



# AIRWAY HEIGHTS PARKS & RECREATION ACTIVITY GUIDE

WINTER/SPRING 2026

JANUARY - APRIL



## NEW YEAR, NEW ENERGY: POWER UP AT THE REC CENTER

As the New Year kicks off, there's no better time to hit reset, refocus, and invest in your well-being. Whether you're aiming to build strength, boost energy, or simply feel better in your day-to-day life, committing to fitness is one of the most empowering choices you can make. And the Airway Heights Rec Center is the ultimate place to make it happen.

Bursting with motivating classes, top-tier equipment, and a staff that genuinely care, the Rec Center turns goals into accomplishments. From high-intensity workouts that get your heart pumping to calming yoga sessions that restore balance, there's something for every fitness level and every lifestyle. With supportive instructors that don't just lead classes—they inspire, challenge, and celebrate your progress with you.

What truly sets the Rec Center apart is its uplifting community. You're not just joining a gym; you're becoming part of a team cheering you on every step of the way. Whether you're starting fresh or leveling up, this is your place to grow stronger, feel healthier, and stay motivated all year long.

Make this your year. Your goals are within reach, and the Rec Center is ready to help you crush them—one inspiring workout at a time. Let's make 2026 your healthiest, most energized year yet, fueled by dedication, support, and a place that believes in your success, encouraging you each and every day.

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## COMMUNICATE & CONNECT WITH US

 11405 W. Deno Rd. Spokane, WA 99224  
 (509) 244-4845  
 [airwayheightsparksandrec.org](http://airwayheightsparksandrec.org)  
 [parksandrec@cawh.org](mailto:parksandrec@cawh.org)  
 @ah\_parksandrec  
 /ahparksandrec

## AIRWAY HEIGHTS PARKS & RECREATION 2027-2032 MASTER PLAN UPDATE

This year the Parks & Recreation department will begin the process of updating the Parks & Recreation Master Plan for 2027-2032. The Master Plan serves as the roadmap that guides staff in meeting the needs of current and future residents. It positions the City to build on our community's parks and recreation assets, while identifying new opportunities for residents of all ages and abilities. This citizen-driven, six-year plan provides clear direction for Parks & Recreation staff, the Park Advisory Board, and elected officials in their efforts to enhance parks, programs, services, and facilities.

The success of this process depends on strong planning and preparation to seize opportunities as they arise. The data collected helps prioritize community needs and ensures we take the right actions at the right time. It also promotes consistency as elected officials change and allows us to use limited resources and funding more efficiently.

Public participation is a vital part of this effort. The Master Plan is shaped by the input and feedback we receive from the community, beginning with the Master Plan Needs Assessment Survey. This survey gathers important information about current parks and recreation services, identifies valued programs, and highlights areas residents would like to see improved or expanded in the future.

Help us reach 500 surveys completed by  
Airway Heights residents by August 30th.

SCAN HERE  
TO TAKE  
THE SURVEY



REGISTER NOW

<<< SCAN THE CODE

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

*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

**Kevin Smith**

Parks Maintenance Worker 1

**Addam Nemo Peacock**

Guest Services & Operations Supervisor

**Marquis Diomede**

Guest Services & Operations Coordinator

**Jared Nichols**

Fitness Supervisor

**Tre Howland**

Aquatics Supervisor

**Cherese McCoy**

Aquatics Coordinator

## Letter from the Director

Dear Airway Heights Community,

Let me start by reflecting on another outstanding year for Airway Heights Parks & Recreation. 2025 was filled with incredible programs, memorable events, and countless interactions with our members and guests at the Recreation Center. Each smile, conversation, and shared moment reinforces why we do what we do—building a stronger, healthier, and more connected community.

An absolute highlight of 2025 was being recognized with the Inlander Best Of award. Receiving this honor was truly humbling, and we are grateful to everyone who voted for us. This recognition is a testament to our dedicated staff and the amazing members, participants, and guests who make the Recreation Center such a special place. This award has strengthened our commitment to serving the West Plains community and striving to be the premier family recreation and fitness facility in the region.

Looking ahead to 2026, we will be updating the Parks & Recreation Master Plan, a process completed every six years to set priorities, guide investments, and shape the future of our parks and recreation system. We encourage Airway Heights residents to take the survey and share their ideas and vision for the future of recreation in our community.

Lastly, this Winter/Spring activity session is filled with exciting opportunities for all ages, including new and revamped fitness classes, youth and adult sports leagues, 55 & Better outings, and more.

Thank you for your continued support in 2025—here's to another fantastic year of recreation, connection, and community!

Sincerely,

*J.C. Kennedy*

Parks & Recreation Director



### 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 published. 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.

### 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!

## Our Rec Story

### THE ARREDONDO FIT FAM



The Airway Heights Rec Center has been amazing for our family to stay healthy and active, but also bond while we workout as a family. We have even started setting weekly "Fit Fam" goals!

We have been members since it opened and have all grown stronger healthier because of it. We love the welcoming environment created by staff. It is truly a community place and Airway Heights should be proud to have such a great facility run by such amazing people.

## 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. Information 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.

## 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

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.

## 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.*



# 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** THE ONLY THING  
DUE UPFRONT  
**SIGN UP** IS A PRO-RATE  
**ENROLLMENT** CURRENT MONTH,  
**JOINING** AND THE FIRST  
**FEE** FULL MONTH.

Category	Daily	10 Visit		Monthly		Semi-Annual**		Annual**	
		Res	Non-Res	Res	Non-Res	Res	Non-Res	Res	Non-Res
Youth	\$8.00	\$64.00	\$68.00	\$34.00	\$40.00	\$187.00	\$220.00	\$374.00	\$440.00
Adult	\$10.00	\$80.00	\$85.00	\$49.00	\$62.00	\$270.00	\$341.00	\$539.00	\$682.00
Senior (62+)	\$9.00	\$72.00	\$77.00	\$39.00	\$48.00	\$215.00	\$264.00	\$429.00	\$528.00
Family*	N/A	N/A	N/A	\$84.00	\$104.00	\$462.00	\$572.00	\$924.00	\$1144.00

*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 \$15.00 per month per additional dependent.

\*\* **SEMI-ANNUAL & ANNUAL MEMBERSHIPS ARE THE BEST VALUE!** **NOTE: These are non-refundable, non-transferable 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@cahw.org](mailto:parksandrec@cahw.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.





# AMENITIES

## AQUATIC CENTER



The Aquatic Center offers a variety of ways for all family members to enjoy the water from lap swimming to lazy river floating, water 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 with areas for free weights, selectorize machines, and cardio equipment.



### FEATURES:

- 50+ Cardio Machines
- 20+ Strength Machines
- Group Fitness Studio (Group Fitness information on pg.13)
- 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

## KNOW BEFORE YOU GO!

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

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

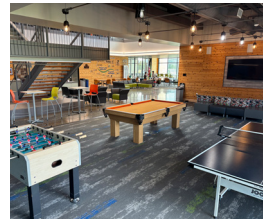


<<< **SCAN THE CODE** before your visit to check the updated schedules for activities taking place in the facility.



## 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.



### 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

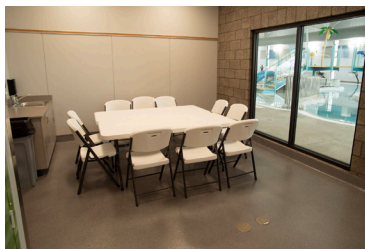
The Meeting Room is an ideal setting for hosting a small business or group meeting, or classroom style learning environment.

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](mailto: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

**\$295.<sup>00</sup> +tax**

**Deposit: \$80.<sup>00</sup>**

*(Deposit not included in rental price)*

**Party size limited to 26**

*(Adults & children)*



### BANQUET ROOM

**\$370.<sup>00</sup> +tax**

**Deposit: \$80.<sup>00</sup>**

*(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.



## 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 Airway Heights city Limits, from Craig Rd to Deer Heights Rd. The Resident Rate is also extended to those who work for a business within the City Limits, are members of the West Plains Chamber Commerce, and those 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).

## 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

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509-321-1600 • [stratfordsuites.com](http://stratfordsuites.com)

## 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 videos 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.**

# 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.



## WINTER/SPRING GROUP LESSON SESSIONS

COST: Member \$52 | Non-Member \$78

	MONDAY & WEDNESDAY	SATURDAY
SESSION 1	1/12 - 2/9	1/10 - 2/14
SESSION 2	2/18 - 3/16	3/7 - 4/11
SESSION 3	3/23 - 4/15	No Session 3 Lessons

## LESSON LEVEL SCHEDULE

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



### 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**  
**\$11 /CLASS**

CLASS DATE	1/10	1/17	2/7	2/21	3/7	3/21	4/4
REGISTER BY	1/2	1/9	1/30	2/13	2/27	3/13	3/27

See schedule for class dates and deadlines. Class space is limited.

### 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 \$105 | Semi Private \$90

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.

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.

## SWIMMING PROGRAMS



### JOIN THE QUACK ATTACK!

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.

### WINTER/SPRING SEASON:

**DAYS:** Monday/Wednesday

**DATES:** 1/21 - 4/29

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

**COST:** \$243

**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.

**WINTER/SPRING SESSION** (Jan-Apr)

**DAYS/TIMES:**

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

**COST:**

\$40/ Month (Membership or day pass required.)

**AGES 18+ | ALL SKILL LEVELS**

### QUESTIONS ABOUT SWIM LESSONS AND OTHER AQUATICS PROGRAMS?

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

# AQUATICS

## LIFEGUARDING

### SPRING 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: 4/8 TIME: 9:00AM-12:00PM

COST: \$30 REGISTER BY: 3/20

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.

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

MARCH COURSE: 3/13 - 3/15 REGISTER BY: 2/27

APRIL COURSE: 4/10 - 4/12 REGISTER BY: 3/27

MAY COURSE: 5/29 - 5/31 REGISTER BY: 5/15

### 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 Training

DAY 3 - 8:00AM-4:00PM

- In-water practicals
- Final exam

## LIFEGUARD INSTRUCTOR COURSE

COMING  
MAY 2026

REGISTRATION OPENS  
MONDAY APRIL 6<sup>TH</sup>.

## 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

## AQUATICS SPECIAL ACTIVITY

### FRANKIE'S FRIDAY NIGHT



GLOW  
Swim

FRIDAY  
JANUARY 23<sup>RD</sup>  
6:00-8:00PM

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



# ~ 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>WATER EXERCISE</b> Deep Water (Lanes 5&6) 6:15AM-7:15AM <b>WX Combo</b> (Wed Only) 1:00-1:30PM <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>WATER EXERCISE</b> Deep Water (Lanes 5&6) 6:15AM-7:15AM <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 <i>Areas of Lap Pool may be reduced or closed during Swim Lessons times.</i>	<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 <b>Shallow Water (WWT)</b> 10:00AM-11:00AM <b>OPEN SWIM</b> 12:00PM-8:30PM <b>SWIM LESSONS (WWT)</b> 4:00PM-7:00PM	<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 <b>Shallow Water (WWT)</b> 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> Shallow Water (WWT) 9:30 - 10:00AM Rivercise (LR) 10:00AM-11:00AM <b>OPEN SWIM</b> 11:30AM-6:30PM
<b>SPRAY N' PLAY &amp; LAZY RIVER FEATURES</b>				
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
<b>SPA &amp; SAUNA (MUST BE AT LEAST 15 YEARS OF AGE)</b>				
6:00AM-8:30PM	6:00AM-8:30PM	6:00AM-8:30PM	9:00AM-6:30PM	9:00AM-6:30PM



**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

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# FITNESS

**i** 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.



## **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.

### **BULKING 101 w/ AH Personal Trainer David**

A beginners guide to a building lean bulk through nutrition, recovery, and MAXIMIZING GAINS!

**DATE:** Sat. 2/7 **TIME:** 12:00pm **REGISTER BY:** 1/30

### **SINGING BOWLS w/ Danya Phelps, Shimmering Palms**

Join this hands-on class and learn about the phenomenon known as Singing Bowls and how this can help with deep relaxation, release muscle tension and even pain.

**DATE:** Fri. 2/20 **TIME:** 5:30pm **REGISTER BY:** 2/13

### **PFAS & YOUR HEALTH w/ John Hancock, Pres. WPWC**

John Hancock and Gail Oneal of the West Plains Water Coalition, explain the risk and impact of synthetic "forever chemicals" carried in the most Americans, and what you can do to protect your water and your health.

**DATE:** Tue. 3/3 **TIME:** 12:00pm & 5:30pm **REGISTER BY:** 2/27

### **PELVIC FLOOR REHAB w/ Amy Sanderson PT, Apex PT**

Our partners at Apex Physical Therapy are back to share valuable tips and info to strengthening and rehabbing the pelvic muscles that support bladder, urethra, and other organ function.

**DATE:** Sat. 3/18 **TIME:** 12:00pm **REGISTER BY:** 3/13

## **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.*

**DAY:** Fridays

**TIME:** 5:00PM-5:45PM

### **INTRO TO FITNESS & TRAINING (AGES 11-14)**

New to working out? Want to get stronger? Maybe even make the team? Start here! Our YFO takes a hands on approach to teach the right way to exercise, lift, and train through guided workouts and hands on learning. Build strength, improve health, learn proper technique, and gain the confidence to reach your goals—all while having fun!

**DATES:** 1/23 | 2/20 | 3/20

**TIME:** 5:00PM-6:00PM

## **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



## **55+ FITNESS**

### **BASE BALANCE, ACTIVE, STRENGTH, EXERCISE**

BASE 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



# 2026 Gym Rats Fitness Challenge

## LAB RATS

Fitness is the experiment



Join the new year fitness challenge where your results are data-driven and sweat proven. Test your limits in our 4th Annual Gym Rats Fitness Challenge!

- Experiment with new fitness classes, and Rec Center Programs
- Track progress & Log your results
- Achieve 30 workouts in 10 weeks
- Bi-weekly mini challenges

Complete your experiment to earn your Gym Rat T-shirt.

**INITIAL INBODY TEST:** Jan 15-31  
**FINAL INBODY TEST:** Apr 1-10.  
**COST:** \$15 (*membership required*)  
**REGISTER BY:** Jan 31st

## GROUP FITNESS CLASSES

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



### NEW! TRX-CYCLE FUSION

This hybrid class combines high-intensity cycling with TRX suspension and strength training for a total-body workout.

### RHYTHM RIDE CYCLE

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

### MOVE & GROVE

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

### 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.

### HARD CORE

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

### AM BOOT CAMP

Kickstart your morning with high-intensity total-body circuits and cross-training strength, and endurance workouts.

### METABOLIC MAYHEM

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

### CARDIO HIIT

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

## WINTER/SPRING GROUP FITNESS SCHEDULE

*Class spaces are limited and preregistration is recommended.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Hatha Yoga 10:00AM	Meta Mayhem 6:30AM	AM Boot Camp 9:30AM	Meta Mayhem 6:30AM	Hatha Yoga 10:00AM	AM Boot Camp 9:30AM
Move & Groove 4:30PM	Cardio HIIT 5:30PM	Move & Groove 4:30PM	Hard Core 4:30PM	- - -	Rhythm Ride 11:00AM
Rhythm Ride 5:30PM	Yoga 6:30PM	TRX-Cycle Fusion 5:30PM	Yoga 6:30PM	- - -	- - -

*Schedule is subject to changes. All classes run for 30-50 minutes.*

## 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

Group Training options available. Max 4 people per group. See Fitness Desk for more info or call (509) 570-7288.

## PERSONAL TRAINING PACKAGES

	4 Sessions	6 Sessions	12 Sessions
1/2 Hour Session	\$130.00	\$170.00	\$305.00
1 Hour Session	\$225.00	\$300.00	\$540.00
<b>PT INTRO PACK</b> <i>First Timer Special</i>	Three 1-hour or six 30-minute sessions. <b>\$120.00</b> ( <i>Limit 1 per person.</i> )		

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.



# 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.

**DATES:** Thursdays **TIME:** 9:30AM **AGES:** 1-5 **COST:** \$10

**\*\* TOT TIME SPECIAL - \$60 FOR ALL 7 ACTIVITIES! \*\***

### WINTER\SPRING TOT TIME SCHEDULE

	DATE:	REGISTER BY:
<b>FUN-NASIUM! OPEN GYM</b>	1/22	1/16
<b>CRAFTY KIDS: iSPY</b>	2/5	1/30
<b>WORKOUT THE WIGGLES</b>	2/19	2/13
<b>MESS MAKERS: STEM LAB</b>	3/5	2/27
<b>TINY TUMBLERS</b>	3/19	3/13
<b>CRAFTY KIDS: MINI PICASSOS</b>	4/2	3/27
<b>IMAGINATION STATION</b>	4/16	4/10

## CARES YOUTH RECREATION SCHOLARSHIP

The CARES Youth Scholarship provides support to qualifying families to get children participating in AHPR activities, such as after school programs, youth sports, day camps, & MORE!

Contact [apeacock@cawh.org](mailto:apeacock@cawh.org) for more info.

## BEFORE & AFTER SCHOOL GRADES: 1st - 5th

**SPRING SESSION: February 2<sup>nd</sup> - June 12<sup>th</sup>**

### 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

### AFTER SCHOOL ACTIVITY PROGRAM AT THE REC CENTER

ASAP (After School Activity Program) is the absolutely best way to spend everyday after school! Relax, hangout, do crafts, play games, and have FUN at the Rec Center!

**TIME:** 3:30-5:30PM

**COST:** \$850

**NOTE:** Before School & After School are separate programs and each require registration. *Program space is limited.*

- Transportation will be provided to Sunset Elementary before school and from Sunset Elementary after school.
- Participants must be dropped off and picked up at the Rec Center each day.
- *Monthly payment plans available.*

## ADVENTURE HEIGHTS DAY CAMP AGES: 8-12

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:** 4/6 - 4/10

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

**COST:** \$250/Week

**REGISTER BY:** 3/13



## SECURE YOUR SPOT IN OUR GREAT SUMMER PROGRAMS!



**REGISTRATION OPENS  
APRIL 1<sup>ST</sup> FOR SUMMER  
YOUTH PROGRAMS!!!**

*Some programs require a non-refundable non-transferable deposit at registration.*

## TWEENS & TEENS

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

Space is limited for each program and requires registration.



### CHS BOYS VARSITY BASKETBALL GAME

Cheer on the CHS Blackhawks as they take on the Mt. Spokane Wildcats for the last home game of the season.

**DATE:** Tue. 2/3

**TIME:** 6:00-9:00PM

**COST:** \$15

**REGISTER BY:** 1/23

### MINUTE-TO-WIN-IT GAME NIGHT

Think you've got what it takes to beat the clock? Compete in a series of fast-paced games sure to make you laugh.

**DATE:** Fri. 2/27

**TIME:** 6:00-8:00pm

**COST:** \$15

**REGISTER BY:** 2/20

### WILD WALLS CLIMBING GYM

Get ready for an exciting climbing experience with a dedicated climbing instructor at Spokane's top climbing gym.

**DATE:** Sat. 4/11

**TIME:** 11:30am-2:30pm

**COST:** \$40

**REGISTER BY:** 3/27

**HELP PLAN ACTIVITIES!** Youth Advisory Commission information on page 19.

## YOUTH SPORTS



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 requires parent participation.

**AGES:** 3-5 **COST:** \$30

**DAY:** Wed **TIMES:** 4:30PM | 5:15PM

*Program times may be consolidated to the 5:15PM session due to low enrollment.*

### BASKETBALL

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

**DATES:** 2/4 - 2/25

**REGISTER BY:** 1/23

### MULTI-PLAY

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

**DATES:** 3/4 - 3/25

**REGISTER BY:** 2/20

### SOCCER

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

**DATES:** 4/8 - 4/29

**REGISTER BY:** 3/27



4Rec Spring Sports is all about teaching fundamental sports skills, understanding the rules of the game, and promoting teamwork and sportsmanship through a fun, supportive experience with weekly practices and Saturday morning games in Airway Heights, Medical Lake, and Cheney.

### NOW OFFERING BOYS & GIRLS DIVISIONS FOR 9/10 & 11/12 SOCCER & FLAG FOOTBALL.

*Divisions will convert to coed if not enough players register to form boys and girls teams.*

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

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.

### FLAG FOOTBALL AGES: 7/8 | 9/10 | 11/12

Flag Football brings the fun and excitement in a fast-paced, 5v5 non-contact format focused on teaching the football basics of: passing, catching, running, flag pulling, and offensive and defensive positions and plays.

**SEASON:** 4/13 - 5/30 (2-weekday practices - Saturday games.)

**COST:** \$60 / Player (\$5 late fee for registration after 3/6)

**REGISTER BY:** Friday 3/6 (Space for each team/sport is limited)

## YOUTH SPORTS DEPENDS ON VOLUNTEER COACHES!

Share your knowledge and passion for sports, while mentoring youth to be great teammates, play fair, and have fun.

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

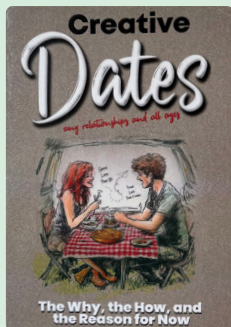
**Call (509) 309-2099 for more information on becoming a volunteer youth sports coach.**



# 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.

## SPECIAL PRESENTATION BOOK READING: CREATIVE DATES WITH AUTHOR BARB BROCK!



Come hear the story behind retired EWU Recreation and Leisure Studies Professor Dr. Barb Brock's assignment to students to create meaningful, relationship-building experiences for under \$5, and how that turned into a labor of love for almost three decades, and eventually into her second published book: *Creative Dates - The Why, the How, and the Reason for Now*.

Barb will share the details behind the simple classroom assignment, what inspired turning the assignment into a book, a few favorite excerpts, and more!

**DATE:** FRIDAY FEBRUARY 13, 2026

**COST:** FREE

**TIME:** 2:30PM-3:30PM

**REGISTER BY:** FRI. 2/6



## ADULT SPORTS VOLLEYBALL BASKETBALL SOCCER SOFTBALL PICKLEBALL CORNHOLE FLAG FOOTBALL



Airway Heights Parks & Recreation's Adult Sports Program offers a variety of sports and opportunities for the community to get in the game with open play drop-ins, skill clinics. Organized leagues and tournaments.

Leagues and tournaments use locally modified rules and formats to make building your team easier, with fewer players required and shorter seasons. Most leagues are coed, require only 4 teams to start, 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.

<b>PICKLEBALL</b>	TUES-THURS	11:00AM-1:00PM
	SUNDAYS	9:00AM-11:00AM (1/2 court)
<b>BASKETBALL</b>	SATURDAYS	9:00AM-12:00PM
<b>VOLLEYBALL</b>	FRIDAYS	5:30PM-8:30PM

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

**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, technique, and understand the rules, all while building playing confidence and having fun!

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

### WINTER / SPRING LEAGUES

- 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

Run in the areas only 3v3 Short Court Hoops League? Get your team in for exciting fast paced games in a 3 game series format each week.

- 3 to 6 Players/Team - 54ft. Short Court

**SEASON:** Sundays 3/22 - 4/26

**TIME:** 3:30-6:30PM

**COST:** \$275/Team

**REGISTER BY:** 2/27



#### COED 6V6 SOCCER

Adult 6v6 Soccer is back for season 3! Get your team ready to hit the pitch for fun and exciting season and compete for the title of West Plains Adult Soccer CHAMPS!

- 6 to 10 players/team: Min. 2 females on the field
- Field Size: 60yds x 30yds | Goal Size: 6.5ft x 18ft.

**SEASON:** Fridays 4/17 - 6/5

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

**COST:** \$300/Team

**REGISTER BY:** 3/27

### 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.



DATE	TIME	REGISTER BY
1/26	11:00AM-1:00PM	1/16
2/23	11:00AM-1:00PM	2/13
3/30	11:00AM-1:00PM	3/20
4/27	11:00AM-1:00PM	4/17

## OUTINGS



### THE DAVENPORT LEGACY EXHIBIT AT THE MAC

The Davenport Legacy exhibit explores the rich history of Spokane's iconic Hotel. Enjoy over a century photos, artifacts, and community stories celebrating of hospitality, and it's journey from fine dining to becoming one of America's finest hotels.

**DATE:** Wed. 2/18 **TIME:** 10:00AM-1:30PM  
**COST:** \$30 **REGISTER BY:** 2/6

### WHITWORTH UNIVERSITY THEATRE PRESENTS: *The Curious Incident of the Dog in the Night-Time*

Based on the bestselling novel, this play follows a young protagonist's extraordinary perspective while navigating the world. Blending humor, heart, and inventive storytelling, it explores family, trust, and the challenges of seeing life differently.

**DATE:** Fri. 3/6 **TIME:** 6:30-9:30PM  
**COST:** \$20 **REGISTER BY:** 2/13

### PINE STREET MARKET TREASURE SHOPPING

Venture to the Pine Street Market & Boutique, a lively and eclectic shopping destination with over 140 vendors offering antiques, vintage treasures, handmade goods. Explore unique aisles filled with history and creativity, find one-of-a-kind items, enjoy the hunt for hidden gems, and soak in a little local charm!

**DATE:** Wed. 4/29 **TIME:** 9:30AM-1:00PM  
**COST:** \$15 **REGISTER BY:** 4/17

## SOCIAL ACTIVITIES

### THURSDAY BOOK CLUB

Enjoy chatting about book themes, characters, writing styles, and favorite parts. Books start on the first Thursday of each month.

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

**FEB BOOK** *Everything I Never Told You* by Celeste Ng  
**DATES:** 2/5 - 2/26 **REGISTER BY:** 1/23

**MAR BOOK** *Within Arms Reach* by Ann Napolitano  
**DATES:** 3/5 - 3/26 **REGISTER BY:** 2/20

**APR BOOK** *None of This is True* by Lisa Jewell  
**DATES:** 4/2 - 4/30 **REGISTER BY:** 3/20

**MAY BOOK** *Sold on a Monday* by Kristina McMorris  
**DATES:** 5/7 - 5/28 **REGISTER BY:** 4/24

### FRIDAY MORNING 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 last.)  
Courtesy of our friends at 1902 Coffee Co.

Thank You

**1902**  
COFFEE CO

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

### WINTER/SPRING MENU

1/27 Chicken Alfredo

2/24 Baked Potatoes

3/24 Italian Wraps

4/28 Tuna Salad

*Menu is subject to change.*



### HELP PLAN 55+ TRIPS AND ACTIVITIES!

Sit down with Recreation staff after the February 24th lunch and help plan the 55 & Better Summer activities and trips.

Senior Advisory Commission information on page 19.

### BE A RECREATION CLASS INSTRUCTOR

*Bring your ideas. Share your passion. Inspire your community.*

Whether you're a self taught hobbyist or a seasoned professional we want to help you share your knowledge, talent, and skills with the community!



TEACH A CLASS IN ONE OF THE FOLLOWING AREAS:

-  **Arts & Crafts** - Painting, knitting, DIY home decor
-  **Technology** - phone photography, 3D printing, graphics
-  **Outdoors** - Gardening, nature skills, hiking essentials
-  **Music** - Instrument workshops, vocal basics
-  **Culinary** - Cooking and baking demos, tastings
-  **Entertainment** - Board games, trivia, film discussions
-  **Special Presentations** - Health, home, care, motivation

Call (509) 309-2099 for more info on becoming an instructor.





SUNSET PARK

SUNSET PARK RENTALS

PARK SHELTER RENTAL (1-6 HOURS):

FEE: \$60-\$230 DEPOSIT: \$55-\$105

- 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: \$25.00/day

SMOKER GRILL (WITH PARK RENTAL ONLY):

FEE: \$38/day

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

FEE: Monday–Friday: \$45.00

Saturday & Sunday: \$60.00

DEPOSIT: \$50/reservation booking

BALL FIELD NO FIELD PREP:

(OUTSIDE PREP MATERIALS & EQUIP. IS NOT PERMITTED)

FEE: \$15.00/hour

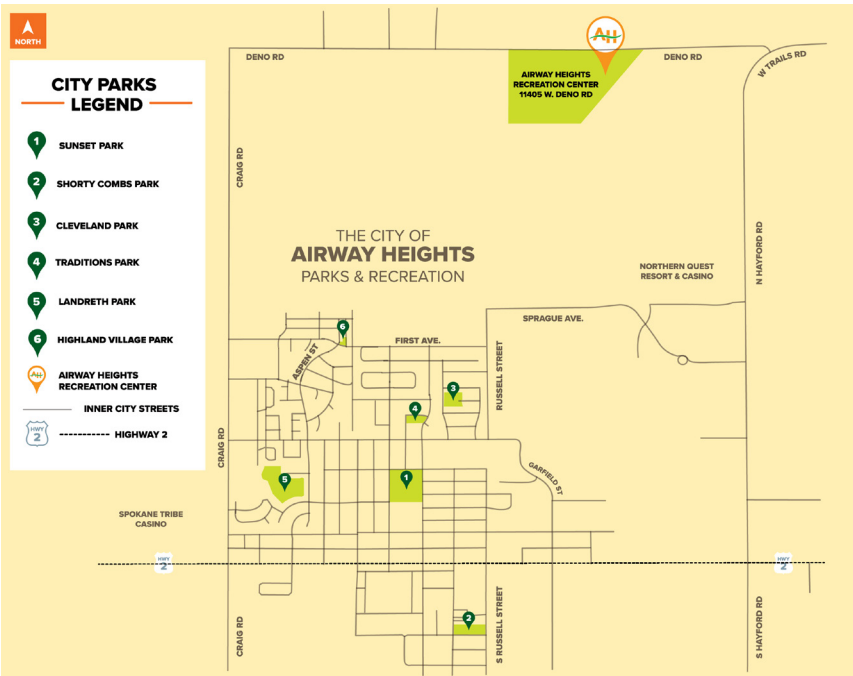
DEPOSIT: \$55.00/reservation booking

BALL FIELD LIGHTS:

FEE: \$27.50/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.
<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> 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.





# GET INVOLVED

## 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
- Currently registered to vote
- Serve three-year term

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

#### Current Board Members:

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

### SENIOR ADVISORY COMMISSION

The Senior Advisory Commission works with Parks & Rec staff to plan and organize engaging activities, trips, classes and presentations for active adults 55 and over that meet their particular needs and interests.

### YOUTH ADVISORY COMMISSION

The Youth Advisory Commission (YAC) is open to middle school and high school youth in Airway Heights, and surrounding area, interested in helping plan activities, trips, and events for teens.

### PARKS & RECREATION VOLUNTEER

Airway Heights Parks & Recreation offers a variety of opportunities to volunteer in through out the year such as:

- Youth Sports Coach
- Recreation Class Instructor
- Activity Group Leader
- Special Interest Presenter
- School Internships
- Special Event Support

For more information about the Youth or Senior Advisory Commission or recreation volunteer opportunities contact

Recreation Programs Supervisor Monika Kruml  
at [mkruml@cawh.org](mailto:mkruml@cawh.org) or (509)309-2099

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.



### 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

### JANUARY - APRIL PROGRAMS

#### Free Afternoon Snack (ages 1-18)

Tue-Thu, 3:30-4:15pm | Ages 1-18

#### Family Storytime

Thu, 10:30-11:30am | Ages 2-5

#### Lego Free Play

Thu, 4-6pm & Sat, 10am-6pm | Families - All ages

#### Cozy Reads & Bakery Treats

Thu, Jan. 15, 6-7pm | Adults *Registration is required*

#### Indoor Plant Swap (all ages)

Saturday, Jan. 24, 10am-5pm | All ages

#### Craft Supply Swap

Sat, Feb. 21, 10am-1pm | All Ages

#### A Matter of Balance: Preventing Falls

Tue & Thu, Mar 3-26, 1:30-3:30pm | Adults  
*Registration is required. Call 509. 777. 1571*

#### Water Bath Canning (adults)

Tue, Mar 10, 6:30-7:30pm | Adults

#### Stuck Together with STEM

Thu, Apr 2, 4:15-5:15pm | Families, tweens, kids

#### Jigsaw Puzzle and Game Swap

Sat, 4/11 | 10am-5pm | All Ages



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



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

1215 S. Garfield Rd. Airway Heights, WA  
(509) 244-0222 | [wyndhamhotels.com/days-inn](http://wyndhamhotels.com/days-inn)

### AIRWAY HEIGHTS KIWANIS CLUB



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](mailto:airwayheightskiwanis@gmail.com)

# COMMUNITY EVENTS

## 2026 DADDY DAUGHTER DANCE *Masquerade Ball*

Saturday March 14<sup>th</sup> | 6-8PM | Sunset Elementary

Don your bold, beautiful masks and step into an enchanted evening of elegant music, lively dancing, and unforgettable magical moments.

**\$27 Parent & Child | \$12 Additional Child**

Dinner, snacks, and refreshments included.

Tickets required for entry. Limited number available.



## FUN NIGHT ULTIMATE SPORTS SHOWDOWN

**SATURDAY MARCH 14TH | 6-8PM | AH REC CENTER**

Moms & Sons get your jerseys on and get ready for an action-packed sports showdown with a nights of games, challenges, and more!

Some activities take place in the pool so bring your swimsuits, and towel.

**\$27 PARENT & CHILD | \$12 ADDITIONAL CHILD**

Dinner, snacks, and refreshments included.

Tickets required for entry. Limited number available.



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 creates connections for 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.



# Sunset Park EGG HUNT



Saturday April 4<sup>th</sup>, 2026 | 9:00AM

AGE SEPARATED EGG HUNTS:

4 & under | 5-6 | 7-8 | 9-10

Prize eggs in each group - Bring your own baskets - Please leave pets at home.



Airway Heights  
Parks & Recreation

*Yoke's*  
FRESH MARKET

AIRWAY HEIGHTS  
KIWANIS CLUB



### 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.



<<< **SCAN HERE** to learn more about CARES, how to get involved, or to donate to programs and projects.