WINTER ACTIVITY GUIDE 2025 ACTIVITY GUIDE DECEMBER - APRIL

INSIDE

YOUTH & FAMILY OUTDOOR ADVENTURES, ADULT ART CLASSES, SPRING BREAK CAMPS, LONGEVITY FIT FOR HEALTHY AGING, SKYHAWKS SPORTS PROGRAMS, THERAPEUTIC RECREATION PROGRAMS, NINJA SKILLS TRAINING AND SO MUCH MORE!



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

SAMPS

LEARN

CLASSES

SPORTS

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PLAY

GOLF

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RUN

POOLS

The Six Dimensions Of Wellness

At City of Spokane Parks & Recreation, we strive to provide programming that addresses these interconnected dimensions to bring a sense of wellness and fulfillment to all of our participants.



Developed by Dr. Bill Hettler, co-founder of the National Wellness Institute, the six dimensions of wellness are: physical, emotional, spiritual, social, intellectual, and occupational.

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Spokane best disc golf selection, plus any winter apparel needed to play all year long.

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Outdoor Recreation

SCHOOLS OUT YOUTH AND FAMILY ADVENTURES WITH TRANSPORTATION

School's out! These family-oriented and kids-only activities will surely get you and your family excited about exploring outside. Our friendly guides love to share tips, tricks, and cool trivia to have you wanting to come back for more! Trips leave from a central location where you meet the guides and participants are whisked away for a wonderful adventure. After registration, you'll receive additional pre-trip information via email. For help determining if the activity is right for you, or questions about age restrictions, equipment, or other details, call us at 509-363-5414. Participants under 18yrs. must be with an adult except in youth-only programs.

Family Snowshoe Mount Spokane

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 snowcovered 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.** \$39

16376	Sun.	12/22	9am – 1pm
17480	Mon.	2/17 Presidents Day	9am – 1pm

Winter Explorers Camp

2 days | Ages 8-12yrs. Join us over the winter break to learn cross-country skiing and snowshoeing at Mount Spokane State Park! Traveling the trails and romping around in the snow through the amazing forest is the best way to spend winter break. We will also learn how to build snow shelters, search for animal tracks, and how to move around on the snowy landscape! Please bring a lunch and plenty of water each day. The fee includes guides, snowshoe and cross-country skiing equipment, trail fees, instruction, and transportation. Meet at Northeast Community Center Parking Lot 4001 N Cook St. \$149

16377 Mon. & Tues. 12/30-12/31 9am – 4pm



Winter Wonderland Snowshoe - Kids Only 1 day | Ages 8-12yrs.| Hike time: 3 hours | Terrain: moderate up/downhill ~600ft elevation gain/loss

Leave the winter fun to us kids! Our guides will take the group on designated trails in the beautiful snow-covered forest of Mount Spokane State Park! Exploring a winter landscape will provide excitement and a lasting impression. Pack a lunch and plenty of water. Fee includes guides, snowshoes, poles, instruction, and transportation. **Meet at Yoke's Fresh Market - Foothills 210 E North Foothills Dr.** \$49

16378 Fri. 1/3

9:30am – 2:30pm





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



SNOWSHOEING

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

<u>Snowshoe James T. Slavin Conservation Area with</u> <u>Transportation</u>

1 day | Ages 13yrs. & Up | Hike time: 3 hours | Terrain: mostly flat Enjoy the quiet snow-blanketed trails of the James T. Slavin Conservation Area. This trail system boasts a variety of habitat types including ponds, upland pine and fir forests, wetlands, and grassy meadows. This area is relatively flat and we will hike at a comfortable pace depending on the group. If you have been wondering about snowshoeing but not sure if you're ready for the mountain, this trip if for you! Meet at Yoke's Fresh Market -Foothills 210 E. North Foothills Dr. \$39

17470 Sun. 1/26 9am – 1pm

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! The fee includes Guides, snowshoes, poles, headlamps, instruction, and dinner! 1-day SNO-PARK permit parking pass is required. **Meet at Mount Spokane State Park Selkirk Nordic Lodge.** \$79

16381	Sat.	1/11	6-9pm
17476	Sat.	2/8	6-9pm

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! The fee includes guides, snowshoes, poles, instruction, and transportation. **Meet at Yoke's Fresh Market Parking Lot 14202 N. Market St.** \$39

16375	Sat.	12/21	First day of Winter	9am – 1pm
16379	Sat.	1/4	Friends of Mt. Spokane Tour	9am – 1pm
17472	Sun.	2/2	Groundhog Day	9am – 1pm
17473	Sun.	2/23		9am – 1pm
17474	Sat.	3/8	Friends of Mt. Spokane Tour	9am – 1pm

Snowshoe Tour 49 Degrees North

1 day | Ages 13yrs. & Up Tour the trails of 49 Degrees North! Your guide will give you tips leading to better control and more fun on your snowshoes. Beautiful scenery and healthy exercise followed by a tasty sack lunch. The fee includes guides, snowshoes, poles, trail pass, instruction, and lunch! Meet at 49 Degrees North Nordic Area Yurt 3311 Flowery Trail Rd. Chewelah. WA. \$59

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17464	Sun.	1/12	10am – 2pm
17461	Sun.	2/9	10am – 2pm
17462	Sat.	2/22	10am – 2pm
17463	Sun.	3/2	10am – 2pm



Snowshoe Moonlight Tour with Transportation

1 day | Ages 16yrs. & Up | Hike time: 2.5 hours | Terrain: moderate up/downhill ~570ft elevation gain/loss

Moonlight on snow is a magical and memorable experience. Quietly, you will explore the meadows and woods around Mount Spokane. Mystical moonlight through the trees makes for some great photos! The fee includes guides, snowshoes, poles, headlamps, instruction, and transportation! **Meet at Yoke's Fresh Market Parking Lot 14202 N. Market St.** \$39

16372	Sat.	12/14	6-9:30pm
16380	Fri.	1/10	6-9:30pm
17475	Fri.	2/14 Valentine's Day	6-9:30pm

Outdoor Recreation

SNOWSHOEING

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

Starlight Snowshoe Mount Spokane with Transportation

1 day | Ages 16yrs. & Up | Hike time: 2.5 hours | Terrain: moderate up/downhill ~570ft elevation gain/loss

What a great way to start your weekend! We hike through the quiet forest on Mount Spokane as the glimmer of your headlamp illuminates the snowy features around you and the stars shine down from above. The fee includes guides, snowshoes, poles, headlamps, instruction, and transportation! Meet at Yoke's Fresh Market Parking Lot 14202 N. Market St. \$39

16373	Fri.	12/20	6-9:30pm
17478	Fri.	2/28	6-9:30pm

Snowshoes and Brews Mount Spokane Tour with Transportation

1 day | Ages 21yrs. & Up | Hike time: 3 hours | Terrain: moderate up/downhill ~600ft elevation gain/loss

Snowshoeing is awesome! Join us on a tour through the woods of Mount Spokane State Park. Following our adventure, we will head to Big Barn Brewery on Green Bluff to learn about their locally crafted beer and enjoy some tasty beverages to "tap" off the day. The fee includes guides snowshoes, poles, trail fees, instruction, and transportation! Beverages are not included in the fee and are paid on your own. **Meet at Big Barn Brewing Parking Lot 16004 N Applewood Ln, Mead, WA.** \$55

17466	Sun.	1/19	9am – 2:30pm
17467	Sat.	2/15	9am – 2:30pm

Sunset/Moonrise Snowshoe Tour Mount Spokane with Transportation

1 day | Ages 13yrs. & Up | Hike time: 3 hours | Terrain: moderate up/downhill ~570ft elevation gain/loss

Take in the beautiful sunsets of Mount Spokane. We will hike up to Bald Knob Campground through the snow-covered forest to views of the Spokane Valley and beyond. Hopefully we will be lucky and see a gorgeous sunset and alpine glow, slope side on Mount Spokane. The fee includes guides, snowshoes, poles, instruction, and transportation! **Meet at Yoke's Fresh Market 14202 N Market St.** \$39

17481 Fri. 3/14

5-9pm



Youth Program Scholarships

Unlocking FUN for EVERYONE!

For more information see page 36

Outdoor Recreation



Relax and leave the driving to us! During these longer journeys to and from our destination, we typically make a convenient stop at a local snack shop or travel center, allowing you to stretch your legs, use the restroom, and pick up some tasty treats.

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

Snowshoe Bead Lake with Transportation

1 day | Ages 16yrs. & Up | Hike time: ~4 hours |

Terrain: moderate up/downhill ~570ft elevation gain/loss

This beautiful snowshoe hike takes us to the pristine Bead Lake in Colville National Forest just north of Newport. The trail offers amazing views of the lake and surrounding area. While on this hike you will travel through ancient cedar forests and over some of Bead Lake's tributary streams. Some wildlife you might see are deer, elk, northern goshawk, and many more. Come and enjoy a very peaceful snowshoe with some spectacular views! Great hike for photographers. The fee includes guides, snowshoes, poles, instruction, and transportation! **Meet at Yoke's Fresh Market Parking Lot 14202 N. Market St.** \$67

17468 Mon. 1/20 Martin Luther King Jr. Day 9am – 4pm

Snowshoe Little Pend Oreille National Wildlife Refuge 1 day | Ages 16yrs. & Up | Hike time: ~4 hours |

Terrain: moderate up/downhill ~640ft elevation gain/loss Hidden between the foothills of the Cascades and the Rocky Mountains, this unique, forested, mountainous Refuge provides habitat for large mammals like bears, cougar, deer, elk, and moose as well as over 200 migratory songbirds. Take a beautiful tour on the Mill Butte trail through open pine meadows to panoramic views from the top of the butte. On our return, we will follow the creek looking out for wildlife that call this sanctuary their home. The fee includes guides, snowshoes, poles, instruction, and transportation! Meet at Yoke's Fresh Market Parking Lot 14202 N. Market St. \$67

17469 Sat. 1/25

8am - 3:30pm

Snowshoe Lake Gillette with Transportation

1 day | Ages 16yrs. & Up | Hike time: 3 hours | Terrain: moderate up/downhill ~450ft elevation gain/loss

We will explore this mountain lake in Colville National Forest surrounded by meadows and forested slopes. This great trail will be a true winter memory for you. The guided hike will take you uphill to a scenic overlook that will leave you in awe. The fee includes guides, snowshoes, poles, instruction, and transportation! **Meet Yoke's Fresh Market Parking Lot 14202 N. Market St.** \$67 17479 Sun. 2/16 9am – 4pm

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



GET OUTDOORS WITH US!

Here's why:



Guides

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

Equipment

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

Transportation

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

What you can expect:

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

What's happening?

 SPRING: Wildflower Walks • Rafting • Archery
 SUMMER: Paddleboard Tours • Kayak Tours • Youth Day Camps Little Spokane River Shuttle and Kayak Rentals
 FALL: Hikes • Driving Tours • Kayak Tours
 WINTER: Moonlight & Daytime Snowshoeing, Cross-Country Ski Tours
 PRIVATE TOURS: We'll take your group on a custom private adventure in any season



🞽 afuzak@spokanecity.org

509.363.5414

www.spokanerec.org



See Current Offerings

CROSS-COUNTRY SKIING

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

Cross Country Ski Lesson Mount Spokane

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

17449	Sat.	1/4	10am – Noon
17484	Sun.	1/5	10am – Noon
17450	Sat.	1/11	10am – Noon
17451	Sat.	1/25	10am – Noon
17452	Sat.	2/1	10am – Noon
17485	Thurs.	2/6	10am – Noon
17453	Sun.	2/9	10am – Noon
17454	Sat.	2/22	10am – Noon
17455	Sat.	3/1	10am – Noon

Cross Country Ski Lesson 49 Degrees North

1 day | Ages 13yrs. & Up Learn to cross-country ski and tour the trails of 49 Degrees North Nordic Area! You will be taught the basics of cross-country skiing by 49 Degrees North professional ski instructors. Instruction includes basics of equipment, ski area rules, and etiquette, techniques on how to glide on your skis, how to travel uphill and how to stop going downhill. After a fun lesson, you will hit the trails for a guided area tour to try out those new skills. Beautiful scenery and exercise are what cross-country skiing is all about! The fee includes instruction, skis, boots, poles, trail pass, and a guided tour. Bring plenty of water and a lunch, or wander up the day lodge to check out a variety of food and beverage options. **Meet at 49 Degrees North Nordic Area Yurt 3311 Flowery Trail Rd. Chewelab. WA**. \$75

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17456	Sun.	1/5	10am – 2pm
17457	Sun.	1/26	10am – 2pm
17458	Sat.	2/8	10am – 2pm
17459	Sun.	2/23	10am – 2pm
17460	Sat.	3/8	10am – 2pm

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, breadsticks, and more from Greenbluff Fresh Catering Company! This is an incredible experience you will not want to miss. The fee includes guides, skis, boots, poles, headlamps, and dinner! You should have basic cross-country ski skills or have taken a lesson before this trip. No formal lessons are given, only a tour. 1-day SNO-PARK permit parking pass is required. **Meet at Mount Spokane State Park Selkirk Nordic Lodge.** \$79

17477	Sat.	2/8	6-9pm
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Outdoor Recreation

LONGER DAY CROSS-COUNTRY SKI TOURS

Relax and leave the driving to us! During these longer journeys to and from our destination, we typically make a convenient stop at a local snack shop or travel center, allowing you to stretch your legs, use the restroom, and pick up some tasty treats. After registration, you'll receive additional pre-trip information via email. For help determining if the activity is right for you, or questions about age restrictions, equipment, or other details, call us at 509-363-5414. Participants under 18 must be with an adult.

9am – 3pm

<u>Cross Country Ski Trip Geophysical Area with</u> Transportation

1 day | Ages 16yrs. & Up | Ski time: ~3 hours | Terrain: groomed trail, mellow to moderate with hills

Established in 1966 this Geophysical Observatory is just one of 14 observatories the USGS operates worldwide, used to monitor the earth's magnetic field. Also, a groomed cross-country ski trail system with clever twists and turns on trails that make a rather common stretch of forest into a fun-filled afternoon on the snow. The Geophysical Area in Colville National Forest near Newport, WA an absorbing number of trails that will lure you back again and again. This is a great beginner trail system, but you should have basic cross-country ski skills or have taken a lesson prior to this trip. The fee includes guides, skis, boots, and poles, trail pass, and transportation! Bring your own lunch and water. Location is subject to change due to snow conditions. **Meet at Yokes Fresh Market Parking Lot 14202 N Division St.** \$59

17465 Sat. 1/18

Cross Country Ski Frater Lake with Transportation

1 day | Ages 16yrs. & Up | Ski time: ~3 hours | Terrain: groomed trail, mellow to difficult

Explore this beautiful snowy glacial lake that is part of eight lakes of the Pend Oreille Lake Chain in Colville National Forest. This location boasts over 10 miles of trail for all levels of skiers and a cozy, rustic warming cabin for lunch and breaks. You should have basic cross-country skiing skills or have taken a lesson before this trip. The fee includes guides, skis, boots, poles, trail passes, and transportation! Bring your own lunch and water. Location is subject to change due to snow conditions. **Meet at Yoke's Fresh Market Parking Lot 14202 N. Market St.** \$67

17471 Sat. 2/1 9am – 4pm

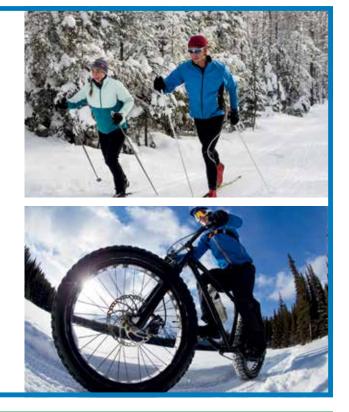
SKI IN THE CITY

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

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

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





SIGNATURE EVENTS

Mon.

Numerica Tree Lighting Celebration

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

Numerica Skate Ribbon 720 W Spokane Falls Blvd. Free Sat. 11/304-7pm

Riverfront Winter Market

1 day | All Ages Riverfront Spokane is thrilled to showcase talented local vendors and artisans at our Riverfront Market on Saturday, November 30th! Come and enjoy a wonderful day filled with shopping, entertainment, and community spirit as we celebrate the Numerica Tree Lighting Celebration. Riverfront Park 507 N Howard St. Free

Sat. 11/30 Noon-7pm

New Year's Eve Fireworks Celebration

1 day All Ages Ring in the New Year with your friends and family at Riverfront Park on Tuesday, December 31. Fireworks will start at 9pm. for a family-friendly New Year's Eve celebration! **Riverfront Park 507 N Howard St.**

Tue. 12/31

Numerica Skate with the Chiefs

1 day | All Ages Join us at the Numerica Skate Ribbon for a community skate night with the Spokane Chiefs. The public will have the opportunity to skate alongside their favorite players and mascot Boomer, get autographs and take pictures. Free admission and skate rentals will be provided by Numerica Credit Union to the first 300 people. Numerica Skate Ribbon 720 W Spokane Falls Blvd. 6-8pm

Wed. 1/8

Valentine's Day Ice Skating Special

1 day | All Ages Treat your sweetheart to a romantic ice-skating date at the Numerica Skate Ribbon this Valentine's Day! For just \$14, enjoy admission and skate rentals for two! Numerica Skate Ribbon 720 W Spokane Falls Blvd.

Fri. 2/14 11am-8pm

9pm

St Patrick's Day- Leprechaun Gold

1 day | All Ages Discover treasure at Riverfront Park this St. Patrick's Day! Embark on a quest for one of the leprechaun gold coins hidden across the park, each accompanied by a complimentary ticket for a ride on the Looff Carrousel. Riverfront Park 507 N Howard St.

11am

Riverfront Spring Market

3/17

1 day | All Ages Springtime is here, and vendor booths are in bloom! Come join us Wednesday, April 9th, Noon-6pm for the Riverfront Spring Market that features local vendors, food trucks, and more! Fun for the whole family, come browse, shop, and play! Riverfront Park 507 N Howard St. Wed. 4/9

Noon-6pm

Easter Egg Hunt

1 day | All Ages Come join us for a fun-filled Easter Egg Hunt at Riverfront Park on the Saturday before Easter! With thousands of eggs, candy, and exciting prizes, it's an event you won't want to miss. Riverfront Park 507 N Howard St. 4/19 10am

Sat.

CHILDREN & FAMILIES

Story Time at the Carrousel

1 day | Ages 2-5yrs. Join us in the Looff Carrousel party room at 11:00 a.m. for a story time featuring seasonal songs, tactile, sensory, and fine motor games, and a fun and fuzzy mitten craft! Carrousel Rides for all attendees. Looff Carrousel 620 W. Spokane Falls. Blvd. Free

Fri.	12/20	Mountain of Mittens	11am-Noon
Fri.	1/17		11am-Noon
Fri.	2/21		11am-Noon
Fri.	3/21		11am-Noon
Fri.	4/18		11am-Noon



DJ Night on the Ice-presented by Coca-Cola

1 day | All Ages Get your 'skate' on with music, lights, contests, and more every Friday on the Numerica Skate Ribbon starting at 6pm! Numerica Skate Ribbon 720 W Spokane Falls Blvd.

Fri.	12/6	6pm-9pm
Fri.	12/13	6pm-9pm
Fri.	12/20	6pm-9pm
Fri.	12/27	6pm-9pm
Tues.	12/31	6pm-10pm
Fri.	1/3	6pm-9pm
Fri.	1/10	6pm-9pm
Fri.	1/17	6pm-9pm
Fri.	1/24	6pm-9pm



Ice Skating Lessons with Spokane Figure Skating Club

1 day | All Ages We are excited to once again be partnering with Spokane Figure Skating Club for Ice Skating Lessons at the Numerica Skate Ribbon. These group lessons are available for children and adults. Skaters will learn the basic FUNdamentals of ice skating and progress through the skill curriculum set by Learn to Skate USA. Skaters will enjoy practice time each lesson day and skate rentals are included in your price.

Fees:

8 Group Lessons (skate rental included) \$160

8 Group Lessons with 15min. of Private Lessons (skate rental included) \$240

https://www.lakecityfigureskating.org/learn-to-skate Numerica Skate Ribbon 720 W Spokane Falls Blvd.

Sat.	12/7	10am-11am
Sat.	12/14	10am-11am
Sat.	12/21	10am-11am
Sat.	1/11	10am-11am
Sat.	1/18	10am-11am
Sat.	1/25	10am-11am
Sat.	2/1	10am-11am
Sat.	2/8	10am-11am

Coaches Corner

1 day | All Ages Spokane Figure Skating Club coaches will be available at the Numerica Skate Ribbon on select Saturdays in December and January to provide tips and assistance to emerging skaters. Skate admission is required. Numerica Skate Ribbon 720 W Spokane Falls Blvd.

Sat.	12/14	11am-1pm
Sat.	12/28	11am-1pm
Sat.	1/11	11am-1pm
Sat.	1/25	11am-1pm
Sat.	2/8	11am-1pm

Numerica Credit Union Free Family Skate

1 day | All Ages Are you and your family ready to have a blast over winter break? Numerica Credit Union is offering 5 days of family fun with free activities! Head over to the Numerica Skate Ribbon for a day of free ice skating and rentals from 10 a.m. -3p.m.! Admission is first come, first served. A maximum of 300 ice skaters are allowed on the Numerica Skate Ribbon at any given time. Numerica Credit Union membership is not required. Numerica Skate Ribbon 720 W Spokane Falls Blvd. Thurs. 1/2

10am – 3pm





Discounted Skiing/ Snowboarding + Volunteering = One Awesome Winter



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

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



SPOKANE PARKS FOUNDATION Planting Roots. Growing Community.

Parks build healthy lives and communities.

Since 1951, the Spokane Parks Foundation has helped support park projects and outdoor recreational programs in our region.

You can help us continue our work!

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



Please give to your local parks today.

Every gift makes an impact. Visit: spokaneparksfoundation.org/donate





KIDS PRE-SCHOOL

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

Little Leonardo's

6 weeks | Ages 3-5yrs. Children love art and they are naturally creative and imaginative. Each class is planned to expose your child to a new element of art each week. They will paint, sculpt, draw, cut paper, and glue to help develop listening skills, fine motor skills, and creative imagination play. There will be no class on Feb. 17. \$69

17343 Mon. 2/3-3/17

9:30-10:30am

9:30-10:30am

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

6 weeks | Ages 3-5yrs. Enjoy this magical time of year with us! Learn about all the animals, fairies, and gnomes that live in the enchanted winter forest. This class is bursting at the seams with oodles of adorably cute creatures and sparkly fun art projects for you and your child to explore! Dress for a fantastically imaginatively messy time! There is no class on Feb. 18. \$69

17344 Tues. 2/4-3/18

Let's Gogh Art!

6 weeks | Ages 4-5yrs. Does your child love to draw, paint, sculpt or just enjoy being creative? Then come join us in discovering different art techniques while learning about a new artist or children's book illustrator each week in this fast-paced, fun class. There are new projects each week for returning students. \$79 17345 Wed. 2/5-3/12 9:30 – 11am

Make Art Together: Winter Wonderland of Art!

6 weeks | Ages 2-4yrs. Stuck at home and craving some creativity? This is the class for you and your child! Experience a new weekly art theme and relevant project. Children will discover color, and texture while practicing basic cutting and gluing skills while exploring a variety of art techniques and materials. This class is fast-paced, active and most of all fun! There are new projects each week for returning students. \$69

17346 Thurs. 2/6-3/13

9:30-10:30am

PRE-SCHOOL WORKSHOPS

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

Make Art Together: Snowflakes & Fairies!

1 day | Ages 3-5yrs. Join us in creating a winter-time fairy fantasy for you and your child! Come and make a sparkly snowflake tiara, a magic wand, and some glittery wings to wear! Dress for a sparkly mess. \$39 17347 Sat. 1/25 9:30-11am

Make Art Together: Valentine Fun!

1 day | Ages 3-5yrs. Join us to make handmade cards and gifts with your favorite little Valentine in this fun, fastpaced class. Lots of hearts, doilies, and glitter will be used to say "I Love You" in this fun event for you and your child. Dress for a mess and have a "Lovely" time. \$39 17348 Sat. 9:30-11am 2/8

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

1 day | Ages 3-5yrs. Come and celebrate the "Wearing o' Green." Make a fanciful, fun Leprechaun hat, shamrock projects and of course a pot of gold at the end of the rainbow. This a fun and fast paced class to share with your favorite little Leprechaun! \$39 17349 Sat. 3/15 9:30-11am

Wellness Benefit - The arts are a resource for overcoming negative emotions such as anxiety, depression, and sadness. The beneficial role of arts activities includes different process of managing, expressing, and distracting from distress, and it differs depending on whether arts are perceived as a professional vocation or a hobby. Role of the arts in the life and mental health of young people that participate in artistic organizations in Colombia: a qualitative study: https://pmc.ncbi.nlm.nih.gov/articles/PMC9719131/

Corbin Art Center

KIDS YOUTH

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

Let's Get Creative! Art Exploration

6 weeks | Ages 6-12yrs. Come get your artistic fun on while exploring a variety of artistic mediums, such as, oil pastels, paint, clay, paper, recycled objects, and more each week. Here is a chance to use your artistic super-power skills to be creative and convert your ideas into reality! There are new projects each week for returning students. \$85

Ages 6-8yrs. No Class Feb. 17					
17351	Mon.	2/3-3/17	4-5:30pm		
Ages 9-	<u> 12yrs. N</u>	o Class Feb. 18			
17352	Tues.	2/4-3/18	4-5:30pm		

Drawing Basics

6 weeks | Ages 6-12yrs. Drawing is the basis and the first step for dimensional art forms. Explore 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-	<u>øyrs.</u>		
17353	Wed.	2/5-3/12	4-5:30pm
Ages 9-	<u>12yrs.</u>		
17354	Thurs.	2/6-3/13	4-5:30pm

YOUTH WORKSHOPS

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

NEW! Valentine Hearts-o-Crafts Fun!

1 day | Ages 5-8yrs. Enjoy some Valentine's Day fun at the CAC! We will make cards and creative gifts for your special someone. Lots of hearts, doilies, and glitter with be used to say "I love you" in this fun holiday workshop! \$39 17355 Sat. 2/8

9:30-11am

9:30-11am

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

1 day | Ages 5-8yrs. Join us in celebrating the "Wearing o' Green." Make a fanciful, fun Leprechaun hat, shamrock projects and of course a pot of gold at the end of the rainbow. This class will be full of creativity and whimsical fun! \$39

17356 Sat. 3/15

NEW! Cultured Sea Glass Pendant & Backpack Charm

1 day | Ages 8-12yrs. | Amy Gurel You will learn the basics of wire wrapping the cultured sea glass to create a one-of-a-kind pendant and backpack charm that you can use to adorn any outfit. Lab fee (due to instructor at the beginning of class) covers all products needed for this craft other than safety glasses which are suggested to bring. \$35/\$10 Lab Fee 17357 Sat. 10-11am 2/1

NEW! Cultured Sea Glass Tree

1 day | Ages 8-12yrs. | Amy Gurel You will learn how to form a tree out of wire as well as how to wire wrap each piece of glass to form the canopy of a beautiful one-of-a-kind tree. Lab fee (due to instructor at the beginning of class) covers all products needed for this craft other than safety glasses which are suggested to bring. \$35/\$10 Lab Fee 17358 Sat. 2/15

10-11:30am

NEW! Cultured Sea Glass Suncatcher

1 day | Ages 8-12yrs. | Amy Gurel You will learn how to make Amy's signature Swan Chain as well as wire wrap cultured sea glass and attach it all to driftwood. You will make a one-of-a-kind indoor/outdoor suncatcher to enjoy. Lab fee (due to instructor at the beginning of class) covers all products needed for this craft other than safety glasses which are suggested to bring. \$25/\$10 Lab Fee

17359 Sat. 3/1 10-11am

NEW! Cultured Sea Glass Garden Bling

1 day | Ages 8-12yrs. | Amy Gurel Learn the basics of wire wrapping cultured sea glass to create one-of-a-kind garden bling to adorn your indoor or outdoor plants. Lab fee (due to instructor at the beginning of class) covers all products needed for this craft other than safety glasses which are suggested to bring. \$35/\$10 Lab Fee

17360 Sat. 3/15 10-11am

Start with a Circle: Stylizing Any Animal

2 days | Ages 10-14 yrs. | Andi Keating This class is for beginner/ intermediate artists looking to have some fun exploring different ways of stylizing animals. Using several methods, including rounding out, elongating, and simplifying from reference, helps other artists to apply these methods to find their own unique way of drawing recognizable animals with the box of accurate anatomy. The supply list is listed at the bottom of the registration receipt. \$69

17361 Sat/Sun. 3/15-3/16

10am-Noon

NO SCHOOL TODAY CAMPS

Pre-registration is required. All classes are held at the Corbin Art Center, 507 W 7th Ave., unless stated otherwise.

NEW! Winter Wonderland Art Camp

1 day | Ages 6-11yrs. Winter can be dark and dreary so let's celebrate the winter season with a day of winter-themed art! We are going to use lots of color, glue, paper, and sparkles to brighten up this time of year. Dress for a mess and please bring a lunch. \$59

17362 Thurs. 1/16

9am-3pm

NEW! Color Crazy!

1 day | Ages 6-11yrs. Do you enjoy being a fantastic, adventurous artist? Do you love to use lots of colors and textures in your masterpieces? Then this is the camp for you! We will paint, draw, and paint with wonderful colors & techniques. Learn how to mix colors properly so you can get your desired artistic effect. Dress for a mess and bring a lunch. \$59

17363 Fri. 1/17 9am-3pm

NEW! 3-D Crazy Creatures!

1 day | Ages 6-11yrs. Come to this camp and make your own 3-D Crazy Creatures. Your imagination and creativity will bring these creatures to life while using paint, paper, found objects, and much more. This is a fun and extremely creative camp with lots of art-building going on. Dress for a mess and please bring a lunch. \$59

17364 Mon. 1/20

9am-3pm

NEW! Art of Minecraft: Block Art Fun!

1 day | Ages 6-11yrs. Create amazing works of Art in this Minecraft-inspired camp. You'll work in a wide variety of art mediums, along with mixed-media supplies. Explore the world of making art using pixelation with squares in both 2-D and 3-D to create self-portraits, animals and so much more! Dress for a mess and please bring a lunch. \$59

17365 Fri. 1/31

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9am-3pm
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NEW! I Heart Art: Valentine's Day Art Camp

1 day| Ages 6-11yrs. Explore with us the creations of some well-known artists who inspired us for today's Valentine's No-School Today camp. We will create art inspired by Jim Dine, Piet Mondrian, Gustav Klimt, and Romero Britto. This camp is filled with colors, shapes, patterns and so much more! Dress for a mess and please bring a lunch. \$59

17366 Fri. 2/14

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9am-3pm
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NEW! Monet's Garden

1 day | Ages 6-11yrs. Come and get acquainted with some famous French, Impressionist masters such as Edgar Degas, Claude Monet, and Pierre Renoir. Learn about their understanding of light and color while spending time painting and drawing. Create your impressionist masterpieces by drawing, painting, and collage. Dress for a mess and please bring a lunch. \$59 17367 Mon. 2/17 9am-3pm

NEW! Globe Trotting Artists

1 day| Ages 6-11yrs. Travel around the world with us as we learn about different cultures. We will make fantastic art projects from our every stop on the map that we discover and visit. We will be using paint, glue, and so much more as we are inspired by the country's ethnic art style. Climb aboard our guided tour and let's spin the globe and see where our adventure will start! Dress for a mess and please bring a lunch. \$59

17368 Tues. 2/18

9am-3pm

NEW! Marvelously Vibrant Animal Art!

1 day | Ages 6-11yrs. Get ready to Roar, Squawk, Hiss, and become acquainted with some wonderfully, whimsical artists and their animal subjects. Come and explore the creative artwork of David Klein, Beatrix Milhazes, Romero Britto, and more while using a variety of art supplies to create your animal masterpieces. You can then proudly display your animal creations at home. Dress for a mess and bring a lunch. \$59

17369 Fri. 3/14

9am-3pm



Corbin Art Center

SPRING BREAK CAMPS

Pre-registration is required. Enjoy a fun-filled day with arts and crafts activities for children. Dress for a mess and bring your lunch. Pre-registration is required. All classes are held at the Corbin Art Center, 507 W 7th Ave., unless stated otherwise. **NEW!** In a Land Far Away! Fairies, Unicorns and Dragons

1 day | Ages 6-11yrs. Sticks and flowers, glitter, paint, clay, and glue. Mix well, then sprinkle with stories of fairies, unicorns, and dragons. Combine lots and lots of your creative juices to make some fantastic art projects! Make room for mystical creatures and their dwellings full of natural elements, loose parts, clay, and colorful textures. Come play, explore drawing, painting, sculpting, and create your land of the fantastic beasts. Dress for a mess and please bring a lunch. \$59 17370 Mon. 4/7 9am-3pm

Super-Sculpture Safari Camp!

1 day | Ages 6-11yrs. Lions, Tigers and Bears, OH MY! No passport is needed to create and sculpt your favorite animals from clay and paper to make fabulous works of 3-D art. This camp emphasizes creativity, construction, and problem-solving skills to help these young artist's animal artwork come to life. Dress for a mess and please bring a lunch. \$59

17371 Tues. 4/8 9am-3pm

Clay, Slime & DIY Dough

1 day | Ages 6-11yrs. Discover the joy of clay! Make your cool clays to model creative animals and other projects. Using fun recipes and techniques you will enjoy your experience with premade and handmade clay. Please bring a lunch. \$59 17372 Wed. 4/9 9am-3pm

NEW! Journey to the Moon Camp!

1 day | Ages 6-11yrs. Make art in a variety of mediums in both two and three-dimensions, your "art-stronaut in training" will explore the sun, moon, stars, and planets! Campers will also investigate Space as an element of art, how it is used by practicing visual artists, and how it has been used by artists from the past. Dress for a mess and please bring a lunch. \$59 9am-3pm

17373 Thurs. 4/10

NEW! Van Gogh – Bold Artist Camp

1 day | Ages 6-11yrs. Create amazing works of Art in this Van Gogh-inspired painting and drawing camp. You'll work in a wide variety of paint mediums, pen and ink, and pastels. Through the bold use of color and texture, painting on paper and clay, and exciting brush strokes you'll create your own masterpieces. If you love to paint, you will love this camp! Dress for a mess and please bring a lunch. \$59

17374 Fri. 4/11 9am-3pm

Register online at SpokaneRec.org

18



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

At Corbin Art Center

Partie

\$199 for up to 12 children!*

To Do: Sign up for Summer Camps & ograms All Summer Camp & Summer Program Registrations Open Wednesday, March 19th at 8am. Register online @ www.SpokaneRec.org

Or Call Us @ 509-755-2489

- Swim Lessons
- Swim Team
- Corbin Art Center Camps
- Therapeutic Recreation Camps
- Outdoor Adventure Camps
- Disc Golf Camps
- Badminton Camps
- Merkel Camps
- ArtSci Camps
- Horseback Riding Camps
- Wilderness Survival Camps

Don't let cost hold you back!

Invest in FUN! Our easy payment plans make summer camps more accessible and affordable for everyone! Register early and make monthly payments. Learn more at

SpokaneParks.org/PaymentPlans

DRAWING

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

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. The supply list is listed at the bottom of the registration receipt. \$169

17375 Mon. & Wed. 2/3-3/12

6-8pm

NEW! Portrait Drawing

6 weeks | Ages 16yrs. & Up | Tom Quinn It's a common belief that no subject is more difficult than a human likeness. A good portrait calls for the same skills of observation and experience as a landscape or a still life. An artist who attains confidence in drawing portraits will have the confidence to draw anything. We begin with the anatomy and proportions of the human head and move on to the skills of creating a convincing likeness. The supply list is listed at the bottom of the registration receipt. \$89 17376 Mon. 2/3-3/12 1-3pm

Perspective Drawing

6 weeks | Ages 16yrs. & Up | Tom Quinn Perspective is to drawing, what grammar is to writing and what scales are to music. It provides a structure to art by dictating where objects must be placed and in which directions the angles go to achieve that vital third dimension of depth. From one-point, two-point, and three-point perspectives, we move on to circles, shadows, and reflections. Best of all you do not have to be an artist to draw well in perspective — when you know how to use the tools, they draw for you. The supply list is listed at the bottom of the registration receipt. \$89 17377 Tues. 2/4-3/11 6:30-8:30pm

Caricature Drawing

1 day | Ages 16yrs. & Up | Tom Quinn Caricature is an old and respected art form. It's also a lucrative sideline for a professional artist. In this workshop, we'll discuss the ways to exaggerate and simplify an individual's distinctive features to depict someone in a way that's both funny and instantly recognizable. The instructor has been drawing caricatures professionally for over 30 years and has learned to draw them both at leisure and under intense time pressure. He'll draw a caricature of each of the students, and they in turn will draw each other and celebrities from the worlds of entertainment, politics, and sports. The supply list is listed at the bottom of the registration receipt. \$79

NEW! Comic Creators

6 weeks | Ages 12-18 | Nadia Hitchcock Calling all Manga, graphic novel, comics, and bande dessine lovers! Have you ever wanted to write and draw your own mini comic book? That's exactly what you'll do in this class! You will learn basic comics theory from some of the best minds in the business. You will then practice exercises to build your sequential storytelling skills, then put them to use to create your own comic or manga! Supplies included but feel free to bring your own too. **Corbin Art Center 507 W 7th Ave.** \$ 75

17643 Sat. 2/8-3/15

2-4pm

Give the gift of Recreation!

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





PAINTING CLASSES & WORKSHOPS

Classes are held at Corbin Art Center, 507 W 7th 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. The supply list is listed at the bottom of the registration receipt. \$89

17379 Mon. 2/3-3/10 6:30-8:30pm

Acrylic Painting with Texture

6 weeks | Ages 18yrs. & Up | Cliff Hall Acrylic painting and texture. We'll discuss how textures can and/or do affect the outcome of a painting. We'll play with and incorporate different textures in our paintings. You will have a great time and leave with an idea of how texture can enhance your creative vision. No pressure, just fun. Supply list included at bottom of class registration receipt. \$89 n

17380 Wed. 2/5-3/12 6-8	8pm
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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. The supply list is listed at the bottom of the registration receipt. \$89

17381 Thurs. 2/6-3/13 6:30-8:30pm

NEW! 101 Liquid Watercolor Wanderings

1 day | Ages 18yrs. & Up | Bevie LaBrie Research studies have shown when a group of students was asked to make one perfect piece of art and another group was asked to make 100 pieces of art and there was no expectation on how good it is, the second group discovered their own style and ended up producing the higher quality art. Based on this research, this class will give you the space and guidance to open the gates to your own creative flow. You will come away inspired by your own creative style, energized and empowered through experimentation with liquid watercolor paint. This class will have the first half of the class painting with play and curiosity and the second half will be creating cards or collage. The instructor can supply you with the items needed for this class and pay her \$8, or you can supply the items needed which are listed at the bottom of the registration receipt. \$65/\$8 Lab fee 17382 Sun. 2/9 9am-4pm

NEW! Intermediate Watercolors

5 weeks | Ages 16yrs. & Up | Katie Frey This class will be about reviewing and leveling up techniques like wet-on-wet, color mixing, scumbling, and negative space paintings, as well as touch on color theory and composition. Expect to paint plants, animals, and landscapes in this five-week class. The supply list is listed at the bottom of the registration receipt. \$80

17384 Mon. 2/24-3/24 5:30-8pm

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

1 day | Ages 15yrs. & Up | Andi Keating Using primarily watercolors as the instrument of demonstration, I aim to help students learn to mix whatever color they wish using limited color palettes. On top of that, we will discuss different common color schemes using the color wheel as an aid and show how the color wheel can be used practically when planning painting for maximum cohesiveness. Since it is watercolors, I will also explain why some paints in the same color family produce different results and how to hypothetically predict what a different color will do. The supply list is listed at the bottom of the registration receipt. \$39

17383 Sat. 3/8 10am-Noon

NEW! Intro to Watercolor Painting & Beyond

4 weeks | Ages 16yrs. & Up | Megan Perkins Come and learn the basics of watercolor, mixing colors, choosing the right paper, and brushes to use, and how to transform a value sketch into a watercolor painting. If you have already taken a watercolor class before, the instructor will help you go on with what you want to accomplish. Please feel free to bring your own photos to paint from. The supply list is listed at the bottom of the registration receipt. \$89

17483 Sun. 2/23-3/16

1-3pm

Warm & Cool: Paint a Hot Tomato!

2 weeks | Ages 16yrs. & Up | Megan Perkins Learn how to paint a tomato loosely but realistically with Megan Perkins. She'll show you how to mix colors to capture the highlight, mid-tone, and shadows of a tomato. By the end of this class, you'll have a painting of a basket of tomatoes to take home! The supply list is listed at the bottom of the registration receipt. \$69 17482 Wed. 3/19-3/26 4-6pm

WRITING & PERSONAL ENRICHMENT

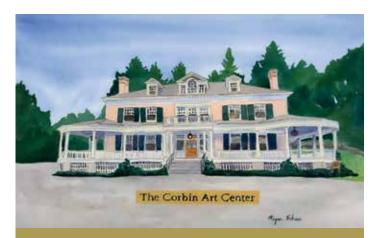
Classes are held at Corbin Art Center, 507 W 7th Ave. unless otherwise indicated.

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. A notebook, pencil or iPad and your memories are the only supplies needed. \$99 17385 Wed. 2/5-3/12 6-8pm

NEW! Creative Writing... Untapped

6 weeks | Ages 18yrs. & Up | Jennifer DeCuir There are so many ways to express ourselves creatively through writing. We'll explore several types, and you choose what resonates with you. Can't decide? Try out a few! Bring your notebook/pen or laptop, whatever you are most comfortable using. \$99 17386 Thurs. 1/30-3/6 6-8pm



MEGAN PERKINS CORBIN ART CENTER PRINT

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

Portion of sales benefit the preservation of the DC Corbin House Displayed at the Corbin Art Center Purchase directly through Megan Perkins: <u>meganperkinsart.com</u> <u>meganperkinsartstudio@gmail.com</u>

PHOTOGRAPHY

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

Photography Basics

5 weeks | Ages 16yrs. & Up | Al Berger Learn the fundamentals of photography and how fully to use your camera. Tips on lighting, additional equipment to consider and its uses. Practice assignments and in-class critiques. Requires a camera that allows manual setting of F-stop and Shutter speeds. A digital camera with full range of aperture (F-stop) settings such as the Canon EOS series or Nikon DX series DSLR (with a removable lens) a must. The first class will be 3 hours in length. The last class will be on location outdoors in downtown Spokane. \$100

17387 Mon. 2/3-3/3 6-8pm (First class 2/3 is 6-9pm)

Photoshop Basics

5 weeks | Ages 16yrs. & Up | Al Berger Learn the basic steps needed to finish your digital photographs for printing and web usage. Photoshop topics include sharpening, exposure compensation, density, minor retouching, cropping, special effects, levels, color correction and preparing photos for printing. Bring your laptop with a mouse, Photoshop or Photoshop Elements software installed on the laptop, (any version). \$100 17388 Tues. 2/4-3/4 6-8pm





FIBER ARTS

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

Crochet: Rag Rugs

3 weeks | Ages 16yrs. & Up | Melode Hall Create 3 Crochet Rag Rugs - Oval, Circle & Heart. Useful & practical way to recycle old sheets (or use pre-shrunk new fabric). This class is fun, and you will have a new rug or two for your home or to give as a gift. Prior crocheting experience is not necessary. Supply list included at bottom of class registration receipt. \$69 6-9pm

17389 Mon. 2/10-2/24

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, see, basket, ribbing, yarn overs, and bobbles. The supply list is listed at the bottom of the registration receipt. \$59 2/1-2/22 10am-Noon 17390 Sat.

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 discuss gauges and their 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. The supply list is listed at the bottom of the registration receipt. \$59 17391 Sat. 2/1-2/22 12:30-2:30pm



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

NEWI Cultured Sea Glass Pendant & Earrings Set

1 day | Ages 16yrs. & Up | Amy Gurel You will learn the basics of wire wrapping the cultured sea glass to create a one-of-a-kind pendant and earring set that you can use to adorn any outfit. Lab fee (due to instructor at the beginning of class) covers all products needed for this craft other than safety glasses which are suggested to bring. (Youth that are aged 13-15yrs. must have an adult taking the class with them.) \$45/\$15 Lab Fee

17392	Thurs.	1/30	1-	3pm
17393	Sat.	2/1	1-	3pm

NEW! Cultured Sea Glass Tree

1 day | Ages 16yrs. & Up | Amy Gurel You will learn how to form a tree out of wire as well as how to wire wrap each piece of glass to form the canopy of a beautiful one-of-a-kind tree. Lab fee (due to instructor at the beginning of class) covers all products needed for this craft other than safety glasses which are suggested to bring. (Youth that are aged 13-15yrs. must have an adult taking the class with them.) \$55/\$20 Lab Fee Sat. 2/15 1-4pm

17394

NEW! Cultured Sea Glass Suncatcher

1 day | Ages 16yrs. & Up | Amy Gurel You will learn how to make Amy's signature Swan Chain as well as wire wrap cultured sea glass and attach it all to driftwood. You will make a one-of-a-kind indoor/outdoor suncatcher to enjoy. Lab fee (due to instructor at the beginning of class) covers all products needed for this craft other than safety glasses which are suggested to bring. (Youth that are aged 13-15yrs. must have an adult taking the class with them.) \$45/\$15 Lab Fee 3/1

17396 Sat.

1-4pm

NEW! Cultured Sea Glass Garden Bling

1 Day | Ages 16yrs. & Up | Amy Gurel Learn the basics of wire wrapping cultured sea glass to create a one-of-a-kind garden bling to adorn your indoor or outdoor plants. Lab fee (due to instructor at the beginning of class) covers all products needed for this craft other than safety glasses which are suggested to bring. (Youth that are aged 13-15yrs. must have an adult taking the class with them.) \$35/\$15 Lab Fee 17397 Sat. 3/15 1-3pm

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

Corbin Art Center

LANGUAGE & CONVERSATIONAL SPEAKING

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

NEW! Intermediate Spanish Conversation

8 weeks | Ages 18yrs. & Up | Mary Benham In this class we will read the book Doce Cuentos Peregrinos, by Gabriel Garcia Marquez. 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. The supply list is listed at the bottom of the registration receipt. \$95

17398	Wed.	1/29-3/19
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COOKING WORKSHOPS

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

NEW! Chocolate! Chocolate! Chocolate!

1 day | Ages 18yrs. & Up | Dianna McCoy Discover the art of making hand-crafted chocolates! Learn the science and techniques of tempering chocolates and the skill of pouring this divine liquid goodness into molds. This class will work with both gourmet milk and dark chocolates. This workshop is perfect for the upcoming holidays of Valentine's Day, Spring, and Easter and will include recipes to take home along with your decadent molded chocolate creations. \$65

17399	Sat.	2/1	10am-Noon
17400	Sat.	2/8	10am-Noon
17401	Sat.	3/22	10am-Noon
17402	Sat.	4/12	10am-Noon

NEW! French Foundations: Intro to French

7 weeks | Ages 16+ | Nadia Hitchcock Want more grammar and culture than your cell phone apps? Then voila! This beginner's class is for you. You will learn foundational French phonetics, alphabet and grammar, practice vocabulary and basic conversations, and explore the culture of France and the French speaking world. This class is designed for beginners and those who want to refresh their old French skills. Supply list is listed at the bottom of registration receipt. Corbin Art Center 507 W 7th Ave. \$ 169

1-2:30pm

6-8pm

17642 Mon/Wed. 2/3-3/19

1	REASONS TO LOVE SPOKANE PUBLIC LIBRARY	\mathcal{V}	SPOKANE PUBLIC LIBRARY spokanelibrary.org
1.	Freedom to read. Full stop.	6.	Free meeting space for your next event or get together.
2.	With hundreds of events per month, there's always something new to learn.	7.	Free printing, computer access, 3D printers, and other tech to checkout.
3.	Six different signature children's playspaces like the "Turkey Treetops."	8.	Book Club Bags to check out and discuss for your next buddy read.
4.	Check out items any time at the 24/7 Library Kiosks and digitally online.	9.	A welcoming place where everyone can gather, connect, and belong.
5.	A space to hang out when it's cold or snowy without spending a dime.	10.	Snowshoes, sewing machines, and more to check out from the Library of Things.

SKIN CARE & SOAP MAKING

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

Hot Processed Soap Making

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

17403 Sat. 2/15

10am-Noon

Hot Processed Soap Making

1 day | Ages 16yrs. & Up | Karen Felber Learn the hot-process of making natural soap just like our grandmothers made. This rich, creamy soap is made with beef tallow, and it makes a long-lasting bar that your skin will love. Demonstrations include fragrance selection, optional color additives, botanicals, herbs, and additional ingredients. This workshop will include some organic bath & beauty products with recipes. Pamper yourself or someone special, without paying high prices using everyday ingredients. Demonstrations and take-home samples. \$43 17404 Sat. 3/22 10am-Noon

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



HISTORY & GHOST HAUNTS

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

Spokane History and Ghost Tours

1 day | Ages 18yrs. & Up Enjoy a pictorial classroom presentation from Historian and Ghostologist Chet Caskey, instructor in history and author of "Meet Me Under the Clock: A History of Spokane 1800 to 2025". These programs are a fantastic way to learn about Spokane's past and their ghosts still lurking in the shadows. All presentations include a ghost hunt of the historic Corbin Art Center, with a professional ghost hunter and devices available with refreshments.

Corbin Art Center 507 W 7th Ave. \$22

Some H	listory	& Ghosts of Upper South Hill	
17405	Fri.	1/31	7-9:30 pm
		kane's Happy, Frustrated & Crue	l Couples
17406	Fri.	2/14 Valentine's Day	7-9:30pm
The Legends & Ghosts of Lower South Hill			
17407	Fri.	3/7	7-9:30pm

Walking Tour of the History of Greenwood Memorial Terrace Cemetery

1 day | Ages 16yrs. & Up Learn about Spokane's oldest community cemetery with stories of the historical dead from Chet Caskey, historian, and author of Guide to Spokane's Historic Cemeteries. Lemonade, water & cookies provided. Please be aware restroom facilities are often not available so use advanced planning. The tour begins and ends at the Cemetery office, 211 N Government Way, Spokane. More info, directions, and questions – call or text Chet at (509) 863-2519. \$20

ENROLLING

Walking Tour of the History of Fairmount Cemetery

1 day | Ages 16yrs. & Up Learn about Spokane's second oldest community cemetery with stories of the historical dead from Chet Caskey, historian, and author of Guide to Spokane's Historic Cemeteries. Lemonade, water & cookies provided. Please be aware restroom facilities are often not available so use advanced planning. The tour begins and ends at the Cemetery office, 5200 W Wellesley Ave, Spokane. More info, directions, and questions – call or text Chet at (509) 863-2519. \$20 17409 Sun. 5/4 1:30-3:30pm

17408 Sun. 4/27

1:30-3:30 pm



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





SPOKANEREC.ORG or 509.755.2489

Spokane Parks and Recreation Winter 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	AGE	LOCATION
Basketball	2/18 - 3/25	Tuesdays	6:05 PM - 6:55 PM	6-8	Arlington Elementary
Basketball	2/18 - 3/25	Tuesdays	7:05 PM - 7:55 PM	8-12	Arlington Elementary
Indoor Soccer	1/06 - 2/10	Mondays	6:05 PM - 6:55 PM	6-8	Balboa Elementary
Indoor Soccer	1/06 - 2/10	Mondays	7:05 PM - 7:55 PM	8-12	Balboa Elementary
Volleyball	2/24 - 3/24	Mondays	6:05 PM - 6:55 PM	6-8	Balboa Elementary
Volleyball	2/24 - 3/24	Mondays	7:05 PM - 7:55 PM	8-12	Balboa Elementary
Volleyball	1/08 - 2/12	Wednesdays	6:05 PM - 6:55 PM	6-8	Finch Elementary
Volleyball	1/08 - 2/12	Wednesdays	7:05 PM - 7:55 PM	8-12	Finch Elementary
Basketball	2/19 - 3/26	Wednesdays	6:05 PM - 6:55 PM	6-8	Finch Elementary
Basketball	2/19 - 3/26	Wednesdays	7:05 PM - 7:55 PM	8-12	Finch Elementary
Basketball	1/07 - 2/11	Tuesdays	6:05 PM - 6:55 PM	6-8	Indian Trail Elementary
Basketball	1/07 - 2/11	Tuesdays	7:05 PM - 7:55 PM	8-12	Indian Trail Elementary
Indoor Soccer	2/18 - 3/25	Tuesdays	6:05 PM - 6:55 PM	6-8	Indian Trail Elementary
Indoor Soccer	2/18 - 3/25	Tuesdays	7:05 PM - 7:55 PM	8-12	Indian Trail Elementary
Basketball	1/06 - 2/10	Mondays	6:05 PM - 6:55 PM	6-8	Jefferson Elementary
Basketball	1/06 - 2/10	Mondays	7:05 PM - 7:55 PM	8-12	Jefferson Elementary
Indoor Soccer	2/24 - 3/24	Mondays	6:05 PM - 6:55 PM	6-8	Jefferson Elementary
Indoor Soccer	2/24 - 3/24	Mondays	7:05 PM - 7:55 PM	8-12	Jefferson Elementary
Basketball	2/25 - 3/25	Tuesdays	6:05 PM - 6:55 PM	6-8	Jefferson Elementary
Basketball	2/25 - 3/25	Tuesdays	7:05 PM - 7:55 PM	8-12	Jefferson Elementary



Register for your camp: www.register.skyhawks.com Have any questions? Give us a call: Phone: 800-804-3509



Spokane Parks and Recreation Winter 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	AGE	LOCATION
Basketball	1/09 - 2/13	Thursdays	6:05 PM - 6:55 PM	6-8	Lidgerwood Elementary
Basketball	1/09 - 2/13	Thursdays	7:05 PM - 7:55 PM	8-12	Lidgerwood Elementary
Volleyball	2/20 - 3/27	Thursdays	6:05 PM - 6:55 PM	6-8	Lidgerwood Elementary
Volleyball	2/20 - 3/27	Thursdays	7:05 PM - 7:55 PM	8-12	Lidgerwood Elementary
Volleyball	1/07 - 2/11	Tuesdays	6:05 PM - 6:55 PM	6-8	Lincoln Heights Elementary
Volleyball	1/07 - 2/11	Tuesdays	7:05 PM - 7:55 PM	8-12	Lincoln Heights Elementary
Indoor Soccer	1/09 - 2/13	Thursdays	6:05 PM - 6:55 PM	6-8	Lincoln Heights Elementary
Indoor Soccer	1/09 - 2/13	Thursdays	7:05 PM - 7:55 PM	8-12	Lincoln Heights Elementary
Volleyball	2/20 - 3/27	Thursdays	6:05 PM - 6:55 PM	6-8	Lincoln Heights Elementary
Volleyball	2/20 - 3/27	Thursdays	7:05 PM - 7:55 PM	8-12	Lincoln Heights Elementary
Indoor Run, Jump, Throw Clinic	2/26 - 2/26	Wednesdays	4:45 PM - 6:15 PM	6-12	The Podium
Indoor Soccer	1/08 - 2/12	Wednesdays	6:05 PM - 6:55 PM	6-8	Wilson Elementary
Indoor Soccer	1/08 - 2/12	Wednesdays	7:05 PM - 7:55 PM	8-12	Wilson Elementary
Basketball	2/19 - 3/26	Wednesdays	6:05 PM - 6:55 PM	6-8	Wilson Elementary
Basketball	2/19 - 3/26	Wednesdays	7:05 PM - 7:55 PM	8-12	Wilson Elementary



Register for your camp: www.register.skyhawks.com Have any questions? Give us a call: Phone: 800-804-3509



SPOKANE PARKS AND RECREATION WINTER 2025



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

	sport	dates	day	time	ages	location
	SoccerTots	1/21 - 3/04	Tuesdays	5:10 PM - 5:50 PM	1.5-2	Adams Elementary
1	Soccer Tots	1/21 - 3/04	Tuesdays	5:55 PM - 6:35 PM	2-3.5	Adams Elementary
1	SoccerTots	1/21 - 3/04		6:40 PM - 7:20 PM		Adams Elementary
	SoccerTots	1/23 - 3/06	Thursdays	6:10 PM - 6:50 PM	3-4	Adams Elementary
	SoccerTots	1/23 - 3/06	Thursdays	7:00 PM - 7:40 PM	4:5	Adams Elementary
Ĩ	SoccerTots	1/23 - 3/06	Thursdays	5:10 PM - 5:50 PM	2-3.5	Arlington Elementary
	SoccerTots	1/23 - 3/06	Thursdays	5:55 PM - 6:35 PM	3.5-4.5	Arlington Elementary
	SoccerTots	1/23 - 3/06	Thursdays	6:40 PM - 7:20 PM	4-5.5	Arlington Elementary
1	SoccerTots	1/13-2/10	Mondays	5:10 PM - 6:50 PM	3-4	Finch Elementary
Î	SoccerTots	1/13 - 2/10		7:00 PM - 7:40 PM		Finch Elementary
Ĩ	HockeyTots	2/24 - 3/17	Mondays	6:10 PM - 6:50 PM		Finch Elementary
ī	HockeyTots		Mondays	7:00 PM - 7:40 PM		Finch Elementary
ī	HoopsterTots	1/22 - 3/05	Wednesdays	6:10 PM - 6:50 PM	2-3.5	Francis Scott Elem.
	HoopsterTots	1/22 - 3/05	Wednesdays	7:00 PM - 7:40 PM	3.5-4.5	Francis Scott Elem.
ī	HoopsterTots	1/13 - 3/10	Mondays	5:10 PM - 5:50 PM	2-3.5	Grant Elementary
ī	HoopsterTots	1/13 - 3/10	Mondays	5:55 PM - 6:35 PM	3.5-4.5	Grant Elementary
ī	HoopsterTots	1/13 - 3/10	Mondays	6:40 PM - 7:20 PM	4.5.5.5	
i	SoccerTots	1/15 - 2/12	Wednesdays	5:10 PM - 5:50 PM	2-3	Grant Elementary
i.	SoccerTots	1/15 - 2/12	Wednesdays	5:55 PM - 6:35 PM		Grant Elementary
Ĩ	SoccerTots	1/15 - 2/12	Wednesdays	6:40 PM - 7:20 PM	4-6	Grant Elementary
	SoccerTots	2/26 - 3/26	Wednesdays	5:10 PM - 5:50 PM	1.5-2	Grant Elementary
ī	SoccerTots	2/26 - 3/26	Wednesdays	5:55 PM - 6:35 PM	2-3.5	Grant Elementary
ï	SoccerTots	2/26 - 3/26	Wednesdays	6:40 PM - 7:20 PM	3.5-4.5	Grant Elementary
ī	HockeyTots	1/15 - 2/12	Wednesdays	5:10 PM - 5:50 PM	3-4	Ridgeview Elementary
	HockeyTots	1/15 - 2/12	Wednesdays	5:55 PM - 6:35 PM	4-5	Ridgeview Elementary
	HockeyTots	1/15 - 2/12	Wednesdays	6:40 PM - 7:20 PM	5-6	Ridgeview Elementary
	SoccerTots	2/26 - 3/26	Wednesdays	5:10 PM - 5:50 PM	1.5-2	Ridgeview Elementary
	SoccerTots	2/26 - 3/26	Wednesdays	5:55 PM - 6:35 PM	2-3.5	Ridgeview Elementary
	SoccerTats	2/26 - 3/26	Wednesdays	6:40 PM - 7:20 PM	3.5-5	Ridgeview Elementary
1	SoccerTots	1/21 - 3/04	Tuesdays	6:10 PM - 6:50 PM	3-4	Westview Elementary
	SoccerTots	1/21 - 3/04	Tuesdays	7:00 PM - 7:40 PM	4-6	Westview Elementary
T	HoopsterTots	1/23 - 3/06	Thursdays	5:10 PM - 5:50 PM	2-3.5	Willard Elementary
	HoopsterTots	1/23 - 3/06	Thursdays	5:55 PM - 6:35 PM	3.5-4.5	Willard Elementary
1	HoopsterTots	1/23 - 3/06	Thursdays	6:40 PM - 7:20 PM	4.5-5.5	Willard Elementary



Online: Contact Info: www.register.skyhawks.com 800-804-3509



RUN! JUMP! THROW!



Presented By:



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





First session: December 18, 2024 4:45pm-6:15pm Second session: February 13th, 2024 4:45pm-6:15pm The Podium (511 Joe Albi Way, Spokane, WA 99201)

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

QUESTIONS? CALL 1-800-804-3509

Denue Rentals

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

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





WINTER TENNIS

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 selfconfidence within the game.

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





Scholarships are available! VISIT: rectennis.com

ENRICHMENT

Wellness & Life Enrichment programs are designed to offer participants opportunities to explore new interests and develop hobbies. These activities promote health, wellness, enjoyment, and social interaction. Engaging in these programs makes learning new things more meaningful, valuable, and rewarding (Reis & Renzulli, 2021).

Zumbini[®] Music & Movement

6 weeks | Ages 0-4yrs. | Carrie Jahns Zumbini[®] is a music and movement class created by Zumba[®] and BabyFirst for ages 0-4yrs. and their caregivers. This class includes play-based music activities, singing and dancing. Come sing, dance and play with us as you bond with your child! Southside Community Center, 3151 E 27th Ave. \$73

Youth Scholarship Eligible Program: spokaneparks.org/scholarships for more information

17580	Thurs.	1/9-2/13	10:00-10:30am
17581	Thurs.	2/20-3/27	10:00-10:30am

YOGA-Virtual Classes

Wellness Benefits of YOGA – Studies indicate that regular yoga practice can lead to significant reductions in stress and anxiety levels, while also enhancing mental clarity and emotional balance (Evans et al., 2020). Furthermore, yoga has been linked to improved cardiovascular function and increased flexibility, contributing to a healthier lifestyle and overall well-being (Lauche et al., 2016).

Basic Yoga – Virtual

6 weeks | Ages 16yrs. & Up For the winter session, no weatherrelated class cancellations or harrowing icy drives with these virtual classes. Enjoy doing yoga in the comfort of your home with the same guidance and motivation of in-person classes. For new and continuing students 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. \$79

17565	Tues.	1/7-2/11	5:30-6:30pm
17610	Tues.	2/18-3/25	5:30-6:30pm
17611	Thurs.	1/9-2/13	5:30-6:30pm
17612	Thurs.	2/20-3/27	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 has an accommodating approach. This class provides the same benefits as Basic Yoga but dialed down just a little. Instructor, Robin Marks, was one of the early pioneers to first bring yoga to Spokane. \$79

17615	Sat.	1/11-2/15	9-10am
17616	Sat.	2/22-3/29	9-10am





FITNESS/WELLNESS

Barre Foundations

6 weeks | Ages 16yrs. & Up | Carrie Jahns Barre Foundations is designed to increase flexibility, improve cardio, and develop overall muscle endurance and strength. A fusion of Pilates and yoga, Barre also includes elements of ballet, resulting in a lowimpact, moderate-intensity full-body workout. You will enjoy improvements in posture and balance while having fun moving your body. Join us today! Southside Community Center, 3151 E 27th Ave. \$83

17570	Mon.	1/6-2/10	6-7pm
17571	Mon.	2/24-3/31	6-7pm

NEW! Barre Restore

6 weeks | Ages 16yrs. & Up | Carrie Jahns Restore Barre is a fullbody, low-impact workout that includes elements of Pilates, Yoga, and Dance. This class contains 35 minutes of traditional Barre exercises, followed by 20 minutes of strength and restoration. During that time, we will focus on intentional stretching and longer holds. This is a great way to end your busy week! Please bring a yoga mat and grip socks. Southside Community Center, 3151 E 27th Ave. \$83

17568	Fri.	1/10-2/14	6-7pm
17569	Fri.	2/21-3/28	6-7pm

Longevity Fit for Healthy Aging

8 or 4 weeks | Ages 55yrs. & Up Longevity Fit is a fun and effective workout program targeting the mature individual that will improve physical and mental wellness. The class is dedicated to helping rebuild and maintain your foundation by enhancing strength, stamina, balance, agility, and mobility. If you desire to be active throughout your life, then Longevity Fit for Healthy Aging is an ideal workout class for you! We would love to have you join us and become part of a fun and active class community! Southside Senior and Community Center \$135

3151 E.	27th Ave.		
17572	Wed.	1/8-2/28	9am-10am
	Fri.		10am-11am
17573	Wed.	3/5-4/25	9am-10am
	Fri.		10am-11am
<u>Shadle</u>	Park Library \$	129	
2111 W	. Wellesley Ave	2.	
17574	Tues./Thurs.	1/7-2/27	10am-11am
17575	Tues./Thurs.	3/4-4/24	10am-11am

OI GONG

Wellness Benefits of Qi Gong- QiGong, a traditional mind-body practice, offers a variety of health benefits. Studies have shown that QiGong can improve balance, reduce anxiety, and enhance immune function (Cleveland Clinic, 2020). Additionally, research indicates that QiGong may help alleviate symptoms of chronic conditions such as hypertension, contributing to overall well-being (National Center for Complementary and Integrative Health, 2019).

NEW! Yuan Shen Qigong

6 weeks | Ages 16yrs. & Up | Jeff Thompson Yuan Shen Qigong is an ancient form of eight exercises from the Blue Mountain Monastery in China. It is the principal form of exercise for the monks who live there to promote self-healing and repair their body's ability to nourish their internal organs. Regular practice of this routine may improve respiratory function and support the immune system. It will also circulate blood throughout the body to help mitigate symptoms of cognitive decline. Finch Arboretum, 3404 W. Woodland Blvd. \$83

17617 Sat. 1/11-2/15 10:15-11:15 am

NEW! Nei Yang Gong 1

6 weeks | Ages 16yrs. & Up | Jeff Thompson Known as "Nourishing the Interior from Within," Nei Yang Gong strengthens the bones and tendons. This form works to connect the energy of the lungs and kidneys to increase oxygen levels and improve circulation. Our movement will pay attention to the gentle stretching, rotation, and extension of the spinal column. This is an excellent method for prevention and treatment of conditions such as bronchitis, asthma, and pain in the lower back and joints. Come learn these beautiful movements and feel the benefits immediately. Finch Arboretum, 3404 W. Woodland Blvd. \$83 17618 Sat. 3/1-4/5 10:15-11:15 am

Wellness & Enrichment

MARTIAL ARTS

Wellness Benefits: Martial arts training provides a myriad of wellness benefits for youth, as evidenced by academic research. These benefits include enhanced physical fitness, improved discipline and self-control, increased confidence and self-esteem, better emotional regulation, and effective conflict resolution skills. Furthermore, martial arts can play a significant role in bullying prevention (Vertonghen & Theeboom, 2010; Lakes & Hoyt, 2004).

Karate Traditional Okinawan Goju Ryu

4 weeks | Ages 6-14yrs. | 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. Plain white Gi (Karate uniform) is required. Please contact the instructor at 480-338-9131 for questions. Southside Community Center, 3151 E 27th Ave. \$44

Youth Scholarship Eligible Program: spokaneparks.org/ scholarships for more information

<u>Youth</u>			
17586	Tues./Thurs.	1/7-1/30	4-5pm
17587	Tues./Thurs.	2/4-2/27	4-5pm
17588	Tues./Thurs.	3/4-3/27	4-5pm
17589	Tues./Thurs.	4/1-4/29	4-5pm
Adult			
17634	Tues./Thurs.	1/7-1/30	5:10-6:10pm
17635	Tues./Thurs.	2/4-2/27	5:10-6:10pm
17636	Tues./Thurs.	3/4-3/27	5:10-6:10pm
17637	Tues./Thurs.	4/1-4/29	5:10-6:10pm

Kung Fu For Youth

4 weeks | Ages 7-11yrs. | Sifu David The student will be introduced to activities aimed to developing a strong foundation of martial arts techniques as well as natural, fluid body mechanics which can be applied to other sporting activities. The class environment and teaching methods downplay aggressive behavior and foster an atmosphere of cooperation and team effort. **East West Martial Arts 1427 N Monroe St.** \$90

Youth Scholarship Eligible Program: spokaneparks.org/ scholarships for more information

Youth Ages 4-6yrs.

Touth Ages + 0 yrst						
17590	Tues./Thurs.	1/7-1/30	5:45-6:15pm			
17591	Tues./Thurs.	2/4-2/27	5:45-6:15pm			
17592	Tues./Thurs.	3/4-3/27	5:45-6:15pm			
17593	Tues./Thurs.	4/1-4/24	5:45-6:15pm			
Youth Ages 7-11yrs.						
17594	Tues./Thurs.	1/7-1/30	6:15-7pm			
17595	Tues./Thurs.	2/4-2/27	6:15-7pm			
17596	Tues./Thurs.	3/4-3/27	6:15-7pm			
17597	Tues./Thurs.	4/1-4/24	6:15-7pm			

Intro to Brazilian Jiu Jitsu

4 weeks | Ages 8-12yrs. Redemption BJJ's Intro to Brazilian Jiu-Jitsu program for ages 8-12 is the perfect way for kids to build confidence, discipline, and self-defense skills. Through fun and engaging classes, participants will improve fitness, coordination, and problem-solving abilities, all while learning the fundamentals of BJJ in a safe, supportive environment. Empower your child with lifelong skills today! Enjoy the introductory 4-week class and upon completion, ask the instructor for information about membership. **3810 N. Monroe St.** \$99

*Youth	Scholarship	Eligible	Program:	spokaneparks.org/			
scholarships for more information \$99							
17582	Tues./Thurs.	1/7-1,	/30	4-4:40pm			
17583	Tues./Thurs.	2/4/-2	2/27	4-4:40pm			
17584	Tues./Thurs.	3/4-3,		4-4:40pm			
17585	Tues./Thurs.	4/1-4,	/24	4-4:40pm			

Ninja Skills Training by Ninja Nation

4 weeks | Ages 5-16yrs. Our Ninja Fundamentals program teaches essential ninja skills, including balance, agility, momentum, climbing, and grip. The program focuses on the obstacles in our arenas, guiding students through specific techniques and progressions to master them. It's an excellent opportunity for students to grow physically and mentally in their ninja skills, techniques, and overall fitness. **8016 N Division St.** \$189

Ages 5-7yrs

<u>yrs.</u>						
MonWed.	2/10-3/5	4-5pm				
Ages 8-12yrs.						
MonWed.	2/10-3/5	5-6pm				
Ages 13-16yrs.						
MonWed.	2/10-3/5	6-7pm				
	MonWed. L 2yrs. MonWed. - 16yrs.	MonWed. 2/10-3/5 12yrs. MonWed. 2/10-3/5 -16yrs.				

YOUTH FLAG FOOTBALL FOR AGES 5-16 RETURNS MAY 2025 REGISTER AT SPOKANEREC.ORG

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 (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

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!**

ADULT VOLLEYBALL

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

Early Bird Registration: Nov. 4 - 17 (\$25 Discount) Regular Registration: Nov. 18 – Dec. 15 Late Registration (while space allows): Dec. 16 – 28 (+\$50 Fee)

Activity #	Division	Location	Days	Dates	Reg. Fee
16349	Men's 4's	TBD	Mon.	1/6 - 3/31	\$265 + tax
16351	Coed Upper B	TBD	Mon.	1/6 - 3/31	\$385 + tax
16354	Coed Lower B	TBD	Mon.	1/6 - 3/31	\$385 + tax
16345	16345 Coed 4's Upper		Tues.	1/7 – 4/1	\$265 + tax
16347 Coed 4's Lower		TBD	Tues.	1/7 – 4/1	\$265 + tax
16346	.6346 Women's 4's Upper		Wed.	1/8 - 4/2	\$265 + tax
16348 Women's 4's Lower		TBD	Wed.	1/8 - 4/2	\$265 + tax
16352	Coed B	TBD	Thurs.	1/9 – 4/3	\$385 + tax
16353	Coed C	TBD	Thurs.	1/9 – 4/3	\$385 + tax
16350	Coed Upper C	TBD	Fri	1/10-4/4	\$385 + tax
16355	Coed Lower C	TBD	Fri.	1/10 - 4/4	\$385 + tax

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

Open Gym Volleyball

Ages 18yrs. & Up | Come and drop in for a pickup game! Our Open Gym Volleyball sessions allow players to get together and enjoy some fun competition. Open Gym sessions are generally on Fridays from 6:30pm to 9:30pm, but when we have additional gym availability, we will add more open gym time as the schedule allows. Pre-registration is required for participation. **Location: Chase Middle School Gym 4747 E. 37th Ave.**

16356 Season Pass (2024-2025 school year) \$5

\$50



Athletics

ADULT VOLLEYBALL

Spring Volleyball League:

Early Bird Registration: Feb. 10 – 23 (\$25 Discount) **Regular Registration:** Feb. 24 – March 16 **Late Registration (while space allows):** March 17 – 30 (+\$50 fee)

Activity #	Division	Location	Days	Dates	Reg. Fee
17490	Men's 4's	TBD	Mon.	4/7 – 6/2	\$205 + tax
17496	Coed Upper B	TBD	Mon.	4/7 – 6/2	\$295 + tax
17494	Coed Lower B	TBD	Mon.	4/7 – 6/2	\$295 + tax
17488	7488 Coed 4's Upper		Tues.	4/8 – 6/3	\$205 + tax
17487 Coed 4's Lower		TBD	Tues.	4/8 – 6/3	\$205 + tax
17486	86 Women's 4's Upper		Wed.	4/9 – 6/4	\$205 + tax
17489	489 Women's 4's Lower		Wed.	4/9 – 6/4	\$205 + tax
17495	Coed B	TBD	Thurs.	4/10 - 6/5	\$295 + tax
17493	Coed C	TBD	Thurs.	4/10 - 6/5	\$295 + tax
17492	Coed Upper C	TBD	Fri	4/11 - 6/6	\$295 + tax
17491	Coed Lower C	TBD	Fri.	4/11 - 6/6	\$295 + tax

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

We will use any available dates given to us at The Podium.



ADULT SOFTBALL

Softball League – Spring

6 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 (Competitive), E+ (Semi-Competitive), & E (Recreational/Beginner). Play 6 weeks of double-header games at the Dwight Merkel Sports Complex, 5701 N. Assembly or Franklin Park Softball Complex, 302 W. Queen Ave. Team registration fee includes: 12 game guarantee, a set of balls, a scorebook, line-up cards, and umpire fees for the season. The athletics department reserves the right to move teams to a different division based on past standings and needs. \$815

Regular Registration Dates: Feb. 17- April 4

Late Registration Deadline: (+\$35) will be accepted through April 11 as space allows.

Course #	Division	Day	Dates	Time
17513	Coed D (Competitive)	Sun.	4/27-6/08	6-9pm
17514	Coed E+ (Semi-Competitive)	Sun.	4/27-6/08	6-9pm
17515	Coed E (Recreational/Beginner)	Sun.	4/27-6/08	6-9pm
17519	Coed D (Competitive)	Tues.	4/29-6/10	6-9pm
17520	Coed E+ (Semi-Competitive)	Tues.	4/29-6/10	6-9pm
17521	Coed E (Recreational/Beginner)	Tues.	4/29-6/10	6-9pm
17524	Coed D (Competitive)	Thurs.	5/16/05	6-9pm
17525	Coed E+ (Semi-Competitive)	Thurs.	5/16/05	6-9pm
17526	Coed E (Recreational/Beginner)	Thurs.	5/16/05	6-9pm

Coed Leagues

Women's League

Course #	Division	Day	Dates	Time
17518	Women's Open	Mon.	4/28-6/09	6-9pm

Men's Leagues

Course #	Division	Day	Dates	Time
17516	Men's D/E+ (Competitive/Semi-Competitive)	Mon.	4/28-6/09	6-9pm
17517	Men's E (Recreational/Beginner)	Mon.	4/28-6/09	6-9pm
17522	Men's D/E+ (Competitive/Semi-Competitive)	Wed.	4/29-6/04	6-9pm
17523	Men's E (Recreational/Beginner)	Wed.	4/29-6/04	6-9pm





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



Athletics

FLAG FOOTBALL

Flag Football League – Spring 8-Man & 5-Man

7 weeks | Ages 18yrs. & Up The SPRD Adult Flag Football Program offers divisions for all skill levels. The league is divided into three 8-man divisions: Elite, Competitive, and Recreational, and two 5-man divisions: Competitive and Recreational. All games are played at the Dwight Merkel Sports Complex 5701 N. Assembly.

8- Man \$900 5- Man \$450

Regular Registration Deadline: Feb. 7 Late Registration: (+\$35) will be accepted through Feb. 14 as space allows.

Course #	Division	Day	Dates	Time
17507	8 Man Elite	Fri. Sun.	3/2-4/18	6:30-10:30pm 8am-5:30pm
17510	8 Man Competitive	Fri. Sun.	3/2-4/18	6:30-10:30pm 8am-5:30pm
17509	8 Man Recreational	Fri. Sun.	3/2-4/18	6:30-10:30pm 8am-5:30pm
17508	5 Man Competitive	Sun.	3/2-4/13	8am-5:30pm
17511	5 Man Recreational	Sun.	3/2-4/13	8am-5:30pm

YOUTH ATHLETICS

Youth NFL Flag Football

8 weeks | Ages 5-16yrs. Is your child ready for the NFL? This is an SPRD/ NFL Flag partnership to bring this exciting league to Spokane! Teams are made up of 5-10 players with practices on Tuesdays and league games on Thursdays. Players will receive an official NFL Team Jersey & NFL Flag Belt. Practices are held at the facility you register under. All games will be held at Dwight Merkel Sports Complex. ** This program is scholarship eligible for more information contact cware@spokanecity.org.

Registration: \$155

Registration Deadline: May 2

Late registration: (+\$25) will be accepted May 3-17 as space allows

Teams will practice between 1 – 2 hours between 4:30-8pm. Your assigned coach will determine the start and end time of practices.

Dwight Merkel Sports Complex

Tues & Thurs.	5/27 – 7/24	4:30-8pm
17529		5-7yrs.
17532		8-10yrs.
17533		11-13yrs.
17534		14-16yrs.

Southeast Sports Complex				
Tues & Thurs.	5/27 – 7/24	4:30-8pm		
17530		5-7yrs.		
17535		8-10yrs.		
17536		11-13yrs.		
17537		14-16yrs.		



Students who engage in performing arts, a club, sports, or other activities outside of the school day have stronger, more authentic relationships, and do better academically, physically, and mentally.

Get involved at EngageIRL.com







TRS SOCIALIZATION

TRS Bowling & Pizza

1 day | Ages 16yrs. & Up Join us for an afternoon of bowling, pizza, fun and friends. Fee includes everything so extra money is not required. **Meet at Lilac Bowl, 1112 E Magnesium Rd.** \$33 17500 Wed. 1/29 1-3:30 pm



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

17440	Thurs.	1/9-1/30	4:15 – 5:30pm
17441	Thurs.	2/6-2/27	4:15 – 5:30pm
17442	Thurs.	3/6-3/27	4:15 - 5:30pm
17504	Thurs.	4/10-5/1	4:15 – 5:30pm

TRS Cookie Bake Night

1 day | Ages 14yrs. & Up Spend the evening making several types of cookies. Enjoy yourself, take home or share with friends. Gluten-free options are available. **Class meets at Southside Senior Community Center, 3151 E. 27th Ave.-kitchen.** \$23

17431	Wed.	2/12	5:30 – 7:30pm
17432	Wed.	3/12	5:30 – 7:30pm

TRS Day at the Theatre

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

Winnie the	<u> Pooh - Spoka</u>	<u>ane Childr</u>	<u>en's Theatre \$31</u>
17497	Sun.	1/19	1:45-4:15pm
Tarzan- Chri	stian Youth [·]	Theatre \$3	33
17614	Sat.	3/1	2:30-5:15pm
Step Sisters	– Spokane C	<u>hildren's</u>	<u>Theatre \$31</u>
17498	Sun.	3/16	1:45-4:15pm
James & The	e Giant Peac	h- Spokan	e Children's Theatre \$31
17499	Sat.	4/19	1:45-4:15pm

TRS Fine Dining

1 day | Ages 18yrs. & Up Do you like getting dressed up and going out? Come with us and experience the culinary delights of Spokane's finest restaurants! Staff will help in the selection and purchase of a meal. Participants will have the opportunity to improve social, communication, and etiquette skills. Price does not include cost of food. Transportation provided from **Park Operations 2304 E. Mallon Ave.** \$22

Rusty Moose

17445	Wed.	2/26	5:45 – 9pm
Buffalo	Wild Wi	ngs	
17446	Wed.	3/26	5:45 – 9pm

TRS Friday Night Jam

1 day | Ages 18yrs. & Up Come rock and swing at Spokane's oldest on-going nightclub for people with developmental disabilities. If participants require direct supervision, then care providers need to attend. Dates and themes vary. **Meet at West Central Community Center, 1603 N. Belt.** \$12

Happy New Year

17443		1/10	7-8:30 pm
St.Patri	<u>ck's</u>		
17444	Fri.	3/14	7-8:30 pm



TRS SOCIALIZATION

TRS The Harlem Globetrotters

1 day | Ages 16yrs. & Up The Harlem Globetrotters are an exhibition basketball team. You'll see all the amazing basketball spins, slams, and dunks that you've come to expect at every Globetrotters game, PLUS new trials as players face-off to see who can pull off astonishing trick shots and more! See your favorite Globetrotter stars and their renowned rivals, the Washington Generals, LIVE as they challenge themselves and each other to new moves, new shots, and new innovations! Meet at Spokane Veterans Memorial Arena, main entrance, Boone & Howard. \$57

Mon.	1/27	6:30-9:15pm
	Mon.	Mon. 1/27

TRS Paint & Taste

1 day | Ages 14yrs. & Up Do you like painting and apple cider? Make a masterpiece of your very own while enjoying sipping on cider. No painting experience required. Meet at Spokane Valley Parks & Recreation Center Place, 2426 N. Discovery Place. \$21 17505 Wed. 5:30 – 7pm 3/19

TRS Trivia Night

1 day | Ages 14yrs. & Up Bring your sack dinner and laugh with friends while playing Trivia. Fun prizes will abound. Meet at Spokane Parks Operations lunch room, 2304 E. Mallon Ave. \$21 17506 Fri. 4/11 5:30 – 7pm

TRS What's Cooking

4 weeks | Ages 16yrs. & Up Tired of eating at home? Sign up for this class and you will prepare a meal, practice table manners, visit with friends, and take part in clean-up duties. Participants will have the opportunity to practice skills such as following directions, socialization, and hygiene required when in the kitchen. Class meets at Southside Senior and Community Center, 3151 E. 27th Ave.- kitchen \$69

17422	Tues.	1/7 -1/28	1:30-3:30pm
17426	Tues.	1/7 – 1/28	4-6pm
17423	Tues.	2/4 – 2/25	1:30-3:30pm
17428	Tues.	2/4 – 2/25	4-6pm
17424	Tues.	3/4 - 3/25	1:30- 3:30pm
17429	Tues.	3/4 – 3/25	4-6pm
17425	Tues.	4/8 - 4/29	1:30-3:30pm
17430	Tues.	4/8 -4/29	4-6pm

TRS Seize the Day

1 day | Ages 18yrs. & Up Find yourself sitting around the house during the day? Want to get out and meet some new friends and enjoy some new activities? Come with TRS and Seize the Day with our early afternoon programs around town! Meeting locations and times will vary. Rivers Wish Animal Sanctuary- Join us at this 65-acre haven that cares for animals like rabbits, horses, cows, goats, sheep, chickens, pigs, dogs, and more. Meet at West Central Community Center parking lot, 1603 N. Belt \$27 17541 Mon. 4/9

10am-2pm

TRS FITNESS & WELLNESS

TRS Bicycling

6 weeks | Ages 16yrs. & Up Enjoy Spokane's natural beauty by bicycle. Participants need to be in moderate physical condition and ride a bike safely. Make sure your bike is in good working order and helmet fits well and is less than 5 years old. Meet at Mirabeau Point Park, trailhead, 13500 Mirabeau Pkwy, Spokane Valley. \$69

17531 Wed. 4/23 - 5/28 5:30-7:30 pm

TRS Line Dancing

4 weeks | ages 14+ Easy beginner line dancing is for everyone. Grab your dancing shoes and join us as we learn the fundamentals of line dancing and other dances such as the Macarena, YMCA, Alley Cat and more. Meet at Fowler United Methodist Church, 3928 N. Howard \$22

noward	1. 233		
17414	Mon.	1/6-1/27	3 – 4pm
17415	Mon.	2/3-2/24	3 – 4pm
17416	Mon.	3/10-3/31	3 – 4pm
17417	Mon.	4/7-4/28	3 – 4pm



TRS SPORTS

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 St.** \$63

17418	Mon.	1/6-1/27	4:30 – 6pm
17419	Mon.	2/3-2/24	4:30 – 6pm
17420	Mon.	3/10-3/31	4:30 – 6pm
17421	Mon.	4/7-4/28	4:30 – 6pm

TRS Ice Skating

8 weeks | Ages 8yrs. & Up Participants with developmental disabilities learn to skate and improve existing skills. Please dress warmly. Meet at Eagles Ice Arena, 6321 N. Addison St. \$89 17447 Sat. $1/11 - 3/8^{**}$ No Class 3/1 2:45pm - 3:30 pm

TRS Swimming

9 weeks | Ages 7yrs. & Up Meet at Whitworth University Aquatic Center, 300 W. Hawthorne.

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

17434	Sun.	1/12 – 3/9	2:15pm – 3:45pm
17538	Sun.	4/6-6/8 *no class 4/27	2:15pm-3:45pm

Learn to Swim Beginner

Individuals will learn how to face float, back float, kick with floats, and learn the crawl stroke with rotary breathing. Elementary backstroke and backcrawl 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

17436	Sun.	1/12 - 3/9	3:05-3:50pm
17540	Sun.	4/6-6/8 *no class 4/27	3:05-3:50pm

Learn to Swim Intermediate

Individuals who have mastered the Beginner skills and are ready to move on skills worked on will be distance swimming, breaststroke, butterfly, diving, simple turns and deeper water experience. \$6717435 Sun 1/12-3/9 2:15-3 nm

17539 Sun. 4/6 – 6/8 *no class 4/27 2:15-3pm	1/435	Sun.	1/12-3/9	2:15-3 pm
	17539	Sun.	4/6 – 6/8 *no class 4/27	2:15-3pm





TRS TRIPS & TOURS

TRS Eagle Basketball

1 day | Ages 16yrs. & Up Join us as we cheer on the Eastern Eagles Men's Basketball team. The excitement will take place at EWU on Reese Court. Bring suggested \$15 money for snacks or souvenirs if desired. Meet at Reese Court, Pavillion at Eastern Washington University, Cheney, WA. \$31

17501 Thurs. 2/27 5:45-8:45pm

TRS Raptor Reef Indoor Water Park

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

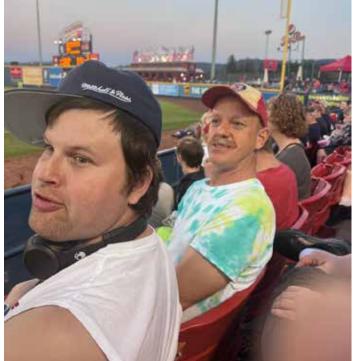
17502 Sun. 2/23 12:30-6pm



TRS Spokane Chief's 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

<u>Chiefs v</u>	<u>/s. Prir</u>	<u>nce George Cougars</u>		
17438	Fri.	1/17	6:30 – 9:45pm	
Chiefs v	/s. Tri (City Americans		
17437	Fri.	2/21	6:30 – 9:45pm	
Chiefs vs. Seattle Thunderbirds				
17439	Fri.	3/21	6:30 – 9:45pm	



TRS Spokane Indians Baseball

1 day | Ages 18yrs. & Up Let's support our local Spokane Indians Baseball Team. Participants are responsible to bring the suggested amount of money listed. Sign-up fee covers transportation, staff, and tickets. Caregiver tickets available at a discount. TRS staff ratio is 1:4-6. Participants will have the opportunity to practice socialization skills such as making choices, handling money, following directions and getting along within a group. Meet at the Main entrance of Avista Stadium, 602 N Havana St, Spokane Valley, WA 99212. \$34

Eugene Emeralds- Fireworks Night 17543 Fri. 4/25

6 - 9:45pm

TRS SKIING

TRS Cross Country Skiing Lessons - Blue Waxers

7 weeks | Ages 12yrs. & Up The class is designed for people with developmental disabilities. Fresh air, experience and fun are just a few benefits of this activity. We ski at Mt. Spokane on the terrific trail system. Participants should be able to walk a mile with minimal difficulty. The class size is limited to the number of volunteers. Separate registration form is required. Please find on web site www. spokaneparks. org or call Alice Busch 509.625.6245. No ski class on 2/1. Langlauf Community Nordic Race is Sunday February 2. If interested in doing each skier must pre-register and pay for event on own. TRS will provide supervision and transportation.

Lessons & Equipment \$145

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

17542 Sat. 1/11-3/1	9am-Noon
Lessons, Transportation, & Equipment \$199	
17503 Sat. 1/11 – 3/1	7:30am-1:30pm
Transportation Departure locations and times:	
Park Operations 2304 E. Mallon Ave.	7:30am
Yokes Mt. Spokane Day Road	8am
Transportation Return locations and times:	
Yokes Mt. Spokane Day Road	1pm
Park Operations 2304 E. Mallon Ave.	1:30pm

TRS Volunteer Ski/Snowboard Instructor Clinics

Ages 18yrs. & Up Blue Waxers teaches those with developmental disabilities how to cross-country ski. Preferred to have advanced beginner to intermediate skills. Equipment can be provided if needed. Held at Selkirk Lodge. Includes training, background check and more. Must have a sno-park permit. \$10

17544 Sat. 1/4

9am – Noon

Powderhounds Volunteer Instructor Training Dates

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

These **MANDATORY** clinics will help teach new and returning instructors skill progressions and new teaching techniques. We will be observing your ability to work with people, your ability to ski, and your ability to teach to ensure a quality program. Must be able to ski or snowboard independently. Need to provide own equipment. Preferred to be able to do intermediate (blue runs) or above skills. Instructors are asked to commit to volunteer at least 6 lessons, so students experience consistent instruction. Volunteer registration packet is available or online at spokanerec.org by emailing abusch@spokanecity.org. Registration fee covers background check, clinician fees and lift tickets.

Powderhounds – New Instructors

Course Code: 17628 Fee: \$55

- Dryland Training: Fri. 1/10 6-8:30pm Park Operations, 2304 E. Mallon Ave.
- On Snow Training: Sat. 1/11 8:30am-4pm and Sun. 1/12 8:30am-4pm
 Mt. Spokane Ski & Snowboard Resort

Powderhounds – Returning Instructors

Without Pass-Course Code: 17546 Fee: \$55 With Pass- Course Code: 17627 Fee: \$35

- Dryland Training: Fri. 1/3 6-8:30pm Park Operations, 2304 E. Mallon Ave.
- On Snow Training: Sat. 1/4 8:30am-1pm or 1:30pm-6pm, and Sun. 1/5 8:30am-4pm

Mt. Spokane Ski & Snowboard Resort

TRS SKIING

TRS Powderhounds Alpine Ski & Snowboard Program

1 lesson | Ages 6yrs. & Up One to one instructor/student ratio with volunteers trained in PSIA methods and therapeutic recreation elements. Course gives people opportunities to experience freedom and control of gliding down the slopes. Lessons offered are sit-ski (mono & bi), snowboarding, stand up with outriggers (3 & 4 track) for amputee/balance needs as well as stand up (2 track) for those with cognitive, visual or sensory needs. We ski/ board at Mt. Spokane on Saturdays and meet at Lodge #1 Yurt or our Snowsports chalet at the base of chair #5. To enroll in this class there is a separate registration form. Please find on web site www.spokaneparks.org or call Alice Busch at 509.625.6245. No class 2/8. \$75 per lesson (Includes instruction, ticket and equipment if needed.) *Enroll in 4 lessons and a season pass will be included.*

Morning (AM) Lessons:

17547	Sat.	1/18	9-11:30am
17548	Sat.	1/25	9-11:30am
17549	Sat.	2/1	9-11:30am
17550	Sat.	2/15	9-11:30am
17551	Sat.	2/22	9-11:30am
17552	Sat.	3/1	9-11:30am

Transportation for Only AM Lessons \$20 per lesson

Transportation provided from Park Operations- 2304 E. Mallon Ave. and Yokes, 14202 N. Market St.

17619	Sat.	1/18	7:45am-2pm
17620	Sat.	1/25	7:45am-2pm
17622	Sat.	2/1	7:45am-2pm
17623	Sat.	2/15	7:45am-2pm
17625	Sat.	2/22	7:45am-2pm
17626	Sat.	3/1	7:45am-2pm

The TRS van will leave:

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

Please remember that the van may arrive back early or be a few minutes late depending on road conditions. Be on time for pickup to avoid delays for the group. Late fees may apply. <u>If using paratransit, use only Park Operations, 2304 E. Mallon Ave. as a transportation site</u>. **Only available for those taking AM lessons**. Must be able to load own equipment and be responsible for personal items. * **Must indicate which transportation site you will be using on your registration form.** *

Afternoon (PM) Lesson:

17558	Sat.	1/18	12:30-3pm	
17557	Sat.	1/25	12:30-3pm	
17556	Sat.	2/1	12:30-3pm	
17555	Sat.	2/15	12:30-3pm	
17554	Sat.	2/22	12:30-3pm	
17553	Sat,	3/1	12:30-3pm	



5th Annual Powderhounds Cup

Celebrate the end of the season by participating in the annual Powderhounds Cup. Mt. Spokane staff and MSSRA will set up a course on Chair 5 & 3. All who are able and want to race can do. This is an extra day outside of our 6-week lesson program. After racing we will enjoy music, food, and prizes. **No fee.** We are currently looking for this year's sponsors. If interested, please contact Alice Busch at abusch@spokanecity.org Sat. 3/8 9am-2pm

Summer employment A Parks & Recreation

POOLS

What could be better than getting paid to spend the days of summer outside at the pool?

Available Positions:

- Swim and water exercise instructor
- Asst. Swim Coach
- Lifeguard, and more!

THERAPEUTIC RECREATION

Specialized and Adaptive Recreation Services for Individuals with Disabilities.

Funshine Day Camp Available Positions: Camp Activity Leader

OUTDOOR RECREATION

Get outdoors and get paid!

Available Positions: Lead or Assist groups on outdoor tours to various locations including lakes, rivers, mountains, caves and more! Adventure Camp Counselor

GOLF

There's no bad days at a golf course!

Available Positions: Golf Grounds Crew

SPORTS

Get paid to share your love of sports!

Available Positions:

- Adult Softball Site Supervisor
- Adult Softball Umpire
 Adult Flag Football Referee
- Adult Flag Football Site Supervisor
 Youth NFL Flag Site Supervisor

SUMMER CAMPS

Available Positions:

- Summer Art Camp Assistant
- Summer Art Camp Instructor
- Outdoor Adventure Camp Counselor
- Summer Day Camp Counselor
- Finch Arboretum Summer Art & Science Camp Counselor

PARKS

Help care for our beautiful parks and open spaces!

Available Positions:

- Sports Field Maintenance
- Custodian / Rover
- Park Caretaker



SPOKANEPARKS.ORG/JOBS



Spokane Youth and Senior Center Association

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

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

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

CORBIN SENIOR ACTIVITY CENTER

827 W Cleveland Ave. www.corbinseniorcenter.org 509-327-1584

HILLYARD SENIOR CENTER

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

MARTIN LUTHER KING JR.

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

MID-CITY CONCERNS SENIOR CENTER

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

NORTHEAST YOUTH CENTER

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

PROJECT JOY

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

SINTO SENIOR CENTER

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

SOUTHSIDE COMMUNITY & SENIOR CENTER

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

SOUTHWEST SPOKANE COMMUNITY CENTER

310 S Spruce

509-624-8634

WEST CENTRAL COMMUNITY CENTER

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









Inclusion Statement:

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

Essential Eligibility Criteria Statement:

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

General Recreation Essential Eligibility Criteria:

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

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

Terms/ Definitions:

- * <u>Activity/Program</u>: The term 'activity' or 'program' describes any outing, trip, or event sponsored by Spokane Parks and Recreation.
- ** <u>Companion/Trained Aid</u>: In some circumstances, if an EEC can be met with the help of a companion/trained aide participants may be eligible to participate.
 - Examples of companions/trained aides include service animals, translators, caregivers, or an individual that can assist a participant with physical, emotional, or communication requirements.
 - In the case of a minor needing to meet an EEC with an aide, a parent/ guardian or responsible adult may act as an aide.
 - Companions/Trained Aides must be able to complete all EEC.
 - Spokane Parks and Recreation will permit the attendance of a participant's companion at no additional cost to the participant; however, the companion will be responsible for purchasing their own consumable resources/access fees (e.g. food, event tickets, etc.). For your convenience, these costs can be given upon request. Please contact the program supervisor for coordination.

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



SATISFACTION GUARANTEED

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



*checks payable to City of Spokane

Call 311 or outside the city at

509.755.CITY

Fax 509.625.6990

CALL

US

PAYMENT INFORMATION

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

INCLEMENT WEATHER

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

DISCLAIMER

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

REFUND/CANCELLATION POLICY

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

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

INCLUSION/ACCOMMODATION

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

The City of Spokane is committed to providing equal access to its facilities, programs and services for persons with disabilities. Individuals requesting reasonable accommodations or further information may contact Matt Lowmaster at

mlowmaster@spokanecity.org. To assure the best experience for all participants we need accommodation requests along with your program registration a minimum of two (2) weeks in advance of the program start date.



NUMERICA

ADULT E PASS

UNLIMITED

Youth (ages 3-12): \$28.95 YOUTH Adult (ages 13+): \$39.95 Unlimited Ice Skate Rental Add-On: \$19.95





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

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