Therapeutic Recreation Services

Winter

January – April 2020

509.755.2489 – SpokaneParks.org
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 ATTENDED 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 509.625.6205 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. 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!

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!

+ Discounted Skiing + Volunteering = One Awesome Winter

Volunteer Ski/Snowboard Instructor Workshops 2020
Adaptive Volunteer Training Clinics (teaching those using adaptive pieces of equipment & methods): Must be able to ski or snowboard independently. Need to provide own equipment. Preferred intermediate (blue run) or above skills. Dryland Clinic will be Friday, January 3, 2020, 6-8pm at Corbin Senior Activity Center, 827 W. Cleveland. On snow clinics will be Saturday, Jan 4, 8:30am-4pm and Sunday, Jan 5, 9am-4pm. Meet at Snow Sports Chalet at Mt. Spokane. Includes 2 lift tickets, training, background check & more.
5064 | F 1/3, Sa 1/4, & Su 1/5 | $50
Returning Instructors purchasing season pass from Mt. Spokane thru TRS 5071 | $30

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.
5065 | Sa 12/28 | 9:00 AM-12:00 PM | $0

Powderhound Volunteer Training Clinics (teaching those with developmental disabilities): Dryland Training Friday, December 6, 6:30-8pm at Corbin Senior Activity Center, 827 W. Cleveland. On snow training will be Saturday, December 28 and Sunday, December 29, 9am-4pm. Lodge 1 at Mt. Spokane Ski and Snowboard Resort. Includes 2 lift tickets, training, background check & more.
5066 | F 12/6, Sa 12/28, Su 12/29 | $50
Returning Instructors purchasing season pass from Mt. Spokane thru TRS 5072 | $30

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

Please call 509.625.6245 or email abusch@spokanecity.org

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.

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!

Volunteer Ski/Snowboard Instructor Workshops 2020
Adaptive Volunteer Training Clinics (teaching those using adaptive pieces of equipment & methods): Must be able to ski or snowboard independently. Need to provide own equipment. Preferred intermediate (blue run) or above skills. Dryland Clinic will be Friday, January 3, 2020, 6-8pm at Corbin Senior Activity Center, 827 W. Cleveland. On snow clinics will be Saturday, Jan 4, 8:30am-4pm and Sunday, Jan 5, 9am-4pm. Meet at Snow Sports Chalet at Mt. Spokane. Includes 2 lift tickets, training, background check & more.
5064 | F 1/3, Sa 1/4, & Su 1/5 | $50
Returning Instructors purchasing season pass from Mt. Spokane thru TRS 5071 | $30

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.
5065 | Sa 12/28 | 9:00 AM-12:00 PM | $0

Powderhound Volunteer Training Clinics (teaching those with developmental disabilities): Dryland Training Friday, December 6, 6:30-8pm at Corbin Senior Activity Center, 827 W. Cleveland. On snow training will be Saturday, December 28 and Sunday, December 29, 9am-4pm. Lodge 1 at Mt. Spokane Ski and Snowboard Resort. Includes 2 lift tickets, training, background check & more.
5066 | F 12/6, Sa 12/28, Su 12/29 | $50
Returning Instructors purchasing season pass from Mt. Spokane thru TRS 5072 | $30

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

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.

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!

Volunteer Ski/Snowboard Instructor Workshops 2020
Adaptive Volunteer Training Clinics (teaching those using adaptive pieces of equipment & methods): Must be able to ski or snowboard independently. Need to provide own equipment. Preferred intermediate (blue run) or above skills. Dryland Clinic will be Friday, January 3, 2020, 6-8pm at Corbin Senior Activity Center, 827 W. Cleveland. On snow clinics will be Saturday, Jan 4, 8:30am-4pm and Sunday, Jan 5, 9am-4pm. Meet at Snow Sports Chalet at Mt. Spokane. Includes 2 lift tickets, training, background check & more.
5064 | F 1/3, Sa 1/4, & Su 1/5 | $50
Returning Instructors purchasing season pass from Mt. Spokane thru TRS 5071 | $30

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.
5065 | Sa 12/28 | 9:00 AM-12:00 PM | $0

Powderhound Volunteer Training Clinics (teaching those with developmental disabilities): Dryland Training Friday, December 6, 6:30-8pm at Corbin Senior Activity Center, 827 W. Cleveland. On snow training will be Saturday, December 28 and Sunday, December 29, 9am-4pm. Lodge 1 at Mt. Spokane Ski and Snowboard Resort. Includes 2 lift tickets, training, background check & more.
5066 | F 12/6, Sa 12/28, Su 12/29 | $50
Returning Instructors purchasing season pass from Mt. Spokane thru TRS 5072 | $30

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

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

**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. Location varies.

**Three Musketeers** — Enjoy this adaptation of Alexander Dumas’ classic swashbuckling story of three swordsmen plus one young man who dreams to become one of them, who seek to save their King from the scheming of Cardinal Richelieu. Laughter, antics, music, and dance are the expected fare in this light-hearted and jaunty adventure. *Meet at Spokane Children’s Theatre, 2727 N. Madelia St. #5.*

**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.*

**Brain Freeze Creamery Kendall Yards** — Come try some of the most popular ice cream in Spokane! Tons of unique and favorite flavors such as apple crisp, banana, home of the Seahawks 12 ice cream and many more! Lactose free and vegan ice cream available!

**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.*

**Spokan Classic Bullriding** 1 day | Ages 18+
The City of Spokane is hosting the PBR (Professional Bull Riders) America’s original extreme sport. The Pendleton Whisky Velocity Tour will bring all the thrills and spills of the fastest growing tour on the PBR curcuit as the 7th event of the year. Competitors from countries across the globe will head to the Northwest to mount the rankest bulls on the planet with hopes of padding their pockets with prize money and earn points toward being crowned the 2020 PWVT champion. *Meet at Spokane Veterans Memorial Arena, main entrance of Boone & Howard.*

**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.*

**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 Chiefs Hockey** — Chiefs hockey game vs. Portland Winterhawks. *Bring $12 to purchase snacks or dinner. Meet us at the Spokane Veterans Memorial Arena main entrance of Boone and Howard.*

**Friday 4900 | Fri. | 1/3 | 6:30-9:30pm | $29**
**4901 | Fri. | 1/10 | 7-9pm | $8**
**5174 | Sat. | 1/25 | 6:30-9:15pm | $36**

**Musical Production** 8 weeks | Ages 15+
This year’s musical will be Aladdin. The group will do songs from the original animated movie and the new live action movie. Participants will have the opportunity to improve communication and socialization skills. *Meet at West Central Community Center, 1603 N. Belt St., Mason Auditorium.*

**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.*

**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 ok with physical contact such as holding hands. *Meet at Shaw Middle School, Cafeteria 4106 N. Cook.*

**Beginners** — Class dates are 1/14, 1/28, 2/11, 2/25, 3/10, 3/24
**4947 | Tues. | 1/14-3/24 | 6:30-8pm | $37**

**Performers** — Performers only meet 1/7, 1/21, 2/4, 2/18, 3/3, 3/17 but are welcome to come 1/14, 1/28, 2/11, 2/25, 3/10, 3/24 to help with the beginners. Performance night is the 3rd Tuesday of the month. 1/21, 2/18, 3/17 Pick up time on performance night is 9 pm.

**5175 | Tues. | 1/7-3/24 | 6:30-8pm | $37**

**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.*

**4964 | Mon. | 1/13 | 6:30-7:30pm | $17**

**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. *Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto.*

**4965 | Sun. | 1/19 | 9:45 am-3:30pm | $34**

**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.*

**5175 | Tues. | 1/7-1/28 | 4-6pm | $53**

**Friday Night Jam**
**5174 | Sat. | 1/25 | 6:30-9:15pm | $36**

**Sundancers Square Dancing**
**What’s Cooking**

**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
<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td></td>
<td>2</td>
<td></td>
</tr>
</tbody>
</table>
|        |        |         |           |          |        | **Friday Fun**  
|        |        |         |           |          |        | **Spokane Chiefs**  
|        |        |         |           |          |        | **Hockey vs. Portland Adaptive Ski Volunteer Dryland Training** |
|        |        |         | 3         |          | 4      |          |
|        |        |         |           |          |        | **Blue Waxers Adaptive Ski Volunteer Training Powderhounds** |
|        |        |         | 5         |          | 6      |          |
| **Swimming Learn to Swim Adaptive Ski Volunteer Training** | **Ice Skating** | **Squaredancing Performers Only Powerlifting What's Cooking** |          |          |        |          |
|        | 7      | 8       | 9         | 10       | 11     |          |
|        |        | **Powerlifting Crafts** | **Friday Night Jam New Years Celebration** | **Blue Waxers Adaptive Ski Powderhounds** |          |          |
|        | 12     | 13      | 14        | 15       | 16     | 17       |
| **NO Swimming NO Learn to Swim** | **Ice Skating Tie Dye Workshop Musical** | **Squaredancing Powerlifting What's Cooking** | **Desset Delight Brain Freeze** | **Powerlifting Crafts** | **Blue Waxers Adaptive Ski Powderhounds** |          |
|        | 18     | 19      | 20        | 21       | 22     | 23       |
|        |        | **Ice Skating NO Musical** | **Squaredancing Performers Night Powerlifting What's Cooking** | **Basketball Adaptive Ski** | **Day at the Theater Three Musketeers** | **Blue Waxers Adaptive Ski Spokane Classic Bull Riding** |
|        |        | 24      | 25        | 26       | 27     | 28       |
|        |        |         | **Powerlifting Crafts** | **Basketball Adaptive Ski** | **Regional Special Olympics Ski & Snowboard Meet NO Swimming NO Learn to Swim** |          |
|        |        | 29      | 30        | 31       |        |          |
|        |        |         | **Powerlifting Crafts** |          |        |          |
February Events

Blue Zoo 1 day | Ages 16+
Visit Spokane’s first interactive aquarium, Blue Zoo and then enjoy lunch at Northtown Mall. The aquarium has a stingray touch pool, starfish touch tank, touch and feel bird room & lizard center, beautiful fish tanks, a mermaid meet and greet and so much more. Meet at Sinto Senior Activity Center, 1124 W. Sinto. 5044 | Wed. | 2/19 | 10:15am-2pm | $27

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. 4932 | Thurs. | 2/6-2/27 | 7-8:15pm | $45

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. Beauty and the Beast – Based on Disney’s award-winning animated feature. Meet at Bing Crosby Theatre, 901 W. Sprague Ave. 5014 | Fri. | 2/21 | 6:45-9:30pm | $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 does not include cost of food. Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto, parking lot. Tomato Street – Tiramisu, bread pudding and creme brulee. 4904 | Thurs. | 2/12 | 7-9pm | $12

Eagles Basketball 1 day | Ages 16+
Join us as we cheer on the Eastern Eagles Men’s Basketball team as they take on the Montana State Bobcats. 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. 4968 | Sat. | 2/8 | 1-5pm | $24

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.

Wisconsin Burger – A locally owned Spokane restaurant inspired by the mom-and-pop burger shops in Wisconsin. Our beef is locally sourced and ground fresh every morning to give you the best possible burger experience! 5037 | Thurs. | 2/20 | 6-9pm | $17

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. Meet at Sinto Senior Activity Center, 1124 W. Sinto. 4967 | Mon. | 2/17 | 6:30-8pm | $19

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.

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). 4898 | Fri. | 2/14 | 7-9pm | $8

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 Chiefs Hockey – Chiefs hockey game vs. Seattle Thunderbirds. Bring $12 to purchase snacks or dinner. Meet us at the Spokane Veterans Memorial Arena main entrance of Boone and Howard. 4903 | Fri. | 2/28 | 6:30-9:30pm | $29

Girls Night Out 1 day | Ages 18+
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. 5027 | Fri. | 2/7 | 6-9:30pm | $29

Monster Jam 1 day | Ages 16+
Monster Jam is the incredible family-friendly experience starring twelve-feet 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 Veterans Arena Entrance of Boone and Howard. 5020 | Sun. | 2/23 | 10:15am-3:15 pm | $59

Musical Production 8 weeks | Ages 15+
This year’s musical will be Aladdin. The group will do songs from the original animated movie and the new live action movie. Participants will have the opportunity to improve communication and socialization skills. Meet at West Central Community Center, 1603 N. Belt St., Mason Auditorium. 4966 | Mon. | 1/13-3/16 | 6:30-8pm | $44

Polka Dot Pottery 1 day | Ages 16+
Avoid the winter blues by coming with us to Polka Dot Pottery and create your own pottery. Don’t worry about the mess, let us take care of that for you! Paint a piece purchased at the shop. Price does not include Pottery. Prices vary depending upon piece. Figurines $18-28, Mugs are $14-34, banks $18-26, plates $16 (salad)- $34 (dinner), cereal bowls $16-26. We suggest bringing $25-$40. Meet at 2716 W. Northwestern Blvd. 4973 | Sat. | 2/15 | 1:30-3:30 pm | $14

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 ok with physical contact such as holding hands. Meet at Shaw Middle School, Cafeteria 4106 N. Cook.

Beginners – Class dates are 1/14, 1/28, 2/25, 3/10, 3/24 4947 | Tues. | 1/14-3/24 | 6:30-8pm | $37

Performers – Participants only meet 1/7, 1/21, 2/4, 2/18, 3/3, 3/17 but are welcome to come 1/14, 1/28, 2/25, 3/10, 3/24 to help with the beginners. Performance night is the 3rd Tuesday of the month. 1/21, 2/18, 3/17 Pick up time on performance night is 9 pm.

4955 | Tues. | 1/7-3/24 | 6:30-8pm | $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. 4959 | Tues. | 2/4-2/25 | 4-6pm | $53

SPORTS: for basketball, ice skating, powerlifting and swimming see Sports page 10.
<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Blue Waxers Adaptive Ski Lookout Ski Day</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>Swimming</td>
<td>Ice Skating Musical</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>Learn to Swim</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>4</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>5</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>6</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>7</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>8</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>NO Blue Waxers Adaptive Ski Powderhounds EWU Basketball vs. Montana</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>9</td>
</tr>
<tr>
<td>Langlauf Nordic Race Swimming Learn to Swim</td>
<td>Ice Skating Musical</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>10</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>11</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>12</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>13</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>14</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>15</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Blue Waxers NO Adaptive Ski NO Powderhounds Polka Dot Pottery</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>16</td>
</tr>
<tr>
<td>Swimming Learn to Swim</td>
<td>Ice Skating Musical</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>17</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>18</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>19</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>20</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>21</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>22</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Blue Waxers Adaptive Ski Powderhounds</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>23</td>
</tr>
<tr>
<td>Swimming Learn to Swim</td>
<td>Ice Skating Musical</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>24</td>
</tr>
<tr>
<td>Monster Jam</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>25</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>26</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>27</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>28</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>29</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Winter Games - Wenatchee Blue Waxies, Powderhounds, Spokane Blades</td>
</tr>
</tbody>
</table>
March Events

**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.

**4977 | Sat. | 3/28 | 2:15-5:45 pm | $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.**

**4934 | Thurs. | 3/5-3/26 | 7-8:15pm | $45**

**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. Location varies.

**The Little Mermaid** – Ariel, King Triton’s youngest daughter, wishes to pursue the human Prince Eric in the world above, bargaining with the evil sea witch, Ursula, to trade her tail for legs. But the bargain is not what it seems, and Ariel needs the help of her colorful friends, Flounder the fish, Scuttle the seagull and Sebastian the crab to restore order under the sea with its irresistable songs, including “Under the Sea,” “Kiss the Girl” and “Part of Your World.” **Meet at Spokane Children’s Theatre, 2727 N. Madelia Suite #5**

**5022 | Sat. | 3/21 | 1:45-4pm | $26**

**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.**

**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).

**4899 | Fri. | 3/13 | 7-9pm | $8**

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

**4975 | Sat. | 3/7 | 1:30-4:00 pm | $27**

**Ham on Regal: Hamfinity and Beyond** – Ham on Regal is an original musical/comedy show written and performed by Ferris High School parents and school staff. **Meet at Ferris High School, 3020 E. 37th Ave, visitors parking lot.**

**5034 | Sat. | 3/14 | 7-10:15 pm | $19**

**Movie & Burgers** – We will head to AMC, Northtown or Village Cinema, eat dinner, then see a movie. *Please bring $12 to purchase dinner.* **Meet at Sinto Senior Activity Center, 1124 W. Sinto, parking lot.**

**4976 | Fri. | 3/27 | 5:30-10pm | $27**

**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, pizza dinner and park entrance fee. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto.**

**4970 | Sun. | 3/15 | 12:30-6pm | $44**

**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 ok with physical contact such as holding hands. **Meet at Shaw Middle School, Cafeteria 4106 N. Cook.**

**Beginners** – Class dates are 1/14, 1/28, 2/11, 2/25, 3/10, 3/24

**4947 | Tues. | 1/14-3/24 | 6:30-8pm | $37**

**Performers** – Performers only meet 1/7, 1/21, 2/4, 2/18, 3/3, 3/17 but are welcome to come 1/14, 1/28, 2/11, 2/25, 3/10, 3/24 to help with the beginners. Performance night is the 3rd Tuesday of the month. 1/21, 2/18, 3/17 Pick up time on performance night is 9 pm.

**4955 | Tues. | 1/3-3/24 | 6:30-8pm | $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.**

**4960 | Tues. | 3/3-3/24 | 4-6pm | $53**

**Musical Production**  8 weeks | Ages 15+
This year’s musical will be Aladdin. The group will do songs from the original animated movie and the new live action movie. Participants will have the opportunity to improve communication and socialization skills. **Meet at West Central Community Center, 1603 N. Belt St., Mason Auditorium.**

**4966 | Mon. | 1/13-3/16 | 6:30-8pm | $44**

**No Class 1/20, 2/17**
<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
</table>
| Winter Games – Wenatchee  
Blue Waxes, Powderhounds, Spokane Blades  
Swimming  
Learn to Swim | Musical  | Squaredancing  
Performers Only  
Powerlifting  
What's Cooking | Basketball  
Fine Dining  
Red Robin | Powerlifting  
Crafts |  | Saturday Fun  
Pizza and Bowling |
| Swimming  
Learn to Swim | Musical  | Squaredancing  
Powerlifting  
What's Cooking | Basketball | Powerlifting  
Crafts | Friday Night Jam  
St. Paddy’s Dance | Saturday Fun  
Ham on Regal |
| NO Swimming  
NO Learn to Swim  
Raptor Reef  
Indoor Waterpark | Musical | Squaredancing  
Performers Night  
Powerlifting  
What's Cooking | Powerlifting  
Crafts  
Fine Dining  
Old Spaghetti Factory |  | Day at the Theater  
The Little Mermaid |  |
| Swimming  
Learn to Swim |  | Squaredancing  
Powerlifting  
What's Cooking | Powerlifting  
Crafts | Friday Fun  
Movie and a Burger |  | Bingo & Burgers |
|  |  |  |  |  |  |  |
Basketball 8 weeks | Ages 18+
Fun, exercise, teamwork, and being with friends is what this program is about. We provide both beginner and intermediate basketball. Beginner group will learn developmental skills such as dribbling and shooting. Intermediate group will focus on how to play as a team. Meet at Longfellow Elementary, 800 E. Providence, gym.
4958 | Wed. | 1/22-3/11 | 6:30-7:30pm | $27

Ice Skating 8 weeks | Ages 8+
Participants with developmental disabilities learn to skate and improve existing skills. Please dress warmly. Each session includes participation on both days. Meet at Eagles Ice Arena, 6321 N. Addison St.
4944 | Mon. | 1/6-2/24 | 3-3:45 pm | $69

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 AFPs by March 15. Winter Regional Games in Cheney TBA. 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

Swimming 9 weeks | Ages 8+
Meet at Whitworth University Aquatic Center, 300 W. Hawthorne.
Blue Dolphin Swim Team – 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.
4937 | Sun. | 1/5-3/22 | 2:15-3:45 pm | $53
No Class 1/12, 1/26 & 3/15
Learn to Swim: Beginner – Individuals will learn how to face float, back float, kick with floats and learn the crawl stroke with rotary breathing. Elementary back stroke and back crawl will be taught with the goal to be able to do for 20 yards.
4940 | Sun. | 1/5-3/22 | 3-3:45 pm | $53
No Class 1/12, 1/26 & 3/15
Learn to Swim: 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.
4943 | Sun. | 1/5-3/22 | 2:15-3pm | $53
No Class 1/12, 1/26 & 3/15

TRS Cross Country Skiing Lessons – Blue Waxers 3 weeks | Ages 12+
The class is designed for people with developmental disabilities. Fresh air, experience and fun are just a few benefits of this activity. We ski at Mt. Spokane on the terrific trail system. Participants should be able to walk a mile with minimal difficulty. The class size is limited to the number of volunteers. Separate registration form is required. Please find on web site www.spokaneparks.org or call Alice Busch 625.6245. Scholarships are available - request a form. No ski February 8th. Langlauf Community Nordic Race is Sunday February 9, 2020. If interested in doing each skier must pre-register and pay for event on own. TRS will provide supervision and transportation. If want to compete in Special Olympics TRS must have a current AFP on file by January 2, 2020. Winter Games in Leavenworth are scheduled for February 28-March 1.
Separate registration form is required. Please find on web site www.spokaneparks.org or call Alice Busch 625.6245. Scholarships are available - request a form.

Lessons, Transportation, & Equipment – Transportation: The TRS Van will leave:
Park Operations, 810 N. Stone 7:30 AM
Yokes, Mt. Spokane Day Road 8:00 AM
The TRS Van will return:
Yokes, Mt. Spokane Day Road 1:00 PM
Park Operations, 810 N. Stone 1:30 PM
4969 | Sat. | 1/4-2/22 | 7:30 am-1:30 pm | $199

Winter Games Wenatchee
For qualifying participants – details to follow.
4972 | 2/28-3/1 | 8:00 am-7:00 pm | $50

Ski Day – Downhill Skiing 1 day | Ages 18+
Come join us for fun, sun, and hopefully some powder snow at Lookout Pass. 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. Must be currently enrolled in Powderhound program or have been involved in the past. Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto.
Lookout
5023 | Sat. | 2/1 | 7:30 am-5:30 pm | $53

TRS is very grateful for the financial support of Spokane Parks Foundation to cover ice time costs.

TRS is very grateful for the financial support of Spokane Parks Foundation to cover ice time costs.
Skiing/Snowboarding Lessons – 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 two locations. If providing own transportation, meet at Lodge #1 at Mt. Spokane Ski and Snowboard Resort, 29500 N. Mt Spokane Park Dr, Mead.

Lessons Only – Customers will choose this option if they have a Mt. Spokane season pass and provide own equipment and transportation.

5008 | Sat. | 1/4-2/22 | 10:30 am-3pm | $180
5009 | Sat. | 1/4-2/22 | 10:30 am-3pm | $270

Lift Tickets, Lessons – Fee covers lift tickets and lessons. Customer will provide own equipment and transportation.

5010 | Sat. | 1/4-2/22 | 10:30 am-3pm | $372
5011 | Sat. | 1/4-2/22 | 9am-5pm | $372

Lift Tickets, Lessons, Equipment Rental – Fee covers lift ticket, lessons, and equipment rental. Customers will provide own transportation.

5012 | Sat. | 1/4-2/22 | 9:00 am-5:00 pm | $462

Transportation to Lodge #1 Only – If you are not taking our transportation, please meet at Lodge #1 at 10:30am. Practice will be done at 3pm.

4980 | Sat. | 1/4 | 9am-5pm | $19
4981 | Sat. | 1/11 | 9am-5pm | $19
4982 | Sat. | 1/18 | 9am-5pm | $19
4983 | Sat. | 1/25 | 9am-5pm | $19
4984 | Sat. | 2/8 | 9am-5pm | $19
4985 | Sat. | 2/22 | 9am-5pm | $19

Transportation: Please be aware that if the roads are clear the bus my arrive back as much as fifteen minutes early and if road conditions make for slow travel, the bus could be a few minutes late. Please be at the sites in plenty of time to take your student home. One late pick-up can cause delays for the rest of the group. We may assess late fees if necessary. All late pickups will be taken to Sinto Senior Center. Be sure to mark on your registrations form which site you will be using. We encourage not using paratransit for this program but if you do please use only Sinto as transportation site.

If you are not taking our transportation, please meet at Lodge #1 at 10:30am. Practice will be done at 3pm.

The bus will leave:
Sinto Senior Center 1124 W. Sinto 9:00am
Lincoln Rd & Division 9:30am

The bus will return:
Lincoln Rd & Division 4:30pm
Sinto Senior Center, 1124 W. Sinto 5:00pm

TRS Skiing/Snowboarding Lessons – Adaptive
1 Lesson | 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 & Wednesdays and meet at our Ski Chalet at the base of chair #5 at Mt. Spokane Ski & Snowboard Resort, 29500 N. Mt Spokane Park Dr, Mead.

Separate registration form is required. Please find on web site www.spokaneparks.org or call Alice Busch 625.6245. Scholarships are available - request a form.

Additional fee: Equipment Rental:
Mono/Bi Sit Ski Rental: $12 per lesson
Ski/Snowboard, Boots Rental: $12 per lesson
Outriggers Only: $8 per lesson

4987 | Sat. | 1/11 | 9:30-11:30am | $65
4993 | Sat. | 1/11 | 12:30-2:30pm | $65
4988 | Sat. | 1/18 | 9:30-11:30am | $65
4994 | Sat. | 1/18 | 12:30-2:30pm | $65
4999 | Wed. | 1/22 | 1:30-3:30pm | $65
4995 | Sat. | 1/25 | 12:30-2:30pm | $65
4989 | Sat. | 1/25 | 9:30-11:30am | $65
5000 | Wed. | 1/29 | 1:30-3:30pm | $65
4990 | Sat. | 2/1 | 9:30-11:30am | $65
4996 | Sat. | 2/1 | 12:30-2:30pm | $65
5001 | Wed. | 2/5 | 1:30-3:30pm | $65
4991 | Sat. | 2/8 | 9:30-11:30am | $65
4997 | Sat. | 2/8 | 12:30-2:30pm | $65
5002 | Wed. | 2/12 | 1:30-3:30pm | $65

No Lessons 2/15
5003 | Wed. | 2/19 | 1:30-3:30pm | $65
4992 | Sat. | 2/22 | 9:30-11:30am | $65
4998 | Sat. | 2/22 | 12:30-2:30pm | $65
5004 | Wed. | 2/26 | 1:30-3:30pm | $65
**ACTIVITY REGISTRATION FORM**

**PARTICIPANT INFORMATION**

<table>
<thead>
<tr>
<th>LAST NAME</th>
<th>FIRST NAME</th>
<th>MI</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**BIRTHDATE**

<table>
<thead>
<tr>
<th>DAY</th>
<th>MONTH</th>
<th>YEAR</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**AGE**

<table>
<thead>
<tr>
<th>SEX</th>
<th>AGE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**GENDER**

<table>
<thead>
<tr>
<th>M</th>
<th>F</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**ACTIVITY NUMBER**

<table>
<thead>
<tr>
<th>ACTIVITY NAME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Statistical Information**

Birthdate & sex of participant is used for demographics and to customize course activities.

**Which program are you registering for?**

- [ ] General
- [ ] TRS

**PAYEE INFORMATION**

<table>
<thead>
<tr>
<th>LAST NAME</th>
<th>FIRST NAME</th>
<th>MI</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**ADDRESS**

<table>
<thead>
<tr>
<th>CITY/STATE/ZIP</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

**DAY, WORK OR CELL PHONE**

<table>
<thead>
<tr>
<th>NIGHT PHONE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

**EMAIL**

<p>| |</p>
<table>
<thead>
<tr>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

**How did you hear about us?**

- [ ] Existing customer
- [ ] TV
- [ ] Inlander
- [ ] Spokesman
- [ ] Kids magazine
- [ ] Other

**CONTINUED**

Please contact your case manager to send us verification of payment to abusch@spokanecity.org.

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

**MEDICATION INFORMATION & WAIVER**

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 release and hold harmless the City of Spokane, its employees, chaperones, and volunteers from any and all claims, actions, and suits for any and all damages, loss or expenses (including, but not limited to, attorney fees), which may arise in connection with the administration of medicated Participants. By signing this form, I agree to hold responsible Personnel, Participants, their families, any and all agencies or organizations and any and all sponsors, manufacturers, agents, members, successors, assigns, directors, and shareholders (each a “Released Party”), and agree to hold Released Parties, and Personnel, their families, any and all agencies or organizations and any and all sponsors, manufacturers, agents, members, successors, assigns, directors, and shareholders (each a “Released Party”), harmless from and against any and all liability which may arise to Personnel or Participants, or their families or any participating organizations, arising from my negligence or the negligence of Personnel or Participants or their families. I agree to hold Released Parties, Personnel, Participants, their families, any and all agencies or organizations and any and all sponsors, manufacturers, agents, members, successors, assigns, directors, and shareholders (each a “Released Party”), harmless from and against any and all liability which may arise to Personnel or Participants, or their families or any participating organizations, arising from my negligence or the negligence of Personnel or Participants or their families.

**BY SIGNING ON BEHALF OF A MINOR OR OTHER PARTICIPANT I REPRESENT THAT I AM AUTHORIZED TO SIGN ON BEHAVIOR OF THE MINOR PARTICIPANT AND ACKNOWLEDGE THAT PARTICIPANT IS BOUND BY ALL TERMS OF THIS AGREEMENT.**

**Please print and fill out completely.**

**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:**

<table>
<thead>
<tr>
<th>$</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

**DDA will send funds.**

- [ ] Yes
- [ ] No

**Case Manager:**

<table>
<thead>
<tr>
<th>NAME</th>
<th>PHONE</th>
<th>EMAIL</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Please contact your case manager to send us verification of payment to abusch@spokanecity.org.**

**MEDICATION TAKEN**

<table>
<thead>
<tr>
<th>TYPE</th>
<th>DOSAGE</th>
<th>TIME(S)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**List any special instructions/cautions/side effects:**

[ ]

**Records**

Spokane, WA 99201-3317
808 W. Spokane Falls Blvd.
Class Registration – My Spokane
808 W. Spokane Falls Blvd.
Spokane, WA 99201-3317

**Class Registration – My Spokane**

**Participants who require medication while attending a City of Spokane activity will be bound by all terms of this Agreement.**

**ACTIVITY REGISTRATION FORM**

City of Spokane Parks and Recreation Department
509.755.CITY (2489)

**ACTIVITY INFORMATION**

<table>
<thead>
<tr>
<th>ACTIVITY NAME</th>
<th>ACTIVITY NUMBER</th>
<th>ACTIVITY DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**How did you hear about us?**

- [ ] Existing customer
- [ ] TV
- [ ] Inlander
- [ ] Spokesman
- [ ] Kids magazine
- [ ] Other

**For which program are you registering?**

Please print and fill out completely.
This is a release of liability & waiver of certain legal rights including the right to sue or claim compensation for any injury, including death, loss, property damage, or expenses, which I, or Participant, and/or the Participant’s estate or assigns, may suffer as a result of Participant’s participation in the activity. By signing below, I 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 above-named participant which may include hospitalization, anesthesia, surgery, or injections of medication for Participant. I understand every qualified physician/surgeon selected by City of Spokane personnel to examine and in the event of injury or serious illness administer emergency care 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 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, 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 agreeing to hold harmless and not sue Released Parties from all claims or liability arising out of Participant’s participation. I assume the risk and financial responsibility for any injury, illness, or liability resulting from Participant’s participation. I waive any claims and 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 understand that participating in the Activity referenced herein can be HAZARDOUS AND INVOLVE THE RISK OF PHYSICAL INJURY AND/OR DEATH.

WARNING: PLEASE READ CAREFULLY BEFORE SIGNING!

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.

2. The undersigned Participant agrees to hold harmless and not sue the City of Spokane Park & Recreation Department and Therapeutic Recreation Services; any employees, chaperones, or volunteers; and all their respective insurance companies, successors in interest, commercial & corporate sponsors, affiliates, agents, employees, representatives, assignees, officers, directors, and shareholders (each a “Released Party”) FOR ANY INJURY, INCLUDING DEATH, LOSS, PROPERTY DAMAGE, OR EXPENSE, WHICH I, OR PARTICIPANT, AND/OR THE PARTICIPANT’S ESTATE OR ASSIGNS, MAY SUFFER AS A RESULT OF PARTICIPANT’S PARTICIPATION IN ANY ACTIVITY OR FROM ANY MISREPRESENTATIONS OR FRAUDULENT EXECUTION OF THIS AGREEMENT.

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 County, the State of Washington and that exclusive jurisdiction of any such claim shall be in a court of competent jurisdiction in the State of Washington.

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.

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.

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.

8. BY SIGNING BELOW, I AGREE THAT I AM AUTHORIZED TO SIGN THIS AGREEMENT AND THAT ANY PROPERTY LOCATION OR ACTIVITY I OR PARTICIPANT MAY ENTER INTO IS IN THE CITY OF SPOKANE, WASHINGTON AND THAT I AM EMPOWERED TO SIGN THIS AGREEMENT ON BEHALF OF AN ORGANIZATION OR OTHER PARTICIPANT I REPRESENT.

9. I UNDERSTAND THAT THIS AGREEMENT CONTAINS EXCLUSIVE EXCUSE TERMS, THAT THEY SHOULD NOT BE RELIED UPON IN FORMING ANY DECISIONS OR MAKING ANY AGREEMENTS THAT MAY AFFECT MY OR PARTICIPANT’s SAFETY OR WELL-BEING.

10. I UNDERSTAND THAT THIS AGREEMENT EXCLUDES ALL INJURY AND DEATH RISKS ARISING FROM ANY CLAIMS ARISING FROM ANY INJURY OR DEATH CLAIMS AGAINST THE CITY OF SPOKANE, WASHINGTON.

11. The undersigned Participant agrees to hold harmless and not sue the City of Spokane Park & Recreation Department and Therapeutic Recreation Services; any employees, chaperones, or volunteers; and all their respective insurance companies, successors in interest, commercial & corporate sponsors, affiliates, agents, employees, representatives, assignees, officers, directors, and shareholders (each a “Released Party”) FOR ANY INJURY, INCLUDING DEATH, LOSS, PROPERTY DAMAGE, OR EXPENSE, WHICH I, OR PARTICIPANT, AND/OR THE PARTICIPANT’S ESTATE OR ASSIGNS, MAY SUFFER AS A RESULT OF PARTICIPANT’S PARTICIPATION IN ANY ACTIVITY OR FROM ANY MISREPRESENTATIONS OR FRAUDULENT EXECUTION OF THIS AGREEMENT.

12. I understand that participating in the activity referenced herein can be HAZARDOUS AND INVOLVE THE RISK OF PHYSICAL INJURY AND/OR DEATH.

13. I understand that participating in the activity referenced herein can be HAZARDOUS AND INVOLVE THE RISK OF PHYSICAL INJURY AND/OR DEATH.

14. 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.

15. 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.

16. 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.
**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:**
    - □ Easily
    - □ Needs occasional prompting
    - □ Needs constant prompting
  - Needs help managing:
    - □ Behavior
    - □ Personal Space
    - □ Emotions

- **Behavioral Triggers or fears:**

- **Other:**
  - Check all that apply:
    - □ Cane/Crutches
    - □ AFO's/Splint/braces
    - □ Walker
    - □ Wheelchair
    - □ Manual
    - □ Electric Full-time
    - □ Electric Part-time

- **Other Information:**
  - Daily Life:
    - Toileting:
      - □ Independent
      - □ Independent w/reminders
      - □ Only with assistance
    - Eating:
      - □ Independent
      - □ Independent w/partial assistance
      - □ Only with assistance
    - Communication:
      - □ Verbal and clearly understood
      - □ Verbal but not clearly understood
      - □ Non-verbal
      - □ Uses sign language
      - □ Uses a communication board
      - □ Non-verbal
      - □ Verbal but not clearly understood
      - □ Verbal and clearly understood

- **Additional Personal Needs Information:**

- **Daily Life:**
  - General supervision is provided 15 minutes prior to class time and 15 minutes at the end of class. If additional supervision is required there will be an additional fee imposed.

- **Dietary Precautions/Foods to Avoid:**

- **Allergies:**
  - □ Bee/Wasp Stings
  - □ Drug Allergies
  - □ Food Allergies
  - □ Latex Allergies
  - □ Other (please specify)

- **Activity Limitations/Physical problems (if any):**

- **Allergies:**
  - □ Peanuts
  - □ Tree Nuts
  - □ Shellfish
  - □ Fish
  - □ Milk
  - □ Eggs
  - □ Other (please specify)

- **Dietary Precautions/Foods to Avoid:**

- **Careprovider/Support Staff provided?**
  - □ Yes
  - □ No

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

- **Will you be using Paratransit?**
  - □ Yes
  - □ No

- **If yes, what is your rider number?**

- **Check One:**
  - □ Group Home/Institution
  - □ Own Home/Apartment
  - □ Private Home With Parent

---

**Therapeutic Recreation Only**
Fall Highlights

Special Thanks to Fall Quarter Volunteers

Fall Volunteers:
- Dave Bentz
- Steve Busch
- Doug Callahan
- Madie Cortright
- Khalil Curry
- Pat Garvin
- Megan Grose
- John Guevin
- Madison Hart
- Bill Johnson
- Suzanne Landby
- Aijah Martinez
- Loretta Moon
- Jerry Nelson
- Julie Parry
- Glendia Plott
- Hayden Saalfeld
- Dennis Trudeau
- Patrick Wallace
In Memory of Matthew Schierholz
Long time Funshine Day Camp friend, Matthew Schierholz passed away in October. He was a fun, caring, and humorous man. Matt loved to tease and tell jokes. He was a very proud Uncle and loved showing us pictures of his family. He cared about his friends and was a ray of sunshine that will be truly missed.

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