

A COVID liability form will be required to be signed and turned in prior to start of class. Instructors will implement physical distancing protocols by: Requiring participants to work 6 feet apart unless from the same household. No sharing of supplies, unless students are from the same home. Masks are required. Be sure to do pre-health screening before arriving and DO NOT Come if have any symptoms listed in the FAQ sheet. Cleaning & sanitizing of high touch points will be completed before and after class. Class size will be limited to 5.

TRS PHYSICALLY DISTANCED SOCIALIZATION



Getting Crafty

TUESDAY FUN SERIES

Paint & Taste

1 day | Ages 14+ Do you like painting and apple cider? Make a masterpiece of your very own while enjoying sipping on cider. Meet at **Park Operations lunch room, 2304 E. Mallon Ave.** \$19

6819	Tues.	4/13	5:30 - 7pm
6820	Tues.	5/25	5:30 - 7pm

Trivia Night

1 day | Ages 14+ Bring your sack dinner and laugh with friends while playing Trivia. Fun prizes will abound. Meet at **Park Operations lunch room, 2304 E. Mallon Ave.** \$19

6825	Tues.	4/20	5:30 - 7pm
6826	Tues.	5/18	5:30 - 7pm

No Bake Cookies

1 day | Ages 14+ No oven required for making these delicious no-bake cookies. Enjoy yourself, take home or share with friends. Gluten-free options are available. Meet at **Park Operations lunch room, 2304 E. Mallon Ave.** \$19

6829	Tues.	5/4	5:30 - 7pm
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TRS Classy Crafts

4 weeks | Ages 16+ Explore your creative side and make a variety of beautiful and meaningful crafts each week. Participants will have the opportunity to improve skills such as fine motor, socialization and communication. Class meets at **Park Operations lunch room, 2304 E. Mallon Ave.** \$47

6807	Thurs.	4/8 - 4/29	4:15 - 5:30pm
6808	Thurs.	5/6 - 5/27	4:15 - 5:30pm
6809	Thurs.	6/3 - 6/24	4:15 - 5:30pm

TRS WELLNESS

TRS Cornhole & Pizza

4 weeks | Ages 12+ Fresh air, fun and favorite lawn game- Cornhole. Laughter and friendly competition will abound. Pizza will be served. **Location TBA** \$49

6817	Mon.	4/12 - 5/3	4:30-6pm
6818	Mon.	5/24 - 6/21 *no class 5/31	4:30-6pm

TRS Disc Golf & Pizza

3 weeks | Ages 12+ We will visit a Spokane Parks and Recreation Park that hosts a Jr. Disc golf course. Safety and throwing fundamentals will be covered. Games played each week. Disc is included in the price. Discs provided if forget to bring. Pizza served at the end of each weekly play. **Ave.** \$43

6827	Fri.	4/23 - 5/7	4-5:30pm
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Meet at **Hays Park, 1750 E. Providence**
 6828 Fri. 6/4 - 6/18 4-5:30pm
 Meet at **Ben Burr Park, 4401 S. Havana St.**



TRS Disc Golf

TRS Line Dancing

4 weeks | Ages 14+ Easy beginner line dancing is for everyone. Grab your dancing shoes and join us as we learn the fundamentals of line dancing. Meet at **Franklin Park Shelter, 302 W. Queen.** \$31

6815	Mon.	4/12 - 5/3	3-4pm
6816	Mon.	5/24 - 6/21	3-4pm

*No Class 5/31



Funshine Day Camp

Specialized and Adaptive Recreation Services for Individuals with Disabilities

Kids (ages 6-21)

June 28-July 2	\$219
July 12-16	\$219
July 19-23	\$219
August 2-6	\$219
August 9-13	\$219

Adult Week (Ages 18+)

July 26-30	\$219
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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 sports, games, water activities, crafts, walks, field trips and more. If in phase 1-2, enrollment will be limited to 15 campers. All campers who need support for personal care and staying in a small group will need to come with their own support staff. We will have 2 camp spots available each week for a camper to bring an aid if needed. Meet at Finch Arboretum, 3404 W. Woodland Ave.

Registration Opens March 15, 2021!

To Register: Call 509-625-6245 | email abusch@spokanecity.org | or visit SpokaneParks.org

NOTICE: All programs will meet COVID guidelines in place at the time of the program, or they will be rescheduled/cancelled.

TRS WELLNESS CONTINUED

NEW! **TRS Drumming**
4 weeks | Ages 14+ Come jam with TRS in the drumming circle for fun and friendship. Class covers how to follow a beat and play your own rhythms within the beat of the group. No experience needed. Be ready to laugh and learn. Drums provided. Bring own if desired. Meet at **Park Operations, 2304 E. Mallon Ave.** \$29

6968	Thurs	4/8-4/29	6:15-7:15pm
6969	Thurs	5/6-5/27	6:15-7:15pm
6970	Thurs	6/3-6/24	6:15-7:15pm

TRS Walking

4 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 **Manito Park, Mirror Pond.** \$27

6821	Tues.	4/13 – 5/4	2 – 3:30pm
6822	Tues.	5/18 – 6/8	2 – 3:30pm



Kickboarding

TRS SWIMMING

No swim April 4, May 23 due to Whitworth spring break and graduation.

TRS Swimming- Blue Dolphins Swim Team

9 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. (Max Class Size: 10) Meet at **Whitworth University Aquatic Center, 300 W. Hawthorne.** \$57

6811	Sun.	3/21 – 5/30	2:15-3:15pm
6812	Sun.	3/21 – 5/30	3:20-4:20pm

Learn to Swim - Beginner

9 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. (Max Class Size: 5) Meet at **Whitworth University Aquatic Center, 300 W. Hawthorne.** \$57

6814	Sun.	3/21 – 5/30	3-3:45pm
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Learn to Swim – Intermediate

9 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. (Max Class Size: 5) Meet at **Whitworth University Aquatic Center, 300 W. Hawthorne.** \$57

6813	Sun.	3/21 – 5/30	2:15-3pm
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<p>REGISTER ONLINE SpokaneRec.org</p>	
<p>MAIL US City of Spokane Parks & Recreation Class Registration 808 W. Spokane Falls Blvd. Spokane WA 99201 <small>*checks payable to City of Spokane</small></p>	
<p>CALL US Call 311 (ext. 3) or outside the city at 509.755.CITY Fax 509.625.6990</p>	



TRS SPORTS

TRS Bicycling

5 Weeks | Ages 16+ Enjoy Spokane's natural beauty by bicycle. Participants need to be in physical condition and ride a bike safely. Make sure your bike is in good working order and helmet fits well. Meet at **Mirabeau Point Park, trailhead , 13500 Mirabeau Pkwy, Spokane Valley.** \$43

6823	Wed.	4/14 – 5/12	5 – 7pm
68624	Wed.	6/2 – 6/30	5 – 7pm



Ice Skating

TRS Ice Skating

9 weeks | Ages 8+ Participants with developmental disabilities learn to skate and improve existing skills. Please dress warmly. Meet at **Eagles Ice Arena, 6321 N. Addison St.** \$69

6810	Sat.	4/10 – 6/12	12:15-1pm
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**no skate 5/29*



Ice Skating



Bicycling

TRS 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.** \$50

6830	Fri.	5/7 – 8/6	6-8pm
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**no class 5/28, 7/2*

TRS TRIPS & TOURS

TRS 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** \$49

6977	Sun	June 13	1:30-5:15pm
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TRS VIRTUAL

TRS Virtual Dance Party

1 day | Ages 12+ Missing your monthly chance to let loose and boogie? Join TRS for a virtual dance. Come see your old friends, hear your favorite songs and show off your moves. Registration is FREE. A few days before the dance we will send out a zoom link.

7039	Fri.	4/16	6-7pm
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