

winter **ACTIVITY** guide

Winter adventures!

HISTORY & HAUNTS, SNOWSHOEING,
CROSS COUNTRY SKIING, ADULT SPORTS LEAGUES,
NO SCHOOL DAY & SPRING BREAK ART CAMPS,
ENHANCED FITNESS FOR HEALTHY AGING,
TRS SKIING AND SNOWBOARDING,
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

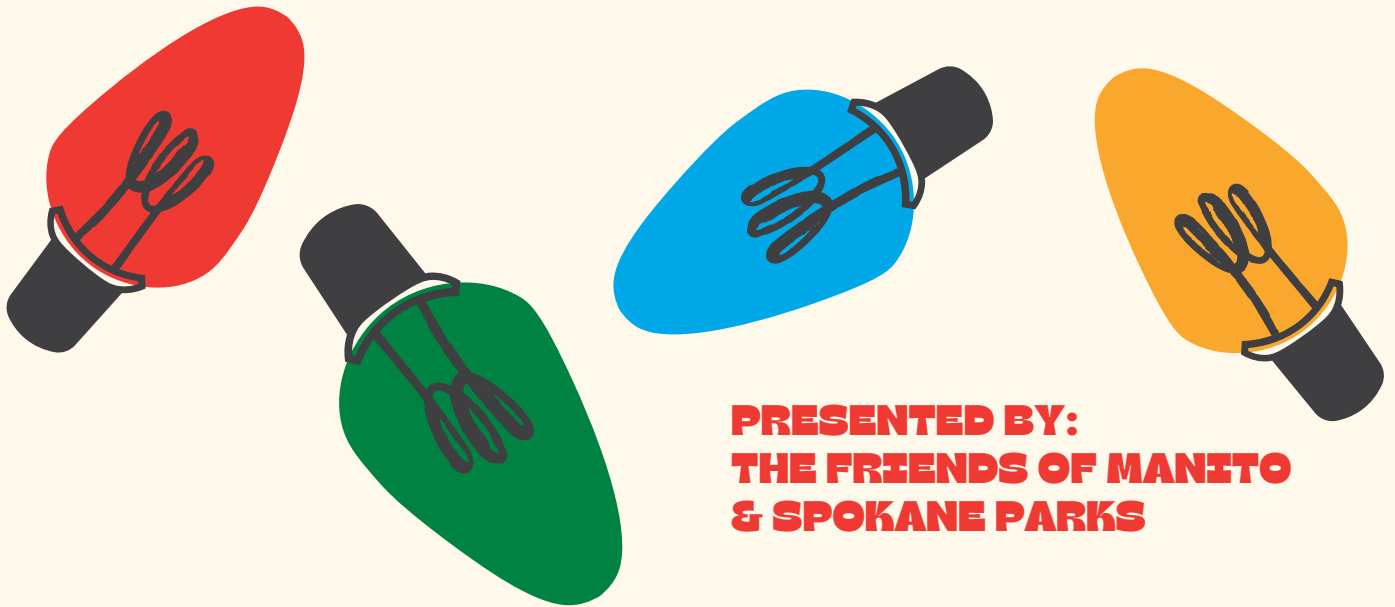
MANITO HOLIDAY LIGHTS

**DRIVE-THRU
DEC 9-12**

6:00-9:30 PM

**WALK-THRU
DEC 13-18**

5:00-8:00 PM



**PRESENTED BY:
THE FRIENDS OF MANITO
& SPOKANE PARKS**

SPONSORED BY:



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THANK YOU

Pool World

for sponsoring two free open
swim days in 2022.



Pool World

Pools, Hot Tubs, Saunas, Grills and Services
Spokane - Coeur D'Alene



KIDS PRE-SCHOOL

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

Little Leonardo's

6 weeks | Ages 3-5yrs. Children love art and they're naturally creative and imaginative. Each class is planned to expose your child to a new element of art each week. They will paint, sculpt, draw, cut paper and glue to help develop listening skills, fine motor skills and creative imagination play. \$59

12431 Mon. 2/6 – 3/13 9:30 – 10:30am

NEW! Magical "Snow-time" in the Forest!

6 weeks | Ages 3-5yrs. Join us for this magical "snow-time" of the year! We will learn about animals, fairies, and gnomes that live in the winter forest. This class will be filled with lots of animals, creatures, and sparkly fun art projects! Dress for a magically creative mess! \$59

12432 Tues. 2/7 – 3/14 9:30 – 10:30am

Let's Gogh Art!

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

12433 Wed. 2/8 – 3/15 9:30 – 11am

Make Art Together: Winter Wonderland of Art!

6 weeks | Ages 2-4yrs. Are you tired of being cooped up in the house? Then this is the creative class for you and your child. Experience a new weekly art theme, story, and relevant project. Children will discover color, texture while practicing basic cutting and gluing skills while exploring a variety of art techniques and materials. This class is fast paced, active and most of all fun! There are new projects each week for returning students. \$59

12434 Thurs. 2/9 – 3/16 9:30 – 10:30am



PRE-SCHOOL WORKSHOPS

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

NEW! Make Art Together: Snowflakes & Fairies!

1 day | Ages 3-5yrs. Join us in creating a winter-time fairy fantasy for you and your child! Come and make a sparkly-snowflake tiara, a magic wand, and some glittery wings to wear! Dress for a sparkly mess. \$29

12441 Sat. 1/28 9:30 – 11am

Make Art Together: Valentine Fun!

1 day | Ages 3-5yrs. Join to make handmade cards and gifts with your favorite little Valentine in this fun, fast-paced class. Lots of hearts, doilies and glitter will be used to say "I Love You" in this fun event for you and your child. Dress for a mess and have a "Lovely" time. \$29

12442 Sat. 2/11 9:30 – 11am

Make Art Together: St. Patrick's Day Fun!

1 day | Ages 3-5yrs. Come and celebrate the "Wearing o' Green." Make a fanciful, fun Leprechaun hat, shamrocks projects and of course a pot of gold at the end of the rainbow. This a fun and fast paced class to share with your favorite little Leprechaun! \$29

12443 Sat. 3/11 9:30 – 11am

Make Art Together: Easter Bunny Fun!

1 day | Ages 3-5yrs. Bunnies, Chicks, and Lambs, Oh My! Come and make some fun Easter projects to enjoy this spring. Bring yourself and your little "Some-Bunny" special to this fun and fast-paced class. Projects include an animal puppet, Easter hat, and more. \$29

12444 Sat. 4/8 9:30 – 11am





KIDS YOUTH

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

Afternoon Art Exploration

6 weeks | Explore a variety of artistic mediums, such as, oil pastels, paint, clay, paper, recycled objects and more each week. Here's a chance to use your artistic skills, be creative and try new things. There are new projects each week for returning students. \$75

Ages 6-8yrs.

12435 Mon. 2/6 – 3/13 4 – 5:30pm

Ages 9-12yrs.

12436 Tues. 2/7 – 3/14 4 – 5:30pm

NEW! Make Creative Clay Earrings-Youth

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

12437 Tues. 2/14 – 2/28 4 – 6pm

12438 Tues. 3/7 – 3/21 4 – 6pm

**Drawing Basics - Youth**

6 weeks | Drawing is the basis and the first step for dimensional art forms. Explore with different tools and techniques and learn the many facets of drawing including freehand drawing, line, shading, fur-scales-feathers, still life, color, design composition, perspective, portraiture, animals and more. \$75

Ages 6-8yrs.

12439 Wed. 2/8 – 3/15 4 – 5:30pm

Ages 9-12yrs.

12440 Thurs. 2/9 – 3/16 4 – 5:30pm

Cultured Sea Glass Necklace & Backpack Charm

1 day | **Ages 8-12yrs.** | **Amy Gurel** Learn how to create a beautiful one-of-a-kind necklace to add some bling to any outfit as well as a backpack charm that you can show all your friends the amazing creativity that you have. All supplies are provided other than safety glasses which you are suggested to bring. There will be a \$10 lab fee payable to the instructor at the start of class. \$25/\$10 Lab Fee.

12458 Thurs. 2/9 4:30 – 5:30pm

12460 Thurs. 3/9 4:30 – 5:30pm

Cultured Sea Glass Tree-Youth

1 day | **Ages 8-11yrs.** | **Amy Gurel** Your child will learn how to form a tree out of wire as well as how to wire wrap each piece of cultured sea glass to form the canopy of a beautiful one-of-a-kind tree. There will be a \$10 lab fee payable to the instructor at the start of class. \$25/\$10 Lab Fee.

12462 Thurs. 2/16 4:30 – 5:30pm

12463 Sat. 2/18 11am-Noon

Cultured Sea Glass Sun-Catchers

1 day | **Ages 8-12yrs.** | **Amy Gurel** Your child will learn how to make Amy's signature Swan Chain as well as how to wire wrap cultured sea glass and attach it all to a piece of driftwood for a one-of-a-kind indoor/outdoor suncatcher. All supplies are provided other than safety glasses which you are suggested to bring. There will be a \$10 lab fee payable to the instructor at the start of class. \$25/\$10 Lab Fee.

12465 Thurs. 2/23 4:30 – 5:30pm

12466 Sat. 2/25 11am-Noon

12467 Thurs. 3/23 4:30 – 5:30pm

12468 Sat. 3/25 11am-Noon



YOUTH WORKSHOPS

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

NEW! Valentine Hearts-o-Crafts Fun!

1 day | Ages 5-8yrs. Come have some Valentine's Day fun at the CAC! We will make cards and creative gifts for your special someone. Lots of hearts, doilies, and glitter will be used to say "I love you" in this fun holiday workshop! \$29

12445 Sat. 2/11 9:30 – 11am

NEW! Shamrocks & Rainbows: St. Patrick's Day Fun!

1 day | Ages 5-8yrs. Join us in celebrating the "Wearing o' Green." Make a fanciful, fun Leprechaun hat, shamrocks projects and of course a pot of gold at the end of the rainbow. This class will be full of creativity and whimsical fun! \$29

12446 Sat. 3/11 9:30 – 11am

NEW! Color Me Egg-cited: Easter Fun!

1 day | Ages 5-8yrs. Bunnies, Chicks, and Lambs, Oh My! Come and make some fun Easter projects to enjoy this spring. Join us in this wonderful holiday celebration to make some creative and fabulous Easter inspired projects. \$29

12447 Sat. 4/8 9:30 – 11am



NO SCHOOL TODAY CAMPS

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

NEW! Icky! Sticky! Sparkly Fun Camp!

1 day | Ages 6-11yrs. We will squish, squash, splatter and drizzle fabulous works of art while celebrating all things icky and sticky in this messy camp. Come and work with dough, glitter paint, glue and much more. Dress for a mess and please bring a lunch. \$49

12448 Mon. 1/16 9am – 3pm

NEW! Super Glitter-Monsters & Creatures Camp!

1 day | Ages 6-11yrs. Come and create your own fantastical, sparkly monster characters, dream up their special super-powers and transformations. Construct masks to wear and create costume pieces to become your envisioned creature and tell their amazing story. Dress for a mess and please bring a lunch. \$49

12449 Mon. 2/20 9am – 3pm




**AQUATICS REGISTRATION OPENS
MARCH 1**



SPRING BREAK CAMPS

Enjoy a fun-filled day with arts and crafts activities for children. Dress for a mess and bring your lunch. Pre-registration is required. Class held at the Corbin Art Center, 507 W 7th Avenue.

NEW! Super-Sculpture Safari Camp!

1 day | Ages 6-11yrs. Lions, Tigers and Bears, OH MY! No passport needed to create and sculpt your favorite animals from clay and paper to make fabulous works of 3-D art. This camp emphasizes creativity, construction, and problem-solving skills to help these young artist's animal artwork come to life. Dress for a mess and please bring a lunch. \$49

12450 Mon. 4/3

9am – 3pm

Mixed Media Art Attack!

1 day | Ages 6-11yrs. Explore the vast world of mixed media using a diverse array of art materials and techniques. You will work with clay, paint, glue and found objects. Creativity will run rampant and the art will explode with color and energy. Dress for a mess and please bring a lunch. \$49

12451 Tues. 4/4

9am – 3pm

Clay, Slime & DIY Dough

1 day | Ages 6-11yrs. Discover the joy of clay! Make your own cool clays to model creative animals and other projects. Using fun recipes and techniques you'll enjoy your experience with pre-made and handmade clay. Please bring a lunch. \$49

12452 Wed. 4/5

9am – 3pm



NEW! Shhhhhh! It's Top Secret!

1 day | Ages 6-11yrs. Shhh! Put on your secret disguise, get out your invisible ink, and sneak on over to work on your spy agility skills. Learn about secret codes, decipher codes, make clever gadgets and be a super sleuth to solve puzzles and mini mysteries. Dress for a mess and please bring a lunch. \$49

12453 Thurs. 4/6

9am – 3pm

NEW! Across the Universe in a Day!

1 day | Ages 6-11yrs. Learn about our solar system, constellations while creating space-themed projects, sculptures, and art! This camp includes some science facts, games, folktales, and myths. Dress for a mess and please bring a lunch. \$49

12454 Fri. 4/7

9am – 3pm



**REGISTER
ONLINE**

SpokaneRec.org



**MAIL
US**

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

*checks payable to City of Spokane



**CALL
US**

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





DRAWING

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

The Health Benefits of Art

Creating art is a powerful way to connect to our deepest emotions and self. Anyone can create art! The trick is letting go of self-judgment and caring more about the process of creativity than whether the creation is "good enough."

Like with any wellness tool, the goal is to enhance your feelings of well-being. Think about these facts:

- Creating art allows us to be mindful and fully present in the moment.
- Creative projects help our brains and bodies feel better. It's been shown that all kinds of creativity raise self-esteem and produce dopamine in our brains, which makes us feel good, gives us a sense of accomplishment, and enhances our wellness.
- Creating art is so powerful an act that art therapy is often used to help people heal emotionally from depression, trauma/PTSD, stress, and more.
- Art can be created by anyone of all ages, using their hands, feet or mouth.
- People with cognitive differences, limb impairment, neurodiversity, etc. can all participate in creative expression, making it a universal wellness tool.

<https://www.wellnessrecoveryactionplan.com/>

Perspective Drawing

6 weeks | Ages 16+ | Tom Quinn Perspective is to drawing what grammar is to writing. It provides a structure to art by dictating where objects must be placed and which directions the angles go to achieve that vital third dimension of depth. You do not need to be an artist to draw well in perspective - when you know how to use the tools, they do the drawing for you. Supply list included upon confirmation of registration. \$85

12378 Tues. 2/7-3/14 6:30-8:30pm

Drawing Hands

1 day | Ages 16+ | Tom Quinn The hand is one of the most difficult parts of the human body for the artist to master. In this workshop, we'll cover the anatomy of the human hand, including bones, muscles, and blood vessels. After drawing skeletal hands, we'll be drawing the hands of a model in different positions and situations. Supply list included with registration confirmation. \$75

12379 Sat. 3/4 9am-3pm

Caricature Drawing

1 day | Ages 16+ | Tom Quinn Caricature is an old and respected art form. In this class, we'll discuss the ways to exaggerate and simply an individual's distinctive features to depict someone in a way that's both funny and instantly recognizable. Tom has been drawing caricatures for well over 25 years and has learned to draw them both at leisure and under intense time pressure. Supply list included with registration confirmation. \$75

12380 Sat. 3/25 9am-3pm



Drawing Fundamentals

6 weeks | Ages 16+ | Join us as we begin to explore drawing fundamentals! If you are new to drawing or need to brush up on basic skills this is the class for you. We will be tackling drawing materials, composition, portrait techniques, shading, and perspective. Great basics that will lead to long lasting confidence in your drawing. Supply list included upon confirmation of registration. \$85

12713 Mon. 2/6-3/13 6-8pm



Join Spokane Sports and the local community for a day of track and field at The Podium powered by STCU.

This community minded track meet offers a run, jump, throw clinic for youth athletes, in addition to a middle school and high school throwing clinic.

This event also features running events for participants ranging from the 60-meter dash to 3,000 meters.


The pinnacle event will be the quest to find Spokane's fastest male and female miler.

THE PODIUM. POWERED BY **stcu** | Spokane SPORTS



Kids Art Parties!

At Corbin Art Center




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



**\$169 for up to
12 children!***



**Email rgriffith@spokanecity.org
for availability and reservations**



***\$10 per additional child up to 15
children. Double charge for over 15
children to hire a second instructor.**



PAINTING CLASSES & WORKSHOPS

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

Acrylic Painting

6 weeks | Ages 16+ | Tom Quinn Learn basic concepts of painting techniques with acrylic paints. This class is an introduction to the fast drying, forgiving medium of acrylic paint. You will explore color, form, and composition to create your own works of art. Work from still-life set-ups and two-dimensional references such as photos. Supply list included upon confirmation of registration. \$85

12381 Mon. 2/6-3/13 6:30-8:30pm

Open Art: Mixed Media

5 weeks | Ages 16+ | Katie Frey This class is about bringing your ideas to life, finishing up old or new projects and having fun. Join us for demos in acrylic, watercolor, pastel, texture mediums and more. Learn about color and design, composition and how to apply these ideas to your current work in progress. Arrive with a picture, idea, or a project that needs finishing or tweaking. There is no supply list for this class, please bring what you think you will need for your individual project. \$89

12382 Tues. 2/28-3/28 5:30-8:30pm

NEW! Create Texture in your Acrylic Painting!

6 weeks | Ages 18+ | Cliff Hall Want to try playing with texture as a focus in your next acrylic painting? Explore texture and see what it can do for a painting. We'll discuss how a texture can affect a finished piece. We'll also discuss different types of textures and try them out. You will come away with an expanded view of how texture can enhance a composition and have some fun to boot. Supply list included upon confirmation of registration. \$85

12383 Wed. 2/8-3/15 6-8pm



Painting with Oils

6 weeks | Ages 16+ | Tom Quinn An introduction to the forgivable medium: oil. Learn basic concepts of design, composition, color theory, values and texture while experiencing the outstanding working properties of oil. Choose to work from still-life or two-dimensional references. Helpful demonstrations and individual instruction will be taught. Supply list included upon confirmation of registration. \$85

12384 Thurs. 2/9-3/16 6:30-8:30pm

Spontaneous Process Painting

1 day | Ages 18+ | Bevie LaBrie Have you ever stood in front of a blank canvas feeling paralyzed? Does your inner critic stand next to you, putting on the pressure to paint an amazing painting? If so, this is the class for you! Using multi-media, participants will create on one surface throughout the class. Supported by writing prompts and instructor guidance, students will discover how this surface reflects their creative journey. Students will leave the day with numerous ways to begin to find deeper connection to their paint process. All experience levels welcome and there will be a 1-hour lunch break. Supply list included upon confirmation of registration. \$70

12385 Sun. 2/12 9am-4pm





CRAFT WORKSHOPS

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

NEW!

Decorative Papercrafted Pinecones

1 day | Ages 16+ | Melode Hall Learn how to make this fun decorated Styrofoam egg and all its versatile decorating options. We will complete one together in class. Perfect for Easter decorations, Fall or Christmas Wall hangings, even tops of gift packages. These eggs/pinecones are easy and really addicting to make. Supply list included upon confirmation of registration. \$34

12402 Mon. 3/20 6-9pm

NEW!

Creative Clay Earrings for Teens!

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

12403 Thurs. 2/16-3/2 4-6pm

12404 Thurs. 3/9-3/23 4-6pm

NEW!

Creative Clay Earrings for Adults

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

12405 Sat. 2/18-3/4 1:30-3:30pm

12406 Sat. 3/11-3/25 1:30-3:30pm

Cultured Sea Glass Pendant & Earrings Set

1 day | Ages 12+ | Amy Gurel You will learn the basics of wire wrapping the cultured sea glass to create a one-of-a-kind pendant and earring set that you can use to adorn any outfit. All supplies are provided other than safety glasses which you are suggested that you should bring to this class. There will be a \$15 lab fee payable to the instructor at the start of class. \$45/\$15 Lab Fee

12407 Mon. 2/6 6-8pm

12408 Tues. 2/7 10:30am-12:30pm

12410 Mon. 3/6 6-8pm

12411 Tues. 3/7 10:30am-12:30pm

Cultured Sea Glass Tree

1 day | Ages 12+ | Amy Gurel You will learn how to form a tree out of wire as well as how to wire wrap each piece of glass to form the canopy of a beautiful one-of-a-kind tree. All supplies are provided other than safety glasses which you are suggested to bring. There will be a \$15 lab fee payable to the instructor at the start of class. \$45/\$15 Lab Fee

12413 Mon. 2/13 6-8pm

12414 Tues. 2/14 10:30am-12:30pm

12415 Sat. 2/18 1-3pm

12416 Mon. 3/13 6-8pm

12417 Tues. 3/14 10:30am-12:30pm

Cultured Sea Glass Sun-Catchers

1 day | Ages 12+ | Amy Gurel You will learn how to make Amy's signature Swan Chain as well as wire wrap cultured sea glass and attach it all to driftwood. You will make a one-of-a-kind indoor/outdoor suncatcher to enjoy. All supplies are provided other than safety glasses which you are suggested to bring. There will be a \$10 lab fee payable to the instructor at the start of class. \$45/\$10 Lab Fee

12418 Mon. 2/20 6-8pm

12419 Tues. 2/21 10:30am-12:30pm

12420 Sat. 2/25 1-3pm

12421 Mon. 3/20 6-8pm

12422 Tues. 3/21 10:30am-12:30pm

12423 Sat. 3/25 1-3pm

Cultured Sea Glass Garden Bling

1 day | Ages 13+ | Amy Gurel Learn the basics of wire wrapping cultured sea glass to create one-of-a-kind garden bling to adorn your indoor or outdoor plants. All supplies are provided other than safety glasses which you are suggested to bring. There will be a \$15 lab fee payable to the instructor at the start of class. \$35/\$15 Lab Fee

12424 Mon. 2/27 6-8pm

12425 Tues. 2/28 10:30am-12:30pm

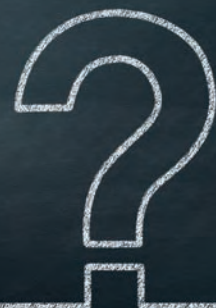
WHEN IS THE NEXT
GUIDE AVAILABLE?

Spring/Summer Camp

Early March

Printed & Online

Registration Opens March 1





WRITING & PERSONAL ENRICHMENT

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

Creative Memoir Writing

6 weeks | Ages 16+ | Mary Fruchter Do you have a story to tell, but aren't sure how to begin? Start here. In this creative writing class, we will look at memoirs snapshots and study some of the techniques authors use to make their words and characters come alive. Then, we will try it out ourselves, writing our own lives. Join us, and make your voice heard. Notebook, pencil or I-Pad and your memories are the only supplies needed. \$85

12386 Wed. 2/8-3/15 6-8pm

NEW!

Improv for Writers of Literary Fiction

6 Weeks | Ages 18+ | Katy Purviance Curious about new ways of writing? Come and write with us! Using tools from theatre and improvisation, we'll work together to develop each person's story premise or work-in-progress. You'll discover ideas for your characters and plot that you wouldn't have thought of on your own! \$85

12717 Tues. 2/7-3/14 2-4pm

12718 Tues. 2/7-3/14 6-8pm

NEW!

Creative Writing for Adults

6 Weeks | Ages 18+ | Katy Purviance Are you looking for a supportive environment to help you find yourself as a writer? Come join us! In this class, we'll explore story structure, characters, plot, point of view, pacing, and more. We'll share our stories with each other and help each other make our stories even more compelling. \$85

12719 Wed. 2/8-3/15 2-4pm

12720 Wed. 2/8-3/15 6-8pm

NEW!

Creative Writing for Kids

6 Weeks | Ages 8-12 | Katy Purviance Does your child love to write? In this class, your child will learn how to use story structure, plot, characters, and dialogue to write their own compelling story. We'll read each other's stories and learn how to give and receive constructive criticism. Your child will become a better writer! \$69

12721 Thur. 2/9-3/16 4-5:30pm

NEW!

Creative Writing for Teens

6 Weeks | Ages 12-17 | Katy Purviance Do you love to write stories? In this class, we will work with story structure, plot, characters, and dialogue to write your own compelling story. We'll workshop each other's stories to give and receive constructive criticism. You'll learn to edit and rewrite your story to make it even better! \$85

12722 Sat. 2/11-3/18 4-6pm

IMPROV

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

NEW Intro to Improv!

6 Weeks | Ages 18+ | Katy Purviance If you've ever been intrigued by improv, this fun introduction is just for you! You'll learn the basics of improvised theatre -- spontaneity, playfulness, creativity, listening, and storytelling through fun games and exercises. This is a safe, inviting environment for trying new things and taking a few risks. \$85

12716 Mon. 2/6-3/13 6-8pm

PHOTOGRAPHY

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

Photography Basics

5 weeks | Ages 16+ | Al Berger Learn the fundamentals of photography and how to use your camera. Tips on lighting, additional equipment to consider and its uses. Practice assignments and in-class critiques. Requires a camera that allows manual setting of F-stop and Shutter speeds. A digital camera with full range of aperture (F-stop) settings such as Canon EOS series or Nikon DX series DSLR (with removable lens) a must. The first class will be 3 hours in length. \$79

12387 Mon. 2/6-3/6 6-8pm

Photoshop Basics

5 weeks | Ages 16+ | Al Berger Learn the basic steps needed to finish your digital photographs for printing and web usage. Photoshop topics include sharpening, exposure compensation, density, minor retouching, cropping, special effects, levels, color correction and preparing photos for printing. Bring your laptop with a mouse, Photoshop or Photoshop Elements software installed on the laptop, (any version). \$79

12388 Tues. 2/7-3/7 6-8pm

Portrait Photography

5 weeks | Ages 16+ | Al Berger Learn the secrets and steps of working with a person or persons to create beautiful portraits. We will explore working with light, both natural and artificial as well as flash. Requires a camera that allows manual setting of F-stop and Shutter speeds. A digital camera with full range of aperture (F-stop) settings such as Canon EOS series or Nikon DX series DSLR (with removable lens) a must. Students will be taught how to meter light for the best results as well as learning how to pose a person for the most natural portraits. Assignments will be given, and results will be critiqued in class. \$79

12389 Wed. 2/8-3/8 6-8pm

FIBER ARTS

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

NEW! Crochet: Rag Rugs

3 weeks | Ages 16+ | Melode Hall Create 3 Crochet Rag Rugs - Oval, Circle & Heart. Useful & practical way to recycle old sheets (or use pre-shrunk new fabric). This class is fun, and you will have a new rug or two for your home or to give as a gift. Prior crocheting experience is not necessary. Supply list included upon confirmation of registration. \$59

12399 Mon. 2/13-2/27

6-9pm

NEW! Get Hooked on Crochet!

6 weeks | Ages 16+ | Learn the versatile and enjoyable art of crochet! This class is for beginners. We will learn the basic stitches of crochet, how to read a simple pattern, and complete one of three projects: a bookmark, glasses case, or a potholder. You will also learn how to search for appropriate patterns for future projects. Supply list included upon confirmation of registration. \$70

12607 Mon. 2/6-3/13

10-11:30am

NEW! Intro to Sewing: Learn the Machine

2 weeks | Ages 13+ | Margie Bradfute Do you have a sewing machine, but have never used it? Bring your sewing machine to learn and get comfortable using it. You will explore all the stitches and what each one is used for, even buttonholes and zippers, along with all the parts of the sewing machine. No experience necessary! You will make a decorative pillow in the 2nd class. Supply list included upon confirmation of registration. \$59

12400 Sat. 2/11-2/18

9am-1pm

12401 Sat. 3/11-3/18

9am-1pm





HISTORY & HAUNTS

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

Ghosts of the South Hill & Corbin Art Center

1 day | Ages 18+ | Chet Caskey Join us in a historical presentation at Corbin Art Center located at 507 W 7th Avenue that is at the top of Edwidge Woldson Park for a night of South Hill history and haunts! This historical mansion is next to the Moore-Turner Heritage Gardens (take care – there are more than one “Corbin Mansion” listed on Google Directions). Ghost meters, guidance by a professional Ghost Hunter, and refreshments provided. \$22
12426 Sat. 3/11 7-9:30pm

Ghosts of Hillyard and Corbin Art Center

1 day | Ages 18+ | Chet Caskey Join us in a historical presentation at Corbin Art Center located at 507 W 7th Avenue, Edwidge Woldson Park next to the Moore-Turner Heritage Gardens (take care – there are more than one “Corbin Mansion” listed on Google Directions). Ghost meters, guidance by a professional Ghost Hunter, and refreshments provided. \$22
12427 Sat. 4/15 7-9:30pm

NEW! Understanding Fabrics in Interior Applications

2 Weeks | Ages 18+ | Cindy Blue-Blanton The purpose of this fun and informative class is to make fabric selection easier and wiser. Guidelines of what fabric is in its broadest sense will be featured. Participants will learn the basics of natural fibers, manufactured fibers, and how the two differ for interior applications. Class participants will create a resource book of fabric samples for making future reference easy. Supplies furnished by instructor. \$49
12723 Thur. 2/16-2/23 6-8pm

NEW! Architectural Styles of Historic Spokane

2 Weeks | Ages 18+ | Cindy Blue-Blanton Learn how to identify the basic styles of architecture and interiors for the historic homes of Spokane. From the “Age of Elegance” mansions of Browne’s addition to the ubiquitous bungalow of the south hill, this course will give the student a basic knowledge of the major styles of Spokane architecture focusing on how and why they developed. Class participants will create a reference notebook of key terms and elements. \$49
12724 Tues. 2/21-2/28 10am-noon

NEW! Styles of American Furniture

2 Weeks | Ages 18+ | Cindy Blue-Blanton Early American Furniture showed considerable skill, beauty, and ingenuity. Learn the basics of style and the vocabulary of furniture description. The course will focus on the styles which have most influenced our everyday surroundings. Early American Colonial, American Colonial Georgian with a focus on Queen Anne and Chippendale features. Class participants will create a workbook for future reference. \$49
12725 Wed. 2/22-3/1 10am-noon

NEW! Identifying the Style: Spokane 1900-1915

2 Weeks | Ages 18+ | Cindy Blue-Blanton A fun but broader overview that explores the importance of the west and its leadership in creating simple, straightforward, and functional house styles with emphasis on the family. Participants will learn the differences between the Craftsman, Mission, and Bungalow styles. More importantly, and interior style collides with these masculine designs promoted by the homemaker magazines of the time. Oh, what fun it will be! Handouts and resources will be provided. \$49
12726 Tues. 3/7-3/14 10am-noon

NEW! Basics of Historic Preservation: Restoration Techniques

2 Weeks | Ages 18+ | Cindy Blue-Blanton This class provides a foundation in Historic Preservation practices. It will introduce the student to basic skills in researching and understanding historical properties, with a special emphasis on surface treatments. It will focus on vocabulary pertaining to preservation practices, recognition of architectural periods, styles, and construction methods in Spokane. Class participants will create a reference notebook of key terms and elements. \$49
12727 Thur. 3/9-3/16 6-8pm

WEATHER CANCELLATIONS

Winter inclement weather such as ice, snow can cause programs to be cancelled. In the event of a weather cancellation participants will be notified and receive a credit or refund. We hold several programs in Spokane Public Schools. If there is a school closure due to inclement weather, our programs in those facilities will also be cancelled.



MUSIC CLASSES & WORKSHOPS

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

NEW! Logic Pro Recording and Mixing Workshop

6 weeks | Ages 10+ | Instructed by Jay Condiotti a 35 year music industry professional. If you're interested in modern production techniques using Apple's Logic Pro then this class is for you. Logic tips, signal flow, gain structure, EQ, compression, multi-band compression, mic placement and other tracking and mixing related topics will be discussed. If you have projects in logic pro bring them in for tips and techniques. **Class held at J Bones Musicland, 2204 E. Mallon - 509-251-6870.**

12469	Sun.	2/12	2-5pm
12470	Sun.	2/26	2-5pm
12471	Sun.	3/12	2-5pm
12472	Sun.	3/26	2-5pm

SKIN CARE & SOAP MAKING

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

Organic Soap Making & Spa Products

1 day | Ages 16+ | Karen Felber Learn the simple process of making organic and natural soap. Demonstrations include fragrance selection, optional color additives, botanicals, herbs, and additional ingredients to make exfoliating soap. Included in this class you will also learn how to make some popular organic, chemical free skin-care products. Pamper yourself or someone special, without paying high prices using everyday ingredients. Demonstrations and take-home samples. \$43

12429	Sat.	2/11	10am-Noon
12430	Sat.	3/25	10am-Noon

LANGUAGE & CONVERSATIONAL SPEAKING

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

Spanish Conversation

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

12428	Wed.	2/8-3/22	1-2:30pm
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The Corbin Art Center is available to rent Meetings • Receptions • Special Events

Rentals are scheduled on a first-come, first-serve basis. The facility is wheelchair accessible with a designated wheelchair parking area. The D.C. Corbin House is located in the Marycliff-Cliff Park Historic District – an area rich in early-Spokane history and architecture. In the Colonial Revival style, the house was designed for Daniel Chase Corbin by his former son-in-law and famed architect Kirtland Cutter and completed in 1898.

The first floor features a vestibule, foyer, the original formal and informal parlors and dining room, an ornate staircase to the second floor and a kitchen. The exterior features an impressive 3/4 wrap-around veranda with panoramic views of Spokane.

For more information on our rental program and fees, please contact the Corbin Art Center at 509.625.6677





NOW OPEN!

Admission (1 hour)

Adult (ages 13+): \$9.95

Youth (ages 3-12): \$6.95

Ages 2 and under: Free

Skate Rental: \$6.95

Helmet Rental: Free

More information and winter activities
available at riverfrontspokane.org



riverfront market

wednesdays | nov. 30 - dec. 21
3:00 p.m. - 7:00 p.m.

sponsored by:



WSECU

riverfrontspokane.org/market





riverfront Winter Activities

SPOKANE

Numerica Tree Lighting Celebration

Saturday November 26 | 4pm-7pm | Numerica Skate Ribbon – 720 W. Spokane Falls Blvd.

The Numerica Tree Lighting Celebration is a signature Riverfront holiday event and a tradition for many Spokane families. Festivities will kick off at 4pm on Saturday November 26th at the plaza adjacent to the Numerica Skate Ribbon with food trucks and live entertainment. Grab your ice skates, a complimentary cup of hot chocolate provided by Starbucks and join Numerica and Spokane Parks and Recreation as we count down to light our community tree at 6pm. The evening will also launch Riverfront's spectacular Trail of Lights.

Riverfront Winter Market

Wednesdays, November 30, December 7, 14, 21 | 3pm-7pm | Central Plaza and Pavilion

Riverfront's third annual Winter Market begins this November! Shop local this holiday season with a variety of local farmers, processors, artisans, hand crafters, and vendors with the Spokane Tribe of Indians. Sponsored by TDS Fiber and Washington State Employees Credit Union (WSECU).

Cheap Skate Tuesdays

Tuesdays; January 3, 10, 17, 24, 31 & February 7, 14, 21, 28 |

All Ages Join us on Tuesdays at the Numerica Skate Ribbon this winter for Cheap Skate Tuesday! Free skate rentals will be provided with each paid admission (\$5.95 value). Numerica Skate Ribbon – 720 W Spokane Falls Blvd.

Skate for a Cause

Wednesdays, December 7 - February 22 | 4pm-8pm | Numerica Skate Ribbon

Skate for a Cause is designed to support community fundraising efforts. Discounted admission tickets including skate rental are provided for local nonprofit organizations to sell onsite during their scheduled, Skate for a Cause event, allowing them to retain 30% of the public admission fee for their unique needs.

November 30	Habitat for Humanity
December 14	Spokane Parks Foundation
January 11	Odyssey Youth Movement
January 18	Spokane Shakespeare Society
January 25	Generation Alive

Coaches Corner

Saturdays, December 3, 10, 17, January 7, 14, 21, 28 | 11am-1pm | Numerica Skate Ribbon

Lake City Figure Skating coaches will be available at the Numerica Skate Ribbon on select Saturdays in December and January to provide tips and assistance to emerging skaters from 11am–1pm. Skate admission is required.

Learn to Skate with Lake City Figure Skating Club

Saturdays, December 3, 10, 17, January 7, 14, 21, 28 | 10am – 10:30am or 11am | All Ages

Join the coaches of Lake City Figure Skating each week and learn the FUNdamentals of ice skating. Skaters will work through the curriculum of Learn to Skate USA and come away with new skills, increased self-confidence, and lots of fun memories. Numerica Skate Ribbon – 720 W Spokane Falls Blvd, Spokane, WA 99201 \$110.00 * per person Includes skate rentals. <https://www.lakecityfigureskating.org/learn-to-skate>

Riverfront Trail of Lights

Daily November 26 through January 1

Riverfront's spectacular Trail of Lights will launch on Saturday November 26th and run through the month of December. Sponsored by: Idaho Central Credit Union to Riverfront Trail of Lights and New Year's Eve Fireworks Celebration.

DJ Night on the Ice presented by Coca-Cola

Fridays December – January and New Year's Eve | 6pm | Numerica Skate Ribbon

Get your 'skate' on with DJ A1 for music, lights, contests, and more every Friday (December - January) on the Numerica Skate Ribbon starting at 6pm! Ring in the New Year with family fun at the Numerica Skate Ribbon featuring DJ A1 on Saturday December 31st!

New Year's Eve Fireworks Celebration

Saturday December 31 | 9pm

Ring in the New Year with your friends and family at Riverfront Park on Saturday, December 31, 2022. Fireworks will start at 9pm.



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 Lisa Richards at 509.625.6909 or lrichards@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. 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, 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. 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.

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:

- * **Activity/Program:** The term 'activity' or 'program' describes any outing, trip, or event sponsored by Spokane Parks and Recreation.
- ** **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.
- *** **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.



SPOKANE PARKS FOUNDATION

Planting Roots. Growing Community.



Since 1951, the Spokane Parks Foundation has funded park projects and outdoor recreational programs throughout our region.

Please help us continue this work!

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!

Visit: spokaneparksfoundation.org/donate



Text: "parks" to (202) 858-1233
or Call: (509) 326-5233

YOUTH WINTER ADVENTURES CAMP

All Outdoor pre-trip information is emailed after registration.
Call (509)363-5414 for questions regarding age restrictions, equipment, or other activity inquiries.

Youth Winter Adventures

2 Days | Ages 9-12yrs. Send your child with us over the winter break to learn cross-country skiing and snowshoeing at Mount Spokane State Park! Traveling the trails and romping around in the snow through the amazing forest is the best way to spend winter break. We will also learn how to build snow caves and search for animal tracks! Please bring a lunch and plenty of water each day. Fee includes snowshoes, skiing equipment, trail fees, instruction, guides, and transportation! **Meet at North East Community Center Parking Lot 4001 N Cook St. \$99**
11274 Wed. – Thurs. 12/21 – 12/22 9am – 4pm



SKATE SKIING

All program information is emailed after registration.
Call (509)363-5414 for questions regarding age restrictions, equipment, or other activity inquiries.

Skate Ski Lesson Introduction

1 Day | Ages 13+ Beginning skate ski lessons are best if you have a base of fitness, balance, and comfort gliding on snow or ice. Skate technique is fun and can be fast. This basic class will cover using your equipment, body position, stopping, slowing, cornering, balance, push off, momentum and glide. Taught by Spokane Nordic Ski Association P.S.I.A. certified instructors. Your skate ski equipment rental will be ready for you when you arrive at the Selkirk Nordic Area in the Fitness Fanatics Rental Trailer. Fee includes a day long ski equipment rental and 2 hours of instruction. Show up 1/2 hour prior to your lesson for gear fitting.

1-day SNO-PARK permit parking pass required. Meet at Mount Spokane Selkirk Nordic Area. \$80 or \$40 if you have your own equipment. Please call 509-755-2489 for discounted pricing.

12364 Sat. 2/25

10am – Noon

**REGISTER
ONLINE**

SpokaneRec.org



**MAIL
US**

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

*checks payable to City of Spokane



**CALL
US**

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





SNOWSHOEING

All Outdoor pre-trip information is emailed after registration.

Call (509)363-5414 for questions regarding age restrictions, equipment, or other activity inquiries.

Snowshoe Mount Spokane with Transportation

1 day | Ages 16+ Learn the basics of snowshoeing and try this fun winter sport. During the guided hike you will travel on snowshoe trails through the snow-covered trees and hills around Mount Spokane. What a great winter sport! Fee includes snowshoes, poles, trail fees, instruction, guides, and transportation! **Meet at Yoke's Fresh Market Parking Lot 14202 N. Market St. \$39**

11282	Sat.	12/17		9am – 1pm
11283	Sun.	12/18		9am – 1pm
NEW! 12393	Mon.	1/16	No School Family Snowshoe MLK Day ages 8+	9am – 1pm
12394	Sat.	1/21		9am – 1pm
12355	Sat.	1/28		9am – 1pm
12395	Sun.	2/5		9am – 1pm
12396	Sun.	2/12		9am – 1pm
12397	Mon.	2/20	Presidents Day	9am – 1pm
12398	Sat.	3/18	Celebrate Spring!	9am – 1pm

Snowshoe & Mead Tasting with Transportation

1 Day | Ages 21+ Take a tour of majestic Mount Spokane this winter and explore Washington's largest State Park. The group will snowshoe 2-3 miles up and down hills through snow sparkling forested trails which may open to spectacular views of the valley below. This tour is great for beginners or those who have snowshoeing experience. After our tour we will make our way to Hierophant Meadery on Green Bluff for an educational tasting of some of Washington's finest Meads. Fee includes snowshoes, poles, trail fees, instruction, guides, and transportation! Tasting fee paid on your own which is \$10 for 8-1 oz samples. **Meet at Yoke's Fresh Market Parking Lot 14202 N. Market St. \$47**

12306	Sun.	1/8	9am – 2:30pm
12307	Sun.	2/19	9am – 2:30pm
12308	Sun.	3/19	9am – 2:30pm

Snowshoe Tour 49 Degrees North

1 day | Ages 16+ Tour the trails of 49 Degrees North! Your guide will give you tips leading to better control and more fun on your snowshoes. Beautiful scenery and healthy exercise followed by a tasty lunch. Fee includes snowshoes, poles, trail pass, instruction, guides, and lunch! **Meet at 49 Degrees North Nordic Area Yurt 3311 Flowery Trail Rd. \$45**

12349	Sun.	1/8	10am – 2pm
12350	Sun.	2/5	10am – 2pm
12351	Sat.	2/25	10am – 2pm
12352	Sat.	3/11	10am – 2pm

Snowshoe Moonlight Tour with Transportation

1 day | Ages 16+ Moonlight on snow is a magical and memorable experience. Quietly you will explore the meadows and woods around Mount Spokane. Fee includes: snowshoes, poles, headlamps, trail fees, instruction, guides, and transportation!. **Meet at Yoke's Fresh Market Parking Lot 14202 N. Market St. \$39**

12354	Fri.	1/6	Friends of Mt Spokane Interpretative Tour	6 – 9:30pm
12515	Fri.	2/3		6 – 9:30pm
12516	Fri.	3/3		6 – 9:30pm



SNOWSHOEING

All Outdoor pre-trip information is emailed after registration.
Call (509)363-5414 for questions regarding age restrictions, equipment, or other activity inquiries.

NEW! Snowshoe Moonlight Tour and Dinner

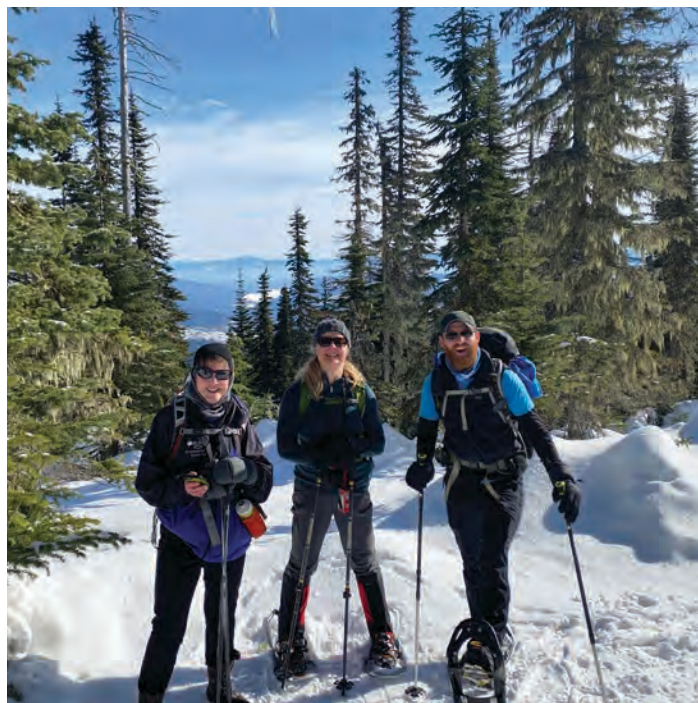
1 day | Ages 18+ Travel through the winter landscape of Mount Spokane by the magic of moonlight. After exploring the area, you will return to the Selkirk Lodge for a wonderful made from scratch meal of lasagna, salad, bread sticks and more from Greenbluff Fresh Catering Company! Fee includes: snowshoes, poles, headlamps, instruction, guides, and dinner! **1-day SNO-PARK permit parking pass required. Meet at Mount Spokane State Park Selkirk Nordic Lodge. \$51**

12659	Sat.	1/7	6-9pm
12661	Sat.	2/4	6-9pm
12662	Sat.	3/4	6-9pm

Snowshoe Little Pend Oreille National Wildlife Refuge

1 day | Ages 16+ Hidden between the foothills of the Cascades and the Rocky Mountains, this unique, forested, mountainous Refuge provides habitat for large mammals like bear, cougar, deer, elk and moose as well as over 200 migratory songbirds. Take a beautiful tour on the Mill Butte trail through open pine meadows to panoramic views from the top of the butte. On our return we will follow the creek looking out for wildlife that call this sanctuary their home. Fee includes: snowshoes, poles, trail fees, instruction, guides, and transportation! **Meet at Wandermere Rite Aid Parking Lot 12420 N Division St. \$49**

12305	Sat.	1/14	8am-3:30pm
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Snowshoe and Brews Mount Spokane Tours with Transportation

1 day | Ages 21+ Snowshoeing is awesome! Join us on a 2–3-mile snowshoe tour through the woods of Mt Mount Spokane State Park. Following our adventure, we will head to Big Barn Brewery on Green Bluff to learn about their locally crafted beer and enjoy some tasty beverages to "tap" off the day. Fee includes: snowshoes, poles, trail fees, instruction, guides, and transportation! Beverages not included in fee and paid on your own, \$2 per 5oz tasting. **Meet at Big Barn Brewing Company 16004 N Applewood Ln. \$47**

12390	1/15	Sun.	9-2:30pm
12391	2/18	Sat.	9-2:30pm
12392	3/5	Sun.	9-2:30pm

Snowshoe Newman Lake McKenzie Conservation Area with Transportation

1 day | Ages 16+ Learn the basics of snowshoeing on this beautiful conservation property along Newman Lake. This is a moderate 2–3-mile hike with an occasional steep hill. We'll travel through snow covered western red cedars, firs and pine trees. Take in the majestic views of the lake, meadows, Mount Spokane, and surrounding areas from Turtle Rock. Fee includes: snowshoes, poles, instruction, guides, and transportation! **Meet at Safeway Parking Lot 8851 E. Trent. \$39**

12556	Sun.	1/22	10am-1:30pm
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Snowshoe Headlamp Hike with Transportation

1 day | Ages 16+ What a great way to start your weekend! Watch the glimmer of your headlamp illuminate the snowy trails as we hike through the quiet forest of Mount Spokane. Fee includes: snowshoes, poles, headlamps, instruction, guides, and transportation! **Meet at Yoke's Fresh Market Parking Lot 14202 N. Market St. \$31**

12517	Fri.	1/27	6-9:30pm
12518	Fri.	2/24	6-9:30pm

Snowshoe Tour Lake Gillette with Transportation

1 day | Ages 18+ We will explore this high mountain lake surrounded by meadows and forested slopes. This great trail will be a true winter memory for you. The guided hike will take you uphill to a scenic overlook that will leave you in awe. Pre-trip information emailed after registration. Fee includes: snowshoes, poles, instruction, guides, and transportation! **Meet at Wandermere Rite Aid Parking Lot 12420 N Division. \$53**

12560	Sun.	1/29	9am-4pm
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SNOWSHOEING

All Outdoor pre-trip information is emailed after registration.
Call (509)363-5414 for questions regarding age restrictions, equipment, or other activity inquiries.

NEW! Snowshoe Canfield Gulch with Transportation

1 day | Ages 18+ This moderate ramble leads you around the shoulder of Antoine Peak past slopes of coniferous forests and an historic fire pond. Antoine Peak Conservation Area provides unique recreational opportunities, protects the region's large mammal habitats, and preserves a critical wildlife corridor that connects the Spokane River Valley with Mount Spokane State Park. This place is a snowshoeing mecca! Fee includes: snowshoes, poles, instruction, guides, and transportation! Schedule subject to change due to snow conditions. **Meet at Safeway Parking Lot 8851 E. Trent. \$35**
12562 Sat. 2/25 10-3pm

Snowshoe Mount Kit Carson with Transportation

1 day | Ages 18+ Spring is in the air! Join the Friends of Mount Spokane Interpretive guides and get outside to Mount Spokane State Park for some fun in the snow. This hike to the summit of Mount Kit Carson will provide a great workout and scenic views of the valley below. This 5–6-mile intermediate 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! Fee includes: snowshoes, poles, instruction, guides, and transportation! **Meet at Yoke's Fresh Market Parking Lot 14202 N. Market St. \$39**
12353 Sun. 2/26 8:30am-3:30pm

Snowshoe Bead Lake with Transportation

1 day | Ages 18+ This beautiful snowshoe hike takes us to the pristine Bead Lake just north of Newport. The trail offers amazing views of the lake and surrounding area. While on this hike you will travel through ancient cedar forests, and over some of Bead lake's tributary streams. Some wildlife you might see deer, elk, Northern Goshawk, and many more. Come and enjoy a very peaceful snowshoe with some spectacular views! Great hike for photographers. Fee includes: snowshoes, poles, instruction, guides, and transportation! **Meet at Yoke's Fresh Market Parking Lot 14202 N. Market St. \$53**
12561 Sat. 3/11 9am-4pm

Sunset Snowshoe Tour Mount Spokane with Transportation

1 day | Ages 16+ Take in the beautiful sunsets of Mount Spokane on Daylight Saving Time Sunday. We will hike up to Bald Knob Campground through the snow-covered forest to views of the Spokane Valley and beyond. Hopefully we will be lucky and see a gorgeous sunset and alpine glow slope side on Mount Spokane. Fee includes: snowshoes, poles, instruction, guides, and transportation! **Meet at Yoke's Fresh Market 14202 N Market St. \$33**
12336 Sun. 3/12 4:30-8:30pm

PRIVATE GROUP TOURS

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

Call 509.363.5414 or email afuzak@spokanecity.org



CROSS-COUNTRY SKIING

All Outdoor pre-trip information is emailed after registration.
Call (509)363-5414 for questions regarding age restrictions, equipment, or other activity inquiries.

Cross-Country Ski Lesson 49 Degrees North

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

Meet at 49 Degrees North Nordic Area Yurt 3311 Flowery Trail Rd. \$55

12337	Sat.	1/7	10am – 2pm
12338	Sun.	1/29	10am – 2pm
12346	Sun.	2/12	10am – 2pm
12348	Sat.	3/4	10am – 2pm

NEW! Cross-Country Moonlight Ski and Dinner

1 day | Ages 18+ Discover the beauty of moonlight on snow as you peacefully make your way on cross-country skis through the woods. Afterward enjoy a wonderful made from scratch meal of lasagna, salad, bread sticks and more from Greenbluff Fresh Catering Company! This is an incredible experience you will not want to miss. Fee includes: skis, boots, and poles, trail pass, guided tour, and dinner! You should have basic cross-country ski skills or have taken a lesson prior to this trip. No formal lesson given, only a tour. **1-day SNO-PARK permit parking pass required.**

Meet at Mount Spokane State Park Selkirk Nordic Lodge. \$51

12660	Sat.	1/7	6-9pm
12663	Sat.	2/4	6-9pm
12664	Sat.	3/4	6-9pm

Cross-Country Ski Trip Geophysical Area with Transportation

1 day | Ages 18+ Established in 1966 this Geophysical Observatory is just one of 14 observatories the USGS operates worldwide, used to monitor the earth's magnetic field. Also, a groomed cross-country ski trail system with clever twists and turns on trails that make a rather common stretch of forest into a fun-filled afternoon on the snow. The Geophysical Area near Newport, WA has an absorbing number of trails that will lure you back again and again. This is a great beginner trail system but you should have basic cross-country ski skills or have taken a lesson prior to this trip. Fee includes: skis, boots, and poles, trail pass, and guided tour. Bring your own lunch and water. Schedule subject to change due to snow conditions. **Meet at Yokes Fresh Market Parking Lot 14202 N Division St. \$39**

12520	Fri.	1/20	9am-3pm
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Cross-Country Ski Lessons Mount Spokane

1 day | Ages 13+ Sponsored by Fitness Fanatics Learn the basics of cross-country skiing at Mount Spokane! Cross-country skiing is a wonderful way to get outdoors, exercise, and spend time with family and friends during the winter. Lessons are taught by the experienced and friendly Spokane Nordic Ski Association P.S.I.A. certified instructors. Cross-country skiing equipment will be ready for you when you arrive at the Mount Spokane Nordic Area at the Fitness Fanatics Rental Trailer. Weekdays are a great time to visit and to beat the crowds. Fee includes a day long ski equipment rental and 2 hours of instruction. Show up 1/2 hour prior to your lesson for gear fitting. **1-day SNO-PARK permit parking pass required. Meet at Mount Spokane Selkirk Nordic Area. \$65 or \$40 if you have your own equipment.** Please call 509-755-2489 for discounted pricing.

12365	1/9	Mon.	10am – Noon
12366	1/19	Thurs.	10am – Noon
12363	1/22	Sun.	10am – Noon
12367	1/23	Mon.	10am – Noon
12359	1/28	Sat.	10am – Noon
12360	1/29	Sun.	10am – Noon
12368	2/2	Thurs.	10am – Noon
12370	2/16	Thurs.	10am – Noon
12371	2/20	Mon.	10am – Noon
12362	2/26	Sun.	10am – Noon
12372	3/2	Thurs.	10am – Noon
12373	3/6	Mon.	10am – Noon



Cross-Country Ski Frater Lake with Transportation

1 day | Ages 16+ Explore this beautiful snowy glacial lake that is part of the eight lakes of the Pend Oreille Lake Chain. This location boasts over 10 miles of trail for all levels of skiers and a cozy, rustic warming cabin for lunch and breaks. You should have basic cross-country skiing skills or have taken a lesson prior to this trip. Fee includes: skis, boots, and poles, trail pass, guided tour, and transportation! Bring your own lunch and water. Location subject to change due to snow conditions. **Meet at Wandermere Rite Aid 12420 N Division St. \$45**

12304	Fri.	2/10	9am-4pm
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CROSS-COUNTRY SKIING

All Outdoor pre-trip information is emailed after registration.
Call (509)363-5414 for questions regarding age restrictions, equipment, or other activity inquiries.

Cross-Country Ski Tour Friends of Mount Spokane Interpretive with Transportation

1 day | Ages 16+ Learn all about Mt Spokane from Friends of Mount Spokane's interpretive guide. During the tour you will travel on cross-country ski trails through the snow-covered trees and hills around Mount Spokane Nordic Area. Skiing experience or previous cross-country skiing lesson is required. There is no lesson provided. Pre-trip information emailed after registration. Fee includes: skis, boots, and poles, trail pass, guided tour, and transportation! **Meet at Yokes Fresh Market Parking Lot 14202 N Market St. \$41**
12339 Sat. 2/11 9am-3pm

Cross-Country Ski Adventure to Deer Creek Sno-Park

1 day | Ages 16+ This little-known pass in the Kettle Range is the second highest mountain pass in the state of Washington. This means great skiing, no people and amazing scenery. You should have basic cross-country skiing skills or have taken a lesson prior to this trip. Fee includes: skis, boots, and poles, trail pass, guided tour, and transportation! Location subject to change due to snow conditions. **Meet at Wandermere Rite Aid Parking Lot 12420 N. Division St. \$63**
12555 Fri. 3/10 8am-6pm



BICYCLE TOURING

All Outdoor pre-trip information is emailed after registration.
Call (509)363-5414 for questions regarding age restrictions, equipment, or other activity inquiries.

Bicycle Walla Walla Winery Tour

2 Days | Ages 21+ Sponsored by Vino! You will be amazed with the great wines, wonderful riding, and beautiful scenery of this area. Lodging located within walking distance of some outstanding northwest restaurants. Fee includes one night lodging, breakfast credit at the hotel and two lunches along the winery routes. You will also have bus and bike repair support available and the outstanding Vino! - Wine Shop interpretive guides along the way to teach you all about this great area. Road bike or road tires on your bike are highly recommended. No mountain bike or wide tires. You should be able to ride 30+ miles a day on country roads with rolling hills on mostly pavement. Helmet required. **Meet at Courtyard by Marriott Walla Walla, Parking Lot, 550 W. Rose St. \$299 per person double occupancy only. Registration Deadline May 1st.**
12513 Sun.-Mon. 6/4-6/5



**REGISTER
ONLINE**

SpokaneRec.org



**MAIL
US**

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

*checks payable to City of Spokane



**CALL
US**

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



CITY OF SPOKANE PARKS & RECREATION



SPORT-BASED CHILD DEVELOPMENT

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

WINTER 2022/2023

SOCCER: TEDDIES II/KOALAS

SSA147541	1/30 - 2/27	M	6:10 p.m. - 6:50 p.m.	24 mos - 36 mos	\$68	Browne Elementary
SSA147544	1/31 - 3/14	Tu	6:10 p.m. - 6:50 p.m.	24 mos - 36 mos	\$112	Adams Elementary
SSA147520	1/31 - 3/14	Tu	6:10 p.m. - 6:50 p.m.	24 mos - 36 mos	\$112	Westview Elementary
SSA147522	2/01 - 2/22	W	5:40 p.m. - 6:10 p.m.	24 mos - 36 mos	\$68	Franklin Elementary
SSA147600	3/08 - 3/29	W	5:40 p.m. - 6:10 p.m.	24 mos - 36 mos	\$68	Franklin Elementary

SOCCER: CUBS/PANDAS

SSA147602	2/01 - 3/15	W	6:10 p.m. - 6:50 p.m.	3 yrs - 4 yrs	\$112	Linwood Elementary
SSA147531	2/02 - 3/16	Th	5:45 p.m. - 6:25 p.m.	3 yrs - 4 yrs	\$112	Willard Elementary (Near Shadle High School)
SSA147529	2/02 - 3/16	Th	6:10 p.m. - 6:50 p.m.	3 yrs - 4 yrs	\$112	Hamblen Elementary
SSA147601	3/08 - 3/29	W	6:15 p.m. - 6:55 p.m.	3 yrs - 4 yrs	\$68	Franklin Elementary

BASKETBALL: FROGGIES/FROGGIES II

SSA147528	2/01 - 3/15	W	6:10 p.m. - 6:50 p.m.	3 yrs - 4 yrs	\$112	Roosevelt Elementary
SSA147533	2/02 - 3/16	Th	6:10 p.m. - 6:50 p.m.	3 yrs - 4 yrs	\$112	Whitman Elementary

BASKETBALL: RABBITS/KANGAROOS

SSA147527	2/01 - 3/15	W	7:00 p.m. - 7:40 p.m.	4 yrs - 5 yrs 6 mos	\$112	Roosevelt Elementary
SSA147534	2/02 - 3/16	Th	7:00 p.m. - 7:40 p.m.	4 yrs - 5 yrs 6 mos	\$112	Whitman Elementary
SSA147596	3/06 - 3/27	M	7:00 p.m. - 7:40 p.m.	4 yrs - 5 yrs 6 mos	\$68	Browne Elementary

**No class on 02/20/23. Price does not include one time \$20 annual membership fee.*



SPACE IS LIMITED!
REGISTER TODAY >>>

Online:
SuperTotSports.com

Phone:
509.534.5437

SOCCER: BEARS/GRIZZLIES

SSA147543	1/30 - 2/27	M	7:00 p.m. - 7:40 p.m.	4 yrs - 5 yrs 6 mos	\$68	Browne Elementary
SSA147545	1/31 - 3/14	Tu	7:00 p.m. - 7:40 p.m.	4 yrs - 6 yrs	\$112	Adams Elementary
SSA147521	1/31 - 3/14	Tu	7:00 p.m. - 7:40 p.m.	4 yrs - 6 yrs	\$112	Westview Elementary
SSA147549	2/01 - 2/22	W	6:15 p.m. - 6:55 p.m.	3 yrs - 4 yrs	\$68	Franklin Elementary
SSA147526	2/01 - 3/15	W	7:00 p.m. - 7:40 p.m.	4 yrs - 5 yrs 6 mos	\$112	Linwood Elementary
SSA147532	2/02 - 3/16	Th	6:30 p.m. - 7:10 p.m.	4 yrs - 6 yrs	\$112	Willard Elementary (Near Shadle High School)
SSA147530	2/02 - 3/16	Th	7:00 p.m. - 7:40 p.m.	4 yrs - 5 yrs 6 mos	\$112	Hamblen Elementary

HOCKEY: PEE WEE

SSA147538	1/30 - 3/13	M	6:10 p.m. - 6:50 p.m.	3 yrs - 4 yrs	\$96	Wilson Elementary
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HOCKEY: BANTOMS

SSA147537	1/30 - 3/13	M	7:00 p.m. - 7:40 p.m.	4 yrs - 5 yrs 6 mos	\$96	Wilson Elementary
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SOCCER: ROOKIE SOCCER

SSA147597	2/01 - 2/22	W	7:00 p.m. - 7:40 p.m.	4 yrs - 6 yrs	\$68	Franklin Elementary
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BASKETBALL: FROGGIES I/II

SSA147595	3/06 - 3/27	M	6:10 p.m. - 6:50 p.m.	3 yrs - 4 yrs	\$68	Browne Elementary
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**No class on 02/20/23. Price does not include one time \$20 annual membership fee.*



SPACE IS LIMITED!
REGISTER TODAY >>

Online:
SuperTotSports.com

Phone:
509.534.5437

Life 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.

LIFE ENRICHMENT PROGRAMS

Zumbini® Music & Movement

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

12619 Thurs. 1/12 – 2/16 10 – 10:30am

12620 Thurs. 2/23 – 3/30 10 – 10:30am

Sing from the Heart Vocal Mini Workshop

4 weeks | Ages 18+ | Robin Marks Vocal technique and Performance workshop. Participants work on repertoire, audience rapport, vocal technique, and performance skills with an emphasis on developing individual style and expression. All levels and musical styles are welcome. Individual focus can range from fine-tuning vocal technique, working through stage fright, preparing for auditions, and polishing professional performances to simply testing the waters as a first-time singer. For detailed class descriptions and information on instructor visit: singfromtheheart.biz. **Woodland Center at Finch Arboretum.** \$125.

12600 Wed. 3/8-3/29 7-8:30pm

Will Preparation Workshop

1 day | Ages 18+ | Chris Carlisle Enjoy the peace of mind of knowing that you are prepared for life's unforeseen events by establishing a legacy for your loved ones! In this class, Chris Carlisle, Attorney at Law with Carlisle + Byers Law, will guide participants step-by-step through the process of preparing their will. Learn what a will is, why you should have a will, what happens when you die without one, and what to do if you already have a will but want to update it. Washington state residents only. **Spokane Public Library - Downtown Branch.** \$125 per participant

12634 Tues. 1/28 10am– 1pm

12635 Tues. 3/25 10am– 1pm

NEW! Enhance® Fitness for Healthy Aging

16 weeks | Adults 50+ Would you like more energy, improved balance, better body strength, increased flexibility and range of motion, improved sleep, and enhanced feelings of happiness and a sense of independence? Then look no longer, the Enhance® Fitness program is your answer! Taught by certified instructors with specialized training to help, encourage and build each participant's physical and mental wellness. This is an evidence-based group exercise program - recommended by the CDC, that uses simple, easy-to-learn movements that motivate individuals at all levels of fitness (particularly those with chronic conditions) to stay active throughout life. **Southside Senior and Community Center, 3151 E. 27th Ave.** \$199

12706 Mon/Wed/Fri 1/16-5/5 10-11am

HOLIDAY GOLF PASS SALE

Players Pass: \$55 (SAVE \$5) • Unlimited Adult: \$2,200 (SAVE \$100)
Loyalty Pass: \$275 (SAVE \$25) • Unlimited Senior: \$2,100 (SAVE \$100)
Spousal (add-on): \$750 (SAVE \$50) • 4-Pack Pass: \$150 (SAVE \$38)

SAVE UP TO \$100!
PURCHASE BY CALLING OR VISITING ANY CITY OF SPOKANE GOLF COURSE AT CITY HALL OR BY CALLING 509.755.2489
MUST PURCHASE BEFORE DECEMBER 31 2022





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

Wellness Benefits of YOGA - Many scientific researchers have noted that yoga may reduce stress, relieve anxiety, help manage depression, decrease lower back pain, and help prevent heart disease. One 2017 study showed that "yoga improved the brain's executive functions and the mood its practitioners. Executive functions are brain activities related to goal directed behavior and regulating emotional responses and habits."

YOGA

Yoga Basics at Finch Arboretum

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

12487	Tues.	2/28-4/6	9-10am
12486	Fri.	3/3-4/7	9-10am

NEW! Barre Foundations

6 weeks | Ages 16+ | Carrie Jahns Barre Foundations is designed to increase flexibility, improve cardio, and develop overall muscle endurance and strength. A fusion of Pilates and yoga, Barre also includes elements of ballet, resulting in a low-impact, moderate-intensity full body workout. You will enjoy improvements in posture and balance, while having fun moving your body. Join us today! **Southside Community Center, 3151 E. 27th Ave. \$75**

12696	Mon.	1/16-2/20	5:30-6:30pm
12697	Mon.	2/27-4/3	5:30-6:30pm

NEW! Meditation and Breathing Techniques

6 weeks | Ages 16+ | Jeff Thompson In this class, we will learn some simple but powerful meditation and breathing techniques. Breathing is something most of us take for granted because it is automatic, and we have been doing it since the day we were born. Yet, the respiratory system is one of the only systems in the body that we can actively control. By intentionally engaging with the respiratory system, and practicing some meditation, studies have shown a variety of wellness benefits, including the decrease of many of life's ill. This class is super fun and suitable for all ages. **Shadle Park Library, 2111 W. Wellesley Ave. \$84**

12699	Sat.	1/14-2/18	11:30-12:30pm
12700	Sat.	3/4-4/8	11:30-12:30pm

Moving for Better Balance®

12 weeks | Ages 50+ | Stephen Lay Designed for older adults at risk of falling, Tai Ji Quan - Moving for Better Balance® is an evidence-based balance training regimen for anyone who desires to address balance disorders. TJQMBB is a shift in the application of Tai Ji Quan, moving the focus from martial arts to balance and fall prevention. **Southside Senior and Community Center, 3151 E. 27th Ave. \$199**

12709	Tues./Thurs.	1/17-4/6	10-11am
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Yoga Basic 1 – Virtual

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**

12477	Tues.	1/10-2/14	5:30-6:30pm
12478	Tues.	2/28-4/4	5:30-6:30pm

Yoga Basic 2 – Virtual

6 weeks | Ages 16+ | Robin Marks The poses in this class offer a little deeper strengthening and stretching while maintaining the same gentle experience of Basic Yoga 1. **\$75**

12480	Thurs.	1/12-2/16	5:30-6:30pm
12481	Thurs.	3/2-4/6	5:30-6:30pm

Chair Yoga – Virtual

6 weeks | Ages 16+ | Robin Marks Yoga poses, stretches and strengtheners modified with the use of your own kitchen chair. Experience all the benefits of yoga modified to your body's needs and without struggling to sit on the floor or get up and down off the floor, as in standard yoga classes. **\$65**

12489	Thurs.	1/12-2/16	9:30-10:15am
12490	Thurs.	3/2-4/6	9:30-10:15am

Yoga Gentle Stretch – Virtual

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**

12492	Sat.	1/14-2/18	9-10am
12493	Sat.	3/4-4/8	9-10am



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

QI GONG

The Eight Treasures of Qi Gong

6 Weeks | Ages 16+ | Jeff Thompson The Eight Treasures are a set of qigong exercises that originated in China and have been practiced throughout the world for thousands of years. Each movement focuses on different part of the body to improve circulation and specific bodily functions. If practiced routinely, this practice will improve your health significantly. Studies have demonstrated that regular practice of these exercises can not only result in physiological benefits, such as improved cardiopulmonary function, balance, and reduced osteoarthritis, but also actually improve cognitive function in older people with or without cognitive impairment. The eight movements are easy to do and assist with strengthening all the body's systems to maintain maximum health benefits. In this class, we will also learn other subtle Qi Gong and movement techniques to support your overall well-being. This is a very fun set of exercises for people of all ages. **Shadle Park Library, 2111 W. Wellesley Ave.** \$84

12583 Sat. 1/14-2/28

10:15 – 11:15am

Qigong for Improved Circulation

6 Weeks | Ages 16+ | Jeff Thompson Respected and regarded as the earliest known form of Qigong, the Five Animal Frolics Qi Gong form was developed by a physician to assist with the rehabilitation and recovery from illness and prevention to strengthen all aspects of the body. A set of deep-stretching and breathing exercises unique to the movement of five different animals correspond to a specific organ system. Come learn and experience how the Tiger, Deer, Bear, Monkey, and Crane will increase energy and circulation, improve digestion and flexibility, and strengthen your respiratory system. In this class, we will also learn other subtle Qi Gong and movement techniques to support your overall well-being. This class is a lot of fun and suitable for all ages! **Shadle Park Library, 2111 W. Wellesley Ave.** \$84

12584 Sat. 3/4-4/8

10:15 – 11:15am



**REGISTER
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SpokaneRec.org



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

*checks payable to City of Spokane



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





MARTIAL ARTS

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

Brazilian Jiu-Jitsu for Everyone!

4 weeks | Ages 3-15+ Brazilian Jiu-Jitsu revolves around the concept that a smaller, weaker person can successfully defend him/herself against a bigger, stronger, heavier opponent by using leverage and weight distribution, taking the fight to the ground, and using several holds and submissions to overcome them. Come try a very hands-on activity that is the most practical form of self-defense and fitness in a fantastic and life changing learning environment. Locations: **12926 E. Indiana Suite 2, Spokane Valley** or **847 S. Main Street, Deer Park**. \$85

Spokane Valley Location- Mon. & Wed.				Deer Park Location - Tues. & Thurs.			
<u>Ages 3-5yrs.</u>							
12504	Mon./Wed.	1/9-2/1	3:15-3:45pm	12563	Tues./Thurs.	1/10-2/2	3:15-3:45pm
12505	Mon./Wed.	2/6-3/1	3:15-3:45pm	12564	Tues./Thurs.	2/7-3/2	3:15-3:45pm
12506	Mon./Wed.	3/6-3/29	3:15-3:45pm	12582	Tues./Thurs.	3/7-3/30	3:15-3:45pm
<u>Ages 6-9yrs.</u>							
12507	Mon./Wed.	1/9-2/1	4-4:50pm	12566	Tues./Thurs.	1/10-2/2	4-4:50pm
12508	Mon./Wed.	2/6-3/1	4-4:50pm	12567	Tues./Thurs.	2/7-3/2	4-4:50pm
12509	Mon./Wed.	3/6-3/29	4-4:50pm	12568	Tues./Thurs.	3/7-3/30	4-4:50pm
<u>Ages 10-14yrs.</u>							
12510	Mon./Wed.	1/9-2/1	5-5:50pm	12569	Tues./Thurs.	1/10-2/2	5-5:50pm
12511	Mon./Wed.	2/6-3/1	5-5:50pm	12570	Tues./Thurs.	2/7-3/2	5-5:50pm
12512	Mon./Wed.	3/6-3/29	5-5:50pm	12571	Tues./Thurs.	3/7-3/30	5-5:50pm
<u>Ages 15+</u>							
12557	Mon./Wed.	1/9-2/1	6-7pm	12572	Tues./Thurs.	1/10-2/2	6-7pm
12558	Mon./Wed.	2/6-3/1	6-7pm	12573	Tues./Thurs.	2/7-3/2	6-7pm
12559	Mon./Wed.	3/6-3/29	6-7pm	12574	Tues./Thurs.	3/7-3/30	6-7pm

REFEREES AND UMPIRES NEEDED!

VISIT SPOKANEPARKS.ORG/JOBS OR EMAIL CWARE@SPOKANECITY.ORG





MARTIAL ARTS

Karate Traditional Okinawan Goju Ryu

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

Youth Ages 6-14yrs.

12474	Tues./Thurs.	1/3-1/26	4-5pm
12475	Tues./Thurs.	1/31-2/23	4-5pm
12476	Tues./Thurs.	2/28-3/30	4-5pm

Ages 15+

12495	Tues./Thurs.	1/3-1/26	5:10-6:10pm
12499	Tues./Thurs.	1/31-2/23	5:10-6:10pm
12500	Tues./Thurs.	2/28-3/30	5:10-6:10pm

Kung Fu For Youth

5 weeks | Ages 7-17yrs. | Sifu David The student will be introduced to activities aimed to developing a strong foundation of martial arts techniques as well as natural, fluid body-mechanics which can be applied to other sporting activities. The class environment and teaching methods downplay aggressive behavior and to foster an atmosphere of cooperation and team-effort. **East West Martial Arts 1427 N Monroe St.** \$84

Ages 4-6yrs.

12613	Tues./Thurs.	1/3-1/31	5:45-6:15pm
12615	Tues./Thurs.	2/2-2/28	5:45-6:15pm
12616	Tues./Thurs.	3/2-3/30	5:45-6:15pm

Ages 7-17yrs.

12614	Tues./Thurs.	1/3-1/31	6:15-7pm
12617	Tues./Thurs.	2/2-2/28	6:15-7pm
12618	Tues./Thurs.	3/2-3/30	6:15-7pm

FREE, FUN TEEN EVENTS AT THE LIBRARY

FIND MORE FREE EVENTS FOR TEENS



SPOKANE
PUBLIC LIBRARY

SPOKANELIBRARY.ORG



TEEN YARN GROUP

ONE WEDNESDAY A MONTH @3:30 HILLYARD
ONE SATURDAY A MONTH @2:00 LIBERTY PARK



DUNGEONS AND DRAGONS

EVERY THURSDAY @4:00 SHADLE PARK



ANIME CLUB

ONE WEDNESDAY A MONTH @3:30 HILLYARD
ONE SATURDAY A MONTH @2:00 LIBERTY PARK



GAME ON!

ONE WEDNESDAY A MONTH @3:30 HILLYARD
ONE SATURDAY A MONTH @2:00 LIBERTY PARK



VIRTUAL REALITY

ONE WEDNESDAY A MONTH @3:30 HILLYARD
ONE SATURDAY A MONTH @2:00 LIBERTY PARK

CHECK OUR CALENDAR AT SPOKANELIBRARY.ORG
FOR EXACT DATES



**LIFEGUARDS AND
SWIM INSTRUCTORS**

NEEDED

**LEARN MORE AND APPLY STARTING FEBRUARY 1 AT
SPOKANEPARKS.ORG/JOBS**

SKI IN THE CITY

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

- **INDIAN CANYON**

*xc-skiing & snowshoeing on groomed trails only

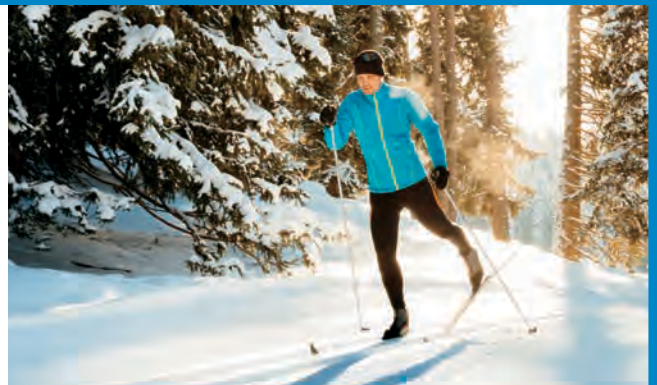
- **RIVERSIDE STATE PARK**

*xc-skiing, snowshoeing & fat biking

- **DWIGHT MERKEL**

*xc and skate-skiing, fat biking & snowshoeing

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





Discounted Skiing/Snowboarding + Volunteering = One Awesome Winter

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

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



ENHANCE FITNESS®

Improved energy, balance,
body strength, flexibility
and range of motion for
emotional wellness and a
sense of independence.

Southside Senior & Community Center
Mon • Wed • Fri | 1/16-5/5 | 10-11AM, \$199
Class #12706 | Register at SpokaneRec.org



TAZ WINTER REGISTRATION IS OPEN NOW!

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

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



This after school program is designed to:



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

Tennis equipment provided

visit rectennis.com/winter-tennis for more info.

CITY OF 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.

WINTER 2022/2023

FLAG FOOTBALL FUELED BY USA FOOTBALL

(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
SSA147034	1/11 - 2/15	W	6:05 p.m. - 6:55 p.m.	5-7	\$85	Wilson Elementary
SSA147035	1/11 - 2/15	W	7:05 p.m. - 7:55 p.m.	8-12	\$85	Wilson Elementary
SSA147023	1/12 - 2/16	Th	6:05 p.m. - 6:55 p.m.	5-7	\$85	Lidgerwood Elementary
SSA147025	1/12 - 2/16	Th	7:05 p.m. - 7:55 p.m.	8-12	\$85	Lidgerwood Elementary
SSA147036	2/22 - 3/29	W	6:05 p.m. - 6:55 p.m.	5-7	\$85	Wilson Elementary
SSA147037	2/22 - 3/29	W	7:05 p.m. - 7:55 p.m.	8-12	\$85	Wilson Elementary
SSA147027	2/23 - 3/30	Th	6:05 p.m. - 6:55 p.m.	5-7	\$85	Lidgerwood Elementary
SSA147028	2/23 - 3/30	Th	7:05 p.m. - 7:55 p.m.	8-12	\$85	Lidgerwood Elementary

BASKETBALL

SSA147016	1/09 - 2/13	M	6:05 p.m. - 6:55 p.m.	5-7	\$85	Jefferson Elementary
SSA147017	1/09 - 2/13	M	7:05 p.m. - 7:55 p.m.	8-12	\$85	Jefferson Elementary
SSA147000	1/10 - 2/14	Tu	6:05 p.m. - 6:55 p.m.	5-7	\$85	Arlington Elementary
SSA147001	1/10 - 2/14	Tu	7:05 p.m. - 7:55 p.m.	8-12	\$85	Arlington Elementary
SSA147004	1/11 - 2/15	W	6:05 p.m. - 6:55 p.m.	5-7	\$85	Finch Elementary
SSA147005	1/11 - 2/15	W	7:05 p.m. - 7:55 p.m.	8-12	\$85	Finch Elementary
SSA147002	2/21 - 3/28	Tu	6:05 p.m. - 6:55 p.m.	5-7	\$85	Arlington Elementary
SSA147003	2/21 - 3/28	Tu	7:05 p.m. - 7:55 p.m.	8-12	\$85	Arlington Elementary
SSA147007	2/22 - 3/29	W	6:05 p.m. - 6:55 p.m.	5-7	\$85	Finch Elementary
SSA147006	2/22 - 3/29	W	7:05 p.m. - 7:55 p.m.	8-12	\$85	Finch Elementary
SSA147018	2/27 - 3/27	M	6:05 p.m. - 6:55 p.m.	5-7	\$75	Jefferson Elementary
SSA147019	2/27 - 3/27	M	7:05 p.m. - 7:55 p.m.	8-12	\$75	Jefferson Elementary

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SPACE IS LIMITED!
REGISTER TODAY

Online:
skyhawks.com

Phone:
800.804.3509

VOLLEYBALL

(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
SSA147012	1/10 - 2/14	Tu	6:05 p.m. - 6:55 p.m.	5-7	\$85	Indian Trail Elementary
SSA147013	1/10 - 2/14	Tu	7:05 p.m. - 7:55 p.m.	8-12	\$85	Indian Trail Elementary
SSA147029	1/12 - 2/16	Th	6:05 p.m. - 6:55 p.m.	5-7	\$85	Lincoln Heights Elementary
SSA147030	1/12 - 2/16	Th	7:05 p.m. - 7:55 p.m.	8-12	\$85	Lincoln Heights Elementary
SSA147014	2/21 - 3/28	Tu	6:05 p.m. - 6:55 p.m.	5-7	\$85	Indian Trail Elementary
SSA147015	2/21 - 3/28	Tu	7:05 p.m. - 7:55 p.m.	8-12	\$85	Indian Trail Elementary
SSA147031	2/23 - 3/30	Th	6:05 p.m. - 6:55 p.m.	5-7	\$85	Lincoln Heights Elementary
SSA147032	2/23 - 3/30	Th	7:05 p.m. - 7:55 p.m.	8-12	\$85	Lincoln Heights Elementary

SOCCER

SSA146993	1/09 - 2/13	M	6:05 p.m. - 6:55 p.m.	5-7	\$85	Balboa Elementary
SSA146995	1/09 - 2/13	M	7:05 p.m. - 7:55 p.m.	8-12	\$85	Balboa Elementary
SSA147008	1/10 - 2/14	Tu	6:05 p.m. - 6:55 p.m.	5-7	\$85	Lincoln Heights Elementary
SSA147009	1/10 - 2/14	Tu	7:05 p.m. - 7:55 p.m.	8-12	\$85	Lincoln Heights Elementary
SSA147010	2/21 - 3/28	Tu	6:05 p.m. - 6:55 p.m.	5-7	\$85	Lincoln Heights Elementary
SSA147011	2/21 - 3/28	Tu	7:05 p.m. - 7:55 p.m.	8-12	\$85	Lincoln Heights Elementary
SSA146996	2/27 - 3/27	M	6:05 p.m. - 6:55 p.m.	5-7	\$75	Balboa Elementary
SSA146997	2/27 - 3/27	M	7:05 p.m. - 7:55 p.m.	8-12	\$75	Balboa Elementary

PICKLEBALL

SSA148222	1/17 - 2/14	Tu	6:00 p.m. - 7:15 p.m.	7-10	\$89	Moran Prairie Elementary
SSA148223	1/17 - 2/14	Tu	7:30 p.m. - 8:45 p.m.	11-14	\$89	Moran Prairie Elementary
SSA148226	1/18 - 2/15	W	6:00 p.m. - 7:15 p.m.	7-10	\$89	Indian Trail Elementary
SSA148227	1/18 - 2/15	W	7:30 p.m. - 8:45 p.m.	11-14	\$89	Indian Trail Elementary
SSA148224	2/28 - 3/28	Tu	6:00 p.m. - 7:15 p.m.	7-10	\$89	Moran Prairie Elementary
SSA148225	2/28 - 3/28	Tu	7:30 p.m. - 8:45 p.m.	11-14	\$89	Moran Prairie Elementary
SSA148228	3/01 - 3/29	W	6:00 p.m. - 7:15 p.m.	7-10	\$89	Indian Trail Elementary
SSA148229	3/01 - 3/29	W	7:30 p.m. - 8:45 p.m.	11-14	\$89	Indian Trail Elementary

TRACK AND FIELD AT THE PODIUM

SSA147819	1/03 - 2/14	Tu	5:00 p.m. - 5:50 p.m.	5-7	\$89	The Podium
SSA147820	1/03 - 2/14	Tu	5:00 p.m. - 5:50 p.m.	8-11	\$89	The Podium
SSA147821	1/03 - 2/14	Tu	6:00 p.m. - 6:50 p.m.	5-7	\$89	The Podium
SSA147822	1/03 - 2/14	Tu	6:00 p.m. - 6:50 p.m.	8-11	\$89	The Podium
SSA147823	1/03 - 2/14	Tu	7:00 p.m. - 8:30 p.m.	12-14	\$129	The Podium

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VOLLEYBALL

Winter Volleyball League

Ages 18+ (16-17yrs. allowed with signed parental waiver). Whether you are a team of seasoned players or new to the game, we have a division for you. We offer Coed 6's with various skill levels from B (competitive) to C (recreational). We also offer Coed 4's, Men's 4's, and Women's 4's. Games are played at local middle school gymnasiums between the hours of 6:15pm and 9:30pm. Locations, Dates and Times are subject to change based on school district facility availability.

Early Bird Registration: Nov. 7 – Nov. 20 (\$25 Discount)

Regular Registration: Nov. 21 – Dec. 18

Late Registration (while space allows): Dec.19 – Jan. 2 (+\$50 Fee)

Activity #	Division	Location	Days	Dates	Reg. Fee
12649	Men's 4's	Garry	Mon.	1/9 - 3/27	\$255
12651	Coed Upper B	Yasuhara	Mon.	1/9 - 3/27	\$375
12655	Coed Lower B	Glover	Mon.	1/9 - 3/27	\$375
12645	Coed 4's Upper	Chase	Tues.	1/3 - 3/14	\$255
12647	Coed 4's Lower	Shaw	Tues.	1/3 - 3/14	\$255
12646	Women's 4's Upper	Flett	Wed.	1/4 - 3/15	\$255
12648	Women's 4's Lower	Glover	Wed.	1/4 - 3/15	\$255
12652	Coed B	Salk	Thurs.	1/5 - 3/16	\$375
12653	Coed C	Flett	Thurs.	1/5 - 3/16	\$375
12650	Coed C	Salk/Shaw	Fri.	1/6 - 3/24	\$375
12654	Coed BB	Shaw	Fri.	1/6 - 3/24	\$375

*Locations, Dates and Times are subject to change based on school district facility availability

Spring Volleyball League

Early Bird Registration: Feb. 13 – Feb. 26 (\$25 Discount)

Regular Registration: Feb. 27 – March 26

Late Registration (while space allows): March 27 – April 9 (+\$50 fee)

Activity #	Division	Location	Days	Dates	Reg. Fee
12669	Men's 4's	Garry	Mon.	4/10-6/5	\$195
12671	Coed Upper B	Yasuhara	Mon.	4/10-6/5	\$280
12675	Coed Lower B	Glover	Mon.	4/10-6/5	\$280
12665	Coed 4's Upper	Chase	Tues.	4/11-5/30	\$195
12667	Coed 4's Lower	Shaw	Tues.	4/11-5/30	\$195
12666	Women's 4's Upper	Flett	Wed.	4/12-5/31	\$195
12668	Women's 4's Lower	Glover	Wed.	4/12-5/31	\$195
12672	Coed B	Salk	Thurs.	4/13-6/1	\$280
12673	Coed C	Flett	Thurs.	4/13-6/1	\$280
12670	Coed C	Salk/Shaw	Fri.	4/14-6/2	\$280
12674	Coed BB	Shaw	Fri.	4/14-6/2	\$280

*Locations, Dates and Times are subject to change based on school district facility availability

Open Gym Volleyball

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

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



**REGISTER
ONLINE**

SpokaneRec.org



**MAIL
US**

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

*checks payable to City of Spokane



**CALL
US**

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





SPRING FLAG FOOTBALL/SOFTBALL LEAGUE

All outdoor adult sports leagues team fees are required to pay a \$10 field sports improvement fee. This fee will be added onto the registration fee.

Spring Flag Football League

7 weeks | Ages 18+ The SPRD Adult Flag Football league is divided into 3 divisions: Elite, Competitive, Recreational, and our 5 v 5 formats come in two divisions Competitive, and Recreational. All games are played at the Dwight Merkel Sports Complex on Friday nights and all-day Sundays.

Regular Registration: Jan. 1 – Feb. 12

Late Registration (while space allows): Feb. 13 – 17 (+\$35 Fee)

12630	Elite 8 Man	Fri./Sun.	3/3-4/23	\$875
12632	Competitive 8 Man	Fri./Sun.	3/3-4/23	\$875
12633	Recreational 8 Man	Fri./Sun.	3/3-4/23	\$875
12636	5 Man Competitive	Sun.	3/3-4/23	\$420
12637	5 Man Recreational	Sun.	3/3-4/23	\$420

Spring Softball League: Free Agent Player

7 weeks | Ages 18+ Want to play softball but don't have team? Register as an individual player and join our Free Agent Team! 7 weeks of Double-Header Games played at the Dwight Merkel Sports Complex, 5701 N. Assembly or Franklin Park Softball Complex, 302 W. Queen Ave. Team registration fees include: 14 game guarantee, a set of balls, a scorebook, line-up cars, and umpire fees for the season.

Registration: Feb. 1 – April 14

12610	Coed E Free Agent Team	Tues.	5/2-6/13	\$68
12611	Men's E Free Agent Team	Mon.	5/1-6/19	\$68

Spring Softball League

7 weeks | Ages 18+ SPRD offers a variety of divisions including Men's D & E divisions, Coed C, D, & E divisions, and Masters 50+ and 60+. Play 7 Weeks of Double Header Games played at the Dwight Merkel Sports Complex, 5701 N. Assembly or Franklin Park Softball Complex, 302 W. Queen Ave. Team registration fees include; a 14 Game Guarantee, a set of balls, a scorebook, line-up cards, and umpire fees for the season. Equipment pick up is Friday, April 28th between 4:30pm-7pm @ Park Operations - 2304 E. Mallon Ave Spokane WA 99202.

Regular Registration: Feb. 1 – April 14

Late Registration (while space allows): April 15 - 21 (+\$35 Fee)

#	Days of Play	Division	Dates	Reg. Fee
<u>Dwight Merkel & Franklin Park</u>				
12585	Sun.	Coed D	4/30 – 6/18	\$882
12676	Sun.	Coed E	4/30 – 6/18	\$882
12595	Mon.	Men's D	5/1 – 6/19	\$882
12596	Mon.	Men's E	5/1 – 6/19	\$882
12588	Tues.	Coed D	5/2 – 6/13	\$882
12593	Tues.	Coed E	5/2 – 6/13	\$882
12597	Wed.	Men's D	5/3 - 6/14	\$882
12598	Wed.	Men's E	5/3 - 6/14	\$882
12592	Thurs.	Coed D	5/4 - 6/15	\$882
12590	Thurs.	Coeds E	5/4 – 6/15	\$882
12608	Tues.	Master's 50+	5/2 – 6/13	\$882
<u>Franklin Park</u>				
12608	Wed.	Masters 60+	5/3 – 6/14	\$882





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

TRS THEATRE

TRS Day at the Theatre

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

Lion, Witch, and the Wardrobe

During the World War II bombings of London, four English siblings are sent to a country house where they will be safe. One day Lucy finds a wardrobe that transports her to a magical world called Narnia. After coming back, she soon returns to Narnia with her brothers, Peter and Edmund, and her sister, Susan. \$29

12521 Sun. 1/29 1:45 – 4:45pm

Seussical the Musical-Seussical

A musical comedy by Lynn Ahrens and Stephen Flaherty, based on the many children's stories of Dr. Seuss, with most of its plot being based on Horton Hears a Who!, Gertrude McFuzz, and Horton Hatches the Egg while incorporating many other stories.

12710 Sun. 3/19 1:45-4:45pm

Willy Wonka

The show tells the story of a poor child named Charlie Bucket who, after finding a Golden Ticket in a chocolate bar, visits Willy Wonka's chocolate factory along with four other children from around the world. \$29

12522 Sat. 4/15 1:45 – 4:45pm

TRS 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**

12319 Mon. 1/9 – 1/30 3 – 4pm

12320 Mon. 2/6 – 2/27 3 – 4pm

12321 Mon. 3/6 – 3/27 3 – 4pm

12604 Mon. 4/17-5/8 3 – 4pm

TRS Sundancers Square Dancing- Spring

8 weeks | Ages 15+ Do you want to learn how to square dance or improve your existing skills? Participants should have the ability to follow simple directions, stay on task and be okay with physical contact such as holding hands. **Meet at Shaw Middle School, Cafeteria 4106 N. Cook. \$49**

12606 Tues. 4/11 – 5/30* 6:30 – 8pm

*5/30 End of season potluck at Manito Park Shelter.





TRS FITNESS & WELLNESS

TRS Bicycling

6 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. \$69**

12701 Wed. 4/19-5/24

5 – 7pm



TRS SPORTS

TRS Ice Skating

8 weeks | Ages 8+ Participants with developmental disabilities learn to skate and improve existing skills. Please dress warmly. **Meet at Eagles Ice Arena, 6321 N. Addison St. \$79**

12694 Sat. 1/21-3/18* 3:30-4:15pm *No Class 3/11

TRS Pickleball

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

12322 Mon. 1/9-1/30 6:30-7:30pm

12323 Mon. 2/6-2/27 6:30-7:30pm

12324 Mon. 3/6-3/27 6:30-7:30pm

12603 Mon. 4/17-5/8 6:30-7:30pm

TRS SWIMMING

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

Blue Dolphin Swim Team

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

12638 Sun. 1/8-3/5 2:15-3:45pm

12641 Sun. 3/19-5/7* * No Class 3/26 2:15-3:45pm

Learn to Swim- Beginner

Individuals will learn how to face float, back float, kick with floats and learn the crawl stroke with rotary breathing. Elementary back stroke and back crawl will be taught with the goal to be able to do for 20 yards. We require each swimmer to have an attendant in the water assisting so the teacher can rotate their attention safely. \$59

12639 Sun. 1/8-3/5 2:15-3pm

12643 Sun. 3/19-5/7* *No Class 3/26 2:15-3pm

Learn to Swim- Intermediate

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

12640 Sun. 1/8-3/5 3:05-3:50pm

12644 Sun. 3/19-5/7* *No Class 3/26 3:05-3:50pm





TRS SOCIALIZATION

TRS Bowling

1 day | Ages 16+ Get out and have fun with friends bowling and eating pizza. Fee includes everything so no extra funds are needed. **Meet at North Bowl, 125 W. Sinto. \$33**

12689 Sat. 3/18 1-3:30pm

TRS Classy Crafts

4 weeks | Ages 16+ Explore your creative side and make a variety of beautiful and meaningful crafts each week. Participants will have the opportunity to improve skills such as fine motor, socialization, and communication. **Class meets at Park Operations lunchroom, 2304 E. Mallon Ave. \$49**

12310 Thurs. 1/5-1/26 4:15-5:30pm

12311 Thurs. 2/2-2/23 4:15-5:30pm

12312 Thurs. 3/2-3/23 4:15-5:30pm

12602 Thurs. 4/6-4/27 4:15-5:30pm

TRS Cookie Bake Night - Valentines

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

12679 Wed. 2/8 5:30pm-7pm

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. \$54.**

12316 Mon. 1/9-1/30 4:30-6pm

12317 Mon. 2/6-2/27 4:30-6pm

12318 Mon. 3/6-3/27 4:30-6pm

12601 Mon. 4/17-5/8 4:30-6pm

TRS Disc Golf

3 weeks | Ages 12+ We will visit a Spokane Parks and Recreation Park that host a Jr. Disc golf course. Safety and throwing fundamentals will be covered. Games played each week. Disc is included in the price. Discs provided if forget to bring. Pizza served at the end of each weekly play. **Meet at a Hays Park, Gordon & Crestline. \$43**

12703 Fri. 4/28-5/12 4-5:30pm

TRS Eagles Basketball

1 day | Ages 16+ Join us as we cheer on the Eastern Eagles Men's Basketball team as they play Northern Arizona Lumberjacks. The excitement will take place at EWU on Reese Court. Bring suggested \$15 money for snacks or souvenirs if desired. **Meet at EWU Pavillion- Reese Court, Cheney, WA. \$29**

12680 Thurs. 2/16 5:15-8:15pm

TRS Fine Dining

1 day | Ages 18+ Do you like getting dressed up and going out? Come with us and experience the culinary delights of Spokane's finest restaurants! Staff will help in the selection and purchase of a meal. Participants will have the opportunity to improve social, communication, and etiquette skills. Price does not include cost of food. **Transportation provided from Park Operations 2304 E. Mallon Ave. \$21**

12686 Wed. 2/1 Azteca 5:45-9pm

12685 Wed. 3/15 The Onion 5:45-9pm

TRS Friday Night Jam

1 day | Ages 18+ Come rock and swing at Spokane's oldest on-going nightclub for people with developmental disabilities. If participants require direct supervision, then care providers need to attend. Be sure to pre-register and pay prior to event. **Meet at West Central Community Center, 1603 N. Belt.**

New Years Jam \$11

12325 Fri. 1/13 7-8:30pm

St. Paddy's Jam \$11

12330 Fri. 3/10 7-8:30pm

TRS Paint & Taste

1 day | Ages 14+ Do you like painting and apple cider? Make a masterpiece of your very own while enjoying sipping on cider. No painting experience required. **Meet at Park Operations lunchroom, 2304 E. Mallon Ave. \$21**

12704 Wed. 4/26 6-7:30pm

TRS Raptor Reef Indoor Water Park

1 day | Ages 18+ Grab your swimsuit and towel and head with us to Triple Play Raptor Reef Indoor Water Park in Hayden, Idaho. There are three slides, 'Lost Falls', which is 400 feet long and full of twists. 'Velociraptor Vortex' is the super bowl ride that swirls, spins, and flushes, and the 'Prehistoric Plunge' is 300 feet of high-speed body sliding. Fee includes transportation, staff, pizza dinner and park entrance fee. **Transportation provided from Park Operations, 2304 E. Mallon Ave. \$49**

12698 Sun. 2/26 12:30-6pm

WEATHER CANCELLATIONS

Winter inclement weather such as ice, snow can cause programs to be cancelled. In the event of a weather cancellation participants will be notified and receive a credit or refund. We hold several programs in Spokane Public Schools. If there is a school closure due to inclement weather, our programs in those facilities will also be cancelled.



TRS SOCIALIZATION

NEW! TRS Seize the Day

1 day | Ages 18+ Find yourself sitting around the house during the day? Want to get out and meet some new friends and enjoy some new activities? Come with TRS and Seize the Day with our early afternoon programs around town! **Meeting locations, times and fees will vary.**

Flatstick Pub Meet at 618 W. Main Ave

12681 Wed. 1/18 11:30am-2pm \$29

Teatime Meet at the Meeting House Cafe', 1801 E. 11th Ave.

12684 Mon. 2/13 Noon-2pm \$21

12683 Bowling & Pizza Meet at North Bowl, 125 W. Sinto

Wed. 3/1 Noon-2pm \$33

12682 Rivers Wish Animal Sanctuary Meet at WCCC, 1603 N. Belt

Mon. 4/24 10am-2pm \$25

TRS Spokane Chiefs Hockey

1 day | Ages 18+ Action packed ice hockey from the Spokane Chiefs major junior team that plays in the Western Hockey League. Cheer on the Chiefs with your friends. Sign-up fee covers staff, & tickets. **Meet at Spokane Veterans Memorial Arena main entrance, Boone & Howard. \$39**

12691 Fri 1/27 vs. Seattle Thunderbirds 6:30-9:45pm

12692 Fri 2/10 vs. Everett Silvertips 6:30-9:45pm

12693 Fri 3/17 vs. Tri-City Americans 6:30-9:45pm



TRS Trivia Night

1 day | Ages 14+ Bring your sack dinner and laugh with friends while playing Trivia. Fun prizes will abound. **Meet at Park Operations lunchroom, 2304 E. Mallon Ave. \$21**
12702 Fri. 4/14 5:30-7pm

TRS What's Cooking

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

12313 Tues. 1/10-1/31 4-6pm

12314 Tues. 2/7-2/28 4-6pm

12315 Tues. 3/7-3/28 4-6pm

12605 Tues. 4/4-4/25 4-6pm





TRS SKIING & SNOWBOARDING

TRS Cross Country Skiing Lessons- Blue Waxers

7 Weeks | Ages 12+ The class is designed for people with developmental disabilities. Fresh air, experience and fun are just a few benefits of this activity. We ski at Mt. Spokane on the terrific trail system. Participants should be able to walk a mile with minimal difficulty. The class size is limited to the number of volunteers. Separate registration form is required. Please find on web site www.spokaneparks.org or call Alice Busch 625.6245.

No ski class on 2/4. Langlauf Community Nordic Race is Sunday February 5. If interested in doing each skier must pre-register and pay for event on own. TRS will provide supervision and transportation. - The Blue Waxers will not participate in Special Olympics.

Lessons & Equipment \$145

12545 Sat. 1/14 – 3/4 9am-Noon

Meet at Selkirk Lodge, Mt. Spokane. Parking permit required.

Lessons, Transportation, & Equipment \$199

12544 Sat. 1/14 – 3/4 7:30am – 1:30pm

Transportation Departure locations and times:

Park Operations	2304 E. Mallon Ave.	7:30am
Yokes	Mt. Spokane Day Road	8am

Transportation Return locations and times:

Yokes	Mt. Spokane Day Road	1pm
Park Operations	2304 E. Mallon Ave.	1:30pm

TRS Skiing/Snowboarding Lessons- Adaptive

1 lesson | Ages 6+ | \$70 per lesson One-to-one instructor/student ratio with volunteers trained in PSIA methods and therapeutic recreation elements. Course teaches mono & bi skiing for those who need to ski in sit down position, adaptive snowboarding, three and four track (outriggers) for amputee/balance deficits and provides lessons for those with visual or sensory impairments. We ski/ board at Mt. Spokane on Saturdays and meet at our Ski Chalet at the base of chair #5. **No Lessons 2/18. To enroll in this class there is a separate registration form.** Please find on web site www.spokaneparks.org or call Alice Busch at 625.6245

Morning Adaptive Skiing/Snowboarding:

Lessons Only: Saturdays \$70 per Lesson

12523	1/21	9:30-11:30am
12525	1/28	9:30-11:30am
12529	2/4	9:30-11:30am
12531	2/11	9:30-11:30am
12533	2/25	9:30-11:30am
12535	3/4	9:30-11:30am

Afternoon Adaptive Skiing/Snowboarding Lessons:

Saturdays \$70 per Lesson

12526	1/21	12:30-2:30pm
12527	1/28	12:30-2:30pm
12528	2/4	12:30-2:30pm
12530	2/11	12:30-2:30pm
12532	2/25	12:30-2:30pm
12534	3/4	12:30-2:30pm

*Additional fee: Equipment Rental

Mono/Bi Sit Ski Rental	\$15 per lesson
Ski/Snowboard, Boots Rental	\$12 per lesson
Ouerriggers Only	\$8 per lesson



*Specialized and Adaptive Recreation Services
for Individuals with Disabilities*

Join Our Team

Experience the joy of providing adaptive recreation to a unique community of campers. Laughter, friendships and sunshine will fill your summer.

Call **509-625-6245** or email abusch@spokanecity.org for more information.





TRS SKIING & SNOWBOARDING

The Powderhound program is designed for people with developmental disabilities. The emphasis is on having fun, making friends, exploring the mountain, improving skills and being safe. Each student will be assigned a buddy who will provide support and instruction as student desires

TRS Skiing /Snowboarding Lessons- Powderhounds

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

Separate registration form is required. Please find on web site www.spokaneparks.org or call Alice Busch 625.6245. Not participating in Special Olympics.

Morning Lessons Only \$190

12536 Sat. 1/21 – 3/4 9:30am-Noon
Choose this option if have a Mt. Spokane season pass and provide own equipment and transportation.

Morning Lessons & Season Pass \$290

12543 Sat. 1/21 – 3/4 9:30am – Noon
Fee covers season pass and lessons. Customer will provide own equipment and transportation.

Morning Lessons, Season Pass & Equipment \$362

12538 Sat. 1/21 – 3/4 9:30am – Noon
Fee covers season pass, lessons and equipment rental. Customer will provide own transportation

Morning Lessons, Season Pass & Transportation \$399

12541 Sat. 1/21 – 3/4 9:30am-Noon
Fee covers season pass, lessons, and transportation from designated locations in Spokane to Lodge #1 at Mt Spokane Ski & Snowboard Resort. *Customer will provide own equipment.

Morning Lessons, Season Pass, Transportation, & Equipment \$470

12542 Sat. 1/21 – 3/4 9:30am-Noon
Fee covers season pass, lessons, equipment rental and transportation from designated locations in Spokane to Lodge #1 at Mt. Spokane Ski & Snowboard Resort.

Afternoon Lessons Only \$190

12537 Sat. 1/21 – 3/4 1 – 3:30pm
Choose this option if have a Mt. Spokane season pass and provide own equipment and transportation.

Afternoon Lessons & Season Pass \$290

12677 Sat. 1/21 – 3/4 1 – 3:30pm
Fee covers season pass, and lessons. Customer will provide own equipment and transportation.

Afternoon Lessons, Season Pass & Equipment \$362

12540 Sat. 1/21 – 3/4 1 – 3:30pm
Fee covers season pass, lessons and equipment rental. Customer will provide own transportation

POWDERHOUNDS SKIING TRANSPORTATION

Transportation:

Please be aware that if the roads are clear the van may arrive back as much as fifteen minutes early and if road conditions make for slow travel, the van could be a few minutes late. Please be at the sites in plenty of time to take your student home. One late pick-up can cause delays for the rest of the group. We may assess late fees if necessary. All late pickups will be taken to Park Operations. Be sure to mark on your registrations form which site you will be using. We encourage not using paratransit for this program but if you do, please use only **Park Operations, 2304 E. Mallon Ave.** as transportation site.

The van will leave:

Park Operations 2304 E. Mallon Ave	7:45am
Yokes 14202 N. Market	8:15am

The van will return:

Yokes 14202 N. Market	1:30pm
Park Operations 2304 E. Mallon Ave	2:00pm

3rd Annual Powderhounds Cup

Celebrate the end of the season by participating in the annual Powderhounds Cup. Mt. Spokane staff and MSSRA will set up a course on Chair 5 & 3. All who are able and want to race can do. This is an extra day outside of our 6-week lesson program. There is no extra fee. After racing we will enjoy music, food, and prizes. Our sponsors are parents and Alpine Haus.

Sat. 3/11 9am-2pm





WEST CENTRAL COMMUNITY CENTER

1603 N Belt St., Spokane, WA 99205

For more information call: 509-323-75801

Teen Activity Nights

Ages 13-17yrs. | This free program offers a variety of activities including sports, games, arts/crafts, and other events. Thursdays 6:30-8pm

NORTHEAST YOUTH CENTER

3004 E Queen Ave, Spokane, WA 99217

For more information call: 509-482-0708

Before/After School Program

Weekly | Grades K-5 Program is a licensed childcare program offering education and recreation activities. Program serves Arlington, Bemiss, Cooper, Longfellow, Regal and Whitman schools and offers drop-off and pick-up to and from those schools.

Before School

Monday 6-9 am, Tues-Fri 6am -8am

After School

3-6 pm

Non-School Days:

Times Vary

SOUTHSIDE COMMUNITY CENTER

3151 E 27th Ave Spokane WA 99223

(509)535-0803 – hours of operation: M-F 8:30am-4:30pm

The Southside Community Center of Spokane is proud to host a multitude of classes and activities for all ages and interests. Open Monday through Friday the Center is always filled with joyful people and exciting experiences! Call or come see us today to join the southside Center Family.

SINTO SENIOR ACTIVITY CENTER

1124 W Sinto Ave, Spokane, WA 99201

Register or inquire for the activities listed below by calling: 509-327-2861

Tuesday Dance

Every Tuesday | Adults 50 + | Sinto Senior Activity Center has a Tuesday dance from 1:00 to 3:00 PM every Tuesday. Lunch is available for purchase. Dance usually features live music from a selection of musical groups and genres. There are also ticket and other giveaways. Snacks are often provided. Couples and Singles welcome. \$5

Tuesdays 1 – 3pm

Bingo

Every Thursday | All are Welcome | Join our afternoon, Bingo! Games start at 1:00 PM. Bring your daubers and join the fun. We play several different kinds of Bingo, and you can play as much or as little as you'd like. Flimsy cards are \$1.00 for a 3 on or \$2 for a 6 on. 4 bonus game flimsy's can be purchased for a \$1.00 each. We hope to see you next Thursday!

\$2, Plus Flimsy Cards

Thursdays 1 – 4pm

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



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 Lisa Richards at 509-625-6909 or Lrichards@spokanecity.org.



Please print and
fill out completely

City of Spokane Parks and Recreation Department
ACTIVITY REGISTRATION FORM

509.755.CITY (2489)
SpokaneParks.org

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

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

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

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

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

THERAPEUTIC RECREATION ONLY

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

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

Dietary Precautions/Foods to avoid:

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

Activity Limitations/Physical problems (if any):

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

Careprovider/Support Staff provided? ☐ Yes ☐ No

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

THERAPEUTIC RECREATION

Do you have any disabilities? (be specific)

Participant Personal Needs:

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

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

Mobility and Adaptive Equipment:	Do you use adaptive equipment?	Wheelchair:	Check all that apply:	Other information:
	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Manual <input type="checkbox"/> Full-time <input type="checkbox"/> Electric <input type="checkbox"/> Part-time	<input type="checkbox"/> Cane/Crutches <input type="checkbox"/> AFO's/Splint/braces <input type="checkbox"/> Walker	

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

Additional Personal Needs Information:

MEDICATION INFORMATION & WAIVER

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

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

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

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

Signature _____

Date _____

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

List any special instructions/cautions/side effects:

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

WARNING: PLEASE READ CAREFULLY BEFORE SIGNING!

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

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

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

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

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

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

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

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

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

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

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

Emergency Contact (print) Relation Phone number

The Six Dimensions Of Wellness

Developed by Dr. Bill Hettler, co-founder of the National Wellness Institute, the six dimensions of wellness are: physical, emotional, spiritual, social, intellectual, and occupational. At City of Spokane Parks & Recreation, we strive to provide programming that addresses these interconnected dimensions to bring a sense of wellness and fulfillment to all of our participants.



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

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

HIT THE SLOPES WITH THERAPEUTIC RECREATION SERVICES!

**Specialized, inclusive,
adaptive, and always FUN!
TRS provides individuals with
disabilities the best winter
recreation has to offer.**

Go to SpokaneRec.org or look inside
to see all that TRS has to offer!

