

# AIRWAY HEIGHTS PARKS & RECREATION

Winter/Spring 2024

# ACTIVITY GUIDE

January - April



<<< **SCAN HERE**  
to get registered for  
an upcoming class,  
program, or activity.



**FRIDAY NIGHT FUSION FITNESS**  
ADULT HOOPS & SOCCER LEAGUES

**THURSDAY TOT TIME**  
**55 & BETTER TRIPS**

**TEEN TRIPS & FUN NIGHTS**  
**FAMILY FUN NIGHTS & MORE!**



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## 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

## Letter from the Director

The holiday hustle and bustle will soon be behind us, and we look forward to a new year filled with health, personal achievements, and more great memories. This new season also brings the common feeling of loneliness and a sense of lethargy. This isolation takes a toll on our mental health and overall wellbeing. In the months ahead we must be ready to combat the winter doldrums that can set in, by making sure we are staying active and social. Due to fewer traditional gathering places, many communities struggle to provide a place for the face-to-face opportunities that help build our social networks, and pursue healthier lives. Here in Airway Heights, we are fortunate to have the Recreation Center, filled with amazing staff and community members brought together by a common theme of community and health.

Think back to July and our Parks & Rec Month theme "Where Community Grows". Those words hold true not just for a month out of the year, but for the countless hours staff put in year after year to create programs, classes, and activities for our community. Parks & Recreation staff, programs, and facilities are powerful allies in enhancing your wellbeing, offering a unique blend of physical fitness and social support that can alleviate loneliness and strengthen community bonds. This is the essential work that ensures everyone can enjoy the lifesaving and life-changing benefits of physical fitness, social interaction and togetherness offered by Parks and Recreation. Our Recreation Center creates a stronger community by promoting regular social interaction, and supporting happier, more connected lives. Providing the spaces where people pursue their physical fitness goals and find the social support necessary for mental health and wellbeing.

We work to unite our community members with four major initiators of social connection: **Shared Goals, Accountability, Supportive Community, and Regular Interactions.**

I couldn't be more proud of the work we accomplished in 2023 with the support of our members and partners. From advancing environmental resilience to supporting youth, together we are growing our community, and the work we've done together ensures that *Airway Heights Parks & Recreation is the place Where Community Grows.*

Thank you and Happy New Year,

*J.C. Kennedy* Parks & Recreation Director

## COMMUNICATE & CONNECT WITH US



11405 W. Deno Rd. Spokane, WA 99224



(509) 244-4845



airwayheightsparksandrec.org



parksandrec@cawh.org



@ah\_parksandrec



/ahparksandrec

## OLD SUNSET PARK RESTROOM DEMOLITION

After a long wait we are finally happy to report that we have removed the old restroom structure from Sunset Park. This project was initiated in 2014, when the new restroom structure and splash pad were installed on east side of Sunset Park.



Over the last 9 years city staff faced several challenges that needed to be addressed before demolition and debris removal could be completed. The old structure housed Spokane County's emergency communications equipment that relayed emergency notifications to all communities on the West Plains. Recently Spokane County finally upgraded their system making this equipment obsolete and removed their equipment alleviating this problem. The old structure also housed the telemetry communications used by the Public Works Department to monitor the water levels in the water tower at Sunset Park that regulates water pressure for the majority of the community. The Public Works Department relocated their telemetry system to the base of the water tower earlier this year paving the way for this long-awaited project to finally happen.

What we have now is more grassy open space for the community to enjoy, and an eye sore removed from our City's most popular and active park.



Friday March 22 through Friday March 29 various areas of the Rec Center will be temporarily closed for our annual maintenance and deep cleaning. This includes the Aquatic Center, locker rooms, family changing rooms, gymnasium, fitness floor, and numerous other areas of the facility.

**Be Sure to check the posted cleaning schedule for the full list of closures to specific areas and amenities.**

**THANK YOU FOR YOUR PATIENCE AND COOPERATION.**

## My Rec Story

### Debbie Clinton

My name is Debbie Clinton, and I "rediscovered" the Rec Center after retiring a year and a half ago. I was a pre-pandemic member in 2019 and part of 2020, and I had really enjoyed attending yoga classes, but I did not return right away once the Rec Center reopened. After recently retiring, I noted I needed to find ways to get out of the house and get active. So I rejoined the Rec Center and started attending BASE and going to the Lazy River. Exercising, socializing, and meeting new people was just what I needed.



Last spring I was injured in a fall resulting in the need for knee replacement surgery. Once I was cleared to start rehab, getting in the Rec Center pool was the best thing I could do, helping me recover and progress ahead of schedule in my rehab. As I progressed in my rehab I returned to the morning BASE class, and connected with other classmates who had been through the surgery. This gave me continued encouragement.

The Rec Center has also offered me more than just exercise and rehab. I recently joined the monthly book club, filled with great discussions and more socialization. In addition to joining the beloved book club, I have found a way to give back by teaching a class on making paper flowers (*See page 17 for class dates*). Sharing my hobby and passion, and seeing the expressions on the attendees faces when they discover they can make their own beautiful bouquet is priceless to me.

Overall, I very much appreciate the beautiful facility, friendly staff, and opportunities for growth here at the Airway Heights Recreation Center. I feel it has contributed greatly to my physical health as well mental well-being.

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.

# 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 ENROLLMENT JOINING FEE**

**THE ONLY THING DUE UPFRONT IS A PRO-RATE CURRENT MONTH, AND THE FIRST FULL MONTH.**

Category	Daily	10 Visit		Monthly		Semi-Annual**		Annual**	
		Res	Non-Res	Res	Non-Res	Res	Non-Res	Res	Non-Res
Youth	\$6.20	\$49.60	\$55.80	\$29.76	\$35.96	\$163.68	\$198.40	\$327.36	\$395.56
Adult	\$8.68	\$69.44	\$78.12	\$44.64	\$55.80	\$239.32	\$307.52	\$491.04	\$613.80
Senior (62+)	\$7.44	\$59.52	\$66.96	\$34.72	\$43.40	\$190.96	\$239.32	\$381.92	\$477.40
Family*	N/A	N/A	N/A	\$75.64	\$94.24	\$435.24	\$518.32	\$832.04	\$1036.64

*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, One Pass and **now FIT ON Health!**

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 selectorized 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, 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.



*Kitchen available with rental of Room A or Full Room only.*

## 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, and white board, tables, chairs, and small sink.

## 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.



*Banquet, Meeting, and Party Room rates vary based on room rental, size of group, requested amenities, and room setup/orientation.*

## BOOK YOUR RENTAL TODAY!

Call (509) 570-7294 or email [mallen@cawh.org](mailto:mallen@cawh.org) for more information about facility availability, rates, policies, and to book your upcoming event.



# POOL PARTY

**BOOK YOUR NEXT BIRTHDAY PARTY AT THE AIRWAY HEIGHTS RECREATION CENTER!**

**POOL PARTY OPTIONS:**  
Includes 3 hour room rental and pool passes for all guests during the party.  
*Pool time is limited to the first 2 hours of the reservation.*

**PARTY ROOM PACKAGE**  
**\$255.00** +tax DEPOSIT: \$75  
Party size limited to 26 people (adults & children).

**BANQUET ROOM PACKAGE**  
**\$316.00** +tax DEPOSIT: \$100  
Party size limited to 35 people (adults & children).

**RESERVATIONS MAY ONLY BE MADE ON PROVIDED DAYS AND TIMES.**

Restrictions may apply.  
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.*

## Your home away from home



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



**Stratford Suites**™

SPOKANE, WASHINGTON

11808 W. Center Ln., Airway Heights, WA 99001  
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# AQUATICS

Airway Heights Parks & Recreation provides a variety of year round aquatic programs for members 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 and 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

**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

**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!

**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 | \$8/Class**  
**Saturdays\* 9:30AM-10:00AM**

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

**CLASS DATES:** 1/27 2/17 3/9 3/23 4/13 4/27  
**REGISTER BY:** 1/19 2/9 3/1 3/15 4/5 4/19



Ducks ST training program, introduces youth 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 4, or
- Complete 25 meter front crawl and breaststroke without hesitation or needing assistance.

#### WINTER/SPRING SEASON:

**DAYS:** Mon/Wed

**DATES:** 1/8 - 4/24

**TIME:** 5:30-7:00PM

**COST:** \$225

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



## PRIVATE SWIMMING LESSONS

Swimmers of all abilities ages 3 and up, including adults, 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 serve wait-list basis. This program is limited to up to 3 consecutive swim sessions. *Semi-Private lessons are available for up to 3 swimmers.*

### ADULT LESSONS: IT'S NEVER TOO LATE TO LEARN

Private Swim Lessons for Adults (16+) are perfect for those ready to improve the confidence in the water, and introduce themselves to the health benefits of swimming. *Adult Swim Lessons are scheduled on an instructor availability basis.*

**L1: Learning the Basics** - Learn basic swimming strokes and skills needed to feel confident and safe, in and around the water.

**L2: Improving Skills and Swimming Strokes** - Gain proficiency in swimming skills and the six basic strokes.

**L3: Swimming for Fitness** - Refine swimming techniques and turns to build endurance and optimize swimming for fitness.

**CONTACT THE AH AQUATICS TEAM AT (509) 570-7290 FOR MORE INFORMATION ON PRIVATE SWIM LESSONS.**

## WINTER/SPRING 2024 SWIM LESSON SESSION INFORMATION & SCHEDULE

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

### SWIM TESTING AND REGISTRATION

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

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

**COST:** Group Lessons - Member \$45 | Non-Member \$70 | Private/Semi-Private Lessons: Private \$99 | Semi Private \$80 (per person)

	MON & WED (GROUP)	TUES & THUR (PRIVATE)	SAT (GROUP & PRIVATE)
<b>SESSION 1</b>	1/8 - 2/5	1/9 - 2/1	1/13 - 2/17
<b>SESSION 2</b>	2/21 - 3/18	2/27 - 3/21	3/9 - 4/13
<b>SESSION 3</b>	4/8 - 5/1	4/9 - 5/2	- No Session 3 Sat. Lessons -

## LEVEL LESSON SCHEDULE

LESSON LEVEL	REQUIREMENTS	MON / WED	TUES / THURS	SATURDAY
<b>TINY TOT 1</b>	3-5 Years Old	4:00PM   5:00PM	- - - - -	10:00AM
<b>TINY TOT 2</b>	Pass Tiny Tot 1	4:30PM   5:30PM	- - - - -	10:30AM
<b>LEVEL 1</b>	5-12 Years Old	4:30PM   6:00PM	- - - - -	10:00AM
<b>LEVEL 2</b>	Pass Level 1	5:00PM   6:30PM	- - - - -	10:30AM
<b>LEVEL 3</b>	Pass Level 2	5:30PM	- - - - -	9:30AM
<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 wait-list.*

## + American Red Cross **LIFEGUARD** TRAINING COURSE



The American Red Cross Lifeguarding course provides the knowledge and skills to prevent, recognize, and respond to aquatic emergencies. Course participants will receive training in American Red Cross Lifeguarding, First Aid, and CPR/AED. Upon successful completion of the course, participants will be issued a certificate valid for 2 years.

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

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

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

**FEBRUARY COURSE:** 2/16 - 2/18      **REGISTER BY:** 2/9  
**APRIL COURSE:** 4/26 - 4/28      **REGISTER BY:** 4/19

### COURSE SCHEDULE:

**DAY 1** - 3:00-9:00PM Swim testing & intro lifeguard classwork.

**DAY 2** - 8:00AM-5:00PM Water rescues, classwork, First Aid/CPR/AED.

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

**COST:** \$270      **AGE:** 15+ *Must be at least 15 by last day of class.*

## WATER EXERCISE

Water Exercise classes are included in membership or purchase of a day pass.

Water Exercise classes enable ages 13 and up to participate at their own pace and skill level.



Shallow Water and Rivercise classes can be done with or without equipment and do not require the ability to swim or placing the head under water. Deep Water Classes require the ability to swim and must be comfortable being fully submerged in water.

### RIVERCISE

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

### SHALLOW WATER

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

### DEEP WATER

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

## WINTER/SPRING WATER EXERCISE SCHEDULE

MONDAY	
<b>Rivercise</b> 9:00 - 9:30AM	<b>Shallow Water</b> 10:00 - 11:00AM
TUESDAY	
<b>Deep Water</b> 6:15 - 7:15AM	<b>Shallow Water</b> 8:30 - 9:00AM
WEDNESDAY	
<b>Shallow Water</b> 10:00 - 11:00AM	<b>Shallow - Deep (Combo)</b> 1:00 - 1:30PM
THURSDAY	
<b>Deep Water</b> 6:15 - 7:15AM	<b>Shallow Water</b> 8:30 - 9:00AM
FRIDAY	
<b>Rivercise</b> 9:00 - 9:30AM	<b>Shallow Water</b> 10:00 - 11:00AM
SUNDAY	
<b>Shallow</b> 9:30 - 10:00AM	<b>Rivercise</b> 10:00 - 11:00AM

**Class Schedule subject to changes.**

# WINTER/SPRING POOL SCHEDULE

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

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

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# FITNESS

**i** 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.



## 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	\$119.00	\$159.00	\$285.00
1 Hour Session	\$209.00	\$279.00	\$509.00

## \$109 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.

Scan here for more info about Personal Training, to meet the AH Fitness Team, register to guarantee your spot in Group Fitness classes.

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



## 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 and preregistration is recommended to ensure a spot.*

### ONE MINUTE MADNESS

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

### 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.

### BOOT CAMP

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

### NEW! CARDIO HIT

A pure cardio experience that gives you a heart pumping workout with high energy dance, kick-boxing, and step aerobics.



### WINTER/SPRING GROUP FITNESS SCHEDULE

<b>MON</b>	<b>Power Hour</b> 4:30PM	<b>Indoor Cycle</b> 5:30PM
<b>TUES</b>	<b>1 Min. Mad.</b> 5:30PM	<b>Yoga</b> 6:30PM
<b>WED</b>	<b>Cardio HIT</b> 4:30PM	<b>Indoor Cycle</b> 5:30PM
<b>THU</b>	<b>Power Hour</b> 5:30PM	<b>Yoga</b> 6:30PM
<b>SAT</b>	<b>Boot Camp</b> 9:30AM	<b>Indoor Cycle</b> 11:00AM

*Schedule subject to changes.*

# 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: Tuesdays      TIME: 5:30PM-6:15PM  
*Pre-Registration is preferred.*

## 55+ FITNESS

### 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

### 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 1/22 - 4/22      TIME: 10:00AM  
 COST: \$25      REGISTER BY: 1/12

## 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 - *Day Pass Rates apply*  
 LEVEL 1-2 (Higher Intensity): Fridays - 1:30PM-2:30PM  
 LEVEL 3-4 (Slower Pace): Tuesdays - 1:30PM-2:30PM

## SPECIAL FITNESS ACTIVITY

# FRIDAY NIGHT FUSION

FRIDAY NIGHT FITNESS JUST GOT MORE FUN.

Get the weekend started early as we fuse together some of your favorite fitness classes such as Cycle, Yoga, and Cardio with concepts of HIIT, Tabatta, and weights in this fun up beat class.

DAYS: *Select Fridays (See class schedule below)*      TIME: 5:30PM  
*Class size is limited. Pre-registration required*

DATE	CLASS	REGISTER BY
1/19	Cycle Fusion	1/12
2/2	Cardio Fusion	1/26
2/16	Yoga Fusion	2/9
3/1	Cycle Fusion	2/23
3/15	Cardio Fusion	3/8
3/29	Yoga Fusion	3/22

## FIT U CLASS IS NOW IN SESSION!

Fit U is an education based health and fitness focused program presented by the AH Fitness Team and local health and fitness professionals. Fit U works to teach, and inform participants about various health and wellness related topics, exercise, and lifting techniques, and fitness trends and programs happening the Recreation Center.

### Prevent Injury and Strengthen Your Problem Areas

*Presented by Apex Physical Therapy*

Knee      DATE: 1/18      TIME: 6:00PM      REGISTER BY: 1/12  
 Shoulder      DATE: 2/15      TIME: 6:00PM      REGISTER BY: 2/9

### (1) Rethinking Medicine & (2) Thrive into your 90's

*Presented by Greg Lange, Wellness Collaborative*

Lecture 1      DATE: 3/8      TIME: 9:00AM      REGISTER BY: 2/23  
 Lecture 2      DATE: 3/8      TIME: 5:30PM      REGISTER BY: 2/23



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# TOT TIME

**i** 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.



## LEARN & CREATE

### 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!

### CRAFTY KIDS

Parents and kids will have fun creating arts and crafts projects.

#### Love Bugs

Create a valentine's day craft with your little sweetie

#### Leprechaun Trap

Make leprechaun traps to put out on St. Patty's Day

### MUSICAL MAYHEM

Design, decorate, and play your very own instruments.

### EDIBLE ART

Join us for a good time as we play with our food! Little ones will have fun making art projects that can be eaten.

### MINI PICASSO'S

See what your little artist can come up with using only their fingers and a canvas.

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

### ALL TOT TIME PROGRAMS:

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

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

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

## MOVE & PLAY

### OPEN GYM

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

### 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.

### 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.

### TINY TUMBLERS

Little ones get to explore coordination, balance, and the world of gymnastics in a safe space.

## WINTER/ SPRING 2024 TOT TIME SCHEDULE

DATE	ACTIVITY	REGISTER BY
2/1	Mess Makers	1/26
2/8	Crafty Kids: Love Bugs	2/2
2/15	Imagination Station	2/9
2/22	Musical Mayhem	2/16
3/7	Open Gym	2/23
3/14	Crafty Kids: Leprechaun Trap	3/8
3/21	Edible Art	3/15
3/28	Mini Picasso's	3/22
4/11	Block Party	4/5
4/18	Tiny Tumblers	4/12

*Schedule is subject to change.*



Sunday thru  
Thursday  
10:30 - 10:00

Friday &  
Saturday  
10:30 - 10:30

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## BEFORE & AFTER SCHOOL



The After School Activity Programs (ASAP) is the super-awesome, totally cool way to spend everyday after school! Relax, hangout, and play games at the Rec Center!

Transportation provided from Sunset to the Rec Center each day.

### WINTER/SPRING SESSION:

**DAYS:** Monday-Friday **DATES:** January 2nd - June 7th

**COST:** RC Mem. - \$540/Session | Non-Mem. - \$600/Session

Monthly payments plans available. Program space is limited.

## BEFORE & AFTER SCHOOL AT SUNSET ELEMENTARY!

### EARLY BIRDS BEFORE SCHOOL

**GRADES:** K-5TH **TIME:** 6:45-8:30AM

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 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. Program space is limited.*

### WINTER/SPRING SESSION:

**DATES:** January 2nd - June 7th

**COST:** \$600/Program Session

\$100/month payment plan available.

## DAY CAMP (AGES 8-12)

### SPRING BREAK ADVENTURE HEIGHTS



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

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

**DATES:** 4/1 - 4/5

**TIME:** 7:30AM-5:30PM

**COST:** \$175/Week

**REGISTER BY:** 3/22



## REGISTRATION OPENS MAY 1, 2024 FOR SUMMER YOUTH PROGRAMS

Reserve your spot for a summer of fun and games with a non-refundable, non-transferable deposit.

## SPECIAL INTERESTS (AGES - 6-11)



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.

Special performance at halftime of the Squeaky Sneaker Classic.

**DATE:** Fridays 1/19 - 3/22

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

**COST:** \$65

**REGISTER BY:** 1/12

## YOUTH RECREATION CARES SCHOLARSHIP

The CARES Youth Scholarship supports qualifying families get children engaged and participating in Parks & Rec activities, such as after school programs, youth sports, day camps & MORE!



<<< **SCAN THE CODE** for more information about CARES, and how to apply for a Youth Recreation Programs Scholarship.

# TWEENS & TEENS RECREATION

**i** Tween & 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 8-10 participants.



## REC CENTER FRIDAY NIGHTS

### MOVIE & PIZZA

Join us at the Recreation Center for a chill Friday night enjoying pizza, popcorn and a mystery movie!

DATE: 2/2      TIME: 6:00 - 8:00PM

COST: \$5      REGISTER BY: 1/26

### TEEN SWIM

It's a tweens and teens party in the pool! 9 square, basketball, volleyball, river races, and more!

DATE: 3/1      TIME: 6:00 - 8:00PM

COST: \$10      REGISTER BY: 2/23

### TIE DYE HANGOUT

Shirt, hoodie, socks, hat, whatever works... you bring the item, we'll provide the dye. Cotton items only. No polyester. Snacks and drinks provided.

DATE: 4/12      TIME: 6:00 - 8:00PM

COST: \$10      REGISTER BY: 4/5

### OPEN GYM

Get in the game...or GAMES! Friday Night Open Gym is a non-stop rotation of your favorite gym games: Basketball, volleyball, pickleball, spike ball, 9-square, and more.

DATE: 4/26      TIME: 6:00 - 8:00PM

COST: \$5      REGISTER BY: 4/19

## 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.

## TRIPS

### ALTITUDE TRAMPOLINE PARK

Altitude trampoline park offers wall to wall trampolines as well as basketball, dodge-ball, a foam pit, a rock wall, a trapeze swing, a laser maze, and a reaction wall. Dinner included.

DATE: 2/16      TIME: 6:30-9:00PM

COST: \$25      REGISTER BY: 2/9

### EWU ICE SKATING

Get your skates on and have fun skating around Easter Washington University's on campus ice arena. Includes skate rentals.

DATE: 3/14      TIME: 12:30-2:30PM

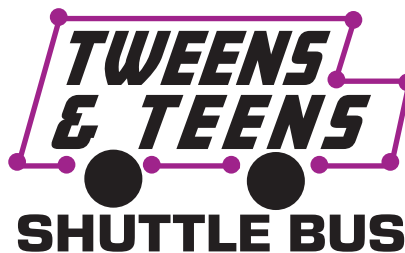
COST: \$15      REGISTER BY: 3/8

## WINTER/SPRING 2024 TWEENS *and* TEENS ACTIVITY SCHEDULE

DATE	ACTIVITY	REGISTER BY
2/2	MOVIE & PIZZA	1/26
2/16	ALTITUDE	2/9
3/1	TEEN SWIM	2/23
3/14	ICE SKATING	3/8
4/12	TIE DYE HANGOUT	4/5
4/26	OPEN GYM	4/19

SCHEDULE IS SUBJECT TO CHANGES.

**REGISTER NOW >>>**



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.





# 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.

*Teen Intramurals (13-15) not schedule current activity session. For more info on the Teen Intramural program call (509) 309-2099.*

## 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 due to low enrollment.*

## BASKETBALL

Hoop it up with the basic elements of basketball: shooting, dribbling, and passing, with fun games and drills.

**DATES:** 2/7 - 2/28 **REGISTER BY:** 1/26

## MULTI-PLAY

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

**DATES:** 3/6 - 3/27 **REGISTER BY:** 2/23

## SOCCER

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

**DATES:** Wed 4/10 - 5/1 **REGISTER BY:** 3/29



**YOUTH SPORTS**

## TEAM PLAY & GAME TIME!

4Rec Youth 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.

## 4REC SPRING SPORTS (AGES 5-12)



Focus on all the elements of the world's most popular sport: dribbling, passing, shooting, defense, and goal keeping in a fun 6v6 team game format.

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

**SEASON:** 4/8-5/23 (2-weekday practices with Saturday games.)

**COST:** \$50 (\$5 late fee for registration after 3/8)

**REGISTER BY:** Friday 3/8 (Team space is limited. Waitlist will be created once teams are full.)



Flag Football brings the fun and excitement in a fast-paced, non-contact format focused on teaching the football basics of: passing, catching, running, flag pulling, and offensive and defensive positions and plays.

**AGE DIVISIONS:** 7/8 | 9/10 | 11/12

**SEASON:** 4/8-5/23 (2-weekday practices with Saturday games.)

**COST:** \$50 (\$5 late fee for registration after 3/8)

**REGISTER BY:** Friday 3/8 (Team space is limited. Waitlist will be created once teams are full.)

## YOUTH SPORTS DEPENDS ON VOLUNTEER COACHES!

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 years old, pass a criminal history background check and complete our coaches training course.

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

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

# ADULT RECREATION

**i** 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 of 6-10 participants.



## GENERAL INTERESTS

### PAPER CRAFTS FOR THE HOLIDAYS

Our creative paper florists Deb Clinton has a whole new lineup of fun DIY paper flowers to share, and teach you how create your own home decor flower arrangements, and centerpieces!

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

CLASS	DATE	TIME	REGISTER BY:
Crepe Paper Flowers	1/20	9:30AM	1/12
Harvest Flowers	2/10	9:30AM	2/2
Roses	3/9	9:30AM	3/1
Basic Flowers	4/13	9:30AM	4/5

## 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 Class Instructor.

## ADULT SPORTS

VOLLEYBALL BASKETBALL SOCCER  
FLAG FOOTBALL CORNHOLE SOFTBALL

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

### OPEN GYM DROP-IN

Enjoy fun, recreational pick up sports at the Airway Heights Recreation Center. All skill levels welcome to play.

**NOTE:** Open Gym may be canceled or space may be reduced to half/short court due to low participant turnout or other rec programming.

Check AHPR website or Facebook page for Open Gym updates.

**PICKLEBALL** TUE-THU 11:00AM-1:00PM

**BASKETBALL** FRIDAYS 12:00-2:00PM

**VOLLEYBALL** FRIDAYS 6:00-8:00PM

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

### LEAGUE PLAY

#### 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 6 Players/Team
- 50 ft. short court format
- Must be at least 16 to play
- Includes single elim playoffs

**SEASON:** Sundays 3/10 - 4/28 **TIME:** 4:30-6:30PM

**COST:** \$250/Team **REGISTER BY:** 2/16

#### 6V6 SOCCER (Short Season)

Hit the pitch for Spring 6-v-6 Coed Soccer and compete for the title of AHPR Spring Soccer CHAMPS!

Players of all skill levels welcome.

- 6 to 10 players/team (Coed)
- Modified field: 60yds x 40yds
- Includes single elim playoffs

**SEASON:** Fridays 5/3 - 6/7

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

**COST:** \$250/Team

**REGISTER BY:** 4/12



### DON'T HAVE A TEAM BUT WANT TO PLAY?

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.





Arbor Crest Winery

## SOCIAL ACTIVITY

### MONTHLY BOOK CLUB

Enjoy chatting about book themes, characters, writing styles, and favorite parts. Book club meets weekly to discuss chapter selections from 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

#### FEBRUARY BOOK

**The Ice Cream Queen of Orchard St.** by Susan Jane Gilman

**DATES:** 2/1 - 2/29 **REGISTER BY:** 1/26

#### MARCH BOOK

**The Boys in the Boat** by Daniel James Brown

**DATES:** 3/7 - 3/28 **REGISTER BY:** 2/23

#### APRIL BOOK

**The Lake House** by Kate Morton

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

#### MAY BOOK

**The Marriage of Opposites** by Alice Hoffman

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

## OUTINGS

### LAKE CDA HOT COCOA CRUISE

Warm up this winter on Lake Coeur D'Alene! Join us as we board a 90-minute cruise and take in scenic northern Idaho views from the best seat on the lake! A hot cocoa bar will be available on-board for purchase.

**DATE:** Friday 2/23

**TIME:** 11:00AM-3:00PM

**COST:** \$35

**REGISTER BY:** 2/2

### SPOKANE CIVIC THEATRE: COMEDY OF ERRORS

Shakespeare's The Comedy of Errors is the slapstick farce of his youth. In it, the lost twin sons of the old merchant Egeon—both named Antipholus—find themselves in Ephesus, without either one even knowing of the other's existence. Meanwhile, Egeon has arrived in search of the son he thinks is still alive—and has been sentenced to death for the "crime" of being from Syracuse.

**DATE:** Wednesday 3/6

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

**COST:** \$35

**REGISTER BY:** 2/2

### ARBOR CREST WINERY: FIRESIDE DINNER & MUSIC

Head up to Arbor Crest to check out their newly renovated Tasting Room & Restaurant while enjoying the ambiance of live music. Arbor Crest's award-winning wine and seasonal dinner menu option will be available for purchase.

**DATE:** Thursday 4/25

**TIME:** 5:00-9:00PM

**COST:** \$15

**REGISTER BY:** 3/22

## 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.

## Friendly Fork Lunch

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

Enjoy a wonderfully delicious meal, accompanied by good conversations with family, friends, and fellow community members, plus occasional entertainment and guest speakers. *Lunch is served on a first come first served basis. Menu is subject to change.*

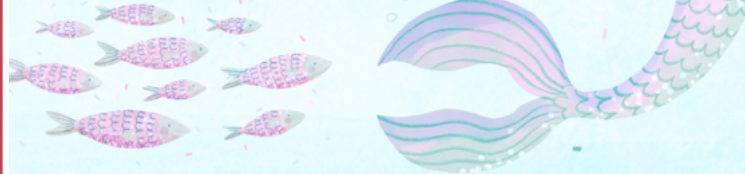
### WINTER/SPRING MENU

JANUARY	FEBRUARY	MARCH	APRIL
1/2 NO MEAL	2/6 Zuppa Toscana Soup	3/5 Spaghetti & Meatballs	4/2 Taco Salad
1/9 Italian Wrap	2/13 Lasagna	3/12 Broccoli Cheddar Soup	4/9 Garlic Chicken Pasta
1/16 Swedish Meatballs	2/20 Chicken Parm Sandwich	3/19 Tuna Salad Sandwich	4/16 Pulled Pork Sandwich
1/23 Chicken Bake	2/27 Baked Potato & Salad	3/26 Teriyaki Chicken & Rice	4/23 Polish Dogs
1/30 Pasta Salad			4/30 BLT Wraps

# COMMUNITY EVENTS & ACTIVITIES

## 2024 UNDER THE SEA

### Daddy Daughter Dance



Enjoy a night of fun and Under the Sea enchantment with your special little lady.

MARCH 16TH | 6:00-8:00PM

SUNSET ELEMENTARY

\$25 PARENT & CHILD

\$7/ADDITIONAL CHILD

DINNER, SNACKS, AND REFRESHMENTS INCLUDED  
LIMITED NUMBER OF TICKETS AVAILABLE.

## 2024 MOM & SON FUN NIGHT



## LUAU POOL PARTY

MARCH 16TH | 5:00-7:00PM

AIRWAY HEIGHTS RECREATION CENTER

A night in the Rec Center pool filled with games, activities and Aloha vibes.

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

Dinner, snacks, and refreshments included  
Limited number of tickets available.

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

## SUNSET PARK

# Egg Hunt

SATURDAY MARCH 30th | 9:00AM

AGE SEPARATED EGG HUNTS

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

Special prize eggs in each group - Bring your own basket - Please leave pets at home

AIRWAY HEIGHTS  
KIWANIS CLUB

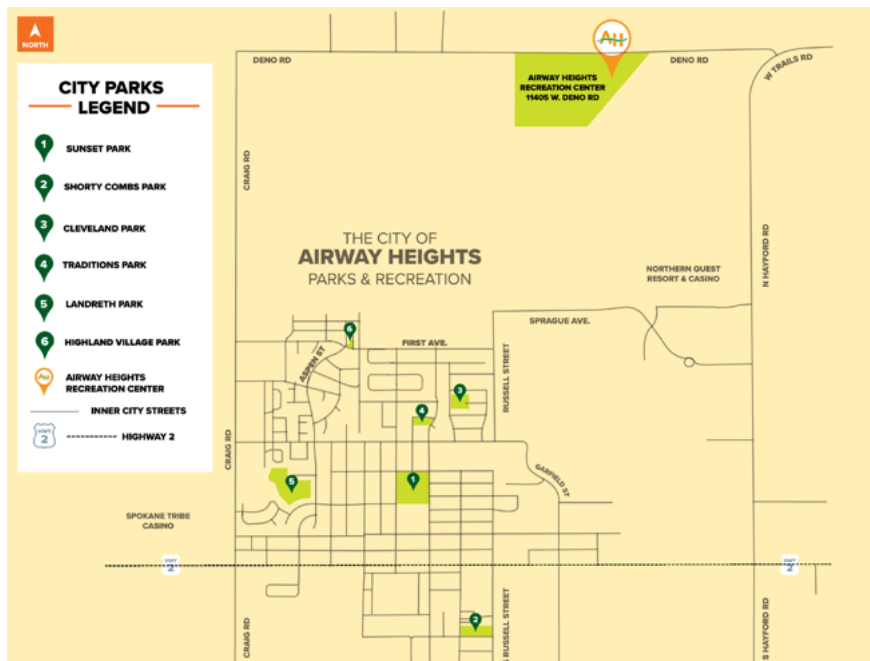


Airway Heights  
Parks & Recreation





SUNSET PARK



## SUNSET PARK RENTALS

### PICNIC AREA & SHELTER 1-6 HOUR RENTAL:

**FEE:** \$50-\$200 **DEPOSIT:** \$50-\$100

*Fees and deposits rates vary based on group size.*

### VOLLEYBALL COURT DAILY USE:

**FEE:** \$15.00/day

### SMOKER GRILL (WITH PARK RENTAL ONLY):

**FEE:** \$30/day

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

**FEE:** Monday-Friday: \$35

Saturday & Sunday: \$50

**DEPOSIT:** \$50/reservation booking

### BALL FIELD NO FIELD PREP:

(OUTSIDE PREP MATERIALS & EQUIP. IS NOT PERMITTED)

**FEE:** \$10/hour

**DEPOSIT:** \$50/reservation booking

### BALL FIELD LIGHTS:

**FEE:** \$10/hour (with ball field rental only)

*Ball field lights are not available past 9:00pm.*

Call (509) 244-4845 for more park rental information and availability.

All payments are due upon receipt of application.

## PARK AMENITIES

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

\* Indicates approximate address location

## LOST & FOUND PARK ITEMS

Call Parks Maintenance at (509) 244-4001

# 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 W. Deno Rd. 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.**



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/)



# **We are here for you!**

*Offering services for the following*

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

**Now Offering Aquatic Physical Therapy**

*Held at Airway Heights Parks and Rec. Center*



Airway Heights - Fairways Plaza - Cheney  
Spokane - Nine Mile Falls  
[WWW.APEXPT.COM](http://WWW.APEXPT.COM)