



# Therapeutic Recreation Services Winter-Spring 2025 January - April





# January 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 Bowl, 1112 E Magnesium Rd.**  
17500 | Wed. | 1/29 | 1-3:30pm | \$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.**  
17440 | Thurs. | 1/9-1/30 | 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 St.**  
17418 | Mon. | 1/6-1/27 | 4:30-6pm | \$63

**TRS Day at the Theatre** 1 day | Ages 16+  
Come with us as we delight in the entertaining theatre productions put on by our local Spokane Children's Theatre(SCT) 2727 N. Madelia St. and Christian Youth Theatre(CYT) Bing Crosby Theater, 901 W. Sprague Ave. Location varies.

**Winnie the Pooh - Spokane Children's Theatre**  
17497 | Sun. | 1/19 | 1:45-4:15pm | \$31

**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.**

**Happy New Year**  
17443 | Fri. | 1/10 | 7-8:30pm | \$12

**TRS Harlem Globetrotters** 1 day | Ages 16+  
The Harlem Globetrotters are an exhibition basketball team. You'll see all the amazing basketball spins, slams, and dunks that you've come to expect at every Globetrotters game, PLUS new trials as players face-off to see who can pull off astonishing trick shots and more! See your favorite Globetrotter stars and their renowned rivals, the Washington Generals, LIVE as they challenge themselves and each other to new moves, new shots, and new innovations! **Meet at Spokane Veterans Memorial Arena, main entrance, Boone & Howard.**  
17433 | Mon. | 1/27 | 6:30-9:15pm | \$57

**TRS Ice Skating** 8 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.**  
17447 | Sat. | 1/11-3/8 | 2:45-3:30pm | \$89  
\*No Class 3/1

**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.**  
17414 | Mon. | 1/6-1/27 | 3-4pm | \$33

**TRS Spokane Chief's 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.**  
**Chiefs vs. Prince George Cougars**  
17438 | Fri. | 1/17 | 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 & Community Center kitchen, 3151 E. 27th Ave.**  
17422 | Tues. | 1/7-1/28 | 1:30-3:30pm | \$69  
17426 | Tues. | 1/7-1/28 | 4-6pm | \$69

## TRS SWIMMING 9 weeks | Ages 7+

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

### Blue Dolphin Swim Team

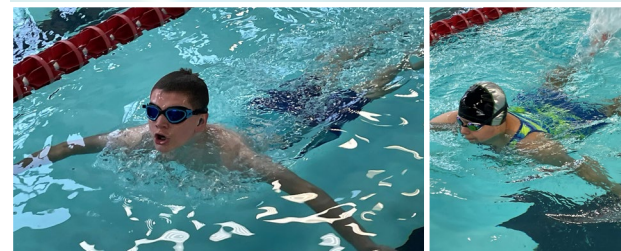
For people with developmental disabilities who want to swim competitively or get a good workout. Ability to swim 75 yards without assistance and with rhythmic breathing.  
17434 | Sun. | 1/12-3/9 | 2:15-3:45pm | \$67

### 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.  
17436 | Sun. | 1/12-3/9 | 3:05-3:50pm | \$67

### 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.  
17435 | Sun. | 1/12-3/9 | 2:15-3pm | \$67



**See Page 10  
for Blue Waxers  
and Powderhounds  
Ski/Snowboard  
Programs**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2	3 Returning Powderhounds Instructor Training	4 Blue Waxers Training Returning Powderhounds Instructor Training
5 Returning Powderhounds Instructor Training	6 Cornhole & Pizza Line Dancing	7 Cooking 1 & 2	8	9 Crafts	10 Friday Night Jam Happy New Year New Powderhounds Instructor Training	11 Blue Waxers Ice Skating New Powderhounds Instructor Training
12 Swimming Learn to Swim New Powderhounds Instructor Training	13 Cornhole & Pizza Line Dancing	14 Cooking 1 & 2	15	16 Crafts	17 Chiefs Hockey Prince George	18 Blue Waxers Ice Skating Powderhounds
19 Swimming Learn to Swim Day at the Theater Winnie the Pooh	20 Cornhole & Pizza Line Dancing	21 Cooking 1 & 2	22	23 Crafts	24	25 Blue Waxers Ice Skating Powderhounds
26 Swimming Learn to Swim	27 Cornhole & Pizza Line Dancing Harlem Globetrotters	28 Cooking 1 & 2	29 Bowling & Pizza	30 Crafts	31	1 NO Blue Waxers Ice Skating Powderhounds

# February 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.**

17441 | Thurs. | 2/6-2/27 | 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 & Community Center kitchen, 3151 E. 27th Ave.**

17431 | Wed. | 2/12 | 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 St.**

17419 | Mon. | 2/3-2/24 | 4:30-6pm | \$63

## TRS Eagle Basketball

1 day | Ages 16+

Join us as we cheer on the Eastern Eagles Men's Basketball team. The excitement will take place at EWU on Reese Court. Bring suggested \$15 money for snacks or souvenirs if desired. **Meet at Reese Court, Pavillion at Eastern Washington University, Cheney, WA.**

17501 | Thurs. | 2/27 | 5:45-8:45pm | \$31

## TRS Fine Dining

1 day | Ages 18+

Do you like getting dressed up and going out? Come with us and experience the culinary delights of Spokane's finest restaurants! Staff will help in the selection and purchase of a meal. Participants will have the opportunity to improve social, communication, and etiquette skills. **Price does not include cost of food.** Transportation provided from Park Operations 2304 E. Mallon Ave.

Rusty Moose

17445 | Wed. | 2/26 | 5:45-9pm | \$22

## TRS Ice Skating

8 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.**

17447 | Sat. | 1/11-3/8 | 2:45-3:30pm | \$89

\*No Class 3/1

## 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.**

17415 | Mon. | 2/3-2/24 | 3-4pm | \$33

## TRS Raptor Reef

### Indoor Water Park

1 day | Ages 18+

Grab your swimsuit and towel and head with us to Triple Play Raptor Reef Indoor Water Park in Hayden, Idaho. There are three slides, 'Lost Falls', which is 400 feet long and full of twists. 'Velociraptor Vortex' is the super bowl ride that swirls, spins and flushes, and the 'Prehistoric Plunge' is 300 feet of high-speed body sliding. Fee includes transportation, staff, pizza dinner and park entrance fee. **Transportation provided from Park Operations, 2304 E. Mallon Ave.**

17502 | Sun. | 2/23 | 12:30-6pm | \$53

## TRS Spokane Chief's 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.**

Chiefs vs. Tri City Americans

17437 | Fri. | 2/21 | 6:30-9:45pm | \$39

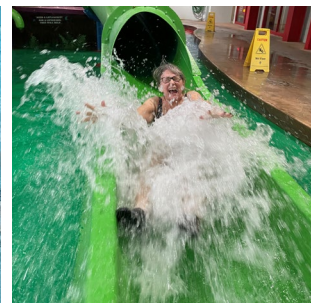
## TRS What's Cooking

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 & Community Center kitchen, 3151 E. 27th Ave.**

17423 | Tues. | 2/4-2/25 | 1:30-3:30pm | \$69

17428 | Tues. | 2/4-2/25 | 4-6pm | \$69



See Page 10  
for Blue Waxers  
and Powderhounds  
Ski/Snowboard  
Programs



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 Swimming Learn to Swim	27 Cornhole & Pizza Line Dance Harlem Globetrotters	28 Cooking 1 & 2	29 Bowling & Pizza	30 Crafts	31	1 NO Blue Waxers Ice Skating Powderhounds
2 Swimming Learn to Swim Langlauf	3 Cornhole & Pizza Line Dancing	4 Cooking 1 & 2	5	6 Crafts	7	8 Blue Waxers Ice Skating NO Powderhounds
9 Swimming Learn to Swim	10 Cornhole & Pizza Line Dancing	11 Cooking 1 & 2	12 Cookie Bake	13 Crafts	14	15 Blue Waxers Ice Skating Powderhounds
16 Swimming Learn to Swim	17 Cornhole & Pizza Line Dancing	18 Cooking 1 & 2	19	20 Crafts	21 Chiefs Hockey Tri-City Americans	22 Blue Waxers Ice Skating Powderhounds
23 Swimming Learn to Swim Raptor Reef	24 Cornhole & Pizza Line Dancing	25 Cooking 1 & 2	26 Fine Dining Rusty Moose	27 Crafts EWU Men's Basketball	28	1 Blue Waxers NO Ice Skating Powderhounds

# March 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.**

17442 | Thurs. | 3/6-3/27 | 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 & Community Center kitchen, 3151 E. 27th Ave.**

17432 | Wed. | 3/12 | 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 St.**

17420 | Mon. | 3/10-3/31 | 4:30-6pm | \$63

## TRS Day at the Theatre

1 day | Ages 16+

Come with us as we delight in the entertaining theatre productions put on by our local Spokane Children's Theatre(SCT) 2727 N. Madelia St. and Christian Youth Theatre(CYT) Bing Crosby Theater, 901 W. Sprague Ave. Location varies.

Tarzan- Christian Youth Theatre

17614 | Sat. | 3/1 | 2:30-5:15pm | \$33

Step Sisters - Spokane Children's Theatre

17498 | Sun. | 3/16 | 1:45-4:15pm | \$31

## TRS Fine Dining

1 day | Ages 18+

Do you like getting dressed up and going out? Come with us and experience the culinary delights of Spokane's finest restaurants! Staff will help in the selection and purchase of a meal. Participants will have the opportunity to improve social, communication, and etiquette skills. **Price does not include cost of food.** Transportation provided from Park Operations 2304 E. Mallon Ave.

Buffalo Wild Wings

17446 | Wed. | 3/26 | 5:45-9pm | \$22

## 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.**

St. Patrick's

17444 | Fri. | 3/14 | 7-8:30pm | \$12

## TRS Ice Skating

8 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.**

17447 | Sat. | 1/11-3/8 | 2:45-3:30pm | \$89

\*No Class 3/1

## 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.**

17416 | Mon. | 3/10-3/31 | 3-4pm | \$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.**

17505 | Wed. | 3/19 | 5:30-7pm | \$21

## TRS Spokane Chief's 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.**

Chiefs vs. Seattle Thunderbirds

17439 | Fri. | 3/21 | 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 & Community Center kitchen, 3151 E. 27th Ave.**

17424 | Tues. | 3/4-3/25 | 1:30-3:30pm | \$69

17429 | Tues. | 3/4-3/25 | 4-6pm | \$69

**See Page 10  
for Blue Waxers  
and Powderhounds  
Ski/Snowboard  
Programs**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23 Swimming Learn to Swim Raptor Reef	24 Cornhole & Pizza Line Dancing	25 Cooking 1 & 2	26 Fine Dining Rusty Moose	27 Crafts EWU Men's Basketball	28	1 Blue Waxers NO Ice Skating Powderhounds Day at the Theater Tarzan
2 Swimming Learn to Swim	3	4 Cooking 1 & 2	5	6 Crafts	7	8 Ice Skating Powderhounds Cup
9 Swimming Learn to Swim	10 Cornhole & Pizza Line Dancing	11 Cooking 1 & 2	12 Cookie Bake	13 Crafts	14 Friday Night Jam St. Patrick's	15
16 Day at the Theater Step Sisters	17 Cornhole & Pizza Line Dancing	18 Cooking 1 & 2	19 Paint & Taste	20 Crafts	21 Chiefs Hockey Seattle Thunderbirds	22
23	24 Cornhole & Pizza Line Dancing	25 Cooking 1 & 2	26 Fine Dining Buffalo Wild Wings	27 Crafts	28	29
30	31 Cornhole & Pizza Line Dancing					

# April Events

## TRS Bicycling

6 weeks | Ages 16+

Enjoy Spokane's natural beauty by bicycle. Participants need to be in moderate physical condition and ride a bike safely. Make sure your bike is in good working order and helmet fits well and is less than 5 years old. **Meet at Mirabeau Point Park, trailhead, 13500 Mirabeau Pkwy, Spokane Valley. 17531 | Wed. | 4/23-5/28 | 5:30-7:30pm | \$69**

## 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. 17504 | Thurs. | 4/10-5/1 | 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 St. 17421 | Mon. | 4/7-4/28 | 4:30-6pm | \$63**

## TRS Day at the Theatre

1 day | Ages 16+

Come with us as we delight in the entertaining theatre productions put on by our local Spokane Children's Theatre(SCT) 2727 N. Madelia St. and Christian Youth Theatre(CYT) Bing Crosby Theater, 901 W. Sprague Ave. Location varies.

**James & The Giant Peach- Spokane Children's Theatre 17499 | Sat. | 4/19 | 1:45-4:15pm | \$31**

## 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. 17417 | Mon. | 4/7-4/28 | 3-4pm | \$33**

## TRS Seize the Day

1 day | Ages 18+

Find yourself sitting around the house during the day? Want to get out and meet some new friends and enjoy some new activities? Come with TRS and Seize the Day with our early afternoon programs around town! Meeting locations and times will vary.

**Rivers Wish Animal Sanctuary - Meet at West Central Community Center parking lot, 1603 N. Belt. 17541 | Mon. | 4/9 | 10am-2pm | \$27**

## TRS Spokane

### Indians Baseball

1 day | Ages 18+

Let's support our local Spokane Indians Baseball Team. Participants are responsible to bring the suggested amount of money listed. Sign-up fee covers transportation, staff, and tickets. Caregiver tickets available at a discount. TRS 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. **Meet at the Main entrance of Avista Stadium, 602 N Havana St, Spokane Valley, WA 99212.**

**Eugene Emeralds- Fireworks Night 17543 | Fri. | 4/25 | 6-9:45pm | \$34**

## TRS 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 lunchroom, 2304 E. Mallon Ave. 17506 | Fri. | 4/11 | 5:30-7pm | \$21**

## 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 & Community Center kitchen, 3151 E. 27th Ave.**

**17425 | Tues. | 4/8-4/29 | 1:30-3:30pm | \$69  
17430 | Tues. | 4/8-4/29 | 4-6pm | \$69**

# TRS SWIMMING

## 9 weeks | Ages 7+

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. **17538 | Sun. | 4/6-6/8 | 2:15-3:45pm | \$67  
\*no class 4/27**

### 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. **17540 | Sun. | 4/6-6/8 | 3:05-3:50pm | \$67  
\*no class 4/27**

### 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. **17539 | Sun. | 4/6-6/8 | 2:15-3pm | \$67  
\*no class 4/27**





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31 Cornhole & Pizza Line Dancing	1	2	3 Crafts	4	5
6 Swimming Learn to Swim	7 Cornhole & Pizza Line Dancing	8 Cooking 1 & 2	9 Rivers Wish Animal Sanctuary	10 Crafts	11 Trivia	12
13 Swimming Learn to Swim	14 Cornhole & Pizza Line Dancing	15 Cooking 1 & 2	16	17 Crafts	18	19 Day at the Theater James and the Giant Peach
20 Swimming Learn to Swim	21 Cornhole & Pizza Line Dancing	22 Cooking 1 & 2	23 Biking	24 Crafts	25 Spokane Indians	26
27 NO Swimming NO Learn to Swim	28 Cornhole & Pizza Line Dancing	29 Cooking 1 & 2	30 Biking	1 Crafts	2	3

# Cross-Country and Alpine Programs

## TRS Blue Waxers Cross

### Country Skiing Lessons 7 weeks | Ages 12+

The class is designed for people with developmental disabilities. Fresh air, experience and fun are just a few benefits of this activity. We ski at Mt. Spokane on the terrific trail system. Participants should be able to walk a mile with minimal difficulty. The class size is limited to the number of volunteers. Separate registration form is required. Please find on web site [www.spokaneparks.org](http://www.spokaneparks.org) or call Alice Busch 509.625.6245. **No ski class on 2/1.** Langlauf Community Nordic Race is Sunday February 2. If interested in doing each skier must pre-register and pay for event on own. TRS will provide supervision and transportation.

**Lessons & Equipment – Meet at Selkirk Lodge, Mt. Spokane.**

**Parking permit required.**

17542 | Sat. | 1/11-3/1 | 9am-Noon | \$145

**Lessons, Transportation, & Equipment**

17503 | Sat. | 1/11-3/1 | 7:30am-1:30pm | \$199

**Transportation Departure locations and times:**

Park Operations | 2304 E. Mallon Ave. | 7:30am

Yokes | Mt. Spokane Day Road | 8am

**Transportation Return locations and times:**

Yokes | Mt. Spokane Day Road | 1pm

Park Operations | 2304 E. Mallon Ave. | 1:30pm

## TRS Powderhounds Alpine

### Ski & Snowboard Program 1 lesson | Ages 6+

One to one instructor/student ratio with volunteers trained in PSIA methods and therapeutic recreation elements. Course gives people opportunities to experience freedom and control of gliding down the slopes. Lessons offered are sit-ski (mono & bi), snowboarding, stand up with outriggers (3 & 4 track) for amputee/balance needs as well as stand up (2 track) for those with cognitive, visual or sensory needs. We ski/ board at Mt. Spokane on Saturdays and meet at Lodge #1 Yurt or our Snowsports chalet at the base of chair #5. To enroll in this class there is a separate registration form. Please find on web site [www.spokaneparks.org](http://www.spokaneparks.org) or call Alice Busch at 509.625.6245. **No class 2/8.** \$75 per lesson (Includes instruction, ticket and equipment if needed.) **Enroll in 4 lessons and a season pass will be included.**

### Morning (AM) Lessons:

17547 | Sat. | 1/18 | 9-11:30am | \$75

17548 | Sat. | 1/25 | 9-11:30am | \$75

17549 | Sat. | 2/1 | 9-11:30am | \$75

17550 | Sat. | 2/15 | 9-11:30am | \$75

17551 | Sat. | 2/22 | 9-11:30am | \$75

17552 | Sat. | 3/1 | 9-11:30am | \$75

### Afternoon (PM) Lessons:

17558 | Sat. | 1/18 | 12:30-3pm | \$75

17557 | Sat. | 1/25 | 12:30-3pm | \$75

17556 | Sat. | 2/1 | 12:30-3pm | \$75

17555 | Sat. | 2/15 | 12:30-3pm | \$75

17554 | Sat. | 2/22 | 12:30-3pm | \$75

17553 | Sat. | 3/1 | 12:30-3pm | \$75

**Transportation ONLY for AM Lessons** \$20 per lesson

Transportation provided from **Park Operations, 2304 E.**

**Mallon Ave. and Yokes, 14202 N. Market St.**

17619 | Sat. | 1/18 | 7:45am-2pm | \$20

17620 | Sat. | 1/25 | 7:45am-2pm | \$20

17622 | Sat. | 2/1 | 7:45am-2pm | \$20

17623 | Sat. | 2/15 | 7:45am-2pm | \$20

17625 | Sat. | 2/22 | 7:45am-2pm | \$20

17626 | Sat. | 3/1 | 7:45am-2pm | \$20

**The TRS van will leave:**

Park Operations | 2304 E. Mallon Ave. | 7:45 am

Yokes | 14202 N. Market St. | 8:15 am

**The TRS van will return:**

Yokes | 14202 N. Market St | 1:30 pm

Park Operations | 2304 E. Mallon Ave. | 2:00 pm

Please remember that the van may arrive back early or be a few minutes late depending on road conditions. Be on time for pick-up to avoid delays for the group. Late fees may apply. If using paratransit, use only Park Operations, 2304 E. Mallon Ave. as a transportation site. **Only available for those taking AM lessons.** Must be able to load own equipment and be responsible for personal items. **\*Must indicate which transportation site you will be using on your registration form.\***

## 5th Annual Powderhounds Cup

Celebrate the end of the season by participating in the annual Powderhounds Cup. Mt. Spokane staff and MSSRA will set up a course on Chair 5 & 3. All who are able and want to race can do. This is an extra day outside of our 6-week lesson program. After racing we will enjoy music, food, and prizes. No fee. **We are currently looking for this year's sponsors. If interested, please contact Alice Busch at [abusch@spokanecity.org](mailto:abusch@spokanecity.org).**  
Sat. | 3/8 | 9am-2pm

## TRS Volunteer Ski/Snowboard Instructor Clinics

**Ages 18+**

Blue Waxers teaches those with developmental disabilities how to cross-country ski. Preferred to have advanced beginner to intermediate skills. Equipment can be provided if needed. **Held at Selkirk Lodge.** Includes training, background check and more. **Must have a sno-park permit.**  
17544 | Sat. | 1/4 | 9am-Noon | \$10

### Powderhounds Volunteer Instructor Training Dates

Powderhounds course gives people ages 6+ opportunities to experience freedom and control gliding down the slopes. Lessons offered are snowboarding, sit-ski (mono & bi), stand-up with outriggers (3 & 4 track) for amputee/balance needs as well as stand-up (2 track) for those with cognitive, visual, or sensory needs.

These **MANDATORY** clinics will help teach new and returning instructors skill progressions and new teaching techniques. We will be observing your ability to work with people, your ability to ski, and your ability to teach to ensure a quality program. Must be able to ski or snowboard independently. Need to provide own equipment. Preferred to be able to do intermediate (blue runs) or above skills. Instructors are asked to commit to volunteer at least 6 lessons, so students experience consistent instruction. Volunteer registration packet is available online at [spokanerec.org](http://spokanerec.org). or by emailing [abusch@spokanecity.org](mailto:abusch@spokanecity.org). Registration fee covers background check, clinician fees and lift tickets.

### Returning Instructors

Course Number	Days/Dates	Time	Location
17546 w/o Pass \$55	Fri. 1/3	6-8:30pm	Park Operations, 2304 E Mallon Ave
17627 w/ Pass \$35	Sat. 1/4	8:30am-1pm or 1:30-6pm	Mt. Spokane Ski & Snowboard Resort
	Sun. 1/5	8:30am-4pm	Mt. Spokane Ski & Snowboard Resort

### New Instructors

Course Number	Days/Dates	Time	Location
17628 \$55	Fri. 1/10	6-8:30pm	Park Operations, 2304 E Mallon Ave
	Sat. 1/11	8:30am-4pm	Mt. Spokane Ski & Snowboard Resort
	Sun. 1/12	8:30am-4pm	Mt. Spokane Ski & Snowboard Resort



# Fall Highlights

## Special Thanks to our Fall Quarter Volunteers

Bill Andersen  
 Dave Bentz  
 Russell Best  
 Doug Burke  
 Naomi Busch  
 Steve Busch  
 Ally Carney  
 Pat Garvin

David Imus  
 Denise Hanson  
 Bill Johnson  
 Curt Kracher  
 Loretta Kracher  
 Kristal Louden  
 Kim Orlob  
 Julie Parry

Troy Rux  
 Natalie Stagnone  
 Bill Strange  
 Kelley Strange  
 Vince Sullivan  
 Theresa Torrez  
 Frank Wintersteen



# Funshine Day Camp

*Specialized and Adaptive Recreation Services for Individuals with Disabilities*

## Join Our Team

Experience the joy of providing adaptive recreation to a unique community of campers. Laughter, friendships and sunshine will fill your summer.

Call **509-625-6245** or email [abusch@spokanecity.org](mailto:abusch@spokanecity.org) for more information.







# 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:  Behavioral  Needs Occasional Prompting  Personal Space **Behavioral Triggers or fears:**  Needs Constant Prompting  Emotions **Other information:**

**Mobility and Adaptive Equipment:**  Yes  No **Do you use adaptive equipment?**  Manual  Full-time  Electric  Part-time **Check all that apply:**  Cane/Crutches  AFO's/Splint/braces  Walker **Other information:**

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

**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.
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 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.
9. In case of emergency involving Participant, I understand every effort will be made to contact me. In the event I cannot be reached, I authorize a qualified physician/surgeon selected by City of Spokane personnel to examine and in the event of injury or serious illness administer emergency care to the above-named participant which may include hospitalization, anesthesia, surgery, or injections of medication for Participant. I understand every reasonable effort will be made to contact me to explain the nature of the problem prior to any involved treatment. In the event it becomes necessary for City of Spokane Parks & Recreation staff or volunteers to obtain emergency care for Participant, I agree that neither the City of Spokane nor any of its personnel assumes financial liability for expenses incurred because of the accident, injury, or illness.
9. I understand that this Agreement will apply for each and every day Participant participates in any Activity. I understand that this Agreement is a contract and, to the fullest extent permitted by law, shall be binding on me and my assignees, subrogors, distributors, heirs, next of kin, executors and personal representatives. If any part of this Agreement is deemed to be unenforceable, the remaining terms shall be an enforceable contract between the parties.

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

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

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

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

Emergency Contact (print) \_\_\_\_\_ Relation \_\_\_\_\_ Phone number \_\_\_\_\_



# 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](mailto: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 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.

**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 625-6245 or email [abusch@spokanecity.org](mailto:abusch@spokanecity.org) for more information.

**REGISTER  
ONLINE**

[SpokaneRec.org](http://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**

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](http://spokaneparks.org)



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

Address Service Requested

