

# FALL 2024 | ACTIVITY GUIDE

## SEPTEMBER - DECEMBER



### INSIDE

YOUTH & FAMILY OUTDOOR ADVENTURES,  
NO SCHOOL DAY CAMPS,  
ART PROGRAMS FOR ALL AGES,  
THERAPEUTIC RECREATION PROGRAMS  
AND SO MUCH MORE!

EXPLORE  
**PARKS**  
NATURE

SPORTS  
& REC  
OUTDOOR

CAMPS  
LEARN  
CLASSES

SWIM  
POOLS  
SPLASH

PLAY  
GOLF  
LEARN

ENJOY  
RIVER  
FRONT  
PARK



City of Spokane  
**PARKS**  
& RECREATION

# The Six Dimensions Of Wellness

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.



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.

# TABLE OF CONTENTS

## WELLNESS & ENRICHMENT

Enrichment, Historical Tours, QiGong .....7  
 Yoga, fitness & Wellness .....8  
 Martial Arts .....9

## CORBIN ART CENTER

Pre-School .....15  
 Youth .....17  
 No School, Family Art .....18  
 Language, Writing, Skin Care .....19  
 Drawing .....20  
 Painting, Workshops .....21  
 Fiber Arts .....22  
 History & Haunts .....22

## OUTDOOR RECREATION

Hiking .....25  
 Kayaking, Archery .....26  
 Youth & Family .....27  
 Snowshoeing .....28

## RIVERFRONT SPOKANE 30-31

## THERAPEUTIC RECREATION SERVICES

Socialization .....33  
 Sports, Swimming .....34  
 Fitness & Wellness, Trips & Tours .....35-36

## ATHLETICS

Softball, Football .....37  
 Volleyball .....38

## INFORMATION & FORMS 39-42

# KNOW YOUR REC STAFF

### JENNIFER PAPICH

Recreation Director

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



### RYAN GRIFFITH

Assistant Recreation Director

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



### ALICE BUSCH

Therapeutic Recreation Program Supervisor

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



### CARISSA GREGG

Corbin Art Center Program Coordinator

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



### CARISSA WARE

Adult Athletics Program & Field Allocations Supervisor

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



### JOSH OAKES

Adult Volleyball & Aquatics Program Supervisor

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



### ADRIANO EVA

Wellness & Enrichment Program Supervisor

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



### MARK POIRIER

Golf Manager

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



### ANDY FUZAK

Outdoor Recreation Program Supervisor

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



*Thank you to the  
 General Store for supporting  
 Spokane Parks & Recreation  
 disc golf courses!*



[www.GeneralStoreSpokane.com](http://www.GeneralStoreSpokane.com)



**NEW**

# Fall • Winter • Spring Spokane Parks and Recreation Youth Program Scholarships

We believe that everyone should have the opportunity to participate in recreation activities. Spokane Parks and Recreation Youth Program Scholarships are available to those who qualify.

Youth Program Scholarships are designed to make our sports and arts programs, general recreation programs, and therapeutic programs more accessible to the community. Our aim is to eliminate financial barriers and ensure that everyone in our community can enjoy the benefits of recreation.

Youth Program Scholarships are awarded on a first come, first served basis of need without regard to race, color, disability, religion, gender, or national origin.

**Scholarships are for 50% off program costs. Individual scholarship awards are limited to one program per household member per quarter (Fall, Winter, Spring).**

Scholarships are awarded based on available funding. Funds are valid for activity fees only and cannot be applied to adult sports leagues, rentals, extra supply and materials fees, or late fees for Day Camp Programs.

Eligibility requires income verification. Acceptable documents include a Free/Reduced lunch determination letter or TANF documentation.

**For more information or to apply, visit  
[SpokaneParks.org/scholarships](https://SpokaneParks.org/scholarships)**

These funds are made possible by all the generous community members giving the gift of recreation by donating to the Youth Program Scholarship fund upon checkout when registering for a recreation program. **Thank you!**

SPOKANE PARKS FOUNDATION

# MAKE A SPLASH

in a kid's life

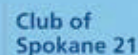
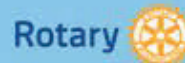


## DID YOU KNOW?

- Formal swim lessons reduce the likelihood of childhood drowning by 88%.

The Spokane Parks Foundation funds swim lesson scholarships and water safety clinics for local youth.

Thank You *Spokane Parks and Recreation*, and to the following supporters for helping us continue this important work:



**Drowning is preventable!**

You can make a difference by donating today – <https://spokaneparksfoundation.org>



# POST-SEASON AT WITTER POOL

## LAP SWIM

AUGUST 26-SEPTEMBER 13  
MONDAY-FRIDAY | 11:00-2:30 PM  
50 METER LANES  
\$6 DAILY FEE  
AGES 16+ | RESERVE ONLINE AT  
SPOKANEREC.ORG  
OR BY PHONE AT 509.755.2489

## SWIM LESSONS

AUGUST 26-SEPTEMBER 5  
MONDAY-THURSDAY | AGES 3-12  
SIGN UP ONLINE AT  
SPOKANEREC.ORG  
OR BY PHONE AT 509.755.2489



# DOGGIE DIP



## Doggie Dip 2024

**1 day | All Ages** The pools have gone to the DOGS! Bring your four-legged friend to the last splash of the season! We're having fun and raising funds for SpokAnimal. Drop-ins/donations welcome at the door. **Fee \$10 per dog.** **Proof of rabies vaccination required.**

Sun. 8/25 3-4:30pm Comstock  
Mon. 8/26 5:30-7pm Shadle  
Tues. 8/27 5:30-7pm Liberty





## ENRICHMENT

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

**Sing from the Heart Vocal Workshop**

**8 weeks | Ages 18yrs. & Up | Robin Marks** Vocal technique and Performance workshop. Participants work on repertoire, audience rapport, vocal technique, and performance skills with an emphasis on developing individual style and expression. All levels and musical styles are welcome. Individual focus can range from fine-tuning vocal technique, working through stage freight, preparing for auditions, and polishing professional performances to simply testing the waters as a first-time singer. For detailed class descriptions and information on instructor visit: [singfromtheheart.biz](http://singfromtheheart.biz). **Place on the Park, 2406 S. Park Dr.** \$245.

16357 Wed. 10/2-11/20

7-8:30pm

## HISTORICAL TOURS

**Spokane Garry Historical Tours**

**1 day | Ages 16yrs. & Up | Chief Spokane Garry (1811-1892)** was an influential figure in the settling of the Spokane region. In this series, local historian Dr. Dave Beine, will expose participants to Garry's life and impact upon our community **Participants will receive a detailed itinerary with meeting locations after registration.**

**Hangman Creek Historic Bus Tour** -Join local historian Dr. Dave Beine on a an interpretive bus tour across the Palouse to the location of a horrific historical event that occurred. \$40

16095 Sat. 9/21

9-12pm

**Historic Horse Slaughter Camp Bike Ride** - Come join local historian Dr. Dave Beine on a bike ride along the Centennial Trail to this historic site of devastating loss near Stateline. Dr. Beine will tell the story of the place while sitting along the banks of the Spokane River. \$25

16096 Sat. 9/7

9-12pm

## QIGONG

**Wellness benefits of QiGong** - QiGong, a traditional Chinese mind-body practice involving coordinated movements, meditation, and breathing exercises, has been associated with various wellness benefits supported by academic research. These findings suggest that regular qigong practice can offer a range of wellness benefits, including stress reduction, improved physical health, enhanced quality of life, and effective pain management (Oh et al., 2012; Jahnke et al., 2010; Chen et al., 2016; Lauche et al., 2016)

**Walking QiGong**

**6 weeks | Ages 16 & Up | Jeff Thompson** Guo Lin Qigong, also known as "Walking" Qigong, focuses on deep breathing and visualization while walking and performing various arm, hand, and body movements. This practice nourishes all five organ systems, improves blood circulation, and increases oxygen intake, leading to better overall health. Developed in the 1960s by Guo Lin, a Chinese woman who overcame uterine cancer and diabetes through Qigong, this form has therapeutic origins. Guo Lin Qigong, often called "Healing" Qigong, is widely used in cancer prevention and treatment clinics across China. This enjoyable class will be held outdoors, rain or shine! **Finch Arboretum, 3404 W Woodland Blvd.** \$79

16271 Sat. 9/7-10/12

10:15-11:15am

**Qigong for Good Health: Great White Crane Qigong**

**6 weeks | Ages 16 & Up | Jeff Thompson** QiGong of the Great White Crane is a fun and graceful practice that primarily supports the lungs and respiratory system. Our lungs are our first line of defense and the foundation of our immune system. Stressful lifestyles often negatively affect our breathing patterns, disrupting the lungs' natural rhythm and function. This disharmony can lead to increased allergies, asthma, bowel issues, and skin changes. Practicing this form in the fall helps prepare your body for winter's cold and flu season. Additionally, since sadness is the emotion associated with the lungs, the movements of the White Crane form can help lift your spirits and make you feel happier! **Finch Arboretum, 3404 W Woodland Blvd.** \$79

16270 Sat. 11/2-12/7

10:15-11:15am



## YOGA

**Wellness Benefits of YOGA** – A growing body of research indicates that regular yoga practice was associated with factors promoting overall health and well-being. A recent study by JMIR Formative Research (2022) indicated that the regular practice of yoga had a significant impact on physical fitness, including mobility, flexibility, and strength. Furthermore, there was evidence of improvement in daily stress management, work productivity, and a greater ability to focus and relax.

### Yoga at Finch Arboretum

**6 Weeks | Ages 16yrs. & Up | 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 Woodland Center, 3404 W. Woodland Blvd.** \$80

16360	Fri.	9/27-11/8	9-10am
16361	Fri.	11/15-12/20	9-10am

## FITNESS/ WELLNESS

### Zumbini® Music & Movement

**6 weeks | Ages 0-4yrs. | Carrie Jahns** Zumbini® is a lively class created by Zumba® and BabyFirst for ages 0-4 and their caregivers. Combining music and movement with fun, play-based activities, you'll sing, dance, and bond with your child in a joyful, energetic environment. Come play with us and make lasting memories! **Southside Community Center, 3151 E 27th Ave.** \$69

16264	Thurs.	10/17-11/21	10-10:30am
-------	--------	-------------	------------

### Barre Foundations

**6 weeks | Ages 16yrs. & Up | Carrie Jahns** Barre Foundations is a full-body, low- impact workout that includes elements of Pilates, Yoga and Dance. We incorporate many props such as balls, gliders, resistance bands and small hand weights. We target small muscle groups with high repetitions. You will enjoy improvements in posture, balance, flexibility and stretching. Please bring a yoga mat and grip socks. **Southside Community Center, 3151 E 27th Ave.** \$79

16265	Mon.	10/21-12/2	6-7pm
-------	------	------------	-------

### **NEW!** Restore Barre

**6 weeks | Ages 16yrs. & Up | Carrie Jahns** Restore Barre is a full-body, low-impact workout that includes elements of Pilates, Yoga and Dance. This class contains 35 minutes of traditional Barre exercises, followed by 20 minutes of stretch and restoration. During that time we will focus on intentional stretching and longer holds. This is a great way to end your busy week! Please bring a yoga mat and grip socks. **Southside Community Center, 3151 E 27th Ave.** \$79

16266	Fri.	10/18-11/22	6-7pm
-------	------	-------------	-------

### Longevity Fit for Healthy Aging

**8 or 4 weeks | Adults 55yrs. & Up |** Longevity Fit is a fun and effective workout program designed for mature individuals, aiming to boost both physical and mental wellness. This class focuses on rebuilding and maintaining your foundation by enhancing strength, stamina, balance, agility, and mobility. If you want to stay active throughout your life, Longevity Fit is the perfect workout class for you! We'd love for you to join us and become part of our fun and active community!

#### Southside Senior & Community Center-3151 E. 27th Ave \$129

16214	Wed.	10/2-11/20	9am-10am
	Fri.	10/2-11/22	10am-11am

#### Northside -Shadle Park Library-2111 W. Wellesley Ave. \$129

16213	Tues./Thurs.	9/3-10/24	10am-11am
16262	Tues./Thurs.	10/29-12-19	10am-11am

#### Hillyard Senior Center-4001 N. Cook St. \$32

16215	Wed.	9/18-10/9	10am-11am
16216	Wed.	10/16-11/6	10am-11am
16217	Wed.	11/13-12-11	10am-11am

**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







## MARTIAL ARTS

**Wellness Benefits of Martial Arts** Martial arts training for youth offers numerous wellness benefits supported by academic research. Some of these benefits include physical fitness, discipline and self-control, confidence and self-esteem, emotional regulation, conflict resolution and bullying prevention. (Butterfield et al., 2011; Cid et al., 2016; Konzak & Klavora, 2003).

### Intro to Brazilian Jiu Jitsu

**4 weeks | Ages 6-12yrs.** | BJJ revolves around the concept that a smaller, weaker person can successfully defend him/herself against a bigger, stronger, heavier opponent by using leverage and weight distribution, taking the fight to the ground using several holds and submissions to overcome them. Enroll now for an empowering experience in a fantastic and life-changing learning environment. If you enjoy the introductory 4-week class, please sign up for a membership with Grit Jiu Jitsu and Muay Tai. Ask your instructors for details. **4808 East Sprague, #205.** \$125

16362	Tues./Thurs.	9/3-9/26	4:30-5pm
16363	Tues./Thurs.	10/1-10/31	4:30-5pm
16364	Tues./Thurs.	11/5-12/5	4:30-5pm

### Karate Traditional Okinawan Goju Ryu

**4 weeks | Ages 6yrs. & Up | 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. Please contact the instructor at 480-338-9131 for questions. **Southside Community Center, 3151 E 27th Ave.** \$40

#### Youth Ages 6-14yrs.

16276	Tues./Thurs.	8/27-9/26	4-5pm
16277	Tues./Thurs.	10/1-10/31	4-5pm
16278	Tues./Thurs.	11/1-11/22	4-5pm
16279	Tues./Thurs.	12/3-12/20	4-5pm

#### Adults

16272	Tues./Thurs.	8/27-9/26	5:10-6:10pm
16273	Tues./Thurs.	10/1-10/31	5:10-6:10pm
16274	Tues./Thurs.	11/1-11/22	5:10-6:10pm
16275	Tues./Thurs.	12/3-12/20	5:10-6:10pm

### Kung Fu For Youth

**4 weeks | Ages 4-11yrs. | Sifu David** The student will be introduced to activities aimed at developing a strong foundation of martial arts techniques as well as natural, fluid body mechanics which can be applied to other sporting activities. The class environment and teaching methods are designed to downplay aggressive behavior and foster cooperation and team effort. **East West Martial Arts 1427 N. Monroe St.** \$84

#### Ages 4-6yrs.

16281	Tues./Thurs.	9/3-9/26	5:45-6:15pm
16282	Tues./Thurs.	10/1-10/24	5:45-6:15pm
16283	Tues./Thurs.	11/5-11/28	5:45-6:15pm
16284	Tues./Thurs.	12/3-12/26	5:45-6:15pm

#### Ages 7-11yrs.

16285	Tues./Thurs.	9/3-9/26	6:15-7pm
16286	Tues./Thurs.	10/1-10/24	6:15-7pm
16287	Tues./Thurs.	11/5-11/28	6:15-7pm
16288	Tues./Thurs.	12/3-12/26	6:15-7pm



## Give the gift of Recreation!

Our Youth Program Scholarships help underserved young people experience the joys of summer camps, swim lessons, sports, or art programs. If you're interested in contributing, visit [SpokaneRec.org](http://SpokaneRec.org) under the Youth Programs Scholarship tab, or at checkout when registering for classes.



# RUN! JUMP! THROW!

Presented By:



Join us at the Podium for a morning clinic of instruction for youth in multiple track and field events, ranging from triple jump to running relays around the track! A fantastic opportunity to run on Spokane's world class indoor track.

\$25



SCAN FOR EVENT



Search our website at [www.register.skyhawks.com](http://www.register.skyhawks.com) for all programs!

**QUESTIONS? CALL**  
1-800-804-3509

**December 14, 2024**  
**9:00am-11:00am**  
**The Podium**  
(511 Joe Albi Way,  
Spokane, WA 99201)

## 10 REASONS TO LOVE SPOKANE PUBLIC LIBRARY



 SPOKANE  
PUBLIC LIBRARY  
[spokanelibrary.org](http://spokanelibrary.org)

- 1.** Freedom to read. Full stop.
- 2.** With hundreds of events per month, there's always something new to learn.
- 3.** Six different signature children's playspaces like the "Sasquatch Shack."
- 4.** Check out items anytime at the 24/7 Library Kiosks and digitally online.
- 5.** A space to hang out when it's hot or cold or smoky without spending a dime.
- 6.** Free meeting space for your next event or get together.
- 7.** Free printing, computer access, 3D printers, and other tech to checkout.
- 8.** Kindergarten readiness programs turn reading into a fun adventure.
- 9.** A welcoming place where everyone can gather, connect, and belong.
- 10.** We're constantly evolving to meet the needs of the community.

# SPOKANE PARKS AND REC

FALL 2024



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

sport	dates	day	time	ages	location
<b>South Spokane</b>					
Baseball	9/09 - 10/07	Mondays	4:30 PM - 5:20 PM	6-12	Comstock Park
Baseball	9/09 - 10/07	Mondays	5:30 PM - 6:20 PM	6-12	Comstock Park
Soccer	9/10 - 10/08	Tuesdays	4:30 PM - 5:20 PM	6-12	Comstock Park
Soccer	9/10 - 10/08	Tuesdays	5:30 PM - 6:20 PM	6-12	Comstock Park
Soccer	9/11 - 10/09	Wednesdays	4:30 PM - 5:20 PM	6-12	Hutton Elementary
Soccer	9/11 - 10/09	Wednesdays	5:30 PM - 6:20 PM	6-12	Hutton Elementary
Flag Football	9/12 - 10/17	Thursdays	4:30 PM - 5:20 PM	6-12	Comstock Park
Flag Football	9/12 - 10/17	Thursdays	5:30 PM - 6:20 PM	6-12	Comstock Park
<b>North Spokane</b>					
Soccer	9/09 - 10/07	Mondays	4:30 PM - 5:20 PM	6-12	Finch Elementary
Soccer	9/09 - 10/07	Mondays	5:30 PM - 6:20 PM	6-12	Finch Elementary
Track and Field	9/10 - 10/08	Tuesdays	4:30 PM - 5:20 PM	6-12	Webster Park
Track and Field	9/10 - 10/08	Tuesdays	5:30 PM - 6:20 PM	6-12	Webster Park
Baseball	9/11 - 10/09	Wednesdays	4:30 PM - 5:20 PM	6-12	Finch Elementary
Baseball	9/11 - 10/09	Wednesdays	5:30 PM - 6:20 PM	6-12	Finch Elementary
Volleyball	9/12 - 10/10	Thursdays	4:30 PM - 5:20 PM	6-12	Webster Park
Volleyball	9/12 - 10/10	Thursdays	5:30 PM - 6:20 PM	6-12	Webster Park
Soccer	9/15 - 10/13	Sundays	1:00 PM - 1:50 PM	6-12	Franklin Park
Soccer	9/15 - 10/13	Sundays	2:00 PM - 2:50 PM	6-12	Franklin Park



**REGISTER TODAY!**



**REGISTER TODAY**



Online: [www.register.skyhawks.com](http://www.register.skyhawks.com)

Phone: 800-804-3509

# SPOKANE PARKS AND REC

FALL 2024



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

sport	dates	day	time	ages	location
<b>South Spokane</b>					
Volleyball	10/14 - 11/25	Mondays	6:05 PM - 6:55 PM	6-12	Jefferson Elementary
Volleyball	10/14 - 11/25	Mondays	7:05 PM - 7:55 PM	6-12	Jefferson Elementary
Basketball	10/15 - 11/26	Tuesdays	6:05 PM - 6:55 PM	6-12	Jefferson Elementary
Basketball	10/15 - 11/26	Tuesdays	7:05 PM - 7:55 PM	6-12	Jefferson Elementary
Pickleball	10/15 - 11/26	Tuesdays	6:15 PM - 7:15 PM	7-10	Moran Prairie Elementary
Pickleball	10/15 - 11/26	Tuesdays	7:30 PM - 8:30 PM	11-14	Moran Prairie Elementary
Flag Football	10/16 - 12/04	Wednesdays	7:05 PM - 7:55 PM	6-12	Wilson Elementary
Flag Football	10/16 - 12/04	Wednesdays	6:05 PM - 6:55 PM	6-12	Wilson Elementary
Basketball	10/17 - 12/12	Thursdays	6:00 PM - 6:50 PM	6-12	Lincoln Heights Elementary
Basketball	10/17 - 12/12	Thursdays	7:00 PM - 7:50 PM	6-12	Lincoln Heights Elementary
<b>North Spokane</b>					
Basketball	10/14 - 11/25	Mondays	6:05 PM - 6:55 PM	6-12	Balboa Elementary
Basketball	10/14 - 11/25	Mondays	7:05 PM - 7:55 PM	6-12	Balboa Elementary
Soccer	10/15 - 11/26	Tuesdays	6:05 PM - 6:55 PM	6-12	Arlington Elementary
Soccer	10/15 - 11/26	Tuesdays	7:05 PM - 7:55 PM	6-12	Arlington Elementary
Volleyball	10/15 - 11/26	Tuesdays	7:05 PM - 7:55 PM	6-12	Indian Trail Elementary
Volleyball	10/15 - 11/26	Tuesdays	6:05 PM - 6:55 PM	6-12	Indian Trail Elementary
Soccer	10/16 - 12/04	Wednesdays	6:15 PM - 7:15 PM	7-10	Indian Trail Elementary
Soccer	10/16 - 12/04	Wednesdays	7:30 PM - 8:30 PM	11-14	Indian Trail Elementary
Basketball	10/16 - 12/04	Wednesdays	6:05 PM - 6:55 PM	6-12	Finch Elementary
Basketball	10/16 - 12/04	Wednesdays	7:05 PM - 7:55 PM	6-12	Finch Elementary
Soccer	10/17 - 12/12	Thursdays	6:05 PM - 6:55 PM	6-12	Lidgerwood Elementary
Soccer	10/17 - 12/12	Thursdays	7:05 PM - 7:55 PM	6-12	Lidgerwood Elementary

**REGISTER TODAY**



Online: [www.register.skyhawks.com](http://www.register.skyhawks.com)

Phone: 800-804-3509



# SPOKANE SUPERTOTS

FALL 2024



**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

sport	dates	day	time	ages	location
SoccerTots	10/14 - 12/02	Mondays	5:10PM - 5:50PM	1.5 - 3	Wilson Elementary
SoccerTots	10/14 - 12/02	Mondays	5:55PM - 6:35PM	3 - 4	Wilson Elementary
SoccerTots	10/14 - 12/02	Mondays	6:40PM - 7:20PM	3 - 4.5	Wilson Elementary
SoccerTots	10/14 - 12/02	Mondays	6:10PM - 6:50PM	3 - 4	Browne Elementary
SoccerTots	10/14 - 12/02	Mondays	7:00PM - 7:40PM	4 - 5.5	Browne Elementary
HoopsterTots	10/15 - 11/26	Tuesdays	5:10PM - 5:50PM	2 - 3.5	Adams Elementary
HoopsterTots	10/15 - 11/26	Tuesdays	5:55PM - 6:35PM	3 - 4	Adams Elementary
HoopsterTots	10/15 - 11/26	Tuesdays	6:40PM - 7:20PM	3.5 - 4.5	Adams Elementary
SoccerTots	10/15 - 11/26	Tuesdays	6:10PM - 6:50PM	3 - 4	Westview Elementary
SoccerTots	10/15 - 11/26	Tuesdays	7:00PM - 7:40PM	4 - 6	Westview Elementary
1stDownTots	10/16 - 12/04	Wednesdays	6:10PM - 6:50PM	3 - 4	Roosevelt Elementary
1stDownTots	10/16 - 12/04	Wednesdays	7:00PM - 7:40PM	4 - 5.5	Roosevelt Elementary
HoopsterTots	10/16 - 12/04	Wednesdays	5:10PM - 5:50PM	2 - 3.5	Linwood Elementary
HoopsterTots	10/16 - 12/04	Wednesdays	5:55PM - 6:35PM	3 - 4	Linwood Elementary
HoopsterTots	10/16 - 12/04	Wednesdays	6:40PM - 7:20PM	3.5 - 4.5	Linwood Elementary
SoccerTots	10/16 - 12/04	Wednesdays	5:10PM - 5:50PM	4 - 6	Franklin Elementary
SoccerTots	10/16 - 12/04	Wednesdays	5:55PM - 6:35PM	2 - 3	Franklin Elementary
SoccerTots	10/16 - 12/04	Wednesdays	6:40PM - 7:20PM	3.5 - 4.5	Franklin Elementary
HoopsterTots	10/17 - 12/12	Thursdays	5:10PM - 5:50PM	2 - 3.5	Willard Elementary
HoopsterTots	10/17 - 12/12	Thursdays	5:55PM - 6:35PM	3 - 4	Willard Elementary
HoopsterTots	10/17 - 12/12	Thursdays	6:40PM - 7:20PM	3.5 - 4.5	Willard Elementary
SoccerTots	10/17 - 12/12	Thursdays	5:10PM - 5:50PM	1.5 - 3	Arlington Elementary
SoccerTots	10/17 - 12/12	Thursdays	5:55PM - 6:35PM	3 - 4	Arlington Elementary
SoccerTots	10/17 - 12/12	Thursdays	6:40PM - 7:20PM	3.5 - 4.5	Arlington Elementary
SoccerTots	10/17 - 12/12	Thursdays	6:10PM - 6:50PM	3 - 4	Hamblen Elementary
SoccerTots	10/17 - 12/12	Thursdays	7:00PM - 7:40PM	4 - 5.5	Hamblen Elementary

**REGISTER TODAY**



Online:  
[www.register.skyhawks.com](http://www.register.skyhawks.com)

Phone:  
800-804-3509



# FALL TAZ



**REGISTRATION OPENS LATE AUGUST!  
CLASSES START EARLY OCTOBER!**

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

We provide appropriate sized racquets, nets, and low-compression balls to help build self-confidence within the game.

Our goal is to equip your child with the fundamentals so they can improve and enjoy the sport of tennis.

Scholarships are available!  
visit: [rectennis.com](https://rectennis.com)



SCAN HERE



**USTA**   
PACIFIC NORTHWEST



**Creative arts therapy** is used in treatment for a variety of conditions spanning mental health, cancer, stroke and more. The idea behind creative arts therapy is that artistic expression can help people to feel better and motivated to recover and address clinical needs such as reducing anxiety and blood pressure. The American Congress of Rehabilitation Medicine says making or even just seeing art can impact the brain. Whether it's part of a creative arts therapy exercise, or something you experience in your everyday life, art can help

## 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 are 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 **There is no class on Monday, November 11.** \$59  
16220 Mon. 10/7 – 11/18 9:30 – 10:30am

### **NEW!** Make Art Together: Colors of the Season!

**6 weeks | Ages 2-4yrs.** | Fall is here, and it is time to celebrate nature's festival of colors! This class is for you and your child to explore all the beautiful colors of fall while making wonderful works of art together. Children will discover color, and 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! \$59  
16221 Tues. 10/8 – 11/12 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  
16222 Wed. 10/9 – 11/13 9:30 – 11am

### Make Art Together: Fabulous Fall

**6 weeks | Ages 2-4yrs.** Yay! It's fall, and time to celebrate the season! This class is for you and your child to explore leaves, pumpkins and even the rainy, fall weather while making wonderful works of art. Experience a new weekly art theme, story, and relevant project. Children will discover color, texture while practicing basic cutting and gluing skills while exploring a variety of art techniques and materials. This class is fast paced, active and most of all fun! \$59  
16223 Thurs. 10/10 – 11/14 9:30 – 10:30am

## PRE-SCHOOL WORKSHOPS

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

### Make Art Together: Halloween Fun

**1 day | Ages 3-5yrs.** Come have a frightfully fun time creating a friendly jack-o-lantern paper pumpkin, cute spider and other adorable Halloween crafts with your child. This is a fantastic class to come and have a great time creating art together. \$29  
16224 Sat. 10/26 9:30 – 11am

### Make Art Together: Turkey Jubilee

**1 day | Ages 3-5yrs.** You and your child will have lots of fun making this mixed-media jumbo-sized Thanksgiving gobbler who is sure to delight family and friends. This class has it all! Paint, glue, scissors and more! \$29  
16225 Sat. 11/23 9:30 – 11am

### Make Art Together: Holiday Ornaments

**1 day | Ages 3-5yrs.** Join us for a fun filled class making holiday ornaments together. You and your child will make some fabulous ornaments for your tree or to give a gift that you will both look at and remember for years to come. \$29  
16226 Sat. 12/14 9:30 – 11am

**REGISTER  
ONLINE**

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



**MAIL  
US**

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



**CALL  
US**

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





# Kids Art Parties!

At Corbin Art Center

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

**\$199 for up to  
12 children!\***

Email [cgregg@spokanecity.org](mailto:cgregg@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.



NEW!

## PRIVATE ART INSTRUCTION

Interested in taking a private  
painting, drawing or mixed  
media? Call 509-625-6677 for  
details and pricing.



## KIDS YOUTH

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

### Let's Get Creative!

**6 weeks** | Come get your artistic fun on while exploring a variety of artistic mediums, such as, oil pastels, paint, clay, paper, recycled objects and more each week. Here is a chance to use your artistic super-power skills to be creative and convert your ideas into reality! There are new projects each week for returning students. There is no class on Monday, November 11th in honor of Veterans Day. \$75

**Ages 6-8yrs.**

16227 Mon. 10/7 – 11/18 4 – 5:30pm

**Ages 9-12yrs.**

16228 Tues. 10/8 – 11/12 4 – 5:30pm

### Drawing Basics

**6 weeks** | **Ages 6-8yrs. & 9-12yrs.** Drawing is the basis and the first step for dimensional art forms. Explore with different tools and techniques and learn the many facets of drawing including freehand drawing, line, shading, fur-scales-feathers, still life, color, design composition, perspective, portraiture, animals and more \$75

**Ages 6-8yrs.**

16229 Wed. 10/9 – 11/13 4 – 5:30pm

**Ages 9-12yrs.**

16230 Thurs. 10/10 – 11/14 4 – 5:30pm

## YOUTH WORKSHOPS

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

### **NEW!** Let's Get Spooky! Halloween Fun!

**1 day** | **Ages 5-8yrs.** Join us and have a frightfully fun time creating a “not so scary” jack-o-lantern mixed-media pumpkin project, a cute bat craft and more to celebrate the Halloween season! This is sure to be a spooky good time! \$29

16231 Sat. 10/26 9:30-11am

### **NEW!** It's Turkey Time! Thanksgiving Fun!

**1 day** | **Ages 5-8yrs.** It's the week before Thanksgiving and the turkeys are getting nervous! Come and have a great time making a Thanksgiving inspired art project. We will paint, tear & cut paper, glue, to create a large mixed-media turkey to decorate your home for the holiday! \$29

16232 Sat. 11/23 9:30-11am

### **NEW!** Holiday Ornament Fun!

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

16233 Sat. 12/14 9:30-11am





## NO SCHOOL TODAY 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. All classes held at the Corbin Art Center; 507 W 7th Ave. unless otherwise indicated

### **NEW!** Artist's Studio for a Day Camp!

**1 day | Ages 6-11yrs** This one-day camp has it all! Drawing, painting, and sculpture! Use diverse materials, techniques and enjoy the creative process while learning basic art elements. Come and bring your imagination and creativity to make your own fantastic masterpieces. Dress for a mess and please bring a lunch. \$49

16234 Fri. 10/11 9am-3pm



### **NEW!** Rainforest Animal Adventure Camp!

**1 day | Ages 6-11yrs** Tigers, monkeys, birds, and snakes Oh My! It's cold outside here but come and travel with us to a tropical rainforest! Learn about some of the animals, plants and insects that live there. Make fun and wild animal art projects to display and wear. Dress for a mess and please bring a lunch. \$49

16235 Mon. 11/11 9am-3pm

### **Harry's Holiday Lab Mini-Camp**

**1 day | Ages 6-11yrs.** Join us this holiday season as we transform the historical Corbin Art Center into a magical mansion. Celebrate this wondrous season with ghostly goodies, enchanted potions, spellbinding projects, and fiendish treats! Create charmed crafts and participate in magical creature activities. Dress for a mesmerizingly messy time and remember to bring a yummy lunch. \$55

16238 Mon. 12/23 9am-3pm

## CORBIN ART CENTER FAMILY ART FUN

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

### **NEW!** Halloween Family Fun at the Corbin Art Center

**1 day | All Ages** Join us for a fun filled afternoon decorating mini pumpkins for Halloween. We will have the pumpkins and all the decorating supplies for you to transform your pumpkin into an artistically spooky masterpiece. Spooky and seasonal wear is encouraged. (Just not too scary please) All proceeds benefit the preservation of the Historic DC Corbin House. Kettle corn sold by Pops from Idaho. \$10 per person

16242 Sat. 10/26 Noon-1pm

16243 Sat. 10/26 1:30-2:30pm

### **Festive Family Fun at the Corbin Art Center**

**1 day | All Ages** Christmas cookies and holiday arts, that's the way the holidays start at the Corbin Art Center. Enjoy a magical time decorating cookies, making ornaments, enjoying hot cocoa, and taking a "Selfie with Santa". The Corbin Art Center will be decorated for the season and celebrating the 126th Anniversary of the elegant DC Corbin House. All proceeds benefit the preservation of the Historic DC Corbin House. \$15 per person

16239 Sat. 12/7 10-11am

16240 Sat. 12/7 11:30am-12:30pm

16241 Sat. 12/7 1-2pm



## LANGUAGE & CONVERSATIONAL SPEAKING

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

### **NEW!** Intermediate Spanish Conversation

**8 weeks | Ages 18yrs. & Up | Mary Benham** In this class we will read a La Casa en Mango Street, written by Sandra Cisneros. Come prepared to discuss the plot and characters each week: we will review verb tenses, grammar, and idioms along the way. Students are also encouraged to talk about their memories, travels, current activities, etc. This class is designed for intermediate and advanced students who want to increase competence and fluency. Supply list included upon confirmation of registration. \$89

16244 Wed. 10/2-11/20 1-2:30pm

## WRITING & PERSONAL ENRICHMENT

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

### Creative Memoir Writing

**6 weeks | Ages 18yrs. & Up | 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. \$99

16247 Wed. 10/2-11/6 6-8pm

## SKIN CARE & SOAP MAKING

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

Supply lists are included on your registration receipt.

### Organic Soap Making & Spa Products

**1 day | Ages 16yrs. & Up | 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

16246 Sat. 10/12 10am-Noon

### **NEW!** Hot Processed Soap Making

**1 day | Ages 16yrs. & Up | Karen Felber** Learn the hot-process of making natural soap just like our grandmothers made. This rich, creamy soap is made with beef tallow, and it makes a long-lasting bar that your skin will love. Demonstrations include fragrance selection, optional color additives, botanicals, herbs, felting, and additional ingredients. Pamper yourself or someone special, without paying high prices using everyday ingredients. Demonstrations and take-home samples. \$43

16245 Sat. 11/16 10am-Noon

# WE LIKE YOU! DO YOU LIKE US?



**@SPOKANEPARKS**



## MEGAN PERKINS CORBIN ART CENTER PRINT

11" x 14" print is \$45 plus tax unframed  
\$125 plus tax framed with a mat

Portion of sales benefit the preservation of the DC Corbin House  
Displayed at the Corbin Art Center  
Purchase directly through Megan Perkins: [meganperkinsart.com](http://meganperkinsart.com)  
[meganperkinsartstudio@gmail.com](mailto:meganperkinsartstudio@gmail.com)



## DRAWING

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

### **NEW!** Portrait Drawing

**6 weeks | Ages 16yrs. & Up | Tom Quinn** It's a common belief that no subject is more difficult than a human likeness. Actually, a good portrait calls for the same skills of observation and experience as a landscape or a still life. An artist who attains confidence at drawing portraits will have the confidence to draw anything. We begin with the anatomy and proportions of the human head and move on to the skills of creating a convincing likeness. Supply list is listed at the bottom of registration receipt.

\$85  
16248 Mon. 9/30-11/4 1-3pm

### Perspective Drawing

**6 weeks | Ages 16yrs. & Up | Tom Quinn** Perspective is to drawing what grammar is to writing and scales are to music. 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. From one-point, two-point and three-point perspective, we move on to circles, shadows, and reflections. Best of all you do not have 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 is listed at the bottom of registration receipt. \$85

16249 Tues. 10/1-11/5 6:30-8:30pm

### Caricature Drawing

**1 day | Ages 16 & Up | Tom Quinn** Caricature is an old and respected art form. It's also a lucrative sideline for a professional artist. In this workshop, we'll discuss the ways to exaggerate and simplify an individual's distinctive features to depict someone in a way that's both funny and instantly recognizable. The instructor has been drawing caricatures professionally for over 30 years and has learned to draw them both at leisure and under intense time pressure. He'll draw a caricature of each of the students, and they in turn will draw each other and celebrities from the worlds of entertainment, politics, and sports. Supply list is listed at the bottom of registration receipt. \$75

16251 Sat. 11/16 9am-3pm

**NOW ENROLLING!**

# LONGEVITY FIT

FOR HEALTHY AGING

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

**Southside Community Center**  
Wed • Fri | 10/2-11/22 | 9-10am | 16214

**Shadle Park Library**  
Tues • Thur | 9/3-10/24 | 10-11am | 16213  
Tues • Thur | 10/29-12/19 | 10-11am | 16262

**Hillyard Senior Center**  
Wed | 9/18-10/9 | 10-11am | 16215  
Wed | 10/16-11/6 | 10-11am | 16216  
Wed | 11/13-12/11 | 10-11am | 16217

**SPOKANEREC.ORG or 509.755.2489**





## PAINTING CLASSES & WORKSHOPS

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

### **NEW!** Adventures in Texture: A Process Art Approach

**1 day | Ages 18yrs. & Up | Bevie LaBrie** Come explore a plethora of ways to create texture in your paintings or art journal. (i.e.) adding, removing paint, mark making, carving, sanding. Class will be full of play, freedom curiosity, experimentation, presence, and connection to intuitive intelligence. In the process we will lay down many layers on panels and connect to what lights you up and brings you joy. You will learn about color and basic design principles as you play as well as connections between your art and your life. Supply list is listed at the bottom of registration receipt. \$60

16253 Mon. 10/7 5:30- 8:30pm

### Acrylic Painting

**6 weeks | Ages 18yrs. & Up | 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 is listed at the bottom of registration receipt. \$85

16254 Mon. 9/30-11/4 6:30-8:30pm

### Loosen Up Your Watercolor Painting

**1 day | Ages 16yrs. & Up | Megan Perkin** Feeling like your paintings are stiff or too tight? Want to embrace the flow of watercolor paint and loosen up? This is the class for you! Megan will demonstrate how to make your paintings full of energy and freshness, giving you quick and easy exercises to uncramp your style! Supply list is at bottom of class registration receipt. \$69

16258 Sat. 10/19 1-5pm

### **NEW!** Watercolor Basics

**5 weeks | Ages 16yrs. & Up | Katie Frey** This class will be about reviewing and building on basic techniques like washes, wet-on-wet, blending, glazing, and color mixing. The first half of this class will begin with techniques and practice and the second half will be devoted to using those techniques in a painting. Expect to create a landscape, an animal portrait, a still-life and more. Supply list is listed at the bottom of registration receipt. \$89

16255 Mon. 10/28-11/25 5:30-8:30pm

### Painting with Oils

**6 weeks | Ages 18yrs. & Up | 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. There is no class on Thursday, October 24th. Under age 18 may take the class with participating adult. Supply list is listed at the bottom of registration receipt. \$85

16256 Thurs. 10/3-11/14 6:30-8:30pm

### **NEW!** Warm & Cool: Paint a Hot Tomato!

**1 day | Ages 16 & Up | Megan Perkins** Learn how to paint a tomato loosely but realistically with Megan Perkins. She'll show you how to mix colors to capture the highlight, mid tone, and shadows of a tomato. By the end of this class, you'll have a painting of a basket of tomatoes to take home! \$59

16259 Wed. 9/25 1-5pm





## FIBER ARTS

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

### Crochet: Rag Rugs

**3 weeks | Ages 16yrs. & Up | Melode Hall** Create 3 Crochet Rag Rugs - Oval, Circle & Heart. Useful & practical way to recycle old sheets (or use pre-shrunk new fabric). Learn how to crochet if need be. So fun and you will have a new rug for your home or a gift. Supply list is listed at the bottom of registration receipt. \$59  
16252 Mon. 10/7-10/21 6-9pm

### **NEW!** Intro to Sewing: Learn the Machine

**2 weeks | Ages 13yrs. & Up | Margie Bradfute** Do you have a new sewing machine or one you have been using as a doorstop? Would you like to learn how to use it and all those buttons and knobs? We will learn parts of the machine and most of those stitches in this simple informative class. In the second class you will learn to make a bag with an inner pocket, zipper, and attached handles. Supply list is listed at the bottom of registration receipt and please be sure to bring all supplies to the first class. \$59  
16260 Sat. 10/5-10/12 9:30am-1:30pm  
16261 Sat. 11/2--11/9 9:30am-1:30pm



### Knitting 101: Beginning Knitting

**4 weeks | Ages 15yrs. & Up | Andi Keating** Learning to knit is like learning a new language, and just getting used to the motion of making stitches takes enough brain power to get that muscle memory down. I'm here to help break down how to cast on and knit. As we progress, I will coach you on what a gauge swatch is, and why it is important, especially when reading patterns. We will work of more fun stitches such as stockinette, see, basket, ribbing, yarn overs, and bobbles. \*There is no class on Saturday, October 26th but instead the final class will be on Sunday, October 27th, 2024\*. Supply list is listed at the bottom of registration receipt. \$49  
16267 Sat. 10/5-10/26 10am-Noon

### Hooked on Yarn: Beginning Crochet

**4 weeks | Ages 15yrs. & Up | Andi Keating** In this class we will learn to make the basic crochet stitches: single, double, and treble crochet. We will talk about how to make circles and more 3D projects, as well as discussing gauge and its importance. We will make swatches of these stitches for practice before we move on to our class project. A written pattern will be included with the class for the project. \*There is no class on Saturday, October 26th but instead the final class will be on Sunday, October 27th, 2024\*. Supply list is listed at the bottom of registration receipt. \$49  
16268 Sat. 10/5-10/27 12:30-2:30pm

### Keep the Tootsies Warm: Learn to Knit Socks

**2 weeks | Ages 15yrs. & Up | Andi Keating** Students will learn to knit toe-up socks! Whether you've done cuff down and want to try the other direction, or if you've only knit scarves before, this will be the perfect class to help learn a new skill. I'm picky about my socks and knitting my own socks (even thicker house socks!) has been my favorite way to keep cozy during the cooler weather. Toe-up has the benefit of being able to try them on as you knit, ensuring a perfect fit. Written patterns will be provided! Knitting experience is recommended but not required as we will be knitting in the round. Supply list is listed at the bottom of registration receipt. \$39  
16269 Sat. 11/16-11/23 10am-Noon

*Be kind, you never know what someone might be going through.*

**KIND**

**Branches SPOKANE**  
A Service of Inland Northwest Behavioral Health

**What you do next can make a difference.**  
Mental Health Day Treatment Programs available for adults and teens 13 to 17

**Call 509-934-4070 to schedule a confidential, no-cost assessment.**  
1313 N. Atlantic Street, Suite 4700, Spokane, WA 99201  
Inlandnorthwestbh.com

**HISTORY & HAUNTS**

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

**Spokane History and Ghost Tours**

**1 day | Ages 18yrs. & Up** Enjoy a pictorial classroom presentation from Historian and Ghostologist Chet Caskey of Two Dog City Tours. These lessons are a fantastic way to learn about Spokane's past and the creepy crawlies that lurk in the shadows. All presentations include a ghost hunt of the historic Corbin Art Center, ghost hunting devices and refreshments. \$22

**History & Ghosts of Ft Baxter & More!**

15687 Fri. 9/20 7-9:30pm

**Werewolves, Zombies, and Creepies**

15688 Sat. 10/19 7-9:30pm

**Early Spokane & the Moran Pioneer Cemetery**

15689 Sat. 11/2 7-9:30pm

**Walking Tour of the History of Fairmount Cemetery**

**1 day | Ages 16yrs. & Up** Learn all about the cemetery's historical dead from Chet Caskey, historian and ghostologist of Two Dog City Tours. Lemonade, water & cookies provided. Tours begins and ends at the Cemetery office, 5200 W Wellesley Ave. \$20

15693 Sun. 9/22 1:30-3:30pm

**The Corbin Art Center is available to rent**  
**Meetings • Receptions • Special Events • Holiday Parties**

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



# GET OUTDOORS WITH US!

## Here's why:



### Guides

- Our friendly guides have a passion for the outdoors personally and professionally, and can't wait to share
- We worry about the details so you don't have to!
- Gain useful insights and info to make the most of your trip
- Guides lead at your pace – no one gets left behind!



### Equipment

- We provide all necessary equipment for our adventures
- We don't expect you to show up with the fanciest gear
- Find out if you like it before buying your own gear



### Transportation

- Meet us in a convenient location close to town
- No parking passes needed when you ride with us
- Don't worry about the driving, just enjoy the scenery

## What you can expect:

A convenient and stress free way to discover a new destination with all of the trip details already organized for you and with a team to support you every step of the way. Before your trip, you will receive information on how to prepare and we are here for you if you have questions beforehand.

## What's happening?

**SPRING:** Wildflower Walks • Rafting • Archery

**SUMMER:** Paddleboard Tours • Kayak Tours • Youth Day Camps  
Little Spokane River Shuttle and Kayak Rentals

**FALL:** Hikes • Driving Tours • Kayak Tours

**WINTER:** Moonlight & Daytime Snowshoeing, Cross-Country Ski Tours

**PRIVATE TOURS:** We'll take your group on a custom private adventure in any season



✉ [afuzak@spokanecity.org](mailto:afuzak@spokanecity.org)

☎ 509.363.5414

🌐 [www.spokanerec.org](http://www.spokanerec.org)

See Current Offerings







## HIKING

**Wellness Benefits of Walking and Hiking-** Walking and hiking is more than merely taking steps. This ancient moving of the body through nature also allows for the mind to interact with its environment and become loyal to certain areas (Kyle, Graefe, Manning, & Bacon, 2004)

After registration, you'll receive additional pre-trip information via email. For help determining if the activity is right for you, or for questions about age restrictions, equipment, or other details, call us at 509-363-5414. Participants under 18 must be with an adult.

### Fall Hike Series with Transportation

**1 day | Ages 13 & Up** Fall is a fabulous time of year to get back outside and explore as the Summer heat drifts away. Join us for fun adventures in the woods and green spaces around the Spokane area. Hikes leave from a central location where you meet the guides and are whisked away for a wonderful adventure. **Fee includes:** guides, transportation, and trekking poles. **Participants under 18 must register with an adult participant.**

### Hike Rating System

**Easy:** A hike that is generally suitable for anyone who enjoys walking. Mostly level or with a slight incline. Generally less than 3 miles.

**Moderate:** A moderate hike is generally suitable for novice hikers who want a bit of a challenge. The terrain will involve a moderate incline and may have some steeper sections. Generally 3 to 5 miles.

**Moderately Strenuous:** Moderately Strenuous hikes will generally be challenging for an unconditioned person. The terrain will involve a steady and often steep incline. Generally 5 to 8 miles.

### McKenzie Conservation Area - Goodbye Summer!

**Hike time: 2.5 hours | Terrain: Easy to moderate up and downhill; ~250ft elevation gain/loss/Mileage: 3 – 4.5** Join us for a hike in this beautiful conservation property along Newman Lake. We'll travel through a forest of western red cedars, firs and pine trees as we travel to Turtle Rock to take in the majestic views of the lake, meadows, Mount Spokane, and surrounding areas. Fee includes guides, transportation, and trekking poles. **Meet at Safeway Parking Lot 8851 E. Trent Ave. Spokane Valley. \$39**  
16359 Sat. 9/21 10am-1:30pm

### **NEW!** Burping Brook Loop - First Day of Fall! - In partnership with Wildland Cooperative

**Hike time: 2.5 hours | Terrain: Moderate up and downhill ~550ft elevation gain/loss | Mileage: 2.7** Behold the babbling beauty of Burping Brook! Our hike will start at the Lower Kit Carson parking lot where we will travel on the Kit Carson Loop Road to the Hut at Smith Gap. On the return trail, you will cross 2 bridges over trickling mountain streams. After our hike, we will return to Wildland Cooperative where you can enjoy wonderful locally made beverages and snacks for purchase on your own. Their market and tap house is a great way to round out the day, and enjoy the sweeping green-bluff views! Fee includes guides, trekking poles, and transportation. **Meet at Wildland Cooperative 8022 E. Green Bluff Rd. Colbert, WA 99005. \$49**  
16367 Sun. 9/22 10am- 2pm

### **NEW!** Steptoe Butte Sunset Walking Tour

**Walk time: 50 Minutes | Terrain: Easy to Moderate uphill; 550ft elevation gain | Mileage: 1.8** This trip is an opportunity to see a geological feature which inspired the term Butte and is now used by geologists worldwide. This mountain has a very interesting history that can be explored when you reach the summit. Walk or ride in the bus to the top of this unique geological feature. Once atop the Butte you will be greeted by an amazing view. Fee includes guides, transportation and trekking poles. **Meet at Yoke's Fresh Market - Foothills 210 E North Foothills Dr. \$49**  
16369 Sat. 10/12 4-8pm

### Antoine Peak Conservation Area

**Hike time: ~3 hours | Terrain: Moderate uphill and downhill ~770ft elevation gain/loss | Mileage: 3.7** Take in all the wonderful fall colors and views of the Spokane River Valley. The final trek to the top of Antoine Peak finishes with 360-degree views from its 3,383-foot summit so bring your camera! Antoine Peak Conservation Area provides unique recreational opportunities, protects critical habitat for the region's large mammals, and preserves a critical wildlife corridor that connects the Spokane River Valley with Mount Spokane State Park. This place is a jewel! Fee includes guides, trekking poles, and transportation. **Meet at Safeway Parking Lot 8851 E. Trent Ave. Spokane Valley. \$39**  
16370 Sat. 10/19 9am- 1pm

## KAYAKING

After registration, you'll receive additional pre-trip information via email. For help determining if the activity is right for you, or for questions about age restrictions, equipment, or other details, call us at 509-363-5414. Participants under 18 must be with an adult.

### Kayak Little Spokane River Tour – Discover Pass Free Day for National Public Lands Day

**1 day | Ages 16yrs. & Up** Take in this one of a kind natural area as you paddle your single sit-on-top kayak. We will paddle for 7 miles along this meandering river exploring every winding oxbow. Spokane is so lucky to have this treasure in it's backyard. Look for many ducks, heron, and maybe a moose. Set your watch to river time and connect with nature! Guides, shuttle transport and kayaking equipment included. Adult must accompany participants under 18. **Meet at Little Spokane River Take-Out N. Shoemaker Ln., Nine Mile Falls. \$67**  
16371 Sat. 9/28 11am – 3pm

## ARCHERY

After registration, you'll receive additional pre-trip information via email. For help determining if the activity is right for you, or for questions about age restrictions, equipment, or other details, call us at 509-363-5414. Participants under 18 must be with an adult.

### Archery Introduction

**1 day | Ages 8yrs. & Up** Instructed by the Evergreen Archery Club. Archery is a great activity which the whole family can enjoy. Learn the basics of archery from skilled professionals in a beautiful outdoor setting. After your instruction, you will enjoy a course shoot and finish up with a 3D target. Since 1962, the Evergreen Archery Club has been dedicated to advancing the sport and maintains a wonderful outdoor range in close proximity to downtown Spokane. You will enjoy learning and practicing surrounded by native ponderosa pines in an amazingly convenient location! All equipment provided. Adult supervision is required for participants under 18. **Meet at Evergreen Archery Range Elliot Dr. \$30**  
16365 Sat. 9/21 9am- Noon  
16366 Sat. 10/12 9am- Noon

## 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, snowshoeing

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



## NEW!!! YOUTH AND FAMILY

After registration, you'll receive additional pre-trip information via email. For help determining if the activity is right for you, or for questions about age restrictions, equipment, or other details, call us at 509-363-5414. Participants under 18 must be with an adult.

**NEW!** School's Out Youth and Family Adventures with Transportation  
 School's out! These family oriented and kids only activities are sure to get you and your family excited about exploring outside. Our friendly guides love to share tips, tricks, and cool trivia to have you wanting to come back for more! Trips leave from a central location where you meet the guides and participants are whisked away for a wonderful adventure.

**Hiking Burping Brook Loop - Kids Only**  
**1 day | Ages 8-12yrs. | Hike time: 3 hours | Terrain: Moderate up and downhill ~550ft elevation gain/loss**  
 Youth will explore the magic of the woods on Mount Spokane with a stop at the Smith Gap Cabin. We will walk among towering firs and spruce trees keeping an eye out for abundant wildlife who call this place their home! On the return trail we will cross 2 bridges over trickling mountain streams. Bring a lunch, water, and plenty of snacks! Fee includes: guides, trekking poles, and transportation. **Meet at Yoke's Fresh Market - Foothills 210 E North Foothills Dr. \$49**  
 16368 Fri. 10/11 9:30am-2:30pm

**Family Snowshoe Mount Spokane**  
**1 day | Ages 8yrs. & Up | Hike time: 3 hours | Terrain: moderate up/downhill ~500ft elevation gain/loss**  
 Make mountain memories with your family this Winter. It will be an adventure you won't forget! During this guided snowshoe tour you will travel on trails through the wonderland of snow-covered trees and hills around Mount Spokane. Fee includes: guides, snowshoes, poles, instruction, and transportation. Participants under 18 must register with an adult participant. **Meet at Yoke's Fresh Market Parking Lot 14202 N. Market St. \$39**  
 16376 Sun. 12/22 9am-1pm

**Winter Explorers Camp**  
**2 days | Ages 8-12yrs.** Join 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 shelters, search for animal tracks, and how to move around on the snowy landscape! Please bring a lunch and plenty of water each day. Fee includes: guides, snowshoes, cross country skiing equipment, trail fees, instruction, and transportation. **Meet at Northeast Community Center Parking Lot 4001 N Cook St. \$149**  
 16377 Mon. & Tues. 12/30-31 9am-4pm

**Winter Wonderland Snowshoe - Kids Only**  
**1 day | Ages 8-12yrs. | Hike time: 3 hours | Terrain: moderate up/downhill ~500ft elevation gain/loss**  
 Leave the winter fun to us kids! Our guides will take the group on designated trails in the beautiful snow-covered forest of Mount Spokane State Park! Exploring a winter landscape will provide excitement and a lasting impression. Pack a lunch and plenty of water. Fee includes: guides, snowshoes, poles, instruction, and transportation. **Meet at Yoke's Fresh Market - Foothills 210 E North Foothills Dr. \$49**  
 16378 Fri. 1/3 9:30am-2:30pm

<p><b>REGISTER ONLINE</b>  <a href="http://SpokaneRec.org">SpokaneRec.org</a></p>	
<p><b>MAIL US</b> City of Spokane Parks &amp; Recreation Class Registration              808 W. Spokane Falls Blvd.              Spokane WA 99201  <small>*checks payable to City of Spokane</small></p>	
<p><b>CALL US</b> Call 311 or outside the city at 509.755.CITY              Fax 509.625.6990</p>	



## SNOWSHOEING

After registration, you'll receive additional pre-trip information via email. For help determining if the activity is right for you, or for questions about age restrictions, equipment, or other details, call us at 509-363-5414. Participants under 18 must be with an adult.

### Snowshoe Moonlight Tour with Transportation

1 day | Ages 16yrs. & Up | Hike time: 2.5 hours | Terrain: moderate up/downhill ~570ft elevation gain/loss Moonlight on snow is a magical and memorable experience. Quietly, you will explore the meadows and woods around Mount Spokane. Mystical moonlight through the trees makes for some great photos! Fee includes: guides, snowshoes, poles, headlamps, instruction, and transportation! **Meet at Yoke's Fresh Market Parking Lot 14202 N. Market St. \$39**

16372	Sat.	2/14	6-9:30pm
16380	Fri.	1/10	6-9:30pm

### Snowshoe Mount Spokane with Transportation

1 day | Ages 13yrs. & Up | Hike time: 3 hours | Terrain: moderate up/downhill ~500ft elevation gain/loss During this guided snowshoe tour you will travel on trails through the wonderland of snow-covered trees and hills around Mount Spokane. Try this fun Winter sport for the first time, learn new trails, or expand your skills. What a great winter getaway! Fee includes: guides, snowshoes, poles, instruction, and transportation. **Meet at Yoke's Fresh Market Parking Lot 14202 N. Market St. \$39**

16375	Sat.	12/21	*First day of Winter!	9am-1pm
16379	Sat.	1/4		9am-1pm

### Starlight Snowshoe Mount Spokane with Transportation

1 day | Ages 16yrs. & Up | Hike time: 2.5 hours | Terrain: moderate up/downhill ~570ft elevation gain/loss What a great way to start your weekend! We hike through the quiet forest on Mount Spokane as the glimmer of your headlamp illuminates the snowy features around you and the stars shine down from above. Fee includes: guides, snowshoes, poles, headlamps, instruction, and transportation! **Meet at Yoke's Fresh Market Parking Lot 14202 N. Market St. \$39**

16373	Fri.	12/20	6-9:30pm
-------	------	-------	----------

### Snowshoe Moonlight Tour and Dinner

1 day | Ages 16yrs. & Up | Hike time: 1.5 hours | Terrain: Moderate up/downhill ~600ft elevation gain/loss 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: Guides, snowshoes, poles, headlamps, instruction, and dinner! 1-day SNO-PARK permit parking pass required. **Meet at Mount Spokane State Park Selkirk Nordic Lodge. \$79**

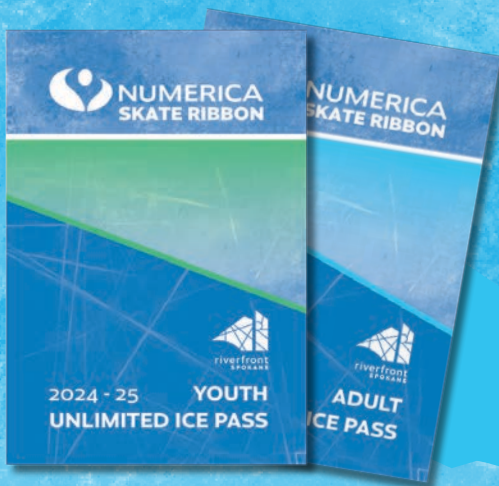
16381	Sat.	1/11	6-9pm
-------	------	------	-------





# *glide* **INTO SAVINGS!**

*unlimited ice pass*



# 15% OFF

Adult: \$33.96

Youth (ages 3-12): \$24.61

Skate Rental Add-On: \$16.96

Prices above include discount.



Offer expires on 11/21/24.

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



## SIGNATURE EVENTS

### Movies at the Pavilion

**1 day | All Ages** Watch free family-friendly movies under the glow of the Pavilion lights! Bring a low-back lawn chair or relax on the cool grass. Movies start at 8:30pm! Feel free to bring your own food and drinks. **Spokane Pavilion at Riverfront Park 507 N Howard St.** Free admission

Tues. 8/20 8:30pm Hook

Sat. 8/24 8:30pm Dreamin' Wild featuring Donnie and Nancy Emerson

Sun. 9/8 8:30pm Godzilla x King Kong

### Riverfront Eats

**1 day | All Ages** Join us every Tuesday through August for our annual Riverfront Eats food truck series. Various food trucks will be parked on the orange Howard St. Bridge, offering delicious local food and live music. Not only will you enjoy tasty food, but you'll also be helping to support free and affordable events in Riverfront Park. **Riverfront Park 507 N Howard St.** Free admission

Tues. 8/13 11am-2pm

Tues. 8/20 11am-2pm

### WSECU Fall Fest

**1 day | All Ages** Who says fall fun is just for the countryside? We're bringing all the fun of the farm and community spirit right into downtown for WSECU Fall Fest! Come join us the first Saturday in October to celebrate one of the most beautiful seasons Spokane has to offer. We've got a bunch of activities planned that everyone in the family will love. See you there! **Riverfront Park 507 N Howard St.** Free admission

Sat. 10/5 11am-5pm



### Numerica Tree Lighting Celebration

**1 day | All Ages** The Numerica Tree Lighting Celebration is a signature Riverfront holiday event and a tradition for many Spokane families on Thanksgiving weekend. Festivities will kick off at 4 p.m. on Saturday, November 30 at the plaza adjacent to the Numerica Skate Ribbon with food trucks and live entertainment. Grab your ice skates, a complimentary cup of hot cocoa and join us as we count down to light our community tree at 6 p.m.

**Riverfront Park 507 N Howard St.** Free

Sat. 11/30 4pm-8pm

### Riverfront Market - Small Business Saturday

**1 day | All Ages** Shop local on Small Business Saturday with a variety of local farmers, processors, artisans, and hand crafters.

**Riverfront Park 507 N Howard St.** Free

Sat. 11/30 Noon – 7pm

### Riverfront Trail of Lights

**Daily; Nov. 30 – Jan. 1 | All Ages** Riverfront's Trail of Lights will launch on Saturday November 30th and run through the month of December. Take a walk through a winter-wonderland and enjoy the holiday lights in Riverfront all winter long! **Riverfront Park 507 N Howard St.** Free

### DJ Night on the Ice

**1 day | All Ages** Join us every Friday (& New Year's Eve) on the Numerica Skate Ribbon for an exhilarating evening of skating. Enjoy live DJ music, dazzling lights, exciting contests, and much more. Get ready to glide and groove! **Riverfront Park 507 N Howard St.**

Fri. 12/06 6pm-9pm

Fri. 12/13 6pm-9pm

Fri. 12/20 6pm-9pm

Fri. 12/27 6pm-9pm

Tues. 12/31 6pm-9pm

Fri. 01/03 6pm-9pm

Fri. 01/10 6pm-9pm

Fri. 01/17 6pm-9pm

Fri. 01/24 6pm-9pm

Fri. 01/31 6pm-9pm

### New Year's Eve Fireworks Celebration

**1 day | All Ages** Ring in the New Year with your friends and family at Riverfront Park on Tuesday, December 31. Fireworks will start at 9:00 p.m. for a family-friendly New Year's Eve celebration!

**Riverfront Park 507 N Howard St.** Free

Tues. 12/31 9pm



**ARTS & CULTURE**

**Art Drop Day**

**1 day | All Ages** Riverfront invites the community to drop their art in the park for someone to find and keep. Art Drop slips with instructions will be available at the Numerica Skate Ribbon & SkyRide facility and Visit Spokane Information Center. Post a photo of the artwork you create or find and tag us using the hashtag #RiverfrontArtDrop. **Riverfront Spokane 720 W Spokane Falls Blvd.** Free

Sat. 9/7 11am – 7pm

**CHILDREN & FAMILIES**

**Story Time at the Carousel**

**1 day | Ages 2-5yrs.** Join us in the Loeff Carousel partyroom at for Story Time every third Friday of each month. Story Time is an early literacy activity designed to spark and engage the young imagination with stories, songs, and preschool activities. \$1 Carousel rides offered to those who attend **Loeff Carousel 620 W. Spokane Falls. Blvd.** Free

Fri.	8/16	11am-Noon
Fri.	9/20	11am-Noon
Fri.	10/18	11am-Noon
Fri.	11/15	11am-Noon
Fri.	12/20	11am-Noon

**Free Carousel Rides for Veterans**

**1 day | All Ages** Celebrate Veterans Day at Riverfront with complimentary Loeff Carousel Rides available to all military members (active or retired) and their families. Join us between 11 a.m. and 6 p.m. for a day of gratitude and enjoyment. **Loeff Carousel 620 W. Spokane Falls Blvd.** Free

Mon. 11/11 11am-6pm

**HEALTHY LIVING**

**Riverfront Moves - Presented by: Providence**

**1 day | All Ages** Participate in our Riverfront Moves series for complimentary fitness classes this summer. We're teaming up with local partners to offer a variety of sessions in the park, enriching your summer with health and wellness. **Riverfront Spokane 720 W Spokane Falls Blvd.** Free  
Visit [www.riverfrontspokane.org/riverfrontmoves](http://www.riverfrontspokane.org/riverfrontmoves) for the complete schedule.

**Family Skate Night**

**1 day | All Ages** Riverfront and Skaters of Spokane are bringing all ages family skate nights to the Numerica Skate Ribbon. On Thursday nights from 6-9pm, we'll have food & drinks available, skate & scooter rentals, and live music curated by DJ Rose Throw. Admission is free. **Riverfront Spokane 720 W Spokane Falls Blvd.** Free

Thurs.	8/1	6pm-9pm
Thurs.	8/8	6pm-9pm

**Numerica Skate Ribbon - Opening Day for Ice Skating**

**1 day | All Ages** The Numerica Skate Ribbon is anticipated to open to the public Saturday, November 23! **Riverfront Spokane 720 W Spokane Falls Blvd.**

Sat. 11/23 11am-9pm



# 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](mailto:abusch@spokanecity.org) for more information.







**Therapeutic Recreation Wellness Statement:** Successfully participating in recreational activities can improve self-esteem and confidence. Overcoming challenges and achieving goals in a recreational setting can foster a sense of competence and self-worth.

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 at [abusch@spokanecity.org](mailto:abusch@spokanecity.org).

## TRS SOCIALIZATION

### TRS Classy Crafts

**4 weeks | Ages 16yrs. & Up** 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**  
 16309 Thurs. 10/3 – 10/24 4:15pm – 5:30pm  
 16310 Thurs. 11/7 – 12/5 \*no class 11/28 4:15pm – 5:30pm

### TRS Cookie Bake Night

**1 day | Ages 14yrs. & Up** 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. \$23**  
 16311 Wed. 10/16 5:30 – 7:30pm  
 16312 Wed. 11/13 5:30 – 7:30pm

### TRS Day at the Theatre

**1 day | Ages 16yrs. & Up** Come with us as we delight in the entertaining theatre productions put on by our local Spokane Childrens Theatre(SCT) **2727 N. Madelia St** and Christian Youth Theatre(CYT) Bing Crosby Theater- **901 W. Sprague Ave.** Location varies.

#### Newsies - Spokane Childrens Theatre \$31

16338 Sun. 10/27 1:45 - 4:15pm

#### Beauty and the Beast-Christian Youth Theatre \$33

16384 Sat. 11/9 2:30 - 5:15pm

#### The Best Christmas Pageant Ever- Spokane Childrens Theatre \$31

16342 Sun. 12/8 1:45 - 4:15pm

### TRS Fine Dining

**1 day | Ages 18yrs. & Up** 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. \$22**

#### David's Pizza

16313 Wed. 10/23 5:45 – 9pm

#### Old Spaghetti Factory

16314 Wed. 11/20 5:45 – 9pm

### TRS Friday Night Jam

**1 day | Ages 18yrs. & Up** 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. Dates and themes vary. **Meet at West Central Community Center, 1603 N. Belt. \$12**

#### Halloween/Harvest

16315 Fri. 10/11 7-8:30pm

#### Christmas

16316 Fri. 12/13 7-8:30pm

### TRS Paint & Taste

**1 day | Ages 14yrs. & Up** 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 Spokane Valley Parks & Recreation Center Place, 2426 N. Discovery Place. \$21**  
 16329 Tues. 10/29 5:30 – 7pm

### TRS Trivia Night

**1 day | Ages 14yrs.& Up** Bring your sack dinner and laugh with friends while playing Trivia. Fun prizes will abound. **Meet at Spokane Valley Parks & Recreation Center Place, 2426 N. Discovery Place. \$19**  
 16328 Tues. 9/24 5:30 – 7pm

### TRS What's Cooking

**4 weeks | Ages 16yrs. & Up** 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 \$69**

16318 Tues. 10/1 – 10/22 4-6pm

16319 Tues. 11/5 – 11/26 4-6pm



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 at [abusch@spokanecity.org](mailto:abusch@spokanecity.org).

## TRS SPORTS

### TRS Bowling & Pizza

**1 day | Ages 16yrs. & Up** Join us for an afternoon of bowling, pizza, fun and friends. Fee includes everything so extra money is not required. **Meet at Lilac Bowl , 1112 E Magnesium Rd.** \$33  
16337 Thurs. 11/7 1-3:30 pm



### TRS Bicycling

**6 weeks | Ages 16yrs. & Up** Enjoy Spokane's natural beauty by bicycle. Participants need to be in moderate physical condition and ride a bike safely. Make sure your bike is in good working order and helmet fits well and is less than 5 years old. **Meet at Mirabeau Point Park, trailhead , 13500 Mirabeau Pkwy, Spokane Valley.** \$59  
15405 Wed. 9/11-10/9 4-6pm

### TRS Cornhole & Pizza

**4 weeks | Ages 12yrs. & Up** Fresh air, fun and favorite lawn game-Cornhole. Laughter and friendly competition will abound. Pizza will be served. **Meet at Fowler United Methodist Church, 3928 N. Howard.** \$63  
16320 Mon. 10/7 – 10/28 4:30 – 6pm  
16321 Mon. 11/4 – 11/25 4:30 – 6pm

### TRS Ice Skating

**8 weeks | Ages 8yrs. & Up** Participants with developmental disabilities learn to skate and improve existing skills. Please dress warmly. **Meet at Eagles Ice Arena, 6321 N. Addison St.** \$79  
16324 Sat. 10/5 – 11/23 2:45 – 3:30pm

## TRS SWIMMING

**9 weeks | Ages 8yrs. & Up** Meet at Whitworth University Aquatic Center, 300 W. Hawthorne. **No Classes 10/27.**

### Blue Dolphin Swim Team

**6 weeks | Ages 8yrs. & Up** 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. \$67  
16334 Sun. 9/22-11/24 2:15-3:45pm

### Learn to Swim- Beginner

**6 weeks | Ages 8yrs. & Up** 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 of swimming 20 yards. We require each swimmer to have an attendant in the water assisting so the teacher can rotate their attention safely. \$67  
16336 Sun. 9/22-11/24 3:05-3:50pm

### Learn to Swim- Intermediate

**6 weeks | Ages 8yrs. & Up** 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. \$67  
16335 Sun. 9/22-11/24 2:15-3pm



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 at [abusch@spokanecity.org](mailto:abusch@spokanecity.org).

## TRS FITNESS & WELLNESS

### TRS Line Dancing

**4 weeks | Ages 14yrs. & Up** 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 Fowler United Methodist Church, 3928 N. Howard \$31**

16322	Mon.	10/7– 10/28	3 – 4pm
16323	Mon.	11/4– 11/25	3 – 4pm

### TRS Pre-Ski Season Walking

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

16340	Sat.	10/05– 11/9	9:30-11am
-------	------	-------------	-----------

## TRS TRIPS & TOURS

### TRS Disney on Ice- Magic in the Stars

**1 day | Ages 16yrs. & Up** "Magic In The Stars" is a family-friendly adventure starring everyone's favorite mouse and some of his best buddies. **Meet at Spokane Veterans Memoria Arena Main entrance, Boone & Howard. \$54**

16317	Fri.	10/18	6:30-9:15pm
-------	------	-------	-------------

### TRS Eagle Football

**1 day | Ages 18yrs. & Up** Come on Eagle fans, don't miss this exciting day of college football at Roos Field. We will be traveling to Cheney to watch the Eags play some awesome football. Bring \$20 to purchase dinner and money for souvenirs if desired. **Meet at Roos Field Cheney. \$57**

### EWU v. UC Davis

16330	Sat.	10/19	3 – 7:45pm
-------	------	-------	------------





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 at [abusch@spokanecity.org](mailto:abusch@spokanecity.org).

## TRS TRIPS & TOURS

### TRS Holiday Light Cruise

**1 day | Ages 16yrs. & Up** Come with us as we board a cruise boat to enjoy the Coeur d'Alene Resort's Holiday Light Show Journey to the North Pole Cruise. There are 1.5 million lights on the way to the North Pole to meet Santa and his Elves, The Grinch, Rudolph, the Giant Animated Christmas Tree and much more! Bring \$5-10 to purchase cocoa, pop, cookies or chips. Bring a sack dinner for the van ride. **Meet at Park Operations 2304 E. Mallon Ave., parking lot.**\$53

16341 Fri. 11/22 3:45 -8pm



### TRS Spokane Chiefs Hockey

**1 day| Ages 18yrs. & Up** 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

16325 Fri. 10/4 6:30 – 9:45pm Kelowna Rockets  
16326 Fri. 10/25 6:30 – 9:45pm Vancouver Giants  
16327 Fri. 11/1 6:30 – 9:45pm Portland Winterhawks

### TRS Eagle Watch Cruise

**1 day| Ages 16yrs. & Up** Experience this special 2-hour cruise on beautiful Lake Coeur d'Alene that offers a unique opportunity to experience nature's finest in the winter months! Every year, hundreds of American Bald Eagles visit Lake Coeur d'Alene on their annual migration. In December and January, these birds congregate at the lake's northern end to feed on lake-bound salmon. **Meet at Park Operations, 2304 E. Mallon Ave.** \$57

16389 Tues. 12/10 10:15am-3:15pm

### TRS Monster Jam

**1 day | Ages 16yrs. & Up** Monster Jam is the incredible family-friendly experience starring twelve-foot tall, ten -thousand-pound machines that will bring you to your feet. These colorful, larger than life beasts are sure to capture the heart of both young and old! We will participate in the Pit Party prior to the show and see some of the drivers and trucks up close. **Meet at Veterans Arena Entrance of Boone and Howard.** \$63

16339 Sun. 11/10 12:30 -3:15pm



### TRS Spokane Velocity FC

**1 day| Ages 16yrs. & Up** Spokane Velocity FC is the first professional men's soccer team in Spokane. They are Division 3 sanctioned and are in the USL League 1. Players are young and aspiring to get to the next level.

The games are fun and exciting to watch. Meet at the new ONE Stadium, 509 W. Garner. \$44

16391 Sat. 9/14 5:30-8:15pm

**REGISTER  
ONLINE**

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



**MAIL  
US**

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

\*checks payable to City of Spokane



**CALL  
US**

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





# SOFTBALL

Spring • Summer • Fall

Our slow pitch softball program has divisions for all skill levels with men's, co-ed, women's, and seniors (masters) leagues available. Play the region's best fields and register your team today. No team? No problem! Join our free agent list.

[SPOKANEPARKS.ORG/SPORTS](https://SPOKANEPARKS.ORG/SPORTS)



# FLAG FOOTBALL

SPRING • SUMMER • FALL

## ADULT LEAGUE

With multiple divisions from elite to recreational, our league is perfect for all skill levels. Get a team together or join as a free agent! 8-man and 5-man available.

## YOUTH NFL FLAG LEAGUE

NFL FLAG offers a fun, non-contact football experience for boys and girls ages 5-16. Each player receives an official NFL team jersey and NFL FLAG belt!

[SPOKANEPARKS.ORG/SPORTS](https://SPOKANEPARKS.ORG/SPORTS)

## REFEREES AND UMPIRES NEEDED!

[VISIT SPOKANEPARKS.ORG/JOBS](https://SPOKANEPARKS.ORG/JOBS) OR EMAIL [CWARE@SPOKANECITY.ORG](mailto:CWARE@SPOKANECITY.ORG)



**STARTS AT  
\$20/HR**



**Wellness Benefits of Athletics:** Participating in athletic programs can offer a variety of physical and mental health benefits ranging from, improved cardiovascular health, reduced stress, improved mental health, and cultivating a sense of belonging and camaraderie.

## VOLLEYBALL

### Fall Volleyball League

**Ages 18yrs & Up** Come and join the fastest growing adult sports league in Spokane! Whether you are a team of seasoned players or new to the game, we have a division for you. We offer Coed 6's with various skill levels. We also offer Coed, Men's, and Women's 4's divisions. 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:** Aug. 12-25, (\$25 discount)

**Regular Registration:** Aug. 26-Sept. 15

**Late Registration (while space allows):** Sept. 15- Until full, (+\$50 fee)

Activity #	Division	Location	Days	Tentative Dates	Fee Per Team
15942	Men's 4's	Sacajawea &/or Yasuhara	Mon.	9/30-12-16	\$265
15944	Coed Upper B	Yasuhara &/or Glover	Mon.	9/30-12-16	\$385
15948	Coed Lower B	Glover &/or Garry	Mon.	9/30-12-16	\$385
15938	Coed 4's Upper	Chase &/or Peperzak	Tues.	10/1-12-17	\$265
15940	Coed 4's Lower	Shaw &/or Peperzak	Tues.	10/1-12-17	\$265
15939	Women's 4's Upper	Flett &/or Garry	Wed.	10/2-12-18	\$265
15941	Women's 4's Lower	Glover &/or Garry	Wed.	10/2-12-18	\$265
15945	Coed B	Salk &/or Sacajawea	Thurs.	10/3-12-19	\$385
15946	Coed C	Flett &/or Sacajawea	Thurs.	10/3-12-19	\$385
15943	Coed Upper C	Salk &/or Shaw	Fri	10/4-12-20	\$385
15949	Coed Lower C	Shaw &/or Salk	Fri.	10/4-12-20	\$385

### Open Gym Volleyball

**Ages 18yrs. & Up** 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 6:30pm to 9:30pm. We do not accept payment onsite. Single visit passes can be purchased online up to one week in advance. Skip the lines and purchase a season pass to attend open gym all season long. **No open gym when Spokane School District is not in session.**

#### Chase Middle School Open Gym Season Pass

16356 Fri. 10/11-5/23

\$50



# SYSCA

## Spokane Youth and Senior Center Association

Spokane Parks and Recreation affiliates itself with ten (10) non-profit community organizations benefitting older adults and young children. We greatly appreciate our relationship with these centers and their individual recreation programs.

The centers are non-profit organizations officially represented by the Spokane Youth and Senior Center Association (SYSCA).

SYSCA was formed in 2012 and its main focus is to work collectively to represent the thousands of citizens who partake in the programs and services SYSCA organizations provide.

### CORBIN SENIOR ACTIVITY CENTER

827 W Cleveland Ave.  
[www.corbinseniorcenter.org](http://www.corbinseniorcenter.org)  
509-327-1584

### PROJECT JOY

3151 E 27th Ave  
[www.projectjoy.org](http://www.projectjoy.org)  
509-535-0584

### HILLYARD SENIOR CENTER

4001 N Cook St.  
[www.hillyardseniorcenter.org](http://www.hillyardseniorcenter.org)  
509-482-0803

### SINTO SENIOR CENTER

1124 W Sinto Ave.  
[www.sintocenter.org](http://www.sintocenter.org)  
509-327-2861

### MARTIN LUTHER KING JR. CENTER

500 S Stone Street  
[www.mlksokane.org](http://www.mlksokane.org)  
509-868-0856

### SOUTHSIDE COMMUNITY & SENIOR CENTER

3151 E 27th Ave.  
[www.spokanesouthside.org](http://www.spokanesouthside.org)  
509-535-0803

### MID-CITY CONCERNS SENIOR CENTER

1222 W 2nd Ave.  
[www.mowspokane.org/senior-center](http://www.mowspokane.org/senior-center)  
509-862-6356

### SOUTHWEST SPOKANE COMMUNITY CENTER

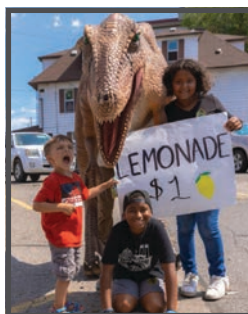
310 S Spruce  
509-624-8634

### NORTHEAST YOUTH CENTER

3004 E Queen Ave  
[www.spokanencyc.com](http://www.spokanencyc.com)  
509-482-0708

### WEST CENTRAL COMMUNITY CENTER

1603 N Belt  
[www.westcentralcc.org](http://www.westcentralcc.org)  
509-326-9540



# DONATE TO THE HISTORIC PRESERVATION OF THE CORBIN ART CENTER



SCAN ME!

The 125 year old historic and elegant Daniel Chase Corbin House, home to the Corbin Art Center, is a true piece of architectural and local history. Built in 1898 and designed by Architect Kirkland Cutter, the house is on the National and Local Historic Registry. Since 1950 the house has been owned and operated by the Spokane Parks and Recreation Department, providing life enriching art programs for all ages and abilities. Your donation will help preserve the Corbin Art Center facility and programs for years to come.

Be a part of our local treasure and donate today!

[www.GiveButter.com/CorbinArtCenter](http://www.GiveButter.com/CorbinArtCenter)





### **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.



## SATISFACTION GUARANTEED

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

### REGISTER ONLINE

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



### MAIL US

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



### CALL US

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



## PAYMENT INFORMATION

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

## INCLEMENT WEATHER

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

## DISCLAIMER

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

## REFUND/CANCELLATION POLICY

We hope everything is perfect with your recreation program registration. If you need to cancel, we do have a few things you should know:

- For all programs cancelled by Spokane Parks and Recreation participants will receive a 100% refund back to their original payment method. (Allow up to 30 days for processing).
- Classes held at Spokane Public School facilities will not meet on dates that schools are not in session (holidays, vacation periods, curriculum days, inclement weather-related closures). Class sessions scheduled for those dates will be made up at the end of the regular schedule.
- All refund requests must be made by email or phone call to the appropriate Recreation Supervisor (Recreation Supervisors and contact information is listed on page 2 of every activity guide) a minimum of 14 business days (Mon. – Fri. excluding holidays) prior to the start of your programs..
- Requests made after the 14-business day window will not be refunded.
- Cancellation/Refund requests by DDA funded (Developmental Disabilities Administration) participants who cancel after the 14- business day window may be responsible for paying the registration fees out of pocket.
- All refund requests will be charged a \$20 administrative processing fee. Additional fees may be assessed to recover costs associated with the program.
- For all Camp refunds there is a \$50 non-refundable deposit.
- For Athletic Leagues: Once league registration is closed, there are no refunds issued.

## INCLUSION/ACCOMMODATION

Spokane Parks and Recreation Department welcomes participation by all regardless of race, color, national origin, age, sex, religion, veteran status, marital status, sexual orientation or ability.

The City of Spokane is committed to providing equal access to its facilities, programs and services for persons with disabilities. Individuals requesting reasonable accommodations or further information may contact Matt Lowmaster at [mllowmaster@spokanecity.org](mailto:mllowmaster@spokanecity.org). To assure the best experience for all participants we need accommodation requests along with your program registration a minimum of two (2) weeks in advance of the program start date.



**SATURDAY, OCT. 5**

**11AM - 5PM**

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

**WSECUFALLFEST.ORG**



#### **WSECU FALL FEST ACTIVITIES**

-  Artist Fair with Spokane Arts
-  Urban Pumpkin Patch
-  Petting Zoo
-  Live Entertainment
-  Fall Photo Station & more!

Presented by:  riverfront  
SPOKANE

 DOWNTOWN  
SPOKANE  
PARTNERSHIP

 RIVER PARK SQUARE

 SPKN  
ARTS

Sponsored by: **WSECU**



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

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



**Info**



presented by



also sponsored by



**Donate**

