

POST FALLS

2012 SUMMER ACTIVITIES GUIDE

PARKS & RECREATION DEPT.



Register for programs online at www.postfallsidaho.org

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Parks & Recreation Commission

James A. Hail III	Chair
J. Ryan Zane	Vice-Chair
Cheri Hodl	Member
Tami Martinez	Member
Jackie McAvoy	Member
Rick Noordam	Member
Dani Zibell-Wolfe	Member

The Post Falls Parks & Recreation Commission meets on the fourth Tuesday of each month at 6:00pm in the City Hall Council Chambers at 408 Spokane Street. Agendas are posted 48 hours prior to the meeting on the bulletin board at City Hall. For all of our Boards & Commissions, the City of Post Falls strives to be in compliance with the Americans with Disabilities Act. Those requiring special accommodations, please call 773-0539. Check the website for meeting agendas.

Urban Forestry Commission

Katie Kosanke	Chair
Dave O'Brien	Vice-Chair
Shawn Chamberlain	Member
Ray Getchius	Member
Deborah Patterson	Member
Ralph Meyer	Member

The Post Falls Urban Forestry Commission meets on the third Wednesday of each month at 8:00am in the City Hall Council Chambers at 408 Spokane Street. Agendas are posted 48 hours prior to the meeting on the bulletin board at City Hall. For all of our Boards & Commissions, the City of Post Falls strives to be in compliance with the Americans with Disabilities Act. Those requiring special accommodations, please call 773-0539. Check the website for meeting agendas.

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MISSION STATEMENT

IT IS THE MISSION OF THE POST FALLS PARKS & RECREATION DEPARTMENT TO PROVIDE EXCEPTIONAL RECREATIONAL SERVICES, FACILITIES, AND PARKS TO OUR CUSTOMERS AND THE CITIZENS OF POST FALLS. THIS IS EXEMPLIFIED THROUGH PROFESSIONAL STAFF, COST EFFECTIVENESS, COMMUNITY LEADERSHIP & CUSTOMER SERVICE.



Parks & Recreation Department Administrative Office
408 N. Spokane Street • (208) 773 0539

registration & policy information

The Post Falls Parks, Recreation, Urban Forestry & Cemetery Department strives to provide the community with high-quality, affordable programs and activities for people of all ages and abilities. Join us this session and enjoy the benefits of parks & recreation!

REGISTRATION OPPORTUNITIES

The Parks & Recreation Department Administrative Office is open Monday through Friday, 8:00am to 5:00pm.

- Drop in & register
- **On-line:** Register on-line at www.postfallsidaho.org.
- **Mail:** Mail in your registration form & payment to:
Post Falls Parks & Recreation, 408 N. Spokane Street, Post Falls, ID 83854.
- **Fax:** Fax registration to (208) 773-7658, and call us with your debit or credit card number to (208) 773-0539. Please do not put credit card number on the form. A confirmation will be mailed to you. We accept Visa, Mastercard & Discover cards.
- **Please Note:** Use of a credit card will include a bank fee of 3.95%.

GENERAL POLICIES

The first two weeks following the opening date of registration are reserved for Post Falls School District residents only. Open registration will follow after the first two weeks. All fees must be paid at the time of registration to ensure your space in class. Discounts will not be given for times missed during vacations or illness. The Post Falls Parks & Recreation Department reserves the right to make changes in schedules, fees, and instructors without notice. We also reserve the right to cancel or combine classes if minimum registration is not met.

REFUND POLICY

The Parks & Recreation Department requires minimum levels of enrollment to be met in order to run classes. If a class or program is canceled due to lack of enrollment, you will be notified and offered a full refund or credit (your choice). Credits must be used for Post Falls Parks & Recreation activities or rentals and expire after one (1) year's time.

- A 90% refund or credit will be made if a participant withdraws from a Special Interest Program prior to the first class. Withdrawal from a program after classes have begun will result in a 90% refund or credit, minus the cost for the class attended. **No refund will be given after the second class.**
- An 80% refund or credit will be made if a participant withdraws from a Sports League prior to the parent meeting. **Once the parent meeting has elapsed, no refunds will be issued.**

FEE WAIVERS (SCHOLARSHIPS)

A partial waiver of fees (Post Falls residents only) may be available for programs listed in this brochure, if a request is made based on need and available funds. Funds are limited and come from public donations. To apply, or donate to this fund, please contact the Parks & Recreation Administration Office at 773-0539.

NON-RESIDENT FEE POLICY

Residents who live outside of the city limits of Post Falls are encouraged to participate in all programs; however, fees for "non-residents" are higher than those for "residents" for many of our programs and classes. Non-residents do not pay property taxes that support City services. Boundaries used by the Post Office, the Post Falls School District, and the Post Falls Fire District are not the same as city limit boundaries, so even though you may have a Post Falls mailing address, you may be considered a non-resident. If you need help determining whether you live inside or outside the city limits, please call our office at 773-0539, or stop by and view our city boundary annexation map.

Use your smart phone to get your digital copy of the Recreation Guide and sign up for programs on the go. Use your phone's barcode scanner to access your digital copy containing links for online program sign up with the code below.



POST FALLS DAYS

KICK OFF THE SUMMER RIGHT BY JOINING US FOR THE BIGGEST ANNUAL COMMUNITY EVENT EVER! THERE WILL BE FOOD AND CRAFT BOOTHS, BIG WHEEL RACE, FISHING DERBY, BEER GARDEN, DODGEBALL TOURNAMENT, CARNIVAL AND PARADE. MUSIC WILL BE PLAYED THROUGHOUT THE WEEKEND ON TWO STAGES.

POST FALLS DAYS PARADE

Saturday, June 2 Time: 11:00am

For parade information, please call the Chamber of Commerce at (208) 773-5016.

Post Falls Days Vendor Hours

Friday, June 1 2:00pm-8:00pm
 Saturday, June 2 11:00am-8:00pm
 Sunday, June 3 11:00am-4:00pm

Note: Carnival will have extended hours!



SCHEDULE OF MUSIC

FRIDAY, JUNE 1 – STAGE 1

3:00-5:00pm A Taste of Jazz Jazz
 6:00-8:00pm Generation Gap Classic Rock

FRIDAY, JUNE 1 – STAGE 2

3:30-5:00pm Bill Bozly Folk Pop/Altern. Country
 6:00-8:00pm Phoenix Classic Rock

SATURDAY, JUNE 2 – STAGE 1

11:30-1:30pm Full Circle Americana Country Rock
 2:00-5:00pm Kathy Colton & the Relucants Bluegrass/Country
 6:00-9:00pm Simon Sez Classic Rock/ Variety

SATURDAY, JUNE 2 – STAGE 2

12:00-2:30pm Backwater Savants Bluegrass/Country
 3:00-5:30pm Lonesome Lyle Blues & Folk
 6:00-9:00pm County Line Country

SUNDAY, JUNE 3 – STAGE 1

12:00-2:30pm Bill Bozly Folk Pop/Altern. Country
 2:00-4:00pm Ryan Larson Band Country

SUNDAY, JUNE 3 – STAGE 2

11:30-1:30pm Steve Livingston & Triple Shot Country
 2:00-4:00pm Ricochet Country

SHUTTLE BUS

Avoid the parking chaos for Post Falls Days and use our **FREE** shuttle bus service. The bus will be making rounds every 15 minutes to Q'emiln Park from:

- Red Lion Templin's Hotel - 414 E. 1st Avenue
- Black Bay Park - Upper Parking Lot, 1200 E. 3rd Avenue
- Post Falls City Hall - 408 N. Spokane Street

Shuttle Bus hours:

Saturday following the parade until 6:00pm
 Sunday from 11:00am-2:00pm

DISCOUNT CARNIVAL TICKETS

The Post Falls Parks & Recreation Department will be selling discount carnival tickets (wristbands) from approx. May 1 through May 30, or until supply lasts.

Tickets cost \$25 and your child will also receive a bonus \$5 in game/play tickets. This is a \$30 value for only \$25! Get your wristbands in advance! The wristband is good for a 5-hour session during Post Falls Days.

FAMILY NIGHT / FOOD DRIVE AT THE CARNIVAL THURSDAY, MAY 31ST

You can have **UNLIMITED RIDES** on Thursday, May 31st at the carnival! Cost is only \$12.00 + 3 cans of food. Come support the Post Falls Food Bank.

Location: Q'emiln Park, Post Falls
 Time: 6:00-9:00pm.

MC DONALD'S BIG WHEEL RACE

Ages: 3-6

THIS IS A FREE EVENT!

It's time for the annual McDonald's Big Wheel Race! Make sure to stay until the end of all of the races for your chance to win a Big Wheel. Big Wheels will be available for the race, or you can bring your own. No "rigged" big wheels allowed. All participants receive a Happy Meal and ribbon.



Race Date: Saturday, June 2 (after P.F. Days Parade)

Registration: Post Falls Recreation Office until June 1, or on-site from 12:00-1:00pm on race day.
 Race Starts: 1:30pm SHARP!
 Location: Q'emiln Park Grand Pavilion



SUMMER SMACKDOWN OUTDOOR DODGEBALL TOURNAMENT

CO-ED Ages: 16 & over

Get your friends together for a fantastic day of dodgeball, live music and more! Teams will play 6-on-6 with 10 player's maximum per roster. All teams must start each game with a minimum of at least 2 female players. We provide at least 2 officials for each game and follow the official National Amateur Dodgeball Association rules. Limited number of teams accepted, so register early! Game packets are available at the Park & Recreation Office or on-line at www.postfallsidaho.org.

Registration Deadline: Monday, May 21 or until full

Location: Q'emiln Park

CPF42173 Sa 2:00pm-elimination 6/2 \$80/Team



WANTED - CRAFT VENDORS

Call (208) 773-0539 for application information, or go to: www.postfallsidaho.org.



POST FALLS FISHING DERBY

Date: Sunday, June 3 **Ages:** 5-14
THIS IS A FREE EVENT!

An exciting, fun-filled day of fishing that kids will remember for a lifetime. Kids 5 to 14 years old are invited to test their fishing skills at the Fishing Derby. Please pre register at the Park & Recreation office or at the derby from 9:00-10:00am. Children must be accompanied by an adult. Prizes will be given for several fun competitions.

Location: Falls Park, Post Falls

On-site registration: 9:00-10:00am

Fishing Derby Event: 10:00am-1:00pm



POST FALLS SENIOR CENTER MUFFLERS PLUS CAR SHOW

Location: 1215 E. 3rd Ave, Post Falls

Classic cars & trucks will be on display at the Post Falls Senior Center on Saturday, June 2, from 1:00-5:00pm. Food and beverages will be available, and awards will be given at 4:00pm. Catch the shuttle bus across the street at Black Bay for a FREE ride down to Q'emiln Park, for Post Falls Days. For more information, please call (208) 773-9582.

KOOTENAI COUNTY FIRE & RESCUE

On Friday, June 1, come visit the decontamination tent set up on the City Hall Plaza. You are also invited to visit Fire Station #1 (404 Idaho Street) and take part in an Open House on June 2 from 12:00-3:00pm. For more information on these events, call (208) 777-8500 or visit the website at: www.kootenaifire.com.

special events

SPOKANE SHOCK ARENA FOOTBALL GAME

The Post Falls Recreation Department is selling tickets to select SPOKANE SHOCK games. So, get ready to enjoy the excitement of arena football. Tickets are limited! Recreation Office purchase only. Fee: \$12/person

Date: Friday, May 18 **Game time:** 8:00pm
Spokane vs. Philadelphia

Date: Friday, June 29 **Game time:** 8:00pm
Spokane vs. Arizona



POST FALLS PARK DAY - KIWANIS PARK THIS IS A FREE FAMILY EVENT!

Date: July 14 **11:30am-1:30pm**

Come and join the Post Falls Recreation Department as we showcase Kiwanis Park in Post Falls. This year's Park Day will feature such activities as a jump castle, a climbing wall sponsored by Idaho Army National Guard, the obstacle course sponsored by the Kootenai Fire & Rescue, and a Dutch Oven Cooking demonstration. Visit with Post Falls Police Officers and possibly add to your family with a pet adoption from the Post Falls Animal Shelter. Enjoy a free lunch of hot dogs, chips and drinks provided by Post Falls Findley Hyundai and check out a variety of their cars. Activities are from 11:30am-1:30pm. This is a great FREE family event. For location of the park, go to page 17, or check our website: www.postfallssidaho.org for directions.



POST FALLS YOUTH DUATHLON

Saturday, June 9 Ages: 5-14

On your mark, get set...GO! The race is divided into three age categories. The running and biking distances are assigned by age groups. Participants receive a T-shirt, finisher ribbon and refreshments. Pre-race meeting Saturday, June 9 at

8:45am, near the bike transition area on West 4th Avenue, Post Falls. Registration forms are available on the city website at:

www.postfallssidaho.org. (No on-line registration available)

Fee: \$13

POST FALLS 25TH ANNUAL ADULT DUATHLON

Sunday, June 10 Ages: 12 & over

Become a part of the second largest Duathlon in the great northwest and enjoy scenic North Idaho. The race consists of a 5K run, 30K bike, and a 5K run with 5 division choices. Snacks and award ceremony follow the race. For additional information, check our website at: www.postfallssidaho.org/parkrec.html, call the Parks & Recreation Office at 773-0539, or e-mail Van Bennett, Race Director at: bennett6760@roadrunner.com.

(No on-line registration available).

Fees: \$37/Individual \$53/Team

Late registration (after 6/4) \$44/Individual & \$60/Team

*A no sweatshirt option is available

6TH ANNUAL RIVER CITY JAM SKATEBOARD COMPETITION

Sunday, July 15 Ages: 5 & up

Get out there and show off your skills!

Post Falls Parks and Recreation and Pyramid Skate and Screen Shop team up to host this summer's amateur skateboarding competition. Practice will begin at 10:00am with competition starting at 11:00am. All skill levels welcome. Each participant will be allowed two 60 second runs which will be judged on the difficulty of the tricks performed, consistency and individual style. Participants are required to wear helmets. Awards will be given to first, second and third place finishers in each division. Every participant will receive a River City Jam T-shirt provided by Pyramid Skate and Screen Shop.

*NOTE: Pre-registration is required

CPF41916 Su 10:00am-4:00pm 7/15 \$12



Youth Camps

ARENA CHAMPIONS – ELITE FOOTBALL CAMP

Ages: 5-18

Registration is currently open

Come join current and former players of the Spokane Shock for this non contact football camp! This camp will focus on fundamentals and position skill development. Participants will receive excellent training, a list of drills to work on, a T-shirt and certificate of completion for attending. Location: Warren Field

Peewee (Intro) Camp **Ages 5-9**
CPF40769 6/4-6/6 4:00-6:00pm \$50

Skills Camp **Ages: 10-18**
CPF40770 7/9-7/12 4:00-7:00pm \$85

LIL' CHAMP CAMP

Ages: 4-7

This week long sports camp will provide a fun spin on learning basic skills for everyone's favorite sports. Participants will learn skills in soccer, basketball, football and baseball. No experience is necessary and scaled down equipment will be used to better fit the size of the child. All participants will receive a "Lil' Champ Camp" T-shirt at the end of the week.



Camp is from 9:00am-1:00pm or you can choose to stay for the full day. Full day campers will enjoy swimming and other fun activities.

Location: Ponderosa Elementary

CPF41893 M-F 6/18-6/22
 Half Day 9:00am-1:00pm Fee: \$75
 Full Day 9:00am-5:00pm Fee: \$110

Lunch will be provided for all campers.



JUGGLING CAMP

Instructor: David Groth **Ages: 5-11**

Learn to juggle beanbags, rings and clubs, to balance on a globe, ride a unicycle and manipulate a diabolo and devil sticks. This five-day camp is taught by 5th grade teacher David Groth, winner of the International Jugglers' Association award for Excellence in Education. David also directs the Levity juggling performance group, based out of Sorensen Magnet School of the Arts and Humanities, in Coeur d'Alene. This camp is for beginners to advanced jugglers and EVERYONE WILL SUCCEED! Each participant will receive a set of quality beanbags. You will need to bring a water bottle, a snack and wear comfortable clothing.

Location: Q'emiln Park, Post Falls

CPF42155 6/18-6/22 M-F 9:00am-12:00pm \$60.00

TROJAN YOUTH VOLLEYBALL CAMP

Grades: Entering 3rd-9th

Registration: May 1 – June 15, or when full.

The players and coaches of the Post Falls High School Trojan Volleyball team want YOU to join them for a week of volleyball skills, drills and "FUN"damentals! All skill levels are welcome, so sign your child up for this week long camp to tighten their skills or introduce them to the great game of volleyball! Participants will receive a T-shirt for attending.

Location: Post Falls High School Gym

CPF41920 6/25-6/29 9:00am-12:00pm \$86



TROJAN YOUTH BASKETBALL CAMP

Grades: Entering 1st-8th

Registration: May 1-June 29, or when full

Come join the players and coaches of the Post Falls Trojans for a week long basketball camp! All skill levels are welcome as we focus on fundamentals and skill development. Participants will receive a T-shirt for attending. Location: Post Falls Middle School Gym
CPF41921 M-F 7/9-7/13 9:00am-12:00pm \$86

YOUTH GOLF CAMP

Ages: 6-15

Post Falls Parks & Recreation has teamed up with Prairie Falls Golf Course to bring you a fun, high quality golf camp for kids ages 6-15. Discover the great game of golf through fun games, group activities, and skill-building exercises. Whether a beginner, intermediate, or advanced player, this camp will help you enhance your golf game. Two divisions will be offered. Participants will receive a T-shirt and water bottle for attending. Participants need to bring a snack and water bottle. Location: Prairie Falls Golf Club

Birdies **Ages 6-8**
CPF41937 July 16-July 19 9:00-11:00am \$96

Eagles **Ages 9-15**
CPF41938 July 16-July 19 1:00-3:00pm \$96

TRIATHLON CAMP

Ages: 6-12

Does your child like to swim, bike and run? If so, then we have the camp for them! A crew of experts will teach future athletes proper warm-up & stretching, safety while exercising, sportsmanship, teamwork, courage, biking, swimming, yoga, running, how to cross train and much more! Participants will receive a T-shirt, swim cap, water bottle, new skills, friendships and have a lot of FUN!

Location: Trailhead Pavilion, Q'emiln Park, Post Falls

CPF41939 M-F 8/6-8/10 9:00am-3:00pm \$111



SKYHAWKS CAMPS

SKYHAWKS SOCCER CAMP

Ages: 6-12

The #1 camp for learning the fundamentals of soccer. Using our progression curriculum, campers will gain the technical skills & sport knowledge required for the next step into soccer.

Location: Beck Field, Post Falls

No online signups

M-F 9:00am-3:00pm 6/25-6/29 \$130

SKYHAWKS BASEBALL CAMP

Ages: 6-12

Learn the fundamentals of fielding, catching, throwing, hitting, and base running in a fun, positive environment. Athletes learn new baseball skills along with vital life lessons such as respect, teamwork, and responsibility.

Location: Chase Field, Post Falls

No on-line signups

M-F 9:00am-12:00pm 8/6-8/10 \$110

SUMMER DANCE CAMPS

Instructor: Andrea Goad

Ages: 3 & up

Come one, come all...have the time of your life & enjoy your summer days...DANCING & MORE! These 3-week dance camps are held twice a week and will be a whole lot of fun, but without the expense of recital costumes. Min. 4/Max. 10

Location: Tree House, 510 E. 6th Avenue, Post Falls

DANCE CAMP DATES: July 17 – August 2

TUTU TRAIN EXPRESS

Ages: 4-6

Dancers will explore new worlds as they travel on the Tutu Train Express!!!! This class will be filled with stories, imagination, dancing & crafts. Tap & Ballet shoes needed.

CPF42291 4-6 yrs. Tu & Th 10:00-11:00am \$44

PRINCESS CLASS

Ages: 3-8

This class will be sure to please any princess! In each class we will focus on a different princess and feature exciting activities including crafts, such as, princess wands, tiaras, jewelry and much more! We will also have princess ballet class everyday and complete the session with a tea party. Both Tap & Ballet shoes needed.



CPF42293 3-4 yrs. Tu & Th 11:00am-12:00pm \$44

CPF42294 5-8 yrs. Tu & Th 1:00-2:00pm \$44

TAP & JAZZ CLASSES

Ages: 8-11

A great combination of two fun dance styles! Tap is an exciting rhythmic exercise & dance form which is enjoyable for all. The jazz side combines many styles & techniques from ethnic and contemporary dance, using jazz, soul, R&B, ethnic and pop music.

CPF42295 8-11 yrs. Tu & Th 2:00-2:45pm \$44

CHEER CAMP

Instructor: Amy Reneau

Ages: 6-11

We've got "SPIRIT", yes we do! We've got "SPIRIT", how 'bout you? This fun 3-day camp will offer the basic skills needed to execute a cheer-dance routine. Participants will learn chants, cheers, jumps and stunts, which will excite any crowd. Each participant will receive a pair of pom-poms. You will need to bring a water bottle, a snack and wear tennis shoes each day. So let's G-O and get signed up today!

Location: Q'emiln Park, Post Falls

CPF42153 7/11-7/13 W, Th, F 9:00am-12:00pm \$50.00

CPF42154 8/8-8/10 W, Th, F 9:00am-12:00pm \$50.00



GYMNASTICS

Ages: 4-6

Do you have a little gymnast wanna-be at home? This 5-week session will teach your child strength and self-confidence with such skills as somersaults, handstands, cartwheels, bridges and headstands. We will also introduce the low balance beam and work on a variety of beginner moves such as kicks, turns, scales, mounts and dismounts. Working with a Jr. Swing Bar, your child will get instruction on proper hand grips, pullovers, front supports and much more. This class incorporates balls, hoops, incline mats, tunnels and FUN! Come join this class filled with fun and excitement.

Location: Trailhead Building, Q'emiln Park, Post Falls

CPF42189 M 9:00-9:45am 6/18-7/16 4-6yr. \$42



GYMNASTICS - TINY TUMBLERS

Ages: 2-3 (with an adult)

This tiny tumbling class is designed to develop age appropriate motor skills and gymnastic concepts. These energized 30-min. classes will help your child develop balance, flexibility, and strength all while building self-esteem and social skills.

NOTE: This is a parent participation class. A parent or guardian is required to participate in this class with their child.

***Siblings are not allowed to participate in class. Please make other arrangement for additional siblings.**

Location: Trailhead Building, Q'emiln Park, Post Falls

CPF42190 M 9:55-10:25am 6/18-7/16 2-3yr \$37

YOUTH & ADULT GOLF LESSONS

Instructor(s): Prairie Falls Golf Pros

In these 5-week classes you will learn it all; etiquette, putting, chipping and what club to use. Golf equipment and balls will be available for use during lesson time if needed.

Location: Prairie Falls Golf Course, 3200 N. Spokane St., Post Falls



Youth Golf Lessons: 5 – 15 years old

Dates:	6/12 – 7/10	5wks/\$86
CPF41932	Tu 5:30–6:30pm	5–8 yr. olds
CPF41933	Tu 7:00–8:00pm	9–15 yr. olds

Dates:	7/24 – 8/21	5wks/\$86
CPF42017	Tu 5:30–6:30pm	5–8 yr. olds
CPF41934	Tu 7:00–8:00pm	9–15 yr. olds

Adult Golf Lessons: 16 & older

Dates:	5/23 – 6/20	5wks/\$86
CPF41935	W 10:00–11:00am	Beg. Class
CPF42270	W 5:30-6:30pm	Beg. Class

Dates:	7/25 – 8/22	5wks/\$86
CPF42018	W 10:00–11:00am	Beg. Class
CPF41936	W 6:00–7:00pm	Beg. Class

PRESCHOOL PARENT/TOT SPORTS

Ages: 2-4 (with an adult)

Here is an opportunity for you and your preschooler to bond and have fun together while learning sports such as soccer, T-ball, football and basketball. This class is designed to create an interest in a variety of sports while developing listening and motor skills through teamwork and sportsmanship. Classes will be taught in a fun, non-competitive environment. Scaled down equipment will be used to better fit the size of the child. Parent participation is required. Min. 6/Max. 12

Location: Trailhead Building, 12201 W. Parkway Dr., Post Falls

CPF41925 Th 10:30-11:15am 7/12-8/2 \$25

BASEBALL - YOUTH

Boys & Girls Ages: 5-13

Registration May 1 – May 31, or when full

Must be 5 years old by July 9

Learn baseball techniques and strengthen skill levels, while having FUN! Games will be played in the evenings.

Location: Chase and River City Middle School Fields



GAME FORMAT:

CPF42007	5-6	Coach Pitch/Tee-Ball	M & W
CPF42006	5-6	Coach Pitch/Tee-Ball	Tu & Th
CPF42005	7-8	Pitching Mach/Coach Pitch	Tu & Th
CPF42004	9-10	Pitching Mach/Coach Pitch	M & W
CPF41888	11-13	Pitching Mach/Coach Pitch	M & W

Season games will be twice a week (for 6-wks.) beginning the week of July 9.

Fees: \$27/Res. \$31/Non-Res.

COACHES & SPONSORS ARE NEEDED!

PARENT MEETING: Wednesday, June 13 at 6:00pm, Ponderosa Elementary School Gym.

COACHES MEETING: Thursday, June 14 at 6:00pm, Post Falls City Hall Council Chambers.

SOCCER LEAGUE - YOUTH

Boys & Girls Ages: 5-14

Registration July 2 – July 31, or when full

Mix fun with exercise as your kids take to the field with this fast paced recreational soccer league.

Season games will begin September 10

Fees: \$27/Res. \$31/Non-Res.

CPF42049	Micro 5
CPF42048	Mini 6
CPF42047	U-8
CPF42046	U-11
CPF42045	U-14*



*The 12-14 year olds will be required to attend a draft on Wednesday, August 8th at Beck Field. Check-in from 5:30-6:00pm, draft will begin at 6:00pm.

COACHES & SPONSORS ARE NEEDED!

PARENT MEETING: Wednesday, August 22 at 6:00pm, Ponderosa Elementary School Gym.

COACHES MEETING: Thursday, August 23 at 6:00pm, Post Falls City Hall Council Chambers.

SOFTBALL - ADULT COED



Registration: April 2 – May 11

Must be *18 years & older. We will have a recreational and competitive league if the number of teams registered allows. An eight game season with an end of the season tournament!

Coaches Meeting: Tues, May 22, 6:00pm, at the Recreation Office

Start Date: Sun, June 3. Games may start as early as 8:00am

CPF40398	Resident Team	\$450	(includes 14 player fees)
CPF40399	Non-Res. Team	\$500	(includes 14 player fees)
CPF40406	Addl. Player Fee	\$20	(exceeding 14 on roster)

***Resident Team:** Must be made up of at least 50% City of Post Falls residents.

*A team may have up to two (2) 16-year olds on the roster if playing with a parent

FLAG FOOTBALL - YOUTH

Boys & Girls Entering Grades 1st-4th

Registration runs from May 1- August 3 or when full

A great way to introduce your child to the game of football! Skill development and fun are the emphasis of this program. Games begin on September 8 and end October 20.

Fees: \$27/Res \$31/Non-Res.

CPF42143	1st/2nd Grade
CPF42144	3rd/4th Grade



COACHES & SPONSORS ARE NEEDED!

PARENT & COACHES MEETING:

Tuesday, August 14 at 6:00pm, Ponderosa Elementary School Gym

Coaches meeting will take place immediately after the Parent Meeting.

NFL PUNT, PASS & KICK

Wednesday, August 15

This event is FREE to all participants!

Boys & Girls Ages: 6-15 yrs. old

Per the NFL participants CAN NOT wear cleats or football gloves.

Registration: Pre-register at the Parks & Recreation Office before Wednesday, August 15.

On-site registration: Wednesday, August 15, from 5:00-5:45pm.

Competition starts at 6:00pm.

Location: Warren Field (1st & Idaho Street), Post Falls

SOCCER – INTRO. “LIL’ KICKERS” (4 YEAR OLDS ONLY)

Boys & Girls Must be 4 years old by Sep. 8

Registration July 2 – July 31, or when full

Your child will be introduced to the basic skills of soccer in a very active and playful environment. Each week will include a half-hour of “skill-play” and a half-hour of scrimmage games.

COACHES & SPONSORS ARE NEEDED!

CPF42051 9:00-10:00am

CPF42050 10:20-11:20am

Season games will begin September 10.

Fees: \$27/Res. \$31/Non-Res.

Note: No pre-season meeting for Lil’ Kicker parents.

COACHES MEETING: Wednesday, September 5 at 6:00pm, Post Falls City Hall Council Chambers

POST FALLS DOUBLES TENNIS LEAGUE

The courts are ready and waiting for the doubles season to begin. This 5-week **summer league** will start June 18 to July 26. The **Fall league** will begin August 20 and run to September 20. There is a 10-game guarantee. Games can be played on Mondays and Wednesdays with guaranteed court times. If the scheduled times do not fit you may reschedule court time on your own. This is Head-2-Head play. Please include your ranking when registering. We use CTA ranking 8 being low level and 1 being the best. A ranking clinic will be held Tuesday, June 12 for the summer and August 7 for the fall. Summer registration deadline, June 10 with the fall registration deadline, August 3. Location: TBA

CPF42148 M & W 6/18-7/26 \$18 per person
Time to be announced

CPF42149 M & W 8/13-9/12 \$18 per person
Time to be announced

OUTBACK STEAKHOUSE TENNIS CLASSIC

August 10, 11 & 12

The Post Falls Parks & Recreation Department is partnering with the Outback Steakhouse to provide the largest summer tennis tournament that the area has to offer. The format will be best 2 out of 3 sets with a ten-point tie-break (ads are optional). First match consolation rounds will apply. All formats are subject to weather conditions. Awards will be given to the top two finishers in each division. Play begins on Friday, August 10. The divisions will include U-14 up to 60+ with event in intermediate and advanced. Each participant will receive a T-shirt, and will enjoy a delicious Outback Steakhouse BBQ on Saturday.

PARTICIPANTS MAY ENTER TWO EVENTS ONLY!

Sign up at the Post Falls Recreation Office located in City Hall or go on line at www.postfallsidaho.org to download the entry form and either mail with check or fax in the form & pay by debit or credit card.

Fees: \$18 / Single \$30 / Doubles

TENNIS LESSONS

Instructor: Cortney Muller

Ages: 4 – Adult

It's time to make a lot of "racquet" on the court! Cortney Muller is new to our tennis program at Post Falls. She has 20 years experience with 10 years of teaching and coaching. Each lesson will be full of high quality instruction, matches with fellow players & lots of fun! These classes will run twice a week for 4-weeks.

Location: City Tennis Courts, White Pine Park (NE corner of Pole line & Spokane St.)

JUNE CLASSES:

MORNING	CPF	Dates	Days	Time	Age	Level	Price
	42156	6/11-7/6*	M & W	8:00-8:45am	4-6 yrs.	Beg	\$34
	42157	6/11-7/6*	M & W	9:30-10:30am	7-13 yrs.	Beg	\$34
	42158	6/11-7/6*	M & W	10:30-11:30am	7-13 yrs.	Inter/Adv	\$34
	42159	6/11-7/6*	M & W	11:30am-1:00pm	H.S. Grades 8-12	\$45	
AFTERNOON							
	42169	6/11-7/6*	M & W	5:30-6:30pm	7-13 yrs.	Beg	\$34
	42170	6/11-7/6*	M & W	6:30-7:30pm	Adults 16 & up	Beg	\$34
	42171	6/12-7/5	Tu & Th	5:30-6:30pm	7-13yrs.	Inter/Adv	\$34
	42172	6/12-7/5	Tu & Th	6:30-7:30pm	Adults 16 & up	Inter/Adv	\$34

*Classes scheduled for 7/4 will be played on Friday 7/6

JULY CLASSES:

MORNING	CPF	Dates	Days	Time	Age	Level	Price
	42160	7/9-8/1	M & W	8:00-8:45am	4-6 yrs.	Beg.	\$34
	42161	7/9-8/1	M & W	9:30-10:30am	7-13 yrs.	Beg.	\$34
	42162	7/9-8/1	M & W	10:30-11:30am	7-13 yrs.	Inter/Adv	\$34
	42163	7/9-8/1	M & W	11:30am-1:00pm	H.S. Grades 8-12	\$45	
AFTERNOON							
	42174	7/9-8/1	M & W	5:30-6:30pm	7-13 yrs.	Beg	\$34
	42175	7/9-8/1	M & W	6:30-7:30pm	Adults 16 & up	Beg	\$34
	42183	7/10-8/2	Tu & Th	5:30-6:30pm	7-13yrs.	Inter/Adv	\$34
	42177	7/10-8/2	Tu & Th	6:30-7:30pm	Adults 16 & up	Inter/Adv	\$34

AUGUST CLASSES:

MORNING	CPF	Dates	Days	Time	Age	Level	Price
	42164	8/6-8/29	M & W	8:00-8:45am	4-6 yrs.	Beg	\$34
	42165	8/6-8/29	M & W	9:30-10:30am	7-13 yrs.	Beg	\$34
	42167	8/6-8/29	M & W	10:30-11:30am	7-13 yrs.	Inter/Adv	\$34
	42168	8/6-8/29	M & W	11:30am-1:00pm	H.S. Grades 8-12	\$45	
AFTERNOON							
	42178	8/6-8/29	M & W	5:30-6:30pm	7-13 yrs.	Beg	\$34
	42179	8/6-8/29	M & W	6:30-7:30pm	Adults 16 & up	Beg	\$34
	42181	8/7-8/30	Tu & Th	5:30-6:30pm	7-13yrs.	Inter/Adv	\$34
	42182	8/7-8/30	Tu & Th	6:30-7:30pm	Adults 16 & up	Inter/Adv	\$34

ALL PARTICIPANTS NEED TO BRING A TENNIS RACQUET AND A WATER BOTTLE



EXPLORERS: AGES 5-7 YEAR OLDS (*NOTE: 5YR. OLDS MUST BE COMPLETING PRE-SCHOOL OR KINDERGARTEN)

Play the day away with arts and crafts, games, cool creations, swimming, beach play and many special events designed around a unique theme for each week. Lunches will be provided, except field trip days (bring a sack lunch)! Breakfast available for AM extended care.

Explorers Kamp Fees: 6:45am-6:00pm \$101.00/week (\$13 off for siblings)
9:00am-5:00pm \$ 89.00/week (\$13 off for siblings)

\$10/deposit (per session) is due at the time of registration. This deposit will be applied to the weekly fee if the session is attended. NO REFUNDS will be given once the session has begun.



EXPLORER SCHEDULE:

Week #1	June 11-15	Jungle Jive (a safari of hidden treasure quests and wild kingdom excursions)
Week #2	June 18-22	Animal Crackers (little clowns abound for this three ring circus of fun)
Week #3	June 25-29	Dr. Suess is on the Loose! (a week long adventure with Dr. Suess and friends)
Week #4	July 2-6*	Sizzlin' Summertime Superheroes (tons of power packed fun and a megatron crazy game day)
		*(no camp July 4) Note: Weekly Fee reduced by \$25
Week #5	July 9-13	Unsinkable Adventures (tidal waves of water adventures, trip to Splash Down Water Park)
		*Additional \$10/for water park admission
Week #6	July 16-20	Storybooks & Fairytales (a week full of puppet pals, theater fun and fantasy adventures)
Week #7	July 23-27	Just Horsin' Around (mop head horse rodeo, kamp western world, campfire fun)
Week #8	July 30-Aug. 3	Nature in a Nutshell (a world of tiny critters, buggy projects and creepy, crawly games)
Week #9	Aug. 6-10	Messy Art Masterpieces (unlimited crafty creations)
Week #10	Aug. 13-17	Alien Encounters (galaxies of games and awesome alien projects)
Week #11	Aug. 20-24	Summer Fun Finale (a week long party packed full of your summer favorites)

ADVENTURERS: AGES 8-9 YEAR OLDS

Each week will feature a "specialty kamp segment" which will give kids an opportunity to learn many new skills. Each day will include games, crafts, hikes, swimming, specialty skill activities, outdoor adventures and special events designed around a weekly theme. Lunches will be provided, except field trip days (bring a sack lunch)! Breakfast available for AM extended care.

Adventurers Kamp Fees: 6:45am-6:00pm \$111.00/week (\$13 off for siblings)
9:00am-5:00pm \$ 99.00/week (\$13 off for siblings)

****\$130 for Week 6 Adventurers 2-day/1-night Camp-out. Campout will be Thursday to Friday**

\$10/deposit (per session) is due at the time of registration. This deposit will be applied to the weekly fee if the session is attended. NO REFUNDS will be given once the session has begun.

ADVENTURERS SCHEDULE:

Week #1	June 11-15	Lost World Adventures (a quest of treasure hunts, hikes & galley of games)
Week #2	June 18-22	Crazy Clownin' Olympics (week packed with carnival, clowning, and wacky activities)
Week #3	June 25- 29	Imaginarium (explore the limits of your imagination through many adventurous activities)
Week #4	July 2-6*	Sizzlin' Summertime Superheroes (tons of power packed fun and a megatron crazy game day)
		*(no camp July 4) Note: Weekly fee reduced by \$25
Week #5	July 9-13	Unsinkable Adventures (beach bash of games & crafts, trip to Splash Down Water Park)
		*Additional \$10/for Water park Admission
Week #6	July 16-20	S'more Outdoor Adventures (nutty nature adventures and a 2-day/1-night campout)
		**Note: Kids registered for Week 6 must attend the campout, no alternative care available.
Week #7	July 23-27	Rodeo Round-Up (wagons ho...to Wild West games, rodeo challenges and bales of fun)
Week #8	July 30-Aug. 3	SURVIVOR Ka-Mee-Lin Island (competitions & challenges to see what team will be the ultimate survivors)
Week #9	Aug. 6-10	Picasso's Party (crazy crafts and amazing artsy creations)
Week #10	Aug. 13-17	Space Invaders (games, crafts and out of this world encounters will pack in the fun this week)
Week #11	Aug. 20-24	Summer Fun Finale (a week long party packed full of your summer favorites)

****Some partial scholarships are available for families who qualify. Please contact our office for more information.**

VOYAGERS: AGES 10-11 YEAR OLDS

Campers will go on 2 “voyages” each week to explore many sites throughout North Idaho and the Spokane Community. Other days will be packed full of outdoor adventures; hikes, archery, swimming, bike trips, campfire cooking, geo-caching and special events designed around the weekly theme. Lunches will be provided, except field trip days (bring a sack lunch)! Breakfast available for AM extended care.

Navigators Fees: 6:45am-6:00pm \$122/week (\$13 off for siblings)
9:00am-5:00pm \$110/week (\$13 off for siblings)

***\$145 for Week 6 (3-day/2-night) Camp-out. Campout will be Wednesday thru Friday**

***\$160 for Week 9 (3-day/2-night) Camp-out @ Devil’s Elbow State Park - Tuesday thru Thursday**

\$10/deposit (per session) is due at the time of registration. This deposit will be applied to the weekly fee if the session is attended. NO REFUNDS will be given once the session has begun.

VOYAGERS SCHEDULE:

Week #1	June 11-15	Lost World Adventures (a quest of treasure hunts, hikes & galley of games)
Week #2	June 18-22	Radical Riders (a week packed full of two wheelin’ biking adventures)
Week #3	June 25-29	Imaginarium (explore the limits of your imagination through many adventurous activities)
Week #4	July 2-6*	X-treme Olympics (a week packed full of the craziest team challenges you can imagine)
	*(no camp July 4)	Note: Weekly fee reduced by \$30
Week #5	July 9-13	Super Soakers! (wet n wild fun in the sun, kayaking/canoeing, beach activities, wrap up the week with a trip to a Splash Down Water Park)
Week #6	July 16-20*	S’more Outdoor Adventures (nutty nature adventures and a 3 day/2-night campout)
		*Note: Kids registered for Week 6 must attend the campout, no alternative care available.
Week #7	July 23-27	Wild Wranglers (archery, dutch-oven cooking, marshmallow shootout and crazy rodeo games)
Week #8	July 30-Aug. 3	SURVIVOR Ka-Mee-Lin Island (competitions & challenges to see what team will be the ultimate survivors)
Week #9	Aug. 6-10	Nuts about Nature (test your outdoor nature skills at our camp-out to Devil’s Elbow State Park)
		*Note: Kids registered for Week 9 must attend the campout, no alternative care available.
Week #10	Aug. 13-17	Biking Bonanza (tons of two wheelin’ road trips; Trail of Cd’A and other routes)
Week #11	Aug. 20-24	Summer’s Greatest Hits (a week long party packed full of your summer favorites)

NAVIGATORS: AGES 12-14 YEAR OLDS

This group has been designed to give kids an opportunity to “navigate” their way to many sites throughout North Idaho and the Spokane Community. We will expand your leadership skills thru several team challenges. Other days will include many outdoor adventures; archery, hiking, canoeing, geo-caching, swimming, bike trips, Ka-Mee-Lin’s version of the Amazing Race and special events designed around the weekly theme. Lunches will be provided, except field trip days (bring a sack lunch)! Breakfast available for AM extended care.

Navigators Fees: 6:45am-6:00pm \$133/week (\$13 off for siblings)
9:00am-5:00pm \$121/week (\$13 off for siblings)

***\$170 for Week 5 (3-day/2-night) Camp-out (Tuesday thru Thursday) and Splash Down Water Park**

****\$160 for Week 9 (3-day/2-night) Camp-out (Tuesday thru Thursday) at Devil’s Elbow State Park**

\$10/deposit (per session) is due at the time of registration. This deposit will be applied to the weekly fee if the session is attended. NO REFUNDS will be given once the session has begun.

NAVIGATORS SCHEDULE:

Week #1	June 11-15	SURVIVOR Ka-Mee-Lin Island (competitions & challenges to see what team will be the “ultimate” survivors)
Week #2	June 18-22	Radical Riders (a week packed full of two wheelin’ biking adventures)
Week #3	June 25-29	Amazing Race (test your fearless endurance thru geo-cache hunts and outdoor obstacle challenges)
Week #4	July 2-6*	X-treme Olympics (a week packed full of the craziest challenges you can imagine)
	*(no camp July 4)	Note: Weekly fee reduced by \$30
Week #5	July 9-13	Super Soakers! (wet n wild fun in the sun, 3 day/2 night campout & Splash Down Water Park trip)
Week #6	July 16-20	Different Races...Different Places! (navigate your way thru our crazy day adventures)
Week #7	July 23-27	Wild Wranglers (archery, dutch-oven cooking, marshmallow shootout and crazy rodeo games)
Week #8	July 30-Aug. 3	Decades of “Rockin” Art (re-create top artsy hits thru the decades, Art on the Green excursion)
Week #9	Aug. 6-10**	Nuts about Nature (test your outdoor survival skills at our 3-day/2-night camp-out to Devil’s Elbow)
Week #10	Aug. 13-17	Biking Bonanza (spend the week doing two wheelin’ road trips around North Idaho)
Week #11	Aug. 20-24	Summer’s Greatest Hits (a week long party packed full of your summer favorites)

****Some partial scholarships are available for families who qualify. Please contact our office for more information.**



ART CLASSES

Instructor: Christina Camp-Hankinson

Location: The Tree House, 510 E. 6th Avenue, Post Falls

CULTURAL ARTS

Ages: 7-12

Have fun as we create art from different cultures. We will design a batik style T-shirt, air dry clay bowl, and other projects.

CPF42297 W 5:00-6:30pm 6/6-6/27

Fee: \$40 + \$5 material fee paid to instructor

*Will need T-shirt size

AWARD WINNING ART

Ages: 7-12

Let your inner artist out while creating different art related to the fair. We will design a T-shirt, create a painting, and make other fun projects. We'll talk about layout and presentation of our art.

CPF42298 W 4:30-6:00pm 7/11-8/1

Fee: \$40 and \$5 material fee paid to instructor

*Will need T-shirt size

WATER COLOR

Ages: 13-adult

Relax while you pick up your paint brush and create different works of art. Students will work on different paintings from photos, looking at objects, and the outdoors while learning different techniques.

CPF42305 W 6:30-8:00pm 7/11-8/8

Fee: \$54 + \$12 material fee or *supply list is available.

ENCHANTED FOREST

Ages: 5-10

We will have fun with our imagination as we create different story book characters; such as knights, princesses, and dragons. We will create a T-shirt design; make a shield, and other fun projects.

CPF42302 F 1:00-2:30pm 7/13-7/27

Fee: \$33 + \$5 material fee paid to instructor

* Will need t-shirt size

DRAWING AND PAINTING

Ages: 11-16

Relax while you have fun learning different techniques for drawing and painting. We will design a T-shirt, paint on canvas, just to name a few projects.

CPF42304 F 3:00-4:30pm 7/20-8/10

Fee: \$40 + \$5 material fee paid to instructor

* We will need T-shirt size

ARRRGH PIRATES!

Ages: 5-10

Let's have fun as we get creative exploring the treasures of the seas; such as pirate ships, mermaids, and sea dragons. We will create a T-shirt design; design a pirate ship, and more students.

CPF42303 F 1:00-2:30pm 8/3-8/17

Fee: \$33 and \$5 material fee paid to instructor

* Will need T-shirt size

CARTOON CAMP

Ages: 7-12

Do you have any favorite cartoon characters? Have fun while learning techniques for creating different characters. We will create a T-shirt, an animation cell, and other fun projects.

CPF42301 W 4:30-6:00pm 8/8-8/29

Fee: \$40 + \$5 material fee paid to instructor

* Will need T-shirt size

DECORATIVE ACRYLIC TOLE PAINTING CLASSES - ADULTS

Location: Tree House, 510 E. 6th Avenue, Post Falls

Come paint with us! These classes are taught step by step with teacher assistance.

Note: Debbie is also offering "Open Class" on the same dates and times. Bring in projects to finish up or start a new one!



GARDEN "THYME" ANGEL WIND CHIME

This adorable garden angel will brighten up any spot in your garden! She's wearing a big floppy garden hat while holding daisies and a beehive. Hanging with the metal chimes are three "buzzing" bees. This summer wind chime hangs from a Sheppard's hook or from your porch. The pattern is painted on the front and back.

CPF42306 W 10:00am-12:30pm 5/30-6/20 4 wks.

CPF42307 W 6:30-9:00pm 5/30-6/20 4 wks.

Fee: \$37 plus supplies

"CHRISTMAS IN JULY" SNOWMEN TILE COASTERS

Learn the art of painting on tiles. You will use a paint designed for both tile and glass. A set of four tiles will have a different snowman face on each one. These paint up so quickly, you may want to paint several sets for gifts!

CPF42308 W 10:00-12:30pm 7/11-8/1 4wks.

CPF42309 W 6:30-9:00pm 7/11-8/1 4wks.

Fee: \$37 plus supplies

A WELCOME FOR ALL SEASONS

Welcome each new season by painting a sign you can change all year long! The welcome sign is a plant holder that can display flowers or greenery in to match the season, as well as the signs. We will paint a snowman for winter, a bunny for spring, a summer birdhouse and fall pumpkins. You will learn a lot of painting techniques in this class!

CPF42310 W 10:00-12:30pm 8/8-8/29 4wks.

CPF42311 W 6:30-9:00pm 8/8-8/29 4wks.

Fee: \$37 plus supplies

COOKING CLASSES ROSA'S ITALIAN MARKET & DELI

Location: 120 East 4th Avenue, Post Falls

Instructors: Tina-Marie Schultz & Giuliana Rogers



KIDS IN THE KITCHEN

Ages: 6-12

Learn the basics in our youth cooking classes. Students will make simple snacks and meals that are kid friendly and yummy like pizza, lazy lasagna and after school snacks. We will also teach the participants how to use kitchen utensils and measure out ingredients. You get to eat what you make too!

CPF42339 M 4:00-5:15pm 5/7-5/21 \$35/3 wks.

CPF42340 M 4:00-5:15pm 6/4-6/18 \$35/3 wks

CPF42341 M 4:00-5:15pm 7/2-7/16 \$35/3 wks.

PHOTOGRAPHY CLASSES

Instructor: David Pafford
Owner of Steel Bridge Photography

Ages: 12 & up

Location: Tree House, 510 E. 6th Ave. PF

Note: Manual and/or digital camera is necessary for each workshop.

GET TO KNOW YOUR DIGITAL CAMERA

Learn how to read your Owner's Manual more efficiently and use all the technologies in your digital camera. Be sure to bring your camera & owner's manual to this workshop.



CPF39492 F 6:00-8:00pm 5/4 \$16

CPF41944 F 6:00-8:00pm 6/29 \$16

NIGHT PHOTOGRAPHY

The brave photographers come out at night! Bring your camera, a good tripod, and a flashlight to this exciting workshop to learn how to take beautiful pictures after the sun goes down. Modern digital cameras provide many options that make low-light and night photography much easier and more enjoyable.

CPF41946 F 6:00-8:00pm 7/13 \$16

ENJOY YOUR CELL PHONE CAMERA

Join David in this unique workshop on mobile imaging, and discover the joy and ease of using your cell phone to create memorable pictures. Learn to access all the technologies in your cell phone camera to take great pictures, edit them and send them to all your friends immediately over the internet. Then, save the photographs to your personal computer or social network webpage for future use, such as, post-production editing, printing and distribution.

CPF40478 F 6:00-8:00pm 5/11 \$16

OUTDOOR PHOTOGRAPHY SEMINAR

Improve the quality of your outdoor photographs using your own equipment. David will conduct a guided tour of Falls Park, and talk about specific elements and principals of photography. Participants will have a chance to take photographs and be encouraged to discuss their photo ideas with the group. David will answer questions about your camera's functions and how to compose better pictures. Please note different location: Meet at Falls Park, 305 W. 4th Ave., P.F.

CPF41909 Sa 7:00-9:00am 7/21 \$16

MARTIAL ARTS

LOCATION: 3122 W. SELTICE WAY #A, PF

MARTIAL ARTS - FILIPINO ARNIS

Instructor: Tom Collins

Ages: 11 & older

Come learn traditional Filipino martial arts! Students will learn how to use short sticks to effectively protect themselves from harm. Sticks will be provided.

CPF42024 F 6/15-7/27* 7:15-8:15pm \$51/6 wks.

*No class 7/6

MARTIAL ARTS CAMPS FOR KIDS – BUSHENKAI AIKIDO

Instructor: Tom Collins

Ages: 5-11

Worried about vacations and missing classes? Try our Aikido summer camps! You will receive 4 lessons per week with this unique program. Students will learn respect & discipline thru mutual cooperation and teamwork. They will also build higher confidence and self-esteem while learning better balance, coordination and quicker reflexes, as well as a variety of self-defense skills. Classes will be held Monday-Thursday.

Fee: \$45

JUNE

CPF42272 6/11-6/14 11:00am-12:00pm 5-11 yrs.

CPF42273 6/18-6/21 11:00am-12:00pm 5-11 yrs.

CPF42274 6/25-6/28 11:00am-12:00pm 5-11 yrs.

CPF42281 6/11-6/14 4:00-5:00pm 5-11 yrs

CPF42282 6/18-6/21 4:00-5:00pm 5-11 yrs

CPF42283 6/25-6/28 4:00-5:00pm 5-11 yrs

JULY

CPF42275 7/9-7/12 11:00am-12:00pm 5-11 yrs.

CPF42276 7/16-7/19 11:00am-12:00pm 5-11 yrs.

CPF42277 7/23-7/26 11:00am-12:00pm 5-11 yrs.

CPF42290 7/30-8/2 11:00am-12:00pm 5-11 yrs.

CPF42284 7/9-7/12 4:00-5:00pm 5-11 yrs.

CPF42285 7/16-7/19 4:00-5:00pm 5-11 yrs.

CPF42286 7/23-7/26 4:00-5:00pm 5-11 yrs.

CPF42287 7/30-8/2 4:00-5:00pm 5-11 yrs.

AUGUST

CPF42278 8/6-8/9 11:00am-12:00pm 5-11 yrs

CPF42279 8/13-8/16 11:00am-12:00pm 5-11 yrs.

CPF42288 8/6-8/9 4:00-5:00pm 5-11 yrs.

CPF42289 8/13-8/16 4:00-5:00pm 5-11 yrs.

WOMEN'S AIKIDO

Instructor: Sensei Cindy Jacobs

Location: 3122 W. Seltice Way #A, Post Falls

Participants will build higher confidence and self esteem while learning better balance, coordination and quicker reflexes, as well as a variety of self-defense skills.

Wednesday Classes

CPF42015 6/13-7/25* 5:30-7:00pm 12 & up \$51

*No class 7/4

Saturday Classes

CPF42014 6/16-7/28* 9:00-10:30am 12 & up \$51

*No class 7/7

outdoor recreation

RIVER GUIDE TRAINING - CLARK FORK RIVER

Presented by Pangaea River Rafting **Ages: 18 & up**

During guide training, we recommend you "rock your boat." You'll be flipping rafts, saving swimmers, swimming rapids, giving commands and captaining your own boat over an intensive and very fun six day course. The access and opportunity on the Clark Fork River for guide trainees is unmatched anywhere else in our area. Most people arrive Friday night and set up camp for the weekend at our compound on the river. We will be rafting from 9:00am to 6:00pm Sat. & Sun. We will eat lunch on the river. After completing our full 50-hr. guide training class, you will receive a certificate of completion and an evaluation that will serve as your legal verification of meeting strict guide training standards! We will provide you with all of the rafting gear you will need for the course: wetsuits, booties, and PFD's. You will need to have the following items: Wool or Polypropylene Base Layer top & bottoms, socks, warm hat, waterproof windbreaker, pants and a water bottle. You will also need to have a tent, car, camper, trailer, or some other form of shelter at night.

Registration Deadline: May 13.

***Note** bring a friend on the last Sunday for only \$35

CPF41924 Sa & Su 5/19-5/20, 5/26-5/27 & 6/2-6/3 \$359

WHITewater RAFTING TRIP - SPOKANE RIVER

Presented by Pangaea River Rafting **Ages: 6 & up**

The Spokane River carves its way through a steep, Ponderosa River Valley, gliding between civilization and spectacular volcanic rock formations. These rock formations make the lower Spokane River through Riverside State Park one of the most interesting class III white water rapids in the state. Your guides are highly qualified river runners who have years of experience and hours of training on the river. Not only are they the safest guides on the river, they are the most fun on the river too. Squirt guns and boat games are standard on every trip. This trip is the perfect whitewater adventure for beginners and young children who have never run a river before. After the trip, you are invited to hang out for a post trip happy hour for all ages.

Registration Deadline: One week prior to trip date

CPF42121 Sa 10:30am-1:30pm 6/23 \$45

CPF42122 Sa 10:30am-1:30pm 6/30 \$45

CPF42123 Su 10:30am-1:30pm 7/08 \$45

CPF42124 Sa 10:30am-1:30pm 7/14 \$45

CPF42125 Sa 10:30am-1:30pm 7/21 \$45

BICYCLE TOUR & LUNCH TRAIL OF THE COEUR D'ALENES

Ages: 8 & over

We will begin our 10 mile bike ride in the town of Kellogg, Idaho. Along the way we will stop at various historical sites that describe the impact that mining has had on this area throughout history. When we arrive in the town of Wallace we will take a tour at the Northern Pacific Depot Railroad Museum where they will transport us back in time when railroads were the king of transportation. Our trip will end at the Wallace Inn where we will have a chance to relax and enjoy a late lunch. Even beginning bikers can enjoy this trail with its gentle grade and smooth surface. Trip fees include shuttle service from Post Falls for you and your bike, guide, and meal. Meet at PF City Hall.

Registration Deadline: June 29 Min 6/Max 15

CPF41918 Su 9:00am-3:00pm 7/8 \$32

Q'EMILN TRAIL HIKE

Ages: 8 & up

Join us for a fun and educational day hike on the Q'emiln (pronounced Ka-mee-lin) Trail. This amazing trail has so much to see and enjoy, and the best part is that it is here in Post Falls. We will guide you through four miles of pristine trails here in our own back yard. This trail is home to beautiful wild flowers, marmots, osprey and other wildlife. Registration Deadline: July 6 Min 4/Max 12

CPF42030 W 9:30am-12:00pm 7/11 \$10

BICYCLE TOUR - ROUTE OF THE HIAWATHA

Ages: 10 & up

Unforgettable is the best word to describe this mostly downhill 15-mile ride through the scenic Bitterroot Mountains of Idaho. This excursion will take place on an unpaved trail through 10 tunnels including the 1.66 mile Taft Tunnel and pass over several light trestles. Your fee includes shuttle service from Post Falls, for you and your bike, guide and trail fees. All participants must have a helmet and a flashlight.

Registration Deadline: July 20 Min 10/Max 20

Location: Meet at Post Falls City Hall

CPF42003 Sa 9:00am-5:00pm 7/28 \$41

WHITewater RAFTING TRIP CLARK FORK RIVER

Presented by Pangaea River Rafting

Ages: 6 and up

The Clark Fork River has seven boat drenching class III rapids like "Fang" and "Punisher" that will get you wet, make you laugh and delight your whole family! Your kids will be singing your praises as they scream with delight through class III whitewater rapids Cliffside I and II before floating underneath the purple cliffs beside Montana's most beautiful river beach. Swim in a crystal clear pool while your guides prepare lunch. After an all you can eat potato bar, grilled chicken, mixed salad greens, artichoke hearts, sun dried tomatoes and homemade dessert, let your food digest and your cares drift away on the final, mild and scenic stretch of river.

Registration Deadline: One week prior to trip date

CPF41927 Sa 9:30am-3:00pm 7/14 \$59

CPF41928 Su 9:30am-3:00pm 7/15 \$59

CPF42034 Sa 9:30am-3:00pm 7/28 \$59

CPF42035 Su 9:30am-3:00pm 7/29 \$59

CPF41929 Sa 9:30am-3:00pm 8/4 \$59

CPF41930 Su 9:30am-3:00pm 8/5 \$59

CPF42036 Sa 9:30am-3:00pm 8/11 \$59

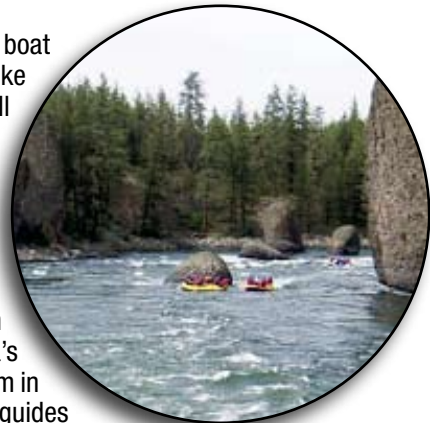
CPF42037 Su 9:30am-3:00pm 8/12 \$59

CPF41997 Sa 9:30am-3:00pm 8/18 \$59

CPF41998 Su 9:30am-3:00pm 8/19 \$59

CPF42038 Sa 9:30am-3:00pm 8/25 \$59

CPF42039 Su 9:30am-3:00pm 8/26 \$59



WINE TASTING & RAFTING TRIP SPOKANE RIVER

Presented by Pangaea River Rafting

Ages: 21 and up

It's a proven fact that food and wine taste better in nature. Sit back and relax in the Washington sunshine as you sip and taste the wines that have made the Yakima Valley famous! Your guide will keep you dry and comfortable as they row you down the river. Each raft will have a table set up in the raft with wine and appetizers served while floating down the river. Bring comfortable clothes and shoes that you don't mind getting a little wet when getting in or out of the boat.

Registration Deadline: One week prior to trip date

CPF42126	Su	3:30pm-6:00pm	7/8	\$69
CPF42127	Sa	3:30pm-6:00pm	7/14	\$69
CPF42128	Sa	3:30pm-6:00pm	7/21	\$69
CPF42129	Sa	3:30pm-6:00pm	7/28	\$69
CPF42130	Sa	3:30pm-6:00pm	8/4	\$69



WINE TASTING RAFTING TRIP CLARK FORK RIVER

Presented by Pangaea River Rafting

Ages: 21 and Older

Enjoy the West Behind a Wine Glass! Your guide will keep you dry and comfortable as he rows you down the river so just sit back and relax in the Montana sunshine as you sip and taste the wines that have made the Yakima Valley famous. Discover the osprey and eagles, the old mining towns and log flumes, the breath-taking scenery and the rich and complex flavors of the Inland Northwest's best wines on the Clark Fork River near Missoula, Montana during an amazing 3-hour wine tasting adventure.

Registration Deadline: One week prior to trip date

CPF41926	Su	11:30am-2:30pm	7/15	\$69
CPF42031	Su	11:30am-2:30pm	7/22	\$69
CPF42032	Sa	11:30am-2:30pm	7/28	\$69
CPF42033	Sa	11:30am-2:30pm	8/11	\$69

PEAK HEALTH & WELLNESS

Ages: 14 & Up • Location: 927 Polston Ave. #101, Post Falls

ZUMBA

It's not a workout, it's a party! These exciting & fun Latin rhythms will lift your spirits.

Fee:		Class times:	
\$21/month	(once a week)	Wed	7:00-8:00pm
\$26/month	(twice a week)	Tu & Th	10:35-11:35am
\$31/month	(three times a week)	Sat	10:30-11:30am

BODYPUMP

Weight training class is designed to tone & strengthen in a basic workout that is easy to follow for any age.

Fee:		Class times:	
\$21/month	(once a week)	Mon & Wed	4:30-5:30pm
\$31/month	(twice a week)		

BODYVIVE

BODYVIVE is a full-body workout that leaves you feeling thoroughly invigorated, rejuvenated and energized. Using the VIVE ball and VIVE tube, you'll enjoy a 55-minute group fitness workout broken into three blocks: heart fitness, functional strength and core & restorative blocks.

Fee:		Class times:	
\$21/month	(once a week)	Mon & Wed	9:30-10:30am
\$26/month	(twice a week)	Tuesday	7:00-8:00pm

fitness & yoga

YOGA

Inst: Cindy Jacobs **Ages: 12 & up**

Location: 3122 W. Seltice Way #A, Post Falls

Yoga is for everyone! Enjoy working out in a fun & relaxing atmosphere while reducing stress, developing better balance and flexibility.

Tuesday Classes **(Morning Classes)**

CPF41931 8:30-9:45am 6/12 - 7/24* \$34

*No class 7/3

Thursday Classes **(Evening Classes)**

CPF41914 7:45-9:00pm 6/14 - 7/26* \$34

*No class 7/5



park reservation information

We are now accepting picnic reservations for company picnics, class reunions, family reunions, wedding receptions, or just fun get-togethers for the summer season at the following parks in Post Falls.

BLACK BAY PARK
CORBIN PARK
FALLS PARK
KIWANIS PARK
Q'EMILN PARK
SYRINGA PARK
WHITE PINE PARK

1200 E. 3rd Avenue
896 S. Corbin Road
305 W. 4th Avenue
4176 E. Weatherby Avenue
12201 W. Parkway Drive
2975 Bunchgrass Drive
2100 N. Spokane Street

The Trailhead Building (located at Q'emiln Park) is fully enclosed (32'x122') and has a maximum occupancy of 150 people. It is located on the west side of Q'emiln Park and comes with tables, chairs, kitchen facilities including two warming ovens, refrigerator, counter space and three indoor restrooms.

Reservation forms and a fee schedule for all of our shelters and facilities can be accessed on our website at: www.postfallsidaho.org, along with photos of our parks. Payment options for booking reservations are cash, check, Visa, MasterCard or Discover card. If you have any questions concerning the proper forms needed for your reservation, please call our office at (208) 773-0539, or e-mail: plindner@postfallsidaho.org. We hope to see you this summer!



Community contacts

SPECIALIZED NEEDS RECREATION

Contact: Angie Goucher at (208) 755-6781

POST FALLS CHAMBER OF COMMERCE

www.postfallschamber.com, or call 773-5016

POST FALLS JR. TACKLE

www.pfjrtackle.com, or call Jon Newton at (208) 699-1147

POST FALLS SOCCER CLUB/IDAHO THUNDER

www.idahothunder.com

POST FALLS LITTLE LEAGUE & GIRLS FAST PITCH SOFTBALL

<http://www.eteamz.com/PostFallsLittleLeague>

REAL LIFE WRESTLING CLUB – Grades K-8th

E-mail: tandilovett@roadrunner.com or call Lonnie at (208) 777-8433.

POST FALLS WRESTLING CLUB – Grades K-8th

E-mail: preardon@sd273.com or call Pete at (253) 797-3034

SHIRTS & SKIRTS SQUARE DANCING

Contact: Deborah Patterson at 773-1985

summer fun

ATTENTION SWIMMERS

The beach will open for the summer season when the coffer gates of the dam are officially closed by Avista (for safety reasons). Once the beach is opened, our lifeguards will be on duty from 11:00am-6:00pm, 7-days a week at Q'emiln Park (weather permitting). Look for the "Lifeguard on Duty" signs located on the back of the lifeguard stand. Also, please read & follow all posted park rules. Let's make this a safe summer!



PARKING PASSES FOR Q'EMILN PARK

Now is the time to purchase your 2012 season parking pass for Q'emiln Park. Passes can be purchased at the Recreation Office, City Hall, 408 N. Spokane Street, Post Falls.

Season Car: \$15/Residents
\$30/Non-residents

Season Boat: \$25/Residents

Daily fees are as follows:

Cars:	\$3.50/Daily	\$2.50/After 3pm
Boats:	\$6.00/Daily	\$5.00/After 3pm

SUMMER CONCERT

DATE: Saturday, July 14

LOCATION: Q'emiln Riverside Park, PF

Come join friends & family for some great Big Band music featuring the **HERBORN BAND** from our sister city, Herborn, Germany. The Herborn Band comes to this area only every 4 years, so you won't want to miss this! This is a **FREE** concert and is open to the public. Food & beverages are available for purchase. Music begins at 6:00pm and ends at 8:00pm.

ANNUAL COMMUNITY PICNIC

DATE: Thursday, August 2

LOCATION: Q'emiln Park, Post Falls

Great country music will be played for your entertainment by the Kelly Hughes Band beginning at 6:00pm. Food & beverages will be available for an affordable price.

ARBORETUM: This 6-acre arboretum is located on the north & south sides of the freeway between Spokane & Idaho Streets. It was started in 1996 and features more than 50 species of trees and interpretive signs.

BECK FIELD: This 9-acre park is located off McGuire Road on Howell (north of Poleline Ave). It has playground equipment, basketball court, a sports field, and a half-mile of walking paths.

BLACK BAY PARK: Located on the 1200 block of East 3rd Avenue (accessible at 2 entrances), this 56-acre park with paved walking and biking trails tie into the Centennial Trail, and offers fishing access and scenic views of the Spokane River. There is a large shaded shelter (24'x30'), 2 smaller covered shelters along the looped trail, an upper & lower paved parking lot, a basketball court, and two lighted tennis courts.

CHASE SPORTS FIELD COMPLEX: Located north of the River City Middle School, this project includes two ball fields (one softball & one Little League). The outfields are currently used for soccer, along with a playground and a half-mile of walking paths. Directions: From Spokane Street, go west on 20th or 21st Avenue and you will go into the park.

CORBIN PARK: Located at the south end of Corbin Road, off Riverbend Avenue from McGuire Road, this 28+ acre site along the swift Spokane River offers access for rafting or fishing, two covered shelters & picnic areas, BBQ pits, volleyball court, horseshoe pits, softball field, disc golf course and restrooms. A perfect park for small to medium family reunions or company picnics.

CENTENNIAL TRAIL: Designated as Idaho's Millennium Legacy Trail, approximately 10 miles of the 23-mile North Idaho Centennial Trail runs east-west through Post Falls, interconnecting our community & extending into Spokane and Coeur d'Alene. Three historical signs have been added to this portion of the trail, as well as a county park at the state line.

FALLS PARK: Located west of Spokane Street, off 4th Avenue, this is a 22-acre park that includes three covered shelters, accessible paved pathways, historical interpretive signs, picnic shelters, restrooms, a playground, and scenic views of the dam and gorge. A fishing pond dedicated for youth & handicapped individuals is the centerpiece. A great park for birthday parties or other small gatherings.

HILDE KELLOGG PARK: This 5-acre site offers a large irrigated sports field with parking, 2 horse-shoe pits, play structure & picnic area.

KIWANIS PARK: Located at 4176 E. Weatherby Avenue, this 40-acre park provides picnic areas, picnic shelters, restrooms, playground equipment, an unguarded swimming beach, trails & fishing. This park is highly used as a wedding reception site (for up to 75 people), or for family reunions. The Higgins Pavilion covered shelter is 34'x46'.

MILLENNIUM SKATEBOARD PARK: Located on Greensferry & 3rd Avenue. Helmets & pads recommended. Hours are from sunrise to sunset. No bikes allowed.

PARK IN THE MEADOWS: This 5-acre park located at 1632 W. Grange Avenue (off McGuire Road) offers a playground with swings, a looped walking trail & trees, along with a parking lot. By late Spring 2012, there will be a pickle ball court and a sand volleyball court. Restrooms are slated for late summer. Irrigation & lawn will also be completed this year.

POLITES PARK: This 1-acre site provides a passive wayside along the Centennial Trail on Ponderosa Blvd. near Ridgewood Drive.

Q'EMILN PARK: (pronounced "ka-mee-lin"). Located at the south end of the Spokane Street bridge, this 78.5-acre park features a guarded swimming beach, boat launch, BBQ pits, picnic shelters, horseshoe pits, volleyball courts, concession stand, restrooms, and a 40-acre trail system. There are two small covered shelters (the Gazebo & Picnic Shelter), a large covered Grand Pavilion 60'x120', an enclosed Trailhead Building 32'x122', and grassy areas available for picnic reservations. A fantastic park for every occasion.

SINGING HILLS PARK: Located at the junction of Teton Ave. and St. Helen's Drive, this 7-acre site offers a playground, a sports field, and a paved trail.

SPORTSMAN'S PARK: Located between 19th and 21st Avenues, off Spokane Street, this 5-acre park offers two baseball fields & restrooms.

SYRINGA PARK: Located in the Fieldstone Subdivision (north of Poleline & east of Idaho Street), this 7+acre park offers a playground, 2 basketball courts, volleyball court, covered picnic shelter, restrooms, walking path and benches.

TREATY ROCK PARK: This 4-acre site, located near Seltice Way on Compton Street, offers paved trails and picnic areas. This site is listed on the National Historic Register and features a section of the rock with the words "June 1, 1871, Frederick Post," along with Native American pictographs.

WARREN FIELD: Located at 1st & Idaho, this 2.19-acre site was purchased in 1999 as a permanent city park. This park features a sports field, playground, a picnic site and a basketball half-court.

WHITE PINE PARK: This 5-acre park is located between 21st and Poleline on Spokane Street offers a playground, basketball courts, a sand volleyball court, horseshoe pits, covered shelter (20x24'), and 3 tennis courts (north of Poleline). A nice shady park for reunions or events that center around children's playground equipment.

WOODBIDGE: This 7-acre park is located on West Seltice & Silkwood Dr. and features 2 soccer fields, playground, restroom, and a half-mile of walking paths.

NOTE: FOR SPECIFIC ADDRESSES, PHOTOS AND DIRECTIONAL GOOGLE MAPS TO THE PARKS PLEASE GO TO OUR WEBSITE AT: WWW.POSTFALLSIDAHO.ORG.

calendar of year-round activities

YOUTH

Sport	Ages/Grade	Season	Approx. Opening Reg. Date	Resident	Non-Resident
Baseball	5-13 yrs.	Summer	May 1	\$27	\$31
Basketball - Recreational (3-on-3)	3rd-6th grade	Summer	April 1	\$30	\$34
Basketball - Recreational	1st-9th grade	Winter	November 1	\$30	\$34
Basketball - "Tiny Hoopsters" Instructional	4 yrs. old-Kindergarten	Fall	September 1	\$30	\$34
Flag Football	1st-4th grade	Fall	July 1	\$27	\$31
Soccer	4-14 yrs.	Spring Fall	February 1 July 1	\$27	\$31
Volleyball	3rd-8th grade	Spring	February 1	\$30	\$34

ADULT/YOUTH TEAM SPORTS

*MUST BE 18 YEARS & OLDER

Sport	Season	Approx. Opening Date	Resident Team Fee	Non-Resident Team Fee	Extra Player Fee
Basketball - Men's	Spring Fall	February 1 August 1	\$427	\$459	\$26
Basketball - Competitive "Tourney Prep." 3-on-3 Grades: 4-8	Summer	April 1	\$245	\$265	n/a
Basketball - Competitive River City Grades: 4-8	Fall	September 10	\$462	\$498	\$32
Dodgeball *Ages: 16 & up accepted	Winter	December 1	\$170	\$185	n/a
Dodgeball - Tournament "Wild Turkey" *Ages: 16 & up accepted	Fall	October 1	\$80	n/a	n/a
Flag Football - Men's	Spring Fall	February 1 August 1	\$460	\$500	\$23
Softball - Adult Coed	Summer	April 2	\$450	\$500	\$20
Volleyball - Adult Coed 6-person	Spring Fall	February 1 August 1	\$245	\$260	\$26
Volleyball - Men's	Winter	December 1	\$180	\$200	\$26
Volleyball - Women's 4-person	Spring Fall	February 1 September 1	\$180	\$200	\$26
Volleyball - Youth Competitive 4-person Grades: 8-12	Spring	February 13	\$150	\$175	n/a

SPORTS LEAGUES

SPORTS LEAGUES

registration form

This registration form does not apply for Summer Day Kamp, Skyhawks Camps, Fishing Derby, Big Wheel Race, Tennis Tournament, Skateboard Competition, or Adult & Youth Duathlons.

PARTICIPANT'S NAME: _____ BIRTH DATE: _____ AGE: _____ GENDER: _____
Last First

ADDRESS: _____ CITY: _____ ZIP: _____

GRADE: _____ SCHOOL: _____ PARENTS NAME: _____

MESSAGE PH#: _____ ALTERNATE PH# _____ EMAIL: _____

EMERGENCY CONTACT: _____ EMERGENCY PHONE: _____

Program Name	Division	Course #	Date of Class	Time	Fee

Youth Sports Only

Please complete the following information to help balance teams. PLAYER REQUESTS WILL NOT BE TAKEN. Thank You.

Height: _____ Weight: _____ # of seasons previously played in this sport: _____

T-Shirt Size: (Please circle) YS - YM - YL - AS - AM - AL - AXL
Sizes (6-8) (10-12) (14-16)

In this sport, my child has: few skills moderate skills advanced skills

I am interested in coaching — Name _____ Contact #: _____
 I am interested in assistant coaching — Name _____ Contact #: _____
 I am interested in sponsoring a team — Name of Business _____

If your child is taking any medications or has any medical conditions that coaches, staff, etc. should be aware of or that could affect his/her participation, please list: _____

HOW DID YOU HEAR ABOUT THIS PROGRAM? PLEASE ANSWER BELOW:

- Park/Rec Activity Guide
 Lunch Menu
 Facebook/Twitter
 E-Mail
 City's Website
 Cable Channel 13
 Already familiar with sign-ups
 Other _____

Waiver Agreement

I HEREBY AGREE TO PARTICIPATE (OR ALLOW MY CHILD TO PARTICIPATE) IN THE ABOVE-NAMED PROGRAM, WHICH IS A RECREATIONAL OR EDUCATIONAL ACTIVITY TO BE CONDUCTED BY THE CITY OF POST FALLS, AND DO HEREBY ACKNOWLEDGE THAT SUCH PARTICIPATION PRESENTS RISKS, SOME OF WHICH ARE UNKNOWN. I AGREE TO ASSUME ALL RISKS ASSOCIATED WITH SUCH PARTICIPATION. I DO, ON BEHALF OF MY CHILD/WARD AND ANY PERSONS WHO MAY HAVE AN INTEREST IN HIS/HER WELL-BEING OR PROPERTY, HEREBY RELEASE AND FOREVER DISCHARGE THE CITY OF POST FALLS, IDAHO, ITS AGENTS, SERVANTS, EMPLOYEES AND COOPERATORS FROM ANY AND ALL REAL POSSIBLE CLAIMS FOR DAMAGES OR OTHER HARM TO PERSON OR PROPERTY, REGARDLESS OF THE MANNER BY WHICH ANY SUCH CLAIM MAY BE BROUGHT. I ACCEPT THE TERMS OF THIS COMPLETE AND TOTAL RELEASE AND AGREE TO BE BOUND BY IT OF MY OWN FREE WILL. I UNDERSTAND THAT THE POST FALLS PARKS & RECREATION DEPARTMENT MAY USE MINE OR MY CHILD'S PICTURE FOR PROMOTIONAL PURPOSES.

I HEREBY CONSENT TO FIRST AID, EMERGENCY MEDICAL CARE, AND AUTHORIZE, IF NECESSARY, ADMISSION TO A HOSPITAL FOR TREATMENT OF INJURIES THAT MYSELF OR MY CHILD/WARD COULD SUSTAIN WHILE PARTICIPATING IN THIS PROGRAM. I UNDERSTAND THAT I AM RESPONSIBLE FOR ANY AND ALL MEDICAL EXPENSES WHICH MAY BE INCURRED AS A RESULT OF ANY ACCIDENT OR ILLNESS WHILE PARTICIPATING IN THE PROGRAM.

I AM THE PARENT OR LEGAL GUARDIAN, OF THE ABOVE-NAMED PARTICIPANT, WHO IS REFERRED TO IN THIS AGREEMENT AS BY CHILD/WARD. MY APPROVAL OF THIS AGREEMENT MEANS THAT I CANNOT LATER BRING A CLAIM FOR DAMAGES AGAINST THE CITY OF POST FALLS AND ANY COOPERATORS IN THIS PROGRAM. (A \$20.00 FEE WILL BE CHARGED ON ALL NSF CHECKS.)

SIGNATURE OF PARENT/LEGAL GUARDIAN, OR PARTICIPANT (IF OVER 18) _____ DATE _____

RETURN TO: P.F. PARKS & RECREATION • 408 N. SPOKANE STREET • POST FALLS, IDAHO • PHONE (208) 773-0539 • FAX (208) 773-7658

FOR SECURITY PURPOSES: IF PAYING BY CREDIT CARD, PLEASE CALL THE PARKS & RECREATION OFFICE AT (208) 773-0539 TO GIVE US YOUR INFORMATION.

POST FALLS DAYS

June 1st, 2nd, and 3rd

CRAFT VENDORS WANTED

CALL 773-0539 FOR YOUR APPLICATION TODAY!

COME OUT AND JOIN US FOR THIS GREAT FAMILY WEEKEND!

- Games • Music • Parade • Carnival Rides
- Food & Craft Booths • McDonald's Big Wheel Race
- Kids Fishing Derby • Dodgeball Tournament



LOOK INSIDE FOR THESE GREAT SUMMER PROGRAMS!

SUMMER CAMPS • BASEBALL
GOLF & TENNIS LESSONS • YOUTH & ADULT DUATHLON
OUTBACK STEAKHOUSE TENNIS CLASSIC • ADULT SOFTBALL
DANCE • GYMNASTICS • BIKING • HIKING • RAFTING TRIPS
RIVER CITY JAM • SKATEBOARD COMPETITION
& MUCH MORE!

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