

# FALL 2025 | ACTIVITY GUIDE

## SEPT - DEC



### INSIDE

DOGGIE DIP, CORBIN AGE OF ELEGANCE  
EVENT, NO SCHOOL DAY CAMPS,  
INTERIOR DESIGN CLASSES, WOMEN'S  
WILDLIFE WORKSHOPS, KARATE,  
LONGEVITY FIT FOR HEALTHY AGING,  
**NEW THERAPEUTIC RECREATION SECTION**  
AND SO MUCH MORE!

EXPLORE  
PARKS  
NATURE

SPORTS  
& REC  
OUTDOOR

CAMPS  
LEARN  
CLASSES

SWIM  
POOLS  
SPLASH

PLAY  
GOLF  
LEARN

ENJOY  
RIVER  
FRONT  
PARK

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

City of Spokane  
**PARKS  
& RECREATION**



# Together Spokane

Schools. Parks. Neighborhoods.



Learn more about the partnership  
at [TogetherSpokane.org](http://TogetherSpokane.org)

**Spokane Parks & Recreation** and **Spokane Public Schools** are joining a range of community partners to present a shared vision for the future of our city's parks, schools, and neighborhoods.

This effort aligns our two separate November ballot initiatives to maximize taxpayer investments in every park and every school. The Parks levy and School bond are voted on separately, and if they both pass, 30+ additional projects would be completed.

View proposed projects and calculate your property tax cost at **[TogetherSpokane.org](http://TogetherSpokane.org)**.  
Scroll down to the interactive map to view projects near you.

## What is included in the Parks levy?

- Enhanced safety through doubling the Park Ranger team to patrol all 100+ parks
- About a 50% increase in Park Maintenance staff for improved service and repairs
- Every restroom and playground would be upgraded for better functionality
- Three new parks would be built in areas without parks, and three existing parks would be fully renovated
- Trails and natural areas would be improved
- Sport courts and fields would see upgrades
- Amenities and irrigation systems would be modernized
- And **MORE**

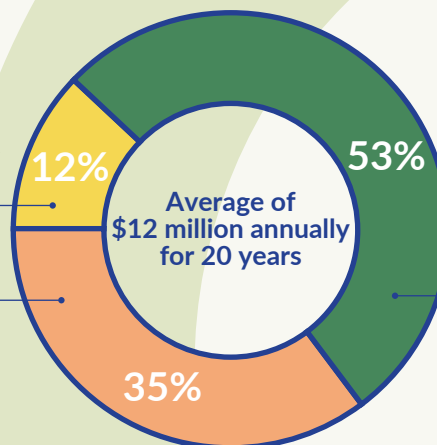


Learn more about the Parks levy  
at [SpokaneParks.org/Levy](http://SpokaneParks.org/Levy)

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
- New Amenities





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## STATEMENTS & INFORMATION

**FILL YOUR BAG WITH THE BEST!**

**SPOKANE** | 2424 N Division St.  
**SPOKANE VALLEY** | 1330 N Argonne Rd.  
**LIBERTY LAKE** | 1425 N. Liberty Lake Rd.

**THE GENERAL STORE**  
 1046  
 ACE

**50% off 1 Premium**

**Dynamic Disc Golf Disc.**

Limit 1 per customer. Skus: 161101, 161063, 161065,  
161066, 161061. Valid thru 12/31/25.



**\$15 off a purchase of \$50**

**of regular priced merchandise or more.**

Limit 1 per customer. Valid thru 12/31/25.



**GENERALSTORESPOKANE.COM**



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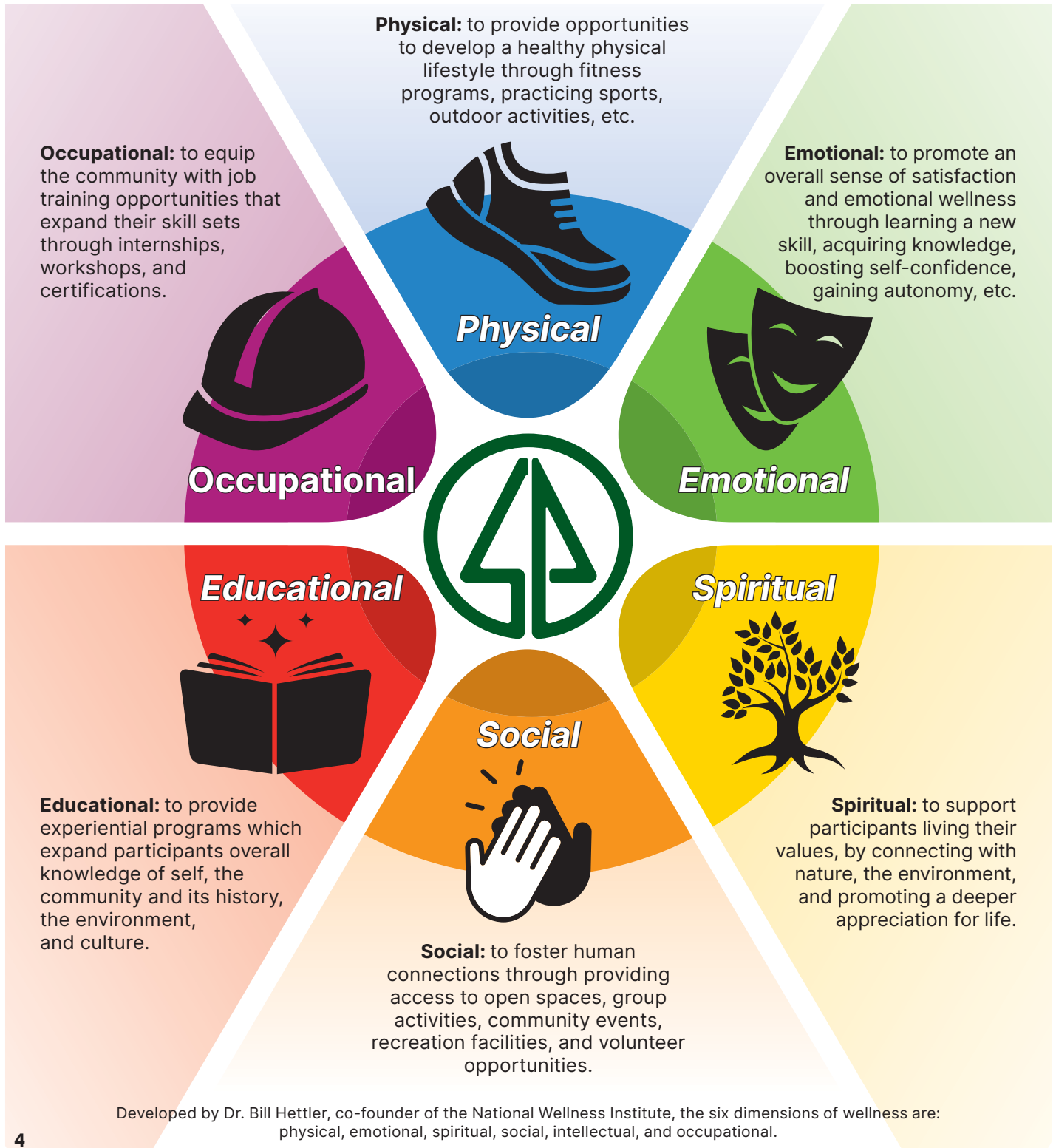
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# The Six Dimensions Of Wellness

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.







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

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

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

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

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

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

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

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

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



# Corbin Art Center

## AGE OF ELEGANCE RE-IMAGINED:

SEPTEMBER 6-20, 2025

SCAN TO SIGN UP!



**"Where Design, Comfort, and Creativity Meet"**

See the historic D.C. Corbin House decorated in fine home furnishings by local businesses and interior designers. Guided tours by historians and options to purchase furniture on display.

Register at [www.spokanerec.com](http://www.spokanerec.com)





SPOKANE PARKS FOUNDATION

# MAKE A SPLASH

in a kid's life



## DID YOU KNOW?

- 79% of children from low-income households have little to no swimming ability.
- Drowning is still a leading cause of death for children under the age of 14.
- Formal swim lessons reduce the likelihood of childhood drowning by 88%.

The Spokane Parks Foundation  
**Make a Splash in a Kid's Life**  
program funds swim lesson  
scholarships and water safety clinics  
for local youth.

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



David and Dorothy Pierce Charitable Trust  
Eljay Oil Co, Inc  
Integrity Insurance Solutions



Rotary



Club of  
Spokane 21



**Drowning is preventable!**

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



# POST-SEASON AT WITTER POOL

## LAP SWIM

AUGUST 25-SEPTEMBER 12  
MONDAY-FRIDAY | 11:00-2:30 PM  
50 METER LANES  
\$6 DAILY FEE  
AGES 16+ | RESERVE ONLINE AT  
SPOKANEREC.ORG  
OR BY PHONE AT 509.755.2489

## SWIM LESSONS

AUGUST 25-SEPTEMBER 4  
MONDAY-THURSDAY | AGES 3-12  
SIGN UP ONLINE AT  
SPOKANEREC.ORG  
OR BY PHONE AT 509.755.2489



# DOGGIE DIP

## Doggie Dip 2025

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

Fri. 8/22 5:30-7pm Liberty  
Sat. 8/23 3-4:30pm Shadle  
Sun. 8/24 3-4:30pm Comstock







# Kids Art Parties!

At Corbin Art Center




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



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

**Call to schedule!**  
**509.625.6677**

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



## GET OUTDOORS WITH US!

### *Here's why:*



#### *Guides*

- Our friendly guides have a passion for the outdoors and can't wait to share
- We worry about the details so you don't have to!
- Gain useful insights and info to make the most of your trip
- Guides lead at your pace



#### *Equipment*

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



#### *Transportation*

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

### *What's happening?*

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

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

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

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

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



**See Current  
Offerings!**



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

☎ 509.363.5414

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



## Youth Self-Esteem & Art

Arts activities have a significant association with children's self-esteem. Children may experience higher self-esteem if their parents are also involved in arts activities with them.

› Mak HW, Fancourt D. Arts engagement and self-esteem in children: results from a propensity score matching analysis.

### CORBIN KIDS/PRE-SCHOOL

All classes held at the Corbin Art Center; 507 W. 7<sup>th</sup> Ave. unless otherwise indicated. Youth program scholarships available! Call 509.625.6677 for more information.

#### 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. **\$69**  
**18638 Mon. 10/6-11/10 9:30-10:30am**

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

**6 Weeks | Ages 2-4yrs.** Fall is here, and it is time to celebrate nature's festival of colors! This class is for you and your child to explore all the beautiful colors of fall while making wonderful works of art together. Children will discover color and texture while practicing basic cutting and gluing skills as they explore a variety of art techniques and materials. This class is fast paced, active and most of all fun! *There is no class on Tues., Nov. 11<sup>th</sup> in honor of Veterans Day.* **\$69**  
**18639 Tues. 10/7-11/18 9:30-10:30am**

#### Make Art Together: Fabulous Fall

**6 Weeks | Ages 2-4yrs.** Yay! It's fall, and time to celebrate the season! This class is for you and your child to explore leaves, pumpkins and even the rainy, fall weather while making wonderful works of art. Experience a new weekly art theme, story, and relevant project. Children will discover color and texture while practicing basic cutting and gluing skills as they explore a variety of art techniques and materials. This class is fast paced, active and most of all fun! **\$69**  
**18640 Thurs. 10/9-11/13 9:30-10:30am**

### WORKSHOPS/PRE-SCHOOL

All classes held at the Corbin Art Center; 507 W. 7<sup>th</sup> Ave. unless otherwise indicated. Youth program scholarships available! Call 509.625.6677 for more information.

#### Make Art Together: Halloween Fun

**1 Day | Ages 3-5yrs.** Come have a frightfully fun time creating a friendly jack-o-lantern paper pumpkin, cute spider and other adorable Halloween crafts with your child. This is a fantastic class to come and have a great time creating art together. **\$29**  
**18641 Sat. 10/25 9:30-11am**

#### Make Art Together: Turkey Jubilee

**1 Day | Ages 3-5yrs.** You and your child will have lots of fun making this mixed-media jumbo-sized Thanksgiving gobbler who is sure to delight family and friends. This class has it all! Paint, glue, scissors and more! **\$29**  
**18642 Sat. 11/22 9:30-11am**

#### Make Art Together: Holiday Ornaments

**1 Day | Ages 3-5yrs.** Join us for a fun filled class making holiday ornaments together. You and your child will make some fabulous ornaments for your tree or to give a gift that you will both look at and remember for years to come. **\$29**  
**18643 Sat. 12/6 9:30-11am**

**CALL  
US**

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



**REGISTER ONLINE**  
**SpokaneRec.org**



**MAIL  
US**

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







## NO SCHOOL TODAY CAMPS

Enjoy a fun-filled day with arts and crafts activities for children. Pre-registration is required. All classes held at the Corbin Art Center; 507 W. 7<sup>th</sup> Ave. unless otherwise indicated.

### **NEW!** Nature's Colors Art Camp

**1 Day | Ages 6-11yrs.** Paint with all of nature's dazzling seasonal colors in this camp. We will observe colors outside that occur in nature and mimic those in our fantastic art projects. Learn to successfully mix fall paint colors in this camp while also using various art supplies. Dress for a mess and bring a lunch. **\$49**

18651 Fri. 10/10 9am-3pm

### Innovative Artist's Studio!

**1 Day | Ages 6-11yrs.** This fine art camp includes it all! Drawing, painting, printmaking, and sculpture! Come use diverse materials, techniques and enjoy the creative process while still learning the basic elements of line shape, value, pattern, space, and color. This camp is inspired by innovative artists of the 20<sup>th</sup> century, while using individual imagination and a ton of creativity to make your own personal masterpieces. Dress for a mess and bring a lunch. **\$49**

18652 Tues. 11/11 9am-3pm

## CORBIN KIDS/YOUTH

### Let's Get Creative! Art Exploration

**6 Weeks | Ages 6-11yrs.** 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. **\$85**

18644 Mon. 10/6-11/10 4-5:30pm

### **NEW!** Getting "Arty" with the Modern Masters

**6 Weeks | Ages 6-11yrs.** Get ready to become acquainted with some of modern history's most famous artists! Come explore their wonderfully, creative artwork and learn about the lives of Picasso, Klee, Van Gogh, Matisse, Pollock and more. Learn about the elements of line, shape, value, pattern, space and color using paint, paper, pencils, pastels and much, much more. There will be a featured artist's inspired project each week to go home to start or add to your own art gallery. *There is no class on Tues., November 11<sup>th</sup> in honor of Veterans Day.* **\$85**

18645 Tues. 10/7-11/18 4-5:30pm

### Drawing Basics Wednesday - Youth

**6 Weeks | Ages 6-8yrs. & 9-12yrs.** Drawing is the basis and the first step for dimensional art forms. Explore with different tools and techniques and learn the many facets of drawing including freehand drawing, line, shading, fur-scales-feathers, still life, color, design composition, perspective, portraiture, animals and more. **\$85**

**Ages 6-8yrs.**  
18646 Wed. 10/8-11/12 4-5:30pm

**Ages 9-12yrs.**  
18647 Thurs. 10/9-11/13 4-5:30pm

## WORKSHOPS/YOUTH

All classes held at the Corbin Art Center; 507 W. 7<sup>th</sup> Ave. unless otherwise indicated. Youth program scholarships available! Call 509.625.6677 for more information.

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

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

18648 Sat. 10/25 9:30-11am

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

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

18649 Sat. 11/22 9:30-11am

### Holiday Ornament Fun!

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

18650 Sat. 12/6 9:30-11am



## DRAWING

All classes held at the Corbin Art Center; 507 W. 7<sup>th</sup> Ave. unless otherwise indicated. Youth program scholarships available! Call 509.625.6677 for more information.

### Drawing Fundamentals

**6 Weeks | Ages 16yrs. & Up** Join us as we begin to explore drawing fundamentals! If you are new to drawing or need to brush up on basic skills this is the class for you. We will be tackling drawing materials, composition, portrait techniques, shading, and perspective. Great basics that will lead to long lasting confidence in your drawing. *Supply list is listed at the bottom of registration receipt.* **\$169**

**18667 Tues. & Thurs. 10/7-11/13**

**6-8pm**

### **NEW!** Sketchbook Habit

**4 Weeks | Ages 16yrs. & Up | Megan Perkins** Experience the joy of playing in your sketchbook. In this class, we will explore techniques such as Notan, blind contour, hatching, color blocking, and more as a route to making work that improves our skills while embracing fun and defeating the inner critic. The goal is to learn ways to make art in small bits of time regularly so that you can make art every day. Please note, you **WILL** be expected to work in your sketchbook between class sessions. How can you develop a habit without practice? *Supply list included upon confirmation of registration.* **\$89**

**18702 Mon. 10/27-11/17**

**6-8pm**

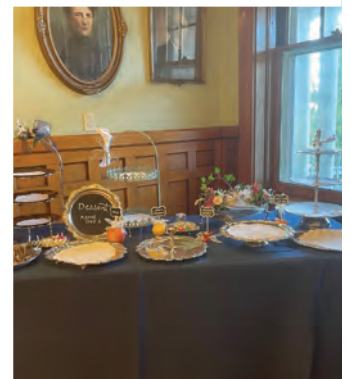
## The Corbin Art Center is available to rent

### Meetings • Receptions • Special Events • Holiday Parties

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

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

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







## Benefits of Adults Engaging in Art

Even occasional engagement in creative activities like painting, drawing or taking part in music is strongly linked to relief from depression and pain, improved quality of life and reduced medication use.

› A UK study led by the Department for Culture, Media and Sport, with contributions from UCL's WHO Collaborating Centre for Arts and Health.

### PAINTING CLASSES & WORKSHOPS

All classes held at the Corbin Art Center; 507 W. 7<sup>th</sup> Ave. unless otherwise indicated.

#### Acrylic Painting

**6 Weeks | Ages 18yrs. & Up | Tom Quinn** Learn basic concepts of painting techniques with acrylic paints. This class is an introduction to the fast drying, forgiving medium of acrylic paint. You will explore color, form, and composition to create your own works of art. Work from still-life set-ups and two-dimensional references such as photos. *Supply list is listed at the bottom of registration receipt.* **\$89**

18668 Mon. 10/6-11/10 6:30-8:30pm

#### **NEW!** Birds & Botanicals in Watercolor

**6 Weeks | Ages 18yrs. & Up | Katie Frey** Paint the birds and plants of the Inland Northwest in this 6-week intermediate watercolor class. This is a great class for those who have some watercolor experience but would like to perfect basic techniques like wet-on-wet, color mixing, blending, and glazing. Sketching skills are useful but not necessary. *Supply list is listed at the bottom of registration receipt.* **\$98**

18669 Thurs. 10/9-11/13 9am-Noon

#### Painting with Oils

**6 Weeks | Ages 18yrs. & Up | Tom Quinn** An introduction to the forgivable medium: oil. Learn basic concepts of design, composition, color theory, values and texture while experiencing the outstanding working properties of oil. Choose to work from still-life or two-dimensional references. Helpful demonstrations and individual instruction will be taught. *Supply list is listed at the bottom of registration receipt.* **\$89**

18670 Thurs. 10/9-11/13 6:30-8:30pm

#### **NEW!** Painting Big Skies

**4 Weeks | Ages 18yrs. & Up | Megan Perkins** Skies have a huge impact on a painting, not only sometimes taking up a large amount of the paper, but also dramatically affecting the mood and atmosphere of the work. It is important that the sky is considered carefully when planning a painting. In this class students will tackle painting sky-with clouds, with mist, full of color, or as a more neutral backdrop with a focus on being expressive and allowing the medium of watercolor to do its magic. *Supply list included upon confirmation of registration.* **\$89**

18700 Wed. 10/1-10/22 6-8pm

#### Loosen Up Your Watercolor Painting

**NEW!** **1 Day | Ages 18yrs. & Up | Megan Perkins** Feeling like your paintings are stiff or too tight? Want to embrace the flow of watercolor paint and loosen up? This is the class for you! Megan will demonstrate how to make your paintings full of energy and freshness, giving you quick and easy exercises to uncramp your style! *Supply list is at bottom of class registration receipt.* **\$69**

18701 Sat. 10/18 10am-Noon





## FIBER ARTS

All classes held at the Corbin Art Center; 507 W. 7<sup>th</sup> Ave. unless otherwise indicated.

**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 on more fun stitches such as stockinette, sea, basket, ribbing, yarn overs, and bobbles. Supply list is listed at the bottom of registration receipt. **\$59**  
**18671 Sat. 10/11-11/1 10am-Noon**

**Hooked on Yarn: Beginning Crochet**

**4 Weeks | Ages 15yrs. & Up | Andi Keating** In this class we will learn to make the basic crochet stitches: single, double, and treble crochet. We will talk about how to make circles and more 3D projects, as well as discussing gauge and its importance. We will make swatches of these stitches for practice before we move on to our class project. A written pattern will be included with the class for the project. Supply list is listed at the bottom of registration receipt. **\$59**  
**18672 Sat. 10/18-11/8 12:30-2:30pm**

## LANGUAGE &amp; CONVERSATIONAL SPEAKING

All classes held at the Corbin Art Center; 507 W. 7<sup>th</sup> Ave. unless otherwise indicated.

**Intermediate Spanish Conversation**

**8 Weeks | Ages 18yrs. & Up | Mary Benham** In this class we will read "Stories from Latin America/Historias de Latinoamerica" a side-by-side bilingual book, written by Genevieve Barlow. Come prepared to discuss the plot and characters each week: we will review verb tenses, grammar, and idioms along the way. Students are also encouraged to talk about their memories, travels, current activities, etc. This class is designed for intermediate and advanced students who want to increase competence and fluency. Supply list included upon confirmation of registration. **\$95**  
**18654 Wed. 10/1-11/19 1-2:30pm**

## WRITING &amp; PERSONAL ENRICHMENT

All classes held at the Corbin Art Center; 507 W. 7<sup>th</sup> Ave. unless otherwise indicated.

**Creative Memoir Writing**

**6 Weeks | Ages 18yrs. & Up | Mary Fruchter** Do you have a story to tell, but aren't sure how to begin? Start here. In this creative writing class, we will look at memoirs snapshots and study some of the techniques authors use to make their words and characters come alive. Then, we will try it out ourselves, writing our own lives. Join us, and make your voice heard. Notebook, pencil or I-Pad and your memories are the only supplies needed. *There is no class on October 8<sup>th</sup> or 22<sup>nd</sup>, 2025.* **\$99**  
**18655 Wed. 10/1-11/19 6-8pm**

## WORKSHOPS/ADULT

**NEW! Pine Needle Basket Class**

**1 Day | Ages 18yrs. & Up | Barbara Snarr** Fall is here so come to this workshop to learn how to create a fantastic Ponderosa pine needle basket. Included supplies are a selection of hand-crafted center bases, colored thread, beads for embellishment and of course prepared pine needles. The instructor will lead you step by step in how to coil the pine needles into a beautiful 4-5" diameter basket. *All supplies are provided to make this a one-of-a-kind piece of functional art.* **\$79**  
**18699 Sat. 10/18 9am-1pm**







## HISTORY & HAUNTS

All classes held at the Corbin Art Center; 507 W. 7<sup>th</sup> Ave. unless otherwise indicated.

### Age of Elegance Reimagined

**10 Days | All Ages** See the historic D.C. Corbin House decorated in fine home furnishings by local businesses and interior designers. Guided tours by historians and options to purchase furniture on display from The Tin Roof, Ennis Fine Furniture and Burbank Interiors. 10% group discount for 6-20 people. Call 509-755-2489 for group discount. Ticket price \$10 per person which gives access for the duration of the event and the Corbin Kids Art Show in the upstairs of the facility. Tickets are available at the door, Debit or Credit Card only, no cash or check will be accepted. *Contact Corbin Art Center 509.625.6677 for additional information. Closed 9/14. Event located at the Corbin Art Center 507 W. 7<sup>th</sup> Ave. \$10*  
**18380 Mon.-Sun. 9/6-9/20 11am-5pm**

### Walking Tour of Fairmount Memorial Park Cemetery

**1 Day | Ages 18yrs. & Up** Spokane Historian Chet Caskey of Two Dog City Tours will lead a two-hour walking tour. Learn about the mausoleums and charming Rock Chapel, along with the histories of some of Spokane's leading ancestors resting beneath the grass as you stroll the grounds of the cemetery which is especially beautiful this time of year. Water, Spiced Tea and cookies provided. Meet at the Fairmount office just inside the front gate. Fairmount Memorial Park Cemetery, 5200 W. Wellesley. **\$22**  
**18448 Sun. 9/14 1:30-3:30pm**

### Walking Tour of the Corbin and Undercliff Mansion Neighborhood

**1 Day | Ages 18yrs. & Up** Join Spokane Historian and Ghostologist Chet Caskey for a historical walking tour of the neighborhood followed by a Ghost Hunt of the Corbin Mansion. Water, Spiced Tea, cookies, ghost meters & lanterns provided. *Corbin Art Center 507 W. 7<sup>th</sup> Ave. \$25*  
**18449 Sat. 10/11 6:30-8:30pm**  
**18450 Sat. 10/18 6:30-8:30pm**



## INTERIOR DESIGN

All classes held at the Corbin Art Center; 507 W. 7<sup>th</sup> Ave. z otherwise indicated.

### **NEW!** Architectural Styles of Historic Spokane

**2 Weeks | Ages 18yrs. & Up | Cindy Blue-Blanton** Learn how to identify the basic styles of architecture and interiors for the historic homes of Spokane. From the "Age of Elegance" mansions of Browne's addition to the ubiquitous bungalow of the south hill, this course will give the student a basic knowledge of the major styles of Spokane architecture focusing on how and why they developed. Class participants will create a reference notebook of key terms and elements. **\$49**  
**18676 Mon. 11/10-11/17 6-8pm**

### **NEW!** Fabric Savvy

**2 Weeks | Ages 18yrs. & Up | Cindy Blue-Blanton** This fun and informative class is to make fabric selection easier and wiser. For many of you who like to sew, this class will give you essential guidelines on making selections online or in a store. Participants will learn the basics of natural fibers, manufactured fibers, and how the two differ. Class participants will create a resource book of fabric samples for making future reference easy. Supplies furnished by instructor. **\$49**  
**18677 Thurs. 11/13-11/20 6-8pm**



Further information will be emailed after registration. Please monitor your email for a message from our office. If you would like assistance in deciding whether the activity is a good fit for you, or for questions regarding age restrictions, equipment, or other activity inquiries, please call us at 509-363-5414. Programs allowing ages 17yrs. & Under are Youth Scholarship Eligible: [spokaneparks.org/scholarships](http://spokaneparks.org/scholarships) for more information.

## KAYAKING

### Kayak Little Pend Oreille Lake Chains with Transportation

**1 Day | Ages 16yrs. & Up** Explore the four-lake chain of this mountain-ringed area in the Colville National Forest on our very stable, user-friendly sit-on-top tandem kayaks. Crystal clear and surrounded by the Selkirk Mountains, these lakes are a must-see. Bring water and lunch for our picnic at one of the lakes campgrounds. Fee includes guides, transportation, and kayaking equipment.

Meet at Yoke's Fresh Market - Mead Parking Lot 14202 N Market St., Mead. **\$89**

**18104 Sat. 9/13 8am-5pm**

### Kayak Tour Spokane River Plese Flats to Nine Mile Dam

**1 Day | Ages 16yrs. & Up** Enjoy a wonderfully lazy stretch of flatwater on the Spokane River that flows through Riverside State Park. The forested shorelines (sometimes we call them "Bob Ross Happy Trees") give you solitude as you keep a watchful eye out for wildlife such as osprey, heron, deer, moose, and fish. Paddle your sturdy and stable tandem sit-on-top kayak and learn some tips from your guides. This is a great escape! Discover Parking Pass required [discoverpass.wa.gov](http://discoverpass.wa.gov) Fee includes - guides, kayaking equipment, and shuttle transportation.

Meet at Spokane River Nine Mile Dam Take-Out W. Carlson Road Parking Lot. **\$69**

**18240 Sat. 9/20 11am-3pm**

### Kayak Little Spokane River Tour - National Public Land Day - Discover Pass Free Day

**1 Day | Ages 16yrs. & Up** Take in this one-of-a-kind natural area as you paddle your single sit-on-top kayak. We will paddle for 7 miles along this meandering river, exploring every winding oxbow. Spokane is so lucky to have this treasure in its backyard. Look for many ducks, heron, and maybe a moose. Set your watch to river time and connect with nature! Recent kayaking experience strongly encouraged. Discover Parking Pass Free Day. Guides, shuttle transport and kayaking equipment included. Parent must accompany participants under 18.

Meet at Little Spokane River Take-Out N. Shoemaker Ln., Nine Mile Falls. **\$69**

**18241 Sat. 9/27 11am-3pm**

*Kayaking isn't just  
all fun & games...*

Kayaking promotes healthy vitamin D levels, which support immune health, bone strength, and mental wellness.

› Harvard Medical School





## **NEW!** *Women's Wildlife Workshops*

This series of fun, educational events are for women and girls to share in the exploration of wildlife and great activities which can add enjoyment to your adventures. *Each workshop is led by Washington Department of Fish and Wildlife Conflict Specialist Candace Bennett.* Adult must register with participants under 18yrs. Further information emailed after registration. Please monitor your email for a message from our office. If you would like assistance in deciding whether the activity is a good fit for you, or for questions regarding age restrictions, equipment, or other activity inquiries please call us at 509.363.5414.

### BEAR AWARE!

**1 Day | Ages 8yrs. & Up** Learn new appreciation for bears and gain the awareness to feel more comfortable and prepared to adventure into bear country. You will learn about bear habits and habitat, species of bear in the northwest, how to avoid negative interactions, and what to do if you do come across one of these amazing animals. During this class you will get to practice proper bear spray usage with inert training bear spray. Bring a camp chair and water bottle. Instruction, informational materials, and practice bear spray provided.

Meet at Finch Arboretum 3404 W. Woodland Blvd. **\$19**

18539 Fri. 9/26 4:30-6:30pm

### THE BEAUTY OF BIRDING

**1 Day | Ages 15yrs. & Up** Enjoy a moderate hiking adventure and learn about birding, an activity which is as exciting as it is peaceful. Candace Bennett will show you different resources to help find and identify native and migratory birds in a beautiful setting near Fan Lake and West Branch Little Spokane River. Guides, Instruction, binoculars, trekking poles, and transportation provided.

Meet at Yoke's Fresh Market 14202 N. Market St. Mead. **\$39**

18540 Sat. 10/4 8am-Noon

### WONDROUS WILDLIFE PHOTOGRAPHY

**1 Day | Ages 15yrs. & Up** Look at the world through a new lens and learn how to capture better pictures of wildlife. Maybe you have tried before or are new to photography. In this class you will learn how to set up for great photos and get an understanding of the other elements which will get your photos off the fridge and into a frame! Candace Bennett is ready to show you some awesome, and ethical, wildlife and nature tips and tricks, as well as how to stay out of trouble when it comes to photographing wild animals. Bring your smart phone, digital, or mirrorless camera. Discover Parking Pass Required [discoverpass.wa.gov](http://discoverpass.wa.gov) Guides, instruction, and trekking poles provided. Meet at Waikiki Springs Trailhead N. Fairwood Dr. **\$35**

18541 Sat. 10/18 8-11am

## Give the gift of Recreation!

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





Further information will be emailed after registration. Please monitor your email for a message from our office. If you would like assistance in deciding whether the activity is a good fit for you, or for questions regarding age restrictions, equipment, or other activity inquiries, please call us at 509.363.5414. Programs allowing ages 17yrs. & Under are Youth Scholarship Eligible: [spokane parks.org/scholarships](http://spokane parks.org/scholarships) for more information.

## ARCHERY

### Explore Archery

**5 Weeks | Ages 8-14yrs.** The Explore Archery Class with Dragon Flight Archery will cover basics of shooting, range safety, proper form, different types and styles of archery, and scoring through a variety of activities. Participants will earn achievement tags for completing different stages of the class. All necessary equipment is provided.

Meet at 125 S. Arthur Suite 20. **\$100**

18564 Tues. 9/9-10/7 5-7pm

18565 Tues. 10/14-11/18 5-7pm

\*No Class 11/11\*

### Dragon Flight Archery School's Out Winter Day Camp

**1 Day | Ages 8-14yrs.** School is out, but Dragon Flight Archery is OPEN! Learn the skill of archery and play archery related games in a heated indoor environment. A day spent making friends and growing your competency is sure to shovel away the winter blues. Bring a lunch and water bottle. All necessary equipment is provided.

Meet at 125 S. Arthur Suite 20. **\$60**

18566 Tues. 12/23 9am-3pm

18567 Tues. 12/30 9am-3pm

**REGISTER  
ONLINE**

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



**MAIL  
US**

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

\*checks payable to City of Spokane



**CALL  
US**

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



## 5K FUN RUN FUNDRAISER

Join us at beautiful Finch Arboretum for this 5k trail run to support fundraising efforts for the Willow nature based playground project!

**9AM - COMPETITIVE RACE (NOT TIMED)**

**NOON - FAMILY FRIENDLY TRAIL RUN/WALK**

**\$30 ADULT / \$20 YOUTH UNDER 16 YEARS OLD**

**PARTICIPANTS RECEIVE A CUSTOM T-SHIRT!**

**PRE-REGISTRATION REQUIRED AT  
SPOKANEREC.ORG**







Further information will be emailed after registration. Please monitor your email for a message from our office. If you would like assistance in deciding whether the activity is a good fit for you, or for questions regarding age restrictions, equipment, or other activity inquiries, please call us at 509.363.5414. Programs allowing ages 17yrs. & Under are Youth Scholarship Eligible: [spokaneparks.org/scholarships](http://spokaneparks.org/scholarships) for more information.

## Snowshoe Rating System

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

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

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

## Clear your mind

Spending time in nature improves working memory and attention span by up to 20%, according to research from the University of Michigan.

› *Psychological Science, 2008*



## SNOWSHOEING

### BASE Camp Winter Explorers

**2 Days | Ages 9-12yrs.** Welcome to BASE Camp Winter Explorers! From here, big adventures await. Daily trips up to Mount Spokane State Park set us up for a mountain of fun! Explore snowy trails by snowshoe to play games and take shelter in one of the rustic warming huts. Campers will enjoy the small group sizes of no more than 12. Attendees of all outdoor skill levels will build self-esteem, practice healthy social skills, and benefit from an increased sense of community. Directions and pre-trip information will be emailed after registration. Bring a lunch, water bottle, winter clothing, and backpack. All specialized equipment and instruction will be provided. *Meet at Northeast Community Center Parking Lot 4004 N Cook St.* **\$169**

**18551 Mon. & Tues. 12/22 & 12/23 9am-4pm**

### Snowshoe Mount Spokane with Transportation

**1 Day | Ages 13yrs. & Up | Hike time: 3 hours | Terrain: moderate up/downhill ~600ft 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. Mead.* **\$45**

**18543 Sun. 12/21 9am-1pm**

*First Day of Winter!*

**18544 Sat. 12/27 9am-1pm**

### Family Snowshoe Mount Spokane with Transportation

**1 Day | Ages 8yrs & Up | Hike time: 3 hours | Terrain: moderate up/downhill ~600ft elevation gain/loss** Make mountain memories with your family this Winter. It will be an adventure you won't forget! During this guided snowshoe tour, you will travel on trails through the wonderland of snow-covered trees and hills around Mount Spokane. Fee includes: guides, snowshoes, poles, instruction, and transportation. *Meet at Yoke's Fresh Market Parking Lot 14202 N. Market St. Mead.* **\$45**

**18545 Fri. 1/2 9am-1pm**



Further information will be emailed after registration. Please monitor your email for a message from our office. If you would like assistance in deciding whether the activity is a good fit for you, or for questions regarding age restrictions, equipment, or other activity inquiries, please call us at 509.363.5414. Programs allowing ages 17yrs. & Under are Youth Scholarship Eligible: [spokaneparks.org/scholarships](http://spokaneparks.org/scholarships) for more information.

## SNOWSHOEING (Continued)

### Snowshoe Moonlight Tour and Dinner

**1 Day | Ages 16yrs. & Up | Hike time: 1.5 hours | Terrain: Moderate up/downhill~650ft 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**  
**18547 Sat. 1/3 6-9pm**

## CROSS COUNTRY SKIING

### 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 cross-country skis through the woods. Afterward enjoy a wonderful made from scratch meal of lasagna, salad, bread sticks and more from Greenbluff Fresh Catering Company! This is an incredible experience you will not want to miss. Fee includes: guides, skis, boots, and poles, headlamps, 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**  
**18546 Sat. 1/3 6-9pm**

## 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.

- **FINCH ARBORETUM** **NEW!**

\*xc-skiing & snowshoeing

- **RIVERSIDE STATE PARK**

\*xc-skiing, snowshoeing & fat biking

- **DWIGHT MERKEL**

\*xc and skate-skiing, snowshoeing

[spokaneparks.org/snow](http://spokaneparks.org/snow) for updated info and rules  
 for updated grooming info call 509-363-5418



Grooming no longer provided at Indian Canyon Golf Course. City of Spokane Golf Courses are closed to all winter activities including: skiing, snowshoeing, fat-biking, and sledding.





**USTA**  
PACIFIC NORTHWEST

**TAZ CLASSES**



**USTA**  
PACIFIC NORTHWEST

# FALL TENNIS

## AFTERSCHOOL ZONE

Tennis Afterschool Zone (TAZ) is the place to have fun, be active, and learn to play tennis with friends! We provide appropriate sized racquets, nets, and low-compression balls to help build self-confidence within the game. Our goal is to equip your child with the fundamentals so they can improve and enjoy the sport of tennis.

**REGISTER AT:**  
[rectennis.com](https://rectennis.com)

**CONTACT:**  
RecTennis  
[rectennis@pnw.usta.com](mailto:rectennis@pnw.usta.com)

Registration opens  
late August!

Classes start  
early October!

**SCAN HERE**



**\$10**  
PER SESSION

**Equipment provided.**

**Scholarships are available!**



**Skyhawks Sports.** For complete customer services and additional information about the Skyhawks Sports programs please call 800.804.3509. *Locations will be in a Spokane Public School site. Currently, locations are listed by geographical regions. The final location of each class will be determined before the start of the program and will be communicated to all registrants at that time.*

<b>Northeast Region Schools</b>	Arlington, Lidgerwood, Whitman, Regal, Longfellow, Bemiss, Logan, Stevens, Cooper
<b>Northwest Region Schools</b>	Garfield, Holmes, Audubon, Finch, Willard, Madison, Ridgeview, Browne, Westview Indian Trail, Balboa, Woodridge, Linwood
<b>Southwest Region Schools</b>	Wilson, Roosevelt, Jefferson, Hutton, Grant
<b>Southeast Region Schools</b>	Hamblen, Adams, Lincoln Heights, Franklin, Scott, Mullan Road, Moran Prairie

## SKYHAWKS SOCCER

**5-6 Weeks | Ages 6-12yrs.** Kickstart a soccer journey with Skyhawks Soccer! This program boosts young athletes by teaching key skills like dribbling, passing, shooting, and ball control. Each session focuses on enhancing core skills while instilling teamwork and sportsmanship. Participants will improve their soccer abilities and embrace the game's spirit. Grow and score with Skyhawks Soccer!

SSA56496	Sat.	9/13 - 10/18	9-9:50am	Comstock Park	\$99
SSA56497	Sat.	9/13 - 10/18	10-10:50am	Comstock Park	\$99
SSA56503	Mon.	9/15 - 10/13	4-4:50pm	Comstock Park	\$84
SSA56505	Mon.	9/15 - 10/13	5-5:50pm	Comstock Park	\$84
SSA56517	Wed.	9/17 - 10/15	4-4:50pm	Webster Park	\$84
SSA56519	Wed.	9/17 - 10/15	5-5:50pm	Webster Park	\$84
SSA59496	Thurs.	10/30 - 12/11	4-4:50pm	Northwest Location	\$99
SSA59497	Thurs.	10/30 - 12/11	5-5:50pm	Northwest Location	\$99

## SKYHAWKS FLAG FOOTBALL

**5 Weeks | Ages 6-12yrs.** Score a touchdown with Skyhawks Flag Football! This program teaches passing, receiving, kicking, and flag pulling, all while emphasizing heart and spirit. Participants gain confidence and learn life lessons like teamwork and leadership in a fun, supportive environment. Suit up and get in the game with Skyhawks Flag Football!

Ruth Park, 6095 N. Calispel St. **\$84**

SSA56506	Mon.	9/15-10/13	5-5:50pm
SSA56507	Mon.	9/15-10/13	6-6:50pm

## SKYHAWKS VOLLEYBALL

**5-6 Weeks | Ages 6-12yrs.** Dig deep with Skyhawks Volleyball! This program combines the thrill of volleyball with fun while focusing on passing, setting, spiking, hitting, and serving. Beyond skills, volleyball programs emphasize leadership and teamwork, fostering growth as players and team members.

SSA56508	Tues.	9/16-10/14	4-4:50pm	Comstock Park	\$84
SSA56511	Tues.	9/16-10/14	5-5:50pm	Comstock Park	\$84
SSA56520	Thurs.	9/18-10/16	4-4:50pm	Webster Park	\$84
SSA59489	Thurs.	9/18-10/16	5-5:50pm	Webster Park	\$84
SSA59492	Tues.	10/28-12/9	4-4:50pm	Southeast Location	\$99
SSA59493	Tues.	10/28-12/9	5-5:50pm	Southeast Location	\$99



## SKYHAWKS BASKETBALL

**6 Weeks | Ages 6-12yrs.** Dig deep with Skyhawks Volleyball! This program combines the thrill of volleyball with fun while focusing on passing, setting, spiking, hitting, and serving. Beyond skills, volleyball programs emphasize leadership and teamwork, fostering growth as players and team members. **\$99**

SSA59490	Mon.	10/27-12/1	4-4:50pm	Southwest Location	<b>\$84</b>
SSA59491	Mon.	10/27-12/1	5-5:50pm	Southwest Location	<b>\$84</b>
SSA59494	Wed.	10/29-12/10	4-4:50pm	Northeast Location	<b>\$84</b>
SSA59495	Wed.	10/29-12/10	5-5:50pm	Northeast Location	<b>\$84</b>

## SKYHAWKS WINTER BREAK CAMP

### Basketball, Soccer, Volleyball

**3 Days | Ages 6-12yrs.** Multi-Sport programs are designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essential skills of each sport, along with vital life lessons such as sportsmanship, inclusion and teamwork. Enjoy the benefits of exploring multiple sports while building lifelong skills with Skyhawks!

SSA59498	Mon. - Wed.	12/29-12/31	9am-3pm	Southeast Location	<b>\$169</b>
SSA59499	Mon. - Wed.	12/29-12/31	9am-Noon	Southeast Location	<b>\$99</b>

# SKYHAWKS SPORTS

**"We offer children, a positive sports experience while promoting a healthy and active lifestyle"**





# Spokane Parks and Rec Fall 2025

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

SPORT	DATE	DAY	TIME	AGES	REGION
SoccerTots: Teddies/Cubs	10/16 - 12/04	Thursdays	5:10 PM - 5:50 PM	1.5yr - 3yr	Northeast
SoccerTots: Cubs/Bears	10/16 - 12/04	Thursdays	6:00 PM - 6:40 PM	3yr - 4yr	Northeast
SoccerTots: Bears/Grizzlies	10/16 - 12/04	Thursdays	6:50 PM - 7:30 PM	4yr - 5.5yr	Northeast
SoccerTots: Cubs/Bears	10/13 - 11/24	Mondays	6:10 PM - 6:50 PM	3yr - 4yr	Northwest
SoccerTots: Bears/Grizzlies	10/13 - 11/24	Mondays	7:00 PM - 7:40 PM	4yr - 5.5yr	Northwest
SoccerTots: Cubs/Bears	10/14 - 12/02	Tuesdays	6:10 PM - 6:50 PM	3yr - 4yr	Northwest
SoccerTots: Bears/Grizzlies	10/14 - 12/02	Tuesdays	7:00 PM - 7:40 PM	4yr - 5.5yr	Northwest
HoopsterTots: Grasshoppers	10/15 - 12/03	Wednesdays	5:10 PM - 5:50 PM	2yr - 3yr	Northwest
HoopsterTots: Froggies	10/15 - 12/03	Wednesdays	6:00 PM - 6:40 PM	3yr - 4yr	Northwest
HoopsterTots: Kangaroos	10/15 - 12/03	Wednesdays	6:50 PM - 7:30 PM	4yr - 5.5yr	Northwest
HoopsterTots: Grasshoppers	10/16 - 12/04	Thursdays	5:10 PM - 5:50 PM	2yr - 3yr	Northwest
HoopsterTots: Froggies	10/16 - 12/04	Thursdays	6:00 PM - 6:40 PM	3yr - 4yr	Northwest
HoopsterTots: Kangaroos	10/16 - 12/04	Thursdays	6:50 PM - 7:30 PM	4yr - 5.5yr	Northwest
HoopsterTots: Grasshoppers	10/14 - 12/02	Tuesdays	5:10 PM - 5:50 PM	2yr - 3.5yr	Southeast
HoopsterTots: Grasshoppers/Froggies	10/14 - 12/02	Tuesdays	6:00 PM - 6:40 PM	3yr - 4yr	Southeast
HoopsterTots: Froggies/Kangaroos	10/14 - 12/02	Tuesdays	6:50 PM - 7:30 PM	3.5yr - 4.5yr	Southeast
1stDownTots: Rams	10/15 - 12/03	Wednesdays	6:10 PM - 6:50 PM	3yr - 4yr	Southeast
1stDownTots: Rhinos	10/15 - 12/03	Wednesdays	7:00 PM - 7:40 PM	4yr - 5.5yr	Southeast
SoccerTots: Cubs/Bears	10/16 - 12/04	Thursdays	6:10 PM - 6:50 PM	3yr - 4yr	Southeast
SoccerTots: Bears/Grizzlies	10/16 - 12/04	Thursdays	7:00 PM - 7:40 PM	4yr - 5.5yr	Southeast
SoccerTots: Teddies/Cubs	10/13 - 11/24	Mondays	5:10 PM - 5:50 PM	1.5yr - 3yr	Southwest
SoccerTots: Bears	10/13 - 11/24	Mondays	6:00 PM - 6:40 PM	3yr - 4yr	Southwest
SoccerTots: Bears/Grizzlies	10/13 - 11/24	Mondays	6:50 PM - 7:30 PM	4yr - 5.5yr	Southwest
SoccerTots: Cubs	10/15 - 12/03	Wednesdays	5:10 PM - 5:50 PM	2yr - 3yr	Southwest
SoccerTots: Bears	10/15 - 12/03	Wednesdays	6:00 PM - 6:40 PM	3yr - 4yr	Southwest
SoccerTots: Grizzlies	10/15 - 12/03	Wednesdays	6:50 PM - 7:30 PM	4.5yr - 5.5yr	Southwest



**Register for your camp:**  
[register.skyhawks.com](https://register.skyhawks.com)

**Have any questions? Give us a call:**  
Phone: 800-804-3509





**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.

## HISTORICAL TOURS

### Spokane Garry Historical Tours

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

18157	Sat.	9/6	9am-Noon
		<i>Historic Horse Slaughter Camp Walk/Bike Tour</i>	<b>\$25</b>
18163	Sat.	9/20	9am-Noon
		<i>Hangman Creek Historic Bus Tour</i>	<b>\$40</b>
18198	Sat.	10/4	9am-1pm
		<i>Spokane Garry: A Historical Expedition Bus Tour</i>	<b>\$50</b>

## YOGA

### Yoga at Finch Arboretum

**6 Weeks | Ages 16yrs. & Up | Robin Marks** Enjoy the beautiful and serene setting of the arboretum. Strengthen, stretch, and release muscle tensions while settling into a relaxed and peaceful mental state. Instructor, Robin Marks, was one of the early pioneers to first bring yoga to Spokane. *Finch Arboretum Woodland Center, 3404 W. Woodland Blvd.* **\$85**

18597	Fri.	9/26-10/31	9-10am
18598	Fri.	11/14-12/19	9-10am

### Yoga Basic- Virtual

**6 Weeks | Ages 16yrs. & Up | Robin Marks** Strengthen, stretch and release muscle tension while settling into a relaxed and peaceful mental state. All from the comfort of your own home while still receiving personalized instruction and a warm social connection. Robin Marks is one of the early pioneers who first brought yoga to Spokane. *Participants will receive detailed information about virtual class after registration.* **\$80**

18604	Tues.	9/30-11/4	5:30-6:30pm
18605	Tues.	11/11-12/16	5:30-6:30pm

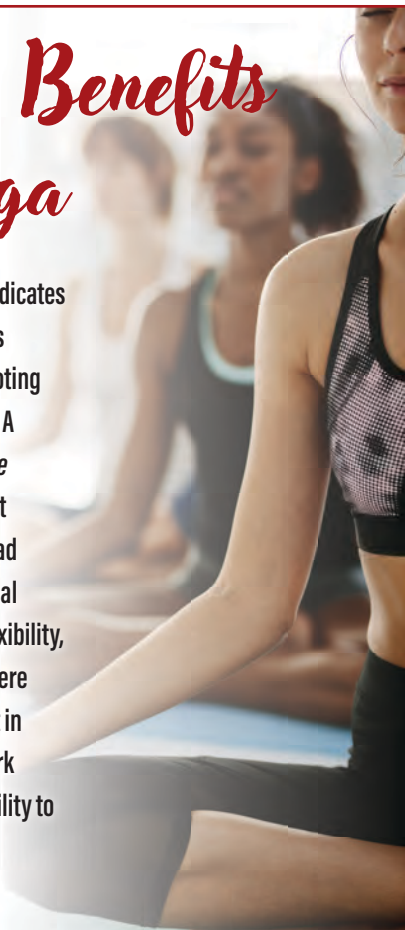
### Yoga Gentle Stretch-Virtual

**6 Weeks | Ages 16yrs. & Up | Robin Marks** If you're dealing with some aches and pains or just getting back into exercising, this class offers all the benefits of yoga with an accommodating approach. Strengthen, stretch and release muscle tension while settling into a relaxed and peaceful mental state. All from the comfort of your own home while still receiving personalized instruction and a warm social connection. Instructor Robin Marks is one of the early pioneers who first brought yoga to Spokane. *Participants will receive detailed information about joining the virtual class after registration.* **\$80**

18603	Sat.	9/27-11/1	9-10am
18606	Sat.	11/15-12/20	9-10am

## Wellness Benefits of Yoga

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







## Wellness Benefits of QiGong

QiGong, a traditional Chinese mind-body practice involving coordinated movements, meditation, and breathing exercises, has been associated with various wellness benefits supported by academic research. These findings suggest that regular QiGong practice can offer a range of wellness benefits, including stress reduction, improved physical health, enhanced quality of life, and effective pain management.

› (Oh et al., 2012; Jahnke et al., 2010; Chen et al., 2016; Lauche et al., 2016)

### QIGONG

#### Walking QiGong

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

Finch Arboretum, 3404 W. Woodland Blvd. **\$85**

18594 Sat.

9/6-10/11

10:15-11:15am

#### QiGong for Good Health: Great White Crane QiGong

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

Finch Arboretum, 3404 W. Woodland Blvd. **\$85**

18595 Sat.

11/1-12/6

10:15-11:15am

**CALL  
US**

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



**REGISTER ONLINE**  
**SpokaneRec.org**



**MAIL  
US**

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

\*checks payable to City of Spokane





## FITNESS/WELLNESS

### Zumbini® Music & Movement

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

Southside Community Center, 3151 E. 27<sup>th</sup> Ave. **\$75**

18592 Thurs. 10/16-11/20

9:30-10am

### Barre Foundations

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

Southside Senior Community Center. **\$80**

18593 Mon.

10/13-11/17

6-7pm

### Barre Restore

**6 Weeks | Ages 16yrs. & Up | Carrie Jahns** Restore Barre is a full-body, low-impact workout that includes Pilates, Yoga, and Dance elements. This class consists of 30 minutes of traditional Barre exercises, followed by 30 minutes of stretching and restoration. During that time, we will focus on intentional stretching and holding poses for longer periods. This is a great way to end your busy week! Please bring a yoga mat and grip socks. **Southside Senior Community Center. \$80**

18596 Fri.

10/17-12/5

6-7pm

### Longevity Fit for Healthy Aging

**7/8 Weeks | Ages 55yrs. & Up** Longevity Fit is a fun and effective workout program designed for mature individuals, aiming to boost both physical and mental wellness. This class focuses on rebuilding and maintaining your foundation by enhancing strength, stamina, balance, agility, and mobility. If you want to stay active throughout your life, Longevity Fit is the perfect workout class for you! We'd love for you to join us and become part of our fun and active community! **Southside Community Center, 3151 E. 27<sup>th</sup> Ave. Shadle Park Library, 2111 W. Wellesley Ave. \$120 (7-week), \$135 (8-week)**

#### Southside Community Center

18599	Wed./Fri.	9/10-10/31	9-9:50am	8 weeks
18602	Wed./Fri.	11/5-12/19	9-9:50am	7 weeks

#### Northside - Shadle Park Library

18600	Tues./Thurs.	9/2-10/23	10-11am	8 weeks
18601	Tues./Thurs.	10/28-12/18	10-11am	8 weeks

**LIBRARY OF THINGS**


Things you can check out **RIGHT NOW** for free at the library

go.spokanepubliclibrary.org/LibraryofThings

SPOKANE  
PUBLIC LIBRARY







## Wellness Benefits of Martial Arts

Martial arts training for youth offers numerous wellness benefits supported by academic research. Some of these benefits include physical fitness, discipline and self-control, confidence and self-esteem, emotional regulation, conflict resolution and bullying prevention.

› (Butterfield et al., 2011; Cid et al., 2016; Konzak & Klavara, 2003)

## MARTIAL ARTS

### 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 uniform) is required. Please contact the instructor at 480-338-9131 for questions. *Southside Community Center, 3151 E. 27<sup>th</sup> Ave.* **\$45**

#### Youth Ages 6-14yrs.

18584	Tues./Thurs.	8/26-9/25	4-5pm
18585	Tues./Thurs.	9/30-10/23	4-5pm
18586	Tues./Thurs.	10/28-11/20	4-5pm
18587	Tues./Thurs.	12/2-12/18	4-5pm

#### Adults Ages 15 & Up

18588	Tues./Thurs.	8/26-9/25	5:10-6:10pm
18589	Tues./Thurs.	9/30-10/23	5:10-6:10pm
18590	Tues./Thurs.	10/28-11/20	5:10-6:10pm
18591	Tues./Thurs.	12/2-12/18	5:10-6:10pm



# Fall Indoor Adult Leagues!

Soccer, Kickball, and More!

### Why Us?

- 40k sq ft indoor turf facility
- Climate controlled year round
- Snack Bar w/ adult beverages

### How Can I Sign Up?

League Registrations will be available on our website - [Airdomenw.com/activities](http://Airdomenw.com/activities)





**AIRDOME**  
NORTHWEST

[Airdomenw.com](http://Airdomenw.com) | 509-368-9753

Follow Our Socials for Details! →  



Discover the wonders of Riverfront Park, where the Loeff Carrousel, Spokane Pavilion, Numerica Skate Ribbon and SkyRide and picturesque Clock Tower await amidst 64 acres of breathtaking scenery. With attractions and events for every season, there's something for everyone to enjoy. **For questions and inquiries, please reach out to [rfpinfo@spokanecity.org](mailto:rfpinfo@spokanecity.org).**

## SIGNATURE EVENTS

### Riverfront Art Drop Day

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

Sat. 9/6 11am-7pm

### Chess in the Park

**1 Day | All Ages** Join us for an evening of strategy, community, and fun for the grand opening of our brand-new chess tables, provided by the Greater Spokane Chess League! Riverfront Chess in the Park, hosted by local chess enthusiasts Blitz and Blunders and Greater Spokane Chess League will feature beginner chess lessons, a series of chess related games, free play, live music, and more! Whether you're a grandmaster in the making or just learning how the knight moves, this relaxed drop-in chess social is perfect for all skill levels and ages. Boards and pieces provided – just bring your game face! Come play, learn, or watch under the late summer sky at the Red Wagon Meadow. See you there!

Numerica Skate Ribbon 720 W. Spokane Falls Blvd. **Free**

Wed. 9/3 4pm-8pm

### Sip & Soar

**1 Day | Ages 21yrs & Up** Experience the magic of Sip & Soar — an evening unlike any other! Savor handcrafted cocktails and gourmet charcuterie, or opt for coffee and fresh doughnuts, all while taking in stunning views of Spokane Falls aboard the Numerica SkyRide. It's the perfect blend of flavor and adventure!

Numerica SkyRide 720 W. Spokane Falls Blvd.

Sat. 9/13 Featuring Tamale Box Evening (Time TBA)

Sat. 9/20 Featuring Wanderlust Evening (Time TBA)

Sat. 9/27 Featuring Muggies Coffee Morning (Time TBA)

Sat. 10/4 Featuring Indaba Coffee Morning (Time TBA)

### WSECU Fall Fest

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

Riverfront Spokane 507 N. Howard St. **Free Admission**

Sat. 10/4 10am-5pm

### Numerica Tree Lighting

**1 Day | All Ages** The Numerica Tree Lighting Celebration is a signature Riverfront holiday event and a tradition for many Spokane families on Thanksgiving weekend. Festivities will kick off at 4 p.m. on Saturday, November 29<sup>th</sup> at the plaza adjacent to the Numerica Skate Ribbon with food trucks and live entertainment. Grab your ice skates, a cup of hot cocoa and join us as we count down to light our community tree at 6 p.m.

Numerica Skate Ribbon 720 W. Spokane Falls Blvd. **Free**

Sat. 11/29 4pm-7pm







## Holiday Village presented by Gesa Credit Union

**4 Days | All Ages** Experience the magic of the season at downtown Spokane's first-ever Holiday Village, presented by Gesa Credit Union! Sip hot cocoa, get creative with hands-on crafts, snap a festive photo at our holiday-themed station, and enjoy live local performances—all while discovering Spokane's most unique artisan market. Nestled inside a cozy glass-top tent beneath the twinkling LED canopy of the iconic Gesa Pavilion, this is a holiday experience you won't want to miss. *Gesa Pavilion 574 N. Howard St.* **Free Admission**

<b>Thurs.</b>	<b>12/11</b>	<b>5pm-9pm</b>
<b>Fri.</b>	<b>12/12</b>	<b>5pm-9pm</b>
<b>Sat.</b>	<b>12/13</b>	<b>11am-9pm</b>
<b>Sun.</b>	<b>12/14</b>	<b>11am-6pm</b>

## DJ Night on the Ice

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

*Numerica Skate Ribbon 720 W. Spokane Falls Blvd.* **\$6.95 - \$9.95**

<b>Fri.</b>	<b>12/5 - 1/30</b>	<b>6pm-9pm</b>
<b>Wed.</b>	<b>12/31</b>	<b>6pm-10pm</b>

## New Year's Eve Fireworks Celebration

**1 Day | All Ages** Ring in the New Year with friends and family at Riverfront Park on Tuesday, December 31. Fireworks will start at 9:00 p.m. for a family-friendly New Year's Eve celebration! *Riverfront Spokane 507 N. Howard St.* **Free**

<b>Wed.</b>	<b>12/31</b>	<b>9pm</b>
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## RIVERFRONT CHILDREN & FAMILIES

### Spo-Candy Crawl

**1 Day | All Ages** There will be SPOOKY scenes happening in Downtown Spokane and Riverfront Park. Children will locate each scene and decipher a riddle to earn a treat-bag full of fall goodies. *Numerica Skate Ribbon 720 W. Spokane Falls Blvd.*  
**Sat. 10/25 11am-6pm**

### Story Time at the Carrousel

**1 Day | Ages 2-5yrs.** Join us in the Loeff 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.

*Loeff Carrousel 620 W. Spokane Falls Blvd.* **Free**

<b>Fri.</b>	<b>9/19</b>	<b>11am-Noon</b>
<b>Fri.</b>	<b>10/17</b>	<b>11am-Noon</b>
<b>Fri.</b>	<b>11/21</b>	<b>11am-Noon</b>
<b>Fri.</b>	<b>12/19</b>	<b>11am-Noon</b>

### Free Carrousel Rides for Veterans

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

<b>Tues.</b>	<b>11/11</b>	<b>11am-6pm</b>
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## RIVERFRONT HEALTHY LIVING

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

**1 Day | All Ages** The Numerica Skate Ribbon is anticipated to open to the public Saturday, November 22!

*Numerica Skate Ribbon 720 W. Spokane Falls Blvd. \$6.95 - \$9.95*

**Sat. 11/22 11am-9pm**

### Cheap Skate Tuesday

**1 Day | All Ages** Lace up for less every Tuesday at the Numerica Skate Ribbon! Enjoy free skate rentals with your paid admission. Glide under the Spokane sky and make lasting memories. *Numerica Skate Ribbon 720 W. Spokane Falls Blvd.*

**Tues. 1/6 - 2/24 11am-8pm**

### Learn to Skate with Lake City Figure Skating Club

**1 Day | All Ages** Join the coaches of Lake City Figure Skating each week and learn the FUNdamentals of ice skating. Skater's will work through the curriculum of Learn to Skate USA and come away with new skills, increased self-confidence, and lots of fun memories. All ages are welcome!

*Numerica Skate Ribbon 720 W. Spokane Falls Blvd. \$182*

You'll receive eight (8) 30 min. lessons & 30mins. practice time.

**Sat. 12/13 - 2/14 10-11am (no Lessons 12/27 & 1/3)**

### Coaches Corner

**1 Day | All Ages** On select Saturdays, the skilled coaches from Spokane Figure Skating Club 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 - \$9.95*

**Dec. 6, 20 Jan. 17, 31 Feb. 14**



*Did you know?*

Physical activities like skating release endorphins, improving mood and reducing stress and anxiety levels. Skating in social settings or outdoor rinks can also boost feelings of happiness and community.

*> Mayo Clinic*

## ENTERTAINMENT

### Gesa Pavilion Concerts

**1 Day | All Ages** Come join us at the Gesa Pavilion for our 5<sup>th</sup> annual summer concert series! Visit [www.spokanepavilion.com](http://www.spokanepavilion.com) for the complete calendar of additional shows and pricing.

*Gesa Pavilion 574 N. Howard St.*

**Sun. 10/19 6:30pm (Lord Huron)**

### Wheatland Bank Free Horse and Carriage Rides

**1 Day | All Ages** Kick off the holiday season with free horse and carriage rides, courtesy of Wheatland Bank. Starting on Black Friday, take a charming ride through downtown, soak in the festive sights, and sing along to your favorite carols.

*Riverfront Spokane 507 N. Howard St. Free*

**Saturdays & Sundays Nov. 29-Dec. 21 Noon-5pm**



## ADVENTURE STARTS HERE.

Riverfront Spokane brings joy to the community through affordable and compelling urban park experiences.





# HONORING Alice Busch

*for her 36 years of Service to Spokane Parks & Recreation  
& the Therapeutic Recreation Program. We wish her a very happy retirement!*

## What are you most proud of in your career?

- Providing a wide variety of recreational experiences for our community.
- Establishing relationships with participants and families. Earning their trust.
- Seeing people realize their potential and parents gain hope.
- Learning about participants who make meals at home, they learned to do at cooking class. Participants taking friends or family to places they visited when doing TRS activities.
- Able to witness people develop self-confidence and try new things.
- Being one of the first programs in the nation to do backpacking and mountain biking for people who have developmental disabilities.
- Watching volunteers catching the TRS "bug" after their involvement changed someone's life.
- Seeing former staff become awesome professionals in the field of therapeutic recreation, special education.

## Can you describe a time when you saw firsthand how recreation helped someone overcome a barrier or improve their quality of life?

I have been fortunate to witness this progress numerous times. Most recently, during a sensory sensitivity swim session, we had a young boy who spent the first week simply walking around the pool. By the end of the second week's session, he had dipped his feet into the water. By the third week, during the last 15 minutes, he fully entered the pool and began walking around. It was incredible to see such rapid progress. I truly believe that providing a safe and comfortable environment contributed to this outcome.

## What changes have you seen in the field of Therapeutic Recreation over the past 36 years?

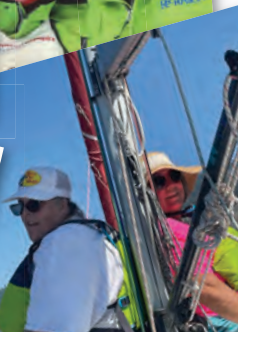
Increased acceptance/comfort in the younger generations of people who are different.  
Social media influence that shows what people can do and not a focus on what they can't do.  
Technology is crazy and is allowing people to go to places and do things never imagined.

## How do you think Therapeutic Recreation has improved the lives of the people in our community?

It has provided a healthy outlet for improving socialization, combating isolation and loneliness, improving physical wellbeing, and encouraging ways to be a part of the community. The program has provided much-needed respite for parents/caregivers and has established a networking opportunity. Participants are making friends and learning skills they can use their entire life. Confidence, self-esteem, and the courage to try new things are all byproducts of being involved in recreation.

## What are your plans for retirement? Any hobbies, adventures, or passions you're excited to pursue?

- Doing more spontaneous adventures with my husband. Biking, camping, kayaking, and skiing.
- Increase Gramma fun.
- I would like to volunteer at Free Rein and continue volunteering for a few TRS activities.





# THERAPEUTIC RECREATION SERVICES

Fall 2025 | September - December







# Benefits of Therapeutic Recreation

89% of participants in therapeutic recreation programs report an improved quality of life, including better emotional, social, and physical wellness.

› National Council for Therapeutic Recreation Certification (NCTRC), 2021

## SEPTEMBER EVENTS

*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 email: [trs@spokanecity.org](mailto:trs@spokanecity.org)*

### 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**

17947 Thurs. 9/11 - 10/2 4:15pm - 5:30pm

### TRS Cornhole & Pizza

**4 Weeks | Ages 14yrs. & Up** Fresh air, fun and favorite lawn game-Cornhole. Laughter and friendly competition will abound. Pizza will be served. *Meet at Fowler United Methodist Church, 3928 N. Howard.* **\$63**

18018 Mon. 9/8 - 9/29 5:00 - 6:30pm

### 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.* **\$33**

18022 Mon. 9/8 - 9/29 3:30 - 4:30pm

### TRS Spokane Velocity FC

**1 Day | Ages 16+** Spokane Velocity FC is the first professional men's soccer team in Spokane. They are Division 3 sanctioned and are in the USL League 1. Players are young and aspiring to get to the next level. The games are fun and exciting to watch. *Meet at the new ONE Stadium, 501 W. Garner.* **\$46**

18243 Sun. 9/7 3:30 - 6:15pm Westchester Soccer Club

### TRS SWIMMING

**8 Weeks | Ages 8yrs. & Up**

*Meet at Whitworth University Aquatic Center, 300 W. Hawthorne. No classes 10/19.*

#### Blue Dolphin

For people with developmental disabilities who want to swim competitively or get a good workout. Ability to swim 75 yards without assistance and with rhythmic breathing. **\$67**

18578 Sun. 9/21 - 11/16 2:15 - 3:45pm **\*No swim 10/19**

#### 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. **\$67**

18579 Sun. 9/21 - 11/16 2:15 - 3:00pm **\*No swim 10/19**

#### 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. **\$67**

18580 Sun. 9/21 - 11/16 3:05 - 3:50pm **\*No swim 10/19**



## SEPTEMBER CALENDAR OF EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 <b>LABOR DAY</b>	2	3 <i>No Biking</i>	4 Retirement Party for Alice. <i>Dwight Merkel</i> Shelter 2:00 - 5:30pm	5	6
7 Spokane Velocity Game	8 Cornhole & Pizza Line Dancing	9 Cooking 1 & 2	10 Biking	11 Classy Crafts	12 Trivia Night	13
14	15 Cornhole & Pizza Line Dancing	16 Cooking 1 & 2	17 Biking	18 Classy Crafts	19	20
21 Swimming Learn to Swim	22 Cornhole & Pizza Line Dancing	23 Cooking 1 & 2	24 Biking	25 Classy Crafts	26	27
28 Swimming Learn to Swim	29 Cornhole & Pizza Line Dancing	30 Cooking 1 & 2	1 Biking	2 Classy Crafts	3 Chiefs Hockey vs. Prince George Cougars	4 Pre-Ski Walking EWU Football vs. Portland State



## OCTOBER, NOVEMBER &amp; DECEMBER EVENTS

## 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**

**18533 Thurs. 10/9 - 10/30 4:15pm - 5:30pm**  
**18534 Thurs. 11/6-12/4 no class 11/27**

## 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. 27<sup>th</sup> Ave.- kitchen.*

**\$23**

**18548 Wed. 10/15 5:30 - 7:30pm**  
**18549 Wed. 11/12 5:30 - 7:30pm**

## TRS Friday Night Jam

**1 Day | Ages 18yrs. & Up** Come rock and swing at Spokane's oldest ongoing nightclub for people with developmental disabilities. If participants require direct supervision, then care providers need to attend. Dates and themes vary. *Meet at West Central Community Center, 1603 N. Belt.*

**\$12**

**Halloween/Harvest**  
**18576 Fri. 10/10 7:00 - 8:30pm**  
**Christmas**  
**18577 Fri. 12/12 7:00 - 8:30pm**

## TRS Paint &amp; Taste

**1 Day | Ages 14yrs. & Up** Do you like painting and apple cider? Make a masterpiece of your very own while enjoying sipping on cider. No painting experience required. *Meet at Spokane Valley Parks & Recreation Center Place, 2426 N. Discovery Place.*

**\$21**

**18582 Tues. 10/28 5:30 - 7:00pm**

## 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. 27<sup>th</sup> Ave.- kitchen*

**\$69**

**18517 Tues. 10/7 - 10/28 1:30 - 3:30pm \*10/27 6-8pm**  
**18520 Tues. 10/7 - 10/28 4:00 - 6:00pm**  
**18521 Tues. 11/4 - 11/25 1:30 - 3:30pm \*11/18 6-8pm**  
**18522 Tues. 11/4 - 11/25 4:00 - 6:00pm**

## TRS Bowling &amp; 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 Lanes, 1112 E Magnesium Rd.*

**\$33**

**18674 Thurs. 10/30 1:00 - 3:30pm**

## TRS Cornhole &amp; Pizza

**4 Weeks | Ages 14yrs. & Up** Fresh air, fun and favorite lawn game-Cornhole. Laughter and friendly competition will abound. Pizza will be served. *Meet at Fowler United Methodist Church, 3928 N. Howard.*

**\$63**

**18536 Mon. 10/6 - 10/27 5:00 - 6:30pm**  
**18537 Mon. 11/3 - 11/24 5:00 - 6:30pm**

## 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.*

**\$33**

**18272 Mon. 10/6- 10/27 3:30 - 4:30pm**  
**18535 Mon. 11/3- 11/24 3:30 - 4:30pm**

## TRS Pre-Ski Season Walking

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

**\$29**

**18558 Sat. 10/4 - 11/8 9:30 - 11:00am**

## TRS Eagle Football

**1 Day | Ages 18yrs. & Up** Come on Eagle fans, don't miss this exciting day of college football at Roos Field. We will watch the Eagles take on the Portland State Vikings. Bring \$20 to purchase dinner and money for souvenirs if desired. *Meet at Roos Field, Cheney.*

**\$57**

**EWU v. Portland State**

**18635 Sat. 10/4 3:00 - 7:45pm**

## 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**

**Chiefs v. Prince George Cougars**

**18552 Fri. 10/3 6:30 - 9:45pm**

**Prince Albert Raiders**

**18553 Fri. 11/7 6:30 - 9:45pm**

**Swift Current Broncos**

**18554 Fri. 12/5 6:30 - 9:45pm**

## TRS Eagle Watch Cruise

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

**\$57**

**18637 Sat. 12/6 10:15am - 3:15pm**





OCTOBER CALENDAR OF EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 <i>Swimming Learn to Swim</i>	29 <i>Cornhole &amp; Pizza Line Dancing</i>	30 <i>Cooking 1 &amp; 2</i>	1 <i>Biking</i>	2 <i>Crafts</i>	3 <i>Chiefs vs. Prince George Cougars</i>	4 <i>Pre-Ski Walking EWU Football vs. Portland State</i>
5 <i>Swimming Learn to Swim</i>	6 <i>Cornhole &amp; Pizza Line Dancing</i>	7 <i>Cooking 1 &amp; 2</i>	8 <i>Biking</i>	9 <i>Crafts</i>	10 <i>Friday Night Jam Halloween/ Harvest</i>	11 <i>Pre-Ski Walking</i>
12 <i>Swimming Learn to Swim</i>	13 <i>Cornhole &amp; Pizza Line Dancing</i>	14 <i>Cooking 1 &amp; 2</i>	15 <i>Cookie Bake</i>	16 <i>Crafts</i>	17	18 <i>Pre-Ski Walking</i>
19 <i>No Swimming No Learn to Swim</i>	20 <i>Cornhole &amp; Pizza Line Dancing</i>	21 <i>Cooking 1 &amp; 2</i>	22	23 <i>Crafts</i>	24	25 <i>Pre-Ski Walking</i>
26 <i>Swimming Learn to Swim</i>	27 <i>Cornhole &amp; Pizza Line Dancing</i>	28 <i>Cooking 1 &amp; 2 Paint &amp; Taste</i>	29	30 <i>Crafts Bowling</i>	31 <b>HALLOWEEN</b>	1 <i>Pre-Ski Walking</i>

NOVEMBER/DECEMBER CALENDAR OF EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 <i>Swimming Learn to Swim</i>	27 <i>Cornhole &amp; Pizza Line Dancing</i>	28 <i>Cooking 1 &amp; 2 Paint &amp; Taste</i>	29	30 <i>Bowling</i>	31 <b>HALLOWEEN</b>	1 <i>Pre-Ski Walking</i>
2 <i>Swimming Learn to Swim</i>	3 <i>Cornhole &amp; Pizza Line Dancing</i>	4 <i>Cooking 1 &amp; 2</i>	5	6 <i>Crafts</i>	7 <i>Chiefs vs. Prince Albert Raiders</i>	8 <i>Pre-Ski Walking</i>
9 <i>Swimming Learn to Swim</i>	10 <i>Cornhole &amp; Pizza Line Dancing</i>	11 <i>Cooking 1 &amp; 2</i>	12 <i>Cookie Bake</i>	13 <i>Crafts</i>	14	15
16 <i>Swimming Learn to Swim</i>	17 <i>Cornhole &amp; Pizza Line Dancing</i>	18 <i>Cooking 1 &amp; 2</i>	19	20 <i>Crafts</i>	21	22
23	24 <i>Cornhole &amp; Pizza Line Dancing</i>	25 <i>Cooking 1 &amp; 2</i>	26	27 <b>THANKSGIVING</b> <i>No Crafts</i>	28	29
30	1	2	3	4 <i>Crafts</i>	5 <i>Chiefs vs. Swift Current Broncos</i>	6 <i>Eagle Watch Cruise</i>
7	8	9	10	11	12 <i>Christmas Friday Night Jam Dance</i>	13



# THERAPEUTIC RECREATION SERVICES

Fall 2025



## THERAPEUTIC RECREATION

City of Spokane Parks & Recreation Department

### ACTIVITY REGISTRATION FORM

509.755.CITY (2489)  
SpokaneParks.org

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

PARTICIPANT INFORMATION			BIRTHDATE	AGE	GENDER	ACTIVITY NUMBER	ACTIVITY NAME	FEE
LAST NAME	FIRST NAME	MI						
			/ /		M F			
			/ /		M F			
			/ /		M F			
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			/ /		M F			

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

**Make checks payable to:** City of Spokane

**Mailing Address:** Spokane Parks & Recreation Department  
Class Registration – My Spokane  
808 W. Spokane Falls Blvd.  
Spokane, WA 99201-3317

**Total Program Fees:**  
\$

**Credit Card /Debit Card payments are also accepted in the form of VISA, MC or AMEX for Online or Phone Registrations Only.**

**DDA will send funds.** ☐ Yes ☐ No

**Case Manager**

Name: \_\_\_\_\_ phone # \_\_\_\_\_ email: \_\_\_\_\_

**Please contact your case manager to send verification of payment to: [abusch@spokanecity.org](mailto:abusch@spokanecity.org)**

## THERAPEUTIC RECREATION

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

**Check One:** Group Home/Institution \_\_\_\_\_ In Own Home/Apartment \_\_\_\_\_ Private Home With Parent \_\_\_\_\_

Dietary Precautions/Foods to avoid:

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

Activity Limitations/Physical problems (if any):

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

Careprovider/Support Staff provided? ☐ Yes ☐ No

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

**CONTINUE** ➡





## THERAPEUTIC RECREATION

Do you have any disabilities? (be specific)

## Participant Personal Needs:

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

<b>Social Skills/Behavioral Info:</b>	<b>Participation:</b>	<b>Needs Help Managing:</b>	<b>Behavioral Triggers or fears:</b>
	<input type="checkbox"/> Easily <input type="checkbox"/> Needs Occasional Prompting <input type="checkbox"/> Needs Constant Prompting	<input type="checkbox"/> Behavior <input type="checkbox"/> Personal Space <input type="checkbox"/> Emotions	<b>Other information:</b>
<b>Mobility and Adaptive Equipment:</b>	<b>Do you use adaptive equipment?</b> <input type="checkbox"/> Yes <input type="checkbox"/> No	<b>Wheelchair:</b> <input type="checkbox"/> Manual <input type="checkbox"/> Full-time <input type="checkbox"/> Electric <input type="checkbox"/> Part-time	<b>Check all that apply:</b> <input type="checkbox"/> Cane/Crutches <input type="checkbox"/> AFO's/Splint/braces <input type="checkbox"/> Walker
<b>Daily Life:</b>	<b>Toileting:</b> <input type="checkbox"/> Independent <input type="checkbox"/> Independent w/reminders <input type="checkbox"/> Only with assistance	<b>Eating</b> <input type="checkbox"/> Independent <input type="checkbox"/> Independent w/ partial assistance <input type="checkbox"/> Only with assistance	<b>Communication Information:</b> <input type="checkbox"/> Verbal and clearly understood <input type="checkbox"/> Verbal but not clearly understood <input type="checkbox"/> Non-verbal <input type="checkbox"/> Uses sign language <input type="checkbox"/> Uses a communication board
	<b>Other information:</b>		

## Additional Personal Needs Information:

## MEDICATION INFORMATION &amp; WAIVER \*signature required

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

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

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

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

Signature

Date

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

List any special instructions/cautions/side effects:



# THERAPEUTIC RECREATION SERVICES

Fall 2025

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

### WARNING: PLEASE READ CAREFULLY BEFORE SIGNING!

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

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

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

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

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

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

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

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

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

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

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

Emergency Contact (print) \_\_\_\_\_ Relation \_\_\_\_\_ Phone number \_\_\_\_\_



## CUSTOMER INVOLVEMENT POLICIES & IMPORTANT INFORMATION

### CUSTOMER INVOLVEMENT POLICIES

- Arrive to the activity/meeting location on time. Under most circumstances TRS will not wait longer than fifteen minutes for participants to arrive. This will prevent a delay in transportation and tardiness of any reservation.
- Leave the activity on time. TRS will wait until transportation comes. If additional supervision is required the participant will be billed \$8.00 for every 15 minutes or \$32.00 for every hour your transportation is late or you arrive too early. *(Please refer to the additional supervision form).*
- Bring the appropriate amount of money for activity. TRS staff do not carry additional funds to pay for activities. If you do not have sufficient funds for the activity, you may be sent home. Via home site, bus or taxi.
- Bring the appropriate clothing/gear for activity. *(i.e.; helmets/gloves, swimsuit/cap, pillow/sleeping bag, extra layers in cold weather, etc.)*
- Respect people, place and things around you.

1. Stay with the group.
2. Follow instructions of TRS staff.
3. No smoking permitted except in designated areas upon approval of TRS staff.

4. No food or drink allowed on the vans or other transport vehicles.
5. No Sexual Harassment or Assaultive behavior will be tolerated. We reserve the right to send participants home if displaying inappropriate behaviors or not abiding by the TRS Customer Involvement Policies. We strive to provide a safe and enjoyable experience for everyone in a Therapeutic Recreation Services activity.

Absolutely No Sexual Harassment or Assaultive behavior will be tolerated. We reserve the right to send participants home if displaying inappropriate behaviors or not abiding by the TRS Customer Involvement Policies. We strive to provide a safe and enjoyable experience for everyone in a Therapeutic Recreation Services activity.

### IMPORTANT INFORMATION

#### SERVICE PHILOSOPHY

Primary goal is to make recreational activities available to a broad spectrum of people with developmental and/or physical disabilities. Our purpose is to assist people to have positive experiences and develop appropriate leisure and social skills they can use throughout their lifetime. Mastery of leisure skills often leads to an increase in self-esteem and the ability to tackle other obstacles in life.

#### VOLUNTEER/STAFF

Volunteers are vital to our programs. Parents/care providers, siblings, and students are encouraged to volunteer. If you are interested in volunteering, call 509.625.6245. Paid positions also available.

#### PARTICIPANT PERSONAL NEEDS

Therapeutic Recreation staff provides leadership for the activity and are unable to provide attendant care *(feeding, toileting assistance, giving medications, transfers, etc.)*.

Care providers should accompany participants who need personal care. Participants who have behavioral issues may be asked to participate with a care provider in attendance. Registration fees for care providers may be waived or will vary depending on the activity.

#### MEDICATION POLICY

Participants who take medication during a Therapeutic Recreation program must complete a MEDICATION INFORMATION AND WAIVER form and return it before start of class. Participants must be self-medicating. Program staff can take custody of medication and remind participants when to take medication. Program staff cannot administer medication. All medication must be packaged according to program instructions. Participants should have a current medical coupon/medical insurance card, and identification with current address and phone number.

#### MISCELLANEOUS INFORMATION

Participants will be notified of class changes. Classes held in Spokane school facilities do not meet on holidays, vacation & curriculum days.

#### PROGRAM FEES

Limited scholarship funds are available should a participant be unable to afford a class. Donations are tax deductible and assist us to better serve the leisure needs of people with disabilities. Therapeutic Recreation Services is a registered contractor with DSHS and is eligible to accept DDA respite funds for payment of activities through the Provider 1 system. Contact your local DDA case manager for more information.

#### PROCESS TO USE DDA FUNDING:

1. Contact your DDA case manager and inform them of price.
2. Have case manager send funding approval to: [abuschi@spokaneccity.org](mailto:abuschi@spokaneccity.org)
3. Fill out registration and then on page 13 indicate DDA as payment source and list case manager.
4. When registration form has been received and processed by TRS, a confirmation receipt will be sent to camper/family.
5. Provide copy of confirmation receipt to case manager
6. If camper needs to cancel registration, regular refund policy and procedures apply (see below). DDA WILL NOT PAY IF CAMPER DOES NOT ATTEND BUT DID NOT CANCEL. In this case, payment responsibility falls to camper's family.

#### REFUND POLICY

Participants will be notified if a class or program is canceled due to lack of enrollment and will be offered an alternate choice, full refund or credit on account. Participants who

wish to cancel enrollment must notify Therapeutic Recreation at least seven days prior to the program date to be considered for a refund. Refund amount will be based on the number of students enrolled and any supply costs incurred on the participant's behalf. Care providers may not substitute participants. Every participant must be preregistered. Requests for refunds must be made in writing and approved by Therapeutic Recreation supervisor. Refunds will not be made after the first session or for missed sessions. Trip deposits are non-refundable unless cancellation is made at least 30 days before trip departure date.

#### TRANSPORTATION/PARATRANSIT USERS

The Spokane Transit Authority offers both fixed route and para-transit services to the public. For fixed route service, call 509.328.7433; para-transit service, call 509.328.1552. STA will not wait for instructors or buildings to open. Our instructors arrive fifteen minutes prior to the start of the class. In order to prevent participants from being dropped off too early please give a "no earlier than drop" time of 15 minutes before the class starts. Do not use a "no later than" time as it causes problems of too early of an arrival. Care providers must accompany participants who cannot find the class location independently or wait appropriately for the instructor. Therapeutic Recreation works with STA and care providers to identify early and late arrivals and make changes in schedules as needed. \*Another suggestion is to use subscription trips. After attending a class three weeks in a row the rider qualifies. With this ride you won't need to call in each week- just call when need to cancel. Schedule rides early. If participants need additional supervision while waiting for transportation after program hours, a bill will be sent to cover staff expenses. Para-transit is not recommended for those activities involving a flexible return time - i.e. trips.

#### REGISTRATION PROCEDURE:

- Advance registration is necessary for all programs except where noted.
- Registration is processed on first paid, first served basis. Payment can be accepted over the phone with Visa/MC/Discover only. No verbal reservations over phone.
- Mail in, phone in, walk in, or fax 509.625.6205 registrations.
- Medication Information & Waiver form filled out as necessary.

#### OTHER PARKS PROGRAMS AVAILABLE TO SPECIAL POPULATIONS

The programs in this brochure are designed for persons with developmental and physical disabilities. All other Park Department programs are available to persons with disabilities. Please look through the Spokane Parks and Recreation Department Class & Activity Guide to see if a program is of interest to you. Then call our office at 509.625.6245 or email to [trs@spokaneccity.org](mailto:trs@spokaneccity.org) and we will help you get started by notifying the instructor who will make preparations or adaptations, if needed.





## Benefits of Adult Athletic League Participation

Adults involved in recreational sports are more likely to sustain active lifestyles into later life, reducing their risk of chronic diseases such as obesity, diabetes, and hypertension.

› Preventive Medicine Reports, 2020

### FLAG FOOTBALL

#### Flag Football League - 8v8 & 5v5

**7 Weeks | Ages 18yrs. & Up** The SPRD Adult Flag Football Program offers divisions for all skill levels. The league has two divisions: Competitive and Recreational/Casual for both 8v8 & 5v5 formats. All games take place on the turf fields at the Dwight Merkel Sports Complex on Friday nights and all day on Sundays.

*Dwight Merkel Sports Complex, 5701 N. Assembly.*

**8v8 - \$891**

**5v5 - \$450**

**Regular Registration Deadline:** August 22<sup>nd</sup>

**Late Registration Deadline:** (+\$35) will be accepted through August 29<sup>th</sup> as space allows.

18529	Sun & Fri	9/5-10/26	8am-5pm	8 Man Competitive
18530	Sun & Fri.	9/5-10/26	8am-5pm	8 Man Recreational
18531	Sun.	9/5-10/26	8am-5pm	5 Man Competitive
18532	Sun.	9/5-10/26	8am-5pm	5 Man Recreational



### REFRESHING SPOKANE





## FALL SOFTBALL LEAGUE

**5 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 (*semi-competitive*), E (*Recreational/Beginner*), and E+ (*Upper Recreational*). You'll play 5 week of double header games from 6-9pm at either Dwight Merkel Sports Complex (5701 N. Assembly) or Franklin Park Softball Complex (302 W. Queen Ave). The team registration fee includes a 10-game guarantee, a set of balls, a scorebook, line-up cards, and umpire fees for the season. *Please note that the athletics department reserves the right to move teams to a different division based on past standings and needs.* **\$681**

**Regular Registration Dates:** August 15<sup>th</sup>

**Late Registration Deadline:** (+\$35) will be accepted through August 22<sup>nd</sup> as space allows.

<i>Women's Leagues</i>			
Activity Number	Division	Days	Dates
18474	Open	Monday	9/8-10/6
<i>Coed Leagues</i>			
18469	Coed D ( <i>Competitive</i> )	Sunday	9/7-10/5
18478	Coed E+ ( <i>Semi-Competitive</i> )	Sunday	9/7-10/5
18471	Coed E ( <i>Recreational/Beginner</i> )	Sunday	9/7-10/5
18475	Coed D ( <i>Competitive</i> )	Tuesday	9/9-10/14
18479	Coed E+ ( <i>Semi-Competitive</i> )	Tuesday	9/9-10/14
18477	Coed E ( <i>Recreational/Beginner</i> )	Tuesday	9/9-10/14
18483	Coed D ( <i>Competitive</i> )	Thursday	9/11-10/9
18484	Coed E+ ( <i>Semi-Competitive</i> )	Thursday	9/11-10/9
18485	Coed E ( <i>Recreational/Beginner</i> )	Thursday	9/11-10/9
18486	Coed E+ ( <i>Semi-Competitive</i> )	Friday	9/12-10/17
18487	Coed E ( <i>Recreational/Beginner</i> )	Friday	9/12-10/17
<i>Men's Leagues</i>			
18472	Men's D / E+ ( <i>Competitive / Semi-Competitive</i> )	Monday	9/8-10/6
18473	Men's E ( <i>Recreational / Beginner</i> )	Monday	9/8-10/6
18480	Men's D ( <i>Competitive</i> )	Wednesday	9/10-10/8
18481	Men's E+ ( <i>Semi-Competitive</i> )	Wednesday	9/10-10/8
18482	Men's E ( <i>Recreational / Beginner</i> )	Wednesday	9/10-10/8



## VOLLEYBALL LEAGUE

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

**Early Bird Registration Period:** August 11-24 (**\$25 discount**)

**Regular Registration Period:** August 25-September 14

**Late Registration Period:** September 15-28 (**+\$50 Fee**)

Activity Number	Division	Days	Dates	Location
18662	Coed Upper B	Monday	9/29-12/15 ( <i>Tentative</i> )	Glover
18666	Coed Lower B	Monday	9/29-12/15 ( <i>Tentative</i> )	Garry
18659	Coed 4's Upper	Tuesday	9/30-12/16 ( <i>Tentative</i> )	Chase
18657	Coed 4's Lower	Tuesday	9/30-12/16 ( <i>Tentative</i> )	Shaw
18656	Women's 4's Upper	Wednesday	10/1-12/17 ( <i>Tentative</i> )	Glover
18658	Women's 4's Lower	Wednesday	10/1-12/17 ( <i>Tentative</i> )	Garry
18664	Coed B	Thursday	10/2-12/18 ( <i>Tentative</i> )	Sacajawea
18665	Coed C	Thursday	10/2-12/18 ( <i>Tentative</i> )	Salk
18661	Coed Upper C	Friday	10/3-12/19 ( <i>Tentative</i> )	Salk
18663	Coed Lower C	Friday	10/3-12/19 ( <i>Tentative</i> )	Shaw

### Open Gym Volleyball

**Ages 18yrs. & Up** Come and drop in for a pickup game! Our open gym volleyball sessions offer players a chance to get together and enjoy some fun competition. Open gym sessions are Fridays from 6:30pm to 9:30pm. We do not accept payment onsite. Single visit passes can be purchased online up to one week in advance. Skip the lines and purchase a season pass to attend open gym all season long. *No open gym when Spokane School District is not in session.*

**Chase Middle School Open Gym Season Pass**

18673

Fri.

10/10-5/22 **\$50**

**REGISTER  
ONLINE**

**SpokaneRec.org**



**MAIL  
US**

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

\*checks payable to City of Spokane



**CALL  
US**

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







# SOFTBALL

Spring • Summer • Fall

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

[SPOKANEPARKS.ORG/SPORTS](https://spokaneparks.org/sports)



# FLAG FOOTBALL

## SPRING AND FALL LEAGUES

### ADULT LEAGUE

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

### YOUTH NFL FLAG LEAGUE

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

[SPOKANEPARKS.ORG/SPORTS](https://spokaneparks.org/sports)

## REFEREES AND UMPIRES NEEDED!

VISIT [SPOKANEPARKS.ORG/JOBS](https://spokaneparks.org/jobs) OR EMAIL [CWARE@SPOKANECITY.ORG](mailto:cware@spokanecity.org)



**STARTS AT \$20/HR**



# SYSCA

## Spokane Youth and Senior Center Association

Spokane Parks and Recreation affiliates itself with nine (9) non-profit community organizations benefitting older adults and young children. We greatly appreciate our relationship with these centers and their individual recreation programs.

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

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

### **CORBIN SENIOR ACTIVITY CENTER**

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

### **HILLYARD SENIOR CENTER**

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

### **MARTIN LUTHER KING JR. CENTER**

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

### **MID-CITY CONCERNS SENIOR CENTER**

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

### **NORTHEAST YOUTH CENTER**

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

### **PROJECT JOY**

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

### **SINTO SENIOR CENTER**

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

### **SOUTHSIDE COMMUNITY & SENIOR CENTER**

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

### **WEST CENTRAL COMMUNITY CENTER**

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



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



# 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](mailto:afuzak@spokanecity.org)



## WE LIKE YOU! DO YOU LIKE US?



## @SPOKANEPARKS



### **Inclusion Statement:**

We support the Americans with Disabilities Act and encourage participation by all regardless of race, color, national origin, age, sex, religion, veteran status, marital status, sexual orientation, or ability. We can assist in obtaining specialized equipment, interpretive services, or other support to make your involvement successful. To assure the best experience for all participants, we need your accommodation request along with your registration a minimum of two weeks in advance of the program date. For more information, contact Lisa Richards at 509.625.6909 or [Lrichards@spokanecity.org](mailto:Lrichards@spokanecity.org).

### **Essential Eligibility Criteria Statement:**

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

### **General Recreation Essential Eligibility Criteria:**

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

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

### **Terms/ Definitions:**

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

**\*\* Companion/Trained Aid:** In some circumstances, if an EEC can be met with the help of a companion/trained aide participants may be eligible to participate.

- Examples of companions/trained aides include service animals, translators, caregivers, or an individual that can assist a participant with physical, emotional, or communication requirements.
- In the case of a minor needing to meet an EEC with an aide, a parent/guardian or responsible adult may act as an aide.
- Companions/Trained Aides must be able to complete all EEC.
- Spokane Parks and Recreation will permit the attendance of a participant's companion at no additional cost to the participant; however, the companion will be responsible for purchasing their own consumable resources/access fees (e.g. food, event tickets, etc.). For your convenience, these costs can be given upon request. Please contact the program supervisor for coordination.

**\*\*\* Reasonable Accommodation:** An accommodation made that will not fundamentally change the nature of a program, would increase unnecessary risk to the participant or others, or would place an undue financial or administrative burden on Spokane Parks and Recreation.





## SATISFACTION GUARANTEED

Fall 2025

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

### REGISTER ONLINE

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



### MAIL US

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

\*checks payable to City of Spokane



### CALL US

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



### PAYMENT INFORMATION

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

### INCLEMENT WEATHER

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

### DISCLAIMER

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

### REFUND/CANCELLATION POLICY

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

- For all programs cancelled by Spokane Parks and Recreation participants will receive a 100% refund back to their original payment method. (*Allow up to 30 days for processing*).
- Classes held at Spokane Public School facilities will not meet on dates that schools are not in session (*holidays, vacation periods, curriculum days, inclement weather-related closures*). Class sessions scheduled for those dates will be made up at the end of the regular schedule.
- All refund requests must be made by email or phone call to the appropriate Recreation Supervisor (*Recreation Supervisors and contact information is listed on page 2 of every activity guide*) a minimum of 14 business days (*Mon.-Fri. excluding holidays*) prior to the start of your programs.
- Requests made after the 14-business day window will not be refunded.
- Cancellation/Refund requests by DDA funded (*Developmental Disabilities Administration*) participants who cancel after the fourteen (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 Boston at:

[mboston@spokanecity.org](mailto:mboston@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.





# SKATE INTO *Winter Magic*



## *Igloo Rentals*

Reserve a cozy private igloo for a warm and festive hangout with family or friends. Perfect for parties, date nights, or a mid-skate break.



## *Ice Skating Lessons*

New to the ice? Learn to glide with confidence in a welcoming environment led by professional instructors. Lessons available for kids and adults.



## *Unlimited Ice Pass*

Love to skate? Get an Unlimited Ice Pass and enjoy access to the Numerica Skate Ribbon all season long. One price, endless fun!

## PLAN YOUR PERFECT WINTER EXPERIENCE

Visit [riverfrontspokane.org](https://riverfrontspokane.org) for hours, pricing, and booking details!





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

# Together Spokane

## Schools. Parks. Neighborhoods.

Spokane Parks & Recreation and Spokane Public Schools are joining a range of community partners to present a shared vision for the future of our city's parks, schools, and neighborhoods on November ballots.

View more on the  
inside front cover!



Learn more at  
[TogetherSpokane.org](http://TogetherSpokane.org)

