

# *summer* **ACTIVITY** *guide*

*New summer adventures!*

KAYAK RENTALS & RIVER SHUTTLES, SUMMER VOLLEYBALL,  
LAWN BOWLING, PICKLEBALL CAMPS, AQUATICS, HIKING,  
THERAPEUTIC PROGRAMS AND SO MUCH MORE!



EXPLORE  
**PARKS**  
NATURE

SPORTS  
& **REC**  
OUTDOOR

CAMPS  
**LEARN**  
CLASSES

SWIM  
**POOLS**  
SPLASH

PLAY  
**GOLF**  
LEARN

ENJOY  
**RIVER  
FRONT  
PARK**



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





**JULY 9, 2022 / 9AM- 6PM**



**GET  
TICKETS  
NOW!**



**KAYAK & PADDLEBOARD DEMOS**  
**LIVE MUSIC & BEER GARDEN**  
**UPHILL MTB SHUTTLES**  
**GROUP RIDES, CLINICS, & BIKE DEMOS**  
**NEW-HYDROFOILER DEMOS!**  
**MTB JUMP SHOW**  
**KIDS & FAMILY ACTIVITIES**  
**GAMES, PRIZES, & FUN COMPETITIONS**



**CAMP SEKANI PARK**  
**WWW.SPOKATOPIA.COM**

**THANK YOU TO EVENT SPONSORS!**



**TOYOTA**



**First Interstate Bank**



# TABLE OF CONTENTS

<b>AQUATICS</b>	4-15
<b>CORBIN ART CENTER</b>	
Preschool Specialty Half Day Camps	18
Sewing	20
<b>RIVERFRONT PARK</b>	22-24
<b>OUTDOOR RECREATION</b>	
Hiking & Walking Tours	26-27
Kayaking	28-30
Shuttle Service	31
Stand Up Paddleboarding	32
White Water Rafting	33
Youth Outdoor Camps	34
<b>WELLNESS &amp; ENRICHMENT</b>	
Youth Summer Camps	37
Qi Gong	41
Yoga & Enrichment Programs	44
<b>RECREATIONAL SPORTS</b>	
Martial Arts	46-47
<b>ATHLETICS</b>	
Volleyball, Cornhole & Softball	48-49
<b>THERAPEUTIC RECREATION SERVICES</b>	
Fitness/Wellness & Music/Dance	50
Funshine Day Camp & TRS Sports	51
Socialization	52-53
<b>INFORMATION &amp; FORMS</b>	54-58

**JENNIFER PAPICH**  
Recreation Director

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Welcome to summer!

*I recently read: "Parks and Recreation professionals are uniquely positioned to ensure that all people have access to programs, services, and park spaces that are essential to community vitality and quality of life." It's from the National Parks and Recreation Association, and I could not agree more!*

*We hear a lot lately about wellness. Maybe it's something you've been thinking about, too.*

*Recreation is not only wonderful for your physical well-being, but recreation activities also fuel our bodies by engaging our creativity, our emotions, our intellect, and our sense of community.*

*As you look through this Summer Activity Guide, you will see call outs highlighting wellness benefits directly related to the programs we offer.*

*We are passionate about bringing quality recreational opportunities to our community for all to enjoy! Our hope is that you try something new this summer -- as an individual, as a family or with a community group -- that turns into a new favorite past time and feeds into your wellness, too.*

## KNOW YOUR REC STAFF

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## LAP SWIM

### Adult Lap Swim Schedule

Lap lane reservations are available for individuals 16 years of age or older who want to swim for fitness or therapeutic purposes. Reservations can be made online up to one week in advance. Reservations can also be made over the phone by calling 509-755-2489 during regular business hours. Please note, voicemail and email reservation requests will not be accepted.

PRE-SEASON/POST SEASON FEE \$6 PER HOUR   REGULAR SEASON FEE \$4 PER HOUR			
PRE-SEASON LAP SWIM SCHEDULE MAY 9 - JUNE 17			
Witter	Monday – Friday	11:00am – 3:00pm	50 meter lanes
REGULAR SEASON LAP SWIM SCHEDULE JUNE 20 – AUGUST 26			
Witter	Monday – Friday	10:00am – 12:15pm	50 meter lanes
Comstock	Monday – Thursday	5:45am – 7:30am	50 meter lanes
	Friday	6:00am – 8:15am	50 meter lanes
	Saturday	7:30am – 9:45am	50 meter lanes
Shadle	Saturday	10:15am – 12:30pm	25 yard lanes
POST-SEASON LAP SWIM SCHEDULE AUGUST 29 – SEPTEMBER 16			
Witter	Monday – Friday	11:00 – 2:30pm	50 meter lanes

### CANCELLATION & NO SHOW POLICY

- Cancellations may be made up to 8am on the day of your swim session. After 8am any cancellation will be treated as a no-show. We prefer that you cancel by emailing [aquatics@spokanecity.org](mailto:aquatics@spokanecity.org). If you do not have access to email please call 509-625-6960.
- There will be a strict penalty for no-shows and cancellations after 8am on the day of the reservation. One offense will be forgiven but upon the second offense your entire household will be suspended from reserving swim sessions for one week.
- If a patron is not able to attend their reservation they cannot give it to someone else (no swapping). Each individual's name must match what is on the roster. Adults may be asked to show ID.

Make Reservations

**ONLINE @ SPOKANEREC.ORG**

*Under the lap swim reservation tab.*

**PHONE 509.755.2489**

*During regular business hours.*

### PRIVATE FACILITY RENTALS

Planning a family reunion or a corporate party? All the aquatic centers are available for private after hour rentals. During private rentals, patrons have full access to the aquatic center including a fully certified staff to keep your gathering safe. To make your reservation or view availability go to [www.spokanerec.org](http://www.spokanerec.org) and click on the Aquatic Facility Rentals tab.



**FREE SWIM SPLASHPASS**

**All Ages |** Take full advantage of the summer by signing up for your free SplashPass and cooling off at the pool. By registering for your free SplashPass you will enjoy access to all six of the City of Spokane aquatic centers. Admission to the pools is free, but a no-cost SplashPass is required. SplashPasses provide:

- Free admission during Open Swim hours
- Notification of pool events and closures (opt-out available)
- Acknowledgement and acceptance of important pool rules that are in place for your safety

You can register for your free SplashPass by going online at [SpokaneRec.org](http://SpokaneRec.org) or at any of our aquatic centers. Registration is free and takes less than 5 minutes. Parent/Guardian must sign the rules for children 17 and under.

**2507 Youth SplashPass (Ages 17 & Under)**  
**2508 Adult SplashPass (Ages 18+)**

# AQUATICS HOTLINE

## 509-625-6960

*Get up-to-date information on hours of operation, pool closures, and more.*

**FREE OPEN SWIM**

Our top priority is to meet the health and safety needs of our patrons and staff, and to provide a safe, positive and fun experience for all, in accordance with the specific guidance for operations.

**OPEN SWIM SCHEDULE  
JUNE 20 – AUGUST 26**

All Aquatic Centers: Comstock, AM Cannon,  
Hillyard, Liberty, Shadle & Witter

Monday – Saturday 1:00 – 4:00pm

**Evening Open Swim**

Comstock, Cannon,  
Hillyard

Mon-Wed  
6:30pm – 8:00pm

Liberty & Shadle

Tue & Thurs  
6:30pm – 8:00pm



# SPOKANE PARKS FOUNDATION

*Planting Roots. Growing Community.*



**We know now, more than ever, our community needs open spaces to stay safe, stay distant, and stay active. Our local parks are the perfect place to explore, enjoy and soak in the sun...**

## **We invite you to join us!**

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



**Please give to your local parks today!**  
[www.spokaneparksfoundation.org/donate](http://www.spokaneparksfoundation.org/donate)

Or text “parks” to (202) 858-1233



# LITTLE SPOKANE RIVER KAYAK RENTALS

**\* Pre-Reservation Required – No On-site Payment \***

Price: \$49 • 5+ rentals: \$40 • Saturdays and Sunday ONLY July 2–September 4  
Kayak Pick Up at 11am • Meet at the 9 Mile Take Out on N. Shoemaker Lane  
Must be over 18 to rent • Ages 15-17 must be with a parent or guardian

Includes: Kayak, Paddle, PFD, Shuttle Transportation, pre-trip & safety info, whistle and self-guided tour map. The Kayak Paddle is 6 miles total and takes 3+ hours. Kayak Rental must be completed by 4pm.

REGISTER ONLINE AT [SPOKANEREC.ORG](http://SPOKANEREC.ORG)  
UNDER THE OUTDOOR TAB



# THE LITTLE SPOKANE RIVER SHUTTLE IS BACK!

Saturdays and Sundays  
10am – 4pm | July 2 – September 4

Single Trip: \$10\*

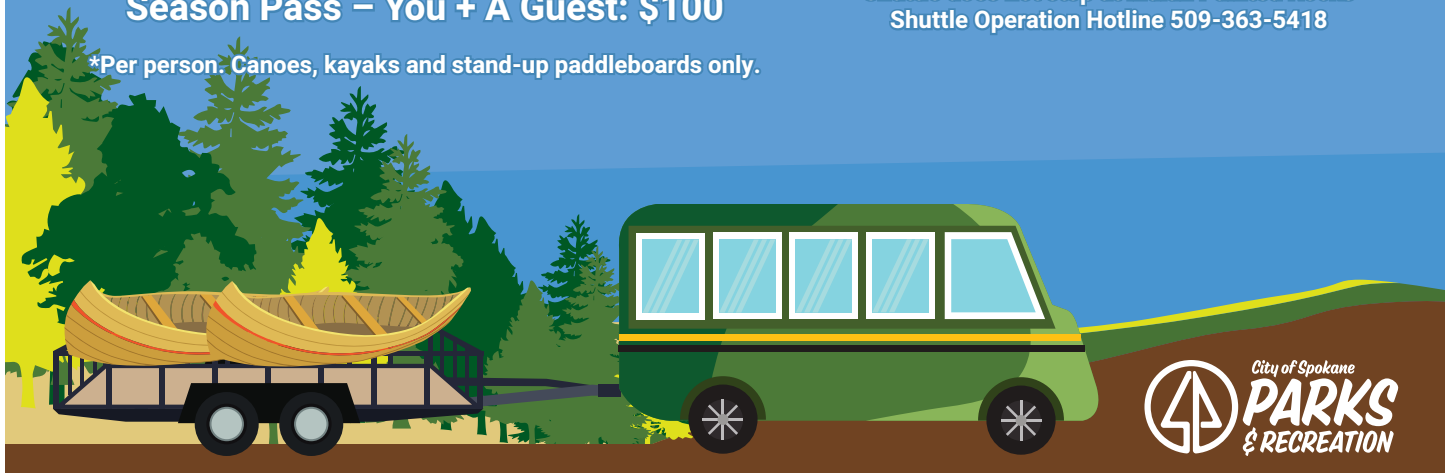
Season Pass: \$85

Season Pass – You + A Guest: \$100

\*Per person. Canoes, kayaks and stand-up paddleboards only.

REGISTER ONLINE AT  
[SPOKANEREC.ORG](http://SPOKANEREC.ORG)  
UNDER THE OUTDOOR TAB

Shuttle does not stop at Indian Painted Rocks  
Shuttle Operation Hotline 509-363-5418





## AQUATICS PROGRAMS

### Jr. Lifeguarding Camp

**2 weeks | Ages 10-15yrs.** Students must be able to demonstrate level 5 skills to be in this class. Participants learn what it takes to be a Spokane Aquatics Lifeguard by introducing them to water safety, rescue skills, first aid, CPR, health and wellness, and sustainability. Students will learn the ins and outs of pool operations beyond what happens on deck. Participants will receive a junior lifeguard t-shirt and whistle at the completion of the program.

Please note that this class does not certify your child to become a lifeguard, it is designed to be a transition course from lessons. If you are interested in becoming a certified lifeguard, please visit our lifeguarding course page. \$96

#### Comstock

9642	Mon.-Thurs.	6/20 – 6/30	9 – 11:15am
9641	Mon.-Thurs.	7/5 – 7/14	9 – 11:15am
9643	Mon.-Thurs.	7/18 – 7/28	9 – 11:15am
9644	Mon.-Thurs.	8/1 – 8/11	9 – 11:15am
9645	Mon.-Thurs.	8/15 – 8/25	9 – 11:15am

#### Shadle

9647	Mon.-Thurs.	6/20 – 6/30	9 – 11:15am
9646	Mon.-Thurs.	7/5 – 7/14	9 – 11:15am
9648	Mon.-Thurs.	7/18 – 7/28	9 – 11:15am
9649	Mon.-Thurs.	8/1 – 8/11	9 – 11:15am
9650	Mon.-Thurs.	8/15 – 8/25	9 – 11:15am

### Aqua Ducks | Novice Swim Team

**8 weeks | Ages 6+** Is your little fish either aging out of swim lessons or has completed all levels but competitive teams aren't what you are looking for? Try out our novice team where the philosophy is to have fun while increasing swim endurance, refinement of the four Olympic strokes (breaststroke, backstroke, front crawl, butterfly), and learning starts and turns. Prerequisite: Ability to swim crawl stroke 50 yards unassisted. Swim meets will be held at Witter starting at 5:30pm on July 14 and August 11. \$210 includes meet fees.

#### Comstock Intermediate: Ages 9+, Must be able to swim 50 meters unassisted.

10375	Mon.-Thurs.	6/20-8/11	7:30-8:30am
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#### Comstock

10376	Mon.-Thurs.	6/20-8/11	9-10am
10377	Mon.-Thurs.	6/20-8/11	5-6pm

#### Shadle

10374	Mon.-Thurs.	6/20-8/11	5-6pm
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#### Witter

10378	Mon.-Thurs.	6/20-8/11	10:45am-11:45am
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## AQUA FITNESS

### AquaFit

**Varies | Ages 18+** Burn some calories in a fun and refreshing environment! This class focuses on aerobic conditioning and toning of the body by using the resistance of the water and a variety of challenging aquatic exercises. You can expect to experience aerobic, balance, muscle toning and core strengthening types of routines on a rotating basis.

10579 AquaFit 6 Visit Punch Pass \$27

#### Witter \$90

10581 Tues. & Thurs. 6/21 – 8/18 6:30 – 7:15pm

#### Hillyard \$90

10582 Tues. & Thurs. 6/21 – 8/18 10:45 – 11:30am

#### Shadle \$36

10580 Sat. 7/2 – 8/20 9:30 – 10:20am

Benefits of Swimming on swimming.org: "Swimming uses all the muscles in the body so whether you swim a gentle breaststroke or hammer butterfly, you will get a full body workout. Plus, exercising in water makes your body work harder so 30 minutes in a pool is worth 45 minutes of the same activity on land."

**REGISTER  
ONLINE**  
[SpokaneRec.org](https://SpokaneRec.org)



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



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







## TRAINING & CERTIFICATION COURSES

### **NEW!** Babysitter Training Course

**Ages 11-15yrs.** This is an interactive class designed by the American Red Cross to prepare students to be better babysitters. Topics include how to stay safe; what to do in an emergency; how to choose age-appropriate activities; and how to recognize and handle a variety of behaviors. Students will also learn the basics of starting a babysitting business. The course consists of six interactive modules featuring video, activities, games and tools babysitters can use to build their knowledge and skills and manage their babysitting business. This course includes a final exam at the end, and students who successfully complete the course will receive an American Red Cross certificate. Participants should bring a sack lunch. Space is limited so register early. **Witter Aquatic Center 1300 E Mission Ave. \$75**

10572	Sat. & Sun.	6/4 & 6/5	10am – 1pm
10573	Tues. – Thurs.	7/12, 7/13 & 7/14	5 – 7pm

### Aquanautic Safety Instructor

**2 weeks | Ages 15+** Learn to teach water safety, survival, and swimming skills to all ages. This course will certify you to instruct for the City of Spokane Aquatic Dept. only, and will allow you to earn the same wage as a WSI if employed with the City of Spokane Aquatic Dept. This is not a nationally recognized certification, but for the City of Spokane. Prerequisite: minimum 15 years old; pass all pre-course swimming tests administered the first class session. **Witter Aquatic Center 1300 E Mission Ave. \$25**

10544	Fri.	6/3 & 6/10	5 – 9pm
	Sat.	6/4 & 6/11	10 – 5pm

### Water Safety Instructor (WSI)

**2 Weeks | Ages 16+** Learn to teach water safety, survival, and swimming skills to all ages. This course will train instructors to teach American Red Cross swimming and water safety courses and will cover all topics necessary to become a successful Water Safety Instructor. This class will be done in a blended learning format, Students will be required to complete all online components prior to the completion of the class. Approximate time for online portion is 7 hours. Textbook is available in a downloadable PDF. Prerequisite: minimum 16 years old; pass all pre-course swimming tests administered the first class session. **Liberty Aquatic Center 502 S. Pittsburg St. \$250**

10548	Fri.	7/8 & 7/15	5 – 9pm
	Sat. & Sun.	7/9, 7/10, 7/16 & 7/17	10am – 5pm

### Lifeguard Training Course

**2 weeks | Ages 15+** If you are looking for the perfect summer job, this course is for you. As a certified lifeguard you will be responsible for ensuring people's safety in and around the water. This course is in a blended learning format, students will be required to complete all online modules prior to taking the final exam. The blended learning component will give students a better understanding of the topics covered in class and prepare them for the exams. The course will cover CPR, First Aid, and lifeguarding. Textbooks available for use or you can download the electronic version. Prerequisite: minimum 15 years old; pass all pre-course tests. **Witter Aquatic Center, 1300 E Mission Ave. \$75**

10332	Fri.	6/3 & 6/10	5 – 9pm
	Sat. & Sun.	6/4 – 6/5 & 6/11 – 6/12	9am – 5pm
10333	Fri.	8/12 & 8/19	5 – 9pm
	Sat./Sun.	8/13 – 8/14 & 8/20 – 8/21	9am – 5pm

### Lifeguard/CPR Recertification Course

**2 weeks | Ages 15+** Lifeguarding review classes are designed to help you update your skills while also extending your certification for another two years. You must have prior certification in Lifeguarding, First Aid & CPR. **Witter Aquatic Center, 1300 E. Mission Ave. \$50**

10328	Fri.	6/3 & 6/10	5 – 9pm
	Sat. & Sun.	6/4 – 6/5 & 6/11 – 6/12	9am – 5pm
10329	Fri.	8/12 & 8/19	5 – 9pm
	Sat./Sun.	8/13 – 8/14 & 8/20 – 8/21	9am – 5pm





## FREE SWIM CLINICS

### Free Swim Clinics

**1 Day | Ages 3-15 yrs. | \$0** The Spokane region is home to over 70 bodies of water offering numerous opportunities to enjoy swimming and other aquatic activities. The goal of the City of Spokane and the Spokane Parks Foundation is to offer free opportunities for participants to learn how to be safe in and around the water, and to teach, develop, and improve swimming skills. Preregistration is required with a maximum of 15 participants per session. Sponsored by The Spokane Parks Foundation

#### **AM Cannon Aquatic Center:** **1900 W. Mission** (Maxwell & Elm)

6/25	11:30am-12pm	10012
	12-12:30pm	10013
7/2	11:30am-12pm	10014
	12-12:30pm	10015
7/9	11:30am-12pm	10016
	12-12:30pm	10017
7/16	11:30am-12pm	10018
	12-12:30pm	10019
7/23	11:30am-12pm	10020
	12-12:30pm	10021
7/30	11:30am-12pm	10022
	12-12:30pm	10023

#### **Hillyard Aquatic Center:** **3000 E. Columbia** (Columbia & Market)

6/25	11:30am-12pm	10024
	12-12:30pm	10025
7/2	11:30am-12pm	10026
	12-12:30pm	10027
7/9	11:30am-12pm	10028
	12-12:30pm	10029
7/16	11:30am-12pm	10030
	12-12:30pm	10031
7/23	11:30am-12pm	10032
	12-12:30pm	10033
7/30	11:30am-12pm	10034
	12-12:30pm	10035

#### **Liberty Aquatic Center:** **502 S. Pittsburg** (5th & Pittsburg)

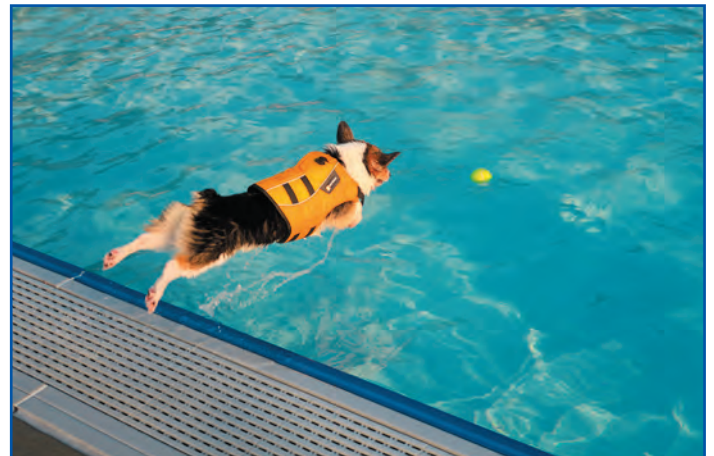
6/25	11:30am-12pm	10036
	12-12:30pm	10037
7/2	11:30am-12pm	10038
	12-12:30pm	10039
7/9	11:30am-12pm	10040
	12-12:30pm	10041
7/16	11:30am-12pm	10042
	12-12:30pm	10043
7/22	11:30am-12pm	10044
	12-12:30pm	10045
7/30	11:30am-12pm	10046
	12-12:30pm	10047

## SPECIAL EVENTS

### Doggie Dip

**1 Day | All Ages** The pools have gone to the DOGS! Bring your four-legged friend to the last splash of the season! Along with SpokAnimal, we hope to have fun, raise awareness and funds for the High Bridge Dog Park. Drop-ins/donations welcome at the door. All pools except Witter. Fee \$10 per dog. Proof of rabies vaccination required.

Sun.	8/28	3 – 4:30pm	Comstock
Mon.	8/29	5:30 – 7pm	Shadle
Tues.	8/30	5:30 – 7pm	Hillyard
Wed.	8/31	5:30 – 7pm	A.M. Cannon
Thurs.	9/1	5:30 – 7pm	Liberty







## PRIVATE SWIM LESSONS

**Private Swimming Lessons**

**All summer | All Ages** Do you or your little one need one-on-one instruction? \$38 per person per half hour session

**Comstock & Shadle Aquatic Centers**

Mon. – Thurs., 12:00pm – 12:30pm

**Cannon, Hillyard & Liberty Aquatic Centers**

Mon. – Thurs., 12:10pm – 12:40pm

## SWIM LESSONS

**Swimming Lessons**

This summer is the perfect time to learn to swim or to improve your skills. Group swimming lessons are offered for every skill level and age starting at 6 months old. Swim lessons are \$56 per person, per session. Sessions are two weeks long with classes held Monday – Thursday (8 days total). Maximum enrollment is 5 children per class, minimum is 3 children. Deadline for enrollment is the THURSDAY before the start of the next session. Classes may be canceled due to inclement weather, unhealthy air quality, contamination, or other unexpected circumstances.

All efforts will be made to hold each class. Register online or by phone 509.755.2489.

**Session Dates**

June 20 – July 30

July 5 – July 14 (no class on July 4)

July 18 – July 28

August 1 – August 11

August 15 – August 25

## GROUP SWIM LESSON LEVEL DESCRIPTIONS &amp; GENERAL INFORMATION

**Tadpole | Parent Assist | Ages 6-36 Months**

Water orientation class for younger children. Parents (one adult per child) required to be in the water with children. The goal of this class is to introduce water adjustment skills in a safe and friendly environment. Climbing in and out of the pool, floating on front and back, kicking, and arm movement. All swimmers in diapers must be in swim diapers.

**Seahorse | Preschool | Ages 3-5 Years**

Through games and play, the goal is to introduce preschool aged kids to water and teach them how to safely navigate this exciting new environment. Students will work on submerging underwater, blowing bubbles with mouth and nose, supported floating, and introduces leg movements.

**Level 1 | Penguin | Ages 5-8 Years**

A great place for school-aged kids who are new to lessons or are nervous/afraid around water. The primary goal is to develop comfort and confidence. Students review and master all Seahorse skills, work on floating independently on front and back, refine their kicking, and are introduced to crawl stroke arms.

**Level 2 | Turtle | Ages 5-9 Years**

Students must be able to demonstrate Level 1 skills to be in this class. Students will continue to develop comfort and confidence, especially underwater and floating. This class focuses on a lot of new skills: kicking and rolling, crawl stroke, and backstroke.

**Level 3 | Stingray | Ages 6-10 Years**

Students must be able to demonstrate Level 2 skills to be in this class. This class is a challenge! There will be a lot of work on side breathing with crawl stroke, will refine backstroke, and introduces treading water. Students should pass this class before joining our Aqua Ducks Swim Team.

**Level 4 | Seal | Ages 7-11 Years**

Students must be able to demonstrate Level 3 skills to be in this class. Get ready to swim some laps: in addition to working on crawl stroke, backstroke, and treading water endurance, students will be introduced to breaststroke kick and elementary backstroke.

**Level 5 | Barracuda | Ages 8-12 Years**

Students must be able to demonstrate Level 4 skills to be in this class. This class is designed to prepare students for swimming for fitness or for continuing to our Jr. Lifeguard class. This class is designed for stroke refinement and endurance, working on crawl stroke, backstroke, breaststroke, elementary backstroke, and introducing butterfly.

According to the Center for Disease Control, drowning is the leading cause of injury and death for children 1 to 4 years of age. Learning how to swim is the best form of prevention and formal swimming lessons can reduce the risk of drowning.



## COMSTOCK AQUATIC CENTER: SWIMMING LESSONS

29th & Howard 600 W. 29th Ave	Tadpole Parent tot	Seahorse Preschool	Penguin Level 1	Turtle Level 2	Stingray Level 3	Seal Level 4	Barracuda Level 5	Junior Lifeguard Camp	Aqua Ducks Swim Team
<b>Session 1 6/20-6/30 Mon.-Thurs.</b>									
9-9:30 am						9614			
9:35-10:05 am				9449					
10:10-10:40 am			9249						
10:45-11:15 am	9058		9251			9615			
11:20-11:50 am									
4:35-5:05 pm			9253						
5:10-5:40 pm									
5:45-6:15 pm		9164					9222		
<b>Session 2 7/5-7/14 Mon.-Thurs.</b>									
9-9:30 am	9052				9526				
9:35-10:05 am			9240		9528				
10:10-10:40 am			9241	9441	9573				
10:45-11:15 am					9529/9530				
11:20-11:50 am			9243	9443/9679	9531				
4:35-5:05 pm					9972/9973				
5:10-5:40 pm					9532				
5:45-6:15 pm			9246						
<b>Session 3 7/18-7/28 Mon.-Thurs.</b>									
9-9:30 am			9257	9457	9546	9618			
9:35-10:05 am			9258/9285		9547				
10:10-10:40 am		9167	9260		9548				
10:45-11:15 am				9461					
11:20-11:50 am			9262	9462/9463	9550/9551				
4:35-5:05 pm					9975				
5:10-5:40 pm			9264						
5:45-6:15 pm					9680				
<b>Session 4 8/1-8/11 Mon.-Thurs.</b>									
9-9:30 am	9066		9266	9467	9554				
9:35-10:05 am		9185	9267	9468/9469					
10:10-10:40 am	9067		9268/9269	9470	9556				
10:45-11:15 am			9270	9471	9557/9558				
11:20-11:50 am			9271	9472/9486					
4:35-5:05 pm			9961/9962		9976/9977				
5:10-5:40 pm			9272	9484	9560/9561				
5:45-6:15 pm			9273/9274		9562				
<b>Session 5 8/15-8/25 Mon.-Thurs.</b>									
9-9:30 am		9177	9275	9475	9563	9623			
9:35-10:05 am		9178	9284	9476	9564/9565				
10:10-10:40 am		9179	9276/9277	9477/9478	9566				
10:45-11:15 am			9278	9479	9567				
11:20-11:50 am			9279/9280	9480/9481	9568				
4:35-5:05 pm		9955	9963		9978/9979		9983		
5:10-5:40 pm		9183	9281/9282	9482	9570				
5:45-6:15 pm				9483	9571/9572				

1st Time Slot  
6/28-8/19  
7:30-8:30am

2nd Time Slot  
6/28-8/19  
9am-10am

3rd Time Slot  
6/28-8/19  
5pm-6pm





## HILLYARD AQUATICS CENTER

Columbia & Market 3000 E Columbia	Preschool Ages 3-5yrs.	Beginner Ages 5-9yrs.	Intermediate/ Advanced Ages 6-12 yrs.
<b>Session 1 6/20-6/30 Mon.-Thurs.</b>			
11-11:30am	9114		9342
11:35am-12:05pm	9115	9400	9343
5:10-5:40pm	9116		9344
5:45-6:15pm	9117		9345
<b>Session 2 7/5-7/14 Mon.-Thurs.</b>			
11-11:30am	9110	9395	9338
11:35am-12:05pm	9111	9396	9339
5:10-5:40pm	9112	9397	9340
5:45-6:15pm	9113	9398	9341
<b>Session 3 7/18-7/28 Mon.-Thurs.</b>			
11-11:30am	9118	9403	9655
11:35am-12:05pm	9119	9404	9656
5:10-5:40pm	9120	9405	9346
5:45-6:15pm	9121	9406	9657
<b>Session 4 8/1-8/11 Mon.-Thurs.</b>			
11-11:30am	9122	9407	9347
11:35am-12:05pm	9123	9408	9348
5:10-5:40pm	9124	9409	9349
5:45-6:15pm	9125	9410	9350
<b>Session 5 8/15-8/25 Mon.-Thurs.</b>			
11-11:30am	9126	9411	9351
11:35am-12:05pm	9127	9412	9352
5:10-5:40pm	9128	9413	9353
5:45-6:15pm	9129	9414	9354

## LIBERTY AQUATICS CENTER

5th & Pittsburg 502 S Pittsburg Street	Preschool Ages 3-5yrs.	Beginner Ages 5-9yrs.	Intermediate/ Advanced Ages 6-12 yrs.
<b>Session 1 6/20-6/30 Mon.-Thurs.</b>			
11-11:30am			
11:35am-12:05pm	9135		9360
5:10-5:40pm			9361
5:45-6:15pm			9362
<b>Session 2 7/5-7/14 Mon.-Thurs.</b>			
11-11:30am	9130	9415	9355
11:35am-12:05pm	9131	9416	9356
5:10-5:40pm	9132	9417	9357
5:45-6:15pm	9133	9418	9358
<b>Session 3 7/18-7/28 Mon.-Thurs.</b>			
11-11:30am	9138	9423	9363
11:35am-12:05pm	9139	9424	9364
5:10-5:40pm	9140	9425	9365
5:45-6:15pm	9141	9426	9366
<b>Session 4 8/1-8/11 Mon.-Thurs.</b>			
11-11:30am	9142	9427	9367
11:35am-12:05pm	9143	9428	9368
5:10-5:40pm	9144	9429	9658
5:45-6:15pm	9145	9430	9369
<b>Session 5 8/15-8/25 Mon.-Thurs.</b>			
11-11:30am	9146	9431	9370
11:35am-12:05pm	9147	9432	9371
5:10-5:40pm	9148	9433	9372
5:45-6:15pm	9149	9434	9373

# AQUATICS HOTLINE

## 509-625-6960

Get up-to-date information on pool closures, hours and more.



# Aquatics

SUMMER 2022

## SHADLE AQUATIC CENTER: SWIMMING LESSONS

Wellesley & Belt  
2005 W Wellesley

Tadpole  
Parent tot

Seahorse  
Preschool

Penguin  
Level 1

Turtle  
Level 2

Stingray  
Level 3

Seal  
Level 4

Barracuda  
Level 5

Junior  
Lifeguard  
Camp

Aqua Ducks  
Swim Team



Session 1      6/20-6/30      Mon.-Thurs.								9-11:15 am 9647
9-9:30 am		9188		9495	9574			
9:35-10:05 am				9496	9575		9299	
10:10-10:40 am					9576			
10:45-11:15 am				9498	9577	9627		
11:20-11:50 am					9578			
4:35-5:05 pm					9579	9628		
5:10-5:40 pm					9580			
5:45-6:15 pm					9581		9230	
Session 2      7/5-7/14      Mon.-Thurs.								9-11:15 am 9646
9-9:30 am				9503	9582		9231	
9:35-10:05 am				9494	9583			
10:10-10:40 am				9507	9584	9629		
10:45-11:15 am				9508	9585			
11:20-11:50 am				9504	9586	9630		
4:35-5:05 pm					9996		1001	
5:10-5:40 pm			9298	9506		9631		
5:45-6:15 pm			9295	9505	9588			
Session 3      7/18-7/28      Mon.-Thurs.								9-11:15 am 9648
9-9:30 am			9299					
9:35-10:05 am				9488	9590			
10:10-10:40 am				9489	9591			
10:45-11:15 am					9592			
11:20-11:50 am					9593			
4:35-5:05 pm		9986			9997			
5:10-5:40 pm			9303		9594			
5:45-6:15 pm			9304	9493	9595		9233	
Session 4      8/1-8/11      Mon.-Thurs.								9-11:15 am 9649
9-9:30 am			9305	9509	9596		9234	
9:35-10:05 am		9203	9306	9510	9597			
10:10-10:40 am		9204		9511		9634		
10:45-11:15 am		9205	9307	9512				
11:20-11:50 am			9308	9513	9599	9635		
4:35-5:05 pm	9206		9990	9994	9998		10000	
5:10-5:40 pm		9207	9309	9514	9600	9636		
5:45-6:15 pm		9208	9310	9515	9601			
Session 5      8/15-8/25      Mon.-Thurs.								9-11:15 am 9650
9-9:30 am		9209	9311	9516	9602			
9:35-10:05 am			9312	9517	9603		9235	
10:10-10:40 am	9085	9210		9518	9604			
10:45-11:15 am			9313	9519	9605	9637		
11:20-11:50 am		9211	9314	9520	9606			
4:35-5:05 pm		9987	9991	9995	9999	9638		
5:10-5:40 pm			9315	9521	9607			
5:45-6:15 pm			9316	9522	9608		9236	

6/27-8/18  
5-6pm





# CANNON AQUATICS CENTER

Maxwell & Elm  
1900 W Mission

Preschool  
Ages 3-5yrs.

Beginner  
Ages 5-9yrs.

Intermediate/  
Advanced  
Ages 6-12 yrs.

Session 1		6/20-6/30	Mon.-Thurs.
11-11:30am			9324
11:35am-12:05pm			9325
5:10-5:40pm			9326
5:45-6:15pm		9383	9327
Session 2		7/5-7/14	Mon.-Thurs.
11-11:30 am			9320
11:35am-12:05pm	9091	9377	9321
5:10-5:40 pm		9378	9322
5:45-6:15 pm		9379	9323
Session 3		7/18-7/28	Mon.-Thurs.
11-11:30 am	9098	9385	9653
11:35am-12:05pm	9099	9386	9652
5:10-5:40 pm	9100	9437	9328
5:45-6:15 pm	9101	9651	9329
Session 4		8/1-8/11	Mon.-Thurs.
11-11:30 am	9102	9387	9330
11:35am-12:05pm	9103	9388	9331
5:10-5:40 pm	9104	9389	9332
5:45-6:15 pm	9105	9390	9333
Session 5		8/15-8/25	Mon.-Thurs.
11-11:30 am	9106	9391	9335
11:35am-12:05pm	9107	9392	9336
5:10-5:40 pm	9108	9393	9337
5:45-6:15 pm	9109	9394	9334

**REGISTER  
ONLINE**  
[SpokaneRec.org](https://SpokaneRec.org)



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



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



# AQUATICS HOTLINE

## 509-625-6960

*Get up-to-date information on hours of operation, pool closures, and more.*



# Summer Camp Scholarships now available thanks to the SEEK fund!

If finding quality, affordable, engaging things for your school aged kids (K-12) to do this summer is a financial burden or barrier of any kind then this this scholarship is for you!

Scholarships are available for: Outdoor Adventure Camp -  
Summer Day Camp at Merkel - Corbin Art Center Camps -  
TRS Funshine Camp - Disc Golf Camp - Horseback Riding Camp -  
Wilderness Survival Camp -

The SEEK fund is a program of the Washington Recreation & Park Association and the Association of Washington Cities, with funding from the Office of the Superintendent of Public Instruction.

Learn more and apply at [SpokaneParks.org/Scholarships](https://SpokaneParks.org/Scholarships)



## YOUTH SUMMER ADVENTURE CAMPS

**SEEK  
Scholarships  
available!**

[spokaneparks.org  
/scholarships](https://spokaneparks.org/scholarships)

## HIKING ROCK CLIMBING KAYAKING WHITEWATER RAFTING DISC GOLF PADDLEBOARDING & MORE

CHECK  
[WWW.SPOKANEREC.ORG](https://WWW.SPOKANEREC.ORG)  
FOR CAMP AVAILABILITY





## Inclusion Statement

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**

## Essential Eligibility Criteria Statement

Essential Eligibility Criteria (EEC) are intended to be a communication resource for anyone considering participating in a Spokane Parks and Recreation program.<sup>(1)</sup> The safety and well-being of our participants and staff is a top priority for our programs! Due to the inherent risks associated with our activities,<sup>(1)</sup> our programs are open to all individuals who meet the general and program-specific EEC independently or with the assistance of a companion/trained aid.<sup>(2)</sup> These criteria are not intended to be exclusionary, rather clearly outline the program's requirements. If you have any questions or concerns about our EEC, please contact the program supervisor. We may be able to assist you with a reasonable accommodation.<sup>(3)</sup>

## General Recreation Essential Eligibility Criteria

Participants must be able to complete the following criteria with or without the assistance of a companion/trained aide who accompanies the participant.

1. Arrive at the program's meeting location on time and ready to participate.
2. Comprehend and follow instructions given to avoid hazards and/or manage risk.
3. Effectively alert others of personal distress, injury, illness, or the need for assistance.
4. Remain alert and focused for the duration of the program.
5. Wear all required safety gear according to manufacturer standards as necessary.
6. Contribute to a safe environment - inappropriate verbal or physical behavior is not tolerated for any reason

## Terms/ Definitions

- (1) **Activity/Program:** The term 'activity' or 'program' describes any outing, trip, or event sponsored by Spokane Parks and Recreation.
- (2) **Companion/Trained Aid:** In some circumstances, if an EEC can be met with the help of a companion/trained aide participants may be eligible to participate.
  - Examples of companions/trained aides include service animals, translators, caregivers, or an individual that can assist a participant with physical, emotional, or communication requirements.
  - In the case of a minor needing to meet an EEC with an aide, a parent/guardian or responsible adult may act as an aide.
  - Companions/Trained Aides must be able to complete all EEC.
  - Spokane Parks and Recreation will permit the attendance of a participant's companion at no additional cost to the participant; however, the companion will be responsible for purchasing their own consumable resources/ access fees (e.g. food, event tickets, etc.). For your convenience, these costs can be given upon request. Please contact the program supervisor for coordination.
- (3) **Reasonable Accommodation:** An accommodation made that will not fundamentally change the nature of a program, would increase unnecessary risk to the participant or others, or would place an undue financial or administrative burden on Spokane Parks and Recreation.



## CORBIN PRESCHOOL SPECIALTY HALF DAY CAMPS

Ages 3-5yrs. Preschoolers MUST be Potty Trained to attend camp. All Camps are held at the Corbin Art Center, 507 W 7th Ave.

### **NEW!** Barnyard Palooza!

**1 week | Ages 3-5yrs.** Can you cluck like a chicken? How about whinny like a horse? Do we have a farm animal inspired camp for you! Each day will feature different barnyard animals in our art projects. We will create with paint, clay, paper and more while learning some fun facts about the animals. There will be singing and maybe even a bit of dancing as we "Moo"ve to the farm groove. Please bring a snack and a water bottle each day to camp. \$79

10599 Mon. – Fri. 6/6 – 6/10 9 – 11:30am

### **NEW!** Things that Go!

**1 week | Ages 3-5yrs.** Does your child love all things that go? Then all aboard for this fun and creative camp! Your little conductor, pilot, driver or captain will make and test paper tubes cars, cork boats and gyrocopters just to name a few of the projects. Your preschooler will have so much fun, that the week will just "fly" by. Please bring a snack & a water bottle each day to camp. \$79

10600 Mon. – Fri. 6/6 – 6/10 12:30 – 3pm

### **NEW!** Jungle Jammin'

**1 week | Ages 3-5yrs.** Join us on a jungle-tastic adventure and expedition! We'll move and sound like lions, exotic birds, monkeys, elephants and more. Come and listen to jungle stories, craft animal art projects and masks, make drums and create some outrageous jungle rhythms and sing some fun jungle inspired songs. Please bring a snack & a water bottle each day to camp. \$79

10601 Mon. – Fri. 6/13 – 6/17 9 – 11:30am



*Crazy Clay Fun*



*Let's Gogh Art Tuesday*

### **Doodle Bug Art Fun!**

**1 week | Ages 3-5yrs.** Does your child love to draw, paint or just doodle? Is he/she fascinated about bugs? Come be a Doodle Bug artist! In this fun, creative camp, we will combine art and the study of insects. You never know what great works of bug art might develop. In this camp we will have fun learning some new and clever abstract techniques of creating insect art! Please bring a snack & a water bottle each day to camp. \$79

10602 Mon. – Fri. 6/13 – 6/17 12:30 – 3pm

### **Round-Up Rodeo!**

**1 week | Ages 3-5yrs.** Howdy Buckaroo! Round up your child for this cowboy and cowgirl inspired camp! We will make some wearable costumes and make Wild West themed arts and crafts. This camp is sure to be a Rip-Roaring good time! Please bring a snack & a water bottle each day to camp. \$79

10603 Mon. – Fri. 6/20 – 6/24 9 – 11:30am

### **Little Superheroes**

**1 week | Ages 3-5yrs.** Do you love to dress up like your favorite superhero or villain? What awesome super-powers do you have? Do you run around and pretend you can fly? Then this is the camp for you! Come and make capes, masks, puppets and become a superhero for the week. Learn how to make secret messages that only your fellow superheroes know how to read so you can save the day from the villains. Please bring a snack & a water bottle each day to camp. \$79

10604 Mon. – Fri. 6/20 – 6/24 12:30 – 3pm



**15 NEW  
CAMPS!**



# **CORBIN KIDS** *Summer* **ART CAMPS**



**JUNE 6 -  
AUG 19**



**CAMPS FILL UP FAST! CHECK [WWW.SPOKANEREC.ORG](http://WWW.SPOKANEREC.ORG)  
FOR CAMP AVAILABILITY.**



[SPOKANEREC.ORG](http://SPOKANEREC.ORG)







## SEWING

### **NEW!** Natural Ways to Fabric Printing!

**3 days | Ages 9-16yrs** Learn how to use the sun to print on fabric! You will be exploring and gathering leaves, grasses and small flat items, like washers, nails, needles etc. to create your unique pattern on fabric. What can you use to re-do that denim? Come to this class while we explore some natural ways to print on fabric. Final project will incorporate fabric printing techniques you have used into a wall hanging. Dress for a mess and bring a lunch. Class held at **Sew Uniquely You, 11402 N. Newport Hwy., Suite C. \$149**

10729 Tues. – Thurs. 6/21 – 6/23

10am – 3pm

*“Mastering skills, completing art projects and learning to express themselves in new ways helps children gain confidence and perseverance. These things also help them come up with positive emotional responses to stressful situations” - Learning Liftoff, January 24, 2014. Accessed March 6, 2018*

### **NEW!** Rusted Fabric Design to Finished Project!

**3 days | Ages 9-16yrs** Learn how to make your own rusted fabric designs and then use that customized cloth to make your very own coin purse! Explore the proper steps of rusted fabric design, preparation and setting, and to learn the science behind this technique. You will learn how to properly use a sewing machine to complete this project. Dress for a mess and bring a lunch. **Class held at Sew Uniquely You, 11402 N. Newport Hwy., Suite C. \$149**

10730 Tues. – Thurs. 7/19 – 7/21

10am – 3pm

### **NEW!** Sewing with Retained Denim!

**3 days | Ages 9-16yrs.** Do you have an old denim jacket or pair of jeans you no longer wear? Learn how to use products to create your own designs on denim fabric. In this class you will have hands-on learning to create your own picture design on fabric. You will learn how to accurately cut fabric using a pattern, and then sew together your very own denim bag! Dress for a mess and bring a lunch. Class held at **Sew Uniquely You, 11402 N. Newport Hwy., Suite C. \$149**

10731 Tues. – Thurs. 8/2 – 8/4

10am – 3pm



spl.northwestreads.org

## Spend your summer reading at the Library.

Read. Earn prize books. Have fun.

**June 1 - September 15**

Pick up a copy of Spokane Somersault magazine for kids or Summer Boredom Buster for teens at Spokane Public Library



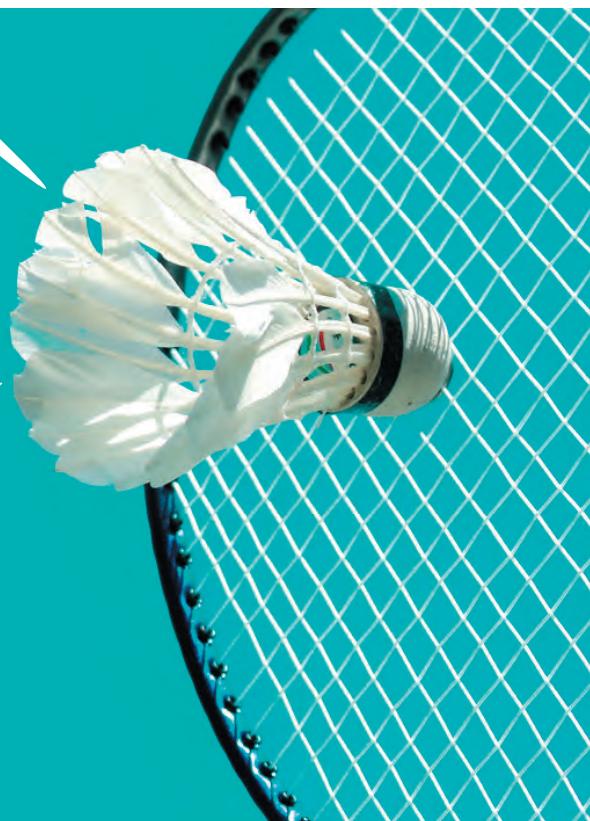
# BADMINTON SUMMER CAMP

5 Days | Ages 8-16 | \$135 | #10651

This camp is designed to introduce new players to this exciting sport, and also sharpen the skills of the intermediate player. This camp focuses on the fundamentals of competitive Badminton in a fun, but challenging way by incorporating mobility and match play drills to refine technique. Camp Located at Chase Middle School.

Mon-Fri, Jul 11-15

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



## PICKLEBALL SUMMER CAMP!

1 Week | Ages 8-13 | \$95

We're bringing you one of the fastest-growing sports in the country! This camp combines FUN, FITNESS, SKILLS development, and making FRIENDS! No experience needed. Equipment provided. Camp held at Hart Field, 3508 S Grand Blvd.

### CAMP DATES

10665: M-F 6/20-6/24 | 10666: M-F 6/27-7/1

10667: M-F 7/18-7/22 | 10668: M-F 7/25-7/29

10712: M-F 8/1-8/5

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





riverfront  
SPOKANE

## Summer Activities

No registration required! Drop in and join the fun.

Questions? Call (509) 625-6600, E-mail [rpfinfo@spokanecity.org](mailto:rpfinfo@spokanecity.org) or visit [RiverfrontSpokane.org](http://RiverfrontSpokane.org)

### **Riverfront Eats - Presented by Idaho Central Credit Union**

Join us at the Orange Bridge every Tuesday all summer long for food trucks and live music. Riverfront Park is the place to be on Tuesdays for lunch! To see a full list of participating food trucks and musical guests, visit [riverfrontspokane.org](http://riverfrontspokane.org).

Tuesdays June – August 11am – 2pm

## RIVERFRONT MOVES

**Presented by Providence Health Care & Idaho Central Credit Union**

### **Core 4 Collective at the Pavilion**

Join Core4Collective for powerful movement classes that provide all-over sculpting and body-renewing benefits. Be prepared to build strength and sweat to heart-pumping playlists!

Thursdays May 26, June 2, 9, 16 6pm – 7pm

### **Power Beats at the Pavilion with Eclipse Power Yoga**

This class offers a unique exploration on the mat featuring fun playlists designed to uplift and invigorate, supporting your poses and generating energy from Ujjayi to Savasana. Each class has its own personality and flavor, promising to leave you rinsed, detoxed, and fully energized. The practice is designed to empower you and is easily modified/accessible to all levels of yoga practitioners.

Saturdays June 18, July 16 10am – 11am

### **Summer Solstice Yoga with The Union at the Pavilion**

Honor movement, breathe & community with us. Together we'll unroll our mats for an hour-long Vinyasa flow under the Pavilion lights. All levels & everybody welcome. Let's make magic together.

Tuesday June 21 7pm – 8pm

### **Yoga at the Pavilion with Beyoutiful Hot Yoga**

Join BEYOUTIFUL HOT YOGA for an outdoor Vinyasa class. In this class, attention will be placed on linking breath with the movement between postures. Combining the postures and breath together to form a continuous Vinyasa flow. Class is beginner friendly. See you there!

Tuesdays June 28, July 5, 12 6pm – 7pm

### **Barre on the Bridge with Spokane Barre**

Strengthen & tone your entire body, with emphasis on core stability and balance, and complete with low impact / high intensity cardio bursts! Spokane Barre classes are suitable for all, from novice to experienced fitness enthusiasts alike.

Thursdays July 7, 14 7pm – 8pm

### **Pilates in the Park with Precision Pilates**

Lengthen, strengthen, and tone your entire body with Pilates in the Park! Pilates is for you whether you're new to the mat or you've been practicing for years. Precision Pilate's classes welcome all levels of movers as we work to improve stability, alignment, and inner strength.

Tuesdays July 26, August 2, 9, 16 6pm – 7pm





# SPOKANE

## PAVILION CONCERTS



**ZACH BRYAN**  
6/5 - 7:00 PM

**TICKETS AVAILABLE!**



**IRATION + ATMOSPHERE**  
8/13 - 5:30 PM

**TICKETS AVAILABLE!**



**PHOEBE BRIDGERS**  
8/18 - 7:00 PM

**TICKETS AVAILABLE!**





# riverfront **Summer Activities** SPOKANE

No registration required! Drop in and join the fun.  
Questions? Call (509) 625-6600, E-mail [rpfinfo@spokanecity.org](mailto:rpfinfo@spokanecity.org) or visit [RiverfrontSpokane.org](http://RiverfrontSpokane.org)

## RIVERFRONT EVENTS

### **4th of July Fireworks & Concert w/ the Spokane Symphony**

Riverfront's annual 4th of July Fireworks display is back with a free concert at the Pavilion featuring Musical Director, James Lowe, and the Spokane Symphony. Chairs will be available for seating in front of the stage on a first come, first serve basis. Blankets and low-backed beach-style chairs are permitted on the lawn. The concert will begin at 9pm, fireworks will launch at 10pm.

Vendor opportunities! Contact [jreeves@spokanecity.org](mailto:jreeves@spokanecity.org) for more information.

Monday July 4 9pm – Concert  
10pm – Fireworks



### **Shakespeare in the Park**

Summer 2022 presents a timeless classic of young love, feuding families, and meddling friends. This imagining of Romeo and Juliet will take the audience on a wild ride, led by the point of view of our two lovers. What can possibly go wrong when two teens decide they know better than everyone else in the world? Join S3, and Riverfront Park for an evening that has something for everyone: love, murder, and plenty of stunning visuals.

July 21, 22, 23, 24, 28, 29, 30 & 31



*Story Time*

### **Story Time at the Carrousel**

Join us in the Looft Carrousel party room at 11:00 a.m. for Story Time every third 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. May 20, June 17, July 15, August 19 11am

### **Movies in the Pavilion -**

#### **Presented by Idaho Central Credit Union**

Bring your family, friends, a blanket, or a chair, and join us for free Movies in the Pavilion!

Movie titles coming soon. See [riverfrontspokane.org](http://riverfrontspokane.org) for more information.

Weds. July 6, 13, 20, 27 8:30pm

### **Historic Walking Tours**

Join local historian Chet Caskey for a free walking tour of Riverfront Park, where the city's past and present merge in unique ways. Learn the rich history of the magnificent Spokane Falls, Expo '74 U.S. Pavilion, 1902 Clock Tower, 1909 Looft Carrousel, Centennial Trail and more! Tours will begin at the **Visitor Center located next to the Rotary Fountain** on select Saturdays and depart at 10am and 12pm.

Sat. July 9, 23 & August 13, 27 10am & Noon



MANITO PARK

# Art Festival



Art

Music

Food

& More

SATURDAY

JUNE 11

10AM - 8PM

*In the lawn east of Duncan Garden*



City of Spokane  
**PARKS  
& RECREATION**







## HIKING

### Friends of Mt Spokane State Park Interpretive Hikes

Enjoy a series of interpretive hikes with the Friend of Mt Spokane and Spokane Parks and Recreation's knowledgeable and friendly guides. Learn the fascinating details of this historic mountain, enjoy the fresh air, amazing views and great company! Hiking Poles provided if needed. Bring plenty of water, snacks and dress for the weather. Pre-trip information emailed prior to your trip

#### Mt. Kit Carson

**1 day | Ages 15+** Join the Friends of Mt Spokane Interpretive guides and get outside on an early season hike. Escape into the forest on a trek to the summit of Mt Kit Carson. You will get a great workout, enjoy views of the valley below and there's always a chance to see wildlife. Don't forget your camera for some amazing shots! This intermediate and moderate uphill hike will take most of the morning and early afternoon. Bring a trail lunch and plenty of snacks and water and get ready for some fun! Additional information emailed after registration. Includes: Hiking poles, guides and interpretation. Meet at **Mt Spokane State Park Snowmobile Parking Lot. \$39**

10669	Sat.	6/25	10am – 2pm
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#### 4 Summits Hike

**1 day | Ages 15+** Hike to the tops of Mt. Kit Carson (5250'), Day Mountain (5057'), and Mt. Spokane (5883'), three of the eight named summits in Mt. Spokane State Park. We will also hit Beauty Mountain along the route. This is a moderately challenging 6 mile interpretive hike that begins at the historic Cook's Cabin and CCC areas and ends at the Vista House. Everyone gets a ride down from the summit Vista House. Guides, hiking poles and interpretation provided. Meet at **Yokes Fresh Market 14202 N Market St. \$45**

10670	Sun.	7/10	9am – 4pm
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#### Burping Brook Loop

**1 day | Ages 15+** Starting at the Lower Kit Carson parking lot, hike out the Lower Kit Carson Road to the Snowshoe Hut at Smith Gap and then return via Trail 100. This is a relatively mild 2.6 mile hike with only 500 feet of elevation gain. Guides, hiking poles and interpretation provided. Pre-trip information emailed after registration. Meet at **Mt Spokane State Park Lower Hairpin Parking Lot. \$39**

10671	Sat.	7/23	10am – 1pm
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#### Huckleberry Hike

**1 day | Ages 15+** This moderate hike will take you out to some of the Huckleberry Patches at Mount Spokane. This hike is not to pick a bunch of the berries but to spot them and identify the leaves and learn about this wild fruit. The berries ripen at different times every year, so they could be green. The season typically goes from the last week of July to the end of August. You will learn techniques for picking, container types and storing berries in your pack for the hike back. The other consideration is the patch we go to could be already picked. We are leaving out the location for that very reason, but this hike is led by a huckleberry expert who will take you to berry nirvana, hopefully. The hike is approximately a 5-mile hike with lots of breaks. There will be a fair amount of off trail hiking so long pants are recommended. Please bring water and trail snacks. Meet at **Mt Spokane Bald Knob Campground Parking Lot. \$45**

10672	Sat.	7/30	10am – 2pm
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### Kayak and Hike Deep Creek Canyon

**1 day | Ages 15+** Take a tour up the quiet flatwater of the Spokane River through Riverside State Park. Many animals frequent this area such as osprey, bald eagle, moose, waterfowl, fish and more. This out—and-back paddle will wrap up with a 1 mile hike through Deep Creek Canyon. We will explore the ragged canyon walls where we may spot a rock climbers scaling the basalt cliffs. The trail back to our tandem sit-on-top kayaks host views of the river and canyon below. After the hike is a short paddle back to the take-out. Pre-trip information emailed after registration. Bring sturdy footwear for the hike as there is some scrambling over rocks and trees along with uneven terrain throughout the adventure. Discover Parking Pass required <https://www.discoverpass.wa.gov/> Meet at **Spokane River Nine Mile Dam Take-Out West Carlson Road Parking Lot. \$31**

10695	Sun.	8/7	8am – 11am
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10696	Sun.	8/21	8am – 11am
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### 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. Meet at **Camp Caro Trailhead 300 S. Sargent Rd., Spokane Valley. \$5**

10779	Sat.	7/9	8am – 11am
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## WALKING TOURS

### Spokane Garry Historical Tour Series

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.

### A Walking Tour of Indian Canyon

**1 Day | Ages 16+ | Join Dr. Dave Beine**, a local historian of Chief Spokane Garry, on a ½ mile (RT) guided walking tour to the final camp of Garry. The interpretive walk will include the history of Palisade Park and Spokane Garry, a prominent figure in the settling of the Spokane region. The tour will also visit Greenwood cemetery, where Garry is buried. Moderate walking is required. The trail is mostly flat with about a 10% grade down to the historical marker. \$25

10849 Sat. 7/19 9am – 11am

### 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 9am – 11am



*Walking Tour*

### Survival Training Weekend

**2 days | Ages 18+** Have you always wanted to feel the peace of mind in the woods that if everything went wrong you would still be okay? This overnight 2 day course will introduce you to survival fundamentals. You will learn to construct a shelter, build a fire in the worst conditions (depending on restrictions), procure food and water and learn the fundamentals of backcountry navigation. Participants must be comfortable traveling five miles a day with a 30 lb pack on uneven ground. Some equipment is required. Participants must have: Adequate clothing and footwear for wet or dry conditions, sleeping bag rated 10 degrees below the expected low temp, a 40-60 litre backpack, a 10x10 ft tarp, a 4-6" fixed blade knife, a pocket or pruning saw, food for two days, and three liters of water containers and adequate backpack for carrying gear. A complete packing list will be provided after registration. Meet at **Park Operations 2304 E Mallon Parking Lot** \$99

10650 Sat & Sun 6/25-6/26 8am – 5pm

**REGISTER  
ONLINE**  
[SpokaneRec.org](https://SpokaneRec.org)



**CALL  
US**

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





## KAYAKING

### Kayak Morning Paddle 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. Early morning paddles are the best time for wildlife viewing and for beating heat and the crowds. This is a 6 mile paddle which takes about 3 hours and includes a rest break at the half way point. Guides, basic kayak instruction, shuttle transport and kayaking equipment provided. Pre-trip information emailed after registration. Discover Parking Pass Required: [discoverpass.wa.gov](http://discoverpass.wa.gov). Parent must accompany child in the kayak. Meet at the **9 Mile Take Out-N Shoemaker Lane**. \$49

10531	Sun.	6/19	9am – 1pm
10532	Sat.	7/2	7:30am – 11:30am
10736	Sun.	7/3	7:30am – 11:30am
10737	Sat.	7/30	7:30am – 11:30am
10738	Sat.	8/13	7:30am – 11:30am
10739	Sun.	9/4	7:30am – 11:30am

### Kayak Evening Tour Spokane River From 9 Mile Dam

**1 day | Ages 16+** A wonderfully lazy stretch of flatwater on the Spokane River that flows through Riverside State Park. The forested shorelines give you solitude as you keep a watchful eye out for wildlife such as osprey, heron, deer and fish. You will also learn basic kayaking skills such as terminology, basic equipment & strokes using our sturdy sit-on-top tandem kayaks. This is a great escape! Kayaks, paddles, PFDs, and guides provided. Pre trip information emailed after registration. Discover Parking Pass required [discoverpass.wa.gov](http://discoverpass.wa.gov) Meet at **Spokane River Nine Mile Dam Take-Out West Carlson Road Parking Lot**. \$29

10701	Fri.	7/1	6pm – 8:30pm
10703	Fri.	8/5	6pm – 8:30pm

### Kayak and Coffee Tour Spokane River Upriver Dam

**1 day | Ages 15+** Take a morning tour on the Spokane River and enjoy some delicious coffee & pastries from the Rocket Bakery! We will meet at the upriver dam visitor parking lot where your coffee and sit-on-top tandem kayaks will await. This flatwater paddle adventure takes you on a tour along the forested Centennial Trail into the urban outdoors, viewing spectacular river homes, wildlife and soaking up the cool morning waters. Bring your camera for this one; there will be plenty of opportunities for great photos along the way. Kayaks, instruction, guides, and equipment provided. Pre-trip information emailed after registration. Meet at **Spokane Upriver Dam & Facility 2701 N Waterworks St**. \$39

10697	Sat.	7/16	9am – Noon
10698	Sat.	8/6	9am – Noon
10699	Sat.	9/3	9am – Noon

### Kayak Evening Paddle Little Spokane River

**1 day | Ages 15+** Adventure awaits the evening as you paddle tandem sit-on-top kayaks. These kayaks are an amazing way to enjoy this wonderful natural area. The area is home to deer, moose, birds, fish and much much more! Many animals are commonly seen during our floats. This is a 6 mile paddle which takes about 3 hours and includes a rest break at the half way point. Guides, basic kayak instruction, shuttle transport and kayaking equipment provided. Pre-trip information emailed after registration. Discover Parking Pass Required: [discoverpass.wa.gov](http://discoverpass.wa.gov). Meet at **Little Spokane River Take-Out Nine Mile Falls**. \$49

10747	Fri.	7/15	3:30pm – 7:30pm
10748	Fri.	8/26	3:30pm – 7:30pm

### Kayak Sunset Paddle on the Spokane River

**1 day | Ages 15+** Take a tour on the Spokane River! This flatwater paddle adventure is from Upriver Dam towards the Argonne bridge. This beautiful flatwater section of the Spokane River takes you on a tour along crystal clear waters, viewing wildlife, river homes and urban outdoor scenery. Bring your camera for this one; there will be plenty of opportunities for great photos as the sun sets. Tandem sit-on-top kayaks, instruction, guides, and equipment provided. Pre-trip information emailed after registration. Meet at **Spokane Upriver Dam & Facility 2701 N Waterworks St**. \$29

10743	Fri.	7/22	6pm – 8:30pm
10744	Fri.	8/19	5:30 – 8pm
10745	Fri.	9/2	5:30 – 8pm

### Kayak Little Spokane River and Fish Hatchery Tour

**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. Guides, basic kayak instruction, shuttle transport and kayaking equipment provided. Before departing on our adventure we will stop by the WDFW Fish Hatchery for an educational tour. Pre trip information emailed after registration. Discover Parking Pass Required: [discoverpass.wa.gov](http://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**. \$59

10746	Sat.	9/17	11am – 4pm
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## KAYAKING

**Intro to Inflatable Kayaking**

**3 days | Ages 15+** Instructed by FLOW Adventures. Inflatable kayaking (IK) is a great introduction to paddling. With a lot of versatility IK's are perfect for families, lake paddling, enjoying a meandering float down the Little Spokane River, or some exciting whitewater rapids. While commonly portable and stable, different models may be better suited to different uses. This class will teach you all about different types of IK's, water safety, equipment and places to paddle. The class will start out on a flat water lake and progress to moving water over this 3 part instructional program. All kayaking equipment provided. Pre-class information emailed prior to class. 1st class meets at **Fish Lake Public Boat Launch off the Cheney Spokane Hwy.** \$89

10334	Fri. – Sun. 6/10 – 6/12	5pm – 8pm
10335	Fri. – Sun. 7/8 – 7/10	5pm – 8pm

**Kayak Bonnie Lake with Transportation**

**1 day | Ages 16+** Surrounded by 600-foot cliffs and home to Red-Tail Hawks and Turkey Vultures you will enjoy the solitude of this Eastern Washington treasure. You will paddling Tandem sit-on-top kayaks on the unique excursion. Kayaks, guides and transportation provided. Pre-trip info emailed with registration. Meet at **Yokes Fresh Market 4235 S. Cheney Spokane Rd.** \$59

10700	Sun. 6/26	8am – 4pm
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**Kayak Roll Class Introduction**

**1 day | Ages 12+** Instructed by FLOW Adventures. Whether you have your own boat and need a little roll repair or need a boat and are just getting started we can teach you the basic concepts of rolling or repair the skills you have already been taught. Meet at **Witter and Shadle Aquatics Centers.** \$39

10340	Fri. 6/24	6:30pm – 8:30pm
10341	Fri. 7/1	6:30pm – 8:30pm
10342	Fri. 7/22	6:30pm – 8:30pm

**Kayak Whitewater Intro**

**3 days | Ages 12+** Instructed by FLOW Adventures. Are you interested in having fun whitewater kayaking on the river? This 6 hour course will teach the essential skills to become comfortable with wet exits, basic strokes, kayaking terminology, and maneuvering the boat. All essential equipment including a kayak is provided. \$69

**Witter Aquatic Center**

10337	Mon./Wed./Fri. 6/13 – 6/17	6:30pm – 8:30pm
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**Shadle Aquatic Center**

10338	Mon./Wed./Fri. 7/11 – 7/15	6:30pm – 8:30pm
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**Kayak and Cave Pend Oreille with Transportation**

**1 day | Ages 15+** Don't miss out on this one!! We will explore Gardner Cave on a guided educational walking tour of a 1,055 foot limestone cavern. This cave is filled with stalactites, stalagmites, rim stone pools and flowstone. After the cave we will enjoy lunch (Bring your own) before embarking on our tandem sit-on-top kayak tour exploring this beautiful flat water section of the Pend Oreille River. This section of water is so beautiful and includes waterfalls, deep canyons and wonderful scenery! Fee includes transportation, kayaking equipment, guides and cave tour. Bring a lunch and plenty of water. Meet at **Wandermere Rite Aid located at 12420 N Division St.** \$69

10706	Sun. 7/17	7am – 6pm
10707	Sat. 7/23	7am – 6pm
10708	Sun. 8/14	7am – 6pm
10709	Sat. 8/20	7am – 6pm





## KAYAKING

### Kayak Horseshoe Lake

**1 day | Ages 15+** This small lake almost dictates that you slow down and enjoy the grace of our sleek tandem sit-on-top kayaks passing through the water. You will paddle over to a 50' foot waterfall that feeds this jewel of a lake. Guides, kayak instruction, and kayaking gear are included. Directions emailed after registration. Discover Pass Required: [discoverpass.wa.gov](http://discoverpass.wa.gov) Meet at **Horseshoe Lake Public Boat Launch 4962 Horseshoe Lake Rd Deer Park WA.** \$39

10740	Sun.	7/24	8am – 11am
10741	Sat.	8/27	8am – 11am

### Twilight Kayak Fishtrap Lake

**1 day | Ages 15+** Experience the undeveloped channeled scabland of Fishtrap lake that was carved out thousands of years ago by the great ice age floods. As the sun sets enjoy the twilight and silence of being on the water as the day draws to an end. Kayaks, Paddles, PFD's, headlamps, glow sticks and guides provided. Pre-trip info emailed after registration. Discover Pass required: <http://www.discoverpass.wa.gov/> Meet at **Fish Trap Lake Public Boat Launch.** \$30

10787	Fri.	7/29	8pm – 10pm
10788	Sat.	8/27	7pm – 9pm

### **NEW!** Float and Feed at the Tin Cup Café

**1 day | Ages 15+** Sit-on-top tandem kayaks are an amazing way to paddle the cool waters of the Spokane River. This flatwater section flows through Riverside State Park which is home to osprey, moose, bald eagles and more, it's a Spokane treasure! After the paddle we will make our way to our scrumptious lunch waiting to be gobbled up at the Tin Cup Café. Meal not included in the fee, this is paid on your own. Kayaks, Paddles, PFD's and guides provided. Pre-trip info emailed after registration. Meet at **Sontag Park 9808 W Charles Rd.** \$30

10786	Sun.	7/31	10am – 2pm
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### **NEW!** Boats and Brunch at the Tin Cup

**1 day | Ages 15+** Enjoy a sit-on-top tandem kayak tour through this beautiful flatwater section of the Spokane River. The river flows through Riverside State Park and the morning is the best time to see wildlife along the shoreline. Work up your appetite as you paddle over the crystal clear water to a tasty breakfast at the Tin Cup Café. Meal not included in the fee, this is paid on your own. Kayaks, Paddles, PFD's and guides provided. Pre-trip info emailed after registration. Meet at **Sontag Park 9808 W Charles Rd.** \$30

10785	Sun.	8/28	7am – 11am
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### 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
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**WELLNESS TIP:** Health Benefits of Kayaking as stated in Water Safety Magazine: *"An excellent low impact activity that increases strength, improves aerobic fitness and adds to your flexibility."*



## Inland Empire Youth Soccer Association

### RECREATIONAL SOCCER FALL 2022-Spring 2023

WE provides all players a program that allows them to have fun, while learning basics about the game of soccer, team building and good sportsmanship.

**Registration starts June 1st.**

Visit our website for more information!

**WESOCER.ORG**

### FIRST TOUCH TRAINING PRESENTS -WESC SUMMER SOCCER

**CAMPS** These four (4) day camps focus on technical work, small-sided games and will be a fun and challenging environment with the intent for each player to improve daily! All levels are welcome & encouraged to come!

Location: Spokane Community College - 1810 N Greene St.

Session 1 - June 20-23 / Session 2 - July 18-21

9-10 AM 2017-2013 \$95 PER SESSION

9-11 AM 2012-2007 \$175 PER SESSION

Register today! **WESOCER.ORG**

*WE is a nonprofit 501c3 organization providing Spokane with the finest in soccer opportunities!*



**WESOCER.ORG**



**509-474-0057**

**OPERATIONS@WESOCER.ORG**





## SHUTTLE SERVICE

**Shuttle Service Season Pass Little Spokane River**

**Ages 13+** Looking for a summer deal? Planning to frequent the Little Spokane? Search no further than your all-access priority season pass! This pass will give you unlimited access to our shuttle service. We will provide you and your canoe, kayak, or SUP transportation from the 9 Mile Take Out of the Little Spokane River to the put in at St Georges. Shuttle runs on Saturdays & Sundays between 10AM-4PM July 2nd-September 4th. You can show up anytime throughout the day. No inner paddleboards, tubes, rafts, dogs or alcohol allowed. PFD's required (Life Jacket) and safety whistle. Youth ages 13-17 must be accompanied by a parent or guardian. Discover Parking Pass required for your vehicle. You can purchase a Discover Pass today by visiting [discoverpass.wa.gov](https://discoverpass.wa.gov). The paddle time is 3+ hours. The best way to use the shuttle is to park your car at the Nine Mile Take-Out, get shuttled up to St Georges Put-In and paddle the river back to your car. You can also start earlier in the morning for the best chance to see wildlife, by parking at the St Georges Put-In paddling down the river to Nine Mile Take-Out and catching the first shuttle back up to your car. Either way you'll have a blast! Please remember if you park at the St. Georges Put-In you must be at the take-out by 4pm. Meet at **Little Spokane River Take-Out Nine Mile Falls on Shoemaker Lane**. Passes are non transferable and photo ID is required. \$85 or you +1 \$100

**Season Pass \$85**

10673	Weekends	7/2 – 9/4	10am – 4pm
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**Season Pass You +1 \$100**

10674	Weekends	7/2 – 9/4	10am – 4pm
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**Shuttle Service Little Spokane River**

**Ages 13+** Leave the driving to us! We will provide you and your canoe, kayak, or SUP transportation from the 9 Mile Take Out of the Little Spokane River to the put in at St Georges. Shuttle runs on Saturdays & Sundays between 10AM-4PM July 2-September 4. You may show up anytime throughout the day. Please call 509.363.5418 for operating information. No, innertubes, rafts, pets or alcohol allowed. PFD's (Life Jacket) and whistle required. Youth ages 13-17 must be accompanied by a parent or guardian. Discover Parking Pass required for your vehicle. You may purchase a Discover Pass today by visiting [discoverpass.wa.gov](https://discoverpass.wa.gov). The paddle time is 3+ hours. The best way to use the shuttle is to park your car at the Nine Mile Take-Out, shuttled up to St Georges Put-In and paddle the river back to your car. Want to start earlier in the morning for the best chance to see wildlife? Park at the St Georges Put-In, paddling down the river to Nine Mile Take-Out and catching the first shuttle back up to your car. Either way you'll have a blast! Please remember if you park at the St. Georges Put-In you must be at the take-out by 4pm. Meet at **Little Spokane River Take-Out Nine Mile Falls on Shoemaker Lane**. \$10 per person. pre-registration, credit or debit card only. No cash will be accepted.

10675	Sat.	7/2	10am – 4pm
10676	Sun.	7/3	10am – 4pm
10677	Sat.	7/9	10am – 4pm
10678	Sun.	7/10	10am – 4pm
10679	Sat.	7/16	10am – 4pm
10680	Sun.	7/17	10am – 4pm
10681	Sat.	7/23	10am – 4pm
10682	Sun.	7/24	10am – 4pm
10683	Sat.	7/30	10am – 4pm
10684	Sun.	7/31	10am – 4pm
10685	Sat.	8/6	10am – 4pm
10686	Sun.	8/7	10am – 4pm
10687	Sat.	8/13	10am – 4pm
10688	Sun.	8/14	10am – 4pm
10689	Sat.	8/20	10am – 4pm
10690	Sun.	8/21	10am – 4pm
10691	Sat.	8/27	10am – 4pm
10692	Sun.	8/28	10am – 4pm
10693	Sat.	9/3	10am – 4pm
10694	Sun.	9/4	10am – 4pm





## Kayak Rentals on the Little Spokane River

**Ages 18+ to make reservation \*\*\*\*PREVIOUS KAYAKING EXPERIENCE RECOMMENDED\*\*\***

Kayaking the Little Spokane River is a breathtaking paddle through a protected natural area home to deer, moose, osprey, water fowl, fish and so much more. Paddle your sit-on-top kayak on this 6 mile, 3+ hour self-guided journey down the meandering cool waters of this unique free flowing river. Some kayaking experience is recommended. Ages 15-17 with parent or guardian. You must pre reserve your kayak which are available Saturday & Sunday July 3-September 5. Your kayak, paddle, personal floatation device PFD w/ safety whistle and river map will be waiting for you at the St Georges Put. You will meet the shuttle at the 9mile take out on Shoemaker Lane between 10am-12pm to be transported to St Georges. Here you will put-in your kayak and paddle back to the take-out where your car is parked. PFD must be worn the entire paddle. Rental must be back at the take-out by 4pm. Pack along plenty of water in a non-glass water bottle, lunch, snacks, sunscreen, hat, sunglasses, river sandals and water clothes. Alcohol and pets are prohibited. Discover Parking Pass required for your vehicle and can be purchased at <https://store.discoverpass.wa.gov/> Pre-rental registration required in advance of reservation date. No day of rentals. Damage deposit info, rental agreement and self-guided tour information emailed after registration.

Rental includes: Kayak, Paddle, PFD, Shuttle Transportation, River Map, Whistle, Safety Video and self-guided safety information. \$49 per person, 5 or more rentals \$40 per persons. Please call 509-755-2489 ext 3 for discounted group rate. PREVIOUS KAYAKING EXPERIENCE IS RECOMMENDED

Saturdays/Sunday 7/2-9/4 11 am pick up.

10757	Sat.	7/2	11am
10758	Sun.	7/3	11am
10759	Sat.	7/9	11am
10760	Sun.	7/10	11am
10761	Sat.	7/16	11am
10762	Sun.	7/17	11am
10763	Sat.	7/23	11am
10764	Sun.	7/24	11am
10765	Sat.	7/30	11am
10766	Sun.	7/31	11am
10767	Sat.	8/6	11am
10768	Sun.	8/7	11am
10769	Sat.	8/13	11am
10770	Sun.	8/14	11am
10771	Sat.	8/20	11am
10772	Sun.	8/21	11am
10773	Sat.	8/27	11am
10774	Sun.	8/28	11am
10775	Sat.	9/3	11am
10776	Sun.	9/4	11am

## STAND UP PADDLEBOARDING

**NEW!**

### Essentials of Stand Up Paddleboarding

**1 day | Ages 16+** These fun and relaxed classes will get you started with instruction on safety and the proper paddling technique that will allow you to progress comfortably at your own pace. Level 1 is a basic skills course and covers so much essential information to become a skilled and knowledgeable paddleboarder. This course is taught by American Canoe Association certified Stand Up Paddle Board Instructor. Meets at **Riverside State Park 9 Mile Recreation Area.** \$89

10793	Sun.	7/10	9am – 2pm
10794	Fri.	8/12	9am – Noon
10795	Sat.	8/27	9am – 2pm

**NEW!**

### Sunset Paddleboarding Fish Lake

**1 day | Ages 12+** Spend a summer evening learning a new skill. Enjoy the cool breeze of the lake, sounds of nature and your board skimmer the sparkling water. This program will teach you the basics of paddle boarding and you don't have to be able to stand up to enjoy this sport. Sitting or kneeling is just fine. All equipment provided. Discover Parking Pass Required and can be purchased at [discoverpass.wa.gov](https://discoverpass.wa.gov). Meets at **Fish Lake Public Boat Launch 14314 S Myers Park Rd, Cheney WA.** \$29

10749	Thurs.	7/14	6pm – 8pm
10750	Thurs.	7/28	6pm – 8pm
10751	Thurs.	8/11	6pm – 8pm
10752	Thurs.	8/25	5:30pm – 7:30pm

**NEW!**

### 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](https://discoverpass.wa.gov) Meet at **Horseshoe Lake Public Boat Launch 4962 Horseshoe Lake Rd Deer Park WA.** \$29

10753	Sun.	9/11	9am – 11am
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## WHITE WATER RAFTING

### Clark Fork River

**1 day | Ages 5+** Join us for a full day of exciting class III whitewater rafting through the magnificent Alberton Gorge . Trip includes an all-you-can-eat- lunch buffet, with all the gear, guides, rapids, and fun provided. Camping available at Trout Creek Campground (recommended) & Wiley E Waters Campground. Pre-trip information emailed after registration. Registration/cancelation deadline 1 week before start date. Meet at **Clark Fork River Lozeau Exit 55 – Montana. \$87**

10067	Sat.	6/25	9am – 2:30pm
10068	Sun	7/3	9am – 2:30pm
10069	Sun.	7/10	9am – 2:30pm
10070	Sun.	7/17	9am – 2:30pm
10071	Sun.	7/24	9am – 2:30pm
10072	Fri.	7/29	9am – 2:30pm
10073	Sun.	7/31	9am – 2:30pm
10074	Sun.	8/7	9am – 2:30pm
10075	Sat.	8/13	9am – 2:30pm
10076	Sun.	8/14	9am – 2:30pm
10077	Sat.	8/20	9am – 2:30pm
10078	Fri.	8/26	9am – 2:30pm
10079	Sat.	8/27	9am – 2:30pm

### Lower Spokane River Scenic Float

**1 day | Ages 5+** This 2 hour trip is filled a way to spend some time with the family as you leave the hustle and bustle of the City. The low flows of the river this time of year makes for fun splashy water, swimming, wildlife, and gorgeous scenery! Wiley E. Waters professional licensed guides will steer you down the river and entertain you from start to finish. Trip includes all necessary rafting equipment Pre-trip information emailed after registration. Meet at **Spokane River Water Ave. \$50**

10055	Mon.	9/5	10am – 1pm
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### Lower Spokane River

**1 day | Ages 5+** This three hour trip is filled with exciting whitewater rapids, wildlife, and gorgeous scenery! Wiley E. Waters professional licensed guides will steer you through the class II & III whitewater rapids including the Bowl and Pitcher and Devils Toe-Nail rapids in Riverside State Park. Trip includes all necessary rafting equipment including PFD, wet suits & dry tops if needed, transportation and post trip refreshments. Pre-trip information emailed after registration. Meet at **Spokane River Water Ave. \$63**

10062	Fri.	6/10	10am – 1pm
10063	Sun.	6/12	10am – 1pm
10064	Fri.	6/17	10am – 1pm
10065	Sun.	6/19	10am – 1pm
10066	Sun.	6/26	10am – 1pm



**REGISTER  
ONLINE**  
[SpokaneRec.org](https://SpokaneRec.org)



**CALL  
US**

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







## YOUTH OUTDOOR CAMPS

### Disc Golf Super Summer Camp

**5 days | Ages 10-16yrs.** Learn and discover new skills and talents or bring your game up with personal skill development. Enjoy being outside in nature, building new friendships and playing disc golf! A final tournament will conclude the week with prizes, and all students receive a new beginner or advanced disc. Camp operated by US Youth Disc Golf Association. Parent information emailed prior to the start of camp. No camp 4th of July. Meets at Camp Sekani Park 6722 E Upriver Drive \$129 **\*SEEK Scholarship Funding Available\***

#### Ages 10-13

10313	Tues. - Fri.	7/5 – 8/5	9:30am – 1:30pm ***\$103
10315	Mon. – Fri.	8/22 – 8/26	9:30am – 1:30pm

#### Ages 10-16

10314	Mon. – Fri.	7/11 – 7/15	9:30am – 1:30pm
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### Archery Introduction - One Day Course

**1 day | Ages 8+** Instructed by the Evergreen Archery Club. Archery is a great activity that the whole family can enjoy. Learn the basics of archery by skilled professionals in a beautiful outdoor setting. After your instruction you will enjoy a course shoot and finish up with a 3D target. All equipment provided. Parent must accompany youth under 18 years old. Pre-class information email after registration. Meet at Evergreen Archery Range. \$30

11060	Sat.	7/16	9am – Noon
11061	Sat.	8/6	9am – Noon

### Outdoor Summer Adventure Camp for Teens

**Ages 12-15yrs.** Get going and get adventurous with the Spokane Parks and Recreation Summer Adventure Day Camps! Don't wait; camps are small groups of 12 kids in each, register now, these camps fill up fast! Directions & Parent Packet information emailed after registration. Bring a lunch and water bottle each day. 10% off each week if you sign your child up for 3 or more weeks. Scholarships available for free camp fee registration. Call 509-755-2489 for discounted registration. No Camp 4th of July. Meets daily at the Riverside State Park Bowl & Picher Picnic Shelter.

#### All Adventures!

This camp is all about the excitement and variety of outdoor adventure! We will be hiking, kayaking, rafting, disc golf, rock climbing, stand up paddleboarding, exploring the woods and participating in teambuilding activities. Rafting days will depend on water levels and all activities may change due to weather conditions. This camp will be one to remember! \$249

10366	Mon. – Fri.	6/20-6/24	9am – 4pm
10367	Tues. - Fri.	7/5 – 7/8	9am – 4pm***\$199
10369	Mon. – Fri.	7/18 – 7/29	9am – 4pm

#### Climbing Adventures!

Climb on! One week of climbing for your adventurous kiddo. Climbing, team building games, outdoor fun and more! We will be learning the basics of climbing indoors at Blockyards Bouldering Gym and Wild Walls Climbing Gym. Then we'll take it to the next step with Peak 7 Adventures rock climbing instructors outdoor on the rocks. All activities may change due to weather conditions. \$299

10368	Mon. – Fri.	7/11 – 7/15	9am – 4pm
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#### Wild and Wacky Water Adventures!

This camp is all about the excitement and variety of outdoor adventure! We will be hiking, kayaking, rafting, disc golf, rock climbing, stand up paddleboarding, learning survival in the woods and participating in teambuilding activities. Rafting days will depend on water levels and all activities may change due to weather conditions. This camp will be one to remember! \$249

10370	Mon. – Fri.	7/25 – 7/29	9am – 4pm
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**WELLNESS TIP:** Positive nature experiences teach children to respect — and protect — the environment. People who report positive experiences with nature are more likely to behave in ways that protect the environment, and we can see the effect in children as well as adults: Kids who spend more time in nature express more appreciation for wildlife, and more support for conservation (Soga et al 2016; Zhang et al 2014).



# GOLF LESSONS

UP YOUR GAME WITH PROFESSIONAL INSTRUCTION FROM OUR FRIENDLY STAFF  
GO TO [SPOKANEGOLF.ORG](http://SPOKANEGOLF.ORG), [SPOKANEREC.ORG](http://SPOKANEREC.ORG), OR CALL 311 FOR MORE INFO

## INDIAN CANYON

Fee includes five one-hour lessons, tees & golf balls.

### Golf 101

Adult 18+ \$150

Wednesdays June 29th – August 3rd 4pm-5pm

Wednesdays June 29th – August 3rd 6:30pm-7:30pm

Thursdays June 30th – August 4th 6:30-7:30pm

Senior 50+ \$130

Thursdays June 30th – August 4th 3pm-4pm

## QUALCHAN

Fee includes five one-hour lessons, tees & golf balls.

### Intro to Golf

Adult 18+ \$150

Tuesdays June 28th – July 26th 2pm-3pm

Tuesdays June 28th – July 26th 3:15pm-4:15pm

### Intermediate/Advanced

Adult 18+ \$150

Wednesdays June 29th – July 27th 2pm-3pm

Wednesdays June 29th – July 27th 3:15pm-4:15pm

## ESMERALDA

Fee includes five one-hour lessons, tees and golf balls.

### Intro to Golf

Ladies 18+ \$150

Wednesdays June 29th – July 27th 3pm-4pm

Adult 18+ \$150

Wednesdays June 29th – July 27th 4:30pm-5:30pm

Wednesdays June 29th – July 27th 6pm-7pm







Starting 6/20/22 - 9:00AM - 4:00PM.

## A young boy with brown hair, wearing a grey baseball cap with a logo, a dark blue t-shirt with a graphic, and blue shorts, is running towards the camera on a green grassy field. He is smiling and has his hands slightly out in front of him. In the background, there is a soccer goal, a chain-link fence, and some trees under a clear blue sky.

10550	Super Heroes Assemble!	6/20-6/24	\$179
10551	Surviving the Zombie Apocalypse!	6/27-7/1	\$179
10552	Mad Science at Merkel!	7/5-7/8	\$143 (4-Day)
10553	The Amazing Race!	7/11-7/15	\$179
10554	Super Heroes Assemble!	7/18- 7/22	\$179
10555	Surviving the Zombie Apocalypse!	7/25-7/29	\$179
10556	Mad Science at Merkel!	8/1-8/5	\$179
10557	The Final Summer Bash!	8/8-8/12	\$179





## YOUTH SUMMER CAMPS

**Pickleball Summer Camp in the Park**

**1 week | Ages 8-13yrs.** AAU Pickleball brings you one of the fastest-growing sports in the country. This youth pickleball camp combines FUN, FITNESS, SKILLS development, and making NEW FRIENDS for unforgettable summer fun! No experience needed, and the equipment will be provided for instruction and play. The cost is \$75 per student per week with AAU membership, \$90 for non-AAU members. Camp meets at **Hart Field Tennis Courts, 3508 S Grand Blvd.** \$75

10665	Mon. – Fri.	6/20 – 6/24	9am – 11am
10666	Mon. – Fri.	6/27 – 7/1	9am – 11am
10667	Mon. – Fri.	7/18 – 7/22	9am – 11am
10668	Mon. – Fri.	7/25 – 7/29	9am – 11am
10712	Mon. – Fri.	8/1 – 8/5	9am – 11am

**Badminton Summer Camp**

**5 days | Ages 8-17yrs.** The camp is designed to introduce new players to this exciting sport, and also sharpen the skills of the intermediate player. This camp focuses on the fundamentals of competitive Badminton in a fun, but challenging way by incorporating mobility and match play drills to refine technique. Participants should expect a daily routine of fun but vigorous activities and should be appropriately dressed. **Chase Middle School.** \$135

10651	Mon. – Thurs.	7/11 – 7/15	8am – 3pm
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**CyberPatriot Camp**

**5 days | Ages High School Students Riverpoint Campus 601 E Riverside Ave 2nd Floor Study Space.** \$50

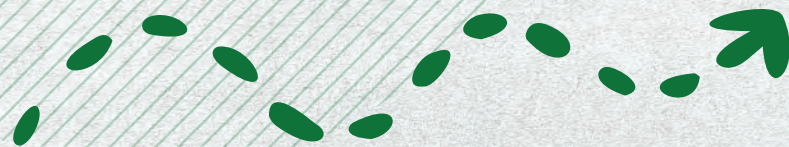
**Standard Camp** is designed to teach beginner students the basics of cybersecurity. No prior cybersecurity knowledge is required for participants.

11058	Mon.-Fri.	7/18 – 22	8:30am – 3:30pm
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**Advanced Camp** curriculum is designed will allow the instructors to pick and choose which areas of interests their students might best learn from. There is more information made available than will fit in a four-hour camp day -- instructors will pick the topics which are best suited for the students in the session. Friday is reserved for the CyberPatriot competition.

11059	Mon.-Fri	7/25 – 7/29	8:30am – 3:30pm
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# PRIVATE TOURS!



Private guided tours now available for the perfect couples, family, friends or business outing. Kayaking, standup paddle boarding, hiking and more!

Visit [SpokaneParks.org/PrivateTours](https://SpokaneParks.org/PrivateTours)

for trip options and pricing.

For availability and booking,

Call 509-363- 5414 or email

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





# SPOKANE COUNTY 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.*

### SUMMER 2022

#### SOCCERTOTS (TEDDIES/TEDDIES II)

SSA140879	6/20 - 8/08	M	5:30 p.m. - 6:15 p.m.	18 mos - 30 mos	\$117	Audobon Park
SSA140860	6/22 - 8/03	W	10:30 a.m. - 11:15 a.m.	18 mos - 30 mos	\$117	Sky Prairie Park
SSA140866	6/23 - 8/04	Th	9:30 a.m. - 10:15 a.m.	18 mos - 24 mos	\$117	Comstock Park
SSA140863	6/23 - 8/04	Th	9:30 a.m. - 10:15 a.m.	24 mos - 30 mos	\$117	Comstock Park
SSA140849	6/23 - 8/04	Th	4:30 p.m. - 5:15 p.m.	24 mos - 36 mos	\$117	Franklin Park
SSA140878	6/20 - 8/08	M	5:30 p.m. - 6:15 p.m.	26 mos - 36 mos	\$117	Audobon Park
SSA140855	6/22 - 8/03	W	9:30 a.m. - 10:15 a.m.	26 mos - 36 mos	\$117	Sky Prairie Park
SSA140925	6/25 - 8/13	Sa	9:30 a.m. - 10:15 a.m.	26 mos - 36 mos	\$117	Thornton Murphy Park

#### SOCCERTOTS (KOALAS)

SSA140868	6/23 - 8/04	Tu	10:30 a.m. - 11:15 a.m.	30 mos - 36 mos	\$117	Comstock Park
SSA140873	6/23 - 8/04	Tu	11:30 a.m. - 12:15 p.m.	30 mos - 36 mos	\$117	Comstock Park

#### SOCCERTOTS (CUBS/PANDAS)

SSA140882	6/20 - 8/08	M	6:30 p.m. - 7:15 p.m.	3 yrs - 4 yrs	\$117	Audobon Park
SSA140857	6/22 - 8/03	W	9:30 a.m. - 10:15 a.m.	3 yrs - 4 yrs	\$117	Sky Prairie Park
SSA140862	6/22 - 8/03	W	10:30 a.m. - 11:15 a.m.	3 yrs - 4 yrs	\$117	Sky Prairie Park
SSA140867	6/23 - 8/04	Th	10:30 a.m. - 11:15 a.m.	3 yrs - 4 yrs	\$117	Comstock Park
SSA140869	6/23 - 8/04	Th	10:30 a.m. - 11:15 a.m.	3 yrs - 4 yrs	\$117	Comstock Park
SSA140848	6/23 - 8/04	Th	4:30 p.m. - 5:15 p.m.	3 yrs - 4 yrs	\$117	Franklin Park
SSA140852	6/23 - 8/04	Th	6:30 p.m. - 7:15 p.m.	3 yrs - 4 yrs	\$117	Franklin Park
SSA140924	6/25 - 8/13	Sa	10:30 a.m. - 11:15 a.m.	3 yrs - 4 yrs	\$117	Thornton Murphy Park

\*Price does not include one time \$20 annual membership fee.  
20% discount for multiple registrations



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

Online:  
SuperTotSports.com

Phone:  
509.534.5437

## SOCCERTOTS: PANDAS/BEARS

SSA140876	6/20 - 8/08	M	4:30 p.m. - 5:15 p.m.	3 yrs 6 mos - 4 yrs 6 mos	\$117	Audobon Park
SSA140858	6/22 - 8/03	W	10:30 a.m. - 11:10 a.m.	3 yrs 6 mos - 4 yrs 6 mos	\$117	Camelot Community Park

## SOCCER: BEARS/GRIZZLIES/SOCCERTOUCHE

SSA140871	6/23 - 8/04	Th	11:30 a.m. - 12:15 p.m.	4 yrs - 5 yrs	\$117	Comstock Park
SSA140875	6/23 - 8/04	Th	11:30 a.m. - 12:15 p.m.	4 yrs - 5 yrs	\$117	Comstock Park
SSA140854	6/22 - 8/03	W	9:30 a.m. - 10:15 a.m.	4 yrs - 5 yrs 6 mos	\$117	Sky Prairie Park
SSA140861	6/22 - 8/03	W	10:30 a.m. - 11:15 a.m.	4 yrs - 5 yrs 6 mos	\$117	Sky Prairie Park
SSA140927	6/25 - 8/13	Sa	11:30 a.m. - 12:15 p.m.	4 yrs - 5 yrs 6 mos	\$117	Thornton Murphy Park
SSA140917	6/20 - 8/08	M	4:30 p.m. - 5:15 p.m.	4 yrs - 5 yrs 6 mos	\$117	Audobon Park
SSA140851	6/23 - 8/04	Th	5:30 p.m. - 6:15 p.m.	4 yrs - 5 yrs 6 mos	\$117	Franklin Park
SSA140864	6/23 - 8/04	Th	9:30 a.m. - 10:15 a.m.	4 yrs 6 mos - 6 yrs	\$117	Comstock Park

## BASEBALL: BATTERS I/II

SSA140877	6/20 - 8/08	M	4:30 p.m. - 5:15 p.m.	3 yrs - 4 yrs	\$117	Audobon Park
SSA140880	6/20 - 8/08	M	5:30 p.m. - 6:15 p.m.	3 yrs - 4 yrs	\$117	Audobon Park

## BASEBALL: BATTERS/HITTERS

SSA140853	6/23 - 8/04	Th	6:30 p.m. - 7:15 p.m.	3 yrs 6 mos - 4 yrs 6 mos	\$117	Franklin Park
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## BASEBALL: HITTERS/HOMERS/GRAND SLAMMERS

SSA140913	6/23 - 8/04	Th	4:30 p.m. - 5:15 p.m.	4 yrs - 5 yrs 6 mos	\$117	Franklin Park
SSA140881	6/20 - 8/08	M	6:30 p.m. - 7:15 p.m.	4 yrs 6 mos - 5 yrs 6 mos	\$117	Audobon Park

## MULTI-SPORT: BASEBALL, SOCCER

SSA140850	6/23 - 8/04	Th	5:30 p.m. - 6:15 p.m.	2 yrs - 3 yrs 6 mos	\$117	Franklin Park
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## MULTI-SPORT: BASKETBALL, FOOTBALL, SOCCER

SSA140865	6/23 - 8/04	Th	9:30 a.m. - 10:15 a.m.	2 yrs - 3 yrs	\$117	Comstock Park
SSA140872	6/23 - 8/04	Th	11:30 a.m. - 12:15 p.m.	3 yrs - 4 yrs	\$117	Comstock Park
SSA140870	6/23 - 8/04	Th	10:30 a.m. - 11:15 a.m.	4 yrs - 6 yrs	\$117	Comstock Park
SSA140874	6/23 - 8/04	Th	11:30 a.m. - 12:15 p.m.	4 yrs - 6 yrs	\$117	Comstock Park

## MULTI-SPORT: BASEBALL, FOOTBALL, SOCCER

SSA140859	6/22 - 8/03	W	10:30 a.m. - 11:15 a.m.	3 yrs - 4 yrs	\$117	Sky Prairie Park
SSA140856	6/22 - 8/03	W	9:30 a.m. - 10:15 a.m.	4 yrs - 5 yrs 6 mos	\$117	Sky Prairie Park

\*No class Memorial Day weekend



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

Online:  
SuperTotSports.com

Phone:  
866.849.1099



# 2022 RECTENNIS SUMMER TENNIS CAMPS

**RecTennis Summer Tennis Camps offers fun,  
affordable tennis for all ages + skill levels!**

## **Summer Tennis Camps**

Teach basic tennis skills

Smash summer boredom by keeping kids active

Develop skills kids can take off the court

**Tennis Equipment Provided**

**For more information, visit:**  
[www.rectennis.com/spokane](http://www.rectennis.com/spokane)







**WELLNESS TIP:** 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

You may join these classes below at anytime after the program has begun. Contact [aeva@spokanecity.org](mailto:aeva@spokanecity.org) to register at a prorated rate.

### Walking Qi Gong

**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. **Finch Arboretum Field House, 3404 W Woodland Blvd.** \$72 (per visit fee \$15)

10901 Sat.

7/23 – 8/27

10am – 11am



# SPOKANE PARKS & RECREATION



## YOUTH SPORTS SKILL-BASED PROGRAMS

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

### BASEBALL CAMP

6/20 - 6/24	M-F	9:00 a.m. - 12:00 p.m.	6-12	\$150	Glover Middle School - West Field
8/08 - 8/12	M-F	9:00 a.m. - 12:00 p.m.	6-12	\$150	Glover Middle School - West Field
6/20 - 6/24	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$200*	Glover Middle School - West Field
8/08 - 8/12	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$200*	Glover Middle School - West Field

### BEGINNING BASEBALL CLINIC

6/22 - 8/03	W	5:30 p.m. - 6:15 p.m.	6-8	\$85	Comstock Park
6/23 - 8/04	TH	5:30 p.m. - 6:15 p.m.	6-8	\$85	Shadle Park

### BEGINNING GOLF CAMP

6/20 - 6/24	M-F	9:00 a.m. - 12:00 p.m.	7-12	\$150	Comstock Park
7/05 - 7/08	T,W,T,F	9:00 a.m. - 12:00 p.m.	6-12	\$120	Glover Middle School - West Field
7/11 - 7/15	M-F	9:00 a.m. - 12:00 p.m.	6-11	\$150	Comstock Park
7/25 - 7/29	M-F	9:00 a.m. - 12:00 p.m.	6-12	\$150	Glover Middle School - West Field
6/20 - 6/24	M-F	9:00 a.m. - 3:00 p.m.	7-12	\$200*	Comstock Park
7/05 - 7/08	T,W,T,F	9:00 a.m. - 3:00 p.m.	6-12	\$160*	Glover Middle School - West Field
7/11 - 7/15	M-F	9:00 a.m. - 3:00 p.m.	6-11	\$200*	Comstock Park
7/25 - 7/29	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$200*	Glover Middle School - West Field

### MULTI-SPORT CAMP (BASKETBALL & SOCCER)

6/20 - 6/24	M-F	9:00 a.m. - 12:00 p.m.	6-12	\$150	Mission Park
7/05 - 7/08	T,W,T,F	9:00 a.m. - 12:00 p.m.	6-12	\$90	Harmon Field
8/08 - 8/12	M-F	9:00 a.m. - 12:00 p.m.	6-12	\$150	Comstock Park
6/20 - 6/24	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$200*	Mission Park
7/05 - 7/08	T,W,T,F	9:00 a.m. - 3:00 p.m.	6-12	\$140*	Harmon Field
8/08 - 8/12	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$200*	Comstock Park

### BASKETBALL CAMP

6/20 - 6/24	M-F	9:00 a.m. - 12:00 p.m.	6-12	\$150	Glover Middle School - Gym
6/27 - 7/01	M-F	9:00 a.m. - 12:00 p.m.	6-12	\$150	Comstock Park
6/27 - 7/01	M-F	9:00 a.m. - 12:00 p.m.	6-12	\$150	Wilson Elementary
7/05 - 7/08	T,W,T,F	9:00 a.m. - 3:00 p.m.	6-12	\$160	Indian Trail Elementary
7/05 - 7/08	T,W,T,F	9:00 a.m. - 3:00 p.m.	6-12	\$160	Wilson Elementary
7/25 - 7/29	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$200	Hutton Elementary
8/01 - 8/05	M-F	9:00 a.m. - 12:00 p.m.	6-12	\$150	Linwood Elementary
8/01 - 8/05	M-F	9:00 a.m. - 12:00 p.m.	6-12	\$150	Comstock Park
6/20 - 6/24	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$200*	Glover Middle School - Gym
6/27 - 7/01	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$200*	Comstock Park
8/01 - 8/05	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$200*	Comstock Park

### SOCCER, BASEBALL & FLAG FOOTBALL

6/27 - 7/01	M-F	9:00 a.m. - 12:00 p.m.	6-12	\$150	Glover Middle School - West Field
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### FOOTBALL, SOCCER & CAPTURE THE FLAG

7/11 - 7/15	M-F	9:00 a.m. - 12:00 p.m.	6-12	\$150	Comstock Park
7/18 - 7/22	M-F	9:00 a.m. - 12:00 p.m.	6-12	\$150	Glover Middle School - West Field
7/11 - 7/15	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$200*	Comstock Park
7/18 - 7/22	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$200*	Glover Middle School - West Field

\*Full day supervised swim combo



Online:  
skyhawks.com

Phone:  
800.804.3509

## MINI-HAWK CAMP (BASEBALL, BASKETBALL & SOCCER)

6/20 - 6/24	M-F	9:00 a.m. - 12:00 p.m.	4-7	\$150	Comstock Park
6/27 - 7/01	M-F	9:00 a.m. - 12:00 p.m.	4-7	\$150	Comstock Park
7/05 - 7/08	T,W,T,F	9:00 a.m. - 12:00 p.m.	4-7	\$120	Glover Middle School - West Field
7/18 - 7/22	M-F	9:00 a.m. - 12:00 p.m.	4-7	\$150	Comstock Park
7/18 - 7/22	M-F	9:00 a.m. - 12:00 p.m.	4-7	\$150	Glover Middle School - West Field
8/01 - 8/05	M-F	9:00 a.m. - 12:00 p.m.	4-7	\$150	Comstock Park
8/01 - 8/05	M-F	9:00 a.m. - 12:00 p.m.	4-7	\$150	Glover Middle School - West Field
8/15 - 8/19	M-F	9:00 a.m. - 12:00 p.m.	4-7	\$150	Comstock Park
8/15 - 8/19	M-F	9:00 a.m. - 12:00 p.m.	4-7	\$150	Glover Middle School - West Field

## CAPTURE THE FLAG, DODGEBALL & ULTIMATE FRISBEE

7/18 - 7/22	M-F	9:00 a.m. - 12:00 p.m.	6-12	\$150	Mission Park
7/18 - 7/22	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$200 *	Mission Park

## VOLLEYBALL CAMP

6/27 - 7/01	M-F	9:00 a.m. - 12:00 p.m.	6-12	\$150	Comstock Park
7/05 - 7/08	T,W,T,F	9:00 a.m. - 12:00 p.m.	6-12	\$120	Glover Middle School - Gym
7/05 - 7/08	T,W,T,F	9:00 a.m. - 12:00 p.m.	6-12	\$120	Comstock Park
7/11 - 7/15	M-F	9:00 a.m. - 12:00 p.m.	6-12	\$150	Hutton Elementary
7/18 - 7/22	M-F	9:00 a.m. - 12:00 p.m.	6-12	\$150	Glover Middle School - West Field
7/25 - 7/29	M-F	9:00 a.m. - 12:00 p.m.	6-12	\$150	Comstock Park
8/08 - 8/12	M-F	9:00 a.m. - 12:00 p.m.	6-12	\$150	Glover Middle School - West Field
8/15 - 8/19	M-F	9:00 a.m. - 12:00 p.m.	6-12	\$150	Comstock Park
7/05 - 7/08	T,W,T,F	9:00 a.m. - 3:00 p.m.	6-12	\$160*	Glover Middle School - Gym
7/05 - 7/08	T,W,T,F	9:00 a.m. - 3:00 p.m.	6-12	\$160*	Comstock Park
7/18 - 7/22	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$200*	Glover Middle School - West Field
7/25 - 7/29	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$200*	Comstock Park
8/08 - 8/12	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$200*	Glover Middle School - West Field
8/15 - 8/19	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$200*	Comstock Park

## SOCCER, BASEBALL & FLAG FOOTBALL

6/27 - 7/01	M-F	9:00 a.m. - 12:00 p.m.	6-12	\$150	Glover Middle School - West Field
6/27 - 7/01	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$200*	Glover Middle School - West Field

## STEM & PLAY: BASKETBALL CAMP

6/20 - 6/24	M-F	9:00 a.m. - 3:00 p.m.	8-12	\$200	Jefferson Elementary
7/25 - 7/29	M-F	9:00 a.m. - 12:00 p.m.	8-12	\$159	Linwood Elementary
8/08 - 8/12	M-F	9:00 a.m. - 3:00 p.m.	8-12	\$200	Indian Trail Elementary

## SOCCER CAMP

6/20 - 6/24	M-F	9:00 a.m. - 12:00 p.m.	6-12	\$150	Glover Middle School - West Field
6/27 - 7/01	M-F	9:00 a.m. - 12:00 p.m.	6-12	\$150	Comstock Park
7/11 - 7/15	M-F	9:00 a.m. - 12:00 p.m.	6-12	\$150	Glover Middle School - West Field
7/18 - 7/22	M-F	9:00 a.m. - 12:00 p.m.	6-12	\$150	Comstock Park
8/01 - 8/05	M-F	9:00 a.m. - 12:00 p.m.	6-12	\$150	Comstock Park
8/01 - 8/05	M-F	9:00 a.m. - 12:00 p.m.	6-12	\$150	Glover Middle School - West Field
6/20 - 6/24	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$200*	Glover Middle School - West Field
6/27 - 7/01	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$200*	Comstock Park
7/11 - 7/15	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$200*	Glover Middle School - West Field
7/18 - 7/22	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$200*	Comstock Park
8/01 - 8/05	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$200*	Comstock Park
8/01 - 8/05	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$200*	Glover Middle School - West Field

## CHEERLEADING CAMP

6/27 - 7/01	M-F	9:00 a.m. - 12:00 p.m.	5-12	\$150	Glover Middle School - West Field
7/05 - 7/08	T,W,T,F	9:00 a.m. - 12:00 p.m.	6-12	\$120	Comstock Park
8/08 - 8/12	M-F	9:00 a.m. - 12:00 p.m.	5-12	\$150	Comstock Park
6/27 - 7/01	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$200*	Glover Middle School - West Field
7/05 - 7/08	T,W,T,F	9:00 a.m. - 3:00 p.m.	6-12	\$160*	Comstock Park
8/08 - 8/12	M-F	9:00 a.m. - 3:00 p.m.	5-12	\$200*	Comstock Park

## LACROSSE CAMP

7/11 - 7/15	M-F	9:00 a.m. - 12:00 p.m.	6-12	\$150	Glover Middle School - West Field
7/25 - 7/29	M-F	9:00 a.m. - 12:00 p.m.	6-12	\$150	Comstock Park
7/11 - 7/15	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$200*	Glover Middle School - West Field
7/25 - 7/29	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$200*	Comstock Park

## STEM & PLAY: SOCCER CAMP

8/15 - 8/19	M-F	9:00 a.m. - 12:00 p.m.	8-12	\$159	Glover Middle School - West Field
8/15 - 8/19	M-F	9:00 a.m. - 3:00 p.m.	8-12	\$200*	Glover Middle School - West Field

## FLAG FOOTBALL FUELED BY USA FOOTBALL

7/05 - 7/08	T,W,T,F	9:00 a.m. - 12:00 p.m.	6-12	\$120	Comstock Park
7/25 - 7/29	M-F	9:00 a.m. - 12:00 p.m.	6-12	\$150	Glover Middle School - West Field
8/15 - 8/19	M-F	9:00 a.m. - 12:00 p.m.	6-12	\$150	Comstock Park
7/05 - 7/08	T,W,T,F	9:00 a.m. - 3:00 p.m.	6-12	\$160 *	Comstock Park
7/25 - 7/29	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$200*	Glover Middle School - West Field
8/15 - 8/19	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$200*	Comstock Park

## BASKETBALL/MULTI-SPORT COMBO CAMP

8/01 - 8/05	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$200	Linwood Elementary
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## STEM & PLAY: BASKETBALL/MULTI-SPORT COMBO CAMP

7/25 - 7/29	M-F	9:00 a.m. - 3:00 p.m.	8-12	\$200	Linwood Elementary
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\*Full day supervised swim combo

Phone:

800.804.3509

Online:

skyhawks.com



SPACE IS LIMITED!

REGISTER TODAY





## YOGA / VIRTUAL YOGA

**WELLNESS TIP:** Yoga wellness benefits According to a research published by the Harvard Health Publishing (Harvard Medical School), Yoga practitioners have experienced several mental and physical benefits such as reduced stress, relief from effects of anxiety and depression, increased overall flexibility, decreased lower back pain, and a positive effect on cardiovascular risk factors, which help prevent heart disease. (2021).

### Virtual Yoga Deeper Stretch

**6 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. \$75

10834      Thurs.    6/14 – 8/18      5:30pm – 6:30pm

### Virtual Basic Yoga

**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

10835      Tues.    7/12 – 8/16      5:30pm – 6:30pm

### Virtual Chair Yoga

**6 weeks | Ages 16+ | Robin Marks** at Finch Arboretum 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

10833    Thurs/    7/14 – 8/18      10:30am – 11:15am

### 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

10836    Sat.    7/16 – 8/20      9am – 10am

## 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.™ This is a childhood education program designed to promote cognitive, social, fine/gross motor skill, and emotional development, all while creating the ultimate bonding experience for you and your child. Start your 6-week class today! **Southside Community Center, 3151 E 27th Ave.** \$59

10896      Thurs.    8/25 – 9/29      10am – 10:30am





# SPOKANE POLICE ACTIVITIES LEAGUE



The Spokane Police Activities League (PAL) engages participating youth in positive athletic and academic programs, including gang and drug intervention and prevention. Join us for the 2022 Season this summer! PAL bridges the gap between Spokane Police officers and youth in our community through fun and educational summer activities.

## **WEST CENTRAL PAL**

July 12 – August 9, 2022,  
Every Tuesday 12:00pm - 3:00pm AM  
Cannon Park, 1920 W. Maxwell

## **EAST CENTRAL PAL**

July 14 – August 11, 2022,  
Every Thursday 12:00pm - 3:00pm  
Liberty Park, 1704 E. 4th Ave.

## **HILLYARD NEIGHBORHOOD PAL**

July 13 – August 10, 2022,  
Every Wednesday 12:00pm - 3:00pm  
Friendship Park, 631 E. Greta Ave.

## **FINAL CELEBRATION**

Held at each park on the last day of PAL

Activities offered: Basketball, Track, Baseball, Flag Football, and Soccer  
Spokane Public Schools Summer Meal Program provides lunches each day

**This final event is tentative and may be canceled**

To register, please contact **[SPDCommunityOutreach@spokanepolice.org](mailto:SPDCommunityOutreach@spokanepolice.org)**



## MARTIAL ARTS

**WELLNESS TIP:** Martial Arts Researchers have found that the benefits of martial arts practice extended beyond improving self-confidence, self-respect, and physical fitness. Some participants noticed improved ability to manage anxiety and stress, as well as developing an overall sense of well-being due higher stamina and energy levels. Fuller and Lloyd (2020).

### Brazilian Jiu-Jitsu for Anyone!

**4 weeks | Ages 3-5yrs., 6-9yrs., 10-14yrs., & 15+ | Adam Smith** Brazilian Jiu-Jitsu's popularity draws people of all ages and fitness levels, with a variety of goals, including learning self-defense, improving fitness, or competing. Come try a hands-on activity that is the most practical form of self-defense in a fantastic and life changing learning environment. Start your 4-week class today! Spokane Valley BJJ two convenient locations: **12926 E. Indiana Suite 2, Spokane Valley or 847 S. Main Street, Deer Park.** \$75

#### Ages 3-5yrs.

10809	Deer Park	Mon./Wed. 7/4 – 9/28	3:15 – 3:45pm
10810	Spokane Valley	Tues./Thurs. 7/5 – 9/29	3:15 – 3:45pm

#### Ages 6-9yrs.

10811	Deer Park	Mon./Wed. 7/4 – 9/28	4 – 4:50pm
10812	Spokane Valley	Tue./Thurs. 7/5 – 9/29	5 – 5:50pm

#### Ages 10-14yrs.

10813	Deer Park	Mon./Wed. 7/4 – 9/28	5 – 5:50pm
10814	Spokane Valley	Tue./Thurs. 7/5 – 9/29	5 – 5:50pm

#### Ages 15+

10815	Deer Park	Mon./Wed. 7/4 – 9/28	6 – 7pm
10816	Spokane Valley	Tue./Thurs. 7/5 – 9/29	6 – 7pm

### Kung Fu for Youth

**4 weeks | Ages 4-6yrs & 7-17yrs. | David Toutonghi** This class aims to introduce youth to the art of Kung Fu. The class mixes some basic moves for walking, punching, kicking, with a focus on improve balance, coordination, and fitness, all while having fun! This class is open to all backgrounds and any levels of fitness. Start your 4-week class today! **East West Martial Arts 1427 N Monroe St.** \$59

#### Ages 4-6yrs.

10445	Tues./Thurs.	4/5 – 6/30	5:45 – 6:15pm
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#### Ages 7-17yrs.

10446	Mon/Wed.	4/4 – 6/29	6:15 – 7pm
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**REGISTER  
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Spokane, WA 99201

\*checks payable to City of Spokane



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## 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 **Moran Prairie Elementary 4224 E 57th Ave, and Indian Trail Elementary 4102 W Woodside Ave.** \$59

### Moran Prairie

10289 Tues. 4/12 – 5/10

6:15 – 7:15pm

### Indian Trail

10290 Wed. 4/13 – 5/11

6:15 – 7:15pm



## Lawn Bowling

**4 weeks | Ages 12+** Lawn Bowling has been the best kept secret Spokane tradition since 1913! If you like to play Bocce, Corn Hole, Curling, Ten Pin Bowling or similar sports, you are about to fall in love with lawn bowling! Described by some as “a sport that resembles curling, but on grass,” this is a fun sport for all fitness levels! Played outdoors, on a finely cut putting green, lawn bowling is a gentle sport on the body: if you can walk and bend your knees, you’ve got to come out and try it! Visit our Facebook page or our website for additional information. **Spokane Lawn Bowling Green behind Witter Aquatic Center 1300 E. Mission Ave.** \$40

10559 Sat. 6/4 – 6/25

10am – Noon

10559 Sat. 7/9 – 7/30

10am – Noon



## Useful Information to Know



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



When the Air Quality Index equals or exceeds 150 (which is in the lowest level of the “unhealthy” category), activities will be moved indoors or canceled until improvement occurs.



High temperatures can cause children to become sick very quickly. High heat also contributes to irritability for both children and adults. When temperatures start to reach high 90’s you can expect to see most recreation programs modify their activity in an inside environment or cancel/postpone events.



Last day of Summer Open Swim at our six Aquatics Facilities is August 26.



Classes may be cancelled due to not reaching minimum enrollment, so register early!

## WHEN IS THE GUIDE AVAILABLE?



### FALL

**Mid August**  
online only

### WINTER

**Mid November**  
printed & online



SpokaneRec.org



## VOLLEYBALL

### Summer Outdoor Volleyball League

**Ages 18+ |** Games are played 6-8pm. A season-ending tournament follow the regular season. Adult level of play B and C divisions. All games played at the Dwight Merkel Sports Complex, 5701 N. Assembly.

Early Bird Registration: April 18 – April 30 (\$25 Discount)

Regular Registration: May 1 – May 29

Late Registration (while space allows): May30 – June 3 (\$25 fee)

#### Recreational C

10541	Wed.	6/8 – 7/27	6pm – 8pm
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#### Competitive B

10542	Wed.	6/8 – 7/27	6pm – 8pm
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## CORNHOLE

### Cornhole

5 weeks. We're bringing you the fan-favorite lawn to the masses. Join us this Summer for 5 weeks of evening play. Do you have what it takes to take home the corn title? Come play in our upper or lower recreational divisions. Teams will play two games (up to six matches) a night. Team registrations only. The regular registration fee is \$60 a team, a team is allowed 3 players max. Meet at Dwight Merkel Sports Complex, 5701 N Assembly. \$60

#### Recreational Lower Competition

10306	Tues.	6/14 – 7/12	6pm – 9pm
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10308	Fri.	6/17 – 7/22	6pm – 9pm
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10310	Tues.	7/26 – 8/23	6pm – 9pm
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10312	Fri.	7/29 – 8/26	6pm – 9pm
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#### Recreational Upper Competition

10305	Tues.	6/14 – 7/12	6pm – 9pm
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10307	Fri.	6/17 – 7/22	6pm – 9pm
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10309	Tues.	7/26 – 8/23	6pm – 9pm
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10311	Fri.	7/29 – 8/26	6pm – 9pm
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SOFTBALL

Summer Softball League

**7 weeks | Ages 18+** Join us this season for the best softball competition in town and register your team today! SPRD offers a variety of divisions including Men's D & E Divisions, Coed C, D, & E division. Play 6 weeks of double-header games into a 1 game guarantee playoff at the Dwight Merkel Sports Complex, 5701 N. Assembly or Franklin Park Softball Complex, 302 W. Queen Ave. Team registration fee's include a set balls, a score book, line up cars, and umpire fees for the season. At **Dwight Merkel Sports Complex, 5701 N Assembly Spokane, WA 99205 or Franklin Park Softball Complex, 302 W. Queen Ave.** Registration Deadline: 6/4, Late Registration: 6/11 add \$25 late fee. \$840

Course code	League/Day		Time	
10754	Coed Open	Sun.	6/26 – 8/14	Noon – 3pm
10715	Coed D	Sun.	6/26 – 8/14	6:15pm – 9pm
10716	Coed E	Sun.	6/26 – 8/14	6:15pm – 9pm
10713	Men's D	Mon.	6/27 – 8/15	6:15pm – 9pm
10714	Mens E	Mon.	6/27 – 8/15	6:15pm – 9pm
10717	Coed D	Tues.	6/28 – 8/16	6:15pm – 9pm
10718	Coed E	Tues.	6/28 – 8/16	6:15pm – 9pm
10755	Free Agent Coed	Tue.	6/28 – 8/16	6:15pm – 9pm
10719	Mens D	Wed.	6/29 – 8/17	6:15pm – 9pm
10720	Mens E	Wed.	6/29 – 8/17	6:15pm – 9pm
10721	Coed D	Thurs.	6/30 – 8/18	6:15pm – 9pm
10722	Coed E	Thurs.	6/30 – 8/18	6:15pm – 9pm
10723	Coed D	Fri.	7/8 – 8/19	6:15pm – 9pm
10724	Coed E	Fri.	7/8 – 8/19	6:15pm – 9pm



According to the National Recreation and Park Association - Participating in active programs provides numerous health benefits and provides a connection to nature which studies demonstrate relieves stress levels, tightens interpersonal relationships, and improves mental health (NRPA, n.d.). Source: <https://www.nrpa.org/our-work/Three-Pillars/role-of-parks-and-recreation-on-health-and-wellness/>

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## TRS FITNESS & WELLNESS

### TRS Hiking

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

### Palisades Park Hike

Palisades Conservation Area is full of a variety of plants, flowers, birds and nature trails. The park has views of Mt. Spokane, the city, and has a natural creek and waterfall. Meet at **Palisades Park, 2 S Rimrock Dr.** \$21

10853	Sat.	7/9	10am – 12:30pm
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### Riverside State Park Hike

We will be exploring the Bowl and Pitcher Area which includes crossing a suspension bridge over the Spokane River. Meet at **Riverside State Park, 4427 N. Aubrey White Parkway.** \$21

10854	Sat.	8/13	10am – 12:30pm
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### Fish Lake Trail Hike

A beautiful ADA accessible trail that takes you from urban to rural in one mile. A former railroad route-7.6 miles one way- now paved that connects West Spokane to Queen Lucas Lake. We will walk as far as the group chooses. Meet at **Trailhead, 16th & S. Lindeke St.** \$21

10856	Sat.	9/10	10:30am – 12:30pm
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## TRS MUSIC & DANCE

### 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 and other dances such as the Macarena, YMCA, Alley Cat and more. Meet at **The Pickleball Playground, 10505 N. Newport Hwy.** \$31

10860	Mon.	7/11 – 8/1	3pm – 4pm
10861	Mon.	8/8 – 8/29	3pm – 4pm

### 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 whiffle ball. Equipment and instruction will be provided by the Pickleball Playground. Meet at **Pickleball Playground, 10505 N. Newport Hwy.** \$39

10684	Mon.	7/11 – 8/1	6:30pm – 7:30pm
10865	Mon.	8/8 – 8/29	6:30pm – 7:30pm



### TRS Walking

**6 weeks | Ages 14+** If you enjoy the outdoors, exercise and socializing with friends this weekly stroll is for you. We will divide the group into slow and fast walkers. Please wear comfortable, loose clothing such as sweats and sturdy walking shoes. Meet at **Manito Park, Mirror Pond.** \$43

10858	Thurs.	7/14 – 8/18	3:30pm – 5pm
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## TRS FUNSHINE DAY CAMP

### TRS Funshine Day Camp

**4 weeks | Ages 6-21yrs. | 2 weeks Adults | Ages 18+**

Funshine Day Camp is a fun-filled camp for those with developmental and/or physical disabilities. Campers will have the opportunity to interact and socialize with their peers through crafts, music, science experiments, books, board games, group activities, and more. Fridays are field trip days to a variety of exciting locations. Each week the camp centers around a different theme. We celebrate the end of summer with our annual Potluck BBQ & Carnival. The pool is now open so the camp will swim M-Th 11:45am-12:45pm. The camp is back at Shadle Park. Drop off and pick up will be inside the **Shadle Library, 2111 W. Wellesley Ave.** \$239

### Adult Camps

Game Week - Field trip to Manito Park & Lawn Games

10653 Mon. – Fri 6/27 – 7/1 9am – 2:30pm

### Art Week – Field trip to Northtown Mall

10658 Mon. – Fri. 8/1 – 8/5 9am – 2:30pm

### Kids Camps

**Dinosaur Week** Field Trip to Ice Age Playground at Riverfront Park

10654 Mon. – Fri 7/11 – 7/15 9am – 2:30pm

**Planet Earth** – Field Trip to Mobius

10655 Mon. – Fri 7/18 – 7/22 9am – 2:30pm

**The Great Outdoors** – Field Trip to Riverside State Park

10656 Mon. – Fri 7/25 – 7/29 9am – 2:30pm

**Lights Camera Action** – Annual Carnival & Potluck

10657 Mon. – Fri. 8/1 – 8/5 9am – 2:30pm

## TRS SPORTS

### TRS Bicycling

**5 weeks | Ages 16+** Enjoy Spokane's natural beauty by bicycle. Participants need to be in physical condition and ride a bike safely. Make sure your bike is in good working order and helmet fits well. Meet at **Mirabeau Point Park, trailhead, 13500 Mirabeau Pkwy, Spokane Valley.** \$59

10845 Wed. 7/13 – 8/10 5pm – 7pm

10848 Wed. 8/24 – 9/28 4pm – 6pm



*Playball Team Photo*

### TRS Playball

**14 weeks | Ages 12+** This program is for those who are ready for more of a challenge. They will work on preparation and skill development in actual game situations. We are looking for parents/adults to play to enhance the game. Meet at **Chief Garry Park, Mission & Regal. Field A.** \$60 \*No class 5/27, 7/1

10296 Fri. 5/13 – 8/5 6 – 8pm



## TRS SOCIALIZATION

### TRS Cheney Rodeo

**1 day | Ages 18+** Put on your western duds and cowboy hat as we head to Cheney for the annual professional rodeo. The show will be packed with calf roping, bronc and bull riding, and other exciting events. Meet at **Cheney Rodeo Grounds, 14310 St. Rt. 904.** \$39

10866	Sun.	7/10	1:30 – 4:30pm
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### TRS Cornhole & Pizza

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

10862	Mon.	7/11 – 8/1	4:30pm – 6pm
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10863	Mon.	8/8 – 8/29	4:30pm – 6pm
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### TRS Classy Crafts

**4 weeks | Ages 16+** Explore your creative side and make a variety of beautiful and meaningful crafts each week. Participants will have the opportunity to improve skills such as fine motor, socialization and communication. Class meets at **Park Operations lunch room, 2304 E. Mallon Ave.** \$47

10780	Thurs.	7/7 – 7/28	4:15pm – 5:30pm
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10781	Thurs.	8/4 – 8/25	4:15pm – 5:30pm
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### TRS Disc Golf & Pizza

**4 weeks | Ages 12+** We will visit a Spokane Parks and Recreation Park that host a Jr. Disc golf course. Safety and throwing fundamentals will be covered. Games played each week. The Spokane Parks Foundation has provided funding so each person can take home a disc. Pizza served at the end of each weekly play. Meet at **Friendship Park 631 E Greta Ave.** \$39

10859	Fri.	7/22 – 8/12	4pm – 5:30 pm
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### 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. July picnic & dance. Wear your favorite red, white and blue. TRS provides fried chicken, juice and paper products. Bring a side dish or dessert to share. Meet at **Franklin Park Shelter, 302 W. Queen Ave.** \$11

10844	Fri.	7/15	6pm – 8:30pm
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### Paint and Taste

**1 day | Ages 14+** Do you like painting and apple cider? Make a masterpiece of our very own while enjoying sipping on cider. No painting experience required. **Park Operations lunch room, 2304 E. Mallon Ave.** \$19

10855	Thurs.	8/4	6pm – 7:30pm
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Therapeutic Recreation provides opportunities for physical, emotional, social and cognitive health. Outcomes can include: Increased mobility, more restful sleep, improved self-determination, ability to follow directions and increased social confidence. - <https://growththroughflow.com/5-ways-recreation-therapy-can-improve-your-life>





## TRS SOCIALIZATION

**TRS What's Cooking**

**4 weeks | Ages 16+** Tired of eating at home? Sign up for this class and you will prepare a meal, practice table manners, visit with friends, and take part in clean-up duties. Participants will have the opportunity to practice skills such as following directions, socialization, and hygiene required when in the kitchen. Class meets at **Southside Senior Activity Center, 3151 E. 27th Ave.-kitchen.** \$59

10400	Tues.	6/7 – 6/28	4pm – 6pm
10846	Tues.	7/12 – 8/2	4pm – 6pm
10847	Tues.	8/9 – 8/30	4pm – 6pm

**TRS Summer Fun**

**1 day | Ages 18+** If your nights are dull check out these summer fun event. Participants are responsible to bring the suggested amount of money listed. Sign-up fee covers transportation, staff, tickets and sometimes food. Staff ratio is 1:4-6. Participants will have the opportunity to practice socialization skills such as making choices, handling money, following directions, and getting along within a group. Fee and meeting location varies.

**Spokane Indians Poster Giveaway & Fireworks Night \$33**

10825	Fri.	6/24	6pm – 10pm
10828	Fri.	8/19	6pm – 10pm

**Spokane Indians Family Feast Nights \$33**

10826	Fri.	7/8	6pm – 9:45pm
10824	Wed.	8/3	6pm – 9:45pm

**TRS Scottish Highland Games**

**1 day | Ages 18+** Bag pipes, dancing, strength tests, sheep and dogs are all part of the Highland Games. Transportation provided from **Park Operations, 2304 E. Mallon Ave.** \$33

10867	Sat.	8/6	11:30am – 3:30pm
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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

10857	Wed.	8/17	5:30pm – 7pm
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**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

10851	Thurs.	6/23	6pm – 7:30pm
10852	Tues.	7/26	6:30pm – 8 pm

## REFRESHING SPOKANE



## SATISFACTION GUARANTEED

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

### REGISTER ONLINE

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



### MAIL US

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

\*checks payable to City of Spokane



### CALL US

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



## PAYMENT INFORMATION

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

## INCLEMENT WEATHER

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

## DISCLAIMER

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

## REFUND/CANCELLATION POLICY

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

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

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

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

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

## INCLUSION/ACCOMMODATION

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



Please print and  
fill out completely

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

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

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

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

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

<b>DDA will send funds.</b> <input type="checkbox"/> Yes <input type="checkbox"/> No	<b>Case Manager</b> Name: _____ phone # _____ email: _____
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**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>	<b>Wheelchair:</b>	<b>Check all that apply:</b>	<b>Other information:</b>
	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Manual <input type="checkbox"/> Full-time <input type="checkbox"/> Electric <input type="checkbox"/> Part-time	<input type="checkbox"/> Cane/Crutches <input type="checkbox"/> AFO's/Splint/braces <input type="checkbox"/> Walker	

<b>Daily Life:</b>	<b>Toileting:</b>	<b>Eating</b>	<b>Communication Information:</b>	<b>Other information:</b>
	<input type="checkbox"/> Independent <input type="checkbox"/> Independent w/reminders <input type="checkbox"/> Only with assistance	<input type="checkbox"/> Independent <input type="checkbox"/> Independent w/ partial assistance <input type="checkbox"/> Only with assistance	<input type="checkbox"/> Verbal and clearly understood <input type="checkbox"/> Verbal but not clearly understood <input type="checkbox"/> Non-verbal <input type="checkbox"/> Uses sign language <input type="checkbox"/> Uses a communication board	

## 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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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 \_\_\_\_\_





**SPOKANE**  
*starts here*

**Discover a new world.**



riverfront  
SPOKANE

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



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

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



# 2022 OPEN SWIM SCHEDULE

## JUNE 20 – AUGUST 26

**All Aquatic Centers: Comstock, AM Cannon,  
Hillyard, Liberty, Shadle & Witter**

**Monday – Saturday 1:00 – 4:00pm**

### **Evening Open Swim**

**Comstock, Cannon, Hillyard**

**Mon-Wed, 6:30 – 8:00pm**

**Liberty & Shadle**

**Tue & Thurs, 6:30 – 8:00pm**