

# *fall* **ACTIVITY** *guide*

*Try something  
new this fall!*

**NEW SEASON, NEW ACTIVITIES FOR EVERY AGE AND INTEREST!**

FALL SPORTS LEAGUES • ART CLASSES AND CAMPS • HIKING ADVENTURES  
THERAPEUTIC RECREATION • COOKING CLASSES • DANCE & FITNESS CLASSES

EXPLORE  
**PARKS**  
NATURE

SPORTS  
& REC  
OUTDOOR

CAMPS  
LEARN  
CLASSES

SWIM  
POOLS  
SPLASH

PLAY  
GOLF  
LEARN

ENJOY  
RIVER  
FRONT  
PARK



*City of Spokane*  
**PARKS  
& RECREATION**

**NOVEMBER 22-24**



# **TURKEY BOWL**

**FLAG FOOTBALL TOURNAMNET**

**STARTING OCTOBER 7**

# **FALL VOLLEYBALL LEAGUE**



**STARTING SEPTEMBER 9**



# **FALL SOFTBALL LEAGUE**

**GO TO [SPOKANEREC.ORG](http://SPOKANEREC.ORG) OR CALL 311 FOR MORE INFO**



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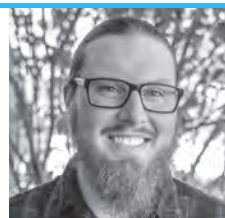
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## CORBIN KIDS PRESCHOOL

### 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. There is no class on Monday, November 11, 2019. **Class held at the Corbin Art Center, 507 W 7<sup>th</sup> Avenue. \$49**

3800	Mon.	10/7-11/18	9:15-10:15am
3802	Mon.	10/7-11/18	9:45 - 10:45am

### 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 7<sup>th</sup> Avenue. \$60**

3803	Tue.	10/8-11/12	9:30-11am
3806	Wed.	10/09-11/13	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 7<sup>th</sup> Avenue. \$49**

3808	Thurs.	10/10-11/14	9:30-10:30am
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## YOUTH WORKSHOPS



### Fun & Festive 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 7<sup>th</sup> Avenue. \$24**

3826	Sat.	12/7	9:30-11:30am
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### Holiday Hullabaloo & You

**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 holiday carols, create fabulous projects and maybe even dance a little. **Class held at the Corbin Art Center, 507 W 7<sup>th</sup> Avenue. \$24**

3828	Sat.	12/7	9:30-11:30am
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### Holiday Cookies & Crafts!

**1 day | Ages 8-11yrs.** Do your kids love to make holiday cookies? Come to the historic Corbin Art Center and celebrate this wonderful time of year with us! We will bake cookies, sing holiday carols, create festive projects and read some holiday themed stories while munching some of the cookies that we have made. Wear comfy clothes, or pajamas, if you would like. Please bring a lunch. **Class held at the Corbin Art Center, 507 W 7<sup>th</sup> Avenue. \$39**

3829	Sat.	12/14	9:30am-2:30pm
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## PRE-SCHOOL WORKSHOPS



### 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 7<sup>th</sup> Avenue. \$24**

3819	Sat.	10/26	9:30-11am
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### 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 7<sup>th</sup> Avenue. \$24**

3820	Sat.	11/16	9:30-11am
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### 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 7<sup>th</sup> Avenue. \$24**

3821	Sat.	12/7	9:30-11am
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## CORBIN KIDS YOUTH

**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 Wednesdays or Thursdays from 4-6, but students may arrive starting at 3:30. Make-up classes may be available with instructor permission. No experience needed. **Class held at Let's Get Sewing! Studio at 8707 N. Wall St. 509-217-7049 \$125**

3816	Wed.	10/2-10/23	4-6pm
3817	Thurs.	10/3-10/24	4-6pm

**Afternoon Art Exploration**

**6 weeks | Ages 6-9yrs. | Beth McClraith** 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 7<sup>th</sup> Avenue. \$60**

3811	Tue.	10/8-11/12	4-5:30pm
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**After-School Art Exploration**

**6 weeks | Ages 8-14yrs. | Beth McClraith** 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 7<sup>th</sup> Avenue. \$65**

3812	Wed.	10/9-11/13	4-6pm
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**Drawing Basics - Youth**

**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. There will be no class on Thursday, October 31<sup>st</sup>, 2019. **Class held at the Corbin Art Center, 507 W 7<sup>th</sup> Avenue. \$55**

3813	Thurs.	10/10-11/21	4-5:30pm
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## NO SCHOOL DAY CAMPS

**NEW!****Super-Creative Art Masters!**

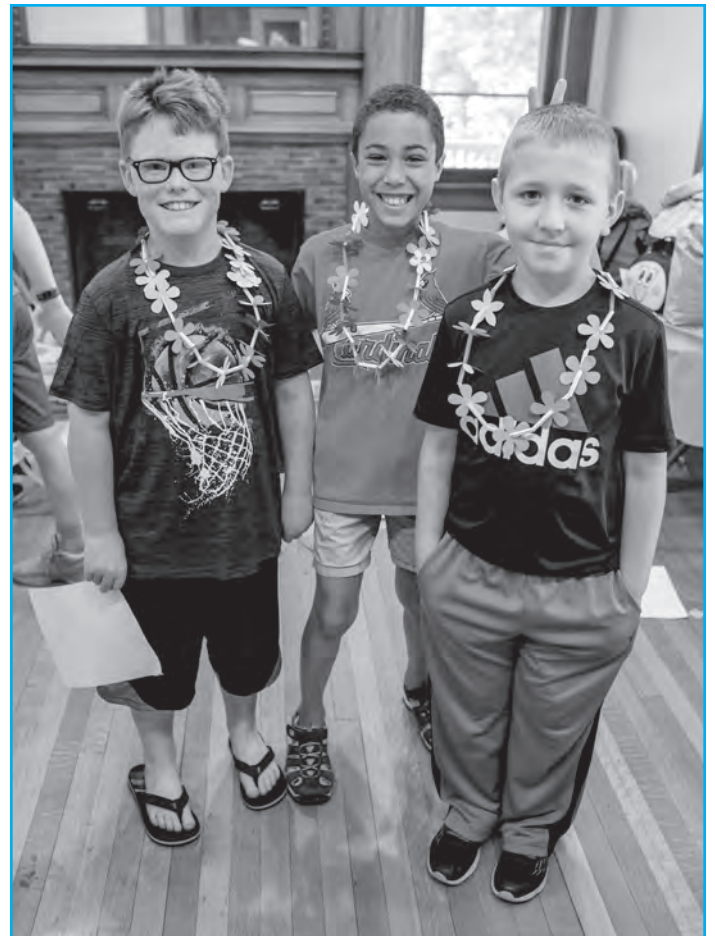
**1 day | Ages 6-11yrs.** Come all of you Super-Creative Artists! We will explore the wonderful world of art through color, texture and more. Come and use paint, markers, recycled objects, glue and scissors to create fabulous works of art to hang and display in your own home gallery. Please bring a lunch and beverage. **Class held at the Corbin Art Center, 507 W 7<sup>th</sup> Avenue. \$39**

3840	Mon.	11/11	9am-3pm
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**NEW!****Rainforest Animal Adventure!**

**1 week | Ages 6-11yrs.** Tigers, monkeys, birds and snakes Oh My! It's cold outside here, but come and travel with us to a tropical rainforest! Learn about some of the animals, plants and insects that live there. Make fun and wild animal art projects to display and wear. Please bring a lunch and beverage. **Class held at the Corbin Art Center, 507 W 7<sup>th</sup> Avenue. \$39**

3841	Mon.	11/11	9am-3pm
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Corbin Kids having fun.

## DRAWING CLASSES

*All classes held at the Corbin Art Center, 507 W 7<sup>th</sup> Avenue.*

**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. \$59

3729 Thurs. 10/3-10/24 1:30-3:30pm

### Drawing Fundamentals

**6 weeks | Ages 16+ | Allison Bayley** 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 31<sup>st</sup>.) Supply list included upon confirmation of registration. \$64

3730 Mon. 9/30-11/4 6:30-8:30pm

3731 Wed. 10/2-11/6 6:30-8:30pm

**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. \$49

3732 Sat. 10/5 9am-3pm

**NEW!**

### Experimental Drawing

**6 weeks | Ages 16+ | Ashley Vaughn** Feel that you have a creative spark but aren't attracted to conventional ways of drawing? Or perhaps you are already skilled at drawing but are looking for ways to change/loosen up your creative process? Then this is the class for you! All that is required of you is an openness to alternative creative processes. Supply list included upon confirmation of registration. \$65

3843 Thurs. 10/10-11/14 6-8pm

**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. \$49

**NEW!**

### Creative Teen Art Studio: Drawing 101

**5 weeks | Ages 14-18yrs. | Erin Wilson** We will learn multiple ways of shading, adding texture, 5 to 1 ratio, drawing hands, portraiture and perspective for your drawn masterpieces! There will be quick sketch projects along with detailed finished drawings. No experience needed, but bring your own love of drawing and creativity! Supply list included upon confirmation of registration. \$60

3818 Mon. 10/7-11/4 4:30-6pm

**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. \$69

3733 Tue. 10/8-11/12 12:30-2:30pm

3734 Fri. 10/11-11/15 12:30-2:30pm

**NEW!**

### Teen After School Free Draw!

**6 weeks | Ages 13-18yrs. | Ashley Vaughn** Have lots of creative ideas, but no one to help guide and give you feedback? Then join us on Tuesday afternoons and bring your sketches and works in progress. With the help of the instructor and class peers, we will share, discuss and work on your creative 2-D projects to help you to bring about your artistic vision! Please bring your drawings, and what supplies you have been using to draw them with. \$65

3842 Tue. 10/8-11/12 4-6pm

**NEW!**

### Creative Drawing 101

**5 weeks | Ages 16+ | Erin Wilson** Learn several variations of shading, illustrating texture, 5 to 1 ratio, drawing hands, portraiture and perspective for your drawn masterpieces! There will be quick sketch projects along with detailed finished drawings. No experience needed! Just bring your love of drawing and creativity! Supply list included upon confirmation of registration. \$65

3735 Tue. 10/8-11/5 6-7:30pm

3736 Sat. 11/9 9am-3pm



## CORBIN CRAFT WORKSHOPS

**NEW!** Fantastic Fun Fabric Cards!

**1 day | Ages 16+ | Judy Sauer** Create 3 beautiful fabric cards that are as individual as you are! These fabulous fun cards are great for birthdays, thank you, holidays and so much more. Cost of this class includes all of the supplies. **Class held at the Corbin Art Center, 507 W 7<sup>th</sup> Avenue. \$30**

3778	Thurs.	10/24	6-8pm
3779	Sat.	11/16	10am-Noon

**NEW!** Wire Wrapped Sun-Catchers

**1 day | Ages 16+ | Amy Gurel** Come learn how to wire wrap cultured sea glass and driftwood into an extraordinary piece of outdoor or indoor art. These can be hung where the sun can stream through the window and remind you of warmer beach days. You will use wire, sea glass and pre-drilled driftwood to create this beautiful sun-catcher. Keep this wonderful project for yourself or give as a gift. There will be a \$15 lab fee payable to the instructor at the start of class. Supply list included with registration confirmation. **Class held at the Corbin Art Center, 507 W 7<sup>th</sup> Avenue. \$24/\$15 Lab Fee**

3984	Wed.	10/23	6-9pm
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**NEW!** Wire Wrapped Rain Chain-House Bling

**3 weeks | Ages 16+ | Amy Gurel** Learn to make a Swan chain as well as learn how to turn cultured sea glass in to a beautiful wire wrapped piece of art to adorn the rain chain with. You will be taught how to securely wrap the sea glass so it can withstand the outside elements as well as how to do a Swan chain. There will be a \$20 lab fee payable to the instructor at the start of class. Supply list included with registration confirmation. **Class held at the Corbin Art Center, 507 W 7<sup>th</sup> Avenue. \$49/\$20 Lab Fee**

3985	Tue	10/29-11/12	6-9pm
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Photography fun.

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

## PHOTOGRAPHY

**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 7<sup>th</sup> Avenue. \$60**

3751	Mon.	9/23-10/21	6-8pm
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**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 7<sup>th</sup> Avenue. \$60**

3752	Tue.	9/24-10/22	6-8pm
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**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 7<sup>th</sup> Avenue. \$60**

3753	Wed.	9/25-10/23	6-8pm
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**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 7<sup>th</sup> Avenue. \$60**

7354	Wed.	11/6-11/27	6-8:30pm
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## JEWELRY WORKSHOPS

### **NEW!** Wire Wrapped Sea Glass Pendants

**1 day | Ages 16+ | Amy Gurel** In this class you will learn how to make the most amazing one-of-a-kind piece of wearable art that is made from tarnish resistant crafting wire and cultured sea glass. Not only will the look of the pendant bring you back to the amazing "beach therapy" moments from your past but it will also strike those same feeling of others around you. Dress up jeans and a t-shirt or have it be the final touch for your nice outfit. There will be a \$12 lab fee payable to the instructor at the start of class. Supply list included with registration confirmation. **Class held at the Corbin Art Center, 507 W 7<sup>th</sup> Avenue. \$25/\$12 Lab Fee**

3987 Sat. 10/19 9:30am-12:30pm

## SKIN CARE & SOAP MAKING

### 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 7<sup>th</sup> Avenue. \$29**

3781 Wed. 10/2 6:30-8:30pm

### 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 7<sup>th</sup> Avenue. \$29**

3782 Sat. 11/9 10am-Noon

## 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. \$150**

3755 Tue. 10/1-10/22 6-9pm

### **NEW!** Make a Trick or Treat Bag with a Serger

**1 day | Ages 16+ | Margie Bradfute** This fun class is for the student that already knows how to use a serger. You will make an adorable Trick or Treat bag to give to your favorite ghou, or keep this cute project for yourself! You must know how to thread your serger for this class. Bring your lunch if you would like. Supply list included upon confirmation of registration. **Class held at the Corbin Art Center, 507 W 7<sup>th</sup> Avenue. \$49**

3992 Sat. 10/12 9:30am-2pm

### 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 7<sup>th</sup> Avenue. \$55**

3756 Mon. 10/14-10/28 6-9pm

### **NEW!** One of a Kind Fabric Wall Hanging!

**3 weeks | Ages 16+ | Judy Sauer** Make a one of a kind, fabric-art wall hanging. These hanging art pieces look like paintings, but are made with fabric! Come explore how to use colors, show depth and design placements. Bring your favorite fabrics, and the instructor will provide many examples to get your ideas started! Supply list included upon confirmation of registration. **Class held at the Corbin Art Center, 507 W 7<sup>th</sup> Avenue. \$55**

3768 Tue. 10/15-10/29 6-9pm

### **NEW!** Secret Pocket Infinity Scarf

**1 day | Ages 16+ | Elizabeth Pike** You can't get pick pocketed with this scarf! If it has a zipper pocket that is perfect for your keys, credit card, phone, chapstick..... Some sewing experience is required. Supply list included upon confirmation of registration. **Class held at Let's Get Sewing! Studio at 8707 N. Wall St. 509-217-7049 \$30**

3769 Sat. 10/19 10am-Noon  
3770 Sat. 11/02 10am-Noon

### **NEW!** Rug Hooking with a Locker Hook

**1 day | Ages 16+ | Elizabeth Pike** Do you have scrap fabric? Well locker hooking is the perfect way to use up lots of leftover fabric! In this class you will learn all the skills necessary to use canvas mesh, fabric strips, and a locker hook to make a myriad of useful items- from coasters or hot pads to an area rug of a size only limited by your ambitions. Supply list included upon confirmation of registration. **Class held at Let's Get Sewing! Studio at 8707 N. Wall St. 509-217-7049 \$40**

3771 Sat. 10/26 10am-2:30pm



## FIBER ARTS

**NEW!** Intro to Sewing: Learn the Machine

**2 weeks | Ages 8+ | Margie Bradfute** Do you have a sewing machine, but have never used it? Bring your sewing machine to learn, and get comfortable using it. You will explore all of the stitches and what each one is used for, even buttonholes and zippers, along with all of the parts of the sewing machine. No experience necessary! You will make a decorative pillow in the 2<sup>nd</sup> class. Supply list included upon confirmation of registration. **Class held at the Corbin Art Center, 507 W 7<sup>th</sup> Avenue. \$50**

3772 Sat. 10/19-10/26 9:30am-12:30pm

**NEW!** Intro to Using a Serger

**1 Day | Ages 16+ | Margie Bradfute** Do you have a Serger or were you given one? Have you been brave enough to try to use it, or even take it out of the box? Bring it to this class and learn just how easy it is to use! Margie will take you through all of the steps so that you can serge with confidence! No experience necessary! Supply list included upon confirmation of registration. **Class held at the Corbin Art Center, 507 W 7<sup>th</sup> Avenue. \$30**

3776 Sat. 11/16 9:30am-12:30pm



*DIY Holiday Decorations anyone can learn!*

**NEW!** Sea Glass Holiday Ornaments

**1 day | Ages 16+ | Amy Gurel** Come learn to make these holiday-beachy themed ornaments. You will use cultured sea glass, driftwood pieces and more to create these fun seasonal decorations. These are super-fun and very addictive to make. Keep for yourself or give as gifts. There will be a \$10 lab fee payable to the instructor at the start of class. **Class held at the Corbin Art Center, 507 W 7<sup>th</sup> Avenue. \$24/\$10 Lab Fee**

3986 Sat. 11/16 9:30am-12:30pm

**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 7<sup>th</sup> Avenue. \$25**

3780 Wed. 11/20 6:30-8pm

**NEW!** Make a Holiday Stocking with a Serger

**1 day | Ages 16+ | Margie Bradfute** This fun class is for the student that already knows how to use a serger. You will make a festive Holiday stocking to give as a gift, or keep this wonderful project for yourself! You must know how to thread your serger for this class. Bring your lunch if you would like. Supply list included upon confirmation of registration. **Class held at the Corbin Art Center, 507 W 7<sup>th</sup> Avenue. \$49**

3993 Sat. 11/23 9:30am-2pm

## PAINTING CLASSES &amp; WORKSHOPS

Acrylic Painting

*All classes held at the Corbin Art Center, 507 W 7<sup>th</sup> Avenue.*

**6 weeks | Ages 16+ | Tom Quinn** 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. \$70

3737 Mon. 10/7-11/11 6:30-8:30pm

**NEW!** Developing a Creative Practice through Art Journaling

**1 day | Ages 18+ | Bevie LaBrie** Come explore how to cultivate creative practice in your life through the art journaling process. Using the prompts from the instructor, you will come away from the evening with tools and inspiration for a deeper and freer creative practice. Feel free to bring your own art supplies or pay \$8 to the instructor for all of the supplies for this workshop. \$49/\$8

3738 Mon. 10/7 5:30-8:30pm

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. \$70

3739 Tue. 10/8-11/12 6:30-8:30pm



## PAINTING CLASSES & WORKSHOPS

*All classes held at the Corbin Art Center, 507 W 7<sup>th</sup> Avenue.*

**NEW!**

### Exploring Textures in Paint

**6 weeks | Ages 16+ | Cliff Hall** This course focuses on the development of observational and applied painting techniques, employing a concentration on textures. Adding texture to paint can be tricky, so come and have fun experimenting with different products that you can add to acrylic paint. Students in this class will develop varying painting abilities while exploring creative responses to textural materials. No prior experience is required for this course. Supply list included upon confirmation of registration. \$70

3740 Wed. 10/9-11/13 6-8:30pm

### 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. 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. \$62

3741 Thurs. 10/10-11/14 6:30-8:30pm

### 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. There will be no class on Thursday, October 31<sup>st</sup>. Supply list included upon confirmation of registration. \$62

3742 Thurs. 10/24-11/21 5-7pm



**NEW!**

### Altered Acrylics

**3 weeks | Ages 16+ | Katie Frey** Break free of traditional acrylic paintings and have fun with mixed media! You will learn how to alter your acrylic paints to create an endless variety of textures. Experiment with modeling pasted and gel medium, as well learn various collage techniques. Expect to incorporate nontraditional items such as sand, tissue paper, fabric, foil, and found objects like sea glass, rocks, and shells into your art. Supply list included upon confirmation of registration. \$62

3743 Sun. 11/3-11/17 9am-Noon

**NEW!**

### Transforming Your Story through Art Journaling

**1 day | Ages 18+ | Bevie LaBrie** Come explore how to cultivate creative practice in your life through the art journaling process while illustrating your story. Using the prompts from the instructor, you will come away from the evening with tools and inspiration for a deeper and freer 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. \$49/\$8

3744 Mon. 11/11 5:30-8:30pm



### Spontaneous Process Painting

**1 day | Ages 18+ | Bevie LaBrie** Have you ever stood in front of a blank canvas feeling paralyzed? If so this is the class for you! Using multi-media, participants will create on one surface throughout the class. Supported by writing prompts and instructor guidance, students will discover how this surface reflects their creative journey. Students will leave the day with numerous ways to begin to find deeper connection to their paint process. All experience levels welcome and there will be a 1-hour lunch break. Supply list included upon confirmation of registration. \$65

3745 Sat. 12/7 9am - 3:30pm

## LANGUAGE &amp; CONVERSATIONAL SPEAKING

**Active Beginners Spanish**

**6 weeks | Ages 18+ | Mary Benham** Gain 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 7<sup>th</sup> Avenue. \$70**

3791 Tue. & Thurs. 10/1-11/5 1-3pm

**Advanced Spanish Conversation**

**7 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. Supply list included upon confirmation of registration. **Class held at the Corbin Art Center, 507 W 7<sup>th</sup> Avenue. \$60**

3792 Wed. 10/2-11/13 12:30-2:30pm

**NEW! Intermediate Spanish**

**6 weeks | Ages 18+ | Mary Benham** Expand your skills with practical verb practice including past & future tenses. Practice travel phrases with interactive conversation exercises. Each session includes a short story to expand vocabulary. Supply list included upon confirmation of registration. **Class held at the Corbin Art Center, 507 W 7<sup>th</sup> Avenue. 70**

3795 Thurs. 10/3-11/7 10am-Noon

**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 7<sup>th</sup> Avenue. \$60**

3796 Mon. 10/7-11/11 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 7<sup>th</sup> Avenue. \$60**

3798 Tue. 10/8-11/12 6-8pm

## ART OF FINE LIVING

**NEW! Wine and Dine!**

**1 day | Ages 21+** Learn how to integrate wine into appetizers, entrees, and desserts to create a unique depth of flavor. Discuss how wine compliments food. 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**

3784 Thurs. 10/3 6-8pm

**NEW! A Curry to Remember**

**1 day | Ages 21+** Come to this amazing class and discover the fusion of Indian and Thai curries in traditional American Fall dishes. 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**

3787 Thurs. 10/17 6-8pm

**NEW! 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 the 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**

3788 Thurs. 10/31 6-8pm

**NEW! A Saucy Good Time**

**1 day | Ages 21+** Learn how to enhance foods with unique twists on traditional mother sauces! 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**

3789 Thurs. 11/7 6-8pm

**NEW! Fall Harvest Dinner**

**1 day | Ages 21+** Taste the abundance of autumn. This course includes Pan Seared Pork Loin with Fig Glaze, Apple Harvest Chicken with Caramelized Onions, and Oven Roasted Butternut Squash with a special Fall Risotto. 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**

3789 Thurs. 11/21 6-8pm



## WRITING & PERSONAL ENRICHMENT

*All classes held at the Corbin Art Center, 507 W 7<sup>th</sup> Avenue.*

**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. No class on Thursday, October 31<sup>st</sup>. \$70

3746 Thurs. 10/3-11/14 6-8pm

**NEW!**

### Storytelling & the Art of Stand-Up Comedy

**6 weeks | Ages 18+ | Rebecca Gonshak** In this class, we will study comedy masters like Richard Pryor, Marc Maron, and Maria Bamford and write our own stand-up monologues to perform for the class (if you want to). We will start by telling and writing funny stories from our own lives and then work on crafting those stories into stand-up monologues. We will also discuss comedy concerns like crafting a persona and overcoming stage fright. There is no class on Thursday, October 31<sup>st</sup>. \$70

3747 Thurs. 10/3-11/14 7-9pm

**NEW!**

### Making PowerPoint Work for You!

**2 weeks | Ages 16+ | Marc Anthony** For millions of presenters, PowerPoint is the go-to program for everything related to a presentation from start to finish. Unfortunately, the finished slides all too often end up becoming the presentation itself. Keeping in mind that it's hard for your audience to read, listen, and think at the same time, this workshop teaches you how to use this program effectively, how to design supportive slides that don't overwhelm or distract the audience and keep the attention on the most important aspect of the presentation: the presenter. Please bring your laptop or tablet with this program on it. \$50

3748 Mon. 10/7-10/14 6-8pm

**NEW!**

### Designing & Delivering Great Presentations for School & Career

**6 weeks | Ages 16+ | Marc Anthony** A well-delivered presentation starts with good design. While we may know that a presentation has an introduction, body and conclusion, many of us do not know the choices we have available to us for each part to make it great for any purpose. This workshop guides you through the basics of good presentation design – for school or work, starting from the Introduction, to choosing the best structure and style for the body; and how to effectively and powerfully conclude and manage questions/answers. No experience needed for this class. \$70

3749 Tue. 10/8-11/12 6-8pm

**NEW!**

### The Language of Presenting!

**4 weeks | Ages 16+ | Marc Anthony** The real art of presenting is not about flashy PowerPoint slides, but about words, carefully designed and skillfully communicated. It's about using language in an artful way. This workshop helps you develop a skill that will serve you now and long into your schooling and career by revealing the secrets that great speakers and presenters use all of the time. There'll be lots of opportunities to practice what you learn in this course. Some presenting experience needed for this class. \$70

3750 Wed. 10/9-10/30 6-8pm

**NEW!**

### Lighting Your Fire: Getting Your Writing Project Started!

**6 weeks | Ages 16+ | Marc Anthony** The writer's voice is fragile, and can be silenced by our internal critic. This makes it hard to start or continue working on our writing projects. One way to minimize our internal critics is to join a facilitated group of writers willing to listen to your work, and give useful, reflective feedback. This allows us to feel more confident, and write more. Join us at the Corbin Art Center, bring in your work, and leave your critic at the door. This facilitated group welcomes committed writer in all genres in a positive, motivating environment. \$70

3983 Sun. 10/13-11-17 2-4pm

**NEW!**

### Penning Pain to Paper

**1 day | Ages 18+ | Keirsten Lyons** The problem with pain is that it's non-discriminatory. At some point, grief and loss will affect us all. In this journaling workshop, discover the power of writing to gain insight, perspective, and simply find space to breathe. Join us as we put pen to paper and discover the power of writing to heal. \$39

3988 Sun. 10/13 1-4pm

3989 Sun. 11/10 3-6pm

**NEW!**

### Journal to the Self – Intro

**1 day | Ages 18+ | Keirsten Lyons** Journaling has come a long way from the Dear Diary days! Join us for this snapshot workshop as we explore a few fun and inspiring journaling techniques you can use to work through emotions, set goals, capture special moments, develop your intuition and discover new life stories. No writing experience is necessary. \$29

3990 Tue. 10/22 10-11:30am

3991 Wed. 11/06 6:30-8pm

# 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

**+ Discounted 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.**





## CANOEING

### 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. Meet at **Spokane River Nine Mile Dam Take-Out West Carlson Road Parking Lot. \$25**

3715 Sun. 9/15

2-6pm



*Relaxing along the rivers edge.*



*Canoeing under the 7 Mile Bridge from Plese Flats.*

## KAYAKING

### Kayak Paddle Little Spokane River

**1 day | Ages 12+** 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](http://discoverpass.wa.gov). Guides, shuttle transport and kayaking equipment included. Parent must accompany child. Meet at **Little Spokane River Take-Out Nine Mile Falls. \$33**

3492 Sun. 9/8

10am-2pm



### Kayak Bead Lake

**1 day | Ages 15+** This glacier carved lake surrounded by mountainous timbered hills is a wonderful paddle and a great way to explore NE Washington. Take nature in as we paddle the clear waters and unique shoreline. Tandem kayaks, guides and transportation provided. Additional pre-trip information emailed after registration. Meet at **Wandermere Rite Aid Parking Lot 12420 N Division. \$35**

3713 Sat. 9/28

9am-3pm



## HIKING

**NEW!** Hiking Blossom Lake Montana

**1 day | Ages 15+** Celebrate the 1st day of autumn on a beautiful drive up the Coeur d' Alene River to Thompson Pass. The hike from the pass is a 5.5-mile moderate round trip hike that takes you through forested hills to a majestic sub-alpine wilderness lake. You will have time to take in the scenery, take pictures, enjoy lunch and relax along the shores edge. On the way if time allows we will make a stop at Spragpole Inn at Murray, ID to visit the historic museum. Additional pre-trip information emailed after registration. Meet at **Corbin Art Center Lower Parking Lot 507 W 7th Ave.** \$45  
3714 Sun. 9/22 8am-5pm

**NEW!** Turnbull NWR Adventure

**1 day | Ages 12+** Enjoy a day outside with an adventure to Turnbull National Wildlife Refuge. A 3-4 mile hike that leads us to Keever Pond exploring the sights and sounds along the way. You never know what you might see! Finish up with a stop at the visitor's center and a scenic drive back to Spokane. Additional pre-trip information emailed after registration. Meet at **Mountain Gear 2002 N Division.** \$25  
3711 Sat. 10/5 10am-2pm

## ORIENTEERING

Orienteering Intro Course

**1 day | Ages 14+** Discover the sport of orienteering, navigating over unfamiliar terrain and trails using a map and compass. Classroom instruction from 9:30-11am 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 11am-Noon. Meet at **Finch Arboretum 3404 W Woodland Blvd -Woodland Willow Rm.** \$12  
3684 Sat. 9/21 9:30am-Noon

Orienteering Skills Course

**1 day | Ages 14+** Classroom instruction and outdoor practice of map and compass skills for intermediate and advanced orienteering courses. This class is intended for people who are already familiar with topographic maps and a compass or have taken the Intro to Orienteering Class. Meet at **Finch Arboretum 3404 W Woodland Blvd -Woodland Willow Rm.** \$12  
3685 Sat. 9/21 1-3:30pm

**NEW!** Settler's Cedar Grove and Burke Idaho Ghost Town Wander

**1 day | Ages 12+** Let's take a drive up the scenic Coeur d' Alene River to Settlers Grove and walk the one mile trail through an ancient old growth cedar grove. After a stop for lunch in historic Wallace Idaho (on your own), we will visit the streets of the historic Burke Idaho Ghost Town and Superfund cleanup site. This is a remarkable snapshot into a time gone by. Additional pre-trip information emailed after registration. Meet at **Corbin Art Center Lower Parking Lot 507 W 7th Ave** \$45  
3712 Sat. 10/26 8am-5pm



*Taking it all in high on the Mountain Trail.*

## SNOWSHOEING

Snowshoe Moonlight Hike with Transportation

**1 day | Ages 16+** 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. Meet at **Yoke's Fresh Market Parking Lot 14202 N. Market St.** \$29  
3718 Fri. 12/13 6-9pm

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! Meet at **Yoke's Fresh Market Parking Lot 14202 N. Market St.** \$29  
3719 Sat. 12/21 10am-2pm  
3720 Sat. 12/28 10am-2pm

*My*Spokane **3 1 1**  
for city services  
*press 3 for recreation*



## WINTER ADVENTURE CAMP



Send your child with us over the winter break to learn cross country skiing and snowshoeing at Mt Spokane State Park! Traveling the trails and romping around in the snow through the amazing forest is the best way to spend winter break. We will also learn to build snow caves and search for animal tracks! For ages 9-12, Jan 2-3, Course #3717, \$69

## CROSS COUNTRY SKIING SNOWSHOEING CAVE BUILDING & MORE

Register at  
[SpokaneRec.org](http://SpokaneRec.org)!

## ADVENTURE IN EVERY SEASON

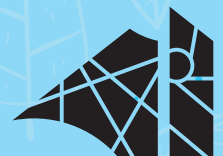
**With every change of season, Riverfront becomes new again.** Whirl around the historic Looft Carrousel, roller skate around the Numerica Skate Ribbon or fuel up at the Sky Ribbon Café.

### Free Fall Activities

- **Barre** on the Ribbon
- **Ghost Stories** at the Pavilion
- **Hay Bale Maze** at the Pavilion
- **Storytime** at the Carrousel



Visit [RiverfrontSpokane.org](http://RiverfrontSpokane.org) for current events and attraction hours.



**riverfront  
SPOKANE**  
a City of Spokane park

## WHAT'S HAPPENING

**NEW!** Ferry County Fall Colors Road Trip

**1 day | Ages 21+** Don't miss this trip! Take in fall colors on a scenic drive to the historic town of Republic WA. The Tamaracks will be on! The drive takes Highway 2 through Wilbur, crossing the Columbia River on the Keller Ferry and then up the Sanpoil Valley to Republic. We will make a stop at the Ferry County Food Co-op for some tasty treats or a microbrew at Republic Brewing Company (on your own). If time allows let us check out Stone Rose Fossil Interpretive (\$10 adult, \$5 senior) or Ferry County Historical Centers (Free). Our drive back will be over the scenic Sherman Pass, the highest pass in Washington! Additional pre-trip information emailed after registration. Meet at **Mountain Gear 2002 N Division**. \$45  
3710 Sat. 10/19 8am-5pm

**NEW!** Rail Riders Ione to Box Canyon Trestle

**1 day | Ages 8+** Take a trip back in time on a rail bike! Enjoy the unique experience of a four seated, pedal powered, railroad bicycle along the beautiful, scenic Pend Oreille River in Ione, WA. This round trip of 6+ miles on mostly flat rail with some slight uphill, rail riders must pedal entire way. Meet at the **Wandermere Rite Aid 12420 N Division Parking Lot**. \$55 adult 12+, \$45 youth ages 8-11.  
3669 Sat. 9/21 7:30am-3pm

Walla Walla Winery Tour

**2 days | Ages 21+** Sponsored by Vino! You will be amazed with the great wines, wonderful company and beautiful scenery of this area. Lodging in the Best Western Plus Walla Walla Suites Inn located within walking distance of some outstanding northwest restaurants and tasting rooms. Fee includes one night lodging, breakfast at the hotel, Vino! interpretive guide and bus transportation. Registration deadline October 1st. Meet at **Yokes parking lot - 4235 S. Cheney Spokane Rd**. \$189 Double Occ. only.  
3976 Sat./Sun. 10/12-13 8am-5pm

## PERSONAL INTEREST: GUITAR

Guitar for Children

**4 weeks | Ages 8-13yrs.** 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. **Classes held at Bartell Music Academy 418 E Pacific Ave.** \$68  
3960 Tues. 10/8-10/29 5-5:30pm  
3962 Tues. 11/5-11/26 5-5:30pm

SPOKANE  
PUBLIC LIBRARYNO MORE  
LATE FINES!

**That's right, as of August 2019, you can  
use the library without the risk of overdue fines.**  
(but we still want you to bring your books back on time)

[spokanelibrary.org/no-more-late-fines](http://spokanelibrary.org/no-more-late-fines)





## MUSIC

### Baby & Me Music Class

**4 Weeks | Ages 0-1yrs.** These interactive Baby & Me classes, parents and babies learn delightful rhymes, lullabies, floor and lap games, action songs and dances that stimulate your baby's natural response to music. Parents gather information each class on infant musical development and learn activities to share in class and use at home. **Classes held at Bartell Music Academy 418 Pacific Ave. \$68**

3965	Fri.	9/6-9/27	10-10:45am
3966	Fri.	10/4-10/25	10-10:45am

### Toddler Music Class

**4 Weeks | Ages 2-3yrs.** Toddlers and parents learn delightful songs, dances and musical activities that focus on singing and keeping a beat to enhance timing, coordination, listening and language skills. Percussion instruments are used as well as puppets, stories and colorful props to make this a very special music time. **Classes held at Bartell Music Academy 418 E. Pacific Ave. \$68**

3967	Fri.	10/4-10/25	11-11:45am
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## PIANO

### Piano for Adults

**4 weeks | Ages 14+** Easily learn how to play 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. **Classes held at Bartell Music Academy 418 E Pacific Ave. \$68**

3953	Tues.	10/8-10/29	6-6:30pm
3954	Tues.	11/5-11/26	6-6:30pm

### Piano for Children

**4 weeks | Ages 8-13yrs.** 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. **Classes held at Bartell Music Academy 418 E Pacific Ave. \$68**

3956	Mon.	9/9-9/23	5:30-6pm
3957	Mon.	10/7-10/28	5:30-6pm
3959	Mon.	11/4-11/25	5:30-6pm

## SINGING

### Voice for Children

**4 weeks | Ages 7-14yrs.** 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 **Classes held at Bartell Music Academy 418 E Pacific Ave. \$68**

3963	Fri.	9/6-9/27	5-5:30pm
3964	Fri.	10/4-10/25	5-5:30pm

### Sing from the Heart

**4-8 weeks | Ages 18+ | Robin Marks** Participants work on repertoire, audience rapport, vocal technique and performance skills with an emphasis on developing individual style and expression. 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. Class held at **The Place on Park 2406 S. Park Dr.**

**4 Week Mini Session! \$125**

3801	Tues.	11/26-12/17	7-8:30pm
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**8 Week Session \$245**

3799	Tues.	9/24-11/12	7-8:30pm
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### Sing from the Heart for Kids

**6 weeks | Ages 6-12yrs. | Robin Marks** 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. The last class will be a performance for family and friends. Class held at **The Place on Park 2406 S. Park Dr. \$125**

3807	Tues.	9/24-10/29	4-5pm
3809	Tues.	11/5-12/17	4-5pm - No Class 11/26

### Sing from the Heart for Teens

**6 weeks | Ages 13-17yrs. | Robin Marks** Whether new and shy, or experienced as singers; participants will improve their vocal technique and performance skills. Emphasis is placed on drawing out each singer's unique sense of self-expression. The last class is a performance for family and friends. Class held at **The Place on Park 2406 S. Park Dr. \$125**

3804	Thurs.	9/26-10/31	4-5pm
3805	Thurs.	11/7-12/19	4-5pm - No class 11/28

# rectennis.com/taz

## Tennis After School Zone (TAZ)



grades k-5

Hit a ball, make some friends, and learn a new skill. USTA-trained instructors use age appropriate equipment and games to get kids moving, having fun, and learning tennis



**Spokane TAZ  
dates + locations  
coming soon**

**(equipment is always included!)**

More Info: AnnElise Anderson | 509-991-0696 | anderson@pnw.usta.com

RecTennis proudly partners with



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# ART PARTIES AT THE CORBIN ART CENTER

**\$139 FOR  
UP TO 10 CHILDREN**

\$7/additional child up to 15 participants.  
Call to reserve your celebration  
or for more information.

**509.625.6677**

### Includes:

- 2 hour party
- A variety of party themes are available. Call us for details!
- Add on a Scavenger Hunt for \$20
- Created with children ages 3-13 in mind



## GHOST TOURS

**NEW!**

### Ghost Chinese Mid-Autumn Moon Cake Festival

**1 day | Ages 12+** Join Spokane Folk Lore Historian Chet Caskey for the celebration of the Chinese Mid-Autumn festival in honor of benevolent (hopefully) family ghosts with offerings to stay that way. Our celebration will begin at the haunted Corbin Mansion (Art Center) (on the hill in Edwidge Woldson Park), after which we will climb the Tiger Trail to upper Edwidge Woldson Park for a magnificent view of the full Harvest Moon at meridian height. There we will munch on Moon Cakes, drink Chinese Tea, and make peace with our familial ghosts with hell money offerings. Fail to come at your own peril! Trails include some steep sections. Refreshments provided. Festival begins at **Corbin Art Center, 507 W. 7th Avenue.** \$22

3592 Sat. 9/14 7-9pm

### Ghost Downtown Walking Ghost Tour

**1 day | Ages 12+** (Tour is accessible and infants in strollers may attend for free) The downtown walking Ghost Tour begins and ends at the Visit Spokane Office near the Rotary Fountain in Riverfront Park. Join raconteur and ghostologist Chet Caskey for a two-hour easy stroll through the haunted Riverfront Park and adjacent streets to hear about Spokane's dark past and other weirdness. Tour meets at **Visitor Information Center 620 W. Spokane Falls Blvd.** \$15

3995	Sun.	10/13	3-5pm
3586	Sat.	9/21	7-9pm
3995	Sun.	10/13	3-5pm
3920	Sat.	10/5	7-9pm
3922	Sun.	10/20	3-5pm
3933	Fri.	11/1	7-9pm
3934	Fri.	11/8	7-9pm

### Ghost Sunday Afternoon Walking Tour of the Haunted Cemeteries

**1 day | Ages 10+** Join Spokane ghostologist and Raconteur Chet for a spooky two-hour stroll through Greenwood and Riverside Cemeteries as you learn about the City's spiritualists, and Criminals – as well as Greenwood's Haunted Thousand Steps. Lemonade and cookies provided along the way. Restrooms available. Tour meets at the **Greenwood Cemetery Office (parking free), 211 N. Government Way.** \$15

3582	Sun.	9/8	1-3pm
3921	Sun.	10/6	1-3pm

### Ghost Sunday Afternoon Biking Tour of Haunted Greenwood & Riverside Cemeteries

**1 Day | Ages 12+** Join Spokane Historian and Cemetery Preservationist Chet Caskey for a beautiful and easy Sunday afternoon bike ride through Greenwood and Riverside Cemeteries as you learn about the weird, funny and sometimes haunting history of Spokane. Meet at the Cemetery Office (parking free). Mild and easy riding, some small hills. Lemonade and cookies provided along the way. Restrooms available. Meet at **Greenwood Cemetery Office 211 N. Government Way.** \$15

3593	Sun.	9/22	1-3pm
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**NEW!**

### Ghost Haunted Hillyard Biking Ghost Tour

**1 Day | Ages 16+** The 2-hour Haunted Hillyard Biking Ghost Tour begins and ends in front of the Haunted Market Street Antique Store in Hillyard. Join master story teller and Hillyard Folk Lore Historian Chet Caskey for a two-hour easy 3 mile bike through the crumbling streets of Spokane's oldest suburb to hear about bye-gone railroad days (and curses), view haunted Mount St. Michael, and learn of dozens of ghosts and cases of madness. Bring your own bike and helmet (required)! Refreshments provided. Tour Meets at Haunted **Market Street Antique Store 4912 N Market Street.** \$15

3595	Sun.	9/29	1-3pm
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**NEW!**

### Halloween Haunted Cemetery Bike Tour

**1 day | Ages 12+** Join Spokane ghostologist and raconteur Chet Caskey for a spooky bike ride through Greenwood and Riverside Cemeteries as you learn about the City's criminals and spiritualists – as well as Greenwood's, Thousand Haunted Steps, the Ghost Tunnel, and Railroad Ghosts. Dress warmly with gloves and scarfs, if necessary! Ice and loose snow on the cemetery roads will result in the tour's cancellation. The road climb up to Greenwood's second terrace is a bit strenuous, but worth the pedal! Please provide your own bike and helmet. Lemonade or hot chocolate and cookies – and Hell Money for protection – provided along the way. Tour meets at the **Greenwood Cemetery Office (parking free), 211 North Government Way.** \$15

3940	Sun.	10/6	3:30-5:30pm
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### Ghost Spokane Halloween Story Hour at Aunties Bookstore

**1 day | Ages 10+** Join Spokane author and popular historian Chet Caskey for an hour and a half of local folk lore, ghost yarns and tales from the new book "Mostly True Spokane Bedtime Stories". This event is free, chair seating and complimentary refreshments will be provided. Great fun. Meet at **Aunties Bookstore, Lower Level, 402 West Main Ave.** Free

3931	Sat.	10/26	7-8:30pm
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## GHOST TOURS

**Ghost Halloween East Main Avenue & Old Chinatown Walking Tour**

**1 day | Ages 21+** (adults only) The 2-hour East Main Avenue & Chinatown Walking Ghost Tour begins and ends in front of Saranac Public House. Join raconteur and ghostologist Chet Caskey for an easy stroll through the East Main Avenue and Trent Alley Districts of Spokane to hear about Spokane's dark past of East Side ghouls, Chinatown ghosts, and the Great Fire of Spokane. Tour ticket does not include a bracing drink at an East Side haunted bar. Tour meets at **Saranac Public House, 21 Main Ave.** \$15

3927	Sat.	10/26	1-3pm
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**Ghost A Night of Psychic Readings & Tarot**

**1 day | Ages 21+** A night of spiritual readings with Spokane Psychic Medium Dr. Candess Campbell, Tarot Readings by Dr. E. Flynn, and stories by host Ghostologist Chet Caskey at the haunted Corbin Mansion (Art Center) on the hill in Edwidge Woldson Park. Chair seating and refreshments provided. Event held at **Corbin Art Center 507 W. 7th Ave.** \$22

3926	Sat.	10/19	6-8:30pm
3935	Sat.	11/23	6-8:30pm
3936	Sat.	12/14	6-8:30pm

**NEW! All About the Moon & Ghost Hunt at the Haunted Corbin Mansion**

**1 day | Ages 12+** Join ghostologist Chet Caskey for a night of Moon Lore and tales of Spokane Werewolves in commemoration of the full moon on Tuesday, followed by a ghost hunt of the haunted Corbin Mansion (Art Center) on the hill in Edwidge Woldson Park. Activity involves walking with stair climbing. Chair seating and refreshments provided. Event held at **Corbin Art Center 507 W. 7th Ave.** \$15

3939	Sun.	11/10	6-8:30pm
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**Ghost Victorian Séance at the Haunted Corbin Mansion**


**1 day | Ages 21+** Join noted author and ghostologist Chet Caskey and Spectral Guide, Dr. E. Flynn, for a deep dive into the world of the paranormal as a Victorian-style séance is conducted in the mansion in which the widowed Mrs. Anna Corbin (nee Hilda Larson) lived a solitary life for over 30 years following the death of her millionaire husband until she herself passed over to the other side. The venue is the Corbin Mansion (Art Center) on the hill in Edwidge Woldson Park. Dr. Flynn has directed successful séance sessions world-wide and studied paranormal and supernatural phenomena on three Continents. Chair seating and refreshments provided. Event held at **Corbin Art Center 507 W. 7th Ave.** \$25

3932	Sat.	10/12	6:30-8:30pm
3937	Sat.	11/9	6:30-8:30pm
3938	Sat.	12/7	6:30-8:30pm

**Ghost Haunted Hillyard Walking Ghost Tour**

**1 Day | Ages 21+** (adults only) The 2-hour Haunted Hillyard Walking Ghost Tour begins and ends in front of the Haunted Market Street Antique Store in Hillyard. Join raconteur and Hillyard Historian Chet Caskey for a two-hour easy stroll through the crumbling streets of Spokane's oldest suburb to hear about bye-gone railroad days (and curses), view haunted Mount St. Michael, and learn of dozens of ghosts and cases of madness – with only a bracing drink at a haunted Hillyard bar to steady your nerves. Tour ticket does not include drinks. Tour meets at **Market Street Antique Store, 4912 N Market Street.** \$15

3929	Sat.	10/27	1-3pm
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# WITTER AQUATIC CENTER POST SEASON LAP SWIM

## AUG 26 – SEPT 13

### MONDAY - FRIDAY, 11:30 A.M. - 1:30 P.M.



## DANCE

### Dance - Hip Hop Youth

**6 weeks | Ages 8-13yrs.** Learn to express yourself through street dance. Dress Code: athletic clothes and streak free sneakers.

Class meets at **A Time to Dance Studio 3815. N Post St.** \$47

3868	Mon.	10/7-10/28	5-6pm
3869	Mon.	11/4-11/25	5-6pm

### Dance - Hip Hop Adult

**6 weeks | Ages 14+** Express yourself through street dance. Dress Code: athletic clothes and streak free sneakers. Class meets at **A Time to Dance Studio 3815. N Post St.** \$47

3870	Mon.	10/7-10/28	6-7pm
3871	Mon.	11/4-11/25	6-7pm

### Dance Mommy and Me

**4 weeks | Ages 2-4 yrs.** Come in and Dance with your little dancers. Daddy and me also welcome! Dress Code: Stretchy athletic attire and leather ballet slippers. Littles in ballet leotards, or slim fitting t-shirt and leggings, and leather ballet slippers. Class meets at **A Time to Dance Studio, 3815. N Post St.** \$37

3866	Daily	10/2-10/23	11-11:30am
3867	Daily	11/6-11/27	11-11:30am

### Dance Adult Beginner Ballet

**4 weeks | Ages 13+** It is never too late to follow your dreams! Dress code: form fitting athletic clothing, ballet slippers (no satin slippers). Class meets at **A Time to Dance Studio, 3815. N Post St.** \$47

3862	Sat.	10/5-10/26	2:30-4pm
3863	Sat.	11/2-11/23	2:30-4pm

### Dance Baby Wearing Class

**4 weeks | Moms** Baby Wearing 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. Class meets at **A Time to Dance Studio, 3815. N Post St.** \$47

3864	Wed.	10/2-10/23	10-11am
3865	Wed.	11/6-11/27	10-11am

## REGISTER BY PHONE

311 (ext. 3)  
or outside the city  
at 509.755.CITY

## OR ONLINE

SpokaneRec.org

# WINTER PREVIEW

Join Spokane Parks and Recreation this winter on a snow shoe or cross country ski adventure



### Dance Youth Ballet

**4 weeks | Ages 3-12yrs.** Fun, interactive and imaginative style of learning ballet. Dress code: Black leotard, Pink tights, pink ballet slippers (no satin slippers) Boys: white shirt, black leggings, black slippers. Class meets at **A Time to Dance Studio, 3815. N Post St.**

**Ages 3-4yrs. - \$37**

3846	Sat.	10/5-10/26	10-10:30am
3847	Sat.	11/2-11/23	10-10:30am

**Ages 3-5yrs. - \$37**

3848	Wed.	10/2-10/23	Noon-12:30pm
3849	Wed.	11/6-11/27	Noon-12:30pm

**Ages 5-6yrs. - \$42**

3850	Sat.	10/5-10/26	10:30-11:15am
3851	Sat.	11/2-11/23	10:30-11:15am

**Ages 6-8yrs. - \$47**

3852	Mon.	10/7-10/28	4:15-5:00pm
3853	Mon.	11/4-11/25	4:15-5:00pm

**Ages 6-8yrs. - \$47**

3854	Wed.	10/2-10/23	12:30-1:30pm
3855	Wed.	11/6-11/27	12:30-1:30pm

**Ages 7-8yrs. - \$47**

3856	Sat.	10/5-10/26	11:30am-12:30pm
3857	Sat.	11/2-11/23	11:30am-12:30pm

**Ages 9-12yrs. - \$47**

3858	Sat.	10/5-10/26	1:30-3:00pm
3860	Wed.	10/2-10/23	6:15-7:30pm
3859	Sat.	11/2-11/23	1:30-3:00pm
3861	Wed.	11/6-11/27	6:15-7:30pm

## YOGA

### 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. Instructor Robin Marks. Class held at **Unity Spiritual Center 2900 S Bernard St.** \$60 \*No class 11/28

3793	Thurs.	9/26-10/31	10:30-11:15am
3794	Thurs.	11/7-12/19	10:30-11:15am

### Pilates Mat Barre Fusion

**6 weeks | Ages 14+** Traditional mat work, body lengthening, stretches, and gentle toning, and floor barre work comprise East-West's Pilates group sessions. Our classes are taught in a friendly, supportive atmosphere. We welcome beginners and those with some experience. Leave the office behind and join us! Class meets at **East West martial Arts & Body Work 1427 N Monroe St.** \$75

3844	Mon. & Wed.	9/16-10/23	4:45-5:45pm
3845	Mon. & Wed.	10/28-12/11	4:45-5:45pm

### 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 25 years' experience teaching yoga from working with athletes to helping those with physical setbacks. For more information visit [spokaneuayoga.com](http://spokaneuayoga.com). Class held at **Unity Spiritual Center 2900 S Bernard St.** \$70 \*No class 11/26

3724	Tues.	9/24-10/29	5:30-6:30pm
3725	Tues.	11/5-12/17	5:30-6:30pm

### 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. Instructor Robin Marks has more than 25 years of experience teaching yoga from training athletes to rehabbing those with physical setbacks. Class held at **Unity Spiritual Center 2900 S Bernard St.** \$70 \*No class 11/28

3726	Thurs.	9/26-10/31	5:30-6:30pm
3727	Thurs.	11/7-12/19	5:30-6:30pm

### Yoga Gentle Stretch

**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. Instructor Robin Marks. Class held at **Unity Spiritual Center 2900 S Bernard St.** \$70 \*No class on 11/30

3785	Sat.	9/28-11/2	9-10am
3786	Sat.	11/9-12/21	9-10am

### YogaJoy Kids Afternoon Yoga Club

**4 weeks | Ages 5+** Decompress after a busy school day with a fun and playful introduction to yoga, mindfulness, and meditation. Kids will learn breathing techniques to reduce stress and foundational poses to improve coordination, focus, confidence, and balance in a non-competitive and creative atmosphere. Plenty of free parking and easy to access. Class meets at **YogaJoy North 12501 N Division St. Suite 5.** \$50

3912	Mon.	9/16-10/7	3:45-4:30pm
3913	Mon.	10/14-11/4	3:45-4:30pm
3914	Mon.	11/11-12/2	3:45-4:30pm

### YogaJoy Kids Weekend Yoga Club

**4 weeks | Ages 5+** After an active week, kids will enjoy 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. Class meets at **YogaJoy North 12501 N Division St Suite 5.** \$50

3915	Sat.	9/21-10/12	9:30-10:15am
3916	Sat.	10/19-11/9	9:30-10:15am
3917	Sat.	11/23-12/14	9:30-10:15am

### 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. Instructor Robin Marks. Class held at **Unity Spiritual Center 2900 S Bernard St.** \$85

3797	Sat.	10/19-11/9	9-10:30am
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Slash Stress ~ Boost Energy ~ Become More Mindful.





## 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. Class Meets at **Spokane Gymnastics 2515 N Locust Rd Spokane Valley.** \$99 \*No class 11/29

3823	Fri.	10/25-12/6	9-9:50am
3824	Fri.	10/25-12/6	11-11:50am
3825	Fri.	10/25-12/6	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. Class meets at **Spokane Gymnastics 2515 N Locust Rd Spokane Valley.** \$99 \*No class 11/29

3815	Fri.	10/25-12/6	10-10:50am
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### Gymnastics- Homeschool program

**6 weeks | Ages 5-12yrs.** 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. Class meets at **Spokane Gymnastics 2515 N Locust Rd Spokane Valley.** \$117 \*No class 11/29

#### Ages 5-8yrs.

3827	Fri.	10/25-12/6	1:15-2:15pm
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#### Ages 9-12yrs.

3830	Fri.	10/25-12/6	1:15-2:15pm
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### Gymnastics- Introduction

**6 weeks | Ages 5-14yrs.** 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. Class meets at **Spokane Gymnastics 2515 N Locust Rd Spokane Valley.** \$117 \*No class 11/29

#### Ages 5-8yrs.

3831	Fri.	10/25-12/6	5-6pm
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#### Ages 9-14yrs.

3832	Fri.	10/25-12/6	6:15-7:15pm
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### Gymnastics- Ninja Zone

**6 weeks | Ages 3-11yrs.** 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: \$27 for t-shirt and headband, along with athletic shorts of choice. Class meets at **Spokane Gymnastics 2515 N Locust Rd Spokane Valley.** \$99

#### Level 1: Ages 5-11yrs. \*No class 11/29

3838	Fri.	10/25-12/6	5:00-6:15pm
3839	Fri.	10/25-12/6	6:15-7:15pm

#### Preschool Co-Ed: Ages 3-5yrs - no class 11/29

3834	Fri.	10/25-12/6	10:00-10:50am
3836	Fri.	10/25-12/6	11:00-11:50am
3837	Fri.	10/25-12/6	4:00-4:50pm

### 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. Class meets at **Spokane Gymnastics 2515 N Locust Rd Spokane Valley.** \$117 \*No class 11/29

3833	Fri.	10/25-12/6	7:30-8:30pm
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Blasting into the Foam!

## MARTIAL ARTS

### Karate Traditional Okinawan Goju Ryu

**5 weeks | Ages 6+** This class is open to beginners, those with previous experience, and practitioners of other styles. The instruction stresses physical conditioning 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). Class meets at **Southside Senior Activity Center 3151 E 27th Ave.**

**Ages 6-14yrs. - \$50**

3893	Mon. & Wed.	8/26-9/25	4:30-5:30pm
3894	Mon. & Wed.	9/30-11/6	4:30-5:30pm
3895	Mon. & Wed.	11/11-12/11	4:30-5:30pm

**Ages 15yrs. + - \$50**

3896	Mon. & Thurs.	8/26-9/26	5:45-6:45pm
3897	Mon. & Thurs.	9/30-11/7	5:45-6:45pm
3898	Mon. & Thurs.	11/11-12/12	5:45-6:45pm

### Aikido

**4 weeks** Basic program teaches etiquette, footwork, falls, and basic movement to get started in a safe, supportive, traditional dojo atmosphere utilizing age appropriate methods. Class meets at **Aiki Spokane Roshinkan Aikido Dojo 503 E. 30th Ave.**

**Adult Beginning - \$65**

3888	Tues. & Thurs.	9/3-9/26	6:30-7:30pm
3889	Tues. & Thurs.	10/1-10/24	6:30-7:30pm
3890	Tues. & Thurs.	11/5-11/28	6:30-7:30pm
3891	Tues. & Thurs.	12/3-12/26	6:30-7:30pm

**Kids Beginning - \$65**

3884	Tues. & Thurs.	9/3-9/26	5-6pm
3885	Tues. & Thurs.	10/1-10/24	5-6pm
3886	Tues. & Thurs.	11/5-11/28	5-6pm
3887	Tues. & Thurs.	12/3-12/26	5-6pm

### Cardio Dance/HIIT

**10 weeks | Ages 16+** This ain't your typical dance fitness class—with a HIIT twist. 40 minutes of dance-based cardio (latin, hip hop, jazz, country...whatever!) alternates between high and low intensity moves designed to maximize your calorie-burning potential. 20 minutes of full-body strength training (squats, lunges, yoga) and stretching keep those calories burning long after class is over. No previous dance experience required. The format will be simple, fun, easy to follow and you will have fun! Class meets at **Audubon Park Masonic Lodge, 2881 Northwest Blvd.** \$50

3905	Thurs.	9/12-11/14	5:30-6:30pm
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### 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. Class meets at **East West Martial Arts & Body Works 1427 N Monroe St.** \$67

3875	Tues. & Thurs.	9/3-9/26	6:15-7pm
3872	Mon. & Wed.	9/4-9/30	6:15-7pm
3876	Tues. & Thurs.	10/1-10/29	6:15-7pm
3873	Mon. & Wed.	10/2-10/28	6:15-7pm
3874	Mon. & Wed.	11/4-11/25	6:15-7pm
3877	Tues. & Thurs.	11/5-11/28	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! Class meets at **East West Martial Arts & Body Works 1427 N Monroe St.** \$40

3881	Tues. & Thurs.	9/3-9/26	5:45-6:15pm
3878	Mon. & Wed.	9/4-9/30	5:45-6:15pm
3882	Tues. & Thurs.	10/1-10/29	5:45-6:15pm
3879	Mon. & Wed.	10/2-10/28	5:45-6:15pm
3880	Mon. & Wed.	11/4-11/25	5:45-6:15pm
3883	Tues. & Thurs.	11/5-11/28	5:45-6:15pm

## ADULT CARDIO

### Cardio Fusion 20/20/20

**10 weeks | Ages 16+** Do you 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 mix 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. Class meets at **Audubon Park Masonic Lodge, 2881 Northwest Blvd.** \$50

3902	Mon.	9/9-11/11	5:30-6:30pm
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### Cardio Punch Pass with Stacy

**5-10 weeks | Ages 16+** Choose from 5 or 10 punch passes for Cardio and All Dance/HIIT programs. Attend all or either cardio programs. Class Meets at Audubon Masonic Lodge. Class meets at **Audubon Park Masonic Lodge, 2881 Northwest Blvd.**

3909	<b>10 Punch Pass</b>	\$50
3907	<b>5 Punch Pass</b>	\$25

# Spokane Parks and Recreation



## YOUTH SPORTS SKILL-BASED PROGRAMS

*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 2019

(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
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#### FLAG FOOTBALL CLINIC

*Kids learn skills on both sides of the football including the core components of passing, catching, and defense – environment. Includes an element of agility training for quickness and burst.*

SSA113068	09/14 - 10/12	Saturday	11:00 a.m. – 11:40 a.m.	7 - 11	\$69	Lidgerwood Elementary
SSA113069	09/14 - 10/12	Saturday	10:00 a.m. – 10:50 a.m.	5 - 7	\$69	Lidgerwood Elementary

#### BASEBALL CLINIC

*Skyhawks baseball takes the rich history of the game from Cooperstown to your town. Our progression curriculum teaches the fundamentals of fielding, catching, throwing, hitting and base running all in a fun, positive environment by local Skyhawks staff.*

SSA113066	09/11 - 10/09	Wednesday	5:30 p.m. – 6:20 p.m.	4 - 6	\$66	Audubon Park
SSA113067	09/11 - 10/09	Wednesday	5:30 p.m. – 6:20 p.m.	6 - 11	\$66	Audubon Park

#### SOCCER TOUCH CLINIC

*The weekly class consists of fun, skill building drills, a soccer concept of the day and concludes with a game. The goals are to accelerate soccer development, prepare kids for league play, create general fitness and to teach that sports are joyful and fun.*

SSA113064	09/15 - 10/20	Sunday	1:00 p.m. – 1:50 p.m.	5 - 7	\$79	Franklin Park
SSA113065	09/15 - 10/20	Sunday	2:00 p.m. – 2:50 p.m.	7 - 11	\$79	Franklin Park

#### STEM AND PLAY BASKETBALL

*The STEM Sports® basketball curriculum educates children on subjects including velocity and acceleration, basketball shoe design, tracking with technology and much, much more! Participants will also learn the fundamentals of passing, shooting, ball handling, rebounding and defense through skill-based drills and scrimmages.*

SSA113072	10/24 - 12/05	Thursday	6:10 p.m. – 8:00 p.m.	7 - 12	\$99	Linwood Elementary
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**SPACE IS LIMITED!**

**REGISTER TODAY»**

Online:  
[www.skyhawks.com](http://www.skyhawks.com)

Phone:  
800.804.3509

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(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
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## BASKETBALL CLINIC

Players will learn the basics of passing, shooting, dribbling and rebounding making this one of our most popular programs. Boys and girls will also learn vital life lessons such as respect, teamwork and responsibility. Program includes some fun speed and agility activities.

SSA113073	10/21 - 12/02	Monday	6:05 p.m. – 6:55 p.m.	4.5 - 6	\$79	Lidgerwood Elementary
SSA113074	10/21 - 12/02	Monday	7:00 p.m. – 7:50 p.m.	6 - 12	\$79	Lidgerwood Elementary
SSA113075	10/22 - 11/26	Tuesday	6:05 p.m. – 6:55 p.m.	4.5 - 6	\$79	Indian Trail Elementary
SSA113076	10/22 - 11/26	Tuesday	7:00 p.m. – 7:50 p.m.	6 - 12	\$79	Indian Trail Elementary
SSA113070	10/24 - 12/05	Thursday	6:05 p.m. – 6:55 p.m.	4.5 - 6	\$79	Lincoln Heights Elementary
SSA113071	10/24 - 12/05	Thursday	7:00 p.m. – 7:50 p.m.	5 - 9	\$79	Lincoln Heights Elementary

\*No class 11/11

## CHEERLEADING CLINIC

Skyhawks Cheerleading teaches the essential skills to lead crowds and support the home team! There is no stunting in this entry level program—just a big focus on fun while each cheerleader learns proper hand & body movements and jumping techniques. The program concludes with a choreographed performance.

SSA113078	10/22 - 11/26	Tuesday	6:05 p.m. – 8:00 p.m.	5 - 11	\$79	Balboa Elementary
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## 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 games. Players will be placed on teams, and practice and games will be the same day. Jersey included with purchase, knee pads not included in price. Possible start times will be 6:15, 6:30, 7:15, and 7:30pm. Schedule provided prior to start date. 6 games guaranteed. Location subject to change based on availability.

SSA113079	10/23 - 12/11	Wednesday	6:00 p.m. – 8:30 p.m.	8 - 10	\$104	Wilson Elementary
SSA113080	10/23 - 12/11	Wednesday	6:00 p.m. – 8:30 p.m.	10 - 12	\$104	Wilson Elementary
SSA113081	10/23 - 12/11	Wednesday	6:00 p.m. – 8:30 p.m.	8 - 10	\$104	Browne Elementary
SSA113082	10/23 - 12/11	Wednesday	6:00 p.m. – 8:30 p.m.	10 - 12	\$104	Browne Elementary

\*No classes 10/31 or 11/28

\*We ask that parents and caretakers respect school district property while using school facilities for Skyhawks programs. Please do not allow children to touch school district equipment, this includes siblings or participants.

\*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 judgements or awards.



**SPACE IS LIMITED!**  
**REGISTER TODAY** »

Online: [www.skyhawks.com](http://www.skyhawks.com)

Phone: **800.804.3509**

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## SPORT-BASED CHILD DEVELOPMENT

*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.*

(course)	(dates*)	(days)	(time)	(ages)	(fee)	(location)
<b>SPORTS SAMPLER</b>						
4 classes for the price of 3, and learn a different sport each week! Kids will do one introductory sports class each week. There will be one week of baseball, football, and soccer. The fourth sport will be basketball, cheer or golf.						
Sports Sampler	9/21 - 10/12	Saturday	10:20 a.m. - 11:00 a.m.	3 yrs - 4 yrs	\$45	Lidgerwood Elementary*
Sports Sampler	9/21 - 10/12	Saturday	11:10 a.m. - 11:50 a.m.	4 yrs - 5 yrs 6 mos	\$45	Lidgerwood Elementary*
Sports Sampler	9/21 - 10/12	Saturday	10:20 a.m. - 11:00 a.m.	3 yrs - 4 yrs	\$45	Comstock Park*
Sports Sampler	9/21 - 10/12	Saturday	11:10 a.m. - 11:50 a.m.	4 yrs - 5 yrs 6 mos	\$45	Comstock Park*

\*Location subject to change based on availability

### HOOPSTERTOTS™

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

Froggies I / II	10/22 - 12/10	Tuesday	6:10 p.m. - 6:50 p.m.	3 yrs - 4 yrs	\$120	Audubon Elementary
Rabbits / Kangaroos	10/22 - 12/10	Tuesday	7:00 p.m. - 7:40 p.m.	4 yrs - 5 yrs 6 mos	\$120	Audubon Elementary
Froggies I / II	10/23 - 12/11	Wednesday	6:10 p.m. - 6:50 p.m.	3 yrs - 4 yrs	\$120	Roosevelt Elementary
Rabbits / Kangaroos	10/23 - 12/11	Wednesday	7:00 p.m. - 7:40 p.m.	4 yrs - 5 yrs 6 mos	\$120	Roosevelt Elementary
Froggies I / II	10/24 - 12/12	Thursday	6:10 p.m. - 6:50 p.m.	3 yrs - 4 yrs	\$94	Willard Elementary
Rabbits / Kangaroos	10/24 - 12/12	Thursday	7:00 p.m. - 7:40 p.m.	4 yrs - 5 yrs 6 mos	\$94	Willard Elementary

\*No classes 10/31 or 11/28

### 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	10/17 - 12/19	Thursday	6:10 p.m. - 6:50 p.m.	18 mos - 30 mos	\$120	Mullan Road Elementary
Pandas / Bears	10/17 - 12/19	Thursday	7:00 p.m. - 7:40 p.m.	3 yrs 6 mos - 4 yrs 6 mos	\$120	Mullan Road Elementary
Cubs / Pandas	10/17 - 12/19	Thursday	6:10 p.m. - 6:50 p.m.	3 yrs - 4 yrs	\$120	Wilson Elementary
Bears / Grizzlies	10/17 - 12/19	Thursday	7:00 p.m. - 7:40 p.m.	4 yrs - 5 yrs 6 mos	\$120	Wilson Elementary
Teddies II	10/22 - 12/10	Tuesday	6:10 p.m. - 6:50 p.m.	24 mos - 30 mos	\$120	Westview Elementary
Koalas	10/22 - 12/10	Tuesday	6:10 p.m. - 6:50 p.m.	30 mos - 36 mos	\$120	Westview Elementary
Cubs	10/22 - 12/10	Tuesday	6:10 p.m. - 6:50 p.m.	3 yrs - 3 yrs 6 mos	\$120	Westview Elementary
Pandas / Bears	10/22 - 12/10	Tuesday	7:00 p.m. - 7:40 p.m.	3 yrs 6 mos - 4 yrs 6 mos	\$120	Westview Elementary
Grizzlies	10/22 - 12/10	Tuesday	7:00 p.m. - 7:40 p.m.	4 yrs 6 mos - 5 yrs 6 mos	\$120	Westview Elementary
Cubs / Pandas	10/23 - 12/11	Wednesday	6:10 p.m. - 6:50 p.m.	3 yrs - 4 yrs	\$120	Hamblen Elementary
Teddies II / Koalas	10/23 - 12/11	Wednesday	6:10 p.m. - 6:50 p.m.	24 mos - 36 mos	\$120	Hamblen Elementary
Bears / Grizzlies	10/23 - 12/11	Wednesday	7:00 p.m. - 7:40 p.m.	4 yrs - 5 yrs 6 mos	\$120	Hamblen Elementary

\*No classes 10/31 or 11/28



SPACE IS LIMITED!

# REGISTER TODAY!

ONLINE:  
[www.SuperTotSports.com](http://www.SuperTotSports.com)

PHONE:  
509.534.5437

(course)	(dates*)	(days)	(time)	(ages)	(fee)	(location)
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## 1ST DOWNTOTS™

A great way to introduce your toddler to America's favorite sport! Special care is taken to ensure safety while children learn kicking, passing, gripping, footwork and basic formations in a no tackle format. With soft fun footballs, a smaller field, and right sized flags, children are sure to succeed.

Billy Goats / Rams	10/22 - 11/26	Tuesday	6:10 p.m. - 6:50 p.m.	3 yrs - 4 yrs	\$94	Arlington Elementary
Bulls / Rhinos	10/22 - 11/26	Tuesday	7:00 p.m. - 7:40 p.m.	4 yrs - 5 yrs 6 mos	\$94	Arlington Elementary
Billy Goats / Rams	10/24 - 12/12	Thursday	6:10 p.m. - 6:50 p.m.	3 yrs - 4 yrs	\$94	Hutton Elementary
Bulls / Rhinos	10/24 - 12/12	Thursday	7:00 p.m. - 7:40 p.m.	4 yrs - 5 yrs 6 mos	\$94	Hutton Elementary

\*No classes 10/31 or 11/28

## MULTI-SPORT

4 classes for the price of 3! We use a variety of age-appropriate, fun games to enage kids in a combination of sports.

Baseball, Soccer	9/21 - 10/12	Saturday	9:30 a.m. - 10:10 a.m.	26 mos - 36 mos	\$45	Lidgerwood Elementary*
Baseball, Basketball, Soccer	9/21 - 10/12	Saturday	9:30 a.m. - 10:10 a.m.	26 mos - 36 mos	\$45	Comstock Park*

\*Location subject to change based on availability

## HOCKEYTOTS™

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

Atoms	10/23 - 11/27	Wednesday	6:10 p.m. - 6:50 p.m.	3 yrs - 4 yrs	\$94	Franklin Elementary
PeeWee/Bantums	10/23 - 11/27	Wednesday	7:00 p.m. - 7:40 p.m.	4 yrs - 5 yrs 6 mos	\$94	Franklin Elementary

\*CLASS PRICES DO NOT INCLUDE \$20 ANNUAL MEMBERSHIP FEE

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

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ONLINE:  
[www.SuperTotSports.com](http://www.SuperTotSports.com)

PHONE:  
509.534.5437

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

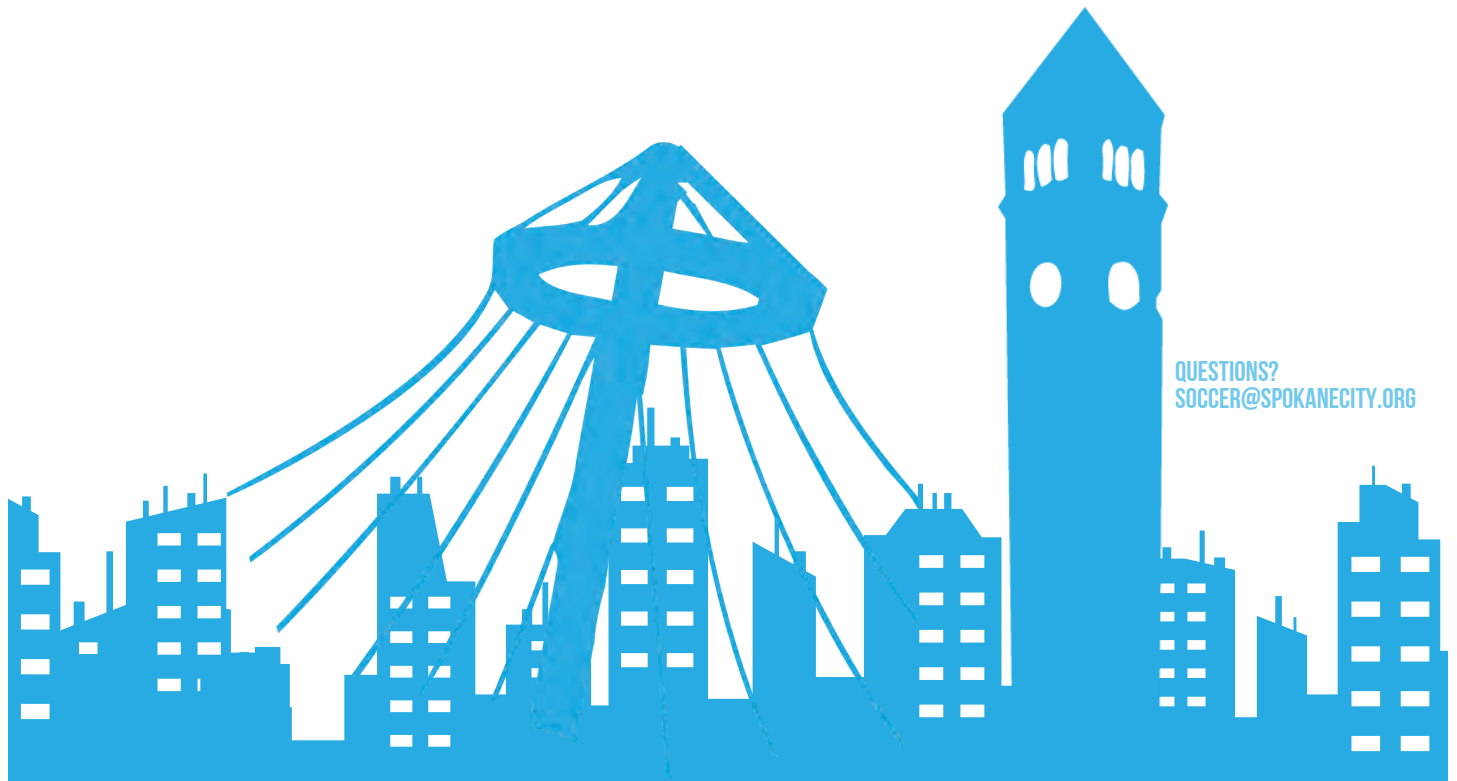


# LILAC CITY



# SOCCER TOURNAMENT

10.04-10.06 AT DWIGHT MERKEL SPORTS COMPLEX  
- REGISTER TODAY AT [SPOKANEREC.ORG](http://SPOKANEREC.ORG)! -



QUESTIONS?  
[SOCCER@SPOKANECITY.ORG](mailto:SOCCER@SPOKANECITY.ORG)

## BEER GARDEN • 4 GAME GUARANTEE

3 GROUP-PLAY  
MATCHES + SINGLE  
ELIMINATION ROUND

\$400 PER TEAM  
REGISTRATION  
DEADLINE 9.21

 *City of Spokane*  
**PARKS**  
& RECREATION

## 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: **Dwight Merkel Sports Complex and Franklin Park Softball Complex.** **Fall Registration closes 8/23** \$750

### **NEW!** Drop In Softball - Tuesdays

**7 weeks | Ages 18+** Don't have a team? Don't worry, we have you covered. Come out and participate in our drop in softball program. Whether 1 player shows or enough for a full lineup, this opportunity allows you to jump on the field at the premier softball facility in town. Take some batting practice with a few or play a pick-up game (no umpire included). This is a great opportunity to have minimal commitment and get out on the diamond and meet new people. Join us this fall for our annual drop in softball program! **Dwight Merkel Sports Complex 5701 N. Assembly.** \$30 per person for the full 7 week season  
3968 Tues. 9/10-10/29 6:15pm Start Time

Activity	Division	Days	Date	Time	Fee
2566	Coed C	Thurs	9/12-10/31	6:15pm	\$750
2567	Coed D	Thurs	9/12-10/31	6:15pm	\$750
2569	Coed D	Sun.	9/8-10/27	6:15pm	\$750
3646	Coed D	Fri.	9/13-11/1	6:15pm	\$750
3647	Coed E	Fri.	9/13-11/1	6:15pm	\$750
2560	Masters 50's	Tues	9/11-10/29	6:15pm	\$750
2565	Masters 60's	Wed	9/11-10/30	6:15pm	\$750
2556	Men's B	Tues.	9/10-10/29	6:15pm	\$750
2557	Men's C	Tues.	9/10-10/29	6:15pm	\$750
2529	Men's D	Wed.	9/11-10/30	6:15pm	\$750
2558	Men's D	Mon.	9/9-10/28	6:15pm	\$750
3641	Men's E	Mon.	9/9-10/28	6:15pm	\$750
2559	Women's	Wed.	9/11-10/30	6:15pm	\$750

## VOLLEYBALL



Setting it up for a killer spike.

### Open Gym Volleyball

**Ages 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. Open gym sessions are Fridays from 6:15pm to 9:15pm. Skip the lines and prepay for your pass online or pay \$5 per visit at the door (must be paid using a debit or credit card). **Chase Middle School Gym 4747 E. 37th Ave.**

3773	Single visit Pass	\$5
3774	Five visit Pass	\$25
3775	Season Pass	\$50

### 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 6's with various skill levels from A (elite), B (competitive), and C (recreational). We also offer Coed 4's, Men's 4's and Women's 4's. Games are played at local middle school gymnasiums between the hours of 6:15pm and 9:30pm. Locations, dates and times are subject to changed based on school district facility availability. **Fall Registration closes 9/25**

Activity #	Division	Days	Dates	Fee
3762	Coed A Division – Garry/Chase	Mon	10/7-12/16	\$349
3761	Men's 4's Division – Chase/Garry	Mon	10/7-12/16	\$229
3763	Coed Upper B – Sac/Glover	Mon	10/7-12/16	\$349
3767	Coed Lower B– Glover/Sac	Mon.	10/7-12/16	\$349
3757	Coed 4's Upper – Chase	Tues.	10/8-12/17	\$229
3759	Coed 4's Lower – Chase	Tues.	10/8-12/17	\$229
3758	Women's 4's Upper – Garry	Wed.	10/9-12/18	\$229
3760	Women's 4's Lower – Gary	Wed.	10/9-12/18	\$229
3764	Coed B Division – Salk	Thurs.	10/10-12/19	\$349
3765	Coed C Division - Sac	Thurs.	10/10-12/19	\$349
3766	Coed C Division – Salk	Fri.	10/11-12/20	\$349



## SOCCER

### Fall Soccer League

**10 weeks | Ages 18+** Join the SPRD soccer league and play in one of four divisions: Recreational, Competitive, Men's Open and Masters. Teams will play 9-regular season games guaranteed, followed by playoffs for a minimum of 10 games per season. Games are played on Saturdays starting at 4:30pm, at the **Dwight Merkel Sports Complex 5701 N. Assembly**. **Fall Registration closes 8/24**. \$800

#### Competitive Coed

3653 Sat. 9/7-11/16 4:30-10pm

#### Masters's Coed

3655 Sat. 9/7-11/16 4:30-10pm

#### Men's Open

3656 Sat. 9/7-11/16 4:30-10pm

#### Recreational Coed

3654 Sat. 9/7-11/16 4:30-10pm

### **NEW!** 5v5 open drop in soccer league

**9 weeks | 18+** Don't have a soccer team to play in a league? The 5v5 Open Drop-In Soccer program offers individuals the chance to get together with other soccer players in the area to play 5v5 games (no referees present). Whether 1 player shows or enough for a full team, this program allows you the opportunity to play on the Dwight Merkel soccer fields at a time that is reserved for drop-in play. Games played at **Dwight Merkel Sports Complex, 5701 N. Assembly**. **Registration Deadline: 8/24**. \$50/per person.

3651 Sat. 9/7-11/2 4:30-6:30pm



### Lilac City Adult Soccer Tournament

Come join us for the inaugural Lilac City Adult Recreation Soccer Tournament! The tournament takes place at the premier sports complex in the Inland Northwest, Dwight Merkel. Dwight Merkel consists of 8 pristine full size grass soccer fields and 2 artificial turf fields with lights. The tournament will consist of 3 group play games and will move into a single elimination 2nd round, bringing you to a 4 game guarantee. There will be a beer garden on site for our participants and spectators over the age of 21. Have more questions? Please contact us at [soccer@spokanecity.org](mailto:soccer@spokanecity.org) for additional details! **Dwight Merkel Sports Complex 5701 N. Assembly**. \$400

#### Coed Open Competitive

3634 10/4-10/6 8-8pm

#### Coed Open Recreational

3635 10/4-10/6 8-8pm

#### Men's Open Competitive

3633 10/4-10/6 8-8pm



*Whether you are looking to exercise your competitive spirit, or just want to have fun playing we offer a division for you.*

## 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 (5 on 5 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 in two divisions. All games are played at the Dwight Merkel Sports Complex on Friday nights and all-day Sundays 6:30PM. Registration fee \$950. 5on5 Division is \$400. **Registration closes 8/23/19**.

Activity #	Division	Dates	Fee
3657	A Division	9/6-11/10	\$950
3658	B Division	9/6-11/10	\$950
3659	C Division	9/6-11/10	\$950
3660	D Division	9/6-11/10	\$950
3661	Men's 5on5 division	9/6-11/10	\$400
3662	Coed 5on5 Division	9/4-11/6	\$400



## TRS TRIPS & TOURS

### TRS Seattle Mariners Baseball Game

**2 days | Ages 18+** Enjoy a baseball game at Safeco Field watching the Seattle mariners play the Cincinnati Reds at T-Mobile Park. Participants need to be independent in personal care skills and have no major behavioral or medical needs. Trip fee covers transportation, staff, game tickets, overnight accommodation, breakfast and lunch on return day. Transportation provided from **Sinto Senior Activity Center, 1124 W. Sinto. \$269**  
 3628 Tues. - Wed. 9/10-9/11 10am-4:30pm

### 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**  
 3631 Sun. 9/15 11am-3:30pm

### **NEW!** TRS Rail Riders lone to Box Canyon Trestle

**1 day | Ages 16+** Take a trip back in time on a rail bike! Enjoy the unique experience of a four seated, pedal powered, railroad bicycle along the beautiful, scenic Pend Oreille River in Lone, WA. This round trip of 6+ miles on mostly flat rail with some slight uphill, rail riders must pedal entire way. Meet at the **Wandermere Rite Aid 12420 N Division Parking Lot. \$63**  
 3670 Sat. 9/21 7:30am-3pm

### 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 Eags play University of N. Dakota Bring \$12 to purchase dinner and money for souvenirs if desired. Transportation provided from **Sinto Senior Activity Center, 1124 W. Sinto, parking lot. \$37**  
 3906 Sat. 9/28 10:15am-5:15pm

### 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 so bring \$15. TRS will provide transportation from **Sinto Senior Activity Center, 1124 W. Sinto. \$44**  
 3941 Sat. 10/5 8:45am-3pm  
 3942 Sun. 10/13 8:45am-3pm



Getting ready to pedal the rail rider bike.

### TRS Holiday Light Cruise CDA

**1 day | Ages 16+** 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 \$5-10 to purchase cocoa, pop, cookies or chips. Meet at **Sinto Senior Activity Center, 1124 W. Sinto, parking lot. \$31**  
 3970 Fri. 11/21 5:45-9:30pm

### TRS Harlem Globetrotters

**1 day | Ages 16+** The Harlem Globetrotters are an exhibition basketball team. They combine athleticism, theater, and comedy in their style of play. The team's signature song is Brother Bones' whistled version of "Sweet Georgia Brown." HARLEM GLOBETROTTERS FAN POWERED WORLD TOUR. A celebration of fans! Interact with Globetrotters stars more than ever before, both on and off the court. Meet at **Spokane Veterans Memorial Arena, main entrance, Boone & Howard. \$33**  
 3977 Thu. 11/14 6:30-8:45pm



Hangin' with Swoop!



## 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**. Location varies. \$24

#### The Addams Family

THE ADDAMS FAMILY features an original story, and it's every father's nightmare. Wednesday Addams has grown up and fallen in love with a sweet, smart young man from a respectable family – a man her parents have never met. And if that weren't upsetting enough, Wednesday confides in her father and begs him not to tell her mother. Now, Gomez Addams must do something he's never done before – keep a secret from his beloved wife, Morticia. Everything will change for the whole family on the fateful night they host a dinner for Wednesday's 'normal' boyfriend and his parents. Meet at **Spokane Children's Theater, 2727 N Madelia suite 5**.

3958 Sat. 10/19 1:45-4:15pm

#### Disney Frozen JR

The enchanting modern classic from Disney Frozen JR. is based on the 2018 Broadway musical, and brings Elsa, Anna, and the magical land of Arendelle to life, onstage. A story of true love and acceptance between sisters, Frozen JR. expands upon the emotional relationship and journey between Princesses Anna and Elsa. When faced with danger, the two discover their hidden potential and the powerful bond of sisterhood. Meet at **Bing Crosby Theater, 901 W. Sprague**

3961 Sat. 11/2 2:45-5:15pm

#### Twas the Night Before Christmas

It is four days before Christmas, and the New York Evening Post needs a holiday feature story. President James Monroe is counting on reading it to his family on Christmas Day. But writer Clement Moore has writer's block. Besides that, he must work at home amongst his five children who are, needless to say, very anxious for St. Nicholas to arrive. Clement's frustration mounts—then the magic begins. The sounds of bells, moving toys and visions of Sugar Plum Fairies all conspire to help Clement, as the events from the classic poem come to life. Meet at **Spokane Children's Theater, 2727 N Madelia suite 5**.

3973 Sat. 12/7 1:45-4:15pm



*MamaMia Mash Up 2019 TRS Drama Show.*

### TRS Musical Production

**6 weeks | Ages 15 +** This year's musical will be determined by the fall quarter participants. They will have the opportunity to improve communication and socialization skills. The quarter will end with a Talent Show. Meet at **Ridgeview Elementary, 5610 N. Maple, cafeteria**. \$44

3952 Mon. 10/14-12/2 6:30-8pm - no class 11/11



*TRS Sundancers Dancing the Night Away*

### TRS Sundancers Square Dancing

**8 weeks | Ages 15+** Do you want to learn how to square dance or improve your existing skills? Participants should have the ability to follow simple directions, stay on task and ok with physical contact such as holding hands. Meet at **Shaw Middle School, Cafeteria 4106 N. Cook**. \$35

#### Beginners

Class dates are 10/15, 10/29, 11/12, 11/26

3943 Tues. 10/15-11/26 6:30-8:00pm

#### Performers

Class dates are 10/8, 10/22, 11/5, 11/19 but are also welcome to come 10/15, 10/29, 11/12, 11/26 to help with the beginners. Performance night is the 3rd Tuesday of the month.... 10/22 and 11/19. Pick up time on performance night is 9 pm.

3944 Tues. 10/8-11/26 6:30-8:00pm

**REGISTER BY  
PHONE**



**311 (ext. 3)  
or outside the city  
at 509.755.CITY**

**OR ONLINE**



**SpokaneRec.org**



## TRS SOCIALIZATION

### TRS Friday/Saturday 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.

#### Disney on Ice-Mickey's Search Party

Disney On Ice presents Mickey's Search Party, an adventure filled with world-class skating, high-flying acrobatics, and unexpected stunts! Help them follow Captain Hook's treasure map and look for clues in the search for Tinker Bell in immersive, fantastic worlds. Explore the colorful spirit realm of Coco in Miguel's Disney On Ice debut, sail away with Moana as she bravely saves her island, see Belle in the sky above you as the enchanted chandelier comes to life, and sing-along with Elsa in the icy world of Frozen. Meet at the **Spokane Veterans Memorial Arena, main entrance of Boone & Howard**. \$31

3955 Fri. 10/18 6:15-9:00pm

#### 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

3974 Fri. 11/1 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**. \$29

3948 Sat. 10/12 1:30-4pm

3949 Sat. 11/16 1:30-4pm

#### Spokane Chiefs Hockey

Meet us at the **Spokane Veterans Memorial Arena, main entrance of Boone & Howard**. Bring \$12 to purchase snacks or dinner. \$31

3924 Fri. 10/4 6:30-9:30pm vs. Seattle, Thunderbirds

3928 Fri. 10/25 6:30-9:30pm vs. Portland, Winterhawks

3930 Fri. 11/29 6:30-9:30pm vs. Vancouver, Giants

#### 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. Bring \$12-20 to purchase lunch and any additional fruit or souvenirs if desired. Meet at **Sinto Senior Activity Center, 1124 W. Sinto**. \$27

3904 Wed. 10/9 9:45am-2:15pm



TRS participants come in fun costumes at the annual Harvest Party.

### TRS Friday Night Jam

**1 day | Ages 18+** Come rock and swing at Spokane's oldest ongoing nightclub for people with developmental disabilities. If participants require direct supervision then care providers need to attend. Second Friday each month. Meet at **West Central Community Center, 1603 N. Belt**.

#### Sock Hop

Wear your favorite wild and crazy socks! Decorate some knee highs and enter the contest. \$7

3946 Fri. 9/13 7-9pm

#### Halloween/Harvest

Wear fall colors or a fun non-violent costume. \$7

3947 Fri. 10/11 7-9pm

#### School of Rock Karaoke

Musical activity that is enhanced Karaoke led by Lakeland Village's Brian Stevens. One song at a time but will be multiple mics if want to sing in duets or groups. \$7

1285 Fri. 11/8 7-9pm

#### 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. \$8

3972 Fri. 12/13 7-9pm



Santa is an honored guest at the annual TRS Christmas Friday Night Jam dinner and dance.





## TRS 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. Class meets at **Sinto Senior Activity Center, 1124 W. Sinto, Dining room. \$44**

3629	Thurs.	9/5-9/26	7-8:15pm
3901	Thurs.	10/3-10/24	7-8:15pm

### 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. Meet at **Sinto Senior Activity Center, 1124 W. Sinto. \$19**

3969	Mon.	11/11	6:30-8pm
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## 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. Meet at **Longfellow Elementary, 800 E. Providence, gym. \$27**

3945	Wed.	10/9-12/4	6:30-7:30pm
		no class 11/27	

### TRS Ice Skating

**13 weeks | Ages 8+** Participants with developmental disabilities learn to skate and improve existing skills. Please dress warmly. Each session includes participation on both days. Meet at **Eagles Ice Arena, 6321 N. Addison St. \$69**

3951	Mon.	9/30-12/16	3-3:45pm
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### 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. Meet at **North Central High School, 1600 N. Howard weight room. \$53**

3919	Tues. & Thurs.	10/1-11/14	6:30-7:30pm
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### TRS What's Cooking

**4 weeks | Ages 16+** Tired of eating at home? Sign up for this class and you will prepare a meal, practice table manners, visit with friends, and take part in clean-up duties. Participants will have the opportunity to practice skills such as following directions, socialization, and hygiene required when in the kitchen. Class meets at **Southside Senior Activity Center, 3151 E. 27th Ave.-kitchen. \$54**

3625	Tues.	9/3-9/24	4-6pm
3892	Tues.	10/1-10/22	4-6pm
3900	Tues.	10/29-11/19	4-6pm

## TRS FITNESS & WELLNESS

### 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. Meet at **Mission Park parking lot, Mission & Perry. \$29**

3950	Sat.	10/12-11/9	9:30-11am
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### Walking

**5 weeks | Ages 14+** If you enjoy the outdoors, exercise and socializing with friends a weekly stroll 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. Meet at **Friendship Park 7426 N. Standard St (Standard & Greta parking lot). \$27**

3944	Wed.	9/18-10/16	4:30-5:30pm
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### TRS Swimming

**5 weeks | Ages 8+** Meet at **Whitworth University Aquatic Center, 300 W. Hawthorne.**

#### Blue Dolphin Swim Team

For people with developmental disadvantages who want to swim competitively or get a good workout. Ability to swim 75 yards without assistance and with rhythmic breathing. \$53

3908	Sun.	9/22-12/8	2:15pm-3:45pm
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#### Learn to Swim- Beginner

Individuals will learn how to face float, back float, kick with floats and learn the crawl stroke with rotary breathing. Elementary back stroke and back crawl will be taught with the goal to be able to do for 20 yards \$53

3910	Sun.	9/22-12/8	3-3:45pm
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#### Learn to Swim- 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. \$53

3911	Sun.	9/22-12/8	2:15-3pm
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## NORTHEAST YOUTH CENTER

3004 E. Queen Ave. • 509.482.0708

### Baby Shark Carnival

**1 day| Ages 2.5 – 5yrs.** All Baby Sharks participants will enjoy a bubble event with interactive games like Shark Hunt, Let's Fish, and Tossing Fins all for bubbly fun prizes! The event keeps all the little Baby Shark fans happy with blue lagoon shark punch, sea shell candy, shark face painting and more! Many photo ops for Mommy Shark, Daddy Shark or Grandparent Sharks too! \$18 register, call The Northeast Youth Center 509-482-0708. Seating is limited so hurry for the best toddler event around!

Fri. 10/4 10am-12pm

### Wonder Woman Pumpkin Bowl!

**Ages 2.5 – 5yrs.** Calling all toddlers to pick up our little super-hero-pumpkins to roll for super fun bowling! Prizes for everyone to do their best rolls. Wonder Woman will lead the games with a pumpkin craft and snack too!

\$18 register, call The Northeast Youth Center 509-482-0708.

Fri. 11/8 10am-12pm

### North Pole Field Trip!

**Ages 2.5 – 5yrs.** All aboard the North Pole Express to see the sparkling beautiful indoor snow, Santa's reindeer and actually visit with Elves, Momma Clause & Santa too at his North Pole headquarters. Trip includes: transportation for toddler & 1 parent; Holiday craft, photo with Santa, Christmas songs & candy canes for along the way! Ho Ho Ho! \$18 register, call The Northeast Youth Center 509-482-0708 - Don't wait on this one ~ Seating is limited!

Fri. 12/6 9:30am-12pm

### Bats, Fangs & Goblin Games

**1 day | Ages 5-8yrs.** Join Batman in a series of batty-fun games, eat fang-a-licious treats and paint a Batman pumpkin to take home! \$15 register, call The Northeast Youth Center 509-482-0708

Sat. 10/5 12-2pm

### Adventures Super Hero Party

**1 day| Ages 5-8yrs.** Come One-Come All Super Heroes! Dress in your favorite costume or just wear a black t-shirt to gear up to help a live AVENTURES TEAM of Spiderman, Batman and Captain America to save Wonder Woman from the capture of Thanos! Fog & Strobes will light up the event for unbelievable Action! Batman punch & cookies too – It's so great that every kid will be mesmerized! \$18 register, call The Northeast Youth Center 509-482-0708.

Sat. 10/26 12-2pm

### Jedi Training Camp

**1 day| Ages 5-8yrs.** Welcome young Jedi's to the fun-filled yet challenging training course! The course is hosted by Master Luke Jedi who will train and engage each Jedi to use proper lightsaber techniques, learn to navigate the Storm Trooper Laser Fire and Bomb the Death Star! Each Jedi will be searching for Darth Vader who holds out of this world prizes. \$18 register, call The Northeast Youth Center 509-482-0708

Sat. 12/7 12-2pm

### Fun Fall Make-It-Night Series!

**Ages 5+** Pick a night or come all nights for incredible crafts as Toolbelt Tim rolls out all the stops with making a kid's picnic table; building a planter box, designing unique hair bows to tie dye shirts! It's so cool that at the end of each class kids will be taking home a beautiful gift they made! \$12 register, call The Northeast Youth Center at 509-482-0708

Wed. 10/16 6-7:30pm Make a picnic table

Wed. 11/13 6-7:30pm Thanksgiving Table Decoration

Wed. 12/18 6-7:30pm Paint a wooden family tree

### Early Learners Academy

**Weekly | Ages 3-5yrs.** Looking for an incredible, fun recreation-based State Licensed Preschool Program that offers educational and recreational activities so your child can learn to be ready for Kindergarten? We will keep your child busy throughout the day with a creative curriculum taught by our Certified Preschool Teachers; enjoy gym classes/outdoor play with our Recreation Specialist and your child will be engaged in our science program! Breakfast, lunch and snack provided. State pay accepted-Immunization records required. \$180 per week, scholarships available. Register by calling Northeast Youth Center at 509-482-0708

Mon-Fri. 9/4 -12/31 8:30 am-4pm

(Extended Hours Available 6am-6pm)

### Before School & After School

**weekly | K-6th 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.

Mon-Fri. Dist 81 calendar 6am- start of school/ pick up until 6pm



## WEST CENTRAL COMMUNITY CENTER

1603 N. Belt • 509-323-7501

### Teen Activity Nights

This free program offers a variety of activities including sports, games, arts/crafts, and other events, 1603 N. Belt. Contact Rick Harris 323-7501 at West Central Community Center.

<b>Ages 11-14yrs.</b>	Tues.	6:30-8pm
<b>Ages 14-18yrs.</b>	Thurs.	7-9 pm

### Youth Wrestling/Mixed Martial Arts Program

This program teaches the basic fundamentals of wrestling and Mixed Martial Arts. Contact Rick Harris 323-7501 at West Central Community Center. \$35/month

<b>Ages 5-14yrs.</b>	Mon. & Thurs.	5-7pm
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### Before and After School Program

Program is a licensed childcare program serving Holmes, Audubon Elementary Schools and Spokane Public Montessori. Programs offers recreation activities, sports, field trips, sports, games and crafts. Fees are sliding scale based on family income. Contact Rick Harris 323-7501 at West Central Community Center.  
Mon. – Fri. 6:30-8:30am / 3-6pm

## HILLYARD SENIOR CENTER

4001 N Cook St. • 509.482.0803

### Odessa Deutesfest

**1 Day | Adults 50+** Experience the Fun & Excitement as you listen to authentic German music and taste unique German food. We will be spending the day in Odessa and taking in the local parade, Arts & Crafts exhibits, and you can even enjoy great music on the street or in the Bier Gartner. \$22

Sat.	9/14	7:45am-4pm
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### Circle Moon Theatre: Dinner & Show

**1 Day | Adults 50+ |** Northwood Performing Arts is putting on a fabulous Mystery Comedy Dinner Show A delicious meal of Rustic Roasted Chicken will be served. It's always a fun and entertaining evening at the Northwoods Performing Arts Theater. Dinner at 6:30pm and show at 7:30pm. Trip includes: transportation, escort, dinner & show. \$42

Fri.	10/4	4pm-11pm
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### Scenic Autumn Train Ride Along the Pend Oreille River

**1 Day | Adults 50+** Enjoy the scenery on this 24 mile round trip train ride from historic Newport, WA 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. Afterwards we'll have lunch together (on your own). Trip price includes Transportation, and Escort.

\$34	Sat.	10/12	11am-3pm
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### Halloween Masquerade Party and Dance

**1 Day | Adults 50+** Do not miss the ghouling fun and ghostly excitement at our annual Halloween Party. It will be held at the NE Community Center. Music will be provided by the "Jerry-At-Tricks Band" for your dancing pleasure. Also enjoy a hearty lunch, Halloween games, and a Masquerade Costume Contest with plenty of door prizes.

\$15	Wed.	10/30	11am -4pm
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**Fall is for singing and dancing and Drumming!  
Therapeutic Recreation has all the joy!**



## 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.

### REGISTER ONLINE

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



### MAIL US

City of Spokane Parks &  
Recreation Class Registration  
808 W. Spokane Falls Blvd.  
Spokane WA 99201

\*checks payable to City of Spokane



### CALL US

Call 311 (ext. 3)  
or outside the city at  
509.755.CITY  
Fax 509.625.6990



### VISIT US

MySpokane  
1st Floor City Hall  
808 W. Spokane Falls Blvd.  
Mon-Fri 8am - 5pm



## PAYMENT INFORMATION

Full payment is required at the time of enrollment (DDA Funding and TRS programs with prior approval are exempt). Registrations cannot be accepted from participants with past due balance. Do not mail cash. Return checks are subject to a \$25.00 handling fee.

## INCLEMENT WEATHER

In the interest of safety, the Parks and Recreation Department retains the right to cancel an activity or close a facility due to inclement weather conditions such as lightning, ice, snow, extreme heat or unhealthy air quality. In the event that the Parks and Recreation Department cancels a program due to inclement weather, all paid participants will be notified and will receive a credit or refund.

## DISCLAIMER

Spokane Parks and Recreation reserves the right to make any changes in the content, fees, and provision of the class schedule without notice. Check our website for the latest updates.

## REFUND/CANCELLATION POLICY

We recognize that you may wish to withdraw for a variety of reasons, but our policy encourages early decisions so as to not affect other customers or our ability to efficiently deliver the programs. If you are in need of a refund, please note:

- Recreation programs require at least seven days advanced notice prior to the start date to avoid additional fees.
- All requests must be submitted in writing by mail or email to the appropriate Recreation Supervisor. (Recreation Supervisors and contact info. is listed in page 2 of this guide)
- At a minimum, all refund requests are subject to a \$15 administrative fee. Additional fees may be assessed to recover costs associated with the program.
- Sport league programs time frame for refunds reflects planning time and once league play has commenced neither refunds nor proration of the league fee will be granted.
- Refunds follow the City's Finance Department payment schedule and take approximately 30 days to process.

We depend on your enrollment for a successful class. Please plan your schedule carefully. Classes which do not meet minimum enrollment are subject to cancellation. In the case of a cancellation, you can choose one of these options:

- Transfer to another class
- Credit your account
- Receive a full refund (allow up to 30 days for processing)

Classes held at 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.

## INCLUSION/ACCOMADATION

We support the Americans with Disabilities Act and encourage participation by all regardless of race, color, national origin, age, sex, religion, veteran status, marital status, sexual orientation or ability. We can assist in obtaining specialized equipment, interpretive services, or other support to make your involvement successful. To assure the best experience for all participants, we need your accommodation request along with your registration a minimum of two weeks in advance of the program date. For more information, contact Meghann Steinolfson at 509-625-6903 or [msteinolfson@spokanecity.org](mailto:msteinolfson@spokanecity.org).



Please print and  
fill out completely

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

509.755.CITY (2489)  
SpokaneParks.org

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

**How did you hear about us?** ☐ Existing Customer ☐ Inlander ☐ TV ☐ Kids magazine ☐ Spokesman ☐ Other \_\_\_\_\_

PARTICIPANT INFORMATION			BIRTHDATE	AGE	GENDER	ACTIVITY NUMBER	ACTIVITY NAME	FEE
LAST NAME	FIRST NAME	MI						
			/ /		M F			
			/ /		M F			
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Statistical Information (birthdate & sex of participant) is used for demographics and to customize course activities

**Make checks payable to:** City of Spokane

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

**Total Program Fees:**  
\$

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

**DDA will send funds.** ☐ Yes ☐ No

**Case Manager**

Name: \_\_\_\_\_ phone # \_\_\_\_\_ email: \_\_\_\_\_

**Please contact your case manager to send verification of payment to:** abusch@spokanecity.org

## THERAPEUTIC RECREATION ONLY

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

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

Dietary Precautions/Foods to avoid:

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

Activity Limitations/Physical problems (if any):

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

Careprovider/Support Staff provided? ☐ Yes ☐ No

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

Nov 2018

# THERAPEUTIC RECREATION

Do you have any disabilities? (be specific)

## Participant Personal Needs:

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

<b>Social Skills/Behavioral Info:</b>	<b>Participation:</b>	<b>Needs Help Managing:</b>	<b>Behavioral Triggers or fears:</b>
	<input type="checkbox"/> Easily <input type="checkbox"/> Needs Occasional Prompting <input type="checkbox"/> Needs Constant Prompting	<input type="checkbox"/> Behavior <input type="checkbox"/> Personal Space <input type="checkbox"/> Emotions	<b>Other information:</b>

<b>Mobility and Adaptive Equipment:</b>	<b>Do you use adaptive equipment?</b>	<b>Wheelchair:</b>	<b>Check all that apply:</b>	<b>Other information:</b>
	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Manual <input type="checkbox"/> Full-time <input type="checkbox"/> Electric <input type="checkbox"/> Part-time	<input type="checkbox"/> Cane/Crutches <input type="checkbox"/> AFO's/Splint/braces <input type="checkbox"/> Walker	

<b>Daily Life:</b>	<b>Toileting:</b>	<b>Eating</b>	<b>Communication Information:</b>	<b>Other information:</b>
	<input type="checkbox"/> Independent <input type="checkbox"/> Independent w/reminders <input type="checkbox"/> Only with assistance	<input type="checkbox"/> Independent <input type="checkbox"/> Independent w/ partial assistance <input type="checkbox"/> Only with assistance	<input type="checkbox"/> Verbal and clearly understood <input type="checkbox"/> Verbal but not clearly understood <input type="checkbox"/> Non-verbal <input type="checkbox"/> Uses sign language <input type="checkbox"/> Uses a communication board	

**Additional Personal Needs Information:**

## MEDICATION INFORMATION & WAIVER

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

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

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

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

Signature \_\_\_\_\_

Date \_\_\_\_\_

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

List any special instructions/cautions/side effects:



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

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

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

1. Each person participating in the City of Spokane Parks & Recreation Division's activity identified herein (referred to as "Activity") is referred to as "Participant." I, the undersigned, am a Participant and, if a Participant is under 18 or has a guardian, I am the Participant's parent or legal guardian. I understand that participating in the Activity referenced herein can be HAZARDOUS AND INVOLVE THE RISK OF PHYSICAL INJURY AND/OR DEATH.
2. I understand the dangers and risks of the Activity and that Participant ASSUMES ALL INHERENT DANGERS AND RISKS of the Activity.
3. In consideration for being permitted to participate in the Activity, I AGREE, to the greatest extent permitted by law, TO WAIVE ANY AND ALL CLAIMS AGAINST AND TO HOLD HARMLESS, RELEASE, INDEMNIFY, AND AGREE NOT TO SUE the City of Spokane, which includes the City of Spokane Parks & Recreation Division and Therapeutic Recreation Services; any employees, chaperones, or volunteers; and all their respective insurance companies, successors in interest, commercial & corporate sponsors, affiliates, agents, employees, representatives, assignees, officers, directors, and shareholders (each a "Released Party") FOR ANY INJURY, INCLUDING DEATH, LOSS, PROPERTY DAMAGE, OR EXPENSE, WHICH I, OR PARTICIPANT, MAY SUFFER, ARISING IN WHOLE OR IN PART OUT OF PARTICIPANT'S PARTICIPATION IN THE ACTIVITY except only for injury or damage caused by the sole negligence of the City of Spokane, its employees, or agents. To the extent Participant's damages were caused by or resulted from the concurrent negligence of the City of Spokane, its elected and appointed officers, employees, agents, or representatives, the obligation to indemnify, defend, and hold harmless is valid and enforceable to the extent of the negligence of Participant.

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

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

4. I AGREE TO PAY ALL COSTS, INCLUDING ATTORNEYS' FEES, INCURRED BY ANY RELEASED PARTY IN DEFENDING AN INVESTIGATION, CLAIM, OR LAWSUIT BROUGHT BY OR ON PARTICIPANT'S BEHALF WHETHER ARISING IN WHOLE OR IN PART FROM PARTICIPANT'S PARTICIPATION IN ANY ACTIVITY OR FROM ANY MISREPRESENTATIONS OR FRAUDULENT EXECUTION OF THIS AGREEMENT.
5. I represent that Participant is in good health and that there are no special problems associated with Participant's physical or mental condition that would enhance the risks of my participation in the Activity, that would increase the likelihood of my injury and/or death, or that would interfere with my safety in the Activity. I authorize a licensed physician or other medical care provider to carry out any emergency medical care for Participant which may be necessary and agree to be fully responsible for any costs associated with such care or transport to such care.
6. I grant the Released Parties the right of publicity to own and use any image collected of Participant while participating in the Activity.
7. I agree that any and all claims for loss, injury, and/or death arising from Participant's participation in the Activity shall be governed by the law of the State of Washington and that exclusive jurisdiction of any such claim shall be in a court of competent jurisdiction in the in the State of Washington, County of Spokane.
8. BY SIGNING ON BEHALF OF A MINOR OR OTHER PARTICIPANT, I REPRESENT THAT I AM AUTHORIZED TO SIGN ON PARTICIPANT'S BEHALF and/or I AM THE PARENT OR LEGAL GUARDIAN OF THE MINOR PARTICIPANT and acknowledge that Participant is bound by all the terms of this Agreement. I acknowledge that the Activity entails known and unanticipated risks that could result in physical or emotional injury, paralysis, or death to Participant as well as damage to property, or to third parties. I understand that such risk cannot be eliminated without jeopardizing the essential qualities of the activity. I assume the risk and financial responsibility for any injury, illness, or liability resulting from Participant's participation. I waive any claims and agree to hold harmless and not sue Released Parties from all claims or liability arising out of Participant's participation. I have been made aware of the itinerary and give permission for Participant to ride in the vehicle designated by the staff of the City of Spokane Park & Recreation Division while attending or participating in the Activity, and I understand this release/waiver applies with equal weight to any claim arising from riding in a vehicle, including entering or exiting the vehicle. I certify that the Participant has no medical or physical conditions that could interfere with his/her safety in this activity, or else I am willing to assume and bear the costs of all risks that may be created, directly or indirectly, by any such condition.

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

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

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

\_\_\_\_\_  
Minor – Last Name, First name, M.I. (print)

\_\_\_\_\_  
Date of birth (MM-DD-YYYY)

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

\_\_\_\_\_  
Adult/Parent/Guardian - Last, First, M.I. (print)

\_\_\_\_\_  
Date of birth (MM-DD-YYYY)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Emergency Contact (print)

\_\_\_\_\_  
Relation

\_\_\_\_\_  
Phone number

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