



Therapeutic Recreation Services

Winter

January – April 2018

SpokaneParks.org – Call 311 and press 3 – Outside City: 509.755.2489

CITY OF
SPOKANE
PARKS &
RECREATION



Customer Involvement Policies & Important Information

Customer Involvement Policies

- Arrive to the activity/meeting location on time. Under most circumstances TRS will not wait longer than fifteen minutes for participants to arrive. This will prevent a delay in transportation and tardiness of any reservation.
- Leave the activity on time. TRS will wait until transportation comes. If additional supervision is required the participant will be billed \$4.00 for every 15 minutes or \$16.00 for every hour your transportation is late or you arrive too early. (Please refer to the additional supervision form).
- Bring the appropriate amount of money for activity. TRS staff do not carry additional funds to pay for activities. If you do not have sufficient funds for the activity, you may be sent home. Via home site, bus or taxi.
- Bring the appropriate clothing/gear for activity. (i.e.; helmets/gloves, swimsuit/cap, pillow/sleeping bag, extra layers in cold weather, etc.)
- Respect people, place and things around you.
 - a. Stay with the group.
 - b. Follow instructions of TRS staff.
 - c. No smoking permitted except in designated areas upon approval of TRS staff.
 - d. No food or drink allowed on vans or other transport vehicles.
 - e. No stealing

Absolutely No Sexual Harassment or Assaultive behavior will be tolerated. We reserve the right to send participants home if displaying inappropriate behaviors or not abiding by the TRS Customer Involvement Policies.

We strive to provide a safe and enjoyable experience for everyone in a Therapeutic Recreation Services activity.

Important Information

Service Philosophy

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

Volunteer/Staff

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

Participant Personal Needs

Therapeutic Recreation staff provides leadership for the activity and are unable to provide attendant care (feeding, toileting assistance, giving medications, transfers, etc.). Careproviders should accompany participants who need personal care. Participants who have behavioral issues may be asked to participate with a careprovider in attendance. Registration fees for careproviders may be waived or will vary depending on the activity.

Medication Policy

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

Miscellaneous Information

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

Program Fees

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

Process to use DDA Funding:

1. Whenever you want to register your children/ adults for Recreation programs utilizing DDA funds, contact your DDA case manager and inform them of price.
2. Have case manager send funding approval and DSHS consent form to abusch@spokanecity.org
3. Fill out registration and then on registration form indicate DDA as payment source and list case manager. Once the form is completed you need to get the form to us by one of these methods:
 - Mail - 808 W. Spokane Falls Blvd, Spokane, WA 99201
 - Fax (509)625.6205)
 - Scan and email to abusch@spokanecity.org
 - Hand deliver your registration to My311 at the first floor of City Hall.
4. When registration form has been received and processed by Program Supervisor and TRS, a confirmation receipt will be sent to customer.
5. Customer will provide copy of confirmation receipt to case manager
6. If customer needs to cancel registration, regular refund policy and procedures apply (see below). DDA WILL NOT PAY IF Customer DOES NOT ATTEND BUT DID NOT CANCEL. In this case, payment responsibility falls to the customer.
7. Upon successful completion /attendance of customer Case manager will submit approval through the Provider One system that will allow SPRD to be reimbursed.
8. Payment received and applied to customer account.

Refund Policy

Participants will be notified if a class or program is canceled due to lack of enrollment and will be offered an alternate choice, full refund or credit on account. Participants who wish to cancel enrollment must notify Therapeutic Recreation at least seven days prior to the program date to be considered for a refund. Refund amount will be based on the number of students enrolled and any supply costs incurred on the participant's behalf. Careproviders may not substitute participants. Every participant must be pre-registered. Requests for refunds must be made in writing and approved by Therapeutic Recreation supervisor. Refunds will not be made after the first session or for missed sessions. Trip deposits are non-refundable unless cancellation is made at least 30 days before trip departure date.

Transportation/Paratransit Users

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

Registration Procedure:

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

Other Parks Programs Available to Special Populations

The programs in this brochure are designed for persons with developmental and physical disabilities. All other Park Department programs are available to persons with disabilities. Please look through the Spokane Parks and Recreation Department Class & Activity Guide to see if a program is of interest to you. Then call Alice Busch at 509.625.6245 and she will help you get started by notifying the instructor who will make preparations or adaptations, if needed.

Have You Tried These Classes and Events? Join Us!

Sundancers Square-dancing

8 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. \$33**

Beginners – meet the second and fourth Tuesdays of the month. January 9, 23, February 13, 27, March 13, 27.

38585 T 1/9-3/27 6:30-8:00 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.

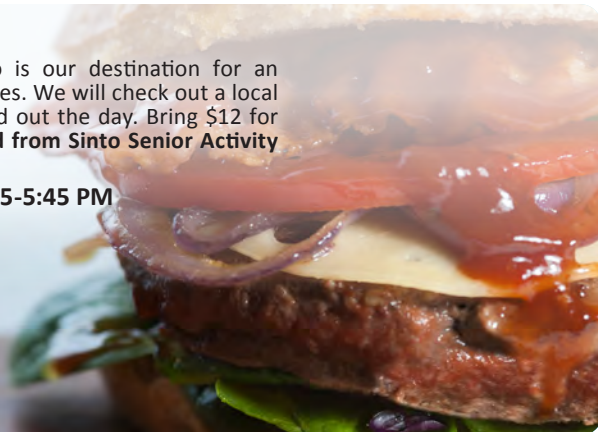
38586 T 1/9-3/27 6:30-8:00 PM



Bingo & Burgers

1 day | Ages 18+ SYSA Bingo is our destination for an afternoon of fun and maybe prizes. We will check out a local burger place for dinner to round out the day. Bring \$12 for dinner. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto. \$17**

38685 S 3/31 2:15-5:45 PM



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. \$34**

38634 Su 1/21 9:45 AM-3:30 PM



**+ Discounted Skiing
+ Volunteering
= One Awesome Winter**



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

Powderhound Training clinics:

Teaching those with developmental disabilities, how to ski or snowboard. Thursday November 30 6-8 pm at Corbin Community Center, 827 W. Cleveland and Saturday December 30 and Sunday December 31 9am-4pm each day. Meet at Lodge 1 at Mt. Spokane Ski and Snowboard Resort. Includes 2 lift tickets, training, background check and more.

38680 Th 11/30, Sa 12/30 & Su 12/31 \$40

Blue Waxers Training Clinic:

Teaching those with developmental disabilities how to cross country ski. Saturday December 30, 2017 9am-noon. Meet at Selkirk Lodge. Includes training, background check and more. Must have own Sno-park permit.

38682 Sa 12/30 \$0

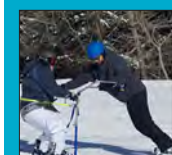
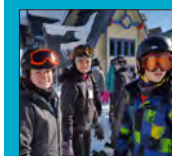
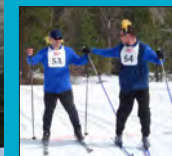
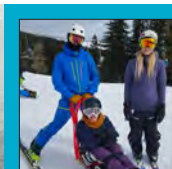
Adaptive Training clinics:

Teaching those using adaptive pieces of equipment & methods. Friday January 12 6-8pm at Corbin Community Center, 827 W. Cleveland, Saturday January 13 8:30am-4pm and Sunday January 14 9am-4pm meet at Chalet at Mt. Spokane. Training Includes 2 lift tickets, training, background check & more. Special registration form required.

38681 F-Su 1/12-1/14 \$40

We're also looking for volunteers to help with outings to sport events or dinners, creating crafts, or singing and dancing in a musical production.

Please call 509.625.6245 or email abusch@spokanecity.org



January Events

SPORTS: for basketball, ice skating, powerlifting and swimming see **Sports** page 10.

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, dining room. \$31**

38558 Th 1/4-1/25 7:00-8:15 PM

*No crafts 1/18

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. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto, and parking lot. \$12 (Does not include cost of food).**

Prospectors – apple pie, carrot cake, sundaes, milkshakes, chocolate rush cake

38567 W 1/17 7:00-9:00 PM

Drum & Dance

3 weeks | Ages 14+ Whether you want to dance or just drum, join us for this combo class, using music and movements from The Nia Technique®. Increase your awareness of the rhythms in music, and the way your body moves. Experience the joy in improving your body and mind. Participants can be sitting or upright. Please wear comfortable clothing and closed toe shoes for dancing. **Meet at West Central Community Center, 1603 N. Belt, Mason Rm. \$22**

38571 M 1/22-2/5 4:30-5:30 PM

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 (Does not include cost of food).**

Red Robin – Burgers Shakes, Sweet Potatoes Fries and more

38637 Th 1/25 6:00-9:00 PM

Friday 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. Signup 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.

Spokane Chiefs Hockey – Join us watch the Spokane Chiefs hockey team play Prince George Cougars. You may purchase snacks or dinner at the game. Dinner will cost around \$12. **Meet us at the Spokane Veterans Arena entrance of Boone and Howard. \$29**

38642 F 1/5 6:30-9:30 PM

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. \$7**

2018 New Year's Spectacular – Celebrate the new year with glitz and fun. Dress up and strike a stunning pose at our photo booth (\$1 Fee).

38576 F 1/12 7:00-9:00 PM

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. **Meet at Spokane Veterans Arena Entrance of Boone and Howard. \$48**

38632 Su 1/28 10:15 AM-3:15 PM

Musical Production

8 weeks | Ages 15 + This year's musical will be High School Musical. They will have the opportunity to improve communication and socialization skills. **Ridgeview Elementary, 5610 N. Maple. \$43**

38582 M 1/22-3/19* 6:30-8:00 PM

*No Class 1/29, 2/19, 3/12

Sundancers Squaredancing

8 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. \$33**

Beginners – meet the second and fourth Tuesdays of the month. January 9, 23, February 13, 27, March 13, 27.

38585 T 1/9-3/27 6:30-8:00 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.

38586 T 1/9-3/27 6:30-8:00 PM

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. **Meet at Sinto Senior Activity Center, 1124 W. Sinto. \$17**

38633 M 1/15 6:30-7:30 PM

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. \$34**

38634 Su 1/21 9:45 AM-3:30 PM

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.-kitchen. \$51**

38629 T 1/9-1/30 4:00-6:00 PM



GOT E-MAIL!

If you have e-mail and are interested in receiving brochures and letters through e-mail, let us know. You can call 509.625.6245 or e-mail it to us at: abusch@SpokaneCity.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Blue Waxers Volunteer Training Dec. 30 Powderhound Volunteer Training Dec. 30 & 31	1	2	3	4 Crafts	5 Ice Skating Friday Fun Spokane Chiefs Hockey	6 Blue Waxers Powderhounds
7 Swimming Learn to Swim	8 Ice Skating	9 Squaredancing Powerlifting Cooking	10	11 Powerlifting Crafts	12 NO Ice Skating Friday Night Jam New Years Celebration Adaptive Ski Training	13 Blue Waxers Powderhounds Adaptive Ski Training
14 Swimming Learn to Swim Adaptive Ski Training	15 Ice Skating Tie Dye Workshop	16 Squaredancing Performers Only Powerlifting Cooking	17 Desset Delight Prospectors	18 Powerlifting NO Crafts	19 Ice Skating	20 Blue Waxers Powderhounds Adaptive Ski
21 Swimming Learn to Swim Tubing Adventure!	22 Ice Skating Musical Drum & Dance	23 Squaredancing Powerlifting Cooking	24 Basketball	25 Powerlifting Crafts Fine Dining Red Robin	26 Ice Skating	27 Blue Waxers Powderhounds Adaptive Ski
28 NO Swimming Monster Jam	29 Ice Skating NO Musical Drum & Dance	30 Squaredancing Performers Only Powerlifting Cooking	31 Basketball			

February Events

SPORTS: for basketball, ice skating, powerlifting and swimming see **Sports** page 10.

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, dining room. \$41**

38559 Th 2/1-2/22 7:00-8:15 PM

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.

Joseph and the Amazing Technicolor Dreamcoat – One of the most enduring shows of all time. Joseph and the Amazing Technicolor Dream coat is a reimagining of the Biblical story of Joseph, his father Jacob, eleven brothers and the coat of many colors. **Meet at Spokane Children's Theatre, 2727 N. Madelia St. #5. \$24**

38648 Sa 2/3 1:45-4:00 PM

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. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto, parking lot. \$12 (Does not include cost of food).**

Tomato Street – cheesecake, tiramisu, and cookie sundaes

38568 W 2/21 7:00-9:00 PM

Drum & Dance

3 weeks | Ages 14+ Whether you want to dance or just drum, join us for this combo class, using music and movements from The Nia Technique®. Increase your awareness of the rhythms in music, and the way your body moves. Experience the joy in improving your body and mind. Participants can be sitting or upright. Please wear comfortable clothing and closed toe shoes for dancing. **Meet at West Central Community Center, 1603 N. Belt, Mason Rm. \$22**

38571 M 1/22-2/5 4:30-5:30 PM

38572 M 2/12-3/5* 4:30-5:30 PM

*No Class 2/19

Eagles Basketball

1 day | Ages 16+ Join us as we cheer on the Eastern Eagles Men's Basketball team as they take on Montana State. The excitement will take place at EWU on Reese Court. Bring suggested \$10 money for snacks or souvenirs if desired. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto-Parking Lot. \$21**

38650 Sa 2/17 1:00-5:00 PM

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 (Does not include cost of food).**

Old Spaghetti Factory – ravioli, lasagna, tortellini, and spaghetti.

38638 Th 2/15 6:00-9:00 PM

Olive Garden – pasta, chicken, salad & breadsticks

38635 W 2/28 6:00-9:00 PM

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. Cocoa and snacks served. **Sinto Senior Activity Center, 1124 W. Sinto. \$19**

38658 F 2/2 6:30-8:00 PM

Friday Night Jam

1 day | Ages 18+ Come rock and swing at Spokane's oldest ongoing nightclub for people with developmental disabilities. If participants require direct supervision then care providers need to attend. Second Friday each month. **West Central Community Center, 1603 N. Belt. \$7**

Sweetheart Dance – Bring a sweetheart to dance with. Wear red, pink and white. Dress up and strike a pose with your friends and sweethearts at our photo booth (\$1 fee).

38577 F 2/9 7:00-9:00 PM

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

38646 Sa 2/10 1:30-4:00 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. **Meet at Sinto Senior Activity Center, 1124 W. Sinto-Dining Room. \$27**

38641 F 2/16 6:00-9:30 PM

Spokane Chiefs Hockey – Join us watch the Spokane Chiefs hockey team play Prince George Cougars. You may purchase snacks or dinner at the game. Dinner will cost around \$12. **Meet us at the Spokane Arena entrance of Boone and Howard. \$29**

38640 F 2/23 6:30-9:30 PM

Musical Production

8 weeks | Ages 15+ This year's musical will be High School Musical. They will have the opportunity to improve communication and socialization skills. **Ridgeview Elementary, 5610 N. Maple. \$43**

38582 M 1/22-3/19* 6:30-8:00 PM

*No Class 1/29, 2/19, 3/12

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. Prices vary depending upon piece. Figurines \$11-15, Mugs are \$11-24, banks \$18-26, plates \$16 (salad)- 25 (dinner), cereal bowls \$15-18. We suggest bringing \$20-\$35. **Meet at 2716 W. Northwest Blvd. \$13**

38656 Su 2/18 1:30-3:30 PM

Raptor Reef Indoor Water Park

1 day | Ages 18+ Grab your swimsuit and towel and head with us to Triple Play Raptor Reef Indoor Water Park in Hayden, Idaho. There are three slides, 'Lost Falls', which is 400 feet long and full of twists. 'Velociraptor Vortex' is the super bowl ride that swirls, spins and flushes, and the 'Prehistoric Plunge' is 300 feet of high-speed body sliding. Fee includes transportation, staff, and pizza dinner and park entrance fee. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto. \$44**

38657 Su 2/25 12:30-6:00 PM Sundancers

Squaredancing

8 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. \$33**

Beginners – meet the second and fourth Tuesdays of the month. January 9, 23, February 13, 27, March 13, 27.

38585 T 1/9-3/27 6:30-8:00 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.

38586 T 1/9-3/27 6:30-8:00 PM

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.-kitchen. \$51**

38630 T 2/6-2/27 4:00-6:00 PM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Powerlifting Crafts	2 Ice Skating Fleece Hat Workshop	3 Blue Waxers Powderhounds Adaptive Ski Day at the Theatre <i>Joseph & the Amazing Technicolor Dreamcoat</i>
4 Swimming <i>Learn to Swim</i> Regional Special Olympics Ski & Snowboard Meet at Mt. Spokane	5 Ice Skating Musical Drum & Dance	6 Squaredancing <i>Performers Only</i> Powerlifting Cooking	7 Basketball	8 Powerlifting Crafts	9 Ice Skating Friday Night Jam <i>Sweetheart Dance</i>	10 Blue Waxers Adaptive Ski Ski Day at 49 Degrees North Saturday Fun <i>Pizza & Bowling</i>
11 Swimming <i>Learn to Swim</i>	12 Ice Skating Musical Drum & Dance	13 Squaredancing Powerlifting Cooking	14 Basketball	15 Powerlifting Crafts Fine Dining <i>Old Spaghetti Factory</i>	16 NO Ice Skating Friday Night Fun <i>Girls Night Out</i>	17 NO Blue Waxers NO Powderhounds NO Adaptive Ski EWU Basketball
18 Swimming <i>Learn to Swim</i> Blue Waxers @Langlauf Polka Dot Pottery	19 Ice Skating NO Musical NO Drum & Dance	20 Squaredancing <i>Performers Only</i> Powerlifting Cooking	21 Basketball Dessert Delight <i>Tomato Street</i>	22 Powerlifting Crafts	23 Ice Skating Friday Night Fun <i>Spokane Chiefs Hockey</i>	24 Blue Waxers Powderhounds Adaptive Ski
25 Swimming <i>Learn to Swim</i> Raptor Reef Indoor Water Park	26 Ice Skating Musical Drum & Dance	27 Squaredancing Powerlifting Cooking	28 NO Basketball Fine Dining <i>Olive Garden</i>			

Bingo & Burgers

1 day | Ages 18+ SYSA Bingo is our destination for an afternoon of fun and maybe prizes. We will check out a local burger place for dinner to round out the day. Bring \$12 for dinner. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto. \$17**

38685 S 3/31 2:15-5:45 PM

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, dining room. \$41**

38560 Th 3/1-3/22 7:00-8:15 PM

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.

HONKI! – This heartwarming celebration of being different is sure to delight audiences of all ages with its sparkling wit and memorable score. **Meet at Spokane Children's Theatre, 2727 N. Madelia St. #5 \$24**

38649 Su 3/18 1:45-4:00 PM

Tarzan – Washed up on the shores of West Africa, an infant boy is taken in and raised by gorillas who name him Tarzan. Tarzan's life is mostly monkey business until a human expedition treks into his tribes's territory, and he encounters creatures like himself for the first time. **Meet at Christian Youth Theatre Spokane, 901 W Sprague - Theatre. \$24**

38647 Sa 3/24 2:00-5:00 PM

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. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto, parking lot. \$12 (Does not include cost of food).**

Lindaman's Gourmet – mocha coffee torte, red velvet cake, espresso cheesecake, and lemon bars

38569 Th 3/29 7:00-9:00 PM

Drum & Dance

3 weeks | Ages 14+ Whether you want to dance or just drum, join us for this combo class, using music and movements from The Nia Technique®. Increase your awareness of the rhythms in music, and the way your body moves. Experience the joy in improving your body and mind. Participants can be sitting or upright. Please wear comfortable clothing and closed toe shoes for dancing. **Meet at West Central Community Center, 1603 N. Belt, Mason Rm. \$22**

38572 M 2/12-3/5 4:30-5:30 PM

Fine Dining

1day | 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 (Does not include cost of food).**

Moons Mongolian – All You Can Eat Cod, beef, pork, chicken, vegetable, noodles & sauce (dinner includes shrimp, salmon, & lamb) grilled Mongolian style on our grill. Served w/ fried or steamed rice or egg flower soup.

38639 W 3/21 6:00-9:00 PM

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. \$7**

St. Paddy's Dance – Tis the night for the luck of the Irish. Wear green and orange and pose for a picture at our photo booth (\$1 extra).

38578 F 3/9 7:00-9:00 PM

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

38644 Sa 3/10 1:30-4:00 PM

Spokane Chiefs Hockey – Join us watch the Spokane Chiefs hockey team play Tri-City Americans. You may purchase snacks or dinner at the game. Dinner will cost around \$12. **Meet us at the Spokane Arena entrance of Boone and Howard. \$29**

38645 F 3/16 6:00-9:30 PM

Movie & Burger – We will head to AMC, Northtown or Village Cinema, eat dinner, and then see a movie. Please bring \$12 to purchase dinner. **Meet at Sinto Senior Activity Center, 1124 W. Sinto-Parking Lot \$27**

38643 F 3/23 5:30-10:00 PM

Musical Production

8 weeks | Ages 15 + this year's musical will be High School Musical. They will have the opportunity to improve communication and socialization skills. **Ridgeview Elementary, 5610 N. Maple. \$43**

38582 M 1/22-3/19* 6:30-8:00 PM

*No Class 1/29, 2/19, 3/12

Ski Day

1 day | Ages 18 & over come join us for fun, sun, and hopefully some powder snow at 49 Degrees North. This program is for people with developmental disabilities who can ski independently, stay with a group, follow directions, and get along with others. Numbers accepted will be dependent on number of volunteer instructors. This is a great opportunity to experience a new mountain and enjoy a day of recreational skiing. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto. \$49**

38679 Sa 2/10 7:30 AM-5:30 PM

Sundancers Squaredancing

8 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. \$33**

Beginners – meet the second and fourth Tuesdays of the month. January 9, 23, February 13, 27, March 13, 27.

38585 T 1/9-3/27 6:30-8:00 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.

38586 T 1/9-3/27 6:30-8:00 PM

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.-kitchen. \$51**

38631 T 3/6-3/27 4:00-6:00 PM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Powerlifting Crafts	2 Winter Special Olympics Blue Waxers, Spokane Blades, Powderhounds	3 Adaptive Ski Winter Special Olympics
4 Swimming Learn to Swim Winter Special Olympics	5 Musical Drum & Dance	6 Squaredancing Performers Only Powerlifting Cooking	7 Basketball	8 Powerlifting Crafts	9 Friday Night Jam St. Paddy's Dance	10 Saturday Fun Pizza & Bowling
11 NO Swimming	12 NO Musical	13 Squaredancing Powerlifting Cooking	14 Basketball	15 Powerlifting Crafts	16 Friday Fun Spokane Chiefs Hockey	17
18 Day at the Theater HONK! Swimming Learn to Swim	19 Musical	20 Squaredancing Performers Only Powerlifting Cooking	21 Fine Dining Moon's Mongolian	22 Powerlifting Crafts	23 Friday Fun Movie & Burger	24 Day at the Theater Tarzan
25	26	27 Squaredancing Powerlifting Cooking	28	29 Powerlifting Dessert Delight Lindaman's Gourmet	30	31 Bingo & Burgers

Sports

Basketball

7 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. **Longfellow Elementary, 800 E. Providence. \$24**

38627 W 1/24-3/14 6:30-7:30 PM

*No Class 2/28



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. If competing in Special Olympics must have a current AFP on file with TRS by 1/9/18. **Eagles Ice Arena, 6321 N. Addison St. \$69. Skate rental \$28 for quarter.**

38659 M 1/5-2/26 2:45-3:45 PM

F 1/5-2/26* 5:00-6:00 PM

*No Class 1/12, 2/16

Skate Rental

38660 \$28

Powerlifting

21 weeks | Ages 17+ for persons with developmental disabilities who are serious about lifting with free weights and universal gym equipment. Ability to stay on task and follow directions with minimal assistance. **North Central High School 1600 N. Howard weight room. This is winter and spring quarter combined. \$106**

38628 Th/T 1/9-5/31* 6:30-7:30 PM

*no Class 4/3, 4/5



Swimming – Blue Dolphin Swim Team

9 weeks | Ages 8+ For people with developmental disabilities who want to swim competitively or for a good workout. Ability to swim 75 yds without assistance and with rhythmic breathing. **Whitworth University Aquatic Center, 300 W. Hawthorne. \$49 for each session.**

38661 Su 1/7-3/18* 2:15-3:45 PM

*No Class 1/28, 3/11

Swimming – Learn to Swim

9 weeks | Ages 8+ Learn to swim while having fun in the water. A fun way for kids of all ages with disabilities to learn good swim techniques, 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. **Whitworth University Aquatic Center, 300 W. Hawthorne. \$49 for each session.**

Beginner

Individuals will learn how to face float, back float, kick with floats and learn the crawl stroke with rotary breathing. Elementary back stroke and back crawl will be taught with the goal to be able to do for 20 yards.

38662 Su 1/7-3/18* 3:00-3:45 PM

*No Class 1/28, 3/11

Intermediate

Individuals who have 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.

38663 Su 1/7-3/18* 2:15-3:00 PM

*No Class 1/28, 3/11



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	<div> <div></div> <div>Spring Break</div> <div></div> </div>					
8 Swimming Learn to Swim	9 Musical	10 Squaredancing Powerlifting	11	12 Powerlifting	13 Friday Night Jam Fiesta Dance	14
15 Swimming Learn to Swim	16 Musical	17 Squaredancing Powerlifting	18 Musical	19 Powerlifting	20	21
22 Swimming Learn to Swim	23 Musical	24 Squaredancing Performers Only Powerlifting	25 Musical	26 Powerlifting	27	28
29 Swimming Learn to Swim	30 Musical	<div>More Activities to come in the Spring Guide</div>				

Skiing and More

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.spokane parks.org or call Alice Busch at 625.6245. Scholarships are available-request a form.

3 Week Mornings – 2 Hour Lessons – \$150

38664 Sa 1/20-2/3 9:30-11:30 AM

38666 Sa 2/10-3/3* 9:30-11:30 AM

*no lesson 2/17

3 Week afternoon – 2 hour lessons – \$135

38665 Sa 1/20-2/3 12:30-2:30 PM

38667 Sa 2/10-3/3* 12:30-2:30 PM

*no lesson 2/17

Cross Country Skiing – Blue Waxers

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.** Please find on web site www.spokane parks.org or call Alice Busch 625.6245. Scholarships are available-request a form.

Lessons, Transportation, Equipment – 2304 E. Mallon – \$189

38668 Sa 1/6-2/24 7:30 AM-1:30 PM

Lessons, Equipment – Selkirk Lodge – \$134

38669 Sa 1/6-2/24 9:00 AM-12:00 PM

Wenatchee Trip* – Additional information will come later. \$40

38670 F 3/2-3/4

*Must have TRS authorization for this trip.



Downhill Skiing and Snowboarding – Powderhounds

6 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. No Class 2/10 & 2/17. Special ski trip 2/10 available.

Lessons only – \$150

38671 Sa 1/6-2/24 10:30 AM-3:00 PM

Lift Tickets, Lessons – \$240

38672 Sa 1/6-2/24 10:30 AM-3:00 PM

Lift Tickets, Lessons, & Transportation – \$330

38673 Sa 1/6-2/24 9:00 AM-5:00 PM

Lift Tickets, Lessons, & Equipment Rental – \$330

38674 Sa 1/6-2/24 10:30 AM-3:00 PM

Lift Tickets, Lesson, Equipment Rental & Transportation – \$420

38675 Sa 1/6-2/24 9:00 AM-5:00 PM

Transportation to Lodge #1 Only – Each trip is \$15 – \$90/season

38676 Sa 1/6-2/24 10:30-3:00 PM

Wenatchee Trip* – Additional information will come later. \$40

38677 F 3/2-3/4

*Must have TRS authorization for this trip.



Volunteer Ski/Snowboard Instructor Workshops

Adaptive Volunteer Training Clinics (teaching those using adaptive pieces of equipment & methods): Friday January 13 6-8 pm at Corbin Senior Activity Center, 827 W. Cleveland, Saturday Jan 14 8:30am-4pm, Sunday Jan 15 9am-4pm meet at Chalet at Mt. Spokane. Includes 2 lift tickets, training, background check & more. \$40

38681 F-Su 1/12-1/14

Powderhound Volunteer Training Clinics (teaching those with developmental disabilities): Thursday Dec. 1st 6-8pm at Corbin Senior Activity Center, 827 W. Cleveland and Saturday December 30 and Sunday December 31, 9am-4pm Lodge 1 at Mt. Spokane Ski and Snowboard Resort. Includes 2 lift tickets, training, background check & more. \$40

38680 Th 11/30, S 12/30 & Su 12/31

Blue Waxers Teaching those with developmental disabilities how to cross country ski. Held at Selkirk Lodge. Includes training, background check and more. Must have a sno-park permit.

38682 S 12/30 9:00 AM-12:00 PM





Please print and
fill out completely

City of Spokane Parks and Recreation Department

ACTIVITY REGISTRATION FORM

509.755.CITY (2489)
SpokaneParks.org

Which program are you registering
for? ☐ General ☐ TRS

PAYEE INFORMATION

LAST NAME	FIRST NAME	MI
ADDRESS	CITY/STATE	ZIP
DAY WORK OR CELL PHONE	NIGHT PHONE	EMAIL

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.

How did you hear about us?

- ☐ Existing customer ☐ TV
☐ Inlander ☐ Spokesman
☐ Kids magazine ☐ Other _____

May we use your photo/video image
taken during activities for publicity
purposes?

Yes No (circle one) Initial here _____

Signature of Responsible Adult _____ Date _____

PARTICIPANT INFORMATION

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

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

Make checks payable to: City of Spokane

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

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

Total Program Fees:
\$

DDA will send funds. ☐ Yes ☐ No Name & Number of Case Manager

Please contact your case manager to send us verification of payment.

THERAPEUTIC RECREATION ONLY

For TRS customers wanting to pay via credit card, MySpokane will
contact the payee by phone after registration is submitted.

General supervision is provided 15 minutes prior to class time and 15 minutes at end of class. If additional supervision is required there will be 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 Disoriented/Wanders		Restriction to Walking more than 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 RIGHT SBY SIGNING IT AND SIGN IT VOLUNTARILY.

Signature Date

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

MEDICATION TAKEN

Type:	Dosage:	Time(s):
Type:	Dosage:	Time(s):
Type:	Dosage:	Time(s):

List any special instructions/cautions/side effects:

Fall Highlights



In Memory of Spencer Tower

Spencer was a part of TRS for many years. He played basketball and participated in our drama programs. He enjoyed playing in the Unified division at Hoopfest for years. Spencer was a true self-advocate and challenged those around him to think outside of the box. I will miss him.



Special Thanks to Fall Quarter Volunteers

Fall Volunteers:

Lindsey Anderson
Dave Bentz
Bert Caldwell
Lisa Caldwell
Karolyn Clark
Pat Garvin
Jessica Gritsan
Bill Johnson
Suzanne Landby
Patrick McKinney
Loretta Moon
Jerry Nelson
Glendia Plott



Special Thanks to Shadle North Lions Club.

The Powderhound Ski & Snowboard program were the chosen non-profit for this years paddle raise portion of the Lions Annual Crabfest fundraiser. \$5,150 was raised! This will go towards scholarships and new program jackets. We are so grateful for the kindness of Spokane.



Look for more exciting activities coming this spring

- Riverside State Park Overnight Campout
- Hiking
- High School Musical
- Fishing Frenzy
- Gonzaga Baseball

Therapeutic Recreation Services

The programs in this brochure are designed for persons with developmental and physical disabilities. All other Parks Department programs are available to persons with disabilities. Please look through the Spokane Parks and Recreation Department Class & Activity Guide to see if a program is of interest to you. Then call Alice Busch at 509.625.6245 and she will help you get started by notifying the instructor who will make preparations or adaptations, if needed.

This is not an activity of the school or school district. Distribution of this material and the use of District facilities does not constitute an endorsement or sponsorship for the event/information by the school or the district.

CITY OF
SPOKANE
PARKS & RECREATION
509.755.2489
spokaneparks.org



CITY OF
SPOKANE
PARKS & RECREATION



808 West Spokane Falls Boulevard
Fifth Floor - City Hall
Spokane WA 99201-3317
509.625.6200

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