

# winter **ACTIVITY** guide

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

VIRTUAL PROGRAMMING  
ADULT ART WORKSHOPS • SPRING BREAK CAMPS  
SNOWSHOE & CROSS-COUNTRY SKIING OUTINGS  
YOUTH WINTER ADVENTURE CAMP  
THERAPEUTIC RECREATION PROGRAMS

ALL PROGRAMS FOLLOW PHASE 2 GUIDELINES

*New winter  
adventures!*

EXPLORE  
PARKS  
NATURE

SPORTS  
& REC  
OUTDOOR

CAMPS  
LEARN  
CLASSES

PLAY  
GOLF  
LEARN

ENJOY  
RIVER  
FRONT  
PARK

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City of Spokane  
**PARKS  
& RECREATION**

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Recreation Director

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

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

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

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

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

Looking forward to recreating with you this season!

- Jennifer Papich, Director, Recreation

## KNOW YOUR REC STAFF

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

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

## CORBIN KIDS PRESCHOOL

### Little 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. Min 4/Max 5 \$50  
6450 Mon. 2/8-3/15 9:30-10:30am

### **NEW!** Make Art Together: Animal Art-Extravaganza!

**6 weeks | Ages 2-4yrs. | Mrs. G** Are you tired of being cooped up in the house? Do you and your child love animals? Then this is the creative class for you and your child. Experience a new weekly animal art theme, story, and relevant project. There will be animal fun facts and tips included! Children will discover new animals, their colors, texture while practicing basic cutting, painting and gluing skills. All while exploring a variety of art techniques and materials. This class is fast paced, active and most of all fun! There are new projects each week for returning students. Min 4 / Max 5 \$50  
6451 Thurs. 2/11-3/18 9:30-10:30am

## CORBIN KIDS YOUTH

### Afternoon Art Exploration

**6 Weeks | Ages 6-10yrs.** Explore a variety of artistic mediums, such as, oil pastels, paint, clay, paper, recycled objects and more each week. Here's a chance to use your artistic skills, be creative and try new things. There are new projects each week for returning students. Min. 4 / Max. 5 \$65  
6452 Tues. 2/9-3/16 4-5:30pm

### Drawing Basics Wednesday

**6 Weeks | Ages 6-8yrs.** Drawing is the basis and the first step for dimensional art forms. Explore with different tools and techniques and learn the many facets of drawing including freehand drawing, line, shading, fur-scales-feathers, still life, color, design composition, perspective, portraiture, animals and more. Min 4 / Max 5. \$65  
6453 Wed. 2/10-3/17 4-5:30pm

### Drawing Basics Thursday

**6 Weeks | Ages 9-12yrs.** Drawing is the basis and the first step for dimensional art forms. Explore with different tools and techniques and learn the many facets of drawing including freehand drawing, line, shading, fur-scales-feathers, still life, color, design composition, perspective, portraiture, animals and more. Min 4 / Max 5. \$65  
6454 Thurs. 2/11-3/18 4-5:30pm

## WORKSHOPS – PRE-SCHOOL

### **NEW!** Make Art Together: Valentine Fun!

**1 day | Ages 3-5** Come make handmade cards and gifts with your favorite little Valentine in this fun, fast-paced class. Lots of hearts, doilies and glitter will be used to say "I Love You" in this fun event. Dress for a mess and have a "Lovely" time. \$25  
6455 Sat. 2/13 9:30-11am

### **NEW!** Make Art Together: Easter Bunny Fun!

**1 day | Ages 3-5** Bunnies, Chicks, and Lambs, Oh My! Come and make some fun Easter projects to enjoy this spring. Bring your little "Some-Bunny" special to this fun and fast-paced class. Projects include an animal puppet, Easter hat, and more. \$25  
6456 Sat. 3/27 9:30-11am

## CAMPS & AFTERSCHOOL

Pre-registration is required

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

**1 day | Ages 6-11** Explore the vast world of mixed media using a diverse array of art materials and techniques. You will work with paint, glue and found objects. Creativity will run rampant and the art will explode with color and energy. Dress for a mess and please bring a lunch. \$40  
6457 Mon. 2/15 9am-3pm



Corbin Kids Art Fun!

# ART CAMPS!

## AT CORBIN ART CENTER

### NO SCHOOL TODAY CAMPS - WINTER FUN!

#### MIXED MEDIA ART ATTACK!

**1 day | Ages 6-11** Explore the vast world of mixed media using a diverse array of art materials and techniques. You will work with paint, glue and found objects. Creativity will run rampant and the art will explode with color and energy. \$40  
6457 Mon. 2/15 9am-3pm

### SPRING BREAK CAMPS

#### 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. \$40  
6476 Mon. 4/5 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. \$40  
6479 Wed. 4/7 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. \$40  
6483 Fri. 4/9 9am-3pm

#### 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

#### 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! \$40  
6477 Tue. 4/6 9am-3pm

#### 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! \$40  
6482 Thu. 4/8 9am-3pm

Dress for a mess! Bring a lunch/ snacks/ water bottle (with the exception of sewing camp)

**- REGISTER AT SPOKANEREC.ORG -**

## CORBIN CRAFTS WORKSHOPS

**Wire Wrapped Rain Chain-House Bling**

**2 weeks | Ages 16+ | Amy Gurel** Learn to make a Swan chain as well as learn how to turn cultured sea glass in to a beautiful wire wrapped piece of art to adorn the rain chain with. You will be taught how to securely wrap the sea glass so it can withstand the outside elements as well as how to do a Swan chain. There will be a \$20 lab fee payable to the instructor at the start of class. \$55/\$20 Lab Fee

6446 Tues. 2/23-3/2 6-8:30pm

**Wire Wrapped Sun-Catchers**

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

6447 Tues. 3/16 6-8:30pm

**NEW! Cultured Sea Glass Garden Bling**

**1 day | Ages 16+ | Amy Gurel** We will wire-wrap 5 pieces of Cultured Sea Glass to create a beautiful addition to your indoor or outdoor plants, and give them an extra bling to spice things up. You will be able to stake them down into the ground so they can stand next to your plants. These make great gifts, but you might just want to keep it for yourself! There will be a \$10 lab fee payable to the instructor at the start of class. Supply list included with registration confirmation. \$35/\$10 Lab Fee

6448 Tues. 3/23 6-8:30pm

## WRITING &amp; PERSONAL ENRICHMENT

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

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

6442 Sun. 2/14-3/21 2-4pm

**Creative Memoir Writing**

**6 Weeks | Ages 16+ | Mary Fruchter** Do you have a story to tell, but aren't sure how to begin? Start here. In this creative writing class, we will look at memoirs snapshots and study some of the techniques authors use to make their words and characters come alive. Then, we will try it out ourselves, writing our own lives. Join us, and make your voice heard. Notebook, pencil or I-Pad and your memories are the only supplies needed. Min 4 / Max 5. \$75

6488 Wed. 2/10-3/17 6-8pm

## 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. Min. 4 / Max. 5 \$75

6436 Wed. 2/10-3/17 6:30-8:30pm

## LANGUAGE &amp; CONVERSATIONAL SPEAKING

**NEW! Virtual - Spanish Refresher**

**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

6449 Tues./Thurs. 2/9-3/18 10-11am

REGISTER  
ONLINE[SpokaneRec.org](http://SpokaneRec.org)MAIL  
US

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

\*checks payable to City of Spokane

CALL  
US

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

**NEW! It's Not What You Say, It's How You Say it!**

**1 day | Ages 18+ | Marc Anthony** Ever wonder how great speakers and presenters enthrall us with their ability to weave words like magic? It's not really a secret what they do. Join us for a fun, interactive workshop in the art of oral presentation and public speaking. Learn the tricks of the professional speaker's trade. This workshop is perfect for students, researchers, medical and business professionals, and anyone who wants to sound persuasive and articulate in front of a group. There will be time for a short lunch or snack break. Min 4 / Max 5 \$45

6443 Sat. 2/27 11am-4pm

6444 Fri. 3/12 10am-3pm





# ENCHANTED GARDEN DRIVE-THRU HOLIDAY LIGHTS AT MANITO PARK

PRESENTED BY FRIENDS OF MANITO AND SPOKANE PARKS  
SUN. - THURS. 4:30-8:30PM & FRI. & SAT. 4:30-9:30PM

••••• DEC 11-20 •••••

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ADDITIONAL SUPPORT



## PAINTING CLASSES &amp; WORKSHOPS

**Virtual Class - Art History**

**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. \$65 Class held each week via Cisco WebEx Meeting.  
6438 Tues. 2/9-3/16 6:30-8:30pm

**Spontaneous Process Painting**

**1 day | Ages 18+ | Bevie LaBrie** Have you ever stood in front of a blank canvas feeling paralyzed? Does your inner critic stand next to you, putting on the pressure to paint an amazing painting? If so this is the class for you! Using multi-media, participants will create on one surface throughout the class. Supported by writing prompts and instructor guidance, students will discover how this surface reflects their creative journey. Students will leave the day with numerous ways to begin to find deeper connection to their paint process. All experience levels welcome and there will be a 1-hour lunch break. Supply list included upon confirmation of registration. \$65  
6440 Sun. 2/21 9am-4pm

**Painting with Oils**

**6 Weeks | Ages 16+ | Tom Quinn** An introduction to the forgivable medium: oil. Learn basic concepts of design, composition, color theory, values and texture while experiencing the outstanding working properties of oil. Choose to work from still-life or two-dimensional references. Helpful demonstrations and individual instruction will be taught! Supply list included upon confirmation of registration. Min 4 / Max 5 \$75  
6439 Thurs. 2/11-3/18 6:30-8:30pm

**Acrylic Painting**

**6 Weeks | Ages 16+ | Tom Quinn** Learn basic concepts of painting techniques with acrylic paints. This class is an introduction to the fast-drying, forgiving medium of acrylic paint. You will explore color, form and composition to create your own works of art. Work from still-life set-ups and two-dimensional references such as photos. Supply list included upon confirmation of registration. Min. 4 / Max. 5 \$75  
6437 Mon. 2/8-3/15 6:30-8:30pm



*Riverfront Park Watercolor Painting by Megan Perkins*

**Intro to Watercolor Painting & Beyond**

**4 Weeks | Ages 16+ | Megan Perkins** Come and learn the basics of watercolor, mixing colors, choosing the right paper, brushes to use, and how to transform a value sketch into a watercolor painting. If you have already taken a watercolor class before, the instructor will help you go on with what you want to accomplish. Please feel free to bring your own photos to paint from. Supply list included upon confirmation of registration. Min 4 / Max 5 \$65  
6441 Wed. 3/10-3/31 5-7pm



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](mailto:rgriffith@spokanecity.org) or call 509-363-5414.

## SNOWSHOE OUTINGS

### Snowshoe Mt Spokane

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

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



Snowshoeing

### 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.**

6367	Sun.	12/27	9am – 1pm
6368	Sat.	1/2	9am – 1pm
6372	Sun.	1/10	9am-1pm
6377	Sat.	1/16	9am – 1pm
6391	Mon.	1/18	9am – 1pm <b>MLK Day</b>
6392	Sun.	2/14	9am – 1pm <b>Valentine's Day</b>
6393	Sat.	2/28	9am – 1pm
6394	Sat.	3/13	9am – 1pm

### Snowshoe Newman Lake McKenzie Conservation Area with Transportation

**1 day | Ages 15+** Learn the basics of snowshoeing on this beautiful conservation property along Newman Lake. This is a moderate 2-3 mile hike with an occasional steep hill. We'll travel through snow covered western red cedars, firs and pine trees. Take in the majestic views of the lake, meadows, Mt. Spokane and surrounding areas from Turtle Rock. Transportation, snowshoes, walking poles and guides provided. Pre-trip information emailed after registration. Meet at **Albertsons Grocery Parking Lot 8851 E. Trent. \$27 with transportation, \$23 without transportation.**

6397	Sun.	1/17	10am-1:30pm
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### Snowshoe Tour 49 Degrees North

**1 day | Ages 15+** Tour the trails of 49 Degrees North! Your guide will give you tips leading to better control and more fun on your snowshoes. Beautiful scenery and healthful exercise followed by a tasty lunch. 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**

6356	Sat.	1/23	10am – 2pm
6357	Sat.	2/20	10am – 2pm
6358	Sat.	3/6	10am – 2pm
6366	Sat.	3/20	10am – 2pm



## SNOWSHOE OUTINGS

**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.

6369	Sat.	1/23	6-9pm
6370	Fri.	2/26	6-9pm
6371	Fri.	3/26	6-9pm

**Snowshoe Tour Friends of Mt Spokane Interpretive with Transportation**

**1 day | Ages 13+** Learn all about Mt Spokane from Friends of Mt Spokane's Cris Currie who has written the book on the area such as "Mount Spokane State Park A User's Guide" and "Spokane's History of Skiing". You'll also enjoy taking in the basics of snowshoeing and experiencing this fun winter sport. During the guided interpretive hike you will travel on snowshoe trails through the snow-covered trees and hills around Mt. Spokane. Pre-trip information emailed after registration. Includes: snowshoes, instruction, walking poles, guides! Meet at **Yoke's Fresh Market Parking Lot 14202 N. Market St.** \$35 with transportation, \$31 without transportation.

6373	Sun.	1/31	10am – 3pm
6374	Sun.	2/21	10am – 3pm



Snowshoeing



Snowshoeing

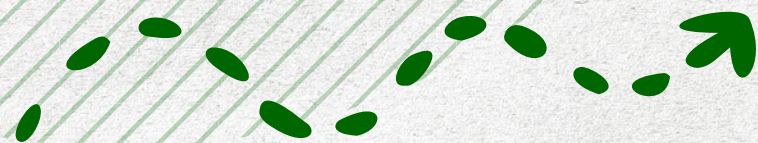
**Snowshoe Tour Lake Gillette with Transportation**

**1 day | Ages 18+** We will explore this high mountain lake surrounded by meadows and forested slopes. This great trail will be a true winter memory for you. The guided hike will take you uphill to a scenic overlook that will leave you in awe. Pre-trip information emailed after registration. Guides, snowshoes, walking poles and transportation included! Meet at **Wandermere Rite Aid 12420 N Division St. Parking Lot.** \$39 with transportation, \$35 without transportation.

6395	Sat.	2/13	9am-4pm
6396	Sun.	3/7	9am-4pm



# PRIVATE FAMILY TOURS!



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

\$20 - \$40/person.

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



*City of Spokane*  
**PARKS  
& RECREATION**





## CROSS COUNTRY SKIING

**Cross Country Ski Lesson 49 Degrees North**

**1 day | Ages 13+** Learn to cross country ski and tour the trails of 49 Degrees North Nordic Area! You will be taught the basics of cross country skiing by 49 Degrees North P.S.I.A Certified ski instructors. Instruction includes basics of equipment, ski area rules and etiquette, techniques on how to glide on your skis, how to travel uphill and how to stop going downhill. After a fun lesson you will hit the trails for a guided tour of the area to try out those new skills. Beautiful scenery and exercise is what cross skiing is all about! Includes: cross country skis, boots and poles, trail pass, instruction and guided tour after lunch. Bring a lunch and plenty of water. Additional information emailed after registration. Meet at **49 Degrees North Nordic Area** \$53

6351	Sun.	1/3	10am – 2pm
6352	Sat.	1/30	10am – 2pm
6354	Sun.	2/21	10am – 2pm
6365	Sun.	3/7	10am – 2pm

**Cross Country Ski Lessons Mt Spokane**

**1 day | Ages 13+ Sponsored by Fitness Fanatics** Learn the basics of cross-country skiing at Mt. Spokane! Cross country skiing is a wonderful way to spend time with family and friends during the winter. This is a great way to get exercise and enjoy the outdoors. Lessons are taught by the experienced and friendly Spokane Nordic Ski Association P.S.I.A. certified instructors. Cross country skiing equipment will be ready for you when you arrive at the Mt Spokane Nordic Area at the Fitness Fanatics Rental Trailer. Weekdays are a great time to visit and to beat the crowds. Fee includes a day long ski equipment rental and 2 hours of instruction. Show up 1/2 hour prior to your lesson for gear fitting. Sno-Park Permit required. Additional information emailed after registration. Meet at **Mt Spokane Selkirk Nordic Area**. \$53

6378	1/3	Sun.	10am – Noon
6379	1/4	Mon.	10am – Noon
6380	1/10	Sun.	10am – Noon
6381	1/11	Mon.	10am – Noon
6382	1/14	Thurs.	10am – Noon
6383	1/15	Fri.	10am – Noon
6384	1/18	Mon.	10am – Noon
6385	1/28	Thurs.	10am – Noon
6386	1/29	Fri.	10am – Noon
6387	2/7	Sun.	10am – Noon
6388	2/15	Mon.	10am – Noon
6389	2/28	Sun.	10am – Noon
6390	3/1	Mon.	10am – Noon

**Cross Country Ski Lessons Under the Stadium Lights**

**1 day | Ages 13+** Ski under the stadium lights and learn the basic of cross country skiing at the Dwight Merkel Sports Complex. The flat terrain in this area is ideal for beginning skiers who wants to learn the basics of cross country skiing equipment, how to balance and glide on skis as well as get some fun evening exercise. Lessons are taught by the experienced and friendly Spokane Nordic Ski Association certified ski instructors. Fee includes instruction and equipment. Show up 1/2 hour prior to your lesson for gear fitting. Group size will be groups of 5 or less. Meet at the **Dwight Merkel Sports Complex Picnic Shelter**. \$35

6532	Thurs.	1/7	6-7:30pm
6533	Thurs.	1/14	6-7:30pm
6534	Thurs.	1/21	6-7:30pm
6535	Thurs.	1/28	6-7:30pm
6536	Thurs.	2/4	6-7:30pm

**Cross Country Ski Tour Friends of Mt Spokane Interpretive with Transportation**

**1 day | Ages 13+** Learn all about Mt. Spokane from Friends of Mt. Spokane's Cris Currie who has written the book on the area such as "Mount Spokane State Park A User's Guide" and "Spokane's History of Skiing". During the guided interpretive tour you will travel on cross country ski trails through the snow-covered trees and hills around Mt. Spokane Nordic Area. Skiing experience or previously cross country skiing lesson is required. No lesson provided. Pre-trip information emailed after registration. Includes: cross country skiing equipment, interpretation, transportation and guides! Meet at **Yokes Fresh Market 14202 N. Market St.** \$35, without transportation \$31.

6375	Sun.	2/7	9am-3pm
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## YOUTH WINTER ADVENTURES CAMP

**Youth Winter Adventures**

**2 days | Ages 9-12** Send your child with us over the winter break to learn cross country skiing and snowshoeing at Mt Spokane State Park! Traveling the trails and romping around in the snow through the amazing forest is the best way to spend winter break. We will also learn to build snow caves and search for animal tracks! Please bring a lunch and plenty of water each day. Transportation, snowshoes, skiing equipment, trail passes and instruction provided. Meet at **North East Community Center Parking Lot 4001 N Cook St.** \$99

6376	Tues.- Wed.	12/29-12/30	9am-4pm
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# AQUATICS NOTICE

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



**SUBSCRIBE  
TO OUR NEWSLETTER**

AND STAY UP TO DATE ON YOUR FAVORITE ACTIVITIES

**[SPOKANEPARKS.ORG/NEWSLETTERS](http://SPOKANEPARKS.ORG/NEWSLETTERS)**



Your Email



## HIKING

**NEW!****Hiking the Wilson Conservation Area**

**1 Day | Ages 14+** This hike will be 2.5 miles round trip and gains 500 feet of elevation. Explore the recently-acquired Wilson Conservation Area with Jeff Lambert, Executive Director of Dishman Hills Conservancy (DHC). Enjoy a hike through forests with views over the Palouse. 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 **Wilson Conservation Area, 6712 E. Willow Springs Rd.** \$25

6432 Sat. 1/2 10am-1pm

**NEW!****Hiking the New Flying L Trail**

**1 Day | Ages 14+** This hike will be 4.4 miles round trip and gains 600 feet of elevation. Explore the new Phillips Creek Trail with a Dishman Hills Conservancy guide. Enjoy an easy to moderate hike with great views. 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 **Phillips Creek Trailhead 4102 S. Sunderland Dr.** \$25

6433 Sat. 2/6 10am-1pm

**NEW!****Hiking Big Rock and the Rocks of Sharon**

**1 Day | Ages 14+** This hike will be 2.2 miles round trip and gains 600 feet of elevation. Explore the Stevens Creek Trail with Dishman Hills Conservancy (DHC) guides. Hike to Big Rock with spectacular rock outcroppings and sweeping views over the Palouse. 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 **Stevens Creek Trailhead 9201 S. Stevens Creek Rd.** \$25

6434 Sat. 3/6 10am-1pm

**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.

6398 Sat. 3/27 8am-5pm



## SKI IN THE CITY

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

- **INDIAN CANYON**  
\*xc-skiing & snowshoeing on groomed trails only
- **RIVERSIDE STATE PARK**  
\*xc-skiing, snowshoeing & fat biking
- **DWIGHT MERKEL**  
\*xc and skate-skiing, fat biking & snowshoeing

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





Covid-19 Note: A Covid liability form will be required to be signed and turned in prior to start of class. Instructor 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

### 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**

6489	Thurs.	1/7-1/28	4:15-5:30pm
6490	Thurs.	1/7 – 1/28	6 – 7:15pm
6491	Thurs.	2/4 – 2/25	4:15-5:30pm
6492	Thurs.	2/4 – 2/25	6 – 7:15pm
6493	Thurs.	3/4 – 3/25	4:15-5:30pm
6494	Thurs.	3/4 – 3/25	6 – 7:15pm

### **NEW!** TRS Paint & Taste

**1 day | Ages 14+** Do you like painting and apple cider? Make a masterpiece of your very own while enjoying sipping on cider. Meet at **Park Operations lunch room, 2304 E. Mallon Ave. \$19**

6500	Tues.	1/12	5:30-7pm
6501	Tues.	3/9	5:30-7pm

### **NEW!** TRS Trivia Night

**1 day | Ages 14+** Bring your sack dinner and laugh with friends while playing Trivia. Fun prizes will abound. Meet at **Park Operations lunch room, 2304 E. Mallon Ave. \$19**

6502	Tues.	1/19	5:30-7pm
6503	Tues.	2/23	5:30-7pm

### TRS Fleece Hat & Scarf Workshop

**1 day | Ages 14+** Have fun with fleece. Make a hat and scarf to keep you warm this winter with the guidance of TRS staff. A variety of colors and patterns will be available. No sewing experience required. Meet at **Park Operations lunch room, 2304 E. Mallon Ave. \$19**

6504	Tues.	1/26	6:30-8pm
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### TRS Tie-Dye Workshop

**1 day | Ages 18+** Groovy is in. Don't miss this colorful chance to create your own T-shirt. We will provide one t-shirt; you may bring extra items from home to dye. Participants will practice socialization skills. Meet at **Park Operations lunch room, 2304 E. Mallon Ave. \$19**

6497	Tues.	2/2	5:30-7pm
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### **NEW!** TRS Terrarium Globe

**1 day | Ages 14+** We will be creating a beautiful terrarium hanging globe using a variety of materials such as moss, pebbles, and plants. We will meet at **Park Operations lunch room, 2304 E. Mallon Ave. \$19**

6510	Tuesday	2/9	5:30-7pm
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### **NEW!** TRS No Bake Cookies

**1 day | Ages 14+** No oven required for making these delicious no-bake cookies. Enjoy yourself and take home and share with friends. Gluten-free options are available. (Max Class Size: 5) Class meets at **Park Operations lunch room, 2304 E. Mallon Ave. \$19**

6507	Tues.	2/16	5:30-7pm
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### **NEW!** TRS For the Birds

**1 day | Ages 14+** It's almost springtime! Join us in making DIY birdhouses to get those birds flocking to your window. Meet at **Park Operations lunch room, 2304 E. Mallon Ave. \$19**

6508	Tues.	3/23	5:30-7pm
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**REGISTER  
ONLINE**

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



**MAIL  
US**

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

\*checks payable to City of Spokane



**CALL  
US**

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





## TRS WELLNESS

### **NEW!** 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 **Park Operations lunch room, 2304 E. Mallon Ave.** \$31

6495	Wed.	1/20-2/10	6:30-7:30pm
6496	Wed.	2/24-3/17	6:30-7:30PM

## TRS SPORTS

**Covid-19 Note:** A Covid liability form will be required to be signed and turned in prior to start of class. Instructor will implement physical distancing protocols as mandated by each facility. Masks are required at beginning of class before getting on ice or in the water but may be removed during exercise. 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.

### TRS Ice Skating

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

6475	Sat.	1/16 – 3/6	12:15 – 1pm
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### TRS Swimming- Blue Dolphins Swim Team

**10 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

6478	Sun.	1/10-3/14	2:15-3:15pm
6481	Sun.	1/10 – 3/14	3:20-4:20pm

### Learn to Swim – Beginning

**10 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. Meet at **Whitworth University Aquatic Center, 300 W. Hawthorne.** \$57

6485	Sun.	1/10 – 3/14	3-3:45pm
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### Learn to Swim - Intermediate

**10 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

6484	Sun.	1/10 – 3/14	2:15-3pm
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### TRS Cornhole & Pizza

**4 Weeks | Ages 12+** Fresh air, fun and favorite lawn game- Cornhole. We will have four boards set up in our warehouse so we can physically distance and enjoy fresh air. Pizza will be served. Meet at **Park Operations lunch room, 2304 E. Mallon Ave.** \$49

6498	Wed.	1/20-2/10	4:30-6pm
6499	Wed.	2/24-3/17	4:30-6pm

### TRS Yoga

**NEW! 1 day | Ages 14+** Interested in relieving stress and getting the blood flowing? Join us for a socially distanced yoga class. Learn basic positions to use at home. Bring your own mat. Meet at **Park Operations lunch room, 2304 E. Mallon Ave.** \$9

6506	Tues.	3/30	6 – 7pm
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## TRS WINTER OUTINGS

**Covid-19 Note:** A Covid liability form will be required to be signed and turned in prior to start of class. Instructor will implement physical distancing protocols as mandated by each facility. Face coverings required to be worn for the entire van ride. Masks provided if needed. Temperature and health check prior to boarding. Participants must spread out as much as possible within the vehicle with at least one row of empty seats between participants not of the same household. Participants must use the same seat for the duration of the activity transportation periods. Only same household members are allowed to sit next to one another in the vehicles. Face coverings may be removed during exercise. 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.

### TRS Snowshoe Trip

**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! (Max Class Size: 12) Meet at **Park Operations 2304 E. Mallon Ave.** \$29

6528	Wed.	2/17	9 am-1pm
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### TRS Tubing Adventure

**1 day | Ages 16+** TRS is heading to Mt. Spokane for an afternoon of tubing fun! Hop aboard big yellow tubes, fly down the hill and take the rope tow back up to the top and do it again. Warm up with cocoa. (Max Class Size: 12) Transportation provided from **Park Operations, 2304 E. Mallon Ave.** \$37

6511	Sun.	2/21	9:45 am-2:45pm
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## TRS SKIING & SNOWBOARDING

**Covid-19 Note:** Only students & instructors will be allowed in yurt and snow sports chalet. Clinics will be limited in size. Powderhounds new instructors will attend virtual informational meeting, and choose either Saturday or Sunday of on snow training. Powderhound returning instructors will choose one day of on snow training. Adaptive new instructors will attend a virtual information meeting, dryland training, and Saturday & Sunday of on snow training. Adaptive Returning instructors will attend dryland and Saturday on snow training.

### TRS Volunteer Ski/Snowboard Instructor Clinics

TRS offers volunteer training clinics for those instructing in Adaptive, Powderhounds and Blue Waxers programs. Each clinic has set dates, times, criteria, and fees.

<b>6523</b>	<b>Blue Waxers</b>	<b>\$0</b>
	Sat. 1/2 9am – Noon	
<b>6524</b>	<b>Powderhounds New Instructor</b>	<b>\$50</b>
	Mon 12/7 7pm	
	Sat 1/2 9am-4pm	
<b>6529</b>	<b>Powderhounds NEW Instructor</b>	<b>\$50</b>
	Mon 12/7 7pm	
	Sun 1/3 9am-4pm	
<b>6526</b>	<b>Powderhounds Returning w/Season Pass</b>	<b>\$30</b>
	Sat/Sun 1/2 or 1/3 9am – 4pm	
<b>6588</b>	<b>Powderhounds Returning w/no Season Pass</b>	<b>\$50</b>
	Sat/Sun 1/2 or 1/3	
<b>6531</b>	<b>Adaptive NEW Instructors</b>	<b>\$50</b>
	Fri 12/4 6pm	
	Fri 1/8 6-8pm	
	Sat 1/9 8:30am-4pm	
	Sun 1/10 9am-4pm	
<b>6530</b>	<b>Adaptive Returning w/no Season Pass</b>	<b>\$50</b>
	Fri 1/8 6-8pm	
	Sat 1/9 1-8pm	
<b>6525</b>	<b>Adaptive Returning w/Season pass</b>	<b>\$30</b>
	Fri 1/8 6-8pm	
	Sat 1/9 1-8pm	

### TRS Skiing / Snowboarding Lessons: Powderhounds

**Covid-19 Note:** Only students & instructors will be allowed in yurt and snow sports chalet. To limit our numbers the program will now have a morning lesson session and an afternoon lesson session. In an effort to reduce our time indoors we are asking all students to come ready to ski in boots, coat, helmet, etc... The morning session participants will leave after lesson and not stay for lunch. Snacks may be brought up and consumed during a warm up break during session. The afternoon session should eat lunch prior to coming for lesson and be ready to ski in boots, coat, helmet, etc. Snacks can be brought. For those taking our transportation we will allow lunch time before heading down the mountain. A FAQ sheet regarding transportation protocol will be provided at time of registration. Powderhound buffs will be given to all students to be used as facial covering when coming in and out of facilities.

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

#### No lessons Jan.30 & Feb 13

Separate registration form is required. Please find on web site [www.spokane parks.org](http://www.spokane parks.org) or call Alice Busch 625.6245. Scholarships are available on a limited basis- request a form.

The Powderhound program emphasizes having fun, making friends, exploring the mountain, improving skills and being safe. Each student will be assigned a buddy who will provide support and instruction as student desires. There will be no Special Olympic competition in 2021.

#### 6512 Lessons Only Morning Session \$180

Sat. 1/9-2/27 9:30am-Noon

#### 6513 Lessons Only Afternoon Session \$180

Sat. 1/9 – 2/27 1-3:30pm

#### 6514 Lift Tickets, Morning Session Lessons \$270

Sat. 1/9 -2/27 9:30am – Noon

#### 6515 Lift Tickets, Afternoon Session Lessons \$270

Sat. 1/9 – 2/27 1-3:30pm

#### 6516 Lift Tickets, Morning Session Lessons & Equipment \$372

Sat. 1/9 -2/27 9:30am – Noon

#### 6517 Lift Tickets, Afternoon Session Lessons & Equipment \$372

Sat. 1/9 – 2/27 1-3:30pm

#### 6518 Lift Tickets, Lesson & Transportation \$372

Sat. 1/9 – 2/27 7:45am – 2pm

#### 6519 Lift Tickets, Lessons, Equipment & Transportation \$462

Sat. 1/9 – 2/27 7:45am – 2pm



TRS Ice Skating

TRS SKIING & SNOWBOARDING

**TRS Cross Country Skiing Lessons – Blue Waxers**

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

**Lessons, Transportation & Equipment \$199**

6472 Sat. 1/9 – 2/27 7:30am – 1:30pm

**Lessons & Equipment \$145**

6474 Sat. 1/9 – 2/27 9am – Noon

**TRS Skiing/Snowboarding Lessons – Adaptive**

Covid-19 note: Only students & instructors will be allowed in yurt and snow sports chalet.

**1 Lesson | Ages 6+ | \$65 per lesson** One-to-one instructor/student ratio with volunteers trained in PSIA methods and therapeutic recreation elements. Course teaches mono & bi skiing for those who need to ski in sit down position, adaptive snowboarding, three and four track (outriggers) for amputee/balance deficits and provides lessons for those with visual or sensory impairments. We ski/ board at Mt. Spokane on Saturdays and meet at our Ski Chalet at the base of chair #5. To enroll in this class there is a separate registration form. Please find on web site [www.spokaneparks.org](http://www.spokaneparks.org) or call Alice Busch at 625.6245. Scholarships are available on a limited basis-request a form. **No Lessons 2/13.**

\*Additional fee:

**Equipment Rental:**

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

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

**Outrigger Only:** \$8 per lesson

6458 Sat. 1/16 9:30-11:30am

6466 Sat. 1/16 12:30pm – 2:30pm

6461 Sat. 1/23 9:30-11:30am

6467 Sat. 1/23 12:30pm – 2:30pm

6462 Sat. 1/30 9:30-11:30am

6468 Sat. 1/30 12:30pm – 2:30pm

6463 Sat. 2/6 9:30-11:30am

6469 Sat. 2/6 12:30pm – 2:30pm

6464 Sat. 2/20 9:30-11:30am

6470 Sat. 2/20 12:30pm – 2:30pm

6465 Sat. 2/27 9:30-11:30am

6471 Sat. 2/27 12:30pm – 2:30pm



TRS Skiing



# 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.

6486	This One Last Time	2/14/21	5-7 PM	\$49
6487	Midnight At The Masquerade	3/18/21	6-8 PM	\$49





### Spokane City Stroll & Roll Challenge

**All Ages |** This winter, explore your city in a wellness challenge for all 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 Starts 1/1/21. \$15

6422 1/1 - 3/31

### VIRTUAL YOGA

#### **(☺)** 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.	1/19-3/9	5-6:30pm
6418	Wed.	1/20-3/10	9-10am

#### **(☺)** Virtual Chair Yoga

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

6421	Thurs.	1/21-3/11	10:30-11:15am
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#### **(☺)** Virtual Yoga Gentle Stretch

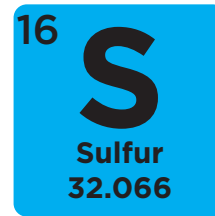
**8 Weeks | Ages 16+ | Robin Marks** If you’re dealing with some aches and pains or just getting back into exercising, this class has an accommodating approach. This class provides the same benefits as Basic Yoga but dialed down just a little. Instructor, Robin Marks, was one of the early pioneers to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

6419	Sat.	1/23-3/20	9-10am
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#### **(☺)** Virtual Deeper Yoga 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

6420	Thurs.	1/21-3/11	5:30-6:30pm
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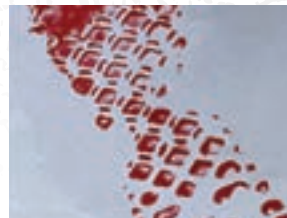
**National CSI**  
NationalCSIncamp.org

## Virtual S.T.E.M Crime Scene Investigation

**5 weeks | Ages 12-17 yrs.** In this class, S.T.E.M. principles are applied to solving a missing persons case, create and examine blood splatter patterns, recover fingerprints and classify them, analyze handwriting and experiment with chromatography, cast your own footprint, identify 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**

6399 1/25-2/22 5-6:30 PM

6400 3/29-4/26 5-6:30 PM





## VIRTUAL WELLNESS &amp; ENRICHMENT PROGRAMS

**NEW! (( )) Virtual Murder 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. \$49

6486	Sun.	2/14	This One Last Time	5-7pm
6487	Sun.	3/18	Midnight at the Masquerade	6-8pm

**(( )) Virtual STEM Crime Scene Investigation**

**1 week | Ages 12-17yrs.** In this class, S.T.E.M. principles are applied to solving a missing persons case, create and examine blood splatter patterns, recover fingerprints and classify them, analyze handwriting and experiment with chromatography, cast your own footprint, identify and unknown powder, make a magnifying glass, and much more! The cost of the class includes a CSI Lab Kit to conduct the labs brimming with SWAG. \$95

6399	Mon.	1/25-2/22	5-6:30pm
6400	Mon.	3/29-4/26	5-6:30pm

**(( )) Virtual Lawn Lover Series**

**1 day | Age 14+** This class series will discuss lawn turf maintenance. From seeding to cutting, this series focuses on the climate, soils, and typical lawn grasses of the PNW. This series is for anyone who has a lawn, wants to have it, or just looking to make aesthetic or environmental improvements. \$15

**Preparing Your Lawn for Spring**

6424	Mon.	2/1	6-7:30pm
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**Spring Lawn Rejuvenation**

6425	Mon.	2/8	6-7:30pm
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**Turf Health**

6426	Mon.	2/15	6-7:30pm
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**(( )) Virtual Gardening Lover Series**

**1 day | Ages 14+** Learn how to create a beautiful low-maintenance landscape using flowering perennial plants. It's easy! Come learn the basics of site analysis, soil science, and choosing the right plant. This class is geared towards the novice gardener who wants to learn some straightforward, easy to follow basic guidelines to start or revamp their own garden space. \$15

**Perennial Magic**

6625	Mon.	2/22	6-7:30pm
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City of Spokane Parks and Recreation supervisors and instructors are taking every precaution to protect participants and employees in light of the coronavirus (COVID-19) pandemic. Updated health and safety protocols for programming include:



**Small class sizes**



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



**Staff and participant mask wearing**



**Frequent hand washing and sanitation**



**Staff and participant temperature checks**



# WINTER VIRTUAL CLASSES ARE AVAILABLE NOW!

## SKYHAWKS AND SUPERTOTS CLASSES IN YOUR LIVING ROOM OR BACKYARD!



### CHEERLEADING

(course)	(dates)	(days)	(time)	(ages)	(fee)
<a href="#">SSA123902V</a>	2/01 - 3/08	Mondays	4:00 p.m. - 4:45 p.m. PST	6-9	\$39

### SOCCER

<a href="#">SSA123903V</a>	2/02 - 3/02	Tuesdays	4:30 p.m. - 5:15 p.m. PST	6-9	\$39
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### SOCCERTOTS

<a href="#">SSA123904V</a>	2/02 - 3/02	Tuesdays	5:45 p.m. - 6:30 p.m. PST	3-5	\$39
<a href="#">SSA123907V</a>	2/04 - 3/04	Thursdays	1:00 p.m. - 1:45 p.m. PST	3-5	\$39

### HOOPSTERTOTS

<a href="#">SSA123905V</a>	2/03 - 3/03	Wednesdays	10:30 a.m. - 11:15 a.m. PST	3-5	\$39
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### PHYSED FUN

<a href="#">SSA123906V</a>	2/03 - 3/03	Wednesdays	1:00 p.m. - 1:45 p.m. PST	6-9	\$39
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LEARN MORE AND REGISTER TODAY  
AT [SKYHAWKS.COM/VIRTUAL](https://skyhawks.com/virtual)





### **Numerica Lights Up the Night – Holiday Tree Walk**

**Nov. 27 – Jan. 3 | All Ages** This Holiday Tree Walk will feature up to 40 adopted trees. Experience the Singing Sculpture at the Rotary Fountain, a responsive light display that interacts with sound, as well as a nightly holiday light show at the Pavilion and seasonal Clock Tower lighting. With the help of Senske, we will be lighting our traditional tree during a live streaming event on Friday November 27th. Riverfront will be a joyous place to visit during the holiday season! Riverfront Spokane – **507 N. Howard St.** FREE

### **Winter Market at the Pavilion**

**December 2, 9, 16, 30 & January 6, 13, 20, 27 | 3-7pm | All Ages** Join us at Riverfront's Winter Farmers Market located at the Pavilion Central Plaza and shop local! Market operations will follow Spokane Regional Health District Farmers Market COVID safety protocols. **Pavilion at Riverfront – 574 N Howard St.** FREE

### **Ice Skating at the Numerica Skate Ribbon**

**Opens Dec. 5 | RESERVATIONS REQUIRED | All Ages** Riverfront is excited to open the Numerica Skate Ribbon this winter, though skating will look a little different! With safety at the forefront, we're following two sets of COVID-19 guidelines that alter our operations a bit. Reservations will be required in advance, just hop online at [www.RiverfrontSpokane.org](http://www.RiverfrontSpokane.org) to select your time and purchase tickets. This will help us limit the number of skater to just 37 at a time, help avoid lines, and create a smoother process. Reservations are good for one hour of skating. Please wear a mask and gloves. You'll notice color-coded sections of the ribbon, with just 5 skaters allowed per section, to aid social distancing. Take a peek at our Frequently Asked Questions (FAQ) online at [www.RiverfrontSpokane.org](http://www.RiverfrontSpokane.org).

**Numerica Skate Ribbon 720 W Spokane Falls Blvd., Spokane, WA 99201**



*The Numerica Skate Ribbon*

### **Numerica SkyRide**

**Daily | All Ages** The Numerica SkyRide offers the best, convenient, easily accessible, upfront views of the Spokane Falls that run through downtown Spokane. You will travel past art deco City Hall, then gradually drop down 200 feet over the Huntington Park Natural Area. From there, you will continue across the Spokane River in front of one set of falls, under the historic Monroe Street bridge and return to Riverfront Park. The Numerica SkyRide is wheelchair accessible. Numerica SkyRide - **720 W Spokane Falls Blvd.**

### **Prices**

Adults (ages 13+): \$9.95

Youth (3-12): \$6.95

Ages 2 and under: Free

(Ages 15 and under must be accompanied by an adult)

### **Admission (1 hour)**

Adult (ages 13+): \$7.25/per hour

Youth (ages 3-12): \$5.25/per hour

Ages 2 and under: FREE

Skate Rental: \$4.95/per visit

### **Unlimited Ice Pass**

Adult (ages 13+): \$34.95

Youth (ages 3-12): \$29.95

Skate Rental Add-On: \$17.95 - \*only available with purchase of the Unlimited Ice Pass.

### **Unlimited Ice Passholder Benefits**

20% discount at SkyRibbon Café presented by Eat Good Group

2 Complimentary Numerica SkyRide passes

Complimentary Riverfront Spokane knit hat or lanyard

No reservations necessary Monday-Friday 11-4

(excluding holidays and school breaks)





# Sports Programs

WINTER 2021

## GYMNASTICS

Please visit <https://spokanegymnastics.com/changes/> for covid-19 special procedures

### Gymnastics for Tiny Tots

**6 weeks | Ages 18 – 36 months** A structured, coach-led class with parent interaction. Students learn basic gymnastics skills, including rolls, jumps, and balance. An encouraging, creative, and fun environment where toddlers are introduced to following directions, taking turns, and social development. Class meets at **Spokane Gymnastics 2515 N Locust Rd Spokane Valley**. \$119  
6401 Fri. 2/12-3/19 10-10:45am

### Preschool Gymnastics

**6 weeks | Ages 3-4yrs.** Preschoolers learn fundamental gymnastics in a fun, fast-paced 45 minute co-ed class. The energetic and engaged instructors focus on the development of strength, balance, agility, coordination, and flexibility. Students also learn the social skills necessary to work in a group and interact independently of their parents (who are invited to watch from the viewing area). Class meets at **Spokane Gymnastics 2515 N Locust Rd Spokane Valley**. \$119  
6402 Fri. 2/12 – 3/19 9-9:45am  
6403 Fri. 2/12 – 3/19 11-11:45am  
6404 Fri. 2/12 – 3/19 4-4:45pm

### Intro to Gymnastics

**6 weeks | Ages 5-8 & 9-14yrs.** Structured gymnastics lessons where students learn skills including rolls, cartwheels, and handstands. Participants are introduced to basic techniques on the Vault, Balance Beam, Bars and Tumble Trak Trampoline, in a safe, fun and encouraging environment. Class meets at **Spokane Gymnastics 2515 N Locust Rd Spokane Valley**. \$139

#### Ages 5-8yrs.

6408 Fri. 2/12-3/19 5-5:55pm

#### Ages 9-14yrs.

6409 Fri. 2/12-3/19 6:15-7:10pm

### Daytime Gymnastics

**6 weeks | Ages 5-8 & 9-12yrs.** An introduction to progressive gymnastics with a focus on Tumbling, Vault, Uneven Bars and Balance Beam, Parallel Bars, High Bar, Vault, Floor, Pommel Horse, and Rings in structured lessons taught by experienced and engaged instructors. Class meets at **Spokane Gymnastics 2515 N Locust Rd Spokane Valley**. \$139

#### Ages 5-8yrs.

6406 Fri. 2/12-3/19 1:15-2:10pm

#### Ages 9-12yrs.

6407 Fri. 2/12-3/19 1:15-2:10pm

### Ninja Zone @ Spokane Gymnastics

**6 weeks | Ages 3-5 and 5-11yrs.** Ninja Zone embraces children's energy and ignites their confidence through a fusion of Gymnastics, Martial Arts, Obstacle Course Training, and Freestyle Movement. Obstacle course skills taught in an active and fast-paced class, along with an introduction to basic gymnastics skills and structured rotations on the Vault, Bars, Balance Beam, and Rings. Students are taught a progression of tumbling skills, plus jumping, leaping, and climbing elements in the 800 s.f. ninja room! Beyond skill, this class teaches self-confidence, discipline, impulse control, responsibility, and instinctual safety. In an effort to promote discipline and unity, Ninja Sport International requires uniforms for all Ninja classes: \$29 for t-shirt and headband, along with athletic shorts of choice Class meets at **Spokane Gymnastics 2515 N Locust Rd. Spokane Valley**. \$119

#### Ages 3-5yrs.

6411 Fri. 2/12-3/19 10-10:45am

6412 Fri. 2/12-3/19 11-11:45am

6413 Fri. 2/12-3/19 4-4:45pm

#### Ages 5-11yrs.

6414 Fri. 2/12-3/19 5-5:55pm

6415 Fri. 2/12-3/19 6:15-7:10pm

### Parkour @ Spokane Gymnastics

**6 weeks | Ages 6-12** Introduction to safety, basic techniques for jumping, vaulting, climbing and swinging. Special emphasis on falling drills, safely bailing skills, and landing. Students learn the parkour terminology, and train in the main gym, in addition to 800 s.f. parkour specific room with wooden obstacles with bars. Class meets at **Spokane Gymnastics 2515 N Locust Rd Spokane Valley**. \$139

6410 Fri. 2/12-3/19 6:15-7:10pm



## 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 restrictions, e.g., 10 student limit per section, 10 feet spacing between participants, face mask requirement, and maximization of air circulation. Advance registration is required. Please call 509-338-9131 Location: **Southside Community Center, 3151 E 27th Ave.**

**Ages 6-14yrs. \$20**

6428	Mon./Wed.	1/11-2/3	4-5pm
6430	Mon./Wed.	2/8-3/3	4-5pm
6639	Mon./Wed.	3/8-3/31	4-5pm

**Ages 15+ \$30**

6429	Tue./Thu.	1/12-2/4	5:15-6:15pm
6431	Tue./Thu.	2/9-3/4	5:15-6:15pm
6640	Tue./Thu.	3/9-4/1	5:15-6:15pm

## PICKLEBALL

**NEW!****Pickleball Youth Basics**

Masks will be required when entering and exiting the building. Instructors will maintain 6' social distancing for all. Spectators will not be allowed during sessions. We will continue to follow all up-to-date guidelines and recommendations from the Washington State Department of Health and the SRHD as it pertains to facility maintenance and specific activities.

**6 weeks | Ages 8-12yrs.** 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 will tentatively meet @ **Moran Prairie Elementary 4224 E 57th Ave, and Indian Trail Elementary 4102 W Woodside Ave.** \$55

6427	Mon	2/1 – 3/15	6:15-7:15pm
6436	Wed.	2/3 – 3/17	6:15-7:15pm

**RIVERFRONT & FAIRWOOD MARKET PRESENTS**

**WEDNESDAYS**  
Dec. 2, 9, 16, 30 & Jan. 6, 13, 20, 27

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

**Winter Market**  
AT THE PAVILION

**FREE ENTRY**

**Learn more at [RiverfrontSpokane.org](https://RiverfrontSpokane.org)**

# 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](http://SpokaneRec.org)



### MAIL US

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



### CALL US

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



## PAYMENT INFORMATION

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

## INCLEMENT WEATHER

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

## DISCLAIMER

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

## REFUND/CANCELLATION POLICY

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

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

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

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

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

## INCLUSION/ACCOMMODATION

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



Please print and  
fill out completely

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

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

Which program are you registering  
for? ☐ General ☐ TRS

**PAYEE INFORMATION**

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

**PARTICIPANT INFORMATION**

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

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

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

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

**Total Program  
Fees:**  
\$

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

**DDA will send funds.** ☐ Yes ☐ No

**Case Manager**

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

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

**THERAPEUTIC RECREATION ONLY**

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

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

Dietary Precautions/Foods to avoid:

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

Activity Limitations/Physical problems (if any):

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

Careprovider/Support Staff provided? ☐ Yes ☐ No

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

# THERAPEUTIC RECREATION

Do you have any disabilities? (be specific)

## Participant Personal Needs:

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

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

**Additional Personal Needs Information:**

## MEDICATION INFORMATION & WAIVER

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

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

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

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

Signature

Date

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

List any special instructions/cautions/side effects:



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

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

\_\_\_\_\_  
Relation

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



### Assumption of Risk and Waiver of Liability

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

.....

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

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Participants Name

Date

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Participant or Parent/Guardian Signature

Parent/Guardian Printed name if applicable