

# AIRWAY HEIGHTS PARKS & RECREATION

Fall / Winter 2023

# ACTIVITY GUIDE

September - December

## FITNESS CLASSES:

Cycle Fusion  
Line Dancing

## FRANKIE'S FRIDAY NIGHTS

## INTRO TO CHEER & DANCE

## ADULT SPORTS:

Fall Flag Football  
3v3 Hoops

## 55 & BETTER OUTINGS:

Flatstick Pub  
Civic Theatre



SCAN HERE



TO VIEW THE  
FALL/WINTER  
ACTIVITY GUIDE  
ONLINE



## THIS IS AN INTERACTIVE GUIDE!



DISCOVER THE CODE    SCAN THE CODE    OPEN THE CONTENT    USE THE INFORMATION

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:

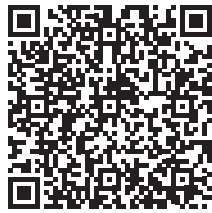
1. Open the Camera app on your phone.
2. Point the camera at the QR code so the camera comes into focus on the code.
3. Gently tap the notification.
4. Access the information related to that QR code.

## 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](http://airwayheightsparksandrec.org)

 [parksandrec@cawh.org](mailto:parksandrec@cawh.org)

 @ah\_parksandrec

 /ahparksandrec

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## Letter from the Director

### “New Study finds strong link between Exercise and ability to fight off Depression Symptoms”

The percentage of U.S. adults who report having been diagnosed with depression has reached 29%, nearly 10 percentage points higher than in 2015. The percentage of Americans who currently have or are being treated for depression has also increased, to 17.8%, up about seven points over the same period. Both rates are the highest recorded by Gallup since it began measuring depression using the current form of data collection in 2015.

### Rates Among Women, Young Adults, Black and Hispanic Adults Rising Fastest

Over one-third of women (36.7%) now report having been diagnosed with depression at some point in their lifetime, compared with 20.4% of men, and their rate has risen at nearly twice the rate of men since 2017. Those aged 18 to 29 (34.3%) and 30 to 44 (34.9%) have significantly greater depression diagnosis rates than those older than 44.

Other Gallup research has estimated that 22% of Northern American adults have experienced depression or anxiety so extreme that they could not continue regular daily activities for two weeks or longer. Major depression is one of the most common mental illnesses, affecting more than 21 million American adults each year.

As little as 20 minutes of moderate activity a day for five days a week can significantly lower the risk of depressive symptoms for people a new study found.

Moderate physical activity is typically defined as an activity that “takes your breath” so that it is hard to speak while doing it. If the exercise level is increased to vigorous such as jogging or running, during which breathing is fast and the heart rate rises, the time spent exercising can be reduced, according to the US Centers for Disease Control and Prevention.

The study found that the more time people spent exercising, the better. People who moderately exercised for 20 minutes a day, five days a week, had a 16% lower rate of depressive symptoms and a 43% lower risk of major depression compared with those who did not exercise.

The higher the physical activity dose, the greater the mental health benefits for depression.

The study findings were not surprising, noting extensive past research that shows a strong link between exercise and reducing depression. Physical activity is 1.5 times more effective at reducing stress, anxiety, and mild-to-moderate symptoms of depression than antidepressant medications or cognitive behavior therapy, which is considered a gold standard treatment.

Exercise does more for a person’s health than just ease depression. It keeps the body in tip-top shape, allowing it to function efficiently and do a better job at warding off disease of all kinds.

Thank you,

*J.C. Kennedy*

**Parks & Recreation Director**

**Airway Heights**  
**Our Mission**  
Create Community & Quality of Life  
Through People, Parks, & Programs

### PARKS & RECREATION STAFF

**J.C. Kennedy**

Parks & Recreation Director

**Andy Gardner**

Parks & Recreation Deputy Director

**Monika Kruml**

Recreation Programs Supervisor

**Glenn Pike**

Parks & Facility Maintenance Supervisor

**Shawn Bro**

Parks & Facility Maintenance Coordinator

**Scott Spillman**

Maintenance Technician

**Nemo Janke**

Guest Services & Operations Supervisor

**Marquis Allen**

Guest Services & Operations Coordinator

**Jared Nichols**

Fitness Supervisor

**Tre Howland**

Aquatics Supervisor

**Isaiah Cordero**

Aquatics Coordinator



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/](http://ahparksandrec.org/cares/)

## PARKS & REC NEWS

### AIRWAY HEIGHTS EMPLOYEE WELLNESS TEAM SECURES AED TO REC CENTER FIELDS

The City of Airway Heights Health & Wellness Team has made a big step in the safety for our youth and adult athletes, as well as spectators at the Recreation Center Sports fields. The Rec Center is already equipped with three AED's inside the facility, and now with addition of a mobile unit, the ability to respond to emergencies can extend to the outdoor field space.

In April of 2023, the Health & Wellness Team identified an opportunity to bring life saving equipment to our outdoor sporting events, camps, and activities, through an Association of Washington Cities (AWC) safety grant that provides resources to improve the health and safety of our employees and community members. The Health and Wellness Committee Chairman Jared Nichols says "The Parks & Rec Staff are all Adult/Child CPR & AED certified and are fully capable of acting in the case of a cardiac event. We will continue to look for more opportunities and hope to place more AED units throughout our City departments to give us the best shot to protect our employees and community members."

### REC CENTER PUBLIC ART DISPLAY

The newly formed Airway Heights Arts Commission, facilitated by the City of Airway Heights Planning Department, is working to bring the display of public art into City facilities. Prompted by the art case in City Hall, the Planning Department presented Parks & Recreation staff the opportunity to display approved public art at the Recreation Center. Parks & Recreation Staff quickly worked to identify dedicated space for arts displays at the Rec Center.



Arbor Day Poster Contest Winner Jocelyn Smeby, with Mayor Larry Bowman, at the May 15th City Council Meeting.

Visitors will soon be able to enjoy the work of local artists in the Recreation Center lounge. The first display of art belongs to the winner of the annual Arbor Day Poster Contest, 5th grader Jocelyn Smeby from Sunset Elementary.

In addition to art in public facilities, the Arts Commission is working on bringing vibrant, and locally inspired art to various locations throughout the City. The first project facilitated through the Arts Commission is the wrapping of the utility box located on the corner of Lawson Street and Highway 2 with art designed to celebrate the history and makeup of the Community.

The City of Airway Heights Arts Commission meets the second Monday of every month at 2:00 pm in the board room at City Hall located at 13120 W. 13th Ave (Virtual Attendance Option Available). To learn more about the Airway Heights Arts Commission, please visit [cawh.org/arts-commission](http://cawh.org/arts-commission).



## TWEEN & TEENS PROGRAM SHUTTLE

Beginning this fall, the Recreation team will begin piloting a shuttle service for tweens and teens 12 to 17 year old. Those individuals signed up to participate in Tween & Teen Programs at the Recreation Center can get to and from the activities with ease. The shuttle will serve to create a safe, accessible opportunity for those who struggle to find the transportation to be able to participate in Tween & Teen Programs. Teens will be able to board the shuttle at City Hall to be transported to the Rec Center for the night's activity, and back to City Hall at the end of the evening. The program is only for those who are registered to participate in our Tween & Teen programs here at the Rec Center.

## PROPOSED MEMBERSHIP & FEE RATE INCREASES FOR 2024

The Parks & Recreation Department presented the idea of increasing Membership Rates in alignment with the annual cost of living increase for the region to the Park Advisory Board at their July meeting, the board unanimously agreed.

Why is this necessary?

The Department's costs of doing business are going up. We established our membership rates commensurate with our position in the market, charging less for all levels of memberships compared to the pricing structure established by the similar family fitness centers in our area. The Parks & Recreation Department has not asked the City Council to consider a membership fee increase since we opened in 2019.

- The largest expense in the Recreation Center's budget is the cost of staffing.
- Staffing accounts for 81% of the annual budget for the facility.
- Since opening in 2019 part time staffing has experienced a 32.9% increase.
- The state minimum wage in 2019 when we opened was \$12.00. In 2023 the state minimum wage has increased to \$15.74.
- Full time employee wages have also seen annual cost of living increases.
- Our second largest budget line item is our utilities charges. Avista Utilities has increased rates 11% in the past two years.

In order to keep pace with the increased cost of running the facility, the Department will be proposing that the City Council consider an increase to membership fees in alignment with the 2024 annual cost of living increase that will be applied to the state minimum wage. Since opening in 2019, this increase has seen a low of a 1.4% increase in 2021 and a high increase of 8.8% in 2023. The average over the past 5 years is a 6.6% increase. The State does not release the annual cost of living increase until later in the year, and will be monitored closely in order to let members know what to expect as soon as possible.

# BRAYDEN BAHME

The 4Rec Youth Sports program is about providing an opportunity for kids to enjoy playing sports with their friends, learning teamwork and effort, and developing a passion for playing sports for fun.

Bradyen Bahme modeled what it means to be a 4Rec Youth Sports athlete. Brayden cared about learning new skills, and being the best player he could be for his team and his coaches. He was a true team player who always supported his teammates regardless of their skills and abilities. Brayden was a competitor with a fire inside him to give it his best effort all the time.

Since 2012 at the age of 5, Brayden played every season of youth sports with Airway Heights Parks & Recreation, until he aged out at 12, and moved on to middle school and eventually high school athletics. Soccer, basketball, football, and even golf, Brayden played it all. He loved trying new things and playing all positions. Brayden also loved playing for his dad, Steve, who volunteered countless seasons to coach youth sports here in Airway Heights. Even after his four kids, Gabe, Brayden, Aaron, and Kensy aged out and moved on to the next level and other activities, Steve stayed coaching, and sharing his passion for football and basketball with kids. Brayden more often than not, could be found out there helping his dad coach, giving back and sharing his passion for play. Brayden is the model for what youth sports is all about: team, effort, sporsmanship, and fun.

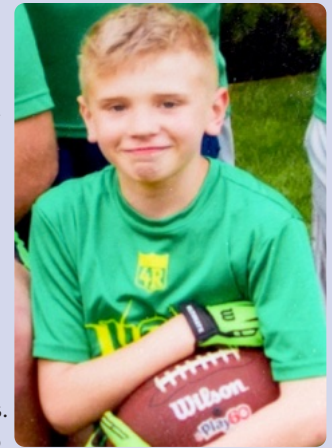
This fall, the four communities of the 4Rec Youth Sports programs will honor Brayden's passion for play with a special "BB" badge on every youth sports jersey.

### **Thank you Brayden!**

To share a My Rec Story, or nominate a person or business to be spotlighted, email [parksandrec@cawh.org](mailto: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.



# GENERAL INFO & POLICIES

## REGISTRATION

Ways to register:

1. Register for programs and activities online at: [airwayheightsparksandrec.org](http://airwayheightsparksandrec.org)  
\* User account required or visit the Parks & Recreation Department at the Airway Heights Recreation Center at 11405 West Deno Road Spokane, 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](mailto: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 evaluate 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](http://freepik.com) and [canva.com](http://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 Walmart and the movie theatre. The Resident Rate is also extended to those who work for a business within the City Limits and those who are Active Duty Military.

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

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

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

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

Got a question? Ask us at [parksandrec@cawh.org](mailto: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 Programs Supervisor, Monika Kruml, for the next scheduled meeting: [mkruml@cawh.org](mailto:mkruml@cawh.org)

**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 Events
- Fulfilling high school graduation hours

**Board/Commission and Volunteer Applications are available online at [airwayheightsparksandrec.org](http://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 10 for open swim and play times, gym availability, or fitness classes.

### AQUATIC CENTER

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

#### FEATURES:

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

### FITNESS FLOOR

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

#### FEATURES:

- 50+ Cardio Machines
- 20+ Strength Machines
- Group Fitness Studio (Group Fitness information on pg.17)
- Fully Equipped Weight Room
- Cross Training & Turf Area

### GYMNASIUM

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

#### FEATURES:

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

### 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 complete 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

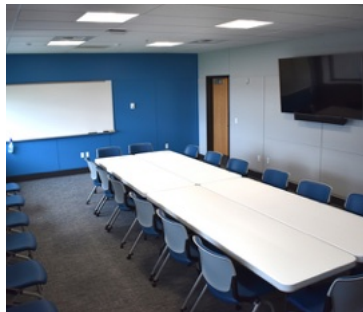
The Banquet Room is a dividable space perfect for receptions, banquets, parties, presentations or trainings, with fully equipped multi-media options and outdoor patio. Room(s) are booked in 1 to 4 hour blocks. Table and chair arrangements can be setup to accommodate many different event types.



*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

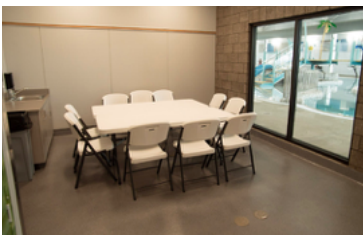
The Meeting Room is an ideal setting for hosting a small business or group meeting, or classroom style learning environment.



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

## 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

### AND REFRAIN FROM THE FOLLOWING

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

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 staff reserve the right to ban or trespass any individual(s) who knowingly violate the Code of Conduct.**

# 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.*



***Comforts you need at a value you will love.***

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# AQUATICS

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.

### 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\*

**PARENT-TOT  
SPLASH N' PLAY CLASS**

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

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

*\*Only select Saturdays. See class schedule for dates.*

**CLASS DATES: 9/9 9/30 10/14 10/28 11/11 11/25**  
**REGISTER BY: 9/1 9/22 10/6 10/20 11/3 11/17**



# FALL/WINTER 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.

## FALL/WINTER SESSIONS INFORMATION

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

|                  | MON & WED (GROUP) | TUES & THUR (PRIVATE) | SAT (GROUP & PRIVATE)         |
|------------------|-------------------|-----------------------|-------------------------------|
| <b>SESSION 1</b> | 9/11 - 10/4       | 9/5 - 9/28            | 9/16 - 10/21                  |
| <b>SESSION 2</b> | 10/16 - 11/8      | 10/3 - 10/26          | 11/4 - 12/16                  |
| <b>SESSION 3</b> | 11/20 - 12/13     | 11/7 - 12/7           | - No Session 3 Sat. Lessons - |

## LESSON LEVEL SCHEDULE

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

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

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www.sfagentbowman.com



## 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.

### FALL/WINTER SEASON:

**DAYS:** Mon/Wed      **DATES:** 9/11 - 12/13

**TIME:** 5:30-7:00PM      **COST:** \$200

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

## 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 10/6 - 12/15      **TIME:** 4:00-5:00PM

**AGES:** 11-15      **REGISTER BY:** 9/22

**PREREQUISITE:** Must pass Level 4 Swim Lesson

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

# TRAIN TO SAVE.

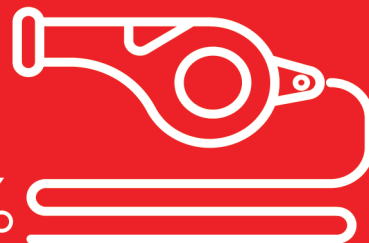
American Red Cross

+ LIFEGUARD +

TRAINING & CERTIFICATION COURSE

- + Develop leadership & teamwork skills
- + Increase communication & people skills
- + Improve self-confidence
- + Prepare for future employment

BE WHISTLE WORTHY.



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:

**10/6 - 2:00-8:00PM** Swim testing & Intro Lifeguard classwork.

**10/7 - 8:00-5:00PM** Water rescues, classwork, First Aid/CPR/AED.

**10/8 - 9:00AM-3:00PM** In-water practicals & final exam.

**COST:** \$270

**REGISTER BY:** 9/22



## 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.



### FALL/WINTER WATER EXERCISE SCHEDULE

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

*Class Schedule subject to change*

## ADULT SWIMMING LESSONS IT IS NEVER TOO LATE TO LEARN

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

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

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

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

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

**DAY:** Tuesday/Thursday

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

**SESSION 1:** 10/10 - 10/26

**REGISTER BY:** 9/29

**SESSION 2:** 11/7 - 11/30

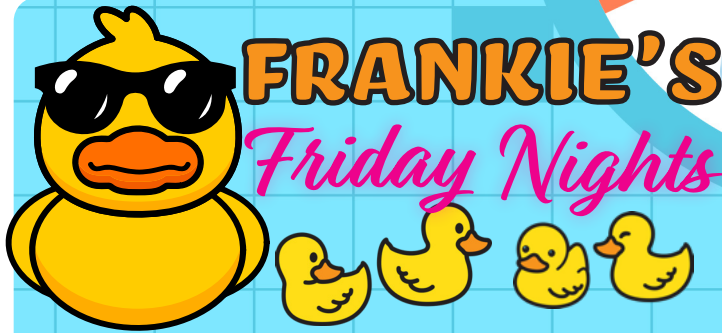
**REGISTER BY:** 10/27

**SESSION 3:** 12/5 - 12/21

**REGISTER BY:** 11/24

**AGES:** 16+

**COST:** \$48/Session



## FRANKIE'S Friday Nights

September 22<sup>nd</sup> - December 15<sup>th</sup>  
6:00PM-8:00PM

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

**MUSIC, GAMES, & FUN!**

### FRANKIE'S SPECIAL ACTIVITIES:

9/22 FFN Kickoff      10/20 Pumpkin Races  
11/17 Glow Swim      12/15 Santa Swim

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

# SPLASHING



# PUMPKINS

THE POOL HAS TURNED INTO A SPOOKY PUMPKIN PATCH AND IT NEEDS TO BE CLEARED OUT!

**FRIDAY, OCTOBER 13<sup>TH</sup>**

PUMPKIN RACES, GAMES, CARVING,  
DECORATING, & MORE!

|                     |                       |
|---------------------|-----------------------|
| <b>ORANGE GROUP</b> | POOL TIME 3:00-4:00PM |
| <b>YELLOW GROUP</b> | POOL TIME 4:00-5:00PM |
| <b>GREEN GROUP</b>  | POOL TIME 5:00-6:00PM |
| <b>BLUE GROUP</b>   | POOL TIME 6:00-7:00PM |

GROUPS MUST EXIT THE WATER AT END OF SCHEDULED WATER TIME.

DECORATING AND CRAVING TAKES PLACE AFTER SWIM SESSION.

**\$8/ SWIMMER** (limit one pumpkin/person)

PRE-REGISTRATION IS REQUIRED.  
No entry without registration.

A limited number of tickets are available for each group.

TICKETS ARE ONLY REQUIRED FOR THOSE ENTERING THE WATER AND PICKING A PUMPKIN.

NOTE: Children 6 and under must be accompanied in the water by an adult.

THANK YOU

**Yoke's**  
FRESH MARKET  
FOR YOUR

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



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## FALL / WINTER POOL SCHEDULE

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

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

# FITNESS



Unless otherwise noted, all fitness programs, classes, and activities require Rec Center membership. Pre-registration by 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 be healthy and fit. Rec Center Members and day pass guests 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.



## GROUP FITNESS

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.

### NEW ONE MINUTE MADNESS

1MM gets it going by switching up functional strength and mobility exercises every minute using variety of fitness equipment.

### NEW CYCLE FUSION \*Starts 9/12/23\*

Cycle meets strength training. Get your heart rate up and your muscles pumped with a morning session sure to get your day started right.

### INDOOR CYCLE

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

### YOGA

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

### 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

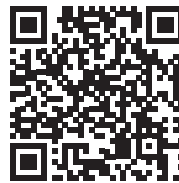
Get your Saturday morning started right with a high intensity total body circuit-based workout.

### FIT HOP

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

## FALL/WINTER GROUP FITNESS SCHEDULE

|             |                               |                                |                       |
|-------------|-------------------------------|--------------------------------|-----------------------|
| <b>MON</b>  | <b>Power Hour</b><br>4:30PM   | <b>Indoor Cycle</b><br>5:30PM  | <b>Yoga</b><br>6:30PM |
| <b>TUES</b> | <b>Cycle Fusion</b><br>7:00AM | <b>1 Min. Mad.</b><br>5:30PM   | -- -- -- --           |
| <b>WED</b>  | <b>Fit Hop</b><br>4:30PM      | <b>Indoor Cycle</b><br>5:30PM  | -- -- -- --           |
| <b>THU</b>  | <b>Power Hour</b><br>5:30PM   | <b>Yoga</b><br>6:30PM          | -- -- -- --           |
| <b>SAT</b>  | <b>Boot Camp</b><br>9:30AM    | <b>Indoor Cycle</b><br>11:00AM | -- -- -- --           |



Group Fitness Schedule is subject to changes.

<<< **SCAN HERE**

**FOR THE MOST UP-TO-DATE  
GROUP FITNESS SCHEDULE.**

## PRIVATE GROUP FITNESS CLASSES

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.*

|                   |                   |                   |
|-------------------|-------------------|-------------------|
| <b>4 SESSIONS</b> | <b>6 SESSIONS</b> | <b>8 SESSIONS</b> |
| <b>\$199.00</b>   | <b>\$269.00</b>   | <b>\$319.00</b>   |

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



# SPECIAL FALL/WINTER FITNESS ACTIVITIES

## FRIDAY NIGHT LINE DANCE FITNESS

Select Friday Nights just got a little more fun here at the Rec Center this Fall & Winter with Line Dance Fitness!

Get your body moving with a fun and high energy cardio class while learning the most popular country and line dances.

**DAYS:** *Select Fridays* **TIME:** 6:00-7:00PM

**NFL COLORS NIGHT** **DATE:** 9/29 **REGISTER BY:** 9/22

**MONSTER MASH** **DATE:** 10/27 **REGISTER BY:** 10/20

**PRE-TURKEY BURN** **DATE:** 11/17 **REGISTER BY:** 11/10

**HOLIDAY CHEER** **DATE:** 12/22 **REGISTER BY:** 12/15



Calling all Gym Rats! Come test your skills in this ultimate fitness challenge that will test your endurance, strength, and mental toughness. Individual and team-based challenges will pit you against other participants to earn points to see who comes out on top to become our 1st ever Gym Rat Games Champion.

*Prizes awarded to top 3 competitors.*

**DATE:** Thursdays 10/5 - 11/2

**TIME:** 5:30PM

**REGISTER BY:** 9/29

**COST:** \$5

## SPECIALIZED FITNESS

### ROCK STEADY BOXING *Fight Back Against Parkinson's*

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

**COST:** Members - FREE | Non-Members - \$7/Class

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

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

## YOUTH FITNESS

The Rec Center Fitness Team offers Youth Fitness Programs to help our young members, ages 11 to 17, to be prepared, confident, and successful while working out on the Fitness Floor. Youth 11 to 13 years old must be accompanied by an adult on the Fitness Floor at all times.

### YOUTH FITNESS ORIENTATION (YFO)

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

**DAY:** 1st & 3rd Wednesdays **TIME:** 5:30PM-6:15PM

### GRIT: BASIC TRAINING

GRIT...Get Ready, It's Time! Complete the YFO and it's on to the GRIT BASE Camp where our young gym goers and athletes learn the basics of dynamic warm ups, body weight exercises, weight lifting, conditioning, and stretching to get the most out of their workouts and training...Mentally and physically.

**DATES:** 9/27, 10/25, 11/29, 12/20 **TIME:** 5:30-6:15PM

**REGISTER BY:** 9/22, 10/20, 11/24, 12/15

## 55+ FITNESS

### TAI CHI FOR HEALTH



Recognized by the National Council on Aging, the CDC and the Arthritis Foundation, Tai Chi for Health is specifically designed to decrease pain, and falls, as well as strengthen socialization and overall wellbeing. Participants will benefit through improved movement, balance, strength, flexibility, and relaxation.

*Program space is limited.*

**DATES:** Mondays 9/18 - 12/18 **TIME:** 10:00AM

**COST:** \$25

**REGISTER BY:** 9/15

### BASEx - BALANCE, ACTIVE, STRENGTH, EXERCISE

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

*Program space is limited.*

**DAYS:** Mon/Wed/Fri | Tues/Thurs

**TIME:** 8:30AM

### 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



## 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

### 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 TIMER PT SPECIAL!

See if Personal Training is right for you.

Three 1-hour or six 30-minute sessions. *Limited 1 per person.*  
Schedule a FREE Fitness Assessment to learn more.

Give the Gift of Fitness

### HOLIDAY SPECIAL

### PERSONAL TRAINING PACKAGE

This December give *The Gift of Fitness* to a loved one ready to hit the gym and get fit with our special Holiday Personal Training package.

The Gift of Fitness PT Package builds the base of fitness with 8 weeks of Personal Training, accountability, and information.

- 30 minute weekly PT sessions
- Goal setting assessments, and follow ups
- Preset designed workouts.

*All member rates apply.*

**\$119**  
Offer expires 1/31/24

### PERSONAL TRAINING PROGRAMS

Training for something specific or want to learn a new fitness trend? The Rec Center PT Team specializes in various strength and conditioning programs specific to the needs and interests of their clients.

#### STARTER STRENGTH

New to weightlifting? Understand the basics of strength training while improving your physique, overall health, mobility, and stability while teaching your body to start burning fat on its own.

#### WEIGHT LOSS

Reduce body fat through cardio and strength training sessions, combining a healthy, well balanced diet, and proper hydration.

#### MOBILITY & FLEXIBILITY

Increase range of motion and flexibility through sessions focused on proper stretching and muscle priming techniques.

#### POWER LIFTING

Build muscle and develop the strength to maximize your potential and performance of the "big three" power-lifting exercises: The Squat, the Bench, and the Dead-Lift.

#### HIGH INTENSITY STRENGTH

Utilize effective High Intensity Interval Training (HIIT) to maximize calorie burn, improve your health, and burn fat.

#### ATHLETIC TRAINING

Develop strength, durability, and explosiveness necessary to succeed in a variety of athletic activities.

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

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



**InBody** GO BEYOND THE SCALE

### BODY COMPOSITION ANALYSIS

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

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

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

VISIT THE FITNESS DESK TO SEE YOUR RESULTS TODAY!



## FIT U: CLASS IS NOW IN SESSION!



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

### 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.

#### Prevent Injury and Strengthen Your Problem Areas

Join Apex Physical Therapy, and learn how to make simple adjustments to counteract the negative effects of muscular imbalances that can lead to potential injuries. Incorporate exercises, stretches and warm ups to gain mobility for pain free movement. Cover common issues that relate to plantar fasciitis, shin splints, sprains, and runner's knee as well as low back pain, postural deviations, and the infamous rotator cuff.

##### Back & Shoulder

DATE: 10/12 TIME: 5:30PM REGISTER BY: 10/6

##### Foot, Ankle and Knee

DATE: 11/16 TIME: 5:30PM REGISTER BY: 11/10



#### LADIES LIFT UP SERIES

Raise the bar, literally, by learning strength training fundamentals from a woman's perspective. Break through the weight room intimidation, develop the confidence to workout your way, and stake your claim to the fitness floor.

**Ladies Lift Intro** Through open discussion and Q&A, discover the benefits of weight lifting and training, debunk the misconceptions, learn movement patterns, and more.

DATE: 9/25 TIME: 6:00PM REGISTER BY: 9/15

**The Push** Learn the importance of the push movement as well as push lifts for various muscle groups, such as traditional and split squats, bench press, overhead press.

DATE: 10/9 TIME: 6:00PM REGISTER BY: 9/29

**The Pull** Learn the importance of the pull movement as well as pull lifts for various muscle groups, such as deadlifts, hip thrusts, bent over rows, and biceps curls.

DATE: 10/23 TIME: 6:00PM REGISTER BY: 10/13



# 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



# 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 program possible for our young athletes. That is why we are committed to providing safe, healthy, and supportive youth sports environment.

## 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:** \$25 **DAY:** Wednesdays **TIMES\*:** 4:30PM | 5:15PM

*\*Class times may be combined to 5:00 PM due to low enrollment.*

### FOOTBALL

Throwing, catching, and running in all directions are the main focus to get our little ones ready for fun on the grid-iron.

**DATES:** 10/4 - 10/25

**REGISTER BY:** 9/22

### MULTI-PLAY

Multi-PLAY will focus on developing hand-eye and footwork skills shared in a variety of sports through fun games and drills.

**DATES:** 11/8 - 12/13

**REGISTER BY:** 10/27

### BASKETBALL

Get your "shorty" started with the basic elements of basketball: shooting, dribbling, and passing, with fun games and drills.

**DATES:** 1/10 - 1/31

**REGISTER BY:** 12/22



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



**SHORT SPORTS** Ages 3-5

Parent & Child Sports Basics

**4REC TEAM PLAY** Ages 5-12

Team Play - Practices & Games

**INTRAMURALS** Ages 12-15

Social Open Play Sports



## 4REC FALL/WINTER SPORTS (AGES 5-12) Team Play & Game Time!

4Rec 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 up to six weeks of Saturday morning games in Airway Heights, Medical Lake, and Cheney.



### PRESEASON HOOPS CLINIC

Get ready for the basketball season with fun shooting, dribbling, and passing games and drills to build your b-ball skills.

DATE: Saturday December 9<sup>th</sup> COST: FREE w/ Basketball Registration

AGES & TIME: 5-8 9:00-10:00am | 9-12 10:30am-12:00pm

4Rec Winter Basketball League focuses on teaching young hooplers the fundamentals of dribbling, passing and shooting, while emphasizing teamwork, building an understanding for the game, and of course having fun playing basketball!

Teams will practice up to two times per week, and play six weeks of Saturday morning games in Airway Heights, Medical Lake, and Cheney.

AGES: 5/6 | 7/8 | 9/10 | 11/12

COST: \$50

\$5 Late fee for after registration deadline.

SEASON: January 8<sup>th</sup> - March 2<sup>nd</sup>

REGISTER BY: Friday December 1<sup>st</sup>

### BE A VOLUNTEER YOUTH SPORTS COACH!

Share your knowledge and passion for sports, while mentoring youth athletes to be great teammates, play fair and have fun. Volunteer Youth Sports Coaches can be parents, family members, neighbors, and community members.

Coaches must be at least 18 year old, pass a criminal history background check and complete coaches training.

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

Contact [mkruml@cowh.org](mailto:mkruml@cowh.org) for more coaching information.

### TEEN INTRAMURAL SPORTS (AGES 12-15)



### READY FOR SOME FESTIVE DODGEBALL?!

Battle it out in this fast paced Holiday themed ball barrage. Form your own festive team of five players, or sign up as a solo and join forces with other players to form a team. The format will consist of 3 round-robin games, followed by a single elimination tournament (2 game guarantee) with consolation. Refreshments provided.

DATES: Friday 12/15

TIME: 5:30-8:30PM

REGISTER BY: 12/8

COST: \$5/Person

### Kingdom Wrestling

SERVING YOUTH

Ages 5 to 14

AIRWAY HEIGHTS



Affiliated with:

Washington Little Guy Wrestling

SEASON:

January - March 2024

Contact: Coach Powers (509) 230-2406

[www.facebook.com/kingdomwrestling](http://www.facebook.com/kingdomwrestling)

112703 W 14th Avenue, Airway Heights, WA



# YOUTH RECREATION: TOT TIME

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



## MOVE & PLAY

### SHORT SPORTS TRY OUTS

Let your little shorty tryout our single lesson Short Sports Tot Time! Through fun games and activities kids will learn sports based skills and movements used in a variety of sports.

*More Short Sports Program info available on pg. 21*

### 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

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!

### TOT & 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

### BLOCK PARTY

It's a block party at the Rec Center! Tots can use their imaginations to build and stack blocks of all shapes and sizes.

### MESS MAKERS

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

### MOBIUS: LITTLE LEARNERS

*Sponsored by Airway Heights Dairy Queen*

Parents and kids will have fun learning through arts and crafts.

#### Pumpkin Decorating

It's a pumpkin decorating party! Everyone will get their own pumpkin to decorate with paint, glitter, feathers, and more!

#### Teeny Turkeys

Gobble, gobble! Our teeny turkeys will make their own turkey costume – wings, tail feathers, wattle, and all!

#### Gingerbread House

Get in the holiday spirit and design and decorate your own little Gingerbread House!

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.

# - FALL WINTER - TOT TIME ACTIVITY SCHEDULE

**DATE      ACTIVITY      REGISTER BY**

## SEPTEMBER

|      |                     |      |
|------|---------------------|------|
| 9/21 | Open Gym            | 9/15 |
| 9/28 | Workout the Wiggles | 9/22 |

## OCTOBER

|       |                       |       |
|-------|-----------------------|-------|
| 10/5  | Imagination Station   | 9/29  |
| 10/12 | Mess Makers           | 10/6  |
| 10/19 | Pumpkin Decorating    | 10/13 |
| 10/26 | Short Sports Try Outs | 10/20 |

## NOVEMBER

|               |                       |       |
|---------------|-----------------------|-------|
| 11/2          | Block Party           | 10/27 |
| 11/9          | Short Sports Try Outs | 11/3  |
| 11/17 *Friday | Teeny Turkeys         | 11/10 |
| 11/23         | NO ACTIVITY           | - - - |
| 11/30         | Tot & Me Yoga         | 11/24 |

## DECEMBER

|       |                       |      |
|-------|-----------------------|------|
| 12/7  | Gingerbread Houses    | 12/1 |
| 12/14 | Short Sports Try Outs | 12/8 |

SCHEDULE IS SUBJECT TO CHANGES.



## Airway Heights

Sunday thru Thursday

10:30 - 10:00

Friday & Saturday

10:30 - 10:30

10198 W Highway 2  
Airway Heights, WA 99224

## FAMILY PLAY & LEARN STORY TIME AT THE AIRWAY HEIGHTS LIBRARY

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

THURSDAYS, 10:30AM

- FREE -





# 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.



## BACK TO SCHOOL



### BEFORE & AFTER SCHOOL AT SUNSET ELEMENTARY!

#### EARLY BIRDS BEFORE SCHOOL

**GRADES: K-5TH**      **TIME: 6:30-8:30AM**

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

#### FALCON'S CLUB AFTER SCHOOL

**GRADES: K-2ND**      **TIME: 3:20-5:30PM**

Falcon's Club SOARS after school with rotations of STEAM activities, sports and games, arts and crafts, music and stories, creative expression, special events/activities, and free play!



**NOTE:**

Early Birds & Falcon's Club are separate programs and each require registration.

**FALL/WINTER SESSION:**

**DATES:** September 5th - December 19th

**COST:** \$400/Session/Program  
 \$100/month payment plan available.

*Program space is limited.*

## ASAP

AFTER SCHOOL ACTIVITY PROGRAM  
 AT THE REC CENTER

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

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

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

Program space is limited.

**FALL/WINTER SESSION:**

**DAYS:** Monday-Friday **DATES:** September 5th - December 19th

**COST:** RC Mem. - \$360/Session | Non-Mem. - \$400/Session  
 Monthly payments plans available.

**ASAP FALL/WINTER SPECIAL ACTIVITIES**

- |                                     |  |
|-------------------------------------|--|
| <b>9/15</b> Back to School Kickball | <b>11/9</b> Movie Day: Super Mario Bros. |
| <b>10/12</b> 9 Square Day           | <b>11/17</b> Turkey Day Art              |
| <b>10/26</b> Halloween Craft        | <b>12/15</b> Cookie Decorating           |

## DAY CAMPS

# REC CENTER FUN DAYS

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

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

*Breakfast and afternoon snack included. Pack your own lunch.*

**AGES:** 7-11 **TIME:** 7:30AM – 5:30PM **COST:** \$40/day

**DATES:** **REGISTER BY:**

11/20 - Conferences 11/10

11/21 - Conferences 11/10

Program space is limited

# ADVENTURE HEIGHTS

## \* \* WINTER BREAK \* \*

Get out, explore, and seek fun and adventure with Airway Heights Parks & Rec during Winter Break. Enjoy daily games and activities, and field trips such as: ice skating, rock climbing, swimming, movies, games, crafts, and more!

Breakfast, afternoon snack, and admission fees to events or attractions are included.

**DATES:** 12/20 -12/29 (No program 12/23-12/25)

**TIME:** 7:30am-5:30pm **AGES:** 8 - 12

**COST:** Full Session \$245 | Daily: \$40/day

Program Space is limited to 13 participants per day.

## 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 available to qualifying families on an annual basis to be used for Parks & Recreation Programs. Scholarship award may be limited due to available funds and 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/cares/](http://airwayheightsparksandrec.org/cares/)  
and must be turned in at the Recreation Center.

## SPECIAL INTERESTS

# Cheer DANCE

### INTRO TO CHEER & DANCE

Get started in Cheer & Dance by learning the basics of group movement, positions, and routines in a fun and exciting environment focused on working together as a team. Each week this active and progressive combo class will focus on teaching participants the important elements of:

Cheer- positions, chants and cheers, with some jumps and tumbling.

Dance- 8 count routines, rhythm, and moving in unison.

Class will end with a small final performance.

**DATE:** Fridays 10/6-12/15

**TIME:** 4:30-5:30PM

**AGES:** 6 -11

**COST:** \$50

### KID'S 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. Kid's Karate will also teach the importance of self discipline, respect for self and others, and handling engagement.

**Required class attire:** Karate Gi required after two weeks.

**DAY:** Mondays

**TIME:** 5:00-5:50PM

**AGES:** 6 -12

**COST:** \$45/Month (Automatic monthly payment plan available)

**NOTE: ADVANCED KARATE IS NOW TEEN & ADULT KARATE**

*Students may graduate and advance to next level at the age of 13 to Teen & Adult Martial Arts. See page 29 for more details.*



## 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 Airway Heights Parks & Rec website.

**EMAIL PHOTOS TO:**

[parksandrec@cawh.org](mailto:parksandrec@cawh.org)



# 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.



## GAME NIGHTS

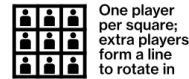
### 9 SQUARE IN THE AIR

Think you ruled the 4 square court in elementary school? Let's see how long you can last in 9 square! Our newest game combines classic 4 square rules with a touch of volleyball. Be there or be square.

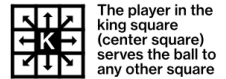
#### How to Play 9 Square



You can play with...



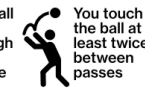
You start playing when...



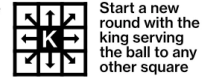
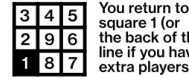
You win by...



You fail to defend your square when...



When you fail to defend your square...



DATE: Friday 10/6

TIME: 6:00 - 8:00PM

COST: \$5

REGISTER BY: 9/29

### OPEN GYM

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

DATE: Friday 11/3

TIME: 6:00 - 8:00PM

COST: \$5

REGISTER BY: 10/27

## FIELD TRIPS

### SPOKANE CIVIC THEATRE: THE ADDAMS FAMILY



Wednesday Addams has found herself falling in love—a sensation that is unsettling for both her and her family of endearing misfits. When she invites her new boyfriend over, with his “normal” family to get better acquainted with the Addams household, comic chaos ensues.

DATE: 9/22

TIME: 6:30-9:30PM

COST: \$20

REGISTER BY: 9/15

### WONDERLAND: INDOOR MINI GOLF

Head to Wonderland and check out their brand new Treasure Island 18-hole indoor mini golf course! We promise it won't be sub-par. Pizza included.

DATE: 11/17

TIME: 4:30-7:30PM

COST: \$20

REGISTER BY: 11/10

## TWEEN & TEEN PROGRAMS INFO NIGHT

THURSDAY SEPTEMBER 15<sup>TH</sup>  
5:30-6:30PM | REC CENTER

Join our Rec Team and learn about all of our upcoming Fall/Winter Tween & Teen Programs.

Info Night will be your opportunity to ask questions, get registered, share ideas, and contribute to future teen programming!

FREE PIZZA & DOOR PRIZE GIVEAWAYS!

REGISTER BY: FRIDAY SEPTEMBER 8<sup>th</sup>

## 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.



**HALLOWEEN COSTUME PARTY**

**SINGING  
DANCING  
GAMES**

*Prizes for best costume,  
best dance moves, and more!*

**Thursday  
October 12th  
6:00-8:00PM  
REGISTER BY: 10/6**

**GOOD TIMES WITH CHENEY PARKS & REC**

This Fall/Winter Airway Heights Parks & Rec is joining forces with our friends at Cheney Parks & Recreation for some good times and fun games.

### CHRONICLES OF ZOMBIE TOWN MYSTERY

Three weeks ago, the lively town of Sunnyville was devastated with the H5N1 Zombie Virus, a plague that turns the living into zombies. What happens next is up to you... Grab your friends to help solve a Zombie themed mystery. Spaghetti dinner and dessert included. Gluten-free option available.

**DATE:** 11/9      **TIME:** 5:00 - 7:00PM  
**COST:** \$35      **REGISTER BY:** 10/27  
**LOCATION:** Cheney - Wren Peirson Community Center

### HOLLY JOLLY MOVIE TRIVIA

Think you know holiday movies? Test your festive film IQ of holiday rom-coms, classics, kid flicks, and more! Prizes awarded for the best ugly sweaters, festive costumes, and of course – trivia winners.

Dinner, dessert, and refreshments provided.  
**DATE:** 12/8      **TIME:** 6:00 - 8:00PM  
**COST:** \$5      **REGISTER BY:** 12/1  
**LOCATION:** Airway Heights Recreation Center

# FALL-WINTER 2023 TWEENS & TEENS ACTIVITY SCHEDULE

| DATE             | ACTIVITY             | REGISTER BY |
|------------------|----------------------|-------------|
| <b>SEPTEMBER</b> |                      |             |
| 9/15             | PROGRAMS INFO NIGHT  | 9/8         |
| 9/22             | THE ADDAMS FAMILY    | 9/15        |
| <b>OCTOBER</b>   |                      |             |
| 10/6             | 9 SQUARE             | 9/29        |
| 10/12            | COSTUME PARTY        | 10/13       |
| <b>NOVEMBER</b>  |                      |             |
| 11/3             | OPEN GYM             | 10/27       |
| 11/9             | ZOMBIE TOWN MYSTERY  | 10/27       |
| 11/17            | WONDERLAND           | 11/10       |
| <b>DECEMBER</b>  |                      |             |
| 12/8             | HOLIDAY MOVIE TRIVIA | 12/1        |
| 12/15            | INTRAMURAL DODGEBALL | 12/8        |

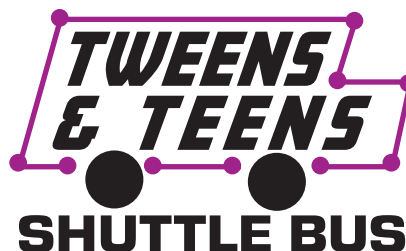
**SCHEDULE IS SUBJECT TO CHANGES.**

## REGISTER NOW >>>



### MORE TWEEN & TEEN ACTIVITIES:

- YFO & GRIT BASIC TRAINING WORKOUTS **Pg. 18**
- INTRAMURAL SPORTS: DODGEBALL TOURNAMENT **Pg. 22**



Jump aboard the Tweens & Teens Program Shuttle Bus and catch a ride to the Rec Center for Friday night Tween & Teen Programs.

Shuttle picks up at City Hall 15 minutes before the start of the program, and returns 15 minutes after program is scheduled to end. Riders must be registered to participate in the week's activity and signed up to ride the shuttle.

# ADULT RECREATION

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



## GENERAL INTERESTS

### TEEN & ADULT KARATE

Studying karate is something that anybody – at any age or fitness level – can do. Karate classes are fun, empowering, and provide opportunity for cardio exercise, strength, and balance. Whether you want to learn to defend yourself, get moving, or just have fun, our Teen & Adult Karate class has something to offer.

Teen & Adult Karate class will cover self-defense with basic kicks, blocks, and strikes. They will also work to build confidence in your abilities & strengths as you master new techniques and forms of the traditional Korean Martial Art of Tang Soo Do.

**DAYS:** Mondays      **TIME:** 6:00-6:50PM      **AGES:** 13+

**COST:** \$45/Month (Automatic monthly payment plan available)

### AMERICAN RED CROSS FIRST AID & AED/CPR

Taught by our American Red Cross Certified AH Aquatic Team, this class will cover CPR, AED, basic first aid, and give individuals the knowledge and skills necessary to recognize and provide basic care for breathing and cardiac emergencies, as well as for injuries and sudden illnesses. Be prepared to act when emergencies arise and help people in the “minutes that matter”.

Upon successful completion of this blended learning (online and in-person) course, you will earn a certification that satisfies OSHA-mandated job requirements, workplace or other regulatory requirements, and is valid for 2 years.

**DATE:** 10/5      **TIME:** 5:30-8:30PM

**COST:** \$50      **REGISTER BY:** 9/29

### PAPER CRAFTS FOR THE HOLIDAYS

Back by popular demand, the paper craft creative expert, Deb Clinton, is ready to help you create your own fun holiday flower boutiques, centerpieces, and cards perfect for gifts, gatherings, and greetings!

*All classes are **FREE**, and have limited space.*



## 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 and interests 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.

| CLASS           | DATE  | TIME   | REGISTER BY: |
|-----------------|-------|--------|--------------|
| Flower Boutique | 9/23  | 9:30AM | 9/15         |
| Greeting Cards  | 10/14 | 9:30AM | 10/6         |
| Centerpiece     | 10/21 | 9:30AM | 10/13        |
| Flower Boutique | 11/4  | 9:30AM | 10/27        |
| Greeting Cards  | 11/8  | 5:30PM | 11/3         |
| Centerpiece     | 12/9  | 9:30AM | 12/1         |

# ADULT SPORTS



AH Parks & Recreation offers a variety of adult sports opportunities throughout the year. Many of our sports use 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.

## OPEN GYM DROP-IN SPORTS

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

|                   |           |                |
|-------------------|-----------|----------------|
| <b>VOLLEYBALL</b> | FRIDAYS   | 6:00PM-8:00PM  |
| <b>BASKETBALL</b> | FRIDAYS   | 12:00PM-2:00PM |
|                   | SATURDAYS | 9:00AM-11:00AM |
| <b>PICKLEBALL</b> | SUNDAYS   | 9:00AM-11:00AM |

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

## LEAGUES

### FALL BALL REC PITCH SOFTBALL TOURNEY

The West Plains Fall Ball Rec Pitch Tourney brings the fun in this two day rec level tournament with our very own 5 inning format!

- 10 to 15 players per roster (males & females)
- Locally modified format and rules
- 3 Game guarantee
- Game balls provided

**DATE:** Friday 9/29 & Saturday 9/30

**TIME:** TBD

**COST:** \$100/Team

**REGISTER BY:** 9/22

### 6V6 FLAG FOOTBALL

Fall is for football, so get ready to step on the gridiron, with our quick paced, low contact, rec level league.

- 6-10 players/team. All players are eligible receivers.
- Field Size: 60yd x 30yds w/ 7 yard end zones
- Locally modified format and rules
- Includes single elim playoffs

**SEASON:** Sundays 10/8 – 11/12

**TIME:** TBD

**COST:** \$300/Team

**REGISTER BY:** 9/22

### 3v3 SHORT COURT BASKETBALL

Put your team together and get ready to run in this fast paced 3 on 3 short-court basketball format. This league is a self officiated, call your own fouls, with a court monitor present.

- 3 to 5 Players/Team
- Half/short court, league specific rules
- Includes single elim playoffs
- Must be at least 16 to play
- Some weeks may play double headers

**SEASON:** Sundays 11/12 – 12/17

**TIME:** 4:00-7:00PM

**COST:** \$250/Team

**REGISTER BY:** 10/20

### COED VOLLEYBALL **\*\*2024 WINTER SEASON\*\***

Gather your team and compete to be the 2024 West Plains Volleyball Champs! All skill levels welcome. Potential for skill-split divisions based on registrations.

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

**SEASON:** Sundays 1/14 - 3/3

**TIME:** 4:00-7:00PM

**COST:** \$250/Team

**REGISTER BY:** 12/22

## 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.



# ADULTS 55 & BETTER RECREATION

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



## SOCIAL ACTIVITIES

### PICKLE-BALL DROP-IN

Join the pickleball craze! Drop in and play the most popular game for adults 55 & Better! Enjoy meeting new people with rotating doubles games. All skill levels are welcome to play!

**DAYS:** Tues-Thur      **TIME:** *NEW TIME* 11:00AM-1:00PM

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

### 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

### MONTHLY BOOK CLUB

Enjoy chatting about book themes, characters, writing styles, and favorite parts. Book club meets weekly to discuss chapter sections for current the 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

#### OCTOBER BOOK

***Little Fires Everywhere*** by Celeste Ng

*Little Fires Everywhere* explores the weight of secrets, the nature of art and identity, and the ferocious pull of motherhood - and the danger of believing that following the rules can avert disaster.

**DATES:** 10/5 - 10/26      **REGISTER BY:** 9/22

#### NOVEMBER BOOK

***The Magic Strings of Frankie Presto*** by Mitch Albom

Frankie is a war orphan raised by a blind music teacher in a small Spanish town. At nine, he is sent to America, and his only possession is an old guitar and six precious strings.

**DATES:** 11/2 - 11/30      **REGISTER BY:** 10/20

#### DECEMBER BOOK

***A Spool of Blue Thread*** by Anne Taylor

Journey through three generations of the Whitshanks family's stories, long-held secrets, and richly lived moments that combine to define who and what they are as a family.

**DATES:** 12/7 - 12/28      **REGISTER BY:** 11/24

#### JANUARY BOOK:

***What Alice Forgot*** by Liane Moriarty

Alice is twenty-nine, has a great husband and is pregnant with their first child. So imagine Alice's surprise when she awakes to find she's thirty-nine, getting divorced, and she has three kids. Now she has to piece her life's events back together.

**DATES:** 1/4 - 1/25      **REGISTER BY:** 12/22



## FALLS PREVENTION AWARENESS DAY

09. 22. 2023

Learn how to prevent fall-related injuries on the first day of the fall season.

Fall Prevention Awareness Day presentation offers opportunities to check your balance and leg strength, learn about programs that work to build and restore balance and stability, identify medications that can increase fall risk, making your home safer, and much more fall related information.

Lunch included.

Friday September 22nd | 10:30AM-12:30PM

REGISTER BY: Friday September 15th

## SPECIAL PRESENTATION

### MEDICARE OPEN ENROLLMENT

#### Presented by SHIBA

With open enrollment just around the corner, you're invited to attend a free, unbiased webinar about Medicare Open Enrollment where you'll learn about Medicare Part D and Medicare Advantage plans, who is eligible, and options available to consumers. You'll also find out about:

- What you can do during Medicare Open Enrollment Period.
- Choosing and changing plans.
- What Medigaps are and how they work.
- See if you qualify for any programs to help you pay for Medicare.

SHIBA is a free service of the Washington State Office of the Insurance Commissioner. SHIBA can help you research, assess and evaluate what options work best for you and your needs, so you can make an informed decision.



DATE: Wednesday 11/8

TIME: 11:00AM-12:00PM

COST: FREE

REGISTER BY: 10/27

## OUTINGS

### FLATSTICK PUB

Join us as we head out for lunch and games at Flatstick Pub nestled right on Main St in Downtown Spokane next to River Park Square. Good times and fun are what this mini golf inspired pub are all about, not to mention their great pizza and local drink list!

Food and drinks purchased at your own expense.

*Fee includes transportation and 1 round of mini golf.*



DATE: Wednesday 10/25

TIME: 11:00AM-2:00PM

COST: \$10

REGISTER BY: 10/13

### SPOKANE CIVIC THEATRE: A SHERLOCK CAROL



When a grown-up Tiny Tim asks Sherlock Holmes to investigate the peculiar death of Ebenezer Scrooge, the Great Detective must use his tools of deduction to get to the bottom of the crime. But it is a dark and treacherous Christmas Eve, and once again the holiday is haunted by the spirits of the past, present, and future.

DATE: Friday 12/15

TIME: 6:30-9:30PM

COST: \$35

REGISTER BY: 11/17

## FRIENDLY FORK LUNCH

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

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

*Lunch is served on a first come first served basis.*

## FALL / WINTER MENU

### SEPTEMBER

- 9/5 Chicken Parmesan Sandwich
- 9/12 Loaded Baked Potatoes
- 9/19 Pasta Salad
- 9/26 Turkey Burger

### OCTOBER

- 10/3 Meatloaf
- 10/10 Lasagna
- 10/17 Teriyaki Chicken & Rice
- 10/24 Taco Salad
- 10/31 Beef Stroganoff

### NOVEMBER

- 11/7 Fish & Chips
- 11/14 Chicken Alfredo
- 11/21 Thanksgiving Meal
- 11/28 Polish Dogs

### DECEMBER

- 12/5 Pancake Breakfast
- 12/12 Chili Mac & Corn Bread
- 12/19 Holiday Ham Meal
- 12/26 NO MEAL

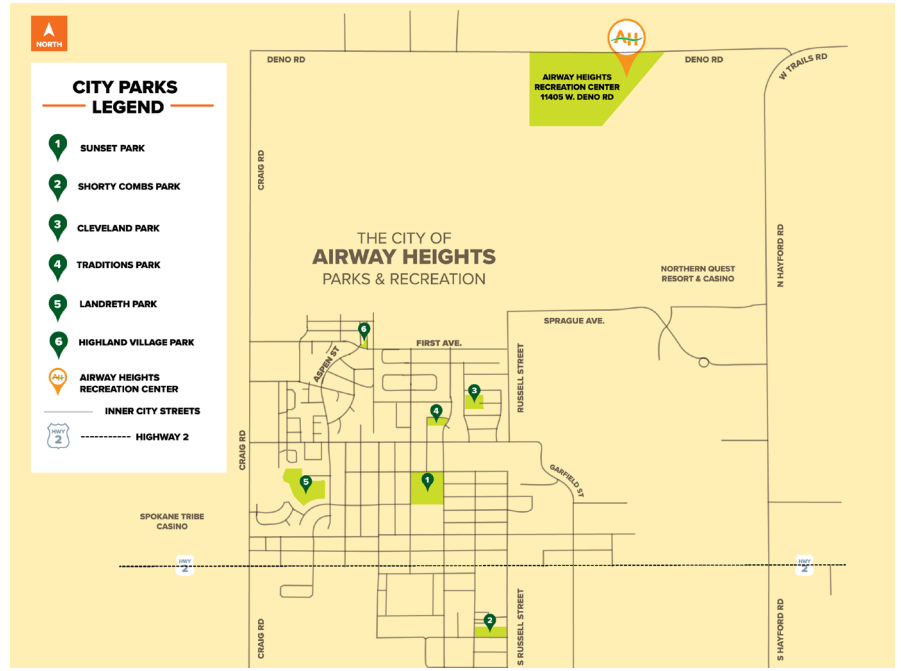
*Menu is subject to change.*

## THE SENIOR ADVISORY COMMISSION IS ACCEPTING NEW MEMBERS!

Join the Senior Advisory Commission and help plan and organize activities, trips, classes, and presentations for active adults 55 and over to enrich and enhance the health and quality of life for seniors in the community, based on their needs and interests.

Contact [mkruml@cawh.org](mailto:mkruml@cawh.org) for a Senior Advisory Commission application and more information.

# PARKS



## PARK RENTALS

**PICNIC AREA & SHELTER 1-6 HOUR RENTAL:**  
\$35-\$200 (Depending on size of group)

**VOLLEYBALL COURT DAILY USE:** \$15.00/hr

**BBQ SMOKER GRILL:** \$30 (with park rental only)

**BALL FIELD W/ PREP (DRAGGED/RAKED & LINED):**  
\$35 (Monday-Friday) / \$50 (Saturday & Sunday)

**NO FIELD PREP:** \$10/hr | Add Lights: \$10/hr

Call (509) 244-4845 for rentals and availability.  
Payment is due upon receipt of application.

## LOST & FOUND PARK ITEMS

Call (509) 244-4001 for more information.

## PARK AMENITIES

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

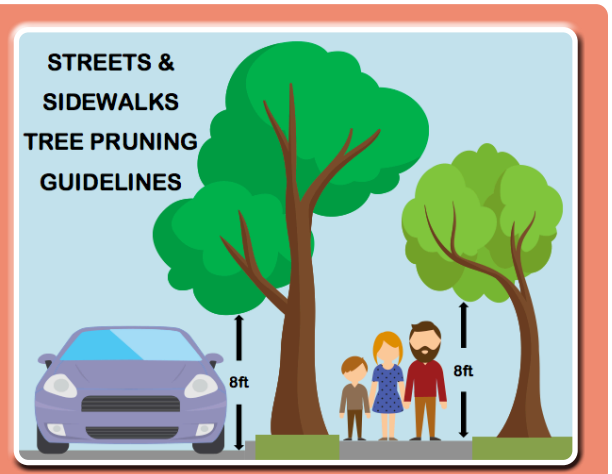
\* Indicates approximate address location

## SAFE WALKABLE NEIGHBORHOODS

Sidewalks and pathways are a valuable part of safely connecting our neighborhoods, parks, schools, and other services in our community. Sidewalks should be free of obstructions and obstacles such as low hanging trees and overgrown bushes.

Homeowners are responsible to trim overgrown bushes and trees back, and trim branches up to eight feet above the entire width of the sidewalk as well out over the streets.

Sidewalks that are extensions of home driveways, should also be free of obstructions including parked cars, trucks, RVs and trailers, to avoid walkers from having to walk around and step into the street.







## AIRWAY HEIGHTS LIBRARY

### HOURS

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

### ADDRESS & PHONE

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

### LIBRARY SUPERVISOR

Lesa Arrison

## SEPTEMBER–DECEMBER PROGRAMS

**Annular Solar Eclipse Planning Party** - Come learn all about how you can safely view the upcoming annular solar eclipse. Make your own pinhole eclipse viewer and explore concepts in Solar Science with a variety of fun activities.  
 All ages - Saturday, Oct 7, 2–3pm

**LEGO Free Play** - Imagine and build with LEGO! Keep your engineering and problem-solving skills sharp with LEGO bricks.  
 All ages - Saturdays, Oct 7–Dec 30, 10am–6pm (except Nov 11)

**Halloween Costume Swap** - Let's swap! Come trade your costume and costume accessories for something brand new/gently used with others in your community.  
 All ages - Saturday, Oct 14, 2–4pm

**Slightly Spooky Celebration** - Try out some slightly spooky crafts and activities! Please leave scary costumes at home. Kids under 9 must bring an adult.  
 All ages Thursday, Oct 26, 4–5pm

**Sing Along with Just Plain Darin** - Sing along with local singer-songwriter Just Plain Darin to the best songs of the 60s, 70s, and 80s. With Darin's guitar and warm personality as a guide.  
 Adults - Tuesday, Nov 7, 7–8pm

**Grossology: The Science of the Really Gross** - Explore the slimy, sticky, icky, and gross! Discover the gross science of snot, boogers, and farts with some hands-on activities.  
 Ages 10–13 Thursday, Nov 30, 4–5pm

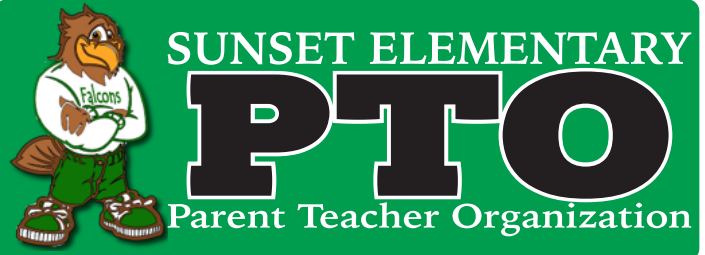
**Holiday Storytime** - Celebrate the season with stories and songs! Enjoy a special holiday storytime at the library.  
 All ages - Saturday, Dec 2, 10:30–11am

**Handmade Holiday Ornaments** - Drop in to use our supplies to create a festive holiday ornament.  
 All ages - Saturday, Dec 2, 11:30am–1:30pm

**Teen DIY Holiday Gifts** - Having trouble coming up with ideas for gifts this holiday season? We have cozy gift ideas for you to create.  
 Ages 13–18 - Thursday, Dec 7, 4–5pm Registration is required.

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

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



## FALL/WINTER PTO ACTIVITIES

**OCTOBER 27<sup>TH</sup>** Trunk or Treat  
**NOVEMBER 17<sup>TH</sup>** Turkey Bingo  
**DECEMBER 2** WinterFest Craft Table

**Support our Sunset Falcons and participate or volunteer in the PTO Fall/Winter Activities!**

**To get involved as a Sunset PTO volunteer!** For more information call (509) 559-4602 or email [sunsetpto2@gmail.com](mailto:sunsetpto2@gmail.com)

**Fall/Winter Sunset PTO meetings Dates:**  
 Tuesday September 12th & Tuesday December 12th  
*Check Facebook for meeting times.*

*Like Sunset PTO on Facebook and Instagram for information on upcoming events and activities.*



@sunsetfalconspto



/airwaysunsetpto

## ADVERTISE in the Parks & Recreation ACTIVITY— GUIDE

YOUR  
 AD  
 HERE



Airway Heights Parks & Recreation publishes and distributes 3 seasonal Activity Guides (Jan-April, May-Aug, Sep-Dec) throughout the community to local businesses and schools, including Rec Center members and guests.

Activity Guides feature upcoming programs, activities, classes, and events, offered by Airway Heights Parks & Recreation to the entire West Plains community.

- Four ad sizes, from business card size to full page (Based on space availability)
- Ad/graphic creation available for additional fee
- Discounts applied for multi-issue ad placement

**CONTACT US TODAY FOR MORE INFORMATION ON PLACING YOUR AD IN THE NEXT ACTIVITY GUIDE.**

# TRUNK OR TREAT



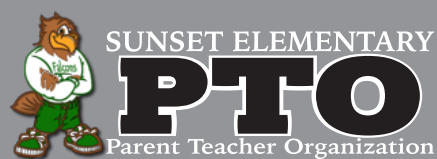
**FRIDAY OCTOBER 27TH**

**5:00 - 7:00PM | Sunset Elementary**

Get your costume on and go trunk to trunk collecting treats and goodies in this fun, safe, family Halloween event!

SCAN HERE TO REGISTER YOUR TRUNK!

Take part in this fun event by decorating your vehicle using pumpkins, spiders and webs, brooms, bats, cauldrons OR pick a theme, wear a costume, and have fun with it!



**AIRWAY HEIGHTS  
KIWANIS CLUB**



## 2023 AIRWAY HEIGHTS WinterFest



Ring in the holiday season with family, friends and neighbors at the 2023 Airway Heights WinterFest!

**FRIDAY DECEMBER 1<sup>st</sup>    SATURDAY DECEMBER 2<sup>nd</sup>**

**6:00-8:00PM**

Community Tree Lighting  
& Fireworks Show  
at SUNSET PARK

**9:00-11:00AM**

Kiwanis Club Breakfast  
& Picture with Santa  
at the AH Rec Center

**THANK YOU TO OUR EVENT SPONSORS  
AND COMMUNITY PARTNERS:**

Airway Heights Kiwanis Club | Airway Heights Library  
Sunset PTO | Yoke's Fresh Market | Inland Power & Light

VISIT [WWW.AIRWAYHEIGHTSPARKSANDREC.ORG/COMMUNITY-EVENTS/](http://WWW.AIRWAYHEIGHTSPARKSANDREC.ORG/COMMUNITY-EVENTS/)  
FOR MORE COMMUNITY EVENT INFORMATION, ACTIVITIES, AND UPDATES.