



THERAPEUTIC RECREATION SERVICES

Spring

APRIL — JULY 2020

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

Refund Policy

Participants will be notified if a class or program is canceled due to lack of enrollment and will be offered an alternate choice, full refund or credit on account. Participants who wish to cancel enrollment must notify Therapeutic Recreation at least seven days prior to the program date to be considered for a refund. Refund amount will be based on the number of students

enrolled and any supply costs incurred on the participant's behalf. 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 509.363.5450 registrations.
- Medication Information & Waiver form filled out as necessary.
- Register on line SpokaneRec.org see page 11 for step by step instructions.

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!



Come see the Performance and support
our hard-working actors!

Friday May 15 at 7:30 pm

\$5 donation at the door.

Musical Production

5 weeks | Ages 15+

This year the group will do songs from the animated and new live action movie Aladdin. They will have the opportunity to improve communication and socialization skills. **Meet at West Central Community Center, 1603 N Belt St., Mason Auditorium.**

5707 | Mon. & Wed. | 4/13-5/6 | 6:30-8pm | \$44

***Must have been enrolled in Winter Quarter**

Dress Rehearsals – at Rogers High School, 1622 E. Wellesley May 11 & May 13 6:30-9pm.

Show Night – Friday May 15. Cast 6-9pm. Actual show 7:30pm

End of Season Celebration

for **Spokane Blades, Blue Waxers, Powderhounds** and **Adaptive Ski/board Program**. Celebrate Sports! Wear your favorite sports outfit or team apparel.

A-L bring entree or main dish. M-Z bring salad or dessert.

RSVP to Alice: abusch@spokanecity.org.

Friday, April 3, 2020 – 6:30-8:00pm

Southside Senior Activity Center, 3151 E. 27th Ave.

Funshine ☀️ Day Camp



Funshine Day Camp is for people with developmental and/or physical disabilities. We encourage siblings and/or friends without disabilities to attend as well. Recreation activities include swimming, sports, games, inclusion playground, water activities, crafts, walks, field trips and more. Meet at Shadle Park Shelter, 4302 N. Belt. **\$219 weekly**



Teen Adventure Week

3 days packed of fast moving, active adventure and fun.

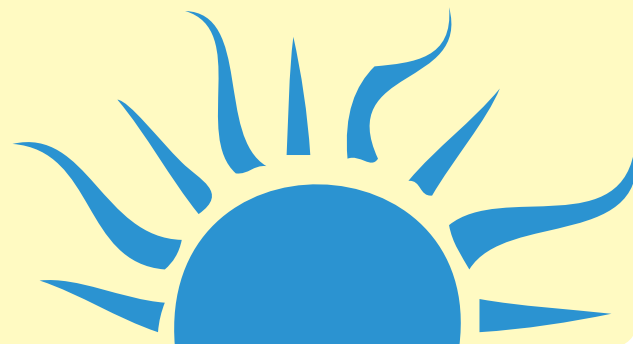
Call **625.6245**,

email abusch@spokanecity.org

or visit our website at

SpokaneParks.org

to access the registration form
available after April 3, 2020.



Cat Tales

1 day | Ages 18+

Lions and tigers and bears, oh my! But wait, there is more! Leopards and jaguars and servals and pumas and reptiles and ... We will take a tour with zoo staff. *Bring money to buy ice-cream after event.* **Sinto Senior Activity Center, 1124 W. Sinto, parking lot.**

5709 | Sat. | 4/18 | 1-5pm | \$19

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. **Class meets at Sinto Senior Activity Center, 1124 W. Sinto, dining room.**

5700 | Thurs. | 4/9-4/30 | 7-8:15pm | \$45

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. *Program fee does not include cost of food.* **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto, parking lot.**

Blueberry Froyo – With 10 flavors like Cake Batter and Mint Cookie, and over 30 toppings, the possibilities are endless at Blueberry frozen yogurt. Sugar and dairy free options available!

5748 | Mon. | 4/20 | 2:30 – 4:15 PM | \$12

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. *Price does not include cost of food.* **Transportation provided from Sinto Senior Activity Center, parking lot, 1124 W. Sinto.**

Nudo Ramen – Ramen, rice bowls, teriyaki, yakisoba noodles.

5750 | Thurs. | 4/16 | 6-9pm | \$17

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.**

5778 | Sat. | 4/11 | 1:30-4pm | \$27

Shrine Circus – This is the 64th Shrine Circus which features quality family entertainment with an upgraded new circus and variety of shows. We have purchased reserved seating so will be closer to the action. **Meet across from the old University City Mall Parking Lot-off of E. Sprague Ave on N. Herald Rd. 10210 E. Sprague.**

39341 | Sat. | 4/25 | 2:30-5:30pm | \$34

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. **Meet at West Central Community Center, 1603 N. Belt.**

School of Rock: Karaoke – Brian Stevens from Lakeland Village will be facilitating a musical activity that is enhanced Karaoke. One song at a time but will be multiple mics if want to sing in duets or groups.

5686 | Fri. | 4/10 | 7-9pm | \$8

Hiking

1 day | Ages 16+

Discover the beauty of local Spokane areas. Participants must be able to follow directions, stay with a group and be in good physical condition to do 3-6 miles of strenuous hiking. Bring a lunch. **Meet at Sinto Senior Activity Center, 1124 W. Sinto, parking lot.**

Dishman Hills – This is Spokane's wilderness version of New York's Central Park, with rocks, land forms, and vegetation. Enjoy ponds, cliffs, ravines, and numerous high points with views. You could see deer raccoons, coyotes, and 100 species of birds.

5784 | Sun. | 4/26 | 9am-2pm | \$19

Musical Production

5 weeks | Ages 15+

This year the group will do songs from the animated and new live action movie Aladdin. They will have the opportunity to improve communication and socialization skills. **Meet at West Central Community Center, 1603 N Belt St., Mason Auditorium.**

5707 | Mon. & Wed. | 4/13-5/6 | 6:30-8pm | \$44

***Must have been enrolled in Winter Quarter**

Dress Rehearsals – at Rogers High School, 1622 E. Wellesley May 11 & May 13 6:30-9pm.

Show Night – Friday May 15. Cast 6-9pm. Actual show 7:30pm

Sundancers Square Dancing

8 weeks | Ages 15+

Do you want to learn how to square dance or improve your existing skills? Participants should have the ability to follow simple directions, stay on task and be ok with physical contact such as holding hands. **Meet at Shaw Middle School, Cafeteria 4106 N. Cook.**

Beginners – Class dates are 4/14, 4/28, 5/12, 5/26

5793 | Tues. | 4/14-5/26 | 6:30-8pm | \$37

Performers – Performance dates are 4/21 and 5/19. Pick up time will be 9pm.

5794 | Tues. | 4/14-5/26 | 6:30-8pm | \$37

End of Season BBQ – Tuesday, May 26, from 6:30-8pm. **At the Manito Park North Shelter.**

Walking

7 weeks | Ages 14+

If you enjoy the outdoors, exercise and socializing with friends this weekly stroll is for you. We will divide the group into slow and fast walkers. Please wear comfortable, loose clothing such as sweats and sturdy walking shoes. **Meet at Friendship Park 7426 N. Standard St (Standard & Greta parking lot).**

5708 | Wed. | 4/15-5/27 | 4:30-5:30 pm | \$37

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. **Class meets at Southside Senior Activity Center, 3151 E. 27th Ave. - kitchen.**

5703 | Tues. | 4/7 – 4/28 | 4-6pm | \$53

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: abus@SpokaneCity.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
Swimming 5	6	Cooking 7	8	Crafts 9	Friday Night Jam School of Rock Karaoke 10	Bowling & Pizza 11
NO Swimming Easter 12	Musical 13	Cooking Powerlifting Squaredancing 14	Musical Walking 15	Crafts Fine Dining Nudo Ramen Powerlifting 16	17	Cat Tales 18
Swimming 19	Musical Dessert Delight Blueberry Froyo 20	Cooking Powerlifting Squaredancing Performance Night 21	Musical Walking 22	Crafts Powerlifting 23	24	Shrine Circus 25
NO Swimming Hiking Dishman Mica 26	Musical 27	Cooking Powerlifting Squaredancing 28	Musical Walking 29	Crafts Powerlifting 30		

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. **Class meets at Sinto Senior Activity Center, 1124 W Sinto, dining room.**

5701 | Thurs. | 5/7-5/28 | 7-8:15pm | \$45

Day at the Theatre

1 day | Ages 16+

Come with us as we delight in the entertaining theatre put on by our local Spokane Children's Theatre. **Meet at Spokane Children's Theatre for both shows: 2727 N. Madelia St. #5**

Matilda the Musical – Matilda is a little girl with astonishing wit, intelligence and psychokinetic powers. Matilda and her schoolteacher, the highly loveable Miss Honey, have a profound effect on each other's lives, as Miss Honey begins not only to recognize but also appreciate Matilda's extraordinary personality. The school's mean headmistress, Miss Trunchbull, hates children and just loves thinking up new punishments for those who don't abide by her rules. But Matilda has courage and cleverness in equal amounts, and could be the school pupils' saving grace!

5797 | Sat. | 5/2 | 1:45-4pm | \$26

A Year with Frog and Toad – A whimsical show telling the story of a friendship that endures throughout the seasons. Follow the cheerful, popular Frog and the rather grumpy Toad through four fun-filled seasons. The two best friends celebrate and rejoice in the differences that make them unique and special. Part vaudeville, part make believe ... all charm!

5799 | Sat. | 5/23 | 1:45-4pm | \$26

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. *Program fee does not include cost of food.* **Transportation provided from Sinto Senior Activity Center, 1124 W Sinto, parking lot.**

miFlavour – Visit your local French bakery and sample exotic creations like macaroons, mousse and madeleines. Favorites like brownies, cookies and cupcakes also available.

5749 | Wed. | 5/27 | 7-9pm | \$12

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. *Price does not include cost of food.* **Transportation provided from Sinto Senior Activity Center, parking lot, 1124 W Sinto.**

The Elk Public House – Burgers, street tacos, reuben sandwiches and famous corn pasta salad.

5776 | Thurs. | 5/14 | 6-9pm | \$17

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.

Gonzaga Baseball – We will watch the Gonzaga baseball team play Pepperdine. **Meet at the Patterson baseball complex, Gonzaga University 721 N. Cincinnati St.**

39342 | Fri. | 5/1 | 5:45-9pm | \$23

Musical Production

5 weeks | Ages 15+

This year the group will do songs from the animated and new live action movie Aladdin. They will have the opportunity to improve communication and socialization skills. **Meet at West Central Community Center, 1603 N Belt St., Mason Auditorium.**

5707 | Mon. & Wed. | 4/13-5/6 | 6:30-8pm | \$44

***Must have been enrolled in Winter Quarter**

Dress Rehearsals – at Rogers High School, 1622 E. Wellesley May 11 & May 13 6:30-9pm.

Show Night – Friday May 15. Cast 6-9pm. Actual show 7:30pm

Riverside State Park Overnight

2 days | Ages 18+

Early season overnight campout at Riverside State Park is something you won't want to miss! We'll sleep in tents, roast hot dogs, play volleyball and frisbee, go for hikes, and relax while enjoying the outdoor scenery. A tasty outdoors dinner and breakfast is included. **Meet at Riverside State Park Bowl and Pitcher area.**

5712 | Sat | 5/16 | arrive 1pm | \$49

| Sun | 5/17 | depart 11am

Spokane Shock

1 day | Ages 18+

Spokane Shock are back! We will watch them play the San Diego Strike Force. **Meet us at the main entrance of Spokane Veterans Memorial Arena, Boone & Howard.** *Bring money to purchase snacks or souvenirs.* If using paratransit to arrive schedule as no earlier than 6:30 pm. Paratransit quits running at 9 pm. **DO NOT USE PARATRANSIT FOR RETURN RIDE.**

6005 | Sat | 5/30 | 6:30 - 10pm | \$39

Sundancers Square Dancing

8 weeks | Ages 15+

Do you want to learn how to square dance or improve your existing skills? Participants should have the ability to follow simple directions, stay on task and be ok with physical contact such as holding hands. **Meet at Shaw Middle School, Cafeteria 4106 N. Cook.**

Beginners – Class dates are 4/14, 4/28, 5/12, 5/26

5793 | Tues. | 4/14-5/26 | 6:30-8pm | \$37

Performers – Performance dates are 4/21 and 5/19. Pick up time will be 9pm.

5794 | Tues. | 4/14-5/26 | 6:30-8pm | \$37

End of Season BBQ – Tuesday, May 26, from 6:30-8pm. **At the Manito Park North Shelter.**

Walking

7 weeks | Ages 14+

If you enjoy the outdoors, exercise and socializing with friends this weekly stroll is for you. We will divide the group into slow and fast walkers. Please wear comfortable, loose clothing such as sweats and sturdy walking shoes. **Meet at Friendship Park 7426 N. Standard St (Standard & Greta parking lot).**

5708 | Wed. | 4/15-5/27 | 4:30-5:30 pm | \$37

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. **Class meets at Southside Senior Activity Center, 3151 E. 27th Ave. - kitchen.**

5704 | Tues. | 5/5 -5/26 | 4-6pm | \$53

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Gonzaga Baseball Playball	2 Day at the Theatre Matilda
3 Swimming	4 Musical	5 Cooking Powerlifting Squaredancing	6 Musical Walking	7 Crafts Powerlifting	8 Playball	9 East Region Spring Games Blue Dolphins Iron Pumpers
10 Swimming	11 Musical Dress Rehearsal	12 Cooking Powerlifting Squaredancing	13 Musical Dress Rehearsal Walking	14 Crafts Fine Dining The Elk Public House Powerlifting	15 Playball Musical Production Alladin at Rodgers High School	16 Riverside State Park Overnight -->
17 NO Swimming Riverside State Park <-- Overnight	18	19 Cooking Powerlifting Squaredancing Performance Night	20 Walking	21 Crafts Powerlifting	22 Playball	23 Day at the Theatre Frog and Toad
24 Swimming	25	26 Cooking Powerlifting Squaredancing BBQ at Mission Park	27 Dessert Delight miFlavour Walking	28 Crafts Powerlifting	29 Playball	30 Spokane Shock
31 Swimming						

June Events

SPORTS: for softball, Playball, 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. **Class meets at Sinto Senior Activity Center, 1124 W. Sinto, dining room.**

5702 | Thurs. | 6/4-6/25 | 7-8:15pm | \$45

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. *Price does not include cost of food.* **Transportation provided from Sinto Senior Activity Center, parking lot, 1124 W. Sinto.**

Luigi's – Eggplant Parmesan, Lasagna, Spaghetti and Pizza.

5777 | Wed. | 6/10 | 6-9pm | \$17

Fishing Frenzy

1 day | Ages 13+
Join us for a day of fishing on Clear Lake. It is a 'Free Fishing Weekend' in WA so Michael and Joshua Marro will be sponsoring this event for TRS. Fishing poles, tackle and bait will be provided. *Bring \$10 for a lunch of hamburger/hotdog, chips, soda and dessert.* **Meet at Sinto Senior Activity Center, 1124 W Sinto parking lot.**

5781 | Sat. | 6/6 | 8:15am-2pm | \$23

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.

Spokane Indians Baseball Game: Wizards, Wands and Fireworks Night – The Indians will play Hillsboro Hops. We will be in box seats. *Bring \$12 for dinner/snacks.* **Meet at Avista Stadium Front Gate - 602 N. Havana St.**

39449 | Fri. | 6/19 | 6-9:45pm | \$28

Pizza & Bowling – An afternoon of bowling and pizza. Fee includes everything so extra money is not required for this outing. **Meet at North Bowl, 125 W Sinto.**

5779 | Sat. | 6/20 | 1:30-4pm | \$27

Manito Park – One of Spokane's gems is Manito Park. Join us as we walk through the park enjoying the beautiful Duncan, perennial and Japanese Gardens and smell the beautiful roses on Rose Hill. *Bring a minimum of \$10 to purchase dinner at the Park Bench Café which offers a nice variety of foods and outside dining.* **Meet at Manito Park Mirror Pond.**

39343 | Fri. | 6/26 | 5:45-8:15pm | \$14

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. **Meet at West Central Community Center, 1603 N Belt.**

Western Roundup – Dress in your favorite western outfit, flannel shirts, boots & cowboy hats or buckles. Hope to see ya'll there.

5687 | Fri. | 6/12 | 7-9pm | \$8

Hiking

1 day | Ages 16+
Discover the beauty of local Spokane areas. Participants must be able to follow directions, stay with a group and be in good physical condition to do 3-6 miles of strenuous hiking. Bring a lunch. **Transportation Provided from Sinto Senior Activity Center, 1124 W Sinto, parking lot.**

Indian Painted Rocks – Come enjoy the beauty of Riverside State park as we hike along the Little Spokane River. Views of bald eagles and daffodils abound!

5795 | Sun. | 6/14 | 9am-2pm | \$19

Lilac City Comicon

1 day | Ages 18+
NEW With over 250 exhibitors expected across 65,000 square feet, you'll be able to browse & buy comics, meet your super heroes and dress up like your favorite fictional character. Be prepared to walk 1-2 miles. Bring \$15 to purchase lunch at Sky Ribbon Cafe in Riverfront Park. **Meet at the butterfly at the north end of Riverfront Park, Howard & Mallon.**

5810 | Sun | 6/7 | 10am- 3pm | \$27

River Rafting

1 day | Ages 14+
See our own Spokane River as we float away from downtown on inflatable whitewater rafts. This trip, operated by Wiley E. Waters, has a touch of Whitewater and is a great introduction to rafting. Participants should be comfortable in the water. **Meet at Sinto Senior Activity Center, 1124 W Sinto.**

5780 | Sun. | 6/21 | 1:30-5:15pm | \$49

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. **Class meets at Southside Senior Activity Center, 3151 E 27th Ave., kitchen.**

5705 | Tues | 6/2-6/23 | 4-6pm | \$53



Lilac City Comicon

1 day | Ages 18+

With over 250 exhibitors expected across 65,000 square feet, you'll be able to browse & buy comics, meet your super heroes and dress up like your favorite fictional character. Be prepared to walk 1-2 miles. Bring \$15 to purchase lunch at Sky Ribbon Cafe in Riverfront Park. **Meet at the butterfly at the north end of Riverfront Park, Howard & Mallon.**

5810 | Sun | 6/7 | 10am- 3pm | \$27

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 Cooking Powerlifting	3	4 Crafts Powerlifting	5 Playball	6 Fishing Frenzy
7 Lilac City Comic Con	8	9 Cooking	10 Fine Dining Luigi's	11 Crafts	12 Playball Friday Night Jam Western Roundup	13
14 Hiking Indian Painted Rocks	15	16 Cooking	17 Softball	18 Crafts	19 Playball Spokane Indians Baseball	20 Pizza & Bowling
21 Whitewater Rafting	22 Funshine Day Camp Staff Training Week	23 Cooking	24 Softball	25 Crafts	26 Playball Friday Fun Manito Park	27
28	29 Funshine Day Camp Week 1 -->	30				

Sports

Blue Dolphin Swim Team

6 weeks | Ages 8+

For people with developmental disabilities who want to swim competitively or get a good workout. Ability to swim 75 yards without assistance and with rhythmic breathing. **Meet at Whitworth University Aquatic Center, 300 W Hawthorne.**

***no swim 4/12, 4/26, 5/17**

***If competing in Special Olympics AFP is due March 10.**

***Regional competition is @ EWU on Sat. May 9**

5173 | Sun. | 4/5-5/31 | 2:15-3:45pm | \$53

Learn to Swim: Beginner

6 weeks | Ages 8+

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. **Meet at Whitworth University Aquatic Center, 300 W Hawthorne.**

***no swim 4/12, 4/26, 5/17**

5791 | Sun. | 4/5-5/31 | 3-3:45 pm | \$53

Learn to Swim: Intermediate

6 weeks | Ages 8+

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. **Meet at Whitworth University Aquatic Center, 300 W Hawthorne.**

***no swim 4/12, 4/26, 5/17**

5789 | Sun. | 4/5-5/31 | 2:15-3pm | \$53

Powerlifting

7 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. **Meet at North Central High School, 1600 N. Howard weight room.**

Winter & Spring – This is winter and spring quarter combined. In order to compete in Special Olympics we will need current AFP's by March 15. Spring Regional Games in Cheney May 9 at EWU. State Games Tacoma June 5-7.

4956 | Tues. & Thurs. | 1/7-5/28 | 6:30-7:30pm | \$106

No class 4/7 and 4/9

Playball

14 weeks | Ages 12-25

This program is for those who are ready for more of a challenge. They will work on preparation and skill development in actual game situations. We are looking for parents/adults to play to enhance the game. **Meet at Chief Garry Park, Mission & Regal. Field A.**

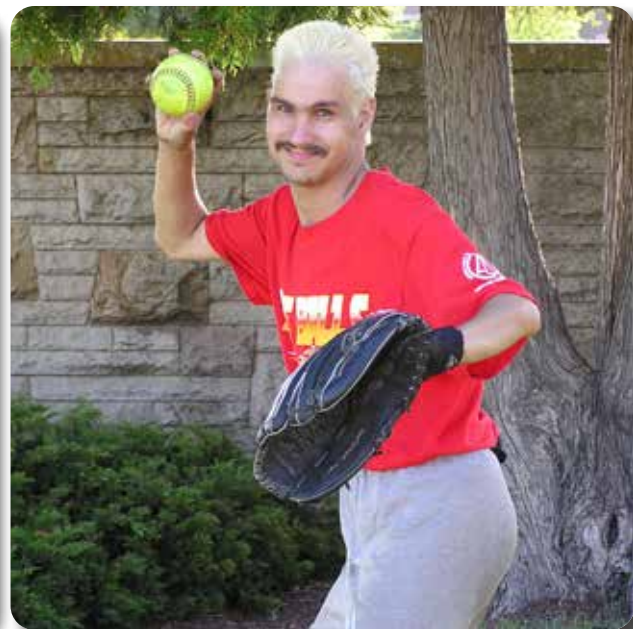
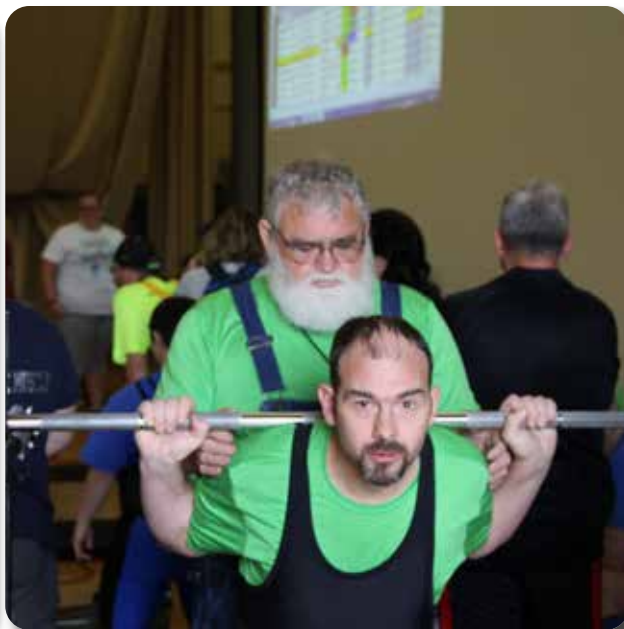
5710 | Fri. | 5/1-8/7 | 6-8pm | \$50

Adult Softball

8 weeks | Ages 18+

Fresh air, sunshine and playing softball with friends in a recreational setting. **Meet at Shadle Park, northwest corner of Shadle High off of Ash.**

5711 | Wed. | 6/17-8/5 | 6:30-8pm | \$43





Creating Your New Account

Visit **SpokaneRec.org**

On desktop, select **Log In/Create Account** in the upper left corner, then select **Create Your SPOKANE Account**.

On mobile devices, select **Account** in the upper right corner and then select **Sign Up**.

Fill out the required information.

To receive text alerts (i.e. class cancellations, facility closings), indicate your mobile carrier next to your cell number.

That's it! Now you're ready to register for our great programs!

Add additional members (spouse, children, etc) at any time in your account settings. Keep your entire household on one account!

When you've found a program, make sure to select the correct account member before adding it to your cart.

CIVICREC

Need help setting up your
account? Just call 311!



[illegible]

Make checks payable to:	City of Spokane
Mailing Address:	Spokane Parks & Recreation Department Class Registration – My Spokane 808 W. Spokane Falls Blvd. Spokane, WA 99201-3317
Total Program Fees:	
\$	

DDA will send funds. ☐ Yes ☐ No

Case Manager
Name: _____

phone # _____

email: _____

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.

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

Careprovider/Support Staff provided? ☐ Yes ☐ No

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

THERAPEUTIC RECREATION

Do you have any disabilities? (be specific)

Participant Personal Needs:

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

Social Skills/ Behavioral Info:	Participation:	Needs Help Managing:	Behavioral Triggers or fears:
	<input type="checkbox"/> Easily <input type="checkbox"/> Needs Occasional Prompting <input type="checkbox"/> Needs Constant Prompting	<input type="checkbox"/> Behavior <input type="checkbox"/> Personal Space <input type="checkbox"/> Emotions	Other information:

Mobility and Adaptive Equipment:	Do you use adaptive equipment?	Wheelchair:	Check all that apply:	Other information:
	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Manual <input type="checkbox"/> Full-time <input type="checkbox"/> Electric <input type="checkbox"/> Part-time	<input type="checkbox"/> Cane/Crutches <input type="checkbox"/> AFO's/Splint/braces <input type="checkbox"/> Walker	

Daily Life:	Toileting:	Eating	Communication Information:	Other information:
	<input type="checkbox"/> Independent <input type="checkbox"/> Independent w/reminders <input type="checkbox"/> Only with assistance	<input type="checkbox"/> Independent <input type="checkbox"/> Independent w/ partial assistance <input type="checkbox"/> Only with assistance	<input type="checkbox"/> Verbal and clearly understood <input type="checkbox"/> Verbal but not clearly understood <input type="checkbox"/> Non-verbal <input type="checkbox"/> Uses sign language <input type="checkbox"/> Uses a communication board	

Additional Personal Needs Information:

MEDICATION INFORMATION & WAIVER *signature required

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

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

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

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

Signature _____ Date _____

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

List any special instructions/cautions/side effects:

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

WARNING: PLEASE READ CAREFULLY BEFORE SIGNING!

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

1. Each person participating in the City of Spokane Parks & Recreation Division's activity identified herein (referred to as "Activity") is referred to as "Participant." I, the undersigned, am a Participant and, if a Participant is under 18 or has a guardian, I am the Participant's parent or legal guardian. I understand that participating in the Activity referenced herein can be HAZARDOUS AND INVOLVE THE RISK OF PHYSICAL INJURY AND/OR DEATH.

2. I understand the dangers and risks of the Activity and that Participant ASSUMES ALL INHERENT DANGERS AND RISKS of the Activity.

3. In consideration for being permitted to participate in the Activity, I AGREE, to the greatest extent permitted by law, TO WAIVE ANY AND ALL CLAIMS AGAINST AND TO HOLD HARMLESS, RELEASE, INDEMNIFY, AND AGREE NOT TO SUE the City of Spokane, which includes the City of Spokane Parks & Recreation Division and Therapeutic Recreation Services; any employees, chaplains, or volunteers; and all their respective insurance companies, successors in interest, commercial & corporate sponsors, affiliates, agents, employees, representatives, assignees, officers, directors, and shareholders (each a "Released Party") FOR ANY INJURY, INCLUDING DEATH, LOSS, PROPERTY DAMAGE, OR EXPENSE, WHICH I, OR PARTICIPANT, MAY SUFFER, ARISING IN WHOLE OR IN PART OUT OF PARTICIPANT'S PARTICIPATION IN THE ACTIVITY except only for injury or damage caused by the sole negligence of the City of Spokane, its employees, or agents. To the extent Participant's damages were caused by or resulted from the concurrent negligence of the City of Spokane, its appointed officers, employees, agents, or representatives, the obligation to indemnify, defend, and hold harmless is valid and enforceable to the extent of the negligence of Participant.

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

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

4. I AGREE TO PAY ALL COSTS, INCLUDING ATTORNEYS' FEES, INCURRED BY ANY RELEASED PARTY IN DEFENDING AN INVESTIGATION, CLAIM, OR LAWSUIT BROUGHT BY OR ON PARTICIPANT'S BEHALF WHETHER ARISING IN WHOLE OR IN PART FROM PARTICIPANT'S PARTICIPATION IN ANY ACTIVITY OR FROM ANY MISREPRESENTATIONS OR FRAUDULENT EXECUTION OF THIS AGREEMENT.

5. I represent that Participant is in good health and that there are no special problems associated with Participant's physical or mental condition that would enhance the risks of my participation in the Activity, that would increase the likelihood of my injury and/or death, or that would interfere with my safety in the Activity. I authorize a licensed physician or other medical care provider to carry out any emergency medical care for Participant which may be necessary and agree to be fully responsible for any costs associated with such care or transport to such care.

6. I grant the Released Parties the right of publicity to own and use any image collected of Participant while participating in the Activity. YES NO

7. I agree that any and all claims for loss, injury, and/or death arising from Participant's participation in the Activity shall be governed by the law of the State of Washington and that exclusive jurisdiction of any such claim shall be in a court of competent jurisdiction in the in the State of Washington, County of Spokane.

8. BY SIGNING ON BEHALF OF A MINOR OR OTHER PARTICIPANT, I REPRESENT THAT I AM AUTHORIZED TO SIGN ON PARTICIPANT'S BEHALF and/or I AM THE PARENT OR LEGAL GUARDIAN OF THE MINOR PARTICIPANT and acknowledge that Participant is bound by all the terms of this Agreement. I acknowledge that the Activity entails known and anticipated risks that could result in physical or emotional injury, paralysis, or death to Participant as well as damage to property, or to third parties. I understand that such risk cannot be eliminated without jeopardizing the essential qualities of the activity. I assume the risk and financial responsibility for any injury, illness, or liability resulting from Participant's participation. I waive any claims and agree to hold harmless and not sue Released Parties from all claims or liability arising out of Participant's participation. I have been made aware of the itinerary and give permission for Participant to ride in the vehicle designated by the staff of the City of Spokane Park & Recreation Division while attending or participating in the Activity, and I understand this release/waiver applies with equal weight to any claim arising from riding in a vehicle, including entering or exiting the vehicle. I certify that the Participant has no medical or physical conditions that could interfere with his/her safety in this activity, or else I am willing to assume and bear the costs of all risks that may be created, directly or indirectly, by any such condition.

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

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

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

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

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

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

Emergency Contact (print) _____ Relation _____ Phone number _____

Winter Highlights



Special thanks to Spokane Parks Foundation for the gift of \$3500 which was used to pay for ice time so the Spokane Blades could skate, and provide scholarships for kids to attend Funshine Day Camp and ski.



Special Thanks to Winter Quarter Volunteers

Blue Dolphin Swimming Head Instructors

Bill Johnson
Loretta Moon

Blue Dolphin

Glendia Plott
Larry Garvin
Pat Garvin
Julie Warren

Cross Country Skiing

David Bentz
Yvonne Fisher
Curtis Kracher
Loretta Kracher
Julie Parry
Ed Parry
David Tewel

Alpine / DD Skiing

Caleb Alcamo
Bill Andersen
Kellie Anderson
Stacie Anderson
Doug Burke
Patty Burke
Naomi Busch
Steve Busch
Joanne Comer
Paul Cron
Austin Hagel
Nicole Hollday
Shelley Houn
Howard Imhof

Ariel Jones
Deanna Kazemba
Ruthie Kilpatrick
Gary Lewis
Jonnie Lewis
Valerie Loeb sack
Donald Long
Keith Lund
Joshua Marro
Michael Marro
Marnie McCoy
Jennie McLaughlin
Quentin Mize
Carly Nelson
Tom O'Brien
Brandon Olson
Nick Plugh
Jean Ripley
Ben Rowe
Mac Rubash
Eric Sahlin
Mark Schafer
Brian Shearer
Domingue Swenson
Lance Tedrow
Eric Tevlin
Katherine Van Aken
Ron Vierra
Jeff Whitney
Kristy Whitney
James Wilson
Frank Wintersteen
John Vetter
J Zucchetto

Adaptive Skiing

Ron Blair
Jeremiah Bryant
Carolyn Cartwright
Elizabeth Davison
Dean Evans
Stephen Fuller
Richard George
Lauren Hare
Adam Hertzberg
Debra Hill
Cody Kenison
Melissa Kirby
Emily Neufeld
Seneca Shank
Morgan Shank
Jody Smith
Cathy Tenquist
Nick Valov
Ben Ward

MISC

Mary Bartol
Madie Cortright
Khalil Curry
Trudy Forsberg
John Guevin
Glenn Landby
Susan Landby
Aijah Martinez
Jerry Nelson
Dennis Trudeau
Keegan Trudeau
Melinda Trudeau
Oliver Trudeau



Special Thanks to Spokane Parks Foundation

A huge thanks to Spokane Parks Foundation for their generous donation of ice time. This is a wonderful gift to the community and we are forever grateful.



Wallowa Lake Camping Adventure

Save the dates for this 4-day adventure!
6020 | Sun-Wed | 8/23-8/26 | \$529



Look for more
exciting activities
coming this spring

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.



509.755.2489
spokaneparks.org



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

Address Service Requested

