

WINTER 2014 - 2015
ACTIVITY GUIDE
DECEMBER 2014 - MARCH 2015

CITY OF
SPOKANE
**PARKS
& RECREATION**



- ❄️ **Corbin Kids Camps**
- ❄️ **Curling**
- ❄️ **Ice Skating**
- ❄️ **Cross Country Ski Group Trips**
- ❄️ **Therapeutic Recreation Downhill Skiing & Snowboarding**

spokaneparks.org/register • 509.625.6200



Re-Imagine City Life

Parks and green spaces
re-define our 21st century
urban environments.

What's healthy for our
cities is also healthy for us.

Explore, play and get
active in Spokane Parks!

Who we are - SPF is an independent, non-partisan advocate here to help bridge the gap between what local parks departments can afford and what parks need to thrive.

What we do - SPF's mission is to cultivate the health, growth and continued enjoyment of our communities by inspiring giving and passion for our parks. For almost 64 years we've been leveraging the dollars given to us to invest in parks. We've awarded over \$2 million in grants. We've helped local grassroots groups grow into vital park-protecting, park-funding and park-warrior groups. We've advocated for new parks. And we've helped thousands of kids afford to use the public pools located in the parks.



To learn more, donate and get connected visit us at:

www.spokaneparksfoundation.org

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CORBIN ART CENTER

NO SCHOOL TODAY CAMPS

Pre-registration is required

New Game Day Snacks

1 day | Ages 6-11 We're serving up game day snacks! Bring your appetite and plan to have lots of fun and learn how to make Deluxe Nachos, Pizza Joes, Fruit Kabobs and homemade Veggie Dip with your favorite veggies. You'll have a hands-on adventure preparing this feast so you can make it for you and your family. You'll eat what you make. Recipes included. Class held at the **Corbin Art Center, 507 W 7th Avenue**. \$38
30311 M 1/19 9 AM-3 PM

New Frozen Fun!

1 day | Ages 6-11 Come and have a fun, "Frozen" time making wonderfully creative winter and movie inspired crafts. Make fabulous Queen Elsa crowns, funny Olaf puppets and much more in this sparkly, fantastically fun camp. Dress for a mess and please bring a lunch. Class held at the **Corbin Art Center, 507 W 7th Avenue**. \$36
30312 M 1/19 9 AM-3 PM

New Camp Corbin Cookout!

1 day | Ages 6-11 Come and learn to make fun camp inspired foods in the oven so you can make it all year long. We will make a foil dinner or baked potato packets, kid-friendly trail mix and oven s'mores and of course fresh fruit to round out the meal. You'll have a hands-on adventure preparing this feast so you can make it for you and your family. You'll eat what you make. Recipes included. Class held at the **Corbin Art Center, 507 W 7th Avenue**. \$38
30313 M 2/16 9 AM-3 PM

New Express Yourself!

1 day | Ages 6-11 We will squish, squash, splatter and drizzle fabulous works of art while celebrating all things icky and sticky in this messy camp. Come and work with dough, paint, glue and much more. Dress for a mess and please bring a lunch. Class held at the **Corbin Art Center, 507 W 7th Avenue**. \$36
30314 M 2/16 9 AM-3 PM



The quickest and easiest way to register for an activity is online at SpokaneParks.org

SPRING BREAK CAMPS

Enjoy a fun-filled day with arts and crafts activities for children. Dress for a mess and bring your lunch. Pre-registration is required.

Glam Camp!

1 week | Ages 6-11 Learn to make your own lotions, scrubs, lip balm and much more. Come and enjoy Spa Day, Hair Care and Hair Accessory Day, Yoga and Wellness Day, Fashion Fun Day and there's more. Please bring a clean 100 percent cotton light colored t-shirt for Fashion Fun Day. Please bring a lunch each day. Class held at the **Corbin Art Center, 507 W 7th Avenue**. \$129
30318 M-F 4/6-4/10 9 AM-3 PM

New Superheroes, Villains & Mutants

1 day | Ages 6-11 Can't wait for the next superhero movie to come out? Come draw, paint, sculpt and create costumes, props and fantastical beings to become your favorite superhero, villain or mutant. Dress for a mess and please bring a lunch. Class held at the **Corbin Art Center, 507 W 7th Avenue**. \$36
30319 M 4/6 9 AM-3 PM



CORBIN KIDS PRESCHOOL

New Art Enrichment for Pre-Schoolers

6 weeks | Ages 3-5 Children love using their hands and imagination, each week they will explore new and different artistic mediums such as, oil pastels, paint, clay, markers, crayons and glue. Explore the color wheel, develop drawing and cutting skills, sculpting, making costumes and most of all just have fun. Please bring a snack and beverage. Class held at the **Corbin Art Center, 507 W 7th Avenue.**

\$79

30298 M 2/2-3/9 9:30-1:30 AM

New Art Explosion!

1 day | Ages 6-11 Explore the vast world of mixed media using a diverse array of art materials and techniques. You will work with clay, paint, glue and found objects. Creativity will run rampant and the art will explode with color and energy. Dress for a mess and please bring a lunch. Class held at the **Corbin Art Center, 507 W 7th Avenue.**

\$36

30320 T 4/7 9 AM-3 PM

Spies & Secret Agents

1 day | Ages 6-11 Pretend that you are your favorite sleuth as you solve the mystery. Then turn the tables as you create and stage your own secret agent story of "Who Done It?" We'll build our own spy gadgets, decode secret messages and create clever stories of espionage. Dress for a mess and please bring a lunch. Class held at the **Corbin Art Center, 507 W 7th Avenue.**

\$36

30321 W 4/8 9 AM-3 PM

New Passport to Cooking!

1 day | Ages 6-11 Love to cook? Let's visit Italy for an appetizer of Garlic & Herb Cheese Bombs, then on to China for Orange Chicken with Steamed Rice and ending with a stop in Mexico for Cinnamon Tortilla Crisps? Bring your appetite and plan to have lots of fun and learn how to make these fabulous dishes. You'll have hands-on fun preparing this feast so you can make it for your family and friends. You'll eat what you make. Recipes included. Class held at the **Corbin Art Center, 507 W 7th Avenue.**

\$38

30322 Th 4/9 9 AM-3 PM

Kids in Motion!

1 day | Ages 6-11 Come explore and experiment with creative movement concepts in this energetic camp! You'll learn choreography and theatrical techniques, fun dance steps, yoga positions, and creative ways to move your body for exercise, wellness and just for fun. Please bring a lunch. Class held at the **Corbin Art Center, 507 W 7th Avenue.**

\$36

30323 Th 4/9 9 AM-3 PM

New Mask Making Madness

1 day | Ages 6-11 Come and create your favorite animals or fantastical creatures from paper and much more to make fabulous, wearable masks. Go home with these fun projects that will thrill and amaze your family and keep them guessing as who is behind the mask. This camp emphasizes construction and shape recognition to help these young artist's link physical skills with their imagination. Dress for a mess and please bring a lunch. Class held at the **Corbin Art Center, 507 W 7th Avenue.**

\$36

30324 F 4/10 9 AM-3 PM

Mom & Me & Dad's Too!

6 weeks | Ages 2-4 This creative class includes a short story to introduce an art theme, followed by a relevant art project and movement activity. Children will discover color, texture while practicing basic cutting and gluing skills while exploring a variety of art techniques and materials. This class is fast paced, active and fun. Class held at the **Corbin Art Center, 507 W 7th Avenue.**

\$45

30299 T 2/3-3/10 9:30-10:30 AM

Little Leonardo's

6 weeks | Ages 3-5 Children love art and they're naturally creative and imaginative. Each class is planned to expose your child to a new element of art each week. They will paint, sculpt, draw, and cut paper and glue to help develop listening skills, fine motor skills and creative imagination play. Class held at the **Corbin Art Center, 507 W 7th Avenue.**

\$45

30300 W 2/4-3/11 9:30-10:30 AM

New Mom & Me: Painting Plus

6 weeks | Ages 3-5 If your child cannot get enough of that ooey, gooey, touchy feely art work, this class is for them. Each class will feature a new technique using different paints, textures, inks and liquid art. Adult must accompany and attend class with child. Dress for messy fun!! Class held at the **Corbin Art Center, 507 W 7th Avenue.**

\$52

30301 Th 2/5-3/12 9:30-11 AM

Get out! Help out!

Volunteer with Spokane Parks & Recreation. For more information, call 625.6216 or visit spokane parks.org/volunteer



Please Pre-Register online at spokane parks.org

CORBIN KIDS PRESCHOOL WORKSHOPS

New

Mom & Me: Frozen Fun

1 day | Ages 2-4 Come and have a fun, "Frozen" time making wonderful and creative winter and movie inspired crafts. Make fabulous Queen Elsa crowns, funny Olaf puppets and more in this sparkly, fantastically fun workshop. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$18

30306 Sa 1/28 9:30-11 AM

Be My Valentine!

1 day | Ages 4-9 Have hands-on-fun making cards, fanciful heart creatures and more that say "I Love You." You'll make these fabulous keepsakes with gift cards. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$19

30307 Sa 2/14 9:30-11:30 AM

Mom & Me: Be My Valentine!

1 day | Ages 2-4 Come make three fun projects including a heart bracelet & necklace, gift cards and more to give as gifts or keep for mom and me. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$18

30308 Sa 2/14 9:30-11 AM

Mom & Me: St. Patrick's Day

1 day | Ages 2-4 Come and celebrate the "wearing o' green." Make a fanciful, fun Leprechaun hat, shamrocks and of course a pot of gold. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$18

30309 Sa 3/14 9:30-11 AM

Mom & Me: Easter Bunny

1 day | Ages 2-4 Bunnies, chicks, ducks and more...have fun making Easter projects to enjoy this Spring. Projects include a puppet, Easter hat, decorated eggs and more. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$18

30310 Sa 3/28 9:30-11 AM

CORBIN KIDS YOUTH

Art Exploration

6 weeks | Ages 7-13 Explore a variety of artistic mediums, such as, oil pastels, paint, clay, paper, recycled objects and more each week. Here's a chance to use your artistic skills, be creative and try new things. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$52

30302 M 2/2-3/9 4-5:30 PM



The quickest and
easiest way to register
for an activity is online
at SpokaneParks.org

New 3-Dimensional You!

6 weeks | Ages 9-14 | Denise Hinnenkamp Come and investigate 3-dimensional art through different techniques and forms in this tactile class, as you sculpt, shape and mold clay, paper mache, wood, and wire. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$52

30303 T 2/3-3/10 4-5:30 PM

Drawing Basics

5 weeks | Ages 6-12 Drawing is the basis and the first step for dimensional art forms. Explore with different tools and techniques and learn the many facets of drawing including freehand drawing, line, shading, fur-scales-feathers, still life, color, design composition, perspective, portraiture, animals and more. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$49

30304 W 2/4-3/11 4-5:30 PM

Sewing Basics

5 weeks | Ages 9-13 | Tammy Plummer Learn the basics on how to use a sewing machine. Lots of tips and tricks to get you started with sewing. Sew and create your own throw pillows and a tote bag, and learn how to recycle old clothes or change up new ones in this class. Sewing machines are provided. Class held at the **Plummer Carriage House, 4225 W. 29th Ave.** \$49

30305 T 2/24-3/17 4-6 PM

Birthday Art Parties

Corbin Art Center

Choose from one of our fun themes for ages 3-13

\$129 up to 10 guests

2-hour parties

(additional hour available)

Face painting and scavenger hunts
optional for a fee

Call for more
information or to reserve

509.625.6677

CITY OF
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DRAWING

Drawing Fundamentals

6 weeks | Ages 16+ | Allison Bayley

Join us as we begin to explore drawing fundamentals! If you are new to drawing or need to brush up on basic skills this is the class for you. We will be tackling drawing materials, composition, portrait techniques, shading, and perspective. Great basics that will lead to long lasting confidence in your drawing. Supply list included with registration confirmation. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$59

30205 W 2/4-3/11 1:30-3:30 PM
30206 W 2/4-3/11 6:30-8:30 PM

Art of Colored Pencil Drawing

6 weeks | Dian Zahner There's a lot to like about colored pencils; they are lightweight, non toxic and totally portable. Colored pencil drawing lends itself to highly refined and exquisite works of art with their colors being pure and bright. Come and learn how to mix and layer the colors while drawing landscapes, still lifes or portraiture using colored pencils, graphite and pencil. Supply list included with registration confirmation. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$59

30207 M 1/26-3/2 12-2 PM

CREATIVE WRITING

Telling Your Life Story

6 weeks | Dian Zahner Do you have a story or stories to tell about your life? We all do, and this is an opportunity to learn how to tell it from the heart, with weekly prompts and ways to stimulate your memories. Often hearing the stories of others reminds you of events or people you had forgotten but which were important in your life. Supply list included with registration confirmation. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$59

30208 M 1/26-3/2 6-8 PM



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PAINTING CLASSES & WORKSHOPS

Introduction to Watercolor

6 weeks | Dian Zahner Come and learn the basics of watercolor, about mixing colors, paper and brushes to use, dry and wet paper, and how to transform a value sketch into a watercolor painting. Teacher will provide photos for you to work off of to create your own fabulous works of art. Supply list included with registration confirmation. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$69

30209 M 1/26-3/2 2:30-4:30 PM

Painting in Acrylics for Beginners

6 weeks | Ages 16+ | Tom Quinn Learn basic concepts of painting techniques with acrylic paints. You will explore color, form and composition to create your own works of art. Work from still-life set-ups and two-dimensional references such as photos. Supply list included with registration confirmation. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$69

30210 M 1/26-3/2 6:30-8:30 PM

Painting with Oils

6 weeks | Tom Quinn An introduction to the for givable medium: oil. Learn basic concepts of design, composition, color theory, values and texture while experiencing the outstanding working properties of oil. Choose to work from still-life or two-dimensional references. Helpful demonstrations and individual instruction will be taught. Supply list included with registration confirmation. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$69

30211 Th 1/29-3/5 6:30-8:30 PM

Art History

6 weeks | Tom Quinn This class is a series of lectures with slides intended to be both informative and entertaining about the great art of the past. We will address certain questions like: What is art history? Does it pass aimlessly, or will it converge on a goal? This course will look at art changes from one culture and period to another and in what ways they remain the same. Please be aware that some of the slides depict nudes. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$59

30212 T 1/27-3/3 6:30-8:30 PM

New Mastering Art

6 weeks | Ages 16+ | Denise Hinnenkamp Define, and explore the techniques, personalities, and mediums of some individuals considered to be Masters of Art. Who were they, why do they matter? Drawing, painting, even woodcuts will be explored in this 6 week art introductory class, no experience required. Supply list included with registration confirmation. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$69

30285 T 2/3-3/10 6:30-8:30 PM

New Photo Fantastic

6 weeks | Ages 16+ | Denise Hinnenkamp Photos become an exciting art material and new art form as we manipulate and paint, distort, and create mixed media collages, layered cutouts, or 3D paper mache' of yourself and your images. No experience required. Supply list included with registration confirmation. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$69

30286 Th 2/5-3/12 6-8 PM

New Labyrinth Journey

1 day | Jolie Monasterio Come experience your own personal "Circle to the Center", labyrinth journey while clearing your mind and gaining personal insight. Explore the long history and discover the many different designs of these wonderful labyrinths. Take a meditative walk on the instructor's large room sized one and make your own miniature clay version to take home and enjoy for years to come. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$39

30213 Sa 2/28 9 AM-3 PM

PHOTOGRAPHY

Camera Basics

4 weeks | Steven Navratil Obtain understanding of your digital SLR camera and its functions. Learn to use your camera to get the results you would expect from a professional. This class is for a digital camera that has manual setting options. Class will also include lighting, composition and depth of field. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$55

30217 W 2/4-2/25 6-8:30 PM

Photography Basics

5 weeks | Al Berger Learn the fundamentals of photography and how to use your camera. Tips on lighting, additional equipment to consider and its uses. Practice assignments and in-class critiques. Requires a camera that allows manually setting of F-stop and Shutter speeds, DSLR preferred. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$55

30218 M 2/2-3/2 6-8 PM

Intermediate Photography

5 weeks | Al Berger Come and take the next step in your photography experience. This class will explore how the choice of lens, impact the creation of images such as portraits. We will explore the use of artificial light in photography and learn to control it. Develop a greater understanding of how film speed, shutter speed and F-stops combine for improved photography results through class assignments. Experience the many challenges of posing subjects first hand for the best results. This course requires DSLR camera that allows manually setting of F-stop and Shutter speeds. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$55

30219 W 2/4-3/4 6-8 PM

Photoshop Basics

4 weeks | 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). Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$45

30220 T 2/10-3/3 6-8 PM

Get out! Help out!

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**FIBER ARTS****Hey! Lets Crochet**

5 weeks | Jean Anne Sharrai Come and create fun and functional projects while learning the following crochet skills: basic stitches, increasing/decreasing, crocheting in the round, beginning lace, and finishing techniques. There will be new projects each week to learn and work on during class with group and individual instruction. No class February 16th. Supply list included with registration confirmation. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$49

30221 M 2/2-3/9 6-8 PM

New Arm Knit Cowl

1 day | Jean Anne Sharrai Arm knitting is the cool new thing...no needles, no counting, no experience needed! Choose chunky yarn or multiple strands of thinner yarn to create a stylish cowl. Supply list is included with registration confirmation. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$21

30222 M 1/26 6-8 PM

New Amigurumi Easter

1 day | Jean Anne Sharrai Come and try your "hand" at amigurumi, or dimensional crochet, by creating Easter decorations out of yarn. Choose to crochet a basket, carrot purse, bunny, or lamb (or make one of each!), all in miniature and perfect for your Easter table. Crochet experience required and supply list is included with registration confirmation. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$27

30223 M 3/16 5:30-8:30 PM

Crochet: Rag Rugs

3 weeks | Melode Hall Learn to make three different rag rugs: oval, circle and heart-shaped. Recycled materials are perfect for this project; bring used cotton or flannel sheets (Two per week) or preshrunk new fabric. Prior crocheting experience is not necessary. Supply list included with registration confirmation. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$39

30227 T 2/10-2/24 6-9 PM

New Plarn Crochet Rug

1 day | Melode Hall Plarn is short for "plastic yarn". Bring 25 plastic grocery bags or 2 plastic rectangle tablecloths and learn how to cut them into strips and you will learn how to crochet them into a rug! Please bring a size "Q" crochet hook and a pair of scissors. This fun project has lots of great uses and is repurposing at its best. No crochet experience necessary. Supply list included with registration confirmation. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$21

30228 Th 2/26 6-9 PM

Paper Folded Flower

1 day | Melode Hall Learn to make a lovely paper folded flower (origami). These easy folded flowers make beautiful gifts or just keep them for yourself to decorate your home. Make them to give for birthdays, anniversaries or any special occasion. Supply list included with registration confirmation. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$17

30229 Th 2/19 6:30-8 PM

New Handmade Soft Dolls

6 weeks | Walt Carlson Have you ever wanted to hand sew soft dolls but don't know how to start or have an existing idea you want to improve, then this class is for you! With several projects, you'll leave ready to make whatever you can dream up. Hand sewing experience is not required, and a supply list is included with registration confirmation. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$59

30235 M 2/2-3/9 4-6 PM

Learn to Knit!

4 weeks | Megan Perkins Join the knitting craze and learn the basics of casting-on, knitting and binding off. Group and individualized instruction will teach a variety of easy beginner projects. Projects include: flower headband and/or a scarf. Supply list included with registration confirmation. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$39

30236 W 2/4-2/25 6-8 PM



New Garter Ridge Knitted Hat
2 weeks | Megan Perkins Learn to knit on circular needles using stockinette and garter stitch; this class is for those who already have a basic understanding of casting on, knitting, purling, and binding off. The instructor will help you refine your skills and understanding of knitting techniques and textures, while learning how to read a professionally formatted pattern to make these wonderful hats that can be made in infant, child, and adult sizes. Come and learn to make this fast, easy, and fun project that make great gifts. Supply list included with registration confirmation. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$27
 30237 W 3/4-3/11 6-8 PM

Sewing for Beginners
4 weeks | Ages 16+ | Tammy Plummer Learn the basics on how to use a sewing machine. Lots of tips and tricks to get you started with sewing. Sew and create throw pillows and a tote bag, and learn how to recycle old clothes or change up new ones in this class. Sewing machines are provided. Supply list included with registration confirmation. Class held at the **Plummer Carriage House, 4225 W. 29th Ave.** \$59
 30238 Th 02/19-3/12 6-9 PM

New T-Shirt Memory Quilt
3 weeks | Ages 16+ | Tammy Plummer Come and learn how to take all of those special T-shirts that you have accumulated and put them together into a fabulous memory quilt. Gather all your themed T-shirts such as children's sports & school events, or running race T-shirts and so on. Sewing machines are provided. Supply list included with registration confirmation. Class held at the **Plummer Carriage House, 4225 W. 29th Ave.** \$52
 30239 Th 3/19-4/2 6-9 PM

CORBIN CRAFTS WORKSHOPS

New Animal Garden Yard Art
1 day | Susie Snider Create garden animals, life size or pint size, using chicken wire, hog wire and found objects. Pigs, chickens, butterflies, moons and stars.... Come with all of your creative ideas. Bring heavy gloves, wire cutters and embellishment charms to further decorate your design with. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$39
 30291 Sa 3/7 11 AM-2 PM

JEWELRY MAKING

Creative Beading
1 day | Carissa Gregg Learn a variety of creative, colorful beading techniques and how to select materials for future projects. Work with flexible beading wire, stretch thread, clasps and crimp beads to make a necklace and bracelet to enjoy or give as a gift. Supply list included with registration confirmation. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$21
 30248 Sa 2/28 9:30 AM-12:30 PM

Wire Wrapped Jewelry
1 day | Jaime Kemple Come and learn basic wire shaping techniques to create beautiful wire-wrapped bracelets and pendants for necklaces and charms. You'll work with wire, glass beads and semi-precious stones. Supply list included with registration confirmation. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$21
 30249 Sa 2/7 9:30 AM-12:30 PM

SKIN CARE & SOAP MAKING

Organic "Spa" Skin Care Products
1 day | Karen Felber Learn to make eight organic, chemical free skin care products including scrubs, body butters, milk baths, bath salts, and lip balm. Pamper yourself without paying high prices using everyday ingredients. Demonstrations and take home samples. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$19
 30250 Sa 3/7 10 AM-12 PM

Organic Cold-Pressed Soap
1 day | Karen Felber Learn the simple process of making organic chemical free soap. Demonstrations include fragrance selection, optional color additives, botanicals, herbs, and additional ingredients to make exfoliating soap. Quick tips on wrapping included. Take home samples. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$19
 30251 W 2/25 6:30-8:30 PM

ART OF FINE LIVING

New Butterfly, Brunoise and Chiffonade! Vegan
1 day | Chef Josh Martin No, they aren't the latest dance craze. They're the knife skills professional chefs use to cut fresh vegetables and herbs. This Knife Skills 101 class will radically increase your confidence as you wield your most important kitchen tool. Post slicing and dicing...the art of roasting vegetables will be added to whip up a few tasty dishes to consume! Course confirmation receipt will have location and directions of class. Class held at **Inland Northwest Culinary Academy, 1810 N. Greene Street.** \$49
 30252 W 1/14 6-8 PM



WINTER 2015

New There's an App for That!

1 day | Chef Laurie Faloon Savory and sweet bites...just right for your Super Bowl party. Artichoke and Spinach Swirls, Spicy Black Bean Empanadas, Red Raspberry and White Chocolate Purses that are not only delicious but will impress your friends. Course confirmation receipt will have location and directions of class. Class held at **Inland Northwest Culinary Academy, 1810 N. Greene Street.** \$49
30253 Sa 1/17 6-8 PM

New Serious Soups

1 day | Chef Curtis Smith Sweating stock to perfection is just the first step. Learn Chef Curtis Smith's six secrets to serving sensational soups! Recipes include: Chicken Noodle, Chicken Tortilla Soup, Thai Chicken & Coconut Milk Soup...all will keep guests coming back for more! Course confirmation receipt will have location and directions of class. Class held at **Inland Northwest Culinary Academy, 1810 N. Greene Street.** \$59
30254 Th 1/22 6-8 PM

New Make it Sweet!

1 day | Pastry Chef Katie Anderson Master how to create moist delicious cakes...consistently. Then learn the art of butter cream icing, boarders and garnished fondant flowers. Cake 101 has never been this much fun! Ask a friend to take this class with you. Valentine's Day is nearing and homemade sweets are the best! Course confirmation receipt will have location and directions of class. Class held at **Inland Northwest Culinary Academy, 1810 N. Greene Street.** \$49
30255 Th 2/5 6-8 PM

New Sushi 101

1 day | Chef Jim Wolters An absolutely unique experience; for want-to-be sushi masters. Learn how to make sushi nigiri, maki (traditional rolls) and uramaki (Fashion-style sushi rolls) and more! Chef Wolters has amazing sushi skills plus great stories to share! Class held at **Inland Northwest Culinary Academy, 1810 N. Greene Street.** \$49
30379 F 3/20 6-8 PM

New Mouthwatering Mediterranean Small Plates

1 day | Chef Laurie Faloon Join Chef Laurie Faloon and travel through the Mediterranean palate of small plates... you will make a scrumptious Caramelized Onion Tortilla, Arancini Rice Balls with Smoky Mozzarella, Chopped Ham and Fresh Peas and Homemade Pita bread and Sun-dried Tomato Hummus. Add these classic tapas, meze and antipasti to your bag of party tricks and entertain with all the ease of the Mediterranean! Course confirmation receipt will have location and directions of class. Class held at **Inland Northwest Culinary Academy, 1810 N. Greene Street.** \$49
30256 F 2/13 6-8 PM

Artisan Breads

1 day | Susie Snider Learn to make fresh homemade bread from grinding wheat to understanding yeast. Learn to make artisan breads for Focaccia, French, Herb, whole grain, and pizza crust. Make loaves of freshly ground grain breads to take home. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$35
30292 Sa 2/7 11 AM-2 PM

Mozzarella Cheese

1 day | Susie Snider Learn to make homemade mozzarella from fresh ingredients, with delicious recipes you'll have fun and enjoy how simple this tasty treat can be to make. Bring a clean apron and kitchen rubber gloves. Take home what you make. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$35
30293 Sa 2/28 11 AM-2 PM

LANGUAGE & CONVERSATIONAL SPEAKING

American Sign Language

6 weeks | Ages 14+ | Jim Schroeder Yes, you can learn ASL! American Sign Language is a visual, gestural language and signing is a useful skill that can open up a new world of relationships and understanding. This class will cover grammar, space, directionality, simultaneousness, expression and hand shape. Supply list included with registration confirmation. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$59
30294 W 2/4-3/11 6-8 PM

Beginning Russian

6 weeks | Ages 14+ | Natalie Marynovska Do you have a Russian neighbor that you would like to get to know or do you have a trip planned to the beautiful country of Russia? This class will teach you the basics of this wonderful language and is taught by a native Russian language professor. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$59
30295 T 2/3-3/10 6-8 PM

New Beginning Ukrainian

6 weeks | Ages 14+ | Natalie Marynovska The idea for this class was sparked by the recent events in the Ukraine and an increased Ukrainian immigration connected with those events, as well as people simply wondering what is the difference between the Russian and Ukrainian language. You will learn the distinct differences as well as the basics of conversation in Ukrainian. If you look around, chances are you have a Ukrainian neighbor or co-worker who you can impress next time with a few catching phrases. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$59
30296 W 2/4-3/11 6-8 PM

New Intermediate Russian

6 weeks | Ages 14+ | Natalie Marynovska If you had previous experience with the Russian language via travelling or adopted children from Russian speaking countries, or you have already taken a Beginner class, or maybe you just know a multitude of words but don't know how to apply them in sentences, then this class is for you. Taught by a Native Russian University professor, who will teach you in an interactive way to help put your language knowledge to use. Class held at the **Corbin Art Center, 507 W 7th Avenue.** \$59
30297 Th 2/5-3/12 6-8 PM



Stay in the know with text message updates from Spokane Parks & Recreation.

To sign up, send a text to 25827 with the code word: SPOREC.

CITY OF SPOKANE
PARKS & RECREATION

PERSONAL INTEREST

DANCE, MUSIC, THEATRE & GYMNASTICS

Accordion for Adults

4 weeks | Ages 13+ The Accordion is coming back! You can easily learn using the Australian method that will have you playing and enjoying music right away even if you've never read music or played a musical instrument. Play great-sounding contemporary, gospel, classical, blues and accompaniment pieces - immediately - from the very first lessons! Accordions available* - *based on availability, call (509) 998-5422 to confirm. **Able to Play Music Studio 418 E Pacific Ave \$58**

30038	T	1/6-1/27	5:30-6 PM
30039	F	1/9-1/30	2-2:30 PM
30040	T	2/3-2/24	5:30-6 PM
30041	F	2/6-2/27	2-2:30 PM
30042	T	3/10-3/31	5:30-6 PM
30043	F	3/6-3/27	2-2:30 PM

Accordion for Children

4 weeks | Ages 6-12 Is the accordion easy to learn? Yes and it's fun! If you see the keys that look like the piano, the bellows that go in and out, and all those buttons that are so small - how does one learn? Able To Play Music Studio has all the tools that will enable you to be able to play your first real songs, with hands together, very easily in a fun way! Learn with a certified accordion teacher. Accordions available* - *based on availability, call (509) 998-5422 to confirm. **Able to Play Music Studio 418 E Pacific Ave \$58**

30032	Th	1/8-1/29	4:30-5 PM
30033	F	1/9-1/30	3:30-4 PM
30034	Th	2/5-2/26	4:30-5 PM
30035	F	2/6-2/27	6-6:30 PM
30036	Th	3/5-3/26	4:30-5 PM
30037	F	3/6-3/27	3:30-4 PM

Dance Belly Dance Intro: Slow and Sensual Moves

4 weeks | Ages 12+ Join Nadiyah as she covers the slow and sensual moves of Belly Dance. No dance experience necessary. **Warehouse Athletic Facility 800 N Hamilton \$40**

30009	Th	1/8-1/29	7-8 PM
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Dance Belly Dance Intro: Fast Moves for the Drum Solo

4 weeks | Ages 12+ Join Nadiyah as she covers the fast moves of Belly Dance and how to work with a Drum Solo. No dance experience necessary. Coin hip scarves are most welcome! **Warehouse Athletic Facility 800 N Hamilton \$40**

30010	Th	2/5-2/26	7-8 PM
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Dance Belly Dance Intro: Peppy Moves for the Cane Dance

4 weeks | Ages 12+ Join Nadiyah as she covers the peppy and folkloric moves of Belly Dance and pairs them with the Saidi Cane Dance. No dance experience necessary. Coin hip scarves are most welcome. Bring a thin bamboo cane or plastic baton if you have one. **Warehouse Athletic Facility 800 N Hamilton \$40**

30011	Th	3/5-3/26	7-8 PM
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Dance Ballet Preschool

4 weeks | Ages 3-5 Excellent for all ages and levels of ballet. Introducing ballet steps and terminology in a playful and imaginative way. A Time to Dance is a professional studio with an excellent reputation for teaching ballet. **A Time to Dance 3815 N Post St. \$45**

Ages 3-4			
30068	Sa	2/7-2/28	10-10:30 AM
30070	Sa	3/7-3/28	10-10:30 AM

Ages 3-5			
30063	W	1/7-1/28	12-12:30 AM
30064	W	1/7-1/28	11-11:30 AM
30065	W	2/4-2/25	11-11:30 AM
30066	W	2/4-2/25	12-12:30 PM
30067	W	3/4-3/25	12-12:30 PM
30069	W	3/4-3/25	11-11:30 AM



Dance Ballet Youth

4 weeks | Ages 5-12 Excellent for all ages and levels of ballet. Introducing ballet steps and terminology in a playful and imaginative way. A Time to Dance is a professional studio with an excellent reputation for teaching ballet. **A Time to Dance 3815 N Post St. \$45**

Ages 5-6			
30071	Sa	1/3-1/24	10:30-11:15 AM
30072	Sa	2/7-2/28	10:30-11:15 AM
30073	Sa	3/7-3/28	10:30-11:15 AM

Ages 7-8			
30074	Sa	1/3-1/24	11:30-12:30 PM
30075	Sa	2/7-2/28	11:30-12:30 PM
30076	Sa	3/7-3/28	11:30-12:30 PM

Ages 6-8			
30077	W	1/7-1/28	12:30-2 PM
30078	W	2/4-2/25	12:30-2 PM
30079	W	3/4-3/25	12:30-2 PM

Ages 9-12			
30080	W	1/7-1/28	6-7 PM
30081	W	2/4-2/25	6-7 PM
30082	W	3/4-3/25	6-7 PM

Ages 9-13			
30083	W	1/7-1/28	2-3:30 PM
30084	W	2/4-2/25	2-3:30 PM
30085	W	3/4-3/25	2-3:30 PM
30086	Sa	1/3-1/24	2:15-3:30 PM
30087	Sa	2/7-2/28	2:15-3:30 PM

Dance Hip-Hop Youth

4 weeks | Ages 8-12 The Hip Hop Classes will be teaching the importance of muscle isolations and how to manipulate the body in movement and expression. Hip Hop is a street dance that allows freedom of personal expression and movement, and we believe in developing the skills and techniques help produce your expressions within routines and dances. **A Time to Dance 3815 N Post St. \$45**

30104	M	1/5-1/26	5-6 PM
30105	M	2/2-2/23	5-6 PM
30106	M	3/2-3/23	5-6 PM

Get out! Help out!

Volunteer with Spokane Parks & Recreation. For more information, call 625.6216 or visit spokane parks.org/volunteer



Piano for Adults

4 weeks | Ages 13+ Long to play the Piano? Can't read music? No problem! You can easily learn using the fun & unique Australian method that has everyone playing right away. No boring scales. Play real music - immediately - both hands from the very first lessons! These are 'non-traditional' lessons. **Able to Play Music Studio 418 E Pacific Ave \$58**

30044	M	1/5-1/26	5-5:30 PM
30045	F	1/9-1/30	6-6:30 PM
30046	M	2/2-2/23	5-5:30 PM
30047	F	2/6-2/27	6-6:30 PM
30048	M	3/9-3/30	5-5:30 PM
30049	F	3/6-3/27	6-6:30 PM

Ukulele Beginning Lessons

6 weeks | Ages 16+ Ukulele is the instrument of Peace, Love and Friendship. Bring joy to your life and to others by joining us and chasing away the cold winter blues with music. Uke can play accompaniment or solo and it is so portable uke can take it anywhere. It is easy to learn and will keep you smiling! We have ukuleles available for purchase. **Everyone Makes Music Comstock Studio 904 W. Comstock Ct. \$75**

30014	F	1/9-2/13	11:30-12:20 PM
30015	F	2/20-3/27	11:30-12:20 PM
30016	W	1/7-2/11	5:15-6 PM
30017	W	2/18-3/25	5:15-6 PM

Ukulele Ensemble

6 weeks | Ages 16+ We are Spokane's Premier Ukulele Ensemble: The Lilac City Uketet. This group rehearses and performs a variety of musical styles. We learn new chords, styles, and techniques as we go. You only need to know first position major, minor, and seventh chords and be able to strum a steady beat to join this ensemble. **Everyone Makes Music Comstock Studio 904 W. Comstock Ct. \$75**

30012	Th	1/8-2/12	12-12:50 PM
30013	Th	2/19-3/26	12-12:50 PM

Music Play Zone for Babies

5 weeks | birth to walking. The most critical time for musical education for your child is actually from birth to 18 months of age. It is during this time period that the neural connections are made that affect basic music aptitude. Everyone is born musical. When we use these early months in a joyful, playful, musical way in order to develop the child's capacity for musical language, amazing things happen. Come and have fun with us as you learn the keys to musical aptitude and achievement. Child and caregiver participate together. **Everyone Makes Music Comstock Studio 904 W. Comstock Ct. \$55**

30138	W	1/7-2/4	11:15 AM-12 PM
30139	W	2/11-3/11	11:15 AM-12 PM

Piano for Children

4 weeks | Ages 7-12 Long to play the Piano? Can't read music? No problem! Easily learn using the fun & unique Australian method that has everyone playing right away. No boring scales. Play real music - immediately - both hands from the very first lessons! These are 'non-traditional' lessons. A natural fun approach to learning the piano. **Able to Play Music Studio 418 E Pacific Ave \$58**

30026	M	1/5-1/26	4-4:30 PM
30027	F	1/9-1/30	3:30-4 PM
30028	M	2/2-2/23	4-4:30 PM
30029	F	2/6-2/27	3:30-4 PM
30030	M	3/9-3/30	4-4:30 PM
30031	F	3/6-3/27	3:30-4 PM

Piano for Young Children "Play a Story"

4 weeks | Ages 5-6 Play-a-Story is a musical journey in which you and your child travel through a storybook world. It uses the piano as its mode of travel, creating sounds, melodies, harmonies and rhythms to express the story. A unique fun introduction to music and the piano.

Additional material needed for this class: Play-a-Story Music Packet (\$45) available at **Able to Play Music Studio. Able to Play Music Studio 418 E Pacific Ave \$58**

30020	T	1/6-1/27	4:30-5 PM
30021	F	1/9-1/30	2:30-3 PM
30022	T	2/3-2/24	4:30-5 PM
30023	F	2/6-2/27	2:30-3 PM
30024	T	3/10-3/31	4:30-5 PM
30025	F	3/6-3/27	2:30-3 PM

Uke Can Play Too Kids!

4 weeks | Ages 7-12 Ukulele is fun and easy to play. Learn to play dozens of songs so quickly you will be amazed! Uke can play accompaniment or solo and it is so portable uke can take it anywhere. Love. Peace. Ukulele! We have ukuleles available for purchase. **Everyone Makes Music Comstock Studio 904 W. Comstock Ct. \$55**

30018	M	1/5-1/26	3:45-4:30 PM
30088	M	2/2-2/23	3:45-4:30 PM
30089	M	3/2-3/23	3:45-4:30 PM
30090	T	1/6-1/27	4-4:45 PM
30091	T	2/3-2/24	4-4:45 PM
30092	T	3/3-3/24	4-4:45 PM

Gymnastics for Kids

6 Weeks | Ages 5-12 Spokane Gymnastics works with individuals as well as various home school organizations to provide one hour co-ed gymnastics lessons promoting physical activity and teaching gymnastics skills on all the Olympic Events. We are happy to work with individuals or other alternative school organizations. **Spokane Gymnastics 2515 N. Locust Road Spokane Valley \$95**

Ages 5-8

29970	T	2/10-3/17	1-2 PM
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Ages 9-12

29971	T	2/10-3/17	1-2 PM
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Gymnastics for Tiny Tots

6 Weeks | Ages 18-36 months Parents interact with their children in a structured class where toddlers learn very basic gymnastics skills; including rolls, jumps and balance with a focus on improvement of fine and gross motor skills and ability to follow directions in a fun environment with songs and games. **Spokane Gymnastics 2515 N. Locust Road Spokane Valley \$85**

29963	T	2/10-3/17	10:15-11:05 AM
29964	W	2/11-3/18	10:15-11:05 AM

Gymnastics Introduction

6 weeks | Ages 5-14 Basic gymnastics skills taught on all the Olympic Events: Vault, Balance Beam, Uneven, Horizontal and Parallel Bars, Floor, Rings and Pommel Horse in a fun and encouraging environment. **Spokane Gymnastics 2515 N. Locust Road Spokane Valley \$95**

29972	F	2/13-3/20	5-6 PM
29973	F	2/13-3/20	6:15-7:15 PM

Watch for more classes
posted only online.

spokane.parks.org



Gymnastics Parkour

6 weeks | Ages 10-18 Parkour is the physical discipline of training to overcome any obstacle by adapting one's movements to the environment. One hour 'urban gymnastics' class teaches participants how to negotiate obstacles in the most efficient (and fun) way possible as well as how to jump, land and flip safely. **Spokane Gymnastics 2515 N. Locust Road Spokane Valley \$95**
29974 F 2/13-3/20 7:30-8:30 PM

Gymnastics Preschool

6 Weeks | Ages 3-4 Preschoolers learn fundamental gymnastics in a fun, fast-paced 50 minute co-ed class. At the age when young children become gradually more aware of their bodies and how to control their movements they can learn an accumulation of skills, the social skills necessary to work in a group, and also the ability to string skills together, mentally and physically. **Spokane Gymnastics 2515 N. Locust Road Spokane Valley \$85**
29965 T 2/10-3/17 9:15-10:05 AM
29966 T 2/10-3/17 11:15-12:05 PM
29967 W 2/11-3/18 9:15-10:05 AM
29968 W 2/11-3/18 11:15-12:05 PM
29969 F 2/13-3/20 4-4:50 PM



MARTIAL ARTS, FITNESS & WELLNESS

Aquatic Ai Chi for Beginners

6 weeks | Ages 18+ Ai Chi offers the physical focus and time to explain and teach the practice, postures and breathing techniques in order to enhance the experience. Balance, harmony and healing are the keys to the practice of Ai Chi with oxygen consumption generally raising 4-7%. The physical benefits are excellent, but the power to survive another stress-filled day is incredible. Ai Chi offers that sigh we give when at peace. The slow, contemplative movements are beneficial for stress, helps to lower blood pressure and induce a feeling of calm. 94 degree water helps strengthen and caress your body and soul. This powerful progression combines deep breathing with slow, broad movements of the arms, legs and torso. Benefits those whose goals range from improving balance and core strength to calming the spirit including Fibromyalgia, Post-Mastectomy, Arthritis, Hypertension and Parkinson's Patients. Flexibility and range of motion enhancements as well as increased metabolism and blood circulation. Participants must be able to descend and ascend the 4 stairs at the pool. Patty Murphy, Aquatic Specialist. **North Spokane Physical & Sports Therapy 203 E Dalke Ave \$60**

30109	T	1/6-2/10	2-2:45 PM
30110	Th	1/8-2/12	2-2:45 PM
30111	T	2/17-3/24	2-2:45 PM
30112	Th	2/19-3/26	2-2:45 PM
30113	T	3/31-5/5	2-2:45 PM
30114	Th	4/2-5/7	2-2:45 PM

Aquatic Ai Chi Advanced

6 Weeks | 18+ Enhance your practice of Ai chi with continued flowing energy, flexibility, range of motion, balance, core strength and relaxation! Patty Murphy, Aquatic Specialist. *Must have completed Ai Chi level 1 (Beginners) to register.

North Spokane Physical & Sports Therapy 203 E Dalke Ave \$60

30115	T	1/6-2/10	3-4 PM
30116	Th	1/8-2/12	3-4 PM
30117	T	2/17-3/24	3-4 PM
30118	Th	2/19-3/26	3-4 PM
30119	T	3/31-5/5	3-4 PM
30120	Th	4/2-5/7	3-4 PM

Aquatic Balance and Core Stability/Warm Water

6 weeks | Ages 18+ Looking for better balance and core strength? Water provides 12 times the resistance of air so your time in the pool produces strengthening and building of muscle. Balance is incorporated into every water workout while increasing core strength as well as confidence that can and will transfer over to land based activities. This program helps reduce stress on the back while strengthening the core and stabilizing muscles. Water is a safe and effective way to improve on balance without stressing the joints. Participants must be able to descend and ascend the 4 stairs at the pool. Instructor: Patty Murphy, Aquatic Specialist. **North Spokane Physical & Sports Therapy 203 E Dalke Ave \$60**

30127	T	1/6-2/10	5-5:45 PM
30128	Th	1/8-2/12	5-5:45 PM
30129	T	2/17-3/24	5-5:45 PM
30130	Th	2/19-3/26	5-5:45 PM
30131	T	3/31-5/5	5-5:45 PM
30132	Th	4/2-5/7	5-5:45 PM





Spokane Parks & Recreation has teamed up with the YMCA to offer amazing fitness classes in the Spokane community!
Register for fitness classes at spokane parks.org or by calling 509-625-6200.

Abs Core Xpress

Ages 16+ Good-bye same old boring crunches! This 25-minute class will tone and strengthen your entire core, including abs, back, and glutes, for a stronger sleeker you! A strong core is essential to supporting your body, having more effective workouts, and improving balance and posture. Why not sign up for the next class, too or Body Fit Camp? - What's YOUR pick? Bring hand weights/mat. Minimum must be met 3 weekdays before 1st class in the schools. NO CLASS 4/7, 4/9. **Garfield Elementary 222 W Knox - Multi Purpose Room \$24**

29450	T	1/20-3/10	6:30-6:55 PM
29451	Th	1/22-3/12	6:30-6:55 PM
29452	T	3/17-5/12	6:30-6:55 PM
29453	Th	3/19-5/14	6:30-6:55 PM

R.I.P.P.E.D.

Ages 16+ R.I.P.P.E.D.: Combines Resistance, Intervals, Power, Plyometrics, Endurance and Diet components to help you attain and maintain your physique in ways that are fun, safe, doable, and extremely effective for any fitness level. Each component of the workout provides a uniquely different emphasis or system response, so your body never get accustomed to the constantly changing format – come ready to be challenged!
Ridgeview Elementary 5610 N. Maple - Gym

30369	W	1/21-2/25	6-7 PM	\$30
30370	W	3/4-3/25	6-7 PM	\$20
30373	W	4/15-5/20	6-7 PM	\$30

Body Blast 20/20/20

Ages 16+ This class has it all! 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of abs/core/stability/stretch. A total approach to fitness. Join us as we take you through this fun, fun class. She'll mix it up to keep your body wanting more. Intervals, plyometrics, abs, sweat, and more... you'll get it all. She'll cater to all levels of fitness and give tons of options to take it up or down. Why not sign up for both Mondays and Wednesdays and give your body a double dose of Body Blast. Your body will FEEL the difference. You will SEE the difference. Bring hand weights (light and heavy if you have them), mats, and a towel. Dynabands and benches provided. Minimum must be met 3 days before 1st class in the schools. No Class 4/8. **Wilson Elementary 911 W 25th - Cafeteria \$40**

29441	W	1/14-3/4	6-7 PM
29443	W	3/11-5/6	6-7 PM

Body Fit Camp

Ages 16+ A total body workout in a non-intimidating atmosphere! This 45-minute class includes cardio, intervals, circuit training, and more. Learn different levels of intensity as Mandy takes your workout up or down. Bring hand weights/mat. Sign up for the earlier Abs Core Xpress class for a double whammy. Minimum must be met 3 days before 1st class in the schools. NO CLASS 4/7, 4/9 **Garfield Elementary 222 W Knox - Multi Purpose Room \$32**

29460	T	1/20-3/10	7-7:45 PM
29461	Th	1/22-3/12	7-7:45 PM
29462	T	3/17-5/12	7-7:45 PM
29463	Th	3/19-5/14	7-7:45 PM

Arthritis/Warm Water Walking

6 weeks | Ages 18+ Looking for a great workout in warm water? Leave your gym shoes in the closet and hit the pool for a walk in the water instead! Water walking is becoming increasingly popular with classes popping up all over the country, and for good reason, like any water exercise, water walking is easy on the joints while you work through it's natural resistance. The water's buoyancy supports the body's weight which reduces stress on the joints and minimizes pain while exercising. Regular exercise helps keep joints moving, restores and preserves flexibility and strength and protects joints against further damage. It improves your coordination, endurance and your ability to perform daily tasks such as walking or even writing! Exercise also can lead to mood enhancement, an improved sense of self-esteem and a sense of accomplishment. The soothing warmth and buoyancy of warm water makes it a safe, ideal environment to exercise and stretch in. This class allows for self-paced exercise and range of motion for a personalized routine. Breathe and inspire the body to move with our stretching sessions. Participants must be able to descend and ascend the 4 stairs at the pool. Patty Murphy, Aquatic Specialist. **North Spokane Physical & Sports Therapy 203 E Dalke Ave \$60**

30121	T	1/6-2/10	4-4:45 PM
30122	Th	1/8-2/12	4-4:45 PM
30123	T	2/17-3/24	4-4:45 PM
30124	Th	2/19-3/26	4-4:45 PM
30125	T	3/31-5/5	4-4:45 PM
30126	Th	4/2-5/7	4-4:45 PM

Meditation & Yoga Combo Class

6 weeks | Ages 18+ Learn the practice of meditation through a meditation-based gentle-stretch yoga class, followed by meditation training designed to achieve a deep state of relaxation and a tranquil mind. Reduce anxiety, stress and negative emotions learning to focus your attention and access inner well-being. **Urban Ashram Yoga Studio 918 S. Cedar \$78**

30062	Sa	1/24-2/28	9-10:30 AM
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The quickest and easiest way to register for an activity is online at SpokaneParks.org

Yoga Basic

6 weeks | Ages 16+ Feel great! Classes are designed to meet you where you are. Relax into ever-deepening levels of flexibility, strength and well-being. De-stress and revitalize through yoga asanas, breathing, focusing and relaxation techniques. Appropriate for beginners as well as continuing students. Teacher Robin Marks has more than 20 years experience teaching yoga from training athletes to rehabbing those with physical setbacks. \$60

Urban Ashram Yoga Studio 918 S. Cedar

30050	M	1/5-2/9	6-7 PM
30051	T	1/6-2/10	5:30-6:30 PM
30053	M	2/16-3/23	6-7 PM
30054	T	2/17-3/24	5:30-6:30 PM

Pilgrim Lutheran Church 2733 W. Northwest Blvd

30052	T	1/6-2/10	6:45-7:45 PM
30055	T	2/17-3/24	6:45-7:45 PM

Yoga Deeper Stretch

6 weeks | Ages 16+ This class offers the same benefits as Basic Yoga but with a little more emphasis on strengthening. Students should be in reasonably good physical condition. Teacher Robin Marks has more than 20 years experience teaching yoga from training athletes to rehabbing those with physical setbacks. **Urban Ashram Yoga Studio 918 S. Cedar \$60**

30058	Th	1/8-2/12	5:30-6:30 PM
30059	Th	2/19-4/2	5:30-6:30 PM

Yoga Gentle Stretch

6 weeks | Ages 16+ If you have not exercised for a while, suffer from some of the aches and pains that can accompany life, or you simply want to de-stress in a gentle matter, this is the class for you. Same benefits as Basic Yoga class but gentler. Teacher Robin Marks. **Urban Ashram Yoga Studio 918 S. Cedar \$60**

30060	Sa	1/10-2/14	9-10 AM
30061	Sa	2/21-3/28	9-10 AM

ZUMBA® Fitness

Ages 14+ Ditch the workout, join the party! Zumba® features interval training where fast and slow rhythms are combined to tone and sculpt your body. Zumba® Fitness classes are so much fun; you won't feel like you are exercising! Designed for all ages, shapes, and fitness levels. No dance experience required. For participants, ages 14-17, an adult must sign waiver on the 1st day of class. No Class 4/7, 4/9 for Sacajawea only.

Audubon Park Masonic Lodge 2821 Northwest Blvd. (Stacy)

29424	Th	1/8-2/26	5:30-6:30 PM	\$40
29425	Sa	1/10-2/28	9-10 AM	\$40
29429	Th	3/5-4/23	5:30-6:30 PM	\$40
29428	Sa	3/7-4/25	9-10 AM	\$40
29433	Th	5/7-6/18	5:30-6:30 PM	\$35
29434	Sa	5/9-6/13	9-10 AM	\$30

Sacajawea Middle School 401 E 33rd Cafeteria (Jonna)

29426	T	1/20-3/10	6-7 PM	\$40
29427	Th	1/22-3/12	6-7 PM	\$40
29430	T	3/17-5/12	6-7 PM	\$40
29432	Th	3/19-5/14	6-7 PM	\$40

NIKE Golf For Life

4 Weeks | Ages 16+

ATTENTION GOLFERS

Nike the world famous athletic shoe and golf manufacturer has now become the leader in golf conditioning and preventative injury training. Now is the perfect time to tune up your swing and get physically ready to play your best golf. Wear comfortable clothing and bring your favorite iron for some off season golf specific stretching and strengthening. **North Spokane Physical & Sports Therapy 203 E Dalke Ave \$99**

30134	W	1/7-1/28	12-1 PM
30135	F	1/9-1/30	12-1 PM
30136	W	2/4-2/25	12-1 PM
30137	F	2/6-2/27	12-1 PM

Aikido Youth Beginning

4 weeks | Ages 6-14 Aikido is a powerful martial art that seeks to blend with the attack and redirect the energy into a throw or joint lock and pin. The art is creative, fluid, and graceful, seeking harmony rather than destruction. Our practice is safe, cooperative, and non-competitive.

Roshinkan Aikido Dojo 2209 N. Monroe. \$60

30003	T/Th	1/6-1/31	5:15-6:15 PM
	Sa		10:30-11:30AM
30004	T/Th	2/3-2/28	5:15-6:15 PM
	Sa		10:30-11:30AM
30005	T/Th	3/3-3/28	5:15-6:15 PM
	Sa		10:30-11:30AM

Arnis-Modern Arnis

6 weeks | Ages 15+ An introduction to Filipino Martial Arts (FMA). Arnis utilizes sticks (canes), bladed weapons (drones/trainers) and empty hand techniques in its defensive tactics. Learn strong self-defense concepts, striking methods, footwork and more! SUPER FUN!! **Lotus Self Defense School 202 W. 2nd Ave. \$49**

30147	M	2/2-3/9	6:15-8 PM
30148	W	2/4-3/11	6:15-8 PM

Iaido-Beginning Japanese Sword Drawing

8 weeks | 12+ Drawing, cutting with, and re-sheathing the Japanese sword. Eventually done with Japanese sword, beginners must purchase hardwood (\$25) and bamboo (\$30) practice swords at first class. Attend any or all classes each week for same class fee. **Spokane Kendo & Iaido Club 829 W Broadway \$85**

30154	M/W	1/5-2/28	6-7 PM
	Sa		10-11 AM
30155	M/W	3/9-4/29	6-7 PM
	Sa		10-11 AM

Jodo Beginning 4 Foot Staff vs Japanese Sword

8 weeks | Ages 12+ Jodo is a traditional Japanese martial art using 4 foot staff and Japanese hardwood sword. Reduce stress, get into great shape. Beginners purchase a hardwood sword (bokken \$45) and a 4 foot staff (jo \$70) at the first class. **Spokane Kendo & Iaido Club 829 W Broadway \$45**

30156	M/F	1/5-2/27	6-7 PM
30157	M/F	3/9-4/27	6-7 PM

Karate/Kenpo Beginning Adult

6 weeks | Ages 13+ Increase stamina, strength, and flexibility while developing practical self-defense skills while learning a Thai martial art. This introduction to fundamentals covers rolling and falling technique, stretching, kicking, and a variety of movement in a safe and positive environment. **Lotus Self Defense School 202 W. 2nd Ave. \$49**

30145	T	2/3-3/10	7-8:30 PM
30146	Th	2/5-3/12	7-8:30 PM



Karate/Kenpo Beginning Youth

6 weeks | Ages 8-12 Develop self-confidence and respect in this fun introduction to karate fundamentals that covers rolling and falling technique, stretching, kicking, and a variety of movement in a safe and positive environment.

Lotus Self Defense School 202 W. 2nd Ave. \$49

30143	M	2/2-3/9	4:30-5:30 PM
30144	W	2/4-3/11	4:30-5:30 PM

Karatedo: Traditional Okinawan

8 weeks | Ages 12+ Not for kids. Not sport karate or MMA. Traditional, formal training. Interesting and very healthy exercise with a positive group of people, realistic self-defense skills, stress reduction. Joint injury rehabilitation is part of the training, so don't let a bad knee or back stop you. Popular with both men and women. **Karatedo Doshinkan of North Spokane 829 W Broadway** \$100

30158	T/Th	1/6-2/28	6-7 PM
	Sa		2-3 PM
30159	T/Th	3/10-4/30	6-7 PM
	Sa		2-3 PM

Self Defense Beginning Women's

8 weeks | Ages 12+ Fight like a girl! Violence against women has increased, but don't live in fear. Be prepared and in control of your safety. Learn to prevent... or stop...an attack. **Spokane Kendo & Laido Club 829 W Broadway** \$80

30160	T/Th	1/6-1/29	5:15-6:15 PM
30161	T/Th	3/3-3/26	5:15-6:15 PM

Kendo-Beginning: Japanese Fencing and Swordsmanship

8 weeks | Ages 12+ Great exercise, stress reduction, exciting sport for men, women and children. Competition not required to make rank. Participants must purchase hardwood (\$25) and bamboo (\$30) practice swords at first class, may attend any or all classes each week for the same class fee.

Spokane Kendo & Iaido Club 829 W Broadway \$85

30151	M/W	1/5-2/28	6-7 PM
	Sa		10-11AM
30152	M/W	3/9-4/29	6-7 PM
	Sa		10-11AM

Kendo for Kids-Japanese Fencing & Swordsmanship

8 weeks | Ages 8-11 Emphasis on developing self confidence through coordination building exercises. They learn respect for other kids, adults, teachers and a healthy self image. Participants must purchase hardwood (\$25) and bamboo (\$30) practice swords at first class. Attend any or all classes each week for same class fee. **Spokane Kendo & Laido Club 829 W Broadway** \$85

30150	M/W	1/5-2/28	5-6 PM
	Sa		9-10AM
30153	M/W	3/9-4/29	5-6 PM
	Sa		9-10AM

Kickboxing-Beginning Aerobic & Self Defense Combo

6 weeks | Ages 13+ Develop strength, flexibility, and stamina with stretching, kicking, punching drills, bag work and an emphasis on building sound self-defense skills! **Lotus Self Defense School 202 W. 2nd Ave.** \$49

30149	Sa	2/7-3/14	10-11 AM
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Self Protection

2 days | Ages 13+ Defend yourself against street attacks! Class will cover escapes from grabs and holds, deflections of strikes, and some hands and feet strike combinations. A Kubaton, a small weapon that can be carried in your pocket or on a key chain, will be included for you to take home. **Corbin Senior Activity Center 827 W. Cleveland** \$43

29995	Sa	2/21-2/28	2-5 PM
29996	Sa	3/21-3/28	2-5 PM

Kung Fu for Youth

4 weeks | Ages 7-17 Channel your child's inner Shao-Lin Monk! Kung Fu basics taught with positive spirit and atmosphere. This class is open to all backgrounds and any level of fitness. **East West Fitness World 1427 N Monroe** \$67

29913	M/W	1/5-1/28	6:15-7 PM
29914	T/Th	1/6-1/29	6:15-7 PM
29915	M/W	2/2-2/25	6:15-7 PM
29916	T/Th	2/3-2/26	6:15-7 PM
29917	M/W	3/2-3/25	6:15-7 PM
29918	T/Th	3/3-3/26	6:15-7 PM

Kung Fu Little Dragons

4 weeks | Ages 4-6 The Little Dragons class aims to introduce children to Kung Fu. The class mixes some basic moves for walking, punching, kicking, and simple-set work with games. The focus of this class is to help your child improve balance, coordination, and improve their levels of fitness, all while having fun! Bring water to drink and loads of energy! **East West Fitness World 1427 N Monroe** \$40

29905	M/W	1/5-1/28	5:30-6 PM
29906	T/Th	1/6-1/29	5:30-6 PM
29907	M/W	2/2-2/25	5:30-6 PM
29908	T/Th	2/3-2/26	5:30-6 PM
29909	M/W	3/2-3/25	5:30-6 PM
29910	T/Th	3/3-3/26	5:30-6 PM

WHAT'S HAPPENING

Billiards Introduction

4 weeks | Ages 18+ Get behind the 8-ball and learn to play! Students will learn: proper stance, how to hold a cue stick, stroke, what English does, Rules of 8 ball, 9 ball, 101 and rotation, as well as the glossary of Billiards. **Corbin Senior Activity Center 827 W Cleveland Ave** \$79

29997	Th	2/5-2/26	5:30-7 PM
29998	Th	3/5-3/26	5:30-7 PM
29999	Th	4/2-4/23	5:30-7 PM

Brewing Beer for Beginners

2 days | Ages 21+ Cheers to YOUR beer! The methods of breweries will be demonstrated to produce beers like Perfect Pilsners, Chocolatey Dunkels, Wonderful Wheat Brier, and Hoppy Pale Ales. Basic skills will be demonstrated using malt extracts, grains, and hops. It's beer-tastic at Jim's Homebrew! **Jim's Home Brew 2619 N. Division** \$33

30140	T	1/6-1/13	6:30-8:30 PM
30141	W	4/8-4/15	6:30-8:30 PM

Wine-Making Great Wine with Kits

2 days | Ages 21+ See how easy making great wines like Cabs, Merlots, or even Italian Pinot Grigio can be at home! The two night class will cover the process of fermenting through bottling of a Winexpert six gallon kit. **Jim's Home Brew 2619 N. Division** \$33

30142	W	2/18-2/25	6:30-8:30 PM
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Canning

1 day | Ages 14+ Come learn to stock your pantry the old-fashioned way and learn healthy techniques of canning. This class will introduce you to the art of canning nutritious meals for your family. Class teachings can include meats, soups, winter salsa and produce. Snack provided. \$5 lab fee due to instructor 1st day of class.

Southside Senior & Community Center
3151 E 27th Ave \$29

Water Bath Canning

30000 M 1/19 5:30-8:30 PM

Pressure Canning

30001 M 3/16 5:30-8:30 PM

Guns, First Shots

1 day | Ages 14+ The First Shots introductory course teaches the fundamentals of firearms safety, marksmanship and firearms handling. Students will be introduced to these topics and then put the skills in practice using .22LR firearms in a live-fire environment. At the conclusion, students will have an understanding of firearms safety and the many ways to enjoy the shooting sports, allowing them to continue into more advanced firearms classes. Under 18 must be accompanied by parent.

Sharp Shooting Indoor Range 1200 N. Freya St. \$35

30096 T 1/13 6:30-8:30 PM

30097 Sa 2/21 9:30-11:30 AM

30098 Sa 3/28 9:30-11:30 AM

30099 T 4/7 6:30-8:30 PM

Public Speaking for Adults

2 day | Ages 18+ Learn how to stop the shaking knees, butterflies and sweaty palms! This workshop will put you on the road to becoming the speaker you always dreamed of being. In just four hours you will increase self-esteem, learn tips professionals use, be able to interview for any job or give a presentation. **Corbin Senior Activity Center 827 W Cleveland \$29**

29994 W/Th 2/18-2/19 6-8 PM

Publishing Your Own Book

2 days | Ages 16+ Dreaming about writing a book or perhaps you have already completed your masterpiece? The world of publishing is not an easy area to maneuver through. In just two sessions, this class will fill you in on all the necessary details to be able to self publish or learn where to start on your publishing journey. Esta Rosevear is a self published author who wants to help you get your books on the bookstore shelf! **Corbin Senior Activity Center 827 W Cleveland \$29**

29992 W/Th 3/18-3/19 6-7:30 PM

NORTHEAST YOUTH CENTER

17th Annual Beyond Pink Barbie Party

1 Day | Ages 3-10 Join us for our 17th Annual Beyond Pink Barbie Party. Enjoy an elegant afternoon with Barbie and friends! Today will be the day your fairy tales come true! Glam and glitz, limo rides, a handmade keepsake, chocolate dessert fountain, a day to feel like a princess and memories to last another year! For more details or to register call the Northeast Youth Center 482-0708 or check us out at spokaneneyc.org. **Lincoln Center 1316 N Lincoln St. Spokane, WA 99201 \$27**

Su 3/8 10 AM- 12 PM

Su 3/8 1:30-3:30 PM

NEYC Schools out Camp "Disney Style"

1 day | Ages 5-12 Come on out for a day of Disney! If you're a Disney movie lover this one day camp is for you! Join us for games, activities, food and fun surrounding your favorite Disney classics from one of the newest Frozen to an all-time favorite Finding Nemo. This camp will be a fabulously fun time. Register now at 482-0708 or check us out at spokaneneyc.org. **Northeast Youth Center 3004 E. Queen \$25** Extended Hours are available
F 1/30 8:30 AM- 5 PM

NEYC Schools out Camp, Valentine's Party!

1 day | Ages 5-12 We invite you to join us for this day away from school to celebrate Valentine's Day in a super fun way. The Northeast Youth Center is putting on a tasty Valentine's Day carnival planned to rock your taste buds and send your sweet heart home with something special! Register now at 482-0708 or check us out at spokaneneyc.org. **Northeast Youth Center 3004 E. Queen \$25** Extended Hours are available
F 2/13 8:30 AM- 5 PM

GIVE THE GIFT OF GOLF

4-Play Golf Pass

only \$99

Downriver
Esmeralda
Indian Canyon
Creek at Qualchan



spokaneparks.org/gifts

price valid through December 23rd, 2014

SPORTS

ADULT SPORTS

Curling League

7 weeks | Ages 16+ Co-ed recreational curling: Join the Lilac City Curling Club for their curling league. Open to curlers of all ages and experience (or inexperience) levels, this will give curlers and wannabe's the chance to learn and hone their skills. The club will supply stones, brooms, & equipment. Space is limited to 16 teams of 4, so register early. Please specify if you are part of a team. If not, we will place you on a team prior to the start of league play.

Riverfront Park Ice Palace \$125

29318 Su 1/4-3/1 6-10PM

Curling Clinic Intro

1 day | Ages 16+ Curling Rocks! This is a comprehensive introduction to the Olympic sport of curling. Open to curlers of all ages and experience (or inexperience) levels. You will learn the basics on rock delivery, sweeping, scoring, and some basic rule of the games. Sign up for 1 hour or more.

Riverfront Park Ice Palace. \$15

29334 Su 12/28 8:30-9:30 AM

29935 Su 12/28 9:30-10:30 AM

Flag Football League

9 weeks | Ages 18+ with a rich history of over 30 years, this is absolutely the best Flag Football League in the Northwest! The league is divided into 4 divisions: A (30198), B (30199), C (30200), and D (30201). All games played at the Dwight Merkel Sports Complex on Friday nights and Sundays all day. Register as a team. Free Agents please fill out a form at www.spokaneparks.org/sports. **Dwight Merkel Sports Complex 2701 N. Assembly Ave \$950 (early bird \$850)**

F 3/6-5/10 6:30-10:30PM

Su 3/8-5/10 8-5PM

Softball Indoor League

10 weeks | Ages 18+ Don't let the fun end when the temperature drop. Come play indoor 16 softball. This is a coed no glove league. This is a fast paced version of the traditional game and a great way to keep your team playing all year round. www.spokanecity.org/recreation/sports for more information. **Garry Middle School 725 E Joseph Ave \$199**

31038 W 1/7-3/11 6:15-9:30 PM



Activity #	Division	Dates & Times		Location	Fee
29340	A Division	Mon	1/12-4/6	Chase	\$299
29341	B Division	Mon	1/5-3/30	Sac	\$299
30374	B Division	Fri	1/9-4/3	Salk	\$299
29342	C Division	Thur	1/8-3/12	Salk	\$299
30375	C Division	Fri	1/9-3/13	Salk	\$299
29343	Coed 4v4	Thur	1/8-2/26	Sac	\$149
29345	Women's 4v4	Tue	1/6-2/24	Shaw	\$149

10 weeks | 16 + The Coed A League is the Elite players place for high intensity competition. The Coed B League is for players looking for competition in a more relaxed environment. The Coed C League is our recreational league. We also offer Coed 4on4 and Women's 4on4.

Ultimate Frisbee - Open Gym

16 weeks | Ages 16+ This is Spokane's one and only indoor Ultimate Frisbee Open Gym! Come and join us. All levels welcome. All players ages 16 and 17 must bring a Parental Consent Form signed by parent/guardian. Please download form at spokaneparks.org/sports **Glover Middle School 2404 W Longfellow \$3**

29339 M 1/5-3/30 6-9:30 PM

Volleyball - Open Gym

13 weeks | Ages 16+ We offer two options for you to play: Chase Middle School - if you are looking for intense competition, or play at Salk Middle School - if you are looking for a recreational setting. Age's 16-17 need signed parental consent form. Please download form at spokaneparks.org. **\$4/night**

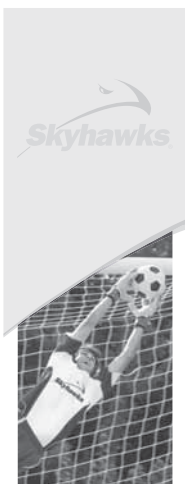
Chase Middle School 4747 E 37th

30202 F 1/9-3/20 6:15-9:15 PM

Salk Middle School 6411 N Alberta

30203 F 1/9-3/20 6:15-9:15 PM





Spokane Parks and Recreation

is proud to present

Skyhawks Sports Academy Sport Programs for Kids!

Teaching Life Skills Through Sports

BEGINNING FALL 2014, ALL SPOKANE PARKS AND RECREATION, SKYHAWKS SPORT CAMPS, CLINICS AND PROGRAMS WILL BE AVAILABLE FOR REGISTRATION THROUGH SKYHAWKS REGISTRATION SYSTEM. WINTER PROGRAMS ARE CURRENTLY AVAILABLE NOW. VISIT WWW.SKYHAWKS.COM OR CALL 800.804.3509 TO REGISTER!



(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
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BASKETBALL

SSA81823	1/13 - 2/17	Tue	6:00 p.m. - 7:00 p.m.	4-6	\$69	Audubon Elementary
SSA81824	1/13 - 2/17	Tue	7:00 p.m. - 8:00 p.m.	6-12	\$69	Audubon Elementary
SSA81834	1/15 - 2/19	Thu	6:00 p.m. - 7:00 p.m.	4-6	\$69	Lincoln Heights Elementary
SSA81835	1/15 - 2/19	Thu	7:00 p.m. - 8:00 p.m.	6-12	\$69	Lincoln Heights Elementary

This fun, skill-intensive program is designed for beginning to intermediate athletes. An active week of passing, shooting, dribbling and rebounding makes this one of our most popular programs. Boys and girls will also learn vital life lessons such as respect, teamwork and responsibility.

DOGEBALL

SSA82324	1/13 - 2/17	Tue	6:30 p.m. - 7:30 p.m.	6-12	\$69	Moran Prairie Elementary
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Dip, Dive, Duck, Dodge! Now your young athlete can play their favorite game each week!

INDOOR SOCCER

SSA81836	1/14 - 2/18	Wed	6:00 p.m. - 7:00 p.m.	6-8	\$69	Lincoln Heights Elementary
SSA82323	1/14 - 2/18	Wed	7:00 p.m. - 8:00 p.m.	9-12	\$69	Lincoln Heights Elementary

Skyhawks is the nation's #1 camp for learning the fundamentals of soccer. Using our progressional curriculum, boys and girls will gain the technical skills & sport knowledge required for that next step into soccer.

VOLLEYBALL

SSA81822	1/13 - 2/17	Tue	6:30 p.m. - 7:30 p.m.	7-12	\$69	Adams Elementary
SSA81825	1/14 - 2/18	Wed	6:30 p.m. - 7:30 p.m.	7-12	\$69	Browne Elementary
SSA81826	1/15 - 2/19	Thu	6:30 p.m. - 7:30 p.m.	7-12	\$69	Mullan Road Elementary

All aspects of volleyball are taught through drills and exercises that focus on passing, setting, hitting and serving. This program is designed for the beginning and intermediate player. Our staff will assist boys and girls in developing fundamental skills through games-speed drills and daily scrimmages aimed at developing the whole player.

For more than 35 years, Skyhawks Sports Academy has helped young athletes improve their sports skills while making memories to last a lifetime. Through the wide variety of safe, fun and skill-focused activities offered each year, tens of thousands of children experience the joys and benefits of athletics in an engaging, progressional learning environment. Most importantly, Skyhawks incorporates the vision: teaching life skills through sports.

Space is Limited – Register Now!

www.skyhawks.com | 1.800.804.3509

FOR MORE INFORMATION CONTACT:



SKYHAWKS SPORTS ACADEMY

web: www.skyhawks.com

phone: 800.804.3509



www.orangeheadsportsacademy.com |

is proud to present

Kid Sports Spokane

Developing One Child At A Time

BEGINNING FALL 2014, ALL SPOKANE PARKS AND RECREATION, KID SPORTS SPORT CLASSES WILL BE AVAILABLE FOR REGISTRATION THROUGH KID SPORTS REGISTRATION SYSTEM. WINTER PROGRAMS ARE CURRENTLY AVAILABLE NOW. VISIT WWW.ORANGEHEADSPORTSACADEMY.COM OR CALL 509.534.5437 TO REGISTER!



Kid Sports provides professionally designed classes that develop motor skills, begin athletic training and promote youth fitness through a series of fun and beneficial games. Kid Sports knows children are hardwired to learn through play and need to devote time and energy to recreation activities. For that reason, we designed an engaging, skill-building curriculum in which children learn at an accelerated pace and are left eager for more.

Space is Limited – Register Now!

OUTDOOR

CROSS COUNTRY SKIING PRIVATE CROSS COUNTRY SKI LESSONS

“Learn To Ski Guarantee” – If you do not feel you learned to ski during any of our cross-country ski lessons, you can do one of two things: Retake any of our lessons at no cost or have your fee refunded.

Private Cross Country Ski Lessons

We are offering personalized private Cross Country Ski lessons with P.S.I.A. certified instructors. Cost for a two-hour lesson:

1 person: \$69
2-3 people: \$59 per person
4-6 people: \$49 per person
Includes Cross Country Ski Gear . Skate Skiing Gear if needed is a \$25 additional cost.

First Timer- Lesson for those who want to try Cross Country Skiing. This lesson is for those who have never been on skis and want to learn. Topics covered include: body position, gliding on skis, pole use, turning, uphill and downhill.

Ski Refresher – Lesson for those who have skied before or taken a previous lesson. Topics covered include: stopping, skiing in control while going downhill, turning, double poling and more efficient diagonal stride.

Intermediate- Lesson for those who want to ski in control in a variety of terrain and conditions. Topics covered include: edging for ski control, downhill stopping and turning, dynamic diagonal stride and weight transfers.

First Timer Skate Skiing- Lesson for those who want to learn how to skate ski. Topics covered include: skating without poles, diagonal skate, marathon skate, V-1 Skate (skating with poles), and wedge turns.

Skate Skiing II- Lesson for those who have tried skate skiing and want to learn how to be more efficient. Topics covered include- using V-1, V-2, V-2 alternate skate as part of your skiing to increase your ability to skate over a variety of terrain and to refined skate turns.

All of the outdoor programs are geared towards the beginner or introductory level participant unless otherwise stated

Private Group Tours Available for Snowshoe and Cross Country Ski Tours at Mt Spokane. Transportation, Guides and equipment provide for groups of 13 or less.

To Schedule a Private Lesson or Tour
Call 509.363.5418

Or email rgriffith@spokanecity.org

Cross Country Moonlight Ski & Dinner

1 day | Ages 18+ Sponsored by Mountain Gear Discover the beauty of moonlight on snow as you peacefully make your way on cross-country skis through the woods. Afterward enjoy Italian style dinner by Trezzi Farm Catering. This is an incredible experience you will not want to miss. Includes ski equipment, dinner and guides. SNO-PARK & DISCOVER PASS PERMITS REQUIRED. \$5 discount if you bring your own equipment. Must call 509.625.6200 for discount. Additional information emailed after registration. **Mt. Spokane State Park Selkirk Lodge \$42**

29928	Sa	1/31	6-9 PM
29929	Sa	2/28	6-9 PM

Cross Country Ski Lessons with Transportation

1 day | Ages 13+ Sponsored by Mountain Gear. Learn the basics of cross-country skiing skills at Mt. Spokane Selkirk Nordic Area, taught by our P.S.I.A. certified cross-country ski instructors. Cross country skiing is a wonderful way to spend time with family and friends during the winter while getting great exercise outdoors. Includes: Skis, boots, poles, ski area fees, instruction and transportation. Additional information emailed after registration.

Ages 13-17 with participating adult
**\$31.Yokes Foods 14202 N Market St.
Parking Lot \$39**

29481	Su	12/21	10 AM-2 PM
29482	Sa	12/27	10 AM-2 PM
29943	Sa	1/10	10 AM-2 PM
29944	Sa	1/17	10 AM-2 PM
29945	Su	1/25	10 AM-2 PM
29946	Sa	2/21	10 AM-2 PM
29947	Su	3/15	10 AM-2 PM



Cross Country Skiing for Blind and Visually Impaired

2 days | All Ages This is a very tactile sport which makes it a great sport for people who are blind or visually impaired and for people of all ages, including seniors. The indoor pre-trip meeting we will be for trying on and touching the equipment, learning about how to dress, what to bring and what to expect. The on snow day you will be transported to the Mt Spokane Selkirk Nordic Area Lodge. The lodge has picnic tables, a wood stove and restrooms. Bring plenty of water, snacks and lunch. We will ski from the lodge on the very low angle groomed Linder Ridge Trail which is categorized as easy terrain. You will be guided by verbal cues along trail. Each participant will have their own guide. More information will be given and presented at the pre-trip meeting. Guides, skiing equipment and transportation provided. Pre-Trip Meeting at the Timber Creek Grill 9211 E Montgomery Ave at 12 PM on February 18. On snow day, February 19, meeting at the VA at 10 AM. **Spokane VA Medical Center 4815 N. Assembly St. \$39**
 30171 W 2/18 12-2 PM
 Pre-Trip Meeting at Timber Creek Grill 9211 E. Montgomery
 Th 2/19 10 AM-2 PM
 On Snow Day Leaving from the VA

Cross Country Ski Lesson 49

Degrees North with Transportation

1 day | Ages 13+ Learn to cross country ski and tour the trails of 49 Degrees North Nordic Area! You will be taught the basics of cross country skiing by certified P.S.I.A ski instructors. Instruction includes, basics of equipment, techniques on how to glide on your skis, how to travel uphill and of how to stop going downhill. After a fun lesson we will hit the trails for a tour of the area trying out our new skills. Beautiful scenery and exercise is what cross skiing is all about! Includes: skiing equipment, trail pass, instruction, and transportation. Bring a lunch and plenty of water. Additional information emailed after registration.

Mountain Gear 2002 N. Division-Parking Lot \$49

29979	Su	1/4	8 AM-3 PM
29980	Sa	1/24	8 AM-3 PM
29981	Su	2/15	8 AM-3 PM
29982	Sa	3/7	8 AM-3 PM



Enroll Today

Opening 2015 Grades 6 & 7



PRIDE PREP

INFORMATION SESSIONS

Hillyard Library

11/18 6:30-7:30pm
 12/13 3:00-4:00pm
 1/3 12:00-1:00pm
 1/17 12:00-1:00pm
 1/31 12:00-1:00pm
 2/3 6:30-7:30pm
 2/28 12:00-1:00pm

East Central Library

11/22 3:00-4:00pm
 12/9 6:30-7:30pm
 1/10 3:00-4:00pm
 1/13 6:30-7:30pm
 1/31 3:00-4:00pm
 2/17 6:30-7:30pm
 2/21 3:00-4:00pm

West Central CC

11/18 6:30-7:30pm
 12/10 6:30-7:30pm
 1/8 6:30-7:30pm
 1/20 6:30-7:30pm
 1/31 1:30-2:30pm
 2/12 6:30-7:30pm
 2/21 1:30-2:30pm

509.389.4848

prideprepschool.org

SKIING & SNOWBOARDING

New Ski and Snowboard Camp 49 Degrees North with Transportation

3 days | Ages 8-13 Join us on an exciting, all-inclusive ski and snowboard camp at 49 Degrees North Mountain Resort! What a great way to hone your skills and become the skier or rider you have always wanted to be. The package includes 2 nights lodging, 2 breakfasts, 2 lunches & 1 dinner, ski and snowboard equipment rentals, 2 days of lift tickets, professional instruction, chaperones and transportation. Lodging will be dormitory style accommodations at the Chewelah Peak Learning Center Friday and Saturday evenings. We will be skiing and snowboarding all day Saturday and Sunday, with lunch at the resort. 2 hours of instruction each morning and chaperoned freeride time in the afternoons. Evening games, activities and dinner at the learning center. 49 Degrees North's professional ski & snowboard instructors will tailor group lessons to your child's skill level, all abilities are welcome. Please bring sleeping bag, pillow, toiletries, snack and other personal items. Parent packet and other forms emailed after registration. Leaves from **Mountain Gear 2002 N Division** Friday evening at 5:30PM and returns Sunday evening at 5:30PM. **\$279**

29851	F-Su	1/2-1/4
29852	F-Su	1/23-1/25
29853	F-Su	2/27-3/1

Ski & Snowboard Tune-Up Class

1 day | All Ages Sponsored by Mountain Gear. Save money this winter by learning how to tune and wax your downhill skis and snowboards as well as cross country skis. Introduction to tuning equipment and techniques will be covered. Please do not bring personal skis and snowboards to the class. **Mountain Gear 2002 N Division Classroom \$19**

29513	Th	1/15	6-7:30 PM
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Camp Youth Winter Adventure with Transportation

2 days | Ages 9-12 Send your child with us over the winter break to learn cross country skiing and snowshoeing at 49 Degrees North Mountain Resort. They will learn to ski from our PSIA certified instructors and travel the trails romping around in the snow through old growth cedar forests. We will also learn to build snow caves and search for animal tracks! Please bring a lunch each day. Transportation, snowshoes, ski equipment, trail passes and instruction provided. Meet at **Mountain Gear 2002 N Division-Parking Lot \$79**

29846	M/T	12/22-12/23	8 AM-5 PM
29847	M/T	12/22-12/23	8 AM-5 PM

New SNOWSHOEING

Snowshoe and Wine Tasting with Transportation

1 day | Ages 21+ Enjoy a spectacular day of snowshoeing the trails of Mt Spokane. Great scenery, snow covered trees and hidden cabins will make for a day of memories. After playing in the snow, we will stop for a wine tasting at Trezzi's Farm Winery. \$3 tasting fee on your own refundable with purchase of a bottle of wine. Snowshoes, guides, walking poles and transportation included. The hike is 2 miles round trip. Additional information emailed after registration. **Yokes Foods 14202 N Market St. Parking Lot \$35**

29936	Sa	1/17	10 AM-3:30 PM
29937	Sa	2/14	10 AM-3:30 PM
29938	Sa	3/14	10 AM-3:30 PM

Snowshoe Tour 49 Degrees North Women's Only

1 day | Ages 15+ Tour the trails of 49 Degrees North! Your guide will give you tips leading to better control and more fun on your snowshoes in this non-competitive atmosphere. Beautiful scenery and healthful exercise followed by a tasty lunch in the yurt. Includes trail pass, guide/instructor, poles, snowshoes and lunch! **Forty Nine Degrees North Ski Area 3311 Flowery Trail Rd -Nordic Area \$39**

29487	Sa	1/17	10 AM-1 PM
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New Snowshoe Camp Sekani

1 day | Ages 8+ Escape into the evening winter paradise of Sekani and explore this old Boy Scout camp that was once a jamboree meeting point for many troops. The snow-covered ponderosa pines and winter wildlife will make for an exceptional snowshoeing experience. Headlamps, walking poles, snowshoes, instruction and tasty hot chocolate provided. **Camp Sekani 6707 E. Upriver Dr \$10**

30108	F	2/6	6-7:30 PM
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New Snowshoe Headlamp Hike with Transportation

1 day | Ages 15+ Watch the glimmer of your headlamp illuminate the snowy trails as we hike through quiet forest of Mt Spokane. Enjoy a cup of hot chocolate along the way while stargazing (weather permitting) at one of our resting points. Snowshoes, walking poles and transportation provided. **Yokes Foods 14202 N Market St. Parking Lot \$29**

30101	Th	1/22	6-9 PM
30102	Th	2/19	6-9 PM
30103	F	3/20	6-9 PM

New Snowshoe Iller Creek with Transportation

1 day | Ages 16+ A wonderful five mile loop that travels through lush shaded forest as it climbs a ridge with outstanding views of the Washington Palouse to the South and the Selkirk Mountains to the North and East. This quiet winter wonderland is a moderate snowshoe hike with 3 miles of uphill and 2 miles of downhill travel. Don't forget to grab some delicious coffee and pastries at the Rocket Bakery! Snowshoes, walking poles and transportation provided. **Rocket Bakery 3315 N. Argonne Parking Lot \$29**

30095	Su	1/18	9 AM-1 PM
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New Snowshoe or Hike Indian Painted Rocks

1 day | Ages 8+ We will follow this wonderful trail through an amazing natural area alongside the Little Spokane River. We will view the historical paintings and check out the interpretive signs, then off we go snowshoeing through the snowy pine forests and open meadows boasting fabulous winter scenery. Wildlife is still around too this time of year! Snowshoe, poles and guides provided. The hike is 2.5 miles round trip. Discover Parking Pass Required, **Riverside State Park Indian Painted Rocks \$15**

30133	Sa	2/21	10 AM-12 PM
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Snowshoe Moonlight Hike and Dinner

1 day | Ages 18+ Sponsored by REI. 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 an awesome dinner. Includes guide, snowshoes, headlamp and meal. The hike is 2 miles round trip. Directions emailed after registration. SNO-PARK and Discover Pass required. \$5 discount if you bring your own equipment. Must call 509.625.6200 for discount. Pre-trip information emailed after registration. **Mt. Spokane State Park Selkirk Lodge \$42**

29934	Sa	1/31	6-9 PM
29935	Sa	2/28	6-9 PM

Snowshoe Moonlight Hike with Transportation

1 day | Ages 16+ Sponsored by REI. Moonlight on snow is a magical and memorable experience. Quietly you will explore the meadows and woods around Mount Spokane. We provide guides, transportation, headlamps, walking poles and snowshoes. The hike is 2 miles round trip. Additional information emailed after registration. (REI member \$27) **Yokes Foods 14202 N Market St. Parking Lot \$29**

29483	Sa	12/6	6-9 PM
29939	Sa	1/3	6-9 PM
29940	T	2/3	6-9 PM
29941	F	3/6	6-9 PM

Snowshoe Summit Mt Spokane with Transportation

1 day | Ages 18+ Spring is in the air! Get outside to Mt Spokane for some fun in the snow. Catch a glimpse of local lakes in the valley below, as well as far off snowcapped peaks. Bring a camera for some amazing shots! This 3.5 mile uphill hike will take most of the morning and afternoon. Bring a trail lunch and snacks, water and come have some fun. Additional information emailed after registration. Includes, snowshoes, walking poles, transportation, instruction and guides. **Yokes Foods 14202 N Market St. Parking Lot \$29**

29942	Sa	3/7	10 AM-3 PM
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Snowshoe Three Rocks with Transportation

1 day | Ages 15+ This area on the backside of Mt. Spokane is rarely visited by people and will amaze you with its splendor and beauty. Be one of the few that know about this treasure. This is an intermediate hike that is mostly uphill the entire way to 3 Rocks. Pre-trip info emailed after registration. Snowshoes, walking poles, guides and transportation included! Bring a lunch and plenty of water. **Yokes Foods 14202 N Market St. Parking Lot \$49**

29989	Su	2/1	9 AM-3 PM
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Snowshoe Tour Liberty Lake with Transportation

1 day | Ages 15+ Experience the solitude and silence of a snowy winter wonderland around Liberty Lake. Snowshoe through an old growth forest along this relatively flat trail. Snowshoes, guides, walking poles and transportation included! The hike is 2 - 3 miles long. **Mountain Gear 2002 N. Division-Parking Lot \$29**

29988	Su	2/8	10 AM-2 PM
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Snowshoe Tour Mt Spokane with Transportation

1 day | Ages 13+ Bring the whole family and learn the basics of snowshoeing and try this fun winter sport. During the guided hike you will travel on snowshoe trails through the snow-covered trees and hills around Mt. Spokane. Depending on snow condition we will either be snowshoeing the Bald Knob or Smith Gap trails. Meet at the Mead Yokes. The hike is 2 - 3 miles long. Directions and information emailed after registration. Includes snowshoes, instruction, walking poles, trail fees, guides and transportation! **Ages 13-17 with participating adult \$31. Yokes Foods 14202 N Market St. Parking Lot \$39**

29485	Su	12/28	10 AM-2 PM
30100	Su	1/4	10 AM-2 PM
29983	Su	1/11	10 AM-2 PM
29984	Sa	1/24	10 AM-2 PM
29985	Sa	2/7	10 AM-2 PM
29986	Su	2/22	10 AM-2 PM
29987	Su	3/8	10 AM-2 PM

WHAT'S HAPPENING

Planetarium Tour

1 day | All Ages This one hour show consists of an instructional presentation of the current night sky, a 20-30 minute full dome movie, and a question and answer session with the presenter. Let's do some star gazing at the new Spokane Falls Planetarium! Registration ends Friday before the program date. **Spokane Falls Community College Planetarium 3410 W Fort George Wright D \$10**

Undiscovered Worlds

30093	Sa	2/7	1-2 PM
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Two Small Pieces of Glass "The Amazing Telescope"

30094	Sa	4/11	1-2 PM
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ROCK CLIMBING

Climbing Discover Rock

1 day | Ages 15+ Sponsored by Mountain Gear. This fun filled class is your introduction to safety, knot tying, belaying and of course climbing techniques on the wall. You will be taught by certified and experienced instructors what you need to know for climbing at an indoor climbing gym. All equipment supplied for class. Pre class info emailed after registration.

Mountain Gear 2002 N Division \$20

29921	T	1/6	6-8 PM
29922	T	2/10	6-8 PM
29923	T	3/10	6-8 PM

Climbing Discover Rock Women Only

1 day | Ages 15+ Sponsored by Mountain Gear. This fun filled all women's class is your introduction to safety, knot tying, belaying and of course climbing techniques on the wall. You will be taught by certified and experienced instructors what you need to know for climbing at an indoor climbing gym. All equipment supplied for class.

Mountain Gear 2002 N Division \$20

29924	T	1/20	6-8 PM
29925	T	2/24	6-8 PM
29926	T	3/24	6-8 PM



New Hiking Palouse Falls with Transportation

1 day | Ages 14+ The Palouse Falls are a hidden gem in the State of Washington that offers some amazing views of the Palouse river as it tumbles 198 feet to the bottom of the coulee that it has been carving in the cinder black basalt of the Palouse for centuries. This hike has easy and moderate trails ranging from 1/2 mile to 2 miles for viewing the waterfall and hold magnificent views. Come see the splendor that is Washington! Guides, transportation & hiking poles provided. Additional information emailed after registration. **Mountain Gear 2002 N. Division-Parking Lot \$49**
29949 Sa 5/9 9 AM-4 PM

Hiking Odessa Pacific Lake with Transportation

1 day | Ages 16+ Enjoy this guided hike through the desert exploring amazing geological formations, ancient lakes, spring flowers and wildlife. This is 5 mile total out and back hike through scablands with rocky, rolling hills. Guides, transportation & hiking poles provided. Pre-trip information emailed with registration. **Mountain Gear 2002 N. Division-Parking Lot \$49**
29950 Su 5/17 8 AM-4 PM



The quickest and easiest way to register for an activity is online at SpokaneParks.org

BIKING

Bicycle Tandem Ride Centennial Trail

1 day | Ages 15+ Enjoy a beautiful morning tandem bike ride along the Centennial Trail. We will be biking the Centennial Trail from the State Line to Mirabeau Park which is approximately 10 miles on mostly flat paved trail. This is an amazingly scenic trail as we ride along the Spokane River viewing wildlife and more. Tandem bikes, helmets, transportation and guide included. Additional information emailed after registration. **Centennial Trail Mirabeau Point Parking Lot \$19**
29951 Su 4/12 9 AM-12 PM

HIKING

Hiking Steamboat Rock with Transportation

1 day | Ages 16+ This is a 4 mile round trip hike with about a 1/2 mile of steep rigorous trail to the top of the butte that explores nearly 640 acres on top of Steamboat Rock. With wildflowers blooming, beautiful rock formations, breathtaking views of Banks Lake and wildlife, is what this hike is all about. What a great way to start your spring! The trail to the top is a rough, steep and rugged trail. Transportation included. Pre-trip information emailed after registration. **Mountain Gear 2002 N. Division \$49**
29948 Sa 4/18 8AM-5PM

Join a
Men or Women's Club

Call a Pro Shop for more information about league play.

Downriver	327-5269
Esmeralda	487-6291
Indian Canyon	747-5353
Creek at Qualchan	448-9317

CITY OF SPOKANE PARKS & RECREATION GOLF

ADULT - AGES 50+

TRIPS & TOURS

Travel Fair

1 day | 50+ Upcoming tours will be promoted. Corbin tour leaders will be present. We will have Ryan Campbell from Premier World Discovery give us a presentation on the California Rail Discover tour coming in July 2015. All other 2015 tour brochures will be available. Half price membership for new members. There will be a raffle on travel items! Register by calling 327-1584. **Corbin Senior Activity Center, 827 W. Cleveland FREE**
F 1/9 1-2 PM

Health Fair

1 day | 50+ Free massages and screenings. Information Booths; tours, hypnotherapy, home care, retirement living, legal matters, health insurance, health care, real estate, finances, funeral arrangements, moving help, interactive energy savings seminars, etc. Free raffles—cash and prizes, affordable lunch, and much, much more! Register by calling 327-1584. **Corbin Senior Activity Center, 827 W. Cleveland FREE**
Sa 3/14 8AM-1 PM

I Remember Christmas

1 day | 50+ Come join your Corbin friends for a wonderful show at the Coeur d'Alene Resort. Ellen Travolta presents "I Remember Christmas" starring Margaret Travolta, Patrick Treadway, Katherine Strohmaier, Jack Bannon, and Ellen Travolta. Last year's performance was a smash, and this year's performance should be as well. Includes transportation and tour leader. **Corbin Senior Activity Center, 827 W Cleveland \$54 member, \$59.50 non-member.**
Su 12/20 4:45-9:45 PM

Traditions of Christmas

1 day | 50+ A musical journey of all the greatest Christmas songs and traditions from around the world. The high-kicking Rockette style tap dancers are sure to amaze, with a cast of 80 people with spectacular sets and over 400 costumes. A perfect show to capture the sights and sounds of Christmas. Register by Calling 482-0803. **Hillyard Senior Center, 4001 N Cook St. \$39**
Su 12/14 2-7 PM

All You Can Eat Crab Feed

1 day | 50+ Travel to Newport, Idaho for the very popular all-you-can-eat Crab feed hosted by the Soroptimist International Club of Newport. Casual dress, and bring your own crab-cracking utensils. Register by Calling 482-0803. **Hillyard Senior Center, 4001 N Cook St. \$36**
Sa 1/10 2:30-7 PM

Uniontown Sausage Feed

1 day | 50+ Travel through the Palouse to Uniontown. A one of a kind outing, where the German food is amazing and so is the small town service. You will also find delicious baked goods and homemade arts and crafts for sale. Afterwards we'll tour St. Boniface Catholic Church, built in 1906. Register by Calling 482-0803. **Hillyard Senior Center, 4001 N Cook St. \$31**
Su 3/1 9 AM-5 PM

Western Pleasure Ranch Sleigh Ride and Luncheon

1 day | Ages 50+ Oh what fun to ride on a horse-drawn sleigh! Western Pleasure Ranch will take us a cozy 2 mile sleigh ride with views of the Selkirk Mountains in Sandpoint Idaho. Follow this up with a delicious lasagna luncheon. Cost includes transportation, sleigh ride and luncheon. Register by calling 327-2861 **Sinto Senior Activity Center, 1124 W. Sinto Ave. \$69 member / \$74 non-member.**
W 1/7 9 AM - 3 PM

Skyway Café Breakfast with Friends

1 day | Ages 50+ Nothing beats watching small planes and helicopters while you enjoy your heaping mounds of hash browns. This Felts Field Café is a great place to bring friends, with its aircraft themed décor and huge portioned meals! Cost includes transportation, no host meal. Register by calling 327-2861 **Sinto Senior Activity Center, 1124 W. Sinto Ave. \$5 member / \$10 non-member.**
T 1/27 8-11 AM

Mystery Lunch and SFCC Planetarium Show

1 day | Ages 50+ Hop on board the Sinto bus for a mystery lunch at an undisclosed location, guaranteed to be well-loved! Afterward, catch a 2pm full dome show at the SFCC Planetarium, including an introduction to viewing the night sky. Cost includes transportation and planetarium, no host meal. Register by calling 327-2861 **Sinto Senior Activity Center, 1124 W. Sinto Ave. \$11 member / \$16 non-member.**
F 3/20 11 AM-3:30 PM

Mamma Mia!

1 day | Ages 50+ Join us for a theater night to see the smash hit musical Mamma Mia! Based on songs by ABBA, this is the ultimate feel good show. Special showing only two nights. Cost includes transportation and musical. Register by calling 327-2861 **Sinto Senior Activity Center, 1124 W. Sinto Ave. \$66 member / \$71 non-member.**
Sa 3/21 6-10 PM

ACTIVITIES

Snowshoeing for Fun

1 day | 50+ This adventure is for the active senior who enjoys the snow and spectacular outdoor scenery. We'll be snowshoeing on an easy terrain trail in the local area. Previous experience is not necessary and snowshoes will be provided but all participants must be able to walk a leisure mile. Afterwards we'll warm up with a sweet treat (on your own). Register by Calling 482-0803. **Hillyard Senior Center, 4001 N Cook St. \$23**
Th 1/22 9 AM-3 PM



THERAPEUTIC RECREATION SERVICES

Therapeutic Recreation Services programs are designed for people with developmental and/or physical disabilities. Volunteers are vital to the success of our programs. Please call 625-6245 or email abusch@spokanecity.org if interested.

DANCE, MUSIC & THEATRE

TRS Day at the Theatre

1 day | Ages 16+ Come with us as we delight in the entertaining theatre productions put on by our local Spokane Children's Theatre (SCT) and Christian Youth Theatre (CYT) Spokane. \$21

The Emperor's New Clothes

The Emperor cares for nothing but new clothes. The minister of the robes is a villain who robs the royal weavers. Two Rogues convince the Emperor that they can weave a cloth which cannot be seen by anyone unfit for the position he holds. Everyone is afraid to confess that he cannot see the new clothes. The Rogues are able to save Emporess and the weavers. Only the child is brave enough to speak the truth. Meet at **SCT 2727 N. Madelia St #5**
30326 Su 2/1 12:30-3:15 PM

Honk!

A musical adaptation of the Hans Christian Andersen story, The Ugly Duckling, incorporating a message of tolerance. Meet at **Bing Cosby Theatre 901 W Sprague**
30327 Sa 2/21 2:30-5:30 PM

Alice in Wonderland

As the curtain rises, Alice slides into view at the end of her long fall down the rabbit-hole. It is a more delightful place for the audience than for Alice, who is trying desperately to get back home. She tries to get help from the Mad Hatter, the Rabbit, and from the very nice Cheshire Cat.
SCT 2727 N. Madelia St #5
30328 Su 3/8 12:30-3:15 PM

TRS Gentle Nia™ Dance

3 weeks | Ages 14+ Whether from a sitting position or standing upright, let your body move with this gentle dance technique that includes ideas from martial arts, dance arts, and healing arts. Learn to pay attention to your body, sense joy in your movements and exercise your mind as well as your body. Participants should wear comfortable clothing and shoes. Meet at **West Central Community Center, 1603 N. Belt, Mason Rm.** \$19

30260 M 1/26-2/9 6:30-7:30 PM
30261 M 2/23-3/9 6:30-7:30 PM

TRS Musical Production

7 weeks | Ages 15+ This year's musical will be the "Music Around the World". From the Land of Far Far Away to the Rainforest in South America, we give you songs filled with colorful characters from around the world. They will have the opportunity to improve communication and socialization skills by being attentive, listening, working with others and developing self-esteem. **Ridgeview Elementary, 5610 N. Maple.** \$39
30331 M 1/26-3/23* 6:30-8 PM
*No class 2/16, 3/16

TRS Sundancers Square Dancing

11 weeks | Ages 15+ Do you want to learn how to square dance or improve your existing skills? Participants should know left and right, ability to follow simple directions, and have a good attention span. **Shaw Middle School, Cafeteria, 4106 N. Cook.** \$26
Beginners-meet the second and fourth Tuesdays of the month. January 13, 27, February 10, 24, March 10, 24
30267 T 1/13-3/24 6:30-8 PM
Performers-meet the first and third Tuesday of each month. They are welcome to come the second and fourth Tuesday to help with the beginners. Performance night is the 3rd Tuesday of the month. Pick up time is 9pm.
30268 T 1/6-3/24 6:30-8 PM

MARTIAL ARTS, FITNESS & WELLNESS

TRS Adaptive Ski/Board St. Lukes Education Day

1 day | Ages 6+ TRS joins St Lukes Rehabilitation Center in offering a one day adaptive ski and snowboarding education and experiential opportunity for people with physical disabilities. A two hour lesson complete with equipment, lift ticket and private instruction will be available in either a morning or afternoon session. Pre-registration through St. Luke's is required. **Adaptive Ski Chalet** \$40
30349 Sa 1/10 10:30 AM-3 PM

SKI & SNOWBOARDING

TRS Adaptive Skiing and Snowboarding

3 weeks | Ages 6+ One-to-one instructor/student ratio with volunteers trained in PSIA methods and therapeutic recreation elements. Course teaches mono & bi skiing for those who need to ski in sit down position, adaptive snowboarding, three and four track (outriggers) for amputee/balance deficits and provides lessons for those with visual or sensory impairments. We ski/board at Mt. Spokane on Saturdays and meet at our Ski Chalet at the base of chair #5. To enroll in this class there is a separate registration form. Please find on web site www.spokaneparks.org or call Alice Busch at 625.6245
Scholarships are available-request a form.
3 Wk morning 2 Hr Lesson \$121
30350 Sa 1/17-1/31 9:30-11:30 AM
3 wk afternoon 2 hr lesson \$121
30351 Sa 1/17-1/31 12:30-2:30 PM
3 wk both sessions- Lessons \$204
30352 Sa 1/17-1/31 9:30 AM-2:30 PM
3 Wk morning 2 hr lesson \$121
30353 Sa 2/7-2/28 9:30-11:30 AM
*No class 2/14
3 wk afternoon 2 hr lesson \$121
30354 Sa 2/7-2/28 12:30-2:30 PM
*No class 2/14
3 Wk- both sessions \$204
30355 Sa 2/7-2/28 9:30 AM-2:30 PM
*No class 2/14

TRS Cross Country Skiing

7 weeks | Ages 12+ The class is designed for people with developmental disabilities. Fresh air, exercise 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. To enroll in this class there is a separate registration form. Scholarships are available. If taking our transportation meet at 2304 E Mallon Ave. If providing own transportation meet at **Selkirk Lodge at Mt. Spokane Nordic Area.**
Lessons, Transportation, Equipment \$189
30356 Sa 1/3-2/21 7:30 AM-1:30 PM
*No class 2/7
Lessons & Equipment \$134
30357 Sa 1/3-2/21 9 AM-12 PM
*No class 2/7

Please Pre-Register online at spokaneparks.org

**TRS Downhill Skiing
and Snowboarding**

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

Lessons Only \$143
30359 Sa 1/10-2/21 10:30 AM-3 PM
*No class 2/14

Lift Tickets & Lessons \$213
30360 Sa 1/10-2/21 10:30 AM-3 PM
*No class 2/14

Lift Tickets, Lessons, & Transportation \$283
30361 Sa 1/10-2/21 9 AM-5 PM
*No class 2/14

Lift Tickets, Lessons, & Equipment Rental \$283
30362 Sa 1/10-2/21 10:30 AM-3 PM
*No class 2/14

Lift Tickets, Lesson, Equipment Rental & Transportation \$380
30363 Sa 1/10-2/21 9 AM-5 PM
*No class 2/14

Transportation Only (Each trip is \$12) \$72
30364 Sa 1/10-2/21 10:30 AM-3 PM
*No class 2/14

SOCIALIZATION**TRS Classy Crafts**

4 weeks | Ages 16+ Explore your creative side and make a variety of beautiful and meaningful crafts each week. Participants will have the opportunity to improve skills such as fine motor, socialization and communication. **Sinto Senior Activity Center, 1124 W. Sinto** \$37

30214 Th 1/8-1/29 7-8:15 PM
30215 Th 2/5-2/26 7-8:15 PM
30216 Th 3/5-3/26 7-8:15 PM

TRS Fleece Hat & Scarf Workshop

1 day | Ages 14+ Have fun with fleece. Make a hat and scarf to keep you warm this winter with the guidance of TRS staff. A variety of colors and patterns will be available. No sewing experience required. **Sinto Senior Activity Center, 1124 W. Sinto** \$18
30240 M 1/19 6-8 PM

TRS Friday Night Jam

1 day | Ages 18+ Come rock and swing at Spokane's oldest on-going nightclub for people with developmental disabilities. If participants require direct supervision then care providers need to attend. Second Friday each month. **West Central Community Center, 1603 N. Belt** \$6

2014 New Years Spectacular

Celebrate the New Year with glitz and fun. Dress up and strike a stunning pose at our photo booth.

30257 F 1/9 7-9 PM
Sweetheart Dance

Bring a sweetheart to dance with. Wear red, pink and white.

30258 F 2/13 7-9 PM
St. Paddy's Dance

Tis the night for the luck of the Irish. Wear green and orange.

30259 F 3/13 7-9 PM

TRS Planetarium Tour

1 day | All Ages This one hour show consists of an instructional presentation of the current night sky, a 20-25 minute full dome movie, and a question and answer session with the presenter. Let's do some star gazing at the new Spokane Falls Planetarium! Registration ends 2 weeks prior to show date. Meet at **Building #28 SFCC, 3410 W. Fort George Wright Drive** \$17

Undiscovered Worlds

30332 Sa 2/7 12:45-2:15 PM

TRS Tie-Dye Workshop

1 day | Ages 18+ Groovy is in. Don't miss this colorful chance to create your own T-shirt. We will provide one t-shirt; you may bring extra items from home to dye. Participants will practice socialization skills. **Sinto Senior Activity Center, 1124 W. Sinto** \$17

30335 M 2/16 6:30-7:30 PM

TRS What's Cooking

4 weeks | Ages 16+ Tired of eating at home? Sign up for this class and you will prepare a meal, practice table manners, visit with friends, and take part in clean-up duties. Participants will have the opportunity to practice skills such as following directions, socialization, and hygiene required when in the kitchen. **Southside Senior Activity Center, 3151 E. 27th Ave** \$48

30315 T 1/6-1/27 4-6 PM
30316 T 2/3-2/24 4-6 PM
30317 T 3/3-3/24 4-6 PM

**SPORTS, SKILLS &
LEAGUES****TRS Basketball**

8 weeks | Ages 18+ Fun, exercise, teamwork, and being with friends is what this program is about. We provide both beginner and intermediate basketball. Beginner group will learn developmental skills such as dribbling and shooting. Intermediate group will focus on how to play as a team. **Garry Middle School 725 E. Joseph** \$36

Beginner Basketball

30342 W/M 1/21-3/18 6:30-7:30 PM

Intermediate Basketball

30343 W/M 1/21-3/18 7:30-8:30 PM

TRS Hooparama

1 day | Ages 12+ 12th Annual 3 on 3 Basketball Tournament to celebrate TRS basketball. Teams will consist of four players; two with developmental disabilities and two without. We will have fun games, prizes, t-shirts, serve lunch and play lots of basketball. **East Central Community Center, 500 S. Stone.** \$24
30341 Sa 3/21 8:30 AM-3:30 PM

TRS Ice Skating

8 weeks | Ages 8+ Participants with developmental disabilities learn to skate and improve existing skills. Please dress warmly. Each session includes skate rental and participation on both days. **Riverfront Park Ice Palace** \$37

30344 M/W 1/5-2/25 4-5 PM
*No class 1/19 & 2/16

THERAPEUTIC RECREATION SERVICES

WINTER 2015

TRS Powerlifting

21 weeks | Ages 17+ This class is for persons with developmental disabilities who are serious about lifting with free weights and universal gym equipment. The ability to stay on task and follow directions with minimal assistance is necessary. Winter & Spring class combined. **North Central High School 1600 N. Howard weight room \$92**
30345 T/Th 1/6-5/28 6:30-7:30 PM
*No class 4/7 & 4/9

TRS Blue Dolphin Swim Team

8 weeks | Ages 8+ This class is for people with developmental disabilities who want to swim competitively or for a good workout. The ability to swim 75 yards without assistance and with rhythmic breathing is required. Can sign up for winter and spring if desired. **Whitworth University Aquatic Center, 300 W. Hawthorne \$49**
Winter
30346 Su 1/11-2/22 3-4:30 PM
Spring
30380 Su 3/1-5/31 3-4:30 PM
*No class on 3/8, 3/22, 4/5, 4/26, 5/17 & 5/24.

Learn to Swim

8 weeks | Ages 8+ Learn to swim while having fun in the water. This is a fun way for kids of all ages with disabilities to learn good swim technique, especially if they want to be competitive later. Each swimmer is requested to have a helper get in the water to help with games and activities. There will be two levels. The beginner course will teach the individual how to face float, back float, kick with floats and learn the crawl stroke with rotary breathing. Elementary back stroke and back crawl will be taught with the goal to complete 20 yards. Our intermediate class is for the individual who has mastered the beginner skills and are ready to move on. Skills worked on will be distance swimming, breast stroke, butterfly, diving, simple turns and deeper water experience. Can sign up for winter and spring if desired. **Whitworth University Aquatics Center, 300 W. Hawthorne \$49**

Beginner

30347 Su 1/11-2/22 3-3:45 PM
30381 Su 3/1-5/31 3-3:45 PM
*No class on 3/8, 3/22, 4/5, 4/26, 5/17 & 5/24.

Intermediate

30348 Su 1/11-2/22 3:45-4:30 PM
30382 Su 3/1-5/31 3-3:45 PM
*No class on 3/8, 3/22, 4/5, 4/26, 5/17 & 5/24.

TRIPS & TOURS

TRS Dessert Delight

1 day | Ages 16+ If you have a sweet tooth and enjoy desserts come with us as we visit a variety of Spokane eateries. Suggested amount to bring is \$6-10. Transportation provided from **Sinto Senior Activity Center, 1124 W. Sinto \$12**

Milk Bottle Restaurant

Homemade ice cream and shakes
30224 Th 1/22 7-9 PM
P.F. Changs

Banana spring rolls, New York cheesecake, great wall of chocolate, triple chocolate mousse and more.

30226 W 2/11 7-9 PM

Coldstone

Rich delicious ice cream with a variety of mix-in treats to choose from.

30225 W 3/18 7-9 PM

Spokane Parks & Recreation offers classes, activities, and athletics for all ages & abilities. Browse classes and register online.

spokaneparks.org/register



TRS Fine Dining

1 day | Ages 18+ Do you like getting dressed up and going out? Come with us and experience the culinary delights of Spokane's finest restaurants! Staff will help in the selection and purchase of a meal. Participants will have the opportunity to improve social, communication, and etiquette skills. Transportation provided from **Sinto Senior Activity Center, 1124 W. Sinto \$15**

Red Robin

Burgers, Shakes, Sweet Potato Fries and more. Bring \$25-30
30230 W 1/14 6-9 PM

Old Spaghetti Factory

Old Spaghetti Factory has been delivering a quality dining experience in a unique restaurant setting at an exceptional value. Bring \$25

30231 W 1/28 6-9 PM

McKenzie River Company Pizza

Gourmet pizza. Bring \$25-35
30232 Th 2/5 6-9 PM

Rock City Grill

Spokane's first wood-fired oven, we make delicious pizza with gourmet ingredients and delicious pasta. Voted the "Best Restaurant in Spokane". Bring \$25-30

30233 W 2/25 6-9 PM

Flamin' Joes

Wings, nachos, corndogs, sweet potato fries and more. Bring \$22-30

30234 Th 3/5 6-9 PM



Please Pre-Register online at spokaneparks.org

TRS Friday/Saturday Fun

1 day | Ages 18+ If your Friday/Saturday nights are dull check out these fun nights. Participants are responsible to bring the suggested amount of money listed. Sign up fee covers transportation, staff, tickets and sometimes food. 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. Fee and meeting location varies.

Pizza & Bowling

Meet us at North Bowl for an afternoon of bowling and pizza. Fee includes everything so extra money is not required for this outing. **125 W. Sinto** \$24

30244 Sa 1/17 1:30-4 PM
30245 Sa 3/14 1:30-4 PM

Movie & Burger

We will head to AMC, Northtown or Village Cinema, eat dinner, then see a movie. Please bring \$10 to purchase dinner. Meet at **Sinto Senior Activity Center, 1124 W. Sinto** \$24

30241 F 1/23 5:30-10 PM

Spokane Chiefs Hockey

The Spokane Chiefs play a variety of teams. Bring \$10 to purchase snacks or dinner. **Veterans Arena main entrance, Boone & Howard. \$28**

Victoria

30242 F 1/30 6:30-9:30 PM

Calgary

30243 F 2/20 6:30-9:30 PM

Seattle

30247 F 3/20 6:30-9:30 PM

Girls Night Out

No Boys Allowed! It's Girls Night! We will make personal pizzas, bake a sweet treat, paint our nails, watch a chick flick, eat popcorn and just be girls. **Sinto Senior Activity Center, 1124 W Sinto** \$24

30246 F 2/6 6-9:30 PM

TRS Harlem Globetrotters

1 day | Ages 16+ The world famous Harlem Globetrotters are coming to the Spokane Arena. You'll be whistling Sweet Georgia Brown after seeing the World's Finest Basketball Show! From slam-dunks to spinning basketballs to full-court swishes, the Ambassadors of Goodwill astound you with their high-flying athleticism and grace. **Veterans Arena main entrance, Boone & Howard** \$29

30329 T 2/17 6:30-9:15 PM

TRS Monster Jam

1 day | Ages 16+ Monster Jam is the incredible family-friendly experience starring twelve-foot tall, ten-thousand pound machines that will bring you to your feet. These colorful, larger than life beasts are sure to capture the heart of both young and old! We will participate in the Pit Party prior to the show and see some of the drivers and trucks up close. Please bring \$10 - \$15 to purchase lunch or snacks. Bring additional money if purchase of souvenirs is desired. **Veterans Arena main entrance of Boone and Howard** \$39

30330 Su 2/8 11 AM-4 PM

TRS Polka Dot Pottery

1 day | Ages 16+ Avoid the winter blues by coming with us to Polka Dot Pottery do it yourself ceramic shop. Paint a piece purchased at the shop or bring your own. Prices vary depending upon piece. Mugs are \$11, plates \$12 and up to \$80 for larger platters. We suggest bringing about \$20. **Polka Dot Pottery 2714 W. Northwest Blvd** \$12

30340 Su 3/15 1-3:30 PM

**TRS Raptor Reef Indoor Water Park**

1 day | Ages 18+ Grab your swimsuit, 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 **Sinto Senior Activity Center, 1124 W. Sinto. \$44**

30334 Su 2/22 12:30-6 PM

TRS Tubing Adventure

1 day | Ages 16+ TRS is heading to Mt. Spokane for an afternoon of tubing fun! Hop aboard big yellow tubes, fly down the hill and take the rope tow back up to the top and do it again. Warm up with cocoa in the snow sports chalet. **Sinto Senior Activity Center, 1124 W. Sinto** \$33

30269 Su 1/25 9:45 AM-3:30 PM

TRS Wrangler Professional Bull Riding Classic

1 day | Ages 16+ This ain't your daddy's rodeo. No sir, we're talkin' high-octane, nitro-infused, bull riding action! The Spokane Arena and The General Store are proud to announce the return of the Wrangler Professional Bull Riding Classic. Bring money for souvenirs or snacks if desired. \$10-20 is recommended. **Veterans Arena main entrance, Boone & Howard** \$31

30325 F 1/16 7:30-10 PM



The quickest and easiest way to register for an activity is online at SpokaneParks.org

GROUP PROGRAMS AND EVENTS

Outdoor Private-Guided Group Trips

(All Ages) Explore and enjoy nature! Let us help you plan a private guided adventure for your family, friends, business or organization. Winter activities include private cross country ski and snowshoe lessons or tour conducted at Mt. Spokane or 49 Degrees North Mountain Resort.

4 hour trips: \$239 and up per group.

Extended hours available
for additional fees.

For more information call

509.363.5418 or rgriffith@spokanecity.org

Spokane Aquatic Centers

For a Birthday Party full of fun in the sun, rent one of our six brand new aquatic centers. You'll have two hours of swim time, fully staffed; plus ice cream cake, ice water, and slushie. Want to play during the day? You can also rent one of our picnic areas or event rooms.

2 hour parties; \$150 for up to 15 people

For more information call

509.363.5417

or aquatics@spokanecity.org

PROJECT JOY

Project Joy provides opportunity for those 50+ years to use and enhance talents or develop previously undiscovered abilities in music, dance, drama, storytelling, and more. Our 225 members in over 35 groups provide entertainment for retirement centers as well as community organizations and special events. It's fun! It's creative! It's useful! And membership is free! Learn how you can better use your talents in one of our groups—or start one of your own. Call Project Joy (535-0584) to see how you can fit into our family.

509.535.0584

3151 E 27th Ave

Riverfront Park Birthday Party Packages

(All Ages) Riverfront Park is the perfect place for a fun and active Birthday Party for all ages! The opportunities are endless with: Carrousel, Mini-Golf and Day Pass Packages. All parties include a hosted one hour use of our birthday party areas, personalized ice cream cakes, beverages, balloons and tableware. Pizzas can be added to all packages.

More information at

www.spokaneriverfrontpark.com

or call **509.625.6612 for reservations**

Birthday package rates vary from \$125-\$165 and include 10-12 people depending on the pkg.

Riverfront Park Group Programs

(All Ages) Company and Group events are a blast at Riverfront Park with discounts for groups of 15 or more for the Giant Screen Theatre, Day Passes, Skyride, Mini-Golf, Carrousel, and the Ice Palace.

Call for reservations:

509.625.6746

Corbin Art Center ART PARTIES

Choose from one of our fun themes
for ages 3-13.

2 hour parties; \$129 for up to 10 guests.

Additional hour available.

Face painting and scavenger hunts
optional for a fee.

For more information or to reserve call

509.625.6677

"Rent an Event" from us!

(All Ages) Our events are designed for company employee events and picnics to provide fun recreation activities for children and families.

Prices Vary

Northeast Youth Center; 509.482.0708

FACILITY RENTALS



D.C. Corbin House Corbin Art Center

Located on the hill above Edwidge Woldson Park at 507 W 7th Avenue, the Corbin Art Center is a historic Kirtland Cutter designed home built in 1898. The structure and grounds are listed on the local, state and national historic registers. The house features a vestibule, foyer, formal and informal parlors, dining room, a kitchen and an ornate staircase leading to

the second floor. The exterior features an impressive $\frac{3}{4}$ wraparound veranda affording you and your party a panoramic view of the greater Spokane area. The facility is available to rent for: Holiday and Birthday Parties, Receptions, Special Events, Meetings and Retreats, Performances. Single room, adjoining rooms and multi-room rental fees are available. The center does not have any catering options; however, the center does have a kitchen to host your caterer or party. Rentals are scheduled on a first come, first serve basis. The facility is wheelchair accessible on the first floor only. Corbin has Wi-Fi capabilities. **509.625.6677**

Corbin Senior Activity Center:

Corbin Senior Activity Center is located on West Cleveland. This center is equipped to provide everything you want and more for the perfect wedding, meeting or special event. They have a 1520 square-foot ballroom, full-scale kitchen, dressing rooms, dining room, and plenty of meeting and special event space. corbinseniorcenter.org 509.327.1584 or rentals@corbinseniorcenter.org

Sinto Senior Activity Center:

Planning a party, have a social club, or a church that needs a place to meet? Sinto has a convenient downtown location and great rental rates for its members and community groups. With a Ballroom, Dining Room, Commercial Kitchen, and Basement area there are a variety of spaces and capacities to fit your needs. They can also provide chairs and tables for your event! **509.327.2861, sinto@sintocenter.com**

Southside Senior & Community Center:

The Southside Senior & Community Center is the venue of choice for many weddings receptions & meetings. The convenient South Hill location with 4,300 square foot open ballroom that seats 300 comfortably for dinner including an 1,800 square foot dance floor, plus three smaller 'break-out' rooms seating from 25 to 55; with everything on one level. The full-service commercial kitchen accommodates visiting chefs or our kitchen staff may be contracted to help with your event. **5 35-0803 or ssac.org**

Northeast Youth Center:

From business conferences to wedding receptions and everything in-between, we take your event seriously. The personal service you will receive with the professional staff will let you plan with confidence. We will be sure every detail is delivered with excellence and make sure your event is a memorable one. **spokaneneyc.org or 509.482.0708**

West Central Community Center:

Looking for a place to hold your special event? The West Central Community Center's facility is suitable for a variety of uses, including business training, classes and seminars, auctions, birthdays, anniversary celebrations, wedding and receptions, banquets, sporting events, athletic classes and more. Visit our website at wccc.myspokane.net or **509.326.9540**

Special Events:

The parks and picnic areas may be reserved for special events for groups larger than 50 people; however, a special event permit application must be submitted and accepted prior to the event. Park Facility Usage Fee: \$25+/100 people

Photography:

With all the beautiful gardens, riverfront views, and lawns that fill our parks, these are the perfect places for wedding photos, senior pictures, a family photo, and more! Photography permits are available by visiting our website.

www.spokaneparks.org or by calling 509.363.5457, Riverfront Park Permits call 509.625.6624.

Prices vary depending on the park and the purpose.

Parks and Shelters:

From the Manito Park gardens to the Floating Stage at Riverfront Park, the City of Spokane has many beautiful locations for your special day. Beautiful and intimate stand-in ceremonies are available at Coeur d'Alene Park, Finch Arboretum, and Manito Park. Picnic shelters for receptions are available at Franklin Park, Manito Park, Mission Park and Shadle Park. The Woodland Center at the Finch Arboretum also offers a reception venue with a kitchen facility. Reservation policies and prices vary with each location. **509.363.5457 or spokaneparks.org**

Riverfront Park:

Riverfront Park offers many options for weddings, receptions & shelter rentals with sites for ceremony's and receptions with beautiful views of the river and the convenience of on-site catering and downtown location. There are two large shelters plus, Canada Island, Havermale Point, and the new River Patio are scenic and perfect locations for weddings and groups. The 1909 Looff Carrousel can also be rented for a unique and memorable special occasion. The 342-seat IMAX Theater can be rented for private meetings and events, and includes an IMAX movie, microphone, podium and video projector. Capacity 72-400 people depending on venue; \$300 depending on location and time. **509.625.6612**

City of Spokane Parks and Recreation Department
ACTIVITY REGISTRATION FORM

509.625.6200
SpokaneParks.org

Please print and fill out completely

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

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

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

LIABILITY WAIVER, RELEASE & INDEMNITY AGREEMENT I agree to release, indemnify, and hold the city, its agents, officers and employees, and School District 81, harmless from any and all liability claims, actions, judgments, damages or injuries of any kind and nature whatsoever to the participant and/or his property arising from participation in activities for which the participant is registering. I further acknowledge that I have familiarized myself with the description of the activities, understand the hazards and the participant's personal limitations and knowingly assume all risks. I acknowledge I have read and understand this Liability Waiver, Release and Indemnity Agreement, and understand that I am waiving any claim I might have against the City or School District 81 for any harm sustained as a result of any activity for which I am registering a minor child.	Total Program Fees: \$	
	Make checks payable to: City of Spokane Mailing Address: Spokane Parks & Recreation Department Class Registration – My Spokane 808 W. Spokane Falls Blvd. Spokane, WA 99201-3317	
	Credit Card Information	
	Card Holder's Name	
Signature of Responsible Adult _____	Date _____	VISA MC AMEX Exp. Date: Security Code
How did you hear about us? <input type="checkbox"/> Existing customer <input type="checkbox"/> TV <input type="checkbox"/> Inlander <input type="checkbox"/> Spokesman <input type="checkbox"/> Kids magazine <input type="checkbox"/> Other _____	May we use your photo/video image taken during activities for publicity purposes? Yes No (circle one) Initial here _____	Card No.

THERAPEUTIC RECREATION ONLY

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

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

Dietary Precautions:

Foods to Avoid:

Activity Limitations/Physical problems (if any):

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

Medications Taken: PLEASE FILL OUT MEDICATION INFORMATION & WAIVER FORM

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

THERAPEUTIC RECREATION ONLY

Do you have any disabilities? (be specific)

Check and explain all that apply below:

ADHD/ADD	Easily Disorientated/Wanders	Restriction to Walking more the 1/2 mile
Uses a Wheelchair	Needs Own Staff Attendant one-on-one	Allergies or Serious Reactions
Seizures	Need Feeding Assistance	Bee/Wasp Stings
Heart Problems	Need Toilet Assistance	Drugs, LIST
Diabetes	Use Sign Language	Food
Hearing Impairment	Sunburns Easily	Other
Visual Impairment	Swimming/Water Restriction	
High Blood Pressure	Non-Verbal	
Easily Fatigued	Shunt -List Type:	

MEDICATION INFORMATION & WAIVER

If you require medication while attending a City of Spokane activity, complete the following information.

Medication Policy

The Therapeutic Recreation Services has a Medical Information and Waiver form to be completed by all participants who will take medications while participating in our activities. The procedure will help us to better assist you with medications both safely and efficiently. We very much need your cooperation to complete the form and package your medications as described below.

Please complete the Medication Information & Waiver form even if you will not take medication while at the activity.

Please package medication by dose in individual extra small zip lock bags or blister cards labeled by the pharmacy to include: 1) name of participant; 2) name of physician; 3) name of pharmacy; 4) dosage and amount; and 5) time to take. For example, if you take six different medications at dinner time there should be six small zip lock bags or blister cards, each with the label information listed above. Then put all bags in a larger zip lock bag labeled with your name, date, day and time to take; e.g. Sam Jones, Saturday, June 15, 6:00 pm. **Send only the amount of medication needed for the dates of the activity. Do not send excess dosages.** Please see the examples below of the small zip lock bag, label, and blister card.

The following pharmacies will package medications this way. Evergreen Pharmacy East, 622 E. 2nd, 838.4826 if you live in a group home. Inland Pharmaceutical Services at 1328 N. Ash, 326.8001, or Walgreen's Express, call 921.0659 for locations, will package medication in small individual blister cards. They do packaging for all clients. Please ask for a Pharmacist. If you purchase medication from them there is no fee for this packaging. If you have a different pharmacy that will package medications please let us know and we will add it to the list.

Participants must be able to take their own medications while at the activity. The activity leaders will provide reminders to take medications and to safely secure them when not in use. If you have medical coupons, please bring them with you in case there is an emergency and you need medical treatment.

THIS DOCUMENT RELIEVES THE CITY OF SPOKANE FROM LIABILITY FOR PERSONAL INJURY OR WRONGFUL DEATH RELATING TO MY MEDICATION. I HAVE READ THIS DOCUMENT, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND SIGN IT VOLUNTARILY.

Signature _____ Date _____

I am the parent or guardian of the participant and acknowledge that I have read this document and understand its contents and agree to each item noted above. I understand that, to the extent allowed by law, I am waiving my child's rights.

Name _____

Signature _____

Date _____

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

List any special instructions/cautions/side effects:

AMERICANS WITH DISABILITIES ACT

In providing services to the public the City must comply with the Americans with Disabilities Act (ADA), a federal anti-discrimination statute, designed to remove barriers that prevent qualified individuals with disabilities from discrimination on the basis of disability in the services, programs, or activities of local governments. The ADA provides comprehensive civil rights protection to individuals with disabilities. For information regarding the ADA and the regulations on non-discrimination on the basis of disability in state and local government services, 28 CFR Part 35, and its applicability to the services, programs, or activities of the City, please contact Dorothy Webster at 625.6262.

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. We will arrange for one of the following. You may:

- Repeat the program at no additional charge
- Receive a credit that may be applied to another activity
- Receive a refund (allow 4 weeks to process). A partial refund may be given to programs with supply, lab or reservation fees.

The Spokane Parks & Recreation Department does not discriminate on the basis of age, sex, race, color, creed, national origin or disability. Please notify the Park Department if you need special accommodations to participate in our programs.

NEW REGISTER ON-LINE



Go to our website at
spokaneparks.org
to register online!



MAIL IN: Send form and payment to:
Spokane Parks & Recreation Dept.
Class Registration
5th Floor City Hall
808 W. Spokane Falls Blvd.
Spokane, WA 99201-3317

Checks payable to
"City of Spokane"
Allow 3 days for
mail delivery.

PHONE IN: (509) 625-6200



Use your VISA/MC/Discover/American Express
to register by phone.
Have charge card and Guide handy.
Fill out registration form before you call.

WALK IN:



MySpokane
1st Floor City Hall
808 W. Spokane Falls Blvd.
Spokane WA 99201
Mon-Fri - 8 AM - 5 PM

FAX IT: 24 HOURS A DAY (509) 625-6990



Fill out registration form. Include Visa/MC/MasterCard/
Discover/AmExp number and expiration date.
Newsprint does not FAX well. Please make a clean
copy on white paper and FAX the copy.

NEED MORE INFORMATION?
CALL 625-6200 (ALL CLASSES) OR
625-6677 (ART CLASSES)

ARE YOU COVERED?

The Spokane City Parks & Recreation Department does not carry accident insurance for program participants; the costs would make program fees prohibitive. Please review your own personal health insurance plan to be certain that you and your family have the proper coverage.

GIVE US A CALL...

We are looking for talented, enthusiastic and qualified instructors to teach pre-school, adult and youth classes. Ideas or suggestions for classes are also encouraged. Call 625-6200 for an application.

E-Mail Receipts = Better Customer Service!



To facilitate prompt, effective customer response and service, the Parks and Recreation Department is switching to e-mail confirmation receipts to those customers with e-mail addresses in our records.

Please provide your e-mail address when you register. This change will make the registration and receipt process faster, easier and more accurate. We will continue to mail paper receipts via the U.S. Postal Service for those without e-mail.

REFUND/CANCELLATION POLICY

It is the policy of this department to promote customer satisfaction for all programs and services. This refund policy pertains to all Recreation programs unless otherwise noted in the program description.

1. PROGRAMS ARE SUBJECT TO MINIMAL ENROLLMENT. If the Parks and Recreation Department cancels a program, changes a location or time and you cannot attend, or the program is full, you will receive a full credit on your Recreation account or refund if you request it; no administrative processing fee will be deducted.

2. NO REFUNDS, EXCEPT FOR CANCELLED OR CHANGED CLASSES, WILL BE ISSUED WITHOUT A WRITTEN REQUEST RECEIVED IN THE OFFICE BY MAIL, E-MAIL OR FAX. Refunds follow the City's Finance Department payment schedule and take approximately 30 days to process.

Send email refund requests to parksrefunds@spokanecity.org

3. RECREATION PROGRAMS. Due to financial commitments we must make before activities begin, to cancel enrollment in a class or program, the participant must notify the Parks and Recreation Department at least two days (48 hours) prior to the starting date unless otherwise noted in description.

- If your written withdrawal request is received more than two days (48 hours) before the start date of the program, you will receive a full credit to your Recreation account to be used for a registration at a later date. A refund in the form of a check or a credit to your bankcard is subject to a \$5 administrative processing fee.
- If your written request is received less than two days (48 hours) prior to the start date of the program, you will be charged a \$5 withdrawal fee and you may receive no refund or only a partial refund based on the number of students enrolled and any supply costs incurred on your behalf.
- If we do not receive your written request before the start of the class no Recreation account credit or refund will be issued.
- At any time after the first class, partial credit to your Recreation account will be allowed if you present a statement from your health care provider that states that you are unable to finish the class.
- The only exception will be with Sports Leagues. After the start of the league neither refunds, nor prororation of the league fee will be granted.

Classes held in Spokane Public School facilities do not meet on dates school is not in session (holidays, vacations periods, curriculum days). Class sessions scheduled for those dates will be made up at the end of the regular schedule.



SPRD'S 2015 SOFTBALL TOURNAMENT SCHEDULE

(All SPRD tournaments are ASA sanctioned)

WHAT: SPRD'S 1ST ANNUAL SPRING SWING SOFTBALL PRESEASON TOURNAMENT

When: April 24th-26th, 2015 **Cost:** \$350

Where: Dwight Merkel Sports Complex and Franklin Park

Divisions: Coed C & D, Men's B, C, & D Brackets 5 game guarantee (3 pool play into double elimination)

Special rate of \$300 for tournament and \$825 for spring league play if you register for both by April 16th, 2015 (must register for the Spring Swing Tournament and league play in order to receive reduced rate.)

Registration Deadline: April 16th, 2015

WHAT: SPRD'S 1ST ANNUAL SUMMER SHAKEDOWN SOFTBALL TOURNAMENT

When: July 24th-July 26th, 2015 **Cost:** \$350

Where: Dwight Merkel Sports Complex and Franklin Park

Divisions: Coed C & D, Men's B, C, & D Brackets 5 game guarantee (3 pool play into double elimination)

Registration Deadline: July 16th, 2015

WHAT: SPRD'S 1ST MASTER'S CLASSIC SENIOR SOFTBALL TOURNAMENT

When: August 8th - August 9th, 2015 **Cost:** \$350 4 game guarantee

Where: Dwight Merkel Sports Complex and Franklin Park

Divisions: Women's, Men's 50's, Men's 60's, & Men's 65+

Registration Deadline: July 30th, 2015

WHAT: SPRD'S 1ST ANNUAL FALL BRAWL SOFTBALL TOURNAMENT

When: October 16th-18th, 2015 **Cost:** \$350

Where: Dwight Merkel Sports Complex and Franklin Park

Divisions: Coed C & D, Men's B, C, & D Brackets 5 game guarantee (3 pool play into double elimination)

Special rate of \$300 for tournament and \$625 for fall league play if you register for both by August 20th, 2015 (must register for the Fall Brawl Tournament and league play in order to receive reduced rate.)

Registration Deadline: October 8th, 2015

Register today at
spokaneparks.org/sports
or call 509-625-6625



SOFTBALL LEAGUE



Activity #	Division	Dates & Times				Fee	
30182	Masters 50's	Mon	5/4/15	7/20/2015	**	6:30PM	
30183	Masters 60's	Wed	5/6/15	7/20/2015	**	6:30PM	
30184	Men's B	Mon	5/4/15	7/20/15	\$850	6:30PM	
30186	Men's C	Tues	5/5/15	7/21/15	\$850	6:30PM	
30188	Men's D	Wed	5/6/15	7/22/15	\$850	6:30PM	
30196	Women's C	Wed	5/6/15	7/22/15	\$650	6:30PM	
30191	Coed C Thurs	Thurs	5/7/15	7/23/15	\$850	6:30PM	
30190	Coed D Thurs	Thurs	5/7/15	7/23/15	\$850	6:30PM	
30192	Coed C Sun	Sun	5/3/15	7/19/15	\$850	6:30PM	
30193	Coed D Sun	Sun	5/3/15	7/19/15	\$850	6:30PM	
30195	Mod Pitch Coed	Mon	5/4/15	7/20/15	\$850	6:30PM	
30196	Mod Pitch Wood Bat	Tues	5/5/15	7/21/15	\$850	6:30PM	

All divisions are ASA rules. All games will be held at Dwight Merkel Sports Complex and Franklin Park. Rulebooks, scorebook, lineup cards, & softballs are included in the registration fee. **Starting times are tentative, teams are not guaranteed a 6:30pm start for a double header.** Divisions may be combined. **Masters fee structure: \$350 sponsor fee +\$50/ player with a minimum of 12 players per roster. Offers subject to change from printed. For more information please check www.spokaneparks.org/sports.

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

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



get OUT!
help OUT!

**Eco-Friendly
Volunteers**
help to clear
the trails and
maintain over
3,335 acres
of recreational
land!



**Encouraging
Volunteers**
help all kinds of
kids and adults
explore the
outdoors and
indoor activities!



**Passionate
Volunteers**
help adults
with disabilities
practice their
adventurous
talents all year!



**Creative
Volunteers** help kids
and adults discover
their artistic gifts
that are meant to be
shared with the world
that inspired them.



**Sign up to volunteer
at spokaneparks.org or call us at
509.625.6216**