WINTER SPRING 2023-24 ACTIVITY GUDE DECEMBER - APRIL

INSIDE

YOUTH WINTER ADVENTURE CAMP, ALL AGE WINTER RECREATION OUTINGS, THERAPEUTIC RECREATION PROGRAMS, ADULT ATHLETICS, CORBIN SPRING BREAK CAMPS, SUMMER CAMPS PREVIEW & SO MUCH MORE!

SPOKANE

ENJOY

RIVER

ERONT

PARK

PLAY

PARKS
 $M_{4TU} \ll$ BREC
 $\mathcal{O}_{TD} \otimes$ LEARN
 $\mathcal{O}_{ASS} \ll$ POOLS
 $\mathcal{O}_{LAS} \ll$ GOLF
 $\mathcal{O}_{FAR} \ll$ SPOKANEREC.ORGCALL 311 OR DIAL 509-755-2489

SAM 40

SPORTS

CXPLOR,



SPO

HEALTHY PARKS, HEALTHY NEIGHBORHOODS

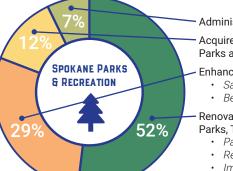
Possible Levy Initiative

City of Spokane Parks & Recreation is evaluating a levy to improve parks in neighborhoods city-wide. The plan reflects the top community requests for park improvements, based on extensive feedback gathered during 2021/2022 master planning. Learn more about the possible levy initiative and share your feedback at SpokaneParks.org/levy.

What would be included?

- Enhanced security and maintenance across all parks
- 3 new neighborhood parks (Shiloh Hills, North Indian Trail, and Latah/Hangman)
- 3 major park renovations (Minnehaha, Harmon, and Grant)
- 32 full playground replacements
- 22 playground repairs
- 45 restroom replacements
- · 4-6 new all-weather sports fields

- 16 sport court renovations
- 1 new disc golf course
- 1 new pump track
- 12 irrigation system replacements
- 4 trail and trailhead renovation/developments
- 1 ADA Trailhead and River Access improvement at Boulder Beach
- Natural land acquisition



Administration & Project Management

Acquire & Develop New Neighborhood Parks and Natural Lands

Enhance Park User Experience

- Safety Initiatives
- Better Maintenance

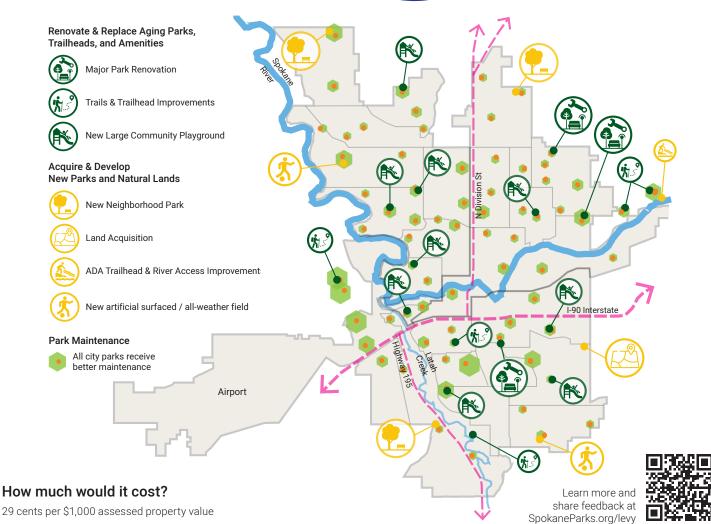
Renovate & Replace Aging

Parks, Trailheads, and Amenities

- Park Renovations
- Replace Playgrounds and Restrooms
- Improved Trailheads

City of Spokane PARKS & RECREATION

New Amenities





Average of 11.25M a year for 20 years.

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New Translation Feature Available at SpokaneRec.org



We now have a Google Translate icon on our online program registration catalogue, SpokaneRec.org, to assist our non-English speaking community better navigate our Recreational class offerings. You can find this feature on the bottom right side of your screen. To access this feature from your mobile device - select Desktop Version from the drop-down menu in the upper right corner.



KNOW YOUR REC STAFF

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YOUTH WINTER ADVENTURES!

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



Youth Winter Adventures

2 days | Ages 9-12yrs. 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 caves, 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 North East Community Center Parking Lot 4001 N Cook St.** \$149

14053 Wed. – Thurs. 1/3 – 1/4

9am – 4pm



BICYCLING

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

Bicycle Walla Walla Winery Tour

2 days | Ages 21yrs. & Up | Sponsored by Vino! You will be amazed with the great wines, wonderful riding, and beautiful scenery of this area. Lodging located within walking distance of some outstanding northwest restaurants. Fee includes one night lodging, breakfast credit at the hotel, two lunches along the winery routes and energizing refreshments at each stop. You will also have a Support and Gear (SAG) bus and bike repair support available and the outstanding Vino! A Wine Shop interpretive guides along the way to teach you all about this great area. The group will visit 4-5 wineries per day. Tasting fees vary by winery and are not included in the activity fee. Road bike or road tires on your bike are highly recommended. E-bikes are invited! No mountain bikes or wide tires. You should be able to ride ~20-30 miles a day on country roads with rolling hills on mostly pavement. To prepare for the ride please make sure to get out and ride your bike multiple times, this will help you get used to your bike and make any adjustments needed. Helmet required. More information provided after registration. Meet at Courtyard by Marriott Walla Walla, Parking Lot, 550 W. Rose St. \$369 per person double occupancy only. Registration Deadline May 1st. 15056 Sun.-Mon. 6/2-6/3 9am – 4pm



SNOWSHOEING

All Outdoor pre-trip information is emailed after registration. Participants under 18yrs. must register with an adult participant. Call (509)363-5414 for questions regarding age restrictions, equipment, or other activity inquiries

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. \$41

14044	Sat.	12/16		9am – 1pm
14045	Sun.	12/17		9am – 1pm
14046	Sat.	12/30	New Year's Eve Eve	9am – 1pm
15025	Sun.	1/28		9am – 1pm
15026	Sat.	2/3		9am – 1pm
15027	Mon.	2/19	President's Day School's Out Snowshoe Ages 8+	9am – 1pm
15028	Sun.	3/3		9am – 1pm
15029	Sat.	3/16		9am – 1pm

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. \$41

14047	Sun.	12/24 Christmas Eve	6 – 9:30pm
15023	Fri.	1/19	6 – 9:30pm
15050	Fri.	1/26	6 – 9:30pm
15051	Fri.	2/23	6 – 9:30pm

Snowshoe Little Pend Oreille National Wildlife Refuge

1 day | Ages 16yrs. & Up | | Hike time: ~4 hours | Terrain: moderate up/downhill ~580ft elevation gain/loss Hidden between the foothills of the Cascades and the Rocky Mountains, this unique, forested, mountainous Refuge provides habitat for large mammals like bear, cougar, deer, elk and moose as well as over 200 migratory songbirds. Take a beautiful tour on the Mill Butte trail through open pine meadows to panoramic views from the top of the butte. On our return we will follow the creek looking out for wildlife that call this sanctuary their home. Fee includes: guides, snowshoes, poles, instruction, and transportation! Meet at Yoke's Fresh Market Parking Lot 14202 N. Market St. \$57 15021 Sat. 1/6 8am-3:30pm

Snowshoe Newman Lake McKenzie Conservation Area with Transportation

1 day | Ages 16yrs. & Up | | Hike time: 3 hours | Terrain: moderate up/downhill ~250ft elevation gain/loss Learn the basics of snowshoeing on this beautiful conservation property along Newman Lake. We'll travel through snow covered western red cedars, firs and pine trees. Take in the majestic views of the lake, meadows, Mount Spokane, and surrounding areas from Turtle Rock. Fee includes: guides, snowshoes, poles, instruction, and transportation! Meet at Safeway Parking Lot 8851 E. **Trent.** \$41

15022 Sun. 1/7 10am-1:30pm



Wellness Benefits of Outdoor Activity:

Whether you choose to participate on your own or with friends, our snowshoe and cross-country skiing trips can provide a wonderful social outlet as Winter tries to keep you in the dark. Completing a loop on a local trail, learning new tips and tricks for skiing or snowshoeing, or trying something for the first time is an extremely rewarding experience. Spending time outside, having fun, makes you feel good right away. Furthermore, immersing yourself in a beautiful, snowy landscape creates a spiritual bond between you and the place, other people, and the sensations of the activity itself. These activities provide memories to look back on as you get back to your everyday life and you will be looking forward to going again and again.

SNOWSHOEING

All Outdoor pre-trip information is emailed after registration. Participants under 18yrs. must register with an adult participant. Call (509)363-5414 for questions regarding age restrictions, equipment, or other activity inquiries.

<u>Snowshoe and Brews Mount Spokane Tours with</u> <u>Transportation</u>

1 day | Ages 21yrs. & Up | | Hike time: 3 hours | Terrain: moderate up/downhill ~500ft elevation gain/loss Snowshoeing is awesome! Join us on a tour through the woods of Mt Mount Spokane State Park. Following our adventure, we will head to Big Barn Brewery on Green Bluff to learn about their locally crafted beer and enjoy some tasty beverages to "tap" off the day. Fee includes: guides snowshoes, poles, trail fees, instruction, and transportation! Beverages not included in fee and paid on your own. Meet at Yoke's Fresh Market Parking Lot 14202 N. Market St. \$53

15041	Sat.	1/13	9-2:30pm
15042	Sat.	2/17	9-2:30pm
15386	Sat.	3/9	9-2:30pm

Snowshoe Tour Lake Gillette with Transportation

1 day | Ages 16yrs. & Up | Hike time: 3 hours | Terrain: moderate up/downhill ~450ft elevation gain/loss We will explore this mountain lake surrounded by meadows and forested slopes. This great trail will be a true winter memory for you. The guided hike will take you uphill to a scenic overlook that will leave you in awe. Fee includes: guides, snowshoes, poles, instruction, and transportation! Meet at Yoke's Fresh Market Parking Lot 14202 N. Market St. \$59

12560	Sun.	1/14
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9am-4pm
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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

	al. 1/20	0-9pm
15046 Sa	at. 2/24	6-9pm



Snowshoe Tour 49 Degrees North

1 day | Ages 16yrs. & Up Tour the trails of 49 Degrees North! Your guide will give you tips leading to better control and more fun on your snowshoes. Beautiful scenery and healthy exercise followed by a tasty lunch. Fee includes: guides, snowshoes, poles, trail pass, instruction, and lunch! Meet at 49 Degrees North Nordic Area Yurt 3311 Flowery Trail Rd. \$53

14911	Sat.	1/27	·	10am-2pm
14912	Sun.	2/11		10am-2pm
14913	Sat.	3/2		10am-2pm



SNOWSHOEING

All Outdoor pre-trip information is emailed after registration. Participants under 18yrs. must register with an adult participant. Call (509)363-5414 for questions regarding age restrictions, equipment, or other activity inquiries.

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 **14202 N Market St.** \$41 15049 Fri. 2/16 6-9:30pm

Snowshoe Bead Lake with Transportation

1 day | Ages 16yrs. & Up | Hike time: ~4 hours | Terrain: moderate up/downhill ~570ft elevation gain/loss This beautiful snowshoe hike takes us to the pristine Bead Lake just north of Newport. The trail offers amazing views of the lake and surrounding area. While on this hike you will travel through ancient cedar forests, and over some of Bead lake's tributary streams. Some wildlife you might see deer, elk, Northern Goshawk, and many more. Come and enjoy a very peaceful snowshoe with some spectacular views! Great hike for photographers. Fee includes: guides, snowshoes, poles, instruction, and transportation! Meet at Yoke's Fresh Market 14202 N Market St. \$57

15054 Sun. 2/18 9am-4pm

Sunset Snowshoe Tour Mount Spokane with Transportation

1 day | Ages 16yrs. & Up | Hike time: 3 hours | Terrain: moderate up/downhill ~570ft elevation gain/loss Take in the beautiful sunsets of Mount Spokane. We will hike up to Bald Knob Campground though the snow-covered forest to views of the Spokane Valley and beyond. Hopefully we will be lucky and see a gorgeous sunset and alpine glow, slope side on Mount Spokane. Fee includes: guides, snowshoes, poles, instruction, and transportation! Meet at Yoke's Fresh Market 14202 N Market St. \$41

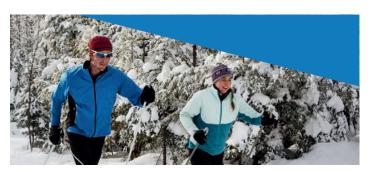
15055 Fri. 3/22

4:30-8:30pm

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 under the Youth Programs Scholarship tab, or at checkout when registering for classes.





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.



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

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







CROSS-COUNTRY SKIING

All Outdoor pre-trip information is emailed after registration. Participants under 18yrs. must register with an adult participant. Call (509)363-5414 for questions regarding age restrictions, equipment, or other activity inquiries.

Cross-Country Ski Lesson Mount Spokane

1 day | Ages 13yrs. & Up Learn the basics of cross-country skiing at Mount Spokane! Cross-country skiing is a wonderful way to get outdoors, exercise, and spend time with family and friends during the winter. Lessons are taught by the experienced and friendly Spokane Nordic Ski Association P.S.I.A. certified instructors. Cross-country skiing equipment will be ready for you when you arrive at the Mount Spokane Nordic Area at the Fitness Fanatics Rental Trailer. Weekdays are a great time to visit and to beat the crowds. Fee includes a day long ski equipment rental and 2 hours of instruction. Show up 1/2 hour prior to your lesson for gear fitting. **1-day SNO-PARK permit parking pass required. Sponsored by Fitness Fanatics. Meet at Mount Spokane Selkirk Nordic Area.** \$77 or \$52 if you have your own equipment. Please call 509-755-2489 for discounted pricing.

15030	1/13	Sat.	10am – Noon
15031	1/14	Sun.	10am – Noon
15032	1/18	Thurs.	10am – Noon
15034	1/20	Sat.	10am – Noon
15035	1/22	Mon.	10am – Noon
15036	1/28	Sun.	10am – Noon
15037	2/10	Sat.	10am – Noon
15038	2/11	Sun.	10am – Noon
15039	2/15	Thurs.	10am – Noon
15040	2/25	Sun.	10am – Noon

Cross-Country Moonlight Ski and Dinner_

1 day | Ages 16yrs. & Up | Ski time: 1.5 hours | Terrain: groomed trail, mellow elevation gain/loss Discover the beauty of moonlight on snow as you peacefully make your way on crosscountry skis through the woods. Afterward enjoy a wonderful made from scratch meal of lasagna, salad, bread sticks and more from Greenbluff Fresh Catering Company! This is an incredible experience you will not want to miss. Fee includes: guides, skis, boots, and poles, and dinner! You should have basic cross-country ski skills or have taken a lesson prior to this trip. No formal lesson given, only a tour. 1-day SNO-PARK permit parking pass required. Meet at Mount Spokane State Park Selkirk Nordic Lodge. \$79 15047 Sat. 1/20 6-9pm 15048 Sat. 2/24 6-9pm

Cross Country Ski Lesson 49 Degrees North

1 day | Ages 13yrs. & Up Learn to cross-country ski and tour the trails of 49 Degrees North Nordic Area! You will be taught the basics of cross-country skiing by 49 Degrees North P.S.I.A certified ski instructors. Instruction includes basics of equipment, ski area rules and etiquette, techniques on how to glide on your skis, how to travel uphill and how to stop going downhill. After a fun lesson you will hit the trails for a guided tour of the area to try out those new skills. Beautiful scenery and exercise are what cross skiing is all about! Fee includes: instruction, skis, boots, and poles, trail pass, and guided tour. Bring a lunch and plenty of water. **Meet at 49 Degrees North Nordic Area Yurt 3311 Flowery Trail Rd. Chewelah. WA.** \$67

14904	Sat.	1/6	10am – 2pm
14906	Sun.	1/21	10am – 2pm
14907	Sat.	2/3	10am – 2pm
14909	Sun.	2/25	10am – 2pm
14910	Sat.	3/9	10am – 2pm



Register online at SpokaneRec.org

CROSS-COUNTRY SKIING

All Outdoor pre-trip information is emailed after registration. Participants under 18yrs. must register with an adult participant. Call (509)363-5414 for questions regarding age restrictions, equipment, or other activity inquiries.

Cross-Country Ski Trip Geophysical Area with Transportation

1 day | Ages 16yrs. & Up | Ski time: ~3 hours | Terrain: groomed trail, mellow to moderate with hills. Established in 1966 this Geophysical Observatory is just one of 14 observatories the USGS operates worldwide, used to monitor the earth's magnetic field. Also, a groomed cross-country ski trail system with clever twists and turns on trails that make a rather common stretch of forest into a fun-filled afternoon on the snow. The Geophysical Area near Newport, WA has an absorbing number of trails that will lure you back again and again. This is a great beginner trail system but you should have basic cross-country ski skills or have taken a lesson prior to this trip. Fee includes: guides, skis, boots, and poles, trail pass, and transportation! Bring your own lunch and water. Schedule subject to change due to snow conditions. Meet at Yokes Fresh Market Parking Lot 14202 N Division St. \$51 15052 Sat. 1/27 9am-3pm

Cross-Country Ski Frater Lake with Transportation

1 day | Ages 16yrs. & Up | Ski time: ~3 hours | Terrain: groomed trail, mellow to difficult Explore this beautiful snowy glacial lake that is part of the eight lakes of the Pend Oreille Lake Chain. This location boasts over 10 miles of trail for all levels of skiers and a cozy, rustic warming cabin for lunch and breaks. You should have basic cross-country skiing skills or have taken a lesson prior to this trip. Fee includes: guides, skis, boots, and poles, trail pass, and transportation! Bring your own lunch and water. Location subject to change due to snow conditions. Meet at Yoke's Fresh Market Parking Lot 14202 N. Market St. \$57

15053 Sat. 2/10 9am-4pm



HIKING

Wildflower Walks with Transportation

Spring is a wonderful time of year when the land around us takes a big, deep breath after a long Winter's slumber. There should be 2-3 different types of flowers blooming during any of the journeys listed below and gorgeous views of the surrounding area as our world wakes up and shows off its beauty! Hikes leave from a central location where multiple bus routes can deliver you to the meet the guides and be whisked away for a wonderful adventure. Fee includes: guides, transportation, and trekking poles. Participants under 18yrs. must register with an adult participant.

James T. Slavin Conservation Area

1 day | Ages 13yrs. & Up | Hike time: 3 hours | Terrain: mostly flat Join us for a hike in the biologically diverse James T. Slavin Conservation Area. This trail system boasts a variety of habitat types including ponds, upland pine and fir forests, wetlands, and grassy meadows. It's 628 acres is home to 121 species of birds! This area is relatively flat and we will hike at a comfortable pace depending on the group. **Meet at Yoke's Fresh Market Foothills 210 E. North Foothills Dr.** \$39 15057 Sat. 4/20 9am-1pm

McKenzie Conservation Area

1 day | Ages 13yrs. & Up | Hike time: 3 hours | Terrain: moderate up and downhill; ~250ft elevation gain/loss Join us for a hike in this beautiful conservation property along Newman Lake. This is a moderate hike with an occasional steep hill. 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. Meet at Safeway Parking Lot 8851 E. Trent Ave. Spokane Valley. \$39 15058 Sat. 4/27 9am-1pm



BICYCLE WINE TOURS EXPLORE WINE COUNTRY IN WALLA WALLA ON BICYCLE THIS SPRING AND TASTE SOME OF WASHINGTONS'S FINEST WINES!

JUNE 2-3 | 9AM-4PM | \$369 EA

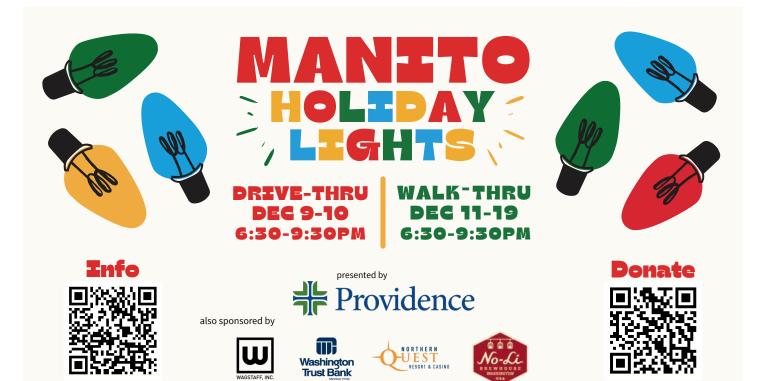
LODGING, CATERED LUNCHES AND VAN SUPPORT INCLUDED LEARN MORE AND REGISTER AT SPOKANEREC.ORG UNDER ACTIVITY CODE #15056

PRIVATE GROUP TOURS

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

Call 509.363.5414 or email afuzak@spokanecity.org





I WANT TO LEARN...

Select

How to mend my own clothes How to grow a garden How to start a book club with my friends How to use Excel How to play the ukulele How to write a novel How to practice yoga How to speak Ukrainian

Become your best self at the library!



SPOKANELIBRARY.ORG

Corbin Art Center

SPECIAL EVENTS

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

NEW! Easter Family Fun at the Corbin Art Center!

1 day | Ages 3yrs. & Up Come join us for some Easter family fun here at the Corbin Art Center! We will have an Easter egg hunt and a visit from the Easter Bunny himself! You can even take selfies with the Bunny if you can catch him. There will be fun art and crafts to make included with the event. All proceeds help support the care and maintenance of the historical D. C. Corbin building. \$15

14948	Sat.	3/23	10 – 11:30am
14949	Sat.	3/23	12:30-2pm





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, February 19th, 2024, due to President's Day. \$59 14975 Mon. 2/5-3/18 9:30 - 10:30am

NEW! Make Art Together: Magical "Snow-time" in the Forest!

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

14976 Tues. 2/6 - 3/12 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 14977 Wed. 2/7 - 3/139:30 – 11am

Make Art Together: Winter Wonderland of Art!

6 weeks | Ages 2-4yrs. Are you tired of being cooped up in the house? Then this is the creative class for you and your child. Experience a new weekly art theme and relevant project. Children will discover color, texture while practicing basic cutting and gluing skills while exploring a variety of art techniques and materials. This class is fast paced, active and most of all fun! There are new projects each week for returning students. \$59 14978 Thurs. 2/8-3/14 9:30 - 10:30am

PRE-SCHOOL WORKSHOPS

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

NEW! Make Art Together: Snowflakes & Faries!

1 day | Ages 3-5yrs. Join us in creating a winter-time fairy fantasy for you and your child! Come and make a sparkly-snowflake tiara, a magic wand, and some glittery wings to wear! Dress for a sparkly mess. \$29 9:30 - 11am

14983 Sat. 1/27

Make Art Together: Valentine Fun!

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

14984 Sat. 2/10 9:30 - 11am

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

1 day | Ages 3-5yrs. Come and celebrate the "Wearing o' Green." Make a fanciful, fun Leprechaun hat, shamrocks projects and of course a pot of gold at the end of the rainbow. This a fun and fast paced class to share with your favorite little Leprechaun! \$29 14985 Sat. 3/16 9:30 - 11am

Make Art Together: Easter Bunny Fun!

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

14986 Sat. 3/30 9:30 - 11am



Corbin Art Center

KIDS YOUTH

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

Let's Get Creative! Art Exploration

6 weeks | Ages 6-12yrs. 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, February 19th, 2024, due to President's Day. \$75

Ages 6-8yrs.

14979 Mon.	2/5 – 3/18	4 – 5:30pm
Ages 9-12yrs.		
14980 Tues.	2/6 – 3/12	4 – 5:30pm



Drawing Basics - Youth

6 weeks | Ages 6-12yrs. 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.					
14981	Wed.	2/7 – 3/13	4 – 5:30pm		
Ages 9-	<u>12yrs.</u>				
14982	Thurs.	2/8 – 3/14	4 – 5:30pm		

Cultured Sea Glass Necklace & Backpack Charm

1 day | Ages 8-16yrs. | Amy Gurel Learn how to create a beautiful one-of-a-kind necklace to add some bling to any outfit as well as a backpack charm that you can show all your friends the amazing creativity that you have. All supplies are provided other than safety glasses which you are suggested to bring. There will be a \$10 lab fee payable to the instructor at the start of class. \$35/\$10 Lab Fee.

15018
15018

Cultured Sea Glass Tree-Youth

1 day | Ages 8-16yrs. | Amy Gurel Your child will learn how to form a tree out of wire as well as how to wire wrap each piece of cultured sea glass to form the canopy of a beautiful one-of-a-kind tree. There will be a \$10 lab fee payable to the instructor at the start of class. \$35/\$10 Lab Fee. 15019 Sat. 2/17 10 – 11:30am

Cultured Sea Glass Sun-Catchers

1 day | Ages 8-16yrs. | Amy Gurel Your child will learn how to make Amy's signature Swan Chain as well as how to wire wrap cultured sea glass and attach it all to a piece of driftwood for a one-of-a-kind indoor/outdoor suncatcher. All supplies are provided other than safety glasses which you are suggested to bring. There will be a \$10 lab fee payable to the instructor at the start of class. \$25/\$10 Lab Fee.

15020 Sat. 3/16 10-11:30am

Start with a Circle: Stylizing Any Animal

2 days | Ages 10-14 yrs. | Andi Keating This class is for beginner/ intermediate artists looking to have some fun exploring different ways of stylizing animals. Using several methods, including rounding out, elongating, and simplifying from reference, I aim to help other artists to apply these methods to find their own unique way of drawing recognizable animals with the box of accurate anatomy. Supply list included on the registration receipt. \$59

15133 Sat./Sun. 4/13-4/14 12:30-2:30pm

WINTER 2024

Corbin Art Center

YOUTH WORKSHOPS

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

NEW! Valentine Hearts-o-Crafts Fun!

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

14987 Sat. 2/10

9:30 – 11am

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

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

14988 Sat. 3/16 9:30 – 11am

NEW! Color Me Egg-cited: Easter Fun!

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

14989 Sat. 3/30

9:30 – 11am

NO SCHOOL TODAY CAMPS Pre-registration is required. Classes are held at Corbin Art Center, 507 W 7th Ave.

NEW! Squish! Squash! Splat!

1 day | Ages 6-11yrs. Come be an adventurous artist! Young artists will have fun with this messy camp while squishing, squashing, and splattering to make fabulous works of art. We will work with paint, glue, dough and more. Please dress for a mess and bring a lunch and water bottle. \$49

14990 Mon. 1/15

9am – 3pm

NEW! Picasso, Dali, Klee and Me!

1 day | Ages 6-11yrs. Get ready to DREAM BIG! This exciting fine art camp focuses on artists who illustrated, sculpted, and painted their dreams. These artists used their creative imagination, stepped out of the box, and created artworks based on Surrealism, Cubism and Expressionism. You will sculpt imaginary animals, paint dreamscapes, and learn how to draw from your imagination while learning about artists like Picasso, Klee, Dali, and more. Dress for a mess and please bring a lunch and water bottle. \$49

14991 Mon. 2/19

9am – 3pm





WINTER 2024

Corbin Art Center

SPRING BREAK CAMPS

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

NEW! Monet's Garden

1 day | Ages 6-11yrs. Come and get acquainted with some famous French, Impressionist masters such as Edgar Degas, Claude Monet, and Pierre Renoir. Learn about their understanding of light and color while spending time painting and drawing. Create your own impressionist masterpieces by drawing, painting, and collage. \$49

15006 Mon. 4/1 9am – 3pm

NEW! Super-Sculpture Safari Camp!

1 day | Ages 6-11yrs. Lions, Tigers and Bears, OH MY! No passport needed to create and sculpt your favorite animals from clay and paper to make fabulous works of 3-D art. This camp emphasizes creativity, construction, and problem-solving skills to help these young artist's animal artwork come to life. \$49 15007 Tues. 4/2 9am – 3pm

Clay, Slime, & DIY Dough

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

15008 Wed. 4/3

9am – 3pm

NEW! Shhhhh! It's Top Secret!

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

15009 Thurs. 4/4

9am – 3pm

Mixed Media Art Attack!

1 day | Ages 6-11yrs. Explore the vast world of mixed media
using a diverse array of art materials and techniques. You will
work with clay, paint, glue and found objects. Creativity will run
rampant, and the art will explode with color and energy.\$4915010Fri.4/59am – 3pm



April 1-5 • 9am-3pm • \$49 a Day Register early • Camps fill up FAST!

Please register at spokanerec.org



NEW YEAR'S EVE 2023 FIREWORKS CELEBRATION

SUNDAY, DECEMBER 31 STARTS AT 9 PM

WWW.RIVERFRONTSPOKANE.ORG



UNLIMITED

Youth (ages 3-12): \$27.95 Adult (ages 13+): \$38.95 Unlimited Ice Skate Rental Add-On: \$18.95

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Description of Spokane & RECREATION Facility Rentals

Whether you're hosting a family picnic, birthday, corporate party, sporting event, or wedding – big or small – we've got a facility that will fit your needs! Visit www.spokaneparks.org/reservations for more information.

- Picnic Shelters
 Park & Garden Areas
 - Sports Fields
 Aquatic Centers
 - Corbin Art Center
 Looff Carrousel
 And More!

HOLIDAY GOLF PASS

Players Pass: \$60 (SAVE \$10) • Unlimited Adult: \$2,400 (SAVE \$100) Loyalty Pass: \$325 (SAVE \$25) • Unlimited Senior: \$2,300 (SAVE \$100) Spousal (add-on): \$850 (SAVE \$50) • 4-Pack Pass*: \$169 (SAVE \$39) '4-Pack Pass sale starts Dec 1



SAVE UPTO STOO!

Corbin Art Center

DRAWING

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

Supply lists are included on your registration receipt.

The Health Benefits of Art

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

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

- Creating art allows us to be mindful and fully present in the moment.

- Creative projects help our brains and bodies feel better. It's been shown that all kinds of creativity raise self-esteem and produce dopamine in our brains, which makes us feel good, gives us a sense of accomplishment, and enhances our wellness.

- Creating art is so powerful an act that art therapy is often used to help people heal emotionally from depression, trauma/PTSD, stress, and more.

- Art can be created by anyone of all ages, using their hands, feet or mouth.

- People with cognitive differences, limb impairment, neurodiversity, etc. can all participate in creative expression, making it a universal wellness tool.

https://www.wellnessrecoveryactionplan.com/

Drawing Fundamentals

6 weeks | Ages 16yrs. & Up | Colin Hayes Now 2 days per week! Join us as we begin to explore drawing fundamentals! If you are new to drawing or need to brush up on basic skills this is the class for you. We will be tackling drawing materials, composition, portrait techniques, shading, and perspective. Great basics that will lead to long lasting confidence in your drawing. \$169

15374 M/W 2/5-3/13 6:15-8:15pm



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. \$85

14951 Mon. 1/29-3/4 1-3pm

Perspective Drawing

1 day | 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. \$85

14952 Tues. 1/30-3/5 6:30-8:30pm

Caricature Drawing

1 day | Ages 16yrs. & 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 intern will draw each other and celebrities from the worlds of entertainment, politics, and sports. \$75

14954 Sat. 2/3

9am-3pm

Drawing Hands

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

14953 Sat. 2/10

9am-3pm

PAINTING CLASSES & WORKSHOPS

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

Supply lists are included on your registration receipt.

Acrylic Painting

6 weeks | Ages 16yrs. & Up | Tom Quinn An introduction to the modern, highly forgiving medium of acrylic paint. We begin by painting a simple landscape together, after which students move on to their own projects. On the first two days, we cover the materials, color theory and how to handle the paint. After that, students work on their own projects, with much one-on-one with the instructor. Drawing experience is recommended but not essential. \$85

Corbin Art Center

14955 Mon. 1/29-3/4

6:30-8:30pm

NEW! Abstract Painter's Studio

6 weeks | Ages 16yrs. & Up | Paul Light Jr. This class is for intermediate to advanced students who wish to explore abstract painting first-hand or as it could specifically apply to ideas in individual ongoing work. Work in the 2D media of your choice as we explore the sublime and experience the pure excitement of making creative work that comes from a place of ultimate authenticity. This forum is intended as a safe environment to push the limits, take chances and have impactful critique. Emphasis is on individual attention and personal artistic exploration for each student based on individual needs and expectations. \$85 6-8pm

14956 Wed. 2/7-3/13

Painting with Oils

6 weeks | Ages 16yrs. & Up | Tom Quinn An introduction to the venerable, versatile medium of oil paint. We begin by painting a simple landscape together, after which students move on to their own projects. On the first two days, we cover the materials, color theory and how to handle the paint. After that, students work on their own projects, with much one-on-one with the instructor. Drawing experience is recommended but not essential.

\$85

14957 Thurs. 2/1-3/7 6:30-8:30pm

NEW! Intro to Watercolors

6 weeks | Ages 16yrs. & Up | Katie Frey This course is for beginners. We will be focusing on basics techniques like wet-on-wet and wet-on-dry, blending, glazing, and lifting. We will practice creating flat and graded washes, building up layers of color, and mixing secondary and neutral colors. Each class will begin with a technique to practice which will then be used in a small painting. \$85

15378	Tues.	2/6-3/12	5:30-7:30pm
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NEWL Intuitive Intentions Collage: Carving Caverns of Soul-Substance

1 day | Ages 18yrs. & Up | Bevie LaBrie An energizing and fun way to connect to your passion, desires and interests; to help guide through transitions in life, joy, and challenges. Practice mindfulness, build resiliency and release tension. Cultivate the life you want to live through images, movement, and creative writing prompts guided by your intuitive collage process. All levels welcome! \$49 14958 Mon. 2/5 5:30-8pm

Texture and Acrylic Painting

6 weeks | Ages 18yrs. & Up | Cliff Hall Acrylic painting and texture. We'll discuss how textures can/do affect the implications of a finished piece. We'll play with and incorporate different textures in our paintings. You will have fun and leave with an idea of how texture can enhance a composition and expand your artistic license. \$89 14959 Thurs. 2/8-3/14 6-8pm

NEW! Pet Portraits with Personality: Watercolor

1 week | Ages 15yrs. & Up | Andi Keating A daily class for introductory watercolor illustration. We will be going through the entire process of planning and making a 10" x 14" watercolor painting themed around a picture of your pet(s). The class process includes going over composition and color theory, sketching and thumbnails, line art and line variety using dip pens, and how to use different watercolor techniques for different effects and texture. \$79 15134 Mon.-Fri. 3/25-3/29 10am-noon

Corbin Art Center 🚺

CRAFT WORKSHOPS

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

Supply lists are included on your registration receipt.

NEWD Paint the Rainbow: How to Use the Color Wheel w/ Watercolors

1 day | Ages 15yrs. & Up | Andi Keating Using primarily watercolors as the instrument of demonstration, I aim to help students learn to mix whatever color they wish using limited color palettes. On top of that, we will discuss different common color schemes using the color wheel as an aid and show how the color wheel can be used practically when planning painting for maximum cohesiveness. And since it is watercolors, I will also explain why some paints in the same color family produce different results and how to hypothetically predict what a different color will do. \$39 15135 Sat. 4/13 10am-noon

NEW! Decorative Papercrafted Pinecones

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

14967 Mon. 2/26

6-9pm

Cultured Sea Glass Pendant & Earrings Set

1 day | Ages *14yrs. & Up | Amy Gurel You will learn the basics of wire wrapping the cultured sea glass to create a one-of-a-kind pendant and earring set that you can use to adorn any outfit. All supplies are provided other than safety glasses which you are suggested that you should bring to this class. *Ages 14-16 welcome to take this class with a parent or guardian who is also enrolled in the course. There will be a \$15 lab fee payable to the instructor at the start of class. \$45/\$15 Lab Fee

15011 Wed. 1/31 15012 Thurs. 2/1 11am-1pm 5:30-7:30pm

Cultured Sea Glass Tree

1 day | Ages 14yrs. & Up | Amy Gurel You will learn how to form a tree out of wire as well as how to wire wrap each piece of glass to form the canopy of a beautiful one-of-a-kind tree. <u>*Ages 14-16 welcome to take this class with a parent or guardian who is also enrolled in the course</u>. All supplies are provided other than safety glasses which you are suggested to bring. There will be a \$20 lab fee payable to the instructor at the start of class. \$55/\$20 Lab Fee

15013	Wed.	2/14	11am-2pm
15014	Sat.	2/17	12:30-3:30pm

Cultured Sea Glass Garden Bling

1 day | Ages 14yrs. & Up | Amy Gurel Learn the basics of wire wrapping cultured sea glass to create one-of-a-kind garden bling to adorn your indoor or outdoor plants. *Ages 14-16 welcome to take this class with a parent or guardian who is also enrolled in the course. All supplies are provided other than safety glasses which you are suggested to bring. There will be a \$15 lab fee payable to the instructor at the start of class. \$35/\$15 Lab Fee 15015 Wed. 2/28 11am-1pm

Cultured Sea Glass Sun-Catchers

1 day | Ages 14yrs. & Up | Amy Gurel You will learn how to make Amy's signature Swan Chain as well as wire wrap cultured sea glass and attach it all to driftwood. You will make a one-of-a-kind indoor/outdoor suncatcher to enjoy. *Ages 14-16 welcome to take this class with a parent or guardian who is also enrolled in the course. All supplies are provided other than safety glasses which you are suggested to bring. There will be a \$15 lab fee payable to the instructor at the start of class. \$45/\$15 Lab Fee 15016 Wed. 3/13 11am-1pm

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15017	Sat.	3/16	12:30-3:30pm

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 under the Youth Programs Scholarship tab, or at checkout when registering for classes.



Corbin Art Center

FIBER ARTS

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

Supply lists are included on your registration receipt.

NEW! 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). This class is fun, and you will have a new rug or two for your home or to give as a gift. Prior crocheting experience is not necessary. \$59

14964 Tues. 2/13-2/27 6-9pm

NEW! 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. \$39

15138 Sat. 3/9-3/16

10am-noon

NEW! 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. \$49

15136 Sat. 2/10-3/2 10am-noon

NEW! 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 include with the class for the project. \$49

15137 Sat. 2/10-3/2 12:30-2:30pm

PHOTOGRAPHY

Photography Basics

5 weeks | Ages 16yrs. & Up | Al Berger Learn the fundamentals of photography and how to use your camera. Tips on lighting, additional equipment to consider and its uses. Practice assignments and in-class critiques. You will need to bring a Digital single lens reflex (DSLR) camera that allows manual setting of F-stop and Shutter speeds. A digital camera with full range of aperture (F-stop) settings such as Canon EOS series or Nikon DX series DSLR (with removable lens) a must. Basic knowledge of your camera is helpful but not required. The first class will be 3 hours in length. The last class, which requires a tripod, will be on location outdoors in downtown Spokane. \$79

14961 Mon. 1/29-2/26 6-8pm

Photoshop Basics

5 weeks | Ages 16yrs. & Up | Al Berger Learn the basic steps needed to finish your digital photographs for printing and web usage. Photoshop topics include sharpening, exposure compensation, density, minor retouching, cropping, special effects, levels, color correction and preparing photos for printing. Bring your laptop with a mouse, Photoshop or Photoshop Elements software installed on the laptop, (any version). \$79 14962 Tues. 1/30-2/27 6-8pm

Portrait Photography

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

Register online at SpokaneRec.org

14963 Wed. 1/31-2/28 6-8pm

14969 Sat.



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

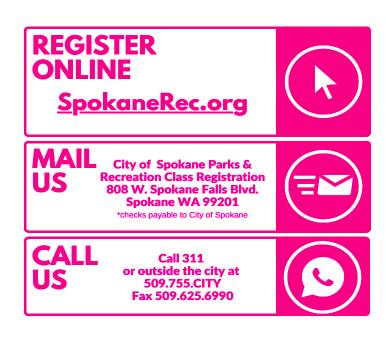
1 day | Ages 16yrs. & Up | Karen Felber Learn the simple process of making organic and natural soap. Demonstrations include fragrance selection, optional color additives, botanicals, herbs, and additional ingredients to make exfoliating soap. Included in this class you will also learn how to make some 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

NEW! Hot Processed Soap Making

2/24

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, and additional ingredients. Pamper yourself or someone special, without paying high prices using everyday ingredients. Demonstrations and take-home samples. \$43

14970 Sat. 3/16 10am-Noon



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 authoras 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

14960 Wed. 2/7-3/13

10am-Noon

6-8pm

INTERIOR DESIGN & RESTORATION

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

NEW! Understanding Fabrics for Home Furnishings

2 Weeks | Ages 18yrs. & Up | Cindy Blue-Blanton A fun and hands on class is to make fabric selection easier and wiser. Participants will learn the basics of natural fibers and manufactured fibers; focusing on how the two differ for interior decoration. Class participants will create a resource book of fabric samples for making future references easy. Supplies furnished by instructor. \$49

14971 Thurs. 2/15-2/22

6-8pm

NEW! Styles of American Furniture Part I

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

14972 Wed. 2/21-2/28

6-8pm

NEW! Identifying the Style: Spokane 1900-1930

2 Weeks | Ages 18yrs. & Up | Cindy Blue-Blanton A fun but broad overview that explores the importance of the west and its leadership in creating simple, straightforward, and functional house styles with emphasis on the family. Participants will learn the differences between the Craftsman, Mission, and Bungalow styles. More importantly, there is an interior decorating style that collides with these masculine designs promoted by the homemaker magazines of the time. Oh, what fun it will be! Handouts and resources will be provided. \$49

14973 Wed. 3/6-3/13

6-8pm

Corbin Art Center

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 new 2022 thriller written by a popular Spanish instructor. 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. \$89 14968 Wed. 1/31-3/20 1-2:30pm **COOKING WORKSHOPS**

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

NEW! The Art of Dutch Oven Cooking

1 day | Ages 16yrs. & Up Dutch oven cooking is a family fun activity adding a delicious taste to your backyard BBQs, family picnics or camp outing. In our discussion you will learn proper DO seasoning techniques, coal preparation, arrangement and temperature, how to handle your hot oven, prepping for your meals and where to buy your gear. You'll be cooking great meals in no time at all! Demonstration, recipes, information packet, beverages and Dutch oven delicacy included.

4/18

Partie

Corbin Art Cen

For children 3-13

Includes 2 hour party

Multiple themes available

\$169 for up to 12 children!*

Email cgregg@spokanecity.org for availability and reservations *\$8 per additional child up to 15 children.

Double charge for over 15 children.

\$49 15071 Thurs.

6-8pm

MEGAN PERKINS CORBIN ART CENTER PRINT

The Corbin Art Center

Megar Kikine

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: <u>meganperkinsart.com</u> <u>meganperkinsartstudio@gmail.com</u>



HISTORY & HAUNTS

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

The Ghosts & Haunted Places of North Spokane and a Haunted Corbin Mansion Ghost Hunt

1 day | Ages 18yrs. & Up | Join Ghostologist & Spokane Historian Chet Caskey for a pictorial armchair tour of the Ghosts of Northside Spokane followed by an ghost hunt in the D.C. Corbin Mansion using Dowsing Rods, Pendulums, and your own Intuitive Powers. \$22

15060 Sat. 2/24 7-9:30pm

MEMO The Ghosts & Haunted Places of Browne's Addition and a Haunted Corbin Mansion Ghost Hunt

1 day | Ages 18yrs. & Up Join Ghostologist & Spokane Historian Chet Caskey for a pictorial armchair tour of the Ghosts of Browne's Addition followed by an ghost hunt in the D.C. Corbin Mansion using Electronic, Sound Sensitive, Radio Frequency and Laser devices. Equipment and instructions provided by an onsite Paranormal advisor. \$22

15061 Fri. 3/15 7-9:30pm

MEWP <u>Ghosts of Spokane's Happy, Frustrated, and Cruel</u> Love Affairs!

1 day | Ages 18yrs. & Up | Join Ghostologist & Spokane Historian Chet Caskey for a Valentine's Day themed pictorial armchair tour of the Hutton & Johnston Graves at the Fairmount Cemetery, D.C. Corbin's Cremation Niche & the Daniel & Hilda Corbin Mansion, The Sarah Peterson "Hecla" Smith Hahn Scollard Mansion, and the Susan & James Glover 8th Avenue Mansion and their love woes. Following the pictorial tour there will be a ghost hunt in the historical D.C. Corbin mansion. Refreshments will be provided. \$22 15376 Fri. 2/9 7-9:30pm

Neighborhood Ghost Walk & Haunted Corbin Mansion Ghost Hunt

1 day | Ages 18yrs. & Up | Join Ghostologist & Spokane Historian Chet Caskey for a neighborhood ghost walk around the historical Edwidge Woldson Park that is next to the Moore-Turner Heritage Gardens. Dress warmly and wear ice-friendly shoes for the walk. After the walk we will return to the D. C. Corbin mansion for refreshments and ghost hunt. Ghost meters and equipment will be provided. \$22

15062 Sat. 3/30

10am-noon

Serial Killers of Spokane and New Moon Haunted Corbin Mansion Ghost Hunt

1 day | Ages 18yrs. & Up | Join Ghostologist & Spokane Historian Chet Caskey for a armchair tour about the exploits of the Serial Killers of Spokane. This will be followed by an ghost hunt in the historical D.C. Corbin Mansion. There will be ghost meters, paranormal equipment to use and refreshments provided. \$22 15063 Sat. 4/6 7-9:30pm

NEW The Ghosts of Upper South Hill & St. John's Cathedral

1 day | Ages 18yrs. & Up | Join Ghostologist & Spokane Historian Chet Caskey for a pictorial armchair tour of the Ghosts of the Upper South Hill and St. John's Cathedral, followed by a ghost hunt in the historical D.C. Corbin Mansion. Refreshments will be provided. \$22

15377	Fri.	4/12	7-9:30pm



WINTER 2024

Wellness Benefits of YOGA – Numerous academic studies have shown that yoga offers a range of benefits, including reduced stress, improved flexibility, and mental well-being (Cramer et al., 2018). It also contributes to better cardiovascular health and overall quality of life (Riley at al., 2015).

YOGA

All Virtual Yoga Classes (Yoga, Chair Yoga, and Gentle Stretch) with Robin Marks, one of the early pioneers who first brought yoga to Spokane. REGISTER FOR CLASSES AT: https://spokaneuayoga.com

Yoga

6 Weeks | Ages 16yrs. & Up Strengthen, stretch and release muscle tensions while settling into a relaxed and peaceful mental state. \$75

Wellness & Enrichment

Tues.	1/9-2/13	5:30-6:30pm
Tues.	2/20-3/26	5:30-6:30pm
Thurs.	1/11-2/1	5:30-6:30pm
Thurs.	2/22-3/28	5:30-6:30pm

Chair Yoga

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

Thurs.	, 0	1/11-2/15	9:30-10:15am
Thurs.		2/22-3/28	9:30-10:15am

Gentle Stretch

6 weeks | Ages 16yrs. & Up If you're dealing with some aches and pains or just getting back into exercising, this class has an accommodating approach. \$75

Sat.	1/6-2/10	9-10am
Sat.	2/17-3/30	9-10am



QI GONG

Wellness benefits of Qi Gong - Qi Gong, a mind-body practice, has been linked to various health benefits. Research (Jahnke et al., 2010) indicates that Qi Gong improves balance, reduces anxiety, and enhances immune function. It also shows promise in alleviating symptoms of chronic diseases such as hypertension (Lee et al., 2013), making it beneficial for overall well-being.

Great White Crane Qi Gong

6 weeks | Ages 16yrs. & Up | Jeff Thompson Qi Gong of the Great White Crane is a fun and graceful form that works primarily on supporting the lungs and respiratory system. The lungs are the first line of defense in our bodies and the foundation of our immune system. Due to the nature of our stressful lifestyles, our breathing patterns are often affected negatively thus inhibiting the natural rhythm and function of the lungs. Disharmony of the lungs may lead to problems such as increased allergies, asthma, issues with bowel movements, and changes with the skin. Practicing this form will help you prepare your body for the challenges of the Winter cold and flu season. **Finch Arboretum, 3404 W. Woodland Blvd.** \$69

15079 Sat. 1/6-2/10

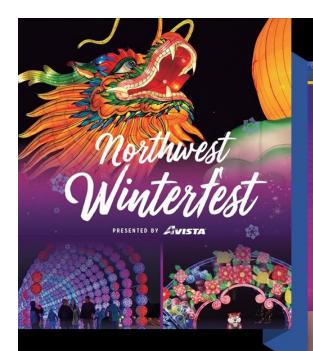
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10:15 –11:15am
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The Eight Treasures of Qi Gong

6 weeks | Ages 16yrs. & Up | Jeff Thompson The Eight Treasures are a set of qigong exercises that originated in China and have been practiced throughout the world for thousands of years. Each movement focuses on different part of the body to improve circulation and specific bodily functions. If practiced routinely, this practice will improve your health significantly. The eight movements are easy to do and assist with strengthening all the body's systems to maintain maximum health benefits. In this class, we will also learn other subtle Qi Gong and movement techniques to support your overall well-being. This is a very fun set of exercises for people of all ages. **Finch Arboretum, 3404 W. Woodland Blvd.** \$69

15078 Sat. 3/2-4/6

10:15 – 11:15am



INDOOR EVENT FRIDAYS THROUGH SUNDAYS EC. 1 – 31 2023

Fridays 5-8pm, Saturdays 4-8pm and Sundays 3-6pm, Open on Christmas Eve and last Thursday in December

KIDS 10 & UNDER FREE

Private parties 50 and larger available.

Contact vestwinterfest@gmail.com

Spokane



SPOKANE FAIR AND EXPO CENTER

NorthwestWinterfest.com

The Pacific Northwest's LARGEST illuminated holiday and cultural festival

RUN! JUMP! THROW!

Presented By:



A full-day community event encompassing a Youth Run, Jump, Throw Clinic, Middle School & High School Throwing Clinic, and an evening of running events for middle school through masters participants competing in everything from the 60-meter dash to the 3,000-meter run.





February 28, 2024 4:45pm-6:15pm **The Podium** (511 W Dean Ave, Spokane, WA 99201)

Search our website at www.register.skyhawks.com for all programs!

QUESTIONS? CALL 1-800-804-3509

December 16, 2023 9:00am-11:00am The Podium (511 W Dean Ave, Spokane, WA 99201)







WINTER 2024

Wellness & Enrichment

FITNESS & WELLNESS

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.

Zumbini[®] Music & Movement

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

	Thurs.	1/11-2/15	10:15-10:45am
15075	Thurs.	2/22-3/28	10:15-10:45am

Barre Foundation

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

15076	Mon.	1/8-2/12	6-7pm
15077	Mon.	2/19-3/25	6-7pm

Longevity Fit for Healthy Aging

8 weeks | Ages 55yrs. & Up Longevity Fit is a fun and effective workout program targeting the mature individual that will improve physical and mental wellness. The class is dedicated to help rebuild and maintain your foundation by enhancing strength, stamina, balance, agility, and mobility. If you desire to be active throughout your life, then Longevity Fit is an ideal workout class for you! We would love to have you join us and become part of a fun and active class community!

Southside Community Center, 3151 E. 27th Ave. Shadle Park Library, 2111 W. Wellesley Ave. \$129 Southside

Journa	ue		
15324	Wed.	1/10-2/23	10-11am
	Fri.	1/10-2/23	9-10am
15080	Wed.	3/6-4/26	10-11am
	Fri.	1/10-2/23	9-10am
15325	Wed.	5/1-6/21	10-11am
	Fri.	1/10-2/23	9-10am
<u>Northsi</u>	<u>de</u>		
15081	Tue./Thur.	1/9-2/29	10-11am
15080	Tue./Thur.	3/5-4/25	10-11am
15325	Tue./Thur.	4/30-6/20	10-11am



NFL FLAG FOOTBALL

PLAY ON OUR TEAM! • THE FUN STARTS MAY 28 FOR AGES 5-16+ • REGISTRATION OPENS FEB 1

Questions? Contact Carissa Ware: cwareespokanecity.org Payment Plan options available! Visit spokaneparks.org/paymentplans for more information Wellness & Enrichment

MARTIAL ARTS

Wellness Benefits of Martial Arts Academic studies suggest that practicing martial arts offers multiple advantages. Research by Wang et al. (2016) demonstrates improved physical fitness, self-esteem, and self-discipline. Martial arts training has also been associated with reduced aggression (Twemlow et al., 2016) and enhanced mental resilience (Nosanchuk & MacNeil, 1989), promoting both physical and psychological well-being.

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. Gis (karate white uniform) is required and can be purchased online. Please contact the instructor at 480-338-9131 for questions. **Southside Community Center, 3151 E 27th Ave.** \$40

Ages 6-12yrs.

15082	Tues./Thurs.	1/9-2/1	4-5pm
15083	Tues./Thurs.	2/6-2/29	4-5pm
15084	Tues./Thurs.	3/5-3/28	4-5pm
Ages 13	<u>Byrs. & Up</u>		
15365	Tues./Thurs.	1/9-2/1	5:10-6:10pm
15366	Tues./Thurs.	2/6-2/29	5:10-6:10pm
15367	Tues./Thurs.	3/5-3/28	5:10-6:10pm

Kung Fu For Youth

4 weeks | Ages 4-11yrs. | Sifu David The student will be introduced to activities aimed to developing a strong foundation of martial arts techniques as well as natural, fluid body-mechanics which can be applied to other sporting activities. The class environment and teaching methods downplay aggressive behavior and foster an atmosphere of cooperation and team-effort3. **East West Martial Arts 1427 N Monroe St.** \$84

Little Dragons - Ages 4-6yrs

Tues./Thurs.	1/9-2/1	5:45-6:15pm
Tues./Thurs.	2/6-2/29	5:45-6:15pm
Tues./Thurs.	3/5-3/28	5:45-6:15pm
<u>s - Ages 7-11yrs</u>		
Tues./Thurs.	1/9-2/1	6:15-7pm
Tues./Thurs.	2/6-2/29	6:15-7pm
Tues./Thurs.	3/5-3/28	6:15-7pm
	Tues./Thurs. Tues./Thurs. <u>s - Ages 7-11yrs</u> Tues./Thurs. Tues./Thurs.	Tues./Thurs. 2/6-2/29 Tues./Thurs. 3/5-3/28 s - Ages 7-11yrs 1/9-2/1 Tues./Thurs. 1/9-2/1 Tues./Thurs. 2/6-2/29

Kendo: Japanese Fencing and Swordsmanship

8 weeks | Ages 11yrs. & Up Great exercise, stress reduction, exciting sport for men, women, and children. Beginning classes stress solid foundation of sword technique. Must purchase hardwood (\$35) and bamboo (\$40) swords at first class. Must attend any two of the three classes each week. Call 509 714-3081 to register. Spokane Kendo Club, The Wellness Center at North Park. 8121 N. Division St. \$105

Mon./Wed.	1/8-3/2	6-7pm
Sat.		11:45am-12:45pm
Mon./Wed.	3/4-4/27	6-7pm
Sat.		11:45am-12:45pm

Intro to Brazillian 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. Location: **4808 East Sprague, #205**. \$125

15352	Tues./Thurs.	1/9-2/1	4:30-5pm
15353	Tues./Thurs.	2/6-2/29	4:30-5pm
15354	Tues./Thurs.	3/5-3/28	4:30-5pm



SPOKANE **PARKS & RECREATION**





C



teamwork, respect and sportsmanship. We offer children a positive sports experience while promoting a healthy, active lifestyle.

		1 61			~		
	sport	dates	day	time	ages	location	
	Basketball	1/8-2/12	Monday	6:05-6:55pm	4-7	Jefferson Elementary	
	Basketball	1/8-2/12	Monday	7:05-7:55pm	7-12	Jefferson Elementary	
	Indoor Soccer	1/8-2/12	Monday	6:05-6:55pm	4-7	Balboa Elementary	
	Indoor Soccer	1/8-2/12	Monday	7:05-7:55pm	7-12	Balboa Elementary	
	Basketball	1/9-2/13	Tuesday	6:05-6:55pm	4-7	Indian Trail Elementary	
2	Basketball	1/9-2/13	Tuesday	7:05-7:55pm	7-12	Indian Trail Elementary	
	Indoor Soccer	1/9-2/13	Tuesday	6:05-6:55pm	4-7	Arlington Elementary	D
	Indoor Soccer	1/9-2/13	Tuesday	7:05-7:55pm	7-12	Arlington Elementary	3
	Volleyball	1/9-2/13	Tuesday	6:05-6:55pm	4-7	Lincoln Heights Elem.	ļ
	Volleyball	1/9-2/13	Tuesday	7:05-7:55pm	7-12	Lincoln Heights Elem.	
	Indoor Soccer	1/10-2/14	Wednesday	6:05-6:55pm	4-7	Wilson Elementary	
	Indoor Soccer	1/10-2/14	Wednesday	7:05-7:55pm	7-12	Wilson Elementary	
	Volleyball	1/10-2/14	Wednesday	6:05-6:55pm	4-7	Finch Elementary	No.
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REGISTER TODAY

Teaching life skills through sports





		el al	0 2	631 2	9	99 & e	
	sport	dates	day	time	ages	location	
	Volleyball	1/10-2/14	Wednesday	7:05-7:55pm	7-12	Finch Elementary	1
2	Basketball	1/11-2/15	Thursday	6:05-6:55pm	4-7	Lidgerwood Elementary	
	Basketball	1/11-2/15	Thursday	7:05-7:55pm	7-12	Lidgerwood Elementary	
	Indoor Soccer	1/11-2/15	Thursday	6:05-6:55pm	4-7	Lincoln Heights Elem.	
	Indoor Soccer	1/11-2/15	Thursday	7:05-7:55pm	7-12	Lincoln Heights Elem.	
	Basketball	2/20-3/26	Tuesday	6:05-6:55pm	4-7	Arlington Elementary	
	Basketball	2/20-3/26	Tuesday	7:05-7:55pm	7-12	Arlington Elementary	
	Basketball	2/20-3/26	Tuesday	6:05-6:55pm	4-7	Lincoln Heights Elem.	C
	Basketball	2/20-3/26	Tuesday	7:05-7:55pm	7-12	Lincoln Heights Elem.	
	Indoor Soccer	2/20-3/26	Tuesday	6:05-6:55pm	4-7	Indian Trail Elementary	1
	Indoor Soccer	2/20-3/26	Tuesday	7:05-7:55pm	7-12	Indian Trail Elementary	E
	Basketball	2/21-3/27	Wednesday	6:05-6:55pm	4-7	Finch Elementary	
	Basketball	2/21-3/27	Wednesday	7:05-7:55pm	7-12	Finch Elementary	
	Basketball	2/21-3/27	Wednesday	6:05-6:55pm	4-7	Wilson Elementary	
	Basketball	2/21-3/27	Wednesday	7:05-7:55pm	7-12	Wilson Elementary	-
~	Volleyball	2/22-3/28	Thursday	6:05-6:55pm	4-7	Lidgerwood Elementary	
	Volleyball	2/22-3/28	Thursday	7:05-7:55pm	7-12	Lidgerwood Elementary	
	Volleyball	2/22-3/28	Thursday	6:05-6:55pm	4-7	Lincoln Heights Elem.	a la
	Volleyball	2/22-3/28	Thursday	7:05-7:55pm	7-12	Lincoln Heights Elem.	
	Indoor Soccer	2/26-3/25	Monday	6:05-6:55pm	4-7	Jefferson Elementary	
	Indoor Soccer	2/26-3/25	Monday	7:05-7:55pm	7-12	Jefferson Elementary	
	Volleyball	2/26-3/25	Monday	6:05-6:55pm	4-7	Balboa Elementary	C
	Volleyball	2/26-3/25	Monday	7:05-7:55pm	7-12	Balboa Elementary	
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SCAN HERE TO REGISTER TODAY



Supertots

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.

HockeyTots1/17-2/14Wednesday7:00-7:40pm4-5.5Linwood ElemeHockeyTots1/17-2/14Wednesday5:40-6:10pm4-6Franklin ElemeSoccerTots1/17-2/14Wednesday5:40-6:10pm4-6Franklin ElemeSoccerTots1/17-2/14Wednesday6:15-6:55pm2-3Franklin ElemeSoccerTots1/17-2/14Wednesday7:00-7:40pm3.5-4.5Franklin ElemeSoccerTots1/22-2/12Monday6:10-6:50pm3-4Browne ElemeSoccerTots1/29-3/11Monday6:10-6:50pm2-3Wilson ElemerSoccerTots1/30-3/12Tuesday6:10-6:50pm2-3Adams ElemerSoccerTots1/30-3/12Tuesday6:10-6:50pm3-4Adams ElemerSoccerTots1/30-3/12Tuesday6:10-6:50pm3-4Adams ElemerSoccerTots1/30-3/12Tuesday6:10-6:50pm3-4Adams ElemerSoccerTots1/30-3/12Tuesday6:10-6:50pm3-4Adams ElemerSoccerTots1/30-3/12Tuesday6:10-6:50pm3-4Adams ElemerSoccerTots1/30-3/14Tuesday6:10-6:50pm3-4Roosevelt ElemeHoopsterTots1/31-3/13Wednesday6:10-6:50pm3-4Roosevelt ElemeHoopsterTots2/1-3/14Thursday6:10-6:50pm3-4Hamblen ElemeSoccerTots2/1-3/14Thursday6:10-6:50pm3-4Hamblen ElemeSoccerTots2/1-3/14T						
HockeyTots1/17-2/14Wednesday6:10-6:50pm3-4Linwood ElemeSoccerTots1/17-2/14Wednesday5:40-6:10pm4-6Franklin ElemeSoccerTots1/17-2/14Wednesday6:15-6:55pm2-3Franklin ElemeSoccerTots1/17-2/14Wednesday7:00-7:40pm3.5-4.5Franklin ElemeSoccerTots1/22-2/12Monday6:10-6:50pm3-4Browne ElemeSoccerTots1/22-2/12Monday6:10-6:50pm2-3Wilson ElemeSoccerTots1/29-3/11Monday6:10-6:50pm2-3Wilson ElemerSoccerTots1/30-3/12Tuesday6:10-6:50pm3-4Adams ElemerSoccerTots1/30-3/12Tuesday6:10-6:50pm3-4Adams ElemerSoccerTots1/30-3/12Tuesday7:00-7:40pm4-6Adams ElemerSoccerTots1/30-3/12Tuesday7:00-7:40pm4-6Westview ElemerSoccerTots1/30-3/12Tuesday7:00-7:40pm4-6Westview ElemerSoccerTots1/31-3/13Wednesday6:10-6:50pm3-4Roosevelt ElemerHoopsterTots1/31-3/13Wednesday7:00-7:40pm4-5.5Roosevelt ElemerHoopsterTots2/1-3/14Thursday6:10-6:50pm3-4Hamblen ElemerSoccerTots2/1-3/14Thursday6:10-6:50pm3-4Hamblen ElemerSoccerTots2/1-3/14Thursday6:10-6:50pm3-4Hamblen ElemerSoccerTots2/1-3/14<	sport	dates	day	time	ages	location
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Phone:

Online:

509.534.5437

www.register.skyhawks.com



Tennis Afterschool Zone

WHAT IS TENNIS AFTERSCHOOL ZONE? (TAZ)

TAZ is an after school program designed to keep kids active and introduce them to the game of tennis!

Hit a ball, make some friends, and learn a new skill. Our USTA trained instructors use age appropriate equipment and games to get kids moving, having fun, and learning tennis.

Moran Prairie

- Mondays | 6:00 7:30 PM
- 1/29/2024 3/18/2024

Arlington

- Mondays | 6:00 7:30 PM
- 1/29/2024 3/18/2024

Lidgerwood

- Tuesdays | 6:00 7:30 PM
- 1/30/2024 3/19/2024

Roosevelt

- Tuesdays | 6:00 7:30 PM
- 1/30/2024 3/19/2024

Jefferson

- Wednesdays | 6:00 7:30 PM
- 1/31/2024 3/20/2024

Balboa

- Thursdays | 6:00 7:30 PM
- 2/1/2024 3/21/2024

Contact:

Hannah Plank Regional Manager of RecTennis, Eastern & Central WA, Northern ID

1

Cell: 509.601.0762

Email: hplank@pnw.usta.com



Scan to Register

Equipment is Provided!

Athletics

ADULT VOLLEYBALL

Adult Volleyball

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

Winter Volleyball League

Ages 18yrs. & Up

Early Bird Registration: Nov. 6 – Nov. 19 (\$25 Discount) Regular Registration: Nov. 20 – Dec. 17

Late Registration (while space allows): Dec.18 – Jan. 1 (+\$50 Fee)

Activity #	Division	Location	Days	Dates	Reg. Fee
15092	Men's 4's	*Sac	Mon.	1/8 - 3/25	\$255
15094	Coed Upper B	*Yasuhara/Garry	Mon.	1/8 - 3/25	\$375
15098	Coed Lower B	*Glover/Garry	Mon.	1/8 - 3/25	\$375
15088	Coed 4's Upper	*Chase	Tues.	1/9 - 3/26	\$255
15090	Coed 4's Lower	*Shaw	Tues.	1/9 - 3/26	\$255
15089	Women's 4's Upper	*Flett/Garry	Wed.	1/10 - 3/27	\$255
15091	Women's 4's Lower	*Glover/Garry	Wed.	1/10 - 3/27	\$255
15095	Coed B	*Salk/Peperzak	Thurs.	1/11 – 3/28	\$375
15096	Coed C	*Flett/Peperzak	Thurs.	1/11 - 3/28	\$375
15093	Coed Upper C	*Shaw/Salk	Fri.	1/12 – 3/29	\$375
15099	Coed Lower C	*Salk/Shaw	Fri.	1/12 - 3/29	\$375
15097	Coed BB	*Yasuhara	Fri.	1/12 – 3/29	\$375

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

Spring Volleyball League

Early Bird Registration: Feb. 12 – Feb. 25 (\$25 Discount)

Regular Registration: Feb. 26 – March 17

Late Registration (while space allows): March 18 – March 31 (+\$50 fee)

Activity #	Division	Location	Days	Dates	Reg. Fee
15104	Men's 4's	*Sac/Podium	Mon.	4/1-6/3	\$195
15106	Coed Upper B	*Yasuhara/Garry/Podium	Mon.	4/1-6/3	\$280
15110	Coed Lower B	*Glover/Garry/Podium	Mon.	4/1-6/3	\$280
15100	Coed 4's Upper	*Chase/Podium	Tues.	4/2-6/4	\$195
15102	Coed 4's Lower	*Shaw/Podium	Tues.	4/2-6/4	\$195
15101	Women's 4's Upper	*Flett/Garry/Podium	Wed.	4/3-6/5	\$195
15103	Women's 4's Lower	*Glover/Garry/Podium	Wed.	4/3-6/5	\$195
15107	Coed B	*Salk/Peperzak/Podium	Thurs.	4/4-6/6	\$280
15108	Coed C	*Flett/Peperzak/Podium	Thurs.	4/4-6/6	\$280
15105	Coed Upper C	*Salk/Shaw/Podium	Fri.	4/5-6/7	\$280
15111	Coed Lower C	*Salk/Shaw/Podium	Fri.	4/5-6/7	\$280
15109	Coed BB	*Yasuhara/Podium	Fri.	4/5-6/7	\$280

*Locations, Dates and Times are subject to change based on school district facility availability. We will use any available dates given to us at The Podium.

Open Gym Volleyball

Ages 18yrs. & Up | 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 regularly scheduled on Fridays from 6:30pm to 9:30pm at Chase Middle School, but when we have addition gym availability we will add more open gym time as the schedule allows. Purchase a day pass online for \$5 or get a season pass that is good for all open gyms for the 2023-2024 school year. Pre-registration is required for participation at www. spokanerec.org.

13788 Season Pass (2023-2024 School Year)

ADULT FLAG FOOTBALL

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

Adult Spring Flag Football League

7 weeks | Ages 18yrs. & Up The SPRD Adult Flag Football Program offers divisions for all skill levels in three seasons: Spring, Summer (5 v 5 only), and Fall. The league is divided into three 8-man divisions: Elite, Competitive, and Recreational, and two 5-man divisions: Competitive, and Recreational. All games are played at the Dwight Merkel Sports Complex on Friday nights and all-day Sundays.

Regular Registration: Jan. 1 – Feb. 11

Late Registration (while space allows): Feb. 12 – 16 (+\$35 Fee)							
13992 8 Man Elite	Fri./Sun.	3/1-4/28	\$880				
14026 8 Man Competitive	Fri./Sun	3/1-4/28	\$880				
13996 8 Man Recreational	Fri./Sun.	3/1-4/28	\$880				
13994 5 Man Competitive	Sun.	3/3-4/28	\$425				
14025 5 Man Recreational	Sun.	3/3-4/28	\$425				



<u>Wellness Benefits of Athletics</u>: 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 fostering a sense of belonging and camaraderie.





ADULT SOFTBALL LEAGUE

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

Senior Softball

7 weeks | Ages 50+, 60+, or 65+ SPRD offers a variety of master's leagues throughout the year. Team registration fee includes: 14 game guarantee, a set of balls, a scorebook, line-up cards, and umpire fees for the season.

Athletics

Manager's Meeting will be Thursday, April 25th (Virtual). Equipment pick up is Friday April 26th from 4:30pm -7:30pm Location: Park Operations 2304 E. Mallon Ave Spokane WA 99202.

<u>50+</u>

Games are played at the Dwight Merkel, 5701 N. Assembly or Franklin Park, 302 W. Queen Ave.

<u>60+</u>

Games are played at Franklin Park, 302 W. Queen Ave.

65+ Draft League

Games are played at Frankin Park, 302 W. Queen Ave.

**If you are interested in playing in this league, please reach out to the league administrator: softball@spokanecity.org for more information.

Master's Softball League:

 Regular Registration: Feb. 1 – April 5

 Late Registration (while space allows): April 6-14 (+\$35 Fee)

 14012
 Tues.
 50+
 4/30 – 6/11
 \$889

 14013
 Wed.
 60+
 5/1 – 6/12
 \$889

 Tues. AM
 65+
 TBD
 TBD

Adult Softball

7 weeks | Ages 18yrs. & Up Join us this season for the best softball competition in town and register your team today! SPRD offers a variety of divisions including Men's or Coed D League (semi-competitive) E+ League (Upper Recreational) and E (Recreational/Beginner). Play 7 weeks of double-header games at the Dwight Merkel Sports Complex, 5701 N. Assembly or Franklin Park Softball Complex, 302 W. Queen Ave. Team registration fee includes: 14 game guarantee, a set of balls, a scorebook, line-up cards, and umpire fees for the season. \$889

Manager's Meeting will be Thursday, April 25th (Virtual). Equipment pick up is Friday April 26th from 4:30pm -7:30pm Location: Park Operations 2304 E. Mallon Ave Spokane WA 99202.

Regular Registration: Feb. 1 – April 5 Late Registration (while space allows): April 6 - 14 (+\$35 Fee)							
#	Days of Play	Division	Dates				
14033	Sun.	Coed D	4/28 – 6/9				
14032	Sun.	Coed E+	4/28 - 6/9				
14027	Sun.	Coed E	4/28 – 6/9				
14028	Mon.	Men's D	4/29 - 6/17				
14029	Mon.	Men's E+	4/29 — 6/17				
14024	Mon.	Men's E	4/29 - 6/17				
14916	Mon. 🛛 🖊	🕡 Women's Open	4/29 — 6/17				
14007	Tues.	Coed D	4/30 - 6/11				
14034	Tues.	Coed E+	4/30 - 6/11				
14008	Tues.	Coeds E	4/30 - 6/11				
14006	Wed.	Men's E+/D	5/1 – 6/12				
14030	Wed.	Men's E	5/1 - 6/12				
14010	Thurs.	Coed D	5/2 – 6/13				
14009	Thurs.	Coed E+	5/2 - 6/13				
14011	Thurs.	Coed E	5/2 - 6/13				



YOUTH LEAGUES

Youth NFL Flag Football League

8 weeks | Ages 5-16yrs. & Up Is your child ready for the NFL? This is an SPRD/ NFL Flag partnership to bring this exciting league to Spokane! Teams are made up of 5-10 players with practices on Tuesdays and league games on Thursdays. Players will receive an official NFL Team Jersey & NFL Flag Belt. <u>Practices are held at the facility you register under. All games will be held at Dwight Merkel Sports</u> <u>Complex.</u> \$149

Regular Registration: Feb. 1 - May 3

Late Registration (while space allows): May 4 - May 10 (+\$25 Fee)

Parents Meeting will be Wed. May 22nd, 2024 @ 6pm (Virtual) Coaches meeting will be Tues. May 21st, 2024 @ 6pm (Virtual) Meeting invitations will be emailed out after registration closes.

Interested in being a volunteer coach or a paid referee? Please contact flagfootball@spokanecity.org for more information.

<u>plex</u>		
Tues./Thurs.	5-7 yrs	5/28 – 7/25
Tues./Thurs.	8-10 yrs	5/28 - 7/25
Tues./Thurs.	11-13 yrs	5/28 – 7/25
Tues./Thurs.	14-16 yrs	5/28 - 7/25
Tues./Thurs.	5-7 yrs	5/28 – 7/25
Tues./Thurs.	8-10 yrs	5/28 - 7/25
Tues./Thurs.	11-13 yrs	5/28 – 7/25
Tues./Thurs.	14-16 yrs	5/28 - 7/25
	Tues./Thurs. Tues./Thurs. Tues./Thurs. Tues./Thurs. Tues./Thurs. Tues./Thurs. Tues./Thurs.	Tues./Thurs. 5-7 yrs Tues./Thurs. 8-10 yrs Tues./Thurs. 11-13 yrs Tues./Thurs. 14-16 yrs Tues./Thurs. 5-7 yrs Tues./Thurs. 5-7 yrs Tues./Thurs. 10 yrs Tues./Thurs. 11-13 yrs





...the Spokane Parks Foundation has served our area supporting projects and accessible outdoor recreation in our beautiful public parks. Please help us continue our work!

We are grateful...

to the following organizations for their support this year!

Avista Foundation Barden and Barden Berger Partnership Bergquist Foundation Bryan Hill, DDS David and Dorothy Pierce Charitable Trust Greenstone Corporation Idaho Central Credit Union Integrity Insurance Solutions I.S. & Emily Fetterman Foundation Johnston-Hanson Foundation Kalispel Tribe and Northern Quest Resort & Casino Molina Healthcare of Washington **NAC Architecture Numerica Credit Union NW Playground Equipment Physical Therapy Associates**

Providence Health Care Rotary Club of Spokane 21 Scott Family Orthodontics **Spokane Alpine Haus** Spokane Bike Swap and Expo Spokane City Credit Union **Spokane Kiwanis Charities Spokane Parks and Recreation** Stacie Bain, Bike Lawyer **The General Store** The Inlander The Spokane Club **Unitarian Universalist Church of Spokane** Viren & Associates, Inc. Walmart Foundation **WE Financial Services** Wheel Sport Bicycles Windermere Foundation

To learn more about how you can help, visit www.spokaneparksfoundation.org

Summer Camps!

Registration opens March 20 at 8am

OUTDOOR YOUTH CAMPS WILDERNESS SURVIVAL CAMPS CORBIN ART CENTER YOUTH AND PRESCHOOL CAMPS SUMMER DAY CAMP @ MERKEL PLUS OTHER SPECIALTY CAMPS

HHHH

ALL HILL

NEW: SUMMER CAMP PAYMENT PLANS! LOOK ON THE BACK COVER FOR INFO



Riverfront Spokane

WINTER 2024

RIVERFRONT PARK EVENTS

New Year's Eve Fireworks

1 day | All Ages Riverfront invites the community to enjoy a freefireworks celebration as we ring in the New Year! The fireworkswill begin at 9pm. Riverfront Park 507 N Howard St. FreeSun312/319pm

Valentine's Day Ice Skating Special

1 day | All Ages Treat your sweetheart to a special evening of ice skating at the Numerica Skate Ribbon with \$14 admission and skate rentals for two. **Numerica Skate Ribbon 720 W Spokane Falls Blvd.** \$14; includes admission and skate rentals for two people.

Wed.	2/14
------	------

4pm-8pm

Leprechaun Gold at Riverfront Park

1 day | All Ages There's gold in Riverfront Park on St. Patrick'sDay. Find one of 100 gold coins scattered throughout the parkredeemable for a complimentary ride on the Looff Carrousel.Riverfront Park 507 N Howard St. FreeSun.3/1711am-7pm

Sun.

Story Time at the Carrousel 1 Day | Ages 2-5 Join us in the Looff Carrousel party room 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 Carrousel rides offered to those who attend. Looff **Carrousel 620 W. Spokane Falls. Blvd.** Free

Fri.	1/19	11am-Noon
Fri.	2/16	11am-Noon
Fri.	3/15	11am-Noon
Fri.	4/19	11am-Noon
Fri.	5/17	11am-Noon
Fri.	6/21	11am-Noon
Fri.	7/19	11am-Noon
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

ICE SKATING LESSONS

Learn to Skate – Group Ice Skating Lessons

4-10 days | All Ages Join the coaches of Lake City Figure Skating in these Learn to Skate - Group Ice Skating Lessons and learn the FUNdamentals of ice skating. Skaters will work through the curriculum of Learn to Skate USA and come away with new skills, increased self-confidence, and lots of fun memories. **Numerica Skate Ribbon 720 W Spokane Falls Blvd.** \$65-\$15

Registration includes skate rentals and is available on Lake City Figure Skating's website: https://www.lakecityfigureskating. org/learn-to-skate

Option 1 | 4 lessons | \$65

Sat.	12/2	10:15am-10:45am
Sat.	12/9	10:15am-10:45am
Sat.	12/16	10:15am-10:45am
Sat.	12/23	10:15am-10:45am
<u>Option 2 6</u>	<u> lessons \$100</u>	
Sat.	1/13	10:15am-10:45am
Sat.	1/20	10:15am-10:45am
Sat.	1/27	10:15am-10:45am
Sat.	2/3	10:15am-10:45am
Sat.	2/10	10:15am-10:45am
Sat.	2/17	10:15am-10:45am
Option 3 1	0 lessons \$150	
Sat.	12/2	10:15am-10:45am
Sat.	12/9	10:15am-10:45am
Sat.	12/16	10:15am-10:45am
Sat.	12/23	10:15am-10:45am
Sat.	1/13	10:15am-10:45am
Sat.	1/20	10:15am-10:45am
Sat.	1/27	10:15am-10:45am
Sat.	2/3	10:15am-10:45am
Sat.	2/10	10:15am-10:45am
Sat.	2/17	10:15am-10:45am



WINTER 2024

Riverfront Spokane



NUMERICA SKATE RIBBBON

DJ Night on the Ice - presented by Coca-Cola

1 day | All Ages Get ready to hit the ice and groove to the beats with DJ A1 every Friday from December through January at the Numerica Skate Ribbon. Join us at 6 p.m. for an evening filled with music, vibrant lights, exciting contests, and much more. Mark your calendars for a spectacular New Year's Eve celebration on Sunday, December 31st, featuring a special DJ Night on the Ice Numerica Skate Ribbon 720 W Snokane Falls Blvd Free

ice. Numeri	ca Skate Ribbon 72	u w spokane Falls Blvd. Free
Fri.	12/1	6pm-9pm
Fri.	12/8	6pm-9pm
Fri.	12/18	6pm-9pm
Fri.	12/22	6pm-9pm
Fri.	12/29	6pm-9pm
Sun.	12/31	6pm-9pm
Fri.	1/5	6pm-9pm
Fri.	1/12	6pm-9pm
Fri.	1/19	6pm-9pm
Fri.	1/26	6pm-9pm

Cheap Skate Tuesdays

1day | All Ages Join us on Tuesdays at the Numerica Skate Ribbon this winter for Cheap Skate Tuesday. Free skate rentals provided with each paid admission (\$6.95 value). Numerica Skate Ribbon 720 W Spokane Falls Blvd. \$6.95 Youth (ages 3-12); \$9.95 Adult (ages 13+)

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Tues.	1/9	11am-8pm
Tues.	1/16	11am-8pm
Tues.	1/23	11am-8pm
Tues.	1/30	11am-8pm
Tues.	2/6	11am-8pm
Tues.	2/13	11am-8pm
Tues.	2/20	11am-8pm
Tues.	2/27	11am-8pm



Coaches Corner with Lake City Figure Skating

1 day | All Ages During select Saturdays in December and January, the skilled coaches from Lake City Figure Skating will be at the Numerica Skate Ribbon offering valuable tips and guidance to emerging skaters. Regular skate admission is required. Numerica Skate Ribbon 720 W Spokane Falls Blvd. \$6.95 Youth (ages 3-12); \$9.95 Adult (ages 13+)

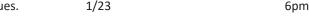
Sat.	12/2	11am-1pm
Sat.	12/9	11am-1pm
Sat.	12/16	11am-1pm
Sat.	1/6	11am-1pm
Sat.	1/13	11am-1pm
Sat.	1/20	11am-1pm
Sat.	1/27	11am-1pm

Numerica Skate with the Chiefs Night

Presented by Numerica Credit Union

In partnership with the Spokane Chiefs Hockey Club

1 day | All Ages Join us at the Numerica Skate Ribbon for a community skate night with the Spokane Chiefs. The public will have the opportunity to skate alongside their favorite players and mascot Boomer, get autographs and take pictures. Free admission and skate rentals will be provided by Numerica Credit Union to the first 300 people. Numerica Skate Ribbon 720 W Spokane Falls Blvd. Free to first 300 people; \$6.95 Youth (ages 3-12); \$9.95 Adult (ages 13+) Tues. 6pm-8pm







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



WHICH GOLF PASS IS RIGHT FOR ME?

Players Pass – Adults and Seniors – \$70

Adult Players Pass saves \$10 per round Senior Players Pass saves \$12 per round Membership pays for itself after 6 rounds!

Loyalty Pass – Adults and Seniors – \$350

Adult Loyalty Pass saves \$19 per round Senior Loyalty Pass saves \$20 per round

This Pass is ideal for players that anticipate playing 35+ rounds per season.

Unlimited Pass

Adult - \$2500 • Senior - \$2400 • Junior - \$250

These passes are ideal for players that anticipate playing 65+ rounds per season. Add a spouse for just \$900!

- SPOKANEGOLF.ORG -



TRS SOCIALIZATION

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

TRS Bowling & 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 15113 Wed. 1/31 1-3:30pm

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

15066	Thurs. 1/11-2/1	4:15-5:30pm
15068	Thurs. 2/8-2/29	4:15-5:30pm
15069	Thurs. 3/7-3/28	4:15-5:30pm
15070	Thurs. 4/4-4/25	4:15-5:30pm

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. \$22

15072	Wed.	2/14	4:30-6:30pm
15073	Wed.	3/13	5:30-7:30pm

TRS Cornhole & Pizza

4 Weeks | Ages 12yrs. & Up Everyone can have fun and play this favorite lawn game-Cornhole. Laughter and friendly competition will abound. Pizza will be served. **Meet at Fowler United Methodist Church. 3928 N. Howard.** \$57

14992	Mon.	1/8-1/29	4:30-6pm
14993	Mon.	2/5-2/26	4:30-6pm
14994	Mon.	3/4-3/25	4:30-6pm
15127	Mon.	4/8-4/29	4:30-6pm

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.** \$21

15119	Wed.	2/21	Old Spaghetti Factory	5:45-9pm
15120	Wed.	3/27	Outback Steakhouse	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.** \$11

Happy New Years

15121 Fr	i. 1/12	7-8:3
St. Patricl	('s	
15122 Fr		7-8:3

TRS The Harlem Globetrotters

1 day| Ages 16yrs. & Up The Harlem Globetrotters are an exhibition basketball team. They combine athleticism, theater, and comedy in their style of play. The team's signature song is Brother Bones' whistled version of "Sweet Georgia Brown". HARLEM GLOBETROTTERS FAN POWERED WORLD TOUR. A celebration of fans! Interact with Globetrotters stars more than ever before, both on and off the court. **Meet at Spokane Veterans Memorial Arena, main entrance, Boone & Howard.** \$53 15126 Mon. 1/29 6:30-9:15pm

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 oncider. No painting experience required. Meet at Spokane ValleyParks & Recreation Center Place, 2426 N. Discovery Place. \$2115123Wed.3/205:30-7pm

TRS Spokane Indians Baseball

1 day | Ages 18yrs. & Up Let's support our local Spokane Indians Baseball Team. Participants are responsible to bring the suggested amount of money listed. Sign-up fee covers transportation, staff, and tickets. Caregiver tickets available at a discount. TRS staff ratio is 1:4-6. Participants will have the opportunity to practice socialization skills such as making choices, handling money, following directions and getting along within a group. **Meet at the Main entrance of Avista Stadium, 602 N Havana St, Spokane Valley, WA** \$34

15323	Fri.	4/19	6-9:45pm
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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 ParkOperations lunch room, 2304 E. Mallon Ave. \$1915132Fri.4/265:30-7pm

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

TRS SOCIALIZATION

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. \$67

15003	Tues.	1/9-1/30	4-6pm
15004	Tues.	2/6-2/27	4-6pm
15005	Tues.	3/5-3/26	4-6pm
15130	Tues.	4/9-4/30	4-6pm



TRS THEATRE

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. \$31 Cheaper by the Dozen - SCT 15114 Sun. 1/281:45 – 4:15pm Joseph and the Amazing Technicolor Dreamcoat-CYT 15115 Sat. 2/24 2:45 – 5:15pm **Tuck Everlasting - Meet at SCT** 15116 Sun. 3/17 1:45 - 4:15pm

1:45 – 4:15pm

You're a Good Man Charlie Brown - Meet at SCT

4/20

|--|

TRS Ice Skating

8 weeks | Ages 8yrs. & Up Participants with developmental disabilities learn to skate and improve existing skills. Warm clothes required. **Meet at Eagles Ice Arena, 6321 N. Addison St.** \$79

15002 Sat. 1/13-3/2*

3:30-4:15pm *No Class 1/27

TRS SWIMMING

7 weeks | Ages 8yrs. & Up Meet at Whitworth University Aquatic Center, 300 W. Hawthorne. No Class 1/28 & 3/10

Blue Dolphin Swim Team

For people with developmental disabilities who want to swim competitively or get a good workout. Must have the ability to swim 75 yards without assistance and with rhythmic breathing. \$63

14998	Sun.	1/7-3/17	2:15-3:45pm
14999	Sun.	4/7-5/12	2:15-3:45pm

Learn to Swim- Beginner

Individuals will learn how to face float, back float, kick with floats and learn the crawl stroke with rotary breathing. Elementary back stroke and back crawl will be taught with the goal of swimming 20 yards. We require each swimmer to have an attendant in the water assisting so the teacher can rotate their attention safely. \$63

14996	Sun.	1/7-3/17	3:05-3:50pm
15001	Sun.	4/7-5/12	3:05-3:50pm

Learn to Swim- Intermediate

Individuals who have mastered the Beginner skills and are ready to move on skills worked on will be distance swimming, breaststroke, butterfly, diving, simple turns and deeper water experience. \$63

14997	Sun.	1/7-3/17	2:15-3pm
15000	Sun.	4/7-5/12	2:15-3pm



Register online at SpokaneRec.org

15117 Sun.



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

TRS DANCE

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

14901	Mon.	1/8 - 1/29	3 – 4pm
14905	Mon.	2/5 – 2/26	3 – 4pm
14908	Mon.	3/4 – 3/25	3 – 4pm
15128	Mon.	4/8 – 4/29	3 – 4pm

TRS FITNESS & WELLNESS

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.** \$69

15131 Wed. 4/24-5/29

5 – 7pm

TRS TRIPS & TOURS

TRS Eagle Basketball

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

15118 Thurs. 2/15

5:45-8:45pm

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

14914	Fri.	1/19	6:30-9:45pm C	hiefs vs. Everett Silvertips
14915	Fri.	2/9	6:30-9:45pm C	hiefs vs. Tri City Americans
14995	Fri.	2/23	6:30-9:45pm	Chief vs. Regina Pats



TRS Seize the Day

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

Rivers Wish Animal Sanctuary-

A refuge for animals such as rabbits, horses, cows, donkeys, goats, sheep, chickens, geese, pigs, dogs and cats.

Meet at West Central Community Center parking lot, 1603 N. Belt \$25

15125	Wed.	4/10	10 am-2 pm
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TRS Raptor Reef Indoor Water Park

1 day | Ages 18yrs. & Up Grab your swimsuit and towel and head with us to Triple Play Raptor Reef Indoor Water Park in Hayden, Idaho. There are three slides, 'Lost Falls', which is 400 feet long and full of twists. 'Velociraptor Vortex' is the super bowl ride that swirls, spins and flushes, and the 'Prehistoric Plunge' is 300 feet of high-speed body sliding. Fee includes transportation, staff, pizza dinner and park entrance fee. **Transportation provided from Park Operations, 2304 E. Mallon Ave.** \$53

15124 Sun. 2/25

12:30-6pm

For more information call 311 or dial 509-755-2489

Therapeutic Recreation Services

TRS SKIING & SNOWBOARDING

TRS Cross Country Skiing Lessons- Blue Waxers

7 weeks | Ages 12yrs. & Up This class is designed for people with developmental disabilities. Fresh air, experience and fun are just a few benefits of this activity. We ski at Mt. Spokane on the terrific trail system. Participants should be able to walk a mile with minimal difficulty. The class size is limited to the number of volunteers. Separate registration form is required. Please find on web site www.spokaneparks.org or call Alice Busch 625.6245. No ski class on 2/3. Langlauf Community Nordic Race is Sunday February 4. If interested in doing each skier must pre-register and pay for event on own. TRS will provide supervision and transportation. The Blue Waxers will not participate in Special Olympics.

Lessons & Equipment \$145

15129	Sat.	1/13 - 3/2	9am-Noon
Meet at	: Selkirk	Lodge, Mt. Spokane	Parking permit required.

Lessons, Transportation, & Equipment \$199

15112	Sat.	1/13 – 3/2	7:30am – 1:30pm
<u>Transpo</u>	rtation	Departure locations and	d times:
Park Op	erations	s 2304 E. Mallo	on Ave. 7:30am
Yokes		Mt. Spokane I	Day Road 8am

Transportation Return locations and times:

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



TRS Volunteer Ski/Snowboard Instructor Clinics

Blue Waxers Teaching those with developmental disabilities how to cross country ski.

Preferred to have advanced beginner to intermediate skills. Equipment can be provided if needed.

Held at Selkirk Lodge.Includes training, background check and
more.more.Must have a sno-park permit.15355Sat.1/69am-12pm

Powderhounds Volunteer Instructor Training Dates

Powderhounds course gives people ages 6yrs. & Up opportunities to experience freedom and control of gliding down the slopes. Lessons offered are snowboarding, sit-ski (mono & bi), stand up with outriggers (3 & 4 track) for amputee/balance needs as well as stand up (2 track) for those with cognitive, visual, or sensory needs.

These **MANDATORY** clinics will help teach new and returning instructors skill progressions and new teaching techniques. We will be observing your ability to work with people, your ability to ski, and <u>your ability to teach</u> to ensure a quality program. Must be able to ski or snowboard independently. Need to provide own equipment. Preferred to be able to do intermediate(blue runs) or above skills. <u>Instructors are asked to commit to volunteering</u> <u>a minimum of 6 lessons</u>, so students experience consistent instruction.

New Instructors

Course Number	Days/ Dates	Time	Location
15359 \$55	Fri. 1/12	6-8:30pm	Park Operations, 2304 E Mallon Ave
	Sat. 1/13	8:45-4pm	Mt. Spokane Ski & Snowboard Resort
	Sun. 1/14	8:30am-Noon or 12:30-4pm	Mt. Spokane Ski & Snowboard Resort

Returning Instructors

Course Number	Days/ Dates	Time	Location
15357w/o Pass \$55	Fri. 1/5	6-8:30pm	Park Operations, 2304 E Mallon Ave
	Sat. 1/6	8:45-1pm or 1:45-6pm	Mt. Spokane Ski & Snowboard Resort
15358 - w/ Pass \$35	Sun. 1/7	8:30am-Noon or 12:30-4pm	Mt. Spokane Ski & Snowboard Resort

Afternoon (PM) Lesson:

Sat.

Sat.

Sat.

Sat.

Sat.

Sat.



12:30-3pm

12:30-3pm

12:30-3pm

12:30-3pm

12:30-3pm

12:30-3pm

TRS SKIING & SNOWBOARDING

TRS Powderhounds Alpine Ski & Snowboard Program

1 lesson | Ages 6yrs. & Up One to one instructor/student ratio with volunteers trained in PSIA methods and therapeutic recreation elements. Course gives people opportunities to experience freedom and control of gliding down the slopes. Lessons offered are sit ski(mono & bi), snowboarding, stand up with outriggers (3 & 4 track) for amputee/balance needs as well as stand up (2 track) for those with cognitive, visual or sensory needs. We ski/ board at Mt. Spokane on Saturdays and meet at Lodge #1 Yurt or our Snowsports chalet at the base of chair #5. To enroll in this class there is a separate registration form. Please find on web site www.spokaneparks.org or call Alice Busch at 625.6245. No class 2/10. \$75 per lesson (includes instruction, ticket and equipment if needed) *Enroll in 4 lessons and a season pass will be included*.

15336

15337

15338

15339

15340

15341

Morning (AM) Lessons:

15330	Sat.	1/20	9-11:30am
15331	Sat.	1/27	9-11:30am
15332	Sat.	2/3	9-11:30am
15333	Sat.	2/17	9-11:30am
15334	Sat.	2/24	9-11:30am
15335	Sat.	3/2	9-11:30am

Transportation for Only AM Lessons \$20 per lesson Transportation provided from Park Operations- 2304 E. Mallon Ave. and Yokes, 14202 N. Market St.

15344	Sat.	1/20	7:45am-2pm
15368	Sat.	1/27	7:45am-2pm
15369	Sat.	2/3	7:45am-2pm
15370	Sat.	2/17	7:45am-2pm
15371	Sat.	2/24	7:45am-2pm
15372	Sat.	3/2	7:45am-2pm

The TRS van will leave:

· Park Operations, 2304 E. Mallon Ave.	7:45 am
· Yokes,14202 N. Market St.	8:15 am
<u>The TRS van will return:</u>	
· Yokes, 14202 N. Market St	1:30 pm
· Park Operations, 2304 E. Mallon Ave.	2:00 pm

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



1/20

1/27

2/3

2/17

2/24

3/2

4th Annual Powderhounds Cup

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

We are currently looking for this years' sponsors. If interested please contact Alice Busch at abusch@spokanecity.org. Sat. 3/9 9am-2pm





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 509-327-1584

HILLYARD SENIOR CENTER

4001 N Cook St. www.hillyardseniorcenter.org 509-482-0803

MARTIN LUTHER KING JR. CENTER

500 S Stone Street www.mlkspokane.org 509-868-0856

MID-CITY CONCERNS SENIOR CENTER

1222 W 2nd Ave. www.mowspokane.org/senior-center 509-862-6356

NORTHEAST YOUTH CENTER

3004 E Queen Ave www.spokaneneyc.com 509-482-0708

PROJECT JOY

3151 E 27th Ave www.projectjoy.org 509-535-0584

SINTO SENIOR CENTER

1124 W Sinto Ave. www.sintocenter.org 509-327-2861

SOUTHSIDE COMMUNITY & SENIOR CENTER

3151 E 27th Ave. www.spokanesouthside.org 509-535-0803

SOUTHWEST SPOKANE

COMMUNITY CENTER 310 S Spruce

509-624-8634

WEST CENTRAL COMMUNITY CENTER

1603 N Belt www.westcentralcc.org 509-326-9540









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 Irichards@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.

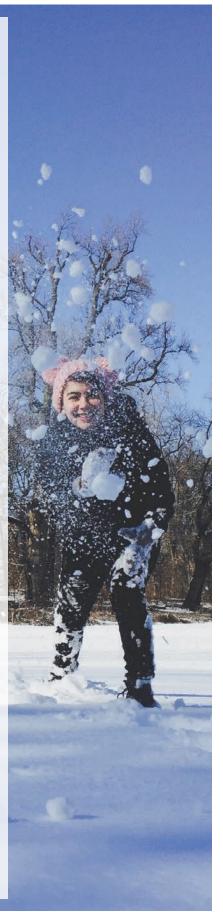
General Recreation Essential Eligibility Criteria:

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:

- * <u>Activity/Program</u>: The term 'activity' or 'program' describes any outing, trip, or event sponsored by Spokane Parks and Recreation.
- ** <u>Companion/Trained Aid</u>: 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.
- *** <u>Reasonable Accommodation</u>: 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.



*checks payable to City of Spokane

Call 311 or outside the city at

509.755.CITY

Fax 509.625.6990

CALL

US

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.

PAYMENT INFORMATION

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 administration fee.
- · 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

mlowmaster@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.

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.





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

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



2024 Summer Camp Registration opens March 20 at 8:00am

Option #1:

Pay in full at the time of registration

• As in years past, you can register for camps online, in person or over the phone, if space is available, and pay 100% of the registration fee at the time of registration.

Option #2:

PAYMENT PLAN

- A percentage of the camp cost will be charged to you at the time of registration and the remaining camp balance will be divided into equal payments.
- The remaining payments will be automatically withdrawn from a credit/debit card and will occur the 1st of every month.
- For more information visit SpokaneParks.org/PaymentPlans



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