

# winter **ACTIVITY** guide

*New winter adventures!*

SNOWSHOEING – CULINARY COURSES – ESPORTS – YOGA  
MARTIAL ARTS – CROSS COUNTRY SKIING – TRS SOCIALIZATION PROGRAMS  
NO-SCHOOL DAY CAMPS – PHOTOGRAPHY – AND MUCH MORE!



EXPLORE  
**PARKS**  
NATURE

SPORTS  
& REC  
OUTDOOR

CAMPS  
LEARN  
CLASSES

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POOLS  
SPLASH

PLAY  
GOLF  
LEARN

ENJOY  
RIVER  
FRONT  
PARK



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& RECREATION

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# SPOKANE

*starts here*



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Adult: \$7.95

Youth (ages 3-12): \$5.95

Skate Rental: \$5.95



[riverfrontspokane.org](http://riverfrontspokane.org)

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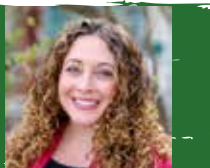
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### JENNIFER PAPICH

Recreation Director

[jpapich@spokanecity.org](mailto:jpapich@spokanecity.org)



Welcome to Winter! The Recreation team is kicking off 2022 with an abundance of opportunities for everyone to enjoy!

Winter is a wonderful time to turn inward and focus on self-care. NEW to this Winter Activity Guide are Wellness Benefits sprinkled throughout, highlighting the physical and mental health rewards of participating in recreation activities.

Beat those winter blues by getting out in the brisk air during an outdoor adventure, increase your strength and flexibility by attending a virtual yoga class, or nurture your creative side at the Corbin Art Center.

We aim to provide positive and enriching experiences for all! Check [SpokaneRec.org](http://SpokaneRec.org) for the most up to date COVID program protocols in place at the time of the program. You can also sign up for newsletter updates at [SpokaneParks.org/newsletters](http://SpokaneParks.org/newsletters).

Look forward to seeing you soon!

Jennifer

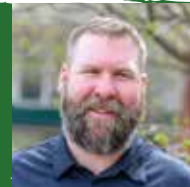
P.S. Interested in volunteering? Some of our recreation programs rely on the power of volunteers, and we'd love to welcome you! Our Therapeutic Recreation division especially needs volunteers for downhill skiing and snowboarding programs, contact [abusch@spokanecity.org](mailto:abusch@spokanecity.org) for more information on that rewarding opportunity to give back.

## KNOW YOUR REC STAFF

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## DRAWING

### Drawing Fundamentals

**6 Weeks | Ages 16+ | Allison Bayley** Join us as we begin to explore drawing fundamentals! If you are new to drawing or need to brush up on basic skills this is the class for you. We will be tackling drawing materials, composition, portrait techniques, shading, and perspective. Great basics that will lead to long lasting confidence in your drawing. Supply list included upon confirmation of registration. \$79

9790	Mon.	2/7 – 3/14	6:30 – 8:30pm
9791	Wed.	2/9 – 3/16	6:30 – 8:30pm

## WRITING & PERSONAL ENRICHMENT

Classes are held at Corbin Art Center, 507 W 7th Ave.

### Lighting Your Fire: Getting Your Writing Project Started

**6 Weeks | Ages 16+ | Marc Anthony** The writer's voice is fragile and can be silenced by our internal critic. This makes it hard to start or continue working on our writing projects. One way to minimize our internal critics is to join a facilitated group of writers willing to listen to your work, and give useful, reflective feedback. This allows us to feel more confident, and write more. Join us at the Corbin Art Center, bring in your work, and leave your critic at the door. This facilitated group welcomes committed writer in all genres in a positive, motivating environment. \$79

9794	Sun.	2/13 – 3/20	2 – 4pm
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### Creative Memoir Writing

**6 Weeks | Ages 16+ | Mary Fruchter** Do you have a story to tell, but aren't sure how to begin? Start here. In this creative writing class, we will look at memoirs snapshots and study some of the techniques authors use to make their words and characters come alive. Then, we will try it out ourselves, writing our own lives. Join us, and make your voice heard. Notebook, pencil or I-Pad and your memories are the only supplies needed. \$75

9946	Wed.	2/9-3/16	6 – 8pm
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## LANGUAGE & CONVERSATIONAL SPEAKING

Classes are held at Corbin Art Center, 507 W 7th Ave.

### Spanish Conversation

**6 Weeks | Ages 18+ | Mary Benham** This course is for advanced students who want to expand their Spanish skills with reading, discussion, and grammar review in an informal setting. Students are encouraged to talk about their own travel and cultural stories. Supply list included upon confirmation of registration. \$74

9804	Wed.	2/9 – 3/16	1 – 2:30pm
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## SKIN CARE & SOAP MAKING

Classes are held at Corbin Art Center, 507 W 7th Ave.



### Organic Soap Making & Spa Products

**1 Day | Ages 16+ | Karen Felber** Learn the simple process of making organic and natural soap. Demonstrations include fragrance selection, optional color additives, botanicals, herbs, and additional ingredients to make exfoliating soap. Included in this class you will also learn how to make some popular organic, chemical free skin-care products. Pamper yourself or someone special, without paying high prices using everyday ingredients. Demonstrations and take-home samples. \$39

9835	Sat.	3/5	10am – Noon
9836	Sat.	3/19	10am – Noon







## PHOTOGRAPHY

Classes are held at Corbin Art Center, 507 W 7th Ave.

### Photography Basics

**5 Weeks | Ages 16+ | Al Berger** Learn the fundamentals of photography and how to use your camera. Tips on lighting, additional equipment to consider and its uses. Practice assignments and in-class critiques. Requires a camera that allows manual setting of F-stop and Shutter speeds. A digital camera with full range of aperture (F-stop) settings such as Canon EOS series or Nikon DX series DSLR (with removable lens) a must. The first class will be 3 hours in length. \$74

9795 Mon. 1/24 – 2/21 6 – 8pm

### Photoshop Basics

**5 Weeks | Ages 16+ | Al Berger** Learn the basic steps needed to finish your digital photographs for printing and web usage. Photoshop topics include: sharpening, exposure compensation, density, minor retouching, cropping, special effects, levels, color correction and preparing photos for printing. Bring your laptop with a mouse, Photoshop or Photoshop Elements software installed on the laptop, (any version). \$74

9796 Tues. 1/25 – 2/22 6 – 8pm

### Portrait Photography

**5 Weeks | Ages 16+ | Al Berger** Learn the secrets and steps of working with a person or persons to create beautiful portraits. We will explore working with light, both natural and artificial as well as flash. Requires a camera that allows manual setting of F-stop and Shutter speeds. A digital camera with full range of aperture (F-stop) settings such as Canon EOS series or Nikon DX series DSLR (with removable lens) a must. Students will be taught how to meter light for the best results as well as learning how to pose a person for the most natural portraits. Assignments will be given and results will be critiqued in class. \$74

9797 Wed. 1/26 – 2/23 6 – 8pm

## FIBER ARTS

Classes are held at Corbin Art Center, 507 W 7th Ave.

### NEW! Crochet: Rag Rugs

**3 Weeks | Ages 16+ | Melode Hall** Create 3 Crochet Rag Rugs - Oval, Circle & Heart. Great addition to any room in your home. A fun class with lasting results! If this is on your bucket list now is the time! Prior crocheting experience is not necessary. Supply list included upon confirmation of registration. \$59

9798 Mon. 1/24 – 2/7 6 – 9pm

### NEW! Get Hooked on Crochet!

**6 Weeks | Ages 16+ | Cindy George** Learn the versatile and enjoyable art of crochet! This class is for beginners. We will learn the basic stitches of crochet, how to read a simple pattern, and complete one of three projects; a bookmark, glasses case, or a potholder. You will also learn how to search for appropriate patterns for future projects. Supply list included upon confirmation of registration. \$70

9939 Mon. 2/7 – 3/14 10 – 11:30am

### NEW! Intro to Sewing: Learn the Machine

**2 Weeks | Ages 8+ | Margie Bradfute** Do you have a sewing machine, but have never used it? Bring your sewing machine to learn, and get comfortable using it. You will explore all of the stitches and what each one is used for, even buttonholes and zippers, along with all of the parts of the sewing machine. No experience necessary! You will make a decorative pillow in the 2nd class. Supply list included upon confirmation of registration. \$54

9879 Sat. 2/26 – 3/5 9:30 – 1:30pm

### NEW! Spring Weave Easter Basket!

**2 Weeks | Ages 16+ | Margie Bradfute** Learn to make this fun project using fabric strips filled with stiff interfacing woven to create a basket with a handle. Fabric lining for this cute basket can be removed and cleaned. Supply list included upon confirmation of registration with fabric strips to be precut before first class and homework between sessions. \$54

9880 Sat. 3/19 – 3/26 9:30 – 1:30pm





## PAINTING CLASSES & WORKSHOPS

Classes are held at Corbin Art Center, 507 W 7th Ave.

### **NEW!** Watercolor & Landscape Composition

**4 Weeks | Ages 16+ | Megan Perkins** Learn the basics of landscape composition to give depth and energy to your paintings. We'll discuss atmospheric perspective, rule of thirds, how to lead the eye into the painting and color mixing for both realistic greens and to create a sense of space in the picture plane. Drawing will lead to painting in watercolors. Bring your own photos or pictures to paint from as well. Supply list included upon confirmation of registration \$69

9792 Sat. 3/5 – 3/26 1 – 3pm

### **NEW!** Liquid Watercolor Wanderings-Book & Card Making Re-vamped

**1 day | Ages 18+ | Bevie LaBrie** Research studies have shown when a group of students were asked to make one perfect piece of art and another group was asked to make 100 pieces of art and there was no expectation on how good it is, the second group discovered their own style and ended up producing the higher quality art and fully enjoying their experience. This class will give you the space and guidance to open the gates to your own creative flow. The morning session will leave you inspired and empowered through experimentation with liquid watercolor paint. The afternoon session will guide you through deconstruction and reconstruction of your paintings into book or card form supported by a process art approach. Supply list included upon confirmation of registration or you can pay the instructor \$8 to use her art supplies. Class held at **the Corbin Art Center, 507 W 7th Avenue.** \$65/\$8

9937 Sat. 2/5 9 – 4pm



### **NEW!** Beginning Oil Painting: A Simple Approach for Rapid Success

**6 Weeks | Ages 16+ | Laura Novak** In this course we will learn the basics of oil painting. We will discuss composition, value, how to paint what we see and color theory throughout the course. I want my students to be able to learn important oil painting skills while having the chance to be creative. I believe art isn't only about becoming technically skillful but more importantly a visual expression of the self. This is a beginner course, so we are here to learn together and have fun! Supply list included upon confirmation of registration. \$79

9945 Mon. 2/7 – 3/14 10 – Noon



### **NEW!** Texture and Acrylic Painting

**6 Weeks | Ages 18+ | Cliff Hall** Want to try playing with texture as a focus in your next acrylic painting? Explore texture and see what it can do for a painting. We'll discuss how a texture can effect a finished piece. We'll also discuss different types of textures and try them out. You will come away with an expanded view of how texture can enhance a composition and have some fun to boot. Supply list included upon confirmation of registration. \$79

9938 Wed. 2/9 – 3/16 6 – 8pm



## CORBIN CRAFT WORKSHOPS

Classes are held at Corbin Art Center, 507 W 7th Ave.

### **NEW!** Cultured Sea Glass Tree

**1 Day | Ages 13+ | Amy Gurel** Learn how to wire wrap cultured sea glass to make a unique one-of-a-kind tree. This tree is decorative and will compliment almost any décor. It can be made to look like a bonsai, willow or any other kind of tree you wish! The tree will be on a base of granite (or other types of similar repurposed counter-top). All supplies will be provided for you so all you'll need to bring is yourself. There will be a \$15 lab fee payable to the instructor at the start of class. \$45/\$15 Lab Fee

9817	Tues.	1/4	6 – 8pm
9818	Tues.	2/1	6 – 8pm
9819	Tues.	3/1	6 – 8pm



### **NEW!** Cultured Sea Glass Sun-Catchers

**1 Day | Ages 13+ | Amy Gurel** Learn how to make AJ Made With Love's signature Swan chain as well as wire wrap cultured sea glass to be hung from the beauty chain. This will all be attached to driftwood. All supplies will be provided for you so all you'll need to bring is yourself. There will be a \$15 lab fee payable to the instructor at the start of class. \$35/\$15 Lab Fee

9820	Tues.	1/11	6 – 8pm
9821	Tues.	2/8	6 – 8pm
9822	Tues.	3/8	6 – 8pm



### **NEW!** Cultured Sea Glass Garden Bling

**1 Day | Ages 13+ | Amy Gurel** Learn how to take wire and cultured sea glass and turn them into amazing one-of-a-kind pieces of art that you will be able to adorn your indoor or outdoor plants with. All supplies will be provided for you so all you'll need to bring is yourself. There will be a \$10 lab fee payable to the instructor at the start of class. \$35/\$10 Lab Fee

9825	Tues.	1/18	6 – 8pm
9828	Tues.	2/15	6 – 8pm
9829	Tues.	3/15	6 – 8pm

### **NEW!** Cultured Sea Glass Rain-Chain

**1 Day | Ages 13+ | Amy Gurel** Learn how to form AJ Made With Love's signature swan chain as well as to wire wrap cultured sea glass to create a beautiful one of a kind rain-chain to add a little bling to your home. All supplies will be provided for you so all you'll need to bring is yourself. There will be a \$20 lab fee payable to the instructor at the start of class. \$55/\$20 Lab Fee

9832	Tues.	1/25	6 – 8pm
9833	Tues.	2/22	6 – 8pm
9834	Tues.	3/22	6 – 8pm

### **NEW!** DIY Wedding Bouquets & Boutonnieres

**1 day | Ages 16+ | Sara Jemo** Make your special day even more special as you learn how to design and build your own bouquets and boutonnieres for your wedding! Come see your creativity unfold as you create lasting keepsakes for yourself and your bridal party. A selection of ribbons, greenery, and other adornments will be provided. Supply list included upon confirmation of registration. \$35

9940	Sat.	1/29	2 – 4pm
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## ART OF FINE LIVING

Class held at Inland Northwest Culinary Academy, 1810 N. Greene Street., Bldg. 1, Room 144.

### **NEW!** Winter Stews & Ragouts to Warm Your Soul

**1 Day | Ages 21+** Learn how to prepare some classic items to warm your spirits in January, including Boeuf Bourguignon from France, South American Pork Stew and an Italian Tortellini hearty soup with Sausage and Kale. Course confirmation receipt will have location and directions of class. \$69

9799 Thurs. 1/13 6 – 8 pm

### **NEW!** Pizza, Calzone & Stromboli!

**1 Day | Ages 21+** Besides a great recipe for your own pizza dough, we will also prepare Calzones, authentic Stromboli, and our own pizza with a variety of toppings and fillings. Course confirmation receipt will have location and directions of class. \$69

9800 Thurs. 1/27 6 – 8pm

### **NEW!** Valentines Meal for Two

**1 Day | Ages 21+** Bring your best friend to make a dream meal for two. We will start with a seafood salad, make an entrée of pan-seared beef tenderloin with a mushroom sauce (Filet Mignon Chasseur), and finish with a specialty dessert for two—all while sipping sparkling rosé for the occasion! Course confirmation receipt will have location and directions of class. \$69

9801 Thurs. 2/10 6 – 8pm

### **NEW!** Thai Curries! (Green, Red, & Massaman)

**1 Day | Ages 21+** Come join us for some great winter warm up curries using authentic Thai curry paste with a variety of easy to find ingredients. Panang or Red Curry with Pork and Winter Squash, Thai Red Curry with Shrimp, Pineapple, and Peanuts, and Thai Green Curry with Chicken, Broccoli, and Mushrooms will all be shared with your guest's over jasmine rice. Course confirmation receipt will have location and directions of class. \$69

9802 Thurs. 2/24 6 – 8pm

### **NEW!** Italian Dumplings with Two Sauces!

**1 Day | Ages 21+** This class will make both ricotta and potato gnocchi as well as authentic spinach malfatti dumplings and two sauces for all the dishes. Bon! Course confirmation receipt will have location and directions of class. \$69

9803 Thurs. 3/10 6 – 8pm





# MANITO HOLIDAY LIGHTS

**DRIVE-THRU  
DEC 10-16**

**6:30-9:30 PM**

**WALK-THRU  
DEC 17-19**

**6:30-8:30 PM**



**PRESENTED BY:  
THE FRIENDS OF MANITO  
& SPOKANE PARKS**

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# **ART PARTIES AT CORBIN ART CENTER**

**INCLUDES 2 HOUR PARTY • MULTIPLE THEMES AVAILABLE  
FOR CHILDREN 3-13 • ADD A SCAVENGER HUNT FOR \$20!**

**\$149 FOR UP TO 10 CHILDREN!**

**CALL TO RESERVE YOUR CELEBRATION, OR  
FOR MORE INFORMATION: 509.625.6677**



## KIDS PRE-SCHOOL

### Little Leonardo's

**6 Weeks | Ages 3-5yrs.** Children love art and they're naturally creative and imaginative. Each class is planned to expose your child to a new element of art each week. They will paint, sculpt, draw, cut paper and glue to help develop listening skills, fine motor skills and creative imagination play. \$54

9805 Mon. 2/7 – 3/14 9:30 – 10:30am

### Let's Gogh Art!

**6 Weeks | Ages 4-5yrs.** Does your child love to draw, paint, sculpt or just enjoy being creative? Then come join us in discovering different art techniques while learning about a new artist or children's book illustrator each week in this fast paced, fun class. There are new projects each week for returning students. \$69

9806 Tues. 2/8 – 3/15 9:30 – 11am

9807 Wed. 2/9 – 3/16 9:30 – 11am

### **NEW!** Make Art Together: Winter Wonderland of Art!

**6 Weeks | Ages 2-4yrs.** Are you tired of being cooped up in the house? Then this is the creative class for you and your child. Experience a new weekly art theme, story, and relevant project. Children will discover color, texture while practicing basic cutting and gluing skills while exploring a variety of art techniques and materials. This class is fast paced, active and most of all fun! There are new projects each week for returning students. \$54

9808 Thurs. 2/10 – 3/17 9:30 – 10:30am



## PRE-SCHOOL WORKSHOPS

Classes are held at Corbin Art Center, 507 W 7th Ave.

### **NEW!** Make Art Together: Valentine Fun!

**1 Day | Ages 3-5yrs.** Come make handmade cards and gifts with your favorite little Valentine in this fun, fast-paced class. Lots of hearts, doilies and glitter will be used to say "I Love You" in this fun event. Dress for a mess and have a "Lovely" time. \$29

9815 Sat. 2/12 9:30 – 11am

### **NEW!** Make Art Together: St. Patrick's Day Fun!

**1 Day | Ages 2-4yrs.** Come and celebrate the "Wearing o' Green." Make a fanciful, fun Leprechaun hat, shamrocks projects and of course a pot of gold at the end of the rainbow. This a fun and fast paced class to share with your favorite little Leprechaun! \$29

9816 Sat. 3/12 9:30 – 11am





## KIDS YOUTH

Classes are held at Corbin Art Center, 507 W 7th Ave. unless otherwise indicated.

### Afternoon Art Exploration

**6 Weeks** | Explore a variety of artistic mediums, such as, oil pastels, paint, clay, paper, recycled objects and more each week. Here's a chance to use your artistic skills, be creative and try new things. There are new projects each week for returning students. \$69

**Ages 6-8yrs.**

9809 Mon. 2/7 – 3/14 4 – 5:30pm

**Ages 9-12yrs.**

9810 Tues. 2/8 – 3/15 4 – 5:30pm

### Drawing Basics Wednesday

**6 Weeks** | **Ages 6-8yrs.** Drawing is the basis and the first step for dimensional art forms. Explore with different tools and techniques and learn the many facets of drawing including freehand drawing, line, shading, fur-scales-feathers, still life, color, design composition, perspective, portraiture, animals and more. \$69

9811 Wed. 2/9 – 3/16 4 – 5:30pm

### Drawing Basics Thursday

**6 Weeks** | **Ages 9-12yrs.** Drawing is the basis and the first step for dimensional art forms. Explore with different tools and techniques and learn the many facets of drawing including freehand drawing, line, shading, fur-scales-feathers, still life, color, design composition, perspective, portraiture, animals and more. \$69

9812 Thurs. 2/10 – 3/17 4 – 5:30pm



### **NEW!** Cultured Sea Glass Sun-Catchers

**1 Day** | **Ages 8-12yrs.** | **Amy Gurel** Learn how to make a beautiful one of a kind suncatcher using wire, cultured sea glass, and driftwood. All supplies will be provided for you so all you'll need to bring is yourself. There will be a \$10 lab fee payable to the instructor at the start of class. \$25/\$10 Lab Fee

9837 Thurs. 2/10 4 – 5:30pm

9838 Thurs. 3/10 4 – 5:30pm

### **NEW!** Cultured Sea Glass Garden Bling

**1 Day** | **Ages 8-12yrs.** | **Amy Gurel** Learn how to take wire and cultured sea glass and turn them into amazing one-of-a-kind pieces of art that you will be able to adorn your indoor or outdoor plants with. All supplies will be provided for you so all you'll need to bring is yourself. There will be a \$10 lab fee payable to the instructor at the start of class. \$25/\$10 Lab Fee

9841 Thurs. 2/17 4 – 5:30pm

9845 Thurs. 3/17 4 – 5:30pm

### **NEW!** Cultured Sea Glass Necklace & Backpack Charm

**1 Day** | **Ages 8-12yrs.** | **Amy Gurel** Learn how to create a beautiful one-of-a-kind necklace to add some bling to any outfit as well as a backpack charm that you can show all your friends the amazing creativity that you have. All supplies will be provided for you so all you'll need to bring is yourself. There will be a \$10 lab fee payable to the instructor at the start of class. \$25/\$10 Lab Fee

9846 Thurs. 1/27 4 – 5:30pm

9847 Tues. 3/24 4 – 5:30pm

**REGISTER  
ONLINE**

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



**MAIL  
US**

City of Spokane Parks &  
Recreation Class Registration  
808 W. Spokane Falls Blvd.  
Spokane WA 99201  
\*checks payable to City of Spokane



**CALL  
US**

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





## NO SCHOOL TODAY CAMPS

Pre-registration is required. Classes are held at Corbin Art Center, 507 W 7th Ave.

### **NEW!** Mixed Media Art Attack!

**1 Day | Ages 6-11yrs.** Explore the vast world of mixed media using a diverse array of art materials and techniques. You will work with clay, paint, glue and found objects. Creativity will run rampant and the art will explode with color and energy. Dress for a mess and please bring a lunch. \$44

9849 Mon. 1/17 9am – 3pm

### **NEW!** Creative & Color Crazy!

**1 Day | Ages 6-11yrs.** Do you enjoy being a fantastic, adventurous artist? Do you love to use lots of colors and textures in your masterpieces? Then this is the camp for you! We will paint, draw and paint with wonderful colors & techniques. Learn how to mix colors properly so you can get your desired artistic effect. Dress for a mess and bring a lunch. \$44

9851 Mon. 2/21 9am – 3pm



## SPRING BREAK CAMPS

Enjoy a fun-filled day with arts and crafts activities for children. Dress for a mess and bring your lunch. Pre-registration is required. Class held at the Corbin Art Center, 507 W 7th Avenue.

### **NEW!** 3-D Crazy Creatures!

**1 Day | Ages 6-11yrs.** Come to this camp and make your own 3-D Crazy Creatures. Your imagination and creativity will bring these creatures to life while using paint, paper, found objects and much more. This is a fun and extremely creative camp with lots of art building going on. Dress for a mess and please bring a lunch. \$44

9852 Mon. 4/4 9am – 3pm

### **NEW!** Mixed Media Art Attack!

**1 Day | Ages 6-11yrs.** Explore the vast world of mixed media using a diverse array of art materials and techniques. You will work with clay, paint, glue and found objects. Creativity will run rampant and the art will explode with color and energy. Dress for a mess and please bring a lunch. \$44

9856 Tues. 4/5 9am – 3pm

### Clay, Slime & DIY Dough

**1 Day | Ages 6-11yrs.** Discover the joy of clay! Make your own cool clays to model creative animals and other projects. Using fun recipes and techniques you'll enjoy your experience with pre-made and handmade clay. Please bring a lunch. \$44

9865 Wed. 4/6 9am – 3pm

### **NEW!** Dragons! Trolls! Unicorns! Oh My!

**1 Day | Ages 6-11yrs.** Do you love Dragons? How about trolls, unicorns and other mythological creatures? Come and use your imagination, creativity and lots of art supplies to make your very own fantastic creatures! Dress for a mess and bring a lunch. \$44

9868 Thurs. 4/7 9am – 3pm

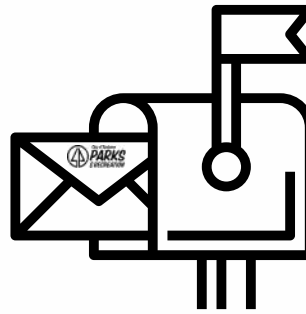
### Animal Art: Let's Go Wild!

**1 Day | Ages 6-11yrs.** Explore animals around the world through art. Unleash your creativity with different animal projects including collage, painting, drawing and sculpture. This camp is sure to be a "wild" time. Dress for a mess and please bring a lunch. \$44

9869 Fri. 4/8 9am – 3pm



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Your Email



# GOLFER'S HOLIDAY

**Indian  
Canyon**  
GOLF COURSE

**Downriver**  
GOLF COURSE

**Qualchan**  
GOLF COURSE

**Esmeralda**  
GOLF COURSE

## 2022 GOLF PASSES

Get the golfer you love onto the green in 2022.

**4-Pack (SAVE \$34).....\$150**

Get 1 round each at Indian Canyon, Esmeralda, Qualchan & Downriver.

**Season Pass.....SAVE UP TO \$100!**

Players, Loyalty, and Unlimited passes.

**Unlimited Junior Pass.....\$250**

*Call any City course to help determine the right pass for you.*

*Gift cards available in any amount.*

**To purchase:**

**Dial 311 or call any City course.**

**These holiday deals end Dec 31, 2021!**





**Wellness Benefit of Outdoor Recreation:** The annual Roper Starch Report found that 90% of Americans consider outdoor recreation as the best way to be physically active. Even more felt that if people increased their outdoor recreation activities, the effects on their health would be beneficial (ARC, 2000).

### SNOWSHOEING OUTINGS

#### Snowshoe Mt Spokane with Transportation

**1 Day | Ages 13+** Learn the basics of snowshoeing and try this fun winter sport. During the guided hike you will travel on snowshoe trails through the snow-covered trees and hills around Mount Spokane. What a great winter sport! Pre-trip information emailed after registration. Includes: snowshoes, instruction, walking poles, trail fees, guides and transportation! Meet at **Yoke's Fresh Market Parking Lot 14202 N. Market St.** \$35

#### Friends of Mt Spokane Interpretative Tour

8948	Sun.	1/2		9am – 1pm
8949	Sat.	1/8		9am – 1pm
8950	Mon.	1/17	Martin Luther King Day	9am – 1pm
8952	Sat.	1/29	Friends of Mt. Spokane Tour	9am – 1pm
8953	Sun.	2/6		9am – 1pm
8954	Sun.	2/13		9am – 1pm
8956	Mon.	2/21	Presidents Day	9am – 1pm
8957	Sat.	3/5		9am – 1pm

#### Snowshoe Tour 49 Degrees North

**1 Day | Ages 15+** Tour the trails of 49 Degrees North! Your guide will give you tips leading to better control and more fun on your snowshoes. Beautiful scenery and healthy exercise followed by a tasty lunch. Includes trail pass, guide/instructor, poles, snowshoes and lunch! Pre-Trip information emailed after registration. Meet at **49 Degrees North Nordic Area Yurt 3311 Flowery Trail Rd.** \$43

8959	Sat.	1/8		10am – 2pm
8960	Sat.	2/12		10am – 2pm
8961	Sun.	3/6		10am – 2pm
8971	Sat.	3/9		10am – 2pm

#### **NEW!** Snowshoe & Mead Tasting

**1 Day | Ages 21+** Take a tour of majestic Mt Spokane this winter and explore one of Washington's largest State Parks. The group will snowshoe 2-3 miles up and down hills through snow sparkling forested trails which may open to spectacular views of the valley below. This tour is great for beginners or those who have snowshoeing experience. After our tour we will make our journey to Hierophant Meadery on Green Bluff for an educational tasting of some of Washington's finest Meads. Fee includes snowshoes, hiking poles, transportation, area parking fees and guides. Tasting fee paid on your own which is \$8 for 8-1 oz samples. Meet at **Yoke's Fresh Market Parking Lot 14202 N. Market St.** \$43

9692	Sun.	1/9		9am – 2:30pm
9693	Sun.	2/20		9am – 2:30pm
9694	Sun.	3/20		9am – 2:30pm

#### Snowshoe Moonlight Hike with Transportation

**1 Day | Ages 16+** Moonlight on snow is a magical and memorable experience. Quietly you will explore the meadows and woods around Mount Spokane. We provide guides, transportation, headlamps, walking poles and snowshoes. Additional information emailed after registration. Meet at **Yoke's Fresh Market Parking Lot 14202 N. Market St.** \$29

#### Friends of Mt Spokane Interpretative Tour

8942	Fri.	1/14		6 – 9:30pm
8943	Fri.	2/11		6 – 9:30pm
8944	Fri.	3/11		6 – 9:30pm



## SNOWSHOEING OUTINGS

### **NEW!** Snowshoe Little Pend Oreille National Wildlife Refuge

**1 Day | Ages 15+** Hidden between the foothills of the Cascades and the Rocky Mountains, this unique, forested, mountainous Refuge provides habitat for large mammals like bear, cougar, deer, elk and moose as well as over 200 migratory songbirds. Take a beautiful tour on the Mille Butte trail through open pine meadows to panoramic views from the top of the butte. On our return we will following the creek looking out for wildlife that call this sanctuary their home. Includes: guides, snowshoes, ski poles, and transportation. Meet at **Wandermere Rite Aid Parking Lot 12420 N Division St.** \$49

9699 Sat. 1/15 8am – 3:30pm

### Snowshoe & Brews Mt. Spokane Tours with Transportation

**1 Day | Ages 21+** Snowshoeing is awesome! Join us on a 2–3-mile snowshoe tour through the woods of Mt Spokane State Park. Following our adventure, we will head to Big Barn Brewery on Green Bluff to learn about their locally crafted beer and enjoy some tasty beverages to “tap” off the day. Snowshoes, poles, guides & transportation included. Beverages not included in fee and paid on your own, \$2 per 5oz tasting. Meet at **Yoke’s Fresh Market Parking Lot 14202 N. Market St.** \$43

9687 1/16 Sun. 9am – 2:30pm

9688 2/27 Sun. 9am – 2:30pm

9689 3/19 Sat. 9am – 2:30pm

### Snowshoe Newman Lake McKenzie Conservation Area with Transportation

**1 Day | Ages 15+** Learn the basics of snowshoeing on this beautiful conservation property along Newman Lake. This is a moderate 2–3-mile hike with an occasional steep hill. We’ll travel through snow covered western red cedars, firs, and pine trees. Take in the majestic views of the lake, meadows, Mt. Spokane, and surrounding areas from Turtle Rock. Transportation, snowshoes, walking poles and guides provided. Pre-trip information emailed after registration. Meet at **Safeway Parking Lot 8851 E. Trent.** \$29

9697 Sun. 1/23 10am – 1:30pm

### Snowshoe Headlamp Hike with Transportation

**1 Day | Ages 15+** What a great way to start your weekend! Watch the glimmer of your headlamp illuminate the snowy trails as we hike through the quiet forest of Mt. Spokane. Snowshoes, guides, walking poles, headlamps and transportation provided. Meet at **Yoke’s Fresh Market Parking Lot 14202 N. Market St.** \$29

9744 Fri. 1/28 6 – 9:30pm

9745 Fri. 2/25 6 – 9:30pm

9746 Fri. 3/18 6 – 9:30pm

### Snowshoe Bead Lake with Transportation

**1 Day | Ages 18+** This beautiful snowshoe hike take us to the pristine Bead Lake just north of Newport WA. The trail offers amazing views of the lake and surrounding trails. While on this hike you will travel through an ancient cedar forest, and over some of Bead lake’s tributary streams. Some wildlife you might see deer, elk, osprey, ducks, and many more. Come and enjoy a very peaceful snowshoe with some spectacular views! Great hike for photographers. Guides, snowshoes, transportation, and walking poles provided. Additional information emailed after registration. Meet at **Yoke’s Fresh Market Parking Lot 14202 N. Market St.** \$49

9726 Sat. 2/12 9am – 4pm

### Snowshoe Tour Lake Gillette with Transportation

**1 Day | Ages 18+** We will explore this high mountain lake surrounded by meadows and forested slopes. This great trail will be a true winter memory for you. The guided hike will take you uphill to a scenic overlook and through forested meadows. Pre-trip information emailed after registration. Guides, snowshoes, walking poles and transportation included! Meet at **Wandermere Rite Aid Parking Lot 12420 N Division.** \$49

9685 Sun. 1/30 9am – 4pm

9686 Sat. 2/19 9am – 4pm







## SNOWSHOEING OUTINGS

### **NEW!** Snowshoe Mt. Kit Carson with Transportation

**1 Day | Ages 18+** Spring is in the air! Join the Friends of Mt Spokane Interpretive guides and get outside to Mt. Spokane State Park for some fun in the snow. During this hike to the summit of Mt Kit Carson get a great workout and great views of the valley below. Don't forget your camera for some amazing shots! This intermediate and moderate uphill hike will take most of the morning and early afternoon. Bring a trail lunch and plenty of snacks and water and get ready for some fun! Additional information emailed after registration. Includes: snowshoes, walking poles, transportation, instruction, and guides. Meet at **Yoke's Fresh Market Parking Lot 14202 N. Market St. \$37**

8964 Sat. 2/26 8:30am – 2:30pm

### **NEW!** Sunset Snowshoe Tour Mt. Spokane with Transportation

**1 Day | Ages 15+** Take in the beautiful sunsets of Mount Spokane on Daylight Saving Time Sunday. We will hike up to Bald Knob Campground through the snow-covered forest to views of the Spokane Valley and beyond. Hopefully we will be lucky and see a gorgeous sunset and alpine glow slope side on Mount Spokane. Meet at **Yoke's Fresh Market 14202 N Market St. \$29**

8958 Sun. 3/13 5 – 8pm

## CROSS COUNTRY SKIING

**Wellness Fact:** An estimated 7 in 10 American adults are not regularly active during their leisure time and 4 in 10 are not active at all (Schoenborn, 2002, April 7)

### Cross Country Ski Lesson 49 Degrees North

**1 Day | Ages 13+** Learn to cross country ski and tour the trails of 49 Degrees North Nordic Area! You will be taught the basics of cross country skiing by 49 Degrees North certified P.S.I.A certified ski instructors. Instruction includes basics of equipment, ski area rules and etiquette, techniques on how to glide on your skis, how to travel uphill and how to stop going downhill. After a fun lesson you will hit the trails for a guided tour of the area to try out those new skills. Beautiful scenery and exercise is what cross skiing is all about! Includes: cross country skis, boots and poles, trail pass, instruction, and guided tour after lunch. Bring a lunch and plenty of water. Additional information emailed after registration. Meet at **49 Degrees North Nordic Area \$53**

8962	Sun.	1/2	10am – 2pm
8963	Sat.	1/29	10am – 2pm
8964	Sat.	2/19	10am – 2pm
8965	Sat.	3/5	10am – 2pm

### Cross Country Ski Trip Geophysical Area with Transportation

**1 Day | Ages 18+** Established in 1966 this Geophysical Observatory is just one of 14 observatories the USGS operates worldwide, used to monitor the earth's magnetic field. Also, a groomed xc ski trail system with clever twists and turns on trails that make a rather common stretch of forest into a fun-filled afternoon on the snow. The Geophysical area near Newport, WA has an absorbing number of trails that will lure you back again and again. This is a great beginner trailer system but having basic xc skiing skills or have taken a lesson prior to this trip is recommended. Fee includes guides, equipment, round trip transportation, and ski area fees. Bring your own lunch and water. Schedule subject to change due to snow conditions. Pre-trip information emailed after registration. Meet at **Yokes Fresh Market Parking Lot 14202 N Division St. \$39**

9690 Fri. 1/21 9am – 3pm



## MT SPOKANE CROSS COUNTRY SKI LESSONS

### Cross Country Ski Lessons Mt Spokane

**1 Day | Ages 13+ Sponsored by Fitness Fanatics** Learn the basics of cross-country skiing at Mt. Spokane! Cross country skiing is a wonderful way to spend time with family and friends during the winter. This is a great way to get exercise and enjoy the outdoors. Lessons are taught by the experienced and friendly Spokane Nordic Ski Association P.S.I.A. certified instructors. Cross country skiing equipment will be ready for you when you arrive at the Mt Spokane Nordic Area at the Fitness Fanatics Rental Trailer. Weekdays are a great time to visit and to beat the crowds. Fee includes a day long ski equipment rental and 2 hours of instruction. Show up 1/2 hour prior to your lesson for gear fitting. Sno-Park Permit required. Additional information emailed after registration. Meet at Mt Spokane Selkirk Nordic Area. \$59 or \$34 if you have your own equipment. Please call 509-755-2489 for discounted pricing.

9703	1/3	Mon.	10am – Noon
9704	1/7	Fri.	10am – Noon
9705	1/10	Mon.	10am – Noon
9706	1/13	Thurs.	10am – Noon
9707	1/16	Sun.	10am – Noon
9708	1/17	Mon.	10am – Noon
9709	1/21	Fri.	10am – Noon
9710	1/24	Mon.	10am – Noon
9711	1/31	Mon.	10am – Noon
9712	2/4	Fri..	10am – Noon
9713	2/7	Mon.	10am – Noon
9714	2/10	Thurs..	10am – Noon
9715	2/12	Sat.	10am – Noon
9716	2/14	Mon.	10am – Noon
9717	2/17	Thurs.	10am – Noon
9718	2/21	Mon..	10am – Noon
9719	2/25	Fri..	10am – Noon
9720	2/28	Mon.	10am – Noon
9721	3/3	Thurs.	10am – Noon
9722	3/5	Sat.	10am – Noon
9723	3/7	Mon.	10am – Noon
9724	3/11	Fri..	10am – Noon
9725	3/13	Sun..	10am – Noon



**REGISTER  
ONLINE**

[SpokaneRec.org](https://SpokaneRec.org)



**MAIL  
US**

City of Spokane Parks &  
Recreation Class Registration  
808 W. Spokane Falls Blvd.  
Spokane WA 99201

\*checks payable to City of Spokane



**CALL  
US**

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





## CROSS COUNTRY SKIING

### Cross Country Ski Tour Friends of Mt Spokane Interpretive with Transportation

**1 Day | Ages 13+** Learn all about Mt Spokane from Friends of Mt Spokane's interpretive guide. During the tour you will travel on cross country ski trails through the snow-covered trees and hills around Mt. Spokane Nordic Ara. Skiing experience or previous cross country skiing lesson is required. There is no lesson provided. Pre-trip information emailed after registration. Includes: cross country skiing equipment, interpretation, transportation, and guides! Meet at **Yokes Fresh Market Parking Lot 14202 N Market St.** \$39

9003 Sat. 2/5 9am – 3pm

### **NEW!** Cross Country Ski Adventure to Deer Creek Summit with Transportation

**1 Day | Ages 18+** This little-known pass in the Kettle Range is the second highest mountain pass in the state of Washington. This means great skiing, no people and amazing scenery. You should have basic xc skiing skills or have taken a lesson prior to this trip. Transportation, guides, skiing equipment & ski area fees included. Schedule subject to change due to snow conditions. Pre-trip information emailed after registration. Meet at **Wandermere Rite Aid Parking Lot 12420 N. Division St.** \$59

2121 Sat. 3/12 8am – 6pm

### Cross Country Ski Frater Lake with Transportation

**1 Day | Ages 18+** Explore this beautiful snowy glacial lake that is part of the eight lakes of the Pend Oreille Lake Chain. With over 10 miles of trail for all levels of skiers. You should have basic xc skiing skills or have taken a lesson prior to this trip. Fee includes staff, transportation, equipment if needed, and ski area fees. Bring your own lunch and water. Location subject to change due to snow conditions. Pre-trip information emailed after registration. Meet at **Wandermere Rite Aid 12420 N Division St.** \$40

9691 Fri. 2/4 9am – 4pm

# PRIVATE GROUP WINTER TOURS

Book a private snowshoe or cross country ski tour through City of Spokane Parks & Recreation!

Call 509.363.5414 or email [rgriffith@spokanecity.org](mailto:rgriffith@spokanecity.org)





## SKI IN THE CITY

You don't have to go to the mountain to get your xc-ski and fat biking fix! Look for groomed trails in and around Spokane this winter.

- **INDIAN CANYON**  
\*xc-skiing & snowshoeing on groomed trails only
- **RIVERSIDE STATE PARK**  
\*xc-skiing, snowshoeing & fat biking
- **DWIGHT MERKEL**  
\*xc and skate-skiing, fat biking & snowshoeing

- [spokane parks.org/snow](http://spokane parks.org/snow) for updated info and rules -  
for updated grooming info call 509-363-5418



## YOUTH WINTER ADVENTURES CAMP

### Youth Winter Adventures

**2 Days | Ages 9-12yrs.** Send your child with us over the winter break to learn cross country skiing and snowshoeing at Mt Spokane State Park! Traveling the trails and romping around in the snow through the amazing forest is the best way to spend winter break. We will also learn to build snow caves and search for animal tracks! Please bring a lunch and plenty of water each day. Transportation, snowshoes, skiing equipment, trail passes and instruction provided. Meet at **North East Community Center**

**Parking Lot 4001 N Cook St. \$99**

8637	Tues. – Wed.	12/21 – 12/22	9am – 4pm
8638	Tues. – Wed.	12/28 – 12/29	9am – 4pm

## SKATE SKIING

### **NEW!** Skate Ski Lesson Introduction

**1 Day | Ages 13+** Beginning skate ski lessons are best if you have a base of fitness, balance, and comfort gliding on snow or ice. Skate technique is fun and can be fast. It is done outside the groomed ski track and resembles a skating motion with skiers pushing off the skis laterally and using both poles at the same time to propel themselves forward. It has a steep learning curve and can be exhausting at first, but students will really enjoy it as their technique improves. This basic class will cover using your equipment, body position, stopping, slowing, cornering, balance, push off, momentum and glide. Taught by Spokane Nordic Ski Association P.S.I.A. certified instructors. Your skate ski equipment rental will be ready for you when you arrive at the Selkirk Nordic Area Fitness Fanatics Rental Trailer. Fee includes a day long ski equipment rental and 2 hours of instruction. Show up 1/2 hour prior to your lesson for gear fitting. Sno-Park Permit required. Additional information emailed after registration. Meet at **Mt Spokane Selkirk Nordic Area**. \$75 or \$35 if you have your own equipment. Please call 509-755-2489 for discounted pricing.

8966	Sat.	1/8	10 – Noon
8967	Sat.	2/26	10 – Noon







**WE'RE ALREADY  
THINKING ABOUT  
SPRING!**

**Spring registration  
starts January 28. Visit  
[SpokaneRec.org](http://SpokaneRec.org) to get  
ahead of the crowd!**



**SWIMMING LESSONS**  
REGISTRATION OPENS MARCH 1

Visit [SpokaneRec.org](http://SpokaneRec.org) or call 311 to register

# HIT THE SLOPES WITH THERAPEUTIC RECREATION SERVICES!

Specialized, inclusive, adaptive, and always FUN! TRS provides individuals with disabilities the best winter recreation has to offer.

Go to [SpokaneRec.org](http://SpokaneRec.org) or see pages 35-40 for more info.







# riverfront Winter Activities

SPOKANE

No registration required! Drop in and join the fun.

Questions? Call (509) 625-6600, E-mail [rpfinfo@spokanecity.org](mailto:rpfinfo@spokanecity.org) or visit [RiverfrontSpokane.org](http://RiverfrontSpokane.org)

## Winter Market at the Pavilion

**All Ages** | Join us at Riverfront's Winter Market located at the Pavilion Central Plaza and shop local! Market operations will follow Spokane Regional Health District Farmers Market COVID safety protocols. **Pavilion at Riverfront – 574 N Howard St. Free**  
Wed. December 1, 8, 15 & 22 3-7pm

## Riverfront Trail of Lights

**All Ages** | Welcome the holiday season with a stroll through Riverfront Park. Enjoy the spectacular light displays at Riverfront's blue bridge, Clock Tower, park pathways and more! **Riverfront Spokane – 507 N. Howard St. Free**  
Nov. 27 – Jan. 1

## Numerica SkyRide

**Daily | All Ages** The Numerica SkyRide offers the best, most convenient and accessible, upfront views of the Spokane Falls located in downtown Spokane. You will travel past art deco City Hall, then gradually drop down 200 feet over the Huntington Park Natural Area. From there, you will continue across the Spokane River in front of one set of falls, under the historic Monroe Street bridge and return to Riverfront Park. The Numerica SkyRide is wheelchair accessible.

**Numerica SkyRide - 720 W Spokane Falls Blvd.** (Ages 15 and under must be accompanied by an adult)

### Admission

Adults (ages 13+): \$9.95  
Youth (3-12): \$6.95  
Ages 2 and under: Free

## Learn-to-Skate Group Lessons

**8 Weeks | All Ages** Join the coaches of Lake City Figure Skating each week and learn the FUNdamentals of ice skating. Skater's will work through the curriculum of Learn to Skate USA and come away with new skills, increased self-confidence, and lots of fun memories. **Numerica Skate Ribbon – 720 W Spokane Falls Blvd.**  
\$118.50 \* per person Includes skate rentals.

Sat. Jan. 8 – Feb. 26 10am-10:30am or 10:30-11am

## DJ Night on the Ice

Get your 'skate' on with DJ A1 for themed nights, music, lights, contests, and more every Friday (December - January). **Numerica Skate Ribbon – 720 W Spokane Falls Blvd.**

Fri. December 3, 10, 17, 31 and Jan. 7, 14, 21, 28 6-9pm

## Cheap Skate Tuesdays

Join us at the Numerica Skate Ribbon for Cheap Skate Tuesdays! Free skate rentals will be provided with each paid admission (\$5.95 value). **Numerica Skate Ribbon – 720 W Spokane Falls Blvd.**



## Ice Skating at the Numerica Skate Ribbon

**All Ages** | Riverfront Park's Numerica Skate Ribbon consists of a 16' wide and 650' long pathway with a 3,500 sq. ft. attached pond. Skaters will experience slight inclines and declines as they make their way around a path of ice surrounded by beautiful Northwest inspired landscape and holiday lights. **Numerica Skate Ribbon - 720 W Spokane Falls Blvd.**

### Admission (1 hour)

Adult (ages 13+): \$7.95/per hour  
Youth (ages 3-12): \$5.95/per hour  
Ages 2 and under: FREE

**Skate Rental: \$5.95/per visit**

### Unlimited Ice Pass

Unlimited Ice Passholder Benefits: 15% discount at Sky Ribbon Café, 15% Discount at Riverfront Gifts, 4 complimentary Loeff Carrousel Tickets (value: \$12.00), 1 complimentary buddy single-use admission ticket with Skate Rental (value: \$13.90)

Adult (ages 13+): \$35.95  
Youth (ages 3-12): \$30.95  
Skate Rental Add-On: \$17.95\*only available with purchase of the Unlimited Ice Pass.

**For information on how to register visit:  
[RiverfrontSpokane.org](http://RiverfrontSpokane.org)**



**Wellness benefits of YOGA:** According to a research published by the Harvard Health Publishing (Harvard Medical School), Yoga practitioners have experienced several mental and physical benefits such as reduced stress, relief from effects of anxiety and depression, increased overall flexibility, decreased lower back pain, and a positive effect on cardiovascular risk factors, which help prevent heart disease. (2021).

## YOGA

### Virtual Basic Yoga

**6 Weeks | Ages 16+ | Robin Marks** A chance for continuing and new yoga students to practice yoga in the comfort of home but with the guidance and motivation of being in this virtual class. Strengthen, stretch and release muscle tensions while settling into a relaxed and peaceful mental state. Instructor, Robin Marks, was one of the early pioneers to first bring yoga to Spokane. \$75

9736	Tues.	1/11 – 2/15	5:30 – 6:30pm
9737	Tues.	2/22 – 3/29	5:30 – 6:30pm

### Virtual Yoga Gentle Stretch

**6 Weeks | Ages 16+ | Robin Marks** If you're dealing with some aches and pains or just getting back into exercising, this class has an accommodating approach. This class provides the same benefits as Basic Yoga but dialed down just a little. Instructor, Robin Marks, was one of the early pioneers to first bring yoga to Spokane. \$75

9742	Sat.	1/15 – 2/19	9 – 10am
9743	Sat.	2/26 – 4/2	9 – 10am

### Virtual Chair Yoga

**6 Weeks | Ages 16+ | Robin Marks** Yoga poses, stretches, and strengtheners modified with the use of your own kitchen chair. Experience all the benefits of yoga modified to your body's needs and without struggling to sit on the floor or get up and down off the floor, as in standard yoga classes. \$65

9738	Thurs.	1/13 – 2/17	10:30 – 11:15am
9739	Thurs.	2/24 – 3/31	10:30 – 11:15am

### Virtual Yoga Deeper Stretch

**6 Weeks | Ages 16+ | Robin Marks** This class includes poses with a little deeper strengthening and stretching than Basic Yoga while maintaining the same gentle inner focus. While the poses are not extreme, participants should be in reasonably good physical condition. \$75

9740	Thurs.	1/13 – 2/17	5:30 – 6:30pm
9741	Thurs.	2/24 – 3/31	5:30 – 6:30pm



# Healthy Parks



Spokane Parks and Public Works have a new 10-year partnership to conserve water on our beloved public outdoor spaces.

Public Works will provide Parks with annual funding for water-savings projects – things like improved irrigation systems that replace manual irrigation (allowing for easier watering off peak hours, and reducing leaks), replacing select turf areas with “water-wise” plants or grasses, and updating older splash pads with sensors that shut water off when not in use.

In the past two years, Parks & Recreation has completed projects that save approximately 70 million gallons annually through golf course irrigation upgrades, improvements to the ponds in Manito Park, and turf reduction zones.

For more on our Park Health initiative, visit [www.SpokaneParks.org/ParkHealth](http://www.SpokaneParks.org/ParkHealth)





**Wellness benefits of Martial Arts** - Researchers have found that the benefits of martial arts practice extended beyond improving self-confidence, self-respect, and physical fitness. Some participants noticed improved ability to manage anxiety and stress, as well as developing an overall sense of well-being due higher stamina and energy levels. Fuller and Lloyd (2020).

## MARTIAL ARTS

### Brazilian Jiu-Jitsu for Anyone!

**4 Weeks | Ages 3-15+ yrs.** Brazilian Jiu Jitsu's popularity is drawing people of all ages with a variety of goals, including learning self-defense, improving fitness, or competing. Come try a very hands-on activity that is the most practical form of self-defense in a fantastic and life changing learning environment. Start your 4-week today! Two convenient locations: **12926 E. Indiana Suite 2, Spokane Valley** or **847 S. Main Street, Deer Park**. \$75

#### Ages 3-5yrs.

9728	Mon./Wed.	1/3 – 3/30	Deer Park	3:15 – 3:45pm
9729	Tues./Thurs.	1/4 – 3/31	Spokane Valley	3:15 – 3:45pm

#### Ages 6-9yrs.

9730	Mon./Wed.	1/3 – 3/30	Deer Park	4 – 4:50pm
9731	Tues./Thu.	1/4 – 3/31	Spokane Valley	5 – 5:50pm

#### Ages 10-14yrs.

9732	Mon./Wed.	1/3 – 3/30	Deer Park	5 – 5:50pm
9733	Tues./Thurs.	1/4 – 3/31	Spokane Valley	5 – 5:50pm

#### Ages 15+

9734	Mon./Wed.	1/3 – 3/30	Deer Park	6 – 7pm
9753	Tues./Thurs.	1/4 – 3/31	Spokane Valley	6 – 7pm

Contact [aeva@spokanecity.org](mailto:aeva@spokanecity.org) to register after the program has begun for a prorated rate.



### Karate Traditional Okinawan Goju Ryu

**4-5 Weeks | Ages 6-15+ yrs. | Mary Roe** These ongoing classes follow the traditional practices and respect associated with Okinawan Goju Ryu, which stresses a balance of hand and foot techniques, practical self-defense, and physical conditioning. It is appropriate for beginners as well as those with experience in other styles. Gis (karate uniform) required. The classes comply with COVID-19 restrictions. Location: **Southside Community Center, 3151 E 27th Ave.** \$40 or \$50.

#### Ages 6-14yrs.

9823	Tues./Thurs.	1/4 – 1/27		4 – 5pm
9826	Tues./Thurs.	2/1 – 2/24		4 – 5pm
9830	Tues./Thurs.	3/1 – 3/31		4 – 5pm

#### Ages 15+

9824	Tues./Thurs.	1/4 – 1/27		5:10 – 6:10pm
9827	Tues./Thurs.	2/1 – 2/24		5:10 – 6:10pm
9831	Tues./Thurs.	3/1 – 3/31		5:10 – 6:10pm

### Kung Fu for Youth

**4 Weeks | Ages 4-17yrs. | David T.** This class aims to introduce youth to the art of Kung Fu. The class mixes some basic moves for walking, punching, kicking, with a focus on improve balance, coordination, and fitness, all while having fun! This class is open to all backgrounds and any levels of fitness. Start your 4-week class today! East West Martial Arts 1427 N Monroe St.

#### Ages 4-6yrs. \$55

9789	Tues./Thurs.	1/4 – 3/31		5:45 – 6:15pm
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#### Ages 7-17yrs. \$67

9788	Mon./Wed.	1/3 – 3/30		6:15 – 7pm
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Contact [aeva@spokanecity.org](mailto:aeva@spokanecity.org) to register after the program has begun for a prorated rate.



**Wellness benefits of Qi Gong** - Qi Gong is a form of gentle exercise and method of self-care used in traditional Chinese medicine for thousands of years. The physical movements are easy to do and can be done daily to promote self-healing. Research published by the US Department of Health and Human Services concluded that Qi Gong may be an effective exercise modality for those at risk with preventable diseases. It may also reduce inflammation, decrease stress, and improve sleep and flexibility. Dr. Yufang Lin, MD at the Cleveland Clinic, noted that the potential benefits of practicing Qi Gong may include reduced symptoms of depression and anxiety, along with positive effects on cardiovascular health and improved balance. (2020)

## QI GONG

You may join these classes below at anytime after the program has begun. Contact [aeva@spokanecity.org](mailto:aeva@spokanecity.org) to register at a prorated rate.

### Qi Gong for Good Health

**6 Weeks | Ages 10 & Up | Jeff Thompson** Respected and regarded as the earliest known form of Qi Gong, the Five Animal Frolics were developed by a physician to assist with the rehabilitation and recovery from illness and prevention to strengthen all aspects of the body. A set of deep-stretching and breathing exercises unique to the movement of five different animals correspond to a specific organ system. Come learn and experience how the Tiger, Deer, Bear, Monkey, and Crane may increase energy and circulation, improve digestion and flexibility, and strengthen your respiratory system. This class is a lot of fun and suitable for all age groups ranging from children to seniors. Start your 6-week class today! **Finch Arboretum Field House, 3404 W Woodland Blvd. \$72**

9909 Mon. 1/10 – 3/28

5:15 – 6:15pm

### Qi Gong for Immune Support

**6 Weeks | Ages 10 & Up | Jeff Thompson** Come and join one of the fastest-growing health modalities in the world! Qi Gong is soaring in popularity and is known as “exercise for your internal organs.” In this class, we will be doing movements of the Great White Crane to strengthen our respiratory (lungs) and immune system to prepare for the Winter season. Be prepared for an hour of relaxation and fun while taking care of your physical and mental wellness. Class is suitable for people of all ages ranging from children to seniors. Start your 6-week class today! **Finch Arboretum Woodland Center, 3404 W Woodland Blvd. \$72**

9910 Wed. 1/12 – 3/28

5:15 – 6:15pm



## ENRICHMENT PROGRAMS

Enrichment programs are activities designed to provide participants with an opportunity to try new things and explore and develop interests. These activities promote critical thinking and problem-solving skills. They make learning something new more meaningful, valuable, and rewarding.

### Will Preparing Basics

**1 Day | Ages 18+ | Chris Carlisle** Over a couple of hour-long zoom sessions, you will learn what a will is, why you should have a will, what happens when you die without one, if you need an attorney, and what to do if you already have a will but want to change it. In this class, Chris Carlisle, Attorney at Law with Carlisle+Byers, will guide participants through the process of preparing their will by the end of this class. Washington state residents only. Virtual class. \$150

9727	Sat.	1/22	9am – Noon
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### Zumbini Music & Movement

**6 Weeks | Ages 0-4yrs. | Carrie Jahns** Zumbini® is a music and movement class, created by Zumba® and BabyFirst.™ This is a childhood education program designed to promote cognitive, social, fine/gross motor skill, and emotional development, all while creating the ultimate bonding experience for you and your child. Start your 6-week class today! **Southside Community Center, 3151 E 27th Ave. \$59**

9793	Thurs.	1/13 – 2/17	9:30 – 10am
9928	Thurs.	2/24 – 3/31	

## VIRTUAL PROGRAMS

### C.S.I – S.T.E.M Virtual Crime Scene Investigation

**5 Days | Ages 12-17yrs. | Sean Clancy** In this class, S.T.E.M. principles are applied to solving a missing persons case, create and examine blood splatter patterns, recover fingerprints and classify them, analyze handwriting and experiment with chromatography, cast your own footprint, identify and unknown powder, make a magnifying glass, and much more! The cost of the class includes a CSI Lab Kit to conduct the labs brimming with SWAG. Virtual class. \$99

9924	12/27 – 12/31	Winter Break Program	8 – 9:30 AM
9925	1/24 – 1/28		4 – 5:30 AM

### Virtual Murder Mystery

**1 Day | Ages 16+** This is the mystery event everyone is virtually dying to attend! This Zoom mystery party is very similar to an in-person murder mystery party: a night of intrigue, murder, investigation, and laughing. Lots of laughing. Invite your friends and family, or join a group of complete strangers, in an unforgettable evening hosted by our Professional Mystery Detective, who will guide you and the other guests through solving a perplexing crime. Virtual class. \$49

### Winter Break Program

9747	Murder on the Polar Express	Tues.12/28	7 – 9pm
9748	Murder on the Polar Express	Tues.1/26	7 – 9pm
9781	Midnight at the Masquerade	Wed. 2/23	7 – 9pm
8782	This One Last Time	Wed. 3/16	7 – 9pm

You may join Zumbini Music classes above at any time after the class has started. Contact [aeva@spokanecc.org](mailto:aeva@spokanecc.org) to register at a prorated rate.





# + Discounted Skiing + 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.



**eSPORTS**

**eSports Youth League**

**12 Weeks | Ages 9-14yrs.** Join our youth eSports (competitive gaming) league this winter! All skill levels are welcome! Level up your game with our expert coaching and player development curriculum — all in a safe, moderated environment that makes gaming fun! The program includes 2 practices a week and a round of competition on Saturdays, along with fun gamer community events! Register at <https://www.vantaleagues.com/> \*Signup code: SPOR224 \$180

**Rocket League**

“Soccer with cars”, is a sports-based video game that involves two teams. Players use rocket powered cars to score points (and defend) over the course of a match

**Practice**

Mon./Wed. or Tues./Thurs. 1/17 – 4/3 2:30 – 4pm or 4 – 5:30pm

**Games**

Sat. 1/17 – 4/3 11:30 – 12:30pm

**League of Legends**

One of the most popular video games of all time. This is an exciting team-based strategy game where two teams of five powerful champions face off to destroy the other’s base.

**Practice**

Mon./Wed. or Tues./Thurs. 1/17 – 4/3 2:30 – 4pm or 4 – 5:30pm

**Games**

Sat. 1/17 – 4/3 1 – 3pm

**Valorant**

A growing, action-packed team-based multiplayer game featuring 5v5 matches full of tactics and technical ability.

**Practice**

Mon./Wed. or Tues./Thurs. 1/17 – 4/3 2:30 – 4pm or 4 – 5:30pm

**Games**

Sat. 1/17 – 4/3 3:30 – 5:30pm

**Fortnite**

A survival game where 100 players play against each other in player vs player or team vs team combat to be the last one standing.

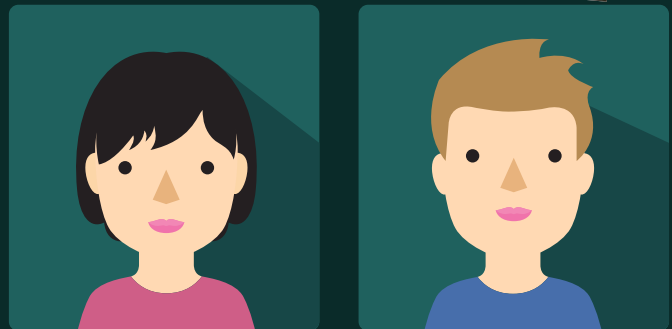
**Practice**

Mon./Wed. or Tues./Thurs. 1/17 – 4/3 2:30 – 4pm or 4 – 5:30pm

**Games**

Sat. 1/17 – 4/3 3:30 – 5:30pm

**MYSTERY!**



**1 Day | Ages 16+** This is the mystery event everyone is virtually dying to attend! This Zoom mystery party is very similar to an in-person murder mystery party: a night of intrigue, murder, investigation, and laughing. Lots of laughing. Invite your friends and family, or join a group of complete strangers, in an unforgettable evening hosted by our Professional Mystery Detective, who will guide you and the other guests through solving a perplexing crime. Virtual class. \$49

9747	Murder on the Polar Express	Tues.	12/28	7 – 9pm
9748	Murder on the Polar Express	Tues.	1/26	7 – 9pm
9781	Midnight at the Masquerade	Wed.	2/23	7 – 9pm
8782	This One Last Time	Wed.	3/16	7 – 9pm

# CITY OF SPOKANE PARKS & RECREATION



## SPORT-BASED CHILD DEVELOPMENT

*SuperTots Sports Academy provides sport-based development programs where children discover and develop athletic, motor, and social skills. SuperTots' curriculum is specifically designed to promote development along side a healthy, active lifestyle.*

### WINTER 2021

#### SoccerTots

Our flagship program! Playable on almost any surface, these soccer-themed motor skill classes are very easy for youngsters to get into. Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus, and introduce an element of light competition.

(course)	(dates)	(time)	(ages)	(fee)	(location)
Teddies II / Koalas	2/01 - 3/15	Tu 6:10 p.m. - 6:50 p.m.	2 yrs - 3 yrs	\$112	Westview Elementary
Teddies II / Koalas	2/02 - 3/16	W 5:40 p.m. - 6:10 p.m.	2 yrs - 3 yrs	\$112	Franklin Elementary
Teddies II / Koalas	2/02 - 3/16	W 6:10 p.m. - 6:50 p.m.	2 yrs - 3 yrs	\$112	Linwood Elementary
Teddies II / Koalas	2/07 - 3/21	M 6:10 p.m. - 6:50 p.m.	2 yrs - 3 yrs 6 mos	\$112	Wilson Elementary
Pandas / Bears	2/02 - 3/16	W 6:15 p.m. - 6:55 p.m.	3 yrs 6 mos - 4 yrs 6 mos	\$112	Franklin Elementary
Pandas / Bears	2/07 - 3/21	M 7:00 p.m. - 7:40 p.m.	3 yrs 6 mos - 4 yrs 6 mos	\$112	Wilson Elementary
Cubs / Pandas	2/01 - 3/15	Tu 6:10 p.m. - 6:50 p.m.	3 yrs - 4 yrs	\$112	Westview Elementary
Cubs / Pandas	2/03 - 3/17	Th 5:45 p.m. - 6:25 p.m.	3 yrs - 4 yrs	\$112	Willard Elementary (Near Shadle HighSchool)
Cubs / Pandas	2/03 - 3/17	Th 6:10 p.m. - 6:50 p.m.	3 yrs - 4 yrs	\$112	Hamblen Elementary
Bears / Grizzlies	2/01 - 3/15	Tu 7:00 p.m. - 7:40 p.m.	4 yrs - 6 yrs	\$112	Westview Elementary
Bears / Grizzlies	2/02 - 3/16	W 7:00 p.m. - 7:40 p.m.	4 yrs - 6 yrs	\$112	Linwood Elementary
Bears / Grizzlies	2/02 - 3/16	W 7:00 p.m. - 7:40 p.m.	4 yrs - 6 yrs	\$112	Franklin Elementary
Bears / Grizzlies	2/03 - 3/17	Th 6:30 p.m. - 7:10 p.m.	4 yrs - 6 yrs	\$112	Willard Elementary (Near Shadle HighSchool)
Bears / Grizzlies	2/03 - 3/17	Th 7:00 p.m. - 7:40 p.m.	4 yrs - 6 yrs	\$112	Hamblen Elementary

*\*Price doesn't include \$20 annual membership fee / SuperTots will adhere to Covid Protocols. Please do not allow children to touch school district equipment. Do not prop doors open. Doors to schools are on an automated locking system for safety. Program will be held indoors in the gym.*



SPACE IS LIMITED!  
**REGISTER TODAY** >>>

Online:  
SuperTotSports.com

Phone:  
509.534.5437



## HoopsterTots

Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing and team work. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge.

(course)	(dates)	(time)	(ages)	(fee)	(location)
Froggies / Froggies II	2/02 - 3/16	W 6:10 p.m. - 6:50 p.m.	3 yrs - 4 yrs	\$112	Roosevelt Elementary
Froggies / Froggies II	2/03 - 3/17	Th 6:10 p.m. - 6:50 p.m.	3 yrs - 4 yrs	\$112	Whitman Elementary
Rabbits / Kangaroos	2/02 - 3/16	W 7:00 p.m. - 7:40 p.m.	4 yrs - 5 yrs 6 mos	\$112	Roosevelt Elementary
Rabbits / Kangaroos	2/03 - 3/17	Th 7:00 p.m. - 7:40 p.m.	4 yrs - 5 yrs 6 mos	\$112	Whitman Elementary

## 1stDownTots

A great way to introduce your toddler to America's favorite sport! Special care is taken to ensure safety while children learn kicking, passing, gripping, footwork and basic formations in a no tackle format. With soft fun footballs, a smaller field, and right sized flags and goal zones children are sure to succeed.

(course)	(dates)	(time)	(ages)	(fee)	(location)
Billy Goats / Rams	2/01 - 3/15	Tu 6:10 p.m. - 6:50 p.m.	3 yrs - 4 yrs	\$112	Adams Elementary
Bulls / Rhinos	2/01 - 3/15	Tu 7:00 p.m. - 7:40 p.m.	4 yrs - 6 yrs	\$112	Adams Elementary



SoccerTots® VolleyKats® 1stDownTots® BaseballTots® HockeyTots® CheerTots® HoopsterTots®

*\*Price doesn't include \$20 annual membership fee / SuperTots will adhere to Covid Protocols. Please do not allow children to touch school district equipment. Do not prop doors open. Doors to schools are on an automated locking system for safety. Program will be held indoors in the gym.*



SPACE IS LIMITED!  
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Online:  
[SuperTotSports.com](http://SuperTotSports.com)

Phone:  
 509.534.5437

# CITY OF SPOKANE PARKS & RECREATION



## YOUTH SPORTS SKILL-BASED PROGRAMS

Skyhawks Sports Academy provides sports programs where children discover and develop athletic skills and social values, such as teamwork, respect and sportsmanship. We offer children a positive sports experience while promoting a healthy, active lifestyle.

### WINTER 2021

#### FLAG FOOTBALL FUELED BY USA FOOTBALL

Skyhawks Flag Football Fueled by USA Football is an exciting introduction to America's favorite game! Using skills and drills from the Football Development Model, developed by the experts at the sport's national governing body – USA Football – coaches will teach the key concepts of passing, receiving, running, kicking, punting and flag pulling, all presented in a positive environment with a focus on critical life lessons such as teamwork and sportsmanship.

No Class Feb. 21 and March 14 / locaton subject to change based on availability

(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
SSA132488	1/31 - 3/28	M	6:00 p.m. - 6:50 p.m.	4-7	\$79	Balboa Elementary
SSA132487	1/31 - 3/28	M	7:00 p.m. - 7:50 p.m.	7-12	\$79	Balboa Elementary
SSA132499	2/03 - 3/17	Th	6:00 p.m. - 6:50 p.m.	4-7	\$79	Lincoln Heights Elementary
SSA132500	2/03 - 3/17	Th	7:00 p.m. - 7:50 p.m.	7-12	\$79	Lincoln Heights Elementary

#### BASKETBALL

This fun, skill-intensive program is designed for beginning to intermediate players. Using our progressional curriculum, we focus on the whole player -teaching sportsmanship and teamwork. Boys and girls will learn the fundamentals of passing, shooting, ball handling, rebounding and defense through skill-based instruction and small-sided scrimmages.

No Class Feb. 21 and March 14 / locaton subject to change based on availability

(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
SSA132496	1/31 - 3/28	M	6:00 p.m. - 6:50 p.m.	4-7	\$79	Jefferson Elementary
SSA132495	1/31 - 3/28	M	7:00 p.m. - 7:50 p.m.	7-12	\$79	Jefferson Elementary
SSA132493	2/01 - 3/15	Tu	6:00 p.m. - 6:50 p.m.	6-12	\$79	Ridgeview Elementary
SSA132494	2/01 - 3/15	Tu	7:00 p.m. - 7:50 p.m.	6-12	\$79	Ridgeview Elementary
SSA132498	2/03 - 3/17	Th	6:00 p.m. - 6:50 p.m.	4-7	\$79	Lidgerwood Elementary
SSA132497	2/03 - 3/17	Th	7:00 p.m. - 7:50 p.m.	7-12	\$79	Lidgerwood Elementary

The district does not sponsor or endorse this event/information and the district assumes no responsibility for it. In consideration of the privilege to distribute materials, the Spokane School District will be held harmless for any cause of action filed in any court or administrative tribunal arising out of the distribution of these materials, including cost, attorney's fees and judgement or awards.

 **SPACE IS LIMITED!**  
**REGISTER TODAY»**

Online:  
[skyhawks.com](http://skyhawks.com)

Phone:  
800.804.3509



## SOCCKER

Your young athlete will gain the technical skills and sport knowledge required for their next step into soccer. Areas of focus are dribbling, passing, shooting and ball control. By the end of the program, your child will have learned new life skills such as teamwork and sportsmanship, made new friends and improved their soccer skills.

Location subject to change based on availability

(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
SSA132485	2/01 - 3/15	Tu	6:00 p.m. - 6:50 p.m.	4-7	\$79	Arlington Elementary
SSA132486	2/01 - 3/15	Tu	7:00 p.m. - 7:50 p.m.	7-12	\$79	Arlington Elementary
SSA132501	2/02 - 3/16	W	7:00 p.m. - 7:50 p.m.	7-12	\$79	Wilson Elementary
SSA132502	2/03 - 3/16	W	6:00 p.m. - 6:50 p.m.	4-7	\$79	Wilson Elementary

## VOLLEYBALL

Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun-filled program. All aspects of the game are taught through drills and exercises that focus on bumping, setting, spiking, hitting and serving. This program is designed for the beginning to intermediate player.

Location subject to change based on availability

(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
SSA132491	2/01 - 3/15	Tu	6:00 p.m. - 6:50 p.m.	4-7	\$79	Lincoln Heights Elementary
SSA132492	2/01 - 3/15	Tu	7:00 p.m. - 7:50 p.m.	7-12	\$79	Lincoln Heights Elementary
SSA132490	2/02 - 3/16	W	6:00 p.m. - 6:50 p.m.	6-12	\$79	Finch Elementary
SSA132489	2/02 - 3/16	W	7:00 p.m. - 7:50 p.m.	6-12	\$79	Finch Elementary



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 **SPACE IS LIMITED!**  
**REGISTER TODAY»»**

Online:  
[skyhawks.com](http://skyhawks.com)

Phone:  
800.804.3509



## VOLLEYBALL

### Winter Volleyball League

**Ages 18+** Whether you are a team of seasoned players or new to the game, we have a division for you. We offer Coed 6's with various skill levels from B (competitive), to C (recreational). We also offer Coed, Men's 4's, and Women's 4's. Games are played at local middle school gymnasiums between the hours of 6:15pm and 9:30pm. Locations, dates and times are subject to change based on school district facility availability.

Early Bird Registration: October 31-November 14 (\$25 Discount)

Regular Registration: November 15-December 5

Late Registration: December 6-December 22 (+\$25 Fee)

Activity #	Division	Location	Days	Dates	Reg. Fee
9760	Men's 4's	Garry	Mon.	1/3 - 3/21	\$239
9761	Coed Upper B	Sacajawea	Mon.	1/3 - 3/21	\$359
9762	Coed Lower B	Glover	Mon.	1/3 - 3/21	\$359
9763	Coed 4's Upper	Chase	Tues.	1/4 - 3/22	\$239
9764	Coed 4's Lower	Chase	Tues.	1/4 - 3/22	\$239
9765	Women's 4's Upper	Garry	Wed.	1/5 - 3/23	\$239
9766	Women's 4's Lower	Glover	Wed.	1/5 - 3/23	\$239
9759	Coed B	Salk	Thurs.	1/6 - 3/24	\$359
9758	Coed C	Sacajawea	Thurs.	1/6 - 3/24	\$359
9757	Coed C	Salk	Fri.	1/7 - 3/25	\$359

### Open Gym Volleyball

**Ages 18+** Come and drop in for a pickup game! Our open gym volleyball sessions offer players a chance to get together and enjoy some fun competition. Open gym sessions are Fridays from 6:15pm to 9:15pm. Skip the lines and prepay for your pass online or pay \$5 per visit at the door (must be paid using a debit or credit card). Location: **Chase Middle School Gym 4747 E. 37th Ave.**

8807	Single Visit Pass	\$5
8808	Five visit Pass	\$20
8809	Season Pass	\$50



**REGISTER  
ONLINE**

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



**MAIL  
US**

City of Spokane Parks &  
Recreation Class Registration  
808 W. Spokane Falls Blvd.  
Spokane WA 99201

\*checks payable to City of Spokane



**CALL  
US**

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







## SPRING 2022 ATHLETICS - REGISTRATION OPENS FEB. 1

### Spring Flag Football League

**7 Weeks | 18+** The SPRD Adult Flag Football Program offers divisions for all skill levels in three seasons: Spring, Summer (5 v 5 only), and Fall. The league is divided into 3 divisions: Elite, Competitive, Recreational, and our 5 v 5 formats come in two divisions Competitive, and Recreational. All games are played at the Dwight Merkel Sports Complex on Friday nights and all-day Sundays. **The registration fee is \$865**

**5 v 5 Division is \$375.**

If registered after the regular deadline add a \$35 late registration fee (if space allows).

9850	Elite A Division	Fri.-Sun.	3/4-4/24	6:30-10:30pm
9853	Competitive B/C Division	Fri.-Sun	3/4-4/24	6:30-10:30pm
9854	Recreational Division	Fri.-Sun.	3/4-4/24	6:30-10:30pm
9858	5V5 Competitive	Sun.	3/6-4/24	6:30-10:30pm
9859	5V5 Recreational	Sun.	3/6-4/24	6:30-10:30pm



### Spring Softball League

**7 Weeks | Ages 18+** Join us this season for the best softball competition in town and register your team today! SPRD offers a variety of divisions including Men's D & E divisions, Coed C, D, & E divisions, and Masters '50s and '60s. New: Play 7 weeks of double-header games at the Dwight Merkel Sports Complex, 5701 N. Assembly or Franklin Park Softball Complex, 302 W. Queen Ave. Team registration fees include 14 GG, a set of balls, a score book, line-up cards, and umpire fees for the season.

Team Fee: \$840 ~ Late Registration Fee: \$875

Free Agent Players: \$65 ~ Late Registration Fee: \$85

\*Free Agent course code is for an individual player looking to join a team of other players who are also signing up as individuals. The department will work to build this team and help coordinate players prior to the start of the season. Coed will play on Tuesday nights and Men's will play on Monday nights.

Activity #	Days of Play	Division	Dates
9872	Sun	Coed D	4/24 – 6/12
9873	Sun	Coed E	4/24 – 6/12
9864	Mon	Men's D	4/25 – 6/13
9866	Mon	Men's E	4/25 – 6/13
9969	Mon	Men's Free Agent Players	4/25 – 6/13
9874	Tues	Coed D	4/26 - 6/7
9875	Tues	Coed E	4/26 - 6/7
9968	Tues	Masters 50+	4/26 - 6/7
9970	Tues	Coed Free Agent Players	4/26 - 6/7
9870	Wed	Men's D	4/27 – 6/8
9871	Wed	Men's E	4/27 – 6/8
9967	Wed	Masters 60+	4/27 – 6/8
9876	Thurs	Coed D	4/28 – 6/9
9877	Thurs	Coed E	4/28 – 6/9



**3004 E. Queen Ave, Spokane, WA 99217**  
**We provide childcare and school transportation so that parents can tend to life's other obligations.**

**For information on our, Taekwondo, Early Learners Preschool Academy or our Before and After School Programs, call 509-482-0708 or visit [spokaneneyc.com](http://spokaneneyc.com)**

# NO TEAM? NO PROBLEM!



**THERE'S A TEAM OUT THERE WAITING FOR YOUR TALENTS.  
JOIN OUR FREE AGENT LIST!**

- [TEAMSIDELINE.COM/SPOKANE](https://teamsideline.com/spokane) -



## TRS THEATRE

### 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).

### Freaky Friday

When an overworked mother and her teenage daughter magically swap bodies, they have just one day to put things right again. Freaky Friday, a new musical based on the celebrated novel by Mary Rodgers and the hit Disney films, is a heartfelt, comedic, and unexpectedly emotional update on an American classic. By spending a day in each other's shoes, Katherine and Ellie come to appreciate one another's struggles, learn self-acceptance, and realize the immeasurable love and mutual respect that bond a mother and daughter share. Meet at **Spokane Children's Theatre, 2727 N. Madelia St. #5.**\$27

9901 Sun. 2/13 1:45 – 4pm

### Frog and Toad

A Year with Frog and Toad is a whimsical show follows two great friends – the cheerful, popular Frog and the rather grumpy Toad – through four fun-filled seasons. Waking from hibernation in the spring, Frog and Toad plant gardens, swim, rake leaves, go sledding and learn life lessons along the way. The two best friends celebrate and rejoice in the differences that make them unique and special. Part vaudeville, part make believe... all charm, A Year with Frog and Toad tells the story of a friendship that endures throughout the seasons. Meet at **Spokane Children's Theatre, 2727 N. Madelia St. #5.**\$27

9902 Sun. 4/24 1:45 – 4pm

## TRS MUSIC

### TRS Music Making

**4 Weeks | Ages 15+** Join Willow Song Music for an hour packed with fun and joyful music-based activities. A variety of instruments including drums will be used. There will be group singing, range of motion movements, opportunities to socialize and share all while engaging with Carla, Board-Certified Music Therapist and facilitator. Meet at **Willow Song Music Therapy, 21101 E. Wellesley Ave Space 102, Otis Orchards.** \$59

9918 Thurs. 2/3 – 2/24 5 – 6pm

## TRS DANCE

### TRS Line Dancing

**4 Weeks | Ages 14+** Easy beginner line dancing is for everyone. Grab your dancing shoes and join us as we learn the fundamentals of line dancing and other dances such as the Macarena, YMCA, Alley Cat and more. Meet at **The Pickleball Playground, 10505 N. Newport Hwy.** \$31

9774 Mon. 1/10 – 1/31 3 – 4pm

9776 Mon. 2/7 – 2/28 3 – 4pm

9777 Mon. 3/7 – 3/38 3 – 4pm

### TRS Sundancers Square Dancing

**8 Weeks | Ages 15+** Do you want to learn how to square dance or improve your existing skills? Participants should have the ability to follow simple directions, stay on task and ok with physical contact such as holding hands. Meet at **Shaw Middle School, Cafeteria 4106 N. Cook.** \$38

9897 Tues. 1/11 – 3/8 6:30 – 8pm







## TRS SOCIALIZATION

### 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 lunch room, 2304 E. Mallon Ave.** \$19

9898	Tues.	1/4	5:30 – 7pm
9899	Tues.	2/15	5:30 – 7pm

### 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.** \$59

9750	Wed.	1/5 – 1/26	4 – 6pm
9751	Wed.	2/2 – 2/23	4 – 6pm
9752	Wed.	3/2 – 3/23	4 – 6pm

### TRS Classy Crafts

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

9861	Thurs.	1/6 – 1/27	4:15 – 5:30pm
9862	Thurs.	2/3 – 2/24	4:15 – 5:30pm
9863	Thurs.	3/3 – 3/24	4:15 – 5:30pm

### TRS Cornhole & Pizza

**4 Weeks | Ages 12+** Fresh air, fun and favorite lawn game-Cornhole. Laughter and friendly competition will abound. Pizza will be served. Meet at Pickleball Playground, 10505 N. Newport Hwy. \$53

9768	Mon.	1/10 – 1/31	4:30 – 6pm
9767	Mon.	2/7 – 2/28	4:30 – 6pm
9769	Mon.	3/7 – 3/28	4:30 – 6pm

### TRS Friday Night Jam

**1 Day | Ages 18+** Come rock and swing at Spokane's oldest ongoing nightclub for people with developmental disabilities. If participants require direct supervision, then care providers need to attend. Be sure to pre-register and pay prior to event. Meet at **West Central Community Center, 1603 N. Belt.**

#### New Years Jam \$10

9857	Fri.	1/14	7 – 9pm
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#### St. Paddy's Jam \$10

9860	Fri.	3/11	7 – 9pm
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### TRS Jewelry Making

**4 Weeks | Ages 14+** Get creative and learn how to make earrings and a necklace you will enjoy wearing. Make for yourself or give as a gift to loved one. All fine motor skill abilities welcomed. Meet at **Park Operations lunch room, 2304 E. Mallon Ave.** \$19

9883	Sun.	1/16	5 – 6:30pm
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### TRS Tubing Adventure

**1 Day | Ages 16+** TRS is heading to Mt. Spokane for an afternoon of tubing fun! Hop aboard big yellow tubes, fly down the hill and take the rope tow back up to the top and do it again. Warm up with cocoa in the snow sports chalet. Transportation provided from **Park Operations, 2304 E. Mallon Ave.** \$39

9950	Sun.	1/30	10:15 – 2:45pm
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### 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. Meet at **Park Operations lunchroom, 2304 E. Mallon Ave.** \$19

9881	Tues.	2/1	6 – 7:30pm
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### 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.** \$19

9882	Wed.	2/9	6:30 – 8pm
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### 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.** \$49

9948	Sun.	2/27	12:30 – 6pm
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## TRS SPORTS

### TRS Swimming

**9 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. Meet at **Whitworth University Aquatic Center, 300 W. Hawthorne.** \$59

#### Hour 1

9753 Sun. 1/9 – 3/6 2:15 – 3:15pm

#### Hour 2

9770 Sun. 1/9 – 3/6 3:20 – 4:20pm

### 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 to be able to do for 20 yards. \$59

9772 Sun. 1/9 – 3/6 2:15 – 3pm

### 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. \$59

9771 Sun. 1/9 – 3/6 3 – 3:45pm

### TRS Pickleball

**4 Weeks | Ages 14+** Come learn how to play pickleball, one of the fastest growing sports in America. The game is fun, easy to learn and promotes fitness. The paddle is smaller than a tennis racket and the ball is a plastic wiffle ball. Equipment and instruction will be provided by the Pickleball Playground. Meet at **Pickleball Playground, 10505 N. Newport Hwy.** \$39

9778 Mon. 1/10 – 1/31 6:30 – 7:30pm

9779 Mon. 2/7 – 2/28 6:30 – 7:30pm

9780 Mon. 3/7 – 3/28 6:30 – 7:30pm

### TRS Powerlifting

**7 Weeks | Ages 17+** For persons with developmental disabilities who are serious about lifting with free weights and universal gym equipment. Ability to stay on task and follow directions with minimal assistance. **North Central High School, 1600 N. Howard weight room.** At this time there is no information regarding competing in Special Olympics. \$69

9787 Thurs. 1/13 – 3/31 6:30 – 7:30pm

### 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.** \$79

8974 Sat. 1/15 – 3/19 No class 3/12 3:30 – 4:15pm







## TRS SKIING

### TRS Cross Country Skiing Lessons- Blue Waxers

**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 625.6245. Scholarships are available- request a form.

*No ski class on 2/12. Langlauf Community Nordic Race is Sunday February 13. If interested in doing each skier must pre-register and pay for event on own. TRS will provide supervision and transportation.*

### Lessons & Equipment \$145

9896 Sat. 1/15 – 3/5 9am-Noon  
Meet at **Selkirk Lodge, Mt. Spokane.** Parking permit required.

### Lessons, Transportation, & Equipment \$199

9885 Sat. 1/15 – 3/5 7:30am – 1:30pm

### Transportation Departure locations and times:

Park Operations	810 N. Stone	7:30am
Yokes	Mt. Spokane Day Road	8am

### Transportation Return locations and times:

Yokes	Mt. Spokane Day Road	1pm
Park Operations	810 N. Stone	1:30pm

# + Discounted Skiing + 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.







## TRS SKIING & SNOWBOARDING

### TRS Skiing /Snowboarding Lessons- Powderhounds

**6 Weeks | Ages 8+** Crisp air, swishing and swooshing of skis and boards, exercise and friendships are some of the benefits experienced. This program is designed for people with developmental disabilities. Beginning to advanced downhill ski and snowboard lessons are given with a 1:1-1:3 ratio by our terrific volunteers. If taking our transportation, there will be two. If providing own transportation, meet at **Lodge #1 at Mt. Spokane**. Separate registration form is required. Please find on web site [www.spokaneparks.org](http://www.spokaneparks.org) or call Alice Busch 625.6245. Scholarships are available-request a form.

The Powderhound program emphasizes having fun, making friends, exploring the mountain, improving skills and being safe. Each student will be assigned a buddy who will provide support and instruction as student desires.

#### Morning Lessons Only \$190

#9886 Sat. 1/22 – 3/5 9:30am – Noon  
Customers will choose this option if they have a Mt. Spokane season pass and provide own equipment and transportation.

#### Lessons & Season Pass \$290

#9888 Sat. 1/22 – 3/5 9:30am – Noon  
Fee covers season pass and lessons. Customer will provide own equipment and transportation.

#### Lessons, Season Pass & Equipment \$362

#9890 Sat. 1/22 – 3/5 9:30am – Noon  
Fee covers season pass, lessons & equipment Customer will provide own transportation. A rental agreement form from Mt. Spokane will be sent upon registration.

#### Lessons, Season Pass, & Transportation \$399

#9894 Sat. 1/22 – 3/5 7:45am – 2pm  
Fee covers season pass, lessons, and transportation from designated locations in Spokane to Lodge #1 at Mt Spokane Ski & Snowboard Resort. \*Customer will provide own equipment.

#### Lessons, Season Pass, Transportation & Equipment \$470

#9895 Sat. 1/22 – 3/5 7:45am – 2pm  
Fee covers season pass, lessons, equipment and transportation. from designated locations in Spokane to Lodge #1 at Mt Spokane Ski & Snowboard Resort. A rental agreement form from Mt. Spokane will be sent upon registration.

#### Afternoon Lessons Only \$190

#9887 Sat. 1/22 – 3/5 1 – 3:30pm  
Customers will choose this option if they have a Mt. Spokane season pass and provide own transportation & equipment.

#### Lessons & Season Pass \$290

#9889 Sat. 1/22 – 3/5 1 – 3:30pm  
Fee covers season pass and lessons. Customers will provide own equipment and transportation. Customers will choose this option if they have a Mt. Spokane season pass and provide own transportation.

#### Lessons, Season Pass & Equipment \$362

#9891 Sat. 1/22 – 3/5 1 – 3:30pm  
Fee covers season pass, lessons and equipment. Customer will provide own transportation. A rental agreement form from Mt. Spokane will be sent upon registration.

## POWDERHOUNDS SKIING TRANSPORTATION

Due to Covid protocols in place transportation will be very limited. Face coverings required to be worn for entire van ride. Masks provided if needed. Temperature & health check prior to boarding. Participants will spread out within the vehicle with only participants from same household sitting together. We will have increased airflow inside vehicle with circulating outside air. Staff will sanitize high touch points before participants enter van and after exit.

Please be aware that if the roads are clear the van may arrive back as much as fifteen minutes early and if road conditions make for slow travel, the van could be a few minutes late. Please be at the sites in plenty of time to take your student home. One late pick-up can cause delays for the rest of the group. We may assess late fees if necessary. All late pickups will be taken to Park Operations. Be sure to mark on your registrations form which site you will be using. We encourage not using paratransit for this program but if you do please use only **Park Operations, 2304 E. Mallon Ave.as transportation site.**

Transportation:

#### The van will leave:

Park Operations 2304 E. Mallon Ave	7:45am
Yokes 14202 N. Market	8:15am

#### The van will return:

Yokes 14202 N. Market	1:30pm
Park Operations 2304 E. Mallon Ave	2:00pm





## TRS SKIING & SNOWBOARDING

### TRS Skiing/Snowboarding Lessons- Adaptive

**1 Lesson | Ages 6+ | \$65 per lesson** | One-to-one instructor/student ratio with volunteers trained in PSIA methods and therapeutic recreation elements. Course teaches mono & bi skiing for those who need to ski in sit down position, adaptive snowboarding, three and four track (outriggers) for amputee/balance deficits and provides lessons for those with visual or sensory impairments. We ski/board at Mt. Spokane on Saturdays and meet at the **TRS Ski Chalet at the base of chair #5**. To enroll in this class there is a separate registration form. Please find on web site [www.spokane parks.org](http://www.spokane parks.org) or call Alice Busch at 625.6245. Scholarships are available-request a form. No Lessons 2/16.

\*Additional fee: Equipment Rental:

Mono/Bi Sit Ski Rental:		\$12/per lesson
Ski/Snowboard, Boots Rental:		\$12/per lesson
Outriggers Only:		\$8/per lesson
9903	Sat. 1/22	9:30-11:30am
9904	Sat. 1/22	12:30-2:30pm
9905	Sat. 1/29	9:30-11:30am
9906	Sat. 1/29	12:30-2:30pm
9907	Sat. 2/5	9:30-11:30am
9908	Sat. 2/5	12:30-2:30pm
9911	Sat. 2/12	9:30-11:30am
9912	Sat. 2/12	12:30-2:30pm
9913	Sat. 2/26	9:30-11:30am
9914	Sat. 2/26	12:30-2:30pm
9915	Sat. 3/5	9:30-11:30am
9916	Sat. 3/5	12:30-2:30pm



### REGISTER ONLINE

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



### MAIL US

City of Spokane Parks & Recreation Class Registration  
 808 W. Spokane Falls Blvd.  
 Spokane WA 99201

\*checks payable to City of Spokane



### CALL US

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







www.vantaleagues.com

# A TRUE ESPORTS DEVELOPMENTAL LEAGUE FOR KIDS

Get the training you need to level up your game

**\*ALL SKILL LEVELS WELCOME\***



## Winter Esports League



January 17th to April 3rd // Ages 9-14 // \$180

- Practice and compete: 2 practices a week (M/W or T/Th) and game on Saturdays
- Access to 50+ hours of vetted, trained, expert coaching
- Elite player development curriculums for in-game skill and leadership development
- Safe, supervised gaming environment
- Access to community events, including a 1-week esports camp, open tournament, "open gym" nights, influencer events, charity events, and more!

Improve your game or test out a new title



### ABOUT VANTA

Vanta Leagues is a youth esports (competitive gaming) league that helps gamers, ages 9-14, get better at the games they love. As the first true esports development league for kids, we help gamers level up with our expert coaching and development curriculum — all in a safe, moderated environment that makes learning fun.

### THE ADVANTAGE

- Expert coaching
- Elite development programming
- Competition
- Growing community of gamers
- Fun and prizes
- Safety and moderation

Check us out  [vantaleagues.com](http://vantaleagues.com)

Contact Adriano



[aeva@spokanecity.org](mailto:aeva@spokanecity.org)





# Corbin Art Center is hiring instructors!

Learn more at  
[my.spokanecity.org/jobs](http://my.spokanecity.org/jobs)

# Frequently Asked Questions



## What kind of COVID -19 program modifications are being made?

Parks and Recreation will continue to follow the most current Washington Department of Health Guidelines relating to COVID-19 Re-Opening protocols.

## Will SPRD track any illness symptoms or outbreaks?

Absolutely. We will have a symptom checklist, including tracking for temperatures and, asking if the participant or immediate family members have exhibited known symptoms, such as:

- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Fever and/or chills
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

## Can you tell me more about increased disinfection procedures?

We are closely monitoring statewide, national and industry guidelines to keep our participants, families, and staff safe. Staff will regularly wash their hands, high- touch areas will be regularly and routinely sanitized, and physical distancing will be emphasized. We have developed additional guidelines regarding health checks, physical distancing, handwashing and sanitizing items.

## What about Snow/Ice or Inclement Weather?

In the interest of safety, the Parks and Recreation Department retains the right to cancel an activity or close a facility due to inclement winter weather conditions such as ice, snow & unhealthy air quality. In the event that the Parks and Recreation Department cancels a program due to inclement weather, all paid participants will be notified and will receive a credit or refund. SPRD typically follows Spokane Public Schools when canceling due to a weather event.

## What if a program is cancelled due to unforeseen circumstances, like another statewide order closing programs?

Patrons will receive a refund if a program is cancelled by SPRD due to compliance with a statewide closure order, or for some other reason.



## SATISFACTION GUARANTEED

You are important to us! The City of Spokane Parks and Recreation Department is committed to excellence by providing high-quality programs and services for you. If you or a family member are not satisfied with a class, program, or activity offered by the City, let us know your concerns in writing.

### REGISTER ONLINE

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



### MAIL US

City of Spokane Parks & Recreation Class Registration  
808 W. Spokane Falls Blvd.  
Spokane WA 99201

\*checks payable to City of Spokane



### CALL US

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



## PAYMENT INFORMATION

Full payment is required at the time of enrollment (DDA Funding and TRS programs with prior approval are exempt). Registrations cannot be accepted from participants with past due balance. Do not mail cash. Return checks are subject to a \$25.00 handling fee.

## INCLEMENT WEATHER

In the interest of safety, the Parks and Recreation Department retains the right to cancel an activity or close a facility due to inclement weather conditions such as lightning, ice, snow, extreme heat or unhealthy air quality. In the event that the Parks and Recreation Department cancels a program due to inclement weather, all paid participants will be notified and will receive a credit or refund.

## DISCLAIMER

Spokane Parks and Recreation reserves the right to make any changes in the content, fees, and provision of the class schedule without notice. Check our website for the latest updates.

## REFUND/CANCELLATION POLICY

We recognize that you may wish to withdraw for a variety of reasons, but our policy encourages early decisions so as to not affect other customers or our ability to efficiently deliver the programs. If you are in need of a refund, please note:

- Recreation programs require at least seven days advanced notice prior to the start date to avoid additional fees.
- All requests must be submitted in writing by mail or email to the appropriate Recreation Supervisor. (Recreation Supervisors and contact info. is listed in page 2 of this guide)
- At a minimum, all refund requests are subject to a \$15 administrative fee. Additional fees may be assessed to recover costs associated with the program.
- Sport league programs time frame for refunds reflects planning time and once league play has commenced neither refunds nor proration of the league fee will be granted.
- Refunds follow the City's Finance Department payment schedule and take approximately 30 days to process.

We depend on your enrollment for a successful class. Please plan your schedule carefully. Classes which do not meet minimum enrollment are subject to cancellation. In the case of a cancellation, you can choose one of these options:

- Transfer to another class
- Credit your account
- Receive a full refund (allow up to 30 days for processing)

Classes held at Spokane Public School facilities do not meet on dates school is not in session (holidays, vacations periods, curriculum days). Class sessions scheduled for those dates will be made up at the end of the regular schedule.

## INCLUSION/ACCOMMODATION

We support the Americans with Disabilities Act and encourage participation by all regardless of race, color, national origin, age, sex, religion, veteran status, marital status, sexual orientation or ability. We can assist in obtaining specialized equipment, interpretive services, or other support to make your involvement successful. To assure the best experience for all participants, we need your accommodation request along with your registration a minimum of two weeks in advance of the program date. For more information, contact Meghann Steinolfson at 509-625-6903 or [msteinolfson@spokanecity.org](mailto:msteinolfson@spokanecity.org).





Please print and fill out completely

# City of Spokane Parks and Recreation Department ACTIVITY REGISTRATION FORM

509.755.CITY (2489)  
SpokaneParks.org

<b>Which program are you registering for?</b> <input type="checkbox"/> General <input type="checkbox"/> TRS  <b>PAYEE INFORMATION</b>	LAST NAME		FIRST NAME		MI
	ADDRESS			CITY/STATE	ZIP
	DAY WORK OR CELL PHONE		NIGHT PHONE		EMAIL

PARTICIPANT INFORMATION			BIRTHDATE	AGE	GENDER	ACTIVITY NUMBER	ACTIVITY NAME	FEE
LAST NAME	FIRST NAME	MI						
			/ /		M F			
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Statistical Information (birthdate & sex of participant) is used for demographics and to customize course activities

<b>Make checks payable to:</b> City of Spokane  <b>Credit Card /Debit Card payments are also accepted in the form of VISA, MC or AMEX for Online or Phone Registrations Only.</b>	<b>Mailing Address:</b> Spokane Parks & Recreation Department Class Registration – My Spokane 808 W. Spokane Falls Blvd. Spokane, WA 99201-3317	<b>Total Program Fees:</b> \$
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**DDA will send funds.**  Yes  No

**Case Manager**  
 Name: \_\_\_\_\_ phone # \_\_\_\_\_ email: \_\_\_\_\_

Please contact your case manager to send verification of payment to: [abusch@spokanecity.org](mailto:abusch@spokanecity.org)

<b>THERAPEUTIC RECREATION ONLY</b>	General supervision is provided 15 minutes prior to class time and 15 minutes at end of class. If additional supervision is required there will an additional fee imposed.
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**Check One:** Group Home/Institution \_\_\_\_\_ In Own Home/Apartment \_\_\_\_\_ Private Home With Parent \_\_\_\_\_

Dietary Precautions/Foods to avoid:

Allergies:  Bee/Wasp Stings  Drug Allergies  Food Allergies  Latex Allergies  Other Please Specify:

Activity Limitations/Physical problems (if any):

Will you (your child) need to be reminded to take medications during program hours?  Yes  No

Careprovider/Support Staff provided?  Yes  No

Will you be using Paratransit?  Yes  No If yes, what is your rider number?

# 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.

<b>Social Skills/Behavioral Info:</b>	<b>Participation:</b> <input type="checkbox"/> Easily <input type="checkbox"/> Needs Occasional Prompting <input type="checkbox"/> Needs Constant Prompting	<b>Needs Help Managing:</b> <input type="checkbox"/> Behavior <input type="checkbox"/> Personal Space <input type="checkbox"/> Emotions	<b>Behavioral Triggers or fears:</b>  <b>Other information:</b>
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<b>Mobility and Adaptive Equipment:</b>	<b>Do you use adaptive equipment?</b> <input type="checkbox"/> Yes <input type="checkbox"/> No	<b>Wheelchair:</b> <input type="checkbox"/> Manual <input type="checkbox"/> Full-time <input type="checkbox"/> Electric <input type="checkbox"/> Part-time	<b>Check all that apply:</b> <input type="checkbox"/> Cane/Crutches <input type="checkbox"/> AFO's/Splint/braces <input type="checkbox"/> Walker	<b>Other information:</b>
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<b>Daily Life:</b>	<b>Toileting:</b> <input type="checkbox"/> Independent <input type="checkbox"/> Independent w/reminders <input type="checkbox"/> Only with assistance	<b>Eating</b> <input type="checkbox"/> Independent <input type="checkbox"/> Independent w/ partial assistance <input type="checkbox"/> Only with assistance	<b>Communication Information:</b> <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	<b>Other information:</b>
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**Additional Personal Needs Information:**

## MEDICATION INFORMATION & WAIVER

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, 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"), 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

<b>MEDICATION TAKEN</b>	Type:	Dosage:	Time(s):
	Type:	Dosage:	Time(s):
	Type:	Dosage:	Time(s):

List any special instructions/cautions/side effects:







**Assumption of Risk and Waiver of Liability**

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people. The City of Spokane Parks and Recreation Department (SPRD) has created new protocols and put in place preventative measures to reduce the spread of COVID-19; however, SPRD cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending any program may increase yours and your child(ren)s’ risk of contracting COVID-19.



By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending SPRD programs, activities, or events, and that such exposure or infection may result in personal injury, illness, permanent disability, and/or death. I understand that the risk of becoming exposed to or infected by COVID-19 from participation in SPRD programs may result from the actions, omissions, or negligence of myself and others, including, but not limited to, SPRD employees, volunteers, and program participants and their families. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself including, but not limited to, personal injury, disability, death, illness, damage, loss, claim, liability, or expense of any kind that I or my child(ren) may experience or incur in connection with my or my child(ren)s’ attendance at SPRD programs. On my behalf, and on behalf of my child(ren), I hereby release, covenant not to sue, discharge, and hold harmless SPRD, City of Spokane, and their officials, employees, agents, and representatives, from and against any and all liability, claims, demands, actions, causes of action, damages, and expenses arising or in any way related to my or my child(ren)s’ attendance at SPRD programs. I understand and agree that this release and covenant not to sue includes, but is not limited to, any claims related to COVID-19 based on the actions, omissions, or negligence of SPRD, City of Spokane, or their officials, employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any SPRD program.

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Signature of Parent/Guardian	Print Minor Participant Name	Date
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Signature of Adult Participant	Print Adult Participant Name	Date
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Required Contact Tracing Information:  
Phone Number \_\_\_\_\_  
Email address \_\_\_\_\_

# Stumped what to give this year?

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Riverfront  
Park!



Donate in their honor with a custom charm that helps Preserve Our Parks for another 70 years!

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Funds from charm purchases will go toward our *Fund for the Future* which ensures that investments made into Riverfront Park today will benefit the community for years to come by funding new projects and programs for visitors and families. What a gift it is to be part of the ongoing effort that will keep our park beautiful and vibrant for years to come!



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5th Floor City Hall  
808 W. Spokane Falls Blvd.  
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# SPRING SPORTS LEAGUES



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STARTS APRIL



**SOFTBALL  
LEAGUE**  
STARTS APRIL