



**WINTER/SPRING 2026
JANUARY-APRIL**

MEDICAL LAKE PARKS & RECREATION ACTIVITY GUIDE

**Adult Sports
Square Dancing Lessons
55+ Fitness Programs
Craft Classes**

**Scan the QR code below
to see complete list of
programs & activities!**



**Youth Sports
Toddler Activities
School's Out Day Camps
Babysitter Courses**

Enriching Lives, Enhancing Community



recreation@medical-lake.org



(509) 565-5000 Ex. 2

POLICIES & PROCEDURES

REFUND POLICY

If a participant cannot attend their registered program due to unforeseen circumstances, Medical Lake Parks & Recreation will issue a refund via check from the City of Medical Lake within 30 working days of the request. Refunds must be approved by the City Council therefore can take some time to get approval depending on request date. Refund requests initiated by participants must be made at least three (3) working days before the start of the activity to receive a full refund. Account Credits can be requested up to 24hrs before the start of activity but will not be refunded. Credits or refunds will not be provided for missed classes or programs.

CANCELLATION POLICY

Occasionally, changes or cancellations may be necessary. Medical Lake Parks & Recreation reserves the right to combine, move, change, or cancel any class or activity. We will make every effort to notify participants of any changes or cancellations. If the department cancels a program, the participant may choose to either receive a refund via check or put credit on their Parks and Recreation Account for future use.

INCLEMENT WEATHER CANCELLATION POLICY

To ensure the safety of our participants, staff, and volunteers, the Medical Lake Parks and Recreation Department may cancel or postpone programs, events, or facility operations due to inclement weather. Department staff will reach out to appropriate parents and volunteers to inform them of cancellations and to help get the information out to those needed.

PRIVACY POLICY

Medical Lake Parks & Recreation will not sell or willingly share any information obtained through the registration process of its recreation programs or affiliated products with any third party. Information collected during registration may be provided to program instructors or coaches as necessary. However, the department must comply with the Washington State Public Records Act, Revised Code of Washington 42.56. We may use your information to inform you of activities or circumstances we believe are important to you or your family.

NON-DISCRIMINATION POLICY

In compliance with Federal and State laws, Medical Lake Parks & Recreation does not discriminate based on race, color, religion, sex, national origin, age, marital status, or disability. This policy applies to all community programs for youth and adults and employment with the department. Organizations or groups using Medical Lake Parks & Recreation facilities must adhere to this policy.

LOST AND FOUND

Medical Lake Parks & Recreation is not responsible for lost or stolen items. Items left unattended in any city-owned facility will be taken to the Lost and Found at City Hall. If the item has identifiable information, we will attempt to contact the owner and log the item. Items will be held for 14 days before being discarded or handed over to the Spokane County Sheriff, depending on the item's value.

NOTES FROM THE DIRECTOR

We are excited to offer our first Activity Guide for Medical Lake! As we continue to build programs for all age groups, please remember that your input is important to the planning and execution of everything we offer. If there is ever a program you feel is needed, please reach out to us and we will work to develop and expand our catalog. In this guide, you will also find fun community events held by our local Non-Profit groups. None of the work these groups do would be possible without your help, so make sure to show your support by coming out to events or by donating in whatever way you can – whether it be financially, or by volunteering! These amazing people sacrifice so much of their personal time to make these activities available to our community, and we want to recognize them for their effort in making these events possible!

COMMUNITY SPOTLIGHT

STCU has been a staple in the West Plains community since 1934. In 2020, STCU opened its first branch in Medical Lake. Since then, they have uplifted our community through their willingness to participate, help fund, and contribute to community non-profits and events. Community partners like STCU not only offer support for City-run programs and activities, but also for many of the major events throughout town. Without the donations of STCU Administration and help from many of our local STCU staff, events like Linger at the Lake wouldn't be possible. Their dedication to our community makes STCU the recipient of our first Community Spotlight! Be sure to thank our branch's amazing staff whenever you're in the area.

THANK YOU,
STCU!



WHATS HAPPENING IN MEDICAL LAKE

WATERFRONT PARK UPPER PARKING LOT

Waterfront Park received a fantastic repaving of the upper parking lot. This was done with minimal cost to the City due to FEMA recovery dollars from the Gray Road Fire. Due to the amount of heavy equipment that was staged at the upper parking lot during the recovery efforts, the upper parking lot was left needing repairs.

2026 COMMUNITY EVENTS AT A GLANCE

February 13th - Daddy Daughter Dance
March 14th - Mom & Son Fun Night
March 28th - Lion's Club Fools Run
April 5th - Kiwanis Easter Egg Hunt
April 25th - Fisherman's Breakfast
June 4th - Farmer's Market
June 19th - Linger at the Lake
June 20th - Founder's Day
July 4th - Farmer's Market, Linger at the Lake
July 11th-12th - Community Yard Sale
July 18th - Farmer's Market
July 30th - Linger at the Lake
August 1st - Farmer's Market
August 7th-9th - Blue Water Bluegrass Festival
August 15th - Farmer's Market
August 27th - Linger at the Lake
September 5th - Farmer's Market
September 12th - Dollars for Scholars
September 19th - Farmer's Market
October 3rd - Farmer's Market
October 17th - Farmer's Market
October 31st - Fall Festival
November 28th - Craft Fair
December 12th - Winterfest

AFTER SCHOOL PROGRAM

Join us every day after school at Hallett Elementary for some fun free play!

Grades: K-5th **Time:** 2:45-5:30pm

Dates: Monday-Friday every full school day

Cost: \$7/Per day (full week discount)

SCHOOL'S OUT DAY CAMPS

Need something for your kiddo to do on their day off from school? We got you! Breakfast and snack will be provided, but make sure to send your kiddo with a sack lunch! Check out our day camp activities we have coming up this year!

Rec Center Swimming Day Camp

Date: 1/26 **Register By:** 1/21

Time: 7:30am-5:30pm **Cost:** \$45

Reptile Safari Day Camp

Date: 2/17 **Register By:** 2/11

Time: 7:30am-5:30pm **Cost:** \$50

CDA Skate Plaza Day Camp

Date: 3/20 **Register By:** 3/16

Time: 7:30am-5:30pm **Cost:** \$50

Spring Break Camp

Dates: 4/6-4/10 **Register By:** 4/1

Time: 7:30am-5:30pm **Cost:** \$225 for week

STAYING SAFE AT HOME EDUCATIONAL PROGRAM

Safe@Home by Safe Sitter

Help your child take their first steps of independence with confidence! This program helps prepare students to safely stay at home alone by teaching safety and first aid skills. Classes will be taught by our certified Safe Sitter instructor, Jessica Chadwick!

Grades: 4-6 **Cost:** \$20 **Location:** Hallett

Time: 3:15-4:45pm **Elementary School**

Dates: 1/19, 3/23 (additional days may open if waitlist develops)

PINT SIZED PLAYTIME

Join us for some sensory play with your little one! Playtime activities will vary from class to class.

Ages: 1-4 yrs **Time:** 10:00-11:00am

Dates: Tuesdays, 1/20, 2/24, 3/24, 4/21

Location: City Hall Auditorium

Cost: \$10/class

4REC YOUTH SPORTS

4Rec Sports focuses on teaching the fundamentals of the game, learning teamwork, and most of all, HAVING FUN! Teams will practice up to two times per week and play six weeks of Saturday morning games in Airway Heights, Medical Lake, and Cheney.

Winter 4Rec Season

Dates: 1/5-2/21 **Cost:** \$54

Last Day to Register: 11/23

Sports Offered: Basketball, Spirit Squad: Cheer & Dance

Pre-Season 4Rec Camp

Gear up for the coming sports season with this 4-week camp! Players will play games and run through drills to help brush up on skills to aid them in both the flag football and soccer seasons!

Dates: Thursdays, 3/12-4/2 **Register By:** 3/5

Ages 5-8: 4:00-5:00pm **Cost:** \$40

Ages 9-12: 5:15-6:15pm

Location: Shepard Field, Medical Lake

Spring 4Rec Season

Dates: 4/13-5/30 **Cost:** \$54

Last Day to Register: 3/1

Sports Offered: Soccer, Flag Football, Spirit Squad: Cheer & Dance

MINI MOVERS SPORTS

Help your mini mover develop hand-eye coordination through play-based learning. Each week will focus on a new skill, like throwing a ball or using their feet to kick!

Ages: 2-4 yrs **Time:** 5:15-6:00pm

Dates: 3/2-4/8 **Mondays & Wednesdays**

Location: Hallett Elementary Gym

Cost: \$54 for 6 weeks of once-weekly classes

Interested in
signing up for
one of our
programs? Scan
the QR code here
to get started!



TAEKWONDO LESSONS

Join Master Hughes to enhance your fitness level, learn self-defense techniques, and build mental toughness! Classes help kids build focus, character, and self-disciplinary skills.

Cost: \$75 for your first month, including free uniform and t-shirt (now through 12/31) Members can come to any classes offered!

Dates: Wed, Fri, Sat starting 1/7

Tiny Tigers Classes **Cost:** \$80/month

Tiny Tigers is designed for children aged 3-6, focusing on developing fundamental physical and mental skills through fun and engaging activities.

Wednesday & Friday Classes: 4:00-4:30pm

Saturday Class: 2:00-2:30pm

Family Classes **Cost:** \$135/month

Challenge yourself to reach new heights in both mental and physical strength! Ages 7 and up.

Wednesday & Friday Classes: 4:30-5:30pm

Saturday Classes: 2:30-3:30pm

SQUARE DANCING LESSONS

Grab a partner and stretch your body and mind in this fun and social dance! No previous dancing skills required, so long as you can walk and listen at the same time.

Ages: 8 years and up (must be 14 years or older to attend without a parent)

Location: City Hall Auditorium

Open House Event

Not sure if Square Dancing is for you? Come take your first lesson for free! Sign up for remaining 15 weeks of course will be available after the class.

Date: 1/15 **Register By:** 1/12

Time: 6:30-8:00pm **Cost:** FREE

16-Week Square Dancing Course

Learn everything you need to know to be a square-dancing pro!

Dates: Thursdays, 1/15-5/14 **Register By:** 2/3

Time: 6:30-8:00pm **Cost:** \$75

TEEN KICKBALL TOURNAMENT

Grab some friends and kick off the spring with a mini kickball tournament! Teams will consist of 4 players and winning team will get a prize.

Date: 3/21 **Register By:** 3/13

Time: 12:00-2:00pm **Cost:** \$40/team

Ages: 11-17 years

Location: Waterfront Park

TEEN MOVIE THEATER SHOWING: THE PLAGUE (RATED R)

Hitch a ride with us to the theater for a showing of The Plague! This movie is rated R, so all participants must have a signed permission slip from a parent to attend.

In the summer of 2003, at an all-boys summer water polo camp, socially anxious twelve-year-old Ben struggles to fit in amidst a ruthless social hierarchy. When he befriends Eli -- a lonely outcast shunned by the others for allegedly carrying a contagious "plague" -- Ben becomes entangled in a cruel, escalating ritual of scapegoating and fear.

Date: 1/9 **Register By:** 1/2 **Ages:** 13-17

Time: TBA **Cost:** \$20

SAFE SITTER BABYSITTING CERTIFICATION PROGRAM

Safe Sitter Essentials

Get your teen the start they need to competently and responsibly care for younger children! This program is designed to teach students basic safety, childcare, and first aid skills, as well as life & business skills to begin building their babysitting business! Classes will be taught by our Safe Sitter instructor, Jessica Chadwick, and students will graduate with a certification they can share with families to help get babysitting jobs.

Grades: 6th and up **Cost:** \$50

January Course

Date: 1/24 **Time:** 10:30am-4:30pm

Location: City Hall Auditorium

February-March Course

Dates: 2/23, 2/25, 3/2, 3/4

Time: 3:00-5:00pm

Location: Hallett Elementary School
(transportation will be provided)

April Course

Date: 4/25 **Time:** 10:30am-4:30pm

Location: City Hall Auditorium

CRAFT & CHAT: ADULT CRAFTING

Looking to get out of the house? Join us for a fun time of crafting and conversation! See what projects we have planned for the season!

Rustic Snowman Decor Craft with Sue Hines

Date: 1/10 Register By: 1/2

Time: 12:30-2:00pm Cost: \$25

Valentine's Earring Making with Debbie Lull

Date: 2/3 Register By: 1/27

Time: 5:00-7:00pm Cost: \$25

Valentine's Moss Wreaths with Sue Hines

Date: 2/7 Register By: 1/30

Time: 12:30-2:00pm Cost: \$30

Handmade Flower Seed Paper with Sue Hines

Date: 3/21 Register By: 3/13

Time: 12:30-2:30pm Cost: \$25

Spring Wreath Making with Debbie Lull

Date: 3/28 Register By: 3/20

Time: 5:00-7:00pm Cost: \$45

Spring Floral Arrangement with Sue Hines

Dates: 4/18 Register By: 4/10

Time: 10:00am-12:00pm Cost: \$45

HOOKS & NEEDLES CLUB

Join us for a yarn-good time! Bring your latest knitting or crocheting project and a snack to share with some new friends!

Date: Sundays starting 2/8

Time: 2:00-4:00pm Cost: FREE

Location: City Hall Auditorium

MEDICAL LAKE BOOK CLUB

Come join our local group of book worms for a tasty drink and some treats while we talk about our current read! No deadline to join, so register online to join!

Dates: Wednesdays starting 1/21

Time: 5:30-6:30pm Cost: FREE

Location: TBA

ADULT SPORTS

Gear up for adult sports! These fast-paced leagues and tournaments are open to ages 16 and older. All skill levels are welcome and spaces are limited, so sign up today!

All team members must register to play.

Adult Basketball

Dates: Sundays, 1/18-2/22 Register By: 1/9

Cost: \$250/team

Snowshoe Softball Tournament

Date: 1/24-1/25 Register By: 1/16

Cost: \$250/team

Adult Soccer

Dates: 4/17-5/29 Register By: 4/3

Cost: \$300/team

SENIOR WELLNESS

Senior Fitness Program

Learn new ways to stay agile and confident in your balance and movement!

Date: Thursdays, 1/8-2/12

Time: 10:00-11:00am Cost: \$3 per class

Location: City Hall Auditorium

Spring Strong, Fall Less!

Join us for a fall prevention class to give you tools to stay on your feet!

Date: 3/12 Time: 10:30-11:30am Cost: FREE

Location: City Hall Auditorium

SENIOR YOGA

Senior Yoga is back! Join us for a gentle and relaxing time of stretching and strengthening!

Date: Wednesdays starting 1/21

Time: 11:30am-12:30pm Cost: \$8/class

Location: City Hall Auditorium

JAZZERCISE

Classes weekly at City Hall! See website for more info.

www.jazzercise.com/location/jazzercise-west-plans

Location: City Hall Auditorium

All programs (including free activities) require registration prior to participation. If you have any questions or need help signing up for a program, please contact us at (509) 565-5000 Ex. 2 or email us at recreation@medical-lake.org

HOW DO I FIND OUT ABOUT CURRENT EVENTS?

We post regularly about upcoming events on our Facebook page, City of Medical Lake Parks & Recreation! If you get your utility bill in the mail, you can also find all our programs located in the Mayor's Newsletter!

HOW DO I SIGN UP FOR PROGRAMS?

Head to our website at www.medical-lake.org and click on "Youth & Adult Recreation" under the Parks & Rec tab. Click the blue "Programs & Sports" button at the top of your screen to browse and sign up for programs on DaySmart!

WHY CAN'T I FIND THE PROGRAM I'M LOOKING FOR ON DAYSMART?

Try these troubleshooting tips!

- Make sure you have the correct family member selected in the "Who are you register?" field.
- Try using the "Activities" filter on the main screen.
- Try clearing out any additional fields, such as "Time of Year", "Gender", "Skill Level", or "Days of the Week".
- Still can't find it? Registration may be closed for the event you're looking for. Call us for more info!

HOW DO I RENT PARKS & REC FACILITIES?

Reach out to us to see if the requested date is available, then submit a Facility Use Permit located on our website under the Parks & Recreation tab! You can email it to us or bring it in with your payment.

WHERE DO REGISTRATIONS FEES GO?

Registration fees go towards buying materials for programs, such as t-shirts, equipment, or craft materials, as well as staffing for events like youth sports referees!

HOW CAN I HELP?

Got a passion for recreation? Ask us about part time employment and volunteer opportunities! You can also donate to our RECreate Medical Lake Non-Profit to help fund scholarships and other community improvement projects!

WHO DO I CONTACT WITH OTHER QUESTIONS?

You can reach our Parks & Rec staff at (509) 565-5000 Ex. 2 or by emailing us at recreation@medical-lake.org.



**Once Upon a Time
Daddy Daughter Ball**

February 13th 5:00-7:00pm
Medical Lake Middle School

Knights and princesses – come one, come all! Join us for a night of games, dancing, and magical memories! All ages welcome!

\$25/couple, \$10/add. guest

The poster features a cartoon illustration of a knight in full plate armor standing next to a princess in a long pink gown. In the background is a large, multi-towered castle with blue roofs and flags. The scene is set against a dark, cloudy night sky with a full moon.



**INTERGALLACTIC
CHALLENGE**

March 14th 5:00-7:00pm
Medical Lake Middle School

Join us for a night of games, riddles, and challenge to become a top-secret agent and uncover the alien in disguise! Ages 4+

\$25/couple, \$10/add. guest

The poster has a dark, textured background. In the center is a large, stylized alien head with a yellow triangular warning symbol over its face. To the left is a stack of brown folders, with the top one labeled "TOP SECRET" in red. To the right is a cartoon character of a man with dark hair, wearing sunglasses and a suit.



PUT YOUR AD HERE!

FOR INFORMATION ON HOW TO GET YOUR BUSINESS OR
EVENT IN THE MEDICAL LAKE ACTIVITY GUIDE, CONTACT US
AT (509) 565-5000 EX. 2 OR EMAIL US AT
RECREATION@MEDICAL-LAKE.ORG