POST FALLS
PARKS & RECREATION DEPARTMENT
2016 SPRING ACTIVITIES GUIDE

Register for programs online at www.postfallsidaho.org
NOTE FROM THE DIRECTOR

Welcome to another season of activities and opportunities within the Post Falls Parks and Recreation System. We have seen lots of snow this winter but now spring is around the corner and it is time to shake off that cabin fever.

In today’s hectic world, it’s easy to forget that taking time to enjoy each day is so important to our health and well-being. Post Falls Parks & Recreation Department is committed to ensuring that every resident has an opportunity to experience outstanding recreational activities and park facilities that enhance your quality of life by helping you to stay healthy and fit, build relationships with family, friends and the community.

Here are a few things to experience this spring; Arbor Day with our tree give away, the flowing of the falls, the Centennial Trail, youth soccer, our Memorial Day ceremony at Evergreen Cemetery, and the wild flowers in bloom in many of our parks.

We encourage all members of our community to join us in promoting an active and healthy lifestyle. There is no better time to get started then today.

Experience Post Falls Parks and Recreation,

David C Fair, Director

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PARK & RECREATION MISSION STATEMENT

To provide exceptional parks, services, facilities and recreational opportunities to our customers and the citizens of Post Falls.
**SPORTS**

**SOCcer – “Tiny Kickers”**

**Intro. Program  (3 & 4 year olds only)**

Must be 3 years old by April 16

Registration: February 1 – 26, 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. Season runs from April 16 to May 21.

CPF2091 3 year olds 9:00-9:40am
CPF2092 4 year olds 10:00-11:00am

Fees: $29/Res. $33/Non-Res.
Fees after April 6: $44/Res. $48/Non-Res.

Note: Tiny Kicker parents do not have a pre-season meeting.

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

COACHES & SPONSORS ARE NEEDED!

**SOCCer League - Youth**

Boys & Girls - Ages 5-14

Registration: February 1 – 26, or when full

Mix fun & exercise as you kids take to the field with this fast paced recreational soccer league. Season games begin April 16.

Fees: $29/Res. $33/Non-Res.
Fees after March 15: $44/Res. $48/Non-Res.

CPF2059 Micro 5 (5 year olds)
CPF2060 Mini 6 (6 year olds)
CPF2061 U8 (7&8 year olds)
Skills Assessment at Beck Field on March 12, 10:00am
CPF2062 U11 (9-11 year olds)
Skills Assessment at Beck Field on March 12, 1:00pm
CPF2063 U14 (12-14 year olds)
Skills Assessment at Beck Field on March 12, 3:30pm

PARENT MEETING:

5-6 year olds: 6:00pm Wednesday, March 16, at Mullan Trail Elementary School
7-14 year olds: 6:30pm Wednesday, March 16, at Mullan Trail Elementary School

COACHES MEETING: Thursday, March 17, 6:00pm at Post Falls City Hall Council Chambers

COACHES & SPONSORS ARE NEEDED!

**SOCCER – Youth Rec. League**

Boys & Girls: Grades 3-8

Registration: February 1 – February 29, or when full

Players will learn the fundamentals of volleyball with the emphasis on FUN! Practices begin mid-end of March. Matches will be played on Saturdays beginning April 16. The season will end with a fun, upbeat tournament on Saturday, May 21.

Fees: $35/Res.  $39/Non-Res.
Fees after March 8: $50/Res.  $54/Non-Res.

CPF2083 3rd/4th Grade
CPF2084 5th/6th Grade
CPF2085 7th/8th Grade

PARENT MEETING: Monday, March 7, 6:00pm at Seltice Elem. School

COACHES MEETING: Tuesday, March 8, 6:00pm at Post Falls City Hall Council Chambers

COACHES & SPONSORS ARE NEEDED!

**Volleyball – Youth Rec. League**

Boys & Girls - Grades 3-8

Registration: February 1 – February 29, or when full

Players will learn the fundamentals of volleyball with the emphasis on FUN! Practices begin mid-end of March. Matches will be played on Saturdays beginning April 16. The season will end with a fun, upbeat tournament on Saturday, May 21.

Fees: $35/Res.  $39/Non-Res.
Fees after March 8: $50/Res.  $54/Non-Res.

CPF2083 3rd/4th Grade
CPF2084 5th/6th Grade
CPF2085 7th/8th Grade

PARENT MEETING: Monday, March 7, 6:00pm at Seltice Elem. School

COACHES MEETING: Tuesday, March 8, 6:00pm at Post Falls City Hall Council Chambers

COACHES & SPONSORS ARE NEEDED!

**Volleyball – Youth 4-Player Competitive League**

Boys & Girls – Grades 7-12

Registrations: February 2-March 25, or when full

Select your own players & coach (must be 18 years old or older) in this 4-player competitive league. This program is 5-weeks plus an end of the season tournament! Divisions will be made up by gender.

Practices will begin early-April. Matches will be played on Saturdays beginning April 23.

COACHES MEETING: Tuesday, April 5, 6:00pm at Post Falls City Hall.

CPF2087 Resident Team $155 (includes up to 6 players)
CPF2088 Non-Res. Team $180 (includes up to 6 players)
CPF2089 Addt’l Player Fee $28 (exceeding 6 players)

**Indoor Pickleball Lessons**

Ages 15-Adult

Location: Prairie View Elementary School

Get active and have fun learning the game of pickleball! This is a great cardio sport that you will be able to play after the first lesson. Develop playing skills and get moving. Bring your own paddle and we will supply the pickleballs. Min. 4/Max 12

CPF1995 Th 6:30-7:30pm 2/25-3/17 $25

**Volleyball – Open Gym**

**YOUTH VOLLEYBALL – OPEN GYM**

Grades: 3-8

Here is your chance to get out and practice your volleyball skills on Saturday evenings. This program is designed for 3rd to 8th grade students.

**Weekly Saturdays**

$2.00/visit  5:00-6:30pm
Location: Seltice Elem. School Gym
Last day of open gym is 4/30

**VOLLEYBALL – OPEN GYM**

**Ages: Teens thru Adults**

For lots of fun, join us at open gym volleyball on Saturday nights.

**Weekly Saturdays**

$5.00/visit  6:30-9:30pm
Location: Seltice Elem. School Gym
Last day of open gym is 4/30

**Basketball – Open Gym**

**Ages: 13-Adults**

Get your friends together and enjoy an afternoon on the court! This drop-in program is for ages 13 through adults.

**Weekly Sundays**

$5.00/visit  11:00am-2:00pm
Location: Mullan Trail Elem. School Gym
No open gym on 3/27 (Easter).
Last day of open gym is 5/1
**Volleyball - Women's 4-Person**

CPF2045  Registration January 25 - February 26, or when full

A Division: Our most competitive
B Division: Competitive with an edge
C Division: Competitive mixed with a LOT of fun

This volleyball league is a great way to exercise and have fun with your friends. Teams will be responsible for putting themselves in the correct division! Last season’s standings will also help determine team placement. If we have a lot of teams in a division they will be split into an upper and lower division to keep competition at its best. League schedules will be available online March 2. League play begins Sunday, March 6.

Resident Team* $195 (includes up to 5 players)
Non-Res. Team $215 (includes up to 5 players)
Addt’l Player Fee $30 (exceeding 5 on roster)

*Resident Team must be made up of at least 50% City of Post Falls Residents.

**Volleyball - Coed 6-Person Adult**

CPF2049  Registration February 8 - March 4, or when full

A Division – Upper Recreational
B Division - Lower Recreational

Do you love playing volleyball? Then get your friends together and play in this coed league. Teams must be able to play on Monday and/or Wednesday nights. League play begins the week of March 14. League schedules will be available online Thursday, March 10.

Resident Team* $260 (includes up to 7 players)
Non-Res. Team $275 (includes up to 7 players)
Addt’l Player Fee $30 (exceeding 7 on roster)

*Resident Team must be made up of at least 50% City of Post Falls Residents.

**Flag Football - Adult**

Registration  February 1-March 2, or when full

Must be 18 years or older. Competitive and Elite divisions are available if numbers of teams allow, but will combine if needed. Teams MUST provide their own triple threat style flags. 8-on-8 format with an 8-game season and an end of the season tournament. Games are scheduled to begin March 20. Schedules will be online by Friday, March 11.

CPF2065  Resident Team* $535 (includes 16 player fees)
CPF2066  Non-Res. Team $575 (includes 16 player fees)
CPF2067  Addl. Player Fee $25 (exceeding 16 on roster)

*Resident Team must be made up of at least 50% City of Post Falls Residents.

**River City Basketball Tournament**

Boys & Girls: 3rd – 8th Grade

Dates of Tournament: April 8, 9, 10

Registration: February 8-March 18th, or before if division fills

Teams throughout the great Northwest will be coming to Post Falls, Idaho for the opportunity to participate in the Post Falls River City Basketball Tournament, don’t miss your opportunity! This will be a fun, competitive and exciting way to wrap up the season. Pool play games will be played on Friday & Saturday (based on # of teams registered) and Championship games will be on Sunday. Four game guaranteed. Get your team together quickly, we will only take 8 teams per age division. Please call for a complete packet at 208-773-0539 or find more information online at www.postfallsidaho.org. No on-line signups.

Team Fee: $150

**Archery for Beginners**

Ages: 6-12

A basic class in target archery, this course requires no prior knowledge or experience and covers all the basics of target archery, archery safety, rules, and proper shooting techniques. All equipment is provided. Min 4/Max 9

CPF2123  W  4:30-5:30pm  4/27-5/18  $45
CPF2124  W  5:30-6:30pm  4/27-5/18  $45

**Archery for Teens**

Ages: 13-18

Learn the proper technique of shooting a bow, the etiquette of safety and rules of archery. This class will focus on proper body position, bow position, and shooting accuracy. We will conclude our last class with a fun competition and pizza party. All equipment is provided.

Min 4/Max 8

CPF2125  W  6:30-7:30pm  4/27-5/18  $47

**Intro. to Rock Climbing**

CPF2127  Ages: 10 & older

Rock climbing is a unique sport that combines problem solving, exercise, and time outdoors to help build a healthy lifestyle. It can range from a routine day at your favorite spot to a full blown adventure as you explore a new area with friends. In this class you will learn the fundamentals of climbing both indoors and outdoors: fitting the harness, knot tying, proper belay technique, rappelling, and basic anchor set up. After this course, you will be able to safely approach rock climbing on your own. This class includes 2 nights of indoor climbing at Wild Walls in Spokane, the first of which begins with a two hour lesson in safety and technique, and 2 days of outdoor climbing at Q’emiln Park. Equipment will be provided for all sessions and transportation to and from Wild Walls will be available. As a bonus, climbers will receive a one week free climbing pass to Wild Walls that starts 4/21 and includes free equipment rentals. Fee: $89

Indoor Sessions:  Th  5:00-10:00pm  4/14 & 4/21
Outdoor Sessions:  Sa  9:00am-2:00pm  4/30 & 5/7

**Outdoor**
GARDENING CLASSES
Ages: 14 & up
Instructor: Sue Bockelman, The Plant Pro
Location: Tree House, 510 E. 6th Avenue, Post Falls
Min. 4/Max. 15 • Fee for Classes: $12

ORGANIC LANDSCAPING BASICS
From design to planting to maintaining your yard we'll talk about proper landscaping techniques as well as how to do these things organically for the improved health of your family and the environment. CPF1933 Th 6:00-8:00pm 2/11

HAPPY HOUSE PLANTS
Add beauty, fragrance and fresh air to your home by growing healthy and happy plants. We'll talk selection, potting, watering, fertilizing and pest control. Bring your smaller plants that need extra TLC if you'd like. Prepare to get your hands dirty. CPF2072 Th 6:00-8:00pm 2/25

EDIBLE LANDSCAPING
Turn your yard into a beautiful green grocers. We'll talk about fruit & nut trees, shrubs with edible fruits, brambles and perennial vegetable crops. We'll also touch on incorporating annual vegetables into the landscape. CPF2073 Th 6:00-8:00pm 3/17

STOP THE BRUTAL PRUNING
Learn proper pruning techniques for your trees, shrubs, edibles & perennial flowers to keep them happy & healthy. CPF2074 Th 6:00-8:00pm 3/24

GROWING GRASS – LAWNS AND ORNAMENTALS
Learn how to grow a “lawn” in North Idaho. We’ll talk about types of grasses, planning, planting, watering, pest control and other proper lawn care practices. This will include “meadows”, wild areas and ornamental grasses. CPF2075 Th 6:00-8:00pm 4/7

HERB GARDENS
Add flavor to your meals and health to your body by growing your own herbs. We’ll talk about how to grow them organically. You’ll have fun discovering how to use them. CPF2076 Th 6:00-8:00pm 4/21

CONTAINER GARDENS
Let’s get our hands dirty learning how to plan, plant and successfully grow gorgeous container gardens. We’ll talk pots and soils as well as the different types of flowers and ornamental plants to use. We’ll also talk about how to care for your containers so they’ll still look beautiful through the hot summer and even into Fall. CPF2077 Th 6:00-8:00pm 5/5

GARDENING IS FOR THE BIRDS, BEES & BUTTERFLIES
Love to watch our flying friends flitting around your yard? Want to know how to attract more of them to your yard, without attracting less desirable wildlife? We’ll talk about what plants these wild friends enjoy as well as their other needs and how to provide for them. CPF2078 Th 6:00-8:00pm 5/19

URBAN FORESTRY CLASSES
Instructor: Preston Hill, Urban Forester City of Post Falls
Location: Tree House, 510 E. 6th Avenue, Post Falls

STORM DAMAGE – WHAT CAN WE DO ABOUT IT?
Ages: 16 & up
If you’re like most homeowners in the Inland Northwest, your landscape has taken a beating in the last year. The trees and woody ornamental shrubs in your landscape probably exhibit some degree of physical damage from either the windstorm (in November) or the snowstorm (in December), or BOTH! This physical damage, coupled with added heat/drought stress (this past Summer) means that your landscape plants could use some help. Please join us for a discussion outlining the most common problems we’re currently seeing on landscape trees and shrubs. Preston Hill (ISA Certified Arborist) will help you determine what to do about those problems, and what NOT to do. Min. 4/Max. 12 CPF2161 Sa 1:30-3:30pm 3/5 $12

PLANTING TREES FOR SUCCESS!
Ages: 16 & up
The best time to plant a tree was 20 years ago. The next best time is right now. Many people love the idea of having mature trees in their landscape. Most people understand that this is a long-term goal. And, it can be a challenge knowing where to begin. In this class we’ll discuss how to get started! We’ll help you select a proper planting site, an appropriate tree, and walk you through the planting process step-by-step. Preston Hill (ISA Certified Arborist) will answer your questions about how leading professionals do it. And, he’ll help take the guess work out of making sure your landscape trees get off to a good start. Min. 4/Max. 12 CPF2159 Sa 1:30-3:30pm 3/12 $12

COMMUNITY GARDEN
Are you interested in experiencing the fruits of your labor? Reserve a plot in community garden.
4x8’ garden boxes $20
20’x20’ garden plots $40
Call Heather: (208) 773-8147
Email: fieldreservation@postfallsidaho.org
Available near the Senior Center
E. 1200 3rd Avenue, Post Falls
**FUN ON THE WATER**

**Cabela’s, 101 N. Cabela Way, Post Falls**

**FREE EVENT** March 12 & 13

It’s time to get geared up for your spring outdoor outings. Head over to Cabela’s for some great seminars and demonstrations throughout the weekend.

**Saturday:** 9:00-Noon: Topics will be Fly Fishing University, Trolling for Spring Kokanee and hook a Lake Coeur d’Alene Chinook.

**Saturday:** 10:00am – 2:00pm: Kids Fishing Fun Zone with Boating Safety, Fishing Knot Tying, Native Fish Identification Game and Kids Casting Contest.

**Sunday 10:00am – 1:00pm:** Topics will include the 5 Things You Need to Know About Your Marine Electronics, Salmon Smoking 101, Proven NW Spring Fly Patterns.

**FAMILY CAMPING**

**Cabela’s, 101 N. Cabela Way, Post Falls**

**FREE EVENT** April 2 & 3

These weekend sessions will get you and your family excited to rush right home and plan your next camping trip.

**Saturday:** 9:00am – 3:00pm: Fly Fishing University, Boating Dutch Oven Cooking, Build-A-Campfire and Kids make a Free Scavenger Hunt Bag.

**Sunday:** 10:00am – 1:00pm: Learn how to Bear Proof Your Campsite, play some fun Outdoor Games and Pack Light, Pack Right for Your Hike.

**SPRING - KAMP KA-MEE-LIN**

**KAMP KA MEE LIN’S SPRING BREAK EXPERIENCES**

**Ages 5-11 years old**

Have your child connect with nature and their day camp friends in a fun and creative way with Kamp Ka-Mee-Lin Spring Day Camp! Registration closes March 18 or when full. Location: Ponderosa Elementary School

**ADVENTURES OF ROBIN HOOD**

**March 23 - March 25**

Travel back in time with us to an era of castles, knights, and princesses to the village of Nottingham. Campers will join Robin Hood and his band of merry men in their quest to help the people of Sherwood Forest. During our journey, campers will build their own hide outs in Sherwood Forest, participate in archery contests, sword fight the terrible sheriff of Nottingham and his group of henchmen, and search for the treasures of the kingdom to share with their fellow heroic outlaws. Structured camp activities are from 9am-4:30pm, but parents may drop off as early as 7:00am and pick up by 6:00pm.

CPF2121 Fee: $60

Daily Fee: $30/day (cannot register online for daily option)

Sign up for both weeks for $140

**OFF TO NEVERLAND!**

**March 28 - April 1**

Join Peter Pan, the Lost Boys, and Tinkerbell as we embark on a journey past the second star to the right and straight on till morning! During our week exploring Neverland we will hunt for treasures along the mermaid lagoon, fight pirates, help Peter catch his shadow, learn archery from Big Chief, rescue Princess Tiger Lilly, avoid the always hungry Tick-Tock the Croc and follow fairy footprints to a hideout in the woods! Structured camp activities are from 9am-4:30pm, but parents may drop off as early as 7:00am and pick up by 6:00pm.

CPF2122 Fee: $100

Daily Fee: $30/day (cannot register online for daily option)

Sign up for both weeks for $140

**KAMP KA-MEE LIN’S - KID’S NIGHT OUT**

**CPF2128 Ages: 4 ½ - 10**

Give yourself an evening to relax by sending your kids to a night of awesome fun. This program gives your child a mini “day camp” experience full of group games, creative craft activities, and a lot of opportunities to be silly. Our Ka-Mee-Lin programs strive to build camper’s self-esteem, encourage exploration and inquisitiveness, and help campers learn how to better express themselves. Drop off begins at 6:00pm and pick up ends at 9:00pm. Structured activities are scheduled from 6:30pm to 8:15pm.

Location: Mullan Trail Elementary School, 300 W. Cherry Ave, PF

Dates: F 4/8 6:00-9:00pm

F 4/29 6:00-9:00pm

F 5/20 6:00-9:00pm

Fee: $15/night

Pre-registration is required. No drop-in's.

**PREVIEW - SUMMER KAMP**

**DATES: JUNE 13 – AUGUST 26**

**Ages: 4 ½ - 13**

REGISTRATION BEGINS APRIL 18

Registration Fees: $10.00 deposit (per session) is due at the time of registration.
**PRESCHOOL – PARENT/TOT SPORTS**

**Ages:** 2-4 (with an adult)  
**Location:** Trailhead Event Center, 12201 W. Parkway Drive, Post Falls  
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  
CPF2080 Tu 10:00-10:45am 3/8-3/29 $25

**PRESCHOOL – DISCOVERY ART**

**Ages:** 18 months-3 (with an adult)  
**Location:** Treehouse, 510 E 6th Avenue, Post Falls  
In this class we will introduce your child to different art mediums that will enhance their small motor skills. We will create and explore the world of preschool art and get messy in the process! Make sure to dress appropriately. Min. 5/Max. 8  
CPF1993 Th 10:00-10:30pm 4/7-5/5 $28

**PRESCHOOL – FIRE ENGINE RED TOUR**

CPF1994  **Ages:** 3-5 (with an adult, strollers not advised)  
**Location:** Fire Station #3, 1500 N. 15th Street Coeur d’Alene  
Here is a chance to visit a fire station and learn about a fireman’s day. We will play at Hero’s Park and tour the fire station. The firemen will walk you through the station and explain what you and your family should do in case of an emergency. Pre-registration is required at the Recreation Office. We will meet at Fire Station #3 in Coeur d’Alene just off of 15th Street. Min. 5/Max. 12  
CPF1994 F 10:00-11:00am 5/6 $8

**PRE-REGISTRATION REQUIRED ON ALL CLASSES**

**CREATING COMICS**

**Ages:** 11 & older  
**Instructor:** Lucas Hutson, Professional Cartoonist  
**Location:** Tree House, 510 E. 6th Avenue, Post Falls  
LEARN TO MAKE COMICS  
Have you even wanted to create your own comic strip or book? Learn how to write and draw your own comics. We’ll talk about what a comic is, how to lay out a comic, and different styles and design tricks to get the most out of your panels. By the end of class you’ll have created a comic strip or the beginnings of a comic book. You will just need a sketch book and a pencil. All talent levels welcome! Min. 4/Max. 15.  
Fee: $25  
CPF2093 W 6:30-7:30 pm 2/17-3/2  
W 6:30-7:30pm 3/9-3/23  
W 6:30-7:30pm 4/6-4/20

**ART CLASS**

**Instructor:** Christina Camp-Hankinson  
**Location:** Tree House, 510 E. 6th Avenue, Post Falls

**ART EXPLORATIONS**

**CPF2079**  
**Ages:** 7-12  
Have fun and get creative learning art skills & techniques; while working with a variety of art materials. We will learn perspective, shading, texture, and color along with other skills. Some of the art materials we’ll be working with are water color pencils, acrylic paints on canvas and scratch art. Max. 10  
W 4:30-5:30pm 4/6-5/11  
Fee: $45 + $5 material fee paid to the Instructor

**GYMNASICS – TINY TUMBLERS**

**Ages:** 2-3 (with an adult)  
**Location:** Trailhead Event Center, Q’emiln Park, Post Falls  
This class is designed to develop age appropriate motor skills and gymnastic concepts. A 30-minute energized class will help your child develop balance, flexibility, and strength all while building self-esteem and social skills. Min. 4/Max. 7  
Fee: $39  
CPF1823 Sa 9:30-10:00am 2/20-3/19  
Tu 9:30-10:00am 2/23-3/22  
Tu 4:00-4:30pm 2/23-3/22

CPF1997 Sa 9:30-10:00am 4/16-5/14  
Tu 9:30-10:00am 4/12-5/10  
Tu 4:00-4:30pm 4/12-5/10

**GYMNASICS**

**Ages:** 4-6  
**Location:** Trailhead Event Center, Q’emiln Park, Post Falls  
This class will teach your child strength and self-confidence learning handstands, cartwheels, bridges and headstands. We will also introduce the beam and work on a variety of beginner moves such as kicks, turns, scales, mounts and dismounts. Working with a junior swinger your child will get instruction on proper hand grips, pullovers, front supports and much more. This class incorporates balls, hoops, incline mats, tunnels and tons of fun. Min.4/Max. 8  
Fee: $44  
CPF1375 Sa 10:05-10:50am 2/20-3/19  
Tu 10:05-10:50am 2/23-3/22  
Tu 4:35-5:20pm 2/23-3/22

CPF2035 Sa 10:05-10:50am 4/16-5/14  
Tu 10:05-10:50am 4/12-5/10  
Tu 4:35-5:20pm 4/12-5/10
TAP, BALLET & JAZZ CLASSES
Ages: 3-13
Inst: Kristy Farrier
Location: Tree House, 510 6th Avenue, Post Falls
These dance classes offer a variety of moves that will get your kids on their feet and keep them dancing.
Note: Recital will be at the KROC Center Performing Arts Center on Monday, June 6.
Times: TBA
Min. 4/Max. 10
Fee: $62

THURSDAY CLASSES CPF2024
Session: April 7 – June 2
3:00-3:45pm 3-4 yrs. Beg. Tap/Pre-Ballet
3:45-4:30pm 5-6 yrs. Beg. Tap/Beg. Ballet
4:30-5:15pm 3-4 yrs. Beg. Tap/Pre-Ballet
5:15-6:00pm 7-11 yrs. Beg. Tap/Jazz/Ballet
6:00-6:45pm 9-13 yrs. Ballet

SATURDAY CLASSES CPF2030
Session: April 9 – June 4
10:15-11:00am 3-4 yrs. Beg. Tap/Pre-Ballet
11:00-11:45am 5-6 yrs. Beg. Tap/Beg. Ballet
11:45-12:30pm 7-11 yrs. Beg. Tap/Jazz/Ballet
12:30-1:15pm 5-6 yrs. Beg. Tap/Beg. Ballet

INTRODUCTION TO GUITAR
Ages: 10-Adult
Location: Tree House, 510 E. 6th Avenue, Post Falls
Learn a hobby that will last a lifetime! You will learn tuning, note reading basics, rhythm, and chords so that you can put these fundamental skills together and make music. The instructor will break down the basics of guitar and you will be playing in no time at all. Min. 4/Max. 8
Fee: $45 (plus the cost of the book paid to the instructor)
CPF1996 Th 6:30-7:30pm 3/3-3/24
CPF2162 Th 6:30-7:30pm 4/7-4/28

INTRODUCTION TO ESSENTIAL OILS
CPF2068 Ages: 18 & up
Instructor: Jayde Hoffman
Location: Tree House, 510 6th Avenue, Post Falls
Come learn how to use essential oils, why to use them, the benefits of these oils and how they can keep you and your family healthy year round. We will experience, share & discuss the unique qualities of these products. All participants will receive a FREE gift from the instructor. Min. 4/Max. 20
Tu 6:00-8:00 pm 2/23 $12
Tu 6:00-8:00pm 3/22 $12
Tu 6:00-8:00pm 4/26 $12

PHOTOGRAPHY CLASSES
Ages: 12 & up • Min. 5/Max. 10
Instructor: Paul Jacobson, Owner Cutting Edge Images, Photography & Framing
Location: Trailhead Event Center, Q'emiln Park, Post Falls

THE WONDERFUL WORLD OF SELFIES
The photo craze that is sweeping the nation. Learn how to take a better selfie. We will discuss equipment and help you resolve those awful selfie pictures.
CPF1819 W 6:00-8:00pm 2/10 $20

HOW TO TAKE BETTER PICTURES
We will show you how to see your photography just a little differently. Tips on composition, background selection, portrait vs. landscape mode and many other items that will improve the overall quality of your pictures. Camera and manual are required.
CPF1988 W 6:00-8:00pm 3/9 $20

WHAT TO LOOK FOR TAKING A SCENIC PICTURE
The main emphasis in this class will be on the composition and the problem solving. This will make your outdoor scenic and landscape photos pop! Camera and manual are required.
CPF1989 W 6:00-8:00pm 3/23 $20

LEARN THE VALUE IN REAL ESTATE PHOTOS
Want to sell your house or even rent it out for Ironman??? You will learn how to get the best out of your photos and hopefully make a profit while you are at it. We will also cover when to hire a professional photographer. Camera and manual are required.
CPF1990 W 6:00-8:00pm 4/13 $20

A STEP BEYOND THE BASICS
Now is your chance to examine the next level of photography. Discussions will focus on the uses of hyper-focal distance, depth-of-field, slow shutter effects and more. Bring your thinking caps because this could get intense. Camera and manual are required.
CPF1991 W 6:00-8:00pm 4/27 $20

TAKING OUTDOOR PORTRAITS
A field trip to take portraits in the great outdoors. Attendees will pose for one another and we will discuss the best way to get portrait quality photos. We will cover lighting and posing. Camera and manual are required.
CPF1992 Sa 8:00-10:00am 5/14 $20

LADIES DAY OUT
Date: Saturday, May 7
Whether you are a busy mom, looking for something fun to do with girlfriends or wanting to spend some quality time with your mom, we have a great day planned for you! We will hit the town on Saturday, May 7th from 11:00am – till approximately 4:00pm. Just sit back and enjoy as we do the driving. First stop will be at a delicious local restaurant for lunch and then we will make our way to some amazing local wineries. A great way to kick off Mother’s Day weekend! More details to come, but mark your calendar and register now so you don’t miss this fun ladies day out. Must be 21 years & over
Location: Meet at Post Falls City Hall, 408 N. Spokane Street
CPF2158 Sa 11:00am-4:00pm 5/7 $25 (includes transportation, lunch and tastings)
ACTING CLASSES
Location: Acting Center NW, 2775 N. Howard Street, Cd’A, ID
(Park & use back entrance)
*Class lengths may be adjusted based on # of students
For Instructor bios, check www.ActingCenterNW.com.

THE ACTING BIZ
CPF2143  Ages 16* & up
Instructor:  Rick Kostenick
Build your actors resume in this class and learn the business & marketing side of acting. Get the answers to some key questions. How to make resumes that stand out & head shots that pop? Who’s the right agent or manager for you? How to know if your representation is good? Money… who gets what & when? Bring your questions, pen, pad or laptop. Optional: Current headshot & resume. Fee: $48
F  5:30-8:30pm  2/26
Sa  5:30-8:30pm  3/26
Tu  5:30-8:30pm  4/26

KIDS AUDITION BASICS
CPF2147  Ages 10 - 17
Instructor:  Crystal Reiber
This is the class every parent wishes they had taken early in life. Acting teaches you more than just how to be in movies, it helps builds public speaking confidence. In this class we will look at the emotional scale and the basics for getting the job as an actor. Learn to better communicate with others while having a blast learning to act on camera. Slating, cold reads & personalized critiques that will inspire each actor. Lots of camera time!
W  4:00-5:00pm  3/9-3/30  $75

ACTORS VARIETY PACK
CPF2151  Ages 16* & up
Instructor:  Rick Kostenick
A perfect acting class with lots of time on camera. Power packed four hour workshop with audition techniques, improvisation, acting on film, character development and a splash of business/marketing. Enjoy acting on camera, viewing your progress first-hand in the playback! One finished piece will be available for those that bring an SD card or laptop. Fee: $75
Sa  10:00am-2:00pm  3/19
Sa  10:00am-2:00pm  4/16

SELFIE VIDEO CLASS
CPF2154  Ages 16* & up
Instructor:  Rick Kostenick
Be the star of your own video. Learn to act on camera and produce a short clip for YouTube, Facebook or Instagram. Here’s your chance to do a demo reel. Bring your laptop or a SD card if you would like to receive a copy of your finished project. Fee: $65
Sa  10:00am-1:00pm  2/20
M  5:30pm-8:30pm  3/14
Th  5:30pm-8:30pm  4/28

MARTIAL ARTS FOR KIDS – BUSHENKAI AIKIDO
CPF2004  Ages:  4-12
Instructor:  Tom Collins or Cindy Jacobs
Location:  3122 W. Seltice Way #A, Post Falls
In these 4-week classes, students will learn respect and 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.

MARCH CLASSES
Tu  3:30-4:00pm  3/1-3/22  4-5 yrs.  $34
Tu  4:00-5:00pm  3/1-3/22  6-12yrs.  $45

APRIL CLASSES
Tu  3:30-4:00pm  4/5-4/26  4-5 yrs.  $34
Tu  4:00-5:00pm  4/5-4/26  6-12yrs.  $45

MAY CLASSES
Tu  3:30-4:00pm  5/3-5/24  4-5 yrs.  $34
Tu  4:00-5:00pm  5/3-5/24  6-12yrs.  $45

MARTIAL ARTS - FILIPINO ARNIS
CPF2015  Ages:  11 & older
Instructor:  Tom Collins or Cindy Jacobs
Location:  3122 W. Seltice Way #A, Post Falls
Come learn traditional Filipino martial arts! In these 4-week classes, students will learn how to use short sticks to effectively protect themselves from harm. Sticks will be provided for use in class.
F  7:15-8:15pm  3/4-3/25  $45
F  7:15-8:15pm  4/8-4/29  $45
F  7:15-8:15pm  5/6-5/27  $45

BICYCLE PREVENTIVE MAINTENANCE CLINIC
Sponsored by Coeur d’Alene Bike Co.
(No on-line registration)
Preventive maintenance is exactly that. Who wants to spend more money later because of a malfunction, or lack of maintenance that could have been prevented? This clinic will cover the basics to keep your bike running in its best form on a daily basis. Expect the clinic to last a couple of hours, give or take. This clinic is set in a relaxed environment and adults are welcome to BYOB. The clinic will be held at Coeur d’Alene Bike Co. located at 314 N. 3rd Street, Coeur d’Alene.
Tu. 6:00-8:00pm  3/8  $25
PEAK HEALTH & WELLNESS

Ages: 14 & up
Location: Peak Gym, 927 Polston Ave. #101, Post Falls
(No on-line registration)

BODY PUMP
The ultimate total body weight training class. Strengthen and tone your muscles with high reps and low weight barbell. Hit all your target areas in one 55 minute class!

Fee: $22/month (once a week)
$26/month (twice a week)
$30/month (three times a week)

Class times: Tu or Th 12:00-12:55pm
Sa 9:15-10:10am

CXWORX
A quick, efficient core workout in 30 minutes. Tighten and tone core muscles including your abs, back, shoulders, hips and backside.

Fee: $22/month (once a week)
$26/month (twice a week)
$30/month (three times a week)

Class times: Tu 8:30-9:00am
W 7:00-7:30pm
Th 8:30-9:00am

YOGA

Ages: 12 & up  • Instructor: Cindy Jacobs
Location: 3122 W. Seltice Way #A, Post Falls
Yoga is for everyone! In these 4-week classes you will enjoy working out in a fun & relaxing atmosphere while reducing stress, developing better balance and flexibility. Fee: $34

MARCH CLASSES
CPF2099 Tu 8:30-9:45am 3/1-3/22
Th 7:45-9:00pm 3/3-3/24

APRIL CLASSES
CPF2108 Tu 8:30-9:45am 4/5-4/26
Th 7:45-9:00pm 4/7-4/28

MAY CLASSES
CPF2113 Tu 8:30-9:45am 5/3-5/24
Th 7:45-9:00pm 5/5-5/26

LEARN TO SKATE
Ages: 5 thru Adult
Location: Frontier Ice Arena, 3325 W. Seltice Way, Cd’A
http://www.lakecityfigureskating.org/learn-to-skate-classes.html
A US Figure Skating Basic Skills Program designed for all types of skaters ages 5-99! Price includes skate rental.
Cost: $60/5 week session or $55 Early Bird Special if signed up at least 4 days before start of each session.
Tuition includes:
• 30 minute group lesson
• Skate rentals
• Free Public Skate session each week after class
• US Figure Skating Basic Skills Membership & Record Book

**Please arrive 15 minutes early. Skaters should wear warm comfortable clothing, gloves and thin socks or thin tights. We strongly recommend helmets.

Dates of Classes:
CPF1923 Sa 11:30-12:00pm 2/13-3/12
Tu 5:45-6:15pm 2/16-3/15

CPF2132 Sa 11:30am-12:00pm 3/19-4/16
Tu 5:45-6:15pm 3/22-4/19
Tu 5:45-6:15pm 4/26-5/24

FITNESS & SKATING

EARN SOME PAY IN OUR WORLD OF PLAY . . . .
Post Falls Parks & Recreation Department is starting to gear up for our outdoor spring and summer seasons. Openings are available for the following positions:

• YOUTH SPORTS OFFICIALS
  (Spring Soccer/Youth Volleyball)
  Ages: 16+ yrs. – part-time on Saturdays & some weekdays

• LEAD PARK ASST. & PARK ASST. (Q’EMILN PARK)
  Ages: 16+yrs. – part-time & full time (late spring/summer)

• PARK WORKERS & PARK CUSTODIAN
  Ages: 18+yrs. – part-time & full time (late spring/summer)

• LIFEGUARDS
  Must have lifeguard certification
  Ages: 16+ yrs. – full-time shifts (June-August)

• DAY CAMP RECREATION LEADERS
  Ages: 18+ yrs. – full-time (June-August)

• ADULT VOLLEYBALL OFFICIALS
  Ages: 18+ yrs. – part-time (March-April)
“A DIFFERENT KIND OF VALENTINE’S DATE”
MURDER MYSTERY PARTY, TAPPAS & REFRESHMENTS
SATURDAY, FEBRUARY 13TH
SAVE THE DATE & SIGN UP NOW!!!
CPF1919  Ages: 21 & up
Time: 6:00-9:30pm (approximately)
Location: Trailhead Event Center, Q’emiln Park, PF

Forget the expensive roses this year and surprise your loved one with a most enjoyable and memorable evening together! If you have never participated in a murder mystery party, you are missing out and now you have an amazing opportunity to join in. “The Mysterious Affair at Stirling Hall”. In old day Britain, propriety is the real ruler. Welcome to Stirling Hall, home of Lord and Lady Westby, their family and servants, who are all bound by social expectation to play their “role”. As if the day-to-day running of the estate is not enough, Lord Westby has no son, and the grand house and all titles are set to be inherited by Ambrose Haines, a very distant relative. The family thought their problems were at an end upon the engagement of the Westby’s eldest daughter, Lady Lila Westby to the estate heir, Ambrose Haines. But when a woman is found dead in the estate, they quickly realize their problems are just beginning. Who is the mysterious woman? What was she doing in Stirling Hall? How was she killed? And most importantly, who is her killer? Scandal must be avoided at all cost and it’s up to the Westbys and all those who reside in Stirling Hall to find the killer and preserve their good name! This is not a sit-down type of game, it’s a fun and exciting role playing format that will produce tons of laughs, sleuthing and entertainment. Registration is VERY limited, and the earlier you register the better the part you get! Costumes are highly encouraged and awards will be handed out. This is an event you don’t want to miss out on, so SIGN UP NOW! Min. 15/Max. 25.
Sa  6:00-9:30pm  2/13  $55/person

“A BRIDAL FAIR TO REMEMBER”
Trailhead Event Center, 12361 W. Parkway Drive, Post Falls
Saturday, March 19  10am to 2:00pm
Did you just utter the words, YES to the man of your dreams and now you are preparing to say I DO…if so, this is an event you don’t want to miss. You’ve dreamt of this day for years, but now it’s time to make it a reality and not drain the bank. Come see how you can stay close to home and still have your fairytale come true with a beautiful rustic, vintage or classic Pinterest amazing wedding on a budget! We will showcase it all from, venue, bridal attire, flowers, rental accessories, foods and everything in between! Stop by between the hours of 10am and 2pm on Saturday, March 19 at the Trailhead Event Center located in Q’emiln Park, Post Falls. For more information contact our office at 208-773-0539

POST FALLS FESTIVAL
JULY 8 – 9 – 10
FOOD & CRAFT VENDORS WANTED
Call 773-0539 for application information!

There will be lots of family fun with activities for the kids, live entertainment and lots of great food! Now offering a 1-day homemade craft fair on Saturday! Look for more specific information in our Summer Activity Guide.

SPOKANE EMPIRE ARENA FOOTBALL GAMES
Hi-5 Tunnel Experience
Here is your chance to take in the new Spokane Empire Arena football league and give your kids an unforgettable experience. When the lights go down and the crowd gets going, what better place is there to cheer on the Empire team than at the tunnel as they step onto the field. Your children will be a part of this Hi-Five Tunnel then return to the family section of the arena to enjoy the rest of the game. Min. 25. Fee: $12
Spokane Empire vs. Iowa Barnstormers 4/9  7:00pm
Spokane Empire vs. Billings Wolves 5/7  7:00p
We are now accepting picnic reservations for company picnics, class reunions, family reunions, birthday & anniversary parties, wedding receptions, or just fun get-togethers for the summer season at the following parks in Post Falls. Call now to check for availability, or if you have questions. Now is the time to make your reservation!

- **Black Bay Park**
- **Corbin Park**
- **Falls Park**
- **Kiwanis Park**
- **Q’emiln Park**
- **Syringa Park**
- **White Pine Park**

**BLACK BAY PARK: (1200 E. 3RD AVE.)**
Located off 3rd Avenue on Bay Street, 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 also a beautiful 24x40’ shaded shelter with 6 tables, paved parking lot off 3rd Avenue, a basketball court, and two lighted tennis courts.

**CORBIN PARK: (896 S. CORBIN ROAD)**
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 small covered shelters & picnic areas, BBQ pits, a volleyball court, horseshoe pit, disc golf course, softball field, and restrooms. A perfect park for small to medium family reunions or company picnics.

**FALLS PARK: (305 W. 4TH AVE.)**
Located west of Spokane Street, of 4th Avenue, this 22-acre park that includes accessible paved pathways, historical interpretive signs, small 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.

**KIWANIS PARK: (4176 E. WEATHERBY AVE.)**
Located at 4176 E. Weatherby Avenue, this secluded 40-acre park provides picnic areas, restrooms, playground equipment, an unguarded swimming beach and trails. The Higgins Pavilion covered shelter is 34’x46’.

**Q’EMILN PARK: (12201 W. PARKWAY DR.)**
(pronounced “ka-mee-lin”). Located at the south end of the Spokane Street bridge, this 78-acre park features a guarded swimming beach, boat launch, BBQ pits, picnic shelters, horseshoe pits, volleyball courts, restrooms, and a 40-acre trail system. There are two covered shelters (the Gazebo & Picnic Shelter), a large covered shelter (Grand Pavilion 60’x120’), an enclosed building (the Trailhead Event Center 32’x122’), and grassy areas available for picnic reservations.

**SYRINGA PARK: (2975 BUNCHGRASS DR.)**
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.

**WHITE PINE PARK: (2100 N. SPOKANE ST.)**
This 5-acre park offers a covered shelter 20’x20’, picnic areas, playground, basketball courts, tennis courts, volleyball court, horseshoe pits, and restrooms. A nice shady park for reunions or events that center around children’s playground equipment.

Reservation forms and a fee schedule for all of our shelters and facilities can be accessed on our website at: [http://www.postfallsidaho.org/prparks](http://www.postfallsidaho.org/prparks), along with photos of our parks and directions.

If you have any questions, please call our office at (208) 773-0539.
### YOUTH

<table>
<thead>
<tr>
<th>SPORT</th>
<th>AGES/GRADE</th>
<th>SEASON</th>
<th>APPROX. OPENING</th>
<th>REG. DATE</th>
<th>RESIDENT</th>
<th>NON-RESIDENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseball</td>
<td>4-13 yrs.</td>
<td>Summer</td>
<td>May 1</td>
<td>$29</td>
<td>$33</td>
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<tr>
<td>Basketball - Recreational</td>
<td>1st-9th grade</td>
<td>Winter</td>
<td>November 1</td>
<td>$35</td>
<td>$39</td>
<td></td>
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<tr>
<td>Basketball - “Tiny Hoopsters” Instructional</td>
<td>4 yrs. old-Kindergarten</td>
<td>Fall</td>
<td>September 1</td>
<td>$35</td>
<td>$39</td>
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<tr>
<td>Flag Football</td>
<td>K-4th grade</td>
<td>Fall</td>
<td>July 1</td>
<td>$29</td>
<td>$33</td>
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<tr>
<td>Soccer</td>
<td>3-14 yrs.</td>
<td>Spring</td>
<td>February 1</td>
<td>$29</td>
<td>$33</td>
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<tr>
<td>Volleyball</td>
<td>3rd-8th grade</td>
<td>Spring</td>
<td>February 1</td>
<td>$35</td>
<td>$39</td>
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</tbody>
</table>

### ADULT/YOUTH TEAM SPORTS

*Must be 18 years & older*

<table>
<thead>
<tr>
<th>SPORT</th>
<th>SEASON</th>
<th>APPROX. OPENING DATE</th>
<th>RESIDENT TEAM FEE</th>
<th>NON-RESIDENT TEAM FEE</th>
<th>EXTRA PLAYER FEE</th>
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<tbody>
<tr>
<td>Volleyball Tournaments</td>
<td>Winter</td>
<td>Nov 1</td>
<td>$85</td>
<td>n/a</td>
<td>n/a</td>
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<td>Basketball - Men's</td>
<td>Fall</td>
<td>Aug. 1</td>
<td>$427</td>
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<tr>
<td>Basketball - Competitive River City</td>
<td>Fall</td>
<td>September 10</td>
<td>$477</td>
<td>$498</td>
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<tr>
<td>Dodgeball - Tournament “Wild Turkey” Ages: 16 &amp; up</td>
<td>Fall</td>
<td>October 1</td>
<td>$85</td>
<td>n/a</td>
<td>n/a</td>
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<tr>
<td>Flag Football - Men’s</td>
<td>Spring/Fall</td>
<td>February 1/August 1</td>
<td>$535</td>
<td>$575</td>
<td>$25</td>
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<tr>
<td>Volleyball - Adult Coed 6-person</td>
<td>Spring/Fall</td>
<td>February 1/August 1</td>
<td>$260</td>
<td>$275</td>
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<td>Volleyball - Women’s 4-person</td>
<td>Spring/Fall</td>
<td>February 1/September 1</td>
<td>$195</td>
<td>$215</td>
<td>$30</td>
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<tr>
<td>Volleyball - Youth Competitive 4-person Grades: 7-12</td>
<td>Spring</td>
<td>February 13</td>
<td>$155</td>
<td>$180</td>
<td>n/a</td>
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**NEED MORE INFORMATION? VISIT OUR WEBSITE FOR THE FULL BROCHURE ONLINE WITH COURSE INFORMATION.**

[www.postfallsidaho.org](http://www.postfallsidaho.org)
DROP IN & REGISTER
The Parks & Recreation Administrative Office is open Monday through Friday, 8:00am to 5:00pm. We are located at Post Falls City Hall, 408 N. Spokane Street, Post Falls, ID 83854

ONLINE
Register on-line at www.postfallsidaho.org or E-mail - recreation@postfallsidaho.org

MAIL
Mail in your registration form & payment to:
Post Falls Parks & Recreation
408 N. Spokane Street
Post Falls, ID 83854

SATISFACTION GUARANTEED
You are important to us! The City of Post Falls Parks & Recreation Department is committed to excellence by providing high-quality programs and services for you. If you or a family member are not satisfied with a class, program, or activity offered by the City, let us know your concerns in writing. We will arrange for one of the following. You may:

- Repeat the program at no additional charge.
- Receive a credit that may be applied to another activity
- Receive a partial refund (allow 4 weeks to process).

A partial refund may be given for a Special Interest class attended, no more than 2 classes.
* See Sports Leage refund policy below

The Post Falls Parks & Recreation Department does not discriminate on the basis of age, sex, race, color, creed, national origin or disability. Please notify the Park Department if you need special accommodations to participate in our programs.

GIVE US A CALL
We are looking for talented, enthusiastic and qualified instructors to teach pre-school, adult and youth classes. Ideas or suggestions for classes are also encouraged. Call us at 208.773.0539 for more information.

GENERAL POLICIES
All fees are due at the time of registration to ensure your space in a class or sports league. Discounts will not be given for times missed due to vacation or illness. The Post Falls Parks and Recreation Department reserves the right to make changes in schedules, fees and instructors as needed. Many of our classes require minimum levels of enrollment in order to run, we will try to combine classes if possible to make the class go. If a class or program is canceled due to lack of enrollment, you will be notified and given the option of a full credit, refund, or offered a different program choice.

SPORTS LEAGUE REFUNDS: Due to administrative fees involved an 80% refund will be made if a participant withdraws from a sports league prior to the coaches meeting. Once the practices begin in a sports league no refund will be issued.

SCHOLARSHIP DONATIONS
The Post Falls Parks and Recreation Department offers scholarships to participants unable to pay for programs. These funds are limited and come from public donations. You can help by adding any small amount to your own registration fee! You may make a donation through any of our registration methods. Thank You!

RESIDENT DISCOUNTS
Residents who live within the city limit boundaries of Post Falls pay property taxes that support City services. If you live within the city limits you receive a discount to our recreational leagues and programs. Sports teams must consist of 50% PF City limit residents to qualify for this discount. Some areas of Post Falls are not within the city limits. If you need help determining whether you live in or outside of the city limit boundaries, please call our office 208.773.0539 or you are welcome to stop by the Parks and Recreation Office to view the city boundary map.
<table>
<thead>
<tr>
<th>PROGRAM NAME</th>
<th>DIVISION</th>
<th>COURSE #</th>
<th>DATE OF CLASS</th>
<th>TIME</th>
<th>FEE</th>
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**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)

☐ I am interested in coaching or asst. coaching — Name ___________________ Contact #: ___________________

☐ I am interested in sponsoring a team — Name of Business ___________________

Medical Conditions: ____________________________________________________________

**WE ACCEPT CASH, CHECK, AND CREDIT/DEBIT CARD. MAKE CHECKS PAYABLE TO: CITY OF POST FALLS**

**CREDIT CARD PAYMENT**

☐ Master Card ☐ Visa Card # Exp. Date: CVV#

Please note: A convenience fee will be charged on all debit/credit cards.

**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
I think the staff are really exceptional young people. I am glad my daughter has this opportunity to be around young adults and other kids she doesn’t already know. It seems to be a high quality program with high standards.

~ Parent of a Winter Camp Participant