

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

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

OUTDOOR ADVENTURES • GYMNASTICS  
AFTER-SCHOOL ART EXPLORATION  
ADULT ART CLASSES • VIRTUAL PROGRAMMING  
CITY PARKS HIKING CHALLENGE  
THERAPEUTIC RECREATION

**ALL PROGRAMS FOLLOW PHASE 2 GUIDELINES**

*Try something  
new this fall!*

EXPLORE  
**PARKS**  
NATURE

SPORTS  
& REC  
OUTDOOR

CAMPS  
LEARN  
CLASSES

PLAY  
GOLF  
LEARN

ENJOY  
RIVER  
FRONT  
PARK

SPOKANEPARKS.ORG | CALL 311 AND PRESS 3 OR DIAL 509-755-2489



City of Spokane  
**PARKS  
& RECREATION**



# TABLE OF CONTENTS

## CORBIN ART CENTER

Corbin Kids Preschool .....	2
Corbin Kids Youth .....	2
Workshops - Youth .....	3
Camps & After School .....	3
Painting Classes & Workshops .....	4
Photography, Drawing .....	4
Corbin Crafts Workshops .....	5
Language & Conversational Speaking .....	5
Writing & Personal Enrichment .....	6

## OUTDOOR RECREATION

Hiking, Snowshoeing .....	10
---------------------------	----

## THERAPEUTIC RECREATION SERVICES

TRS Socialization .....	12
TRS Fitness, TRS Swimming .....	12

## SPORTS

SuperTots .....	13, 14
Skyhawks Youth Sports Skill-Based Programs .....	15

## WELLNESS & ENRICHMENT

Yoga, Virtual Wellness & Enrichment .....	16
Gymnastics, Hiking .....	17
Mobius Virtual Programs .....	18

## INFORMATION & FORMS

Information & Forms .....	19-26
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### JENNIFER PAPICH

Recreation Director


[jpapich@spokanecity.org](mailto:jpapich@spokanecity.org)



Welcome to fall! In these challenging times of COVID-19, we hope that Parks & Recreation can be a place to support your mental and physical health.

We recognize that there are a variety of comfort levels when it comes to in-person activities, so we're offering both on-site programs and virtual options.

For **on-site activities**, programs are modified in accordance with the Spokane Regional Health District, following the Governor's mandates. Decreased capacity, mask wearing, physical distancing, and frequent sanitation are just a few of the measures in place.

 Look for this symbol for our new **virtual program** offerings throughout the activity guide. We will continue to add more virtual options based on feedback.

Though we miss appearing in your mailbox, this electronic-only guide allows us to adapt programs as guidelines evolve. We have a long-standing commitment to our community's health and safety, and are putting every resource into planning and evaluating the recreational opportunities you see in these pages.

Looking forward to recreating with you this season!

- Jennifer Papich, Director, Recreation

## KNOW YOUR REC STAFF

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Classes are held at **Corbin Art Center, 507 W 7th Ave.** unless otherwise indicated.

**Covid-19 Note:** Corbin Art Center Instructors/Staff will implement physical distancing protocols by requiring participants to work 6 feet apart with their own individual class specific supplies, unless they are from the same household. Classes/workshops will have no more than 5 participants' maximum with a single instructor. Increased sanitation practices have been incorporated into daily programming at the Corbin Art Center. Participants of the Corbin Art Center classes/workshops will be required to have their temperatures taken and answer health screening questions relating to Covid-19. The answers will be recorded on the instructor's sign-in paperwork. Masks are required in the Corbin Art Center with the exception of children under the age of 5 years!

## CORBIN KIDS PRESCHOOL

### Little Leonardos

**6 Weeks | Ages 3-5yrs. | Mrs. G** 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. Min 4 / Max 5 \$50  
6269 Mon. 10/5-11/9 9:30-10:30am

### Make Art Together: Fabulous Fall

**6 Weeks | Ages 2-4yrs. | Mrs. G** Yay! It's fall, and time to celebrate the season! This class is for you and your child to explore leaves, pumpkins and even the rainy, fall weather while making wonderful works of art. Experience a new weekly art theme, story, and relevant project. Children will discover color, texture while practicing basic cutting and gluing skills while exploring a variety of art techniques and materials. This class is fast paced, active and most of all fun! Min 4 / Max 5 \$50  
6270 Thurs. 10/8-11/12 9:30-10:30am



*Art lets your creativity soar!*



*Art with Mrs. G is a Hoot!*

## CORBIN KIDS YOUTH

### Afternoon Art Exploration

**6 Weeks | Ages 6-9yrs.** 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. Min 4 / Max 5 \$65  
6271 Tues. 10/6-11/10 4-5:30pm

### Drawing Basics – Youth

**6 Weeks | Ages 7-12yrs.** Drawing is the basis and the first step for dimensional art forms. Explore with different tools and techniques and learn the many facets of drawing including freehand drawing, line, shading, fur-scales-feathers, still life, color, design composition, perspective, portraiture, animals and more. Min 4 / Max 5 \$65  
6272 Thurs. 10/8-11/12 4-5:30pm





## WORKSHOPS - YOUTH

### **NEW!** (••) Halloween Virtual Art Fun at Home!

**1 day | Ages 4-11** Join us virtually and have a frightfully fun time creating a "not so scary" jack-o-lantern paper pumpkin project along with a cute spider craft to celebrate the Halloween season! While we cannot come together at this time, we can all do these fantastically spooky projects together! Upon registering, please note the times that these art/craft supply kits are available for pick-up at the Corbin Art Center on your registration confirmation receipt. The link for the virtual class will be emailed prior to the event date. Art/Craft supply pick-up at the Corbin Art Center, 507 W 7th Avenue. \$24

6295 Sat. 10/24 9am-Noon

## CAMPS & AFTERSCHOOL

### **NEW!** Fun & Festive Holiday Camp

**1 day | Ages 6-11** Come join us as we will make dazzling traditional, fun and personalized decorations for the holidays. Keep them for your own decorations or to give away as a gift. There will be holiday music and lots of holiday themed creativity to be had! This will be a fun, super-festive and sparkly camp. Please dress for a mess and bring a lunch! \$40

6296 Sat. 12/12 9:30am-2:30pm



"Tree-Mendous" Holiday Fun!



Holiday Ornament Extravaganza!

### **NEW!** Harry's Holiday Lab!

**3 days | Ages 6-11yrs.** Join us this holiday season as we transform the historical Corbin Art Center into a magical mansion. Celebrate this wondrous season with ghostly goodies, enchanted potions, spellbinding projects and fiendish treats! Create charmed crafts and participate in magical creature activities. Dress for a mesmerizingly messy time and remember to bring a yummy lunch. \$109

6192 Mon.-Wed. 12/21-12/23 9am-3pm

**REGISTER  
ONLINE**

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



**MAIL  
US**

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

\*checks payable to City of Spokane



**CALL  
US**

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





## PAINTING CLASSES &amp; WORKSHOPS

**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. Min 4 / Max 5 \$75

6256 Mondays 10/5-11/9 6:30-8:30pm

**Fall into Mixed Media**

**3 Weeks | Ages 16+ | Katie Frey** In this class, we will combine traditional acrylic painting techniques with stenciling, collage, assemblage and texture mediums to create and autumn themed art piece. You will learn how to layer and distress paper, use gold leaf, and incorporate found objects into your art. Let's get creative! Supply list included upon confirmation of registration. Min 4 / Max 5 \$65

6257 Tues. 10/6-10/20 6-8:30pm

**Intro to Watercolor Painting & Beyond**

**4 Weeks | Ages 16+ | Megan Perkins** Come and learn the basics of watercolor, mixing colors, choosing the right paper, brushes to use, and how to transform a value sketch into a watercolor painting. If you have already taken a watercolor class before, the instructor will help you go on with what you want to accomplish. Please feel free to bring your own photos to paint from. Supply list included upon confirmation of registration. Min 4 / Max 5 \$65

6258 Wed. 10/7-10/28 5-7pm

**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. Min 4 / Max 5 \$75

6259 Thurs. 10/8-11/12 6:30-8:30pm

**Mixed Media Holiday Cards**

**1 day | Ages 16+ | Katie Frey** You will make beautiful, handmade holiday cards by working in layers with acrylic paint, paper, stamps, and stencils. You will create three different holiday designs, two of each design, for a total of 6 cards. Supply list included upon confirmation of registration. Min 4 / Max 5 \$49

6260 Sun. 11/15 1-4pm

## PHOTOGRAPHY

**Photography Basics**

**5 Weeks | Ages 16+ | Al Berger** Learn the fundamentals of photography and how to use your camera. Tips on lighting, additional equipment to consider and its uses. Practice assignments and in-class critiques. Requires a camera that allows manual setting of F-stop and Shutter speeds, DSLR preferred. The first class will be 3 hours in length. Min 4 / Max 5 \$70

6264 Tues. 10/6-11/3 6-8pm

## DRAWING

**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. Supply list included upon confirmation of registration. Min 4 / Max 5 \$75

6254 Mon. 10/5-11/9 6:30-8:30pm

6255 Wed. 10/7-11/11 6:30-8:30pm



*Make and personalize your own Journal!*





## CORBIN CRAFTS WORKSHOPS

**NEW!**

### Cultured Sea Glass Pendant & Earrings Set

**1 Day | Ages 16+ | Amy Gurel** In this class you will learn how to make the most amazing one-of-a-kind pieces of wearable art that is made from tarnish resistant crafting wire and cultured sea glass. Not only will the look of the matching pendant and earring set bring you back to the amazing “beach therapy” moments from your past but it will also strike those same feeling in others around you. Dress up jeans and a t-shirt or have it be the final touch for your nice outfit. There will be a \$15 lab fee payable to the instructor at the start of class.

Min 4 / Max 5 \$45/\$15 Lab Fee

6265 Wed. 10/15 5:30-8:30pm

**NEW!**

### Cultured Sea Glass Holiday Cards

**1 Day | Ages 16+ | Amy Gurel** Learn to make these beach-themed holiday cards to give to family and friends. These cards are made with cultured sea glass and more to create these fun seasonal greetings. These are super-fun and very addictive to make. You just may want to keep them for yourself! There will be a \$10 lab fee payable to the instructor at the start of class.

Min 4 / Max 5 \$35/\$10 Lab Fee

6266 Thurs. 11/19 5:30-8:30pm

**NEW!**

### Transform Trash into Treasure: Journal Making Reinvented

**1 Day | Ages 16+ | Bevie LaBrie** Bring your cardboard, interesting junk mail, magazine pages, brown-paper bags, and innovative spirits. This day is all about fun, transformation of our trash, learning a simple bookmaking technique, and sharing community through creativity with a “process-art” focus! These books make perfect gifts for the upcoming holidays. Supply list included upon confirmation of registration or you may pay the instructor \$5 for supplies. Min 4 / Max 5 \$60/\$5

6267 Sun. 12/6 9am-4pm

**NEW!**

### Sea Glass Holiday Ornaments

**1 Day | Ages 16+ | Amy Gurel** Come learn to make these holiday-beachy themed ornaments. You will use cultured sea glass, driftwood pieces and more to create these fun seasonal decorations. These are super-fun and very addictive to make. Keep for yourself or give as gifts. There will be a \$10 lab fee payable to the instructor at the start of class. Min 4 / Max 5 \$35/\$10 Lab Fee

6268 Thurs. 12/3 5:30-8:30pm



*Beautiful unique jewelry to make!*

## LANGUAGE & CONVERSATIONAL SPEAKING

**NEW!**



### Spanish Refresher – Virtual Style

**6 weeks | Ages 18+ | Mary Benham** This virtual class is for the intermediate and advanced Spanish speaking student. Join us for spirited weekly conversation and grammar practice using a classic older book. We'll review the basics of Spanish by including common verbs, greetings, shopping references, ordering at restaurants, etc. The book we will be using comes with a CD. This class we will speak with one another and the instructor. Supply list included upon confirmation of registration. **Class held each week via Cisco WebEx Meeting.** \$70

6297 Tues/Thur 10/6-11/12 10-11am



## WRITING &amp; PERSONAL ENRICHMENT

**Lighting Your Fire: Getting Your Writing Project Started**

**6 Weeks | Ages 16+ | Marc Anthony** The writer's voice is fragile, and can be silenced by our internal critic. This makes it hard to start or continue working on our writing projects. One way to minimize our internal critics is to join a facilitated group of writers willing to listen to your work, and give useful, reflective feedback. This allows us to feel more confident, and write more. Join us at the Corbin Art Center, bring in your work, and leave your critic at the door. This facilitated group welcomes committed writer in all genres in a positive, motivating environment. Min 4 / Max 5 \$75  
6261 Sun. 10/4-11/8 2-4pm

**Creative Memoir Writing**

**6 Weeks | Ages 16+ | 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. Min 4 / Max 5 \$75  
6262 Mondays 10/5-11/9 6-8pm

**NEW!****It's Not What you Say, It's How you Say It!**

**4 Weeks | Ages 16+ | Marc Anthony** Ever wonder how great speakers and presenters enthrall us with their ability to weave words like magic? It's not really a secret what they do. Join us for a fun, interactive workshop in the art of oral presentation and public speaking. Learn the trick of the professional speaker's trade. Min 4 / Max 5 \$62  
6263 Wed. 10/7-10/28 1-3pm



Memoir writing

# GOLF CUSTOMER APPRECIATION SALE

**PLUS, PURCHASE YOUR 2021 PASSES NOW AND START USING TODAY!**

Purchase in person or over the phone at any City course.

**SAVE UP TO \$100 ON 2021 DISCOUNT PASSES!**

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GOLF COURSE  
509.747.5353

**Downriver**  
GOLF COURSE  
509.327.5269

**Qualchan**  
GOLF COURSE  
509.448.9317

**Esmeralda**  
GOLF COURSE  
509.487.6291







# corbin holiday camps

## Fun & Festive Holiday Camp

NEW

**1 day | Ages 6-11** Come join us as we will make dazzling traditional, fun and personalized decorations for the holidays. Keep them for your own decorations or to give away as a gift. There will be holiday music and lots of holiday themed creativity to be had! This will be a fun, super-festive and sparkly camp. Please dress for a mess and bring a lunch! Covid-19 Note: Instructor will implement physical distancing protocols by requiring students to work 6 feet apart unless from the same household. Masks are required in the Corbin Art Center! Class held at the Corbin Art Center, 507 W 7th Avenue. \$40

**6296 Sat. 12/12 9:30am-2:30pm**



## Harry's Holiday Lab!

NEW

**3 days | Ages 6-11yrs.** Join us this holiday season as we transform the historical Corbin Art Center into a magical mansion. Celebrate this wondrous season with ghostly goodies, enchanted potions, spellbinding projects and fiendish treats! Create charmed crafts and participate in magical creature activities. Dress for a mesmerizingly messy time and remember to bring a yummy lunch. Covid-19 Note: Instructor will implement physical distancing protocols by requiring students to work 6 feet apart unless from the same household. Masks are required in the Corbin Art Center! Class held at the Corbin Art Center, 507 W 7th Avenue. \$109

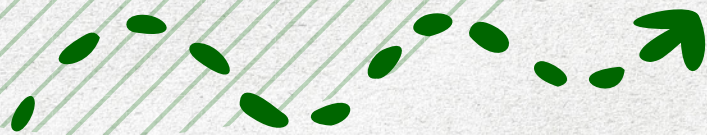
**6192 Mon.-Wed. 12/21-12/23 9am-3pm**

Register online at [spokaneREC.org](http://spokaneREC.org) or call 311  
(OUTSIDE THE CITY, CALL 509.755.2489)  
Camp questions? 509-625-6677





# PRIVATE FAMILY TOURS!



Private family guided tours  
available for hiking,  
snowshoeing, and cross  
country skiing!

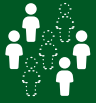
\$20 - \$40/person.

Call 509-363- 5414 or email  
[rgriffith@spokanecity.org](mailto:rgriffith@spokanecity.org)

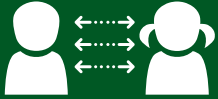




City of Spokane Parks and Recreation supervisors and instructors are taking every precaution to protect participants and employees in light of the coronavirus (COVID-19) pandemic. Updated health and safety protocols for programming include:



**Small class sizes**



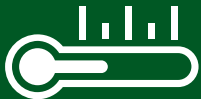
**A focus on maintaining six feet of physical distance between all participants**



**Staff and participant mask wearing**

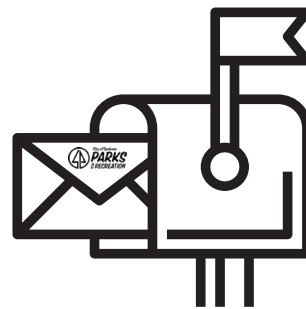


**Frequent hand washing and sanitation**



**Staff and participant temperature checks**

**SUBSCRIBE  
TO OUR NEWSLETTER**  
AND STAY UP TO DATE ON YOUR FAVORITE ACTIVITIES  
[SPOKANEPARKS.ORG/NEWSLETTERS](https://spokaneparks.org/newsletters)



Your Email





The Outdoor Program is following all COVID-19 State Outdoor Recreation Outfitter Guidelines as required by the Governor as well as the City of Spokane and Spokane Regional Health District. Additional trip and COVID-19 safety precaution information will be emailed to you after registration along with your pre-trip information and waivers. In the meantime if you have any questions please email [rgriffith@spokanecity.org](mailto:rgriffith@spokanecity.org) or call 509-363.5414.

## HIKING

### Hiking Mt. Spokane 3 Summits Friends of Mt. Spokane Interpretive Tour

**1 day | Ages 16+** Hike to the tops of Mt. Kit Carson (5250'), Day Mountain (5057'), and Mt. Spokane (5883'), three of the eight named summits in Mt. Spokane State Park. Guidebook author and Mt. Spokane Friends Group president, Cris Currie will be your guide on this moderately challenging 6 mile interpretive hike that begins at the historic Cook's Cabin and CCC areas and ends at the Vista House. Guide, trekking poles and interpretation provided. Bring a lunch and plenty of water. Pre-hike information emailed after registration. **Meet at Mt Spokane Summit Road Upper Hairpin Parking Lot. \$39**

6232 Sat. 10/3 10am - 3pm

### Hiking Quartz Mountain Lookout Friends of Mt. Spokane Interpretive Tour

**1 day | Ages 16+** Hike to the tops of Quartz Mountain (5180') and Horse Mountain (5103'), two of the eight named summits in Mt. Spokane State Park. Visit the Quartz Mountain fire lookout, see the unusual rock formation on Horse Mountain, and get a spectacular view of the Spokane Valley, Ragged Ridge and North Idaho. Guidebook author and Mt. Spokane Friends Group president, Cris Currie will be your guide on this moderately challenging 4.25 mile interpretive hike that begins and ends near the Selkirk Lodge. Guide, trekking poles & transportation provided. Bring a lunch and plenty of water. Pre-hike information emailed after registration. **Meet at Mt Spokane Selkirk Nordic Lodge. \$33**

6233 Sat. 10/10 10am - 2pm

### Hiking Antoine Peak

**1 day | Ages 16+** Take in all the wonderful fall colors and views of the Spokane River Valley on this moderate uphill 4 mile round trip hike. The final trek to the top of Antoine Peak finishes with 360-degree views from its 3,373-foot summit so bring your camera! 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 jewel! Guides & walking poles provided. Pre-trip information emailed after registration. **Meet at Antoine Peak Conservation Area Trail Head 15501 E Brevier Rd. \$15**

6234 Sat. 10/17 10am - 1pm

NEW!

### Hiking Rimrock to Riverside

**1 day | Ages 16+** Explore with the Inland NW Lands Conservancy and learn about a project underway to connect these amazing parks. Take in the views of the City on this two-mile hike (50 ft. elevation gain) along Rimrock, through the pines of Palisades Park over to Riverside State Park. Bring lunch, trail snack and plenty water. Pre-trip information emailed after registration. Hiking poles, interpretation and guides provided. **Meet at 2110 N Houston Rd. \$20**

6311 11/1 9am-12pm

NEW!

### Hiking Mica Peak

**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 and animal communities. Views overlooking Spokane Valley, the Palouse, and beyond are outstanding! We will learn from the Inland NW Lands Conservancy about the recreation development of Mica and current projects underway to make this an outdoor recreation gem for our community. This will be a 7.5 mile (1,800 ft elevation gain) moderate to difficult hike. Trip includes hiking poles, interpretation, guides and snowshoes if needed. Bring lunch, trail snack and plenty water. Pre-trip information emailed after registration. **Meet at Trailhead E Belmont Rd Rockford WA. \$29**

6312 11/22 9am-2pm

NEW!

### Hiking Waikiki Springs

**1 day | Ages 16+** Hike this 2.5 miles (300 ft elevation gain) down into the Little Spokane River with the Inland NW Lands Conservancy. Learn all about this unique area and dreams for the river ecosystem that is now owned by the Department of Fish and Wildlife. Listen to the springs ripple from the hillside as they make their way into the watershed feeding life into the natural area that is home to fish, deer, moose, blue heron, osprey, bald eagles and more. Bring lunch, trail snack and plenty water. Pre-trip information emailed after registration. **Meet at trailhead 12354 N Fairwood. \$20**

6313 12/5 9am-12pm

## SNOWSHOEING

### Snowshoe Tours at Mt. Spokane

**1 day | Ages 13+** Learn the basics of snowshoeing and try this amazing winter sport. During this guided hike you will travel on trails through the snow-covered trees and hills around Mt. Spokane. It's beautiful up there! Pre-trip information emailed after registration. Sno-Park Pass required. Includes: snowshoes, instruction, walking poles and guides! **Meet at Mt Spokane Lower Sno-Park Parking Lot. \$25**

6235	Sat.	12/19	10am - Noon
6236	Sun.	12/20	10am - Noon



# Discover a Different World

The Numerica SkyRide offers spectacular views of the second longest urban falls in the United States. Enjoy a 20-minute ride through the roaring heart of Spokane.

**Open Daily** |  
\*COVID-19 safety measures in place



PURCHASE  
TICKETS



NUMERICA  
SkyRide

## LIGHT UP Your Night

Free light show every Friday, Saturday  
and Sunday | Sunset - 10 p.m.



riverfront  
SPOKANE

a City of Spokane park



**TRS classes will remain open after the start date for you to join at any time; prices will be prorated** – Call Alice Busch for more information.

The Therapeutic Recreation Services program is following all Covid-19 State Outdoor Recreation Outfitter Guidelines, Whitworth Aquatic Center guidelines, Eagles Ice Arena guidelines as required by the Governor as well as the City of Spokane and Spokane Regional Health District. Additional trip and COVID-19 safety precaution information and liability form will be emailed to you after registration. In the meantime if you have any questions please email abusch@spokanecity.org or call 509.625.6245.

## TRS SOCIALIZATION

### TRS Cornhole & Pizza

**4 weeks | Ages 12+** Fresh air, fun and favorite lawn game- Cornhole. One set for 4 players in right field, One set for 4 players in left field, Field 1 and/or 5 playing under the field lights. Paired up and play 45-60 minutes. Pizza served during remainder 30 minutes. Prizes at end of program. **Meet at Dwight Merkel Complex, 5701 N Assembly St.** \$49  
6275 Mon. 9/21- 10/12 5:30-7pm

### TRS Disc Golf

**2 days | Ages 12+** We will visit a Spokane Parks and Recreation park that has a Jr. Disc golf course. Safety, and throwing fundamentals will be covered. Games played each week. Disc is included in price. Discs provided if don't bring. Pizza served at the end of weekly play. \$39

6247 Wed 9/30 & 10/7 3:30-5pm Ben Burr Park 4401 S. Havana St (43rd & Havana)

6248 Fri. 10/9 & 10/16 3:30-5pm Hays Park 1812 E. Providence

### TRS Line Dancing

**4 weeks | Ages 14+** Easy beginner line dancing is for everyone. Grab your dancing shoes and join us as we learn the fundamentals of line dancing. Due to Covid protocols the size of class will be limited and each person will be physically distanced while dancing. **Meet at Franklin Park Shelter, 302 W. Queen.** \$29

6294 Thu. 10/1-10/22 1:30-2:30pm

### TRS Ice Skating

**9 weeks | Ages 8+** Participants with developmental disabilities learn to skate and improve fundamentals and existing skills. No figure skating taught this year. Please dress warmly. If Special Olympics offers competition in order to compete we will need current AFP's by January 3, 2021. **Meet at Eagles Ice Arena, 6321 N. Addison St.** \$69

6273 Sat. 10/10- 12/19 12:15-1pm

\*No class 11/14 & 11/28

## TRS FITNESS

### TRS Hiking

**1 day | Ages 12+** Discover the beauty of local Spokane areas. Participants must be able to follow directions, stay with a group and be in good physical condition to do 2-3 miles of moderate hiking. Bring a snack/lunch/water. \$19

6242 Manito & Cannon Hill Park Loop Fri 10/3 9-11:30am

6245 Finch Arboretum Fri. 10/23 1:30-4:30pm

6244 Fish Lake Trail Fri 10/30 10:30am-1:30pm

6241 Palisades Park Fri 11/6 10:30am- 1:30pm

### TRS Bicycling

**4 Weeks | Ages 16+** Enjoy Spokane's natural beauty by bicycle. Participants need to be physically active and have the ability to ride a bike safely. Group divided by ability. Helmets are required.

**Meet at Mirabeau point park trail head, 13500 Mirabeau Pkwy, Spokane Valley.** \$43

6238 Sun. 9/20- 10/11 3-5pm

### TRS Walking

**4 Weeks | Ages 12+** If you enjoy the outdoors, exercise and socializing with friends this weekly stroll is for you. We will divide the group into slow and fast walkers. **Meet at Manito Park Mirror (Duck) Pond 1702 S. Grand Ave. Main entrance of park off of Grand.** \$27

6239 Thu. 9/24 -10/15 4-5pm

### TRS Pre-Ski Season Walking

**6 weeks | Ages 12+** Take a Saturday walk in the park at Mission Park. Get in shape for the upcoming ski season. Walk at your own pace. Poles are provided. **Meet at Mission Park, Mission & Perry.** \$29

6274 Sat. 10/10-11/14 9:30 -11am

## TRS SWIMMING

All TRS Swimming programs are located at: Whitworth University Aquatic Center, 300 W. Hawthorne.

### TRS Swimming

**8 weeks | Ages 8 +** Blue Dolphin Swim Team – For people with developmental disabilities who want to swim competitively or get a good workout. Ability to swim 75 yards without assistance and with rhythmic breathing. Due to Covid protocols there will be two sessions of 1 hour each. Each session of 10 people will rotate between in pool swimming and on deck exercising/stretching. \$57

6250 Sun. 10/4 – 11/22 Hour 1 2:15 -3:15pm

6276 Sun. 10/4-11/22 Hour 2 3:20-4:20pm

### Learn to Swim- Intermediate

**8 weeks | Ages 8+** 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. \$57

6251 Sun. 10/4-11/22 2:15 – 3 pm

### Learn to Swim: Beginner

**8 Weeks | Ages 8+** 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. \$57

6253 Sun. 10/4- 11/22 3-3:45pm

# SPOKANE PARKS & RECREATION



## 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.



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

**SuperTots indoor classes will be held at Southside Community Center and Trinity Catholic School. To register, go to [www.supertotssports.com](http://www.supertotssports.com).** Due to current District 81 gym closures, we are taking free waitlist registrations only for these future clinics. We will notify waitlist families to officially register at [SuperTotSports.com](http://SuperTotSports.com) as locations become available. Locations and dates of the classes are subject to change.

### FALL 2020 - SESSION II

#### SOC CERTOTS

*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 / Koalas	10/20 - 12/08	Tuesdays	6:10 p.m. - 6:50 p.m.	26 - 36 Months	\$120	Westview Elementary
Teddies II / Koalas	10/21 - 11/25	Wednesdays	6:10 p.m. - 6:50 p.m.	26 - 36 Months	\$94	Franklin Elementary
Cubs / Pandas	10/20 - 11/24	Tuesdays	6:10 p.m. - 6:50 p.m.	3 - 4 Years	\$94	Arlington Elementary
Cubs / Pandas	10/21 - 12/09	Wednesdays	6:10 p.m. - 6:50 p.m.	3 - 4 Years	\$120	Moran Prairie Elementary
Bears / Grizzlies	10/20 - 11/24	Tuesdays	7:00 p.m. - 7:40 p.m.	4 - 5 ½ Years	\$94	Arlington Elementary
Bears / Grizzlies	10/21 - 12/09	Wednesdays	7:00 p.m. - 7:40 p.m.	4 - 5 ½ Years	\$120	Moran Prairie Elementary
Bears / Grizzlies	10/21 - 11/25	Wednesdays	7:00 p.m. - 7:40 p.m.	4 - 5 ½ Years	\$94	Franklin Elementary
Pandas / Bears	10/20 - 12/08	Tuesdays	7:00 p.m. - 7:40 p.m.	3 ½ - 5 Years	\$120	Westview Elementary
Pandas / Bears	10/22 - 12/17	Thursdays	7:00 p.m. - 7:40 p.m.	3 ½ - 5 Years	\$120	Mullan Road Elementary



SPACE IS LIMITED!

REGISTER TODAY >>>

Online:  
[SuperTotSports.com](http://SuperTotSports.com)

Phone:  
509.534.5437



## 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 I/II	10/20 - 12/08	Tuesdays	6:10 p.m. - 6:50 p.m.	3 - 4 Years	\$120	Audubon Elementary
Froggies I/II	10/22 - 12/17	Tuesdays	6:10 p.m. - 6:50 p.m.	3 - 4 Years	\$120	Roosevelt Elementary
Rabbits / Kangaroos	10/20 - 12/08	Tuesdays	7:00 p.m. - 7:40 p.m.	4 - 5 ½ Years	\$120	Audubon Elementary
Rabbits / Kangaroos	10/22 - 12/17	Tuesdays	7:00 p.m. - 7:40 p.m.	4 - 5 ½ Years	\$120	Roosevelt Elementary

## 1STDOWNTOTS

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

(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
Billy Goats / Rams	10/22 - 12/10	Thursdays	6:10 p.m. - 6:50 p.m.	3 - 4 Years	\$94	Hutton Elementary
Bulls / Rhinos	10/22 - 12/10	Thursdays	7:00 p.m. - 7:40 p.m.	4 - 5 ½ Years	\$94	Hutton Elementary

## BASEBALLTOTS

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

(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
Batters I/II	10/22 - 12/17	Thursdays	6:10 p.m. - 6:50 p.m.	3 - 4 Years	\$94	Willard Elementary
Batters / Hitters	10/22 - 12/17	Thursdays	7:00 p.m. - 7:40 p.m.	4 - 5 ½ Years	\$94	Willard Elementary



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



SPACE IS LIMITED!  
**REGISTER TODAY** >>>

Online:  
SuperTotSports.com

Phone:  
509.534.5437



# 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.*

*Due to current District 81 gym closures, we are taking free waitlist registrations only for these future clinics. We will notify waitlist families to officially register at [skyhawks.com](http://skyhawks.com) as locations become available. Locations and Dates of the Clinics are subject to change.*

## FALL 2020

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

### TENNIS CLINIC

*In Skyhawks tennis programs, boys and girls learn proper grips, footwork, strokes, volleys and serves, as well as the rules and etiquette that make tennis an exciting game. Programs fill quickly due to limited court space.*

SSA121481	10/19 - 11/23	Monday	6:15 p.m. - 7:15 p.m.	6-12	\$79	Arlington Elementary
SSA121488	10/20 - 11/24	Tuesday	6:15 p.m. - 7:15 p.m.	6-12	\$79	Lidgerwood Elementary
SSA121485	10/21 - 11/25	Wednesday	6:15 p.m. - 7:15 p.m.	6-12	\$79	Jefferson Elementary
SSA121482	10/22 - 12/03*	Thursday	6:15 p.m. - 7:15 p.m.	6-12	\$79	Balboa Elementary

### BASKETBALL CLINIC

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

SSA121228	10/20 - 11/24	Tuesday	6:05 p.m. - 6:55 p.m.	5-7	\$79	Indian Trail Elementary
SSA121229	10/20 - 11/24	Tuesday	7:00 p.m. - 7:50 p.m.	7-12	\$79	Indian Trail Elementary
SSA121767	10/22 - 12/03*	Thursday	6:05 p.m. - 6:55 p.m.	5-7	\$79	Lincoln Heights Elementary
SSA121768	10/22 - 12/03*	Thursday	7:00 p.m. - 7:50 p.m.	7-12	\$79	Lincoln Heights Elementary

### FLAG FOOTBALL CLINIC

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

SSA121483	10/20 - 11/24	Tuesday	6:05 p.m. - 6:55 p.m.	5-7	\$79	Balboa Elementary
SSA121484	10/20 - 11/24	Tuesday	7:05 p.m. - 7:55 p.m.	8-12	\$79	Balboa Elementary

### BEGINNING VOLLEYBALL LEAGUE

*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.*

SSA121239	10/21 - 12/09	Wednesday	6:00 p.m. - 8:00 p.m.	8-11	\$104	Finch Elementary
SSA120425	10/21 - 12/09	Wednesday	6:00 p.m. - 8:00 p.m.	8-11	\$104	Wilson Elementary
SSA120427	10/22 - 12/10	Thursday	6:00 p.m. - 8:00 p.m.	8-11	\$104	Hutton Elementary

### SOCCER CLINIC

*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.*

SSA121771	10/22 - 12/03*	Thursday	6:05 p.m. - 6:55 p.m.	5-7	\$79	Linwood Elementary
SSA121772	10/22 - 12/03*	Thursday	7:05 p.m. - 7:55 p.m.	7-11	\$79	Linwood Elementary

\*No Class 11/26

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



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

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

**Phone:**  
**800.804.3509**



## YOGA

Virtual Yoga classes will be held on the Zoom platform. If you have not already downloaded the Zoom app you can easily do so at zoom.us. Meeting code and passwords will be emailed to you prior to the start of class.

## (( )) Virtual Basic Yoga

**8 Weeks | Ages 16+ | Robin Marks** A chance for continuing and new yoga students to practice yoga in the comfort of home but with the guidance and motivation of being in this virtual class. Strengthen, stretch and release muscle tensions while settling into a relaxed and peaceful mental state. \$85

6278	Tues.	10/6-12/1	5:30-6:30pm
6279	Wed.	10/7-12/2	9-10am

## (( )) Virtual Chair Yoga

**8 Weeks | Ages 16+ | Robin Marks** Yoga poses, stretches and strengtheners modified with the use of your own kitchen 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. \$75

6280	Thurs.	10/8-12/3	10:30-11:15am
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## (( )) Virtual Yoga Deeper Stretch

**8 Weeks | Ages 16+ | Robin Marks** This class includes poses with a little deeper strengthening and stretching than Basic Yoga while maintaining the same gentle inner focus. While the poses are not extreme, participants should be in reasonably good physical condition. \$85

6287	Thurs.	10/8-12/3	5:30-6:30pm
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TRS Bicycling outing by the Mirabeau Falls; program information on pg. 12

## (( )) Virtual Yoga Gentle Stretch

**8 Weeks | Ages 16+ | Robin Marks** If you're dealing with some aches and pains or just getting back into exercising, this class has an accommodating approach. This class provides the same benefits as Basic Yoga but dialed down just a little. Instructor, Robin Marks, was one of the early pioneers who first brought yoga to Spokane. \$85

6281	Sat.	10/10-12/5	9am-10am
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## VIRTUAL WELLNESS &amp; ENRICHMENT

## NEW! (( )) Virtual STEM Crime Scene Investigation

**1 week | Ages: 12-17yrs.** In this week long class, STEM principles are applied to solving a missing persons case, create and examine blood splatter patterns, recover fingerprints and classify them, analyze handwriting and experiment with chromatography, , cast your own footprint, identify and unknown powder, make a magnifying glass, and much more! The cost of the class includes a CSI Lab Kit to conduct the labs brimming with SWAG. \$99

6298		11/16-20	4:30-6pm
6299		11/16-20	6-7:30pm

## (( )) Spokane Virtual Lawn Lovers Series

This class series will discuss lawn turf maintenance. From seeding to cutting, we will focus on the climate, soil types, and typical lawn grasses of the PNW. Whether you are preparing your lawn for winter or pulling it out of the cold spring, this series is for anyone who has a lawn, wants to have it, or just looking to make aesthetic or environmental improvements.

**Preparing Your Lawn for Winter 1 day | Ages 16+** Do you ever wonder if you are doing the best to prepare your lawn for a long winter dormancy? As the Inland Northwest enters fall, there are steps you can take now to improve your lawn's ability to rebound in the spring. In this class, we will discuss what to do now for a healthier lawn growth in the spring. \$15

6301	Mon	10/12	6-7:30pm
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**Spring Lawn Rejuvenation 1 day | Ages 16+** Spring in Spokane can be a difficult time for our lawns, using the right combination of cultural practices and soil amendments can help you improve your ability to enjoy your lawn sooner. Join us for a discussion of how to evaluate your site and pick the best practices for a great start. \$15

6302	Mon	10/19	6-7:30pm
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**Turf Health 1 day | Ages 16+** Join us for a discussion on the various amendments and techniques for a successful spring growing season. We will discuss the types of grasses that are most successful in our climate and how to use cultural techniques including mowing to improve your lawn. \$15

6303	Mon	10/19	6-7:30pm
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## GYMNASTICS

Classes are held at Spokane Gymnastics 2515 N. Locust Rd. in Spokane Valley. Visit [spokanegymnastics.com/changes](http://spokanegymnastics.com/changes) to view their COVID-19 modified protocols for safety.

### 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. \$119

6204	Fri.	10/23-12/4	10-10:45am
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### Preschool Gymnastics

**6 Weeks | Ages 3-5yrs.** 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. \$119

6205	Fri.	10/23-12/4	9-9:45am
6206	Fri.	10/23-12/4	11-11:45am
6207	Fri.	10/23-12/4	4-4:45pm

### Intro to Gymnastics

**6 Weeks | Ages 5-8 and 9-14** 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. \$139

#### Ages 5- 8yrs.

6210	Fri.	10/23-12/4	3:45-4:40pm
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#### Ages 9-14yrs.

6211	Fri.	10/23-12/4	5-5:55pm
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### Homeschool Gymnastics

**6 Weeks | Ages 5-8yrs.** 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. \$119

6208	Fri.	10/23-12/4	1:15pm - 2:05pm
6209	Fri.	10/23-12/4	3:45pm - 4:40pm
6277	Fri.	10/23-12/4	5:00pm - 5:55pm

### Parkour

**6 Weeks | Ages 10-18yrs.** Parkour is the physical discipline of training to overcome any obstacle by adapting one's movements to the environment. One hour "urban gymnastics" class teaches participants how to negotiate obstacles in the most efficient (and fun) way possible as well as how to jump, land and flip safely. Class meets at Spokane Gymnastics 2515 N Locust Rd Spokane Valley. \$139

6212	Fri.	10/23-12/4	6:15-7:10pm
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### Ninja Zone at Spokane Gymnastics

**6 Weeks | Ages 3-5 and 6-11** 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: \$29 for t-shirt and headband, along with athletic shorts of choice.

2515 N. Locust Road Spokane Valley

#### Ninja Zone Preschool Ages 3-5 (Co-Ed) \$119

6213	Fri	10-10:50am	10/23-12/4
6214	Fri	11-11:50am	10/20-12/4
6215	Fri	4-4:50pm	10/23-12/4

#### Ninja Zone Level 1 Age 6-11 \$139

6216	Fri	5-6:00pm	10/23-12/4
6217	Fri	6:15-7:15pm	10/23-12/4

## HIKING



### Spokane City Stroll & Roll Challenge

**All Ages |** This fall, explore your city in a wellness challenge for all types of lifestyle and levels of fitness. Whether you stroll or roll the 1-mile "Trolley Trail Trek" or follow the Centennial Trail from one side of Spokane to the other in the 15-mile "City Limit Stride", every mile counts! Choose from a variety of preset routes that take you through the City of Spokane's amazing parks system. Report your accomplishments at the end of each route to be featured on the Spokane City Stroll & Roll Virtual Wall of Fame and see how you stack up to other challengers. Participants are required to download a free app and create an account to access the routes and record their accomplishments. All participants will receive a unique celebratory "I Love Parks" patch designed by artist Chris Bovey! **Registration Opens October 15 and the Challenge ends on 12/31.** For more information please email Adriano Eva at [aeva@spokanecity.org](mailto:aeva@spokanecity.org). \$15

6306			10/15-12/31
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# Mobius Discovery Center

## VIRTUAL PROGRAMS

Spokane Parks and Recreation has partnered with Mobius Science Center to bring you 1-hour, live, virtual STEM experiences guided by a Mobius Educator on Zoom. From dissections to experiments, these interactive programs focus on building a strong STEM foundation with engaging science activities and demonstrations. This program is for families looking to ignite their student's inner scientist through a small group live session. Mobius Virtual Programs (MVPs) can be done with supplies found at home, except for Structural Science, which requires a specific kit that will be shipped to you before the program. Register through [www.SpokaneRec.org](http://www.SpokaneRec.org) for these virtual programs. Registration closes 1 week prior to the course start date.

### Kitchen Chemistry

**Ages 8-12yrs.** Learn about non-Newtonian fluids, make fun experiments, and learn about endothermic creations. At-home materials list: PVA glue (white glue like Elmer's White Glue), food coloring, powdered Borax, corn starch, disposable cups, craft sticks for stirring, measuring spoons, measuring cups. \$20 (\$15 Mobius Member)

**6334 Fri 10/16 10:00-11:00 am**

### Coding

**Ages 7-8yrs.** Can you talk to robots? Learn how to communicate with robots and create an algorithm for the robot to complete a challenge. This workshop is adaptable for a broad range of ages, with picture-based coding language for younger grades and added levels of difficulty, based on the student experience. \$20 (\$15 Mobius Member)

**6335 Mon 10/19 11:00-12:00 pm**

**6336 Wed 10/21 1:30-2:30 pm**

### Frog Dissection

**Ages 9-12yrs.** Where does a fly go when a frog eats it? Explore the internal anatomy of these amphibians and compare similarities to your own body in this excellent introductory dissection. \$20 (\$15 Mobius Member)

**6337 Tue 10/27 10:30-11:30 am**

**6338 Thu 10/29 12-1:00 pm**

### Wonderful Wildlife

**Ages 5-10yrs.** Meet the wild animals that live in our state and around the world, the places they live and explore some of the incredible ways that these animals survive! At-home materials list: colored pencils or crayons, a couple of sheets of construction paper, scissors. \$20 (\$15 Mobius Member)

**6339 Wed 11/4 10:30-11:30 am**

**6340 Fri 11/6 10:30-11:30 am**

### Structural Science

**Ages 9-11yrs.** What do the Eiffel Tower, a skyscraper, and the Burj Khalifa have in common? They are all towers! Using the design, your creativity, and a little trial and error you'll build different types of towers while learning the principles of engineering! \$25 (\$20 Mobius Member)

**6341 Tue 11/10 9:30-10:30 am**

**6342 Thu 11/12 2-3:00 pm**

### Solar System

**Ages 5-9yrs.** Adventure in and around our solar system and discover all the objects that are neighbors to our Earth. At-home materials list: colored pencils or crayons, a couple of sheets of construction paper, scissors. \$20 (\$15 Mobius Member)

**6343 Mon 11/16 12-1:00 pm**

**6344 Thu 11/19 1:30-2:30 pm**

### Heart Dissection

**Ages 9-12yrs.** Explore the chambers of the heart as you join the Mobius educators in dissecting a sheep's heart. We will explore the ins and outs of this most crucial and fascinating muscle. \$20 (\$15 Mobius Member)

**6345 Mon 11/23 10:30-11:30 am**

**6346 Wed 11/25 11-12 pm**

A printer may be needed for some MVPs. Enhance your experience by having a few additional supplies handy such as a few pieces of craft or coloring paper, a pencil, scissors, as well as crayons or colored pencils.



Presented by



In association with



## STEAM Kits

**STEM + Art = STEAM!** Ignite imagination while experimenting with hands-on kits! Kits come complete with instructions and supplies, and are designed for kids and families to do at home together. **All STEAM Kits are \$16 (\$13 for Mobius Members)** Shipping is free! Ships in 5-7 business days.

### Space Science

**Ages 9+** Curious about space? Learn about our solar system and discover more of what is out there!

**Course #6314**

### Structural Engineering

**Ages 9+** What does it take to build a tall tower that can stand strong? Put your engineering skills to the test.

**Course #6315**

### Fantastic Contraptions

**All Ages** Become an engineer, build and test your own exciting contraptions.

**Course #6316**

### Igloos

**All Ages.** These amazing structures provide shelter and warmth in incredibly cold places. Use this kit to engineer your own igloo!

**Course #6317**

### Monkeys

**Age 5-8yrs.** Monkey around in your monkey hat while creating your own sock monkey!

**Course #6318**

### Flower Dissection

**All Ages** Learn all the parts of a flower and how they make new flowers in this at-home flower dissection.

**Course #6319**

### Owl Pellet Dissection

**All Ages** Ever wonder what an owl eats? Dig into this owl pellet activity and find out. Plus, make an owl puppet and a pinecone owl!

**Course #6320**

### Old MacDonald Had A Farm

**Age 5-8yrs.** Create your own farmer's hat and farm animal puppets!

**Course #6321**

### Squirrels & Leaves

**Age 5-8yrs.** Create a squirrel friend to take on adventures and explore leaves while using them to make art.

**Course #6322**

# SPOKANE PARKS FOUNDATION

*Planting Roots. Growing Community.*



We know now, more than ever, our community needs open spaces to stay safe, stay distant, and stay active. Our local parks are the perfect place to explore, enjoy and soak in the sun...

**We invite you to join us!**

Your donation funds park projects, outdoor recreational activities for low-income youth, life-saving swim lessons, and much more!



**Please give to your local parks today!**

**[www.spokaneparksfoundation.org/donate](http://www.spokaneparksfoundation.org/donate)**

Or text **“parks”** to (202) 858-1233



## SATISFACTION GUARANTEED

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

### REGISTER ONLINE

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



### MAIL US

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

\*checks payable to City of Spokane



### CALL US

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



## PAYMENT INFORMATION

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

## INCLEMENT WEATHER

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

## DISCLAIMER

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

## REFUND/CANCELLATION POLICY

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

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

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

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

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

## INCLUSION/ACCOMMODATION

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



Please print and  
fill out completely

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

**509.755.CITY (2489)**  
**SpokaneParks.org**

Which program are you registering  
for? ☐ General ☐ TRS

**PAYEE INFORMATION**

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

**PARTICIPANT INFORMATION**

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

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

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

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

**Total Program Fees:**  
\$

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

**DDA will send funds.** ☐ Yes ☐ No

**Case Manager**

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

**Please contact your case manager to send verification of payment to: [abusch@spokanecity.org](mailto:abusch@spokanecity.org)**

**THERAPEUTIC RECREATION ONLY**

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

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

Dietary Precautions/Foods to avoid:

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

Activity Limitations/Physical problems (if any):

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

Careprovider/Support Staff provided? ☐ Yes ☐ No

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



# THERAPEUTIC RECREATION

Do you have any disabilities? (be specific)

## Participant Personal Needs:

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

<b>Social Skills/Behavioral Info:</b>	<b>Participation:</b>	<b>Needs Help Managing:</b>	<b>Behavioral Triggers or fears:</b>
	<input type="checkbox"/> Easily <input type="checkbox"/> Needs Occasional Prompting <input type="checkbox"/> Needs Constant Prompting	<input type="checkbox"/> Behavior <input type="checkbox"/> Personal Space <input type="checkbox"/> Emotions	<b>Other information:</b>
<b>Mobility and Adaptive Equipment:</b>	<b>Do you use adaptive equipment?</b> <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>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

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

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

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

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

Signature

Date

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

List any special instructions/cautions/side effects:

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

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

\_\_\_\_\_  
Relation

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





### Assumption of Risk and Waiver of Liability

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people. The City of Spokane Parks and Recreation Department (SPRD) has created new protocols and put in place preventative measures to reduce the spread of COVID-19; however, SPRD cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending any program may increase yours and your child(ren)s' risk of contracting COVID-19.

.....

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending SPRD programs, activities, or events, and that such exposure or infection may result in personal injury, illness, permanent disability, and/or death. I understand that the risk of becoming exposed to or infected by COVID-19 from participation in SPRD programs may result from the actions, omissions, or negligence of myself and others, including, but not limited to, SPRD employees, volunteers, and program participants and their families. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself including, but not limited to, personal injury, disability, death, illness, damage, loss, claim, liability, or expense of any kind that I or my child(ren) may experience or incur in connection with my or my child(ren)s' attendance at SPRD programs. On my behalf, and on behalf of my child(ren), I hereby release, covenant not to sue, discharge, and hold harmless SPRD, City of Spokane, and their officials, employees, agents, and representatives, from and against any and all liability, claims, demands, actions, causes of action, damages, and expenses arising or in any way related to my or my child(ren)s' attendance at SPRD programs. I understand and agree that this release and covenant not to sue includes, but is not limited to, any claims related to COVID-19 based on the actions, omissions, or negligence of SPRD, City of Spokane, or their officials, employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any SPRD program.

---

Participants Name

Date

---

Participant or Parent/Guardian Signature

Parent/Guardian Printed name if applicable

# Frequently Asked Questions



## What kind of COVID -19 program modifications are being made?

Following the Washington Department of Health guidelines:

- Decrease class sizes.
- Anyone over the age of 5yrs. is required to wear a mask while participating in SPRD activities.
- Programs and activities are selected on the ability to maintain physical distancing and reducing touchpoints.
- Increased sanitation protocols are also in place.

## Will SPRD track any illness symptoms or outbreaks?

Absolutely. We will have a symptom checklist, including tracking for temperatures and, asking if the participant or immediate family members have exhibited known symptoms, such as:

- |                                               |                              |
|-----------------------------------------------|------------------------------|
| • Cough                                       | • New loss of taste or smell |
| • Shortness of breath or difficulty breathing | • Sore throat                |
| • Fatigue                                     | • Congestion or runny nose   |
| • Fever and/or chills                         | • Nausea or vomiting         |
| • Muscle or body aches                        | • Diarrhea                   |
| • Headache                                    |                              |

## Can you tell me more about increased disinfection procedures?

We are closely monitoring statewide, national and industry guidelines to keep our participants, families, and staff safe. Staff will regularly wash their hands, high- touch areas will be regularly and routinely sanitized, and physical distancing will be emphasized. We have developed additional guidelines regarding health checks, physical distancing, handwashing, sanitizing items.

## What about smoke or smog?

In the case of poor air quality, staff will modify activities, reducing high energy level activities, such as running, tag games, and extensive hiking. Staff will also encourage campers to take extra breaks, drink lots of water, and will, of course, be keeping a close eye on participants throughout the day. When the AQI equals or exceed AQI value 150 which is in the lowest level of the “unhealthy” category, activities will be moved indoors or cancelled until improvement occurs.

## What if a program is cancelled due to unforeseen circumstances, like another statewide order closing programs?

Patrons will receive a refund if a program is cancelled by SPRD due to compliance with a statewide closure order, or for some other reason.

## Can I stay and watch my family members during their program?

- Parents/visitors must wear face coverings and sanitize their hands when they drop their children for programs.
- We will restrict non-essential visitors, volunteers, and general public interaction with the program participants.



# #RecreateResponsibly

## KNOW BEFORE YOU GO



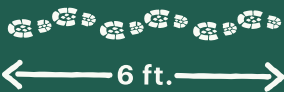
Check the status of the place you want to visit. If it is closed, don't go. If it's crowded, have a Plan B.

## PLAN AHEAD



Prepare for facilities to be closed, pack lunch and bring essentials like hand sanitizer and a face covering.

## PRACTICE PHYSICAL DISTANCING



Keep your group size small.  
Be prepared to cover your nose and mouth and give others space.  
If you are sick, stay home.

## PLAY IT SAFE



Slow down and choose lower-risk activities to reduce your risk of injury. Search and rescue operations and health care resources are both strained.

## EXPLORE LOCALLY



Limit long-distance travel and make use of local parks, trails and public spaces. Be mindful of your impact on the communities your visit.

## LEAVE NO TRACE



Respect public lands and waters, as well as Native and local communities. Take all your garbage with you.



## BUILD AN INCLUSIVE OUTDOORS

Be an active part of making the outdoors safe and welcoming for all identities and abilities.