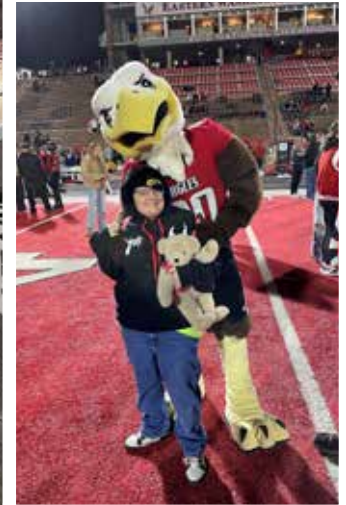


THERAPEUTIC RECREATION SERVICES

Fall 2026 | September - December





SEPTEMBER EVENTS

TRS Bicycling

6 Weeks | Ages 16yrs. & Up 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 your helmet fits well, along with it being less than 5 years old. Meet at **Meet at Mirabeau Point Park Trailhead, 13500 Mirabeau Pkwy, Spokane Valley. \$75**
 20542 Wed. 9/2 - 10/7 4-6 pm

TRS Bowling & Pizza

1 Day | Ages 16yrs. & Up 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. \$33**
 20868 Wed. 9/24 1-3:30 pm

TRS Classy Crafts

4 Weeks | Ages 16yrs. & Up 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. \$53**
 20543 Thurs. 9/3 - 9/24 4:15 - 5:30pm

TRS Cornhole & Pizza- NEW Location & Time!

4 Weeks | Ages 12yrs. & Up Everyone can have fun and play this favorite lawn game - Cornhole. Laughter and friendly competition will abound. Pizza will be served. **Meet at Sinto Senior Activity Center, 1124 W. Sinto Ave. \$63**
 20865 Mon. 9/14 - 10/5 5:30pm - 7pm

TRS Disc Golf & Pizza

3 Weeks | Ages 12yrs. & Up We will visit a Spokane Parks and Recreation Park that has a disc golf course. Safety and throwing fundamentals will be covered. Games played each week. Disc is included in the price. Discs provided if you forget to bring. Pizza served at the end of each weekly play. **Meet at a Liberty Park -Liberty Park Library 402 S. Pittsburg St. Parking Lot. \$47**
 20569 Fri. 9/11 - 9/25 3 - 4:30pm

TRS Fine Dining

1 Day | Ages 18yrs. & Up 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. \$24**

Chili's

20560 Thurs. 9/17 5 - 8:15pm

TRS Movin n' Groovin - NEW Location & Time

4 Weeks | Ages 14yrs. & Up Grab your dancing shoes and join us for the basic fundamentals of line dancing and other dances such as the Macarena, YMCA, Alley Cat and more. Bring your favorite song and we will work on learning a dance to it! **Sinto Senior Activity Center, 1124 W. Sinto Ave. \$35**
 20861 Mon. 9/14 - 10/5 4-5pm

NEW>>> TRS Mountain Biking

1 Day | Ages 18yrs. & Up This program is meant for people who have previous bike experience. Come out to Riverside State Park to enjoy the fresh air and beautiful forest on trails with your bicycle. We will explore various areas of Riverside State Park on dirt surfaces with gravel and rocks at times. This ride is designed for mountain bikes, gravel bikes, cyclocross bikes, and hybrids. We do not recommend using a road bike with narrow tires due to the trail surfaces we will be riding on. Bring a sack lunch as we will finish our ride with a group picnic. **Meet at Wilbur Trailhead, Riverside Park Rd in Nine Mile Falls. You will need a Discover Pass if you will be parking at the trail head. \$19**

20933 Sat. 9/19 10am - 1pm

TRS Spokane Velocity FC

1 Day | Ages 16yrs. & Up 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 ONE Stadium, 501 W. Garner. \$58**
vs. Athletic Club Boise
 20757 Sun 9/20 3:30 - 6:30pm



Therapeutic Recreation Services provides recreational opportunities for people with disabilities. If you do not have a disability and are interested in taking the class or volunteering, please email: trs@spokanecity.org

SEPTEMBER EVENTS

TRS Swimming

9 Weeks | Ages 8yrs. & Up Meet at Whitworth University Aquatic Center, 300 W. Hawthorne.

Blue Dolphin

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. **(no class 10/11) \$79**

20856 Sun. 9/13 - 11/15 2:15 - 3:45pm

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. **(no class 10/11) \$69**

20860 Sun. 9/13 - 11/15 2:15 - 3pm

Learn to Swim Intermediate

Individuals who have mastered the Beginner skills and are ready to move on to skills worked on will be distance swimming, breaststroke, butterfly, diving, simple turns and deeper water experience. **(no class 10/11) \$69**

20858 Sun. 9/13 - 11/15 3:05 - 3:50pm



VOLUNTEER SPOTLIGHT!

TRS would like to recognize Mike Morrow for consistently going above and beyond to give our participants incredible experiences and memories that last a lifetime.

THANK YOU MIKE!



TRS Trivia Night

1 Day | Ages 14yrs. & Up Bring your sack dinner and laugh with friends while playing Trivia. Fun prizes will abound. **Meet at Spokane Parks Operations lunch room 2304 E. Mallon Ave. \$23**

20544 Fri. 9/11 5:30 - 7pm

TRS What's Cooking

4 Weeks | Ages 16yrs. & Up 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 \$75**

20540	Tues.	9/8-9/29	1:30 - 3:30pm
20541	Tues.	9/8-9/29	4 - 6pm



SEPTEMBER CALENDAR OF EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Sailing Bicycling	3 Classy Crafts	4 No Classes	5 No Classes
6 No Classes	7 No Classes	8 Cooking 1 & 2	9 Bicycling	10 Classy Crafts	11 Disc Golf Trivia Night	12
13 Swimming Learn to Swim	14 Line Dancing Cornhole & Pizza	15 Cooking 1 & 2	16 Bicycling	17 Fine Dining - Chillis Classy Crafts	18 Disc Golf	19 Riverside Mountain Biking
20 Swimming Learn to Swim Spokane Velocity vs. Athletic Club Boise	21 Line Dancing Cornhole & Pizza	22 Cooking 1 & 2	23 Bicycling	24 Bowling Classy Crafts	25 Disc Golf	26
27 Swimming Learn to Swim	28 Line Dancing Cornhole & Pizza	29 Cooking 1 & 2	30 Bicycling			



OCTOBER EVENTS

TRS Classy Crafts

4 Weeks | Ages 16yrs. & Up 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. \$53**

20870 Thurs. 10/1 - 10/22 4:15pm - 5:30pm

TRS Cookie Bake Night

1 Day | Ages 14yrs. & Up 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. \$26**

20890 Wed. 10/21 4pm - 6pm

TRS Cornhole & Pizza - NEW Location & Time

4 Weeks | Ages 12yrs. & Up Everyone can have fun and play this favorite lawn game - Cornhole. Laughter and friendly competition will abound. Pizza will be served. **Meet at Sinto Senior Activity Center, 1124 W. Sinto Ave. \$63**

20866 Mon. 10/12 - 11/2 5:30pm - 7pm

TRS Day at the Theatre

1 Day | Ages 16yrs. & Up 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., meet at the theatre. \$34**

The Adams Family Musical

20885 Sat. 10/17 1:30 - 4:30pm

TRS Friday Night Jam - NEW Location

1 Day | Ages 18yrs. & Up 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. Dates and themes vary. **Meet at Sinto Senior Activity Center, 1124 W. Sinto Ave. \$12**

Halloween/Harvest

20876 Fri. 10/9 7 - 8:30pm

TRS Movin n' Groovin - NEW Location & Time!

4 Weeks | Ages 14yrs. & Up Grab your dancing shoes and join us for the basic fundamentals of line dancing and other dances such as the Macarena, YMCA, Alley Cat and more. Bring your favorite song and we will work on learning a dance to it! **Sinto Senior Activity Center, 1124 W. Sinto Ave. \$35**

20862 Mon. 10/12 - 11/2 4 - 5pm

TRS Paint & Taste

1 Day | Ages 14yrs. & Up 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. \$23**

20879 Wed. 10/28 5:30 - 7pm

TRS Pre-Ski Season Walking

6 Weeks | Ages 12yrs. & Up 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. \$29**

20878 Sat. 10/3 - 11/7 9:30 - 11am

NEW TRS Ski/Snowboard Strength and Conditioning

6 Weeks | Ages 12yrs. & Up New program this year! Come get your body ready for the upcoming ski season! We will be using exercise bands for muscle strengthening along with going through various stretches and movements to prepare for the moving we will do with our skis and snowboards. We will have a planned-out routine for each week to go through, along with giving you the exercises to work on them at home. Come and join us to be ready to hit the slopes this upcoming winter! **Meet at John A. Finch Arboretum, Ponderosa Room, at 3404 W. Woodland Blvd. \$29**

20888 Wed. 10/14 - 11/18 6 - 7:30pm

TRS What's Cooking

4 Weeks | Ages 16yrs. & Up 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 \$75**

20872 Tues. 10/6 - 10/27 1:30 - 3:30pm

20873 Tues. 10/6 - 10/27 4 - 6pm

TRS Eagle Football

1 Day | Ages 18yrs. & Up 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. \$57**

EWU vs. Northern Colorado

20927 Sat. 10/10 3:30 - 7:45pm



OCTOBER CALENDAR OF EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Classy Crafts	2	3 Walking
4 Swimming Learn to Swim	5 Line Dancing Cornhole & Pizza	6 Cooking 1 & 2	7 Bicycling	8 Classy Crafts	9 Friday Night Jam Halloween/Harvest	10 Walking EWU Football Game
11 No Swimming	12 Line Dancing Cornhole & Pizza	13 Cooking 1 & 2	14 Ski Conditioning	15 Classy Crafts	16	17 Walking Day at Theatre- <i>The Addams Family</i>
18 Swimming Learn to Swim Monster Jam	19 Line Dancing Cornhole & Pizza	20 Cooking 1 & 2	21 Cookie Bake Ski Conditioning	22 Classy Crafts	23 Chiefs Hockey vs. Portland Winterhawks	24 Walking
25 Swimming Learn to Swim	26 Line Dancing Cornhole & Pizza	27 Cooking 1 & 2	28 Paint & Taste Ski Conditioning	29 Classy Crafts	30	31 Walking

TRS Monster Jam

1 Day | Ages 16yrs. & Up Monster Jam is the incredible family-friendly experience starring twelve-foot tall, ten -thousand-pound machines that will bring you to your feet. These colorful, larger than life beasts are sure to capture the heart of both young and old! We will participate in the Pit Party prior to the show and see some of the drivers and trucks up close. **Meet at Veterans Arena Entrance of Boone and Howard. \$63**
20928 Sun. 10/18 11:30am - 2:15pm

TRS Spokane Chiefs Hockey

1 Day | Ages 18yrs. & Up 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 tickets and TRS program staff. **Meet at Spokane Veterans Memorial Arena main entrance, Boone & Howard. \$39**
20880 Fri. 10/23 6:30 - 9:45pm
vs. Portland Winterhawks





NOVEMBER EVENTS

TRS Bowling & Pizza

1 Day | Ages 16yrs. & Up 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. \$33**

20869 Thurs. 11/5 1 - 3:30 pm

TRS Classy Crafts

4 Weeks | Ages 16yrs. & Up 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. \$53**

20871 Thurs. 10/29 - 11/19 4:15 - 5:30pm

TRS Cornhole & Pizza - NEW Location & Time!

4 Weeks | Ages 12yrs. & Up Everyone can have fun and play this favorite lawn game - Cornhole. Laughter and friendly competition will abound. Pizza will be served. **Meet at Sinto Senior Activity Center, 1124 W. Sinto Ave. \$63**

20867 Mon. 11/9 - 11/30 5:30 - 7pm

TRS Fine Dining

1 Day | Ages 18yrs. & Up 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. \$24**

Market Street Pizza

20929 Thurs. 11/19 5 - 8:15pm

TRS Movin n' Groovin - NEW Location & Time!

4 Weeks | Ages 14yrs. & Up Grab your dancing shoes and join us for the basic fundamentals of line dancing and other dances such as the Macarena, YMCA, Alley Cat and more. Bring your favorite song and we will work on learning a dance to it! **Sinto Senior Activity Center, 1124 W. Sinto Ave. \$35**

20863 Mon. 11/9 - 11/30 4-5pm

TRS What's Cooking

4 Weeks | Ages 16yrs. & Up 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 \$75**

20874 Tues. 11/3 - 11/24 1:30 - 3:30pm

20875 Tues. 11/3 - 11/24 4 - 6pm

TRS Disney on Ice - Jump in!

1 Day | Ages 16yrs. & Up "Jump In!" is a family-friendly adventure starring everyone's favorite mouse and some of his best buddies. **Meet at Spokane Veterans Memoria Arena Main entrance, Boone & Howard. \$54**

20892 Fri. 11/6 6:30 - 9:15pm

TRS Holiday Light Cruise

1 Day | Ages 16yrs. & Up Come with us as we board a cruise boat to enjoy the Coeur d'Alene Resort's Holiday Light Show Journey to the North Pole Cruise. There are 1.5 million lights on the way to the North Pole to meet Santa and his Elves, The Grinch, Rudolph, the Giant Animated Christmas Tree and much more! Bring \$5-15 to purchase cocoa, pop, cookies or chips. Bring a sack dinner for the van ride. **Meet at Park Operations 2304 E. Mallon Ave., parking lot. \$53**

20930 Fri. 11/20 3:45 - 8pm

TRS Spokane Chiefs Hockey

1 Day | Ages 18yrs. & Up 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 tickets and TRS program staff. **Meet at Spokane Veterans Memorial Arena main entrance, Boone & Howard. \$39**

vs. Everett Silvertips

20881 Fri. 11/13 6:30 - 9:45pm



NOVEMBER, DECEMBER CALENDAR OF EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Swimming Learn to Swim	2 Line Dancing Cornhole & Pizza	3 Cooking 1 & 2	4 Ski Conditioning	5 Bowling Classy Crafts	6 Disney on Ice	7 Walking
8 Swimming Learn to Swim	9 Line Dancing Cornhole & Pizza	10 Cooking 1 & 2	11 Ski Conditioning	12 Classy Crafts	13 Chiefs vs. Everett Silvertips	14
15 Swimming Learn to Swim	16 Line Dancing Cornhole & Pizza	17 Cooking 1 & 2	18 Ski Conditioning	19 Classy Crafts Fine Dining Market Street Pizza	20 Holiday Light Cruise	21
22	23 Line Dancing Cornhole & Pizza	24 Cooking 1 & 2	25	26 No Classes	27 No Classes	28 No Classes
29 No Classes	30 Line Dancing Cornhole & Pizza	1	2 Cookie Bake	3	4 Chiefs Hockey Vs. Vancouver Giants	5 Eagle Watch
6	7	8	9	10	11 Friday Night Jam Winter Wonderland	12 Day at Theatre - Annie

DECEMBER EVENTS

TRS Cookie Bake Night

1 Day | Ages 14yrs. & Up 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. \$29**

20891 Wed. 12/2 4pm - 6pm

TRS Day at the Theatre

1 Day | Ages 16yrs. & Up 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. \$34**

Annie
20886 Sat. 12/12 1:30 - 4:30pm

TRS Eagle Watch Cruise

1 Day | Ages 16yrs. & Up 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. \$57

20931 Sat. 12/5 10:15am - 3:15pm

TRS Friday Night Jam - New Location

1 Day | Ages 18yrs. & Up 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 Sinto Senior Activity Center, 1124 W. Sinto Ave. \$12

Winter Wonderland
20877 Fri. 12/11 7 - 8:30pm

TRS Spokane Chiefs Hockey

1 Day | Ages 18yrs. & Up 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 ticket and TRS program staff. **Meet at Spokane Veterans Memorial Arena main entrance, Boone & Howard. \$39 vs. Vancouver Giants**

20882 Fri. 12/4 6:30 - 9:45pm

Please contact your case manager to send verification of payment to: trs@spokanecity.org



THERAPEUTIC RECREATION SERVICES

808 W. Spokane Falls Blvd. | Spokane, WA 99201 | trs@spokanecity.org | (509)755-CITY (2489)

City of Spokane Parks and Recreation Department

THERAPEUTIC RECREATION SERVICES PARTICIPANT PERSONAL NEEDS INFORMATION

Please provide the information below to help us better serve your needs while attending our programs. Complete this information and return it to **TRS@Spokanecity.org** at the time of registration or as soon as possible.

Therapeutic Recreation staff will lead and supervise activities; **however, they are not able to provide attendant care, such as** assistance with feeding, toileting, administering medications, or transfers.

Participants needing assistance must have a care provider present. Parks and Recreation staff reserve the right to request that a care provider accompany participants. Registration fees for care providers will vary based on the activity.

Participant First Name:		Participant Last Name:		
Participant disabilities (be specific):				
Housing	☐ Group Home/Institution ☐ In Own Home/Apartment ☐ Private Home w/ Parent			
Dietary Precautions	List any foods to avoid:			
Allergies Epi Pen ☐ Yes ☐ No	Are you allergic to anything? ☐ Yes ☐ No Please list any allergies:			
Activity Limitations	Please list any physical challenges (if any)			
Medication	Will participant need to be reminded to take medications during program hours? ☐ Yes ☐ No If yes – please complete the Medication form on the next page			
Caregiver/Support Staff	Will a caregiver be accompanying participant during program hours? ☐ Yes ☐ No			
Paratransit	Will participant be using Paratransit? ☐ Yes ☐ No If yes, what is your rider number?			
SOCIAL SKILLS / BEHAVIORAL INFO.				
Participation	☐ Participates Easily	Needs Help Managing	☐ Behavior	Behavioral Triggers or Fears:
	☐ Needs Occasional Prompting		☐ Personal Space	
	☐ Needs Constant Prompting		☐ Emotions	
			☐ Other	
MOBILITY & ADAPTIVE INFO.				
Do you use adaptive equipment? ☐ Yes ☐ No	Wheelchair: ☐ Full Time ☐ Part Time ☐ Manual ☐ Electric		Check all that apply: ☐ Cane/Crutches ☐ Walker ☐ AFO's/Splint/Braces ☐ Other	
DAILY LIFE				
Toileting	☐ Independent ☐ Independent w/ reminders ☐ Only w/ assistance			
Eating	☐ Independent ☐ Independent w/ reminders ☐ Only w/ assistance			
Communication Information	☐ Verbal & clear to understand		☐ Verbal but not clear to understand ☐ Non-Verbal	
	☐ Uses Sign Language		☐ Uses a communication board	
Additional Personal Needs Information				

CITY OF SPOKANE PARKS & RECREATION DEPARTMENT

WAIVER & 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, chaperones, or volunteers; and all their respective insurance companies, successors in interest, commercial & corporate sponsors, affiliates, agents, employees, representatives, assignees, officers, directors, and shareholders (each a "Released Party") FOR ANY INJURY, INCLUDING DEATH, LOSS, PROPERTY DAMAGE, OR EXPENSE, WHICH I, OR PARTICIPANT, MAY SUFFER, ARISING IN WHOLE OR IN PART OUT OF PARTICIPANT'S PARTICIPATION IN THE ACTIVITY.
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 DEFENDING AN INVESTIGATION, CLAIM, OR LAWSUIT BROUGHT BY OR ON PARTICIPANT'S BEHALF WHETHER ARISING IN WHOLE OR IN PART FROM PARTICIPANT'S PARTICIPATION IN ANY ACTIVITY 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 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.
7. 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.
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.
8. 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.



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.
 1. Stay with the group.
 2. Follow instructions of TRS staff.
 3. No smoking permitted except in designated areas upon approval of TRS staff.
 4. No food or drink allowed on the vans or other transport vehicles.
 5. 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/care providers, 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.)*. Care providers should accompany participants who need personal care. Participants who have behavioral issues may be asked to participate with a care provider in attendance. Registration fees for care providers 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:
trs@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 participant/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 PARTICIPANT DOES NOT ATTEND BUT DID NOT CANCEL. In this case, payment responsibility falls to participant'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 fourteen 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. Care providers may not substitute participants. Every participant must be preregistered. 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 or walk in.
- 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 our office at 509.625.6245 or email to trs@spokanecity.org and we will help you get started by notifying the instructor who will make preparations or adaptations, if needed.