

AIRWAY HEIGHTS PARKS & RECREATION

WINTER/SPRING 2023

ACTIVITY GUIDE

JANUARY - APRIL



PARTNERS

DANCE CLASSES

All Occasions & Swing

DADDY DAUGHTER

Boot Scootin' Ball

MOM & SON

REC CENTER

FUN NIGHT

AQUATICS CENTER

CLOSED

FOR MAINTENANCE

MARCH 25th - MARCH 31st

REGISTER NOW

SCAN HERE >>>
to get registered for
an upcoming activity,
program or event.



11405 W Deno Rd. Airway Heights, WA 99224 | (509)244-4845 | airwayheightsparksandrec.org



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COMMUNICATE & CONNECT WITH US

 11405 W Deno Rd
Spokane, WA 99224

 (509) 244-4845

 airwayheightsparksandrec.org

 parksandrec@cahw.org

 @ah_parksandrec

 /ahparksandrec



AH

Our Mission

Create Community & Quality of Life
Through People, Parks, & Programs

PARKS & RECREATION STAFF

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Parks & Recreation Director

Andy Gardner

Parks & Recreation Deputy Director

Glen Horton

Recreation Programs Supervisor

Glenn Pike

Parks & Facility Maintenance Supervisor

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Marquis Allen

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Jared Nichols

Fitness Supervisor

Tre Howland

Aquatics Supervisor

Isaiah Cordero

Aquatics Coordinator

Letter from the Director

It can be tough figuring out how to keep your physical and mental health in check with everything going on, and many people look to the New Year to start a new exercise program, yet struggle to stay motivated to stick with the new habits. Starting a new exercise routine is not only valuable for your physical health, exercise has the potential to have an overall positive effect on your mental health as well. The real challenge for most is figuring out where to start, and finding something you enjoy doing. We want to help you find your way to health, and happiness, in 2023.

The reality is that not all exercise is created equal, and cardio vs. strength is the long battled debate. Combining the two can add variety and decrease the chance for losing motivation. Recent research has found that those doing strength training in combination with moderate to vigorous aerobic activity can realize valuable health benefits throughout their lifespan, and the results applied to all age groups. Exercise is not just about aerobic capacity and muscle size, or your waistline. People who exercise regularly tend to do so because it gives them an enormous sense of well-being, they feel more energetic throughout the day, sleep better at night, have sharper memories and feel more relaxed and positive about themselves and their lives. Regular exercise can have a profoundly positive impact on depression, anxiety, stress and overall mood. And you don't have to be a fitness fanatic to reap the benefits. Research indicates that modest amounts of exercise can make a real difference. When faced with mental or emotional challenges in life, exercise can help you build resilience and cope in a healthy way.

A great way to stay motivated is to make exercise a social activity. Exercising with a friend will not only make exercising more fun and enjoyable, it can also help motivate you to stick to an exercise routine. In fact, the companionship can be just as important as the exercise. With this in mind we are starting a promotion for all current members. All current members who have had an active membership for at least three months and bring in a friend that initiates a monthly membership will receive a AH Shaker Bottle, while supplies last. See Details On Page 4.

In addition to exercise, recreational activities are also great for the mind, body and spirit. Numerous studies indicate that participation in recreational classes offers a wide – and often unexpected – range of benefits, regardless of one's age or level of experience. To kick off the New Year, we are ready to bring a full list of recreation activities to our community that provide social interaction, family bonding and new experiences. We hope you take the opportunity to engage in a sport, new class and presentation.

Thank you,

J.C. Kennedy

Parks & Recreation Director

WE ARE HIRING

Airway Heights Parks & Rec is looking for energetic, motivated, and friendly individuals to join our team.

- LIFEGUARD
- FRONT DESK
- CHILD WATCH
- FITNESS INSTRUCTOR
- PERSONAL TRAINER
- RECREATION PROGRAMS
- PARKS & FACILITY MAINTENANCE

After School - Day Camps - Youth Sports

REC CENTER FAMILY MEMBERSHIP
INCLUDED WITH EMPLOYMENT

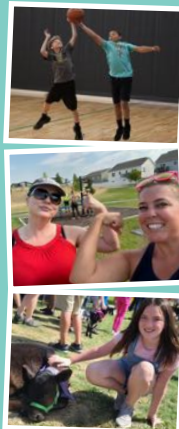
SCAN HERE >>>>>
for more information about
open positions, job details
and employment application.



SHARE YOUR PHOTOS!

If you have a great photo capturing an awesome moment, a big smile or personal accomplishment at an Airway Heights Parks & Recreation program, event, activity, park or facility, we invite you to share it with us. All shared photos will be considered for placement in upcoming activity guides and on AHPR website.

Email photos to parksandrec@cawh.org.



This year marks 15 years of service as a full-scale Parks & Recreation Department here in Airway Heights. In January 2008, the city officially combined the two services of Recreation Services and parks maintenance, from two different City departments to form the Parks & Recreation Department. The bringing together of these two services under one department for the first time since the City was incorporated in 1955, paved the way for great things to come. For the first time in the City's history, dedicated staff to focus on key elements of making Airway Heights a healthier and connected community.

Since 2008, Airway Heights Parks & Recreation has been committed to "Creating Community and Quality of Life through People, Parks, and Programs". The vision then (and now) centered around strengthening our community's fabric, and health and well-being by creating places and opportunities for residents' to recreate, enjoy family time, and seek true community engagement. Over the last 15 years Parks & Rec has accomplished some truly remarkable work. We've expanded the park system adding Landreth Park, Cleveland Park and Traditions Park, and over 5 miles of walking trails. Of course a crowning achievement for our community was the passing of the Rec Center bond in 2019, with a super majority vote, that opened the region's premier health and recreation facility with an additional 5 acres of sports fields. The Recreation Center has provided an incredible opportunity to expand health and recreational offerings to the entire West Plains community.

In 15 years, Airway Heights Parks & Recreation has been able to offer some amazing programs focused on leading healthy and active lifestyles, enhancing community connection and creating pride throughout our community. The future is bright, and focus will remain on building traditions that bring the community together and creating memorable experiences that will be treasured by residents for a lifetime. As the city continues to grow, we will continue to look to find ways to expand our services to meet the evolving needs and interests of our residents and Members. We understand fully that the success we have had over our first 15 years is based solely on the support that we have received from our residents and community partners.

Thank you all for an amazing 15 years and look forward to what the next 15 years have in store.

NEW MEMBER REFERRAL CHALLENGE



Exercising with a friend can not only make exercising more fun and enjoyable, it can also help motivate and challenge you to stick to an exercise routine. In fact, the companionship can be just as important as the exercise. So, this new year, we are challenging you to make exercise a social activity and refer a friend or family member to initiate a new membership. Referring members will receive an AH Shaker bottle, for a new monthly membership activated. Refer a second person, for a new membership and receive a free AH Strong workout shirt!

Program Rules:

- Referred members must have an active membership for at least three months.
- Second referrals must be for new accounts. Adding one to an existing account does not qualify.

All while supplies last. Program ends January 31st, 2023.

SHARE A HOBBY, SKILL, OR PASSION AS A RECREATION INSTRUCTOR

Airway Heights Parks & Recreation is always interested in expanding programming for youth, teens, adults and seniors. Become a recreation program instructor and share your knowledge, talent, and skill with the public in a special interest class, lead a sports activity group or hold a seminar or informational presentation.

Instructors can teach or instruct a variety of topics areas such as sports/games, homework tutor, music, dance, photography, tech/STEM, arts and crafts, DIY projects, cooking, reading/story time, and cultural enrichment.

Recreation Instructors are responsible for planning, organizing and conducting instructional lessons under the approval and guidance of Airway Heights Parks & Recreation. *Recreation Instructor is not an employment position.*

Contact the Parks & Recreation Department today for more information on becoming a Recreation Instructor.

My Rec Story Gordon Miller

The desire and need to exercise for many is easily attached to feeling healthy and strong, to benefit other aspects their lives. For others it may be the socializing with familiar faces, as well as the opportunity to meet new people. For 72 year old Gordon Miller, joining the Rec Center was both, but with an added and unexpected benefit.



A member since July 2019, Gordon and his wife joined the Rec Center together to begin strengthening his surgically repaired shoulder in order to feel good enough to enjoy an active retirement. Like many, his fitness routine was derailed in March of 2020, forcing him to try the at home fitness routine. Unfortunately, at-home wasn't cutting it, costing him the strength and endurance he had worked hard to build.

In early 2022 the Miller's re-activated their membership, ready to pick up where they left off. Gordon jumped right back into Silver & Strong to regain his strength, and reengage with the people. Not long after Gordon's return to exercise, his strength and endurance would be unexpectedly tested. While out on a daily walk with Fire, his 8 year-old blue heeler, Gordon was surprised by two loose dogs that began to attack Fire. While Fire still sustained severe injuries, it was Gordon's newly regained strength and stamina that he credits for the ability to fend off the attacking dogs until a neighbor came to help. Thanks to the consistent aerobic activity, weights and boxing elements of the Silver & Strong class, Gordon was able to give it his all to save Fire from worse injuries.

Today, Fire is doing just fine, and Gordon is still attending class, getting stronger each day and prepared for whatever unexpected test he may be up for next.

To share a My Rec Story, or nominate a person or business to be spotlighted, email parksandrec@cwah.org using "My Rec Story" or "Community Member Spotlight" in the subject line. Please be sure to provide the person's name, contact info, and a brief description of the reason for your submission.

MY REC STORY: Share your story (or someone you know) of how participation and access to recreational opportunities here in Airway Heights has improved quality of life, health and social experience. Stories can come from youth participating in sports for the first time, seniors joining a program and making new friends or how hitting the gym has given you new confidence.

COMMUNITY MEMBER SPOTLIGHT: Do you know a community member doing great things to represent, improve and serve Airway Heights? Nominate them to be recognized as the Community Member Spotlight in the next Activity Guide. Nominees can be kids, adults, seniors, businesses, etc.

GENERAL INFO & POLICIES

REGISTRATION

Ways to register:

1. Register for programs and activities online at:
airwayheightsparksandrec.org
* User account required
Visit the Parks & Recreation Department at the Airway Heights Recreation Center at
11405 West Deno Road Airway Heights, WA 99224
2. Call the Parks & Recreation Office at (509) 244-4845
 - Be sure to provide the best and most current information when registering to ensure that you receive all necessary information for programs, activities, events and facilities.
 - Preregistration is required for most programs unless otherwise stated.
 - All fees are due at the time of registration, unless otherwise noted. We do not "hold" a space for you without full payment and registration.
 - Space is limited in many programs and events. It is best if you register at least two weeks in advance of any registration deadline or start date.
 - All programs have a minimum and maximum enrollment. Programs may be canceled if minimums are not met.
 - All participants in AHPR programs, events and activities must complete all required forms, waivers, and agreements prior to participation.
 - Images (photographs, video recordings, etc.) taken of all participants engaged in AHPR programs, events and activities may be used for promotional purposes on the AHPR website, social media pages and printed materials

CANCELLATIONS

CANCELED!

Avoid the disappointment of a cancellation by registering early and encouraging others to join and get registered. Programs, classes, activities, and leagues are most commonly canceled due to low registration.

Sometimes things don't go as planned and, for that reason, AHPR reserves the right to cancel, combine, move or change any program, event or activity. In such cases, every effort will be made to notify all participants of cancellations or changes to programs. Department initiated cancellations will be refunded or credited to your Parks & Recreation account.

INCLEMENT WEATHER

Programs may be canceled in the event of inclement weather or power outages. We encourage you to call (509) 244-4845 for program status regarding weather.

NOTE: All outdoor activities are to be canceled if thunder or lightning are present.

RECREATION TRENDS

Is there something you'd like to see us try? Share your ideas or suggestions for new programs, activities or events with us by emailing parksandrec@cawh.org. We want to hear from you!

REFUNDS & CREDITS

In the event a participant cannot take part in their registered program due to unforeseen circumstances, Airway Heights Parks & Recreation will work to provide refunds for program fees under the following policy:

1. Full refunds or department credit will be given for all classes canceled by AHPR.
2. Refunds will be granted for program fees paid if requested before the registration deadline date (or at least 5 business days before start of program if no registration deadline).
3. Refunds will either be transferred back to the purchasing credit/debit card or issued via check for cash and check payments. Check refunds will be issued from the City of Airway Heights within 30 days of the request. Checks will not be issued for refunds \$10 or less (account credit will be applied).
4. Refunds credited to AHPR user accounts will be good for one calendar year from issue date, for full credit given.
5. Credits or refunds will not be issued for missed classes, programs or events.
6. Refunds or credits will not be issued for "change of mind" if requested after the registration deadline or within three business days of program start.
7. To request a refund, contact Guest Services at (509) 244-4845.
8. Refunds will not be issued from an account credit.
9. Refunds will not be issued for programs costing \$10 or less (unless canceled by AHPR).
10. AHPR will not accept returns or refunds on merchandise or items purchased for programs.
11. Certain fees relating to rentals and memberships have their own refund policies. Contact Guest Services directly to inquire about a specific policy.
12. AHPR reserves the right to observe each refund on a case-by-case basis. Exceptions in certain instances may apply.

ACTIVITY GUIDE UPDATES & ERRORS

AHPR strives to produce the most accurate seasonal Activity Guide possible, but sometimes errors are made and things change after the guide is printed. Every effort will be made to notify participants and members of the changes, and correct and upload all changes to the AHPR website. Be sure to check the website and your email regularly for updates.

Airway Heights Parks & Recreation uses images and graphics provided and approved for use by freepik.com and canva.com.

ADVERTISING

Advertising opportunities with Airway Heights Parks & Recreation's seasonal Activity Guide, as well as inside the Recreation Center, are available in a variety sizes and formats. Contact (509) 309-2262 for more information.

NON-DISCRIMINATION POLICY

In accordance with applicable Federal and State Law, Airway Heights Parks & Recreation does not discriminate against any person on the basis of race, color, religion, gender, national origin, age, marital status or disability. This policy applies to the operation, conduct or administration of community programs for youth, adults and seniors. Sponsoring organizations requesting the use of Airway Heights Parks & Recreation facilities are required to comply with this policy.

PRIVACY POLICY

The City of Airway Heights Parks & Recreation will not sell or willingly share any information received through the registration process, to any third party. Information collected during the registration process may be given to program instructors or coaches for use in case of emergency. They may also be used to provide program or department updates, and facility notifications. The City is, however, required to adhere to the Washington State Public Records Act, Revised Code of Washington 42.56. The City may on occasion use information to notify you of activities/circumstances the City feels may be important to you and your family or that you opt into.

FREQUENTLY ASKED QUESTIONS

Do you have to be a Resident of Airway Heights to use the Recreation Center?

No, anyone can become a member or purchase a day pass.

Are Swim Lessons only for members?

No, Swim Lessons are a program offered outside of membership, but inside the Recreation Center.

What is included in a Membership or Day Pass?

Full access to the facility, including Pool, Fitness and Gymnasium usage, and access to any Group Fitness or Water Exercise class for the Day. Members between 18 months to 7 years old also have access to Child Watch while it is open.

What is considered a "Resident"?

"Resident" is considered anyone who lives in the City Limits of Airway Heights, including the areas behind the Walmart, and the movie theatre. The Resident Rate is also extended to those who work for a business within the City Limits and those who are Active Duty Military.

Are there any free activities I can utilize at the Recreation Center?

Anyone is welcome to enjoy the lobby and lounge, utilize our Wi-Fi, watch TV or play Pool, Ping Pong or Foosball. Please no loitering or setting up unapproved gatherings.

How old does one have to be to workout at the Recreation Center?

The minimum age to work out in the facility is 11, with a parent or guardian. At the age of 14 you are able to workout by yourself. However, everyone under 18 needs to go through our Youth Fitness Orientation prior to being able to work out.

Got a question? Ask us at parksandrec@cawh.org.

VOLUNTEER OPPORTUNITIES

PARK ADVISORY BOARD

The Park Board advises and assists Parks & Recreation staff in the park and facility planning and development process, as well as supports and promotes Parks & Recreation programs, activities and events. Parks Board members must be:

- A resident of Airway Heights for at least one year continuously
- Currently registered to vote
- Serve three year terms

Park Board meetings are held the first Thursday following the first City Council meeting of the month at the Airway Heights Recreation Center at 5:30pm.

Current Board Members:

Jacob Powers (President), Michelle Musgrave, Lori Wood, Don Mitchell, and Greg Webb

SENIOR ADVISORY COMMISSION

The Senior Advisory Commission works with the Parks & Recreation Department to plan and organize activities, trips, classes and presentations for active adults 55 and over by utilizing their particular insight on the issues and trends of interest to the senior population in the Community. The overall goal of the commission is to enrich and enhance the health and quality of life for seniors in the community.

Commission meetings are held the third Tuesday of each month, at 2:00pm, at the Airway Heights Recreation Center.

All Commissions positions are currently OPEN.

YOUTH ADVISORY COMMISSION

The Youth Advisory Commission (YAC) is open to middle school and high school students and works to help plan activities, trips and events for teens in Airway Heights. The YAC also works with teens to help build up college and job resumes, gain community service hours and improve leadership skills.

Contact the Recreation Supervisor Glen Horton for the next scheduled meeting.

All Commissions positions are currently open.

PARKS & RECREATION VOLUNTEER

Airway Heights Parks & Recreation offers a variety of volunteer opportunities such as:

- Youth sports coach
- Community class instructors
- Special Event
- Fulfilling high school graduation hours

Board/Commission and Volunteer Applications are available online at airwayheightsparksandrec.org or at the Airway Heights Recreation Center.

Completion of application does not guarantee placement into an open board or volunteer position.

AIRWAY HEIGHTS RECREATION CENTER



Welcome to the Airway Heights Recreation Center! We are proud to offer our community access to health and recreation, as well as an inviting community gathering place. Our vision is to provide a place and a space in our community where people can focus on their health and socialize, and where young people have guidance and support to grow and thrive. We embrace people of all ages, backgrounds and walks of life, and are honored to bring families together in a safe, fun, active environment filled with opportunities.

HOURS OF OPERATION

Monday - Friday: 6:00AM - 9:00PM

Saturday & Sunday: 9:00AM - 7:00PM

Aquatic Center closes 30 minutes prior to facility closure.

CLOSED HOLIDAYS:

New Year's Day, Martin Luther King Jr Day, Presidents' Day, Memorial Day, Juneteenth, 4th of July, Labor Day, Veterans Day, Thanksgiving Day, Christmas Day.

RECREATION CENTER AMENITIES

AQUATIC CENTER

The Aquatic Center offers a variety of ways for all family members to enjoy the water from lap swimming to lazy river floating, water sports, and relaxing.

FEATURES:

- 6 Lane Lap Pool
- Spa (Hot Tub)
- Leisure/Warm Water Therapy Pool
- Children's Spray n' Play
- Sauna
- Lazy River with Vortex and Whirlpool

FITNESS FLOOR

The Fitness Floor has something for all fitness levels. Covering 8,200sq. ft. this space has a wide-open layout, while separating weights, cardio and selectorize equipment.

FEATURES:

- 50+ Cardio Machines
- 20+ Strength Machines
- Group Fitness Studio
- Fully Equipped Weight Room
- Cross Training & Turf Area

GYMNASIUM

The Gymnasium is where play and purpose come together! This large multi-purpose space serves as home to open gym sports, youth activities, fitness classes and special events.

FEATURES:

- Six basketball hoops (4 adjustable from 8' - 10')
- One full basketball court or two short-courts
- Main court and half gym adjustable volleyball nets

Be sure to check the Gymnasium Schedule for open availability or for fun new programs.

COMMUNITY LOBBY & LOUNGE

The Lobby and Lounge are the heart of our building. This inviting space serves as our community living room and a place for people to relax in front of the fireplace, enjoy a cup of coffee with friends, read, watch TV, connect to Wi-Fi or play pool, ping pong and foosball.

CHILD WATCH

The Caterpillar Room is our space for our littlest members to enjoy various games and activities in a safe and fun environment for up to 90 minutes per day while parents use the facility. Kids ages 18 months to 7 years old with an active membership can be checked in with our caring child watch staff while their parents use the Recreation Center amenities.

CURRENT CHILD WATCH HOURS:

MONDAY - FRIDAY: 9:00AM-12:00PM | 4:00-7:00PM

SATURDAY & SUNDAY: 11:00AM-2:00PM

**Non-Members & Guests can access Child Watch with purchase of a youth day pass.*

MEMBERSHIPS

The Airway Heights Recreation Center offers various membership rates for individuals and families, as well as a residents' rate for those residing in the city limits of Airway Heights. The resident rate is also extended to active duty military and employees of businesses located within the city limits of Airway Heights. All other memberships are considered non-resident. Proof of residency, active military status or employment within city limits is required at the time of registration to qualify for the resident rate.

NO SIGN UP ENROLLMENT JOINING FEE The only thing due upfront is a pro-rate current month, and the first full month.

Category	Daily	10 Visit		Monthly		Semi-Annual		Annual	
		Res	Non-Res	Res	Non-Res	Res	Non-Res	Res	Non-Res
Youth	\$5.00	\$40.00	\$45.00	\$24.00	\$29.00	\$132.00	\$160.00	\$264.00	\$319.00
Adult	\$7.00	\$56.00	\$63.00	\$36.00	\$45.00	\$198.00	\$248.00	\$396.00	\$495.00
Senior (62+)	\$6.00	\$48.00	\$54.00	\$28.00	\$35.00	\$154.00	\$193.00	\$308.00	\$385.00
Family*	N/A	N/A	N/A	\$61.00	\$76.00	\$336.00	\$418.00	\$671.00	\$836.00

Airway Heights Sales Tax is applied at time of transaction.

*Family Memberships are defined as one or two adults living in the same household and up to three dependents listed on either adult's tax return. Additional dependents may be added to a family membership at \$12.00 per month per additional dependent.

HEALTH INSURANCE FITNESS PROGRAMS

The Airway Heights Recreation Center accepts the following insurance programs: Silver & Fit, Active & Fit, Renew Active and One Pass. These programs allow qualifying individuals to receive a no-cost membership covered under their insurance plans. If you are interested in finding out if you are eligible, contact your insurance provider, or visit the Rec Center and check with Guest Services.



YOUTH FACILITY ACCESS

AGES LOBBY & LOUNGE:

0-6 Must have direct supervision by a parent or guardian

7-11 Must have an adult somewhere in the facility

GYMNASIUM:

0-2 Not allowed in the Gymnasium

3-7 Must have direct supervision by a 16 y/o or older

8-11 Must have an adult somewhere in the facility

AQUATICS CENTER:

0-6 (or under 48") Must have direct supervision in the water by a member 14 y/o or older

7-9 Must have an adult with them in the Aquatic Center

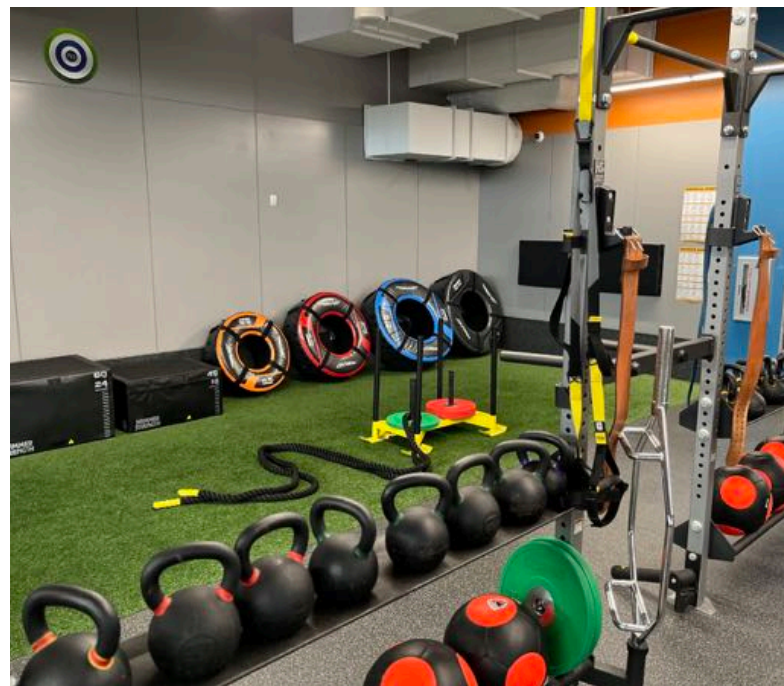
10-11 Must have an adult somewhere in the facility

FITNESS FLOOR:

0-10 Not allowed on the Fitness Floor

11-13 Must completed the Youth Fitness Orientation and be in direct supervision by a member 16 y/o or older

14-17 Must have completed the Youth Fitness Orientation



AIRWAY HEIGHTS RECREATION CENTER

AIRWAY HEIGHTS RECREATION CENTER CODE OF CONDUCT

In order to make Airway Heights Parks & Recreation programs and facilities places where individuals feel welcome, comfortable, and safe, we ask all participants, members and guests to:

- Be safe, for the benefit of yourself and everyone else
- Follow all posted rules and directions described by staff
- Use designated storage areas for personal items and pick up after yourself
- Respect the confidentiality of patrons and employees
- Respect other persons, equipment, supplies and facilities
- Be a good role model for others, especially the youth

AND REFRAIN FROM THE FOLLOWING

- All forms of harassment
- Taking photos or video of anyone other than yourself without their consent
- Cell phone use in locker rooms
- Inappropriate/unauthorized use of equipment
- Bringing animals (with the exception of service animals) into the building, or leaving them unattended outside
- Bringing bicycles into the building
- Defacing property (structures, land or equipment)
- Disruptive or disorderly behavior
- Using profanity, teasing or ridiculing others
- Offensive physical contact or harm to self or others
- Eating or drinking in non-designated areas
- Improper use of restrooms
- Leaving young children unsupervised
- Playing audio devices without using headphones
- Riding skateboards, skates or scooters inside the building, or leaving them unattended
- Sleeping or loitering
- Smoking, vaping and tobacco use
- Using or being under the influence of any intoxicating substance
- Solicitation, petitioning or canvassing other than in the public right-of-way (street sidewalks)
- Spitting
- Parking in unauthorized areas
- Violation of any federal, state, or local statute or ordinance

Airway Heights Parks & Recreation staff reserve the right to ban or trespass any individual(s) who knowingly violate the Code of Conduct.

FACILITY RENTALS

The Airway Heights Recreation Center has a number of room rental opportunities to accommodate everything from birthday parties, business meetings, large family gatherings, and more! *Ask about our Non-Profit and Public Meeting discounts!*

BANQUET ROOMS

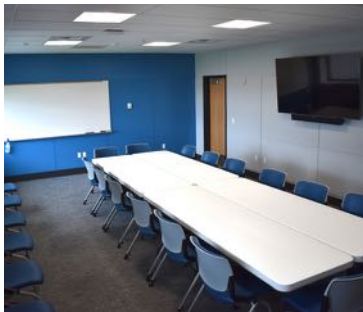
The Banquet Room is a dividable space perfect for receptions, banquets, parties, presentations or trainings, with fully equipped multi-media options and outdoor patio. Room(s) are booked in 1 to 4 hour blocks. Table and chair arrangements can be setup to accommodate many different event types.



Banquet Room rates vary based on half and full room rental and size of group. Occupancies vary by room setup. Kitchen not available with rental of Room B.

MEETING ROOM

The Meeting Room is an ideal setting for hosting a small business or group meeting, or classroom style learning environment. The Meeting Room is equipped with a multi-media television, white board, sink and refrigerator.



PARTY ROOMS

Not just for pool parties! The Party Rooms are available for hosting small group meetings or gatherings. Party rooms are equipped with tables, chairs and sinks.



Rental Time	Rate	Deposit
1-2 Hours	\$50.00	\$50.00
Additional hour	\$25.00	- - - - -

BOOK YOUR RENTAL TODAY!

Contact Guest Services at
(509) 309-2258 for more
information about Facility Rentals
and to book your event today.





POOL PARTY

BOOK YOUR NEXT BIRTHDAY PARTY AT THE AIRWAY HEIGHTS REC CENTER!

PARTY TIME OPTIONS:

POOL PARTY PACKAGE

\$200 DEPOSIT: \$50+tax

Includes pool passes for all guests during the party.

PARTY ROOM RENTAL

\$100 DEPOSIT: \$50+tax

Room rental only. All guests must purchase day passes.

RESERVATIONS MUST BE MADE ON PROVIDED DAYS AND TIMES.

Restrictions may apply. Party sizes are limited to 26 people. All rentals must follow rental and facility policies and procedures.



CARES works to promote the Airway Heights Parks & Recreation Department's mission of creating community and quality of life for all residents by supporting the development of quality recreational facilities and programs for youth and adults in the greater Airway Heights area. Through enhanced community outreach, partnerships and contributions, CARES collaborates and connects those who share in the mission of improving our community through people, parks, and programs.

As a federally recognized 501(c)(3) non-profit, CARES has developed various charitable opportunities for individuals and businesses to contribute to Parks and Recreation projects, programs, and scholarships.

YOUTH SCHOLARSHIP

The CARES Youth Scholarship Fund provides youth in our community access to recreational programs who's families may otherwise not be able to afford them. These scholarships provide youth exposure to positive experiences and active lifestyles.

PROGRAM CHAMPION

Becoming a Program Champion brings added levels of enjoyment and benefits to program participants directly. By giving to programs the contribution is directly passed to program participants through increased program supplies, incentives, as well as fee reductions, making our programs more equitable for a greater portion of the community.

PROJECT PARTNER

Through community input and consistent parks, facility, and program evaluation, the Parks & Recreation Department manages an ongoing list of priority projects that require funding outside of the department's annual operating budget. These projects are fantastic opportunities for individuals and businesses to get involved in the community and improve already existing facility amenities, or develop all new recreational opportunities for community use.



To learn more about CARES, how to get involved, or to donate, visit ahparksandrec.org/cares/

AQUATICS

The Airway Heights Parks & Recreation provides a variety of year round aquatic programs for member and guests of all ages and swimming levels. Aquatics programs such as swim lessons, water exercise and special events all work to promote health and wellness, teach water safety and create fun for the whole family.



PARENT-TOT SPLASH N' PLAY CLASS

Have fun playing and exploring the water with your little one while learning about water safety and basic swimming principles through songs and games.

AGES 6 Months to 3 years | \$7/Class
Saturdays* 9:30AM-10:00AM

*Only select Saturdays. See class schedule for dates.

CLASS DATES: 1/21 2/4 2/18 3/4 3/18 4/15

REGISTER BY: 1/13 1/27 2/10 2/24 3/10 4/7

GROUP SWIMMING LESSONS

Lessons are taught by our trained instructors in a fun, safe learning environment, following the nationally recognized American Red Cross Learn-To-Swim program. Lessons are approximately 25 minutes and run in 6 to 8 week sessions.

3 TO 5 YEARS OLD: LET THE ADVENTURE BEGIN

TINY TOTS 1

The start of an aquatic adventure without the parent. Swimmers build confidence by learning to blow bubbles, float and use arm and leg movements with assistance.

TINY TOTS 2

Build on the aquatic adventure encouraging individual confidence. Swimmers will work on breath control and being comfortable while completely submerged.

5 TO 12 YEARS OLD: THE BENEFITS ARE ENDLESS

LEVEL 1: GET WET!

Jumping in with confidence and happy to get our faces wet! Swimmers travel on their front and back for 15 feet with assistance and use training aids with ease while making new swim buddies.

LEVEL 2: BUILD CONFIDENCE!

Working on recovery positions and swimming up to 30 feet. Improving our treading water techniques and progressing in the front and back crawl without assistance.

LEVEL 3: BE BRAVE!

Swimming 25 meters of front crawl with side breaths. Independently swimming 10 meters of backstroke and comfortably recovering from change of position in and under the water while easing in to breaststroke.

LEVEL 4: GO FURTHER!

Swimming 50 meters of front crawl and confident with 15 meters of butterfly, backstroke, and recover with breaststroke. Remember that most swimming parties without parents require a 50 meter swim test!

PRIVATE SWIMMING LESSONS

Swimmers of all abilities, ages 3 and up, can benefit from one-on-one lessons. These 30 minute classes are tailored to the students' swimming needs, which can range from timid or first time swimmers to those interested in fitness swimming.

Private lessons are open on a first come, first served wait-list basis. This program is limited to up to 3 consecutive swim sessions.

*Semi-Private lessons are available for up to 3 swimmers *

WINTER/SPRING 2023 SWIM LESSON SESSION INFORMATION & SCHEDULE

Class Levels are occasionally combined, canceled, or wait-listed due to low enrollment for specific levels, or pool space availability.

SWIM TESTING AND REGISTRATION

It is important to register at the safest swimming level. This can sometimes be difficult to assess based on lesson description. The AH Aquatics team can help. Schedule a brief swim test and receive a recommendation for what level to register.

Once you know your level, it is time to get registered. First refer to the swim lesson session days and dates, then move over to the lesson day and time schedule by level. Lesson times will stay the same for each level, each session. When you are ready, you can register online, over the phone or at the front desk.

COST: Group Lessons - Member \$36 | Non-Member \$60 Private/Semi-Private Lessons: Private \$96 | Semi Private \$80

	MON & WED (GROUP)	TUES & THUR (PRIVATE)	SAT (GROUP & PRIVATE)
SESSION 1	1/9 - 2/6	1/10 - 2/2	1/14 - 2/18
SESSION 2	2/22 - 3/20	2/23 - 3/21	3/4 - 4/22
SESSION 3	4/10 - 5/3	4/11 - 5/4	- No Session 3 Sat. Lessons -

GROUP LESSON SCHEDULE

LESSON LEVEL	REQUIREMENTS	MON / WED	TUES / THURS	SATURDAY
TINY TOT 1	3-5 Years Old	4:00PM 5:00PM	-- -- --	9:30AM
TINY TOT 2	Pass Tiny Tot 1	4:30PM 5:30PM	-- -- --	10:00AM
LEVEL 1	5-12 Years Old	4:30PM 6:00PM	-- -- --	9:30AM
LEVEL 2	Pass Level 1	5:00PM 6:30PM	-- -- --	10:00AM
LEVEL 3	Pass Level 2	5:30PM	-- -- --	10:30AM
LEVEL 4	Pass Level 3	6:00PM	-- -- --	11:00AM
Private / Semi Private	All Levels	-- -- --	3:00-6:00PM	9:00AM-11:00AM

*Private/Semi-Private Swim Lessons are scheduled individually on Tuesdays & Thursdays, or Saturdays from the registration waitlist.



The Ducks Swim Team is a beginner level training program that strives to provide a fun aquatic atmosphere introducing kids ages 9 to 17 to the great sport of swimming in a structured non-competitive environment focused on developing swimming skills, techniques and conditioning.

SWIM TEAM REQUIREMENTS:

- Must be 9 to 17 years old
- Completion of AH Swim Lesson Level 3, or
- Complete 25 meter front crawl and breaststroke without hesitation or needing assistance.

WINTER/SPRING SEASON:

DAYS: Mon/Wed **DATES:** 1/23 - 4/19
TIME: 5:30-7:00PM **COST:** \$200

NOTE: Registration fee only applies to Swim Team days and times.
 Membership or day pass is required for aquatics access outside scheduled team times.



QUESTIONS? Contact the AH Aquatics Team at (509) 570-7290 for more information about our swim lesson program, skill level assessment and to schedule a brief swim test.

ADULT SWIMMING LESSONS



IT IS NEVER TOO LATE TO LEARN

Adult swim lessons will better your swimming experience covering the basics of swimming and water safety, as well as how to create your own lap swim program to achieve your personal goals.

Swimming lessons for adults are available in the following three levels, developed to meet the needs of adult learners:

L1 - Learning the Basics: Learn basic swimming strokes and skills needed to stay safe, and help keep others safe, in and around the water.

L2 - Improving Skills and Swimming Strokes: Participants will gain proficiency in basic aquatic skills and the six basic swimming strokes.

L3 - Swimming for Fitness: Participants will learn to refine their front crawl, back crawl, breaststroke and turns to build endurance.

DAY: Tuesday/Thursday

TIME: L1 - 5:30PM | L2 - 6:15PM | L3 - 7:00PM

SESSION 1: 1/17 - 2/2 **REGISTER BY:** 1/6

SESSION 2: 2/28 - 3/16 **REGISTER BY:** 2/17

SESSION 3: 4/11 - 4/27 **REGISTER BY:** 3/31

AGES: 16+ **COST:** \$48/Session

WATER EXERCISE

Water Exercise classes are included in membership or purchase of a day pass. These classes are designed to enable ages 13 and up to participate at their own pace and skill level. The Shallow Water and Rivercise classes can be done with or without equipment and do not require the ability to swim or placing the head under water. Deep Water Classes require the ability to swim and must be comfortable being fully submerged in water.

RIVERCISE

Utilizing the Aquatics Center's Lazy River, Rivercise uses the assistive and resistive properties of the river's current to focus on core and body strength, balance and posture. Walking forward, backward and laterally along with lunges, squats and stationary exercises will be used to advance these objectives.

SHALLOW WATER

The Shallow Water class focuses on cardiovascular endurance and strength while using the water's unique support to ease the strain on muscles and joints.

DEEP WATER

Deep Water Exercise is designed to increase cardiovascular fitness, range of motion and muscle tone through a variety of underwater exercises and motions. Participants may use flotation belts, foam barbells and noodles to perform exercises.

WINTER/SPRING
WATER EXERCISE SCHEDULE

MONDAY	
Rivercise 9:00 - 9:30AM	Shallow Water 9:45 - 10:45AM
TUESDAY	
Deep Water 6:15 - 7:15AM	Shallow Water 8:30 - 9:00AM
WEDNESDAY	
Shallow Water 9:45 - 10:45AM	
THURSDAY	
Deep Water 6:15 - 7:15AM	Shallow Water 8:30 - 9:00AM
FRIDAY	
Rivercise 9:00 - 9:30AM	Shallow Water 9:45 - 10:45AM
SUNDAY	
Rivercise 10:00 - 11:00AM	

Class Schedule subject to change

LIFEGUARD TRAINING

JR. LIFEGUARD

The Airway Heights Aquatics Junior Lifeguard program teaches youth the water safety skills used by lifeguards everyday, as well as develops the mental and physical elements needed to become a certified American Red Cross Lifeguard.



- Learn and practice in-water rescue techniques using real lifeguarding equipment.
- Be introduced to basic First Aid skills, CPR and AED use.
- Shadow a lifeguard on stand, and as an instructor, during a swimming lesson.



DAY: Saturdays

TIME: 9:30-11:30AM

SESSION 1: 1/14 - 2/18

REGISTER BY: 1/6

SESSION 2: 3/4 - 4/15

REGISTER BY: 2/24

AGES: 9 - 15 **PREREQUISITE:** Must pass Level 3 Swim Lesson

COST: \$63 (w/ Jr. Guard T-Shirt) / \$48 (No Shirt)

We are here for you!

Offering services for the following

Sports Related Injury	Back/Neck Pain
Post Operative Orthopedic	Motor Vehicle Injuries
Joint Replacement	Work Related Injuries
Pelvic Floor Dysfunctions	TMJ Disorders
Vestibular/ Gait and Balance	Joint Pain & Stiffness

Now Offering Aquatic Physical Therapy
Held at Airway Heights Parks and Rec. Center

Airway Heights - Fairways Plaza - Cheney - Spokane - Nine Mile Falls - Wandermere

American Red Cross LIFEGUARD CERTIFICATION COURSE



The American Red Cross Lifeguarding course provides the knowledge and skills to prevent, recognize and respond to aquatic emergencies. Course participants will receive training in American Red Cross Lifeguarding, First Aid and CPR/AED. Upon successful completion of the course, participants will be issued a certificate valid for two years.

This is a blended learning course format which includes required completion of online education prior to classroom, and in-water components. Participants must attend all class days of training totaling approximately 20 hours.

Participants must be able to successfully demonstrate the following prerequisite swimming skills. This evaluation is completed on the first day and includes the following skills:

- Swim 300m continuously with breath control.
- 2-minute tread using legs only
- Surface dive 9ft to retrieve a 10lb brick, swim the brick 20 meters and exit the pool without the use of ladder or pool steps within 1 minute and 40 seconds.

COURSE DATE: 2/17 - 2/19 **REGISTER BY:** 2/10

COURSE CLASS SCHEDULE:

DAY 1 2:00-8:00PM Swim testing & Intro Lifeguard class work.

DAY 2 8:00-5:00PM Rescues, class work, First Aid/CPR/AED.

DAY 3 9:00AM-3:00PM In-Water practicals & final exam.

AGES: Must be at least 15 by the last day of class.

COST: \$270



**DESIGN, BUILD AND RACE
YOUR CARDBOARD BOAT DOWN
THE LAZY RIVER!**

**FRIDAY MARCH 24TH
6:00PM - 8:30PM**

REGISTER BY: March 17th

ENTRY FEE: \$15/BOAT

Fee includes Boat Kit:

1 - Cardboard box

1- Roll of tape

All boats must be constructed using only
materials provided in the boat kits.

PRIZES AWARDED FOR:

**1ST & 2ND PLACE
MOST INNOVATIVE DESIGN
BEST DECORATED**

For complete race rules, format and allowed decor
materials visit ahparksandrec.org/aquatics/



MUSIC, GAMES, & FAMILY FUN!

Join our favorite duck, Frankie, and all
his little rubber buddies for Friday night
family fun in the pool!

January 20th - April 21st

6:00PM-8:00PM

FRANKIE'S SPECIAL ACTIVITIES:

2/10 - Sweetie Swim

3/17 - March Madness Shootout

4/21 - Duck Hunt

All posted facility and aquatics rules apply.
Membership or day pass required to participate.



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AQUATIC CENTER SHUTDOWN



SATURDAY MARCH 25TH - FRIDAY MARCH 31ST

Beginning Saturday March 25th through Friday March 31st the Aquatic Center will be closed for our annual maintenance and deep cleaning. This includes Lap Pool, Rec Pool, Lazy River, Spray n' Play and Spa & Sauna, as well as temporary closures of locker rooms, family changing rooms and other areas of the facility.

THANK YOU FOR YOUR PATIENCE AND UNDERSTANDING.



WINTER/SPRING POOL SCHEDULE

Pool Schedule is subject to change. Aquatics Center closes 30 minutes prior to facility closure.

MON / WED	TUE / THU	FRI	SAT	SUN
LAP POOL (LAP SWIM: AT LEAST 2 LANES WILL BE OPEN FOR LAP SWIMMING AT ALL TIMES)				
LAP SWIM 6:00AM-8:30PM OPEN SWIM (Lanes 5&6) 12:00PM-4:00PM SWIM LESSONS (Lanes 5&6) 4:00PM-7:30PM	LAP SWIM 6:00AM-8:30PM WATER EXERCISE Deep Water (Lanes 5&6) 6:15AM-7:15AM OPEN SWIM (Lanes 5&6) 12:00PM-8:30PM SWIM LESSONS (Lane 1&2) 4:00PM-7:00PM	LAP SWIM 6:00AM-8:30PM OPEN SWIM (Lanes 4-6) 12:00PM-8:30PM	LAP SWIM 9:00AM-6:30PM OPEN SWIM (Lanes 5&6) 12:00PM-6:30PM SWIM LESSONS (Lanes 5&6) 9:00AM-12:00PM	LAP SWIM 9:00AM-6:30PM OPEN SWIM (Lanes 5&6) 12:00PM-6:30PM
REC POOL WARM WATER THERAPY (WWT) & LAZY RIVER (LR)				
LEISURE SWIM 6:00AM-9:00AM WATER EXERCISE Rivercise (LR) <i>Monday only</i> 9:00AM-9:30AM Shallow Water (WWT) 9:45AM-10:45AM OPEN SWIM 12:00PM-8:30PM SWIM LESSONS (WWT) 3:30PM-6:30PM	LEISURE SWIM 6:00AM-9:00AM WATER EXERCISE Shallow Water (WWT) 8:30AM-9:00AM OPEN SWIM 12:00PM-8:30PM SWIM LESSONS 4:00PM-7:00PM	LEISURE SWIM 6:00AM-12:00PM WATER EXERCISE Rivercise (LR) 9:00AM-9:30AM Shallow Water (WWT) 9:45AM-10:45AM OPEN SWIM 12:00PM-8:30PM	OPEN SWIM 9:00AM-6:30PM SWIM LESSONS 9:00AM-11:00AM <i>Areas of Rec Pool may be reduced or closed during Swim Lessons times.</i>	LEISURE SWIM 9:00AM-11:00AM WATER EXERCISE Rivercise (LR) 10:00AM-11:00AM OPEN SWIM 12:00PM-6:30PM
SPRAY N' PLAY (INCLUDES LAZY RIVER FEATURES)				
1:00PM-3:00PM 6:30PM-8:30PM	1:00PM-3:00PM 6:30PM-8:30PM	1:00PM-3:00PM 6:30PM-8:30PM	11:00AM-2:00PM 3:00PM-6:00PM	11:00AM-2:00PM 3:00PM-6:00PM
SPA & SAUNA (MUST BE AT LEAST 15 YEARS OF AGE)				
6:00AM-8:30PM	6:00AM-8:30PM	6:00AM-8:30PM	9:00AM-6:30PM	9:00AM-6:30PM



Unless otherwise noted, all fitness programs, classes and activities require Rec Center membership. Pre-registration by deadline (Register By) date may be required for participation. Class sizes may be limited.

The Airway Heights Recreation Center Fitness Team strives to provide members and guests, ages 11 and up, the opportunities and resources they need to achieve their health and fitness goals.

Rec Center Members can jump in one of our many free instructor led classes included in membership, sign up for a specialized fitness programs or get one-on-one personal training with one of our certified personal trainers. Whatever the focus, the AH Fitness Team can help you reach your goals.



PERSONAL TRAINING

The Airway Heights Recreation Center Personal Training Program offers one-on-one instruction with one of our certified Personal Trainers. Trainers work to develop a path that is specific, achievable and relevant to YOU.

PERSONAL TRAINING INCLUDES:

- Structured sessions to maximize time in the gym.
- Monthly InBody analysis to track physical progress.
- Personalized programs based on your fitness goals, likes and dislikes, skills and abilities or
- Select from various training programs designed to get you going towards achieving your fitness goals:
 - Starter & Advanced Strength
 - Mobility & Flexibility
 - High Intensity Strength
 - Weight Loss
 - Power Lifting
 - Athletic Training

PERSONAL TRAINING PACKAGES

	4 Sessions	6 Sessions	12 Sessions
1/2 Hour Session	\$109.00	\$149.00	\$269.00
1 Hour Session	\$189.00	\$259.00	\$479.00

\$99

FIRST TIME PT SPECIAL

SEE IF PERSONAL TRAINING IS RIGHT FOR YOU.

THREE 1-HOUR OR SIX 30-MINUTE SESSIONS FOR ONLY \$99.

SCHEDULE A FREE FITNESS ASSESSMENT TO LEARN MORE.

LIMITED 1 PER PERSON.

Scan here for more information on our personal training program and to meet our AH Fitness Team!

Learn more about how our amazing Fitness Team can help you crush your fitness goals and be a healthier you!



InBody GO BEYOND THE SCALE

BODY COMPOSITION ANALYSIS

In less than one minute, learn accurate data about your body to create a healthier you.

INBODY SCANS REPORT: Accurate body fat % and muscle mass, muscle imbalances, calories burned at rest, and current hydration level.

***** \$5/ SCAN *****

VISIT THE FITNESS DESK TO SEE YOUR RESULTS TODAY!



GROUP FITNESS CLASSES

Group Fitness Classes are open to members and day pass users of all fitness Levels. Each class is led by our team of amazing professionally certified Group Fitness Instructors and Trainers. Group Fitness class capacities are limited.

INDOOR CYCLE

Take a ride inside and improve your cardio endurance while matching the revolutions of your feet to the beat of the music.

YOGA

A class for all skill and experience levels that focuses on building stability and endurance through the foundations of alignment.

NEW POWER FLOW YOGA

This vigorous, dynamic flow of poses is a strength-based class that works the body to the core, building flexibility and endurance. This style is typically more appealing to those who are most interested in exercising and sweating, rather than meditation.

POWER HOUR

Expand your fitness bandwidth with energizing strength and H.I.I.T. exercises, and high speed bursts of cardio.

TRX® (Total Resistance Exercise)

Combine a HIIT style workout with TRX suspension straps utilizing body weight and gravity to build strength and balance.

BOOT CAMP

Get your weekend started right with a high intensity total body circuit-based workout.

NEW FIT HOP

Dance your way into the new year with Fit Hop, a dance cardio class that will help you learn some of the latest Tik Tok dance trends, line dances and drippy moves, without even realizing you are scorching those calories.

WINTER / SPRING GROUP FITNESS SCHEDULE
(JANUARY - APRIL)

CLASS	DAY(S)	TIME
INDOOR CYCLE	Mon/Wed/Fri	5:30PM
YOGA	Mon/Thu	6:30PM
	Saturday	11:00AM
POWER FLOW YOGA	Tuesday	5:30PM
FIT HOP	Tuesday	6:30PM
TRX	Wednesday	6:30PM
POWER HOUR	Tuesday	4:30PM
	Thursday	5:30PM
BOOT CAMP	Saturday	9:30AM

Group Fitness Schedule is subject to changes.

SCAN HERE FOR THE MOST
UP-TO-DATE FITNESS SCHEDULE.



PRIVATE GROUP FITNESS CLASSES

Group classes sometimes aren't for everyone or don't quite meet everyone's schedule. That's why the AH Fitness Team now offers instructor led private group fitness for you and your friends or co-workers to get fit, and have fun at your own pace. Groups can select and book 50-minute classes from the existing Group Fitness Schedule. *Some classes may be excluded.*

4 SESSIONS	6 SESSIONS	8 SESSIONS
\$199.00	\$269.00	\$319.00

All classes are scheduled based on instructor availability.
VISIT THE FITNESS DESK FOR MORE INFORMATION.

FITNESS

YOUTH FITNESS

The Rec Center Fitness Team offers Youth Fitness Programs to help our young members, ages 11 to 17, to be prepared, confident and successful while working out on the Fitness Floor.

Youth 11 to 13 years old must be accompanied by an adult on the Fitness Floor at all times.

YOUTH FITNESS ORIENTATION (YFO)

The Youth Fitness Orientation (YFO) is required of all members ages of 11 to 17 wanting to access the Fitness Floor. The YFO introduces young members to the Rec Center Fitness Floor, teaching them gym etiquette and protocol, proper machine and equipment use, Fitness Floor Rules and, of course, safety.

DAY: Wednesdays **TIME:** 5:30PM-6:30PM

CRAZE-Y FIT



Explore a variety of Fitness "Crazes" from HIIT, to cycle, to yoga and more. Not only will you learn the essentials of each workout type, through fun games and challenges, you will get a CRAZE-Y good workout.

DAY: Select Fridays **TIME:** 4:00-4:45PM

CRAZE-Y FIT SCHEDULE:

WORKOUT	DATE	REGISTER BY:
Free Weight Fitness	1/27	1/20
Step It Up	3/3	2/24
Cardio Tik Tok	4/28	4/21

GRIT SPORTS PERFORMANCE CLINICS

GRIT...Get Ready, It's Time! Train hard and be ready when your number is called. GRIT focuses on various sports related trends, movements and exercises for young athletes to get the most out of their workouts and training...mentally and physically.

DAYS: Select Saturdays **TIME:** 11:00AM-12:00PM

GRIT SCHEDULE:

WORKOUT	DATE	REGISTER BY:
Endurance	2/11	2/3
Explosion	3/18	3/10
Effort	4/15	4/7

55+ FITNESS

TAI CHI FOR HEALTH

This certified evidence-based Tai Chi program is recognized by the National Council on Aging, the CDC and the Arthritis Foundation and is specifically designed to decrease pain and falls, and to strengthen socialization and overall wellbeing. Participants will benefit through improved movement, balance, strength, flexibility, relaxation and immunity.

Program space is limited.

DATES: Mondays 1/9 - 4/17

TIME: 10:00AM

COST: \$25

REGISTER BY: 1/6

SILVER & STRONG

Silver & Strong is ideal for the active older adult looking to initiate real change and live better, and keep moving. If you want to improve your strength, stamina, and core stability (while having a blast) then this class is for you.

DAYS: Tuesday/Thursday

TIME: 10:00AM

BASEx - BALANCE, ACTIVE, STRENGTH, EXERCISE

BASEx increases stability and strength to improve agility, mobility and confidence. Participants learn brain/body coordination through a repetitive movement routine, including Bal-A-Vis-X rhythmic patterns, eye-tracking and cross-meridian training.

Program space is limited.

DAYS: Mon/Wed/Fri | Tues/Thurs

TIME: 8:30AM

SPECIALIZED FITNESS



Rock Steady gives people with Parkinson's Disease (PD) hope by improving their quality of life through a non-contact, boxing-based fitness curriculum. By joining Rock Steady, one with PD will slow the progression of the disease by improving tremors, postural instability, shuffling gait, and much more. Take your mental and physical fitness to a level you perhaps never thought possible while creating a community that together can deliver a blow to Parkinson's.

COST: Members - FREE | Non-Members - \$7

LEVEL 1-2: Fridays - 1:30PM-2:30PM

LEVEL 3-4: Tuesdays - 1:30PM-2:30PM (Starting 2/7/23)

FIT U: CLASS IS NOW IN SESSION!

Fit U:101 Series is an education based program designed to teach curious beginners about the basics of popular fitness formats and trends with a focus on teaching purpose and understanding, as well as proper movements and techniques.



Rowing for Cardio & Strength 101

Learn how to properly use and incorporate the row machine into your workout routine for a great low impact full body strength and cardio workout.

DATE: 2/9 TIME: 5:30PM REGISTER BY: 2/3

Sports Movement 101

Join former Director of Athletic Performance and Collegiate Strength & Conditioning Coach, Travis Barritt and explore the basic movement patterns that athletes should master in order to improve performance and reduce the risk of injury.

DATE: 3/9 TIME: 5:30PM REGISTER BY: 3/3

Triathlon Prep 101

Triathlons can be fun, but not when unprepared. Join Kevin Stevens, registered dietitian, Triathlete and Ironman Coach in learning strategies for training, nutrition and other tips and techniques to get you ready to compete!

DATE: 3/22 TIME: 5:30PM REGISTER BY: 3/17

FIT U SPECIAL PRESENTATIONS

The AH Fitness Team partners with our local health and fitness professionals to present our members with latest information to help you be AT YOUR BEST.

Learn Your Macros with Travis Barritt

You've heard about these "Macronutrients" but what do they really mean, why are they so important and how do you track them?

DATE: 1/25 TIME: 5:30PM REGISTER BY: 1/20

Understanding Back Pain with Apex Physical Therapy

Pulled Muscle? Herniated disk? Sciatica? Learn how to identify, treat and begin to strengthen your lower back, so you can stay in the game.

DATE: 2/28 TIME: 5:30PM REGISTER BY: 2/24



GYM RATS ARE BACK & PACKING UP TO GET MOVING IN 2023!

Join the RAT PACK challenge that puts Gym Rats together for overall workouts completed, single competitions and weekly challenges.

COMPLETE THE CHALLENGE AND EARN THE COVETED GYM RATS T-SHIRT!

PROGRAM DETAILS:

- January 23rd - March 23rd
- Teams of 3: Get 90 Workouts in 60 days
- Workout Challenge Multipliers
- Weekly Challenge awards & prizes
- Prizes to top teams and individual male & female

Rat Pack (Team): \$45 | Loose Rat* (Individual): \$15
**Loose Rats will be packed up to form teams.*

See Fitness Desk for more program details and to get signed up.

Your home away from home



1 & 2 Bedroom Suites with full kitchens to enjoy short or long term stays. Close to Northern Quest Casino.



Stratford Suites

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YOUTH SPORTS



The Airway Heights Youth Sports Program offers youth, ages 3 to 15, the opportunity to participate in a variety of sports, focused on fundamentals and skill development, teamwork and sportsmanship, health and fitness, work ethic and effort, and most of all, **HAVING FUN PLAYING SPORTS**. All youth sports programs offered are coed, unless otherwise noted.

Our primary goal is to offer the best youth sports programs possible for our young athletes. That is why we are committed to providing safe, healthy and supportive youth sports environment.

Scan the code or visit ah-pr.org/youthsports/ to learn more about our youth sports programs:



SHORT SPORTS Ages 3-5
Parent & Child Sports Basics

4REC TEAM PLAY Ages 5-12
Team Play - Practices & Games

INTRAMURALS Ages 12-15
Social Open Play Sports

SPORTS EQUIPMENT DONATIONS

During the month of February donate new or gently used youth sports equipment to pass on to our future youth sports athletes here in Airway Heights.

Accepted Items:

- Shin Guards
- Cleats (soccer & football)
- Knee Pads
- Gloves (football & goalie)

Items collected will be sorted and placed as available in March in preparation of the spring sports season.

SHORT SPORTS (AGES 3-5)



Get your "shorty" started with the basic elements of sports through fun games and drills that develop their skills used in a variety of sports and activities. Short Sports runs in four week sessions. Each Short Sports practice is 30 minutes and may require parent participation.

COST: \$45 **DAY:** Wednesdays **TIMES:** 4:30PM | 5:15PM

TRY IT OUT

Try out a variety of new and traditional sports like basketball soccer, football, and more!

DATES: 2/8 - 3/1

REGISTER BY: 1/27

MULTI-PLAY

PLAY a multitude of fun new games and activities while developing hand-eye and footwork skills used multiple sports.

DATES: 3/8 - 3/29

REGISTER BY: 2/24

SOCCER

Kick Kick Kick... Get started on the right foot (and the left) with fun games and drills developed around footwork skills.

DATES: Wed 4/5 - 4/26

REGISTER BY: 3/24

FOOTBALL

Throwing, catching and running are the main focus to get our little ones ready for fun on the gridiron

DATES: 5/3 - 5/24

REGISTER BY: 4/21

4REC SPRING SPORTS (Ages 5-12) *Team Play & Game Time!*

4Rec Spring Sports focuses on developing fundamental sports skills, teaching game rules and teamwork and, most of all, **HAVING FUN PLAYING SPORTS!** Teams will practice up to two times per week, and play six weeks of Saturday morning games in Airway Heights, Medical Lake, and Cheney.



LATE REGISTRATION

MISSED THE WINTER BASKETBALL DEADLINE?

Players are still being accepted on a limited, space available basis.

AGES: 5/6 | 7/8 | 9/10 | 11/12 **COST:** \$50 (includes \$5 Late registration fee)

SEASON: January 9th - March 3rd Practices one to two times per week & Saturday games

Call (509) 309-2099 for more Late Registration information.

4 REC YOUTH SPORTS *Spring*

SOCCER

4Rec Spring Soccer focuses on all the elements of the world's most popular sport: dribbling, passing, shooting, defense and goal keeping in a fun 6v6 format.

AGE DIVISIONS:
5/6 - 7/8 - 9/10 - 11/12

SEASON:
April 10th - May 27th

SEASON:
\$50 / PLAYER

DEADLINE TO REGISTER:
FRIDAY MARCH 10TH

4REC YOUTH SPORTS *Spring*



FLAG FOOTBALL

Flag Football brings the fun and excitement in a fast-paced, non-contact format focused around passing, catching, running and pulling flags!

AGES: 7/8 - 9/10 - 11/12

Team space is limited. Waitlist will be created once teams are full.

SEASON: 4/10 - 5/27

2 - Weekday practices with Saturday games.

COST: \$50 / PLAYER

\$5 late fee applied after registration deadline.

DEADLINE TO REGISTER:
FRIDAY MARCH 10TH

VOLUNTEER YOUTH SPORTS COACHES NEEDED!

The Airway Heights Parks & Recreation Youth Sports Program depends on volunteer coaches. Coaches can be parents, family members, neighbors and community members. Must be at least 18 and pass a criminal history background check. Coaches training, practice plans and resources provided. *Youth Sports registration fee credit given for players of volunteering parents or family members.*

Email Recreation Programs Supervisor Glen Horton at ghorton@cawh.org for more information and how to get started.

TEEN INTRAMURAL (AGES 12-15)

TEEN TOURNEY TIME!

It's time to get in the game with Teen Intramural Sports Tournaments. Form your own teams, or join as free agent and a team will be formed for you. Take on your friends in these winner take all single day events and be crowned the first ever **AHPR TEEN INTRAMURAL CHAMPS!**



4V4 VOLLEYBALL TOURNAMENT

Saturday February 25th

11:00AM-3:00PM

\$20/Team | \$5/Person

Register By: 2/10



6v6 Kickball Tournament

Saturday April 29th

11:00AM-3:00PM

\$30/Team | \$5/Person

Register By: 4/14

YOUTH RECREATION: TOT TIME



Unless otherwise noted, all recreation programs and activities take place at the Airway Heights Recreation Center and require pre-registration. Some programs have limited capacity and/or require minimum 6 participants.



The Airway Heights Parks & Rec Tot Time program offers weekly ways for you and your tot to learn, create, move and play!

ALL TOT TIME PROGRAMS:

DAY: Thursdays **TIME:** 9:30AM

AGES: 1-5 **COST:** \$5

- Tot Time programs vary from 30 minutes to 1 hour, depending on activity.
- Some activities require parent participation and assistance.

Check Tot Time Activity Schedule on pg. 24 for program dates and registration deadlines.

MOVE & PLAY

OPEN GYM

Drop in and let your energetic little one play and run free in the Rec Center gym! We'll supply the fun equipment for you child to explore a variety of interactive open play stations including blocks, tunnels, sports and more!

WORKOUT THE WIGGLES EXERCISE

Led by our Rec Staff, Workout the Wiggles helps our active tots get the energy out through fun games and activities that get them running, jumping, crawling, dancing and, of course, WIGGLING!

TODDLER & ME YOGA

Smile and laugh as you stretch, make sounds, sing songs and explore yoga shapes with our little ones. This class is perfect for new walkers up to 5 year olds!

IMAGINATION STATION

Let those imaginations run wild! This open play fun day lets kids imagine and play in themed stations with pop-up play tents, toys and activities.

FAMILY PLAY & LEARN STORY TIME AT THE AIRWAY HEIGHTS LIBRARY

Children ages 2–5 and their families enjoy playing while learning during 30 minutes of entertaining picture book stories, songs and finger-plays, followed by 30 minutes of activities that explore the concepts of math, science, art and literacy.

THURSDAYS, 10:30AM

- FREE -



LEARN & CREATE

MESS MAKERS

Messy play is part of being a little kid and an important part of child development. So let your little mess maker explore and create with messy things like paint, clay, slime, sand and more! Oh yeah, and we do all the clean up, so no mess for you!

LITTLE LEARNERS WITH MOBIUS DISCOVERY CENTER

Parents and kids will have a fun learning through arts and crafts with our friends from the Mobius Discovery Center.

Shadow Puppet Theater

Put on a show after creating your own shadow puppets and theater box!

Love Bugs

Love is in the air! Create Valentine’s Day themed crafts with your little love bug!

Busy Bees

Buzz, buzz...become a bee keeper in this class when you make a bee friend and a hive box.

Bird feeders

Celebrate Earth Day by making a bird feeder and a bird finger launcher out of natural and recycled materials.

TOT ROCK

Let our little performer rock out in our early introduction to music! Tots will enjoy making new sounds, rhymes and rhythms through fun sing-a-longs, dancing, clapping and instrument exploration.

ERIC HERMAN & THE INVISIBLE BAND



The ingeniously witty, indelibly memorable and incredibly funny, ERIC HERMAN & The INVISIBLE BAND, is coming to the Airway Heights Rec Center to perform songs from his new album Magic Beans and more!

THURSDAY APRIL 6th | 9:30AM
\$5 / Ticket | FUN FOR ALL AGES

2023 WINTER & SPRING
TOT TIME
ACTIVITY SCHEDULE

DATE	ACTIVITY	REGISTER BY
JANUARY		
1/19	Shadow Puppet Theatre	1/13
1/26	Imagination Station	1/20
FEBRUARY		
2/2	Tot & Me Yoga	1/27
2/9	Love Bugs	2/3
2/16	Open Gym	2/10
2/23	Mess Makers	2/17
MARCH		
3/2	Workout the Wiggles	2/24
3/9	Tot Rock	3/3
3/16	Busy Bees	3/10
3/23	Imagination Station	3/17
3/30	Open Gym	3/24
APRIL		
4/6	Eric Herman & the Invisible Band	
4/13	Bird Feeders	4/7
4/20	Tot Rock	4/14

SCHEDULE IS SUBJECT TO CHANGES.

MOBIUS
DISCOVERY CENTER

331 N Post St, Spokane, WA | 509.321.7121

Wednesday-Saturday	10am-5pm
Sunday	11am-5pm
Monday & Tuesday	CLOSED

Learn more about the Mobius Discovery Center at
mobiusdiscoverycenter.org

YOUTH RECREATION: KIDS



Unless otherwise noted, all recreation programs and activities take place at the Airway Heights Recreation Center and require pre-registration. Some programs have limited capacity and/or require minimum 6 participants.



SPECIAL INTERESTS

KIDS KARATE

Kids Karate with Black Belt, Mike Ramsey, is a progressive program covering the three aspects of the traditional Korean Art of Tang Soo Do: basic kicks, blocks, as well as Kata forms from the green belt techniques. Kids Karate will also teach the importance of self discipline, respect for self and others and handling engagement.

AGES: 6 - 15

COST: \$40/Month

BEGINNER KARATE

Beginners will focus on the basics: kick, block and strike, listening to directions and being respectful. No uniform required. Wear comfortable clothes.

DAY: Mondays

TIME: 5:00PM

ADVANCED KARATE

Graduate to a technique focused learning requiring self discipline and concentration as students responsibly advance their skills and understanding of karate.

Required class attire: Karate Ghia. *Details of where and when to purchase proper attire will be discussed in the first session with Instructor Ramsey.*

DAY: Mondays

TIME: 6:00PM

MOBIUS ON THE MOVE: Outreach STEAM Workshops

Mobius is on the Move bringing their STEAM workshops to the Airway Heights Rec Center! STEAM Workshops are all about learning by doing, exploring a wide range of science, technology, engineering, arts and math subjects through fun, hand-ons group projects and experiments.



Volcanoes



Scientists drill into soil and ice to study Earth's history. Create volcanic eruptions and study core samples as you drill into your model volcano. Learn about volcanoes and study them like a geologist. Students will create volcanic eruptions with Play-Doh and trade volcanoes with other students who will sample the core.

DATE: 3/29

TIME: 5:30PM

COST: \$10

AGES: 8-11

REGISTER BY: 3/24

Structural Engineering

What do the Space Needle, Empire State Building and the Burj Khalifa in Dubai have in common? They are all towers! Using design, creativity and a little trial and error, students will build different types of towers while learning the principles of engineering!

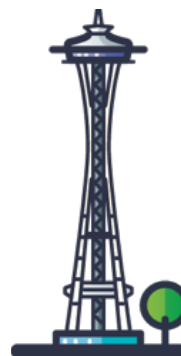
DATE: 4/19

TIME: 5:30PM

COST: \$10

AGES: 8-11

REGISTER BY: 4/14



YOUTH RECREATION CARES SCHOLARSHIP

The CARES Youth Scholarship, is a fee reduction program helping kids get involved in Parks & Rec activities, such as after school programs, sports and day camps. Scholarships are limited to one per child, per activity session: Jan-April, May-August, September-December. Qualifying applicants can earn 50-75% scholarships towards program activity fees. Scholarship award may not exceed \$200 per year.

All scholarship applications are due no later than 15 days prior to the program registration deadline or start date, depending on activity type.

Applications are available online at ahparksandrec.org and must be turned in at the Recreation Center.

DAY CAMPS

REC CENTER FUN DAYS

Days off from school mean days of fun here at the Rec Center!

Rec Center Fun Days include a schedule of games, arts and craft projects, swimming, movies and much more!

Breakfast and afternoon snack included. Pack your own lunch.

AGES: 7-12 **TIME:** 7:30AM – 5:30PM **COST:** \$40/day

DATES: **REGISTER BY:**

1/30 - Mid-Winter Break 1/20

2/10 - Professional Learning Day 1/27

3/9 - Conferences 2/24

3/10 - Conferences 2/24

Program space is limited.

SPRING BREAK ADVENTURE HEIGHTS

Get out, explore and seek fun and adventure during Spring Break. Enjoy daily activities and field trips such as skating, hiking, rock climbing, swimming, games, crafts, and more!

Breakfast, afternoon snack, and admission fees to events or attractions are included. *Pack your own lunch.*

DATES: 4/3-4/7

TIME: 7:30AM-5:30PM

AGES: 8 - 12

COST: \$175/Week



SUMMER ADVENTURE HEIGHTS

Registration opens Monday May 1, 2023

Weekly sessions June 20th - August 18th

\$175/Week

Sessions are available for reservation in advance with a \$25 non-refundable, non-transferable deposit.

Fee reduction scholarships available through the CARES Youth Scholarship Program.

BEFORE & AFTER SCHOOL



ASAP is the super-awesome, totally cool way to spend everyday after school! Relax, hangout, play games, and special activity days!

TRANSPORTATION PROVIDED FROM SUNSET TO THE REC CENTER AND BACK TO SUNSET EACH DAY.

MON-FRI | 3:20 - 6:00PM | AGES 8-12

Program space is limited.

\$165/SESSION

SESSIONS: WINTER January-March | SPRING April-June

Monthly payment plan of \$55/month available.



BEFORE & AFTER SCHOOL AT SUNSET ELEMENTARY!

In partnership with Cheney Public Schools, Airway Heights Parks & Recreation is excited to offer before & after school opportunities to our Sunset families with students in Kindergarten through 5th grade.

EARLY BIRDS BEFORE SCHOOL TIME: 6:45-8:15AM

Get the school day started with a blend of low-key and down-time activities, along with indoor/outdoor play and games!

FALCONS CLUB AFTER SCHOOL TIME: 3:20-5:30PM

Falcons Club SOARS after school with a rotation of daily activities such as tech time, arts and crafts, music, stories, creative expression, special events/activities, and free play!

\$135/SESSION

SESSIONS: WINTER January-March | SPRING April-June

Monthly payment plan of \$45/month available.

PLEASE NOTE: Early Birds & Falcons Club are separate programs and each require registration. Program space is limited.

TWEENS & TEENS RECREATION

Teen programs and activities are open to middle and high school students.

Unless otherwise noted, all recreation programs and activities take place at the Airway Heights Recreation Center and require pre-registration. Some programs have limited capacity and/or require minimum 6 participants.



Photo Credit: Lily Slater

REC CENTER DROP INS

Drop in, hang out and enjoy a variety of Friday night games and activities at the Airway Heights Recreation Center.

All activities require registration.

DAY: Fridays **TIME:** 6:00 - 8:30PM

COST: Rec Center Members - FREE | Non-Members - \$5



Get in the game...or GAMES! Teen Drop In Open Gym is 2 hours of non-stop games in the Rec Center gym: basketball, volleyball, spikeball, and pickleball!

DATE: 1/20 | 3/10

REGISTER BY: 1/13 | 3/3



It's a TEENS ONLY Party in the Pool! Paddleboards, kayaks, basketball, volleyball & MORE!

DATE: 2/17 | 4/14

REGISTER BY: 2/10 | 4/7

PERSONAL INTERESTS



The American Red Cross Babysitting Basics Training and Certification Course covers a wide range of information that can help new babysitters gain the skills and confidence needed to care for infants and children.

Course topics include:

- How to care for infants, toddlers and children
- What to do in an emergency and how to stay safe
- Choosing activities that are age appropriate
- Recognizing, understanding and handling certain behaviors
- Starting your babysitting business

Upon successful completion of the class and the final exam, participants will receive a printable certificate that they can share with potential employers.

DATE: Saturday 4/22

COST: \$65

TIME: 10:00AM-3:00PM

REGISTER BY: 4/14

YOUTH ADVISORY COMMISSION

Join the Airway Heights YAC (Youth Advisory Commission) and gain valuable community service hours and build up college/job resumes by helping plan future programs, activities, events and trips for teens in Airway Heights

Contact the Parks & Rec Office for more information, such as how to apply and attend a meeting.

TRIPS



Altitude trampoline park is 30,000 square feet of Wall-to-wall trampolines, plus Basketball, dodgeball, foam pit, battle beam, log roll, rock wall, trapeze swing, lazer maze and reaction wall...

Need we say more? *Includes dinner.*

DATE: 2/10

TIME: 6:00-10:00PM

REGISTER BY: 2/3

COST: \$35



A charming thief and a band of unlikely adventurers embark on an epic quest to retrieve a long lost relic, but their journey goes dangerously awry when they run afoul of the wrong people.

Includes pizza dinner.

DATE: 3/31

TIME: 6:30-10:00PM

COST: \$20

REGISTER BY: 3/24

SPECIAL EVENTS

St. Patty's Day SOCIAL

SINGING - DANCING - GAMES

**PRIZES FOR BEST DRESSED
BEST DANCE MOVES & MORE!**

FRIDAY MARCH 17TH
6:00 - 8:30PM

REGISTER BY: 3/10

\$5

FLASHLIGHT EGG HUNT

**THE PRIZE EGGS ARE OUT THERE...
YOU JUST GOT TO FIND 'EM!**

Friday April 7th | 6:00 - 8:30PM | \$5 | Register By: 3/31

WINTER/ SPRING 2023 TWEENS & TEENS ACTIVITY SCHEDULE

DATE	ACTIVITY	REGISTER BY
------	----------	-------------

JANUARY

1/20	OPEN GYM	1/13
------	----------	------

FEBRUARY

2/10	ALTITUDE TRIP	2/3
------	---------------	-----

2/17	POOL PARTY	2/10
------	------------	------

MARCH

3/10	OPEN GYM	3/3
------	----------	-----

3/17	ST PATTY'S DAY SOCIAL	3/10
------	-----------------------	------

3/31	MOVIE TRIP: D&D	3/24
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APRIL

4/7	FLASH LIGHT EGG HUNT	3/31
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4/14	POOL PARTY	4/7
------	------------	-----

4/22	BABYSITTING BASICS	4/14
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SCHEDULE IS SUBJECT TO CHANGES.

REGISTER NOW >>>



MORE TWEEN & TEEN ACTIVITIES: YOUTH FITNESS - PG.19

Craze-Y Fit Fitness Classes

GRIT Sports Performance Clinics

INTRAMURAL SPORTS - PG. 22

TOURNEY TIME! - 4v4 Volleyball & 6v6 Kickball

ADULT RECREATION



Unless otherwise noted, all recreation programs and activities take place at the Airway Heights Recreation Center and require pre-registration. Some programs have limited capacity and/or require minimum 6 participants.



SPECIAL PRESENTATIONS

TREE PLANTING AND CARE WORKSHOP

Plan on planting a tree this spring? Attend the Tree Planting and Care Workshop with our friends from the Spokane Conservation District, and learn what trees are great for our area and where to plant them on your lot. Workshop will also cover proper care such as watering and pruning for your trees to keep them healthy and thriving.

All workshop participants will receive a FREE tree in April from the Spokane Conservation District in celebration of Arbor Day.

DATE: 3/11

TIME: 10:00 - 11:30AM

COST: FREE

REGISTER BY: 3/3

VEGETABLE GARDENING IN RAISED BEDS

Join Susan Mulvihill, local master gardener, Spokesman-Review columnist and author of *The Vegetable Garden Problem Solver Handbook* (2023) *The Vegetable Garden Pest Handbook* (2021) and co-author of *Northwest Gardener's Handbook* (2014) as she explains why raised beds are ideal for growing vegetables, describes different styles of raised beds (the pros and cons of each), methods for growing different types of crops and watering them efficiently



DATE: 4/15

TIME: 10:00AM- 12:00PM

COST: \$5

REGISTER BY: 4/7

GENERAL INTEREST

LEATHER WORKING GROUP

Join the open Leather Working activity group at the AH Rec Center led by Gordon Smith. Learn techniques, tips, and tricks to creating your own leather products. NOTE: This is an open activity group. Participants choose their own projects, using their own tools and supplies.

Some tools and supplies may be provided by group leader.

Registration is required.

TIME: 2:00-4:00PM DATES: 2nd & 4th Saturday of each month.

2023 WINTER/SPRING SESSION MEETING DAYS:

JANUARY - 1/14, 1/28 | FEBRUARY - 2/11, 2/25

MARCH - 3/11, 3/25 | APRIL - 4/8, 4/22

PARTNERS DANCE CLASSES



All classes are designed to teach beginners the basics and challenge already accomplished dancers.

DANCING FOR ALL OCCASIONS

Learn the basics by focusing on the box step essentials from Rumba, Foxtrot and Waltz. Students will learn box figures that can be used in all three rhythms, allowing couples to dance to Waltz, Foxtrot or Latin music. Optional dances based on class interest such as Salsa, Night Club or even Country dances.

DATES: Wednesdays 2/1 - 2/22 TIME: 6:00-6:50PM

COST: \$35/single or \$65/couple REGISTER BY: 1/20

SWING DANCE

Swing Dance class will focus on what is commonly known as East Coast Swing. Elements of Lindy Hop, Charleston, Jive and who knows what else may be taught as they all integrate together seamlessly. West Coast Swing may also be taught at student's request; however, East Coast is recommended for beginners. This class is designed to teach beginners the basics and further challenge already accomplished dancers.

DATES: Wednesdays 3/1 - 3/22 TIME: 6:00-6:50PM

COST: \$35/single or \$65/couple REGISTER BY: 2/17



ADULT SPORTS



DROP-IN SPORTS

Enjoy fun, recreational pick up volleyball or basketball at the Airway Heights Recreation Center. All skill levels welcome to play. *Children are not permitted to be in the gymnasium during Adult Drop-In Sports.*

VOLLEYBALL	FRIDAYS	1/6 - 4/28	6:00PM-8:00PM
BASKETBALL	FRIDAYS	1/6 - 4/28	12:00PM-2:00PM
	SATURDAYS	1/7 - 4/29	9:00AM-11:00AM
PICKLEBALL	SUNDAYS	1/8 - 4/30	9:00AM-11:00AM

COST: Member - FREE | Non-Member - \$7 **OPEN TO:** 16+

2023 ADULT SPORTS CALENDAR

AH Parks & Recreation offers a variety of adult sports opportunities throughout the year. Many of our sports are locally modified rules, and formats designed to make building your team easier with fewer players and shorter seasons. Most leagues are coed and only require 4 to 8 teams.

FEB - MAR VOLLEYBALL	SEP VOLLEYBALL
MAR - APR BASKETBALL	OCT FLAG FOOTBALL
MAY SOCCER	OCT SP SOFTBALL
JUNE - JULY SP SOFTBALL	NOV-DEC BASKETBALL

SCHEDULE IS SUBJECT TO CHANGES.



WINTER/SPRING LEAGUES



6V6 COED VOLLEYBALL

Gather your team and compete to be the 2023 AHPR Volleyball Champs! All skill levels welcome. Potential for skill-split divisions based on registrations.

- 6-10 players/team (males and females)
- Game format: best 3 out of 5 to 25
- All games are self-officiated (gym monitor on site)
- Includes single elimination playoffs

SEASON: Sundays 2/5 - 3/12 **COST:** \$175/Team

REGISTER BY: 1/20

LOCATION: Sunset Elem



5V5 BASKETBALL (Short Season)

Put your team together and enjoy 4 weeks of full court basketball in our 5 game winner take all short season format.

- Two - 20 minutes halves
- Includes single elimination playoffs

SEASON: Sundays 3/26 - 4/23 **COST:** \$225/Team

REGISTER BY: 3/10

LOCATION: Sunset Elem



6V6 SOCCER (Short Season)

Hit the pitch for 6v6 Coed Soccer and compete for the title of AH Parks & Rec Spring Soccer CHAMPS! Players of all skill levels welcome.

- 6 to 10 players/team (males and females)
- Modified field: 30yds x 60yds
- Includes single elimination playoffs

SEASON: Sundays 4/30 - 5/21 **COST:** \$225/team

REGISTER BY: 4/14

LOCATION: AH Rec Center

DON'T HAVE A TEAM BUT WANT TO PLAY? JOIN THE FREE AGENT LIST!

Register as a Free Agent for any league and get picked up by a team looking for players. A Free Agent Team may be formed if list has enough players to reach roster minimum.

Additional Adult Sports League information including formats, rules, and game schedules can be found at
airwayheightsparksandrec.org/adultsports/

ADULTS 55 & BETTER RECREATION



Unless otherwise noted, all recreation programs and activities take place at the Airway Heights Recreation Center and require pre-registration. Some programs have limited capacity and require minimum 6 participants.



AIRWAY HEIGHTS KIWANIS CLUB



The Airway Heights Kiwanis Club is looking for new members that want to volunteer their time to serving the kids and families in our community.

What is Kiwanis? Kiwanis strive to create a community that believes in children, nurtures them, and provides the support they need to thrive.

Who are Kiwanis Members? They're people like you: residents, business partners, and retirees. All members are volunteers who want to make a difference, and love to see the difference they can make when working together.

For more club information or to attend the next meeting email: airwayheightskiwanis@gmail.com

GENERAL INTEREST & SOCIAL ACTIVITIES

CARDS, COFFEE & CONVERSATION

Cribbage, Bridge, Pinochle, Canasta & MORE!

Enjoy morning card games, coffee & conversation each week.

DAYS: Fridays **TIME:** 9:30-11:30AM **COST:** Free

PICKLE-BALL

Come and enjoy the most popular game for adults 55 & Better! If you have never played before this is a combination of tennis, racquetball and ping pong. All skill levels are welcome to play!

DAYS: Tues/Wed/Thur **TIME:** 10:00AM-12:00PM

COST: Rec Center Members - FREE | Non Members - \$6

CLASSIC MOVIE CLUB

Take a seat and enjoy a selection of popular classic movies on the Rec Center Banquet Room Big Screen. Movies will be announced on Tuesdays at lunch. Sign up Tuesday before.

DATE: 2/1, 3/1, 4/12 **TIME:** 10:00AM **COST:** Free

BOOK CLUB

Join the new Book Club group and enjoy chatting about themes, characters, writing styles and favorites parts. Book club will meet weekly to discuss chapter sections each week.

Books provided by the Airway Heights Library.

DAYS: Thursdays **TIME:** 10:30-11:30AM **COST:** FREE

FEBRUARY BOOK - REGISTER BY: 1/20



Something Like Happy by Eva Woods

Annie is stuck in her boring job, with her irritating roommate, in a life no thirty-five year-old would want. But deep down, she's still mourning the terrible loss that tore a hole through her perfect existence. Until she meets the eccentric Polly.

MARCH BOOK - REGISTER BY: 2/24

The Readers of Broken Wheel Recommend by Katarina Bivald



Sara has left her life in Sweden just to meet her book-loving pen pal Amy, but when she arrives in the small dying town of Broken Wheel she finds Amy has passed away.

In honor of her friend, Sara decides stay and open a bookstore to share the great joys of reading. But she makes some unconventional choices that could force a lot of secrets into the open and change things for everyone in town.

Friendly Fork Lunch

Enjoy a wonderfully delicious meal, along with games, guest speakers, occasional entertainment and good conversations with family, friends and fellow community members.

DAY: Tuesdays **TIME:** 11:30AM **COST:** \$5/Plate

Lunch is served on a first come first served basis. Menu is subject to change.



WINTER/SPRING MENU

JANUARY

1/3 Garlic Chicken Pasta
1/10 Spaghetti & Meatballs
1/17 Chicken Strips & Potatoes
1/24 Taco Salad
1/31 Fish & Chips

FEBRUARY

2/7 Pulled Pork Sandwich
2/14 Lasagna
2/21 Chicken Caesar Wrap
2/28 Turkey Burger

MARCH

3/7 Meatball Sandwich
3/14 Teriyaki Chicken & Rice
3/21 Loaded Baked Potato
3/28 Polish Dog

APRIL

4/4 Italian Wrap
4/11 Cheeseburger & Tots
4/18 Chicken Parm Sandwich
4/25 Swedish Meatballs

LUNCH & LEARN PRESENTATIONS

Lunch and Learn presentations provide opportunities to receive updates on current topics in our community, as well as explore new areas of interest through short, informative and interactive presentations from experts in the field.

Each presentations will take place at the end of select Tuesday Friendly Fork Lunches.

DAY: Tuesdays **TIME:** 12:00-12:30PM

2/14 - HOME SAFETY & SECURITY W/ AHPD

Airway Heights Police Department will discuss important information to help keep you and your home safe and secure.

3/14 - STA MOBILITY

Learn about the many modes of safe, accessible, convenient and efficient public transportation services offered by STA

4/18 - AARP SAFE DRIVER

Learn how to complete the AARP Smart Driver course to refresh safe driving techniques and receive discounts on auto insurance.

Tell us what you want to hear about. If there is a particular topic or organization you are wanting to learn about, let us know.

OUTINGS

SPRING LOCAL FARM & GARDEN TOUR

This is a tour to inspire and teach individuals to prepare and plant their own flower and vegetable gardens through tips and techniques from local farmers.



The farm and garden tour will explore and teach about a variety of gardens, and pollinator habitats, as well as effective weed management and watering systems, soil testing, adding soil conditioners, composts and prepping beds before planting.

DATE: 5/1 or 5/3

TIME: 10:00AM-2:00PM

COST: \$30

REGISTER BY: 4/21

SPOKANE CIVIC THEATRE: *The 39 Steps*

In *The 39 Steps*, a man with a boring life meets a woman with a thick accent who says she's a spy. When he takes her home, she is murdered. Soon, a mysterious organization called "The 39 Steps" is hot on the man's trail in a nationwide manhunt that climaxes in a death-defying finale!

DATE: Thursday 2/23

TIME: 5:30-8:30PM

COST: \$30

REGISTER BY: 2/17

** Date, time, and cost are subject to slight changes.*



SPOKANE CIVIC THEATRE

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JOIN THE SENIOR ADVISORY COMMISSION

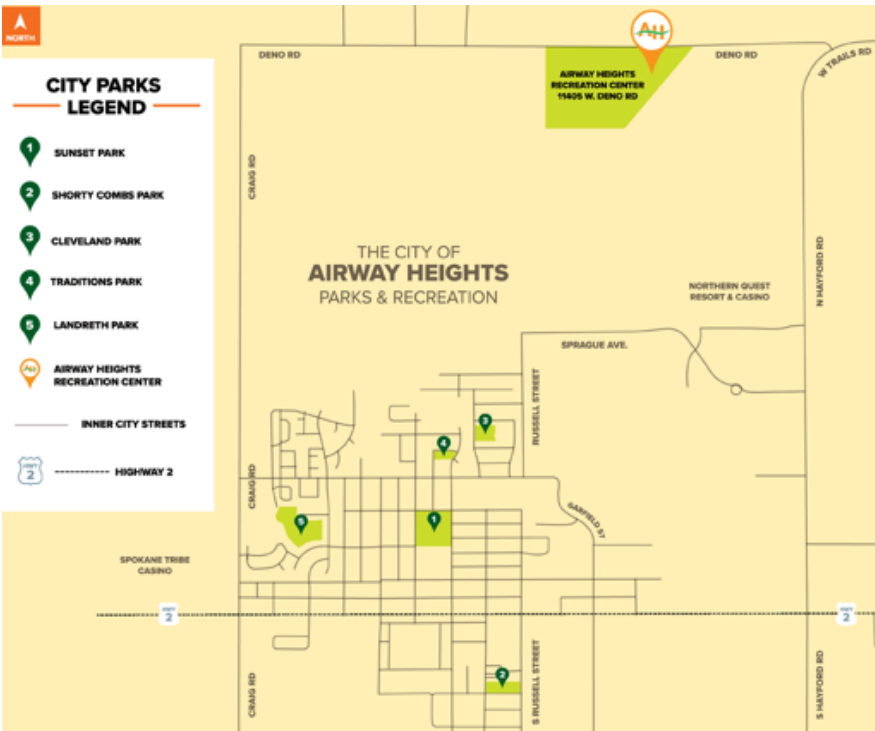
Join the Senior Advisory Commission and work enrich and enhance the health and quality of life for seniors in the community, based on their needs and interests. Commission members will coordinate with Parks & Recreation staff to plan and organize activities, trips, classes and presentations for active adults 55 and over.

Contact Glen Horton at ahorton@cawh.org for Senior Advisory Commission and application information.

PARKS



LANDRETH PARK



PARK AMENITIES

	Acres	Playground	Restrooms	Paved Trail	Ball Field	Basketball	Sand Volleyball	Splash Pad	Shelter	Open Space	Fitness Equip.	BBQ
SUNSET PARK 924 S Lawson St	9	•	•	•	•	•	•	•	•	•	•	•
SHORTY COMBS PARK 12524 W 18th Ave	3	•			•	•				•		
CLEVELAND PARK 335 S Campbell St	2	•		•						•		
TRADITIONS PARK 12700-12800 W 4th Ave*	1	•		•						•		
LANDRETH PARK 13500 W 10th Ave*	7			•						•	•	
REC COMPLEX 11405 W Deno Rd	10		•		•				•	•		

* Indicates approximate address location

PARK RENTALS

PICNIC AREA & SHELTER

1-6 HOUR RENTAL:

\$35-\$200 (Depending on size of group)

VOLLEYBALL COURT DAILY USE: \$15.00/hr

BBQ SMOKER GRILL:

\$30 (with park rental only)

BALL FIELD W/ PREP (DRAGGED/RAKED & LINED):

\$35 (Monday–Friday) / \$50 (Saturday & Sunday)

NO FIELD PREP:

\$10/hr | Add Lights: \$10/hr

Call (509) 244-4845 for rentals and availability.

Payment is due upon receipt of application.

LOST & FOUND PARK ITEMS

Call (509) 244-4001 for more information.

COMMUNITY EVENTS & ACTIVITIES

AIRWAY HEIGHTS LIBRARY

Winter/Spring Programs & Activities

Community Art Show: *Reconnecting*

Feb 6-28, during open hours

View the artistic visions of your neighbors and friends on postcards displayed in the library and online.

Jigsaw Puzzle and Board Game Swap

Saturday, Feb 18, 1-6pm | All ages

Trade in your jigsaw puzzles and board games for a new challenge. Please bring complete puzzles and games.

Twisted Wire Sculptures

Thursday, March 9, 4-5pm | Teens, Ages 13-18

Use wire to create a sculpture from your imagination or bring a line drawing to recreate it as a 3D sculpture.

Irish Music with Arvid Lundin & Deep Roots

Tuesday, March 14, 7pm | All ages

Celebrate the luck of the Irish with music that will have your toes tapping and your heart soaring!

Family Construction Zone

Saturday, Mar 18, 3-5pm | All ages

Have fun playing with blocks. Stretch your imagination to create epic builds.

STEM: Marble Roller-coasters

Thursday, Mar 23, 4-5pm | Ages 8-12

Take a marble for a wild ride on a roller coaster you design and build, and learn what makes it move.

Diorama Creation: Ready, Set... Peeps!

Thursday, Apr 6, 4-5pm | Ages 8-12

Recreate a favorite scene from a book or movie in a diorama with marshmallow Peeps.

Koinobori Carp Windsocks

Thursday, Apr 27, 4-5pm | Ages 8-12

Celebrate Children's Day in Japan, by making a fish-shaped Koinobori windsock streamer.

Visit www.sclcd.org for more information about all in-person and virtual SCLD 2023 programs and activities.



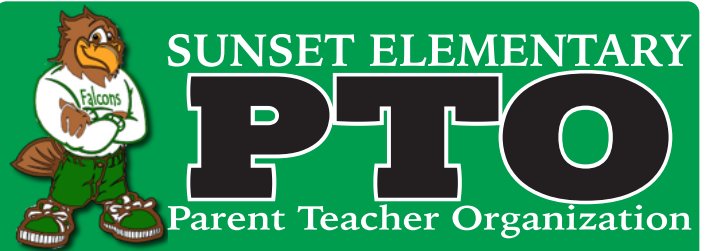
HOURS:

Tue & Thu 10AM – 8PM
Wed & Sat 10AM – 6PM
Mon-Fri-Sun CLOSED

ADDRESS & PHONE:

1213 S Lundstrom St
Airway Heights 99001
(509) 893-8250

LIBRARY SUPERVISOR: Autrey Jeske



Like Sunset PTO on Facebook and Instagram for information on upcoming events, activities, volunteer opportunities and meeting dates and times.



@sunsetfalconspto



/airwaysunsetpto



First
Interstate Bank

FINANCIAL WELLNESS PRESENTATIONS

Feeling confident with your finances, in control with your Join First Interstate Bank as they provide you the steps to achieving your financial goals, get you feeling confident with your finances.

All presentation take place at 5:00PM in the Airway Heights First Interstate Bank (11917 W Sunset Hwy) Conference Room.

FEBRUARY 28 - Prepare to Buy a Home

MARCH 28 - Small Business Banking Basics

To sign up visit the Airway Heights First Interstate Bank branch or call (509) 244-4840.

2023

DADDY DAUGHTER DANCE

Boot Scootin' Ball

Yee-Haw! Get your boots and hat on for a special night with your favorite little lady.

Saturday February 11th

6:00 - 8:00pm

SUNSET ELEMENTARY

\$25/TICKET | \$7 Additional Child

Dinner & refreshments included.
Limited number of tickets available.

Children may be accompanied by
any significant adult in their life.



**It's a Mom & Son all out
fun night at the Rec Center!**

Enjoy night filled with a variety of games
and activities in the gym and in the pool.

SATURDAY FEBRUARY 11TH

6:00 - 8:00PM

\$25/TICKETS | \$7/ADDITIONAL CHILD

Dinner & refreshments included.

Limited number of tickets available.

**CHILDREN MAY BE ACCOMPANIED BY ANY
SIGNIFICANT ADULT IN THEIR LIFE.**

• SUNSET PARK • EGG HUNT

SATURDAY, APRIL 8TH | 9:00AM

Age Separated Egg Hunts

4 & Under | 5&6 | 7&8 | 9&10

Special Prize Eggs in each group.

Please leave pets at home.

Sponsored By:

Yoke's
FRESH MARKET



**AIRWAY HEIGHTS
KIWANIS CLUB** 

AH Airway Heights
Parks & Recreation