

POST FALLS Parks & Recreation

2024 SUMMER ACTIVITIES GUIDE



Register for programs online @
www.PostFalls.gov/recreation

Follow us on Instagram & Facebook
@pfparksandrec



LETTER FROM THE DIRECTOR

Experience Post Falls Parks and Recreation is more than a slogan to us. It is our invitation to you to take a moment for yourself or a family member, to relax, have fun, learn a new skill, or even make a new friend. I believe that we have a program, a park or a special event that is just what you have been looking for!

Providing those quality programs and services plus a well maintained park system is the commitment we make every day to the families and residents of Post Falls. We take great pride in providing services that enhance your quality of life and strive to make our community a great place to live.

This summer you will see a few construction projects that will impact our local parks; both in the parks and around the parks. I understand that this is a frustrating experience but several of our sites have been loved to death and needed to be upgraded / repaired for your continued enjoyment and safety. We ask for your patience and understanding and will work as quickly as possible to open those parks for your continued enjoyment.

David C Fair, CPRE
Director of Parks and Recreation



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PARKS & RECREATION
MISSION STATEMENT

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



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
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CITY OF
POST FALLS

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





July 12, 13, 14

BIGGEST ANNUAL POST FALLS EVENT

SCHEDULE OF EVENTS

Q'emiln Park & Post Falls Community

FRIDAY, JULY 12

- 11:00-8:00pm Food & Craft Vendors, Q'emiln Park Attractions, Live Music & Beer Garden
- 7:00-9:00pm RETRO ARCADE - free games, Q'emiln Park
- 9:00pm FREE Movie Night in the Park, Q'emiln Park Movie: Back To The Future, Sponsored by: Northwest Specialty Hospital

SATURDAY, JULY 13

- 10:00am Post Falls Festival Parade, Seltice Way
- 11:00-5:00pm Post Falls Parks & Recreation 1-Day Homemade Craft Fair - Q'emiln Park, Grand Pavilion
- 11:00-3:00pm Car Show & Shine, Post Falls City Hall
- 11:00-8:00pm Food & Craft Vendors, Q'emiln Park Attractions, Live Music & Beer Garden

SUNDAY, JULY 14

- 10:00am Community Worship Service, Q'emiln Park, Grand Pavilion
- 11:00-4:00pm Food & Craft Vendors, Q'emiln Park Attractions, Live Music & Beer Garden

SCHEDULE OF MUSIC

Q'emiln Park

FRIDAY, JULY 12

Main Stage

- 12:00-2:00pm Pat Coast - Classic Rock
- 2:30-4:30pm Kathy Colton & the Reluctants - Bluegrass/Country
- 5:00-6:30pm High Risk Group - R&B
- 7:00-9:00pm The Rusty Jackson Band - Country

SATURDAY, JULY 13

Grand Pavilion

- 12:00-4:00pm Bill Bozly - Folk Pop/Altern. Country

Main Stage

- 11:00-12:30pm Lonesome Lyle - Bluegrass
- 1:00-3:00pm Ron Greene Band - Country
- 3:30-5:30pm Conscious Sedation - Variety
- 6:00-9:00pm Kevin Shay & Y2K - Classic Rock

SUNDAY, JULY 14

Main Stage

- 11:00-1:30pm Bill Bozly - Folk Pop/Altern. Country
- 2:00-4:00pm Rad Fondue

Q'EMILN PARK & POST FALLS COMMUNITY



FOOD & ARTISAN
VENDORS

BEER GARDEN

1-DAY HOMEMADE
CRAFT FAIR

CAR SHOW AT
CITY HALL

MOVIE NIGHT IN
THE PARK

INFLATABLES
FOR THE KIDS

LIVE MUSIC &
BANDS

PARADE ON
SELTICE WAY

Post Falls Festival Parade

Saturday, July 13 10:00 AM

Join the Post Falls Community Ambassadors for the Festival Parade.

The parade starts on Seltice Way, east of Spokane Street and ends on N. Idaho Road.

Parade applications are available at the Post Falls Chamber of Commerce, 201 E. Fourth Avenue, Post Falls for more information call 208-773-5016

EVENTS

BUGS, SNAKES, AND BASEBALL WITH THE SPOKANE INDIANS

Date: Sunday, June 9

Time of First Pitch: 1:05pm

Online Purchase Available: May 1-June 5

Location: Avista Stadium - 602 N. Havana Street, Spokane Valley, WA



Post Falls Parks and Recreation invites the community to attend a Baseball Game the weekend before Father's Day. Come and see different reptile friends and stay for some pizza after the game. Tickets are reserved just for us and are priced at \$6.00. Bring your glove and get some popcorn as the Spokane Indians take on the Hillsboro Hops.

DAD'S DAY BREWERY TOUR

Ages: 21 & up

Date: Saturday, June 15

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

Gather your dads for a fun day of beer tasting, food, and games. We will tour local breweries, grab a bite to eat, and learn a little bit about the craft brewing process along the way. Don't worry about transportation as we will have a driver taking you to each stop! We will meet here at City Hall at 11:00am and you can expect to be back around 4:00pm. This group has very limited registration.

Max Participants: 11

DAY	DATE	TIME	FEE
Sa	6/15	11:00-4:00pm	\$75

MLB PITCH, HIT AND RUN

Ages: 7-14

Date: Saturday, June 1

Start: 10:00am

Online Registration: May 1-May 31

Location: Chase Field Sports Complex - 420 W. 21st Avenue, Post Falls

MLB Pitch, Hit & Run is perfect for athletes to stay active and learn to strengthen their baseball and softball skills in your local community! This is a one-day event that is free for participants. Register online. <https://www.mlb.com/pitch-hit-and-run>



FREE EVENT WEDNESDAY NIGHTS

JULY 17 - AUGUST 21
POST FALLS LANDING PARK

305 W. 4th Avenue

- LIVE MUSIC ● VENDORS
- FOOD ● FAMILY FRIENDLY

PARKING AVAILABLE AT POST FALLS CITY HALL



PRESENTING MARKET SPONSOR

Summer Concert Series

7/17 - Pastiche

7/24 - The Rusty Jackson Band

7/31 - Chasing Eos

8/7 - Superchrome

8/14 - The Sam Leyde Band

8/21 - The Rhythm Dogs



Brought to you by the City of Post Falls Police & Parks and Recation Departments

MOVIES IN THE PARK

FREE

GATHER YOUR FAMILY, LAWN CHAIRS AND BLANKETS FOR AN EVENING OF FAMILY ENTERTAINMENT.

Block Party Trailer onsite with Yard Games for the whole family starting at 7:00pm



MOVIES START AT SUNSET!

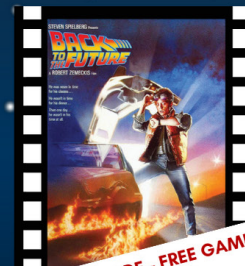
Sponsored By:

JUNE 28
HILDE KELLOGG PARK



2017 N. Idaho Street
Post Falls

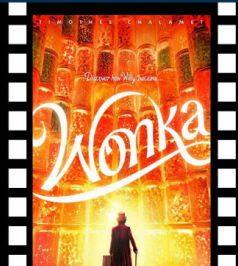
JULY 12
Q'EMILN PARK



RETRO ARCADE - FREE GAMES
7:00-9:00pm

12201 W. Parkway Drive
Post Falls

JULY 26
TULLAMORE PARK



3673 E. Bogie Drive
Post Falls

INTRODUCTION TO HIKING AND ROUTE FINDING

Ages: 10-15

Registration: May 1-June 2

Location: Q'emiln Park / Picnic Shelter, 12201 W. Parkway Dr, Post Falls

Learn the basics of getting out into the woods and being safe. This course will cover clothing, equipment, route selection and basic navigation to make your journey into the woods enjoyable. Bring a water bottle and sturdy footwear. We will venture into the Community Forest to get hands on with our skills. Min. 4/Max. 12

DAY	DATE	TIME	FEE
M,W,F	6/17, 6/19, 6/21	10:00-11:30am	\$45

FAMILY CAMPING MADE EASIER

Registration: May 1-June 2

Location: Kiwanis Park, 4176 Weatherby Avenue, Post Falls

Want to get outside and camp again, but not sure how the kids fit into it? This course will cover ways to modify your approach to camping outdoors with the whole family. From backpacking into the mountain lake to parking the trailer at your favorite campground. Kids change the way we camp, skip the trial and error and learn from experts who have already survived! Min. 4/Max. 10

DAY	DATE	TIME	FEE
W	6/26	5:30-6:30pm	\$22/family

RIVER TRIPS WITH WILEY E. WATERS

Ages: 3+ for scenic tours, 6+ for whitewater

Location: Wiley E. Waters

Join Wiley E. Waters for whitewater and scenic rafting trips on the Spokane and Clark Fork Rivers. Let Wiley E. Waters spoil you from start to finish. Choose from a white water or scenic trip on the Spokane River or an exciting trip down the Clark Fork River through the Alberton Gorge. Stop by Post Falls Parks and Recreation to get your trip voucher, then book your adventure directly with Wiley E. Waters!

Fees:	Spokane Scenic:	\$70/person
	Spokane White Water:	\$75/person
	Montana, Clark Fork:	\$94/person

YOUTH & ADULT GOLF LESSONS

Instructor(s): The Links Golf Pros

Location: The Links Golf Club, 10623 N. Chase Road, Post Falls

In these 5-week classes you will learn it all; etiquette, putting, chipping and what club to use. Golf clubs and balls will be available for use during lesson time if needed. Min. 5/Max. 12

DAY	DIVISIONS	DATE	TIME	FEE
Tu	Youth 5-8 Beg./Inter.	7/16-8/13	5:30-6:30pm	\$110
Tu	Youth 9-15 Beg./Inter.	7/16-8/13	7:00-8:00pm	\$110
W	Adult 16 & up Beg./Inter.	7/17-8/14	10:00-11:00am	\$110
W	Adult 16 & up Beg./Inter.	7/17-8/14	6:00-7:00pm	\$110



YOUTH DISC GOLF LESSONS

Ages: 10-16

Instructor: Cody Dehn – Recreation Supervisor

Location: Corbin Park, 896 S. Corbin Road, Post Falls, ID

Get your kids on the Disc Golf course this summer! In this class, each person will receive a 3-disc starter set to keep. There will be 4 sessions that will include the teaching of basic rules, technique, etiquette, and of course some friendly competition.

DAY	DATE	TIME	FEE
Tu	7/9-7/30	10:00-11:30am	\$75

CAMPS

TROJAN YOUTH BASKETBALL CAMP

Boys and Girls entering grades 1-8

Location: Post Falls High School, 2832 E. Poleline Avenue, Post Falls

Come join the players and coaching staff of the Post Falls Trojans basketball team for this great weeklong basketball camp! All skill levels are welcome as we focus on "FUN"amentals and skill development. All players will need to wear basketball specific shoes. Participants will receive a T-shirt for attending. 4 sessions

DAY	DATE	TIME	FEE
M-Th	6/17-6/20	9:00-12:00pm	\$92

TROJAN YOUTH TENNIS CAMP

Boys and Girls entering grades 1-8

Location: 2100 N. Spokane Street, Post Falls

Time to hit the courts and learn the basics of tennis. Post Falls High School Trojan Tennis Team will host a tennis camp to get tennis students out on the courts this summer. Learn how to score, work on your technique and much more as you improve your skills. Participants will need to wear court shoes and bring a tennis racquet. All participants will receive a camp shirt. 5 sessions

DAY	DATE	TIME	FEE
M-F	6/17-6/21	9:00-11:30am	\$120

YOUTH GOLF CAMP

Instructor(s): Links Golf Pros

Location: Links Golf Course, 10623 N. Chase Road, Post Falls

Discover the great game of golf through fun games, group activities, and skill building exercises. Whether a beginner, intermediate, or advanced player, this camp will help you enhance your golf game. Golf clubs and balls will be available for use during the camp if needed. Participants will receive a certificate, T-shirt, and water bottle for attending. Participants need to bring a snack and water bottle.

DAY	DIVISIONS	DATE	TIME	FEE
M-Th	Birdies (6-8 yrs.)	7/8-7/11	9:00-11:00am	\$125
M-Th	Eagles (9-15 yrs.)	7/8-7/11	1:00-3:00pm	\$125

SUMMER DAY CAMP

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

Registration: Open now until full

Camp Locations:

Week 1: Black Bay Depot, 1211 E 3rd Avenue, Post Falls

Weeks 2-11: 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! Bring a lunch daily.

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 7

July 29-Aug 2



Time Travelers

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

Week 2

June 24-28



Dinosaurs Galore

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

Week 8

Aug 5-9



Animal Planet

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

Week 3

July 1-5*



Environmental Guardians

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

Week 9

Aug 12-16



Medieval Quest

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

Week 4

July 8-12



Favorite Stories

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

Week 10

Aug 19-23



Space Adventures

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

Week 5

July 15-19



Wizards World

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

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 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 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!

CAMP KA-MEE-LIN SPECIAL EVENTS

- **Camp Invention**
- **Family Social**
- **LEGO® building competition**
- **STEM learning experiences**
- **Archery**
- **Triple Play**
- **Foam dance parties**
- **Post Falls Festival Parade**
- **Karate**
- **Live presentations/demonstrations**

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



SHAVED ICE SOCIAL

Calling all Camp Ka-Mee-Lin campers and families! Come find out where your kids spend their time at camp and meet some of the other campers and staff they will spend their time with. We will have a shaved ice truck onsite, some snacks and tours of Kiwanis Park. You should bring something to sit on, any other food/drink you would like to enjoy and your sense of adventure. This social is open to everyone 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

CAMP INVENTION

Week 1 - Camp Ka-Mee-Lin is Camp Invention!

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. Camp Invention replaces the traditional Camp Ka-Mee-Lin experience during week 1. Additional fee required.

Camp Location: Black Bay Depot Recreation Center, 1211 E 3rd Avenue, Post Falls
Date: June 17th-21st

Made possible in partnership with:



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 LEGO®, participants will experience elements of engineering and design while tackling various themed challenges taught by an experienced STEM professional. BrixCAMP hours are 9am-12pm. Spaces are limited. \$150 for the week. BrixCAMP runs independently from Camp Ka-Mee-Lin.

Camp Location: Ponderosa Elementary School Gym, 3483 E Ponderosa Blvd, Post Falls
Date: August 12th to 16th

JOIN US FOR A SUMMER OF FUN! - WWW.POSTFALLS.GOV/CAMP - (208) 773-0539

MINI-HAWK CAMP

Ages: 4-7

Location: Syringa Park, 2975 N. Bunchgrass Drive, Post Falls

Register at www.skyhawks.com

This multi-sport program was developed to give children a positive first step into athletics. The essentials of baseball, basketball and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Our Mini-Hawk games and activities were designed to allow campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Skyhawks staff are trained to handle the specific needs of young athletes.

DAY	DATE	TIME	FEE	CODE
M,T,Th,F	6/17, 6/18, 6/20 & 6/21	9:00-12:00pm	\$130	SSA17242

OUTDOOR VOLLEYBALL CAMP

Ages: 6-12

Location: Syringa Park, 2975 N. Bunchgrass Drive, Post Falls

Register at www.skyhawks.com

Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun-filled camp. All aspects of the game are taught through drills and exercises that focus on passing, setting, hitting, and serving. This co-ed program is designed for the beginner to intermediate player and will incorporate essential life-lessons such as teamwork and sportsmanship.

DAY	DATE	TIME	FEE	CODE
M,T,Th,F	6/17, 6/18, 6/20 & 6/21	9:00-12:00pm	\$130	SSA17247

SKYHAWKS BASKETBALL CAMP

Ages: 6-12

Location: Syringa Park, 2975 N. Bunchgrass Drive, Post Falls

Register at www.skyhawks.com

Skyhawks sport-specific staff will ensure your young athlete will gain the technical skills & sport knowledge required for basketball.

DAY	DATE	TIME	FEE	CODE
M-F	6/24-6/28	9:00-12:00pm	\$165	SSA17196
M-F	6/24-6/28	9:00-3:00pm	\$195	SSA24770

SKYHAWKS TENNIS CAMP

Ages: 6-12

Location: White Pine Park, 2100 N. Spokane Street, Post Falls

Register at www.skyhawks.com

Skyhawks sport-specific staff will ensure your young athlete will gain the technical skills & sport knowledge required for tennis.

DAY	DATE	TIME	FEE	CODE
M-F	6/24-6/28	9:00-12:00pm	\$160	SSA24782
M-F	6/24-6/28	9:00-3:00pm	\$195	SSA24783

SKYHAWKS PICKLEBALL CAMP

Ages: 6-12

Location: Beck Park, 2610 N. Howell Road, Post Falls

Register at www.skyhawks.com

Skyhawks sport-specific staff will ensure your young athlete will gain the technical skills & sport knowledge required for pickleball.

DAY	DATE	TIME	FEE	CODE
M-W	7/1-7/3	9:00-12:00pm	\$98	SSA17203
M-F	8/5-8/9	9:00-3:00pm	\$160	SSA17319

SKYHAWKS SOCCER / MULTI-SPORT COMBO CAMP

Ages: 6-12

Location: Beck Park, 2610 N. Howell Road, Post Falls

Register at www.skyhawks.com

Using a progression-oriented curriculum, Skyhawks sport-specific staff will ensure your young athlete will gain the technical skills & sport knowledge required for their next step into soccer. This Camp includes supervised lunch, please bring a sack lunch. *This program includes the option to try multiple sports from 1:00pm-3:00pm.

DAY	DATE	TIME	FEE	CODE
M-W	7/1-7/3	9:00-12:00pm	\$98	SSA17204
M-W	7/1-7/3	9:00-3:00pm*	\$120	SSA24771

SKYHAWKS MULTI-SPORT CAMP

Ages: 6-12

Location: Syringa Park, 2975 N. Bunchgrass Drive, Post Falls

Register at www.skyhawks.com

Skyhawks creates a unique, and fun environment for kids to interact and build cooperation skills. This multi-sport camp will include Dodgeball, Capture the Flag and Ultimate Frisbee.

DAY	DATE	TIME	FEE	CODE
M-F	7/8-7/12	9:00-12:00pm	\$160	SSA17385

SKYHAWKS CHEERLEADING / SWIM COMBO CAMP

Ages: 5-11

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

Register at www.skyhawks.com

Skyhawks cheerleading teaches young athletes all the essential skills to lead the crowd and support the home team. Campers will learn cheers, proper hand and body movements as well as jumping techniques. There will be no stunting. This Camp includes supervised lunch and open swim. Please bring a sack lunch. Non-Swimmers need lifejackets. *This program includes recreation swimming M-F from 1pm-3pm. Please provide your child with a swimsuit, towel and change of clothes.

DAY	DATE	TIME	FEE	CODE
M-F	7/15-7/19	9:00-12:00pm	\$160	SSA17280
M-F	7/15-7/19	9:00-3:00pm*	\$195	SSA16581

SKYHAWKS FLAG FOOTBALL / SWIM COMBO CAMP

Ages: 6-12

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

Register at www.skyhawks.com

Skyhawks Flag Football Powered by USA Football teaches skills on both sides of the football. This includes the core components of passing, catching, and defense — all in a fun and positive environment. This Camp includes supervised lunch and open swim. Please bring a sack lunch. Non-Swimmers need lifejackets. *This program includes recreation swimming M-F from 1pm-3pm. Please provide your child with a swimsuit, towel and change of clothes.

DAY	DATE	TIME	FEE	CODE
M-F	7/15-7/19	9:00-12:00pm	\$160	SSA17282
M-F	7/15-7/19	9:00-3:00pm*	\$195	SSA17282

SKYHAWKS BASKETBALL/MULTI-SPORT CAMP**Ages: 6-12****Location: Syringa Park, 2975 N. Bunchgrass Drive, Post Falls****Register at www.skyhawks.com**

This Full Day Camp will offer Basketball in the mornings, lunch and then a variety of scrimmages and sports in the afternoon to round out the fun day. Other activities may include, capture the flag, dodge ball, and kick ball. Please provide plenty of water, snacks, sunscreen, and lunch.

DAY	DATE	TIME	FEE	CODE
M-F	7/22-7/26	9:00-12:00pm	\$160	S8A17289
M-F	7/22-7/26	9:00-3:00pm	\$195	SSA16616

SKYHAWKS SOCCER CAMP**Ages: 6-12****Location: Beck Park, 2610 N. Howell Road, Post Falls****Register at www.skyhawks.com**

Using a progression-oriented curriculum, Skyhawks sport-specific staff will ensure your young athlete will gain the technical skills & sport knowledge required for their next step into soccer.

DAY	DATE	TIME	FEE	CODE
M-F	7/29-8/2	9:00-12:00pm	\$160	SSA17310
M-F	7/29-8/2	9:00-3:00pm	\$195	SSA16593

OUTDOOR VOLLEYBALL/SWIM COMBO CAMP**Ages: 6-12****Location: Syringa Park, 2975 N. Bunchgrass Drive, Post Falls****Register at www.skyhawks.com**

Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun-filled camp. All aspects of the game are taught through drills and exercises that focus on passing, setting, hitting, and serving. *This program includes recreation swimming M-F from 1pm-3pm. Please provide your child with a swimsuit, towel and change of clothes.

DAY	DATE	TIME	FEE	CODE
M-F	8/5-8/9	9:00-12:00pm	\$160	SSA17324
M-F	8/5-8/9	9:00-3:00pm*	\$195	SSA16595

SKYHAWKS MULTI-SPORT / SWIM COMBO CAMP**Ages: 6-12****Location: Q'emiln Park / Picnic Shelter, 12201 W. Parkway Drive, Post Falls****Register at www.skyhawks.com**

Skyhawks creates a unique, and fun environment for kids to interact and build cooperation skills. This multi-sport camp will include Dodgeball, Capture the Flag and Ultimate Frisbee. The afternoon portion of this camp includes supervised lunch and open swim. Please bring a sack lunch. Non-Swimmers need lifejackets. *This program includes recreation swimming M-F from 1pm-3pm. Please provide your child with a swimsuit, towel and change of clothes.

DAY	DATE	TIME	FEE	CODE
M-F	8/12-8/16	9:00-12:00pm	\$160	SSA17204
M-F	8/12-8/16	9:00-3:00pm*	\$195	SSA16595

ADULT SPORTS/TOURNAMENTS**WOMEN'S 4 PERSON ADULT VOLLEYBALL LEAGUE****Ages: 18 & up****Registration: May 1-July 5 or until full**

League Play: Tuesdays July 16-August 20-Upper Division
Thursdays, July 18-August 22-Lower Division

Time: 6:00pm**Location: Tullamore Park, 3673 E. Bogie Drive, Post Falls**

Get outside and enjoy the sun and some grass volleyball. Hurry and sign-up for this outdoor/weeknight league and enjoy some summertime fun. This is a 5-week league with a tournament on the 6th week. Space is limited to 6 teams per division. Resident Team* - \$210+tax

Non-Resident Team - \$230+tax

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

**PICKLEBALL TOURNAMENT****Ages: 16 & up (parent consent for entries under 18)****Online Registration: May 1-July 11****Date: Saturday, July 27****Time: 9:00am****Location: Tullamore Park & Sportsman's Park**

Pickleball is back! Soak in the summer heat by playing in our Pickleball tournament. This tournament will include divisions for men's doubles, women's doubles, and mixed doubles, which will be split into two age divisions 16-49 & 50+. Single entries are welcomed and will be assigned a partner if applicable. Tournament structure will be determined by the number of entries. Prizes will be awarded to the top 3 teams in each division.

Fee: \$30



EARLY CHILDHOOD

TOT TREKS - EXPLORING PARKS

Ages: 3-5 (with an adult)

Location: Park location varies - see notes below

Get out and explore our parks with your little one(s)! The Tot Treks class will meet weekly at a different park. Each class, attendees will get to investigate the natural world around them through a guided nature walk. After the walk, you and your little one will get to do some arts and crafts in the park. Each class will last up to 45 minutes.

Week 1 - Kiwanis Park Week 2 - Treaty Rock Park
Week 3 - Q'emiln Park Week 4 - Black Bay Park
Min. 6/Max. 10 4 sessions

DAY	DATE	TIME	FEE
Tu	6/11-7/2	9:30am	\$45
Tu	6/11-7/2	10:30am	\$45
Tu	7/9-7/30	9:30am	\$45
Tu	7/9-7/30	10:30am	\$45

PRE-SCHOOL MINI CAMP

Ages: 3-5 (with an adult)

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

Come spend some quality "camp" time with your little one(s)! The mini-camp will meet Monday-Thursday at Black Bay Depot. Each day will include a variety of programs ranging from arts and crafts, science, outdoor play, songs and more! Camp each day will last for 2 hours and include a snack.

Min. 6/Max. 10 4 sessions

DAY	THEME	DATE	TIME	FEE
M-Th	All About Me!	6/10-6/13	9:30-11:30am	\$55
M-Th	Dinosaurs Galore!	8/5-8/8	9:30-11:30am	\$55

GYMNASTIC - 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.

Min. 4/Max. 8 5 sessions

DAY	DATE	TIME	FEE
Tu	6/18-7/16	9:45-10:15am	\$48
Tu	6/18-7/16	11:00-11:30am	\$48

MIGHTY MIGHT GYMNASTICS

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!

Min. 4/Max. 8 5 sessions

DAY	DATE	TIME	FEE
Tu	6/18-7/16	10:15-11:00am	\$50

YOUTH SPORTS

BASEBALL - "TINY HITTERS" - INTRO. PROGRAM

Boys & Girls Ages 3 & 4 - Must be 3 by July 1

Registration: May 1-June 2, or when full

Location: Chase Fields, 410 W. 21st Avenue, Post Falls

This program prepares children for tee ball, baseball, and softball by focusing on teaching them throwing, catching, batting, and running without the threat of competition or fear of getting hurt. Held once a week for 6 weeks; each week exercises become increasingly more difficult as the class progresses, and the children show improvement. All participants receive a bat and ball set and a glove. This is an instruction-based class taught by the volunteer coach.

Preseason Coaches Orientation: Thursday, June 13 at 6:00pm, at Post Falls City Hall Council Chambers.

Fee: \$53/Res. \$61/Non-Res Fees after June 4: \$59/Res. \$67/Non-Res.

DAY	DIVISIONS	DATE	TIME
Tu	3 yr. olds	7/9-8/13	5:45-6:45pm
Th	4 yr. olds	7/11-8/15	5:45-6:45pm

BASEBALL - YOUTH RECREATIONAL

Boys & Girls Ages: 5-11

Registration: May 1-June 2, or when full

Location: Chase Fields, 410 W. 21st Avenue, Post Falls

Learn baseball techniques and strengthen skills levels while having FUN! Practices will start the week of July 8. Games will be twice a week (for 4 Weeks) beginning the week of July 15. All games will be played on weekdays in the evening.

Preseason Coaches Orientation: Thursday, June 13 at 6:00pm, at Post Falls City Hall Council Chambers

Fee: \$45/Res. \$53/Non-Res Fees after June 4: \$54/Res. \$61/Non-Res.

DAY	DIVISIONS	DATE	TIME
Tu-Th	5-6 Coach Pitch/Tee Ball	7/9-8/8	5:30-8:00pm (varies)
M & W	7-8 Pitching Machine / Coach Pitch	7/8-8/7	5:30-8:00pm (varies)
M & W	9-11 Pitching Machine / Coach Pitch	7/8-8/7	5:30-8:00pm (varies)

*SPORTS LEAGUE REFUNDS:

Due to administrative fees involved, an 80% refund will be made if a participant withdraws from a sports league at-least **3 business days** prior to the parent 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.

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	AGES	DATE	TIME	FEE
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
Tu	4-5 yrs.	6/4-6/25	4:15-4:45pm	\$39
Tu	6-12 yrs.	6/4-6/25	5:00-6:00pm	\$50
Tu	4-5 yrs.	7/9-7/30	4:15-4:45pm	\$39
Tu	6-12 yrs.	7/9-7/30	5:00-6:00pm	\$50
Tu	4-5 yrs.	8/6-8/27	4:15-4:45pm	\$39
Tu	6-12 yrs.	8/6-8/27	5:00-6:00pm	\$50

LINE DANCING FOR BEGINNERS

Ages: 16 & up

Instructor: Alvie Aguilar

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. 6/Max. 15

4 sessions

DAY	DATE	TIME	FEE
W	5/15-6/5	5:30-6:30pm	\$50
W	7/10-7/31	5:30-6:30pm	\$50
W	8/7-8/28	5:30-6:30pm	\$50
W	9/4-9/25	5:30-6:30pm	\$50

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.learnatoskateusa.com>

DAY	DATE	TIME	FEE
Sa	6/1-7/6	9:00-9:30am	\$90*
Tu	6/25-8/13	5:00-5:30pm	\$120*

(Some weeks class times may shift to 6:00pm, you will be informed by Frontier)

*Practice time during public skate session 5:45-7:00pm

Sa	7/13-8/17	9:00-9:30am	\$90*
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*Practice time during public skate session 9:30-10:00am

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	Cha Cha Level 1	6/3-6/24	6:00-6:50pm	\$50
M	West Coast Swing Level 1	6/3-6/24	7:00-7:50pm	\$50
M	West Coast Swing Level 2	6/3-6/24	8:00-8:50pm	\$50
M	Cha Cha Level 2	7/1-7/22	6:00-6:50pm	\$50
M	Foxtrot Level 1	7/1-7/22	7:00-7:50pm	\$50
M	West Coast Swing Level 3	7/1-7/22	8:00-8:50pm	\$50
M	Hustle Level 1	8/5-8/26	6:00-6:50pm	\$50
M	Foxtrot Level 2	8/5-8/26	7:00-7:50pm	\$50
M	West Coast Swing Intermediate Level	8/5-8/26	8:00-8:50pm	\$50
M	Hustle Level 2	9/5-9/26	6:00-6:50pm	\$50
M	American Tango Level 1	9/5-9/26	7:00-7:50pm	\$50
M	Waltz Level 1	9/5-9/26	8:00-8:50pm	\$50

COUNTRY SWING FOUNDATIONS

Ages: 16 & up (No partner needed)

Instructor: Carrington Rinehart

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

A simple start for a strong finish, learn 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	DIVISION	DATE	TIME	FEE
Tu	Foundation 1A	6/4-6/25	6:00-6:50pm	\$50
Tu	Foundation 1B	6/4-6/25	7:00-7:50pm	\$50
Tu	Foundation 1A	7/2-7/23	6:00-6:50pm	\$50
Tu	Foundation 1B	7/2-7/23	7:00-7:50pm	\$50
Tu	Foundation 1A	8/6-8/27	6:00-6:50pm	\$50
Tu	Foundation 1B	8/6-8/27	7:00-7:50pm	\$50
Tu	Foundation 1A	9/3-9/24	6:00-6:50pm	\$50
Tu	Foundation 1B	9/3-9/24	7:00-7:50pm	\$50

KIDS/TEEN ACTING CLASS

Ages: 6 & up

Instructor: Lisa Skvarla, <http://playhousenw.com/lisa-skvarla/>

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

This workshop will encourage your child to use their imagination and develop the techniques and confidence they need to create believable performances for the camera and on stage. 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.

4 sessions

DAY	DATE	TIME	FEE
W	6/12-7/3	7:00-8:30pm	\$85
W	9/4-9/25	7:00-8:30pm	\$85

SPECIAL INTEREST

QUILTING CLASSES - SEWING MACHINE 101

Ages: 9 & up

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

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	5/18	1:30-4:00pm	\$30
Sa	6/22	1:30-4:00pm	\$30
Sa	7/20	1:30-4:00pm	\$30

LIFEGUARD CERTIFICATION

Ages: 16 & up

Instructor: Mike Wood, StarGuard Elite Certified Instructor

Location: Online coursework and Open water

Upon successful completion of this course, the participant will have gained the skills and confidence needed to assist in a waterfront emergency and provide potentially life saving care. Online coursework must be passed before the 2 days of scheduled hands-on training. Newly certified guards may be eligible for hire to work the summer camp program and be reimbursed the class fee.

Min. 1/Max. 12 2 sessions

DAY	DATE	TIME	FEE
Sa, Su	6/15, 6/16	8:00-6:00pm	\$210

KIDS ACTING & ACTION DAY CAMP

Ages: 6-13

Instructor: Lisa Skvarla and Joey Kane

<http://playhousenw.com/lisa-skvarla>

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

Join us for an exhilarating four-day journey into the world of acting and action-packed fun! Our Kids Acting and Action Camp is designed to ignite creativity, boost confidence, and unleash the inner performer in every child. Through dynamic workshops, thrilling activities, and hands-on training, young actors will sharpen their skills, explore character development, and experience the thrill of performing in action sequences. Led by experienced professionals, this immersive camp promises four days of excitement, learning, and unforgettable memories for aspiring stars of all ages!

This 4-day camp includes:

- Improvisation
- Scene study
- Taekwondo
- Intro to Meisner Acting Technique
- Audition Skills
- Stage combat/fight choreography
- Board breaking

DAY	DATE	TIME	FEE
M-Th	6/24-6/27	10:00-3:00pm	\$235

SAFE SITTER

Ages: 11-15

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

Designed for youth who are getting ready to stay home alone, care for younger siblings, or wanting to babysit. Child development and first aid will be covered. In addition, participants learn life and business skills to be prepared and responsible – whatever the job may entail!

Min. 6/Max. 12 1 session

DAY	DATE	TIME	FEE
Tu	6/25	9:00-3:30pm	\$90

FITNESS

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
Sa	5/4-5/25	9:00-10:30am	\$48
W	5/8-5/29	5:30-7:00pm	\$48
W	6/5-6/26	5:30-7:00pm	\$48
Sa	6/8-6/29	9:00-10:30am	\$48
Sa	7/6-7/27	9:00-10:30am	\$48
W	7/10-7/31	5:30-7:00pm	\$48
W	8/7-8/28	5:30-7:00pm	\$48
Sa	8/10-8/31	9:00-10:30am	\$48

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	5/8-5/29	7:15-8:30pm	\$39
F	5/10-5/31	8:30-9:45am	\$39
W	6/5-6/26	7:15-8:30pm	\$39
F	6/7-6/28	8:30-9:45am	\$39
W	7/10-7/31	7:15-8:30pm	\$39
F	7/12-8/2	8:30-9:45am	\$39
W	8/7-8/28	7:15-8:30pm	\$39
F	8/9-8/30	8:30-9:45am	\$39

SHINE DANCE FITNESS

Ages: 16 & up

Instructor: Britney Holden

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

Shine Dance Fitness uses hit music to bring original choreography to life for all abilities. Rooted in jazz, hip-hop & ballet, this workout follows a HIIT Format training model for an effective full-body workout. Every class provides cardio, toning and an inclusive experience. Participants will leave feeling capable, confident, and empowered. **Come try out this exciting class for FREE on 6/4 or 6/18!**

Min. 4/ Max. 12 4 sessions

DAY	DATE	TIME	FEE
Tu	6/4	7:00-7:45pm	FREE *must register for free class
Tu	6/18	7:00-7:45pm	FREE *must register for free class
Tu	7/9-7/30	7:00-7:45pm	\$30 4 Sessions
Tu	8/6-8/27	7:00-7:45pm	\$30 4 Sessions



KIDS IN THE KITCHEN: SUMMER**Ages: 7-13****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. Handmade pizzas will include choosing your own toppings and making your own dough. Dips and Dippers will have hot and cold dips with different dippers. BBQ on the patio will include making burgers and all the fixings. Strawberry shortcakes will be homemade with all the berries and cream you could want. And the ice cream will be homemade with your choice of toppings for a delicious Sunday.

Min. 6/Max. 14

1 session

DAY	DATE	TIME	CLASS	FEE
W	6/12	4:00-5:15pm	Handmade Pizzas	\$45
W	6/26	4:00-5:15pm	Dips and Dippers	\$45
W	7/17	4:00-5:15pm	BBQ on the Patio	\$45
W	7/31	4:00-5:15pm	Strawberry Shortcake	\$45
W	8/14	4:00-5:15pm	Ice Cream	\$45

THURSDAY ART DAYS!**Ages: 6-12****Location: Jacklin Arts & Cultural Center, 405 N William Street, Post Falls**

Drop-in on Thursdays between 10:30am and 4:30pm for a different art project each day. Students can complete at their own pace and take home their project. The average time needed per project is 1 hour 15 minutes.

Min. 5/Max. 12

1 session

DAY	DATE	DROP-IN TIME	FEE
Th	6/20	10:30-4:30pm	\$20
Th	6/27	10:30-4:30pm	\$20
Th	7/11	10:30-4:30pm	\$20
Th	7/18	10:30-4:30pm	\$20
Th	7/25	10:30-4:30pm	\$20
Th	8/1	10:30-4:30pm	\$20
Th	8/8	10:30-4:30pm	\$20
Th	8/15	10:30-4:30pm	\$20

TEEN ART NIGHTS**Ages: 13-17****Location: Jacklin Arts & Cultural Center, 405 N William Street, Post Falls**

Each week will include a different cool project involving a variety of mediums and materials. (Clay, watercolor, acrylic, pencils). Snacks are provided.

Min. 6/Max. 14

1 session

DAY	DATE	TIME	FEE
Th	6/20	6:00-7:15pm	\$20
Th	6/27	6:00-7:15pm	\$20
Th	7/11	6:00-7:15pm	\$20
Th	7/18	6:00-7:15pm	\$20
Th	7/25	6:00-7:15pm	\$20
Th	8/1	6:00-7:15pm	\$20
Th	8/8	6:00-7:15pm	\$20
Th	8/15	6:00-7:15pm	\$20

PAINTING ON THE PATIO**Ages: 7-14****Instructor: Jacklin Arts & Cultural Center Staff****Location: Jacklin Arts & Cultural Center, 405 N William Street, Post Falls**

All supplies will be included in creating this Plein Aire Style paintings! Come and learn the basics of painting in a fun atmosphere.

Min. 6/Max. 14

1 session

DAY	DATE	TIME	FEE
F	8/16	1:00-2:30pm	\$20
Sa	8/17	10:30-12:00pm	\$20



LOOKING AHEAD TO FALL

START SMART FOOTBALL

Boys & Girls Ages: 3 & 4 (Must be 3 by September 14)

Registration: July 1-August 11, or when full

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, August 21 at 5:30pm, at Post Falls City Hall Council Chambers.

Preseason Parent Orientation: Online Video available August 14

Fee: \$56/Res. \$60/Non-Res Fees after August 14: \$65/Res. \$72/Non-Res.

DAY	DIVISIONS	DATE	TIME
Sa	3 & 4 yr. olds	9/14-10/19	9:00-11:00am (varies)

NFL FLAG FOOTBALL LEAGUE

Boys & Girls Grades: K-8

Registration: July 1-August 11, or when full

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

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

Preseason Coaches Orientation: Wednesday, August 21 at 5:30pm, at Post Falls City Hall Council Chambers.

Preseason Parent Orientation: Online Video available August 14.

Fee: \$56/Res. \$60/Non-Res Fees after August 14: \$65/Res. \$72/Non-Res.

DAY	DIVISIONS	DATE	TIME
Sa	K-1st Grade	9/14-10/19	9:00-4:00pm (varies)
Sa	2nd-3rd Grade	9/14-10/19	9:00-4:00pm (varies)
Sa	4th-6th Grade	9/14-10/19	9:00-4:00pm (varies)
Sa	7th-8th Grade	9/14-10/19	9:00-4:00pm (varies)



SOCCER – TINY KICKERS

Boys & Girls Ages 3-4 (Must be 3 by September 14)

Registration: July 1-August 4, or when full

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

Your child will be introduced to the basic skills of soccer in an active and playful environment. Each week will include 20 minutes of "skill -play" and a half-hour of scrimmage games.

Preseason Coaches Orientation: Thursday August 22, 5:30pm at Post Falls City Hall Council Chambers.

Preseason Parent Orientation: Online Video available August 14.

Fee: \$45/Res. \$53/Non-Res Fees after August 4: \$54/Res. \$61/Non-Res.

DAY	DIVISIONS	DATE	TIME
Sa	3 yr. old's	9/14-10/19	10:00-10:50am
Sa	4 yr. old's	9/14-10/19	11:00-11:50am

SOCCER – YOUTH RECREATIONAL

Boys & Girls Ages: 5-14

Registration: July 1-August 4, or when full

Location: Woodbridge Park, Beck Park, Hilde Kellogg

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

Preseason Coaches Orientation: Thursday, August 22, 6:00pm at Post Falls City Hall Council Chambers.

Preseason Parent Orientation: Online Video available August 14.

Fee: \$45/Res. \$53/Non-Res Fees after August 4: \$54/Res. \$61/Non-Res.

DAY	DIVISIONS	DATE	TIME	PARKS
Sa	Micro 5 (5 yr. olds)	9/14-10/19	12:00-12:50pm	Woodbridge
Sa	Mini 6 (6 yr. olds)	9/14-10/19	1:00-2:00pm	Woodbridge
Sa	U-8 (7&8 yr. olds)	9/14-10/19	9:00-Varies	Beck Park
Sa	U-11 (9-11 yr. olds)	9/14-10/19	9:00-Varies	Beck Park
Sa	U-14 (12-14 yr. olds)	9/14-10/19	9:00-Varies	Hilde Kellogg Park

VOLLEYBALL – YOUTH RECREATIONAL

Boys & Girls Grades: 2-8

Registration: July 1-August 1, or when full

Location: Seltice Elementary, 1101 Chase Road, Post Falls

Players will learn the fundamentals of volleyball with an emphasis on FUN! Volunteer coaches are needed for every age. Practices will begin early September. There will be a total of 6 matches in the season.

Preseason Coaches Orientation: Wednesday, August 21 at 5:30pm at Post Falls City Hall Council Chambers

Preseason Parent Orientation: Online Video available August 14.

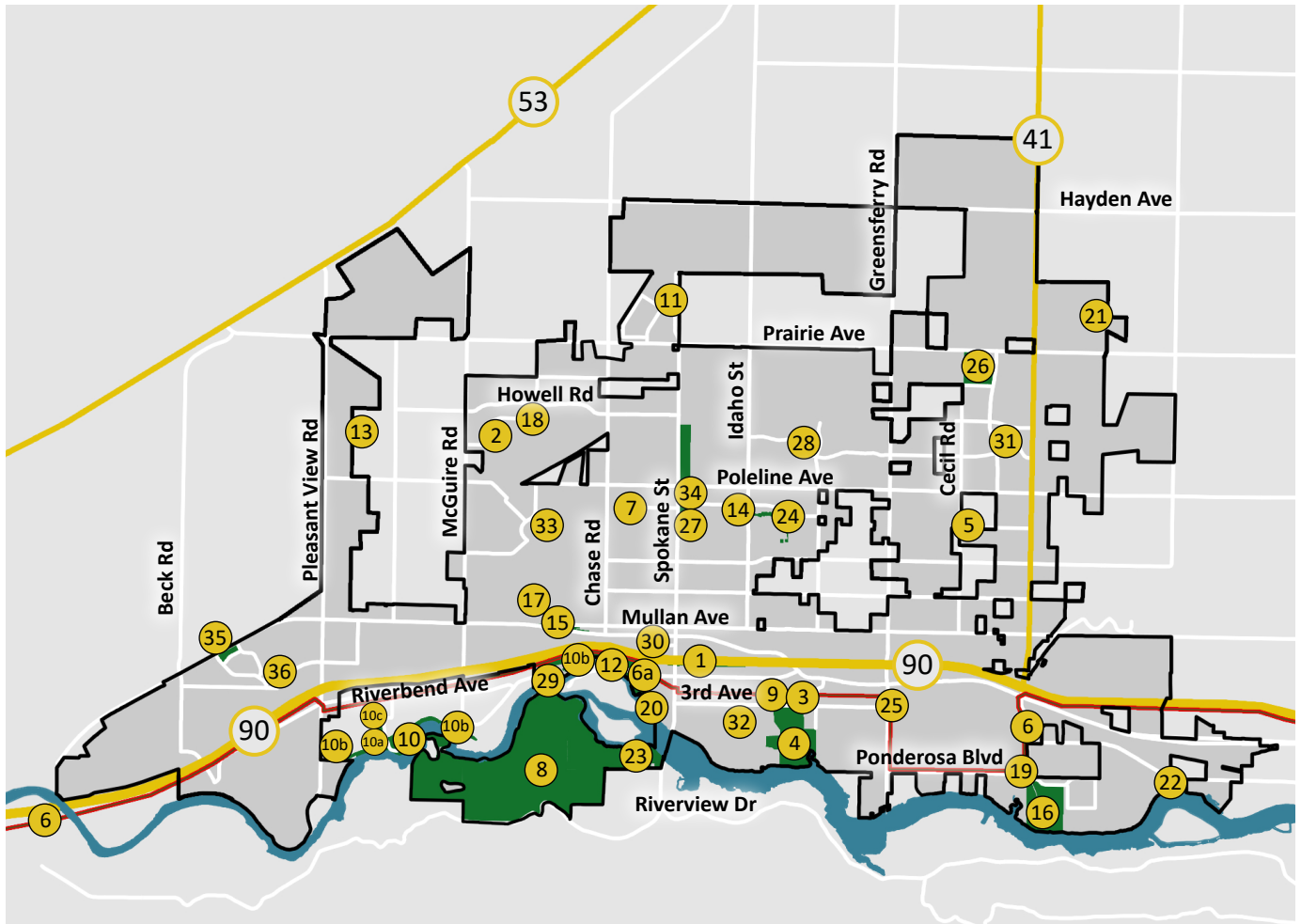
Fee: \$45/Res. \$53/Non-Res Fees after Aug 1: \$54/Res. \$61/Non-Res.

DAY	DIVISIONS	DATE	TIME
Sa	2nd Grade-Tiny Spikers	9/14-10/19	9:00-2:00pm varies
Sa	3rd/4th Grade	9/14-10/19	9:00-2:00pm varies
Sa	5th/6th Grade	9/14-10/19	9:00-2:00pm varies
Sa	7th/8th Grade	9/14-10/19	9:00-2:00pm varies

OPEN GYM MARTIAL ARTS

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

Come have fun & hone your martial arts skills. This open gym time will provide martial arts practitioners a community orientated outlet for developing skills and training with others. Check out our website and facebook for dates and times.



Experience **POST FALLS**

PARKS AND RECREATION



Q'emiln Park #23



Kiwanis Park #16



Tullamore Park #31



Black Bay Depot #3

PARKS
AND AMENITIES

PARKS AND AMENITIES			Total Acres	Amphitheater	Baseball/Softball Field	Basketball Court	Beach/Swimming	Bike Rack	Climbing Wall	Disc Golf	Exercise Equipment	Fishing	Football/Soccer Field	Forest/Wooded	Gaga Pit	Horseshoe or Cornhole	Open Space	Parking (Asphalt or Gravel)	Pickleball Court	Playground	Restroom (Building or Temporary)	Shelter	Splash Pad	Table/Bench	Tennis Court	Trails (Asphalt)	Volleyball (Outdoor)
1	Arboretum - North and South of I90 from Spokane St to Idaho St	6.38																	◆								
2	Beck Park - 2610 N Howell Rd	8.76	◆					◆					2					◆	◆	3	◆	◆	1	◆	◆		◆
3	Black Bay Depot - 1211 E 3rd Ave (Behind the Sr Center)	0.90							◆				0.5						◆		◆				◆		
4	Black Bay Park - 1210 E 3rd Ave	66.37			1	◆	◆					◆		◆				◆	◆			◆	1		◆	2	◆
5	Cecil & Horsehaven - 1958 N Cecil Rd	3.23	Undeveloped																								
6	Centennial Trail - Milti-Use trail running east/west through Post Falls	26.82												◆				◆							◆	◆	
6a	Fourth Street Trailhead - West of Spokane St, North of 4th Ave along the Railroad	0.92						◆											◆						◆	◆	
7	Chase Fields - 420 W 21st Ave	9.00		2			◆						3					◆	◆		◆	◆			◆	◆	
8	Community Forest - 16093 W Riverview Dr	482.48							◆			◆		◆				◆			◆					◆	
9	Community Garden - 1161 E 3rd Ave	2.06												◆				◆							◆		
10	Corbin Park - 896 S Corbin Rd	22.59	◆	1						◆		◆		◆				◆	◆			◆	2		◆	◆	1
10a	Corbin Hastings/Anselmo - 567 S Corbin Rd	5.35										1						◆									
10b	Corbin Ditch - Historic Ditch between Pleasant View and Falls Park	14.97	Undeveloped																								
10c	Corbin Dog Park - 489 S Corbin Rd	2.60	Undeveloped																								
11	Crown Pointe - 8615 N Spokane St	4.20			1		◆								◆			◆	◆	1	◆	◆	1		◆	◆	
12	Falls Park - 305 W 4th Ave	22.00	◆				◆					◆		◆				◆			◆	◆	3		◆	◆	
13	Hargrave Property	5.00																									
14	Hilde Kellogg - 2017 N Idaho St	5.00										1	◆		◆		◆	◆			◆	◆			◆		
15	Karen Streeter Greenway - Between W Mullan Ave and W Seltice Way	3.90																◆	◆					◆		◆	
15a	Karen Streeter Trail - North of Seltice Way from Pleasant View to Chase Rd	15.40																						◆		◆	
16	Kiwanis Park - 4176 Weatherby Ave	36.86	◆				◆					◆		◆	◆			◆	◆		◆	◆	5		◆	◆	
17	Montrose Sports Complex - Northeast corner of Seltice and Empire Center	23.10	Undeveloped																								
18	Park in the Meadows - 1632 W Grange Ave	5.37		◆	1		◆			◆								◆	◆	1	◆	◆	1		◆	◆	
19	Polites Park - 3876 E Ponderosa Blvd	1.79												◆				◆						◆			
20	Post Falls Landings - Across the River to the East of Falls Park and the dam	1.97	◆					◆										◆						◆		◆	
21	Prairie Trail - Milti-Use trail on the north side of Post Falls	9.82	Undeveloped																								
22	Ross Point Pumphouse - 6100 E Maplewood Ave	2.70					◆							◆				◆	◆			◆			◆		
23	Q'emiln Park - 12201 W Parkway Dr	39.69		◆			◆	◆	◆								◆	◆	◆		◆	◆	3		◆	◆	2
24	Singing Hills - 1015 E Teton Ave	7.57						◆					1					◆	◆		◆	◆			◆	◆	
25	Skate Park - 300 N Greensferry Ave	1.15						◆										◆	◆			◆			◆		
26	Sports Complex - 4367 N Charleville Rd	25.93	Undeveloped																								
27	Sportsmans Park - 1945 N Lucas St	6.29			2													◆	◆	2		◆					
28	Syringa Park - 2975 N Bunchgrass Dr	7.44	◆			2		◆										◆	◆		◆	◆		◆	◆	1	
29	Trailer Park Wave - 1400 W Iron Horse Dr	1.77										◆		◆					◆			◆			◆	◆	
30	Treaty Rock - 705 N Compton St	3.91												◆					◆						◆	◆	
31	Tullamore Park - 3673 E Bogie Dr	8.63	◆			1		◆									◆	◆	◆	3	◆	◆	2	◆	◆	◆	
32	Warren Playfield - 105 N Idaho St	2.34				0.5						2						◆			◆	◆			◆		
33	West Ridge - Southeast of West Ridge Elementary School	2.98	Undeveloped																								
34	White Pine - 2100 N Spokane St	5.21		◆	2		◆							◆		◆	◆	◆	◆		◆	◆	1		◆	3	1
35	Woodbridge - 750 N Silkwood Dr	5.36						◆					2					◆	◆		◆	◆			◆	◆	
36	Woodbridge II - Northwest corner of W Jacklin Rd and W Palmwood Ln	2.91																◆			◆				◆	◆	
TOTAL		910.72																									

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	\$56	\$60
Start Smart Football	3 yrs. old - 4 yrs. old	Spring/Fall	February 1 & July 1	\$56	\$60
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	\$150	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**

CITY OF
POST FALLS

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!



CREATE AN ACCOUNT

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:

Last

First

BIRTH DATE:

AGE:

GENDER:

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

REMEMBER AND HONOR

Memorial Day Celebration

May 27th at 11:00am

The City of Post Falls and American Legion Post 143 will pay tribute to our veterans with prayer, speeches, honor and color guard and the placement of individual flags upon each veteran's gravesite.

EVERGREEN CEMETERY
2834 N. SPOKANE STREET, POST FALLS

DAD'S DAY BREWERY TOUR

GATHER YOUR DADS OR
DAD FRIENDS

Saturday, June 15

TOUR LOCAL BREWERIES
AND LEAVE THE DRIVING TO US!

Registration is limited
\$75 per person + tax

 **Pitch Hit & Run**

Saturday, June 1

10:00am

Chase Field Sports Complex

420 W. 21st Avenue,

Post Falls

**Boys & Girls ages:
7-14**

Scan the QR Code to register

FREE



**FREE EVENT
WEDNESDAY NIGHTS
JULY 17 - AUGUST 21
POST FALLS LANDING PARK**

SEE DETAILS PAGE 4

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

PRSR STD
ECRWSS
US POSTAGE
PAID
Post Falls, ID
Permit No. 32

POSTAL PATRON