

spring **ACTIVITY** guide

New Adventures!

THERAPEUTIC RECREATION TUESDAY FUN SERIES • SPRING BREAK CAMPS
ADULT ATHLETICS • PRIVATE FAMILY ART & OUTDOOR EVENTS • VIRTUAL PROGRAMS
YOUTH & ADULT ART WORKSHOPS • STROLL & ROLL CHALLENGE • & MORE!



EXPLORE
PARKS
NATURE

SPORTS
& REC
OUTDOOR

CAMPS
LEARN
CLASSES

PLAY
GOLF
LEARN

ENJOY
RIVER
FRONT
PARK

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



City of Spokane
**PARKS
& RECREATION**

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JENNIFER PAPICH

Recreation Director

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Welcome to Spring! In these challenging times of COVID-19, we hope that Parks & Recreation can be a place to support your mental and physical health. In-person programs are modified in accordance with the Spokane Regional Health District, following the Governor's mandates for the current phase guidelines. Decreased capacity, mask wearing, physical distancing, and frequent sanitation are just a few of the measures in place.

In efforts to be as best prepared as possible through the guide you will see some programs that have the Phase 1 symbol or the Phase 2 symbol indicating which phase is needed for the program to take place. If you do not see a symbol attached to a program, it is approved for either phase. Also look for this symbol for our new virtual program offerings throughout the activity guide.

Spokane Parks & Recreation is preparing for the upcoming summer season. Our top priority is to meet the health and safety needs of our participants, campers and staff, and provide a positive and fun experience for all, in accordance with the specific guidance for operations at the local, state and federal levels.

Here are a few important dates & details to help you plan...

- Summer Camp online registration will begin **Monday, March 15**.
- Our Summer Camp Guide will be available online by early April around Spring Break. It will only be digital so that we can quickly make adjustments as things change.
- The full Summer Activity Guide will be printed and mailed out in **May 2021**.
- Most Camps will start their first session the **week of June 21**.
- Witter Aquatics Center is scheduled to open for Pre-Season lap swim Monday, **May 10, 2021**. Pre-registration will be required as part of our COVID protocols.
- The Aquatics 2021 season schedules will come out in the complete Summer Activity Guide. We are so excited that we will be able to open at least some of our pools in 2021! Following all the Phased guidelines, the season will look different than we all accustomed to, please be patient with us as we will continuously navigate and modify operations to best meet the needs of the community safely.

These continue to be unprecedented times. It is important that everyone take personal responsibility and practice physical distancing, wear face coverings and wash your hands frequently – our staff will do the same. To keep updated on the status of COVID-19 impacts to our programs, please visit SpokaneRec.org. Be sure to sign up for the Spokane Parks and Recreation newsletter for the most up to date information at www.spokaneparks.org/newsletters.

KNOW YOUR REC STAFF

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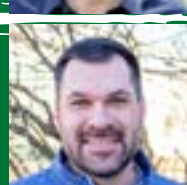
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Classes are held at **Corbin Art Center, 507 W 7th Ave.** unless otherwise indicated.

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

PAINTING CLASSES & WORKSHOPS

Acrylic Painting

6 Weeks | Ages 16+ | Tom Quinn Learn basic concepts of painting techniques with acrylic paints. This class is an introduction to the fast-drying, forgiving medium of acrylic paint. You will explore color, form and composition to create your own works of art. Work from still-life set-ups and two-dimensional references such as photos. Supply list included upon confirmation of registration. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$75
6773 Mon. 4/12-5/17 6:30-8:30pm

Art History-Virtual Class

6 weeks | Ages 16+ | Tom Quinn This virtual class is a series of lectures with slides intended to be both informative and entertaining about the great art of the past. We will address certain questions like: What is art history? Does it pass aimlessly, or will it converge on a goal? This course will look at art changes from one culture and period to another and in what ways they remain the same. Please be aware that some of the slides depict nudes. Class held each week via **Cisco WebEx Meeting** \$65
6774 Tue. 4/6-5/11 1-3pm

Intro to Watercolor Painting & Beyond

4 Weeks | Ages 16+ | Megan Perkins Come and learn the basics of watercolor, mixing colors, choosing the right paper, brushes to use, and how to transform a value sketch into a watercolor painting. If you have already taken a watercolor class before, the instructor will help you go on with what you want to accomplish. Please feel free to bring your own photos to paint from. Supply list included upon confirmation of registration. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$65
6775 Thu. 4/8-4/29 5-7pm

Acrylic Painting Using Texture

6 Weeks | Ages 16+ | 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. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$75
6776 Wed. 4/14-5/19 6-8:00pm

Painting with Oils

6 Weeks | Ages 16+ | Tom Quinn An introduction to the forgivable medium: oil. Learn basic concepts of design, composition, color theory, values and texture while experiencing the outstanding working properties of oil. Choose to work from still-life or two-dimensional references. Helpful demonstrations and individual instruction will be taught.! Supply list included upon confirmation of registration. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$75
6777 Thurs. 4/15-5/20 6:30-8:30pm

PHOTOGRAPHY

Photography Basics

5 Weeks | Ages 16+ Learn the fundamentals of photography and how to use your camera. Tips on lighting, additional equipment to consider and its uses. Practice assignments and in-class critiques. Requires a camera that allows manual setting of F-stop and Shutter speeds, DSLR preferred. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$70
6782 Mon. 4/12-5/17 6-8pm

LANGUAGE & CONVERSATIONAL SPEAKING

Spanish Refresher – Virtual Style

6 weeks | Ages 18+ | Mary Benham This virtual class is for the intermediate and advanced Spanish speaking student. Join us for spirited weekly conversation and grammar practice using a classic older book. We'll review the basics of Spanish by including common verbs, greetings, shopping references, ordering at restaurants, etc. The book we will be using comes with a CD. This class we will speak with one another and the instructor. Supply list included upon confirmation of registration. Class held each week via **Cisco WebEx Meeting** \$70
6785 Tue/Thur. 4/6-5/13 10-11am

SKIN CARE & SOAP MAKING

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. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$35
6786 Sat. 4/10 10am-Noon

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'Keefe, 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.

DRAWING

NEW!

Intro to Drawing

6 Weeks | Ages 16+ | Tom Quinn Drawing is the common denominator of all art. This class is an introduction to the four components of drawing: experience, observation, confidence, and creativity. You will learn how to draw from a still-life set up, line drawing, portraits, how to use positive and negative space in your artwork and more. Supply list included upon confirmation of registration. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$75

6769 Wed. 4/14-5/19 6:30-8:30pm

NEW!

Perspective Drawing

6 weeks | Ages 16+ | Tom Quinn Perspective is to drawing what grammar is to writing. It provides a structure to art by dictating where objects must be placed and which directions the angles go to achieve that vital third dimension of depth. You do not need to be an artist to draw well in perspective - when you know how to use the tools, they do the drawing for you. Supply list included upon confirmation of registration. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$75

6770 Tue. 4/13-5/18 6:30-8:30pm

NEW!

Drawing on Gratitude

4 weeks | Ages 16+ | Megan Perkins We are surrounded by wondrous beauty in our everyday lives, but are frequently too busy to fully appreciate what we have. Use drawing and sketching to meditate on the things, places, moments, and people that you are grateful for. Beginners welcome! Supply list included upon confirmation of registration. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$65

6771 Tues. 4/20-5/11 5-7pm

NEW!

Drawing into Nature's Artistic Eye

1 day | Ages 18+ | Bevie LaBrie This class will provide creative inspiration through mindful attention to your surroundings. Beginning out in nature, you will use your camera to capture the textures, colors, lines, shapes and designs of nature that intrigue you. You'll then be guided into translating nature's design it into your own drawn Mandalas. This class will reconnect you to your unique creative expression, surroundings, your senses, breath, and gratitude. All experience levels welcome. Supply list included upon confirmation of registration and there is a \$5 class fee for supplies the instructor will provide. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$35/\$5

6772 Mon. 4/26 5:30-8pm

6965 Mon. 5/20 5:30-8pm

WRITING & PERSONAL ENRICHMENT

Lighting Your Fire: Getting Your Writing Project Started

6 Weeks | Ages 16+ | Marc Anthony The writer's voice is fragile, and can be silenced by our internal critic. This makes it hard to start or continue working on our writing projects. One way to minimize our internal critics is to join a facilitated group of writers willing to listen to your work, and give useful, reflective feedback. This allows us to feel more confident, and write more. Join us at the Corbin Art Center, bring in your work, and leave your critic at the door. This facilitated group welcomes committed writer in all genres in a positive, motivating environment. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$75

6778 Sun. 4/11-5/16 2-4pm

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 supply fee payable to the instructor. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$39/\$15

6779 Tues. 4/20 6-8:30pm

NEW!

Penning Pain to Paper

1 day | Ages 18+ | Keirsten Lyons If this year has left you reeling, writing can be a powerful healing tool for re-centering. In this workshop we'll explore journaling techniques to help sort through all the emotions, zero in on the true sources of pain and angst, and see how the process of simply penning the pain to paper takes much of its power, leaving you freer to navigate what's ahead. Please bring a journal/notebook with you to class. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$39

6780 Tues. 5/4 6:30-8:30pm

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. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$75

6781 Thur. 4/15-5/20 6-8pm



CORBIN CRAFTS WORKSHOPS

NEW!

Spring-Fun Rag Wreath!

1 day | Ages 10+ | Carissa Gregg Got spring fever?

Weather not quite nice enough to get outside? Then come on in for this fun, super-easy, Spring Rag Wreath workshop! This DIY wreath is super simple and highly addictive to make, so you will want to create more for all seasons. Supply list included with registration confirmation. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$35

6783 Wed. 4/14 6-8:30pm

NEW!

Spring Birds of a Feather!

1 day | Ages 12+ | Carissa Gregg Learn how to make

a cute miniature canvas bird project will have you chirping for more! Create this cute wall hanging to celebrate Spring and Summer. Keep it for yourself or give it away for a thoughtful handmade gift. It would make a fabulous Mother's Day present. There will be a \$10 lab fee for supplies, payable to the instructor at the start of class. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$35/\$10 Lab Fee

6784 Sat. 5/1 9:30am-Noon

CORBIN KIDS PRESCHOOL

Little Leonardo's

6 Weeks | Ages 3-5yrs. | Mrs. G Children love art and they're naturally creative and imaginative. Each class is planned to expose your child to a new element of art each week. They will paint, sculpt, draw, cut paper and glue to help develop listening skills, fine motor skills and creative imagination play. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$50

6787 Mon. 4/12-5/17 9:30-10:30am

NEW!

Make Art Together: Sweet Springtime Fun!

6 weeks | Ages 2-4 Yay! It's finally spring and time

to celebrate the season! This class is for you and your child to explore flowers, bugs and even the rainy, spring weather while making wonderful works of art. Experience a new weekly art theme, story, and relevant project. Children will discover color, texture while practicing basic cutting and gluing skills while exploring a variety of art techniques and materials. This class is fast paced, active and most of all fun! Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$50

6788 Thu. 4/15-5/20 9:30-10:30am

CORBIN KIDS YOUTH

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. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$65

6789 Mon. 4/12-5/17 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. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$65

6790 Tues. 4/13-5/18 4-5:30pm

Drawing Basics Wednesday – Youth

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. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$65

6791 Wed. 4/14-5/19 4-5:30pm

Drawing Basics Thursday – Youth

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. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$65

6792 Thurs. 4/15-5/20 4-5:30pm

MUSIC

Piano for Children

4 weeks | Ages 6-12 yrs. Piano lessons that will make your child smile! Students will learn the basics of piano and immediately start learning how to play great sounding music using an Australian method. As students make quick progress with positive reinforcement, they are motivated to learn and continue enjoying music for life. These are 'non- traditional' lessons that make music enjoyable and attainable for everyone.

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

6796 Sat. 4/3-4/24 1:00-1:30pm

6797 Fri. 4/9-4/30 4:30-5:00pm

6798 Fri. 5/7-5/28 4:30-5:00pm

6799 Sat. 5/8-5/29 1:00-1:30pm

SUMMER ART CAMPS

AT CORBIN ART CENTER

JUNE 7 - AUGUST 20, 2021

23 NEW
CAMPS!

3-5 YEAR OLD CAMPS: \$74
6-11 YEAR OLD CAMPS \$139

REGISTER AT
[SPOKANEREC.ORG](https://spokanerec.org)
OR CALL 311

CAMPS FILL UP FAST! REGISTRATION BEGINS MARCH 15.

Family Art Fun!

Corbin Art Center

NEW!

Do you want to organize a fun, safe family outing right now?
Corbin Art Center is the answer to this dilemma.

- This is a safe & fun way for families to connect and create memories
- You do not have to be an artist!
- Corbin Art Center provides everything you need including the instructor
- Call us to schedule your own Private Family Art Fun event today!

Min 3 – Max 5 members from the same household group.
2-2.5 hours in length – \$89 for up to 5 members

Only \$89
Sign up today!



Call us at
509-625-6677
for more
information

PRIVATE FAMILY TOURS!



Private guided hiking,
kayaking and standup paddle
boarding tours now available.
Don't forget to book your
summer outings now. These
tours fill up fast!

\$20 - \$49/person.

Call 509-363- 5414 or email
rgriffith@spokanecity.org





SPRING BREAK CAMPS

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

NEW! Creative & Color Crazy!

1 day | Ages 6-11 Do you enjoy being a fantastic, adventurous artist? Do you love to use lots of colors and textures in your masterpieces? Then this is the camp for you! We will paint, draw and paint with wonderful colors & techniques. Learn how to mix colors properly so you can get your desired artistic effect. Dress for a mess and bring a lunch. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$40

6476 Mon. 4/5 9am-3pm

NEW! Doodle Bug Art Fun!

1 day | Ages 6-11 Does your child love to draw, paint or just doodle? Does your child like bugs? Come be a Doodle Bug artist! Because doodling is a fun creative practice to do, and you never know what great works of insect art might develop. In this camp we will have fun learning some new and clever abstract techniques of creating art! Dress for a mess and please bring a lunch. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$40

6477 Tue. 4/6 9am-3pm

Clay, Slime & DIY Dough

1 day | Ages 6-11 Discover the joy of clay! Make your own cool clays to model creative animals and other projects. Using fun recipes and techniques you'll enjoy your experience with pre-made and handmade clay. Please bring a lunch. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$40

6479 Wed. 4/7 9am-3pm

NEW! Dragons! Trolls! Unicorns! Oh My!

1 day | Ages 6-11 Do you love Dragons? How about trolls, unicorns and other mythological creatures? Come and use your imagination, creativity and lots of art supplies to make your very own fantastic creatures! Dress for a mess and bring a lunch. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$40

6482 Thu. 4/8 9am-3pm

Animal Art: Let's Go Wild!

1 day | Ages 6-11 Explore animals around the world through art. Unleash your creativity with different animal projects including collage, painting, drawing and sculpture. This camp is sure to be a "wild" time. Dress for a mess and please bring a lunch. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$40

6483 Fri. 4/9 9am-3pm



Corbin Kids Doodle Bugs!



Campers safely getting creative at Corbin Art Center

NEW! Come Learn to Sew-Spring Break

1 week | Ages 8-16 | Elizabeth Pike This camp is designed for students with little or no prior sewing experience. Learn: threading, fixing tension, sew straight and curved seams and how to use a pattern. Sew a "Burrito" style pillow case and a pair of pajama pants. By the end of camp, participants will be able to tackle a simple sewing project with confidence. Sewing machines, handouts, and patterns are provided. No experience needed. Supply list included upon confirmation of registration. Class held at **Let's Get Sewing! Studio at 8707 N. Wall St.** 509-217-7049 \$135

6637 Mon.-Fri. 4/5-4/9 9am-12pm

6638 Mon.-Fri. 4/5-4/9 2-5pm



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

The CMTV Academy Camp is a hands-on training program.
Produce videos and make connections with other teens.
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 CAMP SCHEDULE

10AM-1PM OR 2PM-5PM EACH DAY

10 students per session

10 students per session

TOPICS COVERED

Monday: Basic Camera, Audio

Tuesday: Advanced Camera, Lighting

Wednesday: Introduction to Editing

Thursday: Script Writing

Pre-Production, Distribution

Friday: Project Assignments

Overview, Career Paths

JUNE 21ST - JUNE 25TH

\$159

JULY 12TH - JULY 16TH

\$159

Registration Opens March 15, 2021! Questions? Register online at spokanerec.org
All programs will align with COVID-19 guidelines at the time of the program or be postponed/cancelled.

The Outdoor Program is following all COVID-19 State Outdoor Recreation Outfitter Guidelines as required by the Governor as well as the City of Spokane and Spokane Regional Health District. Transportation may be provided for your trip with physical distancing, face covering and sanitation guidelines to follow. Where transportation is provided a discounted option to drive yourself will be available. Additional trip and COVID-19 safety precaution information will be emailed to you after registration along with your pre-trip information and waivers. In the meantime if you have any questions please email rgriffith@spokanecity.org or call 509-363-5414.

SNOWSHOE

Snowshoe Mt Spokane with Transportation

1 day | Ages 13+ Learn the basics of snowshoeing and try this fun winter sport. During the guided hike you will travel on snowshoe trails through the snow-covered trees and hills around Mt. Spokane. 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 with transportation, \$25 without transportation. Please call 509-755-2489 ext. 3 for discounted registration.

6394 Sat. 3/13 9am - 1pm

Snowshoe Tour 49 Degrees North

1 day | Ages 15+ Tour the trails of 49 Degrees North! Your guide will give you tips leading to better control and more fun on your snowshoes. Beautiful scenery and healthful exercise followed by a tasty lunch. Includes trail pass, guide/instructor, poles, snowshoes and lunch! Pre-Trip information emailed after registration. Meet at **49 Degrees North Nordic Area Yurt 3311 Flowery Trail Rd.** \$43

6366 Sat. 3/20 10am - 2pm

Snowshoe Moonlight Hike with Transportation

1 day | Ages 16+ Moonlight on snow is a magical and memorable experience. Quietly you will explore the meadows and woods around Mount Spokane. We provide guides, transportation, headlamps, walking poles and snowshoes. Additional information emailed after registration. Meet at **Yoke's Fresh Market Parking Lot 14202 N. Market St.** \$29 with transportation, \$25 without transportation.

6371 Fri. 3/26 6pm - 9pm



What a view atop Steamboat Rock!

HIKING

NEW!

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.** \$25

6435 Sat. 3/20 10am - 1pm

Hiking Steamboat Rock with Transportation

1 day | Ages 16+ This is a 4 mile round trip hike with about a 1/2 mile of steep rigorous trail to the top of the butte that explores nearly 640 acres on top of Steamboat Rock. Wildflowers blooming, beautiful rock formations, and breathtaking views of Banks Lake and wildlife; it's what this hike is all about. The trail to the top is a steep and rugged trail. Guide, trekking poles & transportation provided. Pre-trip information emailed after registration. Meet at **Park Operations 2304 E Mallon Ave 99202.** \$39, without transportation \$35. Please call 509-755-2489 ext. 3 for discounted registration

6398 Sat. 3/27 8am - 5pm

Hiking Odessa's Lakeview Ranch with Transportation

1 day | Ages 16+ Enjoy this guided hike through the desert exploring amazing geological formations, ancient lakes, spring flowers and wildlife. This is a 5-6 mile total out and back hike in scablands with rocky, rolling hills and geological views. Guides, transportation and hiking poles provided. Pre-trip information emailed after registration. Meet at **Park Operations 2304 E Mallon Ave 99202.** \$39 with transportation, \$35 without transportation. Please call 509-755-2489 ext. 3 for discounted registration

6649 Sat. 4/3 8am - 5pm

Hiking Hog Lake with Transportation

1 day | Age 13+ Enjoy a solitary ramble on this 3 mile moderate hike to Hog Lake. Spring is the best time to visit as you'll likely find the local desert full of blooming wildflowers, migratory songbirds and the lake alive with nesting waterfowl. The geology around this area is incredible! We may even be lucky enough to view Hog Falls. Pre-trip information emailed after registration. Meet at **Park Operations 2304 E Mallon Ave 99202.** \$29 with transportation, \$25 without transportation. Please call 509-755-2489 ext. 3 for discounted registration

5516 Sat. 4/17 9am - 3pm

RAFTING

Moyie River Whitewater Rafting

1 day | Ages 14+ | Sponsored by ROW Adventures The Moyie River is a true whitewater rafting gem in North Idaho. This rafting trip goes through a densely forested, rugged and narrow gorge lined with pine and cedar and covered with blooming Syringa shrubs and wildflowers. Beginners will enjoy the Moyie as an introduction to whitewater rafting and experienced rafters will love the Moyie for the beautiful green scenery and remote wilderness experience. The rapids are fun but not scary which makes it a great choice for family rafting trips too. Additional information from ROW emailed after registration. NO refunds after 5/19. Meet in **Moyie Springs, ID at the ROW Adventures Bus.** \$119

6677	Sat.	5/29	9am - 4pm
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St Joe River Whitewater Rafting

1 day | Ages 16+ | Sponsored by ROW Adventures This whitewater trip takes you through the crystal clear waters and dense Cedar forests of Idaho. Great for beginners and thrill seekers. The narrow passages of the St. Joe makes water explode into paddle bashing class III and class IV whitewater enjoyment. No refunds within 1 week of trip. Additional information emailed after registration. **St. Regis ROW Adventures Bus.** \$119

6678	Sat.	6/12	9am - 4pm
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6679	Sat.	6/26	9am - 4pm
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Lochsa River Whitewater Rafting

1 day | Ages 17+ | Sponsored by ROW Adventures Few whitewater rafting trips anywhere on earth offer as much continuous, explosive whitewater as Idaho's Lochsa River. This one day rafting trip is big whitewater that satisfies the appetite for thrills for intermediate and expert rafters. Some rivers are big and slow while others are fast and technical. The Lochsa combines the best of both - it's fast, technical and has a big volume of water. This makes for raft-smashing waves, big hydraulics and holes, and paddler-bashing excitement. Add supreme Idaho mountain scenery, talented guides and great service and you have the best whitewater rafting trips on the Lochsa River available. No refunds within 1 week of trip. Pre-trip info emailed after registration. Meet at **Riverdance Lodge Syringa, ID.** \$139

6680	Sat.	6/12	9am - 4pm
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6681	Sat.	6/19	9am - 4pm
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Whitewater Rafting the Lochsa River

**The Grande Ronde**

1 day | Ages 5+ | Sponsored by Wiley E Waters Rafting Jump on our rafts for a beautiful scenic trip down the Grande Ronde River in SE Washington. Stunning rock formations deep inside a river canyon. The terrain is almost all we need to say about this trip, jaw-dropping! Not too many better ways to spend a day relaxing and forgetting about the normal grind of life. Mild whitewater with one Class III Rapid. Food optional at Boggan's Oasis after trip. All the equipment necessary for the tour and professional guides provided. Perfect tour for people and families wanting to explore new parts of the Northwest. Pre-trip information emailed after registration. Meet at **Boggan's Oasis**

Take-Out Anatone WA \$57

6736	Sat.	4/17	10am - 1:30pm
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6737	Sat.	5/1	10am - 1:30pm
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6738	Sun	5/2	10am - 1:30pm
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Lower Spokane River Whitewater Rafting

1 day | Ages 5+ | Sponsored by Wiley E Waters Rafting This three hour trip is filled with exciting whitewater rapids, wildlife, and gorgeous scenery! Wiley E. Waters professional licensed guides will steer you through the class II & III whitewater rapids including the Bowl and Pitcher and Devils Toe-Nail rapids in Riverside State Park. Trip includes all necessary rafting equipment including PFD, wet suits & dry tops if needed, transportation and post trip refreshments. Pre-trip information emailed after registration. Meet at **Spokane River Water Ave.** \$57

6739	Sat.	5/8	10am - 1pm
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6740	Sat.	5/15	10am - 1pm
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6741	Sun.	5/23	10am - 1pm
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6742	Sat.	5/29	10am - 1pm
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6743	Sun.	5/30	10am - 1pm
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6744	Sun.	6/6	10am - 1pm
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6745	Fri.	6/11	10am - 1pm
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6746	Sun.	6/13	10am - 1pm
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6747	Sat.	6/19	10am - 1pm
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6748	Sun.	6/20	10am - 1pm
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6749	Sun.	6/27	10am - 1pm
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Upper Spokane Whitewater River Rafting

1 day | Ages 3+ | Sponsored by Wiley E Waters Rafting This adventurous trip down the Spokane River is a fun-filled paddle rafting experience for everyone. Enjoy newly hatched wildlife on the river banks and exciting class II rapids as Wiley E. Waters professional licensed guides provide you with all the knowledge of the Upper Spokane River. No refunds within 1 week of trip. Pre-trip information emailed after registration. Meet at **Spokane River Planters Ferry Park West Parking Lot.** \$43

6750	Sat.	5/22	10am - 1pm
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KAYAKING

NEW!

Kayak & Cave Lake Lenore

1 day | Ages 16+ Celebrate the Summer Solstice and Paddle in the footsteps of the great Ice Age Floods which carved the landscape over 15,000 years ago. This beautiful geological lake will be breathtaking as we paddle the shoreline viewing the remains of ancient rock cliffs and the scenic deep alkaline lake. After our paddle take a hike to the Lake Lenore Caves a 1.5 mile round trip scramble. The caves were used as shelters by early native people after the waters from the floods retreated. This trip is all about enjoying Mother Nature! Bring a lunch, snacks and plenty of water, along with sturdy hiking boots. Tandem Kayaks, PFD's, transportation and guides provided. Meet at **Park Operations 2304 E Mallon Ave 99202**. \$49 with transportation, \$45 without transportation. Please call 509-755-2489 ext. 3 for discounted registration.

6648 Sat. 6/19

7am - 6pm

Horseback Riding Camp

1 week | Ages 8-13 Begins daily at 8:45 am till 12:00pm. Open to beginners and kids of all levels of experience. Limited to 20 participants working in groups of 5 for both riding and educational group activities.. Each group has a qualified adult supervisor at all times. While on horseback, each rider has a helper as needed in addition to the instructor. Programs for 2nd year and experienced riders. 15 minutes from downtown; less than 20 minutes from most South Hill locations. Required equipment bicycle helmet, long pants, boots. Meet at **Relational Riding Academy, 3714 W Anderson Rd, Cheney WA**. \$250

6764	M-F	6/21-6/25	8:45am-Noon
6765	M-F	7/12-7/16	8:45am-Noon
6766	M-F	7/26-7/30	8:45am-Noon
6767	M-F	8/16-8/20	8:45am-Noon



AQUATICS NOTICE

SWIM LESSON REGISTRATION HAS BEEN POSTPONED UNTIL MAY 1.
THANK YOU FOR YOUR PATIENCE.

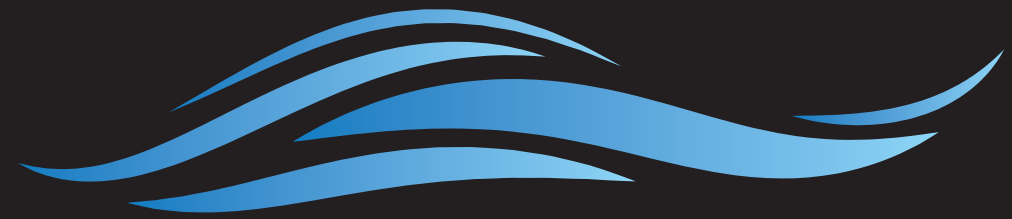
YOUTH ADVENTURE CAMPS



HIKING
ROCK CLIMBING
KAYAKING
WHITEWATER
RAFTING
DISC GOLF
PADDLEBOARDING
& MORE

See all of our
Youth Adventure Camps
at SpokaneRec.org!





riverfront MOVES spring fitness series



Join us this April for a variety of fitness activities
presented by partnering local businesses.

Spring and Summer programs will include strength
training, barre, spin, yoga, Zumba and more.



riverfrontspokane.org

MYSTERY!



1 Day | Ages 16+ This is the mystery event everyone is virtually dying to attend! This Zoom mystery party is very similar to an in-person murder mystery party: a night of intrigue, murder, investigation, and laughing. Lots of laughing. Invite your friends and family, or join a group of complete strangers, in an unforgettable evening hosted by our Professional Mystery Detective, who will guide you and the other guests through solving a perplexing crime.

6837 | This One Last Time | 4/2 | 5-7pm

6839 | Murder on the Polar Express | 5/21 | 6-8pm

6838 | Midnight at the Masquerade | 5/7 | 6-8pm

6840 | The One Last Time

(PG13 Version) | 4/7 | 10am-Noon



Covid-19 Note: The athletic activities below are able to occur in specific re-opening phases. See the phase icon listed to inform you whether an activity is available in the East Regions current phase.



SOFTBALL

Spring Softball League

PHASE 2

7 weeks | Ages 18+ Join us this season for the best softball competition in town and register your team today! SPRD offers a variety of divisions including Men's D & E divisions, Coed D, & E division, and Masters 50's and 60's. Play 6 weeks of double-header games into a 1 game guarantee playoff at the Dwight Merkel Sports Complex, 5701 N. Assembly or Franklin Park Softball Complex, 302 W. Queen Ave. Team registration fee's include a set balls, a score book, line up cars, and umpire fees for the season. Regular registration closes 4/2. Late registration closes 4/9.

Equipment pick up is TBD but will be head @ **Park Operations 2304 E. Mallon Ave Spokane WA 99202.**

Team Fee: \$760

Late Registration Fee: \$785

Course	Days of Play	Division	Dates
6703	Sunday	Coed D	4/18 – 6/6
6704	Sunday	Coed E	4/18 – 6/6
6705	Monday	Men's D	4/19 – 6/7
6706	Monday	Men's E	4/19 – 6/7
6713	Tuesday	Coed D	4/20 - 6/1
6712	Tuesday	Master's 50+	4/20 – 6/1
6709	Wednesday	Masters 60+	4/21 – 6/2
6708	Wednesday	Men's E	4/21 – 6/2
6707	Wednesday	Men's D	4/21 – 6/2
6710	Thursday	Coed D	4/22 – 6/3
6711	Thursday	Coed E	4/22 – 6/3

NEW! Fastpitch Series 12U / 10U

PHASE 2

5 weeks | Ages 9-12yrs. Join us this spring for our inaugural season of 10U/12U fastpitch leagues. Teams will play 5 weeks of double headers at Franklin Park on Saturdays. Make up games will be played on Sundays. teams must register with USA Softball prior to the first game. Also add Games at **Franklin Park 302 W Queen Ave.** Team fee: \$975

6805	Sat.	4/10-5/15	8-2pm
6806	Sat.	4/10-5/15	8-2pm

FOOTBALL

Adult Spring Flag Football

PHASE 2

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

Registration fee \$950. 5 v 5 Division is \$400.

Regular registration closes 2/26. Late registration closes 3/5.

Team Fee: \$950

Late Registration Fee: \$975

5V5 Division Fee: \$400 Late Registration Fee: \$425

5V5 Free Agent Division: \$45 (individual registration)

Late Registration Fee: \$65

Course	Days of Play	Division	Dates
6662	Sun & Fri	A Division	3/12– 5/9
6663	Sun & Fri	B Division	3/12– 5/9
6664	Sun & Fri	C Division	3/12– 5/9
6665	Sun & Fri	D Division	3/12– 5/9
6666	Sunday	5V5 Division	3/14-5/9
6667	Sunday	*5V5 Division Free Agent	3/14-5/9

**5V5 Free Agent Division – For the player who wants to get in the game but doesn't have a team. League administration will work to create a team from out free agents. Night of play is subject to availability and league needs.*

Youth NFL Flag Football

PHASE 2

Ages 5-16yrs. Is your child ready for the NFL? This is a SPRD/ NFL Flag partnership to bring this exciting league to Spokane! Teams are made up of 5-10 players with practices on Tuesdays and league games on Thursdays. Players will receive an official NFL team jersey & NFL FLAG belt. Practices held at the facility you register under. All games will be held at **Dwight Merkel Sports Complex.**

Registration fee: \$135

Registration deadline: 5/21

Go to www.spokane parks.org/sports for complete information.

Course	Days of Play	Division	Dates
6694	Tues./Thurs.	Merkel Ages 5-7yrs.	6/1-7/22
6695	Tues./Thurs.	Merkel Ages 8-10yrs.	6/1-7/22
6696	Tues./Thurs.	Merkel Ages 11-13yrs.	6/1-7/22
6697	Tues./Thurs.	Merkel Ages 14-16yrs.	6/1-7/22
6698	Tues./Thurs.	SE Practice 5-7yrs.	6/1-7/22
6699	Tues./Thurs.	SE Practice 8-10yrs.	6/1-7/22
6700	Tues./Thurs.	SE Practice 11-13yrs.	6/1-7/22
6701	Tues./Thurs.	SE Practice 14-16yrs.	6/1-7/22



VOLLEYBALL

Adult Volleyball League

Ages 18+ Are you excited to get back on the court with your friends again? So are we! Register today and guarantee your team a spot for the upcoming spring season. Whether you are a team of seasoned players or new to the game, we have a division for you. We offer Coed 6's with various skill levels from B (competitive), and C (recreational). We also offer Coed 4's and Women's 4's.

Course #	Division	Location	Day	Tentative Dates	Team Fee
7406	Coed Upper B	Sac	Mon.	4/12-6/7	\$265
7410	Coed Lower B	Glover	Mon.	4/12-6/7	\$265
7400	Coed 4's Upper	Chase	Tues.	4/13-6/8	\$175
7402	Coed 4's Lower	Chase	Tues.	4/13-6/8	\$175
7401	Women's 4's Upper	Garry	Wed.	4/14-6/9	\$175
7403	Women's 4's Lower	Garry	Wed.	4/14-6/9	\$175
7407	Coed B	Salk	Thurs.	4/15-6/10	\$265
7408	Coed C	Sac	Thurs.	4/15-6/10	\$265
7409	Coed C	Salk	Fri.	4/16-6/11	\$265

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 starting April 16 from 6:15pm to 9:15pm at **Chase Middle School**. 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).

7411	1 Session Pass	\$5
7412	5 Session Pass	\$20
7413	Season Pass	\$30

CORNHOLE

Cornhole

5 Weeks. We're bringing the fan favorite lawn game to the masses. Join us this spring for 5 weeks of evening play. Do you have what it takes to take home the corn title? Come play in our youth and recreational divisions. Team registration's only. 2 per team with one alternate allowed. Teams will play two games (up to six matches) a night. Location **Dwight Merkel Sports Complex, 5701 N Assembly St.** Registration fee is \$45 a team. Face mask and gloves will be required.

Youth Division Ages 11-18yrs.

6831	Tues.	4/20-5/18	6-9pm
6834	Fri.	4/23-5/21	6-9pm

Lower Recreational Division Ages 18+

6832	Tues.	4/20-5/18	6-10pm
6836	Fri.	4/23-5/21	6-10pm

Upper Recreational Division Ages 18+

6833	Tues	4/20-5/18	6-10pm
6835	Fri.	4/23-5/21	6-10pm



Cornhole Competitors



AQUATICS NOTICE

SWIM LESSON REGISTRATION HAS BEEN POSTPONED UNTIL MAY 1.
THANK YOU FOR YOUR PATIENCE.

The poster features a warm orange background with a faint grid pattern. At the top, a stylized white tent with a red pole is centered, flanked by three white clouds. A yellow and black striped bee with blue wings is flying on the left. The main title 'Spring Market' is written in a large, white, cursive font on a dark orange hexagonal sign. Below the sign, the text 'AT THE PAVILION' is in a smaller, white, sans-serif font, followed by a decorative line of small white dots. The event schedule 'WEDNESDAYS | 3-7PM' is in a bold, white, sans-serif font, with the dates 'April 7, 14, 21, 28' and 'May 5, 12' listed below it. The invitation 'Join us at Riverfront's Spring Farmers' Market located at the Pavilion Central Plaza and shop local!' is in a white, sans-serif font. At the bottom, there are stylized green hills and several colorful flowers (red, orange, blue, and yellow) with green stems and leaves. The Riverfront Spokane logo is positioned in the center of the bottom section.

Spring Market

AT THE PAVILION

WEDNESDAYS | 3-7PM

April 7, 14, 21, 28

May 5, 12

Join us at Riverfront's
Spring Farmers' Market
located at the Pavilion
Central Plaza and shop local!



More information at RiverfrontSpokane.org



A COVID liability form will be required to be signed and turned in prior to start of class. Instructors will implement physical distancing protocols by: Requiring participants to work 6 feet apart unless from the same household. No sharing of supplies, unless students are from the same home. Masks are required. Be sure to do pre-health screening before arriving and DO NOT Come if have any symptoms listed in the FAQ sheet. Cleaning & sanitizing of high touch points will be completed before and after class. Class size will be limited to 5.

TRS PHYSICALLY DISTANCED SOCIALIZATION



Getting Crafty

TUESDAY FUN SERIES

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

6819	Tues.	4/13	5:30 - 7pm
6820	Tues.	5/25	5:30 - 7pm

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

6825	Tues. 4/20	5:30 - 7pm
6826	Tues. 5/18	5:30 - 7pm

No Bake Cookies

1 day | Ages 14+ No oven required for making these delicious no-bake cookies. Enjoy yourself, take home or share with friends. Gluten-free options are available. Meet at **Park Operations lunch room, 2304 E. Mallon Ave.** \$19

6829	Tues.	5/4	5:30 - 7pm
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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

6807	Thurs.	4/8 - 4/29	4:15 - 5:30pm
6808	Thurs.	5/6 - 5/27	4:15 - 5:30pm
6809	Thurs.	6/3 - 6/24	4:15 - 5:30pm

TRS WELLNESS

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. **Location TBA** \$49

6817	Mon.	4/12 - 5/3	4:30-6pm
6818	Mon.	5/24 - 6/21 *no class 5/31	4:30-6pm

TRS Disc Golf & Pizza

3 weeks | Ages 12+ We will visit a Spokane Parks and Recreation Park that hosts 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. Ave. \$43

6827	Fri.	4/23 - 5/7	4-5:30pm
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Meet at **Hays Park, 1750 E. Providence**

6828	Fri.	6/4 - 6/18	4-5:30pm
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Meet at **Ben Burr Park, 4401 S. Havana St.**



TRS Disc Golf

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 **Franklin Park Shelter, 302 W. Queen.** \$31

6815	Mon.	4/12 - 5/3	3-4pm
6816	Mon.	5/24 - 6/21	3-4pm

*No Class 5/31



Funshine Day Camp

Specialized and Adaptive Recreation Services for Individuals with Disabilities

Kids (ages 6-21)

June 28-July 2	\$219
July 12-16	\$219
July 19-23	\$219
August 2-6	\$219
August 9-13	\$219

Adult Week (Ages 18+)

July 26-30	\$219
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Funshine Day Camp is for people with developmental and/or physical disabilities. We encourage siblings and/or friends without disabilities to attend as well. Recreation activities include sports, games, water activities, crafts, walks, field trips and more. If in phase 1-2, enrollment will be limited to 15 campers. All campers who need support for personal care and staying in a small group will need to come with their own support staff. We will have 2 camp spots available each week for a camper to bring an aid if needed. Meet at Finch Arboretum, 3404 W. Woodland Ave.

Registration Opens March 15, 2021!

To Register: Call 509-625-6245 | email abusch@spokanecity.org | or visit SpokaneParks.org

NOTICE: All programs will meet COVID guidelines in place at the time of the program, or they will be rescheduled/cancelled.

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



TRS WELLNESS CONTINUED



TRS Drumming

4 weeks | Ages 14+ Come jam with TRS in the drumming circle for fun and friendship. Class covers how to follow a beat and play your own rhythms within the beat of the group. No experience needed. Be ready to laugh and learn. Drums provided. Bring own if desired. Meet at **Park Operations, 2304 E. Mallon Ave.** \$29

6968	Thurs	4/8-4/29	6:15-7:15pm
6969	Thurs	5/6-5/27	6:15-7:15pm
6970	Thurs	6/3-6/24	6:15-7:15pm

TRS Walking

4 weeks | Ages 14+ If you enjoy the outdoors, exercise and socializing with friends this weekly stroll is for you. We will divide the group into slow and fast walkers. Please wear comfortable, loose clothing such as sweats and sturdy walking shoes. Meet at **Manito Park, Mirror Pond.** \$27

6821	Tues.	4/13 – 5/4	2 – 3:30pm
6822	Tues.	5/18 – 6/8	2 – 3:30pm



Kickboarding

TRS SWIMMING

No swim April 4, May 23 due to Whitworth spring break and graduation.

TRS Swimming- Blue Dolphins Swim Team

9 weeks | Ages 8+ For people with developmental disabilities who want to swim competitively or get a good workout. Ability to swim 75 yards without assistance and with rhythmic breathing. (Max Class Size: 10) Meet at **Whitworth University Aquatic Center, 300 W. Hawthorne.** \$57

6811	Sun.	3/21 – 5/30	2:15-3:15pm
6812	Sun.	3/21 – 5/30	3:20-4:20pm

Learn to Swim - Beginner

9 weeks | Ages 8+ Individuals will learn how to face float, back float, kick with floats and learn the crawl stroke with rotary breathing. Elementary back stroke and back crawl will be taught with the goal to be able to do for 20 yards. (Max Class Size: 5) Meet at **Whitworth University Aquatic Center, 300 W. Hawthorne.** \$57

6814	Sun.	3/21 – 5/30	3-3:45pm
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Learn to Swim – Intermediate

9 weeks | Ages 8+ Individuals who have mastered the Beginner skills and are ready to move on. Skills worked on will be distance swimming, breast stroke, butterfly, diving, simple turns and deeper water experience. (Max Class Size: 5) Meet at **Whitworth University Aquatic Center, 300 W. Hawthorne.** \$57

6813	Sun.	3/21 – 5/30	2:15-3pm
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**REGISTER
ONLINE**

SpokaneRec.org



**MAIL
US**

City of Spokane Parks &
Recreation Class Registration
808 W. Spokane Falls Blvd.
Spokane WA 99201
*checks payable to City of Spokane



**CALL
US**

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



TRS SPORTS

TRS Bicycling

5 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

6823	Wed.	4/14 – 5/12	5 – 7pm
68624	Wed.	6/2 – 6/30	5 – 7pm



Ice Skating

TRS Ice Skating

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

6810	Sat.	4/10 – 6/12	12:15-1pm
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**no skate 5/29*



Ice Skating



Bicycling

TRS Playball

14 weeks | Ages 12 -25 This program is for those who are ready for more of a challenge. They will work on preparation and skill development in actual game situations. We are looking for parents/adults to play to enhance the game. Meet at **Chief Garry Park, Mission & Regal. Field A.** \$50

6830	Fri.	5/7 – 8/6	6-8pm
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**no class 5/28, 7/2*

TRS TRIPS & TOURS

TRS River Rafting

1 day | Ages 14+ See our own Spokane River as we float away from downtown on inflatable whitewater rafts. This trip, operated by Wiley E.Waters, has a touch of Whitewater and is a great introduction to rafting. Participants should be comfortable in the water. Meet at **Sinto Senior Activity Center, 1124 W. Sinto** \$49

6977	Sun	June 13	1:30-5:15pm
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TRS VIRTUAL

TRS Virtual Dance Party

1 day | Ages 12+ Missing your monthly chance to let loose and boogie? Join TRS for a virtual dance. Come see your old friends, hear your favorite songs and show off your moves. Registration is FREE. A few days before the dance we will send out a zoom link.

7039	Fri.	4/16	6-7pm
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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.

SPRING 2021

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

SPRING BREAK CAMPS (FLAG FOOTBALL FUELLED BY USA FOOTBALL & MULTI-SPORT)

SSA125987	4/05 - 4/09	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$159	Dwight Merkel Sports Complex
SSA125988	4/05 - 4/09	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$159	Dwight Merkel Sports Complex

SOCCER CLINIC

Your young athlete will gain the technical skills and sport knowledge required for their next step into soccer. Areas of focus are dribbling, passing, shooting and ball control. By the end of the program, your child will have learned new life skills such as teamwork and sportsmanship, made new friends and improved their soccer skills.

SSA125973	4/13 - 5/04	Tuesday	4:30 p.m. - 5:20 p.m.	6-12	\$49	TBD (outside location)
SSA125974	4/13 - 5/04	Tuesday	5:30 p.m. - 6:20 p.m.	6-12	\$49	TBD (outside location)
SSA125983	4/14 - 5/05	Wednesday	4:30 p.m. - 5:20 p.m.	6-12	\$49	TBD (outside location)
SSA125984	4/14 - 5/05	Wednesday	5:30 p.m. - 6:20 p.m.	6-12	\$49	TBD (outside location)
SSA121265	5/09 - 6/06	Saturday	1:00 p.m. - 1:50 p.m.	5-7	\$79	Lidgerwood Elementary
SSA121266	5/09 - 6/06	Saturday	2:00 p.m. - 2:50 p.m.	7-11	\$79	Lidgerwood Elementary

TENNIS CLINIC

Whether your child is a beginning or intermediate player, this program will improve their game and help them get more enjoyment from tennis. Our tennis programs focus on skill refinement as well as practice and match play to develop consistent, well-rounded tennis players.

SSA125971	4/12 - 5/03	Monday	4:30 p.m. - 5:20 p.m.	6-12	\$49	TBD (outside location)
SSA125972	4/12 - 5/03	Monday	5:30 p.m. - 6:20 p.m.	6-12	\$49	TBD (outside location)
SSA121328	4/12 - 5/24	Monday	6:15 p.m. - 7:15 p.m.	6-12	\$79	Arlington Elementary
SSA125976	4/13 - 5/04	Tuesday	4:30 p.m. - 5:20 p.m.	6-12	\$49	TBD (outside location)
SSA125977	4/13 - 5/04	Tuesday	5:30 p.m. - 6:20 p.m.	6-12	\$49	TBD (outside location)
SSA121490	4/13 - 5/25	Tuesday	6:15 p.m. - 7:15 p.m.	6-12	\$79	Lidgerwood Elementary
SSA121487	4/14 - 5/26	Wednesday	6:15 p.m. - 7:15 p.m.	6-12	\$79	Jefferson Elementary
SSA125977	4/13 - 5/04	Tuesday	5:30 p.m. - 6:20 p.m.	6-12	\$49	TBD (outside location)
SSA121490	4/13 - 5/25	Tuesday	6:15 p.m. - 7:15 p.m.	6-12	\$79	Lidgerwood Elementary
SSA121487	4/14 - 5/26	Wednesday	6:15 p.m. - 7:15 p.m.	6-12	\$79	Jefferson Elementary
SSA121330	4/15 - 5/27	Thursday	6:15 p.m. - 7:15 p.m.	6-12	\$79	Balboa Elementary



SPACE IS LIMITED!
REGISTER TODAY»

Online:
skyhawks.com

Phone:
800.804.3509

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

FLAG FOOTBALL POWERED BY USA FOOTBALL

Give your child the perfect introduction to America's favorite game with Skyhawks Flag Football Fueled by USA Football. Campers learn fundamentals like passing, receiving, kicking and flag pulling in a fun, positive environment.

SSA125985	4/15 - 5/06	Thursday	4:30 p.m. - 5:20 p.m.	6-12	\$49	TBD (outside location)
SSA125986	4/15 - 5/06	Thursday	5:30 p.m. - 6:20 p.m.	6-12	\$49	TBD (outside location)

CHEERLEADING CLINIC

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

SSA121260	4/15 - 5/27	Thursday	6:05 p.m. - 6:55 p.m.	5-11	\$79	Hutton Elementary
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BASKETBALL CLINIC

This fun, skill-intensive program is designed for beginning to intermediate players. Using our progressional curriculum, we focus on the whole player -teaching sportsmanship and teamwork. Boys and girls will learn the fundamentals of passing, shooting, ball handling, rebounding and defense through skill-based instruction and small-sided scrimmages.

SSA121256	4/13 - 5/25	Tuesday	6:05 p.m. - 6:55 p.m.	5-7	\$79	Indian Trail Elementary
SSA121257	4/13 - 5/25	Tuesday	7:05 p.m. - 7:55 p.m.	7-12	\$79	Indian Trail Elementary
SSA125978	4/14 - 5/05	Wednesday	4:30 p.m. - 5:20 p.m.	6-12	\$49	TBD (outdoor location)
SSA125980	4/14 - 5/05	Wednesday	5:30 p.m. - 6:20 p.m.	6-12	\$49	TBD (outdoor location)
SSA121261	4/15 - 5/27	Thursday	7:05 p.m. - 7:55 p.m.	8-12	\$79	Hutton Elementary

GIRLS 1ST & 2ND GRADE BASKETBALL LEAGUE

This recreational basketball league is designed for the beginning through intermediate player to learn the game, develop technique and play ball in a low-pressure environment. Throughout the season players will be coached on proper passing, shooting, dribbling, and rebounding.

Each visit consists of 25-minutes of instruction prior to a 25-minute game. Practice and Game on the same day!

SSA121269	4/13 - 5/25	Tuesday	6:00 p.m. - 7:50 p.m.	G:1-2	\$104	Audubon Elementary
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BOYS 1ST & 2ND GRADE BASKETBALL LEAGUE

This recreational basketball league is designed for the beginning through intermediate player to learn the game, develop technique and play ball in a low-pressure environment. Throughout the season players will be coached on proper passing, shooting, dribbling, and rebounding.

Each visit consists of 25-minutes of instruction prior to a 25-minute game. Practice and Game on the same day!

SSA121262	4/14 - 5/26	Wednesday	6:00 p.m. - 8:30 p.m.	G:1-2	\$104	Franklin Elementary
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VOLLEYBALL LEAGUE

This recreational volleyball league is designed for beginning through intermediate players to develop technique and play volleyball in a low-pressure environment. Kids will learn how to bump, set, spike, serve, and the rules of volleyball. First visit will be a practice only. Thereafter, each visit includes 25 minutes of instruction followed by a 25 minute game. Players will be placed on teams of 5 to 10 kids per team. **Jersey included with purchase.**

SSA121258	4/14 - 5/26	Wednesday	6:00 p.m. - 8:30 p.m.	8-12	\$104	Wilson Elementary
SSA121259	5/05 - 6/10	Wednesday	6:00 p.m. - 8:30 p.m.	8-12	\$104	Finch Elementary

MULTI-SPORT (BASKETBALL, SOCCER & VOLLEYBALL)

Multi-Sport programs are designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essential skills of each sport, along with vital life lessons such as sportsmanship and teamwork.

SSA121263	5/06 - 6/10	Thursday	6:05 p.m. - 6:55 p.m.	5-7	\$79	Ridgeview Elementary
SSA121264	5/06 - 6/10	Thursday	7:05 p.m. - 7:55 p.m.	7-11	\$79	Ridgeview Elementary



SPACE IS LIMITED!
REGISTER TODAY»

Online:
skyhawks.com

Phone:
800.804.3509

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.

SPRING 2021

SOCCERTOTS®

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

(course)	(dates)	(time)	(ages)	(fee)	(location)
Spring 1					
Teddies II / Koalas	4/13 - 5/04	Tu 6:10 p.m. - 6:50 p.m.	26 mos - 36 mos	\$68*	Westview Elementary
Teddies II / Koalas	4/15 - 5/06	Th 6:10 p.m. - 6:50 p.m.	26 mos - 36 mos	\$68*	Wilson Elementary
Teddies II / Koalas	4/15 - 5/06	Th 6:10 p.m. - 6:50 p.m.	26 mos - 36 mos	\$68*	Mullan Road Elementary
Cubs / Pandas	4/14 - 5/05	W 6:10 p.m. - 6:50 p.m.	3 yrs - 4 yrs	\$68*	Moran Prairie Elementary
Pandas / Bears	4/13 - 5/04	Tu 7:00 p.m. - 7:40 p.m.	3.5 yrs - 4.5 yrs	\$68*	Westview Elementary
Pandas / Bears	4/15 - 5/06	Th 7:00 p.m. - 7:40 p.m.	3.5 yrs - 4.5 yrs	\$68*	Mullan Road Elementary
Bears / Grizzlies	4/14 - 5/05	W 7:00 p.m. - 7:40 p.m.	4 yrs - 5.5 yrs	\$68*	Moran Prairie Elementary

Spring 2

Teddies II / Koalas	5/11 - 6/01	Tu 6:10 p.m. - 6:50 p.m.	26 mos - 36 mos	\$68*	Westview Elementary
Teddies II / Koalas	5/12 - 6/02	W 5:30 p.m. - 6:10 p.m.	26 mos - 36 mos	\$68*	Franklin Elementary
Teddies II / Koalas	5/13 - 6/03	Th 6:10 p.m. - 6:50 p.m.	26 mos - 36 mos	\$68*	Wilson Elementary
Teddies II / Koalas	5/13 - 6/03	Th 6:10 p.m. - 6:50 p.m.	26 mos - 36 mos	\$68*	Mullan Road Elementary
Teddies II / Koalas	5/13 - 6/03	Th 6:10 p.m. - 6:50 p.m.	26 mos - 36 mos	\$68*	Willard Elementary
Cubs / Pandas	5/11 - 6/01	Tu 4:30 p.m. - 5:10 p.m.	3 yrs - 4 yrs	\$68*	Balboa Elementary
Cubs / Pandas	5/11 - 6/01	Tu 6:10 p.m. - 6:50 p.m.	3 yrs - 4 yrs	\$68*	Arlington Elementary
Cubs / Pandas	5/12 - 6/02	W 6:10 p.m. - 6:50 p.m.	3 yrs - 4 yrs	\$68*	Moran Prairie Elementary
Pandas / Bears	5/13 - 6/03	Th 5:30 p.m. - 6:10 p.m.	3.5 yrs - 4.5 yrs	\$68*	Willard Elementary
Pandas / Bears	5/13 - 6/03	Th 7:00 p.m. - 7:40 p.m.	3.5 yrs - 4.5 yrs	\$68*	Mullan Road Elementary
Bears / Grizzlies	5/11 - 6/01	Tu 5:30 p.m. - 6:10 p.m.	4 yrs - 5.5 yrs	\$68*	Balboa Elementary
Bears / Grizzlies	5/11 - 6/01	Tu 7:00 p.m. - 7:40 p.m.	4 yrs - 5.5 yrs	\$68*	Arlington Elementary
Bears / Grizzlies	5/12 - 6/02	W 7:00 p.m. - 7:40 p.m.	4 yrs - 5.5 yrs	\$68*	Moran Prairie Elementary



SPACE IS LIMITED!
REGISTER TODAY

Online:
SuperTotSports.com

Phone:
509.534.5437

BASBEBALLTOTS™

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

(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
Bunters	4/14 - 5/05	W	5:30 p.m. - 6:10 p.m.	26 mos - 36 mos	\$68*	Franklin Elementary
Bunters	4/15 - 5/06	Th	6:10 p.m. - 6:50 p.m.	2 yrs - 3.5 yrs	\$68*	Willard Elementary
Batters II / Hitters	4/14 - 5/05	W	6:15 p.m. - 6:55 p.m.	3 yrs - 4 yrs	\$68*	Franklin Elementary
Hitters/Grand Slammers	4/14 - 5/05	W	7:00 p.m. - 7:40 p.m.	4 yrs - 5.5 yrs	\$68*	Franklin Elementary
Hitters/Grand Slammers	4/15 - 5/06	Th	5:30 p.m. - 6:10 p.m.	4 yrs - 5.5 yrs	\$68*	Willard Elementary
Batters I / Batters II	5/12 - 6/02	W	6:15 p.m. - 6:55 p.m.	3 yrs - 4 yrs	\$68*	Franklin Elementary
Hitters	5/12 - 6/02	W	7:00 p.m. - 7:40 p.m.	4 yrs - 5.	\$68*	Franklin Elementary

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	4/14 - 5/05	W	6:10 p.m. - 6:50 p.m.	3 yrs - 4 yrs	\$68*	Roosevelt Elementary
Froggies / Froggies II	5/12 - 6/02	W	6:10 p.m. - 6:50 p.m.	3 yrs - 4 yrs	\$68*	Roosevelt Elementary
Froggies / Froggies II	4/13 - 5/04	Tu	4:30 p.m. - 5:10 p.m.	3 yrs - 4 yrs	\$68*	Balboa Elementary
Froggies / Froggies II	4/13 - 5/04	Tu	6:10 p.m. - 6:50 p.m.	3 yrs - 4 yrs	\$68*	Arlington Elementary
Froggies II / Rabbits	5/11 - 6/01	Tu	7:00 p.m. - 7:40 p.m.	3.5 yrs - 4.5 yrs	\$68*	Westview Elementary
Rabbits / Kangaroos	4/13 - 5/04	Tu	5:30 p.m. - 6:10 p.m.	4 yrs - 5.5 yrs	\$68*	Balboa Elementary
Rabbits / Kangaroos	4/13 - 5/04	Tu	7:00 p.m. - 7:40 p.m.	4 yrs - 5.5 yrs	\$68*	Arlington Elementary
Rabbits / Kangaroos	4/14 - 5/05	W	7:00 p.m. - 7:40 p.m.	4 yrs - 5.5 yrs	\$68*	Roosevelt Elementary
Rabbits / Kangaroos	5/12 - 6/02	W	7:00 p.m. - 7:40 p.m.	4 yrs - 5.5 yrs	\$68*	Roosevelt Elementary

Spring classes are subject to guidance issued by state and local municipalities due to COVID-19. Guidance may include class size, dates, duration and location. **If programs are unable to run indoors at local elementary schools because of COVID restrictions, classes will be moved outdoors to a local park (Friendship, Grant, or Alternate parks).**



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

*Price does not include one time \$20 annual membership fee.



SPACE IS LIMITED!
REGISTER TODAY»

Online:
SuperTotSports.com

Phone:
509.534.5437



Registration opens March 15th

Summer Day CAMP @MERKEL




1 week | Ages 7-11 A great summer camp should be a fun place where kids can explore a variety of activities, discover new interests, make friends, and feel confident to try something new. The Summer Day Camp at Merkel operates under three core values: a safe place to try new things, a fun and positive experience, with exceptional instruction and supervision. Activities include traditional camp games, arts and crafts, sports, BMX, skate park activities, plus a variety of outdoor adventures. Please contact us or go to our website at www.spokaneparks.org/camps for additional information. **Dwight Merkel Sports Complex – 5701 N Assembly. 9:00am – 4:00pm** each day.

The Amazing Summer Race
Team up with camp staff and other participants for a challenge course all over Merkel! Groups will play games to promote collaboration, creativity, and problem-solving while scavenging for clues and exploring different “cultures and languages” – even creating their own! Come and make new friends, hone your teamwork skills, and have a blast at the Summer Camp at Merkel!

Surviving the Zombie Apocalypse
The zombies are coming! Will you survive? Join with camp staff and participants for a camp-wide survival challenge at Merkel! Teams will play strategy games, engage in a variety of problem-solving collaborations, and learn from survival experts! This week campers will delve deeper into leadership, strategy, and communication.

Outdoor Adventures
This week is geared toward helping campers learn about the world around them and gain a new appreciation for the outdoors. Unplug from the hustle and bustle of everyday life and join our staff for fun-filled, team-building and self-esteem-boosting activities such as standup paddle boarding with the expert staff of our Outdoor Recreation Department!

Mad Science at Merkel!
Are you a fan of the Backyard Scientist? Then this camp is for you! Camp staff and participants will engage in fun games and activities designed to develop observation skills, intellectual curiosity, resourcefulness, analytical predictions, problem-solving, and much more! Explore the infinite possibilities by discovering that science is all around us!

7046	Mad Science at Merkel!	6/21-6/25	\$159
7047	Surviving the Zombie Apocalypse!	6/28-7/2	\$159
7048	Outdoor Adventure	7/6-7/9	\$149 (4 days)
7049	The Amazing Summer Race!	7/12-7/16	\$159
7050	Mad Science at Merkel!	7/19-7/23	\$159
7051	Surviving the Zombie Apocalypse!	7/26-7/30	\$159
7052	Outdoor Adventure	8/2-8/6	\$159
7053	The Amazing Summer Race!	8/9-8/13	\$159

In addition to the games and activities that are specific to the weekly themes, campers will also enjoy some of the unique features available at the Dwight Merkel Sports Complex, such as the BMX track, skate park, splash pad, hiking trails and various recreational sports activities.

QUESTIONS?
Call 625.6625, email aeva@spokanecity.org
All programs will align with COVID-19 guidelines in place at the time of the program, or be postponed/cancelled.

VIRTUAL YOGA

Join Yoga classes anytime after classes have started. Contact us for approval and prorated registration fees at aeva@spokanecity.org

(☺) 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. The instructor, Robin Marks, was one of the early pioneers to first bring yoga to Spokane. \$85

6417	Tues.	3/16 – 5/4	5:30-6:30pm
6418	Wed.	3/17 – 5/5	9:00-10:00am
6684	Tues.	5/18 – 7/13	5:30-6:30pm
6685	Wed.	5/19 – 7/14	9:00-10:00am

(☺) 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

6686	Thurs.	3/18 – 5/6	10:30-11:15am
6687	Thurs.	5/20 – 7/15	10:30-11:15am

(☺) 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

6976	Sat.	3/20-5/8	9-10am
6690	Sat.	5/22 – 7/17	9-10am

(☺) 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

6688	Thurs.	3/18 – 5/6	5:30-6:30pm
6689	Thurs.	5/20 – 7/15	5:30-6:30pm

VIRTUAL PROGRAMS

(☺) Virtual Murder Mystery

1 Day | Ages 9-13 and 16 & up This is the mystery event everyone is virtually dying to attend! This Zoom mystery party is very similar to an in-person murder mystery party: a night of intrigue, murder, investigation, and laughing. Lots of laughing. Invite your friends and family, or join a group of complete strangers, in an unforgettable evening hosted by our Professional Mystery Detective, who will guide you and the other guests through solving a perplexing crime. \$49

6837	4/2	5-7pm	This One Last Time
6838	5/7	6-8pm	Midnight at the Masquerade
6839	5/21	6-8pm	Murder on the Polar Express
6840	4/7	10am - Noon	The One Last Time (PG13 Version)

(☺) Virtual STEM Crime Scene Investigation

5 Days or 5 Weeks | Ages 12-17 yrs. In this class, S.T.E.M. principles are applied to solving a missing person's case, create and examine blood splatter patterns, recover fingerprints and classify them, analyze handwriting and experiment with chromatography, cast your own footprint, identify an unknown powder, make a magnifying glass, and much more! The cost of the class includes a CSI Lab Kit to conduct the labs brimming with SWAG. \$95

6841	Mon-Fri	4/5-4/9	10-11:30pm – Spring Break Event!
6842	Mon-Fri	4/19-4/23	5-6:30pm
6843	Mon-Fri	5/17-5/21	5-6:30pm

**REGISTER
ONLINE**

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



**MAIL
US**

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

*checks payable to City of Spokane



**CALL
US**

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



#RecreateResponsibly

KNOW BEFORE YOU GO

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

PRACTICE PHYSICAL DISTANCING

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

EXPLORE LOCALLY

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

PLAN AHEAD

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

PLAY IT SAFE

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

LEAVE NO TRACE

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

BUILD AN INCLUSIVE OUTDOORS

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

SPRING SOFTBALL

Join us this season for the best softball competition in town and register your team today! Register by 04/02. Team fee: \$760

6703	Sunday Coed D	4/18 – 6/6
6704	Sunday Coed E	4/18 – 6/6
6705	Monday Men's D	4/19 – 6/7
6706	Monday Men's E	4/19 – 6/7
6713	Tuesday Coed D	4/20 – 6/1
6712	Tuesday Master's 50+	4/20 – 6/1
6709	Wednesday Masters 60+	4/21 – 6/2
6708	Wednesday Men's E	4/21 – 6/2
6707	Wednesday Men's D	4/21 – 6/2
6710	Thursday Coed D	4/22 – 6/3
6711	Thursday Coed E	4/22 – 6/3

REGISTER AT [SPOKANEREC.ORG](https://spokanerec.org)

NOTICE: All programs will meet COVID guidelines in place at the time of the program, or they will be rescheduled/cancelled.



MARTIAL ARTS

Karate Traditional Okinawan Goju Ryu

4 weeks | Ages 6-14yrs. & 15+ These classes follow the traditional practices and respect associated with Okinawan Goju Ryu. Beginners and experienced practitioners regardless of style are welcome. Gis (karate uniform) required. The classes comply with Phase 2 COVID-19 restrictions with 10 participants, 10 feet spacing between participants, face mask requirement, and maximization of air circulation. Please contact the instructor at 480-338-9131 for pre-registration approval while in Phase 1 and 2 of the Spokane Health District Roadmap to Recovery. Location: **Southside Community Center, 3151 E 27th Ave.** Youth \$30 Adult \$40

Session 1 - Ages 6-14yrs.

6730	Mon./Wed.	4/12 – 5/5	4-5pm
6731	Mon./Wed.	5/10 – 6/7	4-5pm
6732	Mon./Wed.	6/14 – 6/30	4-5pm

Session 2 - Ages 6-14yrs.

6973	Tue./Thu.	4/13 – 5/6	4-5pm
6974	Tue./Thu.	5/11 – 6/3	4-5pm
6975	Tue./Thu.	6/8 – 6/24	4-5pm

Ages 15+

6733	Mon./Tue.	4/12 – 5/4	5:15-6:15pm
6734	Mon./Tue.	5/10 – 6/1	5:15-6:15pm
6735	Mon./Tue.	6/7 – 6/29	5:15-6:15pm

PICKLEBALL

Pickleball Youth Basic

6 weeks | Ages 8-12 Pickleball is a fun, social, and friendly sport combining elements of tennis, badminton, and ping pong. Played on a badminton-sized court with a modified tennis net, paddle & plastic ball. The rules are simple and can be played as doubles or singles and enjoyed by all ages and skill levels. Participants will learn the basics of one of the fastest-growing sports in America. Brought to you by Pacific Northwest Pickleball. Classes meet at **Moran Prairie Elementary 4224 E 57th Ave.** and **Indian Trail Elementary 4102 W Woodside Ave.** \$55

7065	Mon	Moran Prairie	5/3-6/7	6-7:15PM
7066	Wed	Indian Trail	5/5-6/9	6-7:15PM

STROLL & ROLL

Spokane City Stroll & Roll Challenge

All Ages Explore your city in a wellness personal challenge for all age, types of lifestyle, and levels of fitness. Whether you stroll or roll the 1.6-mile “South Hill Scramble” or follow the Centennial Trail from one side of Spokane to the other in the 15-mile “City Limit Stride”, every mile counts! Choose from a variety of preset routes that take you through the City of Spokane’s amazing parks system. Report your accomplishments at the end of each route to be featured at the Spokane City Stroll & Roll Virtual Wall of Fame! Participants are required to download a free app and create an account with MapMyRun to access the routes and record their accomplishments. SIGN UP ANY TIME. Winter challenge runs 01/21 - 03/31. \$15

6844 4/1 - 6/30



SWING INTO SPRING

AT ANY OF OUR
FOUR COURSES

— SPOKANEGOLF.ORG —



 **Indian
Canyon**
GOLF COURSE

509.747.5353

 **Downriver**
GOLF COURSE

509.327.5269

 **Qualchan**
GOLF COURSE

509.448.9317

 **Esmeralda**
GOLF COURSE

509.487.6291

Frequently Asked Questions



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

Following the Washington Department of Health guidelines:

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

Will SPRD track any illness symptoms or outbreaks?

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

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

Can you tell me more about increased disinfection procedures?

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

What about Snow Storms or 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 winter weather conditions such as ice, snow & 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. SPRD typically follows Spokane Public Schools when canceling due to a weather event.

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

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

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

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

SATISFACTION GUARANTEED

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

REGISTER ONLINE

SpokaneRec.org



MAIL US

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

*checks payable to City of Spokane



CALL US

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



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.



Please print and
fill out completely

City of Spokane Parks and Recreation Department
ACTIVITY REGISTRATION FORM

509.755.CITY (2489)
SpokaneParks.org

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

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

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

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

DDA will send funds. <input type="checkbox"/> Yes <input type="checkbox"/> No	Case Manager Name: _____ phone # _____ email: _____
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Please contact your case manager to send verification of payment to: abusch@spokanecity.org

THERAPEUTIC RECREATION ONLY

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

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

Dietary Precautions/Foods to avoid:

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

Activity Limitations/Physical problems (if any):

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

Careprovider/Support Staff provided? ☐ Yes ☐ No

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

THERAPEUTIC RECREATION

Do you have any disabilities? (be specific)

Participant Personal Needs:

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

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

Additional Personal Needs Information:

MEDICATION INFORMATION & WAIVER

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

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

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

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

Signature _____

Date _____

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

List any special instructions/cautions/side effects:

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

WARNING: PLEASE READ CAREFULLY BEFORE SIGNING!

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

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

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

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

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

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

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

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

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

Date of birth (MM-DD-YYYY)

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

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

Date of birth (MM-DD-YYYY)

Signature

Date

Emergency Contact (print)

Relation

Phone number



Assumption of Risk and Waiver of Liability

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

.....

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

Signature of Parent/Guardian

Print Minor Participant Name

Date

Signature of Adult Participant

Print Adult Participant Name

Date

Required Contact Tracing Information:

Phone Number _____

Email address _____