



City of Spokane
PARKS
& RECREATION

Therapeutic Recreation Services

Summer 2022

June – September



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 \$8.00 for every 15 minutes or \$32.00 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 509.625.6205 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. 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.

Meet the Funshine Day Camp Staff



Hilary

Hi everyone! My name is Hilary. I have lived in Spokane my whole life with my entire extended family, there's close to 60 of us! Family is very important to me. In my free time, I enjoy fishing with my dad, playing outside, gardening, hanging out with my nephews and niece, and keeping busy with small projects. I live with my two dogs (Mollie and Louie), three rabbits (Sandy, Bailor, and Loretta) and various other small critters. My friends like to say I live on a mini-farm. Outside of summer, I am a third grade teacher with Spokane Public Schools. I just finished up year seven. I enjoy working with kids and am looking forward to spending the summer with them. My aunt will actually be joining us for one of the adult weeks and I'm really looking forward to it. I can't wait to meet the rest of you.



Jayde

Hello! My name is Jayde and I am a Master's School Counseling student at Gonzaga University. I am a big fan of cats, RPG games/board games, cacti, and spending time in the sunshine! I am so excited to spend this summer with all of our wonderful campers!



Hannah

Hannah has worked with TRS for three years and has been a caregiver, working with children and adults with disabilities for 15. She is currently completing a Masters Degree in Psychology. Hannah enjoys kayaking, hiking, baking, playing the cello and spending time with her son and partner.



Madison

Hi my name is Madison, I am from Gresham Oregon and am a student and Eastern Washington University studying therapeutic recreation. I have a black lab named Mack and we both love the outdoors and going on adventures together. My favorite activities are razor rides, swimming, hiking and skiing. I can't wait for a fun summer!

Alisson

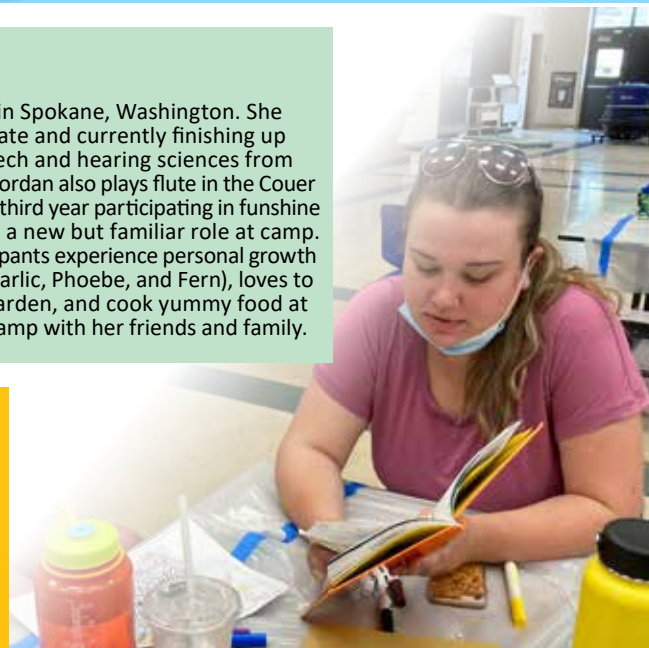
Alisson is currently getting her Culinary degree and Baking Certificate from Spokane Community college. She has worked in childcare for 10+ years and is preparing to go back to school for Education.



Jordan

Jordan was born and raised in Spokane, Washington. She is a Mead High school graduate and currently finishing up her bachelors degree in speech and hearing sciences from Washington state university. Jordan also plays flute in the Couer d'Alene symphony. This is her third year participating in funshine camp! She is excited to be in a new but familiar role at camp. She loves watching the participants experience personal growth at camp. Jordan has 3 cats (Garlic, Phoebe, and Fern), loves to grow her houseplants and garden, and cook yummy food at home, as well as travel and camp with her friends and family.

Funshine Day Camp



June Events

TRS Playball

14 weeks | Ages 12+
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.**

10296 | Fri. | 5/13 – 8/5* | 6 – 8pm | \$60

***No class 5/27, 7/1**

TRS What's Cooking

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

10400 | Tues. | 6/7 – 6/28 | 4pm – 6pm | \$59

TRS Summer Fun

1 day | Ages 18+
If your nights are dull check out these summer fun event. 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 Poster Giveaway & Fireworks Night

10825 | Fri. | 6/24 | 6pm – 10pm | \$33

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.

10851 | Thurs. | 6/23 | 6pm – 7:30pm | \$19

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, 1702 S. Grand Ave. Mirror Pond.**

10519 | Fri. | 6/3 – 6/24 | 2pm – 3:30pm | \$27

TRS Funshine Day Camp

**4 weeks | Ages 6-21yrs.
2 weeks | Adults Ages 18+**
Funshine Day Camp is a fun-filled camp for those with developmental and/or physical disabilities. Campers will have the opportunity to interact and socialize with their peers through crafts, music, science experiments, books, board games, group activities, and more. Fridays are field trip days to a variety of exciting locations. Each week the camp centers around a different theme. We celebrate the end of summer with our annual Potluck BBQ & Carnival. The pool is now open so the camp will swim M-Th 11:45am-12:45pm. The camp is back at Shadle Park. **Drop off and pick up will be inside the Shadle Library, 2111 W. Wellesley Ave.**

Adult Camps | Ages 18+

Game Week – Field trip to Manito Park & Lawn Games

10653 | Mon. – Fri | 6/27 – 7/1 | 9am – 2:30pm | \$239



GOT E-MAIL!

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1 Bicycling	2	3 Playball Walking	4
5	6	7 Cooking	8 Bicycling	9	10 Playball Walking	11
12	13	14 Cooking	15 Bicycling	16	17 Playball Walking at Manito	18
19	20	21 Cooking	22 Bicycling	23	24 Playball Walking at Manito Friday Fun Indians Baseball	25
26	27	28 Cooking	29 Bicycling	30	1	2
<hr/> Funshine Day Camp Adults #1 <hr/>						

July Events

TRS 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 2 -4 miles of strenuous hiking. Bring a lunch. Locations vary.

Palisades Park Hike – Palisades Conservation Area is full of a variety of plants, flowers, birds and nature trails. The park has views of Mt. Spokane, the city, and has a natural creek and waterfall. **Meet at Palisades Park, 2 S Rimrock Dr.**

10853 | Sat. | 7/9 | 10am – 12:30pm | \$21

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 and other dances such as the Macarena, YMCA, Alley Cat and more. **Meet at The Pickleball Playground, 10505 N. Newport Hwy.**

10860 | Mon. | 7/11 – 8/1 | 3pm – 4pm | \$31

TRS Pickleball

4 weeks | Ages 14+
Come learn how to play pickleball, one of the fastest growing sports in America. The game is fun, easy to learn and promotes fitness. The paddle is smaller than a tennis racket and the ball is a plastic whiffle ball. Equipment and instruction will be provided by the Pickleball Playground. **Meet at Pickleball Playground, 10505 N. Newport Hwy.**

10684 | Mon. | 7/11 – 8/1 | 6:30pm – 7:30pm | \$39

TRS Walking

6 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.**

10858 | Thurs. | 7/14 – 8/18 | 3:30pm – 5pm | \$43

TRS Funshine Day Camp

**4 weeks | Ages 6-21yrs.
2 weeks | Adults Ages 18+**
Funshine Day Camp is a fun-filled camp for those with developmental and/or physical disabilities. Campers will have the opportunity to interact and socialize with their peers through crafts, music, science experiments, books, board games, group activities, and more. Fridays are field trip days to a variety of exciting locations. Each week the camp centers around a different theme. We celebrate the end of summer with our annual Potluck BBQ & Carnival. The pool is now open so the camp will swim M-Th 11:45am-12:45pm. The camp is back at Shadle Park. **Drop off and pick up will be inside the Shadle Library, 2111 W. Wellesley Ave.**

Kids Camps | Ages 6-21yrs.

Dinosaur Week – Field Trip to Ice Age Playground at Riverfront Park
10654 | Mon. – Fri | 7/11 – 7/15 | 9am – 2:30pm | \$239

Planet Earth – Field Trip to Mobius

10655 | Mon. – Fri | 7/18 – 7/22 | 9am – 2:30pm | \$239

The Great Outdoors – Field Trip to Riverside State Park

10656 | Mon. – Fri | 7/25 – 7/29 | 9am – 2:30pm | \$239

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 Meet at Mirabeau Point Park, trailhead, 13500 Mirabeau Pkwy, Spokane Valley.**

10845 | Wed. | 7/13 – 8/10 | 5pm – 7pm | \$59

TRS Playball

14 weeks | Ages 12+
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.**

10296 | Fri. | 5/13 – 8/5* | 6 – 8pm | \$60

***No class 5/27, 7/1**

TRS Cheney Rodeo

1 day | Ages 18+
Put on your western duds and cowboy hat as we head to Cheney for the annual professional rodeo. The show will be packed with calf roping, bronc and bull riding, and other exciting events. **Meet at Cheney Rodeo Grounds, 14310 St. Rt. 904.**

10866 | Sun. | 7/10 | 1:30 – 4:30pm | \$39

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. **Meet at Pickleball Playground, 10505 N. Newport Hwy.**

10862 | Mon. | 7/11 – 8/1 | 4:30pm – 6pm | \$53

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.**

10780 | Thurs. | 7/7 – 7/28 | 4:15pm – 5:30pm | \$47

TRS Disc Golf & Pizza

4 weeks | Ages 12+
We will visit a Spokane Parks and Recreation Park that host a Jr. Disc golf course. Safety and throwing fundamentals will be covered. Games played each week. The Spokane Parks Foundation has provided funding so each person can take home a disc. Pizza served at the end of each weekly play. **Meet at Friendship Park 631 E Greta Ave.**

10859 | Fri. | 7/22 – 8/12 | 4pm – 5:30pm | \$39

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. July picnic & dance. Wear your favorite red, white and blue. TRS provides fried chicken, juice and paper products. **Bring a side dish or dessert to share. Meet at Franklin Park Shelter, 302 W. Queen Ave.**

10844 | Fri. | 7/15 | 6pm – 8:30pm | \$11

TRS What's Cooking

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

10846 | Tues. | 7/12 – 8/2 | 4pm – 6pm | \$59

TRS Summer Fun

1 day | Ages 18+
If your nights are dull check out these summer fun event. 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 Family Feast Nights**

10826 | Fri. | 7/8 | 6pm – 9:45pm | \$33

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.**

10852 | Tues. | 7/26 | 6:30pm – 8 pm | \$19

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	1 NO Playball	2
Funshine Day Camp Adults #1						
3	4	5	6	7 Crafts	8 Playball Friday Fun Indians Baseball	9 Hiking Palisades Park
No Funshine Day Camp This Week						
10 Cheney Rodeo	11 Summer #1 Cornhole Line Dance Pickleball	12 Cooking	13 Bicycling	14 Crafts Walking	15 Playball Friday Night Jam Picnic—Franklin Park	16
Funshine Day Camp Kids #1						
17	18 Cornhole Line Dance Pickleball	19 Cooking	20 Bicycling	21 Crafts Walking	22 Playball Disc Golf	23
Funshine Day Camp Kids #2						
24	25 Cornhole Line Dance Pickleball	26 Cooking Trivia 6:30-8pm	27 Bicycling	28 Crafts Walking	29 Playball Disc Golf	30
31	Funshine Day Camp Kids #3					

August Events

- TRS 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 2-4 miles of strenuous hiking. Bring a lunch. Locations vary.
- Riverside State Park Hike** – We will be exploring the Bowl and Pitcher Area which includes crossing a suspension bridge over the Spokane River. **Meet at Riverside State Park, 4427 N. Aubrey White Parkway.**
10854 | Sat. | 8/13 | 10am – 12:30pm | \$21
- Fish Lake Trail Hike** – A beautiful ADA accessible trail that takes you from urban to rural in one mile. A former railroad route-7.6 miles one way- now paved that connects West Spokane to Queen Lucas Lake. We will walk as far as the group chooses. **Meet at Trailhead, 16th & S. Lindeke St.**
10856 | Sat. | 9/10 | 10:30am – 12:30pm | \$21
- 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 and other dances such as the Macarena, YMCA, Alley Cat and more. **Meet at The Pickleball Playground, 10505 N. Newport Hwy.**
10860 | Mon. | 7/11 – 8/1 | 3pm – 4pm | \$31
10861 | Mon. | 8/8 – 8/29 | 3pm – 4pm | \$31
- TRS Pickleball** 4 weeks | Ages 14+
Come learn how to play pickleball, one of the fastest growing sports in America. The game is fun, easy to learn and promotes fitness. The paddle is smaller than a tennis racket and the ball is a plastic whiffle ball. Equipment and instruction will be provided by the Pickleball Playground. **Meet at Pickleball Playground, 10505 N. Newport Hwy.**
10684 | Mon. | 7/11 – 8/1 | 6:30pm – 7:30pm | \$39
10865 | Mon. | 8/8 – 8/29 | 6:30pm – 7:30pm | \$39
- TRS Walking** 6 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.**
10858 | Thurs. | 7/14 – 8/18 | 3:30pm – 5pm | \$43
- 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 Ave.**
11097 | Fri. | 8/26 | 1:30pm – 5:15pm | \$49
- TRS Funshine Day Camp** 4 weeks | Ages 6-21yrs.
2 weeks | Adults Ages 18+
Funshine Day Camp is a fun-filled camp for those with developmental and/or physical disabilities. Campers will have the opportunity to interact and socialize with their peers through crafts, music, science experiments, books, board games, group activities, and more. Fridays are field trip days to a variety of exciting locations. Each week the camp centers around a different theme. We celebrate the end of summer with our annual Potluck BBQ & Carnival. The pool is now open so the camp will swim M-Th 11:45am-12:45pm. The camp is back at Shadle Park. **Drop off and pick up will be inside the Shadle Library, 2111 W. Wellesley Ave.**
Adult Camps | Ages 18+.
Art Week – Field trip to Northtown Mall
10658 | Mon. – Fri. | 8/1 – 8/5 | 9am – 2:30pm | \$239
Kids Camps | Ages 6-21yrs.
Lights Camera Action – Annual Carnival & Potluck
10657 | Mon. – Fri. | 8/8 – 8/12 | 9am – 2:30pm | \$239
- 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 Meet at Mirabeau Point Park, trailhead, 13500 Mirabeau Pkwy, Spokane Valley.**
10845 | Wed. | 7/13 – 8/10 | 5pm – 7pm | \$59
10848 | Wed. | 8/24 – 9/28 | 4pm – 6pm | \$59
- TRS Playball** 14 weeks | Ages 12+
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.**
10296 | Fri. | 5/13 – 8/5* | 6pm – 8pm | \$60
***No class 5/27, 7/1**
- 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. **Meet at Pickleball Playground, 10505 N. Newport Hwy.**
10862 | Mon. | 7/11 – 8/1 | 4:30pm – 6pm | \$53
10863 | Mon. | 8/8 – 8/29 | 4:30pm – 6pm | \$53
- 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.**
10781 | Thurs. | 8/4 – 8/25 | 4:15pm – 5:30pm | \$47
- TRS Disc Golf & Pizza** 4 weeks | Ages 12+
We will visit a Spokane Parks and Recreation Park that host a Jr. Disc golf course. Safety and throwing fundamentals will be covered. Games played each week. The Spokane Parks Foundation has provided funding so each person can take home a disc. Pizza served at the end of each weekly play. **Meet at Friendship Park 631 E Greta Ave.**
10859 | Fri. | 7/22 – 8/12 | 4pm – 5:30pm | \$39
- Paint and Taste** 1 day | Ages 14+
Do you like painting and apple cider? Make a masterpiece of your very own while enjoying sipping on cider. No painting experience required. Park Operations lunch room, 2304 E. Mallon Ave.
10855 | Thurs. | 8/4 | 6pm – 7:30pm | \$19
- TRS What's Cooking** 4 weeks | Ages 16+
Tired of eating at home? Sign up for this class and you will prepare a meal, practice table manners, visit with friends, and take part in clean-up duties. Participants will have the opportunity to practice skills such as following directions, socialization, and hygiene required when in the kitchen. **Class meets at Southside Senior Activity Center, 3151 E. 27th Ave. – kitchen.**
10846 | Tues. | 7/12 – 8/2 | 4pm – 6pm | \$59
10847 | Tues. | 8/9 – 8/30 | 4pm – 6pm | \$59
- TRS Summer Fun** 1 day | Ages 18+
If your nights are dull check out these summer fun event. 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 Poster Giveaway & Fireworks Night**
10828 | Fri. | 8/19 | 6pm – 10pm | \$33
Spokane Indians Family Feast Nights
10824 | Wed. | 8/3 | 6pm – 9:45pm | \$33
- TRS Scottish Highland Games** 1 day | Ages 18+
Bag pipes, dancing, strength tests, sheep and dogs are all part of the Highland Games. Transportation provided from Park Operations, 2304 E. Mallon Ave.
10867 | Sat. | 8/6 | 11:30am – 3:30pm | \$33
- TRS Tie-Dye Workshop** 1 day | Ages 18+
Groovy is in. Don't miss this colorful chance to create your own T-shirt. We will provide one t-shirt; you may bring extra items from home to dye. Participants will practice socialization skills. **Meet at Park Operations lunch room, 2304 E. Mallon Ave.**
10857 | Wed. | 8/17 | 5:30pm – 7pm | \$19

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 Cornhole Line Dance Pickleball	2 Cooking	3 Bicycling Summer Fun Indians Baseball	4 Crafts Walking Paint & Taste	5 Playball Disc Golf	6 Highland Games
————— Funshine Day Camp Adults #2 —————						
7	8 Summer #2 Cornhole Line Dance Pickleball	9 Cooking	10 Bicycling	11 Crafts Walking	12 Disc Golf All FDC Carnival & Potluck	13 Hiking Riverside State Park
————— Funshine Day Camp Kids #4 —————						
14	15 Cornhole Line Dance Pickleball	16 Cooking	17 Tiedye Workshop	18 Crafts Walking	19 Summer Fun Indians Baseball	20
21	22 Cornhole Line Dance Pickleball	23 Cooking	24 Summer #2 Bicycling	25 Crafts	26 Rafting	27
28	29 Cornhole Line Dance Pickleball	30 Cooking	31 Bicycling	1	2	3

September Events

TRS 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 2-4 miles of strenuous hiking. Bring a lunch. Locations vary.

Fish Lake Trail Hike – A beautiful ADA accessible trail that takes you from urban to rural in one mile. A former railroad route-7.6 miles one way- now paved that connects West Spokane to Queen Lucas Lake. We will walk as far as the group chooses. **Meet at Trailhead, 16th & S. Lindeke St.**

10856 | Sat. | 9/10 | 10:30am – 12:30pm | \$21

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 **Meet at Mirabeau Point Park, trailhead, 13500 Mirabeau Pkwy, Spokane Valley.**

10848 | Wed. | 8/24 – 9/28 | 4pm – 6pm | \$59

Winter Highlights



Thank You

The 2022 Powderhounds are so grateful for your support of the Powderhounds Cup!



Huge Shout out of Thanks to the Alpine Haus. They sponsored a demo day at Mt. Spokane Ski and Snowboard Park. The proceeds of \$2000 were donated to the Powderhounds.

Therapeutic Recreation Services provides opportunities for physical, emotional, social and cognitive health. Outcomes can include: increased mobility, more restful sleep, improved self-determination, ability to follow directions and increased social confidence.

GrowThroughFlow.com/5-ways-recreation-therapy-can-improve-your-life



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!



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: Easily Needs Help Managing: Behavior
 Needs Occasional Prompting Personal Space **Other information:**
 Needs Constant Prompting Emotions

Mobility and Adaptive Equipment: Yes No **Wheelchair:** Full-time Other information:
 Manual Electric Part-time Cane/Crutches
 AFO's/Splint/braces Walker

Daily Life: **Toileting:** Independent Eating Independent Other information:
 Independent w/reminders Independent w/ partial assistance Verbal and clearly understood
 Only with assistance Only with assistance Non-verbal Verbal but not clearly understood
 Only with assistance Uses sign language 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, 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"), 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.
4. 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.
5. I 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.
6. I AGREE TO PAY ALL COSTS, INCLUDING ATTORNEYS' FEES, INCURRED BY ANY RELEASED PARTY IN DEPENDING 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.
7. 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.
8. 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
9. 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.
10. 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 unanticipated 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.
11. 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.
12. 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 _____

Spring Highlights



Special Thanks to our Spring Quarter Volunteers

Nikki Accomazzo
 Bill Anderson
 Dave Bentz
 Naomi Busch
 Steve Busch
 Becca Cleto
 Irene Dy
 Mike Fogarty
 Pat Garvin
 Bill Johnson
 Hannah Lainhart

Glen & Suzanne Landby
 Kristal Loudin
 Keith Lund
 Josh Marro
 Mike Marro
 Loretta Moon
 Jerry Nelson
 Taylor Perez
 Glendia Plott
 Seth White
 Frank Wintersteen
 Vicki Wintersteen

In Memory of

BJ Neis

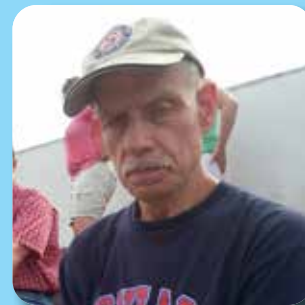
BJ loved being a part of Funshine Day Camp, bowling and attending the Friday Night Jam dances. BJ had spunk and enjoyed being with his friends. He will truly be missed.



In Memory of

Don German

Don was a soft spoken, gentle man who enjoyed doing TRS activities such as camping, watching Indians ball games, the rodeo, highland games and more. All who knew Don were blessed by his kindness.



**Therapeutic Recreation Services
is grateful for our partners:**

- Parks Operations
- Spokane Parks Foundation
- Spokane Schools
- Shadle Library
- Southside Senior Activity Center
- Pickleball Playground
- Willow Song Music Therapy
- Wiley Waters
- Whitworth Aquatic Center
- Clear Lake Military Resort

**REGISTER
ONLINE**
SpokaneRec.org



**CALL
US**
Call 311
or outside the city at
509.755.CITY
Fax 509.625.6990



**Is there a program or activity
that you would like Therapeutic
Recreation Services to offer?**

**Email your ideas to
abusch@spokanecity.org**

**Look for more
exciting activities
coming this fall**

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

