



City of Spokane
PARKS
& RECREATION

Therapeutic Recreation Services

Autumn 2025

September – December



September Events

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 lunchroom, 2304 E. Mallon Ave. \$49**

17947 | Thurs. | 9/11-10/2 | 4:15-5:30pm | \$49

TRS Cornhole & Pizza

4 Weeks | Ages 14+

Fresh air, fun and favorite lawn game-Cornhole. Laughter and friendly competition will abound. Pizza will be served. **Meet at Fowler United Methodist Church, 3928 N. Howard. \$63**

18018 | Mon. | 9/8-9/29 | 5-6:30pm | \$63

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 Fowler United Methodist Church, 3928 N. Howard.**

18022 | Mon. | 9/8-9/29 | 3:30-4:30pm | \$33

TRS Spokane Velocity FC

1 Day | Ages 16+

Spokane Velocity FC is the first professional men's soccer team in Spokane. They are Division 3 sanctioned and are in the USL League 1. Players are young and aspiring to get to the next level. The games are fun and exciting to watch. **Meet at the new ONE Stadium, 501 W. Garner.**

Westchester Soccer Club

18243 | Sun. | 9/7 | 3:30-6:15pm | \$46

To all the wonderful people I've met through my 41 years of involvement with the City of Spokane Parks and Recreation department.

My time here has been nothing short of amazing! I am forever grateful for the advocates and professionals before me who had the wisdom and passion to provide recreational activities for people with disabilities. Also to the current administration and park board who believe providing recreation for all is important, beneficial and crucial to the well-being of our community.

I've had a wonderful career here and grew up with the people I am blessed to serve. I'm thankful for terrific peers, leadership, volunteers, staff, participants and families and all the incredible experiences. I'm humbled by the trust and support given by so many to make TRS a reality and opportunity for our community.

Change is hard but necessary. Things may not look like you are used to and we all will be adapting. Program offerings will be a little less this Fall and you will see new faces. One thing that won't change is the support from the City of Spokane Parks and Recreation department and Park Board. TRS will continue to offer fun, safe and learning opportunities for people with disabilities in our community. I am excited to watch the future of TRS and the directions the new leadership will take.

I hope to continue volunteering in a few programs so will enjoy seeing your faces.

*If you can stop by my retirement party on **September 4 anytime 2-5:30pm at the Dwight Merkel shelter.** I would love to see you.*

Alice



TRS SWIMMING

8 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.

18578 | Sun. | 9/21-11/16 | 2:15-3:45pm | \$67

***No Swim 10/19**

Learn to Swim - Intermediate

Individuals who have mastered the Beginner skills and are ready to move on skills worked on will be distance swimming, breaststroke, butterfly, diving, simple turns and deeper water experience.

18579 | Sun. | 9/21-11/16 | 2:15-3pm | \$67

***No Swim 10/19**

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 of swimming 20 yards. We require each swimmer to have an attendant in the water assisting so the teacher can rotate their attention safely.

18580 | Sun. | 9/21-11/16 | 3:05-3:50pm | \$67

***No Swim 10/19**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 Labor Day	2 NO Cooking	3 NO Biking	4 Retirement Party for Alice Dwight Merkel Shelter 2:00-5:30pm	5	6
7 Spokane Velocity	8 Cornhole & Pizza Line Dancing	9 Cooking 1 & 2	10 Biking	11 Crafts	12 Trivia Night	13
14	15 Cornhole & Pizza Line Dancing	16 Cooking 1 & 2	17 Biking	18 Crafts	19	20
21 Swimming Learn to Swim	22 Cornhole & Pizza Line Dancing	23 Cooking 1 & 2	24 Biking	25 Crafts	26	27
28 Swimming Learn to Swim	29 Cornhole & Pizza Line Dancing	30 Cooking 1 & 2	1 Biking	2 Crafts	3 Chiefs Hockey Prince George Cougars	4 Pre-Ski Walking EWU Football Portland State

October Events

TRS Bowling & Pizza

1 Day | Ages 16+

Join us for an afternoon of bowling, pizza, fun and friends. Fee includes everything so extra money is not required. **Meet at Lilac Lanes , 1112 E Magnesium Rd. 18674 | Thurs. | 10/30 | 1-3:30 pm | \$33**

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 lunchroom, 2304 E. Mallon Ave. \$49 18533 | Thurs. | 10/9-10/30 | 4:15-5:30pm | \$49**

TRS Cookie Bake Night

1 Day | Ages 14+

Spend the evening making several types of cookies. Enjoy yourself, take home or share with friends. Gluten-free options are available. **Class meets at Southside Senior Activity Center, 3151 E. 27th Ave.-kitchen. 18548 | Wed. | 10/15 | 5:30-7:30pm | \$23**

TRS Cornhole & Pizza

4 Weeks | Ages 14+

Fresh air, fun and favorite lawn game-Cornhole. Laughter and friendly competition will abound. Pizza will be served. **Meet at Fowler United Methodist Church, 3928 N. Howard. \$63 18536 | Mon. | 10/6-10/27 | 5-6:30pm | \$63**

TRS Eagle Football

1 Day | Ages 18+

Come on Eagle fans, don't miss this exciting day of college football at Roos Field. We will be traveling to Cheney to watch the Eags play some awesome football. Bring \$20 to purchase dinner and money for souvenirs if desired. **Meet at Roos Field Cheney.**

EWU v. Portland State

18635 | Sat. | 10/4 | 3-7:45pm | \$57

TRS 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. Dates and themes vary. **Meet at West Central Community Center, 1603 N. Belt.**

Halloween/Harvest

18576 | Fri. | 10/10 | 7-8:30pm | \$12

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 Fowler United Methodist Church, 3928 N. Howard. 18272 | Mon. | 10/6-10/27 | 3:30-4:30pm | \$33**

TRS 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. No painting experience required. **Meet at Spokane Valley Parks & Recreation Center Place, 2426 N. Discovery Place. 18582 | Tues. | 10/28 | 5:30-7pm | \$21**

TRS Pre-Ski Season Walking

6 Weeks | Ages 12+

Take a Saturday walk in the park at Mission Park. Get in shape for the upcoming ski season. Walk at your own pace. Poles are provided. **Meet at Mission Park parking lot, Mission & Perry. 18558 | Sat. | 10/4-11/8 | 9:30-11am | \$29**

TRS Spokane Chiefs Hockey

1 Day | Ages 18+

Action packed ice hockey from the Spokane Chiefs major junior team that plays in the Western Hockey League. Cheer on the Chiefs with your friends. Sign-up fee covers staff, & tickets. **Meet at Spokane Veterans Memorial Arena main entrance, Boone & Howard.**

Prince George Cougars

18552 | Fri. | 10/3 | 6:30-9:45pm | \$39

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. 18517 | Tues. | 10/7-10/28 | 1:30-3:30pm | 10/21 6-8pm | \$69 18520 | Tues. | 10/7-10/28 | 4-6pm | \$69**

TRS SWIMMING

8 weeks | Ages 8+

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

Blue Dolphin Swim Team

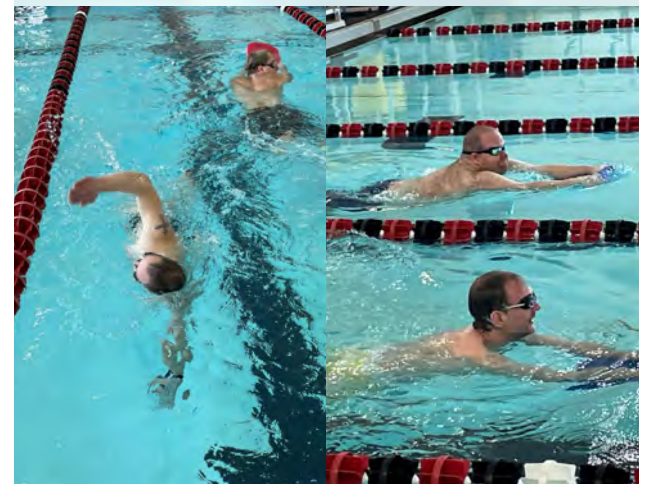
For people with developmental disabilities who want to swim competitively or get a good workout. Ability to swim 75 yards without assistance and with rhythmic breathing. **18578 | Sun. | 9/21-11/16 | 2:15-3:45pm | \$67**
***No Swim 10/19**

Learn to Swim - Intermediate

Individuals who have mastered the Beginner skills and are ready to move on skills worked on will be distance swimming, breaststroke, butterfly, diving, simple turns and deeper water experience. **18579 | Sun. | 9/21-11/16 | 2:15-3pm | \$67**
***No Swim 10/19**

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 of swimming 20 yards. We require each swimmer to have an attendant in the water assisting so the teacher can rotate their attention safely. **18580 | Sun. | 9/21-11/16 | 3:05-3:50pm | \$67**
***No Swim 10/19**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 Swimming Learn to Swim	29 Cornhole & Pizza Line Dance	30 Cooking 1 & 2	1 Biking	2 Crafts	3 Chiefs Hockey Prince George Cougars	4 Pre-Ski Walking EWU Football Portland State
5 Swimming Learn to Swim	6 Cornhole & Pizza Line Dancing	7 Cooking 1 & 2	8 Biking	9 Crafts	10 Friday Night Jam Halloween/Harvest	11 Pre-Ski Walking
12 Swimming Learn to Swim	13 Cornhole & Pizza Line Dancing	14 Cooking 1 & 2	15 Cookie Bake	16 Crafts	17	18 Pre-Ski Walking
19 NO Swimming NO Learn to Swim	20 Cornhole & Pizza Line Dancing	21 Cooking 1 & 2	22	23 Crafts	24	25 Pre-Ski Walking
26 Swimming Learn to Swim	27 Cornhole & Pizza Line Dancing	28 Cooking 1 & 2 Paint & Taste	29	30 Crafts Bowling	31	1 Pre-Ski Walking

November Events

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 lunchroom, 2304 E. Mallon Ave. \$49**

18534 | Thurs. | 11/6-12/4 | 4:15-5:30pm | \$49

No class 11/27

TRS Cookie Bake Night

1 Day | Ages 14+

Spend the evening making several types of cookies. Enjoy yourself, take home or share with friends. Gluten-free options are available. **Class meets at Southside Senior Activity Center, 3151 E. 27th Ave.-kitchen.**

18549 | Wed. | 11/12 | 5:30-7:30pm | \$23

TRS Cornhole & Pizza

4 Weeks | Ages 14+

Fresh air, fun and favorite lawn game-Cornhole. Laughter and friendly competition will abound. Pizza will be served. **Meet at Fowler United Methodist Church, 3928 N. Howard. \$63**

18537 | Mon. | 11/3-11/24 | 5-6:30pm | \$63

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 Fowler United Methodist Church, 3928 N. Howard.**

18535 | Mon. | 11/3-11/24 | 3:30-4:30pm | \$33



TRS Pre-Ski Season Walking

6 Weeks | Ages 12+

Take a Saturday walk in the park at Mission Park. Get in shape for the upcoming ski season. Walk at your own pace. Poles are provided. **Meet at Mission Park parking lot, Mission & Perry.**

18558 | Sat. | 10/4-11/8 | 9:30-11am | \$29

TRS Spokane Chiefs Hockey

1 Day | Ages 18+

Action packed ice hockey from the Spokane Chiefs major junior team that plays in the Western Hockey League. Cheer on the Chiefs with your friends. Sign-up fee covers staff, & tickets. **Meet at Spokane Veterans Memorial Arena main entrance, Boone & Howard.**

Prince Albert Raiders

18553 | Fri. | 11/7 | 6:30-9:45pm | \$39

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.**

18521 | Tues. | 11/4-11/25 | 1:30-3:30pm | 11/18 6-8pm | \$69

18522 | Tues. | 11/4-11/25 | 4-6pm | \$69



TRS SWIMMING

8 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.

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***No Swim 10/19**

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18579 | Sun. | 9/21-11/16 | 2:15-3pm | \$67

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Learn to Swim - Beginner

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18580 | Sun. | 9/21-11/16 | 3:05-3:50pm | \$67

***No Swim 10/19**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 Swimming Learn to Swim	27 Cornhole & Pizza Line Dancing	28 Cooking 1 & 2 Paint & Taste	29 Bowling	30 Crafts	31	1 Pre-Ski Walking
2 Swimming Learn to Swim	3 Cornhole & Pizza Line Dancing	4 Cooking 1 & 2	5	6 Crafts	7 Chiefs Hockey Prince Albert Raiders	8 Pre-Ski Walking
9 Swimming Learn to Swim	10 Cornhole & Pizza Line Dancing	11 Cooking 1 & 2	12 Cookie Bake	13 Crafts	14	15
16 Swimming Learn to Swim	17 Cornhole & Pizza Line Dancing	18 Cooking 1 & 2	19	20 Crafts	21	22
23	24 Cornhole & Pizza Line Dancing	25 Cooking 1 & 2	26	27 NO Crafts	28	29
30						

December Events

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 lunchroom, 2304 E. Mallon Ave. \$49**

18534 | Thurs. | 11/6-12/4 | 4:15-5:30pm | \$49

No class 11/27

TRS Eagle Watch Cruise

1 Day | Ages 16+

Experience this special 2-hour cruise on beautiful Lake Coeur d'Alene that offers a unique opportunity to experience nature's finest in the winter months! Every year, hundreds of American Bald Eagles visit Lake Coeur d'Alene on their annual migration. In December and January, these birds congregate at the lake's northern end to feed on lake-bound salmon. **Meet at Park Operations, 2304 E. Mallon Ave.**

18637 | Sat. | 12/6 | 10:15am-3:15pm | \$57

TRS 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. Dates and themes vary. **Meet at West Central Community Center, 1603 N. Belt.**

Christmas Dance

18577 | Fri. | 12/12 | 7-8:30pm | \$12

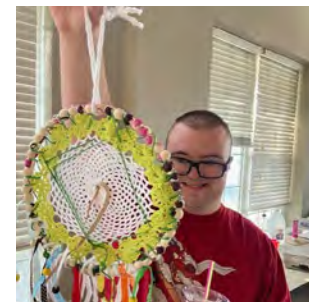
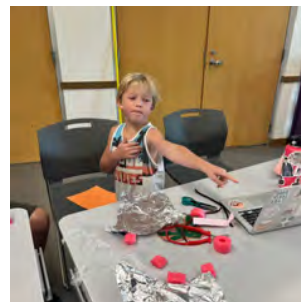
TRS Spokane Chiefs Hockey

1 Day | Ages 18+

Action packed ice hockey from the Spokane Chiefs major junior team that plays in the Western Hockey League. Cheer on the Chiefs with your friends. Sign-up fee covers staff, & tickets. **Meet at Spokane Veterans Memorial Arena main entrance, Boone & Howard.**

Swift Current Broncos

18554 | Fri. | 12/5 | 6:30-9:45pm | \$39



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1	2	3	4 Crafts	5 Chiefs Hockey Swift Current Broncos	6 Eagle Watch Cruise
7	8	9	10	11	12 Friday Night Jam Christmas Dance	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3



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!



Spring/Summer Highlights

Special Thanks to our Spring/Summer Quarter Volunteers

Bill Andersen
Dave Bentz
Paul Bergman
Russell Best
Doug Burke
Naomi Busch
Steve Busch
Pat Garvin
David Imus
Denise Hanson
Bill Johnson
Kurt Johnson
Jill Kennedy
Taylor Lombardi
Kristal Loudon
Nicole McCoy
Tyler McCoy
Ed Parry
Julie Parry
Glendia Plott
Troy Rux
Natalie Stagnone
Mike Stelzer
Kelley Strange
William Strange
Theresa Torrez
Seth White
Frank Wintersteen



THERAPEUTIC RECREATION

Do you have any disabilities? (be specific)

Participant Personal Needs:

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

Social Skills/Behavioral Info:		Participation:		Needs Help Managing:		Behavioral Triggers or fears:	
		<input type="checkbox"/> Easily <input type="checkbox"/> Needs Occasional Prompting <input type="checkbox"/> Needs Constant Prompting		<input type="checkbox"/> Behavior <input type="checkbox"/> Personal Space <input type="checkbox"/> Emotions		Other information:	
Mobility and Adaptive Equipment:		Do you use adaptive equipment?		Wheelchair:		Check all that apply:	
		<input type="checkbox"/> Yes <input type="checkbox"/> No		<input type="checkbox"/> Manual <input type="checkbox"/> Full-time <input type="checkbox"/> Electric <input type="checkbox"/> Part-time		<input type="checkbox"/> Cane/Crutches <input type="checkbox"/> AFO's/Spint/Braces <input type="checkbox"/> Walker	
Daily Life:		Toileting:		Eating		Communication Information:	
		<input type="checkbox"/> Independent <input type="checkbox"/> Independent w/reminders <input type="checkbox"/> Only with assistance		<input type="checkbox"/> Independent <input type="checkbox"/> Independent w/ partial assistance <input type="checkbox"/> Only with assistance		<input type="checkbox"/> Verbal and clearly understood <input type="checkbox"/> Verbal but not clearly understood <input type="checkbox"/> Non-verbal <input type="checkbox"/> Uses sign language <input type="checkbox"/> Uses a communication board	

Additional Personal Needs Information:

MEDICATION INFORMATION & WAIVER *signature required

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

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

• Please send only the amount of medication needed for the dates of the activity. Do not send excess dosages.

• If Participant has a medical insurance card, please bring it in case of emergency.

WAIVER OF LIABILITY: I understand that personnel from Parks & Recreation will administer only the prescribed medication mentioned in this Medication Information Form. I hereby waive any and all claims against the City of Spokane, which includes the City of Spokane Parks & Recreation Division and Therapeutic Recreation Services; any employees, chaplones, 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 elected and appointed officers, employees, agents, or representatives, the obligation to indemnify, defend, and hold harmless is valid and enforceable to the extent of the negligence of Participant.
- I UNDERSTAND THAT I AM ENGAGING IN AN ACTIVITY THAT HAS NUMEROUS INHERENT RISKS THAT COULD LEAD TO MY SERIOUS INJURY (INCLUDING COMPLETE PARALYSIS) OR DEATH. I ACKNOWLEDGE THAT REMOVING THOSE RISKS IS NOT POSSIBLE AND ELIMINATING THOSE RISKS WOULD FUNDAMENTALLY CHANGE THE NATURE OF THE ACTIVITY AND WOULD JEOPARDIZE THE ESSENTIAL QUALITIES OF THE ACTIVITY.
- IN FURTHER CONSIDERATION FOR ALLOWING PARTICIPANT TO PARTICIPATE IN THE ACTIVITY, I FURTHER RELEASE AND GIVE UP ANY AND ALL CLAIMS AND RIGHTS THAT I MAY NOW HAVE AGAINST ANY RELEASED PARTY AND UNDERSTAND THIS RELEASES ALL CLAIMS, INCLUDING THOSE OF WHICH I AM NOT AWARE, THOSE NOT MENTIONED IN THIS RELEASE AND THOSE RESULTING FROM ANYTHING WHICH HAS HAPPENED UP TO NOW.
4. I AGREE TO PAY ALL COSTS, INCLUDING ATTORNEYS' FEES, INCURRED BY ANY RELEASED PARTY IN 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.
5. I represent that Participant is in good health and that there are no special problems associated with Participant's physical or mental condition that would enhance the risks of my participation in the Activity, that would increase the likelihood of my injury and/or death, or that would interfere with my safety in the Activity. I authorize a licensed physician or other medical care provider to carry out any emergency medical care for Participant which may be necessary and agree to be fully responsible for any costs associated with such care or transport to such care.
6. I grant the Released Parties the right of publicity to own and use any image collected of Participant while participating in the Activity. YES ☐ NO ☐
7. I agree that any and all claims for loss, injury, and/or death arising from Participant's participation in the Activity shall be governed by the law of the State of Washington and that exclusive jurisdiction of any such claim shall be in a court of competent jurisdiction in the in the State of Washington, County of Spokane.
8. BY SIGNING ON BEHALF OF A MINOR OR OTHER PARTICIPANT, I REPRESENT THAT I AM AUTHORIZED TO SIGN ON PARTICIPANT'S BEHALF and/or I AM THE PARENT OR LEGAL GUARDIAN OF THE MINOR PARTICIPANT and acknowledge that Participant is bound by all the terms of this Agreement. I acknowledge that the Activity entails known and anticipated risks that could result in physical or emotional injury, paralysis, or death to Participant as well as damage to property, or to third parties. I understand that such risk cannot be eliminated without jeopardizing the essential qualities of the activity. I assume the risk and financial responsibility for any injury, illness, or liability resulting from Participant's participation. I waive any claims and agree to hold harmless and not sue Released Parties from all claims or liability arising out of Participant's participation. I have been made aware of the itinerary and give permission for Participant to ride in the vehicle designated by the staff of the City of Spokane Park & Recreation Division while attending or participating in the Activity, and I understand this release/waiver applies with equal weight to any claim arising from riding in a vehicle, including entering or exiting the vehicle. I certify that the Participant has no medical or physical conditions that could interfere with his/her safety in this activity, or else I am willing to assume and bear the costs of all risks that may be created, directly or indirectly, by any such condition.
- In case of emergency involving Participant, I understand every effort will be made to contact me. In the event I cannot be reached, I authorize a qualified physician/surgeon selected by City of Spokane personnel to examine and in the event of injury or serious illness administer emergency care to the above-named participant which may include hospitalization, anesthesia, surgery, or injections of medication for Participant. I understand every reasonable effort will be made to contact me to explain the nature of the problem prior to any involved treatment. In the event it becomes necessary for City of Spokane Parks & Recreation staff or volunteers to obtain emergency care for Participant, I agree that neither the City of Spokane nor any of its personnel assumes financial liability for expenses incurred because of the accident, injury, or illness.
9. I understand that this Agreement will apply for each and every day Participant participates in any Activity. I understand that this Agreement is a contract and, to the fullest extent permitted by law, shall be binding on me and my assignees, subrogers, 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 _____	

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.

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 the TRS Supervisor at 509.625.6245 and they will help you get started by notifying the instructor who will make preparations or adaptations, if needed.

Discounted Skiing/Snowboarding + Volunteering = One Awesome Winter



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

Call 509-625-6245 or email trs@spokanecity.org for more information.

**REGISTER
ONLINE**

SpokaneRec.org



**CALL
US**

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



Look for more
exciting activities
coming this winter

Therapeutic Recreation Services

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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



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Address Service Requested

