

# winter **ACTIVITY** guide

*Find your winter adventures inside!*

Art, page 2

Music, language, cooking, pages 6, 19

Outdoors, page 13

Yoga, dance, gymnastics, pages 21-26

Sports, pages 25, 27

Therapeutic recreation, page 29

& much more

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# ROOKIE RUGBY!

It's a non-tackle variation called Touch Rugby

Clinics and leagues for ages 6-15.

**Save the dates!** Free clinic April 14.

Season runs April 23 – May 30, every Tuesday & Thursday.

More details to come, visit [SpokaneRec.org](http://SpokaneRec.org).



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## CORBIN KIDS PRE-SCHOOL

### Little Leonardo's

**6 Weeks | Ages 3-5** 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. \*This class is very popular, so we have added another session. Please choose what time works for you and your child. **Class held at the Corbin Art Center 507 W 7th Avenue. \$49**

2372	Mon.	2/4-3/11	9:15-10:15am
2373	Mon.	2/4-3/11	10:45-11:45am

### Let's Gogh Art!

**6 Weeks | Ages 4-5** Does your child love to draw, paint, sculpt or just enjoy being creative? Then come join us in discovering different art techniques. We will also learn some fun facts about nature and science in this fast paced, fun class. There are new projects each week for returning students. **Class held at the Corbin Art Center 507 W 7th Avenue. \$59**

2374	Tues.	2/5-3/12	9:30-11am
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### **NEW!** Make Art Together: Winter Wonderland of Art!

**6 Weeks | Ages 2-4** Are you tired of being cooped up in the house? Then this is the creative class for you and your child. 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! There are new projects each week for returning students. **Class held at the Corbin Art Center 507 W 7th Avenue. \$49**

2375	Wed.	2/6-3/13	9:30-10:30am
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### Make Art Together: Mini Art Studio

**6 Weeks | Ages 2-4 | Alisha Schulz** This adult and child studio class offers our littlest artists a rich sensory experience and ample opportunity to ignite their imagination as they freely explore a variety of art materials. This class offers children the opportunity to build a deep foundation in art making as they discover new ways to use clay, paint, chalk, crayon, pencil, scissors, paper, glue (along with many other mediums) to express their ideas. Open to returning families as well as new families. Come prepared to be amazed by your child's innate ability to create art. **Class held at the Corbin Art Center 507 W 7th Avenue. \$49**

2376	Thurs.	2/7-3/14	9:30-10:30am
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**REGISTER BY  
PHONE**



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

**OR ONLINE**



**SpokaneRec.org**

## PRE-SCHOOL WORKSHOPS

**NEW!**

### Make Art Together: Be My Valentine!

**1 Day | Ages 2-4** Come make handmade cards and gifts with your favorite little Valentine in this fun, fast-paced class. Lots of hearts, doilies and glitter will be used to say I Love You in this fun event. Dress for a mess and have a Lovely time. **Class held at the Corbin Art Center 507 W 7th Avenue. \$24**

2382	Sat.	2/9	9:30-11am
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**NEW!**

### Make Art Together: St. Patrick's Day Fun!

**1 Day | Ages 2-4** Come and celebrate the Wearing Green. Make a fanciful, fun Leprechaun hat, shamrocks projects and of course a pot of gold at the end of the rainbow. This a fun and fast paced class to share with your favorite little Leprechaun! **Class held at the Corbin Art Center 507 W 7th Avenue. \$24**

2383	Sat.	3/16	9:30-11am
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**NEW!**

### Make Art Together: Easter Bunny Fun!

**1 Day | Ages 2-4** Bunnies, Chicks, and Lambs, Oh My! Come and make some fun Easter projects to enjoy this spring. Bring your little "Some-Bunny" special to this fun and fast-paced class. Projects include an animal puppet, Easter hat, and more. **Class held at the Corbin Art Center 507 W 7th Avenue. \$24**

2384	Sat.	4/20	9:30-11am
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Preschool Art Fun at the Corbin Art Center!

## CORBIN KIDS YOUTH - AGES 6-14

**Afternoon Art Exploration - Ages 6-9**

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

2377 Tues. 2/5-3/12 4-5:30pm

**After-School Art Exploration - Ages 9-14**

**6 Weeks | Ages 9-14 | Beth McIlraith** Explore a variety of artistic mediums, such as, oil pastels, paint, clay, paper, recycled objects and more each week. Here's a chance to use your artistic skills, be creative and try new things. There are new projects each week for returning students. **Class held at the Corbin Art Center 507 W 7th Avenue.** \$64

2378 Wed. 2/6-3/13 4-6pm

**NEW! Children's Spanish**

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

2379 Thu. 2/7-3/14 4-5pm

**Drawing Basics - Youth**

**6 Weeks | Ages 7-12** Drawing is the basis and the first step for dimensional art forms. Explore with different tools and techniques and learn the many facets of drawing including freehand drawing, line, shading, fur-scales- feathers, still life, color, design composition, perspective, portraiture, animals and more. **Class held at the Corbin Art Center 507 W 7th Avenue.** \$59

2380 Thurs. 2/7-3/14 4-5:30pm

**Sewing After School**

**4 Weeks | Ages 8-16 | 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, an additional supply list will handed out after the first class. Classes are held on Thursdays from 4-6, but students may arrive starting at 3:30. Make-up classes may be available with instructor permission. No experience needed. **Class held at Let's Get Sewing! Studio 8707 N. Wall St. 509-217-7049** \$120

2381 Thurs. 1/10-1/31 4-6pm

## NO SCHOOL TODAY CAMPS

**NEW!****American Girl Couture**

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

2389 Mon. 1/21 9am-5pm

**NEW!****Art Super Heroes!**

**1 Day | Ages 6-11** Are you a hero or a villain? Can you fly? What are your super powers? Draw your arch nemesis, paint and craft a disguise and create a story all your own with your new identity. Please dress for a mess and bring a lunch. **Class held at the Corbin Art Center 507 W 7th Avenue.** \$39

2386 Mon. 1/21 9am-3pm

**NEW!****Mixed Media Art Attack!**

**1 Day | Ages 6-11** Explore the vast world of mixed media using a diverse array of art materials and techniques.

You will work with clay, paint, glue and found objects. Creativity will run rampant and the art will explode with color and energy. Dress for a mess and please bring a lunch. **Class held at the Corbin Art Center 507 W 7th Avenue.** \$39

2385 Mon. 1/21 9am-3pm

**NEW!****Creative & Color Crazy!**

**1 Day | Ages 6-11** Do you enjoy being a fantastic, adventurous artist? Do you love to use lots of colors and textures in your masterpieces? Then this is the camp for you! We will paint, draw and paint with wonderful colors & techniques. Learn how to mix colors properly so you can get your desired artistic effect. Dress for a mess and bring a lunch. **Class held at the Corbin Art Center 507 W 7th Avenue.** \$39

2387 Mon. 2/18 9am-3pm

**NEW!****Surf & Sea Safari!**

**1 Week | Ages 6-11** Come dive with me under the sea and explore our planet's oceans! Splash into this camp of sea inspired art and crafts to help beat the winter blahs. We will have lots of fun making fish and animal projects that live in and around our oceans, while learning some great facts. Dress for a mess and bring a lunch.

**Class held at the Corbin Art Center 507 W 7th Avenue.** \$39

2388 Mon. 2/18 9am-3pm



## SPRING BREAK CAMPS

### **NEW!** Glam-tastic Camp!

**1 Week | Ages 8-11** Girl-Power, is the theme of this camp! Your child will enjoy Spa Day, Hair Care and Hair Accessory Day, Wellness Day, Fashion Fun Day and there's more. Learn to make your own fragrance sprays, scrubs, lip balm and much more. Please bring a clean 100 percent cotton, light colored t-shirt to the first day of camp. Please bring a lunch each day. **Class held at the Corbin Art Center 507 W 7th Avenue.** \$139

2390 Mon.-Fri. 4/1-4/5 9am-3pm

### **NEW!** Colorful Art Explosion!

**1 Day | Ages 6-11** Explore the vast world of mixed media using a diverse array of art materials and techniques. You will work with clay, paint, glue and found objects. Creativity will run rampant and the art will explode with color and energy. Dress for a mess and please bring a lunch. **Class held at the Corbin Art Center 507 W 7th Avenue.** \$39

2391 Mon. 4/1 9am-3pm



*Dino Mask-Making Fun!*

### **NEW!** Stomp, Chomp & Roar! Dinosaur Style!

**1 Day | Ages 6-11** Come and explore the wonderful world of prehistoric dinosaurs, reptiles, and birds. What did they eat? Where did they live? These are the questions that we will answer while making our own prehistoric creatures, fossils and more. Dress for a mess and please bring a lunch. **Class held at the Corbin Art Center 507 W 7th Avenue.** \$39

2394 Thurs. 4/4 9am-3pm

### **NEW!** Animal Art: Let's Go Wild!

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

2392 Tues. 4/2 9am-3pm

### **NEW!** Clay, Slime & DIY Dough

**1 Day | Ages 6-11** Discover the joy of clay! Make your own cool clays to model creative animals and other projects. Using fun recipes and techniques you'll enjoy your experience with pre-made and handmade clay. Please bring a lunch. **Class held at the Corbin Art Center 507 W 7th Avenue.** \$39

2393 Wed. 4/3 9am-3pm



*Learning how to weave at the Corbin Art Center!*

### **NEW!** 3-D Creative. Crazy Creatures!

**1 Day | Ages 6-11** Come to this camp and make your own 3-D Crazy Creatures. Your imagination and creativity will bring these creatures to life while using paint, paper, found objects and much more. This is a fun and extremely creative camp with lots of art building going on. Dress for a mess and please bring a lunch. **Class held at the Corbin Art Center 507 W 7th Avenue.** \$39

2395 Fri. 4/5 9am-3pm

### **NEW!** Come Learn to Sew- Spring Break

**1 Week | Ages 8-16 | Elizabeth Pike** This camp is designed for students with little or no prior sewing experience. Learn: threading, fixing tension, sew straight and curved seams and how to use a pattern. Sew a Burrito style pillow case and a pair of pajama pants. By the end of camp, participants will be able to tackle a simple sewing project with confidence. Sewing machines, handouts, and patterns are provided. No experience needed. Supply list included upon confirmation of registration. **Class held at Let's Get Sewing! Studio 8707 N. Wall St. 509-217-7049** \$120

2396 Mon.-Fri. 4/1-4/5 9am-12pm

2397 Mon.-Fri. 4/1-4/5 1-4pm



## PHOTOGRAPHY

**Camera Basics**

**4 Weeks | Ages 16+ | Steven Navratil** Obtain understanding of your digital SLR camera and its functions. Learn to use your camera to get the results you would expect from a professional. This class is for a digital camera that has manual setting options. Class will also include lighting, composition and depth of field. **Class held at the Corbin Art Center 507 W 7th Avenue. \$59**  
2347 Wed. 2/6-2/27 6-8:30pm

**Photography Basics**

**5 Weeks | Ages 16+ | Al Berger** Learn the fundamentals of photography and how to use your camera. Tips on lighting, additional equipment to consider and its uses. Practice assignments and in-class critiques. Requires a camera that allows manual setting of F-stop and Shutter speeds, DSLR preferred. The first class will be 3 hours in length. **Class held at the Corbin Art Center 507 W 7th Avenue. \$59**  
2348 Mon. 2/11-3/11 6-8pm

**Photoshop Basics**

**5 Weeks | Ages 16+ | Al Berger** Learn the basic steps needed to finish your digital photographs for printing and web usage. Photoshop topics include: sharpening, exposure compensation, density, minor retouching, cropping, special effects, levels, color correction and preparing photos for printing. Bring your laptop with a mouse, Photo-shop or Photoshop Elements software installed on the laptop, (any version). **Class held at the Corbin Art Center 507 W 7th Avenue. \$59**  
2349 Tues. 2/12-3/12 6-8pm

**Portrait Photography**

**5 Weeks | Ages 16+ | Al Berger** Learn the secrets and steps of working with a person or persons to create beautiful portraits. We will explore working with light, both natural and artificial as well as flash. Students will be taught how to meter light for the best results as well as learning how to pose a person for the most natural portraits. Assignments will be given and results will be critiqued in class. **Class held at the Corbin Art Center 507 W 7th Avenue. \$59**  
2350 Wed. 2/13-3/13 6-8pm



## CORBIN CRAFTS WORKSHOPS

**NEW!****Let's Make Valentines!**

**1 Day | Ages 12+ | Beth McIlraith** Come and enjoy a fun afternoon of paper crafting. We'll make lots of Valentines ranging from lacey Victorian, to exciting Explosion Folds and Pop-Up cards too! Learn to make "Upycled" Valentines using old cards, books, including a unique Tunnel Book card. Let's fold, cut, glue, glitter and decorate our hearts out! Supply list included upon confirmation of registration. **Class held at the Corbin Art Center 507 W 7th Avenue. \$39**  
2357 Sat. 2/9 11:30am-3:30pm

**NEW!****Power Sort Photo Class**

**1 Day | Ages 16+ | Melode Hall** Feeling overwhelmed with boxes of photos? Learn quick & simple techniques to sort & organize them. Bring not more than 400 photos with you to class. You'll get a great start for saving your memories & stories for your family. **Class held at the Corbin Art Center 507 W 7th Avenue. \$29**  
2358 Thurs. 2/21 6-9pm

**NEW!****Elegant Easter Egg Class**

**1 Day | Ages 16+ | Melode Hall** Create beautiful Easter Eggs from Styrofoam eggs and scrapbooking paper. Spring colors! Use as a Spring wall hanging or for Easter Baskets. Supply list included upon confirmation of registration. **Class held at the Corbin Art Center 507 W 7th Avenue. \$24**  
2359 Mon. 3/11 6-8pm

**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

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Fax 509.625.6990

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US**

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





## ART OF FINE LIVING

### Sensational Soups!

**1 Day | Ages 21+** Sweating stock to perfection is just the first step. Learn our Chef's six secrets to serving sensational soups this cold weather season. Recipes prepared, will keep guests coming back for more. Course confirmation receipt will have location and directions of class. **Class held at the Inland NW Culinary Academy 1810 N. Greene Street., Bldg. 1, Room 144.** \$59

2364 Thurs. 1/17 6-8pm

### Grilling!

**1 Day | Ages 21+** Longing for the warmer weather? Students will learn the fine art of roasting garden veggies, plus dry rubs and marinades for chicken and beef. All of this delicious grilled food will be enjoyed at the end of class, paired with an ice cold beer or glass of wine and a grilled surprise dessert! **Class held at the Inland NW Culinary Academy 1810 N. Greene Street., Bldg. 1, Room 144.** \$59

2365 Thurs. 1/31 6-8pm

### **NEW!** Savory Side of Desserts!

**1 Day | Ages 21+** Delectable desserts with non-traditional savory ingredients. Learn the tools to balance acidity and sweetness. How does Grilled Pound Cake with Port Reduction or Thai Basil & Lemongrass Crème Brulee sound? **Class held at the Inland NW Culinary Academy 1810 N. Greene Street., Bldg. 1, Room 144.** \$59

2366 Thurs. 2/14 6-8pm

### **NEW!** Pizzeria Pizza & Stromboli

**1 Day | Ages 21+** Drawing from Neapolitan and California influences, you'll make the pizza dough and learn what is needed to ensure that perfect crust every time. Our kitchen will be bursting with toppings to inspire favorite pie combos, including homemade tomato sauce, spicy sausage and tons of veggie options too. **Class held at the Inland NW Culinary Academy 1810 N. Greene Street., Bldg. 1, Room 144.** \$59

2367 Thurs. 2/28 6-8pm

### **NEW!** Steaks!

**1 Day | Ages 21+** Want to cook steaks perfectly without fail? Whether it's for two people or twenty, you will learn the tricks to perfect doneness every time. Both classic and modern techniques will be used including sous vide! **Class held at the Inland NW Culinary Academy 1810 N. Greene Street., Bldg. 1, Room 144.** \$59

2368 Thurs. 3/14 6-8pm

**ALREADY THINKING ABOUT SPRING?**  
Spring registration starts January 28. Visit [SpokaneRec.org](http://SpokaneRec.org) to get ahead of the crowd!



## LANGUAGE & CONVERSATIONAL SPEAKING

### Active Beginners Spanish

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

2370 Tue. & Thu. 2/5-3/7 1-3pm

### Spanish Conversation

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

2371 Wed. 2/6-3/13 12:45-2:45pm



*Cooking up some tasty fun!*

## 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. Demonstrations and take home samples. **Class held at the Corbin Art Center 507 W 7th Avenue.** \$24

2362 Wed. 2/27 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 7th Avenue.** \$24

2363 Sat. 3/16 10am-12pm

Register online at [SpokaneParks.org](http://SpokaneParks.org)



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## 2019 PASSES 2018 PRICES

It's never too early to start thinking about the next golf season! Through Dec. 31, purchase 2019 discount cards, multi-play cards and unlimited memberships at 2018 rates. Visit [SpokaneGolf.org](http://SpokaneGolf.org) or your closest city course to take advantage of this exclusive deal.

  
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GOLF COURSE

  
**Downriver**  
GOLF COURSE

  
**Qualchan**  
GOLF COURSE

  
**Esmeralda**  
GOLF COURSE





## WRITING & PERSONAL ENRICHMENT

**NEW!**

### Creative Memoir Writing

**6 Weeks | Ages 18+ | Mary Fruchter** Do you have a story to tell, but aren't sure how to begin? Start here. In this creative writing class, we will look at memoirs snapshots and study some of the techniques authors use to make their words and characters come alive. Then, we will try it out ourselves, writing our own lives. Join us, and make your voice heard. Notebook, pencil or I-Pad and your memories are the only supplies needed. **Class held at the Corbin Art Center 507 W 7th Avenue. \$69**  
2308 Mon. 2/4-3/11 6-8pm

**NEW!**

### Autobiographical Fiction

**6 Weeks | Ages 18+ | Lauren Hohle** In this generative workshop, students will develop an anecdote or memory from their own lives into a complete short story. We'll study examples and explore different settings, points of view, and narrative choices with the goal of equipping students to keep writing, and rendering, the moments that matter most. **Class held at the Corbin Art Center 507 W 7th Avenue. \$69**  
2309 Mon. 2/4-3/11 6-8pm

**NEW!**

### Playwrights' Workshop: Writing Short Plays that

#### Connect

**6 Weeks | Ages 18+ | Rebecca Gonshak** In this class, we will study the art of the short play: telling a story with conflict, climax, and resolution within a ten-minute script. We will read professional short plays, and you'll be given prompts to write your own short plays. You will have the opportunity to hear your work read aloud by your classmates and receive feedback. We will focus on questions such as, What makes a compelling character? How do I create tension within a scene? How do I write natural, interesting dialogue? Please bring your ideas, pen, paper or laptop. **Class held at the Corbin Art Center 507 W 7th Avenue. \$69**  
2316 Tues. 2/5-3/12 6-8pm

**NEW!**

### Writing the Contemporary Fairytale!

**6 Weeks | Ages 16+ | Katie Setzer** Are you interested in writing about strange creatures that don't exist, things that don't happen, and powers people don't have? This class may be for you. We will study writing from some of the best contemporary fairy tale writers: Kelly Link, Aimee Bender, Angela Carter and more. We'll discuss what makes their stories so successful and what we can learn from them to apply to our own writing. Writers will learn strategies for characterization, pacing, setting, magical realism, and revision. Writers will produce two short stories or novel excerpts for workshop and instructor feedback. **Class held at the Corbin Art Center 507 W 7th Avenue. \$69**  
2326 Tues. 2/5-3/12 6-8pm

**NEW!**

### New Ways of Approaching Plot

**6 Weeks | Ages 18+ | Lauren Hohle** Character wants something. Character faces obstacle. Character gets or doesn't get what they want. Tired of this formula? Feeling stuck with your own project? In this workshop, we'll approach plot from different frameworks, examining contemporary fiction and writing and workshoping innovative stories of our own. (There will be no class on February 13th) **Class held at the Corbin Art Center 507 W 7th Avenue. \$69**  
2319 Wed. 2/6-3/20 6-8pm

**NEW!**

### Writing Science Fiction

**6 Weeks | Ages 16+ | Katie Setzer** Do you love reading science fiction? Would you like to start writing the kind of SciFi you love to read? In this course, we will study writing from some of Science Fiction's greats: Ray Bradbury, Kurt Vonnegut Jr, Ursula K. Le Guin, Isaac Asimov and more. What makes these stories work? What can we steal from these great writers? Writers will learn strategies for characterization, point-of-view, pacing, writing setting and revision. Writers will produce two short stories or novel excerpts for workshop and instructor feedback. **Class held at the Corbin Art Center 507 W 7th Avenue. \$69**  
2323 Wed. 2/6-3/13 5:30-7:30pm

**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. **Class held at the Corbin Art Center 507 W 7th Avenue. \$69**  
2324 Thurs. 2/7-3/14 6-8pm

## REGISTER BY PHONE



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## OR ONLINE



SpokaneRec.org



## DRAWING

NEW!

**Drawing Fundamentals: Next Step**

This class is an extension of Drawing Fundamentals. Continue to practice drawing techniques in an open studio class. Learn to be more discerning about your drawing skills and how to critique and in a helpful informative way. Drawing Fundamentals: Next Step also focuses more on planning a piece in order to get a more thoughtful finished product. Drawing Fundamentals is suggested but not required to take this class. Supply list included upon confirmation of registration. The first class will meet at Spokane Art Supply to discuss various drawing supplies at 5:30pm. Class held at the Corbin Art Center 507 W 7th Avenue. \$64

2276 Mon. 2/4-3/11 6-8pm

**Drawing on the Right Side**

**6 Weeks | Ages 18+ | Xylina Weaver** Artistic drawing can be achieved by every person with the desire to do so, just as Xylina herself learned while taking this very class at Corbin Art Center a few years ago from the wonderful Dian Zahner. You too can develop skill and confidence through a series of lessons, fun instructions and exercises made easy to enhance your creative and artistic self-confidence. No previous art training required. Supply list included upon registration confirmation. **Class held at the Corbin Art Center 507 W 7th Avenue. \$70**

2278 Tues. 2/5-3/12 12:30-2:30pm

**Perspective Drawing**

**6 Weeks | Ages 16+ | Tom Quinn** Perspective is to drawing what grammar is to writing. It provides a structure to art by dictating where objects must be placed and which directions the angles go to achieve that vital third dimension of depth. You do not need to be an artist to draw well in perspective - when you know how to use the tools, they do the drawing for you. Supply list included upon confirmation of registration. **Class held at the Corbin Art Center 507 W 7th Avenue. \$64**

2282 Tues. 2/5-3/12 1-3pm

**Pastel Drawing**

**6 Weeks | Ages 16+ | Tom Quinn** Pastels are for those who wish immediate gratification. This dry medium enables to artists to start and stop at any time, making art creation easier to fit into their schedule. Colors are blended on the surface rather than on a palette, offering unlimited possibilities for self-expression. We will begin with a simple picture of a tree, and then students can move onto their own projects. Supply list included upon confirmation of registration. **Class held at the Corbin Art Center 507 W 7th Avenue. \$64**

2284 Tue. 2/5-3/12 6:30-8:30pm

**Drawing Fundamentals**

**6 Weeks | Ages 16+ | Allison Bayley** Join us as we begin to explore drawing fundamentals! If you are new to drawing or need to brush up on basic skills this is the class for you. We will be tackling drawing materials, composition, portrait techniques, shading, and perspective. Great basics that will lead to long lasting confidence in your drawing. (There will be no class on Wednesday, October 31st.) Supply list included upon confirmation of registration **Class held at the Corbin Art Center 507 W 7th Avenue. \$64**

2285 Wed. 2/6-3/13 6:30-8:30pm

**Caricature Drawing**

**1 Day | 16 & Older | Tom Quinn** Caricature is an old and respected art form. In this class, we'll discuss the ways to exaggerate and simply an individual's distinctive features to depict someone in a way that's both funny and instantly recognizable. Tom has been drawing caricatures for well over 25 years, and has learned to draw them both at leisure and under intense time pressure. Supply list included with registration confirmation. **Class held at the Corbin Art Center 507 W 7th Avenue. \$49**

2288 Sat. 2/9 9am-3pm

**Drawing Hands**

**1 Day | Ages 16+ | Tom Quinn** The hand is one of the most difficult parts of the human body for the artist to master. In this workshop, we'll cover the anatomy of the human hand, including bones, muscles, and blood vessels. After drawing skeletal hands, we'll be drawing the hands of a model in different positions and situations. Supply list included with registration confirmation. **Class held at the Corbin Art Center 507 W 7th Avenue. \$49**

2290 Sat. 2/23 9am-3pm



## FIBER ARTS

**NEW!**

### Beginning Adult Sewing PM

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

2351 Mon. 1/7-1/28 6-9pm

**NEW!**

### Beginning Adult Sewing AM

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

2352 Tue. 1/8-1/29 11:30am-2:30pm

### Crochet: Rag Rugs

**3 Weeks | Ages 18+ | Melode Hall** Learn to make three different rag rugs: oval, circle and heart-shaped. These rugs work great for chair pads, coasters, and place mats! Recycled materials are perfect for this project; bring used cotton or flannel sheets (Two per week) or preshrunk new fabric. Prior crocheting experience is not necessary. Supply list included upon confirmation of registration. **Class held at the Corbin Art Center 507 W 7th Avenue. \$54**

2353 Mon. 2/11-2/25 6-9pm

### Beginners Sewing

**1 Day | Ages 16+ | Elizabeth Pike** You will learn the basic use of a sewing machine and how to maintain a straight seam. This class is perfect for people who have never used a sewing machine and those who have had a little bit of experience a long time ago and need a refresher course. If you have your own machine and need to learn how to use it, you can bring your machine to this workshop and the Liz will show you the "ins & outs" of your specific machine. Sewing machines and a make-and-take project are provided. **Class held at Let's Get Sewing! Studio at 8707 N. Wall St. 509-217-7049 \$50**

2354 Sat. 1/19 10am-2pm

2355 Sat. 2/9 10am-2pm

**NEW!**

### Two-To-Sew!

**1 Day | Ages 7+ | Elizabeth Pike** This is a GREAT Mom and Me activity! Grab a friend and pick from 3 different projects to learn basic sewing techniques and make something special to take home. All materials, patterns, tools, and sewing machines will be provided. **Class held at Let's Get Sewing! Studio at 8707 N. Wall St. 509-217-7049 \$75 (2 people)**

2356 Sat. 3/16 1-4pm

# ART PARTIES AT THE CORBIN ART CENTER 507 W. 7th Ave

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

Call to reserve your celebration  
or for more information

**509.625.6677**

- 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





## PAINTING CLASSES &amp; WORKSHOPS

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

**1 Day | Ages 18+ | Bevie LaBrie** Need to jumpstart to your creative practice? 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. **Class held at the Corbin Art Center 507 W 7th Avenue. \$50/\$8**

2296 Mon. 2/4 5-9 pm

Acrylic Painting

**6 Weeks | Ages 16+ | Tom Quinn** Learn basic concepts of painting techniques with acrylic paints. This class is an introduction to the fast-drying, forgiving medium of acrylic paint. You will explore color, form and composition to create your own works of art. Work from still-life set-ups and two-dimensional references such as photos. Supply list included upon confirmation of registration.

**Class held at the Corbin Art Center 507 W 7th Avenue. \$69**

2297 Mon. 2/4-3/11 6:30-8:30pm

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. We will address certain questions like: What is art history? Does it pass aimlessly, or will it converge on a goal? This course will look at art changes from one culture and period to another and in what ways they remain the same. Please be aware that some of the slides depict nudes. **Class held at the Corbin Art Center 507 W 7th Avenue. \$64**

2298 Thurs. 2/7-3/14 1-3pm

Painting with Oils

**6 Weeks | Ages 16+ | Tom Quinn** An introduction to the forgivable medium: oil. Learn basic concepts of design, composition, color theory, values and texture while experiencing the outstanding working properties of oil. Choose to work from still-life or two-dimensional references. Helpful demonstrations and individual instruction will be taught. Supply list included upon confirmation of registration. **Class held at the Corbin Art Center 507 W 7th Avenue. \$69**

2299 Thurs. 2/7-3/14 6:30-8:30pm

**NEW!** Intuitive Painting

**3 Weeks | Ages 16+ | Katie Frey** Intuitive painting does not require years of training and technique. Instead, your authentic self-expression will evolve naturally as you practice. Learn to quiet your rational mind and adopt a spontaneous and forgiving mindset as you paint. You will gather creative inspiration from daily life, and work from the color palettes, shapes, and patterns that speak to you. Stay brave, open, and curious as you paint. Supply list included upon confirmation of registration. **Class held at the Corbin Art Center 507 W 7th Avenue. \$69**

2301 Sun. 2/10-2/24 10am-2pm

Mixed Media Mania

**3 Weeks | Ages 16+ | Katie Frey** Loosen up, laugh, and create in this fun "anything goes" art class. We will combine traditional acrylic painting techniques with stenciling, collage, fabric, texture mediums, and more. Learn how to layer and distress paper, use gold leaf, and incorporate found textures and objects into your art. Let's get creative! Supply list included upon confirmation of registration. **Class held at the Corbin Art Center 507 W 7th Avenue. \$69**

2305 Sun. 3/3-3/17 10am-2pm

Spontaneous Process Painting

**1 Day | Ages 18+ | Bevie LaBrie** Have you ever stood in front of a blank canvas feeling paralyzed? Does your inner critic stand next to you, putting on the pressure to paint an amazing painting? 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. **Class held at the Corbin Art Center 507 W 7th Avenue. \$64**

2307 Sat. 3/9 9 AM-4 PM

# Corbin Art Center is hiring instructors!

## Call 509.625.6677



# 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.*

## HOOPSTERTOTS™

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

(course)	(dates)	(days)	(time)	(ages)	(fee*)	(location)
Froggies / Froggies II	2/05 - 3/12	Tuesday	6:10 p.m. - 6:50 p.m.	3 - 4 Years	\$87	Arlington Elementary
Froggies / Froggies II	2/06 - 3/27	Wednesday	6:10 p.m. - 6:50 p.m.	3 - 4 Years	\$116	Roosevelt Elementary
Rabbits / Kangaroos	2/05 - 3/26	Tuesday	7:00 p.m. - 7:40 p.m.	4 - 5.5 Years	\$87	Arlington Elementary
Rabbits / Kangaroos	2/06 - 3/27	Wednesday	7:00 p.m. - 7:40 p.m.	4 - 5.5 Years	\$116	Roosevelt Elementary

## HOCKEYTOTS™

HockeyTots is a development program for kids ages 3 to 5 years old that uses a variety of fun games to engage kids while teaching the sport of hockey and developing basic skills. The goal is to build fitness, muscle coordination, hockey fundamentals and create a love of the game.

(course)	(dates)	(days)	(time)	(ages)	(fee*)	(location)
Atoms	2/06 - 3/27	Wednesday	6:10 p.m. - 6:50 p.m.	3 - 4 Years	\$116	Franklin Elementary
Peewee	2/06 - 3/27	Wednesday	7:00 p.m. - 7:40 p.m.	4 - 5.5 Years	\$116	Franklin Elementary

## 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.

(course)	(dates)	(days)	(time)	(ages)	(fee*)	(location)
Teddies II	2/07 - 3/28	Tuesday	6:10 p.m. - 6:50 p.m.	18 - 30 Months	\$116	Mullan Road Elementary
Teddies II / Koalas	2/05 - 3/26	Tuesday	6:10 p.m. - 6:50 p.m.	26 - 36 Months	\$116	Ridgeview Elementary School
Teddies II / Koalas	2/05 - 3/26	Tuesday	6:10 p.m. - 6:50 p.m.	26 - 36 Months	\$116	Audubon Elementary
Teddies II / Koalas	2/06 - 3/27	Wednesday	6:10 p.m. - 6:50 p.m.	26 - 36 Months	\$116	Hamblen Elementary
Cubs / Pandas	2/05 - 3/26	Tuesday	6:10 p.m. - 6:50 p.m.	3 - 4 Years	\$116	Ridgeview Elementary School
Cubs / Pandas	2/05 - 3/26	Tuesday	6:10 p.m. - 6:50 p.m.	3 - 4 Years	\$116	Wilson Elementary
Cubs / Pandas	2/06 - 3/27	Wednesday	6:10 p.m. - 6:50 p.m.	3 - 4 Years	\$116	Hamblen Elementary
Pandas / Bears	2/05 - 3/26	Tuesday	7:00 p.m. - 7:40 p.m.	3.5 - 4.5 Years	\$116	Ridgeview Elementary School
Bears / Grizzlies	2/05 - 3/26	Tuesday	7:00 p.m. - 7:40 p.m.	4 - 5.5 Years	\$116	Audubon Elementary
Bears / Grizzlies	2/06 - 3/27	Wednesday	7:00 p.m. - 7:40 p.m.	4 - 5.5 Years	\$116	Hamblen Elementary
Bears / Grizzlies	2/07 - 3/28	Thursday	7:00 p.m. - 7:40 p.m.	4 - 5.5 Years	\$116	Mullan Road Elementary
Grizzlies	2/05 - 3/26	Tuesday	7:00 p.m. - 7:40 p.m.	4.5 - 5.5 Years	\$116	Ridgeview Elementary School



**SPACE IS LIMITED!**

**REGISTER TODAY!**

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

PHONE:  
509.534.5437

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## YOUTH WINTER CAMP

### Youth Winter Adventure Camp with Transportation

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

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

## BICYCLING

### Bicycle Walla Walla Winery Tour

**2 Days | Ages 21+ Sponsored by Vino!** You will be amazed with the great wines, wonderful riding, and beautiful scenery of this area. Lodging in the historic and elegant Marcus Whitman Hotel located within walking distance of some outstanding northwest restaurants. Fee includes one night lodging, breakfast at the hotel and two deli style lunches along the routes. You will also have bus and bike repair support available and the outstanding Vino! - Wine Shop interpretive guides along the way to teach you all about this great area. Road bike or road tires on your bike are highly recommended. No mountain bike or wide tires. Participant should be able to ride 30+ miles a day on country roads with rolling hills on mostly pavement. Helmet required. Pre-trip information emailed after registration. \$249 double occupancy, \$289 single occupancy. **Marcus Whitman Hotel 6 W Rose St.**

2488	Sun. & Mon.	6/2-6/3	9am-4pm
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# WINTER IS COMING

## STAY TUNED FOR LOCAL XC SKI & FAT BIKE TRAIL GROOMING IN AND AROUND SPOKANE!

Visit [spokaneparks.org](http://spokaneparks.org) or call 509-363-5418  
for updated grooming information.





## CROSS COUNTRY SKIING

### Cross Country Moonlight Ski and Dinner

**1 Day | Ages 18+** Discover the beauty of moonlight on snow as you peacefully make your way on cross-country skis through the woods. Afterward enjoy a wonderful made from scratch meal of lasagna, salad, bread sticks and more from Greenbluff Fresh Catering Company! This is an incredible experience you will not want to miss. Includes ski equipment, dinner and guides. XC skiing experience recommended. No formal lesson given, only a tour. SNO-PARK & DISCOVER PASS PERMITS REQUIRED. \$5 discount if you bring your own equipment. Please call 509.755.2489 for discount. Additional information emailed after registration. **Meet at Mt Spokane State Park Selkirk Nordic Lodge. \$49**

2114	Sat.	1/19	6-9pm
2115	Sat.	2/16	6-9pm

### Cross Country Ski Frater Lake with Transportation

**1 Day | Ages 18+ Sponsored by Mountain Gear** Explore this beautiful snowy glacial lake that is part of the eight lakes of the Pend Oreille Lake Chain. With over 10 miles of trail for all levels of skiers. You should have basic xc skiing skills or have taken a lesson prior to this trip. Fee includes staff, roundtrip transportation, equipment if needed, and ski area fees. Bring your own lunch and water. Location subject to change due to snow conditions. Pre-trip information emailed after registration. **Meet at Mountain Gear Parking Lot 2002 N Division. \$45**

2116	Sat.	1/12	9am-4pm
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### Cross Country Ski Trip Deer Creek with Transportation

**1 Day | Ages 18+** This little known pass in the Kettle Range is the second highest mountain pass in the state of Washington. This means great skiing, no people and amazing scenery. You should have basic xc skiing skills or have taken a lesson prior to this trip. Transportation, guides, skiing equipment & ski area fees included. Schedule subject to change due to snow conditions. Pre-trip information emailed after registration. **Meet at Wandermere Rite Aid Parking Lot 12420 N. Division St. \$45**

2121	Sun.	2/17	8am-6pm
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### Cross Country Ski Trip Geophysical Area with Transportation

**1 Day | Ages 18+ Sponsored by Mountain Gear** It is the clever twists and turns of the groomed trails that turn a rather commonplace stretch of forest into a fun-filled afternoon on the snow. The Geophysical near Newport, WA has an absorbing number of trails that will lure you back again and again. You should have basic xc skiing skills or have taken a lesson prior to this trip. Fee includes guides, equipment, round trip transportation, and ski area fees. Bring your own lunch and water. Schedule subject to change due to snow conditions. **Meet at Mountain Gear Parking Lot 2002 N Division. \$39**

2122	Sat.	2/2	9am-4pm
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### Cross Country Ski Lessons Mt Spokane with Transportation

**1 Day | Ages 13+** Learn the basics of cross-country skiing at Mt. Spokane Selkirk Nordic Area, taught by experienced Spokane Nordic Ski Association P.S.I.A. certified instructors. After a fun lesson we will hit the trails for a guided tour of the area with Spokane Parks and Recreation guides to try out our new skills! Cross country skiing is a wonderful way to spend time with family and friends during the winter and get great exercise outdoors. Includes: skis, boots, poles, ski area fees, instruction and transportation. Additional information emailed after registration.

**Meet at Yoke's Fresh Market Parking Lot 14202 N. Market St. \$49**

2103	Sat.	12/22	9am-3pm
2104	Sun.	12/30	9am-3pm
2105	Sat.	1/5	9am-3pm
2106	Sun.	1/6	9am-3pm
2108	Sun.	1/20	9am-3pm
2109	Sat.	2/9	9am-3pm
2110	Sat.	2/23	9am-3pm
2111	Sun.	3/3	9am-3pm

### Cross Country Ski Lesson 49 Degrees North with Transportation

**1 Day | Ages 13+** Learn to cross country ski and tour the trails of 49 Degrees North Nordic Area! You will be taught the basics of cross country skiing by 49 Degrees North certified P.S.I.A ski instructors. Instruction includes basics of equipment, techniques on how to glide on your skis, how to travel uphill and how to stop going downhill. After a fun lesson we will hit the trails for a tour of the area trying out our new skills. Beautiful scenery and exercise is what cross skiing is all about! Includes: skiing equipment, trail pass, instruction, and transportation. Bring a lunch and plenty of water. Additional information emailed after registration. **Meet at Wandermere Rite Aid Parking Lot 12420 N. Division St. \$49**

2117	Fri.	12/21	8am-4pm
2118	Sat.	12/29	8am-4pm
2119	Sat.	1/26	8am-4pm
2120	Sun.	2/3	8am-4pm



*Enjoying a cross country ski tour at Mt Spokane after a fun lesson with Spokane Nordic Ski Association*



## SNOWSHOEING

**Snowshoe and Wine Tasting with Transportation**

**1 Day | Ages 21+** Enjoy a spectacular day of snowshoeing the trails of Mt. Spokane. Great scenery, snow covered trees and hidden cabins will make for a day of memories. After playing in the snow, we will stop for a wine tasting at Townshend Winery. Wine tasting fees on your own. Snowshoes, guides, walking poles and transportation included. Additional information emailed after registration. **Meet at Yoke's Fresh Market Parking Lot 14202 N. Market St. \$39**

2123	Sun.	1/13	10am-3:30pm
2124	Sun.	2/10	10am-3:30pm
2125	Sun.	3/10	10am-3:30pm

**Snowshoe Antoine Peak with Transportation**

**1 Day | Ages 18+** This challenging uphill trek finishes with 360-degree views from its 3,373-foot summit, Antoine Peak Conservation Area provides unique recreational opportunities, protects critical habitat for the region's large mammals, and preserves a critical wildlife corridor that connects the Spokane River Valley with Mount Spokane State Park. This place is a snowshoeing mecca! Guides, snowshoes, walking poles and transportation included. Schedule subject to change due to snow conditions. Pre-trip information emailed after registration. **Meet at the Rocket Bakery Parking Lot 3315 N Argonne. \$21**

2126	Sun.	2/3	10am-3pm
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**Snowshoe Bead Lake with Transportation**

**1 Day | Ages 18+** This beautiful snowshoe hike takes you around the pristine Bead lake just north of Newport and it offers amazing views of the lake from the trail. While on this hike you will travel through ancient cedar forests, and over some of Bead lake's tributary streams. Wildlife you might see: deer, elk, osprey, ducks, and many more. Come and enjoy a very peaceful snowshoe with some spectacular views! Great hike for photographers. Guides, snowshoes, transportation and walking poles provided. Additional information emailed after registration. **Meet at Yoke's Fresh Market Parking Lot 14202 N. Market St. \$39**

2127	Sun.	1/27	9am-4pm
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**Snowshoe Mica Peak Conservation Area with Transportation**

**1 Day | Ages 16+** This is an amazing wilderness-like natural area on the west slopes of Mica Peak. The Spokane County-owned conservation area ranges in elevation from 2,800 to 4,800, thereby hosting a variety of plant communities from sub-alpine to open Ponderosa pine forest, to aspen and birch groves that turn gold in the fall. Views overlooking Spokane Valley, the Palouse, and beyond can be taken in throughout the property. This will be a 3-5 mile loop with moderate uphill hiking. Snowshoe, poles, instruction, guides and transportation included. Pre-trip information emailed after registration. **Meet at Albertsons Grocery Parking Lot 8851 E.Trent. \$29**

2132	Sat.	2/9	9am-3pm
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**Snowshoe Headlamp Hike with Transportation**

**1 Day | Ages 15+** What a great way to start your weekend! Watch the glimmer of your headlamp illuminate the snowy trails as we hike through the quiet forest of Mt. Spokane. Snowshoes, guides, walking poles, headlamps and transportation provided. **Meet at Yoke's Fresh Market Parking Lot 14202 N. Market St. \$23**

2128	Fri.	1/4	6-9pm
2129	Fri.	2/1	6-9pm
2130	Fri.	3/1	6-9pm

**Snowshoe Lake Gillette with Transportation**

**1 Day | Ages 18+ Sponsored by Mountain Gear** We will explore this high mountain lake surrounded by meadows and forested slopes. This great trail will be a true winter memory for you. This guided hike will take you uphill to a scenic overlook that will leave you in awe. Pre-trip information emailed after registration. Guides, snowshoes, walking poles and transportation included! **Meet at Mountain Gear Parking Lot 2002 N Division. \$39**

2131	Sun.	2/24	9am-4pm
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**Snowshoe Moonlight Hike and Dinner**

**1 Day | Ages 18+** Travel through the winter landscape of Mount Spokane by the magic of moonlight. After exploring the area you will return to the Selkirk Lodge for wonderful made from scratch meal of lasagna, salad, bread sticks and more from Greenbluff Fresh Catering Company! Includes guide, snowshoes, headlamp and meal. Directions emailed after registration. SNO-PARK and Discover Pass required. \$5 discount if you bring your own equipment. Please call 509.625.6200 for discount. Pre-trip information emailed after registration. **Meet at Mt Spokane State Park Selkirk Nordic Lodge. \$49**

2112	Sat.	1/19	6-9pm
2113	Sat.	2/16	6-9pm

## REGISTER BY PHONE



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

## OR ONLINE



**SpokaneRec.org**



## SNOWSHOEING



*Taking in the winter wonderland of Mt Spokane on a guided snowshoe tour*

### Snowshoe Mt Spokane Deep Forest Tour

**1 Day | Ages 16+** This is a more advanced snowshoe outing. We will start at the Selkirk Lodge and head straight down the hill to the east through the forest. Basic route finding skills will be reviewed. We will emerge onto an untracked logging road, spend some time exploring it, and then return up to our starting point on Trail 260. Snowshoes with crampons provided. The loop is about 1.25 miles with about 460' of elevation loss/gain and the trip will take 2-3 hours. **Meet at Yoke's Fresh Market Parking Lot 14202 N. Market St. \$39**

2150	Sat.	2/2	10am-2pm
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### Snowshoe Newman Lake McKenzie Conservation Area with Transportation

**1 Day | Ages 15+** Learn the basics of snowshoeing on this beautiful conservation property along Newman Lake. This is a moderate 2-3 mile hike with an occasional steep hill. We'll travel through snow covered western red cedars, firs and pine trees. Take in the majestic views of the lake, meadows, Mt. Spokane and surrounding areas from Turtle Rock. Transportation, snowshoes, walking poles and guides provided. Pre-trip information emailed after registration. **Meet at Albertsons Grocery Parking Lot 8851 E. Trent. \$25**

2137	Sat.	1/5	10am-1:30pm
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### Snowshoe Sherman Pass with Transportation

**1 Day | Ages 18+** Sherman Pass is the highest mountain pass in Washington, which means great snowshoeing. You will follow the famous Kettle Crest Trail North through high mountain forest slopes. Forested landscape and magnificent views is what this trip is all about. Schedule subject to change due to snow conditions. Includes: snowshoes, walking poles, transportation, instruction and guides. Pre-trip information emailed upon registration. **Meet at Wandermere Rite Aid Parking Lot 12420 N. Division St. \$49**

2138	Sat.	3/23	7am-6pm
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### Snowshoe Summit Mt. Spokane with Transportation

**1 Day | Ages 18+** Spring is in the air! Get outside to Mt. Spokane for some fun in the snow. During this hike to the summit of Mt Spokane get a great workout while catching a glimpse of local lakes in the valley below, as well as far off snow-capped peaks. Bring a camera for some amazing shots! This uphill hike will take most of the morning and afternoon. Bring a trail lunch and snacks, water and come have some fun. Additional information emailed after registration. Includes: snowshoes, walking poles, transportation, instruction and guides. **Meet at Yoke's Fresh Market Parking Lot 14202 N. Market St. \$29**

2139	Sat.	3/9	10am-3pm
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### Snowshoe Tour 49 Degrees North

**1 Day | Ages 15+** Tour the trails of 49 Degrees North! Your guide will give you tips leading to better control and more fun on your snowshoes. Beautiful scenery and healthful exercise followed by a tasty lunch in the yurt. Includes trail pass, guide/instructor, poles, snowshoes and lunch! Pre-Trip information emailed after registration. **Meet at 49 Degrees North Nordic Area Yurt 3311 Flowery Trail Rd. \$39**

2140	Sat.	1/19	10am-1pm
2141	Sun.	2/17	10am-1pm
2142	Sat.	3/2	10am-1pm

### Snowshoe Moonlight Hike with Transportation

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

1300	Sat.	12/22	6-9pm
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### Martin Luther King Day

2134	Mon.	1/21	6-9pm
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### Presidents Day Snowshoe

2135	Mon.	2/18	6-9pm
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### St Patrick's Day

2136	Sun.	3/17	6-9pm
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### Snowshoe Tour Mt. Spokane with Transportation

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

1301	Sun.	12/23	10am-2pm
2143	Sun.	1/6	10am-2pm
2144	Sat.	1/12	10am-2pm
2147	Sat.	2/23	10am-2pm
2148	Sun.	3/3	10am-2pm

### Friends of Mt. Spokane Tour

1302	Sat.	12/29	10am-2pm
2145	Sat.	1/26	10am-2pm

Register online at [SpokaneParks.org](http://SpokaneParks.org)



## WHAT'S HAPPENING

### Blood Moon Class

**1 Day | Ages 12+** Join us for a class on moon lore and moon gazing on the evening of the Total Eclipse of the Moon, visible in Spokane from 6:36 to 11:48 p.m. Our class will begin in the haunted Corbin Mansion at lower Edwidge Woldson Park with a talk by ghostologist and Spokane Folk Lore Historian Chet Caskey, and after refreshing adult and non-alcoholic cocktails and snacks we will proceed up the historic Tiger Trail along the Moore-Turner Heritage Garden for a bit of local folk lore and arrive at upper Edwidge Woldson Park with its spectacular views of the city and the rising Blood Moon. **Meet at the Corbin Art Center 507 W 7th Avenue.**

**Youth 12-17 Years Old** \$10

2216	Sun.	1/20	6-9pm
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**Adults 18+** \$22

2214	Sun.	1/20	6-9pm
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### Chinese New Year Celebration & Feng Shui

**1 Day | Ages 12+** Join feng shui enthusiast and Folk Lore Historian Chet Caskey as we celebrate the culmination of the Chinese New Year celebration with the Lantern Festival and the beginning of the Year of the Pig at the Corbin Art Center Mansion at lower Edwidge Woldson Park. Chet will introduce class members to feng shui principals and outline Chinese forecasts for the coming year, as well as have on hand a complete selection of Lillian Too's 2019 feng shui forecasts for individuals to examine. I Ching yarrow sticks, a Book of Changes and cards will be on hand for both instruction and use for those who want to delve deeper in to their 2019 forecast. Traditional Chinese New Year treats and tea provided. **Meet at the Corbin Art Center 507 W 7th Avenue.** \$22

2201	Sun.	2/17	1-4pm
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### Ghost Downtown Walking Ghost Tour

**1 Day | Ages 12+** Join master story teller 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 of serial killers, suicidal lovers, theater ghosts, the old Chinese ghetto and the most famous ghost site of the Great Fire of Spokane. Refreshments will be provided. **Meet at Visit Spokane Kiosk 507 N. Howard St.** \$15

2173	Sat.	3/2	7-9pm
2174	Sun.	3/3	3-5pm
2175	Sun.	3/10	3-5pm
2176	Sat.	3/16	7-9pm
2177	Sun.	3/17	3-5pm
2178	Sun.	3/24	3-5pm
2179	Sat.	3/30	7-9pm
2180	Sun.	3/31	3-5pm

### Sunday Morning Tea and Tarot at the Corbin Mansion

**1 Day | Ages 10+** Join Tarot enthusiast Chet Caskey for tea and pastries at the haunted Corbin Mansion as you learn the fundamentals and intermediate techniques of Tarot card reading and encourage the release of innate psychic abilities we all possess. Beginning and trained Tarot card readers will benefit. Tarot cards and refreshments included in the ticket price. **Class held at the Corbin Art Center 507 W 7th Avenue.** \$15

2184	Sun.	1/13	10am-12pm
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2185	Sun.	2/10	10am-12pm
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### Ghost Evening Ghost Hunt & Walk

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

2194	Sat.	3/9	7-9pm
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### Ghost A Night of Psychic Readings & Spiritualism

**1 Day | Ages 21+** A night of spiritual readings with Spokane Psychic Medium Dr. Candess Campbell and host ghostologist Chet Caskey at the haunted Corbin Art Center. Street parking is available at no additional charge. Entrance to the event at the South Walnut Street entrance and up the exterior stairs. Refreshments provided. **Class held at the Corbin Art Center 507 W 7th Avenue.** \$22

2181	Sat.	1/26	6-8:30pm
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2182	Sat.	2/23	6-8:30pm
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2183	Sat.	3/23	6-8:30pm
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### Wills Preparing Basic

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

2514	Tu	3/5 & 3/26	6-8PM
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# WE'RE ALREADY THINKING ABOUT SPRING!

Spring registration  
starts January 28. Visit  
[SpokaneRec.org](http://SpokaneRec.org) to get  
ahead of the crowd!

## Walla Walla Bicycle Wine Tour

June 2 & 3, 2019



Great wines, wonderful bike riding,  
beautiful scenery, and historic lodging.

See page 13 for details.

CITY OF  
SPOKANE  
PARKS &  
RECREATION





## PRESCHOOL MUSIC

**NEW!**

### Kids Music Class

**8 Weeks | Ages 4-5** Young children and parents will sing, dance and play instruments in this class. Solo singing is encouraged to develop listening, pitch-matching and language skills. Concepts such as high and low, soft and loud, up and down are taught in a game-like atmosphere. Puppets, felts and props add to the special music making experience. **Classes held at Bartell Music Academy 418 E Pacific Ave. \$120**  
2481 Fri. 1/25-3/15 1-1:45pm

**NEW!**

### Toddler Music Class

**8 Weeks | Ages 2-3 yrs.** 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. \$120**  
2479 Fri. 1/25-3/15 11-11:45am

**NEW!**

### Baby & Me Music Class

**8 Weeks | Ages 0-1 yrs.** 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 week on infant musical development and learn activities to share in class and use at home. **Classes held at Bartell Music Academy 418 E Pacific Ave. \$120**  
2476 Fri. 1/25-3/15 10-10:45am

## MUSIC

### Accordion for Adults

**4 Weeks | Ages 13+** Learn how to play the accordion using the Australian method that will have you playing and enjoying music right away even if you've never read music or played a musical instrument. Play great-sounding pieces - immediately - from the very first lessons! Sign up today to get started playing the accordion. Call (509) 998-5422 for alternative class times/dates. **Classes held at Bartell Music Academy 418 E Pacific Ave. \$68**

2441	Tues.	1/8-1/29	6-6:30pm
2442	Tues.	2/5-2/26	6-6:30pm
2443	Tues.	3/5-3/26	6-6:30pm

### Accordion for Children

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

2445	Wed.	1/9-1/30	3:30-4pm
2446	Wed.	2/6-2/27	3:30-4pm
2447	Wed.	3/6-3/27	3:30-4pm

### Drums for Adults

**4 Weeks | Ages 13+** Drum lessons on the snare drum and drum set. Students will learn the rhythmic patterns that will form the backbone of their drumming. These patterns morph into popular drum beats and before they know it - they're rocking it! Our percussion teachers teach a variety of styles including jazz, rock, blues, Latin, concert band and other pop styles. Sign up today to get started. **Classes held at Bartell Music Academy 418 E Pacific Ave. \$68**

2470	Thurs.	1/10-1/31	5:30-6pm
2471	Fri.	2/8-3/1	5-5:30pm
2472	Fri.	3/8-3/29	5-5:30pm

### Drums for Children

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

2467	Wed.	1/9-1/30	4-4:30pm
2468	Fri.	2/8-3/1	4-4:30pm
2469	Fri.	3/8-3/29	4-4:30pm

### Guitar for Adults

**4 Weeks | Ages 13+** Guitar lessons that motivate and equip students to succeed. Students will learn chords, simple riffs and melodies on their guitar. Our guitar teachers teach a variety of styles including rock, blues, metal, country and classical guitar. As students make quick progress with positive reinforcement, they are motivated to learn and continue enjoying music for their entire life. Call (509) 998-5422 for alternative class times/dates. **Classes held at Bartell Music Academy 418 E Pacific Ave. \$68**

2458	Wed.	1/9-1/30	5:30-6pm
2459	Wed.	2/6-2/27	5:30-6pm
2460	Wed.	3/6-3/27	5:30-6pm

### Guitar for Children

**4 Weeks | Ages 6-12 yrs.** Guitar lessons that motivate and equip students to succeed. Students will learn chords, simple riffs and melodies on their guitar. Our guitar teachers teach a variety of styles including rock, blues, metal, country and classical guitar. As students make quick progress with positive reinforcement, they are motivated to learn and continue enjoying music for their entire life. Call (509) 998-5422 for alternative class times/dates. **Classes held at Bartell Music Academy 418 E Pacific Ave. \$68**

2455	Tues.	1/8-1/29	5:30-6pm
2456	Tues.	2/5-2/26	5:30-6pm
2457	Tues.	3/5-3/26	5:30-6pm



## MUSIC

### Piano for Adults

**4 Weeks | Ages 13+** Piano lessons that are fun! 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. Sign up today to get started playing! Call (509) 998-5422 for alternative class times/dates. **Classes held at Bartell Music Academy 418 E Pacific Ave. \$68**

2448	Tue.	1/8-1/29	6-6:30pm
2449	Tue.	2/5-2/26	6-6:30pm
2450	Tue.	3/5-3/26	6-6:30pm

### Piano for Children

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

2451	Mon.	1/7-1/28	5:30-6pm
2452	Mon.	2/4-2/25	5:30-6pm
2453	Mon.	3/4-3/25	5:30-6pm

### Voice for Adults

**4 Weeks | Ages 13+** Sign up to start learning how to sing with ease and confidence! Learn how expand your vocal range, develop breath control and tips for tone production. Prepare to have fun and enjoy developing your natural instrument so that you can sing your favorite songs with power. **Classes held at Bartell Music Academy 418 E Pacific Ave. \$68**

2461	Wed.	1/9-1/30	5:30-6pm
2462	Wed.	2/6-2/27	5:30-6pm
2463	Wed.	3/6-3/27	5:30-6pm

### Voice for Children

**4 Weeks | Ages 6-12 yrs.** 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 Call (509) 998-5422 for alternative class times/dates. **Classes held at Bartell Music Academy 418 E Pacific Ave. \$68**

2464	Wed.	1/9-1/30	4:30-5pm
2465	Wed.	2/6-2/27	4:30-5pm
2466	Wed.	3/6-3/27	4:30-5pm

### Sing from the Heart

**8 weeks | Ages 18+** Vocal technique and performance workshop. Participants work on repertoire, audience rapport, vocal technique and performance skills with an emphasis on developing individual style and expression. All levels welcome. Individual focus can range from fine tuning vocal technique, working through stage fright, preparing for auditions and polishing professional performances to simply testing the waters as a first-time singer. **Meet at The Place on Park 2406 S. Park Dr. \$185**

2433	Tues.	1/15-2/19	7-8:30pm
2434	Tues.	3/12-4/16	7-8:30pm

### Sing from the Heart for Kids

**6 Weeks | Ages 6-12 yrs.** 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. **Meet at The Place on Park 2406 S. Park Dr. \$125**

2437	Tues.	1/15-2/19	4-5pm
2438	Tues.	3/12-4/23	4-5pm

### Sing from the Heart for Teens

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

2435	Thurs.	1/17-2/21	4-5pm
2436	Thurs.	3/14-4/25	4-5pm

**NEW!**

### Ukulele in 5 Minutes-a-Day!

**4 weeks | Ages 14+** Peace, Love, Ukulele! Make new friends and bring joy to your life and to others by making music. This is the fastest, most fun and very best method to learn or to improve your Ukulele Skills! Any skill level welcome! Call to arrange the right class time! Hour-long classes; Half-hour private lessons. (Performance opportunities available) **Classes held at Everyone Makes Music Comstock Studio 904 W. Comstock Ct. \$68**

2501	Fri.	1/4-1/25	Noon-1pm
2502	Mon.	1/7-1/28	Noon-1pm
2503	Fri.	2/1-2/22	Noon-1pm
2504	Mon.	2/4-2/25	Noon-1pm
2505	Fri.	3/1-3/22	Noon-1pm
2506	Mon.	3/4-3/25	Noon-1pm





## FITNESS & WELLNESS

### Cardio Fusion 20/20/20

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

2439	Mon.	1/14-3/18	5:30-6:30pm
2440	Cardio 5 Punch Pass		\$25

## YOGA

### Gentle Stretch Yoga

**6 Weeks | Ages 18+ | Robin Marks** If you have not exercised for a while, suffer from some of the aches and pains that can accompany life, or you simply want to de-stress in a gentle matter, this is the class for you. Same benefits as Basic Yoga class but gentler. **Unity Spiritual Center 2900 S Bernard St. \$70**

2428	Sat.	1/19-2/23	9-10am
2429	Sat.	3/16-4/20	9-10am

### Meditation & Yoga Combo Class

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

2432	Sat.	2/2-2/23	9-10:30am
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### Modified Yoga

**6 Weeks | Ages 18+ | Robin Marks** Yoga poses, stretches and strengtheners modified with the use of comfortable sitting chairs. Experience all the benefits of yoga modified to your body's needs and without struggling to sit on the floor or get up and down off the floor, as in standard yoga classes. Note: gentle stairs must be taken to reach the classroom. **Unity Spiritual Center 2900 S Bernard St. \$60**

2430	Thurs.	1/17-2/21	10:30-11:15am
2431	Thurs.	3/14-4/18	10:30-11:15am

### YogaJoy Mindful Eating

**3 Sessions | All ages** Reconnect with the experience of eating — and enjoying — your food. Sometimes referred to as “the opposite of diets,” mindful eating is based on the idea that there is no right or wrong way to eat, but rather varying degrees of consciousness about what we are eating and why. The goal of mindful eating, then, is to base our meals on physical cues, such as our bodies’ hunger signals, not emotional ones — like eating for comfort. Learn how practicing mindfulness plays a big role in the way you see yourself and the world around you. Then learn how to tap into and trust your body’s cues to end the diet cycle and establish a new approach for to eating. **YogaJoy North 12501 N. Division St., Suite 5 \$50 series, \$20 individual sessions**

2255	Tues	1/22-2/5	5:45-7pm
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### Pilates Mat Barre Fusion

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

2264	Mon., Wed.	12/26-1/23	4-5pm
2281	Mon., Wed.	1/28-2/20	4-5pm
2283	Mon., Wed.	2/25-3/20	4-5pm

### Yoga Basic

**6 Weeks | Ages 18+ | Robin Marks** Feel great! Classes are designed to meet you where you are. Relax into ever-deepening levels of flexibility, strength and well-being. De-stress and revitalize through yoga asanas, breathing, focusing and relaxation techniques. Appropriate for beginners as well as continuing students. Teacher Robin Marks has more than 20 years' experience teaching yoga from working with athletes to helping those with physical setbacks. **Unity Spiritual Center 2900 S Bernard St. \$70**

2421	Tues.	1/15-2/19	5:30-6:30pm
2422	Wed.	1/16-2/20	6:30-7:30pm
2423	Tues.	3/12-4/16	5:30-6:30pm
2424	Wed.	3/13-4/17	6:30-7:30pm

### Yoga Deeper Stretch

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

2425	Thurs.	1/17-2/21	5:30-6:30pm
2426	Thurs.	3/14-4/18	5:30-6:30pm

### YogaJoy Mindful Meditation

**4 Sessions | All ages** This guided meditation program with Certified Meditation Instructor, Rosie Michaelis, will help you learn to calm your mind and body to help you cope with stress and find balance in your daily life. The principal focus of this meditation is “mindfulness,” which is a focus on things happening in the present moment. By doing so you gain immediate access to your own powerful inner resources for insight, transformation and healing. Time in seated meditation will increase each session throughout the series starting with 15 minutes and building up to one hour. **YogaJoy North 12501 N. Division St., Suite 5 \$70 series, \$20 individual sessions**

2248	Tues	12/18-3/19	5:45-6:45pm
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## YOUTH/PRESCHOOL YOGA

### YogaJoy Holiday Themed Kids Yoga Camp

**1 Session | Ages 3-12** Leave the kids with us while you run your holiday errands! Kids Yoga session, a holiday movie, seasonal crafts and healthy snacks will keep them busy while you finish up holiday details or take a little time for yourself! **YogaJoy North, 12501 N. Division St., Suite 5** \$15 each, \$10 additional child within family. \$15  
2258 Sat 12/15 1-4pm

### YogaJoy Kids Afterschool Yoga Club

**4 Weeks | Ages 5+** This four-week series is a fun and playful introduction to yoga, mindfulness, and meditation. Participants will learn breathing techniques to reduce stress and foundational poses to improve coordination, focus, confidence, and balance in a non-competitive and creative atmosphere. **YogaJoy North 12501 N. Division St., \$40**  
2238 Mon. 12/3-12/24 3:45-4:30pm  
2239 Mon. 1/7-1/28 3:45-4:30pm  
2240 Mon. 2/4-2/25 3:45-4:30pm  
2241 Mon. 3/4-3/25 3:45-4:30pm

### YogaJoy Kids Weekend Yoga Club

**4 Weeks | Ages 5+** This four-week series is a fun and playful introduction to yoga, mindfulness, and meditation. Participants will learn breathing techniques to reduce stress and foundational poses to improve coordination, focus, confidence, and balance in a non-competitive and creative atmosphere. **YogaJoy North 12501 N. Division St., Suite 5 \$40**  
2243 Sat. 12/1-12/22 9:15-10am  
2244 Sat. 1/5-1/26 9:15-10am  
2245 Sat. 2/2-2/23 9:15-10am  
2247 Sat. 3/2-3/23 9:15-10am

### YogaJoy Teen Barre Series

**4 Weeks | Ages 13-18 yrs.** Designed to incorporate principles of ballet, Pilates, and functional fitness, Barre is the perfect after school activity for active teens. Students will focus on alignment, balance and posture while building dynamic strength in a safe and welcoming environment. **YogaJoy North 12501 N. Division St., Suite 5 \$40**  
2259 Tues. 1/8-1/29 3:30-4:30pm  
2260 Tues. 3/5-3/26 3:30-4:30pm  
2238 Tues. 2/5-2/26 3:30-4:30pm

### Gymnastics - Preschool

**6 Weeks | Ages 3-4 yrs.** Preschoolers learn fundamental gymnastics in a fun, fast-paced 50 minute co-ed class. At the age when young children become gradually more aware of their bodies and how to control their movements they can learn an accumulation of skills, the social skills necessary to work in a group, and also the ability to mentally and physically string skills together. **Spokane Gymnastics 2515 N Locust Rd, Spokane Valley, WA. \$99**  
2187 Fri. 2/15-3/22 9-9:50am  
2188 Fri. 2/15-3/22 11-11:50am  
2189 Fri. 2/15-3/22 4-4:50pm

## HILLYARD SENIOR CENTER

4001 N Cook St, Spokane, WA 99207

Register for inquire or the below classes by calling: 509-482-0803

### CDA Theater Presents : "Traditions of Christmas"

**1 Day | Adults 50+ |** Travel on a journey through time and heritage in this Radio City Style Show. Throughout, the USO performance and your favorite Christmas classics are brought to life with song and dance. Featuring a cast of 70 people, spectacular sets, live animals, and over 400 costumes, is an experience that you won't want to miss! \$39  
Fri. 12/21 1:45pm - 6pm

### Easy & Fun Senior Snowshoeing

**1 Day | Adults 50+ |** This adventure is for the active senior who enjoys the snow and spectacular outdoor scenery. We'll be snowshoeing on an easy terrain trail in the local area. Previous experience is not necessary and snowshoes will be provided but all participants must be able to walk a leisure mile. Afterwards we will warm up with a sweet treat (on your own). \$15  
Fri. 1/18 9am - 3pm

### A Big Band Sweethearts Ball (featuring Tuxedo Junction)

**1 Day | Adults 50+ |** This will be a wonderful evening of socializing, and listening to the fabulous Big Band sounds of Tuxedo Junction. A no-host bar and free Hors d'oeuvres will be available. Sign-up as a single or bring your sweetheart along! Seats are limited, register early to get your seats. \$29  
Sat. 2/9 5:30pm - 9pm

### ESCAPE ROOM - (Theme Masterminds & Puzzle Solvers)

**1 Day | Adults 50+ |** Escape Entertainment sets up a themed room with puzzles and it's up to you and your team to figure out how to escape! Each Escape room will have a special theme and can have up to 8 people working together to solve the puzzle. \$33  
Fri. 3/15 1pm - 3:30pm

## WEST CENTRAL COMMUNITY CENTER

1603 N Belt St., Spokane, WA 99205

For more information call: 509-326-9540

### Teen Activity Nights

**Ages 11-14yrs. |** This free program offers a variety of activities including sports, games, arts/crafts, and other events.  
Tuesdays 6-8pm  
Thursdays 7-9pm

### Before/After School Program

**Weekly | Grades K-6 |** Program is a licensed childcare program offering education and recreation activities. Program serves Holmes, Audubon Elementary and Spokane Public Montessori Schools and drops off and picks up to and from those schools. Cost is income based on a sliding scale  
School days 6:30-8:30am & 3-6pm  
Non-School days 6:30am-6pm

### Youth Wrestling Program

**Ages 5-14yrs. |** This program teaches the basic fundamentals of wrestling to prepare for tournaments in late February and March. \$35/month  
Mon. / Thurs. 5-7pm



## GYMNASTICS

### Gymnastics for Tiny Tots

**6 Weeks | Ages 18 - 36 months** Parents interact with their children in a structured class where toddlers learn very basic gymnastics skills; including rolls, jumps and balance with a focus on improvement of fine and gross motor skills, and the ability to follow directions in a fun environment with songs and games. **Spokane Gymnastics 2515 N Locust Rd, Spokane Valley, WA \$99**  
2186 Fri. 2/15-3/22 10-10:50am

### Gymnastics- Homeschool Program

**6 Weeks** Spokane Gymnastics works with individuals as well as various homeschool organizations to provide one hour co-ed gymnastics lessons promoting physical activity and teaching gymnastics skills on all the Olympic Events. We are happy to work with individuals or other alternative school organizations **Spokane Gymnastics 2515 N Locust Rd, Spokane Valley, WA \$117**

#### Ages 5-8

2190 Fri. 2/15-3/22 1:15-2:05pm

#### Ages 9-12yrs

2191 Fri. 2/15-3/22 1:15-2:05pm

### Gymnastics- Introduction

**6 Weeks** Basic gymnastics skills taught on all the Olympic Events: Vault, Balance Beam, Uneven, Horizontal and Parallel Bars, Floor, Rings and Pommel Horse in a fun and encouraging environment. **Spokane Gymnastics 2515 N Locust Rd, Spokane Valley, WA \$117**

#### Ages 5-8

2192 Fri. 2/15-3/22 5-6pm

#### Ages 9-14

2193 Fri. 2/15-3/22 6:15-7:15pm



Epic foam pit plunge at Parkour!

### Gymnastics- Ninja Zone

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

#### Boys level 1 Ages 5-11yrs \$117

2199 Fri. 2/15-3/22 5-6pm

2200 Fri. 2/15-3/22 6:15-7:15pm

#### Preschool Co-Ed Ages 3-5yrs \$99

2196 Fri. 2/15-3/22 10-10:50am

2197 Fri. 2/15-3/22 11-11:50am

2198 Fri. 2/15-3/22 4-4:50pm



Ninjas in training

### Gymnastics- Parkour

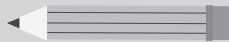
**6 Weeks | Ages 10-18** Parkour is the physical discipline of training to overcome any obstacle by adapting one's movements to the environment. One hour "urban gymnastics" class teaches participants how to negotiate obstacles in the most efficient (and fun) way possible as well as how to jump, land and flip safely Parkour. **Spokane Gymnastics 2515 N Locust Rd, Spokane Valley, WA \$117**

2195 Fri. 2/15-3/22 7:30-8:30pm



# Tennis Afterschool Zone

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



School	Location	Day	Start Date	End Date	Time	Price
Moran Prairie Elementary	Gym	Monday	1/14/19	3/18/19	6:15pm - 7:15pm	\$ 64.00
Roosevelt Elementary	Gym	Tuesday	1/29/19	3/19/19	6:15pm - 7:15pm	\$ 64.00
Jefferson Elementary	Gym	Wednesday	1/30/19	3/20/19	6:15pm - 7:15pm	\$ 64.00
Arlington Elementary	Gym	Monday	1/14/19	3/18/19	6:15pm - 7:15pm	\$ 8.00
Lidgerwood Elementary	Gym	Tuesday	1/29/19	3/19/19	6:15pm - 7:15pm	\$ 8.00
Balboa Elementary	Gym	Thursday	1/31/19	3/21/19	6:15pm - 7:15pm	\$ 64.00

For more info register today at: [RecTennis.com/spokane](http://RecTennis.com/spokane)



riverfront  
SPOKANE

## unlimited ice pass

**Skate all you want.  
Whenever you want.**

\*During regular operating hours

Adult: \$32.95  
Child (ages 3-12): \$27.95

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



## MARTIAL ARTS

**Aikido**

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

**Adult Beginning 14+**

2230	Tues., Thurs.	1/8-1/31	6:30-7:30pm
2231	Tues., Thurs.	2/5-2/28	6:30-7:30pm
2232	Tues., Thurs.	3/5-3/28	6:30-7:30pm

**Kids Beginning Ages 6-13 yrs.**

2226	Tues., Thurs.	1/8-1/31	5-6pm
2227	Tues., Thurs.	2/5-2/28	5-6pm
2229	Tues., Thurs.	3/5-3/28	5-6pm

**Karate Traditional Okinawan Goju Ryu**

**4-6 Weeks | Ages 6+** This class is open to beginners, those with previous experience, and practitioners of other styles. The content will focus on traditional Okinawan Goju Ryu. The instruction stresses physical conditioning (i.e., cardiovascular endurance, muscular endurance, and flexibility) with a consistent focus on self-defense. It includes specific areas typical of karate practice: standing and moving basics, kata (a set pattern of offensive and defensive moves), and randori (cooperative kumite or sparring practice). The purchase of a Gi (karate uniform) is expected. Gis can be ordered from the instructor (\$20 for youth and \$30 for adults which includes a patch). **Southside Senior Activity Center 3151 E 27th Ave, Spokane WA. \$60**

**Youth Ages 6-14**

2263	Mon., Wed.	1/14-2/21	4:30-5:30pm
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**Adult Ages 15 +**

2262	Mon., Thurs.	1/14-2/21	5:45-6:45pm
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**Kung Fu for Youth**

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

2265	Mon., Wed.	12/26-1/21	6:15-7pm
2266	Mon., Wed.	1/23-2/18	6:15-7pm
2267	Mon., Wed.	2/20-3/18	6:15-7pm
2268	Tues., Thurs.	12/27-1/24	6:15-7pm
2269	Tues., Thurs.	1/29-2/21	6:15-7pm
2270	Tues., Thurs.	2/26-3/21	6:15-7pm

**Kung Fu Little Dragons**

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

2271	Mon., Wed.	12/26-1/23	5:45-6:15pm
2273	Mon., Wed.	1/28-2/20	5:45-6:15pm
2275	Mon., Wed.	2/25-3/20	5:45-6:15pm
2277	Tues., Thurs.	12/27-1/24	5:45-6:15pm
2279	Tues., Thurs.	1/29-2/21	5:45-6:15pm
2280	Tues., Thurs.	2/26-3/21	5:45-6:15pm

## YOUTH SPORTS

**Lilac Skating**

**6 Weeks | Ages 4+** The Learn to Skate USA program provides a fun and positive experience that will instill a lifelong love of skating. This curriculum offers something for everyone for all ages. This ice skating program is endorsed by U.S. Figure Skating and USA Hockey. Whether you wish to enjoy the recreational benefits of skating or dream of Olympic fame, this is the place to start. Please wear warm loose fitting clothing, gloves/mittens, thin socks, helmets not required, but highly recommended for beginners. Include with signup 5 free public passes. **Eagle's Ice-A-Rena 6321 N. Addison. \$96**

2237	Wed.	1/9-2/13	6:00-7:00pm
2491	Wed.	2/20-3/27	6:00-7:00pm
2492	Sat.	1/5-2/9	10:30-11:30am
2493	Sat.	2/16-3/23	10:30-11:30am

**WE LIKE YOU!**  
**DO YOU LIKE US?**



**@SPOKANEPARKS**



## ADULT DANCE

### Dance Adult Beginner Ballet

**4 Weeks | Ages 13+** It is never too late to follow your dreams! A Time to Dance is a professional studio with an excellent reputation for teaching ballet. Dress code: form fitting athletic clothing, ballet slippers (no satin slippers). Contact # 509-714-1887 for more information. **A Time to Dance Studio 3815. N Post St. \$47**

2220	Sat.	1/5-1/26	2:30-4pm
2221	Sat.	2/2-2/23	2:30-4pm

### Dance Baby Wearing Class

**4 Weeks |** Babies inside or out For moms who would like to dance and rediscover their bodies after baby. Dress Code: Stretchy athletic attire and baby wrap/carrier of your choice. Contact # 509-995-5207. A Time to Dance strives to teach dance in a loving and creative family atmosphere. **A Time to Dance Studio 3815. N Post St. \$47**

2224	Wed.	1/2-1/23	11am-12pm
2225	Wed.	2/6-2/27	11am-12pm

### Modern Western Square Dancing

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

**North Spokane Dance Center 7424 N Freya St, Spokane, WA**

2172	Wed.	1/2-5/15	7-9pm
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**Western Dance Center 1901 Sullivan Rd, Spokane Valley, WA**

2171	Mon.	1/7-5/20	7:15-9:30pm
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## YOUTH DANCE

### Dance - Hip Hop

**4 Weeks | Ages 8-13 yrs.** Learn to express yourself through street dance. A Time to Dance strives to teach dance in a loving and creative family atmosphere. Dress Code: athletic clothes and streak free sneakers. **A Time to Dance Studio 3815. N Post St. \$47**

2222	Mon.	1/7-1/28	5-6pm
2223	Mon.	2/4-2/25	5-6pm

### Dance Youth Ballet

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

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

2202	Sat.	1/5-1/26	10-10:30am
2203	Sat.	2/2-2/23	10-10:30am
2204	Wed.	1/2-1/23	12-12:30pm
2205	Wed.	2/6-2/27	12-12:30pm

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

2206	Sat.	1/5-1/26	10:30-11:15am
2207	Sat.	2/2-2/23	10:30-11:15am

**Ages 6-8yrs. \$42**

2208	Mon.	1/7-1/28	4:15-5pm
2209	Mon.	2/4-2/25	4:15-5pm
2210	Wed.	1/2-1/23	12:30-1:30pm
2211	Wed.	2/6-2/27	12:30-1:30pm

**Ages 7-11yrs. \$47**

2206	Sat.	1/5-1/26	10:30-11:15am
2207	Sat.	2/2-2/23	10:30-11:15am

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

2215	Wed.	1/2-1/23	1:30-3pm
2217	Wed.	2/6-2/27	1:30-3pm
2218	Wed.	1/2-1/23	6:15-7:30pm
2219	Wed.	2/6-2/27	6:15-7:30pm

**PRESS 3 FOR** *adventure*

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

*MySpokane* 311 call for city services





# MAYHEM FLAG FOOTBALL

The best flag football event in the Northwest!  
3-game guarantee for each division.

## JOIN THE MAYHEM!

**May 17-19**  
See page 27 for details.



See Page 30 for Details

**Learn to ice skate, or cruise down the snow hill  
on an inner tube. Winter adventures await!**



## FLAG FOOTBALL

### Spring Flag Football League

**9 weeks | Ages 18+** The SPRD Adult Flag Football Program offers divisions for all skill levels in three seasons: Spring, Summer (5on5 only), and Fall. The league is divided into five divisions: A Division (Elite), B (Upper Competitive), C (Lower Competitive), D (Recreational), and the new 5on5 format in two divisions. All games played at the **Dwight Merkel Sports Complex 5701 N. Assembly** on Friday nights and all-day Sundays.  
**Registration closes 2/15.**

Activity #	Division	Days	Date	Fee
2406	5 on 5	Fri - Sun	3/1-5/10	\$350
2407	A Division	Fri - Sun	3/1-5/10	\$950
2408	B Division	Fri - Sun	3/1-5/10	\$950
2409	C Division	Fri - Sun	3/1-5/10	\$950
2410	D Division	Fri - Sun	3/1-5/10	\$950

## SOCCER

### Soccer League

**10 Weeks | 18+** Join SPRD soccer league in one of three divisions: Recreational, Competitive, and Masters. Teams will play 8-regular season games guaranteed, followed by playoffs for a minimum of 9 games per season. Games are played on Saturdays starting at 4pm, at the **Dwight Merkel Sports Complex 5701 N. Assembly**.  
**Registration closes: 3/8.** \$800

2411	Competitive	Sat.	3/23	4:30-10pm
2412	Recreational	Sat.	3/23	4:30-10pm
2413	Masters	Sat.	3/23	4:30-10pm

## VOLLEYBALL

### Volleyball League

**10-12 Weeks | Ages 18+** Come and join the fastest growing adult sports league in Spokane! Whether you are a team of seasoned players or new to the game, we have a division for you. We offer Coed 6on6 divisions with skill levels from A (very competitive), B (competitive), and C (recreational). We also offer Coed 4on4 and Women's 4on4. All games played in the area's Middle Schools. Register early, as most divisions fill up quickly. Dates and times are subject to change based on school district scheduling. **Registration closes: 12/17**

Activity #	Division	Days	Dates	Time	Fee
2398	Coed 4on4 - Chase	Tues.	1/8-3/12	6:15pm-12am	\$229
2399	Women's 4on4 - Garry	Wed.	1/2-3/6	6:15pm-12am	\$229
2400	Coed A - Garry	Mon.	1/7-3/25	6:15pm-12am	\$349
2401	Coed B - Sac/Glover	Mon.	1/7-3/25	6:15pm-12am	\$349
2402	Coed B - Salk	Thurs.	1/3-3/7	6:15pm-12am	\$349
2403	Coed C - Sac	Thurs.	1/3-3/7	6:15pm-12am	\$349
2404	Coed C - Salk	Fri.	1/4-3/8	6:15pm-12am	\$349
2405	Coed C Sac/ Glover	Mon.	1/7-3/25	6:15pm-12am	\$349

## SPRING SOFTBALL LEAGUE

### Spring Flag Football League

**7 weeks | Ages 18+** Join us this 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, Coed C, D, & E division, and Masters 50's and 60's. Play 6 weeks of double-header games into a 1 game guarantee playoff at the **Dwight Merkel Sports Complex 5701 N. Assembly**.  
**Registration closes 4/19.** \$750

Activity #	Division	Days	Date	Start Time
2525	Men's B	Tues.	4/30-6/18	6:15pm
2527	Men's C	Tues.	4/30-6/18	6:15pm
2528	Men's D	Mon.	4/29-6/17	6:15pm
2529	Men's D	Wed.	5/1-6/19	6:15pm
2530	Women's	Wed.	5/1-6/19	6:15pm
2531	Masters 50	Tues.	4/30-6/18	6:15pm
2532	Masters 60	Wed.	5/1-6/19	6:15pm
2533	Coed C	Thurs.	5/2-6/20	6:15pm
2534	Coed D	Thurs.	5/2-6/20	6:15pm
2535	Coed E	Thurs.	5/2-6/20	6:15pm
2536	Coed D	Sun.	4/28-6/16	6:15pm
2537	Coed E	Sun.	4/28-6/16	6:15pm

# NO TEAM? NO PROBLEM



No matter your sport, there's a team out there waiting for your talents.

Join our free agent list at  
[TEAMSIDELINE.COM/SPOKANE](http://TEAMSIDELINE.COM/SPOKANE)

\*adult sports only\*

FLAG FOOTBALL • SOCCER • SOFTBALL • VOLLEYBALL



## TRS DANCE, MUSIC & THEATRE

### TRS Day at the Theatre

**1 Day | Ages 16+** Come with us as we delight in the entertaining theatre productions put on by our local **Spokane Children's Theatre(SCT) and Christian Youth Theatre(CYT) Spokane.** \$24

#### The Snow Queen

Be spirited away by this new musical adaptation of Hans Christian Anderson's fantastical coming-of-age adventure that inspired the hit Disney movie Frozen. Join Gerda on a dangerous and whimsical quest to save her best friend Kai before he is trapped forever in the Snow Queen's palace. Dare to enter a world where flowers sing, animals talk, and riddles yearn to be solved. **Meet at Spokane Children's Theatre 2727 N Madelia St. #5.**

2294 Sun. 2/10 1:45-4pm

#### Disney's Aladdin JR

Welcome to Agrabah, City of Enchantment, where every beggar has a story and every camel has a tail! All of your favorite characters are here in this stage adaptation of the Disney hit, including Aladdin, Jasmine, and of course, the Genie. Filled with magic, mayhem, and flying carpet rides, audiences' spirits will soar with excitement. **Meet at Bing Crosby Theatre 901 W. Sprague.**

2315 Sun. 3/10 2:45-5:15pm

#### Arabian Nights

Long, long ago, in a faraway land of mystery and wonder, a cruel king listens as a beautiful princess tells him stories – magical tales of princes and fishermen, flying horses and fabulous treasures, talking animals and powerful genies. Will she find the one story that will save them both, and fill his heart with joy and love? Or is she doomed to die, and the king to remain forever alone? **Meet at Spokane Children's Theatre 2727 N. Madelia St. #5.**

2317 Sun. 3/17 1:45-4pm

### TRS Musical Production

**8 Weeks | Ages 15+** This year's musical will be Mama Mia Mash-Up! A selection of songs from the first and second musicals. Participants will have the opportunity to improve communication and socialization skills. **Ridgeview Elementary School Cafeteria 5610 N. Maple.** \$44

2274 Mon. 1/14-3/18 6:30-8pm

### TRS Drum & Dance

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

2252 Tues. 1/15-2/19 4:30-5:30pm

### TRS Sundancers Square Dancing

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

**Beginners-** meet the second and fourth Tuesdays of the month. January 15, 29, February 12, 26, March 12, 26.

2291 Tues. 1/15-3/26 6:30-8pm

**Performers-** meet the first and third Tuesdays of each month. They are welcome to come the second and fourth Tuesdays to help with the beginners. Performance nights are 1/22, 2/19, 3/19 with the pickup time as 9pm.

2292 Tues. 1/8-3/26 6:30-8pm



TRS Drama Class participants love to wear costumes





## TRS SKIING

**TRS Downhill Skiing and Snowboarding Lessons- Adaptive 1 Lesson | Ages 6+** One-to-one instructor/student ratio with volunteers trained in PSIA methods and therapeutic recreation elements. Course teaches mono & bi skiing for those who need to ski in sit down position, adaptive snowboarding, three and four track (outriggers) for amputee/ balance deficits and provides lessons for those with visual or sensory impairments. We ski/board at Mt. Spokane on Saturdays and meet at our Ski Chalet at the base of chair #5. To enroll in this class there is a separate registration form. Please find on web site [www.spokaneparks.org](http://www.spokaneparks.org) or call Alice Busch at 625.6245. Scholarships are available-request a form. No Lessons 2/16.

### Morning | 2 Hour Lesson \$53

2335	Sat.	1/19	9:30 – 11:30 am
2336	Sat.	1/26	9:30 – 11:30 am
2337	Sat.	2/2	9:30 – 11:30 am
2338	Sat.	2/9	9:30 – 11:30 am
2339	Sat.	2/23	9:30 – 11:30 am
2340	Sat.	3/2	9:30 – 11:30 am

### Afternoon | 2 Hour Lessons \$53

2341	Sat.	1/19	12:30-2:30pm
2342	Sat.	1/26	12:30-2:30pm
2343	Sat.	2/2	12:30-2:30pm
2344	Sat.	2/9	12:30-2:30pm
2345	Sat.	2/23	12:30-2:30pm
2346	Sat.	3/2	12:30-2:30pm
2516	Wed.	1/23	1:30-3:30pm
2517	Wed.	1/30	1:30-3:30pm
2518	Wed.	2/6	1:30-3:30pm
2519	Wed.	2/13	1:30-3:30pm
2520	Wed.	2/20	1:30-3:30pm
2521	Wed.	3/27	1:30-3:30pm

**Equipment rental fees:** Mono/Bi Sit Ski/Adaptive Snowboard \$12  
Ski/Snowboard and Boots \$12  
Outriggers only \$8



*TRS loves giving students the freedom to float down the slopes in our adaptive skisnowboard program.*



*Blue Waxers Reid taking a pirate break between races.*

### **TRS Cross Country Skiing Lessons- Blue Waxers**

**7 Weeks | Ages 12+** This class is designed for people with developmental disabilities. Fresh air, experience and fun are just a few benefits of this activity. We ski at Mt. Spokane on the terrific trail system. Participants should be able to walk a mile with minimal difficulty. The class size is limited to the number of volunteers. To enroll in this class there is a separate registration form. Please find on web site [www.spokaneparks.org](http://www.spokaneparks.org) or call Alice Busch 509.625.6245. Scholarships are available-request a form.

**Lessons | Equipment | Transportation from 2304 E. Mallon \$199**

2417 Sat. 1/5-2/23\* 7:30am-1:30pm

**Lessons | Equipment | Meet at Selkirk Lodge \$145**

2482 Sat. 1/5-2/23 9am-12pm

\*No Class 2/9


2/10 Langlauf Community Race-must register on own and let TRS know if taking provided transportation

**\*\*Special Olympics State Competition-Wenatchee Trip \$45\*\***

For qualifying participants only Details to follow.


2483 Fri.-Sun. 3/1-3/3

### REGISTER BY PHONE



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

### OR ONLINE



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

## TRS SKIING

### TRS Downhill Skiing & Snowboarding Lessons - Powderhounds

**6 Weeks | Ages 8+** Crisp air, swishing and swooshing of skis and boards, exercise and friendships are some of the benefits experienced. This program is designed for people with developmental disabilities. Beginning to advanced downhill ski and snowboard lessons are given with a 1:1-1:3 ratio by our terrific volunteers. If taking our transportation there will be two locations. If providing own transportation, meet at Lodge #1 at Mt. Spokane. **To enroll in this class there is a separate registration form.** Scholarships are available-request a form.

No Class 1/19, 2/16. Special ski trip 1/19 available.

#### Lessons Only \$162

2473 Sat. 1/5-2/23 10:30am-3pm

#### Lift Tickets & Lessons \$252

2474 Sat. 1/5-2/23 10:30am-3pm

#### Lift Tickets, Lessons, & Equipment Rental \$330

2475 Sat. 1/5-2/23 10:30am-3pm

#### Lift Tickets, Lessons, & Transportation \$354

2477 Sat. 1/5-2/23 9am-5pm

#### Transportation to Lodge #1 Only (\$17 each trip) \$102

2487 Sat. 1/5-2/23 9am-5pm

#### Lift Tickets, Lessons, Equipment Rental & Transportation \$444

2478 Sat. 1/5-2/23 9am-5pm

#### **\*\*Special Olympics State Competition-Wenatchee Trip** \$45\*\*

For qualifying participants only Details to follow.

2480 Fri.-Sun. 3/1-3/3

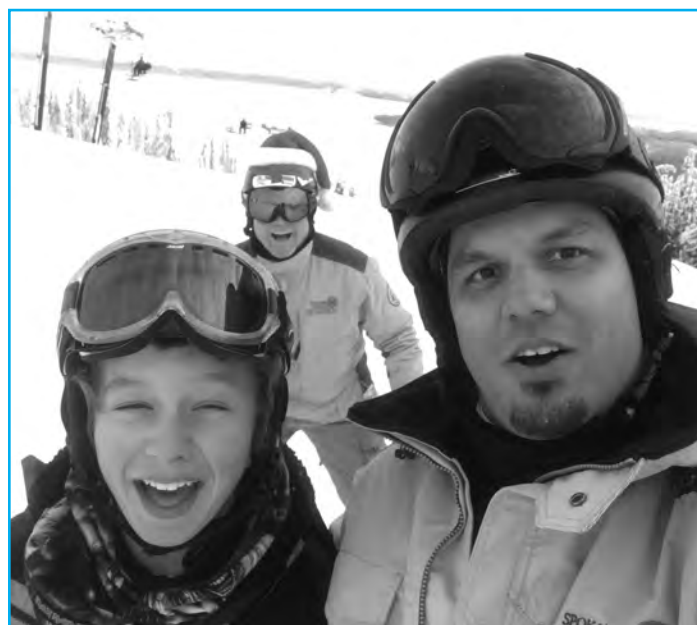


*Powderhound Heather Comer expresses pure joy as a life long skier.*

### Ski Day

**1 Day | Ages 18+** Come join us for fun, sun, and hopefully some powder snow at Lookout Pass. This program is for people with developmental disabilities who can ski independently, stay with a group, follow directions, and get along with others. Numbers accepted will be dependent on number of volunteer instructors. This is a great opportunity to experience a new mountain and enjoy a day of recreational skiing. **Transportation provided from Sinto Senior Activity Center 1124 W. Sinto. \$49**

2494 Sat. 1/19 7:30am-5:30pm



*Powderhounds laughing it up on the slopes*

## VOLUNTEER SKI/SNOWBOARD INSTRUCTOR WORKSHOPS 2019

**Adaptive Volunteer Training Clinics** (teaching those using adaptive pieces of equipment & methods): Friday January 4, 6-8 pm at Corbin Senior Activity Center, 827 W. Cleveland, Saturday Jan 12, 8:30am-4pm, Sunday Jan 13, 9am-4pm meet at Chalet at Mt. Spokane. Includes 2 lift tickets, training, background check & more. **\$45**

2418 Fri. 1/4, Sat. 1/12, & Sun. 1/13

**Blue Waxers** Teaching those with developmental disabilities how to cross country ski. Held at Selkirk Lodge. Includes training, background check and more. Must have a sno-park permit. **\$0**

2420 Sat. 12/29 9am-12pm

**Powderhound Volunteer Training Clinics** (teaching those with developmental disabilities): Wednesday November 28, 6-8pm at Corbin Senior Activity Center, 827 W Cleveland. Saturday December 29 – Sunday December 30, 9am-4pm Lodge 1 at Mt. Spokane Ski and Snowboard Resort. Includes 2 lift tickets, training, background check & more. **\$45**

2419 Wed. 11/28, Sat. 12/29, Sun. 12/30



## TRS SOCIALIZATION

### TRS Bingo & Burgers

**1 Day | Ages 18+** SYSA Bingo is our destination for an afternoon of fun and maybe prizes. We will check out a local burger place for dinner to round out the day. Bring \$12 for dinner. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto.** \$19  
2313 Sat. 3/16 2:15-5:45pm

### TRS Classy Crafts

**4 Weeks | Ages 16+** Explore your creative side and make a variety of beautiful and meaningful crafts each week. Participants will have the opportunity to improve skills such as fine motor, socialization and communication. **Sinto Senior Activity Center 1124 W. Sinto, dining room.** \$44  
2246 Thurs. 1/10-1/31 7-8:15pm  
2293 Thurs. 2/7-2/28 7-8:15pm  
2314 Thurs. 3/7-3/28 7-8:15pm

### TRS Dessert Delight

**1 Day | Ages 16+** If you have a sweet tooth and enjoy desserts come with us as we visit a variety of Spokane eateries. Program fee does not include food. **Transportation provided from Sinto Senior Activity Center 1124 W. Sinto, parking lot.** \$12  
**Prospectors** - Apple pie, carrot cake, sundaes, milkshakes, chocolate rush cake  
2251 Thurs. 1/16 7-9pm  
**Yummy Ice Cream Rolls** - Experience ice cream like no other! Liquid cream is turned to ice cream on a cold plate chilled below -10F and rolled into a custom sweet treat right in front of your eyes!  
2295 Thurs. 2/20 7-9pm  
**Lindaman's Gourmet** - Mocha coffee torte, red velvet cake, espresso cheesecake, and lemon bars  
2318 Wed. 3/27 7-9pm

### TRS Eagles Basketball

**1 Day | Ages 16+** Join us as we cheer on the Eastern Eagles Men's Basketball team as they take on the University of Northern Colorado. The excitement will take place at EWU on Reese Court. Bring suggested \$10 money for snacks or souvenirs if desired. **Transportation provided from Sinto Senior Activity Center 1124 W. Sinto Parking Lot.** \$24  
2300 Sat. 2/16 1-5pm

### TRS Fine Dining

**1 Day | Ages 18+** Do you like getting dressed up and going out? Come with us and experience the culinary delights of Spokane's finest restaurants! Staff will help in the selection and purchase of a meal. Participants will have the opportunity to improve social, communication, and etiquette skills. Price does not include cost of food. **Transportation provided from Sinto Senior Activity Center 1124 W. Sinto Parking Lot.** \$15  
**Red Robin** - Burgers, Shakes, Sweet Potato Fries and more  
2253 Wed. 1/9 6-9pm  
**Old Spaghetti Factory** - Ravioli, Lasagna, Tortellini and Spaghetti  
2320 Wed. 3/20 6-9pm

### TRS Fleece Hat & Scarf Workshop

**1 Day | Ages 14+** Have fun with fleece. Make a hat and scarf to keep you warm this winter with the guidance of TRS staff. A variety of colors and patterns will be available. No sewing experience required. Cocoa and snacks served. **Sinto Senior Activity Center, 1124 W. Sinto.** \$19  
2302 Fri. 2/15 6:30-8pm

### TRS Friday Night Jam

**1 Day | Ages 18+** Come rock and swing at Spokane's oldest on-going nightclub for people with developmental disabilities. If participants require direct supervision then care providers need to attend. Second Friday each month. **West Central Community Center, 1603 N. Belt.** \$7

**2019 New Year's Spectacular** - Celebrate the New Year with glitz and fun. Dress up and strike a stunning pose at our photo booth (\$1 Fee).

2257 Fri. 1/11 7-9pm

**Sweetheart Dance** - Bring a sweetheart to dance with. Wear red, pink and white. Dress up and strike a pose with your friends and sweethearts at our photo booth (\$1 fee).

2303 Fri. 2/8 7-9pm

**St. Paddy's Dance** - 'Tis the night for the luck of the Irish. Wear green and orange and pose for a picture at our photo booth (\$1).

2321 Fri. 3/8 7-9pm



Sheila celebrates the luck of the Irish at the monthly TRS Friday Night Jam Dance.



## 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.

**Spokane Chiefs Hockey** - Join us to watch the Spokane Chiefs hockey team play the Kamloops Blazers at Spokane Arena's Princess and Superhero Night. You may purchase snacks or dinner at the game. Dinner will cost around \$12. **Meet us at the Spokane Veterans Memorial Arena entrance of Boone and Howard.** \$29  
2254 Fri. 1/4 6:30-9:30pm

**Spokane Chiefs Hockey** - Join us to watch the Spokane Chiefs hockey team play the Vancouver Giants. You may purchase snacks or dinner at the game. Dinner will cost around \$12. **Meet us at the Spokane Veterans Memorial Arena entrance of Boone and Howard.** 29\$  
2256 Fri. 1/18 6:30-9:30pm

**Spokane Chiefs Hockey** - Join us watch the Spokane Chiefs hockey team play the Kelowna Rockets. You may purchase snacks or dinner at the game. Dinner will cost around \$12. **Meet us at the Spokane Veterans Memorial Arena entrance of Boone and Howard.** \$29  
2304 Fri. 2/1 6:30-9:30pm

**Spokane Chiefs Hockey** - Join us watch the Spokane Chiefs hockey team play the Kelowna Rockets for a second match-up! You may purchase snacks or dinner at the game. Dinner will cost around \$12. **Meet us at the Spokane Veterans Memorial Arena entrance of Boone and Howard.** \$29  
2306 Fri. 2/22 6:30-9:30pm

**Ham on Regal** - Ham on Regal is an original musical/comedy show written and performed by Ferris High School parents and school staff. "The Spokane secret Cryo Chambers at 'Cryo me a River' are defrosting and the patients need to be re-assimilated into current times. But there isn't enough time! Each generation is confused and dismayed as to what happened to the Hammy Days!" **Meet at Ferris High School 3020 E 37th Ave.** \$19  
2322 Fri. 3/15 7-10:15 pm

**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. **Meet at North Bowl, 125 W. Sinto.** \$27  
2325 Sat. 3/23 1:30-4pm

**Movie & Burgers** - We will head to AMC, Northtown or Village Cinema, eat dinner, then see a movie. Please bring \$12 to purchase dinner. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto- Parking Lot.** \$27  
2327 Fri. 3/29 5:30-10pm

### TRS Monster Jam

**1 Day | Ages 16+** Monster Jam is the incredible family-friendly experience starring twelve-foot tall, ten -thousand pound machines that will bring you to your feet. These colorful, larger than life beasts are sure to capture the heart of both young and old! We will participate in the Pit Party prior to the show and see some of the drivers and trucks up close. **Meet at Spokane Veterans Memorial Arena Entrance of Boone and Howard.** \$49  
2272 Sun. 1/27 10:15am-3:15pm

### TRS Polka Dot Pottery

**1 Day | Ages 16+** Avoid the winter blues by coming with us to Polka Dot Pottery do it yourself ceramic shop. Paint a piece purchased at the shop. Prices vary depending upon piece. Figurines \$11-15, Mugs are \$11-24, banks \$18-26, plates \$16 (salad)- 25 (dinner), cereal bowls \$15-18. We suggest bringing \$20- \$35. **Meet at 2716 W. Northwest Blvd.** \$14  
2310 Sun. 2/17 1:30-3:30pm

### TRS Raptor Reef Indoor Water Park

**1 Day | Ages 18+** Grab your swimsuit and towel and head with us to Triple Play Raptor Reef Indoor Water Park in Hayden, Idaho. There are three slides, 'Lost Falls', which is 400 feet long and full of twists. 'Velociraptor Vortex' is the super bowl ride that swirls, spins and flushes, and the 'Prehistoric Plunge' is 300 feet of high-speed body sliding. Fee includes transportation, staff, pizza dinner and park entrance fee. **Transportation provided from Sinto Senior Activity Center 1124 W. Sinto.** \$44  
2311 Sun. 2/24 12:30-6pm

### TRS Tie-Dye Workshop

**1 Day | Ages 18+** Groovy is in. Don't miss this colorful chance to create your own T-shirt. We will provide one t-shirt; you may bring extra items from home to dye. Participants will practice socialization skills. **Sinto Senior Activity Center 1124 W. Sinto.** \$17  
2286 Mon. 1/7 6:30-7:30pm

### TRS Tubing Adventure

**1 Day | Ages 16+** TRS is heading to Mt. Spokane for an afternoon of tubing fun! Hop aboard big yellow tubes, fly down the hill and take the rope tow back up to the top and do it again. Warm up with cocoa in Lodge 1. **Transportation provided from Sinto Senior Activity Center 1124 W. Sinto.** \$34  
2287 Sun. 1/20 9:45am-3:30pm

### TRS What's Cooking

**4 Weeks | Ages 16+** Tired of eating at home? Sign up for this class and you will prepare a meal, practice table manners, visit with friends, and take part in clean-up duties. Participants will have the opportunity to practice skills such as following directions, socialization, and hygiene required when in the kitchen. **Southside Senior Activity Center 3151 E. 27th Ave. -kitchen.** \$51  
2289 Tues. 1/8-1/29 4-6pm  
2312 Tues. 2/5-2/26 4-6pm  
2328 Tues. 3/5-3/26 4-6pm



## TRS SPORTS

### TRS BASKETBALL

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

2329 Wed. 1/23-3/13 6:30-7:30pm

### TRS Powerlifting

**21 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. Must have AFP on file with TRS by March 15, 2019. **North Central High School 1600 N. Howard weight room.** This is winter and spring quarter combined. \$106

2331 Tue./Thurs. 1/8-5/30\* 6:30-7:30 pm

\*No Class 4/2 & 4/4

### TRS Swimming-Blue Dolphins

**9 Weeks | Ages 8+** For people with developmental disabilities who want to swim competitively or for a good workout. Ability to swim 75 yds without assistance and with rhythmic breathing.

**Whitworth University Aquatic Center 300 W. Hawthorne. \$49**

2332 Sun. 1/6-3/17 2:15-3:45 pm

\*No Class 1/27 & 3/10

### TRS Swimming - Learn to Swim

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

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

2333 Sun. 1/6-3/17 3-3:45pm

\*No Class 1/27 & 3/10

**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.

2334 Sun. 1/6-3/17 2:15-3pm

\*No Class 1/27 & 3/10

### TRS Ice Skating

**8 Weeks | Ages 8+** Participants with developmental disabilities learn to skate and improve existing skills. Please dress warmly. Each session includes participation on both days. Skate rental is an additional fee of \$28 per quarter. **Eagles Ice Arena 6321 N. Addison St. \$69**

2330 Mon./Fri. 1/7-2/25\* 3-3:45pm

\*No Class 1/11 & 2/15

**\*\*Special Olympics State Competition-Wenatchee Trip \$45\*\***

For qualifying participants only. Details to follow.

2486 Fri.-Sun. 3/1-3/3

# thank you!

Thank you to Glacier Property Solutions for their generous donation of materials and labor to provide a new roof on our Therapeutic Recreation Services Snow Sports Chalet!



before



after!

# DON'T LOSE YOUR MOJO

Private winter lessons available at all four city courses. Improve your game with state of the art technology and professional instruction. Visit [SpokaneGolf.org](http://SpokaneGolf.org) for more info.

CITY OF  
SPOKANE PARKS  
& RECREATION  
GOLF



**Free Skiing  
+ Volunteering  
= One Awesome Winter**

**Do you enjoy skiing  
or snowboarding  
and want to help  
improve the quality  
of life for people with  
disabilities?**

**Consider volunteering  
with Therapeutic  
Recreation Services.**



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

Please call 509.625.6245 or  
email [abusch@spokanecity.org](mailto:abusch@spokanecity.org)

CITY OF  
SPOKANE  
PARKS &  
RECREATION





# SPOKANE PARKS & 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.*

### WINTER 2019

(dates) (days) (time) (age) (fee) (location)

#### BASKETBALL

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

1/31 - 3/07	Thurs	7:00 p.m. - 7:50 p.m.	6-12	\$74	Lincoln Heights Elementary
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#### BEGINNING BASKETBALL

1/31 - 3/07	Thurs	6:05 p.m. - 6:55 p.m.	5-7	\$74	Lincoln Heights Elementary
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#### CHEERLEADING

Skyhawks Cheerleading teaches young athletes the essential skills to lead crowds and support the home team! Each cheerleader learns proper hand & body movements and jumping techniques. The week concludes with a choreographed performance.

2/04 - 3/25*	Mon	6:05 p.m. - 6:55 p.m.	5-7	\$74	Lidgerwood Elementary
2/04 - 3/25*	Mon	7:00 p.m. - 7:50 p.m.	7-11	\$74	Lidgerwood Elementary

#### SOCCER

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

1/29 - 3/05	Tues	7:00 p.m. - 7:50 p.m.	7-11	\$74	Balboa Elementary
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#### BEGINNING SOCCER

1/29 - 3/05	Tues	6:05 p.m. - 6:50 p.m.	5-7	\$74	Balboa Elementary
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(dates) (days) (time) (age) (fee) (location)

#### VOLLEYBALL

All aspects of volleyball are taught through drills and exercises that focus on passing, setting, hitting and serving. This program is designed for the beginning and intermediate player. Our staff will assist boys and girls in developing fundamental skills through game-speed drills and daily scrimmages aimed at developing the whole player.

1/30 - 3/06	Weds	7:10 p.m. - 8:00 p.m.	7-12	\$74	Finch Elementary
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#### BEGINNING VOLLEYBALL

1/30 - 3/06	Weds	6:10 p.m. - 7:00 p.m.	6-8	\$74	Finch Elementary
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#### SPECIAL FLAG FOOTBALL

This Special 6 week program is designed to teach core football techniques for skilled positions with an element of speed and agility training. This special program features low class ratio and coach is specialized in flag football. Skills developed are the core components of passing, catching, and defense – all in a fun and positive environment.

1/29 - 3/05	Tues	6:05 p.m. - 6:55 p.m.	5-7	\$94	Indian Trail Elementary
1/29 - 3/05	Tues	7:00 p.m. - 7:50 p.m.	7-11	\$94	Indian Trail Elementary

\*No class date 2/18 Presidents Day. No class date 3/11/19.



**SPACE IS LIMITED!  
REGISTER TODAY»**

**ONLINE:**  
[www.skyhawks.com](http://www.skyhawks.com)

**PHONE:**  
509.466.6590

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# WINTER BASKETBALL LEAGUES



This recreational basketball league is designed for the beginning through intermediate player to learn the game, develop technique and play ball in a low-pressure environment. Throughout the season players will be coached on proper passing, shooting, dribbling, and rebounding. Each visit consists of 25 minutes of instruction prior to a 25-minute game. Possible start times will be 5:30, 6:00, 6:30, 7:00, and 7:30pm. Practice and Game on the same day!

(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
<b>BOYS LEAGUE</b>						
SSA106032	2/05 - 3/19	Tuesday	5:30 p.m. - 8:30 p.m.	8-9	\$104	Spokane Club (In Spokane Valley)
SSA106054	2/05 - 3/19	Tuesday	5:30 p.m. - 8:30 p.m.	9-11	\$104	Spokane Club (In Spokane Valley)
SSA106057	2/07 - 3/21	Thursday	5:30 p.m. - 8:30 p.m.	8-9	\$104	Willard Elementary
SSA106059	2/07 - 3/21	Thursday	5:30 p.m. - 8:30 p.m.	9-11	\$104	Willard Elementary
SSA106064	2/07 - 3/21	Thursday	6:00 p.m. - 8:30 p.m.	8-9	\$104	Hutton Elementary
SSA106063	2/07 - 3/21	Thursday	6:00 p.m. - 8:30 p.m.	9-11	\$104	Hutton Elementary
<b>GIRLS LEAGUE</b>						
SSA106055	2/06 - 3/20	Wednesday	5:30 p.m. - 8:30 p.m.	8-9	\$104	Spokane Club (In Spokane Valley)
SSA106056	2/06 - 3/20	Wednesday	5:30 p.m. - 8:30 p.m.	9-11	\$104	Spokane Club (In Spokane Valley)
SSA106070	2/06 - 3/20	Wednesday	5:30 p.m. - 8:30 p.m.	8-9	\$104	Franklin Elementary
SSA106069	2/06 - 3/20	Wednesday	5:30 p.m. - 8:30 p.m.	9-11	\$104	Franklin Elementary



**SPACE IS LIMITED!**

**REGISTER TODAY»**

**ONLINE:**  
[www.skyhawks.com](http://www.skyhawks.com)

**PHONE:**  
509.466.6590

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

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

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

<b>Make checks payable to:</b> City of Spokane	<b>Mailing Address:</b> Spokane Parks & Recreation Department Class Registration – My Spokane 808 W. Spokane Falls Blvd. Spokane, WA 99201-3317	<b>Total Program Fees:</b> \$
<b>Credit Card /Debit Card payments are also accepted in the form of VISA, MC or AMEX for Online or Phone Registrations Only.</b>		

<b>DDA will send funds.</b> <input type="checkbox"/> Yes <input type="checkbox"/> No	<b>Case Manager</b> Name: _____ phone # _____ email: _____
--	---

Please contact your case manager to send us verification of payment.

<b>THERAPEUTIC RECREATION ONLY</b>	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.
------------------------------------	--

<b>Check One:</b> Group Home/Institution _____ In Own Home/Apartment _____ Private Home With Parent _____
Dietary Precautions/Foods to avoid:
Allergies: <input type="checkbox"/> Bee/Wasp Stings <input type="checkbox"/> Drug Allergies <input type="checkbox"/> Food Allergies <input type="checkbox"/> Latex Allergies Please specify:
Activity Limitations/Physical problems (if any):
Will you (your child) need to be reminded to take medications during program hours? <input type="checkbox"/> Yes <input type="checkbox"/> No
Careprovider/Support Staff provided? <input type="checkbox"/> Yes <input type="checkbox"/> No
Will you be using Paratransit? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, what is your rider number?



## THERAPEUTIC RECREATION ONLY

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

### Participant Personal Needs:

Therapeutic Recreation staff provides leadership for the activity and are unable to provide attendant care (feeding, toileting assistance, giving medications, transfers, etc.). Careproviders should accompany participants who need personal care. Participants who have behavioral issues may be asked to participate with a care-provider in attendance. Registration fees for care-providers may be waived or will vary depending on the activity.

<b>Social Skills/Behavioral Info:</b> <input type="checkbox"/> Easily <input type="checkbox"/> Needs Occasional Prompting <input type="checkbox"/> Needs Constant Prompting	<b>Participation:</b> <input type="checkbox"/> Easily <input type="checkbox"/> Needs Occasional Prompting <input type="checkbox"/> Needs Constant Prompting	<b>Needs Help Managing:</b> <input type="checkbox"/> Behavior <input type="checkbox"/> Personal Space <input type="checkbox"/> Emotions	<b>Behavioral Triggers or fears:</b>  <b>Other information:</b>
<b>Mobility and Adaptive Equipment:</b>	<b>Do you use adaptive equipment?</b> <input type="checkbox"/> Yes <input type="checkbox"/> No	<b>Wheelchair:</b> <input type="checkbox"/> Manual <input type="checkbox"/> Full-time <input type="checkbox"/> Electric <input type="checkbox"/> Part-time	<b>Check all that apply:</b> <input type="checkbox"/> Cane/Crutches <input type="checkbox"/> AFO's/Splint/braces <input type="checkbox"/> Walker  <b>Other information:</b>
<b>Daily Life:</b>	<b>Toileting:</b> <input type="checkbox"/> Independent <input type="checkbox"/> Independent w/reminders <input type="checkbox"/> Only with assistance	<b>Eating</b> <input type="checkbox"/> Independent <input type="checkbox"/> Independent w/ partial assistance <input type="checkbox"/> Only with assistance	<b>Communication Information:</b> <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  <b>Other information:</b>

**Additional Personal Needs Information:**

## MEDICATION INFORMATION & WAIVER

### Medication Policy

This form is to be completed by all participants who require medication while attending a City of Spokane activity. This information will help us to better assist you with medications both safely and efficiently. Please complete the form and package your medications as described below.

**Please complete the Medication Information & Waiver form even if you will not take medication while at the activity.**

Please package medication by dose in individual extra small zip lock bags or blister cards labeled by the pharmacy to include: 1) name of participant; 2) name of physician; 3) name of pharmacy; 4) dosage and amount; and 5) time to take. For example, if you take six different medications at dinner time there should be six small zip lock bags or blister cards, each with the label information listed above. Then put all bags in a larger zip lock bag labeled with your name, date, day and time to take; e.g. Sam Jones, Saturday, June 15, 6:00 pm. **Send only the amount of medication needed for the dates of the activity. Do not send excess dosages.**

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

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

Signature \_\_\_\_\_

Date \_\_\_\_\_

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

Name \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

<b>MEDICATION TAKEN</b>	Type:	Dosage:	Time(s):
	Type:	Dosage:	Time(s):
	Type:	Dosage:	Time(s):

List any special instructions/cautions/side effects:

## AMERICANS WITH DISABILITIES ACT

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

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

## SATISFACTION GUARANTEED

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

### REGISTER ONLINE

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



### 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.

### 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



### 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).

SPOKANE PARKS FOUNDATION

# MAKE A SPLASH

in a kids life



**For 10 years,** Spokane Parks Foundation has helped kids in our region dive into summer fun! Funds raised create free swim opportunities countywide, and provide life saving, low-cost swim lessons throughout our community.

\$25— provides a life saving swim lesson

\$500— sponsors a free swim clinic focused on drowning prevention

\$1,000—sponsors a free swim day in Cheney, Spokane County or the  
Spokane Valley Aquatics Centers.

**Become a SPLASH SUSTAINER WITH A MONTHLY GIFT!**

Spokane Parks Foundation | 222 W. Mission Ave, Suite 240 | Spokane, WA 99201 | (509) 326-5233 | [Spokaneparksfoundation.org](http://Spokaneparksfoundation.org)

## Did you know...

- 79% of children in households with incomes less than \$50,000 have little-to-no swimming ability
- Our region is home to over 70 bodies of water including pools, lakes, rivers, etc.
- Formal swim lessons reduce the likelihood of childhood drowning by 88% (
- YOU can make a difference by making a donation to Make-A-Splash in a Kid's Life

Please make a gift today: [www.spokaneparksfoundation.org/donate](http://www.spokaneparksfoundation.org/donate)





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

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*See page 29 for more*

**Specialized  
and adaptive  
recreation for  
individuals with  
disabilities**



**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.**



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

Please call 509.625.6245 or  
email [abusch@spokanecity.org](mailto:abusch@spokanecity.org)