

AIRWAY HEIGHTS PARKS & RECREATION

Fall / Winter 2025

ACTIVITY GUIDE

September – December

NEW! MASTER SWIM TEAM

FIT FOR FALL PERSONAL TRAINING

REC CENTER BEFORE & AFTER SCHOOL

LEATHER WORKING CRAFTS CLASSES

ADULT BASKETBALL & VOLLEYBALL

SPLASHING PUMPKINS & WINTERFEST



Airway Heights Parks & Recreation

OUR MISSION

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

PARKS & RECREATION STAFF

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Parks & Recreation Director

Andy Gardner

Parks & Recreation Deputy Director

Monika Kruml

Recreation Programs Supervisor

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Parks & Facility Maintenance Supervisor

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Scott Spillman

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Parks Maintenance Worker 1

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Guest Services & Operations Supervisor

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Fitness Supervisor

Tre Howland

Aquatics Supervisor

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Aquatics Coordinator

COMMUNICATE & CONNECT WITH US



11405 W. Deno Rd. Spokane, WA 99224



(509) 244-4845



airwayheightsparksandrec.org



parksandrec@cahw.org



@ah_parksandrec



/ahparksandrec

SCAN HERE > > >

to get registered for
an upcoming class,
program, or activity.



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Letter from the Director

As we welcome the fall and winter seasons, I want to thank you for making this past year one of the most memorable yet at the Rec Center. From early morning classes to evening sports leagues, there's a daily energy in the building that's truly inspiring. It's been incredible to see people of all ages and backgrounds come together to stay active, learn new things, and connect with one another. Whether you're joining us for swim lessons, arts and crafts classes, or trying something new, there's always something happening—and something for everyone.

This fall, we're especially excited to bring our before and after school programs up to the Rec Center. It's a joy to see young participants fill the space with laughter, creativity, and energy. Fall youth sports are also kicking off, and we're ready for another great season filled with exciting touchdown runs, big goals, and stellar volleyball rallies.

We're also excited to add more classes, programs, and activities to keep our community engaged. We'll close out the year with our cherished Tree Lighting Celebration at Sunset Park—a tradition we look forward to every year.

Please enjoy the pages ahead filled with four months of water activities, health and fitness opportunities, Rec programs for everyone, and festive community events.

Thank you all for being such an important part of this community. And to our dedicated staff—your passion and hard work across every part of our department are deeply appreciated.

Thank you,

J.C. Kennedy

Parks & Recreation Director

REC CENTER BALL FIELD COMPLETION & PARKING LOT EXPANSION PROJECT

As our youth and adult sports programs continue to grow, so does the need to make improvements on our fields. Whether you're here for youth sports, or just a place to be active and connect, we're proud to be the hub for health, fun, and togetherness on the West Plains.



With that growth, comes the need to make improvements so we can continue providing the high-quality experience our community deserves. We are prioritizing the expansion of our parking lot and long-overdue improvements to our ballfields here at the Recreation Center.

Many of you have experienced the parking challenges firsthand, especially during games on Saturday mornings. We've seen cars parked in the field areas, and unfortunately even on Deno Road. That's why we're moving forward with a parking lot expansion, which will provide safer, more convenient access for all who participate in our field sports. In addition to parking, we're also making ball field upgrades including the addition of dugouts, as well as home run fencing.

This project solves some immediate safety issues and sets us up for future field expansion and the addition of a future playground and other improvements. Our landscape architect is working on putting together the construction documents to take this project out to bid with a projected completion in 2026. We'll be sharing updates as the project moves forward. Thank you for being part of the Airway Heights Parks and Recreation family—we're excited to continue to grow and improve together.

4REC CUP CHAMPS! Congratulations to our 11 / 12 Youth Soccer Team



Our 11/12 Spring Youth Soccer team "Imagine Losing", coached by Tre Howland, capped off an incredible season, bringing home the 4Rec Cup this past June!

The 4Rec Cup is an end-of-season tournament featuring the 11/12 teams from across our 4Rec partners from Medical Lake, Cheney, and Fairchild. Imagine Losing delivered a standout performance in the tournament final, shining in the second half to secure the win. Congratulations to our players and coach on an amazing season and a well-earned championship!

My Rec Story

DON MITCHELL



Don has been a proud member of the Airway Heights community for over 40 years. His journey with recreation began in 1995 when his oldest son's t-ball team needed a coach. Without hesitation, Don stepped up to the plate—marking the beginning of what would become a 30-year legacy of community involvement and leadership.

What started as helping out on the field quickly expanded into civic service. Don went on to serve as a City Council member, held positions on numerous community boards and committees, and continued to coach countless sports seasons for all his children. Whether it was baseball, basketball, or soccer, Don's presence on the sidelines was a constant.

His dedication to the well-being and growth of Airway Heights never wavered. He currently serves on the Park Advisory Board, where he continues to advocate for accessible, high-quality recreational spaces. His passion for parks and youth sports has helped shape the safe, inclusive, and vibrant community resources we enjoy today.

Now, Don's impact has come full circle. As a proud grandfather, he watches his grandkids play in the same programs he once coached his kids in—this time with his son stepping into the coach's role. And true to form, Don still helps out wherever he's needed.

Don's story is a powerful reminder of how Parks & Recreation can strengthen community bonds, inspire generations, and create lasting change. Through coaching, volunteering, and civic service, Don has not only improved his own quality of life but helped countless others enjoy the same benefits of health, friendship, and connection.

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

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

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

GENERAL INFO & POLICIES

REGISTRATION

Ways to register:

1. Register for programs and activities online at: 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@cwah.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. Credits or refunds will not be issued for missed classes, programs or events.
5. Refunds or credits will not be issued for "change of mind" if requested after the initial sign up date, registration deadline or within three business days of program start.
6. To request a refund, contact Guest Services at (509) 244-4845.
7. Refunds will not be issued for programs costing \$10 or less (unless canceled by AHPR).
8. AHPR will not accept returns or refunds on merchandise or items purchased for programs.
9. Certain fees relating to rentals and memberships have their own refund policies. Contact Guest Services directly to inquire about a specific policy.
10. 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 and canva.com.

ADVERTISING

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

NON-DISCRIMINATION POLICY

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

PRIVACY POLICY

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

FREQUENTLY ASKED QUESTIONS

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

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

Are Swim Lessons only for members?

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

What is included in a Membership or Day Pass?

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

What is considered a "Resident"?

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

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

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

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

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

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

VOLUNTEER OPPORTUNITIES

PARK ADVISORY BOARD

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

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

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

Current Board Members:

Jacob Powers (President), Michelle Musgrave, Don Mitchell, and Greg Webb *VACANCY*

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.

Contact the Recreation Programs Supervisor, Monika Kruml, for the next scheduled meeting: mkruml@cawh.org

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

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 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 quality 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 HOURS: 7:00AM - 6:00PM

MLK Jr Day, Presidents' Day, Memorial Day, Juneteenth, Labor Day, Indigenous Peoples Day, Veteran's Day, Christmas & New Year's Eve.

CLOSED HOLIDAYS:

New Year's Day, 4th of July, 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, employees of businesses located within the Airway Heights city limits, and employees of companies that are members of the West Pains Chamber of Commerce. Proof of residency, active military status, or employment verification for qualifying businesses 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	\$7.00	\$53.00	\$59.00	\$32.00	\$38.00	\$172.00	\$209.00	\$344.00	\$416.00
Adult	\$9.00	\$73.00	\$83.00	\$47.00	\$59.00	\$252.00	\$323.00	\$516.00	\$645.00
Senior (62+)	\$8.00	\$63.00	\$71.00	\$37.00	\$46.00	\$201.00	\$252.00	\$402.00	\$502.00
Family*	N/A	N/A	N/A	\$80.00	\$99.00	\$457.00	\$545.00	\$874.00	\$1099.00

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.

Membership cancellation requires at least 2 weeks prior notice from the bill date, and a completed Membership Cancellation slip available at the Recreation Center Front Desk, or email to parksandrec@cawh.org stating account holders name and intent to cancel.

HEALTH & FITNESS INSURANCE PROGRAMS

The Airway Heights Recreation Center accepts the following insurance programs: Silver & Fit, Active & Fit, RenewActive, One Pass and 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.





FITNESS.



FAMILY.



FUN!

AMENITIES

Be sure to scan the Facility Schedules QR Code on page 8 before your visit to view the 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 exercise, swim lessons, and relaxing.

FEATURES:

- 6 Lane Lap Pool (25 yards)
- Spa /Hot Tub
- Warm Water Therapy/Rec Pool
- Children's Spray n' Play
- Dry 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.14)
- Fully Equipped Weight Room
- Cross Training & Turf Area

GYMNASIUM

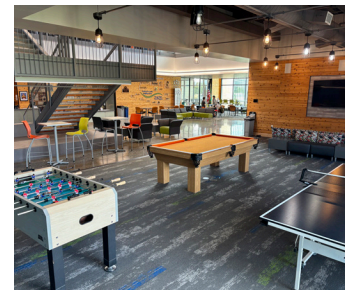
The Gymnasium is where play and purpose come together! This large multi-purpose space serves as home to open gym sports, youth activities, fitness classes, and special events.

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

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!

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

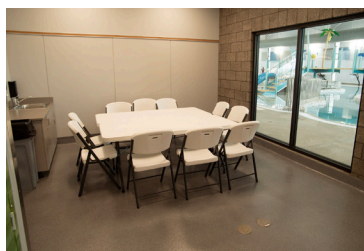
The Meeting Room is an ideal setting for hosting a small business or group meeting, or classroom style learning environment.

The Meeting Room is equipped with a multi-media television, and white board, tables, chairs, and sink.



PARTY ROOMS

Pool parties and more! The Party Rooms are available for hosting small parties, 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 for more information about facility availability, rates, policies, and to book your upcoming event.



Pool PARTY TIME!



Book your next birthday party at the Airway Heights Recreation Center!

POOL PARTY PACKAGES

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

\$280.⁰⁰ +tax
Deposit: \$75.⁰⁰

(Deposit not included in rental price)

Party size limited to 26
(Adults & children)



BANQUET ROOM

\$350.⁰⁰ +tax
Deposit: \$75.⁰⁰

(Deposit not included in rental price)

Party size limited to 35
(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

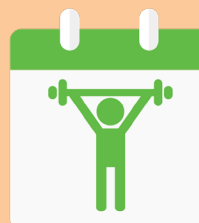
AND REFRAIN FROM THE FOLLOWING

- 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 SuitesTM

SPOKANE, WASHINGTON

11808 W. Center Ln., Airway Heights, WA 99001
509-321-1600 • stratfordsuites.com

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.



FALL/WINTER GROUP LESSON SESSIONS

COST: Member \$45 | Non-Member \$70

	MONDAY & WEDNESDAY	SATURDAY
SESSION 1	9/8 - 10/1	9/13 - 10/18
SESSION 2	10/15 - 11/10	11/1 - 12/6
SESSION 3	11/17 - 12/10	No Session 3 Lessons

LESSON LEVEL SCHEDULE

LEVEL	REQUIREMENTS	MON/WED	SAT
TINY TOT 1	3-5 Years Old	4:00PM	10:00AM
		5:00PM	
TINY TOT 2	Pass Tiny Tot 1	4:30PM	10:30AM
		5:30PM	
LEVEL 1	5-12 Years Old	4:30PM	10:00AM
		6:00PM	
LEVEL 2	Pass Level 1	5:00PM	10:30AM
		6:30PM	
LEVEL 3	Pass Level 2	4:00PM	9:30AM
		5:30PM	
LEVEL 4	Pass Level 3	6:00PM	11:00AM

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.

PARENT & TOT SPLASH N' PLAY

6 MONTHS TO 3 YEARS OLD

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

SATURDAYS

9:30AM-10:00AM

\$10/CLASS

Only select Saturdays.

See schedule for class dates.

CLASS DATE	REGISTER BY
9/20	9/12
10/4	9/26
10/18	10/10
11/1	10/24
11/15	11/7
11/29	11/21
12/13	12/5

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.

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!

Step in the lap pool and begin swimming 25 yards of front crawl with side breaths. Independently swimming 10 yards of backstroke and comfortably recovering from change of position in and under the water while easing in to breaststroke.

LEVEL 4: GO FURTHER!

Build on Level 3 skills now swimming 50 yards of front crawl and confident with 15 yards of butterfly, and backstroke, and recover with breaststroke.

PRIVATE SWIMMING LESSONS

Private and semi-private swim lessons offer personalized instruction based on each participant's goals and needs. They're perfect for beginners, those overcoming water anxiety, or swimmers refining advanced skills.

YOUTH LESSONS: BENEFIT FROM ONE ON ONE

Following our group Swimming Lesson level formats new swimmers ages 3 and up, of all abilities, 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 joining swim teams.

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.

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

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

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

SCHEDULE

- Lessons are scheduled twice per week for four weeks at the beginning of each month. (8 lessons in total)
- Lessons are 25 minutes each.
- All lessons are based on instructor availability.

PROGRAM LIMITS

- Participants may enroll in up to 3 consecutive swim sessions maximum.
- Semi-Private lessons are available for groups of up to 3 swimmers maximum.

REGISTRATION

Private and semi-private swim lessons are arranged through the AH Aquatics team.

COST: Private \$96 | Semi Private \$80

To be added to the waitlist, please call (509) 570-7290.

Participants are only enrolled from the waitlist based on the order in which they are registered.

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.

QUESTIONS ABOUT AQUATICS SWIM LESSONS & AQUATICS PROGRAMS?

Contact the AH Aquatics Team at (509) 570-7290 for information on lessons, skill assessments, swim tests, or programs.



The Ducks Swim Team is a beginner level training program that strives to provide a fun aquatic atmosphere introducing youth 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 9-15 years old and complete of AH Swim Lesson L3
- Or complete a 25m front crawl approved by AH Aquatics.

FALL/WINTER SEASON:

DAYS: Monday/Wednesday

DATES: 9/8 - 12/10

TIME: 5:30-7:00PM

COST: \$235

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

AIRWAY HEIGHTS REC CENTER

Masters SWIM TEAM

U.S. Masters Swimming brings adult swimmers together through coaching, training, competition, and connection.

FALL/WINTER SESSION (Sep-Dec)

DAYS/TIMES:
M/W/F 12:00-1:00pm | T/TH 6:00-7:00pm

COST:
\$40 (Membership or day pass required.)

AGES 18+ | ALL SKILL LEVELS

AQUATICS

LIFEGUARDING

WINTER BREAK JR LIFEGUARD CLINIC

Junior Lifeguard program teaches youth the water safety skills used by lifeguards everyday, as well as develops the mental and physical elements needed to one day become a certified Lifeguard.

- Learn and practice in-water rescue techniques using real lifeguarding equipment.
- Be introduced to basic First Aid skills, CPR, and AED use.
- Practice safe water monitoring from the guard stand.

DATE: 12/30

TIME: 9:00AM-12:00PM

COST: \$30

REGISTER BY: 12/19

AGES: 9-15

*Must Pass Level 4 Swim Lesson or AH Swim Test



+ American Red Cross LIFEGUARD TRAINING COURSE

The American Red Cross Lifeguard Training Course teaches skills to prevent, recognize, and respond to aquatic emergencies. It includes Lifeguarding, First Aid, and CPR/AED, with a 2-year certification upon completion. The blended format requires online work before in-person sessions totaling 20 hours.

Participants must attend all classes and pass the following prerequisite swim skills evaluation on the first day:

- Swim 200m 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 DATES: 11/14 - 11/16

REGISTER BY: 10/24

COURSE SCHEDULE:

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

DAY 2 - 8:00AM-6:00PM Water rescues, classwork, First Aid/CPR/AED.

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

COST: \$285 **AGE:** 15+ *Must be at least 15 by last day of class.*

WATER EXERCISE

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

The Rec Center's instructor-led Water Exercise classes offer fun, low-impact workouts for all levels—ranging from gentle movement to full-body strength and cardio—promoting fitness, health, and well-being in the water.

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. *Flotation equipment may be used to perform exercises.*

MONDAY - FRIDAY

6:15-7:15AM

SHALLOW WATER

Focus on cardiovascular endurance and low-impact strength exercises while using water's unique support to ease the strain on muscles and joints, and the Rec Pool's therapeutic warm water.

MONDAY/WEDNESDAY/FRIDAY

10:00-11:00AM

TUESDAY & THURSDAY

8:30-9:00AM

SUNDAY

9:30-10:00AM

RIVERCISE

Using the Lazy River's current Rivercise works to build core strength, as well as improve balance and coordination through walking, lunges, squats, and low-impact exercises.

MONDAY & FRIDAY

9:00-9:30AM

SUNDAY

10:00-11:00AM

WATER-X COMBO

Combo Class combines elements of our shallow and deep water workouts with Rivercise for a full-body, low-impact workout that boosts cardio, strength, balance, and flexibility.

WEDNESDAY

1:00-1:30PM





We are here for you!

Aquatic Physical Therapy held at the Airway Heights Rec Center!



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

AQUATICS SPECIAL ACTIVITY



FRANKIE'S FRIDAY NIGHT DJ ON THE DECK

FRIDAY DECEMBER 19TH | 6PM - 8PM

Frankie and his crew are celebrating the holidays and the end of the year with a live DJ on the deck, bumpin' the beats, playing awesome pool games, and having nonstop family fun!


Membership or day pass required.
All aquatics Center and facility rules apply.

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

FITNESS

 Unless otherwise noted, all fitness programs, classes, and activities require Rec Center membership or day pass. Preregistration 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.

YOUTH FITNESS (AGES 11 TO 17)

YOUTH FITNESS ORIENTATION (YFO)

Required for members ages 11 to 17 accessing the Fitness Floor, the YFO teaches gym etiquette, proper equipment use, floor rules, and safety. *Preregistration is preferred.*

DAYS: Fridays

TIME: 5:30PM-6:15PM

FIT U CLASS IS NOW IN SESSION!

Fit U is an education-based program led by the AH Fitness Team and local professionals, offering information on health & wellness, exercise techniques, and fitness trends.

PRESENTATION

Moderate Intensity Continuous Training ("Cardio") vs HIIT High Intensity Interval Training. Which is better for fat loss, endurance, strength, and overall health?

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

GYM RATS present

LAB RATS
Fitness is the experiment

Join the new year fitness challenge Lab Rats
where your results are data-driven and sweat proven.

TESTING STARTS 2026



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.

DAYS: Mon/Wed/Fri

TIME: 8:30AM

SILVER & STRONG

Silver & Strong is perfect for active older adults seeking to improve strength, stamina, and core stability while having fun.

DAYS: Tue/Thu

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.

DAYS: Wed. 9/24 - 12/17

TIME: 10:00AM

COST: \$35

REGISTER BY: 9/19

SPECIALIZED FITNESS

NEURO KNOCKOUT

A dynamic and engaging fitness class designed specifically for individuals living with any neurological condition or disease such as Parkinson's, Alzheimer's, and stroke.

This innovative program combines the excitement of mitt work boxing combinations with targeted strength, core, and balance exercises to improve overall physical and cognitive function.

DAY: Fridays **TIME:** 1:30PM-2:30PM

COST: Members - FREE | Non-Members - Day Pass Rates apply

TURF 101 CLASSES

Learn fun and functional exercises utilizing equipment on the Rig & Turf Area to boost power, strength, and explosiveness.

TIRES: Build lower-body explosiveness and upper-body strength.

DATE: 10/23 **TIME:** 5:00PM **REGISTER BY:** 10/17

BATTLE ROPES: A high-intensity full body endurance workout.

DATE: 11/13 **TIME:** 5:00PM **REGISTER BY:** 11/7

SLAM BALLS: Combine power, explosiveness and endurance.

DATE: 12/4 **TIME:** 5:00PM **REGISTER BY:** 11/28

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.

Class space is limited and preregistration is recommended.



FALL/WINTER GROUP FITNESS SCHEDULE

MON	Hatha Yoga 10:00AM	Move/Groove 4:30PM	Rhythm Ride 5:30PM
TUES	Meta Mayhem 6:30AM	Cardio HIIT 5:30PM	Yoga 6:30PM
WED	Gang Green 9:30AM	Hard Core 5:00PM	Line Dance Fit 5:30PM
THU	Meta Mayhem 6:30AM	Yoga 6:30PM	- - - -
FRI	Hatha Yoga 10:00AM	- - - -	- - - -
SAT	Boot Camp 9:30AM	Rhythm Ride 11:00AM	- - - -

Schedule is subject to changes.

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

Scan the code to meet the AH Fitness Team, learn more about Personal Training and fitness programs, and to register for a Group Fitness classes.



METABOLIC MAYHEM

Burns calories, build strength, and boost endurance with a mix of high energy circuits, intervals, and functional movements.

MOVE & GROVE

A high-energy dance fitness class combining line dancing, drumsticks, and Latin beats for a total body workout.

HARD CORE

Target the core muscles (abs, back, hips, obliques) from every angle in this 30-minute high-intensity hard core workout.

LINE DANCE FITNESS

Energizing choreography and music combine for a dynamic workout that enhances coordination in this fun cardio experience.

HATHA YOGA

Focus on breath and stretch, while holding poses to enhance flexibility, mobility, and balance in a calm, relaxed environment.

YOGA

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

RHYTHM RIDE CYCLE

Take a ride and improve your strength and cardio endurance matching the revolutions to the beat and rhythm of the music.

CARDIO HIIT

A high energy strength and cardio experience with heart pumping core workouts, kick-boxing and body weight exercises.

GANG GREEN

Join the GANG and take on the GREEN turf with a dynamic blend of conditioning and strength training.

BOOT CAMP

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

PERSONAL TRAINING PACKAGES

	4 Sessions	6 Sessions	12 Sessions
1/2 Hour Session	\$125.00	\$165.00	\$299.00
1 Hour Session	\$219.00	\$295.00	\$535.00

\$115 FIRST TIMER PT SPECIAL!

See if Personal Training is right for you.

Three 1-hour or six 30-minute sessions. *Limit 1 per person.*

FIT FOR FALL PT SPECIAL

Sweater season starts with SWEAT!
Turn over a new leaf with the Fit for Fall PT Special!

8 - 30 minute Sessions for \$199

Sale ends 10/31/25 Limit 1 per person.

YOUTH 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 a minimum of 6-10 participants.

TOT TIME THURSDAY

LEARN - CREATE - MOVE - PLAY



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

Tot Time activities vary from 30-60 minutes. Some activities require parent participation.

DATES: Thursdays **TIME:** 9:30AM

AGES: 1-5 **COST:** \$10

TOT TIME FALL WINTER SPECIAL:
\$60.00 FOR 7 ACTIVITIES

FALL / WINTER TOT TIME SCHEDULE

FUN-NASium! OPEN GYM SPORTS & PLAY

DATES: 9/25 **REGISTER BY:** 9/19

BLOCK PARTY: STACK & BUILD & CREATE

DATES: 10/9 **REGISTER BY:** 10/3

CRAFTY KIDS: PUMPKIN PAINTING

DATES: 10/23 **REGISTER BY:** 10/17

MESS MAKERS: SENSORY PLAY

DATES: 11/6 **REGISTER BY:** 10/31

CRAFTY KIDS: TURKEY DAY

DATES: 11/20 **REGISTER BY:** 11/14

IMAGINATION STATION: OPEN FREE PLAY

DATES: 12/4 **REGISTER BY:** 11/28

MESS MAKERS: EDIBLE ART

DATES: 12/18 **REGISTER BY:** 12/12

BEFORE & AFTER SCHOOL AT THE REC CENTER!



Airway Heights Parks & Rec is excited to announce that our fan-favorite Before and After School Programs are back for another school year, better than ever—and now happening at our community's hub of fun, the Rec Center! We're bringing more games, more activities, and even more excitement to your child's day. Whether it's easygoing mornings with friends in *Early Birds* or action-packed afternoons in *ASAP*, our Rec team is ready to make every moment unforgettable with games, crafts, and much more. Don't miss out—join the fun and make this year the best yet!

FALL/ WINTER SESSION

September 2nd - January 31st

Transportation provided to and from Sunset each day.

NOTE: Before School & After School are separate programs and each require registration.

Program space is limited for each program.

EARLY BIRDS BEFORE SCHOOL

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

TIME: 6:45-8:30AM **COST:** \$750 (\$150/month)

ASAP (AFTER SCHOOL ACTIVITY PROGRAM)

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

TIME: 3:30-5:30PM **COST:** \$850 (\$170/month)

ASAP SPECIAL ACTIVITIES

September 4th	Back to School Kickball
September 16th	Slime Day
October 9th	Movie: Open Season
October 28th	Halloween Craft
November 5th	Dodgeball Tourney
November 20th	Turkey Day Craft
December 4th	Movie: The Nightmare Before Christmas
December 18th	Gingerbread Houses
January 9th	STEM Activity Day
January 23rd	Obstacle Course

PARENTS Night Out

NEED A NIGHT OUT?

We've got you covered! Drop the kids off for a safe, fun-filled evening of games, crafts, snacks, and activities.

\$25/CHILD
AGES 6 TO 11

Pizza dinner included!

Friday Sep. 26

5:30-8:00pm

REGISTER BY:

9/12

Friday Oct. 24

5:30-8:00pm

REGISTER BY:

10/10

REC CENTER Fun Days NO SCHOOL - NO PROBLEM

Days off from school mean all day fun at the Rec Center with a schedule of games, arts and craft projects, swimming, and more! Breakfast and afternoon snack included.

Pack your own lunch. Program space is limited.

AGES: 8-12 **TIME:** 7:30AM - 5:30PM **COST:** \$55/day

DATES: **REGISTER BY:**

Fall Conferences Nov. 24 & 25 11/7

Winter Break Dec. 22, 23, 29, & 30 12/5

TWEENS & TEENS

Programs and activities for middle school and high school students ages 11-15.

We're teaming up with our West Plains Parks & Rec partners from Medical Lake & Cheney this Fall & Winter with awesome, fun-packed programs just for our local tweens and teens.

Space is limited for each program and requires registration



ALTITUDE TRAMPOLINE PARK

w/ Medical Lake Parks & Rec

DATE: Sat. 9/6 **TIME:** 11:00am-3:00pm

COST: \$12 **REGISTER BY:** 9/3

TO REGISTER: Call ML Parks & Rec at (509) 565-5000 Ex. 2



QUARTZ MT. LOOKOUT HIKE

w/ Cheney Parks & Rec

DATE: Sat. 9/20 **TIME:** 10:00am-3:00pm

COST: \$20 **REGISTER BY:** 9/12

TO REGISTER: Call Cheney Parks & Rec at (509) 498-9250



POOL PARTY

w/ Airway Heights Parks & Rec

DATE: Fri. 11/21 **TIME:** 6:00-8:00pm

COST: \$10 **REGISTER BY:** 11/14

TO REGISTER: Call AH Parks & Rec at (509) 244-4845

YOUTH ADVISORY COMMISSION

Join the Airway Heights YAC (Youth Advisory Commission) and help plan future programs, activities, events and trips for tweens and teens in Airway Heights.

Contact the Recreation Programs Supervisor at mkruml@cawh.org for more information.



Spokane County Library District



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

SEPTEMBER - DECEMBER PROGRAMS

Family Storytime

Thu, 10:30-11:30am | 9/5 - 12/26 | Ages 2-5

Lego Free Play

Sat, 10am-6pm & Thu, 4-6pm (starting in Oct.)

Families - All ages

The Case of the Missing Book

Tue, 9/23 | 4-5pm | Ages 8-12

Fire Safety Awareness with the AH Fire Dept.

Sat, 10/4 | 12-4pm | Kids 5+, Tweens, Teens, Adult

Racial Restrictive Property Covenants Workshop

Sat, 10/11 | 2:30-3:30pm | Adults

Jigsaw Puzzle and Game Swap

Sat, 11/1 | 10am-5pm | All Ages

Choose your Own Adventure: Crafts & Activities

Tue, 11/4 | 4-5pm | Kids Ages 5+ & Family

LINC BOOKMOBILE AT THE REC CENTER

DATES: Wed. 9/10 Wed. 10/8 Wed. 11/12 Wed. 12/10

TIME: 10am - 12pm



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

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



SUNSET ELEMENTARY

PTO

Parent Teacher Organization

SUNSET PTO NEEDS PARENT HELP!

For more information on how to get involved as a Sunset PTO volunteer, or attend the next meeting email sunsetpto2@gmail.com

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

@sunsetfalconspto

/airwaysunsetpto



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 are coed, unless otherwise noted.

SHORT SPORTS Ages 3-5 Parent & Child Sports Basics
4REC Ages 5-12 Team Play - Practices & Games
INTRAMURALS Ages 12-15 Social Open Play Sports



CITIZENS ASSOCIATED FOR RECREATION EDUCATION & SOCIAL EQUITY

CARES supports the Airway Heights Parks & Recreation Department's mission to build community and enhance quality of life by developing recreational facilities and programs for youth and adults. Through outreach, partnerships, and contributions, CARES connects those who share a passion for improving our community through people, parks, and programs. As a 501(c)(3) nonprofit, CARES offers charitable opportunities to support projects, programs, and scholarships.

SCAN HERE > > >

to learn more about CARES, how to get involved, or to donate.



ahparksandrec.org/cares/



YOUTH SCHOLARSHIP

The Youth Scholarship Fund creates affordable access to rec programs for youth to engage in positive experiences and lead active lifestyles.

PROGRAM CHAMPION

Program Champions directly support programs through access to supplies, incentives, and reduced fees, making programs more equitable and accessible.

PROJECT PARTNER

Help fund priority projects that enhance existing facilities or create new recreational opportunities.

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: 10/1 - 10/22

REGISTER BY: 9/19

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: 11/12 - 12/10

REGISTER BY: 10/31

BASKETBALL

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

DATES: 1/7 - 1/28

REGISTER BY: 12/19



Sunday thru Thursday

10:30am - 10:00pm

Friday & Saturday

10:30am - 10:30pm

10198 W HWY2 Airway Heights, WA 99224

Thank you to the Airway Heights Dairy Queen for your ongoing support of Airway Heights Parks & Rec Youth Programs and for your generous contributions to our local non-profit, CARES.

4REC YOUTH SPORTS (AGES 5-12) TEAM PLAY

4Rec Youth Sports is a Parks & Rec partnership across the West Plains that focuses on developing fundamental sports skills, teaching game rules and most of all teamwork and 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.

YOUTH BASKETBALL



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

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

**Now offering boys & girls divisions for 9/10 & 11/12!*

Divisions will convert to coed if not enough players to form teams.

COST: \$60/Player

\$5 Late fee for registration after deadline.

SEASON: Mon. January 5th - Sat. February 21st

2 weekday practices/week with Saturday morning games.

REGISTER BY: Friday November 21st

Team space is limited for each age division. Waitlists for each division will be created once all spaces are filled.

PRESEASON BASKETBALL SKILLS TRAINING

Get ready for the upcoming hoops season with elite basketball training led by Eastern Washington Women's Basketball standout Jamie Loera of J15 Training! This high-energy program for youth players focuses on fundamentals, confidence, and game-ready skills.

MONDAYS NOV. 3 - NOV. 24

AGES 5-8

5:00 - 5:45PM

\$45

AGES 9-12

6:00 - 7:00PM

\$60

REGISTER BY: Friday Oct. 18



CHEERLEADING (AGES 7-12)

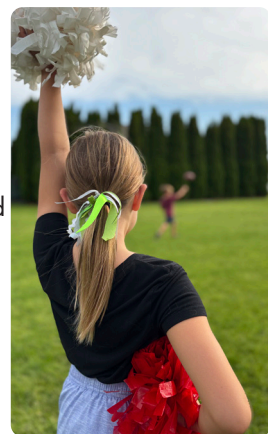
We're excited to announce a new addition to our 4Rec Youth Sports program — Cheerleading!

The Youth Sports Cheerleaders bring energy, excitement, and team spirit every Saturday during our youth sports games.

Cheerleading will focus on learning basic cheer motions and movements, and fun engaging cheers, chants, and routines.

Team will practice 2 times per week then hit the sidelines Saturday morning.

Practice days & times are set by volunteer coach.



FALL SEASON

DATE: 9/8 - 10/25

COST: \$60

REGISTER BY: 9/5

WINTER SEASON

DATE: 1/5 - 2/28

COST: \$60

REGISTER BY: 11/21

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 playing sports. **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 fee credit given for children of volunteering parents or family members.

Contact mkrum1@cawh.org for more coaching information.

CARES YOUTH RECREATION SCHOLARSHIP

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



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

ADULT RECREATION

i Unless otherwise noted, all recreation programs and activities take place at the Airway Heights Recreation Center and require preregistration. Some programs have limited capacity and/or require minimum of 6-10 participants.



BE RECREATION CLASS INSTRUCTOR AND SHARE A HOBBY OR SKILL

Contact the Rec Programs Supervisor at (509) 309-2099 for more information.

ADULT SPORTS

Volleyball Basketball Soccer
Flag Football Cornhole Softball

AHPR offers a variety of adult sports opportunities: Drop-Ins, Leagues, and Tournaments. Leagues and tournaments 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.

DROP-IN SPORTS

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.

PICKLEBALL	TUE-THU	11:00AM-1:00PM
	SUN	9:00AM-11:00AM (1/2 court)
BASKETBALL	FRIDAYS	6:30AM-8:00AM
VOLLEYBALL	FRIDAYS	6:00PM-8:00PM

COST: Members - FREE | Non-Members - \$9

INTRO TO PICKLEBALL

Join Bill and Sherry Campbell for the perfect beginner pickleball class — designed for new players to learn the game, develop skills, focus on technique, and understand the rules, all while building playing confidence and having fun!

COST: \$10/Class | Class sizes are limited. *Paddles provided.*

DATE	TIME	REGISTER BY
9/29	11:00AM-1:00PM	9/19
10/27	11:00AM-1:00PM	10/17
11/24	11:00AM-1:00PM	11/14



GENERAL INTEREST CLASSES

COST: \$5/Class | Class sizes are limited.
Waitlists will be created once classes become full.

INTRO TO LEATHER WORKING

Get hands-on with leather craft in this series of beginner-friendly classes—perfect for anyone curious about working with leather.

CLASS	DATE	TIME	REGISTER BY
Key Chain	10/11	10:00am-12:00pm	9/19
Bag Tag	11/15	10:00am-12:00pm	10/24
Bracelet	12/13	10:00am-12:00pm	11/21

PAPER FLOWERS & CRAFTS CLASS

Our creative paper crafts expert Deb Clinton is ready to share more fan favorite paper flowers and holiday arrangements.

CLASS	DATE	TIME	REGISTER BY
Fall Flowers	10/26	1:00-3:00pm	10/17
Holiday Flowers I	11/9	1:00-3:00pm	10/31
Holiday Flowers II	12/7	1:00-3:00pm	11/28

LEAGUE PLAY

- Leagues are self-officiated: Call your own fouls & penalties.
- Includes single elim playoffs. (May be split into upper & lower)
- Skill /gender divisions may be created based on registrations.



3v3 SHORT COURT BASKETBALL

Put your team together and get ready to run in this fast paced 3v3 short-court basketball format.

- 3 to 5 Players/Team.
- League specific rules & 3 game series format.

SEASON: Sun. 11/2 - 12/14

TIME: 3:30-6:30PM

COST: \$300/TEAM

REGISTER BY: 10/10



COED 6V6 VOLLEYBALL *2026 WINTER SEASON*

Compete to be the 2026 6v6 Coed Rec Volleyball Champs!

- 6-10 players/team (males and females).
- Game format:
2 out of 3 matches.

SEASON: Sun. 1/18 - 3/1

TIME: 3:30-6:30PM

COST: \$350/TEAM

REGISTER BY: 12/19



NEED A TEAM? JOIN THE FREE AGENT LIST!

Sign up to join a team in need of players, or form a team when enough free agents register.





OUTINGS

NEW AIRWAY HEIGHTS FIRE STATION TOUR

Tour the new, state-of-the-art Airway Heights Fire Station, explore cutting-edge equipment, and enjoy lunch with the dedicated team serving our community.

DATE: 9/25

TIME: 12:00-2:30PM

COST: **FREE**

REGISTER BY: 9/12

CIVIC THEATRE: LEGALLY BLONDE

An award-winning musical based on the adored movie, Legally Blonde The Musical follows the transformation of Elle Woods as she tackles stereotypes and scandal in pursuit of her dreams.

DATE: 10/12

TIME: 1:00-6:00PM

COST: \$25

REGISTER BY: 9/19

CUSTER'S CHRISTMAS ARTS & CRAFTS SHOW

Custer's 49th Annual Christmas Arts & Crafts Show features over 250 Artisans from across the Northwest. Enjoy the festive atmosphere and get creative with your holiday shopping. From hand thrown pottery, to mixed-media, photography and more, you're sure to find something for everyone on your list!

DATE: 11/21

TIME: 10:00AM-1:00PM

COST: \$20

REGISTER BY: 11/14

Monthly Friendly Fork Lunch

TIME: 11:30AM COST: \$7/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.*

FALL /WINTER LUNCH MENU

SEPTEMBER 30TH	Spaghetti & Meatballs
OCTOBER 28TH	Chili & Corn Bread
NOVEMBER 25TH	Thanksgiving Meal
DECEMBER 16TH	Holiday Ham Meal

1902 FRIDAY MORNING COFFEE CO COFFEE CART



Enjoy a cup of fresh brewed coffee with Rec Center friends and staff Friday mornings from 7:00-11:00am (or while supplies lasts.) *Courtesy of our friends at 1902 Coffee Co.*

JOIN THE SENIOR ADVISORY COMMISSION

Provides insight and suggestions to Rec Staff for new 55 & Better activities, trips, classes, and presentations. Contact mkruml@cawh.org for a Senior Advisory Commission application and more information.



FALL PREVENTION

Awareness Day

Monday Sep 22nd | 10:00am-12:00pm

Raise your awareness this first day of fall by learning how falls happen and ways to prevent them through strength checks, home safety improvements, and better balance.

COST: Free Lunch included | **REGISTER BY: 9/12**

SOCIAL ACTIVITIES

THURSDAY 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: Thursday TIME: 10:30-11:30AM COST: FREE

OCT BOOK Code Girls by Lisa Mundy

DATES: 10/2 - 10/23 REGISTER BY: 9/19

NOV BOOK Library of Broken Hearts by Lucy Gilmore

DATES: 11/6 - 11/20 REGISTER BY: 10/24

DEC BOOK God Help the Child by Tony Morrison

DATES: 12/4 - 12/18 REGISTER BY: 11/21

JAN BOOK Best Life Book Club by Sheila Roberts

DATES: 1/8 - 1/29 REGISTER BY: 12/19

PARKS



CLEVELAND PARK

SUNSET PARK RENTALS

PARK SHELTER RENTAL (1-6 HOURS):

FEE: \$55-\$220 DEPOSIT: \$50-\$100

- Shelter #1 - Lawson St Splash Pad
- Shelter #2 - 8th St Basketball Court
- Shelter #3 - King St Playground

Fees and deposits rates vary based on group size.

VOLLEYBALL COURT DAILY USE:

FEE: \$20.00/day

SMOKER GRILL (WITH PARK RENTAL ONLY):

FEE: \$35/day

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

FEE: Monday–Friday: \$40.00

Saturday & Sunday: \$55.00

DEPOSIT: \$50/reservation booking

BALL FIELD NO FIELD PREP:

(OUTSIDE PREP MATERIALS & EQUIP. IS NOT PERMITTED)

FEE: \$11.00/hour

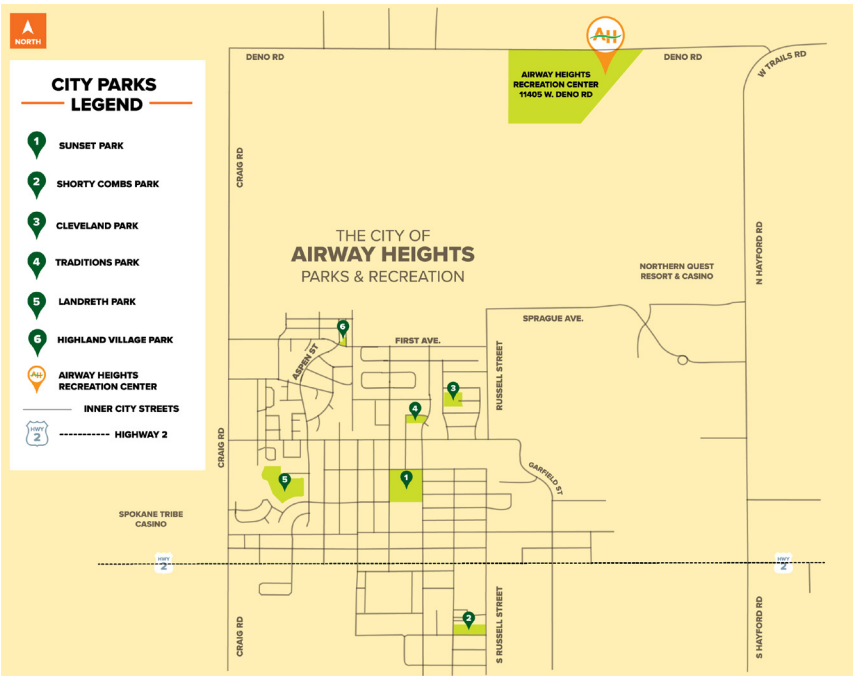
DEPOSIT: \$50.00/reservation booking

BALL FIELD LIGHTS:

FEE: \$25.00/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
SUNSET PARK 924 S Lawson St	9	•	•	•	•	•	•	•	•	•	•	•
SHORTY COMBS PARK 12524 W 18th Ave	3	•			•	•			•			
CLEVELAND PARK 335 S Campbell St	2	•		•					•			
TRADITIONS PARK 12700-12800 W 4th Ave*	1	•		•					•			
LANDRETH PARK 13500 W 10th Ave*	7			•					•	•		
REC COMPLEX 11405 W Deno Rd	10		•		•	•		•	•			
HIGHLAND VILLAGE W First Ave & S Venne St.*	1	•							•			

* Indicates approximate address location

LOST & FOUND PARK ITEMS

Call Parks Maintenance at (509) 244-4001



DO YOUR DOO-DY!

PICK UP AFTER YOUR PUP - EVEN IN THE WINTER

Dog waste doesn't disappear with the snow!
Please remember to scoop the poop year round.

Here's why it matters:

- Protects water quality – dog waste pollutes.
- Prevents disease – it carries harmful bacteria and parasites.
- Keeps parks clean – Less mess to clean in the spring.
- Respects our shared spaces – be a good neighbor.

Waste Bags are located for use in each of our local parks

Thank you from the Airway Heights Parks Maintenance Crew.





AIRWAY HEIGHTS RV

SALES · PARTS · SERVICE

VOTED TOP 3 RV DEALER!

BEST OF READERS POLL 2025 INLANDER 3RD PLACE

THE LITTLE DEALER WITH THE BIG ❤️
10505 W SUNSET HWY



- Small family hometown dealership
- Lower overhead means lower fees
- Zero extra fees
- Highest google rated RV dealer in Washington & Idaho

CONTACT US

☎ (509) 795-2233
🕒 Mon-Sat: 9AM - 6PM
🌐 airwayheightsrv.com
✉ airwayrv1@gmail.com



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COMMUNITY CLEAN UP WASTE TO ENERGY DUMP PASSES

LAST COMMUNITY CLEAN UP DUMP PASSES OF 2025

Saturday August 16th - Monday August 25th
Monday September 29th - Monday October 6th

Qualifying residents will receive their final Waste to Energy Post Card Vouchers of 2025 in the mail with 2 free trips to:

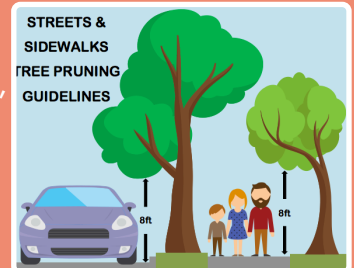
Spokane Waste to Energy Facility
2900 S Geiger Blvd
Spokane, WA 99224

Voucher must be presented at time of disposal.
Participants must come prepared to:
unload their own items, and observe load size limits of two standard pickup bed loads.
No trailers or moving trucks.



TRIM YOUR TREES TO HELP MAKE 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 KIWANIS CLUB



SERVICE IN ACTION

The Airway Heights Kiwanis Club and it's volunteer members are dedicated to improving the lives of children and families by supporting community activities that inspire connection, service, and growth.

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

Grand
Opening!

AIRWAY HEIGHTS'S
FIRST HAUNTED
HOUSE!!

MARTELLI BROTHER'S MEAT EMPORIUM



FREE!
Registration Required

**OCT 10TH
4-7PM**

AGES +13*

*Those under 13 must be accompanied by an adult



AIRWAY HEIGHTS RECREATION CENTER, 11405 W DENO RD, SPOKANE WA 99224

**WARNING: CONTAINS BLOOD, GORE,
ABRUPT SCARES, AND SCREAMS**

SPLASHING PUMPKINS

FRIDAY OCTOBER 10TH | 3:00-7:00PM

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

ORANGE GROUP	3:00-4:00PM
YELLOW GROUP	4:00-5:00PM
GREEN GROUP	5:00-6:00PM
BLUE GROUP	6:00-7:00PM



Groups must exit the water at end of scheduled pool time.
Decorating and carving takes place after pool time.

\$10/ SWIMMER (limit one pumpkin/person)
PRE-REGISTRATION IS REQUIRED.
No entry without registration.

Tickets are limited for each group and are
only required for those entering the water
and picking a pumpkin.

Children under 48" tall must be
accompanied in the water by an adult (14+).

THANK YOU
FOR YOUR
CONTINUED
SUPPORT!

SPONSORED BY

Yoke's
FRESH MARKET

Airway Heights

WINTERFEST



Kickoff the holiday season with family, friends and
neighbors at the **2025 Airway Heights WinterFest!**

Fri. December 5th | 6-8PM

Community Tree Lighting, bonfire,
& Fireworks Show at Sunset Park

Sat December 6th | 9-11AM

Kiwanis Club Pancake Breakfast &
Pictures with Santa at the AH Rec Center

Thank you to our community partners:

AIRWAY HEIGHTS
KIWANIS CLUB



More WinterFest event information available at airwayheightsdays.org