

fall **ACTIVITY** *guide*



exciting fall adventures!

HIKING, KAYAKING, FITNESS FOR HEALTHY AGING,
DRAWING, PHOTOGRAPHY, THERAPEUTIC SWIMMING,
MARTIAL ARTS AND MUCH MORE!

EXPLORE
PARKS
NATURE

SPORTS
& REC
OUTDOOR

CAMPS
LEARN
CLASSES

SWIM
POOLS
SPLASH

PLAY
GOLF
LEARN

ENJOY
RIVER
FRONT
PARK

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



City of Spokane
PARKS
& RECREATION



SATURDAY 10/1
SUNDAY 10/2
11AM - 5PM

Who says that fall is only fun in the country? We're bringing all the fun of the farm into the heart of downtown with loads of community activities. Join us for this one weekend event to celebrate Spokane's most beautiful season.

RiverfrontSpokane.org



FALL FEST ACTIVITIES



Artist Fair with Spokane Arts



Urban Pumpkin Patch



Petting Zoo



Live Entertainment



Fall Photo Station and more activities for the whole family!

Presented by:  **riverfront
SPOKANE**

 **DOWNTOWN
SPOKANE**

 **RIVER PARK SQUARE**

Sponsored by: **WSECU**

TABLE OF CONTENTS

CORBIN ART CENTER

Preschool Programs	4
Youth Programs	5-6
Adult Craft Workshops	9
Adult Drawing & Language Classes	10
Adult Photography & Writing	11
Skincare	11
Painting	12

RIVERFRONT PARK OUTDOOR RECREATION

Hiking	16
Kayaking	17
Snowshoeing	17

ATHLETICS

Football/Softball	18
Volleyball	19

WELLNESS & ENRICHMENT

Historical Tour	22
Enrichment Programs	22
Yoga	24
Qi Gong/ Martial Arts	25-26
Healthy Aging Fitness	27

THERAPEUTIC RECREATION SERVICES

Socialization	28-29
Swimming/Music/Fitness	30

YOUTH SPORTS PROGRAMS

Super Toits	14-15
Youth Tennis	20
Skyhawks	24

KNOW YOUR REC STAFF

JENNIFER PAPICH

Recreation Director

jpapich@spokanecity.org



RYAN GRIFFITH

Assistant Recreation Director

rgriffith@spokanecity.org



ALICE BUSCH

Therapeutic Recreation
Program Supervisor

abusch@spokanecity.org



CARISSA GREGG

Corbin Art Center
Program Coordinator

cgregg@spokanecity.org



CARISSA WARE

Adult Athletics Program &
Field Allocations Supervisor

cware@spokanecity.org



JOSH OAKES

Adult Volleyball &
Aquatics Program Supervisor

joakes@spokanecity.org



ADRIANO EVA

Wellness & Enrichment
Program Supervisor

aeva@spokanecity.org



MARK POIRIER

Golf Manager

mpoirier@spokanecity.org



ANDY FUZAK

Outdoor Recreation
Program Supervisor

afuzak@spokanecity.org



POST-SEASON LAP SWIM AT WITTER POOL

AUGUST 29-SEPTEMBER 16
MONDAY-FRIDAY | 11:00-2:30 PM | 50 METER LANES
\$6 DAILY FEE OR \$40 FOR A POST SEASON PASS
AGES 16+ | RESERVE ONLINE AT SPOKANEREC.ORG
OR BY PHONE AT 509.755.2489



KIDS PRESCHOOL

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

Little Leonardo's

6 weeks | Ages 3-5yrs. Children love art and they're naturally creative and imaginative. Each class is planned to expose your child to a new element of art each week. They will paint, sculpt, draw, cut paper and glue to help develop listening skills, fine motor skills and creative imagination play. \$54

11407 Mon. 10/3-11/7 9:30-10:30am

Let's Gogh Art! - Tuesday

6 weeks | Ages 4-5yrs. Does your child love to draw, paint, sculpt or just enjoy being creative? Then come join us in discovering different art techniques while learning about a new artist or children's book illustrator each week in this fast paced, fun class. There are new projects each week for returning students. \$69

11408 Tues. 10/4-11/8 9:30-11am

Let's Gogh Art! - Wednesday

6 weeks | Ages 4-5yrs. Does your child love to draw, paint, sculpt or just enjoy being creative? Then come join us in discovering different art techniques while learning about a new artist or children's book illustrator each week in this fast paced, fun class. There are new projects each week for returning students. \$69

11409 Wed. 10/5-11/9 9:30-11am

Make Art Together: Fabulous Fall

6 weeks | Ages 2-4yrs. Yay! It's fall, and time to celebrate the season! This class is for you and your child to explore leaves, pumpkins and even the rainy, fall weather while making wonderful works of art. Experience a new weekly art theme, story, and relevant project. Children will discover color, texture while practicing basic cutting and gluing skills while exploring a variety of art techniques and materials. This class is fast paced, active and most of all fun! \$54

11410 Thurs. 10/6-11/10 9:30-10:30am



PRE-SCHOOL WORKSHOPS

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

Make Art Together: Halloween Fun

1 day | Ages 3-5yrs. Come have a frightfully fun time creating a friendly jack-o-lantern paper pumpkin, cute spider and other adorable Halloween crafts with your child. This is a fantastic class to come and have a great time creating art together. \$29

11422 Sat. 10/29 9:30-11am

Make Art Together: Turkey Jubilee

1 day | Ages 3-5yrs. You and your child will have lots of fun making this mixed-media jumbo-sized Thanksgiving gobbler who's sure to delight family and friends. This class has it all! Paint, glue, scissors and more! \$29

11423 Sat. 11/19 9:30-11am

Make Art Together: Holiday Ornaments

1 day | Ages 3-5yrs. Join us for a fun filled class making holiday ornaments together. You and your child will make some fabulous ornaments for your tree or to give a gift that you will both look at and remember for years to come. \$29

11424 Sat. 12/3 9:30-11am



KIDS YOUTH

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

Afternoon Art Exploration-Monday

6 weeks | Ages 6-8yrs. Explore a variety of artistic mediums, such as, oil pastels, paint, clay, paper, recycled objects and more each week. Here's a chance to use your artistic skills, be creative and try new things. There are new projects each week for returning students. \$69

11275 Mon. 10/3-11/7 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. \$69

11276 Tues 10/4-11/8 4-5:30pm

**NEW! Youth-Clay Jewelry Workshop**

3 weeks | Ages 8-12yrs. Brooke Condiotti Join us in the freedom of crafting clay! Each class will construct a new style of earrings. Step-by-step demonstration will enable the student to continue clay crafting for years to come. All supplies are provided, and clip on earrings options are available, along with pearl cloth bags to take the creations home. **Class held at J Bones Musicland, 2204 E. Mallon Avenue- 509-251-6870. \$135**

11412 Tues. 10/4-10/18 4-6pm

11413 Tues. 10/25-11/8 4-6pm

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. \$69

11277 Wed. 10/5-11/9 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. \$69

11278 Thurs. 10/6-11/10 4-5:30pm

NEW! Cultured Sea Glass Suncatcher

1 day | Ages 8-11yrs. Amy Gurel Your child will learn how to make Amy's signature Swan Chain as well as how to wire wrap glass and attach it all to a piece of driftwood for a one-of-a-kind indoor/outdoor suncatcher. All supplies are provided other than safety glasses which are suggested to bring. There will be a \$10 lab fee payable to the instructor at the start of class. \$25/\$10 Lab Fee

11415 Thurs. 10/6 4:30-5:30pm

11416 Thurs. 11/10 4:30-5:30pm

NEW! Cultured Sea Glass Necklace and Backpack Charm

1 day | Ages 8-11yrs. Amy Gurel Your child will learn the basics of wire wrapping glass to create a one-of-a-kind backpack charm as well as a necklace that they can keep for themselves or give as a gift. All supplies are provided other than safety glasses which are suggested to bring. There will be a \$10 lab fee payable to the instructor at the start of class. \$25/\$10 Lab Fee

11417 Thurs. 10/13 4:30-5:30pm

NEW! Cultured Sea Glass Tree-Youth

1 day | Ages 8-11yrs. Amy Gurel Your child will learn how to form a tree out of wire as well as how to wire wrap each piece of glass to form the canopy of a beautiful one-of-a-kind tree. All supplies are provided other than safety glasses which are suggested to bring. There will be a \$10 lab fee payable to the instructor at the start of class. \$35/\$10 Lab Fee

11418 Thurs. 10/20 4:30-6pm

11419 Thurs. 11/17 4:30-6pm

NEW! Cultured Sea Glass Free for all Build Class

1 day | Ages 8-11yrs. Amy Gurel This is an advanced class for anyone that has taken a class with Amy the past year that wants to come and make their own creations with her cultured sea glass, driftwood, and wire. All supplies are provided other than safety glasses which are suggested to bring. There will be a \$10 lab fee payable to the instructor at the start of class. \$35/\$10 Lab Fee

11421 Thurs. 10/27 4:30-6pm



YOUTH WORKSHOPS

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

NEW! Halloween Fun!

1 day | Ages 5-8yrs. Join us and have a frightfully fun time creating a "not so scary" jack-o-lantern mixed-media pumpkin project, a cute spider puppet craft and more to celebrate the Halloween season! This is sure to be a spooky good time! \$29
11425 Sat. 10/29 9:30-11:30am

NEW! Disguise a Turkey!

1 day | Ages 5-8yrs. It's the week before Thanksgiving and the turkeys are getting nervous! Come and disguise a turkey so he won't end up as dinner! We will have a classic turkey outline with lots of mixed up-media items to make him unrecognizable. This is sure to be a wacky and creative good time! \$29
11426 Sat. 11/19 9:30-11:30am

NEW! Holiday Ornament Fun!

1 day | Ages 5-8yrs. Join us to make some super fun and sparkly holiday ornaments. Keep them to decorate your own home or to give as a gift. Lots of holiday fun to be had in this workshop. Please dress for a mess! \$29
11427 Sat. 12/10 9:30-11:30am

NO SCHOOL TODAY CAMPS

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

NEW! Super-Creative Art Masters!

1 day | Ages 3-5yrs. Come all of you Super-Creative Artists! We will explore the wonderful world of art through color, texture and more. Create with paint, markers, recycled objects, glue, and scissors to create fabulous works of art to display in your own home gallery. Please bring a lunch and beverage. \$44
11428 Fri. 11/11 9am-3pm

NEW! Harry's Holiday Lab!

3 days | Ages 6-11yrs. Join us this holiday season as we transform the historical Corbin Art Center into a magical mansion. Celebrate this wondrous season with ghostly goodies, enchanted potions, spellbinding projects, and fiendish treats! Create charmed crafts and participate in magical creature activities. Dress for a mesmerizingly messy time and remember to bring a yummy lunch. \$129
11429 Mon.-Wed. 12/19-12/21 9am-3pm

It's lit(erature).



**Before there was
Google, there was
the library.**



**I like big books
and I cannot lie.**



Read اَرَقِي ler 阅读 čítati číst
læse lezen leer lukea lire
lesen διαβάζω leggere 読
む 읽다 lese przeczytać a
citi читать læsa อ่าน
okumak читати đọc



SNAG A NEW LIBRARY CARD

Sign up online today & unlock endless possibilities
spokanelibrary.org





Kids Art Parties!

At Corbin Art Center



**For children 3-13 | Includes 2 hour party
Multiple themes available**



**\$149 for up to
10 children!***

**Call to reserve your celebration, or
for more information:
509.625.6677**

***\$8 per additional child up to 15
children. Double charge for over 15
children to hire a second instructor.**





riverfront
SPOKANE

Fall Activities

No registration required! Drop in and join the fun.

Questions? Call (509) 625-6600, E-mail rfinfo@spokanecity.org or visit RiverfrontSpokane.org

RIVERFRONT EVENTS

World Art Drop Day

The first Tuesday in September is World Art Drop Day. To promote and support our local artists, we are inviting the community to drop their art in the park for someone to find and keep. Art Drop slips with instructions will be available at the Information Center, Carrousel and Skate Ribbon the week prior.

Tuesday September 6

Shakespeare in the Park

Shakespeare in the Park – Fall 2022 presents Goodnight Desdemona (Good Morning Juliet) by Anne-Marie MacDonald, an exuberant comedy and revisioning of Shakespeare's Othello and Romeo and Juliet. You'll travel from a dusty office in Queen's University, into the fraught and furious worlds of two of Shakespeare's best-known tragedies. A little bit of Alice in Wonderland and a lot of Shakespeare, this show will have you laughing at how upside-down worlds become when an outsider tries to "fix" it. If you ever find yourself yelling at the TV to stop a character from making a bad decision, this show is for you!

6:30pm Showtime Sept 8, 9, 10, 11, 15, 16, 17, 18

Riverfront Moves @ The Pavilion

Join Core4Collective and local wellness partners for a whole-body fitness experience. Through music driven workouts and guided meditations, your wellness journey begins at Riverfront and FOURever Park. Presented by: Providence Health Care| Sponsored by: Idaho Central Credit Union & Core4Collective

Sat. Sept. 10 8:30am – 10:30am



Story Time at the Carrousel

Join us in the Looft Carrousel party room at 11am for Story Time every 3rd Friday. Story Time at the Carrousel is an early literacy activity designed to spark and engage the young imagination with stories, songs, and preschool activities. \$1 Carrousel rides offered to those who attend. Recommended for ages 2-5yrs.

Fri. Sept.16, Oct.21, Nov.18 11am

WSECU Fall Fest

Celebrate Fall with Riverfront Park, The Downtown Spokane Partnership, and River Park Square. Enjoy live entertainment, vendors, food, and fun for the entire family! Sponsored by: Washington State Employees Credit Union (WSECU)

Oct. 1-2 11am-5pm



Spo-Candy Crawl

There will be SPOOKY scenes happening in Downtown Spokane and Riverfront Park. Children will locate each scene and decipher a riddle to earn a treat-bag full of fall goodies. Use your Spo-Candy Worksheet, found at RiverfrontSpokane.org or in person at the Numerica Skate Ribbon. Each spooky scene contains a clue to help complete the worksheet riddle. Once you know the answer to the riddle, trade-in your completed worksheet at the Numerica Skate Ribbon in Riverfront Park for a treat!

Oct. 28-31

CRAFT WORKSHOPS

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

Cultured Sea Glass Suncatcher

1 day | Ages 12+ | 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 \$10 lab fee payable to the instructor at the start of class. Supply list included with registration confirmation. \$35/\$10 Lab Fee

11381 Mon. 10/3 6-8pm

11382 Mon. 11/7 6-8pm

NEW! Teen-Clay Jewelry Workshop

3 weeks | Ages 13-16yrs | Brooke Condiotti Join us in the freedom of crafting clay! Each class will construct a new style of earrings. Step-by-step demonstration will enable the student to continue clay crafting for years to come. All supplies are provided, and clip on earrings options are available, along with pearl cloth bags to take the creations home. **Class held at J Bones Musicland, 2204 E. Mallon Avenue- 509-251-6870. \$135**

11383 Thur. 10/6-10/20 4-6pm

11384 Thur. 10/27-11/10 4-6pm

NEW! Adult-Clay Jewelry Workshop

3 weeks | Ages 17+ Brooke Condiotti Join us in the freedom of crafting clay! Each class will construct a new style of earrings. Step-by-step demonstration will enable the student to continue clay crafting for years to come. All supplies are provided, and clip on earrings options are available, along with pearl cloth bags to take the creations home. **Class held at J Bones Musicland, 2204 E. Mallon Avenue- 509-251-6870. \$135**

11385 Sat. 10/8-10/22 1:30-3:30pm

11386 Sat. 10/29-11/12 1:30-3:30pm

Cultured Sea Glass Tree

1 day | Ages 12+ | Amy Gurel Learn how to wire wrap cultured sea glass to make a unique one-of-a-kind tree. This tree is decorative and will compliment almost any décor. It can be made to look like a bonsai, willow or any other kind of tree you wish! Make and give as a gift or keep for yourself! There will be a \$10 lab fee payable to the instructor at the start of class. Supply list included with registration confirmation. \$45/\$10 Lab Fee

11387 Mon. 10/17 6-8pm

11388 Mon. 11/14 6-8pm

Cultured Sea Pendant & Earrings Set

1 day | Ages 12+ | Amy Gurel In this class you will learn how to make the most amazing one-of-a-kind pieces of wearable art that is made from tarnish resistant crafting wire and cultured sea glass. Not only will the look of the matching pendant and earring set bring you back to the amazing "beach therapy" moments from your past but it will also strike those same feeling in others around you. Dress up jeans and a t-shirt or be the final touch for your nice outfit. There will be a \$10 lab fee payable to the instructor at the start of class. Supply list included with registration confirmation. \$45/\$10 Lab Fee

11389 Mon. 10/10 6-8pm

**Driftwood & Cultured Sea Glass Wall Art**

1 day | Ages 12+ | Amy Gurel Learn how to think outside the box while creating this one-of-a-kind work of art to adorn your wall. You will use cultured sea glass, driftwood pieces and more to create these fun decorations. These are super-fun and very addictive to make. Keep for yourself or give as gifts. There will be a \$10 lab fee payable to the instructor at the start of class. Supply list included with registration confirmation. \$45/\$10 Lab Fee

11390 Mon. 10/24 6-8pm

**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
or outside the city at
509.755.CITY
Fax 509.625.6990**





DRAWING

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

Beginning Pen & Ink Drawing

6 weeks | Ages 16+ | Jenifer LeMontagne Experience the power of black and white drawing! In this class you will learn the basics of pen and ink drawing. We will focus on the strokes, building depth, tone, and value, just by using black ink. Various drawing exercises are used while proper use of the tools is taught. Be prepared to break out of the color "Habit"! Supply list and class address location is included upon confirmation of registration.

Class held at, Points in Time Studio, Spokane WA 99224. \$99

11366	Tues.	9/20-10/25	2:30-4:30pm
11367	Tues.	9/20-10/25	5-7pm

Beginning Graphite Pencil Drawing

6 weeks | Ages 16+ | Jenifer LeMontagne Learn ALL the shades of gray! This class is for those serious about working with graphite pencils. How to properly use them, and the techniques to make your drawings look REAL! Supply list and class address location is included upon confirmation of registration. **Class held at, Points in Time Studio, Spokane, WA 99224. \$99**

11368	Wed.	9/21-10/26	2:30-4:30pm
11369	Wed.	9/21-10/26	5-7pm

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. \$79

11370	Tue.	10/4-11/8	6:30-8:30pm
-------	------	-----------	-------------



Drawing Hands

1 day | Ages 16+ | Tom Quinn The hand is one of the most difficult parts of the human body for the artist to master. In this workshop, we'll cover the anatomy of the human hand, including bones, muscles, and blood vessels. After drawing skeletal hands, we'll be drawing the hands of a model in different positions and situations. Supply list included with registration confirmation. \$69

11371	Sat.	10/15	9am-3pm
-------	------	-------	---------

Caricature Drawing

1 day | Ages 16+ | Tom Quinn Caricature is an old and respected art form. In this class, we'll discuss the ways to exaggerate and simply an individual's distinctive features to depict someone in a way that's both funny and instantly recognizable. Tom has been drawing caricatures for well over 25 years and has learned to draw them both at leisure and under intense time pressure. Supply list included with registration confirmation. \$69

11372	Sat.	11/5	9am-3pm
-------	------	------	---------

LANGUAGE & CONVERSATION SPEAKING

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

Spanish Conversation

6 weeks | Ages 18+ | Mary Benham This course is for advanced students who want to expand their Spanish skills with reading, discussion, and grammar review in an informal setting. Students are encouraged to talk about their own travel and cultural stories. Supply list included upon confirmation of registration. \$89

11404	Wed.	9/28-11/16	1-2:30pm
-------	------	------------	----------

PHOTOGRAPHY

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

Photography Basics

6 weeks | Ages 16+ | Al Berger Learn the fundamentals of photography and how to use your camera. Tips on lighting, additional equipment to consider and its uses. Practice assignments and in-class critiques. Requires a camera that allows manual setting of F-stop and Shutter speeds. A digital camera with full range of aperture (F-stop) settings such as Canon EOS series or Nikon DX series DSLR (with removable lens) a must. The first class will be 3 hours in length. \$74

11378 Mon. 9/26-10/24 6-8pm

Photoshop Basics

6 weeks | Ages 16+ | Al Berger Learn the basic steps needed to finish your digital photographs for printing and web usage. Photoshop topics include: sharpening, exposure compensation, density, minor retouching, cropping, special effects, levels, color correction and preparing photos for printing. Bring your laptop with a mouse, Photoshop or Photoshop Elements software installed on the laptop, (any version). \$74

11379 Wed. 9/28-10/26 6-8pm

Portrait Photography

6 weeks | Ages 16+ | Al Berger Learn the secrets and steps of working with a person or persons to create beautiful portraits. We will explore working with light, both natural and artificial as well as flash. Requires a camera that allows manual setting of F-stop and Shutter speeds. A digital camera with full range of aperture (F-stop) settings such as Canon EOS series or Nikon DX series DSLR (with removable lens) a must. Students will be taught how to meter light for the best results as well as learning how to pose a person for the most natural portraits. Assignments will be given and results will be critiqued in class. \$7

11380 Thurs. 9/29-10/27 6-8pm

“Art from the Attic” Sale

Proceeds go towards upkeep and maintenance of the Moore-Turner Heritage Gardens

Save the date:
Saturday, Sept. 24, 2022
Corbin Art Center
507 West 7th Avenue
9:00 am - 4:00 pm

**Paintings, Framed Prints,
Fine Home Decor,
Original Artworks,
Fun Garden Art, Tools,
Sculptures, Metal Art,
Quality Collectibles, Rusty
Relics & much, much more!**

DONATIONS Accepted
Gladly Accepted
Drop off at the Corbin Art Center - Aug. 22, 29 and/or Sept. 12, 19
9 am - Noon

Free Admission
Great Raffle Items!
Tour the nearby, historic MTH Gardens

City of Corbin **PARKS & RECREATION**

For more info: www.heritagegardens.org or **Friends of MTHG on Facebook**

WRITING & PERSONAL ENRICHMENT

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

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. \$79

11377 Sun. 10/9-11/13 2-4pm

SKINCARE & SOAPMAKING

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

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. \$39

11405 Sat. 10/8 10am-Noon

11406 Sat. 10/22 10am-Noon



PAINTING CLASSES & WORKSHOPS

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

NEW! Painting Big Skies

4 weeks | Ages 16+ | Megan Perkins Skies have a huge impact on a painting, not only sometimes taking up a large amount of the paper, but also dramatically affecting the mood and atmosphere of the work. It is important that the sky is considered carefully when planning a painting. In this class students will tackle painting sky-with clouds, with mist, full of color, or as a more neutral backdrop with a focus on being expressive and allowing the medium of watercolor to do its magic. Supply list included upon confirmation of registration. \$75

11373 Thurs. 10/6-10/27 6-8pm

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. \$79

11374 Mon. 10/3-11/7 6:30-8:30pm

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. \$79

11375 Thurs. 10/6-11/10 6:30-8:30pm

Watercolor & Painting Flowers

4 weeks | Ages 16+ | Megan Perkins Love flowers? Learn how to paint draw and then paint them in watercolor. We'll break down flowers into basics shapes, paint individual "portraits" of flowers and then zoom out to depict flower plants in groups, such as a full flowerpot or garden bed. We'll discuss painting buds, blooms, leaves, stems and seeds as well. Please bring your own photos or pictures to paint from as well. Supply list included upon confirmation of registration. \$75

11376 Tues. 11/1-11/22 1-3pm



Open Art: Mixed Media

6 weeks | Ages 16+ | Katie Frey This class is about bringing your ideas to life, finishing up old or new projects and having fun. Join us for demos in acrylic, watercolor, pastel, texture mediums and more. Learn about color and design, composition and how to apply these ideas to your current work in progress. Arrive with a picture, idea, or a project that needs finishing or tweaking. There is no supply list for this class, please bring what you think you will need for your individual project. **Class held at the Corbin Art Center, 507 W 7th Avenue.** \$84

11571 Tues. 10/4-11/8 5:30-8:30pm



Discounted Skiing/Snowboarding + Volunteering = One Awesome Winter



Do you enjoy skiing or snowboarding and want to help improve the quality of life for people with disabilities? Consider volunteering with Therapeutic Recreation Services.

Call 625-6245 or email abusch@spokanecity.org for more information.



City of Spokane
**PARKS
& RECREATION**

CITY OF SPOKANE PARKS & RECREATION



SPORT-BASED CHILD DEVELOPMENT

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

FALL 2022

SOCCER: PANDAS/BEARS

(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
SSA143788	10/17 - 11/28	M	7:00 p.m. - 7:40 p.m.	3 yrs 6 mos - 4 yrs 6 mos	\$112	Wilson Elementary
SSA143796	10/19 - 12/07	W	6:15 p.m. - 6:55 p.m.	3 yrs 6 mos - 4 yrs 6 mos	\$112	Franklin Elementary

SOCCER: GRIZZLIES/SOCCER TOUCH

SSA143797	10/19 - 12/07	W	7:00 p.m. - 7:40 p.m.	4 yrs - 6 yrs	\$112	Franklin Elementary
-----------	---------------	---	-----------------------	---------------	-------	---------------------

SOCCER: TEDDIES II/KOALAS

SSA143789	10/17 - 11/28	M	6:10 p.m. - 6:50 p.m.	2 yrs - 3 yrs 6 mos	\$112	Wilson Elementary
SSA143795	10/19 - 12/07	W	5:40 p.m. - 6:10 p.m.	2 yrs - 3 yrs	\$98	Franklin Elementary
SSA143798	10/19 - 12/07	W	6:10 p.m. - 6:50 p.m.	2 yrs - 3 yrs	\$112	Linwood Elementary

SOCCER: CUBS/PANDAS

SSA143813	10/17 - 11/28	M	6:10 p.m. - 6:50 p.m.	3 yrs - 4 yrs	\$112	Browne Elementary
SSA143792	10/18 - 11/29	Tues	6:10 p.m. - 6:50 p.m.	3 yrs - 4 yrs	\$112	Westview Elementary
SSA143802	10/20 - 12/08	Thu	6:10 p.m. - 6:50 p.m.	3 yrs - 4 yrs	\$112	Hamblen Elementary

SOCCER: BEARS/GRIZZLIES

SSA143794	10/18 - 11/29	Tues	7:00 p.m. - 7:40 p.m.	4 yrs - 6 yrs	\$112	Westview Elementary
SSA143799	10/19 - 12/07	W	7:00 p.m. - 7:40 p.m.	4 yrs - 5 yrs 6 mos	\$112	Linwood Elementary
SSA143803	10/20 - 12/08	Thu	7:00 p.m. - 7:40 p.m.	4 yrs - 5 yrs 6 mos	\$112	Hamblen Elementary

*Location is subject to change. Price does not include the one time annual fee of \$20.00. Please do not allow children to touch school district equipment, which includes siblings of participants. Do not prop doors open. Doors to schools are on an automated locking system for safety. Program will be held indoors in the gym.



SPACE IS LIMITED!
REGISTER TODAY >>>

Online
SuperTotSports.com

Phone:
509.534.5437

SEPTEMBER SAMPLER: BASEBALL, BASKETBALL, FOOTBALL, SOCCER

SSA143809	9/13 - 10/04	Tues	5:20 p.m. - 6:00 p.m.	2 yrs - 3 yrs	\$68	Friendship Park
SSA143811	9/13 - 10/04	Tues	6:10 p.m. - 6:50 p.m.	3 yrs 6 mos - 4 yrs 6 mos	\$68	Friendship Park
SSA143783	9/14 - 10/05	W	4:30 p.m. - 5:10 p.m.	2 yrs - 3 yrs	\$68	Grant Park
SSA143784	9/14 - 10/05	W	5:20 p.m. - 6:00 p.m.	3 yrs 6 mos - 4 yrs 6 mos	\$68	Grant Park
SSA143785	9/17 - 10/08	S	9:15 a.m. - 9:55 a.m.	2 yrs - 3 yrs	\$68	Thornton Murphy Park
SSA143786	9/17 - 10/08	S	10:05 a.m. - 10:45 a.m.	3 yrs - 4 yrs	\$68	Thornton Murphy Park
SSA143787	9/17 - 10/08	S	11:00 a.m. - 11:40 a.m.	4 yrs - 6 yrs	\$68	Thornton Murphy Park

SOCCER: SOCCERTOUCHE LEVEL I

SSA143814	10/17 - 11/28	M	7:00 p.m. - 7:40 p.m.	4 yrs - 5 yrs 6 mos	\$112	Browne Elementary
-----------	---------------	---	-----------------------	---------------------	-------	-------------------

BASKETBALL: FROGGIES/FROGGIES II

SSA143791	10/18 - 11/29	Tues	6:10 p.m. - 6:50 p.m.	3 yrs - 4 yrs	\$112	Moran Prairie Elementary
SSA143801	10/19 - 12/07	W	6:10 p.m. - 6:50 p.m.	3 yrs - 4 yrs	\$112	Roosevelt Elementary
SSA143806	10/20 - 12/08	Thu	6:10 p.m. - 6:50 p.m.	3 yrs - 4 yrs	\$112	Whitman Elementary

BASKETBALL: RABBITS/KANGAROOS

SSA143790	10/18 - 11/29	Tues	7:00 p.m. - 7:40 p.m.	4 yrs - 6 yrs	\$112	Moran Prairie Elementary
SSA143800	10/19 - 12/07	W	7:00 p.m. - 7:40 p.m.	4 yrs - 5 yrs 6 mos	\$112	Roosevelt Elementary
SSA143807	10/20 - 12/08	Thu	7:00 p.m. - 7:40 p.m.	4 yrs - 5 yrs 6 mos	\$112	Whitman Elementary

FOOTBALL: BILLY GOATS/RAMS

SSA143804	10/20 - 12/08	Thu	5:45 p.m. - 6:25 p.m.	3 yrs - 4 yrs	\$112	Willard Elementary
-----------	---------------	-----	-----------------------	---------------	-------	--------------------

FOOTBALL: BULLS/RHINOS

SSA143805	10/20 - 12/08	Thu	6:30 p.m. - 7:10 p.m.	4 yrs - 6 yrs	\$112	Willard Elementary
-----------	---------------	-----	-----------------------	---------------	-------	--------------------



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

*Location is subject to change. Price does not include the one time annual fee of \$20.00. Please do not allow children to touch school district equipment, which includes siblings of participants. Do not prop doors open. Doors to schools are on an automated locking system for safety. Program will be held indoors in the gym.



SPACE IS LIMITED!
REGISTER TODAY >>>

Online:
SuperTotSports.com

Phone:
509.534.5437

HIKING

Hiking Blossom Lake Montana

1 day | Ages 15+ Celebrate the 1st day of autumn on a beautiful drive up the Coeur d' Alene River to Thompson Pass. The hike from the pass is a 5.5-mile moderate round trip hike that takes you through forested hills to a majestic sub-alpine wilderness lake. You will have time to take in the scenery, take pictures, enjoy lunch, and relax along the shore edge. On the way if time allows, we will make a stop at Spragpole Inn at Murray, ID to visit the historic museum. Additional pre-trip information emailed after registration. **Meets at Park Operations Parking Lot 2304 E Mallon Ave \$55**

11279 Sat. 9/24 8-5pm

Settler's Cedar Grove & Burke Idaho Ghost Town Wander

1 day | Ages 13+ Let's take a drive up the scenic Coeur d' Alene River to Settlers Grove and walk the one mile trail through an ancient old growth cedar grove. After a stop for lunch in historic Wallace Idaho (on your own), we will visit the streets of the historic Burke Idaho Ghost Town and Superfund cleanup site. This is a remarkable snapshot into a time gone by. Additional pre-trip information emailed after registration. **Meets at Park Operations Parking Lot 2304 E Mallon. \$55**

11280 Sat. 10/1 9am-6:30pm



OUTDOOR ADVENTURE CAMP

Youth Winter Adventures

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

11274 Wed.-Thurs. 12/21-12/22 9-4pm



SKI IN THE CITY

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

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

spokane parks.org/snow for updated info and rules
for updated grooming info call 509-363-5418



"Reconnection to the natural world is fundamental to human health, wellbeing, spirit, and survival"

SOURCE: Richard Louv (2012). "The Nature Principle: Reconnecting with Life in a Virtual Age", p.3, Algonquin Books

KAYAKING

Adult must accompany youth under the age of 17 yrs.



Kayak the Little Spokane River

1 day | Ages 15+ Fun and adventure awaits the family as you paddle your tandem sit-on-top kayak. These boats are an amazing way to enjoy the surrounding pine covered hills of this natural and scenic waterway. This is a 6 mile paddle which takes about 3 hours and includes a rest break at the half way point. Pre-trip information emailed after registration. Discover Parking Pass Required: discoverpass.wa.gov. Guides, shuttle transport and kayaking equipment included. Parent must accompany child. **Meet at Little Spokane River Take-Out Nine Mile Falls N Shoemaker Ln 9 Mile Falls. \$49**

Fish Hatchery Tour

10746 Sat. 9/17 11am-4pm

Celebrate the Beginning of Fall

11281 Sun. 9/25 11am-3pm

Kayak Little Pend Oreille Lake Chains with Transportation

1 day | Ages 16+ Explore the four-lake chain of this mountain-ringed area in our very stable, user friendly sit-on-top tandem kayaks. Crystal clear and surrounded by the Selkirk Mountains these lakes are a must see. Bring water and lunch for our picnic at one of the lakes campgrounds. Guides, kayaking equipment and transportation provided. Additional information emailed after registration. **Meet at Wandermere Rite Aid. \$49**

10705 Sat. 9/10

8am-5pm

Paddleboarding Horseshoe Lake

1 day | Ages 15+ This small lake is amazing for paddleboarding! Learn the basics and paddle your way to the waterfall and enjoy the scenic landscape in this area. Guides, instruction, and paddleboarding gear are included. Directions emailed after registration. Discover Pass Required: discoverpass.wa.gov **Meet at Horseshoe Lake Public Boat Launch 4962 Horseshoe Lake Rd Deer Park WA. \$29**

10753 Sun.

9/11

9-11am



SNOWSHOEING

Adult must accompany youth under the age of 17 yrs.



Snowshoe Tour Mount Spokane with Transportation

1 day | Ages 13+ Learn the basics of snowshoeing and try this fun winter sport. During the guided hike you will travel on snowshoe trails through the snow-covered trees and hills around Mount Spokane. What a great winter sport! Pre-trip information emailed after registration. Includes: snowshoes, instruction, walking poles, trail fees, guides and transportation! **Meet at Yoke's Fresh Market Parking Lot 14202 N. Market St. \$39**

11282 Sat.

12/17

9-1pm

11283 Sun.

12/18

9-1pm

FOOTBALL

Flag Football

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

Team registration for 5-man is \$400.

Registration closes 8/26/22.

Add \$35 for late registration to register through 9/2/22.

Activity #	Division	Days	Dates
11113	5 Man Competitive	Sunday	9/11-10/30
11114	5 Man Recreational	Sunday	9/11-10/30



SOFTBALL

Softball League

5 weeks | Ages 18+ Join us this season for the best softball competition in town and register your team today! SPRD offers a variety of divisions including Men's D & E divisions, Coed C, D, & E division. Play 5 weeks of double-header games at the Dwight Merkel Sports Complex, 5701 N. Assembly or Franklin Park Softball Complex, 302 W. Queen Ave. Team registration fees include a dozen softball, a score book, line up cards, and umpire fees for the season.

Regular Registration Period, July 15th-August 2nd, as space allows

Late Registration Period, August 22nd – August 28th, +\$35 fee, as space allows

Activity #	Division	Days	Dates	Fee
11067	Coed E- Early	Sun.	9/11/-10/19	\$640
11098	Coed D	Sun.	9/12-10/17	\$640
11099	Coed E	Sun.	9/12-10/17	\$640
11100	Men's D	Mon.	9/13-10/18	\$640
11101	Men's E	Mon.	9/13-10/18	\$640
11104	Coed D	Tues.	9/14-10/19	\$640
11105	Coed E	Tues.	9/14-10/19	\$640
11102	Men's D	Wed.	9/15-10/20	\$640
11103	Men's E	Wed.	9/15-10/20	\$640
11106	Coed D	Thurs	9/16-10/21	\$640
11107	Coed E	Thurs.	9/16-10/21	\$640
11108	Coed D	Fri.	9/17-10/22	\$640
11109	Coed E	Fri.	9/17-10/22	\$640
11111	Coed -Free Agent Player	Tues.	9/14-10/19	\$65
11112	Men's Free Agent Player	Tues.	9/13-10/18	\$65

VOLLEYBALL

Fall Volleyball League

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

Early Bird Registration Period, August 15-28, \$25 discount

Regular Registration Period, August 29-September 18

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

Activity #	Division	Location	Days	Dates	Fee
11333	Men's 4's	Garry	Mon.	10/10-12/12	\$255
11335	Coed Upper B	Sac	Mon.	10/10-12/12	\$375
11339	Coed Lower B	Glover	Mon.	10/10-12/12	\$375
11329	Coed 4's Upper	Chase	Tues.	10/11-12/13	\$255
11331	Coed 4's Lower	Chase	Tues.	10/11-12/13	\$255
11330	Women's 4's Upper	Garry	Wed.	10/12-12/14	\$255
11332	Women's 4's Lower	Glover	Wed.	10/12-12/14	\$255
11336	Coed B	Salk	Thurs.	10/13-12/15	\$375
11337	Coed C	Sac	Thurs.	10/13-12/15	\$375
11338	Coed C	Salk	Fri.	10/14-12/16	\$375
11539	Coed B	Shaw	Fri.	10/14-12/16	\$375



**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
or outside the city at
509.755.CITY
Fax 509.625.6990**

**Open Gym Volleyball**

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

11325	Single Visit Pass	\$5
11326	Five visit Pass	\$20
11328	Season Pass	\$50



TAZ FALL REGISTRATION IS OPEN NOW!

Tennis Afterschool Zone (TAZ) is the place to have fun, be active, and learn to play tennis with friends!

Shorter rackets, low-compression balls, and portable nets make tennis safe and able to be played anywhere.

This after school program is designed to:

- Teach tennis basics through fun games and activities
- Learn beginning rallying + scoring
- Incorporate life skills like teamwork and sportsmanship



Tennis equipment provided

register today: www.rectennis.com/spokane

CITY OF SPOKANE PARKS & RECREATION

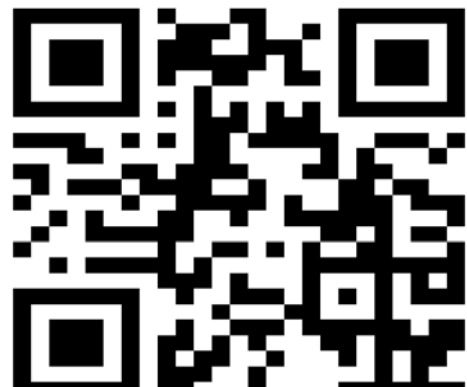


22

FALL

YOUTH SPORTS SKILL BASED PROGRAMS

Skyhawks Sports Academy provides sport 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.



Skyhawks

Teaching life skills through sports®

Website: Skyhawks.com

Phone: 800-804-3509

SPOKANE GARRY HISTORICAL TOUR

Chief Spokane Garry (1810-1892) was an influential figure in the settling of the Spokane region. In this series, local historian Dr. Dave Beine, will expose participants to Garry's life and impact upon our community.

Spokane Garry: A Historical Expedition

1 Day | Ages 16+ | Dr. David Beine will be guiding an expedition to historical sites around the Spokane region related to Chief Spokane Garry. The purpose of this expedition is for participants to gain a greater awareness of and appreciation for Spokane Garry's influence in the early history of Spokane. This expedition will visit Chief Garry Park, the original homestead site of Garry, Drumheller Springs (where Garry held school), Latah Creek and Indian Canyon (where he fled to when he was dispossessed from his land), and Garry's final resting place in Greenwood Cemetery. \$50

10850 Sat.

9/10

9-11am



POST-SEASON LAP SWIM AT WITTER POOL

AUGUST 29-SEPTEMBER 16
MONDAY-FRIDAY | 11:00-2:30 PM | 50 METER LANES
\$6 DAILY FEE OR \$40 FOR A POST SEASON PASS
AGES 16+ | RESERVE ONLINE AT SPOKANEREC.ORG
OR BY PHONE AT 509.755.2489





ENRICHMENT PROGRAMS

Enrichment programs are activities designed to provide participants with an opportunity to try new things and explore and develop interests. These activities promote critical thinking and problem-solving skills. They make learning something new more meaningful, valuable, and rewarding

Zumbini® Music & Movement

6 weeks | Ages 0-4yrs | Carrie Jahns Zumbini® is a music and movement class created by Zumba® and BabyFirst for ages 0-4 and their caregivers. This class includes play-based music activities, singing and dancing. Come sing, dance, and play with us as you bond with your child! **Southside Community Center, 3151 E 27th Ave.** \$69

11461 Thurs. 10/13-11/17 10-10:30am



Sing from the Heart Vocal Workshop

8 weeks | Ages 18+ | Robin Marks Vocal technique and Performance workshop. Participants work on repertoire, audience rapport, vocal technique, and performance skills with an emphasis on developing individual style and expression. All levels and musical styles are welcome. Individual focus can range from fine-tuning vocal technique, working through stage freight, preparing for auditions, and polishing professional performances to simply testing the waters as a first-time singer. For detailed class descriptions and information on instructor visit: singfromtheheart.biz. Woodland Center at Finch Arboretum. \$245

11420 Wed. 10/5-11/30 7-8:30pm

Will Preparation Workshop

1 day | Ages 18+ | Chris Carlisle Enjoy the peace of mind of knowing that you are prepared for life's unforeseen events by establishing a legacy for your loved ones! In this class, Chris Carlisle, Attorney at Law with Carlisle + Byers Law, will guide participants step-by-step through the process of preparing their will. Learn what a will is, why you should have a will, what happens when you die without one, and what to do if you already have a will but want to update it. Washington state residents only. **Spokane Public Library. 906 W. Main Ave.** \$150 per participant.

11456 Tues. 10/19 9am-Noon

Pickleball Youth Basic

5 weeks | Ages 7-14yrs. This pickleball program combines FUN, FITNESS, AND SKILLS development - and making new friends. No experience is needed - we will walk you through the rules of the game, the basic technical skills so that you can enjoy the game on your own. All equipment will be provided by Selkirk. Classes meet at **(Southside) Hamblen Elementary, 2121 E. Thurston Ave, (Northside) 10505 N. Newport Hwy.** \$99

Hamblen Elementary

Ages 7-10yrs

11457 Tue 10/5-12/7 6-7:15pm

Ages 11-14yrs

11458 Tue 10/5-12/7 7:30-8:45pm

Pickleball Playground

Ages 7-10yrs

11459 Wed 10/6-12/8 6-7:15pm

Ages 11-14yrs

11460 Wed 10/6-12/8 7:30-8:45pm

**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
or outside the city at
509.755.CITY
Fax 509.625.6990**



YOGA

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

Virtual Yoga Basic

6 weeks | Ages 16+ | Robin Marks A chance for continuing and new yoga students to practice yoga in the comfort of home but with the guidance and motivation of being in this virtual class. Strengthen, stretch, and release muscle tensions while settling into a relaxed and peaceful mental state. Instructor, Robin Marks, was one of the early pioneers to first bring yoga to Spokane. **\$75**

11354	Tues.	10/4-11/8	5:30-6:30pm
11355	Tues.	11/15-12/20	5:30-6:30pm

Virtual Yoga Basic 2

6 weeks | Ages 16+ | Robin Marks The poses in this class are not extreme, they just included a little deeper strengthening and stretching while maintaining the same gentle experience of Basic Yoga 1. **\$75**

11358	Thurs.	10/6-11/10	5:30-6:30pm
11359	Thurs.	11/17-1/5	5:30-6:30pm

Virtual Chair Yoga

6 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. **\$65**

11356	Thurs.	10/6-11/10	9:30-10:15pm
11357	Thurs.	11/17-1/5	9:30-10:15pm

Virtual Yoga Gentle Stretch

6 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. **\$75**

11360	Thurs.	10/1-11/5	9-10am
11361	Thurs.	11/12-12/17	9-10am

Yoga at Finch Arboretum

6 weeks | Ages 16+ | Robin Marks Enjoy the beautiful and serene setting of the arboretum. Strengthen, stretch and release muscle tensions while settling into a relaxed and peaceful mental state. Instructor, Robin Marks, was one of the early pioneers to first bring yoga to Spokane. **\$80**

11362	Tues.	10/4-11/8	9am-10am
11363	Fri.	10/7-11/11	9am-10am
11364	Tues.	11/15-12/20	9am-10am
11365	Fri.	11/18-12/23	9am-10am

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

**Yomassage®**

1 day | Ages 18+ | Christina B. Everyone deserves access to therapeutic touch. Your therapist will walk you through a series of comfortable, supported Yomassage positions. While relaxing in these positions, you'll be guided through breathwork and mindfulness exercises and massage in each position, leaving you with a full body massage and in a state of ultimate relaxation. **Maison Papillon 1427 N. Monroe St. \$45/ class or \$90**

11566	Wed.	9/21	5-7pm
11567	Wed.	9/28	5-7pm
11568	Wed.	10/12	5-7pm
11569	Wed.	10/19	5-7pm
11582	Wed.	11/9	5-7pm
11583	Wed.	11/16	5-7pm
11584	Wed.	12/7	5-7pm
11585	Wed.	12/14	5-7pm



QI GONG

Wellness Benefits of Qi Gong Qi Gong is a form of gentle exercise and method of self-care used in traditional Chinese medicine for thousands of years. The physical movements are easy to do and can be done daily to promote self-healing. Research published by the US Department of Health and Human Services concluded that Qi Gong may be an effective exercise modality for those at risk with preventable diseases. It may also reduce inflammation, decrease stress, and improve sleep and flexibility. (2011) Furthermore, Dr. Yufang Lin, MD at the Cleveland Clinic, noted that the potential benefits of practicing Qi Gong may include reduced symptoms of depression, and anxiety, along with positive effects on cardiovascular health and improved balance. (2020)

Qi Gong of the Great White Crane

6 weeks | Ages 10+ | Jeff Thompson Guo Lin Qigong, also known as "Walking Qigong" focuses on deep breathing and visualization while walking and performing different arm, hand and other body movements. The walking and other movements are thought to nourish all five of our organ systems and have beneficial effects, like relaxing the mind and body and improving blood flow and oxygen intake, resulting in improved health. This form of Qigong was developed in the 1960s by a Chinese woman named Guo Lin, who based this new practice on older schools of Qigong and claimed that it helped her overcome uterine cancer and diabetes. Guolin Qigong is sometimes called healing Qigong because of its origins as a therapeutic practice. Practicing this type of Qigong for health is common in China and has increased in popularity in other parts of the world, including the United States and Europe. This class will be outside rain or shine! Come get some fresh air at the beautiful Finch Arboretum. **Shadle Park Library, 2111 W. Wellesley Ave. \$72 (per visit fee \$15)**

11572 Sat.

11/5-12/10

10:15-11:15am

Walking Qi Gong

6 weeks | Ages 10+ | Jeff Thompson Guo Lin Qigong, also known as "Walking Qi Gong" focuses on deep breathing and visualization while walking and performing different arm, hand and other body movements. The walking and other movements are thought to nourish all five of our organ systems and have beneficial effects, like relaxing the mind and body and improving blood flow and oxygen intake, resulting in improved health. This form of Qigong was developed in the 1960s by a Chinese woman named Guo Lin, who based this new practice on older schools of Qigong and claimed that it helped her overcome uterine cancer and diabetes. Guolin Qi Gong is sometimes called healing Qigong because of its origins as a therapeutic practice. Practicing this type of Qigong for health is common in China and has increased in popularity in other parts of the world, including the United States and Europe. This class will be outside rain or shine! Come get some fresh air at the beautiful Finch Arboretum. **Finch Arboretum Field House, 3404 W. Woodland Blvd. \$72 (per visit fee \$15)**

11462 Sat.

9/17-10/22

10-11am



MARTIAL ARTS

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

Brazilian Jiu-Jitsu for Everyone!

4 weeks | Ages 3-18+ BJJ revolves around the concept that a smaller, weaker person can successfully defend him/herself against a bigger, stronger, heavier opponent by using leverage and weight distribution, taking the fight to the ground, and using several holds and submissions to overcome them. Come try a very hands-on activity that is the most practical form of self-defense and fitness in a fantastic and life changing learning environment.

Locations: 12926 E. Indiana Suite 2, Spokane Valley or 847 S.

Main Street, Deer Park. \$85

Valley – Ages 3-5yrs.

11431	Mon./Wed.	10/3-10/26	3:15-3:45pm
11446	Mon./Wed.	10/31-11/23	3:15-3:45pm
11447	Mon./Wed.	11/28-12/21	3:15-3:45pm

Valley – Ages 6-9yrs.

11432	Mon./Wed.	10/3-10/26	4-4:50pm
11448	Mon./Wed.	10/31-11/23	4-4:50pm
11449	Mon./Wed.	11/28-12/21	4-4:50pm

Valley – Ages 10-14yrs.

11433	Mon./Wed.	10/3-12/28	5-5:50pm
11450	Mon./Wed.	10/31-11/23	5-5:50pm
11451	Mon./Wed.	11/28-12/21	5-5:50pm

Valley – Ages 15+

11434	Mon./Wed.	10/3-12/28	6-7pm
11452	Mon./Wed.	10/31-11/23	6-7pm
11453	Mon./Wed.	11/28-12/21	6-7pm

Deer Park - Ages 3-5yrs.

11435	Tues/Thurs.	10/4-12/29	3:15-3:45pm
11454	Tues/Thurs.	11/1-11/24	3:15-3:45pm
11455	Tues/Thurs.	11/29-12/22	3:15-3:45pm

Deer Park - Ages 3-5yrs.

11436	Tues/Thurs.	10/4-12/29	4-4:50pm
11456	Tues/Thurs.	11/1-11/24	4-4:50pm
11457	Tues/Thurs.	11/29-12/22	4-4:50pm

Deer Park - Ages 3-5yrs.

11437	Tues/Thurs.	10/4-12/29	5-5:50pm
11458	Tues/Thurs.	11/1-11/24	5-5:50pm
11459	Tues/Thurs.	11/29-12/22	5-5:50pm

Deer Park - Ages 3-5yrs.

11438	Tues/Thurs.	10/4-12/29	6-7pm
11460	Tues/Thurs.	11/1-11/24	6-7pm
11461	Tues/Thurs.	11/29-12/22	6-7pm

Kung Fu For Youth

5 weeks | Ages 4-6 and 7-17yrs. | Sifu David The student will be introduced to activities aimed to developing a strong foundation of martial arts techniques as well as natural, fluid body-mechanics which can be applied to other sporting activities. The class environment and teaching methods are designed to downplay aggressive behavior and to foster an atmosphere of cooperation and team-effort. Five-week sessions must start at the beginning of the month. **East West Martial Arts 1427 N Monroe St. \$75**

Ages 4-6yrs.

11454	Mon./Thur.	10/4-12/22	5:45-6:15pm
-------	------------	------------	-------------

Ages 7-17yrs.

11455	Mon./Thur.	10/4-12/22	6:15-7pm
-------	------------	------------	----------

Karate Traditional Okinawan Goju Ryu

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

Youth Ages 6-14yrs.

11447	Tues./Thurs.	8/30-9/29	4-5pm
\$50 5wks			

11448	Tues/Thurs.	10/4-10/27	4-5pm
\$40 4wks			

11449	Tues/Thurs.	11/1-12/15	4-5pm
\$60 6wks			

Adult Ages 15+

11450	Tues./Thurs.	8/30-9/29	5:10-6:10pm
\$50 5wks			

11451	Tues/Thurs.	10/4-10/27	5:10-6:10pm
\$40 4wks			

11452	Tues/Thurs.	11/1-12/15	5:10-6:10pm
\$60 6wks			



WELLNESS SPOTLIGHT

Enhance®Fitness for Healthy Aging According to Spokane Regional Health District, "Spokane County's rate of death from falls is more than double than that of the rest of the State of Washington and the rest of the U.S. In 2017, 178 people in Spokane County died from an accidental fall; that's 29 deaths from falls per 100,000 people. The vast majority -95% - of falls occur among people age 65+" (Spokane Journal of Business, Thomas, 2019).

In an unprecedented effort to promote healthy aging for adults with arthritis and memory loss disorders (Alzheimer's and Dementia), Spokane Parks and Recreation is introducing "Enhance®Fitness for Healthy Aging," in partnership with Aging & Long-Term Care of Eastern Washington, and the Spokane Area Dementia Friendly Community.

Enhance®Fitness for Healthy Aging

8 and 16 weeks | Adults 50+ would you like more energy, improve balance, develop better body strength, increase flexibility and range of motion, improve sleep, and enhance feelings of happiness and sense of independence? Then look no longer, the Enhance®Fitness program is your answer! Taught by certified Enhance®Fitness instructors with specialized training to help, encourage and build each participant's physical and mental wellness. Across the country, older adults are finding success with this unique evidence-based program that uses simple, easy-to-learn movements that motivate individuals at all levels of fitness (particularly those with chronic conditions) to stay active throughout their life. **Southside Senior and Community Center, 3151 E. 27th Ave.**

11564	Mon/Wed/Fri	10/10-2/03	9:30-10:30am	\$120	8 weeks
11565	Mon/Wed/Fri	10/10-12/02	9:30-10:30am	\$180	16 weeks

Local Dementia Support

The **Spokane Area Dementia Friendly Community (DFC)** is an official member of the Dementia Friendly America network. The Spokane Area DFC has been making a community effort to enhance the quality of life for people living with dementia in Eastern Washington since 2018. This group is working on expanding access to dementia resources, programs, services, trainings, and education.

Learn more:

altcew.org/about-who-we-are/spokane-area-dementia-friendly-community/

**For information on local dementia resources and support, contact
Aging and Long Term Care's Dementia Specialist:**

509-960-7281

Need help right away? Call the Alzheimer's Association's 24/7 helpline:

1-800-272-3900

Aging & Long Term Care of Eastern Washington, the Washington State Chapter of the Alzheimer's Association, and Providence Health & Services partnered together to create the Spokane Area DFC.





TRS SOCIALIZATION

Therapeutic Recreation Services provides recreational opportunities for people with disabilities. If you do not have a disability and are interested in taking the class or volunteering please contact Alice Busch abusch@spokanecity.org

TRS Bowling

1 day | Ages 18+ Meet us at North Bowl for an afternoon of bowling and pizza. Fee includes everything so extra money is not required for this outing. **125 W. Sinto. \$33**

11536 Sat. 12/10 1-3:30pm

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 lunchroom, 2304 E. Mallon Ave. No Class 11/24. \$47**

11346 Thurs. 10/6- 10/27 4:15-5:30pm

11349 Thurs. 11/3-12/1 4:15-5:30pm

TRS Cookie Bake Night

1 day | Ages 14+ Spend the evening making several types of cookies. Enjoy yourself, take home or share with friends. Gluten-free options are available. **Class meets at Southside Senior Activity Center, 3151 E. 27th Ave.-kitchen. \$21**

11402 Wed. 10/12 5:30-7pm

TRS Cornhole & Pizza

4 weeks | Ages 12+ Friends, fun and favorite lawn game- Cornhole. Laughter and friendly competition will abound. Pizza will be served. **Meet at Pickleball Playground, 10505 N. Newport Hwy. \$53**

11350 Mon. 10/3-10/24 4:30-6pm

11351 Mon. 11/7 – 11/28 4:30-6pm



TRS Disney on Ice

1 day | Ages 16+ Hit the road with Mickey and his pals for a high-octane ride in Disney On Ice presents Road Trip Adventures. Exciting twists and turns await as Mickey, Minnie, Goofy - and you - embark on a wild ride to your favorite Disney destinations - right in your hometown!

Meet at Spokane Arena, main entrance, Boone & Howard. \$49
11535 Fri. 10/21 6:30-9:15pm

TRS Fine Dining

1 day | Ages 18+ Do you like getting dressed up and going out? Come with us and experience the culinary delights of Spokane's finest restaurants! Staff will help in the selection and purchase of a meal. Participants will have the opportunity to improve social, communication, and etiquette skills. Price does not include cost of food. **Transportation provided from Park Operations 2304 E. Mallon Ave. \$19**

Red Robin-Burgers, Shakes, Sweet Potato Fries & more

11440 Wed. 10/19 6-8:30pm

Old Spaghetti Factory- Ravioli, lasagna, tortellini, and spaghetti

11441 Wed. 11/9 6-8:30pm

TRS Eagle Football

1 day | Ages 18+ Come on Eagle fans, don't miss this exciting day of college football on the famous red turf. The EWU Eagles will take on the Sacramento State Hornets. Our seats are in the End Zone. Dress in layers for the weather and bring \$20 for dinner and more if want souvenirs. **TRS will meet at main entrance Roos Field, 1136 Washington St. \$53**

11398 Sat. 10/15 3-7:45pm

TRS Friday Night Jam

1 day | Ages 18+ Come rock and swing at Spokane's oldest on-going nightclub for people with developmental disabilities. If participants require direct supervision, then care providers need to attend. Second Friday of month. Pre-registration required.

Meet at West Central Community Center, 1603 N. Belt. \$10

Halloween/Harvest

Wear fall colors or a fun non-violent costume.

11344 Fri. 10/14 7-8:30pm

Christmas Dance

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

11345 Fri. 12/9 7-8:30pm

TRS SOCIALIZATION

TRS Holiday Light Cruise

1 day | Ages 16+ Come with us as we board a cruise boat to enjoy the Coeur d'Alene Resort's Journey to the North Pole. Get ready to feel the holiday magic on Lake Coeur d'Alene - an extravaganza of over 250 holiday light displays featuring millions of twinkling lights will light the way as your family cruises to meet Santa Claus, Mrs. Claus, and the elves. The evening concludes with a brilliant display of fireworks lighting up the night sky. Bring \$5-10 to purchase cocoa, pop, cookies or chips. Bring a sack dinner for the van ride. **Meet at Park Operations 2304 E. Mallon Ave., parking lot.**\$47

11534 Fri. 11/18 3:30-8pm

NEW! TRS Jewelry Making

1 day | Ages 14+ Get creative and learn how to make earrings and a necklace you will enjoy wearing. Make for yourself or give as a gift to loved one. All fine motor skill abilities welcomed. **Meet at Park Operations lunch room, 2304 E. Mallon Ave. \$21**

11443 Wed. 10/5 5:30-7pm

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. \$21**
11443 Wed. 11/16 6-7:30pm

TRS Spokane Chiefs Hockey

1 day | Ages 18+ Join us watch our local Spokane Chiefs Hockey team. Bring \$15 to purchase dinner/snacks. **Meet at the Spokane Veterans Memorial Arena, main entrance of Boone & Howard.** \$39

11399 Fri. 10/7 6:30-9:30pm vs. Edmonton Oilers

11400 Fri. 11/4 6:30-9:30pm vs. Prince George Cougars

11404 Fri. 12/2 6:30-9:30pm vs. Kelowna Rockets

TRS What's Cooking

4 weeks | Ages 16+ Tired of eating at home? Sign up for this class and you will prepare a meal, practice table manners, visit with friends, and take part in clean-up duties. Participants will have the opportunity to practice skills such as following directions, socialization, and hygiene required when in the kitchen. Class meets at **Southside Senior Activity Center, 3151 E. 27th Ave.-kitchen** \$63

11397 Tues. 9/13 – 10/4 4-6pm

11392 Tues. 10/11 – 11/1 4-6pm

11393 Tues. 11/8-11/29 4-6pm



Discounted Skiing/Snowboarding + Volunteering = One Awesome Winter

Do you enjoy skiing or snowboarding and want to help improve the quality of life for people with disabilities? Consider volunteering with Therapeutic Recreation Services.

Call 625-6245 or email
abusch@spokanecity.org
for more information.





TRS SWIMMING



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

Learn to Swim Beginner

Individuals will learn how to face float, back float, kick with floats and learn the crawl stroke with rotary breathing. Elementary back stroke and back crawl will be taught with the goal to be able to do for 20 yards. We require each swimmer to have an attendant in the water assisting so the teacher can rotate their attention safely. No swim 10/23, 10/30, & 11/27. \$59

11342 Sun. 9/18–12/4 2:15-3pm

Learn to Swim Intermediate

Individuals who have mastered the Beginner skills and are ready to move on. Skills worked on will be distance swimming, breaststroke, butterfly, diving, simple turns and deeper water experience. No swim 10/23, 10/30, & 11/27. \$59

11343 Sun. 9/18–12/4 3:05-3:50pm

Blue Dolphins Swim Team

For people with developmental disabilities who want to swim competitively or get a good workout. Ability to swim 75 yards without assistance and with rhythmic breathing. No swim 10/23, 10/30, & 11/27. \$59

11340 Sun. 9/18–12/4 2:15-3:45pm

TRS DANCE & MUSIC

TRS Day at the Theatre

1 day | Ages 16+ Come with us as we delight in the entertaining theatre productions put on by our local Spokane Children's Theatre(SCT) **2727 N. Madelia St Ste 5**

Cinderella: A story of a girl who dreams of a better life, and with the help of her Fairy Godmother, Cinderella is transformed into an elegant young lady and is able to attend the ball to meet her Prince.

11394 Sun. 10/23 1:45-4:15pm \$27

The Sound of Music: A tuneful, heartwarming story, based on the real life story of the Von Trapp Family singers, one of the world's best-known concert groups in the era immediately preceding World War II and how the governess to the widowed naval captains 7 children brings a new love of life and music into the home.

11395 Sun. 12/4 1:45-4:15pm \$27

TRS Line Dancing

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

11347 Mon. 10/3–10/24 3-4pm

11348 Mon. 11/7–11/28 3-4pm

TRS Music Making

4 weeks | Ages 15+ Join Willow Song Music for an hour packed with fun and joyful music-based activities. A variety of instruments including drums will be used. There will be group singing, range of motion movements, opportunities to socialize and share all while engaging with Carla, Board-Certified Music Therapist, and facilitator. **Meet at Willow Song Music Therapy, 21101 E. Wellesley Ave Space 102, Otis Orchards. \$74**

11403 Thurs. 9/29–10/20 5-6pm

TRS FITNESS

TRS Pickleball

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

11352 Mon. 10/3–10/24 6:30-7:30pm

11353 Mon. 11/7-11/28 6:30-7:30pm

TRS Ice Skating

8 weeks | Ages 8+ Participants with developmental disabilities learn to skate and improve existing skills. Please dress warmly. **Meet at Eagles Ice Arena, 6321 N. Addison St. No Skate 10/29 & 11/26. \$79**

11446 Sat. 10/8–12/3 3:30-4:15pm

TRS Pre-Ski Season Walking

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

11391 Sat. 10/1–11/12 9:30-11am

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
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 Assistant City Attorney Mike Piccolo will be the temporary ADA contact for Human Resources until a replacement is appointed/designated at 509-625-6237 or mpiccolo@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			
			/ /		M F			
			/ /		M F			
			/ /		M F			
			/ /		M F			
			/ /		M F			
			/ /		M F			
			/ /		M F			
			/ /		M F			
			/ /		M F			

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

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

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

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

THERAPEUTIC RECREATION ONLY

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

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

Dietary Precautions/Foods to avoid:

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

Activity Limitations/Physical problems (if any):

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

Careprovider/Support Staff provided? ☐ Yes ☐ No

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

THERAPEUTIC RECREATION

Do you have any disabilities? (be specific)

Participant Personal Needs:

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

Social Skills/Behavioral Info:	Participation:	Needs Help Managing:	Behavioral Triggers or fears:
	<input type="checkbox"/> Easily <input type="checkbox"/> Needs Occasional Prompting <input type="checkbox"/> Needs Constant Prompting	<input type="checkbox"/> Behavior <input type="checkbox"/> Personal Space <input type="checkbox"/> Emotions	Other information:

Mobility and Adaptive Equipment:	Do you use adaptive equipment?	Wheelchair:	Check all that apply:	Other information:
	<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:	Other 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	

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 _____