

Summer



SUMMER SWIM LESSONS

Swim Lesson Scholarships Available pg. 14

GRIT: SUMMER WORKOUTS!

Youth Sports Performance Training pg. 19

YOUTH SUMMER CAMPS

Adventure Heights & Rec Camp pg. 25

SUMMER TWEEN & TEEN TRIPS

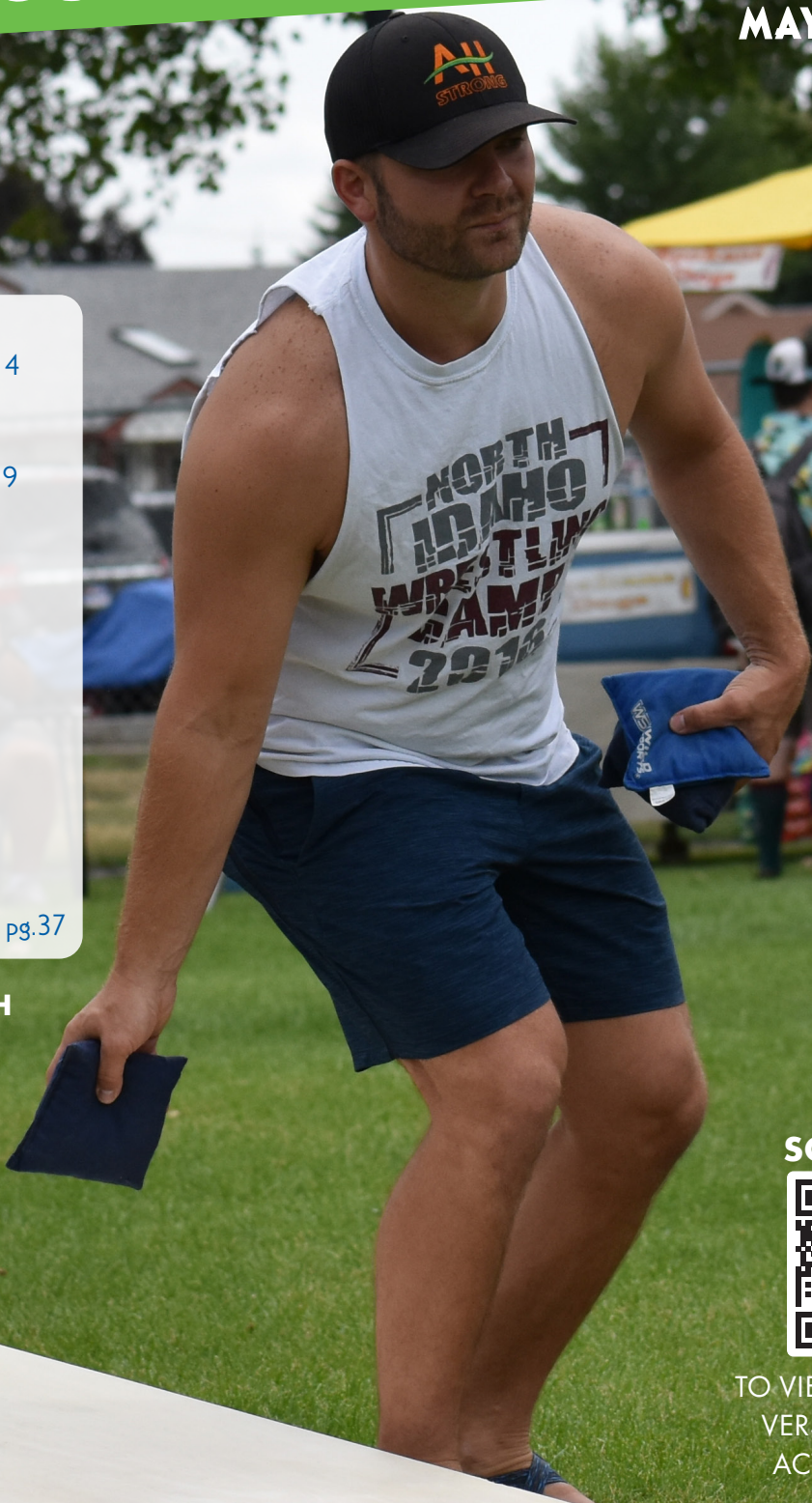
Cd'A Beach & Splashdown pg. 28

FARM TOWN GOLF TOUR

Summer Softball & Cornhole pg. 29

COMMUNITY EVENTS

Moonlight Movies & Airway Heights Day pg.37



JULY IS PARKS & REC MONTH



SCAN HERE



TO VIEW THE ONLINE
VERSION OF THIS
ACTIVITY GUIDE

THIS IS AN INTERACTIVE GUIDE!



Throughout this Activity Guide are QR Codes to scan and be taken directly to content associated with the category and subject, updated facility schedules, or to get you registered today!

HOW TO USE THE QR CODES:

1. Open the Camera app on your phone.
2. Point the camera at the QR code so the camera comes into focus on the code.
3. Gently tap the notification.
4. Access the information related to that QR code.

GET REGISTERED

Find a program, activity, class or event, and want to get registered today...

SCAN HERE >>>>>

and get signed up before the Register By deadline.



COMMUNICATE & CONNECT WITH US

11405 W Deno Rd
Spokane, WA 99224

(509) 244-4845

airwayheightsparksandrec.org

parksandrec@cawh.org

@ah_parksandrec

/ahparksandrec

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AMH Our Mission

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

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Aquatics Coordinator

Letter from the Director

This summer we are again officially proclaiming July as Park & Recreation Month, and encouraging our community to visit local parks and recreation areas. These areas and the professionals who maintain and operate them play a vital role in bringing people together, providing essential services and fostering the growth of our community. Since 1985, the National Recreation & Park Association (NRPA) has encouraged communities across the Country to celebrate July as parks and reaction month.

Airway Heights Parks & Recreation serves as a Community Wellness Hub for members of the greater West Plains community, connecting all members of the community to programs and services that advance health equity, improve health outcomes, and enhance quality of life.

On a national level, people place a high value on programs and services that park and recreation agencies deliver every day, and strongly support their mission. Living close to parks and other recreation facilities is consistently related to higher physical activity levels for both adults and youth. Moreover, parks provide a connection to nature, which studies demonstrate relieves stress, strengthens interpersonal relationships, and improves mental health.

- 75 million people in the Unites States visited a local park or recreation facility during the past year.
- 84% of U.S. adults say access to a nearby park, playground, open space, or recreation center is an important factor in deciding where they want to live.
- Nearly 3 in 5 adults say access to local parks and recreation is very or extremely essential to their mental and physical health.
- 9 in 10 people agree that parks and recreation is an important service provided by their local government. According to a 2022 NRPA poll, more than three in five U.S. adults say they are likely to vote for a political candidate who makes parks and reaction funding a priority.

Our Airway Heights Parks & Recreation staff strive every day to make a positive impact on our community members and are dedicated to building a stronger, more vibrant and resilient community all year long. We are encouraging everyone to participate in the activities we have planned in July (see page 35). Visit a park and recreation area during July and discover for yourself "Where Community Grows".

Thank you,

J.C. Kennedy

Parks & Recreation Director

My Rec Story

Dasha

Dasha and her family came to the United States in April of 2022 as refugees from Ukraine. Looking for a place for Dasha to be around children her age, she was enrolled in the after school program here at the Recreation Center later that May. Through language barriers, adapting to a new home, and the challenge of making friends, she made her way through the remainder of the school year.



Dasha's parents appreciated the care and attention given to their daughter, and felt that keeping her in programs was best for her future. Dasha carried on into the Summer Adventure Heights Program, where she grew by leaps and bounds. She was able to expand her English vocabulary, and understanding. She made friends, and began to open up and show her fun and creative character. Her mother, Kateryna, credits the summer program and Rec staff for getting Dasha ready for school in the fall. Each week she learned more and more allowing Dasha to feel more comfortable, and welcome in her new home.

Now Dasha is thriving and excelling in the After School Program. Recreation program staff can't say enough about Dasha's progress, her silly and fun attitude, her creativity, and most of all her bravery and determination. She loves playing games, making art, and is excited for another summer of fun activities. She especially can't wait to swim in the Rec Center pool, and go rock climbing again.

Dasha and her family are grateful for the respect and support they have been shown by Parks & Rec staff in helping Dasha succeed, and grow.

To share a My Rec Story, or nominate a person or business to be spotlighted, email parksandrec@cawh.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.

CONGRATULATIONS KAWHISE GUYS



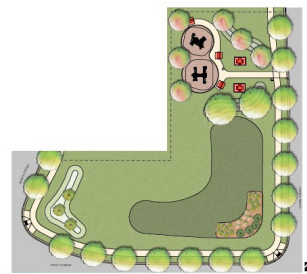
This past January and February, Airway Heights Parks & Recreation brought new and fresh format to the West Plains basketball community. The 3v3 Short Court format takes the traditional back and forth flow of full court and turns it sideways to utilize the sideline-to-sideline half (short) court side hoops of the Rec Center Gym. Combine that with the fun of 3 on 3 basketball, this exciting, fast paced game brought 40 players on 8 teams in for 8 weeks Sunday night hoops. Teams played games comprising of two 20-minute halves, testing even the most fit players' stamina. Each team played a regular season of 7 games, with the top four teams in the standings making the Championship Bracket, and the lower 4 playing for consolation in the "B" Bracket. End of season playoffs was a great night of exciting games, upsets, and a buzzer beater to force OT. The night was concluded with the crowning of Airway Heights Parks & Recreation's first ever 3v3 Short Court Basketball Champs: The Kawhise Guys!

Congratulations Kip Kendall, Preston Matossian, Zachary Worl, Kyle Baird, and Shon Volk on a great season!

5v5 Short Season Basketball is currently underway!

HIGHLAND VILLAGE

In the summer of 2019, the City Council approved the development of "Highland Village", presented by Community Frameworks, which included the dedication of approximately 0.75 acres of land for the development of a new city park.



Over the next three years the Park Advisory Board and Parks & Recreation staff worked with Community Framework Landscape Architecture to finalize a plan for the park. In May of 2022, the Park Advisory Board recommended the approval of the Park Master Plan for Highland Village to the City Council. Community Frameworks is currently in the process of developing the park site that will include two age-appropriate playgrounds and a small area of open play space as shown in the site plan above.

CITY NEWS

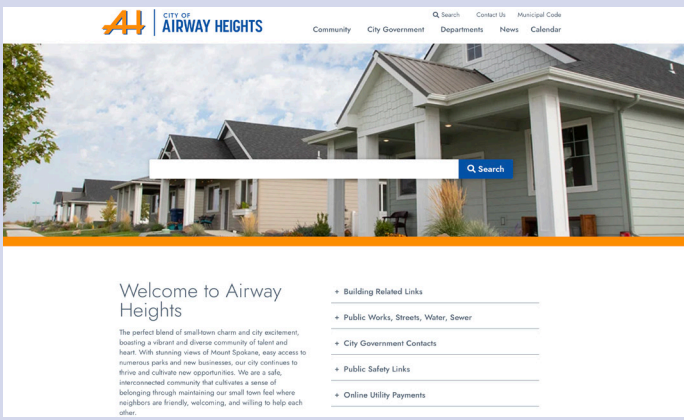
In May of 2022, The City of Airway Heights began developing a new look and feel for the City. This strategy included a new City logo and development of a new City website.

The process began with a survey designed to gather feedback on potential design directions, ensuring that Community input was at the forefront of the development process. After feedback was gathered, the Airway Heights City Council considered over ten different logo templates, before landing on a simple, straight forward design that applies well in all contexts.



CITY OF AIRWAY HEIGHTS

The City launched its new website featuring the new look in March of 2023, with the hope that the website will encourage engagement from both the citizens of Airway Heights, as well as individuals interested in investing in the City's growth. With this new look, the City of Airway Heights is looking forward to serving our community well into the future. Visit www.cawh.org to take a look, and browse the new design.



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
 - After School - Day Camps - Youth Sports
- PARKS & FACILITY MAINTENANCE

REC CENTER FAMILY MEMBERSHIP INCLUDED WITH EMPLOYMENT

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



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

Become a recreation program instructor and share your knowledge, talent, and skill with the public in a special interest class, activity group or informational presentation.

Instructors can teach, instruct, or lead groups in 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 Rec Programs Supervisor at (509)309-2262 today for more information on becoming a Recreation Instructor.

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.



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 of \$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 that 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 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.

Welcome to The AIRWAY HEIGHTS RECREATION CENTER



Airway Heights Parks & Recreation is 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.

HOLIDAY CLOSURES:

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.

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
FEE ENROLLMENT
JOINING**
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.

** Semi-Annual & Annual memberships are non-refundable transactions.

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.



RECREATION CENTER AMENITIES

Be sure to check the Facility Schedules on page 12 for open swim and play time availability, or for fun new programs.

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
- Children's Spray n' Play
- Spa (Hot Tub)
- Sauna
- Leisure/Warm Water Therapy Pool
- 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
- Fully Equipped Weight Room
- 20+ Strength Machines
- Cross Training & Turf Area
- Group Fitness Studio (Group Fitness schedule on pg.12)

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

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.



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

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

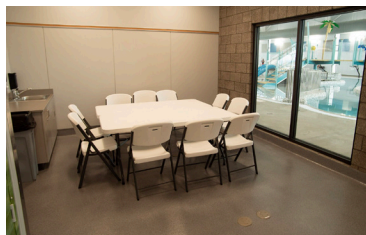
The Meeting Room is an ideal setting for hosting a small business or group meeting, or classroom style learning environment.



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) 570-7294 for more information about Facility Rentals and to book your event today.



POOL PARTY

PARTY

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

PARTY TIME OPTIONS:

POOL PARTY PACKAGE

\$230 DEPOSIT: \$50+tax

Includes pool passes for all guests during the party.

PARTY ROOM RENTAL

\$115 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.



Airway Heights Parks & Recreation 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.

By respecting this Code of Conduct everyone is **welcome, comfortable, and safe** in all Airway Heights Parks & Recreation facilities and programs. Airway Heights Parks & Recreation reserves the right to exercise the option of removal and/or expulsion for violating this Code of Conduct.

PLEASE REFRAIN FROM THE FOLLOWING

- All forms of harassment, teasing, or ridiculing others.
- Disruptive or disorderly behavior.
- Using profanity (verbally, gesturing, or displaying).
- Offensive physical contact or harm to self or others.
- 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).
- 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.
- Tobacco use (smoking, chewing and spitting) and vaping.
- Using or being under the influence of any intoxicating substance.
- Solicitation, petitioning, or canvassing other than in the public right-of-way (street sidewalks).
- Parking in unauthorized areas.
- Using public spaces such as, but not limited to, gymnasium, aquatic center, or fitness floor to conduct personal business without authorized permission.
- Violating any federal, state, or local statute or ordinance.



CARES

CITIZENS ASSOCIATED FOR RECREATION EDUCATION & SOCIAL EQUITY

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 whose 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, and 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/

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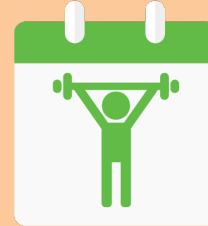


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KNOW BEFORE YOU GO!



Heading to the Rec Center to swim, play in the gym, or utilize the fitness studio?

Scan the code before your visit to check the updated schedules for activities taking place in the facility.



Facility schedules are subject to changes, to reflect changes in activities and programs.

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

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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.



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.

PARENT = TOT SPLASH N' PLAY 6 MONTHS TO 3 YEARS OLD

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

SATURDAYS | 9:30AM-10:00AM | \$7/CLASS

Only select Saturdays. See below for scheduled classes.

CLASS DATES: 6/3 6/17 7/8 7/22 8/5 8/19

REGISTER BY: 5/26 6/9 6/30 7/14 7/28 8/11

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

SUMMER 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.

SUMMER SESSIONS INFORMATION

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

	MON & WED (GROUP)	MON - THUR (GROUP)	TUES & THUR (PRIVATE)
SESSION 1	6/5 - 7/3	6/26 - 7/6	6/6 - 6/29
SESSION 2	7/10 - 8/2	7/17 - 7/27	7/11 - 8/3
SESSION 3	8/7 - 8/30	8/14 - 8/24	8/8 - 8/31

LESSON LEVEL SCHEDULE

LESSON LEVEL	REQUIREMENTS	MON & WED (GROUP)	MON - THUR (GROUP)	TUES & THUR (PRIVATE)
TINY TOT 1	3-5 Years Old	4:00PM 5:00PM	11:00AM	- - - - -
TINY TOT 2	Pass Tiny Tot 1	4:30PM 5:30PM	11:30AM	- - - - -
LEVEL 1	5-12 Years Old	4:30PM 6:00PM	9:00AM	- - - - -
LEVEL 2	Pass Level 1	5:00PM 6:30PM	9:30AM	- - - - -
LEVEL 3	Pass Level 2	5:30PM	10:30AM	- - - - -
LEVEL 4	Pass Level 3	6:00PM	10:00AM	- - - - -
* Private/Semi Private	All Levels	- - - - -	- - - - -	3:00-6:00PM

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

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.

SUMMER

Swim Lesson Scholarships

THANK YOU!




Made possible by the generous contributions from the Spokane Parks Foundation, Airway Heights Parks & Recreation is excited to offer Summer Swim Lesson Scholarships. Scholarships are available to the first 50 Summer Swim Lesson registrants. **LIMIT ONE \$40 SCHOLARSHIP PER PERSON.**

DUCKS SWIM TEAM

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.

SUMMER TRYOUTS/SWIM TESTING FREE

Tryouts offer an opportunity to see if you are ready to be a Duck.

DATES: 6/12, 6/14 or 6/16 **TIME:** 5:30-7:00PM

SUMMER SEASON:

DAYS: Mon/Wed/Fri **DATES:** 6/21 - 8/28

TIME: 8:00-10:00AM **COST:** \$250

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

LIFEGUARD TRAINING



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.

DATES: Fridays 6/30 - 8/18 **TIME:** 10:00-11:30AM

AGES: 8-15 **REGISTER BY:** 6/23

PREREQUISITE: Must pass Level 4 Swim Lesson

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

American Red Cross LIFEGUARDING

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 2 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 CLASS SCHEDULE:

6/2 - 2:00-8:00PM Swim testing & Intro Lifeguard classwork.

6/3 - 8:00-5:00PM Water rescues, classwork, First Aid/CPR/AED.

6/4 - 9:00AM-3:00PM In-water practicals & final exam.

COST: \$270

REGISTER BY: 5/19

LIFEGUARD INSTRUCTOR COURSE

Must currently hold a valid ARC Lifeguard Certification.

The American Red Cross Lifeguard Instructor Course takes lifeguarding to the next level by training and certifying participants to be American Red Cross Lifeguard, First Aid, CPR/AED Instructors. Certified LGI's will be qualified to conduct Lifeguard Training and First Aid/CPR Courses, as well as seek Aquatic Leadership positions.

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.

COURSE SCHEDULE:

FRIDAY 6/9 2:00-8:00PM	SATURDAY 6/10 8:00-5:00PM	SUNDAY 6/11 9:00AM-3:00PM
----------------------------------	-------------------------------------	-------------------------------------

AGES: Must be at least 17 by the last day of class.

COST: \$270

REGISTER BY: 5/26

ADULT SWIMMING LESSONS

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

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

SESSION 1: 6/6 - 6/29 **REGISTER BY:** 5/26

SESSION 2: 7/11 - 8/3 **REGISTER BY:** 6/30

SESSION 3: 8/8 - 8/31 **REGISTER BY:** 7/28



It's the a battle in the battery! Compete for the top total swim sessions/workouts, water exercise classes, and weekly challenges to be the Aquatics Center's Best Barracuda!

Program Details:

- Complete a variety of swim sessions, workouts, lessons or Exercise Classes to achieve 40 swims in 10 weeks.
- Weekly challenges & bonus workouts.
- Complete the challenge and receive an official AH Swim Cap
- Prizes awarded to top 2 barracudas with highest accumulated distance

Date: June 20th - August 25th

Register By: Friday June 9th

Cost: \$15/Person

See Aquatics Office for more program details.

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.

SUMMER WATER EXERCISE SCHEDULE

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

Class Schedule subject to change

FITNESS



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.



55+ FITNESS

TAI CHI FOR HEALTH

Tai Chi for Health 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 5/15 - 8/28 **TIME:** 10:00AM

COST: \$25 **REGISTER BY:** 5/5

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 **TIME:** 8:30AM

SPECIALIZED FITNESS

ROCK STEADY BOXING SPOKANE

FIGHT BACK

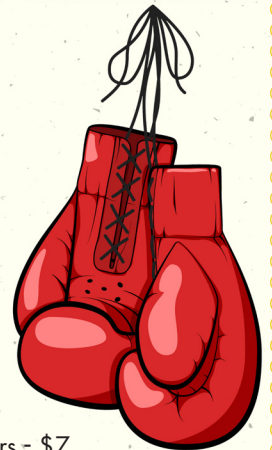
AGAINST PARKINSON'S DISEASE

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 (Higher Intensity): Fridays - 1:30PM-2:30PM

LEVEL 3-4 (Slower Pace): Tuesdays - 1:30PM-2:30PM



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

NEW BEGINNER INDOOR CYCLE

New to indoor cycle? GEAR UP your cycle experience by learning the basics of bike setup, body position, and pace, all at a lower intensity, while still pushing your cardio limits.

YOGA

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

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.

POWER HOUR

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

A.M. BOOT CAMP

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

FIT HOP

This cardio dance class uses current dance trends and moves, without even realizing you are scorching those calories.



SUMMER GROUP FITNESS SCHEDULE (MAY-AUGUST)

MONDAY	Indoor Cycle 5:30PM	Yoga 6:30PM
TUESDAY	Power Flow Yoga 5:30PM	Beginner Cycle 6:30PM
WEDNESDAY	Indoor Cycle 5:30PM	-----
THURSDAY	Power Hour 5:30PM	Yoga 6:30PM
FRIDAY	Fit Hop 5:00PM	-----
SATURDAY	A.M. Boot Camp 9:30AM	-----

Group Fitness Schedule is subject to changes.

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



Park Fit Boot Camps take you outdoors to Landreth Park with our fitness team, for guided circuit workouts utilizing bands, straps, trails and outdoor fitness equipment.

DAY: Select Wednesdays **TIME:** 6:00-7:00PM

Memorial Mini Murph **DATE:** 5/24 **REGISTER BY:** 5/19

Father's Day Dad Bod **DATE:** 6/21 **REGISTER BY:** 6/16

Mid Summer Sweat **DATE:** 7/19 **REGISTER BY:** 7/14

The Last Dance **DATE:** 8/23 **REGISTER BY:** 8/18

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 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



GRIT...Get Ready, It's Time! Train hard and be ready when your number is called.

GRIT Summer Workouts will help get you ready for the upcoming middle and high school sports season through coached training sessions designed to give you the tools to grow as an athlete.

GRIT Summer Workouts will focus on:

STRENGTH & POWER: Force (applied and absorbed), muscle endurance, explosiveness (vertical and lateral)

SPEED & AGILITY: Acceleration techniques, sprinting mechanics, first step reaction, lateral movements, and change of direction.

FITNESS & HEALTH: Increase stamina, conditioning, proper hydration, and nutrition.

RECOVERY & INJURY PREVENTION: Proper rest and sleep, stretching importance, building mobility, and focused mindfulness.

DAYS: Tuesdays **TIME:** 6:30-7:30PM

SESSION 1: 6/13 - 6/27 **REGISTER BY:** 6/2

SESSION 2: 7/11 - 7/25 **REGISTER BY:** 6/30

SESSION 1: 8/8 - 8/22 **REGISTER BY:** 7/28

COST: Members - FREE | Non-Members - \$20/Session



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.

Line Dancing 101

Join this fun energetic class that takes a line dance inspired approach to getting in a great workout. Learn steps from the Cupid Shuffle, the Cha Cha Slide, and more to work your legs, core, and arms. Perfect for wedding season.

DATE: 5/31 **TIME:** 6:30PM **REGISTER BY:** 5/26

Breathing 101

Join Personal Trainer/Group Fitness Instructor Aly as she walks you through breathing techniques to improve athletic performance, lung capacity, and overall health.

DATE: 6/28 **TIME:** 6:30PM **REGISTER BY:** 6/23

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.

<<<< PARENTS & COACHES: GET GRITTY!

Join the AH Fitness Team and partner Travis Barrett to learn the focus behind the AH Youth Fitness Sports Performance Program GRIT (Get Ready It's Time). GRIT's design is to prepare young athletes to transition from rec level youth sports to the to the increased pace and competition of Middle School and then to high school level. Learn what you can do as parents and coaches to train, and ready your young athletes for when their time is called to perform.

DATE: 5/30 **TIME:** 5:30PM **REGISTER BY:** 5/19

MEET THE AH FITNESS TEAM

Enjoy personal introductions from the Rec Center personal trainers, and group fitness instructors, followed by a fun and informational presentation and Q&A.

DATE: 8/30 **TIME:** 5:30PM **REGISTER BY:** 8/18

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 SECIAL**

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.

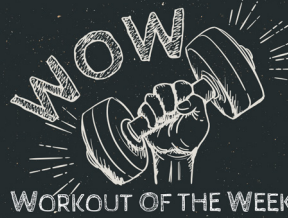
LIMITED 1 PER PERSON.

BUY BACK IN THIS SUMMER

If you have trained with us before, or are currently training with us, "BUY BACK IN" this summer by contacting our Fitness Team by June 30th to get BACK IN on the First-Time PT Special!

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!



**Didn't plan a workout?
Need something new to do?**

Each week Rec Center Trainers, Instructors, Staff, and members will share and post a new workout on the Turf Area TV for members to try.

VISIT THE FITNESS DESK FOR WOW DETAILS.



WWW.APEXPT.COM



We are here for you!

Offering services for the following

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

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!



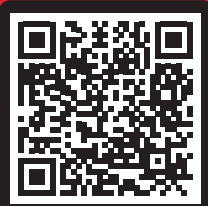
YOUTH SPORTS



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 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

Donate new or gently used youth sports equipment to pass on to our future youth sports athletes here in Airway Heights.

Accepted Sports Equipment Items:

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

Items collected will be sorted and placed as available in August in preparation of the Fall Sports Season.

SUMMER JR GOLF

at the Plains Golf Course



LEARN TO GOLF with Professional Instructor Derrick Campbell
DRIVE, CHIP, & PUTT CLINIC

Sundays 5/21 - 6/11 | 10am or 12pm | Ages 7-15 | \$100

DC'S MONTHLY JR GOLF CAMP

4 weeks - 30 min lessons. \$135 and up.

More lesson information available at www.golfwithdc.com

SUMMER JR GOLF LEAGUE @ the Plains Golf Course

Thursdays 7/6 - 8/10 | 90 min session | Ages 5-17 | \$350

Contact the Plains Golf Course to get your Jr Golfer registered today!

(509)747-8418 | 9810 West Melville Rd, Cheney, WA 99004

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: 6/7 - 6/28

REGISTER BY: 5/26

MULTI-PLAY

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

DATES: 7/12 - 8/2

REGISTER BY: 6/30

FALL SOCCER

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

DATES: 9/6 - 9/27

REGISTER BY: 8/2

MORE FALL SHORT SPORTS: Registration opens Sep 1

FOOTBALL - DATES: 10/3 - 10/24 **REGISTER BY:** 9/22

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 a 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!**



THE ORIGINAL BACKYARD BASEBALL

3-4 PLAYERS/TEAM

6/16 | 6:00PM-8:30PM

\$20/Team | \$5/Person

Register By: 6/9

GRIT SPORTS PERFORMANCE SUMMER WORKOUTS GET READY IT'S TIME!

Prepare for the upcoming 4Rec, Middle or High School sports season by training this summer to be ready this fall.

MORE DETAILS ON PAGE 19.

4REC FALL 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.



NFL 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: 9/5 - 10/21

2 - Weekday practices with Saturday games.

COST: \$50 / PLAYER

\$5 late fee applied after registration deadline.

REGISTER BY: 8/11



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

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

2 - Weekday practices with Saturday games.

\$5 late fee applied after registration deadline.

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

SEASON: 9/5 - 10/21

COST: \$50 / PLAYER

REGISTER BY: 8/11

FALL SPORTS PRE-SEASON CLINICS

Get ready for the upcoming 4Rec Fall Sports season with fun sport specific skill drills, and games designed to have you prepped for play this fall!

DATES: Soccer: 8/22 | Flag Football: 8/23 | Volleyball: 8/24

AGES: 5-12

TIME: 6:00-8:00pm

COST: \$10/Clinic

REGISTER BY: 8/11

VOLUNTEER COACHES NEEDED!

INTERESTED IN COACHING?

Coaches can be parents, family members, neighbors, and community members. Must be at least 18 and pass a criminal history background check. Coaches training provided. Youth Sports registration fee credit given for children of volunteering parents or family members.

Call (509)309-2099 for more information about coaching.

Youth Sports registration fee credit given for players of volunteering parents or family members.



4Rec Youth Volleyball focuses on teaching individual skill progressions: serving, bumping, digging, and jumping, as well the importance of teamwork through fun practices and games.

AGE: 9-12

SEASON: 9/5 - 10/21

COST: \$50 / PLAYER

REGISTER BY: 8/11

Team space is limited. 1-2 weekday practices with Saturday games. \$5 late fee applied after registration deadline.

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 a minimum of 6-10 participants.



The Airway Heights Parks & Rec Tot Time program offers 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.

MOVE & PLAY

OPEN GYM

Play and run free in the Rec Center gym! We'll supply the fun equipment for you child to explore a variety of 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.

LEARN & CREATE

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.

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!

CRAFTY KIDS

Color, cut, paint and create. Parents and kids will have a fun learning through arts and crafts.

Sweet Treat Creations

Create your own sweet treat art.

Dino Day

A craft day complete with a fun dino craft and more!

SUMMER 2023 TOT TIME ACTIVITY SCHEDULE



DATE ACTIVITY REGISTER BY

MAY

5/4 Mess Makers 4/27
5/18 Crafty Kids: Sweet Treat 5/12

JUNE

6/1 Open Gym 5/26
6/15 Crafty Kids: Dino Day 6/9
6/29 Toddler & Me Yoga 6/23

JULY

7/13 Imagination Station 7/7
7/27 Workout the Wiggles 7/21

AUGUST

8/10 Mess Makers 8/4
8/24 Tot Rock 8/18

SCHEDULE IS SUBJECT TO CHANGES.



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 a minimum of 6-10 participants.



ADVENTURE HEIGHTS

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

WEEK	DATES	THEME
1 *	June 20 th – 23 rd	SCHOOL'S OUT!
2	June 26 th – June 30 th	Splash-Mania!
3 *	July 3 rd – July 7 th	Stars & Stripes
4	July 10 th – July 14 th	Sports Spectacular
5	July 17 th – July 21 st	Welcome to the Jungle
6	July 24 th – July 28 th	Christmas in July
7	July 31 st – August 4 th	ReCreation Expression
8	August 7 th – August 11 th	Around the World
9	August 14 th – August 18 th	Out of this World
10	August 21 st – August 25 th	LAST HOORAH

* No program June 19th & July 4th

REC CAMP

REC Camp let's kids add a little bit more fun to their summer and explore all things recreation from free play to sports, games, arts, and crafts. REC Camp will blend structured activity time of with free time play and at your own pace activities.

Pack your own lunch each day, and swimsuit & towel on Thursdays.

DAYS: Tuesday-Thursday **TIME:** 10:30AM-2:30PM
AGES: 6 - 10 **COST:** \$60/Session

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

ADVENTURE HEIGHTS PROGRAM SPACE IS LIMITED EACH WEEK TO 13 PARTICIPANTS MAX.

DAYS: Monday- Friday **TIME:** 7:30AM-5:30PM
AGES: 8 - 12 **COST:** \$175/Week

*** Weeks are available for reservation in advance with a \$40 non-refundable, non-transferable deposit. Remaining fees are due no later than the Friday before you attend.**

REC CAMP SPECIAL ACTIVITIES

THURSDAYS -	Rec Center Pool Day
JUNE 27-28	Games Galore Week
JULY 11-13	Crafts & Creations Week
JULY 25-27	Fantasy Fanatics Week
AUGUST 8-10	Robots, Space & Super Heroes Week
AUGUST 23	Floor is Lave Obstacle Course

SESSION 1: 6/27 - 6/29	REGISTER BY: 6/16
SESSION 2: 7/11 - 7/13	REGISTER BY: 6/30
SESSION 3: 7/25 - 7/27	REGISTER BY: 7/14
SESSION 4: 8/8 - 8/10	REGISTER BY: 7/28
SESSION 5: 8/22 - 8/24	REGISTER BY: 8/11



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 (No August class)

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 DISCOVERY CENTER PRESENTS

GSK SCIENCE IN THE SUMMER

Mobius Discovery Center's presents GSK Science in the Summer™ in collaboration with The Franklin Institute: The Be a Physicist! This program invites children to take on the role of scientists as they investigate different forms of energy and use the principles of physics to solve real-world problems. The activities encourage children to practice scientific techniques and explore the following big ideas:

- Energy in different forms, like heat, light, sound, and motion
- Energy can change from one form into another, move from place to place, or transfer from one object to another
- Scientists use models to test ideas and understand complicated systems.

DATES: 6/21 & 8/23

TIME: 9:00AM-12:00PM

AGES: 6-10

REGISTER BY: 6/9 & 8/11

THIS CLASS IS FREE!!! Registration is limited to one date per participant. Class is the same for each date.

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

BACK TO SCHOOL



Airway Heights Parks & Recreation will be ready for kids to return to school with before-and-after school programs focused on staying active, making friends, and having fun!

EARLY BIRDS BEFORE SCHOOL

GRADES: K-5TH

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

GRADES: K-2ND

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!

ASAP @ THE REC CENTER

AGES: 8-11

TIME: 3:20-6:00PM

ASAP (After School Activity Program) is the super-awesome, totally cool way to spend everyday after school! Relax, hangout, play games, special activity days!

NOTE: Programs are separate and each require registration. Program space is limited. Waitlists will be utilized once more space becomes available.

REGISTRATION OPENS MONDAY JULY 31ST.

ALL PROGRAMS BEGIN MONDAY SEPTEMBER 11TH

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 at airwayheightsparksandrec.org and must be turned in at the Recreation Center to the attention of the Recreation Programs Supervisor

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 a minimum of 6-10 participants.



BE A JR. REC LEADER

The Airway Heights Parks & Recreation Jr Rec Leader program puts teens ages 13-15 in positions to lead by example, engage with program participants, and assist Rec Staff. Jr. Rec Leaders will gain valuable experiences by working a set schedule of up to 10 hours per week at the Rec Center, assisting with daily program tasks and setup, as well as organizing and leading daily activities during various Summer programs.

NOTE: *Jr Rec Leaders do not go on scheduled Adventure Heights Day Camp field trips unless otherwise communicated.*

All potential Jr Rec Leaders must complete the Jr Rec Leader Application & Training Day.

Training Day will include:

- Leadership Skill Building, and Teamwork Activities
- Understanding Rec Programs Rules & Policies
- The Basics of Daily Tasks & Supporting Rec Staff
- Preparing for employment: Mock Job Interviews & Resumes
- & MORE!

APPLICATION DUE BY: Friday June 2nd

TRAINING DAY: Saturday 10th - 11:00AM-2:00PM

SUMMER JR REC LEADER COST: \$75*Payment due at Training Day*

Please contact Recreation Programs Supervisor to request an application packet or for more information.

REC CENTER GAME NIGHTS

MARIO KART & SMASH BROS

Mario and his crew are ready for racing and action on the Rec Center BIG SCREENS!

DATE: 5/18

TIME: 6:00 - 8:00PM

REGISTER BY: 5/12

COST: \$5 *Snacks and Drinks provided

SUMMER LAWN GAMES

It's lawn game time! This summer we are playing a variety of outdoor games on the Rec Center lawn. Kickball, spike-ball, volleyball, cornhole and wiffleball!

DATE: 6/22 | 7/20 | 8/17

TIME: 6:00 - 8:00PM

REGISTER BY: 6/16 | 7/14 | 8/11

COST: \$5

*Snacks and Drinks provided



Sunday thru
Thursday
10:30 - 10:00

Friday &
Saturday
10:30 - 10:30

10198 W Highway 2 • Airway Heights, WA 99224

FIELD TRIPS

PATTISON'S NORTH ROLLER SKATING CENTER

Get your skates (or blades) on and have fun skating to the music, dancing, racing, and playing games at Spokane's premier skating center Pattison's North.

DATE: 6/2 TIME: 6:00-10:00PM

COST: \$20 REGISTER BY: 5/26

CD'A BEACH DAY

Swimsuit? Check! Towel? Check! Sunscreen? Check! Lunch? Check! Let's Go! It's beach day at Lake Cd'A!

DATE: 7/15 TIME: 11:00AM-4:00PM

COST: \$10 REGISTER BY: 7/7

SPLASHDOWN WATER PARK

Spokane's only true water amusement park Splashdown Water Park is back open this summer with it's 7 thrilling slides and the popular Cannon Bowl Vortex



DATE: 8/12 TIME: 11:00AM-4:00PM

COST: \$25 REGISTER BY: 8/4

SUMMER 2023 TWEENS & TEENS ACTIVITY SCHEDULE

DATE ACTIVITY REGISTER BY

MAY

5/18 MARIO KART & SMASH BROS 5/12

JUNE

6/2 ROLLER SKATING TRIP 5/26

6/10 JR REC LEADER TRAINING DAY 6/2

6/22 LAWN GAME NIGHT 6/16

JULY

7/15 CD'A BEACH DAY 7/7

7/20 LAWN GAME NIGHT 7/14

7/21 TEEN INTRAMURAL: WIFFLE BALL 7/14

AUGUST

8/12 SPLASH DOWN TRIP 8/4

8/17 LAWN GAME NIGHT 8/11

8/26 SPLASH BASH 8/18

SCHEDULE IS SUBJECT TO CHANGES.

REGISTER NOW >>>



MORE TWEEN & TEEN ACTIVITIES :

- SUMMER GRIT SPORT PERFORMANCE WORKOUTS Pg. 19
- INTRAMURAL SPORTS: WIFFLEBALL TOURNAMENT Pg. 22

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 Recreation Programs Supervisor at (509)309-2262 for more information.



IT MAY BE TIME TO HEAD BACK TO SCHOOL...BUT FIRST IT'S TIME FOR A
TWEENS & TEENS SPLASH BASH!!!

DATE: SAT AUGUST 26TH TIME: 4:30-6:30PM

COST: \$5 REGISTER BY: 8/18

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 a minimum of 6-10 participants.

ADULT SPORTS



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 get going and max out at 8 teams.



<<< SCAN HERE

For additional Adult Sports League information including updated league calendar, formats, rules, and game schedules and standings.

LEAGUES

SOFTBALL COED "REC PITCH" SOFTBALL

Get your team together for our fun and exciting Coed Rec Pitch (aka Slow Pitch) Softball. This low pressure, rec level league plays double header 5-inning games each week in Airway Heights, Medical Lake, and Cheney.

- 10 to 15 players per roster (Males & Females)
- Locally modified format and rules.
- Includes single elimination playoffs
- Game balls provided

SEASON: Thursdays 6/22-8/17 **GAME TIME:** 6:00PM

COST: \$400/Team **REGISTER BY:** 6/9

CORNHOLE DOUBLES CORNHOLE

Do you have what it takes to be the AHPR Cornhole League Champs? This summer, join the fun with friends playing everyone's favorite lawn game in a 2v2 league format. League winner from each division receives automatic entry into the 2023 Airway Heights Day Cornhole Tournament.

SEASON: Sundays 7/9 - 8/6 **TIME:** 6:00PM

COST: \$50/Team **REGISTER BY:** 6/23

VOLLEYBALL FALL 4V4 COED VOLLEYBALL

Gather your team and compete to be the 2023 AH Rec Center Fall Volleyball Champs in our 4v4 small court format. All skill levels welcome. *Possible skill split divisions based on registrations.*

- 4 to 6 players/team (males and females)
- Modified small court: 30' x 50'
- Best 2 out of 3 format
- All games are self-officiated (gym monitor on site)
- Includes single elimination playoffs - 2 game guarantee.

SEASON: Sundays 9/10 - 10/29 **TIMES:** 4:00-7:00PM

COST: \$250/Team **REGISTER BY:** 8/23

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.

UPCOMING FALL SPORTS:

REC PITCH SOFTBALL TOURNAMENT 9/30

FLAG FOOTBALL 10/1 - 10/29

REGISTRATION OPENS AUGUST 21ST.

Golf Lessons *with* DC

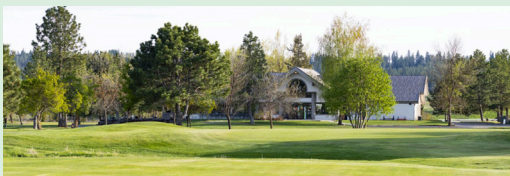
YOU CAN SHOOT LOWER SCORES!

Get your own personal golf coach this season with DC Golf! Professional Instructor Derrick Campbell is ready to get you golf ready with a personalized golf plan. Lessons available for all levels of golfers, from beginners to advanced.



<<< SCAN HERE to schedule a free swing consultation, and to learn more about couples, group, and on course playing lessons.

PRESENTING THE PLAINS GOLF COURSE



Formerly the Fairways Golf Course, The Plains Golf Course & Practice Facility now offers:

- 9 Great Golf Holes
- 2 Full Length Practice Holes
- Wedge Practice Area
- Driving Range & Putting Green

AND COMING SOON: *The Plains Taphouse*

PLAYERS CLUB CARD - \$119 includes 4 Rounds and locks green fees at \$19 all year!

SCAN THE CODE For information on playing rates, leagues, couples nights, course updates, or to **BOOK YOUR TEE TIME!**

9810 West Melville Rd, Cheney, WA 99004



GENERAL INTERESTS

ELEGANT PAPER FLOWER BOUTIQUE



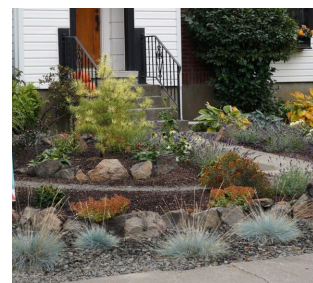
Learn to make elegant flower boutiques all from paper. Join instructor Debbie Clinton, as she walks you through the steps to create 3 different beautiful paper flowers for your own take home arrangements. All supplies provided.

DATES: 6/21 | 7/19 | 8/16 **TIME:** 5:30PM - 7:30PM

COST: FREE **REGISTER BY:** 6/9 | 7/7 | 8/4

WATER WISE LANDSCAPING

Discover simple ways to reduce your summertime water usage, and maintenance on your lawn and garden while creating attractive landscaping with natural resources and drought tolerant plants. Learn simple planning and design, site preparation, plant selection, watering techniques, and more!



DATES: 6/10

TIME: 10:00AM - 12:00PM

COST: FREE

REGISTER BY: 5/26

PARTNERS DANCE CLASSES

Have fun learning the basics of partner dancing with Melissa from Dance Class Spokane. Each 2 hour class will focus on a new style of dance.

Wedding Party Prep **DATE:** 6 / 14 **REGISTER BY:** 6/2

East Coast Swing **DATE:** 7 / 12 **REGISTER BY:** 6/30

Latin Salsa **DATE:** 8/9 **REGISTER BY:** 7/28

TIME: 6:00-8:00PM **COST:** \$25/Person



Grab your clubs, and board the Parks & Rec Golf Bus as we go out on tour to play the wonderful 9-hole golf courses in the farming communities across Lincoln, Adams, and Whitman Counties.

COURSE	DATE	REGISTER BY
Harrington Golf & Country Club	6/2	5/26
St. John Golf Course	6/23	6/16
Big Bend Golf & Country Club	7/28	7/21
Ritzville Golf Course	8/25	8/18

TIME: 12:00-5:00PM **COST:** \$30/Trip *Cost subject to change*
Registration covers travel and green fees only. All other expenses: cart, food, and drinks are at the golfers expense.

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 a minimum of 6-10 participants.



OUTINGS (Transportation provided by AHPR)

LIBERTY LAKE FARMER'S MARKET & YARD SALE

Start weekend with a fun trip to Liberty for the Farmer's Market for fresh produce, baked goods, handmades, and more...Then cruise around checking out one of the areas best community yard sales. Be prepared to shop, eat, and walk-walk-walk.

DATE: Saturday 6/17 TIME: 8:30AM-12:30PM
COST: \$35 REGISTER Y: 6/2

BING CROSBY MUSEUM & THEATRE

Admire the collection, and accomplishments of Bing Crosby's life in his childhood home at Gonzaga's Bing Crosby House Museum, followed by lunch on the river at Osprey. Then head over for a guided tour of the historic four-story Bing theatre where Bing developed a passion for performing. Theatre Tour will require walking up and down flights of stairs

DATE: Wednesday 7/12 TIME: 11:30AM-2:30PM
COST: FREE REGISTER BY: 6/30

* Participants under 65 must pay their own admission.
Date, time, and cost are subject to slight changes.

SPOKANE INTERSTATE FAIR

IT'S SHOW TIME! We are headed to Spokane's great annual event, the Interstate Fair on Senior Day! Seniors 65 and over are admitted free all day. Enjoy all the fun and amazing local crafts, art, antique tractors/engines, livestock, food vendors and see the star of the show Cedar the Highland Cow.

DATE: Monday 9/11 TIME: 11:00AM-3:00PM
COST: FREE REGISTER BY: 8/25

* Participants under 65 must pay their own admission.
Date, time, and cost are subject to slight changes.

GENERAL INTEREST & SOCIAL ACTIVITIES

CARDS, COFFEE & CONVERSATION

Cribbage, Bridge, Pinochle, Canasta & MORE!

Enjoy Friday mornings socializing with friends, fellow members, and staff while enjoying fresh coffee and playing a variety of card and board games.

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

SUMMER MONTHLY BOOK CLUB

Enjoy chatting about book themes, characters, writing styles and favorites parts. Book club meets weekly to discuss chapter sections for current book. Books start on the first Thursday of each month and are provided by the Airway Heights Library.

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

JUNE BOOK *A Man Called Ove* by Fredrik Backman

DATES: 6/1 - 6/29 REGISTER BY: 5/19

Ove is a curmudgeon with staunch principles, strict routines, and a short fuse. But behind the cranky exterior there is a story and a sadness. So when a young couple with two chatty girls moves in next door and accidentally flatten Ove's mailbox, it is the lead-in to a comical and heartwarming tale of unkempt cats, and unexpected friendship.

JULY BOOK: *Orphan Train* by Christina Baker Kline

DATES: 7/6 - 7/27 REGISTER BY: 6/23

A 91-year-old woman with a hidden past as an orphan-train rider and a troubled teen with one last chance at redemption, build an unexpected friendship. As they get to know each other, they find unlikely common ground and together are able to undo the emotional knots of their troubled pasts.

AUGUST BOOK: *The Husband's Secret* by Liane Moriarty

DATES: 8/3 - 8/31 REGISTER BY: 7/21

Discovering a tattered letter that says she is to open it only in the event of her husband's death, Cecelia, a successful family woman, is unable to resist reading the letter and discovers a secret that shatters her life and the lives of two other women.

SEPTEMBER BOOK: *The Boston Girl* by Anita Diamant

DATES: 9/7 - 9/28 REGISTER BY: 8/25

Growing up in the early 1900's Boston to to unprepared immigrant parents suspicious of growing America, Addie's intelligence and curiosity take her to a world her parents can't imagine. From the one-room apartment she shared with her family, to the library group for girls she joins, to her first disastrous love affair, Addie recalls her adventures with compassion for the naïve girl she was and a wicked sense of humor.

Friendly Fork Lunch

Enjoy a wonderfully delicious meal, along with good conversations with family, friends and fellow community members. Lunch will occasionally feature guest speakers, live entertainment, special activities and games.

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

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



SUMMER MENU

MAY	JUNE	JULY	AUGUST
5/2 Spaghetti & Meatballs	6/6 Chicken Caesar Wrap	7/4 NO MEAL	8/1 Yakisoba
5/9 Fish & Chips	6/13 Lasagna	7/11 Meatball Sandwich	8/8 Chicken Bake
5/16 BBQ Chicken Sandwich	6/20 Turkey Burger	7/18 Polish Dog	8/15 BLT Wrap
5/23 Taco Salad	6/27 Pasta Salad	7/25 Chicken Salad Sandwich	8/22 Cheeseburger
5/30 Club Sandwich & Soup			8/29 Wild Rice Casserole

OPEN PLAY PICKLEBALL

Step on the court and play the most popular game for adults 55 & Better! Beginner or expert...All skill levels are welcome to play!

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

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

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 presentations.

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

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

6/13 - AIRWAY HEIGHTS LIBRARY

Hear what our Airway Heights Library has in store for the community this summer and fall, and what's new with SCLD .

7/11 - SHIBA

Statewide Health Insurance Benefits Advisors, provides free unbiased information about health care coverage access to help improve the lives of Washington Residents.

8/15 - CITY MANAGER: ALBERT TRIPP

Get updated the Airway Heights' growth, current and future projects, and more City News from City Manager Albert Tripp.

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.

55 & Better Mixed Doubles PICKLEBALL TOURNAMENT

Team up and take home the title of the 1st ever Airway Heights Rec Center 55 & Better Mixed Doubles Pickleball Champs!

- Split Skill Divisions: Rec & Skilled
- Team average age must be 55+
- 3 Game Guarantee

PRIZES AWARDED FOR WINNERS OF EACH BRACKET & BEST DRESSED TEAM

AUGUST 29 - 30 - 31
10:00AM - 1:00PM
\$50 / TEAM

REGISTER BY: AUGUST 11TH

Visit the Rec Center Front Desk for more tournament rules & format info.

JOIN THE SENIOR ADVISORY COMMISSION

Join the Senior Advisory Commission and work to enrich 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 more for active adults 55 and over.

Contact Rec Programs Supervisor at (509)309-2262 for Senior Advisory Commission and application information.

PARKS



SUNSET PARK splash pad



Memorial Day - Labor Day

DAYS & HOURS:

Tuesday - Sunday | 1:00PM - 7:00PM

OFF ON MONDAYS

Exception - Splash will be on Monday of Memorial Day & Labor Day.

NO FIREWORKS ON PUBLIC PROPERTY

PUBLIC NOTICE:

Fireworks are not permitted on public property including **CITY PARKS, PUBLIC FACILITY PARKING LOTS, LIBRARIES, & SCHOOLS.**



CITY OF AIRWAY HEIGHTS



Airway Heights
Parks & Recreation

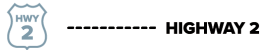




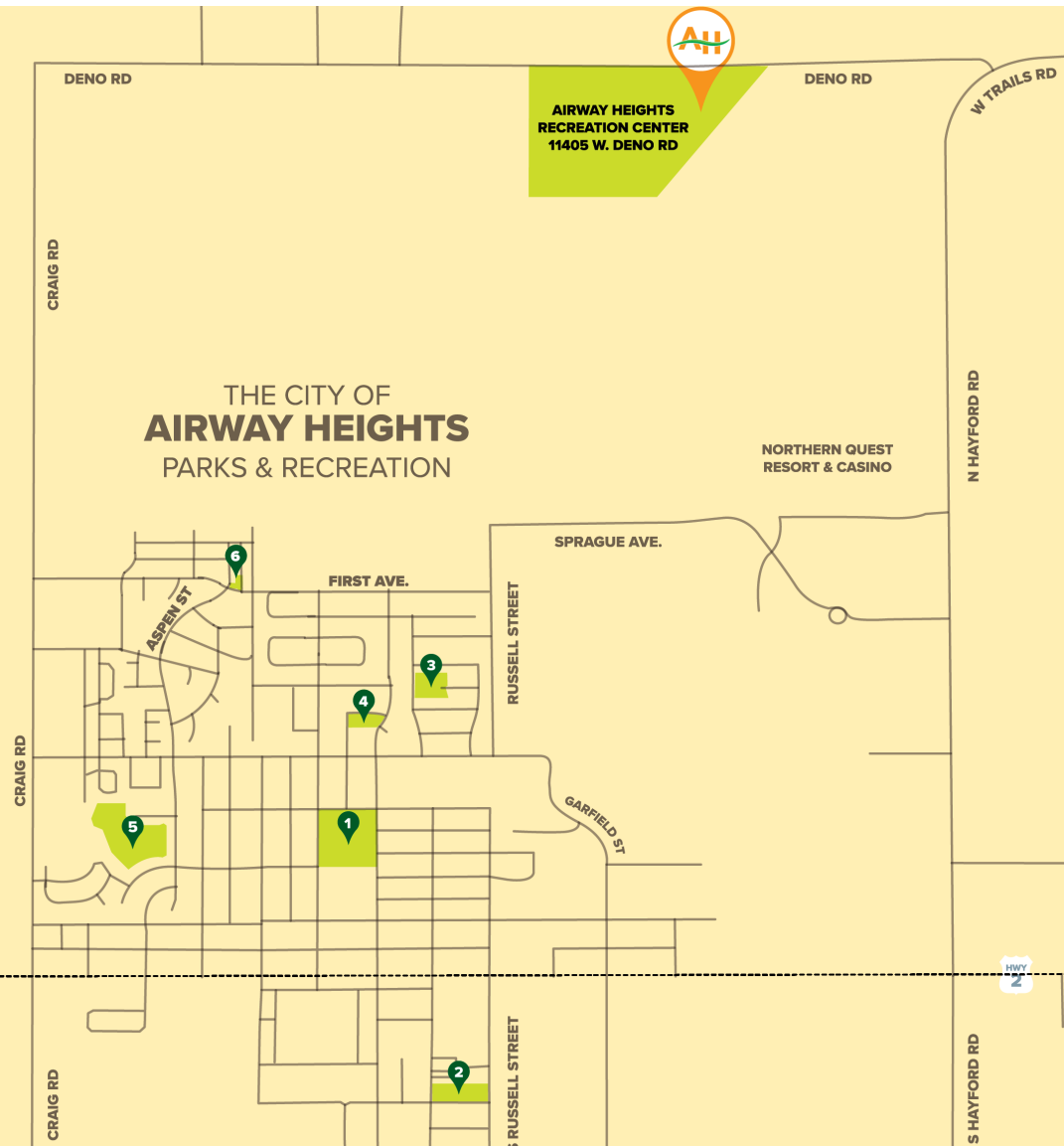
CITY PARKS LEGEND

- 1 SUNSET PARK
- 2 SHORTY COMBS PARK
- 3 CLEVELAND PARK
- 4 TRADITIONS PARK
- 5 LANDRETH PARK
- 6 HIGHLAND VILLAGE PARK
- AIRWAY HEIGHTS RECREATION CENTER

INNER CITY STREETS



HIGHWAY 2



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		•	•	•					•	•	
HIGHLAND VILLAGE *NEW*	1	•								•		

* 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 (Mon-Fri) | \$50 (Sat & Sun)

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



The City of Airway Heights and Waste Management want to help Airway Heights residents clean up their properties by providing several opportunities to dispose of unwanted junk, trash, home project leftovers, and yard waste this Spring, Summer, and Fall.

Community Clean Up Dump Passes is an additional opportunity for disposal offered as part of the residential collection contract between WM and the City of Airway Heights. Residents who subscribe to regular collection services will receive a Post Card Voucher in the mail allowing 2 free trips per pass to :

Spokane Waste to Energy Facility
2900 S Geiger Blvd, Spokane, WA 99224

2023 AIRWAY HEIGHTS DUMP PASS DAYS

SATURDAY APRIL 29TH - MONDAY MAY 8TH

SATURDAY JULY 8TH - MONDAY JULY 17TH

SATURDAY AUGUST 19TH - MONDAY AUGUST 28TH

SATURDAY SEPTEMBER 30TH - MONDAY OCTOBER 9TH

IMPORTANT!

Post Card Voucher must be presented at time of disposal.

Participants must come prepared to unload their own items, and observe load size limits of two standard pickup bed loads. No trailers or moving trucks.

SECURE YOUR LOAD!

The Waste to Energy Facility will assess a fee to citizens who bring in unsecured loads of trash or yard waste. WM reserve the right to refuse items that are not listed, or items that are contaminated or too large/heavy to safely handle.

ACCEPTED ITEMS - YES!

- **HOUSEHOLD GARBAGE**
All garbage must be bagged.
- **CLEAN GREEN *No stumps***
Grass, leaves, plant trimmings, branches (no larger than 3" in diameter, and 6' long), wood chips, and unflocked/ undecorated Christmas trees.
- **LARGE APPLIANCES *Limit 3 items***
Stoves, washers, dryers, dishwashers, freezers, refrigerators, air conditioners, and water heaters.
- **MISCELLANEOUS**
Lawn mowers *Must be free of fuel and oil*
Small appliances, non-reusable household junk.
Tires *Limit 4*
Paint *Must be solidified first*

NOT ACCEPTED - NO!

- **HAZARDOUS WASTE**
- **AUTOMOTIVE WASTE**
All automotive fluids, car batteries, running gears, and automotive body parts.
- **PRODUCTS CONTAINING MERCURY**
Thermometers, thermostats, fluorescent bulbs and tubes, mercury added batteries, and switches.
- **MISCELLANEOUS**
Commercially generated waste, biological waste, medications, radioactive waste, tires, asbestos, sharps/ medical waste, and animal carcasses.





AIRWAY HEIGHTS LIBRARY

HOURS:	ADDRESS & PHONE:
Tue & Thu 10AM – 8PM	1213 S Lundstrom St
Wed & Sat 10AM – 6PM	Airway Heights 99001
Mon-Fri-Sun CLOSED	(509) 893-8250

LIBRARY SUPERVISOR: Autrey Jeske



SCAN THE CODE to learn more about the fun for all ages activities happening at this summer at the Airway Heights Library.

NOTE: Some programs are age specific, have capacity limits, and require registration.



Comforts you need at a value you will love.

Days Inn & Suites by Wyndham
Of Spokane Airport/Airway Heights

1215 S. Garfield Rd.
Airway Heights, WA 99001
(509)244-0222



www.daysinn.com/hotel/22343

JULY IS PARKS & RECREATION MONTH



NATIONAL RECREATION AND PARK ASSOCIATION



Airway Heights Parks & Recreation

Join us, and the National Parks & Recreation Association, as we celebrate Parks & Recreation Month recognizing the people, parks, and programs that contribute to our community growth. The City of Airway Heights, and the greater West Plains, is growing at warp speed and as growth continues residents need community places to be healthy, socially engaged, and feel welcome.

This July celebrate “Where Community Grows” with us, recognizing our community partners and organizations, our business community and sponsors, volunteers and front line staff, and you, the community members. Where Community Grows happens through the places, programs, and events that bring each of these groups together to share our vision of a connected, healthy, and happy community.

JULY IS PARKS & REC MONTH CELEBRATION

FRIDAY JUNE 30TH | 5:00PM
AIRWAY HEIGHTS REC CENTER

Kickoff Parks & Rec Month with our annual **FREE** community BBQ, family games and activities, and live music!

Stay tuned in July for a chance to win prizes and giveaways as we celebrate Parks & Recreation month with more activities, and challenges.



@ah_parksandrec



/ahparksandrec

COMMUNITY EVENTS & ACTIVITIES

Summer MOONLIGHT MOVIES

SPONSORED BY
motion
AUTO SUPPLY

Bring your lawn chairs, blankets, and snacks and enjoy a movie under the moonlight.



JULY 7th

PAWS OF FURY



JULY 21st

DOOLITTLE



AUGUST 4th

HONEY, I SHRUNK THE KIDS



AUGUST 18th

ZOOTOPIA

ALL MOVIES ARE FREE AND BEGIN AT DUSK AT SUNSET PARK.

motion

AUTO SUPPLY

Locally Employee Owned

12722 W Sunset Hwy

Airway Heights, WA 99001

(509) 244-6920

Parts, tools, performance, and accessories for trucks and cars foreign and domestic.

STORE HOURS:

Monday-Friday: 7:30am-5:30pm

Saturday: 9:00am-4:00pm

Sunday: Closed



AIRWAY HEIGHTS KIWANIS CLUB



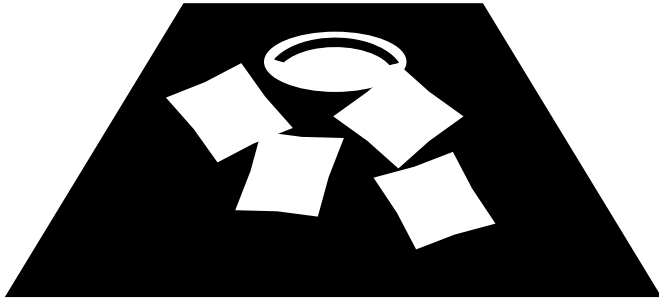
The Airway Heights Kiwanis Club is looking for new members who want to volunteer their time to serving the kids and families in our community.

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

2023 AIRWAY HEIGHTS DAY



CORNHOLE TOURNAMENT

Hosted by Spokane Cornhole

Team up and toss some bags at the 2023 Airway Heights Day Cornhole Tournament.

Backyard & Competition Divisions - Doubles format.
Prizes awarded for 1st & 2nd Place in each division!

DATE: Saturday August 19th

TIME: 12:00 - 3:00PM

LOCATION: Sunset Park

COST: \$25 per team

AGE: 14+

REGISTER BY: Fri 8/4

Tournament rules, and format information available at www.airwayheightsdays.org

**SCAN HERE
TO REGISTER**



BUILD IT - RACE IT - SMASH IT

at 10th Annual Airway Heights Kiwanis Watermelon Races!

Enjoy the spectacle as Sunset Park is transformed into Watermelon Pit Row, where creativity runs wild and it's smash or be smashed. Build your watermelon racer, and feel the thrill of competing in this fun and spirited family friendly community event.



DATE: Friday August 18th

TIME: 4:30 Check In

COST: \$5/Residents Race

\$20/ Corporate Cup

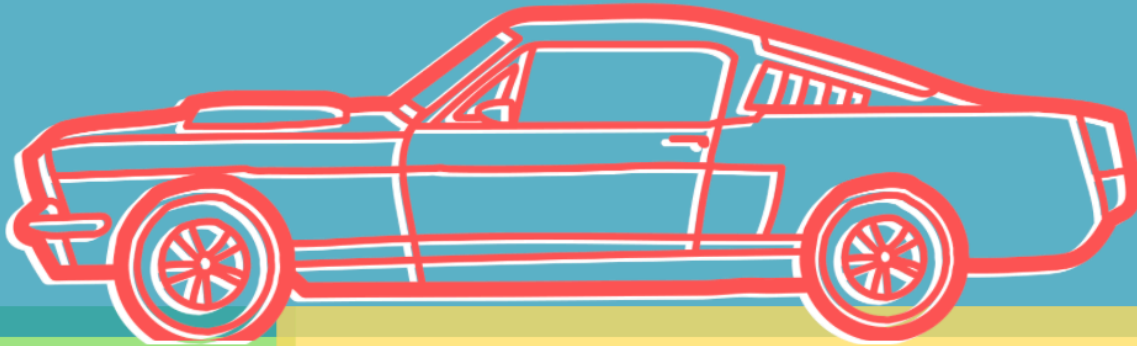
LOCATION: Sunset Park



REGISTER NOW

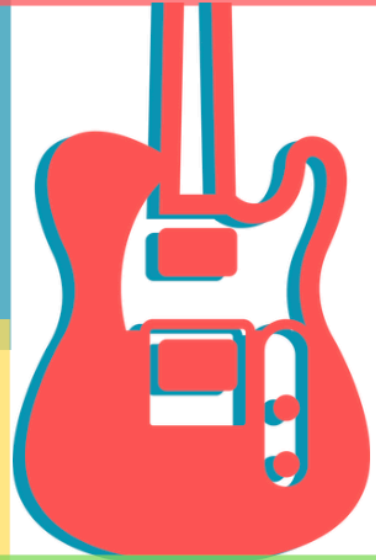
2023 AIRWAY HEIGHTS DAY

SATURDAY AUGUST 19th | SUNSET PARK



CAR SHOW

MATADORS AUTO CLUB SHOW & SHINE
All Makes & Models
Cars, Trucks & Motorcycles



LIVE MUSIC

Too Slim & the Taildragers

FOOD & CRAFT VENDORS BEER GARDEN
KIDS ZONE: INFLATABLES, GAMES, & PETTING ZOO CORNHOLE TOURNAMENT

8/18 FRIDAY NIGHT FESTIVITIES

AH KIWANIS CLUB Watermelon Races
DARLA'S SCHOOL OF DANCE Summer Performance
MOTION AUTO SUPPLY Movie in the Park:

SCAN HERE



For more event information including vendor application, sponsorship opportunities, and schedule of activities, or visit www.airwayheightsdays.org

THANK YOU TO OUR EVENT SPONSORS AND COMMUNITY PARTNERS:

