

winter **ACTIVITY** guide

FIND YOUR WINTER ADVENTURES INSIDE!

No School Day Camps
Fitness & Wellness Classes
Open Gym Basketball
Snowshoeing &
Cross Country Skiing Outings
TRS Volunteer Opportunities
And MUCH MORE



EXPLORE
PARKS
NATURE

SPORTS
& REC
OUTDOOR

CAMPS
LEARN
CLASSES

SWIM
POOLS
SPLASH

PLAY
GOLF
LEARN

ENJOY
RIVER
FRONT
PARK



City of Spokane
PARKS
& RECREATION

NO TEAM? NO PROBLEM!



**THERE'S A TEAM OUT THERE WAITING FOR YOUR TALENTS.
JOIN OUR FREE AGENT LIST!**

FLAG FOOTBALL • SOCCER • SOFTBALL • VOLLEYBALL

- TEAMSIDELINE.COM/SPOKANE -

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CORBIN KIDS PRESCHOOL

All Preschool Programs are held at the Corbin Art Center
507 W 7th Avenue.

Little Leonardos

6 weeks | Ages 3-5yrs. Children love art and they're naturally creative and imaginative. Each class is planned to expose your child to a new element of art each week. They will paint, sculpt, draw, cut paper and glue to help develop listening skills, fine motor skills and creative imagination play. Please choose what time works for you and your child. \$49

4948 Mon. 2/3-3/9 9:30-10:30am

Let's Gogh Art!

6 weeks | Ages 4-5yrs. Does your child love to draw, paint, sculpt or just enjoy being creative? Then come join us in discovering different art techniques. 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. \$60

4952 Tue. 2/4-3/10 9:30-11am

4953 Wed. 2/5-3/11 9:30-11am

NEW! Make Art Together: Animal Art-Extravaganza!

6 weeks | Ages 2-4yrs. Are you tired of being cooped up in the house? Do you and your child love animals? Experience a new weekly animal art theme, story, and relevant project. Children will discover new animals, their colors, texture while practicing basic cutting, painting and gluing skills. All 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. \$49

4954 Thu. 2/6-3/12 9:30-10:30am

CORBIN KIDS YOUTH

Youth Classes are held at the Corbin Art Center
507 W 7th Avenue.

Afternoon Art Exploration

6 weeks | Ages 6-8yrs. | 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 \$60

5017 Tue. 2/4-3/10 4-5:30pm

After-School Art Exploration

6 weeks | Ages 8-14yrs. | Beth McIlraith Explore a variety of artistic mediums, such as, oil pastels, paint, clay, paper, recycled objects and more each week. Here's a chance to use your artistic skills, be creative and try new things. There are new projects each week for returning students. \$67

5018 Wed. 2/5-3/11 4-6pm

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. \$62

5019 Thu. 2/6-3/12 4-5:30pm

PRESCHOOL ART WORKSHOPS

NEW! Make Art Together: Valentine Fun!

1 day | Ages 2-4yrs. 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. \$25

5021 Sat. 2/8 9:30-11am

NEW! Make Art Together: Easter Bunny Fun!

1 day | Ages 2-4yrs. 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. \$25

5028 Sat. 4/11 9:30-11am

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

1 day | Ages 2-4yrs. Come and celebrate the "Wearing o' 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! \$25

5026 Sat. 3/14 9:30-11am



St. Patrick's Pot of Gold

NO SCHOOL TODAY CAMPS

Pre-registration is required. No School Camps are held at the Corbin Art Center, 507 W 7th Avenue.

NEW! Winter Sparkle Camp!

1 day | Ages 6-11yrs. This camp includes all that glitters and shines! Make some fantastic winter art projects that twinkle, shine, sparkle and glisten! We will use lots of art supplies along with recycled items to make all of our masterpieces dazzle and sparkle! Come meet new friends, dress for a mess and bring a lunch. \$40

5029 Mon. 1/20 9am-3pm

NEW! Innovative Artist's Studio!

1 day | Ages 6-11yrs. This one day fine art camp has it all! Come and use diverse art materials, techniques and enjoy the creative process while learning the basic elements of line, shape, value, pattern, space and color. You will use individual imagination and a ton of creativity to make you own personal masterpieces! Dress for a mess and please bring a lunch. \$40

5031 Mon. 1/20 9am-3pm

NEW! Blast Off into Space!

1 day | Ages 6-11yrs. Let the countdown begin...5-4-3-2-1, Blast Off! We are heading for outer space and we need some space explorers to come on this fun, creative journey! Learn about the planets, stars, moons & more while creating some fabulous galactic art. Dress for a mess and please bring a lunch. \$40

5035 Mon. 2/17 9am-3pm

NEW! Put on Your Creative Cap!

1 day | Ages 6-11yrs. Masks, hats, costumes galore! In this class, only your creativity will limit your masterpiece and disguise making capabilities! Your child will come into this class as themselves and leave in a hat, costume or mask of their own creation. Dress for a mess and bring a lunch. \$40

5036 Mon. 2/17 9am-3pm

ALREADY THINKING ABOUT SPRING?

Spring registration starts January 28. Visit SpokaneRec.org to get ahead of the crowd!



YOUTH SEWING CLASSES

The following Sewing Classes are held at Let's Get Sewing! Studio at 8707 N. Wall St.

Sewing After School

4 weeks | Ages 8-16yrs. | Elizabeth Pike (SAS) is an ongoing program designed to cover all the basics of sewing. Students complete simple to more advanced projects as their skills grow. "New to sewing" students begin with sewing machine basics while crafting a pillowcase with French seams and a pair of pajama pants. "Continuing" students' projects are skill and interest driven. Students can bring their own machine or use one of our many studio machines. Materials for the first project are provided. No experience needed. \$125

5015 Wed. 1/8-1/29 4-6pm

5016 Thu. 1/9-1/30 4-6pm



Artist Studio - No School Camp



SPRING BREAK CAMPS

Camps are held at Corbin Art Center, 507 W 7th Avenue, unless noted in the description.

Enjoy a fun-filled day with arts and crafts activities for children. Dress for a mess and bring your lunch. Pre-registration is required.

Colorful Art Explosion!

1 day | Ages 6-11yrs. Explore the vast world of mixed media using a diverse array of art materials and techniques. You will work with paper, paint, glue and found objects. Creativity will run rampant and the art will explode with color and energy. \$40
5038 Mon. 4/6 9am-3pm

NEW! Doodle Bug Art Fun!

1 day | Ages 6-11yrs. Does your child love to draw, paint or just doodle? Does your child like bugs? Come be a Doodle Bug artist! Doodling is a fun creative practice to do, and you never know what great works of insect art might develop. Have fun learning some new and clever abstract techniques of creating art! \$40
5043 Tue. 4/7 9am-3pm

Clay, Slime & DIY Dough

1 day | Ages 6-11yrs. 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. \$40
5040 Wed. 4/8 9am-3pm

NEW! Dragons! Trolls! Unicorns! Oh My!

1 day | Ages 6-11yrs. Do you love Dragons? How about trolls, unicorns and other mythological creatures? Come and use your imagination, creativity and lots of art supplies to make your very own fantastic creatures! \$40
5041 Thu. 4/9 9am-3pm

Animal Art: Let's Go Wild!

1 day | Ages 6-11yrs. Explore animals around the world through art. Unleash your creativity with different animal projects including collage, painting, drawing and sculpture. This camp is sure to be a "wild" time. \$40
5042 Fri. 4/10 9am-3pm

NEW! Come Learn to Sew-Spring Break

1 week | Ages 8-16yrs. | 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. **Classes are held at Let's Get Sewing! Studio at 8707 N. Wall St.** \$135

5045	Mon.-Fri.	4/6-4/10	9am-Noon
5046	Mon.-Fri.	4/6-4/10	2-5pm



Doodle Bug Art Fun!

REGISTER BY PHONE

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

OR ONLINE

SpokaneRec.org

PHOTOGRAPHY

Photography classes are held at the Corbin Art Center
507 W 7th Avenue

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. \$60

4921 Mon. 2/3-3/2 6-8pm

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.

\$60

4922 Wed. 2/12-3/4 6-8:30pm

SKIN CARE & SOAP MAKING

Skin Care & Soap Making Classes are held at the Corbin Art Center, 507 W 7th Avenue

Organic Cold-Pressed Soap

1 day | Ages 16+ | Karen Felber Learn the simple process of making organic and natural soap. Demonstrations include fragrance selection, optional color additives, botanicals, herbs, and additional ingredients to make exfoliating soap. Quick tips on wrapping included. Take home samples. \$29

4928 Sat. 2/29 10am-Noon

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. Make a Calendula infused body butter along with a calendula oil infused salve. Pamper yourself or someone special, without paying high prices using everyday ingredients. Demonstrations and take home samples. \$29

4929 Wed. 3/25 6:30-8:30pm

JEWELRY WORKSHOPS

Jewelry Workshops are held at the Corbin Art Center 507 W 7th Avenue

NEW!

Cultured Sea Glass Earrings!

1 day | Ages 16+ | Amy Gurel In this class you will learn how to make the most amazing earrings that is made from tarnish resistant crafting wire and cultured sea glass. You will pick out 2 matching pieces of glass to wire wrap. Don't forget to sign up for the Pendant class to make it a matching set. There will be a \$12 lab fee payable to the instructor at the start of class. Supply list included with registration confirmation. \$25/\$12 Lab Fee

5059 Tue. 2/4 6-7:30pm

5060 Wed. 3/11 6-7:30pm

NEW!

Cultured Sea Glass Pendant

1 day | Ages 16+ | Amy Gurel In this class you will learn how to make the most amazing one-of-a-kind piece of wearable art that is made from tarnish resistant crafting wire and cultured sea glass. You will pick out your piece of glass and learn how to wire wrap it into a beautiful one-of-a-kind piece of art to adorn any outfit. Don't forget to sign up for the Earring class to make it a matching set. There will be a \$10 lab fee payable to the instructor at the start of class. Supply list included with registration confirmation. \$20/\$10 Lab Fee

5061 Tue. 2/11 6-7:30pm

5062 Wed. 3/18 6-7:30pm



Cultured Sea Glass Pendant and Earrings Class



DRAWING

All Drawing Classes are held at the Corbin Art Center 507 W 7th Avenue.

Pastel Drawing

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

4803 Mon. 2/3-3/9 1-3pm

NEW! Creative Teen Art Studio: Drawing 101

5 weeks | Ages 13-18 | Erin Wilson Do you love to draw and sketch? We will learn multiple ways of shading, adding texture, 5 to 1 ratio, drawing hands, portraiture and perspective for your drawn masterpieces! There will be quick sketch projects along with detailed finished drawings. No experience needed, but bring your own love of drawing and creativity! Supply list included upon confirmation of registration. \$59

5047 Mon. 2/3-3/2 4:30-6pm

Drawing Fundamentals

6 weeks | Ages 16+ | Allison Bayley If you are new to drawing or need to brush up on basic skills this is the class for you. We will be tackling drawing materials, composition, portrait techniques, shading, and perspective. Great basics that will lead to long lasting confidence in your drawing. Supply list included upon confirmation of registration. \$65

4806 Mon. 2/3-3/9 6:30-8:30pm

4809 Wed. 2/5-3/11 6:30-8:30pm

NEW! Creative Drawing 101

5 weeks | Ages 16+ | Erin Wilson Do you love to draw and sketch but have never taken a class? Learn several variations of shading, illustrating texture, 5 to 1 ratio, drawing hands, portraiture and perspective for your drawn masterpieces! There will be quick sketch projects along with detailed finished drawings. No experience needed! Just but bring your love of drawing and creativity! Supply list included upon confirmation of registration. \$65

5048 Tue. 2/4-3/3 6-7:30pm

NEW! Caricature Drawing

1 day | Ages 16+ | Tom Quinn In this class, we'll discuss the ways to exaggerate and simplify an individual's distinctive features to depict someone in a way that's both funny and instantly recognizable. Tom has been drawing caricatures for well over 25 years, and has learned to draw them both at leisure and under intense time pressure. Supply list included with registration confirmation. \$49

4825 Sat. 3/7 9am-3pm

NEW! Portrait Drawing

6 weeks | Teen & Adult | Tom Quinn The best way to break through the intimidation factor of a portrait is by learning the proportions of the human head and the anatomy of the bones and muscles. Learning to observe the model closely and to draw what you see is another way to bolster confidence in portraiture. Mastering the human head can give an artist the confidence to draw any subject. Supply list included upon confirmation of registration. \$70

4811 Thu. 2/6-03/12 1-3pm

Perspective Drawing

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

4815 Thu. 2/6-03/12 6:30-8:30pm

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. 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. \$70

4817 Fri. 2/7-3/13 10:30am-12:30pm

NEW! Drawing Hands

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

4823 Sat. 2/22 9am-3pm

PAINTING CLASSES & WORKSHOPS

All Painting Classes are held at the Corbin Art Center 507 W 7th Avenue

NEW!**Painting Seasons: A Process Art Approach**

2 days | Ages 18+ | Bevie LaBrie Explore the seasons through paint and mixed media. There will be guided meditation, process art techniques, creative writing and metaphor. Learn to flow rather than grip through all of life's seasons. You'll leave with renewed hope and energy during the winter season. All supplies provided by the instructor for a fee of \$8 which is payable to the instructor or you may bring your own. \$90/\$8

4826 Mon. 2/3-2/10 5:30-8:30pm

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. \$70

4827 Mon. 2/3-3/9 6:30-8:30pm

Art History

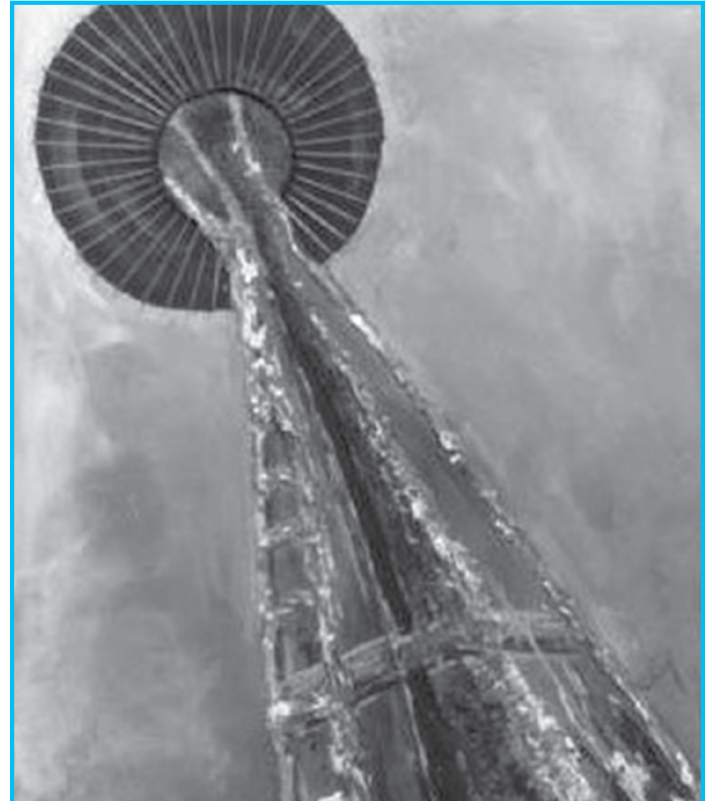
6 weeks | Ages 16+ | Tom Quinn This class is a series of lectures with slides intended to be both informative and entertaining about the great art of the past. We will address certain questions like: What is art history? This course will look at art changes from one culture and period to another and in what ways they remain the same. Please be aware that some of the slides depict nudes. \$65

4831 Tue. 2/4-3/10 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. \$70

4834 Tue. 2/4-3/10 6:30-8:30pm



Learn to add lots of texture to your paintings

NEW!**Exploring Textures in Paint**

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

4837 Wed. 2/5-3/11 6-8:30pm

NEW!**Not Your Basic Paint By Number**

4 weeks | Ages 16+ | Mallory Wardian If you have ever thought about experimenting with art through the medium of painting, this is the class for you. Be exposed to the fundamental building blocks of visual art and artistic expression through acrylic painting. Cover the basics of color theory, experimentation of techniques on canvas to create a visual representation through the process of a guided painting. Supply list included upon confirmation of registration. \$59

4849 Mon. 2/24-03/16 6:30-8:30pm



WRITING & PERSONAL ENRICHMENT

Writing Classes are held at the Corbin Art Center 507 W 7th Avenue.

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. \$70
4855 Thu. 2/6-3/12 6-8pm

NEW! Designing & Delivering Great Presentations for School & Career

6 weeks | Ages 16+ | Marc Anthony A well-delivered presentation starts with good design. While we may know that a presentation has an introduction, body and conclusion, many of us do not know the choices we have available to us for each part to make it great for any purpose. This workshop guides you through the basics of good presentation design – for school or work, starting from the Introduction, to choosing the best structure and style for the body; and how to effectively and powerfully conclude and manage questions/answers. No experience needed for this class. \$69
4856 Mon. 2/3-2/24 6-8pm
4858 Sun. 2/9-3/16 11am-1pm

NEW! The Language of Presenting!

4 weeks | Ages 16+ | Marc Anthony The real art of presenting is not about flashy PowerPoint slides, but about words, carefully designed and skillfully communicated. It's about using language in an artful way. This workshop helps you develop a skill that will serve you now and long into your schooling and career by revealing the secrets that great speakers and presenters use all of the time. There'll be lots of opportunities to practice what you learn in this course. Some presenting experience needed for this class. \$59
4859 Tue. 2/4-2/25 6-8pm

NEW! Making PowerPoint Work for You!

2 weeks | Ages 16+ | Marc Anthony For millions of presenters, PowerPoint is the go-to program for everything related to a presentation from start to finish. This workshop teaches you how to use this program effectively, how to design supportive slides that don't overwhelm or distract the audience and keep the attention on the most important aspect of the presentation: the presenter. Please bring your laptop or tablet with this program on it. \$49
4861 Thu. 2/20-2/27 6-8pm

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

6 weeks | Ages 16+ | Marc Anthony The writer's voice is fragile, and can be silenced by our internal critic. This makes it hard to start or continue working on our writing projects. One way to minimize our internal critics is to join a facilitated group of writers willing to listen to your work, and give useful, reflective feedback. This allows us to feel more confident, and write more. Join us at the Corbin Art Center, bring in your work, and leave your critic at the door. This facilitated group welcomes committed writers in all genres in a positive, motivating environment. \$70
4863 Sun. 2/9-3/15 2-4pm

NEW! Journal to the Self – Intro

1 day | Ages 18+ | Keirsten Lyons Journaling has come a long way from the Dear Diary days! Join us for this snapshot workshop as we explore a few fun and inspiring journaling techniques you can use to work through emotions, set goals, capture special moments, develop your intuition and discover new life stories. No writing experience is necessary. \$29
4865 Wed. 3/18 6:30-8pm



FIBER ARTS

Fiber Arts classes are held at the Corbin Art Center
507 W 7th Avenue

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. \$55

4923 Wed. 2/12-2/26 6-9pm

NEW! Intro to Sewing: Learn the Machine

2 weeks | Ages 8+ | Margie Bradfute Bring your sewing machine to learn, and get comfortable using it. Explore all of the stitches and what each one is used for, even buttonholes and zippers, along with all of the parts of the sewing machine. No experience necessary! You will make a decorative pillow in the 2nd class. Supply list included upon confirmation of registration. \$50

5049 Sat. 2/8-2/15 9:30am-12:30pm

NEW! Make a Pillowcase with the Serger!

1 day | Ages 16+ | Margie Bradfute This fun class is for the student that already knows how to use a serger. You will make a fun multi-colored pillowcase! You must know how to thread your serger for this class. Bring your lunch if you would like. Supply list included upon confirmation of registration. \$40

5051 Sat. 2/22 9:30am-1pm

NEW! Healing Branches Fabric Wall Hanging

1 day | 16 & Older | Judy Sauer Create a small fabric wall hanging with words of encouragement that fits the person you are making it for. When you give this thoughtful project you are giving them comfort and courage in their time of need. Cost of this class includes all of the supplies. \$30

5052 Sat. 3/14 10am-1pm

NEW! Make Pajama Pants with the Serger!

1 day | Ages 16+ | Margie Bradfute This fun class is for the student that already knows how to use a serger. You will make fun and fashionable Pajama Pants! You must know how to thread your serger for this class. Bring your lunch if you would like. Supply list included upon confirmation of registration. \$40

5053 Sat. 3/21 9:30am-1pm

CORBIN CRAFTS WORKSHOPS

Craft Workshops are held at the Corbin Art Center
507 W 7th Avenue

NEW! Wire Wrapped Sun-Catchers

1 day | Ages 16+ | Amy Gurel Come learn how to wire wrap cultured sea glass and driftwood into an extraordinary piece of outdoor or indoor art. These can be hung where the sun can stream through the window and remind you of warmer beach days. You will use wire, sea glass and pre-drilled driftwood to create this beautiful sun-catcher. There will be a \$15 lab fee payable to the instructor at the start of class. Supply list included with registration confirmation. \$25/\$15 Lab Fee

5054 Wed. 2/5 5:30-8:30pm

5055 Wed. 3/25 5:30-8:30pm

NEW! Beautiful Paper Folded Boxes

1 day | Ages 16+ | Melode Hall Come and learn how to make a lovely, paper folded 2 piece box (origami). These easy folded boxes make beautiful containers for gifts or just keep them for yourself. Make them to give for birthdays, anniversaries or any special occasion. Supply list included upon confirmation of registration. \$29

4924 Mon. 2/10 6:30-8pm

NEW! Wire Wrapped Rain Chain-House Bling

3 weeks | Ages 16+ | Amy Gurel Learn to make a Swan chain as well as learn how to turn cultured sea glass in to a beautiful wire wrapped piece of art to adorn the rain chain with. You will be taught how to securely wrap the sea glass so it can withstand the outside elements as well as how to do a Swan chain. There will be a \$20 lab fee payable to the instructor at the start of class. Supply list included with registration confirmation. \$69/\$20 Lab Fee

5056 Wed. 2/19-3/4 5:30-8:30pm

NEW! Repurpose Crafting

4 weeks | Ages 16+ | Mallory Wardian Thinking about throwing something away that doesn't have the same appeal as it did before? Don't fret! There is always a chance to repurpose these items and make them into something spectacular again! This class will show you different ways to add that sparkle back into those items and add a new element to any room in your household. Supply list included upon confirmation of registration. \$59

4925 Thu. 2/27-3/19 6:30-8:30pm



CORBIN CRAFTS WORKSHOPS CONT.

NEW!

Cultured Sea Glass Garden Bling

1 day | Ages 16+ | Amy Gurel We will wire-wrap 5 pieces of Cultured Sea Glass to create a beautiful addition to your indoor or outdoor plants, and give them an extra bling to spice things up. You will be able to stake them down into the ground so they can stand next to your plants. These make great gifts, but you might just want to keep it for yourself! There will be a \$10 lab fee payable to the instructor at the start of class. Supply list included with registration confirmation. \$25/\$10 Lab Fee

5057	Sat.	2/29	10:30am-1:30pm
5058	Sat.	3/14	10:30am-1:30pm

NEW!

Developing 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. Bring an old book, your free spirit and check the critic out the door! Using the prompts from the instructor, you will come away from the evening with tools and inspiration for a deeper and freer creative practice. There will be an \$8 supply fee payable to the instructor if you do not want to bring supplies. \$50/\$8

4926	Mon.	3/9	5:30-8:30pm
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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

5127	Tues.	1/14-2/4	6-6:30pm
5128	Tues.	2/11-3/3	6-6:30pm
5129	Tues.	3/10-3/31	6-6:30pm

Piano for Children

4 weeks | Ages 6-12yrs. Students will learn the basics of piano and immediately start learning how to play great sounding music using an 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. **Bartell Music Academy 418 E Pacific Ave.** **Classes held at Bartell Music Academy 418 E Pacific Ave.** \$68

5130	Mon.	1/13-2/3	5:30-6pm
5131	Mon.	2/10-3/2	5:30-6pm
5132	Mon.	3/9-3/30	5:30-6pm

LANGUAGE & CONVERSATION SPEAKING

Language Classes are held at the Corbin Art Center
507 W 7th Avenue.

Active Beginners Spanish

6 weeks | Ages 18+ | Mary Benham Gain practical phrases for travel, and enjoy your own language enrichment journey to the Hispanic world. Practice the essentials - including greetings, hotel check-in, restaurant ordering and shopping dialogs, while in a relaxed, interactive setting. Supply list included upon confirmation of registration. \$70

4942	Tue. & Thu.	2/4-3/12	1-3pm
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Advanced 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. Supply list included upon confirmation of registration. \$70

4945	Wed.	2/05-3/11	12:30-2:30pm
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NEW!

Intermediate Spanish

6 weeks | Ages 18+ | Mary Benham Expand your skills with practical verb practice including past & future tenses. Practice travel phrases with interactive conversation exercises. Each session includes a short story to expand vocabulary. Supply list included upon confirmation of registration. \$70

4946	Thu.	2/6-3/12	10am-Noon
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Piano lessons that will make your child smile.

ART OF FINE LIVING

Fine Living Classes are held at Inland Northwest Culinary Academy, 1810 N. Greene Street., Bldg. 1, Rm 144.

NEW! Let's Make Beer!

1 day | Ages 21+ A fun and detailed look at the process of making your own delicious beer at home. Join Adam Boyd, professional brewer and award-winning home brewer, as he demonstrates the step-by-step process of beer making. From an exploration of ingredients and equipment to a look at the science of brewing, this course will show you how to make one of the world's favorite beverages right in your own home. **Course confirmation receipt will have location and directions of class.** \$59

4931 Thu. 1/16 6-8pm

NEW! Asian Dumplings!

1 day | Ages 21+ Practice the skill of making a variety of Asian dumplings, such as Japanese Gyoza, Chinese Jiaozi, Pot Stickers, steamed dumplings and Korean Mandu. This course includes various plate presentations. **Course confirmation receipt will have location and directions of class.** \$59

4933 Thu. 1/30 6-8pm

NEW! Tapas Transformation!

1 day | Ages 21+ This class will reference the modern approach to Tapas in America, the history of Tapas in Spain, and the recipes that keep the tradition alive. **Course confirmation receipt will have location and directions of class.** \$59

4936 Thu. 2/6 6-8pm

NEW! Valentines Meal for Two!

1 day | Ages 21+ Bring your best friend to make a dream meal for two. We will start with a Crab Salad, make an entrée of pan seared Beef Tenderloin with a mushroom sauce (Filet Mignon Chasseur) and finish with a specialty dessert for two, all while sipping sparkling rose for the occasion. **Course confirmation receipt will have location and directions of class.** \$59

4938 Thu. 2/13 6-8pm

NEW! Comfort Stews and Braising!

1 day | Ages 21+ Chefs will never tell you that braising is the primary cooking principle. Learn the secrets of beginning with a good stock or broth. We will make Irish Stew (St. Patrick's Day is around the corner), Chicken Fricassee with a modern twist, (lower fat) as well as oven braised Barbeque Pork Shoulder. **Course confirmation receipt will have location and directions of class.** \$59

4939 Thu. 2/27 6-8pm

NEW! Southern Twist!

1 day | Ages 21+ Bringing traditional southern dishes to the Inland Northwest, while reflecting the Inland Northwest's food scene. **Course confirmation receipt will have location and directions of class.** \$59

4941 Thu. 3/12 6-8pm

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

YOUTH OUTDOOR PROGRAMS

Camp Youth Winter Adventure with Transportation

1 days | Ages 9-12yrs. Send your child with us over the winter break to learn cross country skiing and snowshoeing at Mt. Spokane State Park! Traveling the trails and romping around in the snow through the amazing forest is the best way to spend winter break. We will also learn to build snow caves and search for animal tracks! Please bring a lunch and plenty of water each day. Transportation, snowshoes, skiing equipment, trail passes and instruction provided. **Meet at Mountain Gear Parking Lot 2002 N Division. \$69**

3717 Thurs., Fri. 1/2-1/3

9am-4pm



Skiing in Style - Winter Youth Adventure Camp

CROSS COUNTRY SKIING

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 exploring the area with 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: cross country skis, boots and poles, trail pass, instruction, guided tour after lunch and transportation. Additional information emailed after registration. **Meet at Yoke's Fresh Market Parking Lot 14202 N. Market St. \$53**

4667	Sun.	12/22	9am-3pm
4668	Sun.	12/29	9am-3pm
4669	Tue.	12/31	9am-3pm
4670	Sun.	1/5	9am-3pm
4671	Sat.	1/25	9am-3pm
4672	Sun.	1/26	9am-3pm
4673	Sat.	2/15	9am-3pm
4674	Sun.	2/16	9am-3pm
4675	Sat.	2/22	9am-3pm
4676	Sun.	2/23	9am-3pm

Cross Country Moonlight Ski and Dinner

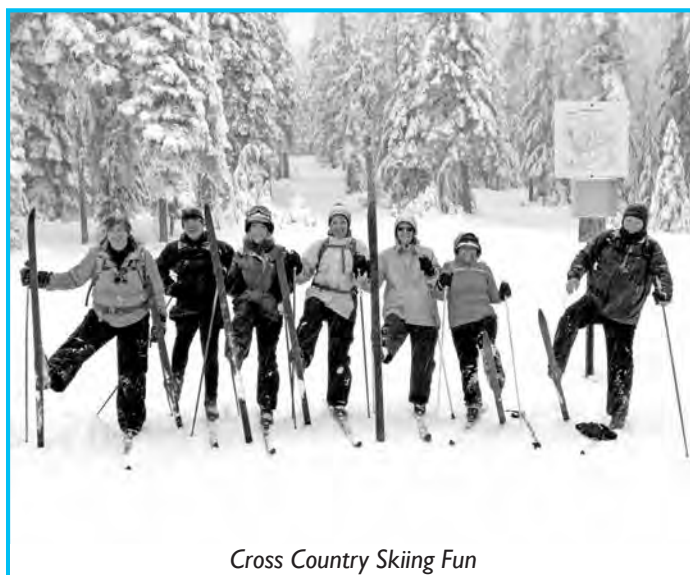
1 day | Ages 18+ Discover the beauty of moonlight on snow as you peacefully make your way on cross-country skis through the woods. Afterward enjoy a wonderful made from scratch meal of lasagna, salad, bread sticks and more from Greenbluff Fresh Catering Company! This is an incredible experience you will 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. Additional information emailed after registration. **Meet at Mt. Spokane State Park Selkirk Nordic Lodge. \$50**

4660	Sat.	1/4	6-9pm
4661	Sat.	2/8	6-9pm
4662	Sat.	3/7	6-9pm

Cross Country Ski Lesson 49 Degrees North w/ 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. certified 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: cross country skis, boots and poles, trail pass, instruction, guided tour after lunch 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. \$55**

4663	Sat.	1/11	9am-4pm
4664	Sun.	1/19	9am-4pm
4665	Sun.	2/9	9am-4pm
4666	Sun.	3/8	9am-4pm



Cross Country Skiing Fun

SNOWSHOEING

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. Pre-trip information emailed after registration. **Meet at Mt. Spokane State Park Selkirk Nordic Lodge.** \$50

4656	Sat.	1/4	6-9pm
4658	Sat.	2/8	6-9pm
4659	Sat.	3/7	6-9pm

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.** \$40

4704	Sun.	1/5	10am-1pm
4705	Sat.	1/25	10am-1pm
4706	Sun.	2/16	10am-1pm
4707	Sat.	3/14	10am-1pm

Snowshoe Tour Mt. Spokane with Transportation

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

3719	Sat.	12/21	10am-2pm
3720	Sat.	12/28	10am-2pm
4691	Sun.	1/5	10am-2pm
4692	Sat.	1/18	10am-2pm
4693	Sun.	2/16	10am-2pm
4694	Sun.	2/23	10am-2pm
4695	Sun.	3/1	10am-2pm
4696	Sat.	3/21	10am-2pm

Snowshoe Mt. Spokane Interpretive Tour by the Friends of Mt. Spokane

1 day | Ages 13+ Learn all about Mt. Spokane from Friends of Mt. Spokane's Cris Currie who has written the book "Mount Spokane State Park a User's Guide" and "Spokane's History of Skiing" You also enjoy taking in the basics of snowshoeing and experiencing this fun winter sport. During the guided interpretive 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.** \$35

4689	Sat.	1/11	10am-3pm
4690	Sat.	1/25	10am-3pm



Snowshoeing & Socializing

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.** \$40

4677	Sun.	1/12	10am-3:30pm
4678	Sun.	2/9	10am-3:30pm
4679	Sun.	3/15	10am-3:30pm



SNOWSHOEING

Snowshoe Moonlight Hike with Transportation

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

4697	Fri.	1/10	6-9pm
4698	Fri.	2/7	6-9pm
4699	Fri.	3/6	6-9pm

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.** \$27

4680	Sat.	1/19	10am-1:30pm
4681	Sat.	2/1	10am-1:30pm

Snowshoe Headlamp Hike with Transportation

1 day | Ages 15+ Watch the glimmer of your headlamp illuminate the snowy trails as we hike through the quiet forest of Mt. Spokane. Look for animal tracks, view the stars and see the distant city lights. Snowshoes, guides, walking poles, headlamps and transportation provided. **Meet at Yoke's Fresh Market Parking Lot 14202 N. Market St.** \$29

Martin Luther King Day

4700	Mon.	1/20	6-9pm
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Valentine's Day

4709	Mon.	2/14	6-9pm
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President's Day

4701	Mon.	2/17	6-9pm
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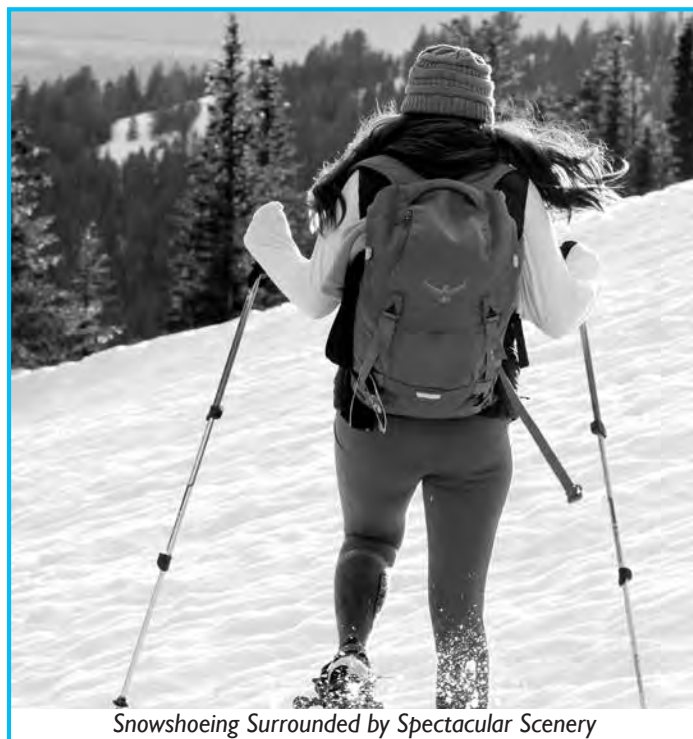
St. Patrick's Day

4702	Tues.	3/17	6-9pm
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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. The 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

4682	Sun.	1/26	9am-4pm
4683	Sun.	2/29	9am-4pm



Snowshoeing Surrounded by Spectacular Scenery

Snowshoe Bead Lake with Transportation

1 day | Ages 18+ This beautiful snowshoe hike takes you around the pristine Bead lake just north of Newport. This trail offers amazing views of the lake and surrounding trails. While on this hike you will travel through an ancient cedar forests, and over some of Bead lake's tributary streams. Some 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.** \$40

4687	Sun.	2/2	9am-4pm
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NEW!

Introduction to Winter Navigation

1 day | Ages 16+ Taught by 15 year survival instructor, this class will introduce participants to the elements of navigation. We will cover selecting the appropriate tools and equipment, maps and coordinate systems, using your GPS, planning a route, determining your location when lost, terrain evaluation, and traveling techniques. Classroom session from 8am-12pm. **Field session 12:30-4pm in Riverside State Park.** Snowshoes provided if needed. Pre-class info emailed after registration. \$30

4749	Fri. 2/7	8am-Noon	West Central Community Center
		12:30-4pm	Riverside State Park

SNOWSHOEING

Snowshoe Mt. Spokane Deep Forest Tour with Transportation

1 day | Ages 16+ Learn all about Mt. Spokane from Friends of Mt. Spokane's Cris Currie who has written the book "Mount Spokane State Park A User's Guide" and "Spokane's History of Skiing" 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. Guides, snowshoes, hiking poles and transportation 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. \$35**

4684 Sat. 2/15 10am-3pm

Snowshoes and Brews Mt. Spokane Tour with Transportation

1 day | Ages 21+ Snowshoeing is awesome! Join us on a 2-3 mile snowshoe tour through the woods of Mt. Spokane State Park. Following our adventure, we will head to Big Barn Brewery in Green Bluff to learn about their locally crafted beer and enjoy some tasty beverages to "tap" off the day. Snowshoes, poles, guides & transportation included. Beverages not included in fee and paid on your own, \$2 per 5oz tasting. **Meet at Yoke's Fresh Market Parking Lot 14202 N. Market St. \$40**

4685 Sat. 2/22 10am-3pm

4686 Sat. 3/14 10am-3pm

NEW! Snowshoe Mt. Kit Carson Summit Tour with Transportation

1 day | Ages 18+ Get outside to Mt. Spokane State Park for some fun in the snow. During this hike to the summit of Mt. Kit Carson get a great workout and great views of the valley below. Don't forget your camera for some amazing shots! This uphill hike will take most of the morning and afternoon. Bring a trail lunch and snacks, water and get ready to 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. \$31**

4703 Sun. 3/8 10am-3pm

BICYCLING

**Bicycle Winery Tour Yakima Valley**

2 days | Ages 21+ Sponsored by Vino! Enjoy riding a bike through wine country vineyards, tasting extraordinary wines and learning about the wines produced in this area. Our evening will be in Prosser WA at the Best Western Inn at Horse Heaven Hills. Fee includes guides, one night lodging, bike & vehicle support, breakfast, 2 lunches and dinner, and Vino!-The Wine Shop interpretive guides. Road bike or road tires on your bike preferable. Participant should be able to ride 25-30 miles a day on scenic country roads with rolling hills on mostly pavement. Helmet required. Pre-trip info emailed after registration. \$269 per person double occupancy only. **Meet at Best Western Plus The Inn at Horse Heaven 259 Merlot Dr. Prosser WA.** Registration deadline May 25.

4716 Sun., Mon. 6/28-6/29 9am-5pm

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 required. 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 per person double occupancy only. **Meet at Marcus Whitman Hotel 6 W Rose St.** Registration Deadline May 1st.

4712 Sun., Mon. 6/7-8 9am-4pm



MARTIAL ARTS LESSONS FOR ALL AGES

- SIGN UP AT SPOKANEREC.ORG -
- see page 20 for more details -

PRIVATE GROUP WINTER TOURS

Book a private snowshoe or cross country ski tour through City of Spokane Parks & Recreation!

Call 509.363.5418 or email rgriffith@spokanecity.org



BICYCLE WINE TOURS



EXPLORE WINE COUNTRY IN YAKIMA OR WALLA WALLA ON BICYCLE THIS SPRING AND TASTE SOME OF THE REGION'S FINEST WINES!

WALLA WALLA: JUNE 7-8, ACTIVITY #4712
YAKIMA: JUNE 28-29, ACTIVITY #4716
LODGING, SOME MEALS AND VAN SUPPORT INCLUDED



- REGISTER AT SPOKANEREC.ORG -



SKI IN THE CITY

You don't have to go to the mountain to get your xc-ski and fat biking fix! Look for groomed trails in and around Spokane this winter.

- **INDIAN CANYON**

*xc-skiing & snowshoeing on groomed trails only

- **RIVERSIDE STATE PARK**

*xc-skiing, snowshoeing & fat biking

- **DWIGHT MERKEL**

*xc and skate-skiing, fat biking & snowshoeing

- spokane parks.org/snow for updated info and rules -



FITNESS & WELLNESS

Yoga Modified

8 weeks | Ages 16+ Yoga poses, stretches and strengtheners modified with the use of comfortable sitting chairs. Experience all the benefits of yoga modified to your body's needs and without struggling to sit on the floor or get up and down off the floor, as in standard yoga classes. Instructor Robin Marks. **Class held at Unity Spiritual Center 2900 S Bernard St. \$80**

4840 Thurs. 1/23-3/12 10:30-11:15am

4841 Thurs. 4/2-5/21 10:30-11:15am

Meditation & Yoga Combo Class

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

4842 Sat. 2/22-3/14 9-10:30am

YogaJoy Kids After School Yoga Club

4 weeks | Ages 5+ Introduce your kids to the joy of yoga! After a busy day at school, kids will enjoy a fun and playful introduction to yoga, mindfulness, and meditation. Yoga for kids is a great way for children to learn how to reduce stress, as well as improve concentration, mood, balance, strength and flexibility. And best of all, kids know yoga is fun! **Class meets at YogaJoy North 12501 N Division St. Suite 5. \$50**

4816 Mon. 1/6-1/27 3:45-4:30pm

4818 Mon. 2/3-2/24 3:45-4:30pm

4819 Mon. 3/2-3/23 3:45-4:30pm

YogaJoy Kids Weekend Yoga Club

4 weeks | Ages 5+ Introduce your kids to the joy of yoga! After an active week, kids will enjoy a fun and playful introduction to yoga, mindfulness, and meditation. Yoga for kids is a great way for children to learn how to reduce stress, as well as improve concentration, mood, balance, strength and flexibility. And best of all, kids know yoga is fun! **Class meets at YogaJoy North 12501 N Division St Suite 5. \$50**

4820 Sat. 1/11-2/1 9:30-10:15am

4821 Sat. 2/8-2/29 9:30-10:15am

4822 Sat. 3/7-3/28 9:30-10:15am



FITNESS & WELLNESS

Pilates Mat Barre Fusion

4 weeks | Ages 14+ Traditional mat work, body lengthening, stretches, and gentle toning, and floor barre work comprise East West's Pilates group sessions. Our classes are taught in a friendly, supportive atmosphere. We welcome beginners and those with some experience. Leave the office behind and join us! **Class meets at East West martial Arts & Body Work 1427 N Monroe St. \$85** *No class held on 12/25

4814	Mon. & Wed.	12/2-12/30	4:45-5:45pm
4949	Mon. & Wed.	1/6-1/29	4:45-5:45pm
4950	Mon. & Wed.	2/3-2/26	4:45-5:45pm
4951	Mon. & Wed.	3/2-3/25	4:45-5:45pm

Yoga Basic

8 weeks | Ages 16+ Feel great! Classes are designed to meet you where you are. Relax into ever-deepening levels of flexibility, strength and well-being. De-stress and revitalize through yoga asanas, breathing, focusing and relaxation techniques. Appropriate for beginners as well as continuing students. Teacher Robin Marks has more than 25 years experience teaching yoga from working with athletes to helping those with physical setbacks. **Class held at Unity Spiritual Center 2900 S Bernard St. \$90**

4832	Tues.	1/21-3/10	5:30-6:30pm
4833	Tues.	3/31-5/19	5:30-6:30pm

Yoga Basic 2

8 weeks | Ages 16+ This class offers the same benefits as Basic Yoga while adding more variety of poses. Instructor Robin Marks has more than 25 years of experience teaching yoga from training athletes to rehabbing those with physical setbacks. **Class held at Unity Spiritual Center 2900 S Bernard St. \$90**

4835	Thurs.	1/23-3/12	5:30-6:30pm
4836	Thurs.	4/2-5/21	5:30-6:30pm

Yoga Gentle Stretch

8 weeks | Ages 16+ If you have not exercised for a while, suffer from some of the aches and pains that can accompany life, or you simply want to de-stress in a gentle manner, this is the class for you. Same benefits as Basic Yoga class but gentler. Instructor Robin Marks. **Class held at Unity Spiritual Center 2900 S Bernard St. \$90**

4838	Sat.	1/25-3/14	9-10am
4839	Sat.	4/4-5/23	9-10am

INSTRUCTOR HIGHLIGHT



Meet Robin Marks!

Robin has a great passion for teaching and appreciates the wonderful people it allows her to meet. Robin is one of the yoga pioneers who first brought the practice to the Spokane Community. Her vast teaching experience, life-long dedication to meditation, and work as a yoga therapist add a profound depth to her classes. **(See Robin's yoga classes on pages 17 & 18)** Robin is also a voice coach with an extensive career as a jazz vocalist. She has a BA in Music Performance, an MA in musicology followed by post grad work in Paris. Robin's keen instincts guide students to develop their skills and actualize their unique gifts as singers. **(See her music offerings on pg. 20)**

GYMNASTICS

Gymnastics - Preschool

6 weeks | Ages 3-4yrs. Preschoolers learn fundamental gymnastics in a fun, fast-paced 50 minute co-ed class. At the age when young children become gradually more aware of their bodies and how to control their movements they can learn an accumulation of skills, the social skills necessary to work in a group, and also the ability to mentally and physically string skills together. **Class meets at Spokane Gymnastics 2515 N. Locust Rd. Spokane Valley \$109**

4783	Fri.	2/14-3/20	9-9:50am
4784	Fri.	2/14-3/20	11-11:50am
4785	Fri.	2/14-3/20	4-4:50pm

Gymnastics for Tiny Tots

6 weeks | Ages 18-36 months Parents interact with their children in a structured class where toddlers learn very basic gymnastics skills; including rolls, jumps and balance with a focus on improvement of fine and gross motor skills, and the ability to follow directions in a fun environment with songs and games. **Class meets at Spokane Gymnastics 2515 N. Locust Rd. Spokane Valley \$109**

4782	Fri.	2/14-3/20	10-10:50am
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Gymnastics- Homeschool Program

6 weeks | Ages 5-8yrs. & 9-12yrs. Spokane Gymnastics works with individuals as well as various homeschool organizations to provide one hour co-ed gymnastics lessons promoting physical activity and teaching gymnastics skills on all the Olympic Events. We are happy to work with individuals or other alternative school organizations. **Class meets at Spokane Gymnastics 2515 N. Locust Rd. Spokane Valley**

Ages 5-8yrs. \$129

4786	Fri.	2/14-3/20	1:15-2:15pm
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Ages 9-12yrs. \$117

4787	Fri.	2/14-3/20	1:15-2:15pm
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Gymnastics- Introduction

6 weeks | Ages 5-8yrs. & 9-14yrs. Basic gymnastics skills taught on all the Olympic Events: Vault, Balance Beam, Uneven, Horizontal and Parallel Bars, Floor, Rings and Pommel Horse in a fun and encouraging environment. **Class meets at Spokane Gymnastics 2515 N. Locust Rd Spokane Valley**

Ages 5-8yrs. \$129

4788	Fri.	2/14-3/20	5-6pm
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Ages 9-14yrs. \$129

4789	Fri.	2/14-3/20	6:15-7:15pm
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Gymnastics- Ninja Zone

6 weeks | Ages 3-11yrs. Ninja Zone is a fusion of Gymnastics, Martial Arts, Obstacle Course Training and Freestyle Movement. This class includes combinations of flips, rolls and kicks that are designed to improve total body coordination, build strength and improve agility. Ninja Zone uses your child's energy to create focus! Beyond skill, this class teaches self-confidence, discipline, impulse control, responsibility and instinctual safety. In an effort to promote discipline and unity, Ninja Sport International requires uniforms for all Ninja classes: \$29 for t-shirt and headband, along with athletic shorts of choice. **Class meets at Spokane Gymnastics 2515 N Locust Rd. Spokane Valley**

Preschool Co-Ed Ages 3-5yrs. \$109

4791	Fri.	2/14-3/20	10-10:50am
4792	Fri.	2/14-3/20	11-11:50am
4793	Fri.	2/14-3/20	4-4:50pm

Level 1 Ages 5-11yrs. \$129

4794	Fri.	2/14-3/20	5-6pm
4795	Fri.	2/14-3/20	6:15-7:15pm

Gymnastics- Parkour

6 weeks | Ages 10-18yrs. Parkour is the physical discipline of training to overcome any obstacle by adapting one's movements to the environment. One hour "urban gymnastics" class teaches participants how to negotiate obstacles in the most efficient (and fun) way possible as well as how to jump, land and flip safely. **Class meets at Spokane Gymnastics 2515 N Locust Rd. Spokane Valley \$129**

4790	Fri.	2/14-3/20	7:30-8:30pm
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Parkour Foam Pit Fun!



DANCE

Please call 509-755-2489 ext. 3 to apply. Discounted registration on select courses.

Dance Youth Ballet

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

Ages 3-4yrs. \$37

4870	Sat.	1/4-1/25	10-10:30am
4871	Sat.	2/1-2/22	10-10:30am

Ages 3-5yrs. \$37

4872	Wed.	1/8-1/22	Noon-12:30pm
4873	Wed.	2/5-2/26	Noon-12:30pm

Ages 5-6yrs. \$42

4874	Sat.	1/4-1/25	10:30-11:15am
4875	Sat.	2/1-2/22	10:30-11:15am

Ages 6-8yrs. \$47 10% off 2 or more registrations

4876	Mon.	1/6-1/27	4:15-5pm
4877	Mon.	2/3-2/24	4:15-5pm
4878	Wed.	1/8-1/29	12:30-1:30pm
4879	Wed.	2/5-2/26	12:30-1:30pm

Ages 7-8yrs. \$47 10% off 2 or more registrations

4880	Sat.	1/4-1/25	11:30-12:30pm
4881	Sat.	2/1-2/22	11:30-12:30pm

Ages 9-12yrs. \$47 10% off 2 or more registrations

4882	Wed.	1/8-1/29	1:30-3pm
4883	Wed.	2/5-2/26	1:30-3pm
4884	Wed.	1/8-1/29	6:15-7:30pm
4885	Wed.	2/5-2/26	6:15-7:30pm

Mommy and Me

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

4866	Wed.	1/8-1/29	11-11:30am
4867	Wed.	2/5-2/26	11-11:30am

Dance Baby Wearing

4 weeks Baby Wearing for moms who would like to dance and rediscover their bodies after baby. Dress code: stretchy athletic attire and baby wrap/carrier of your choice. **Class meets at A Time to Dance Studio, 3815. N Post St. \$47**

4868	Wed.	1/8-1/29	10-11am
4869	Wed.	2/5-2/26	10-11am

Dance - Hip Hop Youth

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

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

4888	Mon.	1/6-1/27	5-6pm
4889	Mon.	2/3-2/24	5-6pm

Dance Adult Beginner Ballet

4 weeks | Ages 13+ It is never too late to follow your dreams! Dress code: form fitting athletic clothing, ballet slippers (no satin slippers). 10% off 2 or more registrations. **Class meets at A Time to Dance Studio, 3815. N Post St. \$47**

4886	Sat.	1/4-1/25	2:30-4pm
4887	Sat.	2/1-2/22	2:30-4pm

SINGING

Sing from the Heart

8 weeks | Ages 18+ 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. Instructor Robin Marks.

Class held at The Place on Park 2406 S. Park Dr. \$245

4843	Tues.	1/21-3/10	7-8:30pm
4844	Tues.	3/31-5/19	7-8:30pm

Sing from the Heart for Teens

8 weeks | Ages 13-17yrs. Teens will have the opportunity to hone their skills as solo performers. Whether new and shy, or experienced as singers; participants will improve their vocal technique and performance skills. Emphasis is placed on drawing out each singer's unique sense of self-expression. The last class is a performance for family and friends. Instructor Robin Marks.

Class held at The Place on Park 2406 S. Park Dr. \$165 *No class 4/9

4845	Thurs.	1/23-3/12	4-5pm
4846	Thurs.	4/2-5/28	4-5pm

Sing from the Heart for Kids

8 weeks | Ages 6-12yrs. A fun approach for kids to sing individually at the microphone, while developing their own sense of style and presentation. Kids will gain confidence and the ability to be musically creative and self-expressed on stage. The last class will be a performance for family and friends. Instructor Robin Marks.

Class held at The Place on Park 2406 S. Park Dr. \$165 *No class 4/7

4847	Tues.	1/21-3/10	4-5pm
4848	Tues.	3/31-5/26	4-5pm

MARTIAL ARTS

Please call 509-755-2489 ext. 3 to apply. Discounted registration on select courses.

Karate Traditional Okinawan Goju Ryu

4 weeks | Ages 6-14yrs. & 15+ These ongoing classes are based on the traditional practice of Okinawan Goju Ryu, they stress a balance of hand and foot techniques, practical self-defense, and physical conditioning. Respect and self-confidence are common threads in these classes. It is appropriate for beginners as well as those with experience in other styles. The instructor, Mary Roe, holds a 7th degree black belt. \$10 off per person for registering 2 or more participants at one time excluding trial classes. The purchase of a Gi (karate uniform) is expected. Gis can be ordered from the instructor (\$20 for youth and \$30 for adults which includes a patch). **Class meets at Southside Senior Activity Center 3151 E 27th Ave.**

Adult Ages 15+ \$40

4746	Mon. & Thurs.	1/6-1/30	5:45-6:45pm
4747	Mon. & Thurs.	2/3-2/27	5:45-6:45pm
4748	Mon. & Thurs.	3/2-3/26	5:45-6:45pm

NEW! Adult One Day Trial Class \$10

4798	Mon.	1/20	5:45-6:45pm
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Youth Ages 6-14yrs. \$40

4743	Mon. & Wed.	1/6-1/29	4:30-5:30pm
4744	Mon. & Wed.	2/3-2/26	4:30-5:30pm
4745	Mon. & Wed.	3/2-3/25	4:30-5:30pm

NEW! Youth One Day Trial Class \$10

4797	Mon.	1/20	4:30-5:30pm
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Kung Fu for Youth

4 weeks | Ages 7-17yrs. Channel your child's inner Shao-Lin Monk! Kung Fu basics taught with positive spirit and atmosphere. This class is open to all backgrounds and any level of fitness. **Class meets at East West Martial Arts & Body Works 1427 N Monroe St. \$72 *No class 12/25**

4808	Mon. & Wed.	12/2-12/30	6:15-7pm
4810	Mon. & Wed.	1/6-1/29	6:15-7pm
4812	Mon. & Wed.	2/3-2/26	6:15-7pm
4813	Mon. & Wed.	3/2-3/25	6:15-7pm

Kung Fu Little Dragons

4 weeks | Ages 4-6yrs. The Little Dragons class aims to introduce children to Kung Fu. The class mixes some basic moves for walking, punching, kicking, and simple-set work with games. The focus of this class is to help your child improve balance, coordination, and improve their levels of fitness, all while having fun! Bring water to drink and loads of energy! **Class meets at East West Martial Arts & Body Works 1427 N Monroe St. \$43 *No class 12/24 or 12/25**

4796	Mon. & Wed.	12/2-12/30	5:45-6:15pm
4799	Mon. & Wed.	1/6-1/29	5:45-6:15pm
4800	Mon. & Wed.	2/3-2/26	5:45-6:15pm
4801	Mon. & Wed.	3/2-3/25	5:45-6:15pm
4802	Tues. & Thurs.	12/3-12/26	5:45-6:15pm
4804	Tues. & Thurs.	1/7-1/28	5:45-6:15pm
4805	Tues. & Thurs.	2/4-2/27	5:45-6:15pm
4807	Tues. & Thurs.	3/3-3/26	5:45-6:15pm

Aikido

4 weeks | Kids & Adults Basic program teaches etiquette, footwork, falls, and basic movement to get started in a safe, supportive, traditional dojo atmosphere utilizing age appropriate methods. **Class meets at Aiki Spokane Roshinkan Aikido Dojo 503 E. 30th Ave. \$65**

Adult Beginning

4828	Tues. & Thurs.	1/7-1/30	6:30-7:30pm
4829	Tues. & Thurs.	2/4-2/27	6:30-7:30pm
4830	Tues. & Thurs.	3/3-3/26	6:30-7:30pm

Kids Beginning

4756	Tues. & Thurs.	1/7-1/30	5-6pm
4758	Tues. & Thurs.	3/3-3/26	5-6pm

OPEN GYM VOLLEYBALL

Every Friday, 6:15-9:15 PM
at Chase Middle School

- SIGN UP AT SPOKANEREC.ORG -





PERSONAL INTEREST

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.

Class meets at Gonzaga University Law School 721 N. Cincinnati St. \$140

4824 Tues. 3/3 & 3/24 6-8pm



GHOST TOURS

Ghost Stories & Ghost Hunt at the Haunted Corbin Mansion

1 day | Ages 12+ Join Ghostologist Chet Caskey and other Spokane story tellers for a disquieting evening of ghost & horror stories at the haunted Corbin Mansion, followed by a mansion ghost hunt led by members of the East Washington Paranormal Group utilizing their state of the art electro-magnetic spiritual detection devices. Flashlights, ghost meters, and refreshments supplied. **Activity meets at the Corbin Art Center 507 W. 7th Ave. \$20**

4851	Sat.	1/11	6:30-8:30pm
4852	Sat.	2/15	6:30-8:30pm
4853	Sat.	3/21	6:30-8:30pm

Ghost Victorian Séance at the Haunted Corbin Mansion

1 day | Ages 21+ Chet Caskey, noted Ghostologist, will facilitate a Victorian Style Seance at the historic and haunted Corbin Mansion with guest spiritualists in attendance, if available. These small-group sessions are intended to be a genuine exploration into the Spiritual Realm, and individuals are welcome and encouraged to bring their own experiences to the gathering. Both inquirers and those experienced in psychic experiences are welcome. Venue is accessible. **Event held at Corbin Art Center 507 W. 7th Ave. \$22**

4862	Sat.	2/1	6:30-8:30pm
4864	Sat.	3/14	6:30-8:30pm

NEW! Mid-Downtown Walking Historic Ghost Tour

1 day | Ages 12+ (infants in strollers free and tour is accessible) Join Ghostologist & story teller Chet Caskey for a two-hour fun & easy stroll through Mid-Downtown Spokane to hear about the City's past of Criminals, The Great Fire, fatal lovers, bombers and theater ghosts. Dress warmly! **Tour meets at Visit Spokane Office 507 N. Howard St. \$15**

4854	Sat.	3/7	6:30-8:30pm
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NEW! Westside Downtown & Browne's Addition Historic Ghost Bike Tour

1 day | Ages 12+ After hot chocolate and snacks, join Ghostologist & story teller Chet Caskey for a two-hour fun & easy ride through the City's Riverside & Browne's Addition Historic Districts to hear about the haunted Browne's Addition mansions, the Serial Cannibal Stanley Pietrzak, and the ghost venues of the haunted Gorge Landfill - as well as other disturbing places! Dress warmly! Bicycles not provided. **Tour meets at the Downtown Dog Park 1200 W. Riverside Ave. \$15**

4860	Sun.	3/15	1:30-3:30pm
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NEW! Westside Downtown Walking Historic Ghost Tour

1 day | Ages 12+ (Tour is accessible) After hot chocolate and snacks, join Ghostologist & story teller Chet Caskey for a two-hour fun & easy stroll through the City's Riverside Historic District to hear about the haunted Carnegie Library, the Serial Cannibal Stanley Pietrzak, the Odd Fellows Hall and Montvale Hotel, the Fox Theater, and the ghost venues of the haunted Gorge Landfill. Dress warmly! **Tour meets at the Downtown Dog Park 1200 W. Riverside Ave. \$15**

4857	Sat.	3/28	6:30-8:30pm
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**The Shadle Library will close for renovation
from December 22, 2019 until 2021.**

**Visit our new alternate location at
Northtown Mall, starting January 2, 2020.**



SPOKANE
PUBLIC LIBRARY

**Learn more about all of our 2018 Bond Projects
at future.spokanelibrary.org**

2020 PASSES. 2018 PRICES.

NOW UNTIL DECEMBER 31!

Now is the perfect time to purchase your City of Spokane Golf Discount Passes at 2018 prices and find some great savings. Call or visit any of the four City of Spokane golf courses, call 311, or stop by City Hall to purchase your 2020 passes!



BOOK YOUR EVENT NOW!

**NOW TAKING RESERVATIONS FOR
THE 2020 TOURNAMENT SEASON**



CALL THE PRO SHOP FOR MORE INFORMATION

Downriver: 509.327.5269 | Esmeralda: 509.487.6291

Indian Canyon: 509.747.5353 | Qualchan: 509.448.9317



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 2020

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

SSA114020	2/04 - 3/10	Tuesdays	6:05 p.m. - 6:55 p.m.	5-7	\$79	Indian Trail Elementary
SSA114019	2/04 - 3/10	Tuesdays	7:00 p.m. - 7:50 p.m.	7-11	\$79	Indian Trail 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.

SSA114021	2/04 - 3/10	Tuesdays	6:05 p.m. - 6:55 p.m.	5-7	\$79	Balboa Elementary
SSA114111	2/04 - 3/10	Tuesdays	7:05 p.m. - 7:55 p.m.	7-11	\$79	Balboa Elementary

VOLLEYBALL CLINIC

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 aimed at developing the whole player.

SSA114022	2/05 - 3/11	Wednesdays	6:10 p.m. - 7:00 p.m.	6-8	\$79	Finch Elementary
SSA114023	2/05 - 3/11	Wednesdays	7:10 p.m. - 8:00 p.m.	7-12	\$79	Finch Elementary



SPACE IS LIMITED!

REGISTER TODAY»

Online:
www.skyhawks.com

Phone:
509.466.6590

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. First visit practice only. After first visit, Practice and Game on the same day!

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

SOUTH

SSA113990	2/05 - 3/18	Wednesdays	6:00 p.m. - 8:30 p.m.	8-9	\$104	Franklin Elementary
SSA113954	2/05 - 3/18	Wednesdays	6:00 p.m. - 8:30 p.m.	9-11	\$104	Franklin Elementary

BOYS LEAGUE

NORTH

SSA113944	2/06 - 3/19	Thursdays	6:00 p.m. - 8:30 p.m.	8-9	\$104	Willard Elementary
SSA113946	2/06 - 3/19	Thursdays	6:00 p.m. - 8:30 p.m.	9-11	\$104	Willard Elementary

SOUTH

SSA113950	2/06 - 3/19	Thursdays	6:00 p.m. - 8:30 p.m.	8-9	\$104	Hutton Elementary
SSA113952	2/06 - 3/19	Thursdays	6:00 p.m. - 8:30 p.m.	9-11	\$104	Hutton Elementary

VALLEY

SSA113997	2/06 - 3/19	Thursdays	5:30 p.m. - 8:00 p.m.	8-9	\$104	McDonald Elementary
SSA113998	2/06 - 3/19	Thursdays	5:30 p.m. - 8:00 p.m.	9-11	\$104	McDonald Elementary



SPACE IS LIMITED!

REGISTER TODAY»

Online:
www.skyhawks.com

Phone:
509.466.6590



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.

WINTER 2020

HOOPSTERTOTS™

BaseballTots is a development program for kids ages 26 months through 5 years old that uses a variety of fun games to engage kids while teaching the sport of baseball and developing fundamental skills. The goal is to build fitness, muscle coordination, baseball fundamentals and create a love of the game.

(course)	(dates)	(days)	(time)	(ages)	(fee*)	(location)
Froggies / Froggies II	2/04 - 3/10	Tuesday	6:10 p.m. - 6:50 p.m.	3 - 4 Years	\$90	Arlington Elementary
Froggies / Froggies II	2/06 - 3/26	Thursday	6:10 p.m. - 6:50 p.m.	3 - 4 Years	\$120	Roosevelt Elementary
Rabbits / Kangaroos	2/04 - 3/10	Tuesday	7:00 p.m. - 7:40 p.m.	4 - 5 ½ Years	\$90	Arlington Elementary
Rabbits / Kangaroos	2/06 - 3/26	Thursday	7:00 p.m. - 7:40 p.m.	4 - 5 ½ Years	\$120	Roosevelt Elementary

HOCKEYTOTS™

BaseballTots 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	2/04 - 3/10	Tuesday	6:10 p.m. - 6:50 p.m.	3 Years	\$90	Audubon Elementary
Peewee / Bantums	2/04 - 3/10	Tuesday	7:00 p.m. - 7:40 p.m.	4 - 5 ½ Years	\$90	Audubon 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 / Koalas	1/14 - 2/18	Tuesday	6:10 p.m. - 6:50 p.m.	24 - 36 Months	\$90	Westview Elementary
Teddies II / Koalas	2/06 - 3/26	Thursday	6:10 p.m. - 6:50 p.m.	24 - 36 Months	\$120	Wilson Elementary
Teddies II / Koalas	2/25 - 3/31	Tuesday	6:10 p.m. - 6:50 p.m.	24 - 36 Months	\$90	Westview Elementary
Cubs	1/14 - 2/18	Tuesday	6:10 p.m. - 6:50 p.m.	3 - 3 ½ Years	\$90	Westview Elementary
Cubs	2/25 - 3/31	Tuesday	6:10 p.m. - 6:50 p.m.	3 - 3 ½ Years	\$90	Westview Elementary
Cubs / Pandas	1/15 - 2/19	Wednesday	6:10 p.m. - 6:50 p.m.	3 yrs - 4 yrs	\$90	Mullan Road Elementary
Pandas / Bears	1/14 - 2/18	Tuesday	7:00 p.m. - 7:40 p.m.	3 ½ - 4 ½ Years	\$90	Westview Elementary
Pandas / Bears	2/06 - 3/26	Thursday	7:00 p.m. - 7:40 p.m.	3 ½ - 4 ½ Years	\$120	Wilson Elementary
Pandas / Bears	2/26 - 4/01	Wednesday	6:10 p.m. - 6:50 p.m.	3 ½ - 4 ½ Years	\$90	Mullan Road Elementary
Bears / Grizzlies	1/15 - 2/19	Wednesday	7:00 p.m. - 7:40 p.m.	4 - 5 ½ Years	\$90	Mullan Road Elementary
Bears / Grizzlies	2/25 - 3/31	Tuesday	7:00 p.m. - 7:40 p.m.	4 - 5 ½ Years	\$90	Westview Elementary
Bears / Grizzlies	2/26 - 4/01	Wednesday	7:00 p.m. - 7:40 p.m.	4 - 5 ½ Years	\$90	Mullan Road Elementary



SPACE IS LIMITED!

REGISTER TODAY ➤

Online:
SuperTotSports.com

Phone:
509.534.5437



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
Lidgerwood Elementary	Gym	Tuesday	2/4/20	3/24/20	6:15pm – 7:15pm
Roosevelt Elementary	Gym	Tuesday	2/4/20	3/24/20	6:15pm – 7:15pm
Jefferson Elementary	Gym	Wednesday	2/5/20	3/25/20	6:15pm – 7:15pm
Balboa Elementary	Gym	Thursday	2/6/20	3/26/20	6:15pm – 7:15pm
Arlington Elementary	Gym	Monday	1/27/20	3/23/20	6:15pm – 7:15pm

For more info register today at: RecTennis.com/spokane

Taz Builds:

- Friendships
- Tennis Skills
- Character Development
- Healthy Lifestyle



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





VOLLEYBALL

Winter Volleyball League

Ages 18+ Come and join the fastest growing adult sports league in Spokane! Whether you are a team of seasoned players or new to the game, we have a division for you. We offer Coed 6's with various skill levels from B (competitive), to C (recreational). We also offer Coed, Men's, and Women's 4's. Games are played at local middle school gymnasiums between the hours of 6:15pm and 9:30pm. Locations, dates and times are subject to change based on school district facility availability.

Early Bird Registration: November 1 - November 23 (\$25 Discount)

Regular Registration: November 24 - December 14

Late Registration: December 15 - January 3 (+\$25 Fee)

Activity#	Division	Location	Days/Dates	Reg. Fee
4771	Men's 4's	Garry	Mon. 1/6 - 3/30	\$239
4777	Coed Upper B	Sac.	Mon. 1/6 - 3/30	\$359
4781	Coed Lower B	Glover	Mon. 1/6 - 3/30	\$359
4772	Coed 4's Upper	Chase	Tues. 1/7 - 3/31	\$239
4774	Coed 4's Lower	Shaw	Tues. 1/7 - 3/31	\$239
4773	Women's 4's Upper	Garry	Wed. 1/8 - 4/1	\$239
4775	Women's 4's Lower	Glover	Wed. 1/8 - 4/1	\$239
4778	Coed B	Salk	Thurs. 1/9 - 4/2	\$359
4779	Coed C	Sac.	Thurs. 1/9 - 4/2	\$359
4780	Coed C	Salk	Fri. 1/10 - 4/3	\$359

Open Gym Volleyball

Ages 18+ Come and drop-in for a pickup game! Our open gym volleyball sessions offer men and women a chance to get together and enjoy some fun competition. Starting in early Oct. and concluding for the year in late May, open gym sessions are Fridays from 6:15pm to 9:15pm. Skip the lines and prepay for your pass online or pay \$5 per visit at the door (must be paid using a debit or credit card). **Location: Chase Middle School Gym 4747 E. 37th Ave.**

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

FLAG FOOTBALL

Flag Football Leagues

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

Registration fee: \$950

5on5 Division fee: \$400.

Add \$25 for late registration after 2/14. Late registration accepted through 2/21.

4763	5 v 5	Sun.	3/6-5/3	8:00am-5:30pm
4759	A Division	Fri.-Sun	3/1-5/3	8:00am-5:30pm
4760	B Division	Fri.-Sun.	3/1-5/3	8:00am-5:30pm
4761	C Division	Fri.-Sun.	3/1-5/3	8:00am-5:30pm
4762	D Division	Fri.-Sun.	3/1-5/3	8:00am-5:30pm



Flag Football Free Agents

8 Weeks | 18+ Is the ole pigskin calling your name? Want to get in the game but don't have a team? Sign up today for our 5 v 5 free agent team! 5 v 5 is a fast paced, high scoring version of the traditional 8 v 8 format. Don't stay on the bench, jump into this exciting popular game with SPRD this season. **Games played at Dwight Merkel Sports Complex, 5701 N. Assembly.**

Registration fee: \$45 per player.

Add \$25 for late registration after 2/14. Late registration accepted through 2/21.

4935	5 v 5 free agent team	Sun.	3/6-5/3	8am-5:30pm
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SPRING SWING

COED SOFTBALL TOURNAMENT

APRIL 17-19, 2020 | DWIGHT MERKEL SPORTS COMPLEX

4GG 2 pool play with a single elimination + consolation bracket
\$350 if registered on or before April 03!

- SIGN UP AT SPOKANEREC.ORG -



SOFTBALL

Softball Leagues

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 D & E divisions, 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 or Franklin Park Softball Complex, 302 W. Queen Ave.** Games start times vary based on the number of teams in each division. 6:15pm and 8:45pm are the standard times for a double header set. Registration fee: \$760.

Add \$25 late registration fee after 4/10. Late registration accepted through 4/17.

Fee if enrolled by

Activity#	Division	Days	Dates	4/10/20
4724	Coed D	Sun.	4/26-6/14	\$760
4725	Coed E	Sun.	4/26-6/14	\$760
4726	Men's D	Mon.	4/27-6/15	\$760
4727	Men's E	Mon.	4/27-6/15	\$760
4728	Coed D	Tues.	4/28-6/9	\$760
4729	Coed E	Tues.	4/28-6/9	\$760
4730	Masters 50+	Tues.	4/28-6/9	\$760
4731	Masters 60+	Wed.	4/29-6/10	\$760
4732	Men's D	Wed.	4/29-6/10	\$760
4733	Men's E	Wed.	4/29-6/10	\$760
4734	Coed C	Thurs.	4/30-6/11	\$760
4735	Coed D	Thurs.	4/30-6/11	\$760
4736	Coed E	Thurs.	4/30-6/11	\$760

NEW! Softball Free Agents

7 weeks | Ages 18+ Want to get in the game but don't have a team? Sign up as a softball free agent and based on availability, skill level, and need of the league you'll be placed on a team of other free agents. We have a league and night of play for everyone from someone just starting out to the fiercest competitors. Don't stay on the bench, jump into the game with SPRD this season. **Games played at Dwight Merkel Sports Complex, 5701 N. Assembly or Franklin Park Softball Complex, 302 W. Queen Ave.** Games start times vary based on the number of teams in each division. 6:15pm and 8:45pm are the standard times for a double header set. \$55 a player.

Add \$25 late registration fee after 4/10. Late registration accepted through 4/17.

Activity#	Division	Days	Dates	Fee
4737	Men's League Free Agent	Mon. & Wed.	4/26-6/14	\$55
4738	Coed League Free Agent	Sun./Tues/Thurs.	4/26/-6/14	\$55

NEW! Drop-in Softball

7 weeks | Ages 18+ Don't have a team? Looking for less commitment than a whole season? Don't worry, we have you covered. Come out and participate in our drop-in softball program. Whether 1 player shows or enough for a full lineup, this opportunity allows you to jump in at the premier softball facility in town. Take some batting practice with a few other drop-ins or play a pickup game (no umpire included). This is a great opportunity to have minimal commitment and get out on the diamond and meet new people. Join us this spring for our annual drop-in softball program! Play from 6:15-8:45pm or dusk whichever comes first. **Dwight Merkel Sports Complex, 5701 N. Assembly.**

5113 Drop in Pass Tues. 4/28-6/9 \$39

BASKETBALL

NEW! Open Gym Basketball

Ages 18+ Lace up your shoes for some basketball! Our open gym basketball sessions offer men and women a chance to get together and enjoy some fun competition. Starting 11/22 and concluding for the year in late May, open gym sessions are Fridays from 6:15pm to 9:15pm. Skip the lines and prepay for your pass online or pay \$5 per visit at the door (must be paid using a debit or credit card). **Location: Shaw Middle School Gym 4106 N. Cook St.**

4961	Single Visit Pass	\$5
4962	Five Visit Pass	\$25
4963	Season Pass	\$50

SOCCER

Soccer Leagues

9 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 single elimination 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 fee: \$900

Add \$25 for late registrations after 3/14. Late registration accepted through 3/20.

4766	Competitive	Sat. 4/4-5/30	4-10pm
4764	Recreational	Sat. 4/4-5/30	4-10pm
4765	Masters	Sat. 4/4-5/30	4-10pm



TRS THEATRE

TRS Day at the Theatre

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

Three Musketeers

Enjoy this adaptation of Alexander Dumas' classic swashbuckling story of three swordsmen plus one young man who dreams to become one of them, who seek to save their King from the scheming of Cardinal Richelieu. Laughter, antics, music, and dance are the expected fare in this light-hearted and jaunty adventure.

Meet at Spokane Children's Theatre, 2727 N. Madelia St. #5. \$26

5013 Sat. 1/25 1:45-4pm

Beauty and the Beast

Step into the enchanted world of Broadway's modern classic, Disney's Beauty and the Beast, an international sensation that has played to over 35 million people worldwide in 13 countries. Based on the Academy Award-winning animated feature, the stage version includes all of the wonderful songs written by Alan Menken and the late Howard Ashman, along with new songs by Mr. Menken and Tim Rice. **Meet at Bing Crosby Theatre, 901 W. Sprague Ave.** \$26

5014 Fri. 2/21 6:45-9:30pm

The Little Mermaid

Ariel, King Triton's youngest daughter, wishes to pursue the human Prince Eric in the world above, bargaining with the evil sea witch, Ursula, to trade her tail for legs. But the bargain is not what it seems, and Ariel needs the help of her colorful friends, Flounder the fish, Scuttle the seagull and Sebastian the crab to restore order under the sea with its irresistible songs, including "Under the Sea," "Kiss the Girl" and "Part of Your World." **Meet at Spokane Children's Theatre, 2727 N. Madelia Suite #5.** \$26

5022 Sat 3/21 1:45-4pm

TRS Musical Production

8 weeks | Ages 15+ This year's musical will be Aladdin. The group will do songs from the original animated movie and the new live action movie. They will have the opportunity to improve communication and socialization skills. **Meet at West Central Community Center, 1603 N. Belt St., Mason Auditorium.** \$44

4966 Mon. 1/13-3/16 6:30-8pm

*No Class 1/20, 2/17



TRS Musical performers living it up!

DANCE

TRS Sundancers Square Dancing

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

Beginners \$37

4947 Tues. 1/14-3/24 6:30-8pm

Class dates are: 1/14, 1/28, 2/11, 2/25, 3/10, 3/24

Performers \$37

Performers only meet 1/7, 1/21, 2/4, 2/18, 3/3, 3/17 but are welcome to come 1/14, 1/28, 2/11, 2/25, 3/10, 3/24 to help with the beginners.

Performance night is the 3rd Tuesday of the month (1/21, 2/18, 3/17)

Pick up time on performance night is 9pm.

4955 Tues. 1/7-3/24 6:30-8pm



Sundancers Square Dancing

TRS SKIING

TRS Cross Country Skiing Lessons- Blue Waxers

9 weeks | Ages 12+ The class is designed for people with developmental disabilities. Fresh air, experience and fun are just a few benefits of this activity. We ski at Mt. Spokane on the terrific trail system. Participants should be able to walk a mile with minimal difficulty. The class size is limited to the number of volunteers. Separate registration form is required. Please find on web site www.spokaneparks.org or call Alice Busch 625.6245. Scholarships are available- request a form.

No ski class February 8th. Langlauf Community Nordic Race is Sunday February 9, 2020. If interested in doing each skier must pre-register and pay for event on own. TRS will provide supervision and transportation. If want to compete in Special Olympics TRS must have a current AFP on file by January 2. Winter Games in Leavenworth are scheduled for February 28-March 1. **Meet at Selkirk Lodge, Mt. Spokane parking permit required.**

Lessons & Equipment \$145

4971 Sat. 1/4-2/22 9am-Noon

Lessons, Transportation, & Equipment \$199

4969 Sat. 1/4-2/22 7:30am-1:30pm

Transportation Departure locations and times:

Park Operations, 810 N. Stone 7:30am

Yokes, Mt. Spokane Day Road 8am

Transportation Return locations and times:

Yokes, Mt. Spokane Day Road 1pm

Park Operations, 810 N. Stone 1:30pm

Winter Games Wenatchee \$50

For qualifying participants- details to follow.

4972 2/28-3/1 8am-7pm

TRS 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.**

Lookout \$53

5023 Sat. 2/1 7:30 am-5:30 pm

**TRS Skiing/Snowboarding Lessons- Adaptive****1 Lesson | Ages 6+ | \$65 per lesson**

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 & Wednesdays and meet at our Ski Chalet at the base of chair #5 at Mt. Spokane Ski and Snowboard Resort, 29500 N. Mt Spokane Park Dr, Mead, WA.**

To enroll in this class there is a separate registration form. Please find on web site www.spokaneparks.org or call Alice Busch at 625.6245. Scholarships are available-request a form. No Lessons 2/15.

***Additional fee: Equipment Rental:**

Mono/Bi Sit Ski Rental: \$12 per lesson

Ski/Snowboard, Boots Rental: \$12 per lesson

Ouiggers Only: \$8 per lesson

4987 Sat. 1/11 9:30-11:30am

4993 Sat. 1/11 12:30-2:30pm

4988 Sat. 1/18 9:30-11:30am

4994 Sat. 1/18 12:30-2:30pm

4999 Wed. 1/22 1:30-3:30pm

4995 Sat. 1/25 12:30-2:30pm

4989 Sat. 1/25 9:30-11:30am

5000 Wed. 1/29 1:30-3:30pm

4990 Sat. 2/1 9:30-11:30am

4996 Sat. 2/1 12:30-2:30pm

5001 Wed. 2/5 1:30-3:30pm

4991 Sat. 2/8 9:30-11:30am

4997 Sat. 2/8 12:30-2:30pm

5002 Wed. 2/12 1:30-3:30pm

5003 Wed. 2/19 1:30-3:30pm

4992 Sat. 2/22 9:30-11:30am

4998 Sat. 2/22 12:30-2:30pm

5004 Wed. 2/26 1:30-3:30pm





TRS SKIING

TRS 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 Ski and Snowboard Resort, 29500 N. Mt Spokane Park Dr, Mead.**

Separate registration form is required. Please find on web site www.spokaneparks.org or call Alice Busch 625.6245. Scholarships are available- request a form.

The program will provide support to those who want to compete in Special Olympics and will need to provide TRS with a current AFP by January 2, 2020. Regional competition is January 26 at Mt. Spokane. For those who qualify at Regionals the Winter State Games will be February 28-March 1 at Mission Ridge in Wenatchee, WA.

No class held on February 1st and February 15th. TRS Ski Day at Lookout will be February 1st.

Lessons Only \$180

Customers will choose this option if they have a Mt. Spokane season pass and provide own equipment and transportation.

5008 Sat. 1/4-2/22 10:30am-3pm

Lift Tickets, Lessons \$270

Fee covers lift tickets and lessons. Customer will provide own equipment and transportation.

5009 Sat. 1/4-2/22 10:30am-3pm

Lift Tickets, Lessons, & Equipment Rental \$372

Fee covers lift tickets, lessons and equipment rental. Customers will provide own transportation.

5010 Sat. 1/4-2/22 10:30am-3pm

Lift Tickets, Lessons, & Transportation \$372

Fee covers daily lift ticket, lessons, and transportation from designated locations in Spokane to Lodge #1 at Mt Spokane Ski & Snowboard Resort. Customer will provide own equipment.

5011 Sat. 1/4-2/22 9am-5pm



TRS Ski Lessons



Karson and Michael having a blast on the Mountain

Transportation:

Please be aware that if the roads are clear the bus may arrive back as much as fifteen minutes early and if road conditions make for slow travel, the bus could be a few minutes late. Please be at the sites in plenty of time to take your student home. One late pick-up can cause delays for the rest of the group. We may assess late fees if necessary. All late pickups will be taken to Sinto Senior Center. Be sure to mark on your registrations form which site you will be using. We encourage not using paratransit for this program but if you do please use only Sinto as transportation site. If you are not taking our transportation, please meet at Lodge #1 at 10:30am. Practice will be done at 3pm.

The bus will leave:

Sinto Senior Center	1124 W. Sinto	9am
Lincoln Rd & Division		9:30am

The bus will return:

Lincoln Rd & Division		4:30pm
Sinto Senior Center	1124 W. Sinto	5pm

Lift Tickets, Lessons, Equipment Rental & Transportation \$462

Fee includes daily lift ticket, lessons, equipment rental, and transportation. See transportation information above.

5012 Sat. 1/4-2/22

9am-5pm

Transportation to Lodge #1 Only

Practice will be done at 3pm. \$19/per trip.

4980	Sat.	1/4	9am-5pm
4981	Sat.	1/11	9am-5pm
4982	Sat.	1/18	9am-5pm
4983	Sat.	1/25	9am-5pm
4984	Sat.	2/8	9am-5pm
4985	Sat.	2/22	9am-5pm

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.

TRS Friday Night Jam

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

2020 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). \$8

4896 Fri. 1/10 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). \$8

4898 Fri. 2/14 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). \$8

4899 Fri. 3/13 7-9pm

TRS Classy Crafts

4 weeks | Ages 16+ Explore your creative side and make a variety of beautiful and meaningful crafts each week. Participants will have the opportunity to improve skills such as fine motor, socialization and communication. **Class meets at Sinto Senior Activity Center, 1124 W. Sinto, dining room. \$45**

4930 Thurs. 1/9-1/30 7-8:15pm

4932 Thurs. 2/6-2/27 7-8:15pm

4934 Thurs. 3/5-3/26 7-8:15pm

TRS What's Cooking

4 weeks | Ages 16+ Sign up for this class and you will prepare a meal, practice table manners, visit with friends, and take part in clean-up duties. Participants will have the opportunity to practice skills such as following directions, socialization, and hygiene required when in the kitchen. **Class meets at Southside Senior Activity Center, 3151 E. 27th Ave., kitchen. \$53**

4957 Tues. 1/7-1/28 4-6pm

4959 Tues. 2/4-2/25 4-6pm

4960 Tues. 3/3-3/24 4-6pm

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 cost of food. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto, parking lot.**

Brain Freeze Creamery Kendall Yards \$12

Come try some of the most popular ice cream in Spokane! Tons of unique and favorite flavors such as apple crisp, banana, home of the Seahawks 12 ice cream and many more! Lactose free and vegan ice cream available!

4902 Wed. 1/15 7-9pm

Tomato Street \$12

Tiramisu, Bread pudding and Creme Brulee.

4904 Thurs. 2/12 7-9pm

TRS Fine Dining

1 day | Ages 18+ Do you like getting dressed up and going out? Come with us and experience the culinary delights of Spokane's finest restaurants! Staff will help in the selection and purchase of a meal. Participants will have the opportunity to improve social, communication, and etiquette skills. Price does not include cost of food. **Transportation provided from Sinto Senior Activity Center, parking lot, 1124 W. Sinto.**

Ferraros \$17

Spaghetti, Fettuccine, Salads, Eggplant Parmesan.

4905 Wed. 1/23 6-9pm

Wisconsin Burger \$17

Wisconsinburger is a locally owned Spokane restaurant inspired by the mom-and- pop burger shops in Wisconsin. Our beef is locally sourced and ground fresh every morning to give you the best possible burger experience!

5037 Thurs. 2/20 6-9pm

Red Robin \$17

Burgers, Shakes, Sweet Potato Fries & more

5030 Wed. 3/4 6-9pm

Old Spaghetti Factory \$17

Ravioli, lasagna, tortellini, and spaghetti

5033 Thurs. 3/19 6-9pm

Spokane Chiefs Hockey

Chiefs hockey game. Bring \$12 to purchase snacks or dinner. **Meet us at the Spokane Veterans Memorial Arena main entrance of Boone and Howard. \$29**

vs. Portland Winterhawks

4900 Fri. 1/3 6:30-9:30pm

vs. Seattle Thunderbirds

4901 Fri. 2/28 6:30-9:30pm



TRS SOCIALIZATION

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 the snow sports chalet. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto. \$34**

4965 Sun. 1/19 9:45 am-3:30pm

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. **Meet at Sinto Senior Activity Center, 1124 W. Sinto. \$17**

4964 Mon. 1/13 6:30-7:30pm

Girls Night Out

No Boys Allowed! It's Girls Night! We will make personal pizzas, bake a sweet treat, paint our nails, watch a chick flick, eat popcorn and just be girls. **Meet at Sinto Senior Activity Center, 1124 W. Sinto. \$29**

5027 Fri. 2/7 6-9:30pm

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 Montana State Bobcats. 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**

4968 Sat. 2/8 1-5pm

TRS Monster Jam

1 day | Ages 16+ Monster Jam is the incredible family-friendly experience starring 12 feet tall, 10,000 lb. machines that will bring you to your feet, and 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 Veterans Arena Entrance of Boone and Howard. \$59**

5020 Sun. 2/22 10:15am-3:15 pm

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. Activity price does not include Pottery. Prices vary depending upon piece. Figurines \$18- 28, Mugs are \$14-34, banks \$18-26, plates \$16(salad)- \$34(dinner), cereal bowls \$16-26. We suggest bringing \$25-\$40. **Meet at 2716 W. Northwest Blvd. \$14**

4973 Sun. 2/15 1:30-3:30 pm

TRS Fleece Hat & Scarf Workshop

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

4967 Fri. 2/17 6:30-8pm

Blue Zoo & Burger

1 day | Ages 16+ TRS will be visiting Spokane's first interactive aquarium, Blue Zoo and then enjoying lunch at Northtown Mall. The aquarium has a stingray touch pool, starfish touch tank, touch and feel bird room, a mermaid meet and greet and so much more. **Meet at Sinto Senior Activity Center, 1124 W. Sinto. \$27**

5044 Wed. 2/19 10:15am-2pm

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', 'Velociraptor Vortex' and the 'Prehistoric Plunge'. Fee includes transportation, staff, pizza dinner and park entrance fee. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto. \$44**

4970 Sun. 2/23 12:30-6pm

Pizza & Bowling

1 day | Ages 18+ Join 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 125 W. Sinto. \$27**

4975 Sat. 3/7 1:30-4pm

Ham on Regal

1 day | Ages 18+ Ham on Regal is an original musical/comedy show written and performed by Ferris High School parents and school staff.

Meet at Ferris High School, 3020 E. 37th Ave, visitor's parking lot. \$19

5034 Sat. 3/14 7pm-10:15pm

Movie & Burgers

1 day | Ages 18+ We will head to AMC, Northtown or Village Cinema, eat dinner, then see a movie. Please bring \$12 to purchase dinner. **Meet at Sinto Senior Activity Center, 1124 W. Sinto, parking lot. \$27**

4976 Fri. 3/27 5:30-10pm

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**

4977 Sat. 3/28 2:15-5:45 pm

TRS SPORTS

TRS Basketball

8 weeks | Ages 18+ Fun, exercise, teamwork, and being with friends is what this program is about. We provide both beginner and intermediate basketball. Beginner group will learn developmental skills such as dribbling and shooting. Intermediate group will focus on how to play as a team. **Meet at Longfellow Elementary, 800 E. Providence, gym. \$27**

4958 Wed. 1/22-3/11 6:30-7:30pm

TRS Ice Skating

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

4944 Mon. 1/6-2/24 3-3:45 pm

TRS Powerlifting

7 weeks | Ages 17+ For persons with developmental disabilities who are serious about lifting with free weights and universal gym equipment. Ability to stay on task and follow directions with minimal assistance. **Meet at North Central High School, 1600 N. Howard weight room. Winter & Spring \$106**

This is winter and spring quarter combined. No class 4/7 and 4/9 In order to compete in Special Olympics we will need current AFP's by March 15.

Spring Regional Games in Cheney TBA

State Games Tacoma June 5-7

4956 Tues., Thurs. 1/7-5/28 6:30-7:30pm

TRS SWIMMING

Blue Dolphin Swim Team

9 weeks | Ages 8+ 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. **Meet at Whitworth University Aquatic Center, 300 W. Hawthorne. \$53 No Class: 1/26, 3/15**

4937 Sun. 1/5-3/22 2:15-3:45 pm

Learn to Swim- Beginner

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

4940 Sun. 1/5-3/22 3-3:45 pm

Learn to Swim- Intermediate

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

4943 Sun. 1/5-3/22 2:15-3pm

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!**

Please call 509.625.6245 or
email abusch@spokanecity.org



SINTO SENIOR CENTER

1124 W. Sinto Ave. • 509-327-2861

Annual Chili Cook-Off

1 day | All Ages Join Us as our chefs battle once more to be crowned Sinto's 2020 Chili Master. Taste several different Chili's and vote for your favorite. Bribery and coercion are encouraged for your vote! Stop by Sinto for our 9th Chili Cook-Off and taste the competition. Tickets: \$10 advance or \$15 at door.

Fri. 1/17 6-8pm

Sweets for the Sweet

1 day | All Ages Sinto is hosting Valentine's Day Sweets for the Sweet. Come on by for a banquet of delicious desserts & finger foods like: deli meats, cheeses, veggies, and crackers. This event is sure to satisfy your sweet tooth! Tickets: \$10 advance or \$15 at door.

Fri. 2/14 2-4pm

Sinto's Spring Tea

1 day | All Ages Sinto's annual Spring Tea is an elegant tea affair with exquisite sandwiches, cookies, and of course a variety of hot teas. This is one of our signature events that always packs the house! Get your ticket and join us for a relaxing afternoon tea! Tickets: \$10 advance or \$15 at door.

Fri. 3/13 1-3pm

WEST CENTRAL COMMUNITY CENTER

1603 N. Belt • 509-323-7501

Teen Activity Nights

This free program offers a variety of activities including sports, games, arts/crafts, and other events.

Ages 11-14yrs. Tues. 6:30-8pm

Ages 14-18yrs. Thurs. 7-9 pm

Winter Fest

This event offers an opportunity to sit with your family and community for a free meal, check-out local resources, and meet members of the community!

12/20 6pm-8pm

Spokane Wrestling

Wrestling is taught for Ages 4-16yrs. by coach Mike Pursel. Class occurs on Mon./Thurs. weekly from 5pm-7pm. The cost is \$50 a month.

CORBIN SENIOR CENTER

827 W. Cleveland Ave. • 509-327-1584

Travel Fair and Chili Feed Contest

Meet other people interested in traveling. Come view upcoming tours and contact travel advisors. Make the world your playground travel to places like Egypt, The Danube River, New England, San Juan Islands, and many more. The Travel Fair is FREE. Chili Samplers and Corn Bread, Cost \$5

Enter your Chili in our contest. Guest will sample the Chilies and vote for their favorite.

Fri. 1/24 11am-4pm

HILLYARD SENIOR CENTER

4001 N Cook St • 509-482-0803

Snowshoeing for Fun

1 day | Ages 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. 1/10 9am-3pm

A Big Band Sweethearts Ball Featuring Tuxedo Junction

1 day | Ages 50+ 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 sweetie along! Seats are limited, register early to get your seat. \$27

Sat. 2/8 6pm-10pm

Uniontown Sausage Feed

1 day | Ages 50+ Travel through the Palouse to Uniontown. A one of a kind outing, where the German food is amazing and so is the small town service. You will also find delicious baked goods and homemade arts and crafts for sale. \$ 27

Sun. 3/1 9am-5pm

SOUTHSIDE COMMUNITY CENTER

3151 East 27th Ave. • 509-535-0803

Ballroom Dancing

Saturday evening dances. \$8 per person

Sat. 2/1 7-9:30pm

Sat. 4/4 7-9:30pm

Wii Bowling

New bowlers are invited to join the weekly fun and camaraderie. No experience needed. If you can hold a remote and move your arm you can Wii Bowl. Members Free and Non- Members \$2/hour.

Weds. 1-3pm

Fri. 1-3pm

Beginning Orchestral Strings Class

6 weeks Learn to play a stringed instrument. Call Susan Roberts with questions @ 805-990-0999. \$20 for Members and \$30 for Non-members.

Weds. 10:30am - Noon

Fabric Cards

Create handmade cards for any occasion. \$15 for members and \$18 for non-members

Call Center for dates and times.

Valentines Lunch and Wheel of Love

Corbin Senior Activity Center wants to invite you to spend the afternoon with us as we put our own spin on the Wheel of Love. Much like Wheel of Fortune you will have the chance to spin the wheel and compete in this Valentines inspired game. Enjoy a full lunch and fun afternoon of entertainment and great company. Call 509-327-1584 to reserve your seat today.

Fri. 2/14 Noon

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



MAIL US

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

*checks payable to City of Spokane



CALL US

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



VISIT US

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



PAYMENT INFORMATION

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

INCLEMENT WEATHER

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

DISCLAIMER

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

REFUND/CANCELLATION POLICY

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

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

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

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

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

INCLUSION/ACCOMADATION

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



Please print and
fill out completely

City of Spokane Parks and Recreation Department
ACTIVITY REGISTRATION FORM

509.755.CITY (2489)
SpokaneParks.org

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

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

PARTICIPANT INFORMATION			BIRTHDATE	AGE	GENDER	ACTIVITY NUMBER	ACTIVITY NAME	FEE
LAST NAME	FIRST NAME	MI						
			/ /		M F			
			/ /		M F			
			/ /		M F			
			/ /		M F			
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			/ /		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. <input type="checkbox"/> Yes <input type="checkbox"/> No	Case Manager Name: _____ phone # _____ email: _____
--------------------------------------------------------------------------------------	---------------------------------------------------------------

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

THERAPEUTIC RECREATION ONLY

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

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

Dietary Precautions/Foods to avoid:

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

Activity Limitations/Physical problems (if any):

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

Careprovider/Support Staff provided? ☐ Yes ☐ No

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

THERAPEUTIC RECREATION

Do you have any disabilities? (be specific)

Participant Personal Needs:

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

Social Skills/Behavioral Info:	Participation:	Needs Help Managing:	Behavioral Triggers or fears:
	<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	Other information:
Mobility and Adaptive Equipment:	Do you use adaptive equipment?	Wheelchair:	Check all that apply:
	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Manual <input type="checkbox"/> Full-time <input type="checkbox"/> Electric <input type="checkbox"/> Part-time	<input type="checkbox"/> Cane/Crutches <input type="checkbox"/> AFO's/Splint/braces <input type="checkbox"/> Walker
Daily Life:	Toileting:	Eating	Communication Information:
	<input type="checkbox"/> Independent <input type="checkbox"/> Independent w/reminders <input type="checkbox"/> Only with assistance	<input type="checkbox"/> Independent <input type="checkbox"/> Independent w/ partial assistance <input type="checkbox"/> Only with assistance	<input type="checkbox"/> Verbal and clearly understood <input type="checkbox"/> Verbal but not clearly understood <input type="checkbox"/> Non-verbal <input type="checkbox"/> Uses sign language <input type="checkbox"/> Uses a communication board
Other information:			

Additional Personal Needs Information:

MEDICATION INFORMATION & WAIVER

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

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

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

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

Signature

Date

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

List any special instructions/cautions/side effects:

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

WARNING: PLEASE READ CAREFULLY BEFORE SIGNING!

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

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

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

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

4. I AGREE TO PAY ALL COSTS, INCLUDING ATTORNEYS' FEES, INCURRED BY ANY RELEASED PARTY IN DEFENDING AN INVESTIGATION, CLAIM, OR LAWSUIT BROUGHT BY OR ON PARTICIPANT'S BEHALF WHETHER ARISING IN WHOLE OR IN PART FROM PARTICIPANT'S PARTICIPATION IN ANY ACTIVITY OR FROM ANY MISREPRESENTATIONS OR FRAUDULENT EXECUTION OF THIS AGREEMENT.
5. I represent that Participant is in good health and that there are no special problems associated with Participant's physical or mental condition that would enhance the risks of my participation in the Activity, that would increase the likelihood of my injury and/or death, or that would interfere with my safety in the Activity. I authorize a licensed physician or other medical care provider to carry out any emergency medical care for Participant which may be necessary and agree to be fully responsible for any costs associated with such care or transport to such care.
6. I grant the Released Parties the right of publicity to own and use any image collected of Participant while participating in the Activity.
7. I agree that any and all claims for loss, injury, and/or death arising from Participant's participation in the Activity shall be governed by the law of the State of Washington and that exclusive jurisdiction of any such claim shall be in a court of competent jurisdiction in the 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



**NUMERICA®
Skate Ribbon**

Opening Day
Saturday, November 23

winter activities

Event Key

- h** Healthy Living
- e** Entertainment
- c** Children & Families
- s** Signature Events
- a** Arts & Culture

weekly activities

Take advantage of our weekly repeating events. Holidays excluded.

Mondays

- c** Cheap Skate Monday
5pm-Close

Tuesdays

- h** Yoga at the Pavilion
5:15-6:15pm

Thursdays

- c** College Night
5:15-6:15pm

Fridays (3rd Friday-monthly)

- c** Storytime at the Carousel
11am-12pm

Sundays

- c** Free Ice Skating Lessons
Session 1: 11-11:30am
Session 2: 11:30am - Noon

c pavilion light show

every Friday, Saturday and
Sunday after sunset until
10pm. Free for all to enjoy!

celebrate the seasons

With every change of season, Riverfront Park becomes new again. We bring adventures, activities, and attractions to the roaring heart of Spokane. We offer something for everyone, in every season, inviting you to **play, learn, grow, explore, celebrate, and dream big**

the ice

Hourly admission	The Ice Unlimited Pass
\$7.25 adults	\$34.95 adults
\$5.25 children	\$29.95 children

Skates: Available to rent, \$4.95 per visit

november

Tuesday 11/12

- h** Yoga at the Pavilion
5:15-6:15pm

Tuesday 11/19

- h** Yoga at the Pavilion
5:15-6:15pm

Friday 11/22

- c** Storytime at the Carousel
11am-12pm

- s** Unlimited Ice Pass Holder
Preview Event
5-Close

Saturday 11/23

- s** Numerica Skate Ribbon
Opening Day
5-Close

Tuesday 11/26

- h** Yoga at the Pavilion
5:15-6:15pm

Saturday 11/30

- s** Numerica Tree Lighting
Celebration
4-6:30pm

Event details at
RiverfrontSpokane.org

december

Sunday 12/01

- c** Free Ice Skating Lessons
11-11:30am & 11:30-12pm

Monday 12/02

- c** Cheap Skate Monday
5pm-Close

Tuesday 12/03

- h** Yoga at the Pavilion
5:15-6:15pm

Thursday 12/05

- e** College Night
5pm-Close

Sunday 12/08

- c** Free Ice Skating Lessons
11-11:30am & 11:30-12pm

Monday 12/09

- c** Cheap Skate Monday
5pm-Close

Tuesday 12/10

- h** Yoga at the Pavilion
5:15-6:15pm

Thursday 12/12

- e** College Night
5pm-Close

Sunday 12/15

- c** Free Ice Skating Lessons
11-11:30am & 11:30-12pm

Monday 12/16

- c** Cheap Skate Monday
5pm-Close

Tuesday 12/17

- h** Yoga at the Pavilion
5:15-6:15pm

Thursday 12/19

- e** College Night
5pm-Close

Friday 12/20

- c** Storytime at the Carousel
11am-12pm

Sunday 12/22

- c** Free Ice Skating Lessons
11-11:30am & 11:30-12pm

Monday 12/23

- c** Cheap Skate Monday
5pm-Close

Thursday 12/26

- e** College Night
5pm-Close

Sunday 12/29

- c** Free Ice Skating Lessons
11-11:30am & 11:30-12pm

Monday 12/30

- c** Cheap Skate Monday
5pm-Close

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

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

HIT THE SLOPES WITH THERAPEUTIC RECREATION SERVICES!

Specialized, inclusive,
adaptive, and always FUN!
TRS provides individuals with
disabilities the best winter
recreation has to offer.

Go to SpokaneRec.org or see
pages 30-35 for more info.

