held at the Corbin Art Center, 507 W 7th Avenue. \$42**

1318 Mon. 11/13-11/27 12:30-2:30pm

PAINTING CLASSES & WORKSHOPS**Mixed Media Mania**

4 weeks | Ages 16+ | Katie Frey Loosen up, laugh, and create in this fun “anything goes” art class. You will learn new ways to layer and distress paper, transfer images, create texture, collage, and use found objects in your art. Experiment with gelli plate printing, gel mediums, molding pastes and much more. Let’s get creative! Classes will be held on the following Sundays: 9/30, 10/7, 10/14, 10/21, 2018. Supply list included upon confirmation of registration. **Class held at the Corbin Art Center, 507 W 7th Avenue. \$60**

1319 Sun. 9/30-10/21 9am-1pm

Art History

6 weeks | Ages 16+ | Tom Quinn This class is a series of lectures with slides intended to be both informative and entertaining about the great art of the past. We will address certain questions like: What is art history? Does it pass aimlessly, or will it converge on a goal? This course will look at art changes from one culture and period to another and in what ways they remain the same. Please be aware that some of the slides depict nudes. **Class held at the Corbin Art Center, 507 W 7th Avenue. \$62**

1320 Mon. 10/1-11/5 1-3pm

SKIN CARE & SOAP MAKING**Organic “Spa” Skin Care Products**

1 day | Ages 16+ | Karen Felber Learn to make organic, chemical free skin care products including scrubs, sunscreen, body butter, milk baths, bath salts, and lip balm. Pamper yourself or someone special, without paying high prices using everyday ingredients. Demonstrations and take home samples. **Class held at the Corbin Art Center, 507 W 7th Avenue. \$24**

1355 Wed. 10/17 6:30-8:30pm

Organic Cold-Pressed Soap

1 day | Ages 16+ | Karen Felber Learn the simple process of making organic and natural soap. Demonstrations include fragrance selection, optional color additives, botanicals, herbs, and additional ingredients to make exfoliating soap. Quick tips on wrapping included. Take home samples. **Class held at the Corbin Art Center, 507 W 7th Avenue. \$24**

1356 Sat. 10/27 10am-Noon

NEW! Art & Business: Jump Start Your Art Career

6 weeks | Ages 16+ | Kayleigh Lang This class offers tools artists need to make it in the competitive art world. Whether you’re an emerging or mid-career artist, or just thinking about being a professional artist, this resource will help you build your career and protect yourself along the way. All levels welcome. Supply list included upon confirmation of registration. **Class held at the Corbin Art Center, 507 W 7th Avenue. \$59**

1321 Mon. 10/1-11/5 4-5:30pm

Intro to Watercolor Painting & Beyond

4 weeks | Ages 18+ | Megan Perkins Come and learn the basics of watercolor, mixing colors, choosing the right paper, brushes to use, and how to transform a value sketch into a watercolor painting. If you have already taken a watercolor class before, the instructor will help you go on with what you want to accomplish. The instructor will provide photos for you to work off but feel free to bring your own to create your own fabulous works of art. Supply list included upon confirmation of registration. **Class held at the Corbin Art Center, 507 W 7th Avenue. \$55**

1322 Mon. 10/1-10/22 4-6pm

Acrylic Painting

6 weeks | Ages 16+ | Tom Quinn Learn basic concepts of painting techniques with acrylic paints. This class is an introduction to the fast-drying, forgiving medium of acrylic paint. You will explore color, form and composition to create your own works of art. Work from still-life set-ups and two-dimensional references such as photos. Supply list included upon confirmation of registration. **Class held at the Corbin Art Center, 507 W 7th Avenue. \$70**

1323 Mon. 10/1-11/5 6:30-8:30pm

Painting with Oils

6 weeks | Ages 16+ | Tom Quinn An introduction to the forgivable medium: oil. Learn basic concepts of design, composition, color theory, values and texture while experiencing the outstanding working properties of oil. Choose to work from still-life or two-dimensional references. Helpful demonstrations and individual instruction will be taught. Supply list included upon confirmation of registration. **Class held at the Corbin Art Center, 507 W 7th Avenue. \$70**

1324 Thu. 10/4-11/8 6:30-8:30pm

NEW! Mixed Media & The Masters!

3 weeks | Ages 14+ | Willow Rosales Exploring Master Artists through mixed media Have you ever been Interested in stepping into the mind of Andy Warhol, Georgia O’Keefe, or Picasso? What inspired these creative geniuses to create gigantic flowers, or to be the leading figure of the pop art movement, or to be coined the Father of Cubism? This class will introduce a famous artist and what style of art they were recognized for. After that we will recreate their styles by exploring the basic skills of watercolors, acrylic painting, and pen and ink. No experience is necessary, just a creative mind! Supply list included upon confirmation of registration. **Class held at the Corbin Art Center, 507 W 7th Avenue \$55**

1325 Tue. 10/9-10/23 5:30-7:30pm



INSTRUCTOR SPOTLIGHT

Katie Frey is a mixed media artist who has been creating art in Spokane for almost ten years. For most of those years she has also been teaching children and adults at the Corbin Art Center. Katie works primary in acrylics, but enjoys experimenting with a wide variety of mediums and styles. She loves palette knife painting, textured landscapes, and collage. Fabric, lace, and organic textures such as sand, sea glass, and shells often find their way into her art. Two of her favorite classes to teach are Mixed Media Mania and Art Journaling. To check out her art and classes go to: artwithkatie.blogspot.com



NEW! Painting Clouds in Oil

1 day | Ages 16+ | Tom Quinn Painting a convincing sky is not especially difficult but the human mind tends to impose patterns and regularity on the randomness of nature. Learn how to paint different types of clouds with various lighting conditions and more. Workshop will include demonstrations and individual instruction. Supply list included upon confirmation of registration. **Class held at the Corbin Art Center, 507 W 7th Avenue \$55**

1326 Sat. 10/13 9am-3pm

NEW! Block Printmaking!

1 day | Ages 16+ | Willow Rosales I carve, therefore I print! Have you ever wondered what block printing is? Or how to carve onto a rubber stamp material and be able to make intricate replicas of the same image? Why is this form of art so important? If you would like to explore these inquiries then take my introduction to block printmaking! We will learn the history of block printmaking and explore the basic skills of carving, hand-pressing, and inking from start to finish. No experience is required just a creative mind! There will be a \$10 supply fee payable to the instructor. **Class held at the Corbin Art Center, 507 W 7th Avenue \$45/\$10**

1327 Sat. 10/13 Noon-3pm

1328 Sat. 11/3 Noon-3pm

Art Journaling: Where Art Meets the Page

5 weeks | Ages 16+ | Katie Frey You will begin this course by creating your own beautifully bound art journal. Add a new page each week using a combination of the following mediums: pen & ink, paint, collage, watercolors, and image transfers. Writing prompts and new art techniques will help you dig deep into your creative soul. Supply list included with registration confirmation. **Class held at the Corbin Art Center, 507 W 7th Avenue. \$62**

1329 Thurs. 10/18-11/15 6-8:30pm

NEW! 101 Liquid Water-Color Wanderings

1 day | Ages 18+ | Bevie LaBrie Research studies have shown when a group of students were asked to make one perfect piece of art and another group was asked to make 100 pieces of art and there was no expectation on how good it is, the second group discovered their own style and ended up producing the higher quality art. Based on this research, this class will give you the space and guidance to open the gates to your own creative flow. You will come away inspired by your own creative style, energized and empowered through experimentation with liquid watercolor paint and various mixed media techniques. Supply list included upon confirmation of registration or you can pay the instructor \$10 for the supplies. **Class held at the Corbin Art Center, 507 W 7th Avenue. \$65/\$10**

1330 Sat. 11/10 9am – 4pm

NEW! Building Resiliency for Stress Relief with Art Journaling

1 day | Ages 18+ | Bevie LaBrie How many times have you scrolled through “art journaling” books and thought about how great the ideas are, but struggled to stop and make time to engage in those ideas. This class is for you! Bring an old book or art journal with and any of your favorite supplies. You can pull from the supply list or pay a small supply fee for those provided. Past participants have called this class a jumpstart to their creative practice. Supply list included upon confirmation of registration. There will be an \$8 supply fee payable to the instructor if you do not want to bring supplies. **Class held at the Corbin Art Center, 507 W 7th Avenue. \$50/\$8**

1331 Mon. 11/26 5-9pm

NEW! Palette Knife Painting!

2 weeks | Ages 16+ | Katie Frey Bold artist get ready to let loose with the palette knife. Both acrylic and oil painters welcome. Learn to blend colors, control the thickness of your paint, create dramatic textures and expressive lines. We will be staying loose and lively in this two-day impressionistic workshop. Beginners welcome! Supply list included upon confirmation of registration. **Class held at the Corbin Art Center, 507 W 7th Avenue. \$60**

1332 Fri. 11/30-12/7 1-4pm

NEW! Mixed Media Holiday Angels

1 day | Ages 16+ | Katie Frey Working layer by layer with vintage paper, acrylic paints, gold leaf, and stencils, you will create a richly textured and beautiful Holiday angel art piece. Learn new ways to distress and lay paper, build up texture, and include small objects in your art. These make wonderful gifts! Some supplies included in the cost of the class. There will be a \$5 supply fee payable to the instructor for the gold leaf, iridescent medium, gold & silver paint and special papers. Additional supply list included upon confirmation of registration. **Class held at the Corbin Art Center, 507 W 7th Avenue. \$45/\$5**

1333 Sun. 12/7 10am-2pm

CREATIVE WRITING

NEW! Crafting Innovative Essays

6 weeks | Ages 18+ | Genevieve Richards In this class, we will study a sample of essays written in traditional forms, and compare them to essays written in non-traditional forms, and then we will write and share our own innovative essays. All experience levels are welcome and the only supplies needed are pen and paper. **Class held at the Corbin Art Center, 507 W 7th Avenue. \$69**
1334 Mon. 10/1-11/5 6pm-8pm

NEW! Telling Your Life Story

6 weeks | Ages 18+ | Xylina Weaver In this class we "write from the heart". Prompts and examples of published memoirs are given by the instructor, and writing exercises are done in each class. Each week, every person reads a story that they have written, which sometimes hits a memory of an event, person or experience in other people. No writing experience necessary, only the desire to write your memories and leave them to your family or just to keep for yourself. This is an open, non-critical class. Notebook, pencil or I-Pad and your memories are the only supplies needed. **Class held at the Corbin Art Center, 507 W 7th Avenue. \$70**
1335 Tues. 10/02-11/06 10am-Noon

NEW! The Art of Flash Fiction

6 weeks | Ages 18+ | Genevieve Richards In this class, we will learn about the art of writing flash fiction by first studying the key elements of classic and contemporary flash fiction stories, and then by writing our own flash fiction stories. All experience levels are welcome and the only supplies needed are pen and paper. **Class held at the Corbin Art Center, 507 W 7th Avenue. \$69**
1336 Wed. 10/3-11/7 6-8pm

NEW! Creative Memoir Writing

6 weeks | Ages 18+ | Mary Fruchter Do you have a story to tell, but aren't sure how to begin? Start here. In this creative writing class, we will look at memoirs snapshots and study some of the techniques authors use to make their words and characters come alive. Then, we will try it out ourselves, writing our own lives. Join us, and make your voice heard. Notebook, pencil or I-Pad and your memories are the only supplies needed. **Class held at the Corbin Art Center, 507 W 7th Avenue. \$69**
1337 Thu. 10/04-11/08 6-8pm

PHOTOGRAPHY

Camera Basics

4 weeks | Ages 16+ | Steven Navratil Obtain understanding of your digital SLR camera and its functions. Learn to use your camera to get the results you would expect from a professional. This class is for a digital camera that has manual setting options. Class will also include lighting, composition and depth of field. **Class held at the Corbin Art Center, 507 W 7th Avenue. \$55**
1338 Wed. 10/3-10/24 6-8:30pm

Photography Basics

5 weeks | Ages 16+ | Al Berger Learn the fundamentals of photography and how to use your camera. Tips on lighting, additional equipment to consider and its uses. Practice assignments and in-class critiques. Requires a camera that allows manual setting of F-stop and Shutter speeds, DSLR preferred. The first class will be 3 hours in length. **Class held at the Corbin Art Center, 507 W 7th Avenue. \$55**
1339 Mon. 10/8-11/5 6-8pm

Photoshop Basics

5 weeks | Ages 16+ | Al Berger Learn the basic steps needed to finish your digital photographs for printing and web usage. Photoshop topics include: sharpening, exposure compensation, density, minor retouching, cropping, special effects, levels, color correction and preparing photos for printing. Bring your laptop with a mouse, Photoshop or Photoshop Elements software installed on the laptop, (any version). **Class held at the Corbin Art Center, 507 W 7th Avenue. \$55**
1340 Tues. 10/9-11/6 6-8pm

Portrait Photography

5 weeks | Ages 16+ | Al Berger Learn the secrets and steps of working with a person or persons to create beautiful portraits. We will explore working with light, both natural and artificial as well as flash. Students will be taught how to meter light for the best results as well as learning how to pose a person for the most natural portraits. Assignments will be given and results will be critiqued in class. **Class held at the Corbin Art Center, 507 W 7th Avenue. \$55**
1341 Wed. 10/10-11/7 6-8pm

NEW! Save Your Photos!

1 day | Ages 16+ | Melode Hall Do you have boxes of photos and don't know where to start or what to do first? Learn quick tips & speed techniques to organize and complete a photo album to tell your family story. Some supplies provided but please bring a SMALL box of photos (under a 100 or so) if you would like to start organizing them during class. **Class held at the Corbin Art Center, 507 W 7th Avenue. \$29**
1342 Thurs. 10/11 6:30-8:30pm

NEW! Save Your Digital Photos!

1 day | Ages 16+ | Melode Hall Overwhelmed with unorganized digital photos on multiple devices? Mobile phone full of photos and you don't know what to do? Explore how to be proactive & avoid heartbreaking digital losses. Learn the importance of cloud storage, management of mobile phone photos, steps for creating a Photo Plan, preserving outdated media (videotapes, slides, film reels, etc.), scanning services for photos/albums, and how to protect your digital assets. **Class held at the Corbin Art Center, 507 W 7th Avenue. \$29**
1343 Thurs. 11/1 6:30-8:30pm



FIBER ARTS

NEW! Beginning Adult Sewing

4 weeks | Ages 16+ | Elizabeth Pike Never learned to sew? Remember learning how to sew in middle or high school? This series is a great chance to learn or update your sewing skills. It's always fun to sew with others! Sewing machines and myriad gizmos/ sewing tools provided. First project provided and supply list handed out at first class. **Class held at Let's Get Sewing! Studio at 8707 N. Wall St.** 509-217-7049 \$150
1344 Mon. 10/1-10/22 6-9pm

NEW! Beginners Sewing

1 day | Ages 16+ | Elizabeth Pike You will learn the basic use of a sewing machine and how to maintain a straight seam. This class is perfect for people who have never used a sewing machine and those who have had a little bit of experience a long time ago and need a refresher course. If you have your own machine and need to learn how to use it, you can bring your machine to this workshop and the Liz will show you the "ins & outs" of your specific machine. Sewing machines and a make-and-take project are provided. **Class held at Let's Get Sewing! Studio at 8707 N. Wall St.** 509-217-7049 \$40
1345 Sat. 10/6 10am-2pm

NEW! UFO Sewing

1 day | Ages 16+ | Elizabeth Pike Come enjoy an afternoon of productivity and camaraderie! Bring in your "Un-Finished Objects" and projects. Our studio contains skilled sewists, large clean cutting surfaces, sewing machines, and just about every sewing gizmo you could ever need. **Class held at Let's Get Sewing! Studio at 8707 N. Wall St.** 509-217-7049 \$30
1346 Sat. 10/13 12:30-5pm

Crochet: Rag Rugs

3 weeks | Ages 18+ | Melode Hall Learn to make three different rag rugs: oval, circle and heart-shaped. These rugs work great for chair pads, coasters, and place mats! Recycled materials are perfect for this project; bring used cotton or flannel sheets (Two per week) or preshrunk new fabric. Prior crocheting experience is not necessary. Supply list included upon confirmation of registration. **Class held at the Corbin Art Center, 507 W 7th Avenue.** \$55
1347 Mon. 10/15-10/29 6-9pm

Learn to Knit!

4 weeks | Ages 14+ | Megan Perkins Join the knitting craze and learn the basics of casting-on, knitting and binding off. Group and individualized instruction will teach a variety of easy beginner projects. Projects include: flower headband and/or a scarf. Supply list included with registration confirmation. **Class held at the Corbin Art Center, 507 W 7th Avenue.** \$49
1348 Tue. 10/23-11/13 4-6pm

CORBIN CRAFTS WORKSHOPS

NEW! Book Arts

6 weeks | Ages 16+ | Beth McIlraith Explore the World of Book Arts! We'll start with basic no-sew and folding techniques, progressing to simple sewn structures including pamphlet stitch and Japanese Stab Binding. As time allows we will explore more complicated folds and other book arts topics. Finished projects will include ornaments, cards, booklets and books. Supply list sent upon confirmation of registration. **Class held at the Corbin Art Center, 507 W 7th Avenue.** \$65
1349 Mon. 10/1-11/5 6-8:30pm

NEW! You're a Riot! The Art of Zine-Making to Create Social Change

6 weeks | Ages 16+ | Kayleigh Lang An introduction to the basics of zine-making (short for "magazine") as a way to explore and articulate issues that we face in our society today. Included are how-to guides on a variety of topics including layout, book binding, and papermaking. All experience levels welcome! Supply list included upon confirmation of registration. **Class held at the Corbin Art Center, 507 W 7th Avenue.** \$65
1350 Wed. 10/3-11/7 4-6pm

NEW! Creating with Air Dry Clay!

6 weeks | Ages 10+ | Beth McIlraith Do you love playing with clay, or have you always wanted to try? This is the class for you! We'll use air-dry clay to make everything from pinch pots to dragons. No kiln needed! Learn how to build securely and perfect your sculpting techniques! Part of most classes will be spent painting our clay creations. **Class held at the Corbin Art Center, 507 W 7th Avenue.** \$65
1351 Sun. 10/7-11/11 10am-Noon

NEW! Holiday Pinecone Ornament

1 day | Ages 16+ | Melode Hall Come and learn how to make this wonderful paper crafted pinecone ornament. With some basic supplies you can make a cute decoration to enjoy for the holidays. This ornament also makes a great gift that can be cherished for years to come. You will make one pinecone in class and please pre-cut the paper into 1 inch squares prior to class. Supply list included with registration confirmation. **Class held at the Corbin Art Center, 507 W 7th Avenue.** \$25
1352 Wed. 10/10 6:30-8:30pm

NEW! Handmade Holidays: Sculpting w/Polymer Clay!

1 day | Ages 16+ | Bevie LaBrie Using polymer clay, sculpt ornaments, décor and/or handmade gifts for this holiday season. No prior art experience needed! If you like to work with your hands, enjoy inspiration through creating with others and all things handmade; you will love this class. There will be an \$8 supply fee payable to the instructor. **Class held at the Corbin Art Center, 507 W 7th Avenue.** \$45/\$8
1353 Mon. 12/3 5-9pm

LANGUAGE & CONVERSATIONAL SPEAKING

Active Beginners Spanish

5 weeks | Ages 18+ | Mary Benham Learn practical phrases for travel, and enjoy your own language enrichment journey to the Hispanic world. Practice the essentials -including greetings, hotel check-in, restaurant ordering and shopping dialogs, while in a relaxed, interactive setting. This class will meet Tuesday and Thursday for all of the 5 weeks. Supply list included upon confirmation of registration. **Class held at the Corbin Art Center, 507 W 7th Avenue.** \$69
1362 Tues. & Thurs. 10/2-11/1 1-3pm

NEW! Frida Kahlo: Her Life & Art

1 day | Ages 18+ | Mary Benham Come explore Frida's life, love of animals, and art work, then create your own Frida collage to take home, incorporating Frida's legendary colors, plants, flowers and animals are legendary. Learn some Spanish words and the history of Frida's era. Bring some of your own collage materials, if you wish or pay the instructor a \$5 fee for supplies. **Class held at the Corbin Art Center, 507 W 7th Avenue.** \$29/\$5
1367 Mon. 10/15 1-3pm

Beginning Russian

6 weeks | Ages 14+ | Natalie Marynovska Do you have a Russian neighbor that you would like to get to know or do you have a trip planned to the beautiful country of Russia? This class will teach you the basics of this wonderful language and is taught by a native Russian language professor. **Class held at the Corbin Art Center, 507 W 7th Avenue.** \$59
1363 Mon. 10/1-11/5 6-8pm

NEW! Russian for Tourists

6 weeks | Ages 14+ | Natalie Marynovska Planning a trip to Russia or any other country where Russian is spoken? Traveling for adoption or romance? Then this class is for you! Interactive, speak on the first day environment, taught by a native Russian language professor. Curriculum consists of common phrases, alphabet, menu samples and upon your individual request! **Class held at the Corbin Art Center, 507 W 7th Avenue.** \$59
1364 Tues. 10/2-11/6 6-8pm

NEW! Intro to Mandarin Chinese

5 weeks | Ages 18+ | Elene Johnston Mandarin Chinese is an elegant and rich language. Even a cursory introduction gives the language learner insight into China's history and culture. In this class you will learn to understand, speak, read and write about 50 characters. During class, we will engage in Chinese conversations, read sentences written in Chinese and practice writing Chinese characters. Supply list included upon confirmation of registration. **Class held at the Corbin Art Center, 507 W 7th Avenue.** \$59
1366 Wed. 10/3-10/31 1-3pm

Spanish Conversation

6 weeks | Ages 18+ | Mary Benham This course is for advanced students who want to expand their Spanish skills with reading, discussion, and grammar review in an informal setting. Students are encouraged to talk about their own travel and cultural stories. **Class held at the Corbin Art Center, 507 W 7th Avenue.** \$59
1365 Wed. 10/3-11/7 12:45-2:45pm

NEW! Dia de los Muertos Shadow Box

1 day | Ages 18+ | Mary Benham Come and celebrate the Mexican holiday known as the "Day of the Dead". We will make a shrine shadow box with lots of collage materials and beautiful detailing. Learn some Spanish words and the history of this fascinating holiday. Instructor will bring most of the supplies for a \$5 fee payable at start of class. You can also bring whatever you would like to make it beautiful, and to honor those who have passed. **Class held at the Corbin Art Center, 507 W 7th Avenue.** \$29/\$5
1368 Mon. 10/29 1-3pm

ART OF FINE LIVING

NEW! South of the Border Series: Savory Street Tacos

1 day | Ages 21+ Enjoy making taqueria style carne asada tacos and the ultimate handmade Sangria. Throw in a trio of salsas and this cooking party is ready to start! Grab a friend and come join us! Course confirmation receipt will have location and directions of class. **Class held at Inland Northwest Culinary Academy, 1810 N. Greene Street., Bldg. 1, Rm. 144** \$59
1357 Thurs. 10/4 6-8pm

NEW! Classic Italian Desserts

1 day | Ages 21+ Learn the secrets of Italian pastry desserts with this exclusive course with Davenport Chef Eric Nelson! This class is dedicated for sweet lovers who are eager to experiment with different flavors. Course confirmation receipt will have location and directions of class. **Class held at Inland Northwest Culinary Academy, 1810 N. Greene Street., Bldg. 1, Rm. 144** \$69
1715 Thu. 10/11 6-8pm

NEW! South of the Border Series: Enchiladas & Chile Rellenos

1 day | Ages 21+ Come join us in preparing authentic enchiladas with chicken or pork as well as vegetarian cheese filled Poblano peppers with roja and verde sauces! Grab a friend and come join us! Course confirmation receipt will have location and directions of class. **Class held at Inland Northwest Culinary Academy, 1810 N. Greene Street., Bldg. 1, Rm. 144** \$59
1358 Thurs. 10/18 6-8pm

NEW! South of the Border Series: Chicken Mole & Carne Asada

1 day | Ages 21+ Travel into the states of Puebla and Oaxaca and learn the secret to an authentic Mexican mole sauce and different sauces! At the same time, learn how to prepare a savory and delicious Mexican steak. Course confirmation receipt will have location and directions of class. **Class held at Inland Northwest Culinary Academy, 1810 N. Greene Street., Bldg. 1, Rm. 144** \$59
1359 Thurs. 11/1 6-8pm

NEW! Fundamentals of Seafood Preparation

1 day | Ages 21+ Start at square one with this all exclusive course on preparing savory seafood. Join Davenport Chef Eric Nelson as he shows you all you need to know about the do's and don'ts when working with seafood. Course confirmation receipt will have location and directions of class. **Class held at Inland Northwest Culinary Academy, 1810 N. Greene Street., Bldg. 1, Rm. 144** \$69
1716 Thu. 11/8 6-8pm



ART OF FINE LIVING

NEW!

Perfect Thanksgiving

1 day | Ages 21+ Learn how to brine poultry before roasting and the perfect way to stuff and roast a turkey, sausage stuffing, maple candied yams, sour cream mashed potatoes, and the perfect pecan pie! Course confirmation receipt will have location and directions of class. **Class held at Inland Northwest Culinary Academy, 1810 N. Greene Street., Bldg. 1, Rm. 144 \$59**
1360 Thu. 11/15 6-8pm

NEW!

Homemade Holiday Pies

1 day | Ages 21+ Step into the holiday season with new pie recipes and skills. Our Pastry Chef will teach the double crusted fruit pie, pumpkin, pecan, and the beloved chocolate cream pie. Sweet treats and leftovers to take home with you! Course confirmation receipt will have location and directions of class. **Class held at Inland Northwest Culinary Academy, 1810 N. Greene Street., Bldg. 1, Rm. 144 \$59**
1361 Thu. 12/6 6-8pm

ADULT JEWELRY MAKING

NEW!

Essential Oil Diffuser Bracelets

1 day | Ages 10+ | Carissa Gregg Come learn easy and basic beading techniques while making a whimsical essential oil diffuser bracelet. You can then look stylish while wearing your favorite scent and learn a bit about essential oils! This project is super easy and you will want to keep making them to give as gifts or keep for yourself. This will be a fun, relaxing experience, and best of all you get to take home a beautiful piece of jewelry. A great project for the whole family. All supplies and tools are provided but a \$5 supply fee will payable to the instructor at start of class. **Class held at the Corbin Art Center, 507 W 7th Avenue. \$25/\$5 Lab Fee**
1354 Sat. 11/17 10-11:30am



ART IN BLOOM



SAVE THE DATES!

FRIDAY & SATURDAY • SEPT. 21 & 22
PAIRING ART & FLORAL ARRANGEMENTS
CORBIN ART CENTER • 507 W 7TH AVENUE

FIFTH ANNUAL BENEFIT PRESENTED BY SPOKANE'S
FRIENDS OF THE MOORE-TURNER HERITAGE GARDENS

YOUTH OUTDOOR CAMP

Camp Youth Winter Adventures

2 Days | Ages 9-12yrs. Send your child with us over the winter break to learn cross country skiing and snowshoeing! They will learn to ski at Mt Spokane's Selkirk Nordic Area and travel the trails romping around in the snow through the amazing forests. We will also learn to snowshoe at 49 Degrees North, build snow caves and search for animal tracks! Please bring a lunch each day. Transportation, snowshoes, skiing equipment, trail passes and instruction provided. **Mountain Gear 2002 N Division.** \$69

1303	Thurs./Fri.	12/27-12/28	9am-4pm
1304	Thurs./Fri.	1/3-1/4	9am-4pm

CANOEING

Canoe Little Pend Oreille Lake Chain with Transportation

1 Day | Ages 16+ Sponsored by Mountain Gear. Explore the four-lake chain of this mountain-ringed area. Crystal clear and surrounded by the Selkirk Mountains these lakes are a must visit. Bring water and lunch for our picnic at one of the lakes campgrounds. Additional information emailed after registration. **Mountain Gear 2002 N Division.** \$49

1014	Sat.	9/8	8am-5pm
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Canoe Tour Plese Flats

1 Day | Ages 15+ A wonderfully lazy stretch of flatwater that flows through Riverside State Park. The forested shorelines give you solitude as you keep a watchful eye out for wildlife such as osprey, heron, deer and fish. You will also learn basic canoe skills such as terminology, basic equipment & strokes. This is a great escape! Canoes, paddles, PFDs, shuttle transportation and guides provided. **Spokane River 9 Mile Dam Carlson Rd.** \$25

1291	Sun.	9/2	2-6pm
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MOUNTAIN BIKING

Riders and Ciders

1 Day | Ages 21+ Gain a birds eye view of the greater Spokane area from atop Mt. Spokane, then glide through the forest on your bicycle down the Kit Carson Loop Road. After the ride, we will relax and enjoy Local Ciders from Twilight Cider Works on Green Bluff. \$5 Tasting fee on your own. This 7 mile, mostly downhill ride is suitable for most abilities. Bring your bike and helmet (Wide mountain bike tires with knobby tread required) shuttle transportation and guides provided. **Mt Spokane High School 6015 E Mt Spokane Park Dr.** \$39

1298	Sat.	9/22	11am-4:30pm
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KAYAKING

Kayak Family Paddle Little Spokane River

1 Day | Ages 8+ Fun and adventure awaits the family as you paddle your tandem sit-on-top kayak. These boats are an amazing way to enjoy the surrounding pine covered hills of this natural and scenic waterway. Pre-trip information emailed after registration. Discover Parking Pass Required: discoverpass.wa.gov. Guides, kayak instruction, shuttle transport and kayaking equipment included. Parent must accompany child. **Little Spokane River 9 Mile Take-Out.** \$25

1296	Sat.	09/15	10am-2pm
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Shuttle Service Little Spokane River

Leave the driving to us! We will provide you and your canoe, kayak or SUP transportation from the 9 Mile Take Out of the Little Spokane River to the put in at St Georges. Shuttle runs on Saturdays between 10AM-4PM July 1-September 2. You can show up anytime throughout the day. Pre-register at spokane parks.org. Pay on-site with CHECK, CREDIT or DEBIT CARD ONLY, NO CASH on site. Please call 509.363.5418 for questions. No inner tubes, rafts, dogs or alcohol allowed. PFD's required (Life Jacket). Youth 17 & under must be accompanied by a parent or guardian. Discover Parking Pass required for your vehicle. You can purchase a Discover Pass today by visiting discoverpass.wa.gov. **Little Spokane River 9 Mile Take-Out** \$8

1297	Sat.	9/1	10am-4pm
1299	Sat.	9/2	10am-4pm

SNOWSHOEING

Snowshoe Moonlight Hike

1 Day | Ages 16+ Sponsored by REI. Moonlight on snow is a magical and memorable experience. Quietly you will explore the meadows and woods around Mount Spokane. We provide guides, transportation, headlamps, walking poles and snowshoes. Additional information emailed after registration. **Yoke's Fresh Market 14202 N Market St.** \$29

1300	Sat.	12/22	6-9pm.
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Snowshoe Tour Mt Spokane with Transportation

1 Day | Ages 13+ Learn the basics of snowshoeing and try this fun winter sport. During the guided hike you will travel on snowshoe trails through the snow-covered trees and hills around Mt. Spokane. Pre-trip information emailed after registration. Includes: snowshoes, instruction, walking poles, trail fees, guides and transportation! **Yoke's Fresh Market 14202 N Market St.** \$29

1301	Sun.	12/23	10am-2pm
1302	Sat.	12/29	10am-2pm

GOLF LESSONS

Our four courses offer private and group instruction for all abilities and skill levels. The fall season is a great time to simply learn the sport or perfect your game. Call us today to schedule a lesson.



GOLF COURSE

747-5353



GOLF COURSE

327-5269



GOLF COURSE

448-9317



GOLF COURSE

487-6291



New children's discovery areas at area libraries are the #1 citywide priority, according to community input.

IMAGINE THE LIBRARY OF THE FUTURE

spokanelibrary.org/future



SPOKANE
PUBLIC LIBRARY

WHAT'S HAPPENING

Double Book Release

1 Day | Ages 21+ Western historical women themed novelist Jane Kirkpatrick and Spokane historian Chet Caskey will team up for a double book release in celebration of the life and writings of local Spokane heroine Carrie Adel Strahorn. Kirkpatrick's newest book *Everything She Didn't Say* (Sun River 2018) will fill in the gaps of her and her husband's life recounted by Caskey's biography *The Amazing Strahorns: Literary Pioneers of the West* (Inland Cascadia 2018). Join the authors for a lively presentation and complimentary hors d'oeuvres and refreshments. **Aunties Book Store 402 W Main Ave** Free
1537 Sat. 9/15 7-9pm

Ghost a Night of Psychic Readings & Spiritualism

1 Day | Ages 21+ A night of spiritual readings with Spokane Psychic Medium Dr. Candess Campbell and host Ghostologist Chet Caskey. Refreshments provided. \$22

1487	Sat.	9/22	6:30-8:30pm
Location: Woman's Club of Spokane, 1428 W 9th Ave.			
1526	Sat.	11/17	6:30-8:30pm
Location: Corbin Art Center, 507 W. 7th Ave.			
1527	Sat.	12/15	6:30-8:30pm
Location: Corbin Art Center, 507 W. 7th Ave.			

Ghost Halloween Ghost Stories & Book Reading

1 Day | Ages 10+ Join Spokane Gothic Historian and Psychic Medium Dr. Candess Campbell for their annual Halloween "Ghost Stories at the Bookstore" event as they recount their paranormal investigations and adventures in preparing their latest book *Haunted Hillyard: The History and Folklore of Spokane's Oldest Suburb* (Inland Cascadia 2018). Free

1549	Wed.	10/31	4-5:30pm
2nd Look Books 2829 E 29th Ave			
1550	Wed.	10/31	6-7:30pm
Aunties Book Store 402 W Main Ave			

Ghost Sunday Afternoon Haunted Cemeteries Walk

1 Day | Ages 10+ Join Spokane Gothic Historian and Cemetery Preservationist Chet Caskey for an easy Sunday afternoon story-filled stroll through Greenwood and Riverside Cemeteries as you learn about the haunting dark history of Spokane. Meet at the Greenwood Cemetery Office (parking is free). Hot tea and cookies provided along the way. Dress warmly if the weather is cool. Restrooms are available. **Greenwood Cemetery 211 N. Government Way** \$15

1538	Sun.	9/9	1-3pm
1539	Sun.	10/7	1-3pm
1540	Sun.	10/14	1-3pm
1541	Sun.	11/4	1-3pm

Ghost Evening Ghost Hunt & Walk

1 Day | Ages 12+ Join Ghostologist and Spokane Story Teller Chet Caskey for a disquieting stroll from the dark Corbin Mansion, through the moonlit and haunted Moore-Turner Gardens, and on to the spooky Undercliff Mansion for tales of murder, intrigue and paranormal disturbances. The evening will end with a paranormal investigation & ghost hunt of the Corbin Mansion. Flashlights, ghost meters, and refreshments supplied. Moderately strenuous walk. Dress warmly with gloves and scarves! Note that ice on the street and walkways will cancel this activity. **Corbin Art Center, 507 W. 7th Ave.** \$15

1489	Sat.	09/29	6:30-8:30pm
1490	Sat.	10/06	6:30-8:30pm
1491	Sat.	10/20	6:30-8:30pm

Ghost Downtown Walking Ghost Tour

1 Day | Ages 12+ Enjoy a spooky two-hour easy stroll through the haunted history of Downtown Spokane with master story teller and Spokane Gothic Historian Chet Caskey. Tour includes haunted hotels, the Steam Plant, and the paranormal implications of the Great Fire of Spokane. Ghost meters provided. Dress warmly with gloves and scarves. Parking downtown at meters is free after 7pm. Tour begins and end outside the haunted **Montvale Hotel, West 1005 First Avenue.** \$15

1500	Sat.	9/8	7-9pm
1501	Fri.	10/26	7-9pm
1502	Sat.	10/27	7-9pm
1503	Sat.	11/3	7-9pm

Wills Preparing Basic

1 Day | Ages 18+ Washington residents only. Discussion of the probate process, wills, power of attorney, health care directive and community property agreements. If your estate is under \$1,000,000 with no unusual circumstances, a simple Will, Health Care Directive (Living Will), and Durable Power of Attorney can be signed by you and be notarized at the end of the second session. **Gonzaga University Gonzaga Law School -721 N. Cincinnati St.** \$130

1090	Tues.	10/02-10/23	6-8pm
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PRESS 3 FOR adventure

Call MySpokane at 311 and just press 3 for Parks & Recreation (711 for hearing impaired)

MySpokane 311 call for city services



HIKING

Hiking Steptoe Butte

1 Day | Ages 8+ This trip is an opportunity to see a geological feature that created the term Butte which is now used by geologists worldwide. This mountain has a very interesting history that can be explored when you reach the summit and hike around. Don't forget your camera as you will get the opportunity to see one of the most amazing sunsets in the State of Washington. Additional information emailed after registration. **Mountain Gear 2002 N Division. \$36**
1306 Sat. 10/13 4-8pm

Orienteering Intro

1 Day | Ages 14+ Discover the sport of orienteering, navigating over unfamiliar terrain and trails using a map and compass. Classroom instruction from 9:30-11 AM on basic map and compass skills and introduction to the sport of orienteering, followed by an opportunity to test your new skills on the outdoor course from 11 AM-12PM. **Finch Arboretum 3404 W Woodland Blvd -Woodland Willow Rm \$12**
1307 Sat. 9/22 9:30am-Noon

Orienteering Skills

1 Day | Ages 14+ Classroom instruction and outdoor practice of map and compass skills for people who are already familiar with topographic maps and the use of the compass or who are also taking the 'Introduction to Orienteering' class. **Finch Arboretum 3404 W Woodland Blvd -Woodland Willow Rm \$12**
1308 Sat. 9/22 1-3:30 pm

Hiking Steamboat Rock with Transportation

1 Day | Ages 16+ This is a 4 mile round trip hike with about a 1/2 mile of steep rigorous trail to the top of the butte that explores nearly 640 acres on top of Steamboat Rock. Wildflowers blooming, beautiful rock formations, and breathtaking views of Banks Lake and wildlife; it's what this hike is all about. The trail to the top is a rough, steep and rugged trail. Transportation included. Pre-trip information emailed after registration. **Mountain Gear 2002 N Division. \$39**
1305 Sat. 9/22 8-5pm



OUTDOORS

Moonlight Cross Country Ski Tour
& Dinner

Snowshoe & Wine Tasting

Holiday Break Camps for Youth

winter adventures!

THERAPEUTIC RECREATION

Adaptive ski and snowboarding

Tubing

Ice skating lessons



MUSIC

Accordion for Adults

4 Weeks | Ages 13+ Learn how to play the accordion using the Australian method that will have you playing and enjoying music right away even if you've never read music or played a musical instrument. Play great-sounding pieces - immediately - from the very first lessons! Sign up today to get started playing the accordion. Call (509) 998-5422 for alternative class times/dates.

Classes held at Bartell Music Academy 418 E Pacific Ave. \$68

1390	Fri.	9/7-9/28	4-4:30pm
1391	Wed.	10/3-10/24	6-6:30pm
1404	Wed.	11/7-11/28	6-6:30pm

Accordion for Children

4 Weeks | Ages 6-12yrs. Using a natural & non-traditional approach to learning the accordion gives every student immediate results so they feel confident from the beginning. Students will learn the basics of the accordion, posture, and start playing great sounding songs from the beginning with both hands. Sign up today to start learning. Call (509) 998-5422 for alternative class times/dates. **Classes held at Bartell Music Academy 418 E Pacific Ave. \$68**

1405	Fri.	9/7-9/28	4:30-5pm
1406	Fri.	10/5-10/26	4-4:30pm
1407	Fri.	11/9-11/30	4-4:30pm

Drums for Children

4 Weeks | Ages 6-12yrs. Drum lessons on the snare drum and drum set. Students will learn the rhythmic patterns that will form the backbone of their drumming. These patterns morph into popular drum beats and before they know it - they're rocking it! Our percussion teachers teach a variety of styles including jazz, rock, blues, Latin, concert band and other pop styles. Sign up today to get started. Call (509) 998-5422 for alternative class times/dates. **Classes held at Bartell Music Academy 418 E Pacific Ave. \$68**

1408	Tues.	9/4-9/25	5-5:30pm
1409	Fri.	9/7-9/28	4-4:30pm
1410	Mon.	10/1-10/22	4-4:30pm
1411	Fri.	10/5-10/26	4-4:30pm
1412	Mon.	11/5-11/26	4-4:30pm
1413	Fri.	11/9-11/30	4-4:30pm

Drums for Adults

4 Weeks | Ages 13+ Drum lessons on the snare drum and drum set. Students will learn the rhythmic patterns that will form the backbone of their drumming. These patterns morph into popular drum beats and before they know it - they're rocking it! Our percussion teachers teach a variety of styles including jazz, rock, blues, Latin, concert band and other pop styles. Sign up today to get started. Call (509) 998-5422 for alternative class times/dates.

Classes held at Bartell Music Academy 418 E Pacific Ave. \$68

1414	Mon.	10/1-10/22	6-6:30pm
1415	Fri.	10/5-10/26	5-5:30pm
1416	Mon.	11/5-11/26	6-6:30pm
1417	Fri.	11/9-11/30	5-5:30pm

NEW!**Flute for Adults**

4 Weeks | Ages 13+ Enjoy learning to play the flute with a teacher whose focus is making learning fun. You'll learn proper breathing technique, tone production, and correct embouchure so you can play music that you enjoy. Sign up today to start playing music on your flute. Call (509) 998-5422 for alternative class times/dates.

Classes held at Bartell Music Academy 418 E Pacific Ave. \$68

1418	Wed.	10/3-10/24	6-6:30pm
1419	Fri.	10/5-10/26	3:30-4pm
1420	Wed.	11/7-11/28	6-6:30pm
1421	Fri.	11/9-11/30	3:30-4pm

NEW!**Flute for Children**

4 Weeks | Ages 6-12yrs. A great way to explore and discover the possibilities of the flute. Students will learn proper breathing technique, knowledge of the instrument care/maintenance, tone production, proper fingering for notes and play some fun pieces. Sign up today to get started. Call (509) 998-5422 for alternative class times/dates. **Classes held at Bartell Music Academy 418 E Pacific Ave. \$68**

1422	Wed.	10/3-10/24	3:30-4pm
1423	Fri.	10/5-10/26	5-5:30pm
1424	Wed.	11/7-11/28	3:30-4pm
1425	Fri.	11/9-11/30	5-5:30pm

Guitar for Children

4 Weeks | Ages 6-12yrs. Guitar lessons that motivate and equip students to succeed. Students will learn chords, simple riffs and melodies on their guitar. Our guitar teachers teach a variety of styles including rock, blues, metal, country and classical guitar. As students make quick progress with positive reinforcement, they are motivated to learn and continue enjoying music for their entire life. Call (509) 998-5422 for alternative class times/dates.

Classes held at Bartell Music Academy 418 E Pacific Ave. \$68

1426	Wed.	9/5-9/26	4-4:30pm
1427	Tues.	10/2-10/23	4-4:30pm
1428	Wed.	10/3-10/24	4-4:30pm
1429	Tues.	11/6-11/27	4-4:30pm
1430	Wed.	11/7-11/28	4-4:30pm

Guitar for Adults

4 Weeks | Ages 13+ Get immediate satisfaction from your first 4 guitar lessons. Learn chords, simple riffs, melodies and rhythm patterns in a fun way. You'll soon be on your way to playing your favorite songs with confidence. Our guitar teachers teach a variety of styles including rock, blues, metal, country and classical guitar. Sign up today to start learning. (Call (509) 998-5422 for alternative class times/dates.) **Classes held at Bartell Music Academy 418 E Pacific Ave. \$68**

1431	Wed.	9/5-9/26	4:30-5pm
1432	Tues.	10/2-10/23	4:30-5pm
1433	Wed.	10/3-10/24	4:30-5pm
1434	Tues.	11/6-11/27	4:30-5pm
1435	Wed.	11/7-11/28	4:30-5pm



MUSIC

Piano for Adults

4 Weeks | Ages 13+ Piano lessons that are fun! Easily learn using the fun & unique Australian method that has everyone playing right away. Play real music - immediately - both hands from the very first lessons! These are 'non-traditional' lessons that make music enjoyable and attainable for everyone. Sign up today to get started playing! Call (509) 998-5422 for alternative class times/dates. **Classes held at Bartell Music Academy 418 E Pacific Ave.**

1436	Tues.	9/4-9/25	5:30-6pm
1437	Fri.	9/7-9/28	1:30-2pm
1438	Mon.	10/1-10/22	6-6:30pm
1439	Tues.	10/2-10/23	1-1:30pm
1440	Thurs.	10/4-10/25	6-6:30pm
1441	Fri.	10/5-10/26	1-1:30pm
1442	Mon.	11/5-11/26	6-6:30pm
1443	Tues.	11/6-11/27	1-1:30pm
1444	Thurs.	11/8-11/29	6-6:30pm
1445	Fri.	11/9-11/30	1-1:30pm

Piano for Children

4 Weeks | Ages 6-12yrs. Piano lessons that will make your child smile! Students will learn the basics of piano and immediately start learning how to play great sounding music using the Australian method. As students make quick progress with positive reinforcement, they are motivated to learn and continue enjoying music for life. These are 'non-traditional' lessons that make music enjoyable and attainable for everyone. Call (509) 998-5422 for alternative class times/dates. **Classes held at Bartell Music Academy 418 E Pacific Ave.** \$68

1446	Tues.	9/4-9/25	5-5:30pm
1447	Fri.	9/7-9/28	3:30-4pm
1448	Mon.	10/1-10/22	5:30-6pm
1449	Tues.	10/2-10/23	3:30-4pm
1450	Wed.	10/3-10/24	3:30-4pm
1451	Fri.	10/5-10/26	4-4:30pm
1452	Mon.	11/5-11/26	5:30-6pm
1453	Tues.	11/6-11/27	3:30-4pm
1454	Wed.	11/7-11/28	3:30-4pm
1455	Fri.	11/9-11/30	4-4:30pm

NEW! Recreational Piano for Adults

4 Weeks | Ages 18+ Bucket List Piano! It is not too late to learn to play the piano or keyboard. Learn a new song every week. Discover how to use chords to play popular and traditional songs without reading music. Fun, simple method that works and gets you playing from your first lesson. **Classes held at Everyone Makes Music Comstock Studio 904 W. Comstock Ct.** \$80 (includes materials)

1456	Wed.	9/5-9/26	Noon-1pm
1457	Wed.	10/3-10/24	Noon-1pm



Music enriches your life at any age!

Ukulele Beginning Class

4 weeks | Ages 16+ Peace, Love, Ukulele! Master the basics of ukulele with your friends or make new friends while making music together. Bring joy to your life and to others -- it is easy to learn and will keep you smiling! (Performance opportunities available) No classes on Nov. 23rd. **Classes held at Everyone Makes Music Comstock Studio 904 W. Comstock Ct.** \$66

1458	Mon.	9/3-9/24	Noon-1pm
1459	Fri.	9/7-9/28	Noon-1pm
1460	Mon.	10/1-10/22	Noon-1pm
1461	Fri.	10/5-10/26	Noon-1pm
1462	Fri.	11/2-11/30	Noon-1pm
1463	Mon.	11/5-11/26	Noon-1pm

Ukulele Private Lessons

4 Weeks | Ages 8+ Too shy to be a beginner in front of strangers? Too advanced to sit around with those novices? Try a month of private lessons and you will soon be in the groove! Parent with one child may enroll as one enrollment or a parent wanting to learn how to teach their young child at home. Student preference will guide the curriculum. **Classes held at Everyone Makes Music Comstock Studio 904 W. Comstock Ct.** \$72

1464	Tues.	9/4-9/25	12:30-1pm
1465	Wed.	9/5-9/26	12:30-1pm
1466	Tues.	10/2-10/23	12:30-1pm
1467	Wed.	10/3-10/24	12:30-1pm
1468	Tues.	11/6-11/27	12:30-1pm
1469	Wed.	11/7-11/28	12:30-1pm

MUSIC

Continuing Ukulele Class

4 Weeks | Ages 16+ Continue the fun! Add new chords, new strum patterns, fingerpicking, and tablature. We will explore a variety of musical styles. Student development guides the curriculum. (Performance opportunities available)

Classes held at Everyone Makes Music Comstock Studio 904 W. Comstock Ct. \$66

1470	Wed.	9/5-9/26	6:30-7:30pm
1471	Wed.	10/3-10/24	6:30-7:30pm
1472	Wed.	11/7-11/28	6:30-7:30pm

Advanced Ukulele Class

4 Weeks | Ages 16+ Music theory for ukulele. Classical, Blues, Jazz, Swing, and other varieties of musical styles. Moveable chords; Chord Melody songs; Fingerpicking; and soloing. (Performance opportunities available.) No class on Nov. 22nd. Classes held at **Everyone Makes Music Comstock Studio 904 W. Comstock Ct. \$66**

1473	Thurs.	9/6-9/27	Noon-1pm
1474	Thurs.	10/4-10/25	Noon-1pm
1475	Thurs.	11/1-11/29	Noon-1pm

NEW! Holiday Ukulele

3 weeks | Ages 16+ Holiday music! We will learn chords to Carols and secular music and have an additional performance opportunity with a Holiday Sing Along concert. This class is open to anyone who has had at least one month of beginning ukulele. We will also have the opportunity to learn to read tablature for solo music for interested students. **Classes held at Everyone Makes Music Comstock Studio 904 W. Comstock Ct. \$55**

1476	Mon.	12/3-12/17	Noon-1pm
1477	Tues.	12/4-12/18	6:30-7:30pm

**Voice for Adults**

4 Weeks | Ages 13+ Sign up to start learning how to sing with ease and confidence! Learn how expand your vocal range, develop breath control and tips for tone production. Prepare to have fun and enjoy developing your natural instrument so that you can sing your favorite songs with power. No class on November 22nd. (Call (509) 998-5422 for alternative class times/dates.) **Classes held at Bartell Music Academy 418 E Pacific Ave. \$68**

1478	Tues.	9/4-9/25	5:30-6pm
1479	Mon.	10/1-10/22	6-6:30pm
1480	Thurs.	10/4-10/25	6-6:30pm
1481	Mon.	11/5-11/26	6-6:30pm
1482	Thurs.	11/8-11/29	6-6:30pm

Voice for Children

4 Weeks | Ages 6-12yrs. Developing correct vocal technique for children while having fun is essential. Your child will learn simple warm up exercises, sing fun songs, and understand how to take care of their voice so that they can sing with confidence. Sign them up today to get started. No class on November 22nd. Call (509) 998-5422 for alternative class times/dates. **Classes held at Bartell Music Academy 418 E Pacific Ave. \$68**

1483	Mon.	10/1-10/22	5:30-6pm
1484	Thurs.	10/4-10/25	5:30-6pm
1485	Mon.	11/5-11/26	5:30-6pm
1486	Thurs.	11/8-11/29	5:30-6pm

Sing from the Heart

8 Weeks | Ages 18+ Vocal technique and performance workshop. Participants work on repertoire, audience rapport, vocal technique and performance skills with an emphasis on developing individual style and expression. All levels welcome. Individual focus can range from fine tuning vocal technique, working through stage fright, preparing for auditions and polishing professional performances to simply testing the waters as a first-time singer. singfromtheheart.biz **The Place on Park 2406 S. Park Dr. \$245.**

1578	Tues.	9/25-11/13	7-8:30pm
1579	Fri.	9/28-11/16	10-11:30am

Sing from the Heart Mini Session

4 Weeks | Ages 18+ Vocal technique and performance workshop. Participants work on repertoire, audience rapport, vocal technique and performance skills with an emphasis on developing individual style and expression. All levels welcome. Individual focus can range from fine tuning vocal technique, working through stage fright, preparing for auditions and polishing professional performances to simply testing the waters as a first-time singer. singfromtheheart.biz **The Place on Park 2406 S. Park Dr. \$125**

1580	Tues.	11/27-12/18	7-8:30pm
1581	Fri.	11/30-12/21	10-11:30am

Sing from the Heart for Teens

6 Weeks | Ages 13-17yrs. Teens will have the opportunity to hone their skills as solo performers. Whether new and shy or experienced as singers, participants will improve their vocal technique and performances skills. Emphasis is placed on drawing out each singer's unique sense of self-expression. singfromtheheart.biz. **The Place on Park 2406 S. Park Dr. \$125**

1582	Thurs.	9/27-11/1	4-5pm
1583	Thurs.	11/8-12/20	4-5pm

(no class 11/22)

Sing from the Heart for Kids

6 Weeks | Ages 6-12yrs. A fun approach for kids to sing individually at the microphone, while developing their own sense of style and presentation. Kids will gain confidence and the ability to be musically creative and self-expressed on stage. singfromtheheart.biz. **The Place on Park 2406 S. Park Dr. \$125.**

1584	Tues.	9/25-10/30	4-5pm
1585	Tues.	11/6-12/18	4-5pm

(no class 11/20)

parties & meetings at Corbin



Located close to downtown, tucked away in a tranquil setting with ample free parking, is the beautiful 120-year-old Corbin Art Center. It's a perfect place for your next corporate retreat, holiday party or special event.

great rates!

(509) 625-6677

LEARN TO SQUARE DANCE

Fun - No rating, grading or scoring - Noncompetitive - **Fun**
Family friendly, ages 10 to 100 - **Fun** - Singles welcome
Fun - Mentally engaging, low impact aerobic exercise - **Fun**
Casual clothing - **Fun** - Current music & new moves

Live Lively -



Square Dance !

Dare to dance square.

There are at least two dances every weekend in the Spokane area. After lessons you can attend any or all of them. You can square dance in every state and many countries around the world.

Smiles required - Laughter guaranteed

YOGA

Gentle Stretch Yoga

6 Weeks | Ages 16+ If you have not exercised for a while, suffer from some of the aches and pains that can accompany life, or you simply want to de-stress in a gentle matter, this is the class for you. Same benefits as Basic Yoga class but gentler. **Unity Spiritual Center 2900 S Bernard St \$70**

1573	Sat.	9/29-11/3	9-10am
1574	Sat.	11/10-12/2	9-10am

Meditation & Yoga Combo Class

4 Weeks | Ages 18+ Learn the practice of meditation through a meditation-based gentle-stretch yoga class, followed by meditation training designed to achieve a deep state of relaxation and a tranquil mind. Reduce anxiety, stress and negative emotions learning to focus your attention and access inner well-being. **Unity Spiritual Center 2900 S Bernard St \$85**

1577	Sat.	10/13-11/3	9-10:30am
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Modified Yoga

6 Weeks | Ages 16+ Yoga poses, stretches and strengtheners modified with the use of comfortable sitting chairs. Experience all the benefits of yoga modified to your body's needs and without struggling to sit on the floor or get up and down off the floor, as in standard yoga classes. (Note: gentle stairs must be taken to reach the classroom.) **Unity Spiritual Center 2900 S Bernard St \$60**

1575	Thurs.	9/27-11/1	10:30-11:15am
1576	Thurs.	11/8-12/20	10:30-11:15am

Pilates Mat Barre Fusion

6 Weeks | Ages 14+ Traditional mat work, body lengthening, stretches, and gentle, toning, floor barre work, comprise East-West's Pilates group sessions. Voted #1 in Pilates two years consecutively, our classes are taught in a friendly, supportive atmosphere. We welcome beginners and those with some experience. Leave the office behind and join us! **East West Martial Arts & Body Works 1506 N Monroe St, Spokane, WA. \$75**

1635	Mon. / Wed.	9/3-10/10	4:45-5:45pm
1637	Mon. / Wed.	11/26	4:45-5:45pm
1636	Mon. / Wed	10/15-11/19	4:45-5:45pm

Teen Barre Series

4 Weeks | Ages 12-18yrs. Designed to incorporate principles of ballet, Pilates, and functional fitness, Barre is the perfect after school activity for active teens. Students will focus on alignment, balance and posture while building dynamic strength in a safe and welcoming environment. **YogaJoy North, 12501 N. Division St., Suite 5 \$40**

	Tues.	9/11-10/2	3:15-4:15pm
	Tues.	10/9-10/30	3:15-4:15pm
	Tues.	11/6-11/27	3:15-4:15pm

Yoga Basic

6 Weeks | Ages 16+ Feel great! Classes are designed to meet you where you are. Relax into ever-deepening levels of flexibility, strength and well-being. De-stress and revitalize through yoga asanas, breathing, focusing and relaxation techniques. Appropriate for beginners as well as continuing students. Teacher Robin Marks has more than 20 years' experience teaching yoga from working with athletes to helping those with physical setbacks. **Unity Spiritual Center 2900 S Bernard St \$70**

1566	Tues.	9/25-10/30	5:30-6:30pm
1568	Wed.	9/26-10/31	6:30-7:30pm
1569	Tues.	11/6-12/18	5:30-6:30pm
1570	Wed.	11/7-12/19	6:30-7:30pm

Yoga Deeper Stretch

6 Weeks | Ages 16+ This class offers the same benefits as Basic Yoga but with a little more emphasis on strengthening. Students should be in reasonably good physical condition. Teacher Robin Marks has more than 20 years' experience teaching yoga from training athletes to rehabbing those with physical setbacks. **Unity Spiritual Center 2900 S Bernard St \$70**

1571	Thurs.	9/27-11/1	5:30-6:30pm
1572	Thurs.	11/8-12/20	5:30-6:30pm

YogaJoy Kids Afterschool Yoga Club

4 Weeks | Ages 5+ This four-week series is a fun and playful introduction to yoga, mindfulness, and meditation. Participants will learn breathing techniques to reduce stress and foundational poses to improve coordination, focus, confidence, and balance in a non-competitive and creative atmosphere. **\$40**

1543	Mon.	9/24-10/15	3:45-4:15pm
1544	Thurs.	9/27-10/18	5:45-6:15pm

YogaJoy Mindful Mamas Series

4 Weeks | All Ages | Brittany Tyler. 4-week series of workshops focusing on moms and their specific needs. Learn about core stabilization, building strength and endurance, pelvic floor strength, mindful nutrition and more! **YogaJoy North 12501 N Division St Suite 5, Spokane, WA \$70**

1548	Thurs.	10/25-11/15	6:30-7:30pm
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YogaJoy Senior Chair Yoga Series

4 Weeks | Ages 50+ Join us at noon on Thursdays for All Levels Chair Yoga. This class will teach you new ways to practice poses that may have been previously inaccessible to you, whether you are a beginner or a more experienced. **YogaJoy North 12501 N Division St Suite 5, Spokane, WA \$70**

1546	Thurs.	9/6-9/27	Noon – 1pm
1547	Thurs.	10/4-10/25	Noon – 1pm



Cardio Fusion 20/20/20

10 Weeks | Ages 16+ Want 60 minutes of a well-rounded and diverse workout class? Well this class is for you! You will never get bored in the class with a balanced mixed of 20 minutes of dance fusion 20 minutes of kickboxing strength training, and 20 minutes of Yoga and Pilates inspired core and toning to round out this POWER of a workout. No prior dance or kickboxing experience required. **Audubon Park Masonic Lodge 2821 W Northwest Blvd** \$50

1611	Mon.	9/10-11/12	5:30-6:30pm
1309	CARDIO 5 Punch Pass		\$25

Fit Family Friday Night

1 Day | All Ages Family movie night at the studio! Enjoy a fun family themed workout with the kids, a family-friendly movie, and healthy snacks in our yoga studio! **YogaJoy North, 12501 N. Division St., Suite 5** \$5 individual, \$15 family

Fri.	10/12	6-8:30pm
Fri.	10/12	6-8:30pm Family rate

Embrace Body Confidence Mother Daughter Retreat

1 Day | Ages 11+ A 4-hour experience with Misty Springer to learn the secrets to break free from guilt, stop the negative chatter and heal your relationship with food so that you can finally show up as the person you know in your heart you want to be. Discover a more confident and empowered YOU who finally feels at peace in your body (and who doesn't want that?) Don't let one more day of your life slip by. It is time to stop feeling trapped. It is time for a better way. It's time for you! Light dinner/refreshments included. **YogaJoy North, 12501 N. Division St., Suite 5** \$52, \$37 each additional family member

Fri.	9/21	5-9pm
Fri.	10/19	5-9pm

GYMNASTICS

Gymnastics - Preschool

6 Weeks | Ages 3-4yrs. Preschoolers learn fundamental gymnastics in a fun, fast-paced 50 minute co-ed class. At the age when young children become gradually more aware of their bodies and how to control their movements they can learn an accumulation of skills, the social skills necessary to work in a group, and also the ability to mentally and physically string skills together.

Spokane Gymnastics. 2515 N Locust Rd, Spokane Valley, WA \$99

1554	Fri.	10/26-12/7	9-9:50am
1586	Fri.	10/26-12/7	11-11:50am
1587	Fri.	10/26-12/7	4-4:50pm

Gymnastics for Tiny Tots

6 Weeks | Ages 18 - 36 months Parents interact with their children in a structured class where toddlers learn very basic gymnastics skills; including rolls, jumps and balance with a focus on improvement of fine and gross motor skills, and the ability to follow directions in a fun environment with songs and games

Spokane Gymnastics. 2515 N Locust Rd, Spokane Valley, WA \$99

1552	Fri.	10/26-12/7	10-10:50am
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Gymnastics- Homeschool Program

6 Weeks | Spokane Gymnastics works with individuals as well as various homeschool organizations to provide one hour co-ed gymnastics lessons promoting physical activity and teaching gymnastics skills on all the Olympic Events. We are happy to work with individuals or other alternative school organizations.

Spokane Gymnastics. 2515 N Locust Rd, Spokane Valley, WA \$117

Ages 5-8 yrs.

1588	Fri.	10/26-12/7	1:15-2:05pm
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Ages 9-12yrs.

1589	Fri.	10/26-12/7	1:15-2:05pm
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Gymnastics- Introduction

6 Weeks. Basic gymnastics skills taught on all the Olympic Events: Vault, Balance Beam, Uneven, Horizontal and Parallel Bars, Floor, Rings and Pommel Horse in a fun and encouraging environment

Spokane Gymnastics. 2515 N Locust Rd, Spokane Valley, WA \$117

Ages 5-8yrs.

1590	Fri.	10/26-12/7	5-6pm
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No class 11/23

Ages 9-14yrs.

1591	Fri.	10/26-12/7 6:15-7:15pm	No class 11/23
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Gymnastics- Ninja Zone

6 Weeks - Ninja Zone is a fusion of Gymnastics, Martial Arts, Obstacle Course Training and Freestyle Movement. This class includes combinations of flips, rolls and kicks that are designed to improve total body coordination build strength and improve agility. Ninja Zone uses your child's energy to create focus! Beyond skill, this class teaches self-confidence, discipline, impulse control, responsibility and instinctual safety. In an effort to promote discipline and unity, Ninja Sport International requires uniforms for all Ninja classes: Ninja Zone T-Shirt \$17 and Ninja Headband - \$12 along with athletic shorts of choice. **Spokane Gymnastics. 2515 N Locust Rd, Spokane Valley, WA.** \$99

Preschool Co-Ed Ages 3-5yrs.

1593	Fri.	10/26-12/7	10-10:50am
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1594	Fri.	10/26-12/7	11-11:50am
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1595	Fri.	10/26-12/7	4-4:50pm
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Boys level 1 Ages 5-11yrs.

1596	Fri.	10/26-12/7	5-6pm
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1597	Fri.	10/26-12/7	6:15-7:15pm
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Gymnastics- Parkour

6 Weeks | Ages 10-18yrs. Parkour is the physical discipline of training to overcome any obstacle by adapting one's movements to the environment. One hour "urban gymnastics" class teaches participants how to negotiate obstacles in the most efficient (and fun) way possible as well as how to jump, land and flip safely.

Spokane Gymnastics. 2515 N Locust Rd, Spokane Valley, WA \$117

1592	Fri.	10/26-12/7	7:30-8:30pm
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Skyhawks Sports Academy provides sports programs where children discover and develop athletic skills and social values, such as teamwork, respect and sportsmanship. We offer children a positive sports experience while promoting a healthy, active lifestyle.

FALL 2018

(course)	(dates)	(days)	(time)	(ages)	fee	(location)
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BEGINNING FLAG FOOTBALL

SSA105714	9/11 - 10/09	Tue	5:30 p.m. - 6:20 p.m.	5-7	\$65	Comstock Park
SSA105742	10/23 - 11/27	Tue	6:10 p.m. - 7:00 p.m.	5-7	\$74	Balboa Elementary

Boys and girls learn skills on both sides of the football including the core components of passing, catching and defense - all in a fun and positive environment.

FLAG FOOTBALL

SSA105715	9/11 - 10/09	Tue	5:30 p.m. - 6:20 p.m.	7-10	\$65	Comstock Park
SSA105741	10/23 - 11/27	Tue	7:05 p.m. - 7:55 p.m.	7-12	\$74	Balboa Elementary

Boys and girls learn skills on both sides of the football including the core components of passing, catching and defense - all in a fun and positive environment.

BEGINNING BASEBALL*

SSA105711	9/12 - 10/10	Wed	5:30 p.m. - 6:20 p.m.	4-6	\$61	Audubon Park
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Boys and girls learn the fundamentals of fielding, catching, throwing, hitting and base running in a fun, positive environment. Athletes learn new baseball skills along with vital life lessons such as respect, teamwork and responsibility.

BASEBALL*

SSA105710	9/12 - 10/10	Wed	5:30 p.m. - 6:20 p.m.	6-11	\$61	Audubon Park
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Boys and girls learn the fundamentals of fielding, catching, throwing, hitting and base running in a fun, positive environment. Athletes learn new baseball skills along with vital life lessons such as respect, teamwork and responsibility.

BEGINNING BASKETBALL

SSA105732	10/22 - 12/03	Mon	6:05 p.m. - 6:55 p.m.	4.5 - 6	\$74	Lidgerwood Elementary
SSA105801	10/23 - 11/27	Tue	6:05 p.m. - 6:55 p.m.	4.5 - 6	\$74	Indian Trail Elementary
SSA105718	10/25 - 12/06	Thu	6:05 p.m. - 6:55 p.m.	4.5 - 6	\$74	Lincoln Heights Elementary

This fun, skill-intensive program is designed for beginning to intermediate athletes. Active sessions of passing, shooting, dribbling and rebounding makes this one of our most popular programs. Boys and girls will also learn vital life lessons such as respect, teamwork and responsibility.

BASKETBALL

SSA105734	10/22 - 12/03	Mon	7:00 p.m. - 7:50 p.m.	6-12	\$74	Lidgerwood Elementary
SSA105736	10/23 - 11/27	Tue	7:00 p.m. - 7:50 p.m.	6-12	\$74	Indian Trail Elementary
SSA105735	10/25 - 12/06	Thu	7:00 p.m. - 7:50 p.m.	6-12	\$74	Lincoln Heights Elementary

This fun, skill-intensive program is designed for beginning to intermediate athletes. Active sessions of passing, shooting, dribbling and rebounding makes this one of our most popular programs. Boys and girls will also learn vital life lessons such as respect, teamwork and responsibility.

***This class meets for five weeks**

Note: No sessions will be held on Monday 11/12 (Veteran's Day) or Thursday, 11/22 (Thanksgiving)

The district does not sponsor or endorse this event/information and the district assumes no responsibility for it. In consideration of the privilege to distribute materials, the Spokane School District will be held harmless from any cause of action filed in any court or administrative tribunal arising out of the distribution of these materials, including costs, attorney's fees and judgments or awards.



SPACE IS LIMITED!
REGISTER TODAY»

www.skyhawks.com or call 466-6590



YOUTH SPORTS SKILL-BASED PROGRAMS

(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
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BEGINNING CHEERLEADING

SSA105745	10/23 - 11/27	Tue	6:05 p.m. - 6:55 p.m.	5-11	\$74	Wilson Elementary
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Skyhawks Cheerleading teaches young athletes the essential skills to lead crowds and support the home team! Each cheerleader learns proper hand & body movements and jumping techniques. The week concludes with a choreographed performance.

SOCCERTOUCH

SSA105706	9/16 - 10/21	Sun	1:00 p.m. - 1:50 p.m.	5-7	\$74	Franklin Park
SSA105708	9/16 - 10/21	Sun	2:00 p.m. - 2:50 p.m.	8-10	\$74	Franklin Park

Skyhawks is the nation's #1 camp for learning the fundamentals of soccer. Using our progression curriculum, boys and girls will gain the technical skills & sport knowledge required for that next step into soccer.

BEGINNING VOLLEYBALL

SSA105739	10/25 - 12/06	Thu	6:10 p.m. - 7:00 p.m.	6-8	\$74	Franklin Elementary
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All aspects of volleyball are taught through drills and exercises that focus on passing, setting, hitting and serving. This program is designed for the beginning and intermediate player. Our staff will assist boys and girls in developing fundamental skills through game-speed drills and daily scrimmages aimed at developing the whole player.

VOLLEYBALL

SSA105743	10/25 - 12/06	Thu	7:05 p.m. - 7:55 p.m.	7-12	\$74	Franklin Elementary
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All aspects of volleyball are taught through drills and exercises that focus on passing, setting, hitting and serving. This program is designed for the beginning and intermediate player. Our staff will assist boys and girls in developing fundamental skills through game-speed drills and daily scrimmages aimed at developing the whole player.

NEW! SKYHAWKS FALL VOLLEYBALL LEAGUE



This recreational volleyball league is designed for beginning through intermediate players to develop technique and play volleyball in a low-pressure environment. Each visit includes 25 minutes of instruction followed by a 25 minute game. Players will be placed on teams. Practice and games will be on the same day, so parents will only have a one day a week commitment. Specially designed, low weight volleyballs are used for more action, and to teach better technique. Jersey included with purchase. Knee pads not included with price. Possible start times will be 6:15, 6:30, 7:15, and 7:30pm. Schedule provided prior to start date. 7 games guaranteed. Location subject to change based on availability.

SSA105931	10/24 - 12/12	Wednesdays	6:00 p.m. - 8:30 p.m.	10-12	\$104	Browne Elementary
SSA105927	10/24 - 12/12	Wednesdays	6:00 p.m. - 8:30 p.m.	8-10	\$104	Wilson Elementary
SSA105929	10/24 - 12/12	Wednesdays	6:00 p.m. - 8:30 p.m.	10-12	\$104	Wilson Elementary
SSA105930	10/24 - 12/12	Wednesdays	6:00 p.m. - 8:30 p.m.	8-10	\$104	Browne Elementary

Additional Spokane Valley Location TBD. Visit Skyhawks.com for details.



**SPACE IS LIMITED!
REGISTER TODAY»**

www.skyhawks.com or call 466-6590



SuperTots Sports Academy provides sport-based development programs where children discover and develop athletic, motor, and social skills. SuperTots' curriculum is specifically designed to promote development along side a healthy, active lifestyle.



SoccerTots VolleyKats™ 1stDownTots BaseballTots™ HockeyTots™ CheerTots™ HoopsterTots™

FALL 2018

(course)	(dates)	(days)	(time)	(ages)	(fee**)	(location)
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1stDownTots

This development program uses a variety of fun games to engage kids while teaching the sport of football and developing fundamental skills. The goal is to build fitness, muscle coordination, football fundamentals and create a love of the game. We do not do any tackling or blocking at this level.

Billy Goats/Rams	10/16 - 11/20	Tue	6:10 p.m. - 6:50 p.m.	3 - 4 yrs	\$87	Audubon Elementary
Billy Goats/Rams	10/18 - 11/29	Thu	6:10 p.m. - 6:50 p.m.	3 - 4 yrs	\$87	Hutton Elementary
Bulls/Rhinos	10/16 - 11/20	Tue	7:00 p.m. - 7:40 p.m.	4 - 5.5 yrs	\$87	Audubon Elementary
Bulls/Rhinos	10/18 - 11/29	Thu	7:00 p.m. - 7:40 p.m.	4 - 5.5 yrs	\$87	Hutton Elementary

HockeyTots®

A variety of fun props will teach proper stick handling, shooting, and team work. Classes also emphasize motor skills, fitness, and spatial awareness. Games are simple and fun to match attention span.

Atoms	10/17 - 11/28	Wed	6:10 p.m. - 6:50 p.m.	3 - 4 yrs	\$87	Franklin Elementary
PeeWee	10/17 - 11/28	Wed	7:00 p.m. - 7:40 p.m.	4 - 5.5 yrs	\$87	Franklin Elementary

*No Class Dates: 10/31 & 11/22

**Price doesn't include \$20 annual membership fee

We ask that parents and caretakers respect school district property while using school facilities for Skyhawks and SuperTots programs. Please do not allow children to touch school district equipment which includes siblings of participants.



 **SPACE IS LIMITED!**
REGISTER TODAY!

ONLINE:
www.SuperTotSports.com

PHONE:
509.534.5427

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For more information call 311 and Press 3 or dial 509-755-2489



(course) (dates) (days) (time) (ages) (fee**) (location)

SoccerTots®

Our flagship program! Playable on almost any surface, these soccer-themed motor skill classes are very easy for youngsters to get into. Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus, and introduce an element of light competition.

Teddies/Teddies II	10/18 - 12/13	Thu	6:10 p.m. - 6:50 p.m.	18 - 30 mos	\$116	Mullan Road Elementary
Teddies II	10/23 - 12/11	Tue	6:10 p.m. - 6:50 p.m.	24 - 30 mos	\$116	Westview Elementary
Teddies II/Koalas	10/16 - 11/20	Tue	6:10 p.m. - 6:50 p.m.	24 - 36 mos	\$87	Arlington Elementary
Teddies II/Koalas	10/17 - 12/12	Wed	6:10 p.m. - 6:50 p.m.	24 - 36 mos	\$116	Hamblen Elementary
Koalas	10/23 - 12/11	Tue	6:10 p.m. - 6:50 p.m.	30 - 36 mos	\$116	Westview Elementary
Cubs	10/23 - 12/11	Tue	6:10 p.m. - 6:50 p.m.	3 - 3.5 yrs	\$116	Westview Elementary
Cubs/Pandas	10/17 - 12/12	Wed	6:10 p.m. - 6:50 p.m.	3 - 4 yrs	\$116	Hamblen Elementary
Pandas/Bears	10/18 - 12/13	Thu	7:00 p.m. - 7:40 p.m.	3.5 - 4.5 yrs	\$116	Mullan Road Elementary
Pandas/Bears	10/23 - 12/11	Tue	7:00 p.m. - 7:40 p.m.	3.5 - 4.5 yrs	\$116	Westview Elementary
Bears	10/16 - 11/20	Tue	7:00 p.m. - 7:40 p.m.	4 - 5.5 yrs	\$87	Arlington Elementary
Bears/Grizzlies	10/17 - 12/12	Wed	7:00 p.m. - 7:40 p.m.	4 - 5.5 yrs	\$116	Hamblen Elementary
Grizzlies	10/23 - 12/11	Tue	7:00 p.m. - 7:40 p.m.	4.5 - 5.5 yrs	\$116	Westview Elementary

HoopsterTots®

Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing and team work. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge.

Froggies I/Froggies II	10/17 - 12/12	Wed	6:10 p.m. - 6:50 p.m.	3 - 4 yrs	\$87	Willard Elementary (Near Shadle High School)
Froggies I/Froggies II	10/25 - 12/06	Thur	6:10 p.m. - 6:50 p.m.	3 - 4 yrs	\$116	Roosevelt Elementary
Rabbits/Kangaroos	10/17 - 12/12	Wed	7:00 p.m. - 7:40 p.m.	4 - 5.5 yrs	\$116	Roosevelt Elementary
Rabbits/Kangaroos	10/25 - 12/06	Thu	7:00 p.m. - 7:40 p.m.	4 - 5.5 yrs	\$87	Willard Elementary (Near Shadle High School)

*No Class Dates: 10/31 & 11/22

**Price doesn't include \$20 annual membership fee

We ask that parents and caretakers respect school district property while using school facilities for Skyhawks and SuperTots programs. Please do not allow children to touch school district equipment which includes siblings of participants.



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PHONE:
509.534.5427

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DANCE

Dance Adult Beginner Ballet

4 Weeks | Ages 13+ It is never too late to follow your dreams! A Time to Dance is a professional studio with an excellent reputation for teaching ballet. Dress code: form fitting athletic clothing, ballet slippers (no satin slippers). Contact # 509-714-1887 for more information. **A Time to Dance Studio 3815. N Post St \$45**

1529	Sat.	11/3-11/24	2:30-4pm
1530	Sat.	12/1-12/15	2:30-4pm
1528	Sat.	10/6-10/27	2:30-4pm

Dance Baby Wearing Class

4 Weeks | Babies inside or out. For moms who would like to dance and rediscover their bodies after baby. Dress Code: Stretchy athletic attire and baby wrap/carrier of your choice. Contact # 509-995-5207. A Time to Dance strives to teach dance in a loving and creative family atmosphere. **A Time to Dance Studio 3815. N Post St \$45**

1535	Wed.	10/3-10/24	11-Noon
1536	Wed.	11/7-11/28	11-Noon

Dance – Kids Hip Hop

4 Weeks | Ages 8-13yrs. Learn to express yourself through street dance. A Time to Dance strives to teach dance in a loving and creative family atmosphere. Dress Code: athletic clothes and streak free sneakers. **A Time to Dance Studio 3815. N Post St. \$45**

1531	Mon.	10/1-10/22	5-6pm
1532	Mon.	11/0-11/26	5-6pm

Dance – Adult Hip Hop

4 Weeks | Ages 14+ Express yourself through street dance. Although, this is not a beginners class. All levels are welcomed. A Time to Dance strives to teach dance in a loving and creative family atmosphere. Dress Code: athletic clothes and streak free sneakers. **A Time to Dance Studio 3815. N Post St. \$45**

1533	Mon.	10/1-10/22	7-8pm
1534	Mon.	11/5-11/26	7-8pm

Modern Western Square Dancing

22 Weeks | Ages 10+ Not great-grandpa's barn dance in a black & white movie. New calls and current music make modern western square dancing a different activity. This is not grade school style dancing at all. This is a friendly environment where everyone dances together. No partner necessary, singles are welcome to participate. No additional equipment and we recommend you wear casual clothing. If the music has a beat we can dance. Non-competitive, just for the fun of it Low impact aerobic exercise, if you can walk you can dance. Laughter & Cookies will be provided. Dare to dance in a square with us. \$100

Cheney City Hall 609 2nd St, Cheney, WA

1288	Wed.	9/12-2/14	7-9pm
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North Spokane Dance Center 7424 N Freya St, Spokane, WA

1289	Tues.	9/25-2/19	7-9pm
1290	Thurs.	9/27-2/21	7-9pm

Sinto Senior Center 1124 W Sinto Ave, Spokane, WA

1292	Wed.	9/19-2/20	3:30-5:30pm
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Western Dance Center 1901 Sullivan Rd, Spokane Valley, WA

1293	Sun.	9/30-2/24	2-4pm
1294	Wed.	9/19-2/20	7-9pm
1295	Thurs.	9/13-2/14	7-9pm

Dance Youth Ballet

4 Weeks | Ages 3-12yrs. Fun interactive and imaginative style of learning ballet. A Time to Dance strives to teach dance in a loving and creative family atmosphere. Dress code: Black leotard, Pink tights, pink ballet slippers (no satin slippers) Boys: white shirt, black leggings, black slippers. **A Time to Dance Studio 3815. N Post St.**

Ages 3-4yrs. \$35

1499	Sat	10/06-10/27	10-10:30am
1504	Sat.	11/13-11/24	10-10:30am
1506	Sat.	12/01-12/15	10-10:30am

Ages 3-5yrs \$35

1507	Wed.	10/03-10/24	12:00-12:30pm
1509	Wed.	11/07-11/28	12:00-12:30pm

Ages 5-6yrs. \$40

1511	Sat.	10/06-10/24	10:30-11:15am
1512	Sat.	11/03-11/24	10:30-11:15am
1513	Sat.	12/01-12/15	10:30-11:15am

Ages 6-8yrs. \$45

1514	Mon.	10/01-10/22	04:15-5:00pm \$40
1516	Mon.	11/05-11/26	04:15-5:00pm \$40
1517	Wed.	10/03-10/24	12:30-1:30pm
1518	Wed.	11/07-11/28	12:30-1:30pm

Ages 7-11yrs. \$45

1519	Sat.	10/06-10/27	11:30-12:30pm
1520	Sat.	11/03-11/24	11:30-12:30pm
1521	Sat.	12/01-12/15	11:30-12:30pm

Ages 9-12yrs. \$45

1522	Wed.	10/03-10/24	1:30-3:00pm
1523	Wed.	10/03-10/24	6:15-7:30pm
1524	Wed.	11/07-11/28	1:30-3:00pm
1525	Wed.	11/07-11/28	6:15-7:30pm

WELLNESS

Real Food Focus – Meal Planning for Family Wellness

1 day | All ages Meal Planning is the practice of creating efficient, mindful menus for your family which can help save time and money as well as promote healthier food choices. Learn to build a weekly and monthly plan, improve your grocery shopping practices, and keep your menu rotations fresh and varied with real, nutritious food. Great for the whole family to attend! With daughter-mother team, Brittany Tyler and Melissa Halverson.

YogaJoy North, 12501 N. Division St., Suite 5 \$30 each, \$15 each additional family member

1655	Thurs.	09/13	6:30-8:30pm
1656	Thurs.	09/13	6:30-8:30p

*My*Spokane **311**
for city services
press **3** for recreation



tennis afterschool zone



powered by USTA PNW

RecTennis is serving up tennis basics at a school near you! Developed for children from pre-K to 6th grade, TAZ uses tennis equipment that's sized for kids. We provide smaller-sized racquets and low-compression starter balls to help your kids develop skills while having fun with new friends. No previous tennis experience required!

Our TAZ curriculum combines fun activities with lessons in leadership, teamwork, and other important concepts and principles. TAZ is played in the school gym and sneakers are required.

cost:

\$1 - \$8 per class, 8 classes per session

Location and date information coming soon!

RecTennis proudly partner with:



TAZ is the place to have fun, be active, and learn to play tennis with friends.

more information available at:

RecTennis.com/Spokane

Shorter rackets, low-compression balls, and portable nets make tennis safe and able to be played anywhere.

No tennis court required!

TAZ helps schools meet CSPAP and provides kids with nationally-recommended 60 minutes of physical activity per day.

**Scholarships Available at
RecTennis.com/scholarships**

For info/requests:
AnnElise Anderson
509-991-0696 | anderson@pnw.usta.com



PRESS 3 FOR *adventure*



Call MySpokane at 311 and just
press 3 for Parks & Recreation
(711 for hearing impaired)

*My*Spokane **311**
call for city services





YOUTH MARTIAL ARTS

Kung Fu for Youth

4 Weeks | Ages 7-17yrs. Channel your child's inner Shao-Lin Monk! Kung Fu basics taught with positive spirit and atmosphere. This class is open to all backgrounds and any level of fitness. **East West Martial Arts & Body Works 1506 N Monroe St, Spokane, WA. \$67**

1626	Tues. / Thurs.	11/27-12/20	6:15-7pm
1620	Mon. / Wed.	10/1-10/24	6:15-7pm
1621	Mon. / Wed.	10/29-11/21	6:15-7pm
1622	Mon. / Wed.	11/26-12/19	6:15-7pm
1624	Tues. / Thurs.	10/2-10/25	6:15-7pm
1619	Mon. / Wed.	9/3-09/26	6:15-7pm

Kung Fu Little Dragons

4 Weeks | Ages 4-6yrs. The Little Dragons class aims to introduce children to Kung Fu. The class mixes some basic moves for walking, punching, kicking, and simple-set work with games. The focus of this class is to help your child improve balance, coordination, and improve their levels of fitness, all while having fun! Bring water to drink and loads of energy! **East West Martial Arts & Body Works 1506 N Monroe St, Spokane, WA.. \$40**

1628	Mon. / Wed.	10/01-10/24	5:45-6:15pm
1629	Mon. / Wed.	10/29-11/21	5:45-6:15pm
1630	Mon. / Wed.	11/26-12/19	5:45-6:15pm
1632	Tues. / Thurs.	10/02-10/30	5:45-6:15pm
1633	Tues. / Thurs.	10/30-11/27	5:45-6:15pm
1634	Tues. / Thurs.	11/27-12/20	5:45-6:15pm

Aikido

4 Weeks Aikido, a traditional martial art for the modern world. Basic program teaches etiquette, footwork, falls, and basic movement to get started in a safe, supportive, traditional dojo atmosphere utilizing age appropriate methods. **Aiki Spokane Roshinkan Aikido Dojo 503 E. 30th Ave. \$65**

Kids Beginning Age: 6-13yrs.

1609	Tues. / Thurs.	9/4-9/27	5-6pm
1610	Tues. / Thurs.	10/2-10/25	5-6pm
1612	Tues. / Thurs.	11/06-11/29	5-6pm
1613	Tues. / Thurs.	12/04-12/28	5-6pm

Adults Beginning Ages 14+

1614	Tues. / Thurs.	9/4-9/27	6:30-7:30pm
1615	Tues. / Thurs.	10/2-10/25	6:30-7:30pm
1617	Tues. / Thurs.	11/06-11/29	6:30-7:30pm
1618	Tues. / Thurs.	12/04-12/27	6:30-7:30pm

YOUTH YOGA

YogaJoy Kids Afterschool Yoga Club

4 Weeks | Ages 5+ This four-week series is a fun and playful introduction to yoga, mindfulness, and meditation. Participants will learn breathing techniques to reduce stress and foundational poses to improve coordination, focus, confidence, and balance in a non-competitive and creative atmosphere. **YogaJoy North 12501 N Division St Suite 5, Spokane, WA \$40**

1543	Mon.	9/24-10/15	3:45-4:15pm
1544	Thurs.	9/27-10/18	5:45-6:15pm

Karate Traditional Okinawan Gu Ryu

4-6 weeks | Ages 6+ This class is open to beginners, those with previous experience, and practitioners of other styles. The content will focus on traditional Okinawan Goju Ryu. The instruction stresses physical conditioning (i.e., cardiovascular endurance, muscular endurance, and flexibility) with a consistent focus on self-defense. It includes specific areas typical of karate practice: standing and moving basics, kata (a set pattern of offensive and defensive moves), and randori (cooperative kumite or sparring practice). The purchase of a Gi (karate uniform) is expected. Gis can be ordered from the instructor (\$20 for youth and \$30 for adults which includes a patch). **Southside Senior Activity Center 3151 E 27th Ave**

Ages 6-14

1604	9/5-10/10	Mon & Wed	4:30-5:30pm
1605	10/15-11/28	Mon & Wed	4:30-5:30pm

Ages 15+

1607	9/5-10/11	Mon & Thurs	5:45-6:45pm
1608	10/15-11/29	Mon & Thurs	5:45-6:45pm

**NO TEAM?
NO PROBLEM**

No matter your sport, there's a team out there waiting for your talents. Join our free agent list at TEAMSIDELINE.COM/SPOKANE

adult sports only

FLAG FOOTBALL • SOCCER • SOFTBALL • VOLLEYBALL

FLAG FOOTBALL

Fall Flag Football League

9 weeks | Ages 18+ The SPRD Adult Flag Football Program offers divisions for all skill levels in three seasons: Spring, Summer (5on5 only), and Fall. The league is divided into five divisions: A Division (Elite), B (Upper Competitive), C (Lower Competitive), D (Recreational), and the new 5on5 format. All games played at the **Dwight Merkel Sports Complex 5701 N. Assembly** on Friday nights and all-day Sundays.

Fall Registration closes 8/27.

Activity #	Division	Dates	Fee
525	A Division	9/7-11/9	\$950
526	B Division	9/7-11/9	\$950
527	C Division	9/7-11/9	\$950
528	D Division	9/7-11/9	\$950
529	5on5 Division	9/7-11/9	\$300

Turkey Bowl - Flag Football Tournament

3 Days | Ages 18+ The Best of the Northwest play in the Turkey Bowl! This is a 3-game guaranteed tournament: 2 games round robin format on Friday and Saturday, followed by a single elimination tournament on Sunday. SPRD Flag Football Tournaments are sanctioned by the Northwest Flag Football Union with the top Flag Football teams from the main leagues in the northwest of the USA and Canada. All games played on the turf fields at **Dwight Merkel Sports Complex 5701 N. Assembly.**

Registration deadline 11/5

\$400.

1398 Division 1 (A & B League Teams) Fri./Sat./Sun. 11/10-11/12

1399 Division 2 (C & D League Teams) Fri./Sat./Sun. 11/10-11/12

1397 Traveling Teams Fri./Sat./Sun. 11/10-11/12



SOFTBALL

Fall Softball League

7 weeks | Ages 18+ Join us this fall season for the best softball competition in town and register your team today! SPRD offers a variety of divisions including Men's B, C, & D divisions, Women's open division, and Coed C, D, & E division. All double-header games played under the lights at the best fields of the Northwest: **DwightMerkelSportsComplexandFranklinParkSoftballComplex.**

Fall Registration closes 8/23.

Activity #	Division	Days	Date	Start Time	Fee
1029	Coed D	Sun.	9/16-10/21	6:15pm	\$600
1043	Coed E	Sun.	9/16-10/21	6:15pm	\$600
1044	Men's D	Mon.	9/10-10/15	6:15pm	\$600
1638	Men's E	Mon.	9/10-10/15	6:15pm	\$600
1046	Men's B	Tues.	9/4-10/9	6:15pm	\$600
1048	Men's C	Tues.	9/4-10/9	6:15pm	\$600
1049	Women's	Wed.	9/5-10/10	6:15pm	\$600
1051	Men's D	Wed.	9/5-10/10	6:15pm	\$600
1050	Coed C	Thurs.	9/6-10/11	6:15pm	\$600
1052	Coed D	Thurs.	9/6-10/11	6:15pm	\$600
1053	Coed D	Fri.	9/7-10/12	6:15pm	\$600
1054	Coed E	Fri.	9/7-10/12	6:15pm	\$600

Fall Brawl Softball Tournament

3 Days | Ages 18+ The Brawl is the one event your team can't miss: the last tournament of the year! Join us on 10/19-10/21 for a double elimination, 3-game guarantee tournament. Register today. All games will be played at **Dwight Merkel Sports Complex 5701 N.**

Registration closes 10/10

\$300

1396 Coed Lower Fri. - Sun. 10/19-10/21

1400 Coed Upper Fri. - Sun. 10/19-10/21

1401 Men's Lower Fri. - Sun. 10/19-10/21

1402 Men's Upper Fri. - Sun. 10/19-10/21

1403 Women's Open Fri. - Sun. 10/19-10/21

AQUATICS

Lifeguard/CPR Recertification Course

2 Days | Ages 15+ Lifeguard Recertification classes are designed to help you update your skills while also extending your certification for another two years. You must have prior certification in Lifeguarding, First Aid & CPR.

Witter Aquatic Center, 1300 E. Mission Ave. \$70

39234 Fri. 9/7 5pm-9pm
Sat. 9/8 9am-5pm



VOLLEYBALL

Fall Volleyball League

9 weeks | Ages 18+ Come and join the fastest growing adult sports league in Spokane! Whether you are a team of seasoned players or new to the game, we have a division for you. We offer Coed 6on6 divisions with skill levels from A (elite competition), B (high-intensity), and C (recreational play). We also offer Coed 4on4 and Women's 4on4. All games played in the area's Middle Schools. Register early, as most divisions fill up quickly. **Fall Registration closes 9/25.**

Activity #	Division	Days	Dates	Time	Fee
1027	Coed A Division - Chase	Mon	10/9-12/10	6:15pm	\$349
1028	Coed B Division - Sac/Glover	Mon	10/9-12/10	6:15pm	\$349
1388	Coed C Division - Sac/Glover	Mon	10/9-12/10	6:15pm	\$349
1030	Coed 4on4 Division	Tues	10/10-12/11	6:15pm	\$229
1031	Women's 4on4 Division	Wed	10/11-12/12	6:15pm	\$229
1034	Coed C Division - Sac	Thurs	10/12-12/13	6:15pm	\$349
1032	Coed B Division - Salk	Thurs	10/12-12/13	6:15pm	\$349
1035	Coed C Division - Salk	Thurs	10/13-12/14	6:15pm	\$349
1035	Coed C Division - Salk	Fri	10/13-12/14	6:15pm	\$349

NEW!

Open Gym Volleyball

10 weeks | 18+ Come and drop in for a pickup game! Our Open Gym Volleyball sessions offer players a chance to get together and enjoy some fun competition. Level of play is B+ to A, but anyone is welcome to join. Fridays from 6:15 PM to 9:15 PM (please see website for closure updates). No cash will be accepted on site. Registration is \$25 for 5 sessions, or \$45 for 10 sessions. **Chase Middle School Gym 4747 E 37th Ave.**

1653	10 sessions	\$45
1654	5 sessions	\$25

SOCCER

Fall Soccer League - Coed

10 weeks | Ages 18+ Join SPRD soccer league in one of three divisions: Recreational, Competitive, and Masters. Teams will play 8-regular season games guaranteed, followed by playoffs for a minimum of 9 games per season. Games are played on Saturdays starting at 4pm, at the **Dwight Merkel Sports Complex 5701 N. Assembly.** \$900 **Fall Registration closes 8/27.**

202	Sat.	Competitive	9/8-11/10	4 - 10pm
200	Sat.	Recreational	9/8-11/10	4 - 10pm
201	Sat.	Master's	9/8-11/10	4 - 10pm

Open for fun

Start your adventure in Riverfront!

Riverfront is the height of the urban experience. Whirl around on a historic carousel, roller skate around the ribbon or fuel up at the SkyRibbon Cafe. These attractions and activities are open during construction and await you at the roaring heart of our city.

Visit our website for the most current events and updates: **RiverfrontSpokane.org**

Free Activities

- **River Flow Yoga** by Athleta, Saturdays.
- **Art in the Park** by Spokane Art School, select Saturdays.
- **Sunday Funday** - Parkour lessons by Krete Freerunning, crafts with Tomato Street, sidewalk games and more.
- **Magical Mondays** with Cecil the Magician.



Riverfront Eats

Every Tuesday, June 5 - August 28

On Tuesdays at lunch, enjoy live music and food trucks.



**riverfront
SPOKANE**

a City of Spokane park

DANCE, MUSIC & THEATRE

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 Children's Theatre(SCT)** and **Christian Youth Theatre(CYT) Spokane**. \$24

Disney's Beauty and the Beast-SCT

Step into the enchanted world of Broadway's modern classic, Disney's Beauty and the Beast, an international sensation that has played to over 35 million people worldwide in 13 countries. Based on the Academy Award-winning animated feature, the stage version includes all of the wonderful songs written by Alan Menken and the late Howard Ashman, along with new songs by Mr. Menken and Tim Rice. **Meet at SCT, 2727 N. Madelia St. #5**
1494 Sat 10/20 1:45-4:45pm

Shrek The Musical

Shrek The Musical-The greatest fairy tale never told comes to life in this colorful, song-filled, Tony Award-winning Broadway production based on the hit movie.

Meet at Bing Crosby Theatre, 901 W. Sprague.

1650 Sat 11/10 2:45-5:30pm

Harry Connick, Jr.'s The Happy Elf-SCT

The Happy Elf tells the tale of Eubie the Elf, a lovable fellow who wants to spread Christmas joy throughout the town of Bluesville. Hoping to introduce a new generation of children to the joys of jazz, Connick has crafted a musical landscape against which Eubie's story unfolds. Families will love this festive tale of overcoming adversity, friendship, the power of positivity and believing in yourself! The Happy Elf is destined to become a holiday classic. **Meet at SCT, 2727 N. Madelia St. #5**

1495 Sun. 12/2 1:45-4:45pm



TRS Sundancers love performing at local retirement homes



Volunteers are key to the success of the TRS musical production!

TRS Musical Production

8 Weeks | Ages 15 + This year's musical will be determined by the Fall quarter class participants. They will have the opportunity to improve communication and socialization skills. The quarter will end with the participants putting on a talent show. **Ridgeview Elementary School, Cafeteria, 5610 N. Maple.** \$43 *no class 11/12
1561 Mon 10/15-12/3 6:30-8pm

TRS Drum & Dance

6 Weeks | Ages 14+ Whether you want to make music or to dance or just drum, join us for this 'Making music and movement' class. Increase your joy in improving your ability to listen and move to music. Music Therapists will help you to play drums, rhythm instruments to live and recorded music. Make some new friends while immersing yourself in music and movement! All instruments and equipment provided. Wheelchair accessible near bus route **Center for Music Therapy, 1315 N. Napa.** \$78

1648 Tue. 10/16-11/20 4:30-5:30pm

TRS Sundancers Square Dancing

8 Weeks | Ages 15+ Do you want to learn how to square dance or improve your existing skills? Participants should know left and right, ability to follow simple directions, and have a good attention span. **Shaw Middle School, Cafeteria, 4106 N. Cook.** \$34

Beginners: Meet the second and fourth Tuesdays of the month. Class dates are 10/9, 10/23, 11/13, 11/27

1564 Tues. 10/9-11/27 6:30-8pm

Performers: Meet the first and third Tuesday of each month. They are welcome to come the second and fourth Tuesday to help with the beginners. Performance night is the 3rd Tuesday of the month. Pick up time on performance night is 9pm.

1565 Tues. 10/2-11/27 6:30-8pm

ONLINE REGISTRATION NOW AVAILABLE

at www.SpokaneRec.org

with the exception of registrations utilizing DDA Funding.



TRS FITNESS & WELLNESS

TRS Ice Skating

8 Weeks | Ages 8+ Participants with developmental disabilities learn to skate and improve existing skills. Please dress warmly. Each session includes participation on both days. Skate rental is an additional fee. **Eagles Ice Arena, 6321 N. Addison St.** \$69
1560 Mon. / Fri. 10/15-12/10* 3-3:45pm
***No Class 11/23, 12/7**

TRS Walking

4 Weeks | Ages 14+ If you enjoy the outdoors, exercise and socializing with friends a weekly stroll in the Mission Park Neighborhood is for you. We will divide the group into slow and fast walkers. Please wear comfortable, loose clothing such as sweats and sturdy walking shoes. **Mission Park NE parking lot, Mission & Perry.** \$27
1600 Wed. 9/26-10/17 4:30-5:30pm

TRS Pre-Ski Season Walking

6 Weeks | Ages 12+ Take a Saturday walk in the park at Mission Park. Get in shape for the upcoming ski season. Walk at your own pace. Poles are provided. **Mission Park parking lot, Mission & Perry.** \$29
1563 Sat 10/13-11/17 9:30-11am



Powerlifting Coach Pat Gray with Lifters Jon Fisher and Mike VanZee at the Washington State delegation to 2018 Special Olympics USA Games

TRS Powerlifting

7 Weeks | Ages 17+ For persons with developmental disabilities who are serious about lifting with free weights and universal gym equipment. Ability to stay on task and follow directions with minimal assistance. **North Central High School weight room, 1600 N. Howard.** \$49
1562 Tues. / Thurs. 10/2-11/15 6:30-7:30pm

TRS SPORTS

TRS Basketball

7 Weeks | Ages 18+ Fun, exercise, teamwork, and being with friends is what this program is about. We provide both beginner and intermediate basketball. Beginner group will learn developmental skills such as dribbling and shooting. Intermediate group will focus on how to play as a team. **Longfellow Elementary gym, 800 E. Providence.** \$24
1492 Wed. 10/10-11/28 6:30-7:30pm



TRS Blue Dolphins Swim Team

TRS Learn to Swim

10 Weeks | Ages 8+ Learn to swim while having fun in the water. A fun way for kids of all ages with disabilities to learn good swim technique, especially if they want to be competitive later. Each swimmer is requested to have a helper get in the water to help with games and activities. There will be two levels. **Whitworth University, aquatics center, 300 W. Hawthorne.** \$49
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 to be able to do for 20 yards.

1598 Sun. 9/23-12/9 3-3:45pm
No swim 11/25, 12/2

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

1599 Sun. 9/23-12/9 2:15-3pm
No swim 11/25, 12/2

TRS Swimming

10 Weeks | Ages 8+ For people with developmental disabilities who want to swim competitively or for a good workout. Ability to swim 75 yards without assistance and with rhythmic breathing. Blue Dolphin Swim Team. **Whitworth University aquatics center, 300 W. Hawthorne.** \$49

1488 Sun. 9/23-12/9 2:15-3:45pm
No swim 11/25, 12/2

SOCIALIZATION

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. **Sinto Senior Activity Center, 1124 W. Sinto, dining room. \$41**

1038 Thurs. 10/4-10/25 7-8:15pm

1493 Thurs. 11/1-11/29 *no class 11/22 7-8:15pm

TRS Dessert Delight

1 Day | Ages 16+ If you have a sweet tooth and enjoy desserts come with us as we visit a variety of Spokane eateries. Transportation provided. Program fee does not include cost of food. **Sinto Senior Activity Center, 1124 W. Sinto parking lot. \$12**

Shari's Cafe and Pies - World famous pies, shakes, and ice cream.

1270 Wed. 9/19 7-9pm

Tomato Street - Cheesecake, tiramisu, and chocolate cookie sundaes.

1496 Wed. 10/24 7-9pm

Coldstone - Creamy ice cream, shakes, sundaes.

1497 Thurs. 11/15 7-9pm

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. Transportation provided from **Sinto Senior Activity Center, 1124 W. Sinto parking lot.** Program fee does not include cost of food \$15

Outback Steakhouse - Steak, seafood, and the bloomin' onion.

1505 Thurs. 9/27 6-9pm

The Onion - Gourmet burgers, fish, and deep fried oreos are among the tasty items on the menu.

1508 Thurs. 10/18 6-9pm

Mama Mias-Italian - Delicious homemade recipes from scratch daily.

1510 Wed 12/5 6-9pm

TRS Fleece Hat & Scarf Workshop

1 Day | Ages 14+ Have fun with fleece. Make a hat and scarf to keep you warm this winter with the guidance of TRS staff. A variety of colors and patterns will be available. No sewing experience required. **Sinto Senior Activity Center, 1124 W. Sinto, Dining Room. \$19**

1542 Mon. 11/12 6:30-8pm

TRS Holiday Light Cruise CDA

Age: 18+ Come with us as we board a cruise boat to enjoy the Coeur d'Alene Resort's Holiday Light Show Journey to the North Pole Cruise. There are 1.5 million lights on the way to the North Pole to meet Santa and his Elves, The Grinch, Rudolph, the Giant Animated Christmas Tree and much more! Bring a snack or money to purchase cocoa, pop, cookies or chips. **Sinto Senior Activity Center, 1124 W. Sinto. \$31**

1559 Fri. 11/30 5:45-9:30pm

TRS Friday Fun

1 Day | Ages 18+ If your Friday/Saturday nights are dull check out these fun nights. Participants are responsible to bring the suggested amount of money listed. Sign-up fee covers transportation, staff, tickets and sometimes food. 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. Fee and meeting location varies.

Walters Fruit Ranch - Green Bluff Walter's Fruit Ranch is our destination. An educational tractor tour, picking apples and mini pumpkins, and sipping apple cider while eating pie. Meet at **Sinto Senior Activity Center, 1124 W. Sinto.** Bring \$10-15 to purchase dinner. \$26

1545 Fri. 9/21 2-6:30pm

Spokane Chiefs Hockey - The Spokane Chiefs play Medicine Hat. Meet us at the **Spokane Veterans Memorial Arena main entrance, Boone & Howard.** Bring \$12 to purchase snacks or dinner. \$29

1555 Fri. 10/5 6:30-9:30pm

Disney on Ice-Dare to Dream - Celebrate what's possible as five Disney heroines spark the courage inside us all. In her Disney On Ice debut, see how far Moana will go in an action-packed adventure with demigod, Maui, to save her island and discover her true identity. Join Belle as she fearlessly befriends the enchanted castle staff and reveals the Beast's gentleness. Experience Anna's devotion to her sister, Elsa, on her life-changing journey to stop an eternal winter. Explore with Rapunzel, Flynn Ryder, Cinderella and friends from around the Disney Kingdom as they find the strength, heart, and determination to make their dreams come true. Hosted by Mickey and Minnie. Meet at **Spokane Veterans Memorial Arena, main entrance, Boone & Howard.** \$29

1551 Fri. 10/19 6:15-9pm

Harvest Party - Wear your favorite costume. We will enjoy a Mexican bar and caramel apples, do a harvest craft, sing karaoke and drink apple cider while watching a movie. Meet at **Sinto Senior Activity Center, 1124 W. Sinto.** \$29

1553 Fri. 10/26 6-9pm

Pizza & Bowling - Meet us at North Bowl for an afternoon of bowling and pizza. Fee includes everything so extra money is not required for this outing. **125 W. Sinto.** \$27

1558 Sat. 11/3 1:30-4pm

Spokane Chiefs Hockey - Join us watch the Spokane Chiefs hockey team play Seattle. You may purchase snacks or dinner at the game. Meet us at the **Spokane Veterans Memorial Arena main entrance of Boone and Howard.** Bring \$12 to purchase snacks or dinner. \$29

1557 Fri. 11/16 6:30-9:30pm

Spokane Chiefs Hockey - The Spokane Chiefs play Lethbridge. Meet us at the **Spokane Veterans Memorial Arena main entrance, Boone & Howard.** Bring \$12 to purchase snacks or dinner. \$29

1556 Fri. 12/7 6:30-9:30pm

ONLINE REGISTRATION NOW AVAILABLE

at www.SpokaneRec.org

with the exception of registrations utilizing DDA Funding.



Therapeutic Recreation Services

FALL 2018

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. **Southside Senior Activity Center, 3151 E. 27th Ave, Kitchen. \$51**

September/October

1268 Tues. 9/11-10/2 4-6pm

October

1601 Tues. 10/9-10/30 4-6pm

November

1602 Tues. 11/6-11/27 4-6pm

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. Second Friday each month. **West Central Community Center, 1603 N. Belt.**

Sock Hop- Wear your favorite wild and crazy socks! Decorate some knee highs and enter the contest.

1279 Fri. 9/14 7-9pm \$7

Halloween/Harvest- Wear fall colors or a fun non-violent costume.

1284 Fri. 10/12 7-9pm \$7

Neon November- Dress in your favorite neon colors.

1285 Fri. 11/9 7-9pm \$7

Christmas Dinner & Dance- Celebrate Christmas wearing red and green. TRS will provide ham, veggies and drink. Please bring a salad, dessert or rolls to share.

1286 Fri. 12/14 6-9pm \$8

TRIPS & TOURS

TRS Eagle Football

1 day | Ages 18 + Come on Eagle fans, don't miss this exciting day of college football at Roos Field. We will be traveling to Cheney to watch the Eagles play Cal Poly Mustangs. Bring \$12 to purchase dinner and money for souvenirs if desired. Transportation provided from **Sinto Senior Activity Center, 1124 W. Sinto. \$35**

EWU vs. Cal Poly

1498 Sat. 9/22 10:15 am-5:15pm

TRS Fall Lake Cruise

1 day | Ages 18+ Cruise on majestic Lake Coeur d' Alene. Enjoy the fresh air and beautiful fall colors. Transportation provided from **Sinto Senior Activity Center, 1124 W. Sinto. \$39**

1271 Sun. 9/16 10:30am-3pm

TRS Pend Oreille Train Ride

1 day | Ages 16+ This is the same great train the North Pend Oreille Valley Lions Club operated with a new exciting location and the Newport/Priest River Rotary Club as the new operator. The train leaves historic Newport, WA with the route following the absolutely gorgeous Pend Oreille River to Dalkena. The crew knows the history, and the romance of this fantastic corner of the inland northwest. You may spot moose, elk or eagles. We will have lunch in Newport- bring \$15. TRS will provide transportation.

Sinto Senior Activity Center, 1124 W. Sinto. \$43

1603 Sun. 9/30 9:45am-4pm

1606 Sat. 10/13 9:45am-4pm

**Free Skiing
+ 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.**



We're also looking for volunteers to help with outings to sport events or dinners, creating crafts, or singing and dancing in a musical production.

Please call 509.625.6245 or email abusch@spokanecity.org



Register online at SpokaneParks.org

HILLYARD SENIOR CENTER

Kayak on Horse Shoe Lake

1 Day | Adults 50+ Horseshoe Lake is a small peaceful lake shaped like a horseshoe as its name indicates. We'll paddle over to the Northeast side of the lake to a beautiful 50' foot water fall called Exley Falls, once there we'll relax and enjoy the small pools at the base of the falls. Bring your own sacked lunch and we'll enjoy an outdoor lunch after kayaking. Register by calling 482-0803.

Hillyard Senior Center, 4001 N. Cook St. \$25

Fri. 9/7 10am - 4pm

Scenic Pend Oreille River Train

1 Day | Adults 50+ We will have lunch together (on your own) and then head down to the train station. The scenery on this trip is spectacular! We'll be leaving from historic Newport, WA for a 24 mile round trip train ride headed for Dalkena, WA. We'll trace the footsteps of early French traders on their way north to the Klondike gold rush, steamboat gamblers, loggers, miners, homesteaders, and outlaws. Register by calling 482-0803.

Hillyard Senior Center, 4001 N. Cook St. \$36

Sat. 9/15 10am - 4pm

Valley Festival

1 Day | Adults 50+ Every year, the Valley puts on a one-of-a-kind festival! We will begin the day with a Pancake Breakfast at CenterPlace Regional Event Center, and view their awesome Classic Car Show. We will then take a short drive next door to Mirabeau Point Park. There will be vendors of all sorts, including food, crafts, decorations, art, souvenirs, and so much more! Also, there will be live music and entertainment performed on the large outdoor stages! Register by calling 482-0803. **Hillyard Senior Center, 4001 N. Cook St. \$15**

Fri. 9/22 8am - 2pm

Craft Bazaar & Fall Folk Festival

1 Day | Adults 50+ We will have plenty of time to eat a scrumptious lunch (included) and shop for awesome crafts and trinkets at the Craft Bazaar held at Hillyard Senior Center. Afterwards, we will travel down to Spokane Community College to take your pick from eight stages of traditional and ethnic dance and music along with workshops, special entertainment, and crafts. The festival was created to support our regional folk musicians; it features about 100 performing groups representing Celtic, bluegrass, blues, African, Asian, Middle Eastern traditions and more! We will be departing to SCC at 11:30, and lunch will be served at 11. Trip includes: lunch, transportation, and escort. Register by calling 482-0803. **Hillyard Senior Center, 4001 N. Cook St. \$11**

Sat. 11/10 11:30pm - 4pm

WEST CENTRAL COMMUNITY CENTER

Before & After School Programs

School Days | Ages 5-12yrs. This licensed childcare program serving Holmes, Audubon Elementary and Spokane Public Montessori offers activities including sports, games, arts and crafts, educational life skills and other special events, Fees based on family income/sliding scale. **West Central Community Center 1603 N. Belt.** Contact Rick Harris at 323-7501

Mon.-Fri. 8/30-6/12 6:30am-8:30pm /3pm-6pm
Program Time on No-school days 6:30am-6pm

SINTO SENIOR CENTER

Day Trip: Priest Lake & Hills Resort

1 Day | Ages 50+ Take a beautiful fall bus ride with us to Priest Lake, Idaho. After lunch at Hill's Resort we will have time to site see in the area. Trip includes transportation and driver. Meal not included. RSVP to 509-327-2861. Departs from **Sinto Senior Activity Center, 1124 W. Sinto Ave.** \$35 member/\$40 nonmember.

Tue. 9/25 10am-5pm

Marcus, WA Ciderfest

1 Day | Ages 50+ Everybody loves a parade! Come with us to the small town of Marcus for their annual Cider Festival. Good old fashioned fun will abound. Please bring a lawn chair or blanket. Trip includes transportation and driver. Meal not included. RSVP to 509-327-2861. Departs from **Sinto Senior Activity Center, 1124 W. Sinto Ave.** \$30 member/\$35 non-member

Sat. 10/6 8am-4pm

Davenport Turkey Bingo!

1 Day | Ages 50+ A Sinto favorite! We take a van to Davenport, WA to play Bingo and win all the fixin's for Thanksgiving Dinner! Trip includes transportation and driver. Meal and Bingo cards not included. RSVP to 509-327-2861. Departs from **Sinto Senior Activity Center, 1124 W. Sinto Ave.** \$15 member/\$20 non-member

Sat. 11/3 1pm-5:30pm



NORTHEAST YOUTH CENTER

Before & After School Care

Weekly | K-6 Grade Are you looking for an affordable, fun and quality before & after school program for your child? We will feed your child breakfast, provide homework help and activities before transporting them school. After school we will pick them up and bring them back to the center for a full meal before providing recreation activities, computer time, arts & crafts, field trips and homework help! Register at the Northeast Youth Center 509-482-0708. State pay accepted-Immunization records required.

Northeast Youth Center 3004 E. Queen Ave.

Mon. - Fri. 8/30 - 6/13 6am- start of school

Early Learners Academy (preschool)

Weekly | Ages 3-5yrs. Looking for an amazing recreation based preschool program that offers a variety of fun educational and recreational activities so your child can learn develop and are prepared to be a step ahead for Kindergarten? We will keep them busy throughout the day with a creative curriculum taught by our certified preschool teacher, gym class/outdoor time from our recreation activity specialist and engage them in our science program. Breakfast, lunch and snack provided. Register at the Northeast Youth Center 509-482-0708. State pay accepted-Immunization records required. **Northeast Youth Center 3004 E. Queen Ave.** \$154/week

Mon.- Fri. 8/30 - 6/13 6am - 6pm

Winter Break Camp

Weekly | Ages 3-12yrs. Are you looking for a quality and affordable licensed camp for your child during Winter Break? Look no further... We are offering an amazing camp full of recreation activities, arts & crafts, sports, cooking classes and field trips! Register at the Northeast Youth Center 509-482-0708. State pay accepted-Immunization records required. **Northeast Youth Center 3004 E. Queen Ave.**

Dec 26 - 28 & Jan 2 -4 6am - 6pm

TAE-KWON-DO

Monthly | Ages 8+ This class is designed to focus on fitness, flexibility, coordination, strength and self-defense techniques. The instructors are committed to giving back to the community to help those in need of food by requesting each participant pay for classes with only 2 cans of food per month. For information call the Northeast Youth Center 509-482-0708. **Northeast Youth Center & Cooper Elementary School**, 2 cans of food per month

Mon./Wed./Fri. All Year 6pm - 8pm

SOUTHSIDE COMMUNITY CENTER

Community Connections Dance

1 hr. | All Ages Join us at Southside Community Center for Community Connections Dances. "Rockin Robin" provides steps and guidance on classic dance moves, like the twist and mashed potato. You can follow her lead to turn the dance into an exercise class or free dance to songs from the 60's - today! Southside Community Center, 3151 E 27th Ave. \$5

2nd & 4th Tuesday Each Month.

11am-Noon

Beginners Line Dance

1hr. | All Ages | Jim Brink leads line dance for beginners. Learn to slide, stomp, and swing in a fun and inviting environment. The class is from 1pm - 2pm on Thursdays. If you've ever wanted to try out line dancing this is the class for you. **Southside Community Center, 3151 E 27th Ave.** Free

Every Thursday

1pm-2pm

Ballroom Dance

3 hrs. | All Ages Grab your dancing shoes and join us for ballroom dancing. Dances include the foxtrot, waltz, swing, and box steps. The dance is appropriate for all skill levels and all ages. Couples and singles are welcome. This is a fun and welcoming environment and features some amazing dancers from the **South Hill. Southside Community Center, 3151 E 27th Ave.** \$8

Sat. 10/13 & 12/8

7pm-10pm

Community & Senior Center Facility Information	Youth Classes & Activities	Adult Classes & Activities	Adult Tours	Kitchen/Senior Meals	Gym/Auditorium	Rental Space	Athletic Equipment	Community Services
Corbin Senior Center 827 W. Cleveland Ave. 509-327-1584		x	x	x		x		x
East Central Community Center 500 S. Stone St. 509-808-2123	x	x	x	x	x	x	x	x
Hillyard Senior Center 401 North Cook Street 509-482-0803		x	x	x		x		x
Mid-City Concerns 1222 W. Second Ave. 509-456-6597		x		x		x		x
Northeast Youth Center 3004 E. Queen Ave. 509-482-0708	x	x	x	x	x	x	x	x
Project Joy 3151 E. 25th Ave. 509-535-0584		x						
Sinto Senior Center 1124 W. Sinto Ave. 509-327-2861		x	x	x		x		x
Southwest Community Center 310 S. Spruce St. 509-624-8634	x							x
Southside Senior Center 3151 E. 27th Ave. 509-535-0803	x	x	x	x		x		x
West Central Community Center 1603 N. Belt 509-326-9540	x	x			x	x	x	x

CITY OF SPOKANE PARKS & RECREATION	Shelter	Play Equipment	Restroom	softball/baseball	Picnic Area	Splash Pad	Aquatic Facility	Tennis	Basketball	Disc Golf	BMX Track	Soccer
A.M. Cannon Park - N. Elm St.	x	x	x	x	x	x	x	x	x			
Audubon Park - 3405 N. Milton St.		x	x	x	x	x			x			
Ben Burr Park - 4401 S. Havana St.	x	x	x		x				x			
Byrne Park - 125 E. Walton	x	x	x		x				x			
Camp Sekani Park - 6707 E. Upriver Dr.			x									
Cannon Hill Park - 1831 W. 19th Ave.		x	x	x	x							
Chief Gary Park - 2515 E. Sinto Ave.	x	x	x	x	x	x			x			
Clark Park - 3922 N. Normandie St.	x	x	x	x	x							
Cliff Park - 426 W. 12th Ave.												
Coeur d'Alene Park - 2195 W. 2nd. Ave.	x	x	x		x	x			x			
Comstock Park - 601 W. 29th Ave.		x	x	x	x		x	x	x			
Corbin Park - 2914 N. West Oval St.		x	x	x	x			x	x			
Courtland Park - 3514 N. Stone St.			x	x	x							
Cowley Park - 602 N. Division St.		x	x		x							
Downriver Park - Pettet & Ft. Wright Dr.										x		
Dutch Jakes Park - 2104 W. College Ave.	x	x			x				x			
Dwight Merkel Sports Complex - 5071 N. Assembly St.	x	x	x	x	x	x		x	x		x	
Edwidge Woldson Park - 525 W. 7th Ave.												
Emerson Park - 116 W. Alice Ave.		x		x	x							
Fairview Park - 3004 N. Dakota St.		x										
Finch Arboretum - 1299 S. 'F' St.			x									
Franklin Park/Sports Complex - 302 W. Queen Ave	x	x	x	x	x	x	x	x				
Friendship Park - 631 E. Greta Ave.	x	x	x	x	x	x	x	x				
Glass Park - 627 E. Heroy Ave.	x	x	x	x	x	x						
Glover Field Park - 216 N. Cedar St.		x		x	x				x			
Grandview Park - 3203 W. 17th Ave.		x	x		x	x			x			
Grant Park - 1015 S. Arthur St.	x	x	x	x	x	x		x	x			
Hamblen Park - 37th and Crestline	x				x							
Harmon-Shipley Park 6018 N. Regal St.	x	x	x	x	x	x		x	x			
Hays Park - 1812 E. Providence Ave.		x	x	x	x							
Heath Park - 613 E. Mission Ave.		x		x	x				x			
High Bridge Park - 136 S. A St.	x	x	x		x					x		
Hill N'Dale Rotary Park - 502 E. Jay Ave.		x	x									
Hill Park - 42527 E. Nebraska Ave.		x	x		x							
Indian Trail Park - 7007 N. Flemming St.	x	x	x		x							
Kehoe Park - 4903 N. Nelson St.		x	x		x							
Liberty Park - 302 S. Pittsburg St.	x	x	x	x	x		x	x	x			
Lincoln Park - 2300 E. 17th	x	x	x	x	x							
Logan Peace Park - 2535 N. Morton St.		x										
Loma Vista Park - 5804 N. Alberta St.		x			x							
Manito Park - 1702 S. Grand Blvd.	x	x	x	x	x	x		x				
Meadowglen Park - 10890 N. Indian Trail Rd.												
Minnehaha Park - 400 E. Fredrick Ave.		x	x	x				x				
Mission Park - 1208 E. Mission Ave.	x	x	x	x	x	x		x				
Nevada Park - 3933 E. Courtlans St.		x	x	x	x	x						
Pacific Park - 5211 W. Lowell Ave.		x	x	x		x			x			
Parkwater Park - 5428 E. Commerce Ave.		x	x		x				x			
Peaceful Valley Park - 1602 W. Water Ave.	x	x	x		x			x	x			
Polly Judd Park - 1802 W. 14th Ave.		x	x		x							
Rochester Heights Park - 1801 E. Everett Ave.		x	x	x	x	x						
Ruth Park - 6011 N. Calispel St.		x	x		x							
Shadle Park - 4302 N. Belt St.	x	x	x	x	x	x	x					
Sky Prairie Park - 8501 N. Nettleton Ct.	x	x	x	x	x			x				
Southeast Sports Complex - 2700 E. 46th Ave.		x	x	x	x							x
Sterling Heights Park - 27th & Cumberland												
Stone Park - 2304 E. Desmet Ave.		x	x		x							
Thornton Murphy Park - 3105 E. 27th Ave.	x	x	x	x	x	x			x			
Underhill Park - 2910 E. Hartson Ave.		x	x	x	x			x	x			
Upriver Park - Upriver Drive & Boulder Beach			x		x							
Webster Park - 3721 W. Lacrosse Ave.		x	x	x								
Wentel Grant Park - 1708 S. Inland Empire Way	x	x	x	x					x			
Whittier Park - 3400 W. 7th Ave.		x	x	x				x	x			
Wildhorse Park - 3717 N. Ralph St.	x				x							
Your Place Park - 224 S. Cook St.		x			x				x			



Please print and
fill out completely

City of Spokane Parks and Recreation Department
ACTIVITY REGISTRATION FORM

509.755.CITY (2489)
SpokaneParks.org

Which program are you registering for? <input type="checkbox"/> General <input type="checkbox"/> TRS PAYEE INFORMATION	LAST NAME		FIRST NAME		MI	
	ADDRESS			CITY/STATE		ZIP
	DAY WORK OR CELL OHONE		NIGHT PHONE		EMAIL	

LIABILITY WAIVER, RELEASE & INDEMNITY AGREEMENT I agree to release, indemnify, and hold the city, its agents, officers and employees, and School District 81, harmless from any and all liability claims, actions, judgments, damages or injuries of any kind and nature whatsoever to the participant and/or his property arising from participation in activities for which the participant is registering. I further acknowledge that I have familiarized myself with the description of the activities, understand the hazards and the participant's personal limitations and knowingly assume all risks. I acknowledge I have read and understand this Liability Waiver, Release and Indemnity Agreement, and understand that I am waiving any claim I might have against the City or School District 81 for any harm sustained as a result of any activity for which I am registering a minor child.	How did you hear about us? <input type="checkbox"/> Existing customer <input type="checkbox"/> TV <input type="checkbox"/> Inlander <input type="checkbox"/> Spokesman <input type="checkbox"/> Kids magazine <input type="checkbox"/> Other _____
Signature of Responsible Adult _____ Date _____	May we use your photo/video image taken during activities for publicity purposes? Yes No (circle one) Initial here _____

PARTICIPANT INFORMATION			BIRTHDATE	AGE	GENDER	ACTIVITY NUMBER	ACTIVITY NAME	FEE
LAST NAME	FIRST NAME	MI						
			/ /		M F			
			/ /		M F			
			/ /		M F			
			/ /		M F			
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			/ /		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	Credit Card/Debit Card payments are also accepted in the form of VISA, MC or AMEX for Online or Phone Registrations Only.	Total Program Fees: \$
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DDA will send funds. <input type="checkbox"/> Yes <input type="checkbox"/> No	Name & Number of Case Manager
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Please contact your case manager to send us verification of payment. DDA funded registrations cannot register Online at this time.

THERAPEUTIC RECREATION ONLY	For TRS customers wanting to pay via credit card, MySpokane will contact the payee by phone after registration is submitted.
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General supervision is provided 15 minutes prior to class time and 15 minutes at end of class. If additional supervision is required there will be an additional fee imposed.

Check One: Group Home/Institution _____ In Own Home/Apartment _____ Private Home With Parent _____
Dietary Precautions:
Foods to Avoid:
Activity Limitations/Physical problems (if any):
Will you (your child) need to be reminded to take medications during program hours? <input type="checkbox"/> Yes <input type="checkbox"/> No
Medications Taken: PLEASE FILL OUT MEDICATION INFORMATION & WAIVER FORM
Will you be using Paratransit? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, what is your rider number?

THERAPEUTIC RECREATION ONLY

Do you have any disabilities? (be specific)

Check and explain all that apply below:

<input type="checkbox"/>	ADHD/ADD	<input type="checkbox"/>	Easily Disorientated/Wanders	<input type="checkbox"/>	Restriction to Walking more than 1/2 mile
<input type="checkbox"/>	Uses a Wheelchair	<input type="checkbox"/>	Needs Own Staff Attendant one-on-one	<input type="checkbox"/>	Allergies or Serious Reactions
<input type="checkbox"/>	Seizures	<input type="checkbox"/>	Need Feeding Assistance	<input type="checkbox"/>	Bee/Wasp Stings
<input type="checkbox"/>	Heart Problems	<input type="checkbox"/>	Need Toilet Assistance	<input type="checkbox"/>	Drugs, LIST
<input type="checkbox"/>	Diabetes	<input type="checkbox"/>	Use Sign Language	<input type="checkbox"/>	Food
<input type="checkbox"/>	Hearing Impairment	<input type="checkbox"/>	Sunburns Easily	<input type="checkbox"/>	Other
<input type="checkbox"/>	Visual Impairment	<input type="checkbox"/>	Swimming/Water Restriction	<input type="checkbox"/>	
<input type="checkbox"/>	High Blood Pressure	<input type="checkbox"/>	Non-Verbal	<input type="checkbox"/>	
<input type="checkbox"/>	Easily Fatigued	<input type="checkbox"/>	Shunt - List Type:	<input type="checkbox"/>	

MEDICATION INFORMATION & WAIVER

If you require medication while attending a City of Spokane activity, complete the following information.

Medication Policy

The Therapeutic Recreation Services has a Medical Information and Waiver form to be completed by all participants who will take medications while participating in our activities. The procedure will help us to better assist you with medications both safely and efficiently. We very much need your cooperation to complete the form and package your medications as described below.

Please complete the Medication Information & Waiver form even if you will not take medication 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 you take 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 your name, date, day and time to take; e.g. Sam Jones, Saturday, June 15, 6:00 pm. **Send only the amount of medication needed for the dates of the activity. Do not send excess dosages.** Please see the examples below of the small zip lock bag, label, and blister card.

The following pharmacies will package medications this way. Evergreen Pharmacy East, 622 E. 2nd, 838-4826 if you live in a group home. Inland Pharmaceutical Services at 1328 N. Ash, 326-8001, or Walgreen's Express, call 921-0659 for locations, will package medication in small individual blister cards. They do packaging for all clients. Please ask for a Pharmacist. If you purchase medication from them there is no fee for this packaging. If you have a different pharmacy that will package medications please let us know and we will add it to the list.

Participants must be able to take their own medications while at the activity. The activity leaders will provide reminders to take medications and to safely secure them when not in use. If you have medical coupons, please bring them with you in case there is an emergency and you need medical treatment.

THIS DOCUMENT RELIEVES THE CITY OF SPOKANE FROM LIABILITY FOR PERSONAL INJURY OR WRONGFUL DEATH RELATING TO MY MEDICATION. I HAVE READ THIS DOCUMENT, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHT BY SIGNING IT AND SIGN IT VOLUNTARILY.

Signature Date

Date

I am the parent or guardian of the participant and acknowledge that I have read this document and understand its contents and agree to each item noted above. I understand that, to the extent allowed by law, I am waiving my child's rights.

Name

Signature

Date

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

List any special instructions/cautions/side effects:

AMERICANS WITH DISABILITIES ACT

In providing services to the public the City must comply with the Americans with Disabilities Act (ADA), a federal anti-discrimination statute, designed to remove barriers that prevent qualified individuals with disabilities from discrimination on the basis of disability in the services, programs, or activities of local governments. The ADA provides comprehensive civil rights protection to individuals with disabilities. For information regarding the ADA and the regulations on non-discrimination on the basis of disability in state and local government services, 28 CFR Part 35, and its applicability to the services, programs, or activities of the City, please contact Christine Cavanaugh at 625.7083.

For more information call 311 and Press 3 or dial 509-755-2489

SATISFACTION GUARANTEED

You are important to us! The City of Spokane Parks and Recreation Department is committed to excellence by providing high-quality programs and services for you. If you or a family member are not satisfied with a class, program, or activity offered by the City, let us know your concerns in writing. We will arrange for one of the following. You may:

- Repeat the program at no additional charge
- Receive a credit that may be applied to another activity
- Receive a refund (allow 4 weeks to process). A partial refund may be given to programs with supply, lab or reservation fees.

The Spokane Parks & Recreation Department does not discriminate on the basis of age, sex, race, color, creed, national origin or disability. Please notify the Park Department if you need special accommodations to participate in our programs.

NEW REGISTER ON-LINE



Go to our website at
spokaneparks.org
to register online!



MAIL IN: Send form and payment to:
Spokane Parks & Recreation Dept.
Class Registration
808 W. Spokane Falls Blvd.
Spokane, WA 99201-3317

Checks payable to
"City of Spokane"
Allow 3 days for
mail delivery.

PHONE IN: Call 311 & Press 3 or dial 509-755-2489



Use your VISA/MC/Discover/American Express
to register by phone.
Have charge card and Guide handy.
Fill out registration form before you call.

WALK IN:



MySpokane
1st Floor City Hall
808 W. Spokane Falls Blvd.
Spokane WA 99201
Mon-Fri – 8 AM – 5 PM

FAX IT: 24 HOURS A DAY 509-625-6990



Fill out registration form. Include Visa/MC/MasterCard/
Discover/AmExp number and expiration date.
Newsprint does not FAX well. Please make a clean
copy on white paper and FAX the copy.

NEED MORE INFORMATION?

**CALL 509-755-CITY (ALL CLASSES) OR
509-625-6677 (ART CLASSES)**

ARE YOU COVERED?

The Spokane City Parks & Recreation Department does not carry accident insurance for program participants; the costs would make program fees prohibitive. Please review your own personal health insurance plan to be certain that you and your family have the proper coverage.

GIVE US A CALL...

We are looking for talented, enthusiastic and qualified instructors to teach pre-school, adult and youth classes. Ideas or suggestions for classes are also encouraged. Call 509-755-CITY for an application.

E-Mail Receipts = Better Customer Service!



To facilitate prompt, effective customer response and service, the Parks and Recreation Department is switching to e-mail confirmation receipts to those customers with e-mail addresses in our records.

Please provide your e-mail address when you register. This change will make the registration and receipt process faster, easier and more accurate. We will continue to mail paper receipts via the U.S. Postal Service for those without e-mail.

REFUND/CANCELLATION POLICY

It is the policy of this department to promote customer satisfaction for all programs and services. This refund policy pertains to all Recreation programs unless otherwise noted in the program description.

1. PROGRAMS ARE SUBJECT TO MINIMAL ENROLLMENT. If the Parks and Recreation Department cancels a program, changes a location or time and you cannot attend, or the program is full, you will receive a full credit on your Recreation account or refund if you request it; no administrative processing fee will be deducted.

2. NO REFUNDS, EXCEPT FOR CANCELLED OR CHANGED CLASSES, WILL BE ISSUED WITHOUT A WRITTEN REQUEST RECEIVED IN THE OFFICE BY MAIL, E-MAIL OR FAX. Refunds follow the City's Finance Department payment schedule and take approximately 30 days to process.
Send email refund requests to parksrefunds@spokanecity.org

3. RECREATION PROGRAMS. Due to financial commitments we must make before activities begin, to cancel enrollment in a class or program, the participant must notify the Parks and Recreation Department at least two days (48 hours) prior to the starting date unless otherwise noted in description.

- If your written withdrawal request is received more than two days (48 hours) before the start date of the program, you will receive a full credit to your Recreation account to be used for a registration at a later date. A refund in the form of a check or a credit to your bankcard is subject to a \$5 administrative processing fee.
- If your written request is received less than two days (48 hours) prior to the start date of the program, you will be charged a \$5 withdrawal fee and you may receive no refund or only a partial refund based on the number of students enrolled and any supply costs incurred on your behalf.
- If we do not receive your written request before the start of the class no Recreation account credit or refund will be issued.
- At any time after the first class, partial credit to your Recreation account will be allowed if you present a statement from your health care provider that states that you are unable to finish the class.
- The only exception will be with Sports Leagues. After the start of the league neither refunds, nor proration of the league fee will be granted.

Classes held in Spokane Public School facilities do not meet on dates school is not in session (holidays, vacations periods, curriculum days). Class sessions scheduled for those dates will be made up at the end of the regular schedule.

FALL REGISTRATION HAS A NEW LOOK AND FEEL

WE'VE SIMPLIFIED REGISTRATION WITH A NEW SOFTWARE,
BASED ON YOUR FEEDBACK.

HAVE A SPLASHPASS FROM FREE SWIMMING THIS SUMMER?
THEN YOU ALREADY HAVE AN ACCOUNT IN THE NEW SYSTEM.

IF NOT, PLEASE SEE THE BACK COVER FOR
STEP-BY-STEP INSTRUCTIONS.

FALL REGISTRATION OPENS
ONLINE -- AUGUST 9
PHONE, MAIL, IN PERSON -- AUGUST 14

CIVICREC[®]
Powered by 

CITY OF
SPOKANE
PARKS &

RECREATION

Spokane Parks and Recreation
5th Floor City Hall
808 W. Spokane Falls Blvd.
Spokane, WA 99201-3317

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

Creating Your New Account



Visit **SpokaneRec.org**

On desktop, select **Log In/Create Account** in the upper left corner, then select **Create Your SPOKANE Account**.

On mobile devices, select **Account** in the upper right corner and then select **Sign Up**.

Fill out the required information.

To receive text alerts (i.e. class cancellations, facility closings), indicate your mobile carrier next to your cell number.

That's it! Now you're ready to register for our great programs!

Add additional members (spouse, children, etc) at any time in your account settings. Keep your entire household on one account!

When you've found a program, make sure to select the correct account member before adding it to your cart.

CIVICREC

Need help setting up your
account? Just call 311!

