

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

*New Fall Adventures!*

ADULT ATHLETIC LEAGUES — YOUTH PICKLEBALL — HIKING  
CORBIN HOMESCHOOL PROGRAMS — CRAFT WORKSHOPS FOR ALL AGES  
YOUTH ESPORTS LEAGUE — TRS MUSIC MAKING AND TRS ICE SKATING



EXPLORE  
**PARKS**  
NATURE

SPORTS  
& REC  
OUTDOOR

CAMPS  
LEARN  
CLASSES

SWIM  
POOLS  
SPLASH

PLAY  
GOLF  
LEARN

ENJOY  
RIVER  
FRONT  
PARK

SPOKANEREC.ORG | CALL 311 OR DIAL 509-755-2489



City of Spokane  
**PARKS**  
& RECREATION

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## YOUTH & SENIOR CENTERS

## INFORMATION & FORMS

**JENNIFER PAPICH**  
Recreation Director

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



Welcome to fall! Our team is thrilled to offer a variety of adventures this season. Turn the page to find your next hobby, your child's new activity, your new sports league, or your first step to a healthier you.

All of our programs are approachable, welcoming, and aimed at building community in this great place we call home.

Our top priority continues to be the health and safety needs of our participants, staff, and the community. We aim to provide positive and enriching experiences for all! To do so safely, we follow all COVID-19 protocols in place at the time of the program. Check [SpokaneRec.org](http://SpokaneRec.org) for the most up-to-date COVID program impacts in these continued unprecedented times. You can also sign up for newsletter updates at [SpokaneParks.org/newsletters](http://SpokaneParks.org/newsletters).

This guide is electronic only; view it online at [SpokaneParks.org](http://SpokaneParks.org). Watch for a printed Winter Activity Guide in your mailbox in a few months!

We hope to see you soon!

Jennifer

P.S. Interested in volunteering? Some of our recreation programs rely on the power of volunteers, and we'd love to welcome you -- for a few hours, or a few months! Visit [SpokaneParks.org/volunteer](http://SpokaneParks.org/volunteer) for a list of options.

## KNOW YOUR REC STAFF

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## KIDS PRESCHOOL

Classes are held at Corbin Art Center, 507 W 7th Ave.

### Little Leonardo's

**6 weeks | Ages 3-5yrs.** Children love art and they're naturally creative and imaginative. Each class is planned to expose your child to a new element of art each week. They will paint, sculpt, draw, cut paper and glue to help develop listening skills, fine motor skills and creative imagination play. \$50

8778 Mon. 10/4-11/8 9:30-10:30am

### Let's Gogh Art! - Tuesday

**6 weeks | Ages 4-5yrs.** Does your child love to draw, paint, sculpt or just enjoy being creative? Then come join us in discovering different art techniques while learning about a new artist or children's book illustrator each week in this fast paced, fun class. There are new projects each week for returning students. \$65

8779 Tues. 10/5-11/9 9:30-11am

### Let's Gogh Art! - Wednesday

**6 weeks | Ages 4-5yrs.** Does your child love to draw, paint, sculpt or just enjoy being creative? Then come join us in discovering different art techniques while learning about a new artist or children's book illustrator each week in this fast paced, fun class. There are new projects each week for returning students. \$65

8780 Wed. 10/6-11/10 9:30-11am

### Make Art Together: Fabulous Fall

**6 weeks | Ages 3-5yrs.** Yay! It's fall, and time to celebrate the season! This class is for you and your child to explore leaves, pumpkins and even the rainy, fall weather while making wonderful works of art. Experience a new weekly art theme, story, and relevant project. Children will discover color, texture while practicing basic cutting and gluing skills while exploring a variety of art techniques and materials. This class is fast paced, active and most of all fun! \$50

8781 Thurs. 10/7-11/11 9:30-10:30am



## PRE-SCHOOL WORKSHOPS

Classes are held at Corbin Art Center, 5047 W 7th Ave.

### Make Art Together: Turkey Jubilee

**1 day | Ages 3-5yrs.** You and your child will have lots of fun making this mixed-media jumbo-sized Thanksgiving gobbler who's sure to delight family and friends. This class has it all! Paint, glue, scissors and more! \$24

8786 Sat. 11/20 9:30-11am

### Make Art Together: Holiday Ornaments

**1 day | Ages 3-5yrs.** Join us for a fun filled class making holiday ornaments together. You and your child will make some fabulous ornaments for your tree or to give a gift that you will both look at and remember for years to come. \$24

8787 Sat. 12/4 9:30-11am



## Calling all Home School Groups!

Is your home school curriculum missing an art component? Not artsy yourself? Corbin Art Center can help you fulfill your art curriculum needs! We can customize a class to fit the needs of your group and age level. These 6 week courses include a weekly art project, all of the supplies to create them, and lots of interesting facts about the project/artist. Students will learn basic art concepts, color theory, hone their drawing skills, use lots of diverse art materials, and have a chance to expand their creativity!

**Call us at 509-625-6677 for more information.**



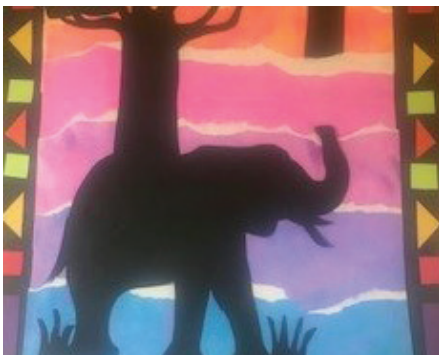
A project inspired by Alma Thomas, 20th century American expressionist.



Georgia O'Keeffe, mother of American modernism, inspired this art project.



Explore colorful landscapes in the style of British-Canadian artist Ted Harrison.



A continent of culture can be found in this African Sunset inspired art.



Nishikigoi, known as Japanese Koi, are raised for their colorful patches.



Peacocks have been a symbol of wealth, beauty and rebirth since ancient times.





## KIDS YOUTH

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

### Afternoon Art Exploration-Monday

**6 weeks | Ages 6-8yrs.** 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. \$65

8782 Mon. 10/4-11/8 4-5:30pm

### Afternoon Art Exploration-Tuesday

**6 weeks | Ages 9-12yrs.** 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. \$65

8783 Tues. 10/5-11/9 4-5:30pm

### Drawing Basics Wednesday

**6 weeks | Ages 6-8yrs.** 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. \$65

8784 Wed. 10/6-11/10 4-5:30pm

### Drawing Basics Thursday

**6 weeks | Ages 9-12yrs.** 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. \$65

8785 Thurs. 10/7-11/11 4-5:30pm



### Sewing After School

**4 weeks | Ages 8-16yrs. Elizabeth Pike (SAS)** is an ongoing program designed to cover all the basics of sewing. Students complete simple to more advanced projects as their skills grow. "New to sewing" students begin with sewing machine basics while crafting a pillowcase with French seams and a pair of pajama pants. "Continuing" students' projects are skill and interest driven. Classes are formed in 4 week sessions and are multi-leveled. Students can bring their own machine or use one of our many studio machines. Materials for the first project are provided. Classes are held on Tuesdays or Wednesdays from 4-6, but students may arrive starting at 3:30. Make-up classes may be available with instructor permission. No experience needed. Class held at **Let's Get Sewing! Studio at 8707 N. Wall St.** 509-217-7049 \$125

8802 Tues. 10/5-10/26 4-6pm

8803 Wed. 10/6-10/27 4-6pm

**REGISTER  
ONLINE**

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



**MAIL  
US**

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

\*checks payable to City of Spokane



**CALL  
US**

Call 311  
or outside the city at  
509.755.CITY  
Fax 509.625.6990



## YOUTH WORKSHOPS

Classes are held at Corbin Art Center, 507 W 7th Ave.

**NEW!** Halloween Fun!

**1 day | Ages 5-8yrs.** Join us and have a frightfully fun time creating a “not so scary” jack-o-lantern mixed-media pumpkin project, a cute spider puppet craft and more to celebrate the Halloween season! This is sure to be a spooky good time! \$24

8788 Sat. 10/23 10am-Noon

**NEW!** Fun & Festive Holiday Camp

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

8789 Sat. 12/11 9:30am-2:30pm

## NO SCHOOL TODAY CAMPS

Pre-registration is required. Classes are held at Corbin Art Center, 507 W 7th Ave.

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

**1 day | Ages 6-11yrs.** Come all of you Super-Creative Artists! We will explore the wonderful world of art through color, texture and more. Come use paint, markers, recycled objects, glue and scissors to create fabulous works of art to display in your own home gallery. Please bring a lunch and beverage. \$40

8790 Thurs. 11/11 9am-3pm

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

**3 days | Ages 6-11yrs.** Join us this holiday season as we transform the historical Corbin Art Center into a magical mansion. Celebrate this wondrous season with ghostly goodies, enchanted potions, spellbinding projects and fiendish treats! Create charmed crafts and participate in magical creature activities. Dress for a mesmerizingly messy time and remember to bring a yummy lunch. \$120

8791 Mon.-Wed. 12/20-12/22 9am-3pm





HAVE YOU EVER DREAMED OF A  
FUTURE IN FILM OR WISHED YOU  
COULD LEARN HOW TO MAKE  
HOLLYWOOD-WORTHY VIDEOS?

Learn and practice the latest tools, technology and techniques.  
At CMTV's downtown state-of-the-art TV studio  
Taught by a professional team of production experts.

## CMTV ACADEMY

September and October - Mondays, Tuesdays, or Saturdays | Ages 13 - 18 and 18+

This Fall, the **CMTV ACADEMY** brings you the opportunity to get immersed in the world of video production through a variety of classes.

Sign up today and experience a variety of classes:  
Video Pre-Production, Intro and Advanced  
Camera, Audio Production, Video Editing,  
Lighting Techniques, and Video Distribution.

In partnership with City of Spokane Parks & Recreation. Register online at [spokanerec.org](http://spokanerec.org). All programs will align with COVID-19 guidelines at the time of the program or be postponed/cancelled.



## CRAFT WORKSHOPS

Classes are held at Corbin Art Center, 507 W 7th Ave.

**Wire Wrapped Sun-Catchers**

**1 day | Ages 16+ Amy Gurel** Come learn how to wire wrap cultured sea glass and driftwood into an extraordinary piece of outdoor or indoor art. These can be hung where the sun can stream through the window and remind you of warmer beach days. You will use wire, sea glass and pre-drilled driftwood to create this beautiful sun-catcher. Keep this wonderful project for yourself or give as a gift. There will be a \$15 lab fee payable to the instructor at the start of class. Supply list included with registration confirmation. \$35/\$15 Lab Fee

8757	Mon.	10/4	6-8pm
8758	Mon.	11/1	6-8pm
8759	Mon.	12/6	6-8pm

**NEW! Cultured Sea Glass Tree**

**1 day | Ages 16+ Amy Gurel** Learn how to wire wrap cultured sea glass to make a unique one-of-a-kind tree. This tree is decorative and will compliment almost any décor. It can be made to look like a bonsai, willow or any other kind of tree you wish! Make and give as a gift or keep for yourself! There will be a \$15 lab fee payable to the instructor at the start of class. Supply list included with registration confirmation. \$45/\$15 Lab Fee

8760	Mon.	10/11	6-8pm
8761	Mon.	11/8	6-8pm
8762	Mon.	12/13	6-8pm

**NEW! Cultured Sea Glass Pendant & Earrings Set**

**1 day | Ages 16+ Amy Gurel** In this class you will learn how to make the most amazing one-of-a-kind pieces of wearable art that is made from tarnish resistant crafting wire and cultured sea glass. Not only will the look of the matching pendant and earring set bring you back to the amazing "beach therapy" moments from your past but it will also strike those same feeling in others around you. Dress up jeans and a t-shirt or be the final touch for your nice outfit. There will be a \$10 lab fee payable to the instructor at the start of class. Supply list included with registration confirmation. \$45/\$10 Lab Fee

8763	Mon.	10/18	6-8pm
8764	Mon.	11/15	6-8pm
8765	Mon.	12/20	6-8pm

**NEW! Driftwood & Cultured Sea Glass Wall Art**

**1 Day | Ages 16+ Amy Gurel** Learn how to think outside the box while creating this one-of-a-kind work of art to adorn your wall. You will use cultured sea glass, driftwood pieces and more to create these fun decorations. These are super-fun and very addictive to make. Keep for yourself or give as gifts. There will be a \$10 lab fee payable to the instructor at the start of class. Supply list included with registration confirmation. \$35/\$10 Lab Fee

8768	Mon.	10/25	6-8pm
8770	Mon.	11/22	6-8pm







## DRAWING

Classes are held at Corbin Art Center, 507 W 7th Ave.

### Drawing Fundamentals

**6 weeks | Ages 16+ Allison Bayley** Join us as we begin to explore drawing fundamentals! If you are new to drawing or need to brush up on basic skills this is the class for you. We will be tackling drawing materials, composition, portrait techniques, shading, and perspective. Great basics that will lead to long lasting confidence in your drawing. Supply list included upon confirmation of registration. \$75

8729	Mon.	10/4-11/8	6:30-8:30pm
8730	Wed.	10/6-11/10	6:30-8:30pm

### Perspective Drawing

**6 weeks | Ages 16+ Tom Quinn** Perspective is to drawing what grammar is to writing. It provides a structure to art by dictating where objects must be placed and which directions the angles go to achieve that vital third dimension of depth. You do not need to be an artist to draw well in perspective - when you know how to use the tools, they do the drawing for you. Supply list included upon confirmation of registration. \$75

8731	Tues.	10/5-11/9	6:30-8:30pm
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## SKINCARE & SOAPMAKING

Classes are held at Corbin Art Center, 507 W 7th Ave.

### **NEW!** Organic Soap Making & Spa Products

**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. Included in this class you will also learn how to make some popular organic, chemical free skin-care products. Pamper yourself or someone special, without paying high prices using everyday ingredients. Demonstrations and take-home samples. \$35

8894	Sat.	10/16	10am-Noon
8895	Sat.	11/20	10am-Noon

### **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. \$59

8732	Sat.	10/16	9am-3pm
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### **NEW!** Caricature Drawing

**1 day | Ages 16+ Tom Quinn** Caricature is an old and respected art form. In this class, we'll discuss the ways to exaggerate and simply an individual's distinctive features to depict someone in a way that's both funny and instantly recognizable. Tom has been drawing caricatures for well over 25 years, and has learned to draw them both at leisure and under intense time pressure. Supply list included with registration confirmation. \$65

8733	Sat.	11/6	9am-3pm
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## LANGUAGE & CONVERSATION SPEAKING

Classes are held at Corbin Art Center, 507 W 7th Ave.

### 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

8772	Wed.	10/6-11/10	1-2:30pm
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### Corbin Art Center is looking for instructors!

- Preschool Age (weekday mornings)
- Youth (afternoon & weekend)
- Adult (morning, afternoon & weekends)

#### Areas of Interests:

- Foreign Languages
- Landscaping
- Mixed Media
- Pre-school Art Teachers
- Youth Art Exploration Teachers
- Crafting Instructors (all varieties of craft making)
- No-School Camp Teachers

*\$16-\$20/hr. Part-time. Call 509.625.6677*



# The holidays will be here before you know it.

Start planning your holiday event at the Corbin Art Center today!

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

(509) 625-6677

*Great  
Rates!*



LAST SPLASH OF THE SEASON. JUST FOR THE DOGS.

# DOGGIE DIP



Comstock	8/29	3:00-4:30PM
Shadle	8/30	5:30-7 PM
Hillyard	8/31	5:30-7 PM
A.M. Cannon	9/1	5:30-7 PM
Liberty	9/2	5:30-7 PM

We are partnering with SpokAnimal to have fun and raise funds for the High Bridge Dog Park. \$10 per dog. Drop-ins/donations are welcome! All dogs must have proof of rabies vaccination.





## WRITING &amp; PERSONAL ENRICHMENT

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

**NEW!** Write the World! Teen Creative Writing

**6 weeks | Ages 13-17 Lizzie Vosler** Are you a teen? Do you love creative writing? Have you always wanted to write that next bestseller? This class is created specifically for teens who love to write, those who want to learn more about writing, and those who maybe aren't quite sure, but are still intrigued with the form of world-building through words. In this class, you will discover your writing voice through fun and playful writing exercises. We will dive into new forms of writing, including poetry, fiction, lists, rants, letters, and more. We'll explore putting our thoughts into words in new and different ways. Participants will write and write, and through that writing, they will be invited to find their voices, share their stories, make up stories and even make up other worlds. We'll write a lot, laugh a lot, and make room for #allthefeelings. And remember, in creative writing: There is no way to do this wrong. Notebook, pencil or Tablet are the only supplies needed. Class held at the **Corbin Art Center, 507 W 7th Ave.** \$65

8885 Tues. 10/5-11/9 4-5:30pm

**NEW!** Artful Words-Journal Making

**1 day | Ages 18+ | Keirsten Lyons** Journals come in all shapes and sizes, but wouldn't you love adding words to one created just for you? In this class you'll use your own creativity along with our supplies to craft your own unique journal, and then learn some simple journaling techniques to help you easily use the beautiful journal you've created! There will be a \$15 materials fee payable to the instructor. Class held at the **Corbin Art Center, 507 W 7th Ave.** \$35/\$15

8863 Sat. 10/9 1-3pm

Lighting Your Fire: Getting Your Writing Project Started

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

8751 Sun. 10/10-11/14 2-4pm

Creative Memoir Writing

**6 weeks | Ages 16+ Mary Fruchter** Do you have a story to tell, but aren't sure how to begin? Start here. In this creative writing class, we will look at memoirs snapshots and study some of the techniques authors use to make their words and characters come alive. Then, we will try it out ourselves, writing our own lives. Join us, and make your voice heard. Notebook, pencil or I-Pad and your memories are the only supplies needed. \$75

8752 Thurs. 10/7-11/11 6-8pm

**NEW!** Toolbox Journaling

**1 day | Ages 18+ Keirsten Lyons** There are gratitude journals, travel journals, garden journals, bucket-list journals and more. But what about just everyday journals? You know, to help in the every day. In this workshop, you'll learn three easy techniques to explore your thoughts, make key decisions, and prioritize your days. Please bring your own journal to class. Class held at the **Corbin Art Center, 507 W 7th Ave.** \$32

8886 Tues. 10/19 6-8pm



**SATURDAY  
SEPTEMBER 25**

SALE at the Corbin Art Center  
507 W. 7th Ave.

**9:00 a.m. – 3:00 p.m.**

**DONATIONS**

We're looking for **interesting art** (paintings, framed posters, nice home decor) and **garden items** (windowframes, baskets, pots, watering cans, etc.)  
*We will not accept clothes, books, china, silver, kitchen ware, holiday, etc.*

**DONATION DROP-OFF**

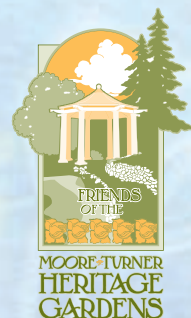
Corbin Art Center – 507 W. 7th Ave.

- Wednesday, Sept. 8th from 9:00 a.m. – noon
- Monday, Sept. 13th from 9:00 a.m. – noon

**SALE DAY FUN**

Saturday, September 25th at the Corbin Art Center

- Morning coffee & pastries
- Frank's Franks food truck from 11:00 a.m. to 2:00 p.m.
- Free drawings for door prizes every hour
- Gardens Tours
- AND get some great deals!



Watch for SALE updates on  
the Friends' Facebook page:

**FriendsMooreTurnerHeritageGardens**

Benefiting the Friends of the Moore-Turner Heritage Gardens and the maintenance and upkeep of the Corbin Art Center. Friends of the Moore-Turner Heritage Gardens is a 501c3 non-profit organization.



## PAINTING CLASSES & WORKSHOPS

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

### **NEW!** Watercolor & Painting Flowers

**4 weeks | Ages 16+ Megan Perkins** Love flowers? Learn how to paint draw and then paint them in watercolor. We'll break down flowers into basics shapes, paint individual "portraits" of flowers and then zoom out to depict flower plants in groups, such as a full flower-pot or garden bed. We'll discuss painting buds, blooms, leaves, stems and seeds as well. Please bring your own photos or pictures to paint from as well. Supply list included upon confirmation of registration. \$65

8734 Tues. 9/14-10/55-7pm

### 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. \$75

8735 Mon. 10/4-11/8 6:30-8:30pm

### **NEW!** Acrylic Painting Using Texture

**6 weeks | Ages 18+ Cliff Hall** Want to try playing with texture as a focus in your next acrylic painting? Explore how adding textures can play a major role in the finished product of your artwork. We'll discuss and practice how textures can/do affect the implications of a finished piece. You will expand your views of how these techniques can enhance a composition and expand your artistic license. Supply list included upon confirmation of registration. \$75

8801 Wed. 10/6-11/10 6-8pm

### Art History

**6 weeks | Ages 16+ Tom Quinn** This class is a series of lectures with slides intended to be both informative and entertaining about the great art of the past. We will address certain questions like: What is art history? Does it pass aimlessly, or will it converge on a goal? This course will look at art changes from one culture and period to another and in what ways they remain the same. Please be aware that some of the slides depict nudes. \$69

8736 Thurs. 10/7-11/11 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. \$75

8737 Thurs. 10/7-11/11 6:30-8:30pm

### **NEW!** Watercolor & Landscape Composition

**4 weeks | Ages 16+ Megan Perkins** Learn the basics of landscape composition to give depth and energy to your paintings. We'll discuss atmospheric perspective, rule of thirds, how to lead the eye into the painting and color mixing for both realistic greens and to create a sense of space in the picture plane. Drawing will lead to painting in watercolors. Bring your own photos or pictures to paint from as well. Supply list included upon confirmation of registration. \$65

8738 Tues. 10/12-11/2 5-7pm

### Spontaneous Process Painting

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

8739 Sat. 11/20 9am-4pm





**ART OF FINE LIVING - COOKING CLASSES**

Classes are held at Corbin Art Center, 507 W 7th Ave.

**NEW! Chicken Mole & Carne Asada!**

**1 day | Ages 21+** Welcome to fall by learning classical Oaxaca Cuisine including authentic Chicken Mole, Grilled Carne Asada (steak), and homemade Chili Rellenos. We will enjoy all of the above with Mexican Rice, fresh Pico de Gallo (salsa) and Mexican Beer. Ole! Course confirmation receipt will have location and directions of class. Class held at **Inland Northwest Culinary Academy, 1810 N. Greene Street., Bldg. 1, Room 144.** \$69  
8889 Thu. 9/30 6-8 PM

**NEW! Healthy Dinners**

**1 day | Ages 21+** Let's cut back on unnecessary empty calories until the holidays when we can indulge again! Grilled herbed chicken breast, baked salmon with dill, cauliflower pilaf, baked spaghetti squash, fresh pomodoro with garlic and basil, fresh broccoli with garlic. Course confirmation receipt will have location and directions of class. Class held at **Inland Northwest Culinary Academy, 1810 N. Greene Street., Bldg. 1, Room 144.** \$69  
8890 Thu. 10/7 6-8 PM

**NEW! Healthy Dinner in 30 Minutes!**

**1 day | Ages 21+** Learn 3 entrees with mix and match side dishes for your family on the go. Sautéed chicken marsala, fresh lemon chicken piccata, pan-seared pork loin with apples and onion, jasmine rice pilaf, fresh vegetables to be decided. Course confirmation receipt will have location and directions of class. Class held at **Inland Northwest Culinary Academy, 1810 N. Greene Street., Bldg. 1, Room 144.** \$69  
8891 Thu. 10/28 6-8 PM

**NEW! Thanksgiving Sides to Impress!**

**1 day | Ages 21+** Tired of the same old traditional side dishes? Or a new take on those side dishes. This class will help all of you who are chosen to simple "bring a side dish, honey." We will make summer squash casserole, baked diced butternut squash with pecans, the new green bean "casserole," and a hot and spicy spinach, artichoke and jalapeño dip for the pre-party party. Course confirmation receipt will have location and directions of class. Class held at **Inland Northwest Culinary Academy, 1810 N. Greene Street., Bldg. 1, Room 144.** \$69  
8892 Thu. 11/18 6-8 PM

**NEW! Perfect Appetizers for Any Party!**

**1 day | Ages 21+** Heading into the holidays blind? It feels like a reunion as the last few were cancelled. Let's make some Christmas canapés including perfect stuffed mushrooms, pear, cambozola and bacon bruschetta, baby potatoes canapés, and a sundried tomato and goat cheese bruschetta. Course confirmation receipt will have location and directions of class. Class held at **Inland Northwest Culinary Academy, 1810 N. Greene Street., Bldg. 1, Room 144.** \$69  
8893 Thu. 12/9 6-8 PM

**SEWING & FIBER ARTS**

Classes are held at Corbin Art Center, 507 W 7th Ave.

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

**2 weeks | Ages 12+ Margie Bradfute** Do you have a sewing machine, but have never used it? Bring your sewing machine to learn and get comfortable using it. You will explore all of the stitches and what each one is used for, even buttonholes and zippers, along with all of the parts of the sewing machine. No experience necessary! The first week's class will be 4 hours in length and the second week will be 3 hours. You will make a decorative pillow in the 2nd class. Supply list included upon confirmation of registration. Class held at the **Corbin Art Center, 507 W 7th Ave.** \$70 Minimum 2 Max 4  
8887 Sat. 10/16-10/23 9am-1pm

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

**1 day | Ages 16+ Margie Bradfute** This fun class is for the student that already knows how to use a serger. You will make a festive Holiday stocking to give as a gift, or keep this wonderful project for yourself! You must know how to thread your serger for this class. Bring your lunch if you would like. Supply list included upon confirmation of registration. Class held at the **Corbin Art Center, 507 W 7th Ave.** \$49 Minimum 2 Max 4  
8888 Sat. 11/20 9am-1pm





## PHOTOGRAPHY

Classes are held at Corbin Art Center, 507 W 7th Ave.

### 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. A digital camera with full range of aperture (F-stop) settings such as Canon EOS series or Nikon DX series DSLR (with removable lens) a must. The first class will be 3 hours in length. \$70

8753 Mon. 9/27-10/25 6-8pm

### Photoshop Basics

**5 weeks | Ages 16+ Al Berger** Learn the basic steps needed to finish your digital photographs for printing and web usage. Photoshop topics include: sharpening, exposure compensation, density, minor retouching, cropping, special effects, levels, color correction and preparing photos for printing. Bring your laptop with a mouse, Photoshop or Photoshop Elements software installed on the laptop, (any version). \$70

8754 Tues. 9/28-10/26 6-8pm

### Portrait Photography

**5 weeks | Ages 16+ Al Berger** Learn the secrets and steps of working with a person or persons to create beautiful portraits. We will explore working with light, both natural and artificial as well as flash. Requires a camera that allows manual setting of F-stop and Shutter speeds. A digital camera with full range of aperture (F-stop) settings such as Canon EOS series or Nikon DX series DSLR (with removable lens) a must. Students will be taught how to meter light for the best results as well as learning how to pose a person for the most natural portraits. Assignments will be given and results will be critiqued in class. \$70

8755 Wed. 9/29-10/27 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 with full manual range of aperture (F-stop) settings with removable lens. Class will also include lighting, composition and depth of field. \$70

8756 Wed. 9/29-10/20 6-8:30pm

**ART PARTIES**  
**AT CORBIN ART CENTER**

INCLUDES 2 HOUR PARTY • MULTIPLE THEMES AVAILABLE  
FOR CHILDREN 3-13 • ADD A SCAVENGER HUNT FOR \$20!

**\$139 FOR UP TO 10 CHILDREN!**  
CALL TO RESERVE YOUR CELEBRATION, OR  
FOR MORE INFORMATION: 509.625.6677



It's our **70<sup>th</sup>** Birthday!

SPOKANE PARKS  
FOUNDATION

*Planting Roots. Growing Community.*



**Join the Celebration...**

**And help us Preserve Our Parks for another 70 years!**

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

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

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

**Or text "parks" to (202) 858-1233**

# THANK YOU

Pool World  
for sponsoring  
two free open  
swim days in  
August.



## POST-SEASON LAP SWIM AT WITTER POOL

AUGUST 30 – SEPTEMBER 17  
MONDAY – FRIDAY | 11:00 – 2:30PM  
50 METER LANES | \$6 PER LANE HOUR | AGES 16+  
RESERVE ONLINE AT [SPOKANEREC.ORG](http://SPOKANEREC.ORG)  
OR BY PHONE AT 509.755.2489





## JOIN IN THE CONVERSATION AS WE PLAN FOR THE FUTURE OF SPOKANE PARKS

Follow us on Twitter and Facebook or sign up for updates at [spokaneparksmasterplan.org](http://spokaneparksmasterplan.org) for the latest opportunities to participate in workshops and pop up events at a park near you!



Find @SpokaneParks on



## BIKING

### Bicycle Walla Walla Winery Tour

**2 days | Ages 21+** Sponsored by Vino! You will be amazed with the great wines, wonderful riding, and beautiful scenery of this area. Lodging in the historic and elegant Marcus Whitman Hotel located within walking distance of some outstanding northwest restaurants. Fee includes one night lodging, breakfast at the hotel and two deli style lunches along the routes. You will also have bus and bike repair support available and the outstanding Vino ! - Wine Shop interpretive guides along the way to teach you all about this great area. Road bike or road tires on your bike are highly recommended. No mountain bike or wide tires. Participant should be able to ride 30+ miles a day on country roads with rolling hills on mostly pavement. Helmet required. Pre-trip information emailed after registration. \$249 per person double occupancy only. Meet at **Marcus Whitman Hotel 6 W Rose St.** Registration Deadline September 20.  
8640 Sun.-Mon. 10/24-10/25

## OUTDOOR ADVENTURE CAMP

### Youth Winter Adventures

**2 days | Ages 9-12** 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 how 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 **North East Community Center Parking Lot 4001 N Cook St.** \$99  
8637 Tues.-Wed. 12/21-12/22 9-4pm  
8638 Tues.-Wed. 12/28-12/29 9-4pm



## 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](http://spokane parks.org/snow) for updated info and rules -  
for updated grooming info call 509-363-5418





*"Outdoor Recreation programs provide a connection to nature which studies demonstrate relieves stress levels, tightens interpersonal relationships, and improves mental health. Outdoor Recreation fosters overall health and wellness and gives opportunities that add balance to life."* Kacie Dietz, Outdoor Recreation Program Assistant

<https://www.nrpa.org/our-work/Three-Pillars/role-of-parks-and-recreation-on-health-and-wellness/> –

## HIKING

### Hiking Blossom Lake Montana

**1 day | Ages 15+** Celebrate the 1st day of autumn on a beautiful drive up the Coeur d' Alene River to Thompson Pass. The hike from the pass is a 5.5-mile moderate round trip hike that takes you through forested hills to a majestic sub-alpine wilderness lake. You will have time to take in the scenery, take pictures, enjoy lunch and relax along the shores edge. On the way if time allows we will make a stop at Spraggpole Inn at Murray, ID to visit the historic museum. Additional pre-trip information emailed after registration. Meets at **Corbin Art Center Lower Parking Lot 507 W 7th Ave.** \$49

8633 Sat. 9/25 8-5pm

### Hiking Eagle Peak

**1 day | Ages 14+** This hike will be 2.5 miles round trip and gains 400 feet of elevation. Explore the trails within the Dishman Hills Natural Area, the oldest section of conservation land in the Dishman Hills with DHC guides. Hike to the top of Eagle Peak (2425 feet) with sweeping views over the Spokane Valley and Mt. Spokane. Hear about the plans to connect the Dishman Hills from Camp Caro to Stevens Creek Trailhead. Bring snacks and water! Pre-trip information will be emailed after registration. Fee includes membership to the DHC through 2021. Meet at **Camp Caro Trailhead 300 S. Sargent Rd., Spokane Valley.** \$25

8792 Sat. 10/9 9-Noon

### Settler's Cedar Grove and Burke Idaho Ghost Town Wander

**1 day | Ages 13+** Let's take a drive up the scenic Coeur d' Alene River to Settlers Grove and walk the one mile trail through an ancient old growth cedar grove. After a stop for lunch in historic Wallace Idaho (on your own), we will visit the streets of the historic Burke Idaho Ghost Town and Superfund cleanup site. This is a remarkable snapshot into a time gone by. Additional pre-trip information emailed after registration. Meets at **Corbin Art Center Lower Parking Lot 507 W 7th Ave.** \$49

8632 Sat. 10/2 9-6:30pm

### Hiking Interpretive Tours with the Friends of Mt. Spokane State Park

**1 day | Ages 15+** Enjoy a series of interpretive hikes with the Friends of Mt Spokane and Spokane Parks and Recreation's knowledgeable and friendly guides. Learn the fascinating details of this historic mountain, enjoy the fresh air, amazing views and great company! Hiking Poles provided if needed. Bring plenty of water, snacks and dress for the weather. Detailed pre-hike information emailed prior to trip.

### CCC Cabin Hike

**1 day | Ages 15+** Starting at the snowmobile parking lot, we will head up the trail to Bald Knob Campground. After a water and snack break, we will jump on Trail 130 and cut across to Beauty Mtn and the CCC Cabin. This trail has some of the best views and vistas in the park and does not involve a huge amount of elevation gain. Great hike for beginners or intermediate hikers who want to learn a few of the best trails on the mountain. The CCC cabin is rich in history and not to be missed. Meet at **Mt Spokane Snowmobile Parking Lot. Discover Parking Pass Required.** \$35

8630 Sat. 10/16 10-1pm

### 4 Summits Hike

**1 day | Ages 15+** Hike to the tops of Mt. Kit Carson (5250'), Day Mountain (5057'), and Mt. Spokane (5883'), three of the eight named summits in Mt. Spokane State Park. We will also hit Beauty Mountain along the route. Guidebook author and Mt. Spokane Friends Group former president, Cris Currie will be your guide on this moderately challenging 6 mile interpretive hike that begins at the historic Cook's Cabin and CCC areas and ends at the Vista House. Everyone gets a ride down from the summit Vista House. Meet at **Yokes Fresh Market 14202 N Market.** Discover Parking Pass required if driving person vehicle. \$39 with transportation, \$35 without transportation. Call 509-755-2489 for discounted registration.

8631 Sat. 10/9 9-3pm

## SNOWSHOEING

### Snowshoe Tour Mount 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 Mount Spokane. What a great winter sport! 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, \$25 without transportation. Please call 509-755-2489 for discounted registration.

8634	Sat.	12/18	9-1pm
8635	Sun.	12/19	9-1pm
8636	Sun.	12/26	9-1pm

### Snowshoe Moonlight Tour 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, \$25 without transportation. Call 509-755-2489 for discounted registration.

8864 Fri. 12/17 6-9pm



**REGISTER  
ONLINE**

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



**CALL  
US**

Call 311  
or outside the city at  
509.755.CITY  
Fax 509.625.6990



## CROSS COUNTRY SKIING



### Cross Country Skiing Lessons Mt. Spokane

**1 day | Ages 13+** Sponsored by Fitness Fanatics Learn the basics of cross-country skiing at Mt. Spokane! Cross country skiing is a wonderful way to spend time with family and friends during the winter. This is a great way to get exercise and enjoy the outdoors. Lessons are taught by the experienced and friendly Spokane Nordic Ski Association P.S.I.A. certified instructors. Cross country skiing equipment will be ready for you when you arrive at the Mt Spokane Nordic Area at the Fitness Fanatics Rental Trailer. Fee includes a day long ski equipment rental and 2 hours of instruction. Show up 1/2 hour prior to your lesson for gear fitting. Sno-Park Permit required. Additional information emailed after registration. Meet at **Mt Spokane Selkirk Nordic Area.** \$59 per person - \$34 if you have your own equipment Please call 509-755-2489 for discounted pricing.

8689	Sat.	12/11	10-Noon
8690	Sun.	12/12	10-Noon
8691	Sat.	12/18	10-Noon
8692	Sun.	12/19	10-Noon
8693	Thurs.	12/30	10-Noon
8694	Fri.	12/31	10-Noon



# PRIVATE GROUP WINTER TOURS

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

Call 509.363.5414 or email [rgriffith@spokanecity.org](mailto:rgriffith@spokanecity.org)



# WINTER ADVENTURE CAMPS



Send your child with us over the winter break to learn cross country skiing and snowshoeing at Mt Spokane State Park! Traveling the trails and romping around in the snow through the amazing forest is the best way to spend winter break. We will also learn to build snow caves and search for animal tracks! For ages 9-12 | Dec 21-22: Course #8637 | Dec 28-29: Course #8638 | \$99

# CROSS COUNTRY SKIING SNOWSHOEING CAVE BUILDING & MORE

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



# Tennis Afterschool Zone

## What is Tennis Afterschool Zone? (TAZ)

TAZ is an after school program designed to keep kids active and introduce them to the game of tennis!



**Contact:** Katie Szambelan  
[katieszambelan@pnw.usta.com](mailto:katieszambelan@pnw.usta.com)

**Equipment is provided!**  
[rectennis.com/spokane](http://rectennis.com/spokane)

**Where:** Moran Prairie, Roosevelt  
Jefferson, Arlington  
Finch, Mullan Road,  
Indian Trail, Lidgerwood  
Balboa Elementary

**When:** Oct. 4 - Dec. 8  
Days Vary (M, Tu, W, Th)

**Cost:** \$8-\$64

**Grades:** K-6



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



## CORNHOLE

## Cornhole

**5 weeks.** We're bringing you the fan favorite lawn to the masses Join us this fall for 5 weeks of evening play Do you have what it takes to take home the corn title? Come play in our upper or lower recreational divisions. Teams will play two games (up to six matches) a night. Team registration's only. The registration fee is \$55 a team, a team is allowed 3 players max.

Regular Registration Period, July 15th-August 27th, \$55

Late Registration Period, August 28th – September 3rd, +\$25 fee, as space allows

Activity #	Division	Days	Dates	Time
8774	Rec. Upper Competition	Tues	9/7-10/5	6-10pm
8775	Rec. Lowe Competition	Tues	9/7-10/5	6-10pm
8776	Rec. Upper Competition	Fri	9/10-10/8	6-10pm
8777	Rec. Lower Competition	Fri	9/10-10/8	6-10pm



## FOOTBALL

## Flag Football

**8 weeks | 18+** The SPRD Adult Flag Football Program offers divisions for all skill levels in three seasons: Spring, Summer (5on5 only), and Fall. The league is divided into three 8v8 divisions: Elite, Competitive, and Recreational. Our 5on5 format is offered in two divisions, Upper Competitive, and Competitive. All games played at the Dwight Merkel Sports Complex on Friday nights and all-day Sundays. All games are played at **Dwight Merkel Sports Complex, 5701 N. Assembly.**

Regular Registration Period, July 15th-August 27th, \$965 (8man), \$415 (5man)

Late Registration Period, August 28th – September 3rd, +\$25 fee, as space allows

Activity #	Division	Days	Dates
8766	Elite (A division)	Fri & Sun	9/17-11/14
8767	Competitive (B / C Division)	Fri & Sun.	9/17-11/14
8769	Recreational (D division)	Fri & Sun	9/17-11/14
8771	5 Man Upper Competitive	Sun	9/19-10/11
8773	5 Man Competitive	Sun.	9/19-10/11

## SOFTBALL

## Softball League

**6 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. Play 5 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.**

Team registration fee's include a set balls, a score book, line up cars, and umpire fees for the season

Regular Registration Period, July 15th-August 27th, as space allows

Late Registration Period, August 28th – September 3rd, +\$25 fee, as space allows

Activity #	Division	Days	Dates	Fee
8585	Coed E- Early	Sun.	9/12/-10/17	\$650
8581	Coed D	Sun.	9/12-10/17	\$650
8582	Coed E	Sun.	9/12-10/17	\$650
8579	Men's D	Mon.	9/13-10/18	\$650
8580	Men's E	Mon.	9/13-10/18	\$650
8577	Coed D	Tues.	9/14-10/19	\$650
8578	Coed E	Tues.	9/14-10/19	\$650
8575	Men's D	Wed.	9/15-10/20	\$650
8576	Men's E	Wed.	9/15-10/20	\$650
8572	Coed D	Thurs	9/16-10/21	\$650
8574	Coed E	Thurs.	9/16-10/21	\$650
8573	Coed D	Fri.	9/17-10/22	\$650
8571	Coed E	Fri.	9/17-10/22	\$650
8584	Coed -Free Agent Player	Tues	9/14-10/19	\$60
8585	Men's Free Agent Player	Mon	9/13-10/18	\$60



# DOES YOUR CHILD PLAY VIDEO GAMES?

8 Weeks | Ages 9-14 This Fall, join us for an exciting Youth eSports Development League played in a highly organized environment for all skill levels. This will be a team-based learning platform, which will provide participants with a safe, structured, and fun environment for learning and further development of gaming skills.

Sign up for our Fall Season!

Sept 20th - Nov 20th



## VANTA LEAGUES



Our expert coaches teaches kids how to play well as a team while learning how to **optimize their screen time.**



Our mentorship model ensures that your children are **safe & supervised** at all times during play sessions.



Our holistic player development curriculum teaches kids **healthy best practices** and invaluable life skills

## Who We Are

Vanta Leagues is a youth esports developmental program that provides expert coaching for kids ages 9-14 through our team-based learning platform and competitive video game leagues

## Games Offered:

- Rocket League
- Valorant
- League of Legends

## League Structure

- 2 month Season
- 2 practices a week
- Games on Saturdays



All Games Streamed on Twitch @ <https://www.twitch.tv/vantaleagues>



VOLLEYBALL

Fall 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 A (elite), B (competitive), and 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 changed based on school district facility availability.

**Early Bird Registration Period, August 16-29, \$25 discount**

**Regular Registration Period, August 30-September 18**

**Late Registration Period, September 19-October 3, +\$25 fee**

Activity #	Division	Location	Days	Dates	Fee
8745	Coed A	Garry/Chase	Mon.	10/11-12/13	\$349
8744	Men's 4's	Chase/Garry	Mon.	10/11-12/13	\$229
8746	Coed Upper B	Sac	Mon.	10/11-12/13	\$349
8750	Coed Lower B	Glover	Mon.	10/11-12/13	\$349
8740	Coed 4's Upper	Chase	Tues.	10/12-12/14	\$229
8742	Coed 4's Lower	Chase	Tues.	10/12-12/14	\$229
8741	Women's 4's Upper	Garry	Wed.	10/13-12/15	\$229
8743	Women's 4's Lower	Garry	Wed.	10/13-12/15	\$229
8747	Coed B	Salk	Thurs.	10/14-12/16	\$349
8748	Coed C	Sac	Thurs.	10/14-12/16	\$349
8749	Coed C	Salk	Fri.	10/15-12/17	\$349



Open Gym Volleyball

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

8807	Single Visit Pass	\$5
8808	Five visit Pass	\$20
8809	Season Pass	\$50



REGISTER  
ONLINE

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



CALL  
US

Call 311  
or outside the city at  
509.755.CITY  
Fax 509.625.6990







## YOGA

Researchers noted that yoga may reduce stress, relieve anxiety, help manage depression, decrease lower back pain, and help prevent heart disease. One 2017 study showed that “yoga improved the brain’s executive functions and the mood of its practitioners. Executive functions are brain activities related to goal directed behavior and regulating emotional responses and habits.” When trying yoga for the first time, join a class for beginners under the direction of a qualified instructor to avoid injuries. Medical News Today, 2019.

### Virtual Basic Yoga

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

8648	Tues.	9/14-11/9	5:30-6:30pm
8649	Thurs.	9/16-11/11	9-10am

### Virtual Chair Yoga

**8 weeks | Ages 16+** Robin Marks Yoga poses, stretches and strengtheners modified with the use of your own kitchen chair. Experience all the benefits of yoga modified to your body’s needs and without struggling to sit on the floor or get up and down off the floor, as in standard yoga classes. \$75

8644	Thurs.	9/16-11/4	10:30-11:15am
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### Virtual Yoga Gentle Stretch

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

8653	Sat.	9/18-11/6	9-10am
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### Virtual Yoga Deeper Stretch

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

8650	Thurs.	9/16-11/4	5:30-6:30pm
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## JOIN YOGA CLASSES ANY TIME AFTER CLASSES HAVE STARTED.

**CONTACT US FOR APPROVAL AND PRORATED  
REGISTRATION FEES AT [AEVA@SPOKANECITY.ORG](mailto:AEVA@SPOKANECITY.ORG)**

## PICKLEBALL

### Pickleball Youth Basic

**10 weeks | Ages 7-10yrs. and 11-14yrs.** Come Join one of the fastest growing sports in the nation today! This pickleball camp combines FUN, FITNESS, AND SKILLS development - and making new friends for unforgettable fun! No edxprience needed, equipment will be provided by Selkirk for instruction and play! All students must have a current AAU card to participate! You can apply for AAU cards at <https://play.aausports.org/joinaaumembershipapplication.aspx> Classes meet at **Moran Prairie Elementary 4224 E 57th Ave, and Indian Trail Elementary 4102 W Woodside Ave.** \$85

### Moran Prairie Elementary

8658	Tue	10/5-12/7	Ages 7-10yrs.
8659	Tue	10/5-12/7	Ages 11-14yrs.

### Indian Trail Elementary

8660	Wed	10/6-12/8	Ages 7-10yrs.
8661	Wed	10/6-12/8	Ages 11-14yrs.



## MARTIAL ARTS

According to University of Wisconsin research on the benefits of martial arts, practitioners of the sport demonstrated enhancement in their overall quality of life. In addition to verified improvement of physical fitness, researchers highlighted that self-confidence and self-respect are greatly improved, especially amongst people with disabilities. University of Wisconsin Stout, 2002.

**NEW!** Brazilian Jiu-Jitsu for Anyone!

**4 weeks | Ages 3-5yrs., 6-9yrs., 10-14yrs., & 15+** Brazilian Jiu Jitsu's popularity makes it the fastest growing sport around the world, drawing people of all ages with a variety of goals, including learning self-defense, improving fitness, or competing. Come try a very hands-on activity that is the most practical form of self-defense on the planet in a fantastic and life changing learning environment. Spokane Valley BJJ two convenient locations: **12926 E. Indiana Suite 2, Spokane Valley or 847 S. Main Street, Deer Park. \$75**

**Ages 3-5yrs.**

8675	Mon./Wed.	10/4-10/27	3:15-3:45pm	Spok. Valley
8676	Tues./Thurs.	10/5-10/28	3:15-3:45pm	Deer Park

**Ages 6-9yrs.**

8677	Mon./Wed.	10/4-10/27	4-4:50pm	Spok. Valley
8678	Tues./Thu.	10/5-10/28	5-5:50pm	Deer Park

**Ages 10-14yrs.**

8679	Mon./Wed.	10/4-10/27	5-5:50pm	Spok. Valley
8680	Tues./Thurs.	10/5-10/28	5-5:50pm	Deer Park

**Ages 15+**

8681	Mon./Wed.	10/4-10/27	6-7pm	Spok. Valley
8682	Mon./Wed.	10/4-10/27	6-7pm	Deer Park

**Karate Traditional Okinawan Goju Ryu**

**4/5 weeks | Ages 6-14yrs. & 15+** These classes follow the traditional practices and respect associated with Okinawan Goju Ryu, which stresses a balance of hand and foot techniques, practical self-defense, and physical conditioning. Beginners and experienced practitioners regardless of style are welcome. Gis (karate uniform) required. The classes comply with COVID-19 guidelines. Please contact the instructor at 480-338-9131 for questions. Location: **Southside Community Center, 3151 E 27th Ave.** \$50, except the 4-week classes starting in November at \$40

**Ages 6-14yrs.**

8862	Tues./Thurs.	8/31-9/30	4-5pm
8664	Tues./Thurs..	10/5-11/4	4-5pm
8866	Tues./Thurs.	11/9-12/2	4-5pm

**Ages 15+**

8663	Tues./Thurs.	8/31-9/30	5:15-6:15pm
8665	Tues./Thurs.	10/5-11/4	5:15-6:15pm
8667	Tues./Thurs.	11/9-12/2	5:15-6:15pm

**Kung Fu For Youth**

**4 weeks | Ages 7-17yrs.** Channel your child's inner Shao-Lin Monk! Kung Fu basics taught with positive spirit and atmosphere. This class is open to all backgrounds and any level of fitness. Class meets at **East West Martial Arts & Body Works 1427 N Monroe St. \$67**

8810	Mon./Wed.	10/4-10/27	6:15-7pm
8811	Mon./Wed.	10/4-10/27	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**

8812	Mon./Wed.	10/4-10/27	6:15-7pm
8813	Mon./Wed.	10/4-10/27	6:15-7pm

## eSPORTS

**NEW!** eSports Youth League

**8 Weeks | Ages 9-14yrs.** Join us this fall for an exciting Youth eSports Development League played in an organized environment for all skill levels. This will be a team-based learning platform, providing participants with a safe, structured, and fun opportunity for learning and further developing gaming skills. Players will enjoy practice times with expert coaches twice a week, followed by league play days. \$120

**Registration:**

<https://www.vantaleagues.com/esports-league-fall>

Game	Practice Day/Time	Game Day/Times
<b>Rocket League</b>		
	M/W or T/Th 2:30-4pm or 4-5:30pm	Sat.11:30-12:30pm
<b>League of Legends</b>		
	M/W or T/Th 2:30-4pm or 4-5:30pm	Sat. 1:00-3:00pm
<b>Valorant</b>		
	M/W or T/Th 2:30-4pm or 4-5:30pm	Sat.3:30-5:30pm



## CMTV JUNIOR ACADEMY

### CMTV Junior Academy

**5 weeks | Ages 13-18yrs.** CMTV Staff Have you ever dreamed a future in film or wished you could learn how to make Hollywood-worthy videos? CMTV Junior Academy is a hands-on training program for teens interested in learning how to produce videos and make connections with others who want to learn and practice the latest tools, technology, and techniques. Class held twice weekly at **CMTV - 104 W 3rd Ave STE B. \$249**

8716 Mon./Tues. 9/13-10/12 5-7:30pm

8717 Mon./Tues. 10/18-11/16 5-7:30pm

### CMTV Academy Intro to Camer a

**1 day | Ages 18+** CMTV Staff CMTV Academy is a hands-on training program for members of the community interested in learning how to produce videos. This course is designed to cover introductory video production camera topics including ISO, aperture, shutter speed, etc. All equipment provided. Class held at **CMTV - 104 W 3rd Ave STE B. \$139**

8719 Sat. 9/18 10-12:30pm

8718 Mon. 9/27 2-4:30pm

### CMTV Academy Intro to Audio

**1 day | Ages 18+** CMTV Staff CMTV Academy is a hands-on training program for members of the community interested in learning how to produce videos. This course is designed to cover introductory video production audio topics including leveling, mic placement, mic types, room tone, etc. All equipment provided. Class held at **CMTV - 104 W 3rd Ave STE B. \$139**

8721 Sat. 9/25 10-12:30pm

8720 Tues. 9/28 2-4:30pm

### CMTV Academy Intro to Editing

**1 day | Ages 18+** CMTV Staff CMTV Academy is a hands-on training program for members of the community interested in learning how to produce videos. This course is designed to cover introductory video production editing topics including layout, importing, timeline, windows, organizing, editing audio, effects, titles, exporting, basic color, etc. All equipment provided. Class held at **CMTV - 104 W 3rd Ave STE B. \$139**

8722 Sat. 10/9 10-12:30pm

### CMTV Academy Intro to Lighting

**1 day | Ages 18+** CMTV Academy is a hands-on training program for members of the community interested in learning how to produce videos. This course is designed to cover introductory lighting techniques for video production. Including 3 point lighting, communicating mood through lighting, and how light affects your overall production. All equipment provided. Class held at **CMTV - 104 W 3rd Ave STE B. \$139**

8723 Mon. 10/11 2-4:30pm

8724 Sat. 10/16 10-12:30pm

### CMTV Academy Pre-Production

**1 day | Ages 18+** CMTV Staff CMTV Academy is a hands-on training program for members of the community interested in learning how to produce videos. This course is designed to cover introductory video pre-production topics including how to put together a shot list and storyboards. Class held at **CMTV - 104 W 3rd Ave STE B. \$139**

8657 Tues. 10/12 2-4:30pm

### CMTV Academy Video Distribution

**1 day | Ages 18+** CMTV Staff CMTV Academy is a hands-on training program for members of the community interested in learning how to produce videos. This course is designed to cover introductory video production distribution topics including YouTube, Instagram, OBS, Vimeo, DVDs, Netflix, Castus, etc. Class held at **CMTV - 104 W 3rd Ave STE B. \$139**

8725 Sat. 10/23 10-12:30pm

### CMTV Academy Advanced Camera

**1 day | Ages 18+** CMTV Staff CMTV Academy is a hands-on training program for members of the community interested in learning how to produce videos. This course is designed to cover advanced video production camera topics including framing, moves (dolly, track, pan, jib, etc.), etc. All equipment provided. Class held at **CMTV - 104 W 3rd Ave STE B. \$139**

8726 Sat. 10/2 10-12:30pm



**Will Preparing Basics**

**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.** \$150

8656 Tue

10/5-10/6

6-8pm

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# SPOKANE PARKS & RECREATION



## SPORT-BASED CHILD DEVELOPMENT

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

### FALL 2021

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

#### SEPTEMBER SAMPLER: BASEBALL, BASKETBALL, FOOTBALL, SOCCER

*Kids will do one introductory sports class each week.*

*There will be one week of Baseball, Basketball, Football, and Soccer.*

SSA130686	9/14 - 10/05	Tu	4:30 p.m. - 5:10 p.m.	3 yrs 6 mos - 4 yrs 6 mos	\$68	Friendship Park
SSA130688	9/14 - 10/05	Tu	5:20 p.m. - 6:00 p.m.	2 yrs - 3 yrs 6 mos	\$68	Friendship Park
SSA130693	9/15 - 10/06	W	4:30 p.m. - 5:10 p.m.	2 yrs - 3 yrs	\$68	Grant Park
SSA130694	9/15 - 10/06	W	5:20 p.m. - 6:00 p.m.	3 yrs 6 mos - 4 yrs 6 mos	\$68	Grant Park
SSA130689	9/18 - 10/09	Sa	9:15 a.m. - 9:55 a.m.	2 yrs - 3 yrs	\$68	Thornton Murphy Park
SSA130690	9/18 - 10/09	Sa	10:05 a.m. - 10:45 a.m.	3 yrs - 4 yrs	\$68	Thornton Murphy Park
SSA130691	9/18 - 10/09	Sa	11:00 a.m. - 11:40 a.m.	4 yrs - 6 yrs	\$68	Thornton Murphy Park

#### FIRSTDOWNTOTS

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

#### BILLY GOATS/RAMS

SSA130617	10/21 - 12/09	Tu	5:45 p.m. - 6:25 p.m.	3 yrs - 4 yrs	\$112	Willard Elementary
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#### BULLS/RHINOS

SSA130618	10/21 - 12/09	Tu	6:30 p.m. - 7:10 p.m.	4 yrs - 6 yrs	\$112	Willard Elementary
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*location subject to change based on availability*



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

Online:  
SuperTotSports.com

Phone:  
509.534.5437

## SOCCERTOTS

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

## TEDDIES II/ KOALAS

SSA130602	10/18 - 11/29	M	6:10 p.m. - 6:50 p.m.	2 yrs - 3 yrs 6 mos	\$112	Wilson Elementary
SSA130606	10/19 - 11/30	Tu	6:10 p.m. - 6:50 p.m.	2 yrs - 3 yrs	\$112	Westview Elementary
SSA130608	10/20 - 12/01	W	5:40 p.m. - 6:10 p.m.	2 yrs - 3 yrs	\$98	Franklin Elementary
SSA130611	10/20 - 12/01	W	6:10 p.m. - 6:50 p.m.	2 yrs - 3 yrs	\$112	Linwood Elementary

## CUBS/PANDAS

SSA130605	10/19 - 11/30	Tu	6:10 p.m. - 6:50 p.m.	3 yrs - 4 yrs	\$112	Westview Elementary
SSA130615	10/21 - 12/09	Th	6:10 p.m. - 6:50 p.m.	3 yrs - 4 yrs	\$112	Moran Prairie Elemen-

## PANDAS/BEARS

SSA130601	10/18 - 11/29	M	7:00 p.m. - 7:40 p.m.	3 yrs 6 mos - 4 yrs 6 mos	\$112	Wilson Elementary
SSA130609	10/20 - 12/01	W	6:15 p.m. - 6:55 p.m.	3 yrs 6 mos - 4 yrs 6 mos	\$112	Franklin Elementary

## BEARS/GRIZZLIES

SSA130607	10/19 - 11/30	Tu	7:00 p.m. - 7:40 p.m.	4 yrs - 6 yrs	\$112	Westview Elementary
SSA130612	10/20 - 12/01	W	7:00 p.m. - 7:40 p.m.	4 yrs - 5 yrs 6 mos	\$112	Linwood Elementary
SSA130616	10/21 - 12/09	Th	7:00 p.m. - 7:40 p.m.	4 yrs - 5 yrs 6 mos	\$112	Moran Prairie Elemen-

## GRIZZLIES/ SOCCER TOUCH

SSA130610	10/20 - 12/01	W	7:00 p.m. - 7:40 p.m.	4 yrs - 6 yrs	\$112	Franklin Elementary
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## HOOPSTERTOTS

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

## FROGGIES/FROGGIES II

SSA130604	10/19 - 11/30	Tu	6:10 p.m. - 6:50 p.m.	3 yrs - 4 yrs	\$112	Hamblen Elementary
SSA130614	10/20 - 12/01	W	6:10 p.m. - 6:50 p.m.	3 yrs - 4 yrs	\$112	Roosevelt Elementary
SSA130619	10/21 - 12/09	Th	6:10 p.m. - 6:50 p.m.	3 yrs - 4 yrs	\$112	Arlington Elementary

## RABBITS/KANGAROOS

SSA130603	10/19 - 11/30	Tu	7:00 p.m. - 7:40 p.m.	4 yrs - 6 yrs	\$112	Hamblen Elementary
SSA130613	10/20 - 12/01	W	7:00 p.m. - 7:40 p.m.	4 yrs - 5 yrs 6 mos	\$112	Roosevelt Elementary
SSA130620	10/21 - 12/09	Tu	7:00 p.m. - 7:40 p.m.	4 yrs - 5 yrs 6 mos	\$112	Arlington Elementary

*location subject to change based on availability*



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# SPOKANE PARKS & RECREATION



## YOUTH SPORTS SKILL-BASED PROGRAMS

*Skyhawks Sports Academy provides sports programs where children discover and develop athletic skills and social values, such as teamwork, respect and sportsmanship. We offer children a positive sports experience while promoting a healthy, active lifestyle.*

### FALL 2021

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

#### BASEBALL CLINIC

SSA131262	9/15 - 10/13	W	5:30 p.m. - 6:20 p.m.	6-12	\$52	Audubon Park
SSA131264	9/15 - 10/13	W	5:30 p.m. - 6:20 p.m.	6-12	\$52	Audubon Park

#### SOCCER CLINIC

SSA131259	9/19 - 10/10	Su	1:00 p.m. - 1:50 p.m.	4-7	\$52	Franklin Park
SSA131260	9/19 - 10/10	Su	2:00 p.m. - 2:50 p.m.	7-12	\$52	Franklin Park
SSA131364	10/17 - 11/07	Su	1:00 p.m. - 1:50 p.m.	4-7	\$52	Franklin Park
SSA131365	10/17 - 11/07	Su	2:00 p.m. - 2:50 p.m.	7-12	\$52	Franklin Park
SSA131189	10/19 - 11/30	Tu	6:00 p.m. - 6:50 p.m.	4-7	\$79	Hutton Elementary
SSA131190	10/19 - 11/30	Tu	7:00 p.m. - 7:50 p.m.	7-12	\$79	Hutton Elementary
SSA131197	10/21 - 12/09	Th	6:00 p.m. - 6:50 p.m.	4-7	\$74	Lidgerwood Elementary
SSA131198	10/21 - 12/09	Th	7:00 p.m. - 7:50 p.m.	7-12	\$74	Lidgerwood Elementary

#### BASKETBALL CLINIC

SSA131183	10/18 - 11/29	M	6:00 p.m. - 6:50 p.m.	4-7	\$79	Balboa Elementary
SSA131184	10/18 - 11/29	M	7:00 p.m. - 7:50 p.m.	7-12	\$79	Balboa Elementary
SSA131191	10/20 - 12/08	W	6:00 p.m. - 6:50 p.m.	6-12	\$79	Finch Elementary
SSA131192	10/20 - 12/08	W	7:00 p.m. - 7:50 p.m.	6-12	\$79	Finch Elementary
SSA131195	10/21 - 12/09	Th	6:00 p.m. - 6:50 p.m.	4-7	\$74	Lincoln Heights Elementary
SSA131196	10/21 - 12/09	Th	7:00 p.m. - 7:50 p.m.	7-12	\$74	Lincoln Heights Elementary



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

**Phone:**  
800.804.3509

(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
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## SPEED, AGILITY, AND QUICKNESS CLINIC

SSA131366	10/18 - 11/08	M	5:00 p.m. - 5:50 p.m.	8-12	\$52	The Podium
SSA131367	10/18 - 11/08	M	6:00 p.m. - 6:50 p.m.	8-12	\$52	The Podium
SSA131370	10/20 - 11/10	W	5:00 p.m. - 5:50 p.m.	8-12	\$52	The Podium
SSA131371	10/20 - 11/10	W	6:00 p.m. - 6:50 p.m.	8-12	\$52	The Podium
SSA131372	11/15 - 12/06	M	5:00 p.m. - 5:50 p.m.	8-12	\$52	The Podium
SSA131373	11/15 - 12/06	M	6:00 p.m. - 6:50 p.m.	8-12	\$52	The Podium
SSA131376	11/17 - 12/15	W	5:00 p.m. - 5:50 p.m.	8-12	\$52	The Podium
SSA131377	11/17 - 12/15	W	6:00 p.m. - 6:50 p.m.	8-12	\$52	The Podium

## VOLLEYBALL CLINIC

SSA131185	10/18 - 11/29	M	6:00 p.m. - 6:50 p.m.	6-12	\$79	Jefferson Elementary
SSA131186	10/18 - 11/29	M	7:00 p.m. - 7:50 p.m.	6-12	\$79	Jefferson Elementary
SSA131187	10/19 - 11/30	Tu	6:00 p.m. - 6:50 p.m.	6-12	\$79	Indian Trail Elementary
SSA131188	10/19 - 11/30	Tu	7:00 p.m. - 7:50 p.m.	6-12	\$79	Indian Trail Elementary

## TRACK & FIELD

SSA131368	10/19 - 11/09	Tu	5:00 p.m. - 5:50 p.m.	8-12	\$52	The Podium
SSA131369	10/19 - 11/09	Tu	6:00 p.m. - 6:50 p.m.	8-12	\$52	The Podium
SSA131374	11/16 - 12/07	Tu	5:00 p.m. - 5:50 p.m.	8-12	\$52	The Podium
SSA131375	11/16 - 12/07	Tu	6:00 p.m. - 6:50 p.m.	8-12	\$52	The Podium

## FLAG FOOTBALL FUELED BY USA FOOTBALL

SSA131181	10/19 - 11/30	Tu	6:00 p.m. - 6:50 p.m.	4-7	\$79	Arlington Elementary
SSA131182	10/19 - 11/30	Tu	7:00 p.m. - 7:50 p.m.	7-12	\$79	Arlington Elementary
SSA131193	10/20 - 12/08	W	6:00 p.m. - 6:50 p.m.	4-7	\$79	Wilson Elementary
SSA131194	10/20 - 12/08	W	7:00 p.m. - 7:50 p.m.	7-12	\$79	Wilson Elementary

*\*No Programs 11/24*

 **SPACE IS LIMITED!**  
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**Online:**  
**skyhawks.com**

**Phone:**  
**800.804.3509**



# SPOKANE PARKS AND RECREATION



FALL 2021



*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. (No class 11/24)*

## SPEED, AGILITY, AND QUICKNESS CLINIC

(course)	(dates)	(days)	(time)	(ages)	(fee/non-res fee)	(location)
SSA131366	10/18 - 11/08	M	5:00 p.m. - 5:50 p.m.	8-12	\$52	The Podium
SSA131367	10/18 - 11/08	M	6:00 p.m. - 6:50 p.m.	8-12	\$52	The Podium
SSA131370	10/20 - 11/10	W	5:00 p.m. - 5:50 p.m.	8-12	\$52	The Podium
SSA131371	10/20 - 11/10	W	6:00 p.m. - 6:50 p.m.	8-12	\$52	The Podium
SSA131372	11/15 - 12/06	M	5:00 p.m. - 5:50 p.m.	8-12	\$52	The Podium
SSA131373	11/15 - 12/06	M	6:00 p.m. - 6:50 p.m.	8-12	\$52	The Podium
SSA131376	11/17 - 12/15	W	5:00 p.m. - 5:50 p.m.	8-12	\$52	The Podium
SSA131377	11/17 - 12/15	W	6:00 p.m. - 6:50 p.m.	8-12	\$52	The Podium

## TRACK AND FIELD

(course)	(dates)	(days)	(time)	(ages)	(fee/non-res fee)	(location)
SSA131368	10/19 - 11/09	T	5:00 p.m. - 5:50 p.m.	8-12	\$52	The Podium
SSA131369	10/19 - 11/09	T	6:00 p.m. - 6:50 p.m.	8-12	\$52	The Podium
SSA131374	11/16 - 12/07	T	5:00 p.m. - 5:50 p.m.	8-12	\$52	The Podium
SSA131375	11/16 - 12/07	T	6:00 p.m. - 6:50 p.m.	8-12	\$52	The Podium



*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.*

## SOCCEERTOTS™

(course)	(dates)	(days)	(time)	(ages)	(fee/non-res fee)	(location)
SSA131916	10/16 - 11/13	S	9:30 a.m. - 10:10	2 yrs - 3 yrs	\$85	The Podium
SSA131915	10/16 - 11/13	S	10:20 a.m. - 11:00	3 yrs - 4 yrs	\$85	The Podium
SSA131918	10/16 - 11/13	S	11:10 a.m. - 11:50	4 yrs - 5 yrs 6 mos	\$85	The Podium

## SPEED, AGILITY, & FUN

(course)	(dates)	(days)	(time)	(ages)	(fee/non-res fee)	(location)
SSA131919	10/18 - 11/08	M	6:00 p.m. - 6:40 p.m.	3 yrs - 4 yrs	\$68	The Podium
SSA131921	10/18 - 11/08	M	6:00 p.m. - 6:40 p.m.	4 yrs - 5 yrs	\$68	The Podium
SSA131922	10/18 - 11/08	M	6:00 p.m. - 6:40 p.m.	5 yrs - 6 yrs	\$68	The Podium



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Questions? Call:  
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for more information.



## TRS SOCIALIZATION

### TRS Trivia Night

**1 day | Ages 14+** Bring your sack dinner and laugh with friends while playing Trivia. Fun prizes will abound. Meet at **Park Operations lunch room, 2304 E. Mallon Ave.** \$19  
8823 Tues. 9/28 5:30-7pm

### 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 **Park Operations lunch room, 2304 E. Mallon Ave.** \$47  
8821 Thurs. 9/30 – 10/21 4:15-5:30pm  
8822 Thurs. 10/28-11/18 4:15-5:30pm

### TRS Cornhole & Pizza

**4 weeks | Ages 12+** Fresh air, fun and favorite lawn game-Cornhole. Laughter and friendly competition will abound. Pizza will be served. Meet at **Pickleball Playground, 10505 N. Newport Hwy.** \$53  
8794 Mon. 10/4-10/25 4:30-6pm  
8795 Mon. 11/1 – 11/22 4:30-6pm

### TRS What's Cooking

**4 weeks | Ages 16+** Tired of eating at home? Sign up for this class and you will prepare a meal, practice table manners, visit with friends, and take part in clean-up duties. Participants will have the opportunity to practice skills such as following directions, socialization, and hygiene required when in the kitchen. Class meets at **Southside Senior Activity Center, 3151 E. 27th Ave.-kitchen** \$59  
8828 Wed. 10/6 – 10/27 4-6pm  
8829 Wed. 11/3 – 12/1 \*no class 11/24 4-6pm

### TRS Day at the Theatre - Locations Vary

**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.

#### Matilda the Musical

Matilda is a little girl with astonishing wit, intelligence and psychokinetic powers. Over the course of her first term at school, Matilda and her schoolteacher, the highly loveable Miss Honey, have a profound effect on each other's lives, as Miss Honey begins not only to recognize but also appreciate Matilda's extraordinary personality. The school's mean headmistress, Miss Trunchbull, hates children and just loves thinking up new punishments for those who don't abide by her rules. But Matilda has courage and cleverness in equal amounts, and could be the school pupils' saving grace! Meet at **Spokane Children's Theatre, 2727 N Madelia St #5** \$27

8861 Sun. 10/17 1:45-4pm

### TRS Paint & Taste

**1 day | Ages 14+** Do you like painting and apple cider? Make a masterpiece of your very own while enjoying sipping on cider. Meet at **Park Operations lunch room, 2304 E. Mallon Ave.** \$19  
8824 Tues. 10/12 5:30-7pm

### NEW! TRS Cookie Bake Night

**1 day | Ages 14+** Spend the evening making several types of cookies. Enjoy yourself, take home or share with friends. Gluten-free options are available. Class meets at **Southside Senior Activity Center, 3151 E. 27th Ave. - kitchen.** \$19  
8837 Wed. 10/27 6:30-8pm

### TRS Friday Night Jam

**1 day | Ages 18+** Come rock and swing at Spokane's oldest on-going nightclub for people with developmental disabilities. If participants require direct supervision then care providers need to attend. Pre-registration required. Meet at **West Central Community Center, 1603 N. Belt.** \$9

#### Halloween/Harvest

Wear fall colors or a fun non-violent costume.

8830 Fri. 10/8 7-9pm

#### Christmas Dance

Celebrate Christmas wearing red and green. Hoping for a visit from Santa. Photos available no extra charge. \$9

8831 Fri. 12/3 7-9pm

#### Elf-The Musical

Buddy, a young orphan, mistakenly crawls into Santa's bag of gifts and is transported to the North Pole. The would-be elf is raised, unaware that he is actually a human until his enormous size and poor toy-making abilities cause him to face the truth. With Santa's permission, Buddy embarks on a journey to New York City to find his birth father and discover his true identity. Faced with the harsh realities that his father is on the naughty list and his half-brother doesn't even believe in Santa, Buddy is determined to win over his new family and help New York remember the true meaning of Christmas. Meet at **The Bing Crosby Theatre, 901 W. Sprague Ave.** \$27

8972 Sat. 11/6 2:45 -5:15pm

#### Babes in Toyland

This musical is wrapped in gold paper with spangles all over it and attached with a card saying Merry Christmas! Wicked Uncle Barnaby runs the toy shop with his comic-ruffian assistants, Roderigo and Gonzorgo, and he turns children into dolls and sell them for gold; and lovable Jane and Alan who are his next victims. Enjoy the wonderful characters of Mary, Mary, Quite Contrary; Tom-Tom, the Piper's Son; Jack and Jill; Little Miss Muffet in this Christmas classic. Meet at **Spokane Children's Theatre, 2727 N Madelia St #5** \$27

8862 Sun. 12/5 1:45-4 pm



## TRS FITNESS

### TRS Bicycling

**4 weeks | Ages 16+** Enjoy Spokane's natural beauty by bicycle. Participants need to be in physical condition and ride a bike safely. Make sure your bike is in good working order and helmet fits well. Meet at **Mirabeau Point Park, trailhead, 13500 Mirabeau Pkwy, Spokane Valley.** \$43

8793 Sun. 9/19 – 10/10 3-5pm

### TRS Disc Golf & Pizza

**4 weeks | Ages 12+** We will visit a Spokane Parks and Recreation Park that host a Jr. Disc golf course. Safety and throwing fundamentals will be covered. Games played each week. Disc is included in the price. Discs provided if forget to bring. Pizza served at the end of each weekly play. Meet at **Friendship Park, 7426 N. Standard St (Standard & Greta parking lot).** \$59

8796 Wed. 9/22 – 10/13 3:30-5pm

### TRS Pickleball

**4 weeks | Ages 14+** Come learn how to play pickleball, one of the fastest growing sports in America. The game is fun, easy to learn and promotes fitness. The paddle is smaller than a tennis racket and the ball is a plastic wiffle ball. Equipment and instruction will be provided by the Pickleball Playground. Meet at **Pickleball Playground, 10505 N. Newport Hwy.** \$39

8833 Mon. 10/4 – 10/25 6:30-7:30pm

8834 Mon. 11/1 – 11/22 6:30-7:30pm



## TRS HIKING

### TRS Hiking

**1 day | Ages 16+** Discover the beauty of local Spokane areas. Participants must be able to follow directions, stay with a group and be in good physical condition to do 2 -4 miles of strenuous hiking. Bring a lunch. Locations vary. \$19

#### Manito and Cannon Hill Park Loop

We will be walking a looped route along paved paths and sidewalks through Manito Park up to Cannon Hill Park and back. We will stop and see the amazing gardens, including Joel E. Ferris Perennial Garden, Duncan Gardens & fountain, Rose Hill Garden, Nishinomiya Japanese Gardens; and the Gaiser Conservatory Greenhouse. We will see ponds, shrubbery and fowl wildlife. The loop is 2.4 miles. Meet at **Manito Park, Mirror (Duck) Pond.**

8797 Sat. 10/2 10:30am-12:30pm

#### Fish Lake Trail

A beautiful ADA accessible trail that takes you from urban to rural in one mile. A former railroad route-7.6 miles one way- now paved that connects West Spokane to Queen Lucas Lake. We will walk as far as the group chooses. Meet at S. **Lindeke and W.9th Ave.**

8798 Fri. 10/15 10:30am-12:30pm

#### Palisades Park

Palisades Conservation Area is full of a variety of plants, flowers, birds and nature trails. The park has views of Mt. Spokane, the city, and has a natural creek and waterfall. Meet at **Palisades Park, 5200 W. Greenwood Rd.**

8799 Fri. 11/5 10am-12:30pm

### TRS Pre-Ski Season Walking

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

8816 Sat. 10/9 – 11/13 9:30am-11am

### 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.** \$79

8800 Sat. 10/02 No class 11/20 & 11/27 3:30-4:15pm





## TRS DANCE & MUSIC

### TRS Line Dancing

**4 weeks | Ages 14+** Easy beginner line dancing is for everyone. Grab your dancing shoes and join us as we learn the fundamentals of line dancing. Meet at **The Pickleball Playground, 10505 N. Newport Hwy.** \$31

8814	Mon.	10/4 – 10/25	3-4pm
8815	Mon.	11/1 – 11/22	3-4pm

### TRS Music Making

**4 weeks | Ages 15+** Join Willow Song Music for an hour packed with fun and joyful music based activities. A variety of instruments including drums will be used. There will be group singing, range of motion movements, opportunities to socialize and share all while engaging with Carla, Board-Certified-Music Therapist and facilitator Meet at **Willow Song Music Therapy, 21101 E. Wellesley Ave. Space 102, Otis Orchards.** \$59

8838	Thurs.	10/7 – 10/28	5-6pm
8839	Thurs.	11/4- 12/2 * no class 11/25	5-6pm



## TRS SWIMMING

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



### 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. \$59

8820	Sun.	10/3 – 11/21	2:15-3pm
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### Learn to Swim Intermediate

Individuals who have mastered the Beginner skills and are ready to move on. Skills worked on will be distance swimming, breast stroke, butterfly, diving, simple turns and deeper water experience. \$59

8819	Sun.	10/3 – 11/21	3 – 3:45pm
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### Blue Dolphins Swim Team

For people with developmental disabilities who want to swim competitively or get a good workout. Ability to swim 75 yards without assistance and with rhythmic breathing. \$59

8817	Sun.	10/3 – 11/21	2:15-3:15pm
8818	Sun.	10/3 – 11/21	3:20-4:20pm

**REGISTER  
ONLINE**

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



**CALL  
US**

Call 311  
or outside the city at  
509.755.CITY  
Fax 509.625.6990





**SPOKANE**  
*starts here*

**Something for everyone, in every season.**  
a fully revitalized space



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





Spokane Parks and Recreation affiliates itself with a number of non-profit community organizations benefitting older adults and young children. We greatly appreciate our relationship with these centers and their individual recreation programs.

## NORTHEAST YOUTH CENTER

3004 E Queen Ave. For information call: 509.482.0708  
spokaneneyc.com

### Early Learners Academy

**Monthly | Ages 3-5yrs.** Looking for an incredible, fun recreation-based State Licensed Preschool Program that offers educational and recreational activities so your child can learn to be ready for Kindergarten? We will keep your child busy throughout the day with a creative curriculum taught by our Certified Preschool Teachers; enjoy gym classes/outdoor play with our Recreation Specialist and your child will be engaged in our science program! Breakfast, lunch and snack provided. State pay accepted-Immunization records required. \$756 month, scholarships available. Register by calling Northeast Youth Center at 509-482-0708

Mon. - Fri. 8:30am-4pm (Extended Hours Available 6am-6pm)

### Before & After School Care

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

Mon. - Fri. 9/1-6/17 6am - start of school

## WEST CENTRAL COMMUNITY CENTER

1603 N. Belt St. 509-326-9540 westcentralcc.org

### Before & After School Programs

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

Mon.-Fri. 9/2-6/16 6:30am-8:30pm / 3pm-6pm

**Program Time on No-school days:** 6:30am-6pm

## SOUTHWEST SPOKANE COMMUNITY CENTER

310 S Spruce St. (509) 624-8634 swspokaneccyouth.wixsite.com

### Youth Programs

We are a drop off daycare that also has a foodbank. Cost of the Program: Sliding Scale based on income. School Grades of program participants: K-6th Grade.

**Dates of operation:** All year except federal holidays

### Hours of operation:

During the District 81 school year:

2:30-5:30pm

During District 81 Summer break:

7:30am - 5:30pm





# Frequently Asked Questions



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

Parks and Recreation will continue to follow the most current Washington Department of Health Guidelines relating to COVID-19 Re-Opening protocols.

## Will SPRD track any illness symptoms or outbreaks?

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

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

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

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

## What about Smoke/Smog or Inclement Weather?

In the interest of safety, the Parks and Recreation Department retains the right to cancel an activity for close a facility due to inclement weather conditions. In the event that the Parks and Recreation Department Cancels a programs, all registered participants will be notified and will receive a credit or refund on their CivicRec Account. In the case of poor air quality, staff will modify activities, reducing high energy level activities, such as running, tag games, and extensive hiking. Staff will also encourage participants to take extra breaks, drink lots of water, and will, of course, be keeping a close eye on participants throughout the day. When the AQI equals or exceed AQI value 150 which is in the lowest level of the “unhealthy” category, activities will be moved indoors or canceled until improvement occurs.

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

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

## SATISFACTION GUARANTEED

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

### REGISTER ONLINE

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



### MAIL US

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

\*checks payable to City of Spokane



### CALL US

Call 311  
or outside the city at  
509.755.CITY  
Fax 509.625.6990



## PAYMENT INFORMATION

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

## INCLEMENT WEATHER

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

## DISCLAIMER

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

## REFUND/CANCELLATION POLICY

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

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

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

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

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

## INCLUSION/ACCOMMODATION

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



Please print and  
fill out completely

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

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

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

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

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

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

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

<b>THERAPEUTIC RECREATION ONLY</b>	General supervision is provided 15 minutes prior to class time and 15 minutes at end of class. If additional supervision is required there will an additional fee imposed.
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**Check One:** Group Home/Institution \_\_\_\_\_ In Own Home/Apartment \_\_\_\_\_ Private Home With Parent \_\_\_\_\_

Dietary Precautions/Foods to avoid:

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

Activity Limitations/Physical problems (if any):

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

Careprovider/Support Staff provided? ☐ Yes ☐ No

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





# THERAPEUTIC RECREATION

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

## Participant Personal Needs:

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

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

**Additional Personal Needs Information:**

## MEDICATION INFORMATION & WAIVER

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

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

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

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

Signature \_\_\_\_\_

Date \_\_\_\_\_

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

List any special instructions/cautions/side effects:

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

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

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

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

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

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

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

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

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

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

\_\_\_\_\_  
Minor – Last Name, First name, M.I. (print)                      Date of birth (MM-DD-YYYY)

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

\_\_\_\_\_  
Adult/Parent/Guardian - Last, First, M.I. (print)                      Date of birth (MM-DD-YYYY)                      Signature                      Date

\_\_\_\_\_  
Emergency Contact (print)                      Relation                      Phone number



### Assumption of Risk and Waiver of Liability

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

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

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Signature of Parent/Guardian

Print Minor Participant Name

Date

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Signature of Adult Participant

Print Adult Participant Name

Date

Required Contact Tracing Information:

Phone Number \_\_\_\_\_

Email address \_\_\_\_\_