

POST FALLS Parks & Recreation

2024 SPRING ACTIVITIES GUIDE



Register for programs online @
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LETTER FROM THE DIRECTOR

Winter is passing and spring is just around the corner. It is time to start being outside more. Here in North Idaho and particularly in Post Falls, we are blessed with an abundance of options to keep us active and to shake off the winter blues! Your dedicated parks and recreation staff have worked hard to create opportunities for you to get out and experience the joys of Post Falls; parks, trails, and recreation programs await your use!

In this Spring Guide, you will find a wide variety of activities and events that meet your comfort level and interest. We continue to

evaluate and adjust programs for your safety, program quality, and maximum enjoyment. Please take a moment this spring to do something for yourself, take a class, walk in one of our 34 great parks, have a picnic with family, or bump into a neighbor.

Our team of professionals takes great pride in providing you with the best in programs, facilities, and opportunities.

Experience Post Falls Parks and Recreation,
David C. Fair, Director of Parks and Recreation



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SAVE THE DATE

Post Falls IDAHO festival

July 12, 13, 14

Q'EMILN PARK

FAMILY FUN, FOOD, VENDORS, CRAFTS, & LIVE MUSIC

VENDORS WANTED 208.773.0539

PARKS & RECREATION MISSION STATEMENT

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



Parks & Recreation Department
Administrative Office
 408 N. Spokane Street
 Post Falls, Idaho 83854
 (208) 773-0539



RECREATION ADMINISTRATION
 208.773.0539

CEMETERY DEPARTMENT
 208.777.4478 or
 208.773.0539

PARKS DEPARTMENT
 208.773.8147

URBAN FORESTRY
 208.457.3315 or
 208.773.0539

MOTHER-SON NIGHT OF FUN

Ages: 6-12

Location: Trailhead Event Center, 12361 W. Parkway Drive, Post Falls

Ladies and their young builders are invited to the Mother-Son(s) Night of Fun. Join us at the Trailhead Event Center for a fun-filled evening of construction themed activities! Snacks and refreshments will be provided.

Tickets must be purchased in advance; tickets will not be sold at the door.

DAY	DATE	TIME	FEE
Sa	3/2	6:00-8:00pm	\$30/mother with 1 son/\$8 per additional son

SPRING CRAFT FAIR

Date: Saturday, March 9

Time: 9:00-3:00pm



Location: Trailhead Event Center, 12361 W. Parkway Drive, Post Falls

Black Bay Depot, 1211 E. 3rd Avenue, Post Falls

Jacklin Arts & Cultural Center, 405 N. William Street, Post Falls

Time to get out & enjoy the excitement of a Spring Craft Fair. Our department partners with the JACC as well, so you will have 3 venues to visit. Each venue will have fun, one-of-a-kind crafts to enjoy and buy. This is a family friendly event.

Vendor applications are still being accepted.

EASTER EGG EXTRAVAGANZA

Date: Saturday, March 30,

Location: Q'emiln Park, 12201 W. Parkway Drive, Post Falls



Post Falls Parks and Recreation invites the community to our Easter Egg Extravaganza! Gold ticket prize hidden in an egg for each division. The event will take place in rain or shine. Children must bring their own baskets for the eggs.

Times:		
1:00-1:10pm	Toddlers	
1:15-1:25pm	3-4 yrs.	
1:30-1:40pm	5-7 yrs.	
1:45-1:55pm	8-11 yrs.	
2:00-2:10pm	Special and Mobility Needs	

LADIES DAY OUT

Ages: 21 & up

Location: Meet at Post Falls City Hall, 408 N. Spokane Street, Post Falls

If you're looking for something fun to do with girlfriends or want to spend some quality time with your own mom, we have a special day planned for you! We will hit the town from 11:15am until approximately 4:00pm. Just sit back and enjoy as we do the driving. We will enjoy a delicious lunch at a local restaurant and then make our way to some amazing local wineries. More details to come, mark your calendar and register now so you don't miss this fun ladies day out. Very limited registration.

DAY	DATE	TIME	FEE
Sa	5/18	11:15-4:00pm	\$70*

*(includes, transportation, lunch, and tastings)

POST FALLS SPRINT TRIATHLON & DUATHLON

Date: Sunday, August 4

Time: 7:00am

Ages: 14 & up

Location: Q'emiln Park, 12201 W. Parkway Drive, Post Falls

Join us for our Post Falls Sprint Triathlon at Q'emiln Park. The race consists of a .3-mile swim, 12-mile bike ride and 3-mile run. Chip timing provided, snacks and an award ceremony will follow the race. Race begins at 7:00am. For additional information and ONLINE registration, check our website at: <https://www.postfalls.gov/triathlon/> or www.runsignup.com/races or call the Recreation office at (208) 773-0539.

Fees: Event choice Individual \$85 • Team \$165

Late registration fees applicable after 7/3 • (\$100 Indiv. / \$180 Team)

Swim Course: .5k Swim. Swim is at Q'emiln Beach

Bike Course: 19.6k Bike. Beginning at Q'emiln Park, westward along Riverview Drive to Idaho-Washington Border. Back in on Centennial Trail, through Commerce area, back on Centennial Trail on to McReynolds and finish back at the park.

Run Course: 5k Run, out & back course Q'emiln Park to Centennial Trail & finish.

LIFE SAVING

BEST SUMMER JOB EVER AND WHAT IT TAKES TO QUALIFY

Ages: 15 & up

Instructor: Mike Wood and Recreation Staff

Location: Trailhead Event Center, 12361 W. Parkway Drive, Post Falls

Before you know it, it will be summer. Maybe you or someone you know is already considering options or opportunities for a summer job. Then this workshop is for you. Hear about the benefits, pros, and cons of being a lifeguard. Ask questions of seasoned lifeguards and learn what it takes to successfully pass a certification course. Practice a few skills on dry land and have fun with "lifeguard" games.

Min. 6/Max. 20 1 session

DAY	DATE	TIME	FEE
W	3/13	6:00-8:00pm	\$10
W	4/10	6:00-8:00pm	\$10

ADULT AND PEDIATRIC FIRST AID/CPR/AED -Red Cross Blended Course

Ages: 16 & up

Instructor: Online and In-person with Pepper Root

Location: Trailhead Event Center, 12361 W. Parkway Drive, Post Falls

Upon successful completion of all requirements, participants will be Red Cross certified in lifesaving CPR, AED, and First Aid skills. For this blended class, students must complete the on-line portion BEFORE attending the in-person skill review and testing. Individual online coursework will take approximately 6 hours. The date below is the only and final meeting of students and instructor. Upon registration, you will be sent steps to finding the required online coursework.

Min. 6/Max. 12 1 session + online coursework

DAY	DATE	TIME	FEE
Th	3/14	5:00-9:00pm	\$89

LIFEGUARD CERTIFICATION – STARGUARD BLENDED COURSE

Ages: 15 & up

Instructor: Online and In-person with Mike Wood

Location: Indoor Pool - TBD

Upon successful completion of all requirements, participants will be StarGuard certified in emergency and lifesaving skills around aquatic environments. For this blended class, students must complete the on-line portion BEFORE attending the in-person skill review and testing. Individual online coursework will take 4-6 hours. Upon registration, you will be sent steps to completing the required online coursework. Participants will meet at an indoor facility for water testing.

Attendance all day, both days, is required for certification.

Pre-requisites: Ability to swim freestyle or breaststroke for 300 yards (6 laps), dive 7-10 feet to retrieve a brick and tread water for 2 minutes.

Min. 6/Max. 12 2 sessions

DAY	DATE	TIME	FEE
Sa & Su	4/6 & 4/7	8:00-4:00pm	\$185



EARLY CHILDHOOD

VALENTINE'S DAY WITH PRE-K

Ages: 3-5 (with an adult)

Location: Tree House, 582 E. 6th Ave, Post Falls

Help your kids make Valentine's Day projects! In this class you will make 4 different Valentine's Day themed gifts that can be given to loved ones.

Min. 6/Max. 10 1 session

DAY	DATE	TIME	FEE
Th	2/8	10:00-10:45am	\$20
Th	2/8	5:30-6:15pm	\$20

BLOSSOM INTO SPRING

Ages: 3-5 (with an adult)

Location: Tree House, 582 E. 6th Ave, Post Falls

Help your kids make spring-themed projects! In this class you will make 4 different crafts that can be displayed at home or given to loved ones.

Min. 6/Max. 10 1 session

DAY	DATE	TIME	FEE
W	3/13	10:00-10:45am	\$20
W	3/13	5:30-6:15pm	\$20

LITTLE ATHLETES

Ages: 3-5 (with an adult)

Location: Black Bay Depot, 1211 E. 3rd Avenue, Post Falls

Here is an opportunity for you and your preschooler to bond and have fun together while learning sports such as: soccer, football, T-ball, and basketball. This class is designed to create interest in a variety of sports while developing listening and gross motor skills through teamwork and sportsmanship. Classes will be taught in a fun and non-competitive environment.

4 sessions

DAY	DATE	TIME	FEE
W	3/27-4/17	10:00-10:45am	\$37
W	3/27-4/17	5:30-6:15pm	\$37
W	5/1-5/22	10:00-10:45am	\$37
W	5/1-5/22	5:30-6:15pm	\$37

PARENTS OF PRESCHOOLERS NIGHT OUT



Ages: 3-5

Location: Black Bay Depot, 1211 E. 3rd Avenue, Post Falls

Take some time for yourself, we'll take care of the kids! Meet at Black Bay Depot in Engine Room #1. We will have our padded train play structure and some assorted toys for your little one to play with. This is an unstructured play session. Kids must be potty trained to participate.

Min. 6/Max. 10 1 session

DAY	DATE	TIME	FEE
F	3/29	6:00-8:00pm	\$15
F	4/26	6:00-8:00pm	\$15

EXCURSIONS

LET'S GO TO THE STORE!

Ages: 3-5 (with an adult)

Location: Post Falls Super 1805 E. Polston Ave, Post Falls

This is an awesome opportunity for you and your little one to see the inner workings of a local grocery store! Meet at the Post Falls Super 1 entrance. We will take a tour of the store and see how the grocery store works at all levels. We may even pick out a snack! Parent/guardian participation is required.

Min. 6/Max. 10 1 session

DAY	DATE	TIME	FEE
W	4/3	10:00-11:00am	\$15

HIGH FLYING AIRPORT TOUR

Ages: 3-5 (with an adult)

Location: CDA Airport-Pappy Boyington Field, 10375 N Sensor Ave, Hayden

You are cleared for take-off at the Coeur d'Alene airport! Your children will marvel at the sight of planes taking off and landing while learning about aviation and the world of flight. As we explore the airport's wonders, please remember to bring ear protection for your child to ensure a safe and enjoyable experience amidst the soaring aircraft. Transportation is not provided. Parent/guardian participation is required.

Min. 6/Max. 10 1 session

DAY	DATE	TIME	FEE
W	4/10	10:00-11:00am	\$15

FUN ON THE FARM

Ages: 3-5 (with an adult)

Location: Cedar Mountain Farm, 25249 N. Hatch Rd, Athol

Join us on an enchanting adventure at Cedar Mountain Farm, where preschoolers will delight in meeting friendly farm animals, including goats, chickens, and sheep. Engaging activities and hands-on experiences await as they learn about farm life, feeding animals, and discovering the wonders of the countryside. Transportation is not provided. Parent/guardian participation is required.

Min. 6/Max. 10 1 session

DAY	DATE	TIME	FEE
W	4/17	10:00-11:00am	\$15

HOW THE GARDEN GROWS!

Ages: 3-5 (with an adult)

Location: Sowing Joy Farm, 444 S. Gallatin Rd, Post Falls

Bloom into spring at the Sowing Joy flower nursery! Join us for an immersive tour where preschoolers will discover the magic of nurturing plants, sow seeds, and explore the colorful fields. Get ready to pick your favorite blooms as we learn about the fascinating journey of raising beautiful flowers from seed to blossom. Transportation is not provided. Parent/guardian participation is required.

Min. 6/Max. 10 1 session

DAY	DATE	TIME	FEE
W	4/24	10:00-11:00am	\$20

Soccer Intro "Tiny Kickers"

Boys & Girls Ages: 3-4 (must be 3 by April 13)

Registration: February 1-March 3

Location: Woodbridge Park, 750 N. Silkwood Drive, Post Falls

Your child will be introduced to the basic skills of soccer in a very active and playful environment. There are no weekday practices, and each Saturday will include 20 minutes of "skill play" and a half hour of "scrimmage games".

Preseason Coaches Orientation: Thursday, March 21 at 6:00pm, at Post Falls City Hall Council Chambers.

Preseason Parent Orientation: Online Video

Fee: \$45/Res. \$53/Non-Res+tax Fees after March 3: \$54/Res. \$61/Non-Res.+tax

DAY	DIVISIONS	DATE	TIME
Sa	3 yr. olds	4/13-5/18	10:00-10:50am
Sa	4 yr. olds	4/13-5/18	11:00-11:50am

Soccer – Youth Recreational

Boys & Girls Ages: 5-14

Registration: February 1-March 3

Location: Woodbridge Park, Beck Park, Hilde Kellogg, Post Falls

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

Preseason Coaches Orientation: Thursday, March 21 at 6:00pm, at Post Falls City Hall Council Chambers.

Preseason Parent Orientation: Online Video

Fee: \$45/Res. \$53/Non-Res+tax Fees after March 3: \$54/Res. \$61/Non-Res.+tax

DAY	DIVISIONS	DATE	TIME	LOCATION
Sa	Micro 5 (5 yr. olds)	4/13-5/18	12:00-12:50pm	Woodbridge
Sa	Mini 6 (6 yr. olds)	4/13-5/18	1:00-1:50pm	Woodbridge
Sa	U-8 (7&8 yr. olds)	4/13-5/18	9:00-Varies	Beck Park
Sa	U-11 (9-11 yr. olds)	4/13-5/18	9:00-Varies	Beck Park
Sa	U-14 (12-14 yr. olds)	4/13-5/18	9:00-Varies	Hilde Kellogg Park

Start Smart Football

Boys & Girls Ages: 3-4 (Must be 3 by April 13)

Registration: February 1-March 3

Location: Warren Field, 105 N. Idaho Street, Post Falls

Start Smart Football teaches children the basic motor skills necessary to play organized flag football. The program focuses on teaching children's skills on throwing, catching, kicking/punting, and running/agility without the threat of competition. All participants receive their own participant manual, football, flag belt, kicking tee, and 4 cones.

Preseason Coaches Orientation: Wednesday, March 20 at 5:30pm, at Post Falls City Hall Council Chambers.

Preseason Parent Orientation: Online Video

Fee: \$55/Res. \$59/Non-Res+tax Fees after March 3: \$64/Res. \$71/Non-Res.+tax

DAY	DIVISIONS	DATE	TIME
Sa	3 & 4 yr. olds	4/13-5/18	9:00-11:00am (varies)

NFL Flag Football League

Boys & Girls Grades: K-8

Registration: February 1-March 3

Location: Warren Field, 105. N Idaho Street, Post Falls

This 5 on 5 recreational league is designed to teach the fundamentals and have fun playing the game of Flag Football. Each player will receive an NFL Flag reversible jersey and NFL Flag belt. All the players will need to purchase a mouthguard.

Preseason Coaches Orientation: Wednesday, March 20 at 5:30pm, at Post Falls City Hall Council Chambers.

Preseason Parent Orientation: Online Video

Fee: \$55/Res. \$59/Non-Res+tax Fees after March 3: \$64/Res. \$71/Non-Res.+tax

DAY	DIVISIONS	DATE	TIME
Sa	K-1st Grade	4/13-5/18	9:00-4:00pm (varies)
Sa	2nd-3rd Grade	4/13-5/18	9:00-4:00pm (varies)
Sa	4th-6th Grade	4/13-5/18	9:00-4:00pm (varies)
Sa	7th-8th Grade	4/13-5/18	9:00-4:00pm (varies)

Volleyball - Youth Recreational

Boys & Girls Grades: 2-8

Registration February 1-March 3, or when full

Location: Seltice Elementary, 1101 Chase Road, Post Falls

Players will learn the fundamentals of volleyball with an emphasis on fun! Practices will begin early April. There will be a total of 6 matches in the season. Parent/Volunteer coaches are always needed.

Preseason Coaches Orientation: Wednesday, March 20, 5:30pm, Post Falls City Hall Council Chambers

Preseason Parent Orientation: Online Video

Fee: \$45/Res. \$53 Non-Res+tax Fees after March 3: \$54/Res \$61/Non-Res+tax

DAY	DIVISIONS	DATE	TIME
Sa	2nd Grade Tiny Spikers	4/13-5/18	9:00-2:00pm (varies)
Sa	3rd/4th Grade	4/13-5/18	9:00-2:00pm (varies)
Sa	5th/6th Grade	4/13-5/18	9:00-2:00pm (varies)
Sa	7th/8th Grade	4/13-5/18	9:00-2:00pm (varies)

Open Gym – Youth Basketball

Ages: 6-16

Dates: Fridays February 2 – March 1

Time: 6:00-9:00pm

Location: Seltice Elementary, 1101 Chase Road, Post Falls

Looking for a place to practice your shot? This drop-in program is a great opportunity to improve your game in a supervised but unstructured setting. Parents must stay with their children. No childcare provided. Any parents or coaches hoping to use the court with their child must also sign-in and pay the attendance fee.

Fee: \$5/session

*SPORTS LEAGUE REFUNDS:

Due to administrative fees involved, an 80% refund will be made if a participant withdraws from a sports league at-least **1 week** prior to the coaches meeting. No refunds will be issued after this time.

We are unable to honor requests for specific coaches, to be on teams with friends, carpool requests, etc. Our recreation sports are a great opportunity to make new friends, experience different coaching styles, and explore a variety of sports in a fun environment. Siblings are guaranteed to be together so long as a note is placed at the time of registration. Sponsors are guaranteed to have their children on the sponsored team. Coaches are guaranteed to have their children on their teams; limit two coaches per team.

ADULT SPORTS, TOURNAMENTS

WOMEN'S 4 PERSON ADULT VOLLEYBALL LEAGUE

Ages: 18 & up

Registration: February 1-February 25 or until full

League Play: Sunday, March 3-April 7* Tournament April 14

***No games March 31 Easter Sunday**

Time: 9:00am

Location: Seltice & Ponderosa Elementary Schools, Post Falls

Get a team together and enjoy time with friends and get a great workout in too! Space is limited so sign up now. League play begins Sunday, March 3 and runs through April 7 with the tournament on April 14. The league plays through spring break.

Resident Team* - \$210+tax

Non-Resident Team - \$230+tax

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

LADIES NIGHT OUT 4-PERSON ADULT VOLLEYBALL LEAGUE

Ages: 18 & up

Registration: February 1-February 25 or until full

League Play: Wednesday, March 6-April 3 Tournament April 10

Time: 6:00pm

Location: Seltice & Ponderosa Elementary Schools, Post Falls

It's ladies' night out. Mix up your week with some volleyball and girlfriend time. Space is limited so sign up now. League play begins Wednesday March 6 and runs through April 3 with the tournament on April 10. The league plays through spring break.

Resident Team* - \$210+tax

Non-Resident Team - \$230+tax

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

OPEN GYM - ADULT VOLLEYBALL

Ages: 16 & up

Dates: Saturdays, February 3 - May 18

Time: 4:00-6:30pm and 7:00-9:30pm - NEW! 2 separate sessions

Location: Seltice Elementary, 1101 Chase Road, Post Falls

Get active and meet others from the area. Join us for open gym volleyball. Courts are available on a first come, first-served basis. New starting February 1 - we are offering 2 separate sessions and limiting participation to 36 players per session so you'll have less wait and more court time.

Fee: \$5 each session

THE NOTORIOUS DIG VOLLEYBALL TOURNAMENT

Ladies Ages: 18 & up

Registration: February 1-April 14 or until full

One Day Tournament-April 21

Time: 9:00am

Location: Seltice & Ponderosa Elementary Schools, Post Falls

This is a fun filled day with lots of volleyball! Round up a team and get ready for some fast-paced volleyball. The format will be a round robin with a single elimination tournament to follow. Register early as space is limited.

Fee: \$120/team+tax

SNOWMELT SHOWDOWN - ADULT FLAG FOOTBALL TOURNAMENT

Co-Ed Ages: 16 & up

Registration: February 1-April 5, or when full

Date: Sunday, April 28

Time: Varies, 8:30-5:00pm

Location: Warren Field, 105 N. Idaho Street, Post Falls

Get ready to tackle the thaw! Join us for the Snowmelt Showdown, an adrenaline-packed 5v5 adult flag football tournament where the competition heats up as the snow melts away. Bring your A-game and your own triple-threat flags as teams clash for victory in this thrilling showdown on the field. Don't miss out on the action-packed fun—register now and let the Snowmelt Showdown begin!

Fee: \$150/team+tax



ADULT KICKBALL LEAGUE

Co-Ed Ages: 18 & up

Registration: February 1-May 7

Dates: May 23-June 20

Location: Chase Field, 410 W 21st Ave, Post Falls

Gather your friends and family and bring your A-game to this fun and exciting league. The League will be 5 weeks long held on Thursday nights. Roster will consist of 10 players on the field with a maximum of 13 total. At least three women need to be playing on defense. Teams must be paid in full by May 17.

Fee: \$200/team+tax



FITNESS

YOGA

Ages: 12 & up

Instructor: Cindy Jacobs

Location: 14104 W. Riverview Drive, Post Falls

Yoga is for everyone! In these 4-week classes you will enjoy working out in a fun & relaxing atmosphere while reducing stress and developing better balance and flexibility.

Min. 2/Max. 8

4 sessions

DAY	DATE	TIME	FEE
W	2/7-2/28	7:15-8:30pm	\$39
F	3/1-3/22	8:30-9:45am	\$39
W	3/6-3/27	7:15-8:30pm	\$39
W	4/3-4/24	7:15-8:30pm	\$39
F	4/5-4/26	8:30-9:45am	\$39
W	5/8-5/29	7:15-8:30pm	\$39
F	5/10-5/31	8:30-9:45am	\$39

WOMEN'S AIKIDO

Ages: 12 & up

Instructor: Sensei Cindy Jacobs

Location: 14104 W. Riverview Drive, Post Falls

In these 4-week classes, 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.

Min. 2/Max. 8

4 sessions

DAY	DATE	TIME	FEE
W	2/7-2/28	5:30-7:00pm	\$48
Sa	3/2-3/23	9:00-10:30am	\$48
W	3/6-3/27	5:30-7:00pm	\$48
W	4/3-4/24	5:30-7:00pm	\$48
Sa	4/6-4/27	9:00-10:30am	\$48
Sa	5/4-5/25	9:00-10:30am	\$48
W	5/8-5/29	5:30-7:00pm	\$48

GARDENING CLASSES

Ages: 14 & up • Instructor: Sue Bokelman, The Plant Pro | Location: Tree House, 582 E. 6th Avenue, Post Falls

GROWING FRUIT ORGANICALLY

We can grow a myriad of trees, bushes, brambles, vines, & perennials with edible fruit in north Idaho. Learn how to grow them from planning & planting through watering, fertilizing, pest control, & pruning to harvest. We will be using a primarily organic approach for growing edibles.

Min. 5/Max. 15			1 session
DAY	DATE	TIME	FEE
W	2/7	6:00-8:00pm	\$22

PERENNIAL FLOWER GARDENS

Grow a beautiful garden that will come back year after year, bigger & better. We will talk about choosing plants for problem areas (including herbs) as well as planning, planting, watering, fertilizing, maintenance, & pest control.

Min. 5/Max. 15			1 session
DAY	DATE	TIME	FEE
W	2/21	6:00-8:00pm	\$22

STOP THE BRUTAL PRUNING

Learn the proper pruning techniques for your trees (shade, flowering, fruiting, & evergreen), shrubs (flowering, fruiting, roses, & hedges), edibles & perennial flowers to keep them happy & healthy. We will also discuss timing & tools.

Min. 5/Max. 15			1 session
DAY	DATE	TIME	FEE
W	3/6	6:00-8:00pm	\$22

WATERWISE GARDENING IN NORTH IDAHO

We will discuss different irrigation methods for your whole yard, from hoses & sprinklers to drip lines to underground systems. Learn what works best for the different aspects of your landscape & how best to save water & money. We will also discuss other landscaping practices to reduce water use. You will receive a list of more drought tolerant plants for the area.

Min. 5/Max. 15			1 session
DAY	DATE	TIME	FEE
W	3/20	6:00-8:00pm	\$22

GROWING GRASS – LAWNS

Learn how to grow a lawn in north Idaho. We will talk about types of grasses (native and turf-type), planning, planting, watering, fertilizing, pest control (common diseases & insects), & other proper lawn care practices using a primarily organic approach.

Min. 5/Max. 15			1 session
DAY	DATE	TIME	FEE
W	4/3	6:00-8:00pm	\$22

EDIBLE LANDSCAPING

Learn how to incorporate plants that provide food into your overall landscape. We will talk about fruit trees, fruiting bushes, herbs, & vegetables that can be interspersed in your yard. Plus, you will learn how to care for your edible landscape including proper watering, fertilizing, & pest control.

Min. 5/Max. 15			1 session
DAY	DATE	TIME	FEE
W	4/17	6:00-8:00pm	\$22

CONTAINER GARDENS

Let's get our hands dirty learning how to plan, plant, & successfully grow gorgeous container gardens. We will talk pots, soils, flowers, ornamental plants, & edible plants. We will also talk about how to care for your containers so they will still look beautiful through the hot summer and into the fall.

Min. 5/Max. 15			1 session
DAY	DATE	TIME	FEE
W	5/1	6:00-8:00pm	\$22

ORGANIC VEGETABLE GARDENING

Learn how to start seeds, plant into a garden of properly prepared soil, & care for your annual vegetables until harvest using proper organic gardening techniques. We will talk water, fertilizer, mulch, & pest control.

Min. 5/Max. 15			1 session
DAY	DATE	TIME	FEE
W	5/15	6:00-8:00pm	\$22

QUILTING CLASSES

Ages: 9 & up • Instructor: Wendy Crispin | Location: Black Bay Depot, 1211 E. 3rd Avenue, Post Falls

INTRODUCTION TO QUILTING – JEWEL BOX FRAMES

Learn to cut and piece in this beginner level quilt top making class. This quilt includes strip sewing, blocks & triangles. Fabric requirements are given at registration. Bring your own sewing machine.

Min. 3/Max. 8			6 sessions
DAY	DATE	TIME	FEE
Sa	2/3-3/16*	1:30-3:30pm	\$120* *No class on 3/9

SEWING MACHINE 101

Is that sewing machine just sitting in your closet? Are you scared to adjust the tension? Do you not know how to thread it, but you want to learn? This is the class for you. Come learn how to use your machine and sew a pillowcase. This is a 1-time class that is 2.5 hours long. Your instructor will precut and supply the fabric; material fee is \$12. You will need to bring your own machine and long straight pins.

Min. 4/Max. 8			1 session
DAY	DATE	TIME	FEE
Sa	2/10	4:00-6:30pm	\$30
Sa	3/16	4:00-6:30pm	\$30
Sa	4/13	4:00-6:30pm	\$30

PAPER PIECING BY MACHINE

Learn the method of paper piecing. We are making two large blocks that can be made into wall hangings, pillows, or the start of a larger project. Fabric requirements are given at registration. Bring your own sewing machine and painter's tape.

Min. 3/Max. 8			3 sessions
DAY	DATE	TIME	FEE
Sa	2/17-3/2	4:00-6:30pm	\$60
Sa	3/23-4/6	4:00-6:30pm	\$60
Sa	4/20-5/4	4:00-6:30pm	\$60

CONFIDENT BEGINNER QUILTER CLASS

FOCUS ON ACCURACY, RASPBERRY SHERBET

Learn the tricks for accuracy in this next level quilt top making class. This quilt includes strip cutting, flying geese, half square triangles, webbing and measuring for borders. Fabric requirements are given at registration. Bring your own sewing machine.

Min. 3/Max. 8			6 sessions
DAY	DATE	TIME	FEE
Sa	3/23-4/27	1:30-3:30pm	\$120

SPRING DAY CAMP

Grades: K-6

Registration: February 1 - March 8, or when full

Dates: March 25 - March 29

Location: Ponderosa Elementary School, 3483 E Ponderosa Blvd, Post Falls

Have your child catch-up with their camp friends & counselors with the Camp Ka-Mee-Lin Spring Break Experience! Activities, crafts, & games are designed around a weekly theme. Meals are not provided. Field trip is included in weekly fee.

Regular Hours: Drop-off: 8:30-9:00am - Pick-up: 3:30-4:00pm

Extended Care: Drop-off: 7:00-9:00am - Pick-up: 3:30-5:30pm Additional \$50/Week

Fee: \$190



SUMMER DAY CAMP

Grades: K-6 (Based on 2024-2025 school year)

Registration: February 1 or until full

Camp Location: Post Falls Kiwanis Park, 4176 E. Weatherby Avenue, Post Falls

Day Camp is the classic Camp Ka-Mee-Lin experience many have come to know

and love. Activities include swimming, art, games, field trips, and more! **Meals are not provided.**

Regular Hours: M-F Drop-off: 8:30-9:00am - Pick-up: 3:30-4:00pm \$190/Week

Extended Care: M-F Drop-off: 7:00-9:00am - Pick-up: 3:30-5:30pm Additional \$50/Week



Week 1 **June 17-21**

Camp Invention



Design and build a series of projects while learning about entrepreneurship and science!

Week 2 **June 24-28**

Dinosaurs Galore



Jump back in time to the world of your favorite prehistoric animals through themed camp activities.

Week 3 **July 1-5***

Environmental Guardians



Focus on eco-friendly practices, recycling crafts and nature conservation activities.
*No Camp 7/4

Week 4 **July 8-12**

Favorite Stories



We will bring beloved characters to life through crafts and acting out classic tales.

Week 5 **July 15-19**

Wizards World



Activities inspired by magic and wizardry, creating wands, potion-making, and spellbinding games

Week 6 **July 22-26**

Wild West Rodeo



Can you hang on? Get ready to practice being a wrangler with rodeo themed games and crafts.

Week 7 **July 29-Aug 2**

Time Travelers



Exploring different historical eras, dressing up, learning about historical figures, and era-specific crafts.

Week 8 **Aug 5-9**

Animal Planet



Exploring wildlife, habitats, animal-themed crafts, and games centered around different animals.

Week 9 **Aug 12-16**

Medieval Quest



Immersion into medieval times with castle-building, knight training, crafts, and medieval games.

Week 10 **Aug 19-23**

Space Adventures



3...2...1...Blast off into a week of space exploration through our galaxy and beyond!

Week 11 **Aug 26-30**

Mystery Week



We love our themes so much; we couldn't pick just one for the end of summer! Each day will be a mystery!

*Week 3 will be pro-rated for holiday.

Select weeks may have additional programming fees. Details can be found on the camp website: www.postfalls.gov/camp

Join us for the Post Falls Festival Parade July 13!

INFORMATION ON DISCOUNTS, PAYMENT PLANS, SCHOLARSHIPS, WITHDRAWALS, REFUNDS, AND MORE CAN BE FOUND IN THE PARENT HANDBOOK AT WWW.POSTFALLS.GOV/CAMP

CAMP KA-MEE-LIN FAMILY SOCIAL!



Come find out where your kids spend their time at camp and meet some of the other campers and staff they spend their time with! We will provide ice cream, some snacks and tours of Kiwanis Park. You bring something to sit on, any other food/drink you would like to enjoy and your sense of adventure. This social is open to anyone registered for any week of summer camp in 2024 and their immediate family.

Camp Location: Post Falls Kiwanis Park, 4176 E Weatherby Avenue, Post Falls
Date: Thursday, June 20th 5:30pm - 7:30pm

WEEK 1 AT CAMP KA-MEE-LIN!

Unlock your child's imagination at Camp Invention! Designed by the National Inventors' Hall of Fame, this week-long STEM program will ignite creativity through hands-on activities, problem-solving challenges, and exciting experiments. Join us for a week of exploration, discovery, and endless possibilities. This week requires an additional \$30 fee. Location to be determined.

Made possible by Idaho Central Credit Union



INFORMATION ON DISCOUNTS, PAYMENT PLANS, SCHOLARSHIPS, WITHDRAWALS, REFUNDS, AND MORE CAN BE FOUND IN THE PARENT HANDBOOK AT WWW.POSTFALLS.GOV/CAMP

NEW FOR SUMMER 2024



More than just playing with Legos, participants will experience elements of engineering, coding and design while tackling various themed challenges taught by an experienced STEM professional.

Register for an exclusive BrixCAMP that runs independently from Camp Ka-Mee-Lin. August 12th to 16th. BrixCAMP hours are 9am-12pm. Spaces are limited. \$150 for the week.

SPECIAL INTEREST

MARTIAL ARTS FOR KIDS BUSHENKAI AIKIDO

Ages: 4-12

Instructor: Tom Collins or Cindy Jacobs

Location: 14104 W. Riverview Drive, Post Falls

In these 4-week classes, students will learn respect and discipline through 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.

Min. 3/Max. 8

4 sessions

DAY	AGE	DATE	TIME	FEE
Tu	4-5 yrs.	2/6-2/27	4:15-4:45pm	\$39
Tu	6-12 yrs.	2/6-2/27	5:00-6:00pm	\$50
Tu	4-5 yrs.	3/5-4/2*	4:15-4:45pm	\$39 *No class 3/26
Tu	6-12 yrs.	3/5-4/2*	5:00-6:00pm	\$50 *No class 3/26
Tu	4-5 yrs.	4/9-4/30	4:15-4:45pm	\$39
Tu	6-12 yrs.	4/9-4/30	5:00-6:00pm	\$50
Tu	4-5 yrs.	5/7-5/28	4:15-4:45pm	\$39
Tu	6-12 yrs.	5/7-5/28	5:00-6:00pm	\$50

COUNTRY SWING FOUNDATIONS

Ages: 16 & up (No partner needed)

Instructor: Connor Stubbs

Location: Follow My Lead Studio 2, 221 E. Railroad Avenue, Post Falls

Learn the first few moves of country swing with the connection, frame, footwork, timing, and communication techniques that make those moves feel good. This class is designed for absolute beginners to Country Swing and people with little to no dance experience. Take 1B to further grow your foundation. We cover the same content each month. Casual attire recommended. Higher level classes available at www.followmyleadstudio.com.

Min. 4/Max. 20

4 sessions

DAY	FOUNDATION	DATE	TIME	FEE
Tu	Foundation 1A	2/6-2/27	6:00-6:50pm	\$60
Tu	Foundation 1B	2/6-2/27	7:00-7:50pm	\$60
Tu	Foundation 1A	3/5-3/26	6:00-6:50pm	\$60
Tu	Foundation 1B	3/5-3/26	7:00-7:50pm	\$60
Tu	Foundation 1A	4/2-4/23	6:00-6:50pm	\$60
Tu	Foundation 1B	4/2-4/23	7:00-7:50pm	\$60
Tu	Foundation 1A	5/7-5/28	6:00-6:50pm	\$60
Tu	Foundation 1B	5/7-5/28	7:00-7:50pm	\$60

BALLROOM DANCE LESSONS

Ages: 16 & up (no partner needed great for beginners & improvers)

Instructor: Patty Beach

Location: Follow My Lead Studio 2, 221 E. Railroad Avenue, Post Falls

Great for first time dancers and those wanting a refresher. Other dance styles available at www.followmyleadstudio.com.

Min. 5/Max. 20

4 sessions

DAY	CLASS	DATE	TIME	FEE
M	Night Club 2 Step	2/5-2/26	6:30-7:25pm	\$60
M	Salsa	2/5-2/26	7:30-8:25pm	\$60
M	Bachata	3/4-3/25	6:30-7:25pm	\$60
M	American Tango	3/4-3/25	7:30-8:25pm	\$60
M	Country 2 Step	4/1-4/22	6:30-7:25pm	\$60
M	Waltz	4/1-4/22	7:30-8:25pm	\$60

KIDS/TEEN ON-CAMERA ACTING WORKSHOP

Ages: 7 & up

Instructor: Lisa Skvarla

Location: Follow My Lead Dance Studio, 2775 Howard St. Ste D, cda

This 2-day workshop will encourage your child to use their imagination and develop the techniques and confidence they need to create believable performances for the camera. Students will learn the fundamentals of acting by using basic techniques and fun acting games. They will participate in class and improve their skills for auditions, improvisation, cold reading skills, martial arts/stage combat, and an Intro to the Meisner technique.

2 sessions

DAY	DATE	TIME	FEE
Su	2/18 & 2/25	1:00-4:30pm	\$150

ACTING CLASSES

Ages: 14 & up (younger welcome with previous acting experience)

Instructor: Lisa Skvarla

Location: Follow My Lead Dance Studio 2, 221 Railroad Avenue, Post Falls

Whether you're a seasoned performer or just beginning your acting journey, our Meisner Acting Class will empower you to bring depth and authenticity to your craft. Join us and discover the actor within you like never before! www.PlayHouseNW.com Playhouse Northwest Acting School.

Min. 7/Max. 12

8 sessions

DAY	DATE	TIME	FEE
W	2/21-4/10	7:00-9:30pm	\$325



LINE DANCING FOR BEGINNERS

Ages: 16 & up

Instructor: Alvie Aguilar Beitlich

Location: Follow My Lead Studio 2, 221 E. Railroad Avenue, Post Falls

Line dancing is wonderful exercise and great social outlet. This intro class will get you on the right path for the next night out with friends. Alvie is a certified line dance instructor & teaches all over the Northwest. Her classes are fun and full of great tips. Higher level classes available at www.FollowMyLeadStudio.com.

Min. 4/Max. 20

8 sessions

DAY	DATE	TIME	FEE
F	3/1-4/19	10:00-10:45am	\$90

LEARN TO SKATE

Ages: 3 & up

Location: Frontier Ice Arena, 3525 W. Seltice Way, Coeur d'Alene
www.lakecityfigureskating.org

Learn to Ice Skate Classes for kids & adults. Come and learn the basic skills of ice skating with the coaches of Lake City Figure Skating at Frontier Arena. Classes are 30 minutes long and include skate rentals & practice each week. Skaters will learn the introductory basic skills of skating through instruction, fun games, music, and FUN! Please arrive 15 minutes early to check in & get fitted for skates.

*There will be an additional fee of \$16 due to the required membership with Learn to Skate USA <https://www.learnertoskateusa.com>

DAY	DATE	TIME	FEE
Tu	3/5-4/23	5:00-5:30pm	\$120*
Practice time during public skate session 5:45-7:00pm			
Tu	4/30-6/18	5:00-5:30pm	\$120*
Practice time during public skate session 5:45-7:00pm			

GYMNASTICS – TINY TUMBLERS

Ages: 2-3 (With an Adult)

Location: Black Bay Depot, 1211 E. 3rd Avenue, Post Falls

This energized 30-minute class will help your child develop balance, flexibility, and strength all while building self-esteem and social skills. Children must be registered for class to participate. No class the weekend of Memorial Day.

Min. 3/Max. 7 5 sessions

DAY	DATE	TIME	FEE
Tu	4/2-4/30	9:30-10:00am	\$48
Tu	4/2-4/30	4:00-4:30pm	\$48
Sa	4/6-5/4	9:30-10:00am	\$48
Tu	5/7-6/4	9:30-10:00am	\$48
Tu	5/7-6/4	4:00-4:30pm	\$48
Sa	5/11-6/15*	9:30-10:00am	\$48 *No class 5/25

GYMNASTICS – BUDDING GYMNASTS

Ages: 4-6

Location: Black Bay Depot, 1211 E. 3rd Avenue, Post Falls

This class will teach strength and self-confidence with such skills as somersaults, handstands, cartwheels, bridges, and headstands. We will introduce the low balance beam and work on a variety of beginner moves. Working with a junior swinger your child will get instruction on proper hand grips, pullovers, front supports and much more. This class will incorporate balls, hoop, incline mats, tunnels, and tons of fun! This is a great physical activity for the home-schooled child! No class the weekend of Memorial Day.

Min. 4/Max. 8 5 sessions

DAY	DATE	TIME	FEE
Tu	4/2-4/30	10:00-10:45am	\$50
Tu	4/2-4/30	10:00-10:45am	\$50
Sa	4/6-5/4	4:30-5:15pm	\$50
Tu	5/7-6/4	10:00-10:45am	\$50
Tu	5/7-6/4	4:30-5:15pm	\$50
Sa	5/11-6/15*	10:00-10:45am	\$50 *No class 5/25

TAP, BALLET & JAZZ CLASSES

Ages: 3-11

Instructor: Maria Carter

Location: Black Bay Depot, 1211 E. 3rd Avenue, Post Falls

Dance classes are a highly physical activity, and kids that take dance lessons regularly can increase their flexibility, range of motion, physical strength and stamina. The repetitive motion can improve muscle tone, correct poor posture, increase balance and coordination. Recital held at the KROC, Monday, June 3, 2024

Fee: Includes recital costume.

Min. 4/Max. 10

10 sessions

DAY	AGE	CLASS	DATE	TIME	FEE
Th	3-4	Pre Ballet/Jazz	4/4-5/30	4:00-4:45pm	\$98
Th	5-6	Beg Ballet/ Jazz	4/4-5/30	4:50-5:35pm	\$98
Th	7-11	Beg Ballet/Jazz	4/4-5/30	5:40-6:25pm	\$98
Th	5-6	Beg Ballet/Jazz	4/4-5/30	6:30-7:15pm	\$98
Sa	3-4	Pre Ballet/Tap	4/6-6/1	10:00-10:45am	\$98
Sa	5-6	Beg Ballet/Tap	4/6-6/1	10:50-11:35am	\$98
Sa	3-4	Pre Ballet/Tap	4/6-6/1	11:40-12:35pm	\$98
Sa	7-11	Beg Ballet/Tap	4/6-6/1	12:30-1:15pm	\$98



INTRODUCTION TO GUITAR

Ages: 10 & up

Instructor: Matt Smith

Location: Tree House, 582 E. 6th Avenue, Post Falls

Learn a hobby that will last a lifetime! You will earn tuning, note reading basics, rhythm, & chords. Once you learn these basics you will be putting the fundamental skills together to make music. Matt will break down these basics of guitar so that you will be playing music in no time at all.

Min. 4/Max. 12

4 sessions

DAY	DATE	TIME	FEE
Tu	4/9-4/30	6:00-7:00pm	\$50
Tu	5/7-5/28	6:00-7:00pm	\$50

OUTDOOR RECREATION

YOUTH ARCHERY FOR BEGINNERS

Ages: 7-12

Location: Upper Corbin Field, 567 S. Corbin Rd, Post Falls

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 through fun games and activities. All equipment is provided. Recurve bows and youth arrows are used. ***Please do not bring your own equipment.

Min. 5/Max. 9 4 sessions

DAY	DATE	TIME	FEE
Tu	4/9-4/30	3:45-4:30pm	\$66
Tu	4/9-4/30	4:45-5:30pm	\$66
Th	4/11-5/2	3:45-4:30pm	\$66
Th	4/11-5/2	4:45-5:30pm	\$66

ARCHERY BASICS FOR TEENS

Ages: 13-18

Location: Upper Corbin Field, 567 S. Corbin Rd, Post Falls

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 class with a fun competition. All equipment is provided. Recurve bows and youth arrows are used. ***Please do not bring your own equipment.

Min. 5/Max. 9 4 sessions

DAY	DATE	TIME	FEE
Tu	4/9-4/30	5:45-6:30pm	\$66



JACC - THEATER/ARTS/CULINARY

ADVENTURES IN ART W/ DEBORAH LOY

Ages: 6-12

Location: Jacklin Arts & Cultural Center, 405 N. William Street, Post Falls

Weekly classes give students a chance to explore their creativity using a variety of media including collage, painting, drawing, sculpture and more. Projects are developed for students to express themselves through their work and vary from session to session.

Min. 5/Max. 12 4 sessions

DAY	DATE	TIME	FEE
Tu	3/5-3/26	4:00-5:15pm	\$48
Tu	4/2-4/30	4:00-5:15pm	\$48



THEATER/ARTS

Ages: 9-14

Instructor: Jacklin Arts & Cultural Center Staff

Location: Jacklin Arts & Cultural Center, 405 N. William Street, Post Falls

This spring session will explore the art of IMPROV. Improv helps you think on your feet, develop creativity, characters and it is a whole lot of fun!

Min. 8/Max. 14 4 sessions

DAY	DATE	TIME	FEE
W	3/6-3/27	4:00-5:15pm	\$50
W	4/3-4/24	4:00-5:15pm	\$50

KIDS IN THE KITCHEN: SPRING

Ages: 9-15

Instructor: Jacklin Arts & Cultural Center Staff

Location: Jacklin Arts & Cultural Center, 405 N. William Street, Post Falls

Hands on classes for kids who love to cook! Students cook then enjoy sampling their delicious creations.

Min. 6/Max. 12 1 session

DAY	CLASS	DATE	TIME	FEE
Th	3 Sauces & Pasta	3/14	4:00-5:30pm	\$40
Th	Focaccia Bread	4/11	4:00-5:30pm	\$40
Th	3-way Cookies	5/9	4:00-5:30pm	\$40

CALENDAR OF ANNUAL YEAR-ROUND SPORTS

YOUTH RECREATIONAL SPORTS LEAGUES

SPORT	AGES/GRADE	SEASON	APPROX. REGISTRATION OPENING DATE	RESIDENT FEE + TAX	NON-RESIDENT FEE + TAX
Baseball	3-11 years	Summer	May 1	\$45	\$53
Basketball - Recreational	1st-9th grade	Winter	November 1	\$45	\$53
Basketball - "Tiny Hoopsters" Instructional	4 yrs. old- Kindergarten	Fall	August 1	\$45	\$53
NFL Flag Football	K-8th grade	Spring/Fall	February 1 & July 1	\$55	\$59
Smart Start Football	3 yrs. old - 4 yrs. old	Spring/Fall	February 1 & July 1	\$55	\$59
Soccer	3-14 years	Spring/Fall	February 1 & July 1	\$45	\$53
Volleyball	2nd-8th grade	Spring/Fall	February 1 & July 1	\$45	\$53

ADULT/YOUTH TEAM SPORTS

***MUST BE 18 YEARS & OLDER**

SPORT	SEASON	APPROX. REGISTRATION OPENING DATE	RESIDENT TEAM FEE + TAX	NON-RESIDENT TEAM FEE + TAX	EXTRA PLAYER FEE + TAX
*Volleyball Tournaments	Spring/Winter	February & November 1	\$120	n/a	n/a
Basketball - Competitive - River City Grades: 4-8	Fall	August 1	\$478	\$495	\$40/per player
Dodgeball - Tournament Ages: 16 & up	Fall	October 1	\$150	n/a	n/a
*Flag Football Tournament - Men's & Coed 5-on-5 Format; Ages: 16 & up	Fall Spring	August 1 (Men's) February 1 (Coed)	\$150	n/a	n/a
*Volleyball - Adult Women's 4-person Ages: 18 & up	Spring Summer Winter Fall	February 1 May 1 November 1 August 1	\$210	\$230	n/a
River City Basketball Tournament Grades: 4-8	Fall	August 22	\$300	n/a	n/a
Kickball - Adult League Ages: 16 & up	Spring	February 1	\$200	n/a	n/a

POST FALLS RESIDENTS*

2024 PASSES AVAILABLE

RECEIVE 1 FREE Q'EMILN PARK
SEASON CAR PARKING PASS PER HOUSEHOLD

HOW TO GET YOUR PASS

- *RESIDENTS WHO LIVE WITHIN THE CITY LIMIT BOUNDARIES OF POST FALLS AND PAY PROPERTY TAXES THAT SUPPORT CITY SERVICES.
- RESIDENTS CAN PICK UP THE FREE PASS AT THE POST FALLS CITY HALL, PARKS & RECREATION OFFICE.
- MUST SHOW CURRENT ADDRESS, DRIVERS LICENSE OR CITY UTILITY BILL TO BE ISSUED PASS.

BRING IN YOUR OLD PASS TO RENEW FOR 2024

PARKING PERMIT

2024 DAILY CAR PARKING FEES:

\$6 RESIDENTS
\$10 NON-RESIDENTS



PARKS & RECREATION
OFFICE HOURS
MONDAY - FRIDAY
8:00AM - 5:00PM

408 N. SPOKANE STREET
POST FALLS, ID 83854

FOR MORE
INFORMATION CALL
(208) 773-0539

4 WAYS TO REGISTER

ONLINE: Download the DaySmart Recreation Member app to sign up or view classes, teams, camps, events, and more!



IN PERSON: Parks and Recreation Administrative office is open Monday through Friday, 8:00am to 5:00pm. We are located at the Post Falls City Hall, 408 N. Spokane Street, Post Falls. Cash, credit/debit cards, check or money order

MAIL-IN: Complete the registration form. Enclose a Check or money order. Payable to: City of Post Falls. Mail to Post Falls Parks & Recreation, 408 N. Spokane Street, Post Falls, ID 83854

PHONE-IN: Credit cards only: (208) 773-0539

USEFUL INFORMATION TO KNOW

- A class may be canceled if it does not reach the minimum for enrollment. So register early to help ensure the class or activity you are interested in, can run.
- Download the DaySmart Recreation Member App to register and keep up with your activities.
- Have you lost (or found) something recently in a Post Falls Park, or while attending a parks & recreation program? If so, please let our office know by calling (208) 773-0539
- Q'emiln Park (pronounced KA-MEE-LIN) It's a Native American word and means "Throat of the River" or "Mouth of the River"
- Dogs are allowed in some Post Falls Parks while on leash. To view a list of those parks, visit www.postfalls.gov/parks
- SPLASH PADS to Open Memorial Day Weekend and close Labor Day Weekend Hours of Operation 10:00AM - 8:00PM
- BOAT LAUNCH— Q'emiln Park boat launch opening varies each year. Avista sets the dates depending on water levels, the weather and the effect on the dam and public safety. The launch generally, re-opens in the late spring or early summer and typically closes mid-November.

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.

PARTICIPANT WITHDRAWAL

Three business days prior to the start date of any program, the Parks & Recreation office must receive notice of intent to withdraw for consideration of a credit or refund option. If withdrawal affects the class or program minimum, no refund will be given.

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, please let us know. We will arrange for one of the following.

- 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 program or class attended, no more than 2 classes. (allow 4 weeks to process)
- If withdrawal affects the class or program minimum, no refund will be given.

* See Sports League 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 our department if you need special modifications to participate in our programs.

*SPORTS LEAGUE REFUNDS:

Due to administrative fees involved, an 80% refund will be made if a participant withdraws from a sports league at-least **1 week** prior to the coaches meeting. No refunds will be issued after this time.

We are unable to honor requests for specific coaches, to be on teams with friends, carpool requests, etc. Our recreation sports are a great opportunity to make new friends, experience different coaching styles, and explore a variety of sports in a fun environment. Siblings are guaranteed to be together so long as a note is placed at the time of registration. Sponsors are guaranteed to have their children on the sponsored team. Coaches are guaranteed to have their children on their teams; limit two coaches per team.

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% Post Falls 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. You are welcome to stop by the Parks and Recreation Office to view the city boundary map.

We're looking for the best kind of people:

Volunteers.

Interested in helping? Register at postfalls.gov/recreation or

email: recreation@postfalls.gov / 208-773-0539

Areas in need of Volunteers

- Youth Sport Coaches
- Tree Give Away
- Easter Egg Hunt
- Big Wheel Race
- Summer Concert Series
- Movies In the Park
- Post Falls Sprint Triathlon
- Running Shoes & Brews
- Winterfest
- Park Litter Clean up



REGISTRATION FORM

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

ADDRESS: _____ CITY: _____ ZIP: _____

PH#: _____ WORK PH#: _____ EMAIL: _____

GRADE: _____ SCHOOL: _____ PARENTS NAME: _____

SECONDARY CONTACT: _____ SECONDARY PHONE: _____

PROGRAM NAME	DIVISION	DATE OF CLASS	TIME	FEE
Scholarship Donation				
Tax				
TOTAL				

YOUTH SPORTS ONLY

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

Height: Weight: Skill level in this sport: Beg. Int. Adv.

T-Shirt Size: (Please circle) YXS - YS - YM - YL - AS - AM - AL - AXL
Sizes (2-4) (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 _____ Contact #: _____

Medical Conditions: _____

WE ACCEPT CASH, CHECK, AND CREDIT/DEBIT CARD. MAKE CHECKS PAYABLE TO: CITY OF POST FALLS (A \$20.00 fee will be charged on all NSF checks.)

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 MY 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.

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

RETURN TO: P.F. PARKS & RECREATION • 408 N. SPOKANE STREET • POST FALLS, IDAHO 83854 • PHONE (208) 773-0539



CAMP KA-MEE-LIN SPRING BREAK EXPERIENCES

March 25-29



MORE INFORMATION SEE PAGE 8
www.postfalls.gov/camp



JOB FAIR

MARCH 14
4-7PM

Black Bay Depot
1211 E. 3rd Avenue, Post Falls

Join the Best Team in the City!

Competitive Pay
Paid Training
Opportunities for Advancement

Open Positions:

- ✓ Camp Staff
- ✓ Gym supervisors and Scorekeepers
- ✓ Concessions and Sports Officials
- ✓ Seasonal Parks Maintenance
- ✓ Park Ticket Taker



Interviews Onsite!
No Resume Required!

For more information:
www.postfalls.gov
(208) 773-0539



POST FALLS PARKS & RECREATION

SPRING CRAFT FAIR

Saturday, March 9
9:00 - 3:00pm

3 LOCATIONS

- Trailhead Event Center
12361 W. Parkway Drive, Post Falls
- Black Bay Depot
1211 E. 3rd Avenue, Post Falls
- Jacklin Arts & Cultural Center
405 N. William Street Post Falls

FREE TO ATTEND



Easter Egg Extravaganza

Saturday, March 30
Q'EMILN PARK
Details Page 3

Post Falls Parks & Recreation
408 Spokane Street
Post Falls, Idaho 83854

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