



SUMMER 2026
MAY-AUGUST

MEDICAL LAKE PARKS & RECREATION ACTIVITY GUIDE

Farm Tours & Senior Classes
Summer Camps
Tot Programs
AND MORE!



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



Enriching Lives, Enhancing Community

recreation@medical-lake.org

(509) 565-5000 Ex. 2

Click the program
headers for
registration with
our new interactive
Activity Guide!

← Click here to turn the page!

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 cancelations 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

Summer is one of my favorite seasons - the longer days and warmer weather invite us all to get outside, try something new, and reconnect with loved ones. This summer, we are proud to offer a variety of programs and events for all ages. From youth camps and sports to fitness classes, special events, and outdoor activities, there is truly something for everyone to enjoy. Whether you're looking to stay active, spend time outdoors, or learn something new, we hope you'll find programs in this guide that inspire you. Our parks, trails, and facilities help create a healthy, vibrant, and connected community. We are grateful for the continued support of our participants, volunteers, sponsors, and partners who help make these programs possible. Your involvement allows us to grow and continue providing high-quality recreation experiences year after year. We look forward to seeing you all in our parks and programs, sharing another fun-filled summer together. Thank you for being a part of our Parks & Recreation community!

COMMUNITY SPOTLIGHT

Medical Lake Parks & Recreation would like to extend our heartfelt thanks to Matt Aleria and his company, Dirt Worx Land Management, for their incredible generosity and dedication following the Gray Road Fire. Matt, along with his hardworking crew and supportive family, volunteered countless hours to assist with recovery efforts - stepping in when our community needed it most. Their selfless commitment, hard work, and willingness to help made a meaningful difference during a difficult time and truly exemplified the spirit of community. Special thanks to Matt, his crew, and his family for going above and beyond in service to Medical Lake. Your efforts will not be forgotten, and we are deeply grateful for your support.

THANK YOU,
DIRT WORX FAMILY!



WHATS HAPPENING IN MEDICAL LAKE

PARKS & REC ADVISORY BOARD

Find new ways to engage in your community with the Parks & Recreation Advisory Board! This board will assist in developing our Parks Master Plan. We will have more information to come as we solidify our plans for the future of Medical Lake. Please follow us on Facebook to hear when and where our engagement activities will be held!



SCAN THE QR CODE HERE TO FOLLOW US ON FACEBOOK!

2026 COMMUNITY EVENTS AT A GLANCE

- April 4th - Kiwanis Easter Egg Hunt
- April 25th - Fisherman's Breakfast
- May 8th - Community Shred Day
- May 8th-9th - Dollars for Scholars Rummage Sale
- May 9th - Clean Up & Green Up Waste Drop Off
- June 6th - Farmer's Market
- June 19th - Linger at the Lake
- June 20th - Founder's Day
- June 21st - Father's Day BBQ
- July 2nd - Linger at the Lake
- July 4th - Farmer's Market
- 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 Waters Bluegrass Festival
- August 15th - Farmer's Market
- September 5th - Farmer's Market
- September 12th - Linger at the Lake and Dollars for Scholars Craft Beer Festival
- 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

SCHOOL'S OUT SUMMER BREAK CAMP

Need something for your kiddo to do this summer? We got you! Join Medical Lake Parks and Recreation Staff for some fun and adventure. We will have daily activities planned, as well as field trips to places like the trampoline park, water park, and bowling alley! Breakfast and snack will be provided, but make sure to send your kiddo with a sack lunch!! Registration available throughout summer on a first come-first serve basis.

Ages: 6-13 years

Dates: Monday-Friday, 6/22-8/21

Time: 7:30am-5:30pm

Cost: \$225/week per child

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**

Date: Monday, 5/18

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

5/19 - Music Makers at City Hall

6/23 - Play-doh Palooza at City Hall

7/21 - Nature Craft at Waterfront Park

8/18 - Water Play at Waterfront Park

Cost: \$10/class

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: 5/14-6/18 **Thursdays**

Location: Hallett Elementary Gym

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

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.

Fall 4Rec Season

Dates: 9/8-10/24 **Cost:** \$54

Last Day to Register: 7/31

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

SUMMER FUNDAMENTALS BASKETBALL CAMP

Join us for some summer basketball fun! The camp will focus on developing strong basketball fundamentals in a fun, competitive, and positive environment. Players will receive instruction, repetition, and game experience to help elevate their skills. Kids will build confidence and improve their game by focusing on skills such as ball handling, defensive techniques, proper shooting, and offensive and defensive rebounding. Camp may be split up into multiple age groups depending on registrations.

Time: 5:00-7:00pm **Dates:** 6/23-7/30

Grades: 4th-8th **Tuesdays & Thursdays**

Cost: \$100

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.

Promo: \$100 for your first month, including free uniform, when you sign up for your membership! Members can come to any classes offered.

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: 5:30-6:00pm

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: 6:00-7:00pm

Saturday Classes: 2:30-3:30pm

FOUNDER'S DAY TOURNAMENTS

Founder's Day Golf Scramble

Join us on the Friday of Founder's Day weekend for a fun and exciting 9-hole 4-person scramble at The Plains Golf Course. Register as an individual, a team, or a sponsor to get in on the fun!

Date: Friday, 6/19 **Check In:** 7:00am

Cost: \$300/team **Tournament:** 8:00am-12:00pm

Location: The Plains Fairways Golf Course, 9810 W. Melville Rd.

Founder's Day Co-Ed Softball Tournament

Get together a team and compete to be the Founder's Day Champions! Teams may include up to 15 players and must field at least 4 women and 4 men at any given time.

Date: Saturday, 6/20 **Start Time:** TBD

Cost: \$200/team

Location: Waterfront Park

FATHER'S DAY BBQ

The fun doesn't stop with Founder's Day! Celebrate the dads in your life with us at Waterfront Park. We will have food, games, prizes, and lots of fun for the whole family. We hope to see you there!

Date: Sunday, 6/21 **Time:** 11:30am-2:30pm

Location: Waterfront Park

Cost: FREE! Just register online so we know you're coming. Donations will go to RECreate Medical Lake Non Profit to support youth recreation.

COMMUNITY GARDEN RENTALS

Don't have the space at home to grow what you want this summer? Bring your green thumbs to the Pioneer Park Community Garden! Garden plot rentals give you access to the space for the whole year, including the greenhouse and compost bins.

Location: Pioneer Park Community Garden

Large Raised Bed/In-Ground Plot: \$30/year

Medium Raised Bed: \$10/year

Small Raised Bed: \$5/year

Head to <https://medical-lake.org/parks-and-recreation/community-garden/> for more info!

TENNIS-A-THON

Meet us at the HS tennis courts to continue the tradition of learning, playing, and loving tennis!

Date: 7/23 **Time:** 8:00am-8:00pm

Location: Medical Lake High School Tennis Courts

Cost: FREE! Just register online so we know you're coming!



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

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. Transportation from MLMS will be provided.

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

Summer Course

Dates: 5/27, 6/1, 6/3, 6/8

Time: 3:15-5:00pm

Location: Hallett Elementary School

TEEN DRIVE-IN MOVIE

Catch a ride and experience movies the way they were meant to be seen... under the stars. Bring a chair & a blanket!

Date: August 2026 (Exact date coming soon!)

Time: 5:00pm **Cost:** \$20

Ages: 11-17 years old

Location: Meet at City Hall

KICKBALL SLIP & SLIDE TOURNAMENT

Grab some friends and kick off the summer with some slip & slide fun! Teams will consist of 4 players and winning team will get a prize.

Date: 7/18 **Register By:** 7/8

Time: 3:00-5:00pm **Cost:** \$20/player

Ages: 11-17 years

Location: Waterfront Park

SUMMER CLASSES AND TOURS WITH SUE HINES

Summer farm tours are back with our lovely guide, Sue Hines! We will be offering several different tours this summer to local farms, where we will learn about what they do and get the chance to sample some of their products! Meet us at City Hall and we will facilitate transport. Space is limited for tours, so make sure to sign up today and grab yourself a spot. We will stop for lunch on tours, not included in registration fee.

Plant Nursery Shopping

Date: 5/1 Register By: 4/30
Time: 9:00am-4:00pm Cost: \$25

Craft & Chat: Floral Design Class

Date: 5/16 Register By: 5/9
Time: 10:00am-12:00pm Cost: \$50

Farm Tour at S&L Lavender Farm

Date: 6/30 Register By: 6/29
Time: 8:30am-3:00pm Cost: \$25

Blueberry Picking at Piper Farm

Date: 7/31 Register By: 7/30
Time: 8:30am-3:00pm Cost: \$25

Dahlia Farm Tour at The Flower Mill

Date: 8/18 Register By: 8/17
Time: 9:00am-3:00pm Cost: \$25

LAKESIDE WALKING CLUB

Get out, meet new people, and enjoy some exercise with us as we walk around Medical Lake each week!

Date: Mondays, starting 4/20
Time: 10:00-11:30am Cost: FREE
Meeting Location: Waterfront Park

PICKLEBALL

Looking for your new favorite obsession? Grab a paddle and hit the court – it's time to play pickleball! Starting 5/4.

Mondays: 12:30-2:30pm Cost: FREE
Wednesdays: 5:30-7:30pm
Sundays: 2:00-4:00pm
Location: Medical Lake Middle School

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

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 Softball (6-week season)

Dates: 6/25-8/13 Register By: 6/11
Cost: \$500/team

Adult Flag Football

Dates: 10/2-11/6 Register By: 9/18
Cost: \$200/team

SENIOR WELLNESS

Senior Fitness Program

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

Date: Thursdays, 4/23-5/28
Time: 10:00-11:00am Cost: \$5 per class
Location: Waterfront Park

SENIOR PINOCHLE

Bring a snack and your A-game for this biweekly senior card group!

Dates: Every Tuesday & Saturday
Time: 12:00-4:00pm Cost: FREE
Location: City Hall Auditorium

SENIOR YOGA

Join us for a gentle and relaxing time of stretching and strengthening with our fantastic instructor, Heather!

Date: Every Wednesday
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-plains
Location: City Hall Auditorium

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 registering?" 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.



MEDICAL LAKE
FOUNDER'S DAY 2026

June 19th-20th | 10:00am-4:00pm

Join us for a weekend of sports tournaments, live music, awesome vendors, and family fun! For more info, visit ReImagine Medical Lake's website at www.medicallake.org



Community Yard Sale

July 11th-12th

Sign up to join your fellow community members in the biggest yard sale event of the year! Register with your name, address, and dates of your yard sale to be added to the map, which will be distributed to the community. Register by 7/5



LIVE MUSIC **LINGER at the LAKE** **BEER GARDEN**

FOOD VENDORS **FAMILY ACTIVITIES**

Summer Concert Series at Waterfront Park - **FREE ADMISSION**

June 19th 6-10pm* - WHACK A MOLE
July 2nd 6-10pm* - BRUISER
July 30th 6-8pm - TOO SLIM & THE TAILDRAGGERS
September 12th 6-8pm - BAY 7

*Band starts at 8pm

Follow our Facebook page for updates on everything we are doing at ML P&R!

Click here → 



Click park icons for directions!

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