Your Guide to Healthy, Active Fun on the Palouse

In This Issue:
- Kids Kamps
- Fall Sports
- Pumpkin Fun
- Cops and Robbers 5K/10K
- CPR/AED/First Aid Classes
- Holiday Family Fun
- And Much More
Director’s Message

With so many COVID-19 variables causing changes to our programs, we decided to take an on-line approach to the brochure this time. Should you desire a hard copy, just let us know and we can print one off for you. Your feedback would be most appreciated as we plan for the next brochure.

In the meantime, I would love to hear from you. How are we doing (especially as it pertains to service during the pandemic)? Please give me a call or email me and let’s see how we can better serve you. I can be reached at (208) 883-7084 or by email at dcurtis@ci.moscow.id.us. I look forward to hearing from you.

Be safe and enjoy the wonderful fall and winter. We’ll see you in the parks!

Dwight L. Curtis, PhD.
Parks and Recreation Director

Masks are required and distancing protocols will be in place for all activities.

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The Moscow Parks & Recreation Department is a citizen-friendly and customer-driven organization established to create and maintain quality parks and to provide recreational and educational services that promote accessibility, quality of life, community involvement and strategic planning for the future needs of the community and its citizens.

**Recreation & Administration**
- Dwight Curtis, Parks & Recreation Director
- David Schott, Assistant Parks & Recreation Director
- Karen L Johnston, Recreation Supervisor
- Greg Morrison, Recreation Supervisor
- Kristie Ingham, Administrative Specialist
- Donna Howard, Administrative Specialist

**Parks & Facilities**
- Jay Lewis, Facilities Maintenance Supervisor
- Scott Fleischman, Facilities Maintenance
- Justin Heilman, Facilities Maintenance
- Calvin Macy, Parks Supervisor
- Patricia Anderton, Parks Maintenance
- Roy Bremenour, Parks Maintenance
- Zac Carscallen, Parks Maintenance
- Gary McKinney, Parks Maintenance
- Meredyth Whiteman, Parks Maintenance

**Moscow Parks & Recreation Commission**
Unless otherwise announced, the Moscow Parks and Recreation Commission meets the fourth Thursday of every month, except the November and December meetings which are held jointly on the first Thursday of December.

**Commissioners:**
- Damon Burton
- Robby Cooper, Chair
- Mark Heinlein
- Ted Kisha, Vice Chair
- Justin Minden
- Susan Petersen
- Susan Steele
- Nancy Tribble
- Sara Zaske
- Dwight Curtis, Staff Liaison
- Gina Taruscio, City Council Liaison

**Moscow Pathways Commission**
The Moscow Pathways Commission promotes and advises on the development of a path system in and around Moscow embracing three important community concerns: active transportation, recreation, and resource conservation/enhancement. The Moscow Pathways Commission meets the 2nd Tuesday of each month unless otherwise announced.

**Commissioners:**
- Erin Bacon
- Judy Brown
- Becky Chastain
- Tanya Denison
- Margaret Dibble
- Jonathan Gradin, Chair
- Robert Heckendorn
- Sandra Kelly, Council Liaison
- David Schott, Staff Liaison

**Moscow Tree Commission**
The mission of the Moscow Tree Commission is to plan, establish, and help conduct a comprehensive community forestry program for the City of Moscow. By ensuring safe, healthy trees, the community forestry program will enhance the quality of life for all who live, work, and visit the City of Moscow. The Moscow Tree Commission meets the first Tuesday of every month unless otherwise announced.

**Commissioners:**
- Pamela Brunsfeld
- Daniel Cronan
- Ellis Eifert
- Mary Jo Hamilton
- Debbie Kadlec, Chair
- Jeanne Leffingwell
- David Rauk
- David Schott, Staff Liaison
- Brandy Sullivan, Council Liaison

Masks are required and distancing protocols will be in place for all activities.
General Information

Registrations and Reservations
You can register for activities by coming to the Hamilton Indoor Recreation Center (HIRC) during our open hours, or by visiting the City of Moscow’s website http://www.ci.moscow.id.us and clicking on the “Register for Recreation” icon at the bottom of the page. From there you will be directed to our online registration site. Park picnic shelters may also be reserved online. For information on facility reservations, please contact Moscow Parks and Recreation weekdays between 8:00 am - 5:00 pm.

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<td>1724 East F Street</td>
<td>(208) 883-7084</td>
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<td>Eggan Youth Center</td>
<td>1515 East D Street</td>
<td>(208) 883-7084</td>
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<tr>
<td>Hamilton-Lowe Aquatics Center</td>
<td>830 North Mountain View Street</td>
<td>(208) 882-7665 or (208) 882-POOL</td>
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HIRC Hours of Operation
Monday - Friday 8:00 am - 10:00 PM
Saturdays 9:00 am - 6:00 pm
Sundays 1:00 pm - 5:00 pm

Eggan Youth Center Hours of Operation
The Eggan Youth Center After School Program follows the Moscow School District calendar and is open on all days that classes are in session.
Monday - Thursday 3:00 pm - 6:00 pm
Fridays 2:15 pm - 6:00 pm

Rain Out Information
For information regarding game cancellations due to inclement weather, please visit our website https://www.ci.moscow.id.us/329/Rain-Out or call Moscow Parks and Recreation at (208) 883-7084. Information is generally available by 4:00 pm on game days.

Refund Policy
All refunds are subject to a $6.00 administrative fee with the exception of cancelled activities or classes.

All presentations of Moscow Parks and Recreation are open to the public, limited by the class guidelines. Participants agree to abide by the fair use provision that any photograph taken by staff during the activity may be used for the promotion of similar activities by the aforementioned agency.

We strive to provide the most accurate information possible; however, some information may change after this brochure has been published. Moscow Parks and Recreation reserves the right to cancel programs and/or change dates/times/locations as necessary. We will make every effort to notify participants of any changes.

PARTICIPATION AGREEMENT: I waive and release any and all rights and claims for damages I may have against the City of Moscow, its representatives or assignees for any and all injuries suffered by me/my child while participating in any Parks and Recreation activities. I also give my consent for any emergency medical treatment from medical personnel as approved by a member of the Parks & Recreation staff, in case of me/my child’s injury or illness while participating in Parks and Recreation program. I understand that if possible, I will be immediately notified of any emergency, but this consent is to prevent undue delay and assure prompt attention. I agree to accept responsibility for any medical expenses resulting from such emergency.

I agree that pictures taken during program hours may be used for future promotional purposes.

IN ABSENCE OF SIGNATURE, PAYMENT OF FEES AND PARTICIPATION IN THE PROGRAM SHALL CONSTITUTE ACCEPTANCE OF THE CONDITIONS SET FORTH IN THIS WAIVER AND CONSENT.

Masks are required and distancing protocols will be in place for all activities.
Employment Opportunities with Moscow Parks and Recreation

The City of Moscow Parks and Recreation Department is seeking energetic, highly-motivated, responsible, team-oriented individuals to join our crew. Positions are posted on the City of Moscow’s website at ci.moscow.id.us, and applications are available on the City’s website, the Hamilton Indoor Recreation Center (1724 East F Street) and at Moscow City Hall (206 East 3rd Street).

Thank You!

Moscow Parks and Recreation Appreciates Our Supporters and Volunteers

1912 Center          Jimmy John’s          Paradise Creek Bicycles
Allstate Insurance   KC Enterprises        Paradise Grill and Cafe
American Insurance   Latah Co. Aux Comm. Team
Anatek Labs          Latah Credit Union
Anytime Fitness      Latah Title          Pepsi
Archer Photography   Len Jessup
Aspen Park Cascadia  Les Schwab Tire Center
Avista               McDonald’s Restaurants
Bearable Dentistry   Mead + Hunt
Bloom                MOD Pizza
Costco               Moscow Arts Commission
Culligan Water       Moscow Auto Service
Defy Planet 3 Air Park Moscow Building Supply
Eastside Marketplace Money Tree Company
Fairfield Inn and Suites Moscow Candy Company
Gail Byers Realty    Moscow Chamber
Gambino’s            Moscow Elks Club
GameStop             Moscow Fire Department
Gritman Medical Center Moscow Moose Lodge
Hagadone Directories Moscow Mountain Therapy
Hahn Rental Center   Moscow Realty
Heart of the Arts, Inc. Moscow Recycling
Hyperspud Sports     Mundy’s Machine & Welding
Inland Cellular      Palouse Choral Society
Jess Ford            Palouse Juice

Masks are required and distancing protocols will be in place for all activities.

Moscow Parks and Recreation

ci.moscow.id.us
Hamilton-Lowe Aquatics Center
Lap Swimming at the HLAC

The Hamilton Lowe Aquatics Center (HLAC) Plunge Pool will be open for lap swim only through September 4, 2020. The facility will be available for lap swimming from 11 am to 1 pm and 3:30 to 7:30 pm, seven days a week. Reservations are recommended but not required. Call (208) 883-7084 to reserve your space at the HLAC up to one day in advance. Pay $3.00 at the gate for an hour of healthy, active fun in the sun. Locker rooms are closed but family restrooms are available.

The adoption of additional precautions, related to the Coronavirus pandemic, has allowed the opening of the facility in this limited capacity. Facility restrictions will include a maximum of 18 guests in the facility, with a limit of 3 people per swim lane, with a 1-hour time limit per user. Guests are asked to protect themselves and others by not entering the facility when feeling unwell, wearing a face-covering when not in the water, and maintaining physical distancing of six feet from members who are not part of the same household.

The activities pool and slides will stay closed for the remainder of the 2020 season. Also, private rentals of the facility will not be available this year. Season pass purchases and payments for swim lessons were refunded in July 2020.

Lap Swim Times:
11:00 am - 12:00 pm
12:00 pm - 1:00 pm
HLAC closed from 1:00 pm - 3:30 PM for cleaning.
3:30 pm - 4:30 pm
4:30 pm - 5:30 pm
5:30 pm - 6:30 pm
6:30 pm - 7:30 pm

Masks are required and distancing protocols will be in place for all activities.
Summer Break Kids Kamp
Adventure Awaits at our Healthy, Active Summer Program

There’s still time to get in on the fun at Summer Break Kids Kamp. Some of the activities we are planning for August include: Rock-climbing, hiking, gardening, arts and crafts, bowling, paddle boarding, water games and a lot of exploring!

Kampers need to bring:
- Water bottle
- Sunscreen
- Wear close-toed shoes
- Cold lunch
- Backpack for their gear
- Other supplies as needed, based on activities

Register by the Thursday before the coming week.

Ages: 6 to 12 years old
Days: Monday through Friday, until August 21
Time: Drop off is no earlier than 7:30 am and pick up is no later than 5:30 pm
Location: Eggan Youth Center (please, no drop-ins)
Daily Fee: Resident: $22.00 (plus tax); Non-resident: $23.00 (plus tax) per child
Supervisors: Karen L Johnston & Eggan Staff
Daily Minimum: 6 Kampers
Daily maximum: 24 Kampers

Certain activities, such as bowling or paddle boarding, will require Kampers to bring additional money that day. We use the Remind App for our all-day trips so families will know when we are on the way home.

Please note that all planned activities are subject to change.

Masks are required and distancing protocols will be in place for all activities.
Skate Park Road Trip

Register: August 1 to September 24
Ages: 9 to 14 years old
Date: October 3
Time: 9:00am to 3:00pm
Location: Eggan Youth Center (drop off and pick up)
Fee: Resident $15; Non-resident $16 (plus tax)
Supervisors: Quentin Taylor and Eggan Youth Center Team
Min/Max: 5/13

It’s a day at the park – skate park that is! Join the Eggan Youth leaders on an adventure to area skate parks. Participants will meet at the Eggan Youth Center to review safety and basic skills at the Moscow Skate Park. Then hop in the van for a trip to The Palouse Skate park where they will skate and review tricks. Enjoy lunch in the park and then head over to Pullman for an afternoon of more skate park fun! The day will finish back at Eggan, for parent pickup.

Participants need to bring the following: lunch, snacks, reusable water bottle and weather appropriate clothing. A razor-type scooter or any skateboard is needed. Helmets are required.

Masks are required and distancing protocols will be in place for all activities.
Youth Sports

Micro Soccer
Register: August 1 - September 4
Age group: 4 to 12 years old by September 1, 2020
Dates: Activities begin the week of September 14
Times: Games may start between 5:00 and 6:30 pm
Location: Games will be played on the Mountain View Park Micro Soccer fields. Practices will be held at the coach’s discretion and time.
Fee: Early Bird: Resident: $36.50/person ages 4 - 7; Non-Resident: $42.50 ages 4 - 7 (plus tax)
After September 4: Resident: $41.50/person ages 4-7; Non-Resident: $47.00 ages 4-7 (plus tax)
Non-Resident: Early Bird $42.50/person ages 8 - 12; $43.50 Ages 8 - 12 (plus tax)
Supervisor: Greg Morrison and Surf Soccer Club
Minimum/Maximum: 20 - 500
Catch the soccer fever! Youth Soccer provides an excellent recreational activity for children, with emphasis on sportsmanship, participation, team spirit, and fun. Kids will learn all the skills they need to participate in this healthy, active sport for a lifetime! Each team will practice once per week and play one or two games per week. The elementary and middle leagues will be utilizing smaller fields and fewer players. Each team will play at least 8 games in a 5-week schedule (if the weather cooperates). Children must be 4 years old by September 1, 2020 to register. Since we lose daylight in late September and October, we will start games at 5:00 pm and 5:30 pm for the younger age groups. Older age groups will start at 5:00 pm and 5:45 pm.

4th and 5th Grade Basketball
Register: Early bird: August 1 - October 11; Late registration: October 11 - October 23.
Age group: 4th and 5th Grade
Dates: Activities begin the week of October 26
Times: 5:00 pm - 9:00 pm
Location: Games will be played at the Hamilton Indoor Recreation Center (HIRC) Large Court. Practices will occur at the HIRC.
Fee: Early Bird: Resident: $41.00; Non-resident: $42.00 (plus tax)
After October 11: Resident $47.00; Non-resident $48.00 (plus tax)
Supervisor: Greg Morrison, Volunteer Coaches and HIRC Staff
Minimum/Maximum: 25 - 400
Basketball teaches lifetime skills as well as showing children that exercise can be fun! In addition, participating as a child increases the chances that a person will continue living a healthy, active lifestyle as an adult. In our program, kids learn the fundamentals of basketball, which will help them continue to enjoy the sport and stay active for years to come. With an emphasis on sportsmanship, team spirit, and fun, players learn how to win with grace and lose with honor. A volunteer coach will set practice times, and each team will participate in an eight-game schedule. The coach will schedule a maximum of four one-hour sessions/activities (practices and games) per week.
Youth Sports

4th through 6th Grade Volleyball League
Register: August 1 - September 6
Ages: 4th - 6th graders.
Dates: Activities will begin the week of September 14.
Time: 5:00 pm - 8:00 pm
Location: Games and practices will be played at the Hamilton Indoor Recreation Center (HIRC)
Fee: Early Bird: Resident: $36.00/person; Non-Resident: $37.00/person (plus tax.)
After September 6: Resident: $41.00/person; Non-Resident: $42.00 (plus tax.)
Supervisor: Greg Morrison

Bump! Set! Spike! Score! Volleyball is an excellent and healthy recreational activity for children and, in our program, kids will learn the fundamentals of volleyball so they can enjoy the sport for a lifetime. We emphasize sportsmanship, participation, team spirit, and value honesty, respect and responsibility - and of course, fun! A volunteer coach will set practice times, and each team will participate in a ten-game schedule. The coach will schedule a maximum of four one-hour sessions/activities (practices and games) per week, which may include weekend practices. Knee pads are recommended.

Flag Football
Register: August 1 - September 8
Age groups: Grades 1 & 2; Grades 3 & 4
Dates: Activities begin the week of September 21.
Time: 5:00 pm, 6:00 pm or 7:00 pm
Location: Games will be played at the Ghormley Softball fields. Practices will be held at the coach’s discretion and time.
Fee: Early Bird: Resident: $45.00/person; Non-Resident: $46.00 (plus tax.)
After September 8: Resident: $50.00/person; Non-Resident: $51.00/person (plus tax.)
Touchdown! Flag Football provides an excellent recreational activity for children with an emphasis on sportsmanship, participation, team spirit, and fun, all while encouraging kids to participate in an active, healthy lifestyle. Coaches will teach the fundamentals of catching, route running, and play interpretations. A volunteer coach will set practice times and each team will participate in an eight-game schedule. The coach will schedule a maximum of four one-hour sessions/activities - practices and games - per week. New this year is we are following the NFL Play 60 program that teaches sportsmanship as well as football fundamentals. It is a 5 on 5 league and teams will choose their favorite NFL team and wear an official NFL Jersey!

Masks are required when not playing in the field or on the court. Masks are required for spectators at all times.
Youth Activities

**Punt, Pass, & Kick**
- **Register:** August 1 - September 11
- **Ages:** Four age groups, boys and girls divisions: 8-9, 10-11, 12-13, 14-15 years old
- **Date:** Tuesday, September 15
- **Time:** 4:45 pm until finished
- **Location:** Moscow School District Community Play Fields - Field 1 Outfield
- **Fee:** Free
- **Supervisor:** Greg Morrison
- **Min/Max:** 6/90

In this fun FREE one-day event, boys and girls get to compete to show their abilities in three fundamental football skills - punting, passing, and kicking - and the winners from the local competition (one girl and one boy from each of the four age groups) will move on to compete at an assigned sectional competition. The top four scorers from all of the first-place finalists in each age group will advance to the national finals that will be held in an NFL stadium during the playoffs. Don’t miss this great event that awards those who lead a healthy, active lifestyle! (Winners of the different age groups will have to have a copy of the birth certificate to move on to sectionals).

**Woodworking for Kids**
- **Register:** August 1 - August 10
- **Ages:** 5 - 11 years old
- **Dates:** Monday - Friday, August 24 - 28
- **Times:** Session 1 (5 to 7 years old): 9:00 am to 10:15 am; Session 2 (8 to 11 years old): 10:45 am to 12:00 pm; Session 3 (5 to 11 years old): 1:00 pm to 2:15 pm
- **Location:** Private Workshop, 1091 Youmans Lane, Moscow
- **Fee:** Resident: $60.00; Non-Resident: $61.00; (includes material fee) (non-taxed)
- **Instructor:** Carolyn Berman
- **Min/Max:** 5/8 per session

In this hands-on class, kids will learn how to safely use a hammer, drill, and saw. The wooden wonders they create may be their own toolbox or treasure box, a birdhouse, or another special creation! Kids get to take home their awesome creation they built with their own hands. They also learn skills that can be applied to a lifetime of creativity. Once finished, there are lots of colors to paint them with. Carolyn Berman, the instructor, has built her own house with her own hands. She is a certified teacher in elementary/industrial arts who has taught woodworking to all ages.

Masks are required and distancing protocols will be in place for all activities.
Youth Activities

**ImPACT Concussion Program**

**Register:** Call (208) 882-1426 to schedule.

**Ages:** 7th grade and older

**Dates:** Monday through Friday by appointment

**Times:** Appointments are available any time.

**Location:** Moscow Mountain Sport & Physical Therapy Movement Studio

**Fee:** Free

**Supervisor:** Kelly Isakson

Free Concussion Program! Moscow Parks and Recreation strives to help everyone maintain a healthy, active lifestyle. To maintain this type of lifestyle, we have teamed up with MMSPT to offer this program. Did you know that research indicates that by the time an athlete’s high school playing career is complete, more than 60 percent of all teenage athletes will have experienced some type of concussive injury? These are the known cases. Thousands more go unreported. And, did you realize that female soccer players are second only to football players in the incidence of concussions? Moscow Mountain Sport & Physical Therapy in association with Moscow Parks and Recreation is offering FREE ImPACT testing for all area athletes, 7th grade and older. ImPACT is a research-based computer test developed to help clinicians evaluate an athlete's recovery following concussion. In the pre-season, each athlete is given a baseline test. When a concussion is suspected during the season, a follow up test is administered to see if their results have changed from the baseline. The comparison helps physicians diagnose and manage concussions including determining when it is safe to return an athlete to play. Athletes under the age of 19 in particular are at risk for Second Impact Syndrome (SIS). All sports and athletes welcome. Tests are just 45 minutes in length. We can do individual testing, or arrange for an entire team to be tested.

*Masks are required and distancing protocols will be in place for all activities.*
Youth Enrichment

**Babysitting Training**
Register: August 1 - September 30  
Ages: 11 years old and up  
Date: Friday, October 2  
Time: 9:00 am - 3:00 pm  
Location: Eggan Youth Center, 1515 East D Street  
Fee: Resident: $50.00; Non-Resident: $51.00 (non-taxed)  
Instructor: Judi Dunn Grey  
Min/max: 5/15

This course emphasizes basic first aid and accident prevention around children. Keeping kids healthy and active while they are in the babysitter’s care is as important as their own health. Participants will learn how to negotiate contracts, and conduct themselves ethically, reliably, and responsibly. Course includes personal safety and the use of cell phones plus communications with EMS. Course booklets and handouts are included. Child and infant choking and CPR awareness with discussed. It does include a pretest, final exam, course evaluation, and review of the entertainment box. Participants will receive a certificate upon successful completion of the course. A homework assignment will be sent with registration confirmation. Students will need to bring a box to class as part of the assignment.

**Manners 101**
Register: August 1 to November 1  
Ages: 5 - 7 years old  
Date: November 4  
Time: 1:00 pm - 4:00 pm  
Location: Eggan Youth Center, 1515 East D Street  
Fee: Resident: $30.00; Non-Resident: $31.00 (non-taxed)  
Instructor: Judi Dunn Grey  
Min/max: 5/15

Manners 101 is an introduction for children to learn the importance of greeting one another, body language, introductions and learning the importance of table manners. A light snack may be provided for the demonstration. Main Goal…. First impressions count! Proper social skills are just as important as a healthy active lifestyle when growing up!
Youth Enrichment

**Manners Matter**
Register: August 1 to October 30  
Ages: 8 - 12 years old  
Date: November 4  
Time: 9:00 am - 12:00 pm  
Location: Eggan Youth Center, 1515 East D Street  
Fee: Resident: $30.00; Non-Resident: $31.00 (non-taxed)  
Instructor: Judi Dunn Grey  
Min/max: 5/15  
In all parts of their lives, children with great manners have an advantage over those who do not. They make friends easier, get along better with their teachers and coaches, and ultimately make better employees and spouses. Teach them young and instill healthy habits, for lifelong use. Ms. Judi will guide them through ordering in a restaurant, body language respect and posture, plus the need for effective greetings and thank you notes. Students will be provided with a food item where they use a fork and knife and asked for items to be passed.

**Smart Choices = Safe Kids**
Register: August 1 to September 25  
Ages: 9 to 12 years old  
Date: Thursday, October 7  
Time: 3:00 pm to 6:00 pm  
Location: Eggan Youth Center, 1515 East D Street  
Fee: Resident: $30.00; Non-resident: $31.00 (non-taxed)  
Instructor: Judi Dunn Grey  
Min/max: 5/15  
This program is a fun and entertaining way for kids to learn valuable skills about personal safety, especially if they are routinely left home or a latchkey kid! Their health and safety matters! The class is focused on preventing common household, playground, and traffic injuries. Kids will also learn about choking and first aid/CPR/AED. Each child will learn how to stay safe at home in the bathroom, kitchen and around poison; online/computer/social media; safe play, equipment and sharing on the playground; traveling via walking, biking, cars and school bus. This is an ideal program for Girl Scouts, Cub Scouts or Boy Scouts to learn their beginning first aid skills.

Masks are required and distancing protocols will be in place for all activities.
Youth Karate

Shotokan Karate
Shotokan Karate is a traditional Japanese martial art which emphasizes personal development, not competition. Karate training strengthens body, mind and spirit, improves coordination, concentration, and self confidence, and helps you lead a healthy, active lifestyle. Our program incorporates regular exercise to promote muscular development and cardiovascular conditioning. No uniforms or special equipment required. Wear something you can move comfortably in. Beginning/Intermediate Levels are for older students and students who have completed the Introductory Session or have had previous experience.

Beginning/Intermediate Karate:
Register: August 1 - September 8
Ages: Beginning Shotokan Karate (9 and up);
Intermediate Shotokan Karate (12 and up)
Dates: September 15 - December 10 (No Class November 24, 26)
Time: 4:15 pm - 5:15 pm
Location: Great Room, 1912 Center and Heart of the Arts, Inc.
Fee: Resident: $48.00; Non-Resident $49.00 (non-taxed)
Min/max: 5/20

Introductory - CANCELLED for Fall 2020
Age group: 6 to 12 years old
Time: 3:30 pm – 4:00 pm
Location: Hamilton Indoor Recreation Center, Multi-Purpose Room

Masks are required and distancing protocols will be in place for all activities.
**Eggan Youth Center Activities**

**Eggan Youth Center Open House**
- **Registration:** None required
- **Ages:** Students entering 3rd grade and up and their families
- **Date:** Wednesday, September 2
- **Time:** 6:30 pm - 8:30 pm
- **Location:** Eggan Youth Center, 1515 East D Street
- **Fee:** Free
- **Supervisors:** Karen L Johnston and the Eggan Youth Center Staff

With games, crafts, and more every day, supervised by the Eggan Youth Center Leaders, the After-School program is the place to be for kids 3rd grade and up... and its FREE! Our open house gives you the opportunity to meet our team, see the facility, ask questions and learn more about the different activities we offer throughout the school year. The Eggan Youth Center strives to provide a safe environment with active fun for youth in 3rd grade to 17 years old every day, after school.

**Kids’ Night Out**
- **Register:** Until Wednesday prior to each event
- **Ages:** 5 to 11 years old
- **Dates:**
  - September 11: Awesome Apples
  - October 9: Halloween Activities
  - November 13: Fall Harvest
  - December 4: Holiday Fun!
- **Time:** 6 pm - 9 pm
- **Location:** Eggan Youth Center, 1515 East D Street
- **Fee:** Resident: $8.00 per person, per session (plus tax); Non-resident: $9.00 per person, per session (plus tax)
- **Supervisors:** Karen L Johnston and the Eggan Youth Center Staff
- **Min/Max:** 10/30

Once a month, the Eggan Youth Center will offer a themed night out for kids and their parents - kids will get to enjoy games, crafts, movies, snacks and fun around a seasonal theme while parents can enjoy a few hours doing whatever they want. It’s a win for everyone! All youth will be under the supervision of Eggan Youth Leaders.

PLEASE NO LATE PICK-UPS!

Masks are required and distancing protocols will be in place for all activities.
Cops and Robbers 5K and 10K

Register: August 1 – October 17
Ages: All
Date: October 17
Race Start Time: 11:00 am
Location: Ghormley Park
Fee: $25 (plus tax)
Supervisor: Karen L Johnston
Minimum: 30

Remember playing Cops and Robbers as a kid? Here’s your chance to have that same fun again! Only this time it’s for a great cause. Dressed in your best ‘cop or robber’ resumes, participants will join Moscow Police Officers in either a 5k or 10k run that will take you out along the Chipman Trail and back again ending at Ghormley Park. Then you can hang out with some of Moscow’s Finest and enjoy food, drinks and fun! Every participant will receive a T-shirt and all proceeds benefit the Moscow Chapter of the Fraternal Order of Police.

Masks are required and distancing protocols will be in place for all activities.

Please register by October 10th in order to receive a shirt at the event; late registrants will receive their shirt at a later date.
Adult Sports

**Adult Co-Ed Softball League**
Register: August 1 - August 10  
Ages: 16 & older  
Dates: Activities begin the week of August 17  
Time: Games start at 6:15 PM  
Location: Moscow and Pullman  
Fee: $475.00 per team (plus tax)  
Supervisor: Greg Morrison  
Min/max: 6/50  
Adult Softball is a healthy, active, and social activity that will make sure you get your workout in and competitive juices flowing. Interested players and managers should attend the organizational meeting where registration requirements and league rules will be discussed. Organizational Meeting is Wednesday, August 6 at the Hamilton Indoor Recreation Center. All information will be given out at that time.

**Moscow/Pullman Adult Basketball League**
Register: October 12 - November 8  
Ages: 18 years old and older  
Dates: Games begin the week of November 30  
Times: 5:00 pm-10:00 pm  
Location: Hamilton Indoor Recreation Center, The New City Hall in Pullman, and Sunnyside Elementary School in Pullman  
Fee: $525.00 per team (plus tax)  
Supervisor: Greg Morrison  
Min/max: 6/20 teams  
Hoop It Up! Studies have shown that for optimum health, most adults should participate in an active exercise on a regular basis – and playing basketball is a great way to meet that goal! Get a team together and sign up for our fast, fun, and exciting Adult Basketball League! Team packets will be available beginning Monday, October 10. Individuals interested in having their names made available to team captains should contact Moscow Parks and Recreation at (208) 883-7084. Games will be played at the Hamilton Indoor Recreation Center in Moscow or Sunnyside Elementary School Gym in Pullman.
American Heart Association Classes

AHA Heartsaver CPR/AED and First Aid
Register: Until Wednesday prior to the class
Ages: 12 and up (participants under 18 must be accompanied by an adult)
Dates: September 12; November 21
Time: 9:00 am - 6:00 pm
Location: 229 Pintail Lane (Moscow Fire Station 3)
Fee: Resident: $60.00; Non-resident: $62.00 (non-taxed)
Instructors: Moscow Volunteer Fire and Ambulance Staff
Min/max: 4/10
In this class you will learn to recognize and provide help during a life-threatening emergency. Participants will receive instruction in CPR, AED use and Basic First Aid for adults, children, and infants. Upon successful completion of the course, you will receive an American Heart Association (AHA) CPR/AED & First Aid Certification Card.

AHA Heartsaver CPR/AED Class
Register: Until Wednesday prior to the class
Ages: 12 and up (participants under 18 must be accompanied by an adult)
Dates: August 8; September 19; October 10; November 14
Time: 9:00 am - 1:00 pm
Location: 229 Pintail Lane (Moscow Fire Station 3)
Fee: Resident: $60.00; Non-resident: $62.00 (non-taxed)
Instructors: Moscow Volunteer Fire and Ambulance Staff
Min/max: 4/10
Early bystander CPR can triple the chances of survival for a person experiencing cardiac arrest. In this class, you will receive training in CPR and AED use for adults, children and infants. Upon successful completion of the course, you will receive an American Heart Association (AHA) CPR/AED Certification Card.

NEW: AHA Heartsaver Pediatric First Aid CPR/AED
Register: Until Wednesday, October 14
Ages: 12 and up (participants under 18 must be accompanied by an adult)
Date: October 24
Time: 9:00 am - 6:00 pm
Location: 229 Pintail Lane (Moscow Fire Station 3)
Fee: Resident: $80.00; Non-resident: $82.00 (non-taxed)
Instructors: Moscow Volunteer Fire and Ambulance Staff
Min/max: 4/10
This Heartsaver class is geared towards anyone involved in childcare who have a duty to respond in the first few minutes to a child’s illness and injury, until professional help arrives. This can include childcare employees, teachers, and camp / program counselors. You will learn to recognize and provide help during a life-threatening emergency. Participants will receive instruction in First Aid, CPR and AED use for children, infants and adults. Upon successful completion of the course, you will receive an American Heart Association (AHA) Pediatric First Aid with CPR/AED Certification card valid for 2 years.

Masks are required and distancing protocols will be in place for all activities.
**Zumba**

**Register:** August 1 - First day of class  
**Ages:** 18 years and up  
**Dates:** August 25 - December 10 (no class November 24 and 26)  
**Time:** 5:30 pm - 6:20 pm  
**Location:** East City Park Stage (weather permitting) or Hamilton Indoor Recreation Center, Multi-Purpose Room  
**Fee:** 10-Use Punch Card $45.00; Walk-In $6.25 (non-taxed)  
**Instructor:** Shane Jackson  
**Min/max:** 5/15

If you love to move to the beat and are looking for a great way to spice up your fitness routine, try our Zumba class! Zumba fuses international music with easy-to-follow moves that will have you dancing your way through an invigorating cardio routine that feels more like a party than a workout. You don’t even need to know how to dance - just follow our lead! Being healthy and active has never been more fun!

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**Tone and Stretch**

**Register:** August 1 - First day of session  
**Ages:** 18 years and up  
**Dates:** Session I: August 24 to October 9 (no class September 7); Session II: October 12 to November 13; Session III: November 16 to December 30 (no class November 25, 27, December 25)  
**Time:** 9:00 am - 10:00 am  
**Location:** East City Park Stage (weather permitting) or Hamilton Indoor Recreation Center, Multi-Purpose Room  
**Fee:** Full session (18 classes): $54.00; 10-Use punch card: $45.00; Per Class Walk-In Fee: $5.00 (non-taxed)  
**Instructor:** Cherle Poulson  
**Min/max:** 8/30

Did you know that socially involved people are 2 - 5 times less likely to suffer heart disease? Join instructor Cherle Poulson and a fun and friendly group of guys and gals in our morning Tone and Stretch class! Tone and Stretch is designed to target your core muscles, with elements of Yoga and Pilates included to increase flexibility and strength. Use of weights for upper body strengthening is optional. Tone and Stretch supplements your daily routine with stretching and flexibility, and will get your heart rate going for a healthier you. This class will make sure to keep you interested and continuing to live a healthy, active lifestyle - and will make a difference in the physical and mental you!

**Masks are required and distancing protocols will be in place for all activities.**
Adult Enrichment

Open Life Drawing Studio
Register: August 1 - September 2
Ages: 18 years old and older
Dates: Saturdays, September 5 - November 14
Time: 2:00 pm - 4:00 pm
Location: U of Idaho Drawing Studio: Arts and Architecture North, Room 309
Fee: Resident $10.75; Non-Resident: $12.75 (non-taxed)
Instructor: Tim Dalton
Min/Max: 5/20
Creating art is an excellent way to enhance and express your creativity while relieving stress, which leads to a healthier, active lifestyle. Bring the media of your choice (water-based only, please) and join a congenial group of local artists and students to practice drawing, painting, or even sculpting from a live, possibly nude model. Easels and drawing horses are provided in the studio. A model fee of $2.00 - $5.00 per week (amount dependent upon enrollment) will be collected by the instructor at the first class. A variety of models and poses will be arranged. Instruction and/or critique are available before each session for anyone wishing it. Students must be 18 and over to enroll. Class is held in room 309 in the Arts and Architecture North building on the University of Idaho campus.

Trees of Moscow Mountain - A Guided Mountain Bike Tour
Register: August 1 - September 20
Age group: 17 & older
Date: Saturday, September 26
Times: 11:00 AM
Location: The class will meet at Idler’s Rest
Cost: Resident: $10.00 Non-Resident: $12.00 (non-taxed)
Instructor: Clark J. Filip
Min/Max: 5/25
Join mountain biker and former Moscow Tree Commission Chair Clark J. Filip for a guided tour through the forests of Moscow Mountain! The ride will weave through working timber stands recently clear-cut to mature stands of marketable timber, leading to the 600+ year old Moscow Mountain Cedar Grove. Whether this is your first ride on Moscow Mountain or you have been riding for years, you are sure to enjoy this tour and we will learn about trees while doing it! This ride is intended for intermediate to advanced-skill mountain bikers with an appropriate level of fitness to cover approximately 10 trail miles and a 1300’ elevation gain. This is a no-drop ride, and is intended as a group ride, not a race. Frequent breaks will be scheduled to rest and discuss the surrounding forest environment. Bicycle riding is among the most revered healthy active program for your lifestyle. The clean, fresh air is a bonus for those on this educational program.
Adult Enrichment

10K & 1/2 Marathon Training Program
Register: August 1 - August 7
Ages: 18 and older
Dates: August 12 - October 28
Times: Wednesdays 6:00 pm; Saturdays 7:00 am
Location: Wednesdays: Eggan Youth Center, 1515 East D Street. Saturdays: To be determined; long training run locations will vary.
Cost: Resident: $150.00; Non Resident: $152.00 (non-taxed)
Instructor: Natalie Gilchrist
Min/max: 6/25
Always wanted to run that 10K or half-marathon, but didn’t know how to get started? NASM- Certified Instructor Natalie Gilchrist will help! In this group training program designed for beginning and intermediate runners, she will use corrective exercise to get you into proper running form. Your first distance run will be a success as you start your journey in this fun and healthy activity. The group will meet at the Eggan Youth Center to work on core and overall strength to help improve running form and prevent injury. Join the group each Saturday for the long training run. Run locations and routes will vary. Participants will get a training schedule; it is up to each individual to complete training runs outside of the scheduled training.

Heirloom Apple Class
Register: August 1 to September 7
Ages: 16 years old and up
Date: Saturday, September 12, 10:00 AM
Time: 10:00 am
Location: Hamilton Indoor Recreation Center
Fee: Resident: $30.00; Non-Resident: $32.00 (non-taxed)
Instructor: David Benscoter
Min/Max: 5/25
A retired FBI and IRS Criminal Division agent has dedicated his time to preserving Palouse history while working as an “apple detective.” David Benscoter said there are apple detectives all over the country who investigate and try to locate “lost apples” - varieties that were at one point commonly grown, but over the years have become extinct. To date, Benscoter said he has rediscovered three lost apple varieties in the Palouse region: the Nero and, more recently, the Arkansas Beauty and the Dickinson. He found all these strains near Steptoe Butte, 12 miles northeast of Colfax. Join David in discussing the who, what, where and how of being an apple detective. The benefits of discovering new apples is great for living a healthy active lifestyle. Enjoy the classroom trip of a lifetime! David is an expert and will give you insights on the heirloom apple.
Challenges & Competitions

Scooter & Skateboard Trick Competition
Register: August 1 - September 17
Ages: 8 - 16 years old
Date: Friday, September 11th (NEW DATE)
Times: 3:30 pm for scooters; 4:30 pm for skateboards
Location: Moscow Skate Park, adjacent to the Eggan Youth Center, 1515 East D Street
Fee: $10 (non-taxed)
Supervisors: Karen L Johnston and Quentin Taylor
Min/max: 5/45 per event
Show us your best scooter tricks! Join the Eggan Youth Center Leaders at the Moscow Skate Park for this fun, active competition. Competitors must register in advance and will compete in different age brackets. The top winner in each bracket will receive a prize. Razor-type scooter or any skateboard. A helmet is required to participate and additional safety gear is encouraged. Participants will get 2 tries at each trick, will be judged using a point system and will be judged by their peers who are also competing. Specific tricks will earn points: single tail whip = 4 points; double tail whip = 8 points; bar spin = 3 points; 180 spin = 2 points; 360 spin = 4 points; dropping in = 1 point.
Beginner level, still learning the tricks, gets 2 chances at each trick. Intermediate level, proficient at landing the tricks cleanly and riding them out, gets 2 chances at each trick AND must land and ride out the tricks. Advanced level, well versed in the tricks and mixing them together, will have 45 seconds to do a line ride and 2 chances performing the same line.

Mini Drone Obstacle Challenge
Register: August 1 - November 2
Ages: 14 years old and up
Date: Saturday, November 14
Time: 10:00 am
Location: Hamilton Indoor Recreation Center (HIRC)
Fee: Resident Team $10.00; Non-Resident Team $12.00 (non-taxed)
Supervisor: Greg Morrison
Min/max: 6/30
Drone Obstacle Course flying is one of the most popular new activities people have experienced. Find out where you stack up with people of the Palouse. This is a timed event that will keep you on the edge of your seat. There are no restrictions on type of drone, just as long as it is considered a “Hobbyist Drone”. Drone flying is good for your social outlet as other operators will be happy to find people who share hobbies. It is a great healthy, active lifestyle sport as your heart rate will increase as well as your brain power as you navigate the course. Do you have the right stuff? There will be a prize awarded for the fastest drone/person to finish the obstacle course. The course will be set up in the Hamilton Indoor Recreation Center, so no worries about weather issues. There will be a course map available on November 2.

Masks are required and distancing protocols will be in place for all activities.
**Pumpkin Fun for Everyone**

**Pumpkin Decorating Family Workshop**
- **Registration:** August 1 to October 22
- **Ages:** 3 and up. Caregiver participation is required for children 11 and under. Children 12 and over may participate independently.
- **Date:** Friday, October 23
- **Time:** 6:30 pm to 9:30 pm
- **Location:** Eggan Youth Center
- **Fee per team:** Resident - $10.00; Non-resident - $11.00 (non-taxed)
- **Supervisor:** Karen L Johnson
- **Min/Max:** 7/25

Join the Eggan Team for an evening of pumpkin carving or decorating. We’ll supply the pumpkins, carving kits and paint. You supply the ideas. Bring your family for an evening of seasonal decorating. Healthy family time can be artistic time! Get creative and spend the evening with us. You may also enter your masterpiece in the Pumpkin Carving Challenge at the HIRC; see below for more information.

**Pumpkin Carving Challenge**
- **Register:** October 1 - October 23
- **Ages:** 14 and up
- **Date:** Saturday, October 24
- **Time:** 9:30 AM
- **Location:** Hamilton Indoor Recreation Center, Multi-Purpose Room
- **Cost:** Free
- **Supervisor:** Greg Morrison
- **Min/max:** 6/30

Are you artistically inclined? Are you the best pumpkin carver of all time? This challenge will take anyone willing to carve a pumpkin and show off your skill! The categories include different age divisions, overall grand champion, spookiest pumpkin, funniest pumpkin, and most creative pumpkin. Being healthy and active isn’t always about running and jumping. A person who uses their creative skills also benefits by using their brains. Speaking of brains, be creative in presentation as well as carving! Please pre-register and plan on bringing your pumpkin on Friday, October 23 to the Hamilton Indoor Recreation Center (HIRC). Judging will take place Saturday morning at 9:30am and winners announced at 11:00am in the HIRC Multi-Purpose room.

Masks are required and distancing protocols will be in place for all activities.
Dog Obedience Classes

The great thing about being a dog owner is the pup needs to be walked every day, which promotes a healthy, active lifestyle for not only the dog, but you as well! All dogs must be accompanied by a handler of at least 12 years of age. An adult must accompany any handlers under 16 years of age. Please bring vaccination records, including parvo, Bordetella, and rabies, to the first class. Instructor Stacey Poler has been teaching at Moscow Parks and Recreation for 10 plus years and has been involved in dog training for more than 15 years.

Advanced Dog Obedience - Times: 6:15 PM - 7:00 PM
Advanced Dog Obedience is a class offered for dogs that have already been through a beginning class and have been approved by the evaluator. We will work on refining the behaviors taught in Kinderpuppy Dog Obedience and Beginning Dog Obedience. This class is geared towards training the dog for the Canine Good Citizen Test offered by the American Kennel Club. This is an award available to dogs of all shapes, ages, sizes, and breeds – even mixed breeds. The last class will consist of a 10-item test, which your dog must pass for certification.

Kinderpuppy - Times: 7:15 pm – 8:00 pm
Kinderpuppy Dog Obedience is a class designed to help puppies learn basic socialization skills, as well as train the owners how to work with their dogs. We will work on developing appropriate behavior, shaping the temperament and personality of your puppy, puppy socialization, and basic puppy care. We will teach basic commands including Come, Sit, Down, and Stay. During class we will also discuss typical puppy problems including barking, digging, jumping, and dominance issues. This is for dogs under six months of age.

Beginning Dog Obedience - Times: 8:15 pm – 9:00 pm
Beginning Dog Obedience class is designed for dogs of all ages that are just starting to work on obedience. We will work on developing appropriate behavior for your dog, so it can be a good companion both in your home and in the community. This class focuses on training dogs and handlers for basic companion dog commands. You will learn how to train your dog to walk on a leash, sit, lie down, stay, and come when called by using positive reinforcement. This class is an excellent opportunity to work with your dog in a controlled situation around many dogs. Dogs must be over six months of age. Rachel Aiello will teach this class with Stacey Poler.

Masks are required and distancing protocols will be in place for all activities.

Registration dates for all classes: August 1 - September 22
Ages: 18 years old and older
Dates for all classes: Tuesdays, September 29 - November 3
Times listed below
Location: Eggan Youth Center, 1515 East D Street.
Cost: Resident $64.25; Non-Resident $66.25 (non-taxed)
Instructors: Stacey Poler and Rachel Aiello
Min/max: 5/10

Moscow Parks and Recreation  ci.moscow.id.us  24
**Holiday Events**

### Letters to Santa
- **Ages:** Kids and kids at heart
- **Dates:** November 22 to December 22, 2020
- **Location:** HIRC & City Hall (1st Floor)
- **Fee:** Free
- **Supervisor:** Karen L Johnson

Holiday Greetings from the North Pole! Hey kids, Santa wants to know what you want for Christmas. His elves have set-up special, quick delivery mailboxes at the Hamilton Indoor Recreation Center and City Hall (1st Floor) to make sure all of your letters get to Santa in time for his deliveries Christmas morning. Whether you are a kid or a kid at heart, drop off your letter in one of Santa’s mailboxes. Enclose a self-addressed stamped envelope and Santa will send you a holiday reply.

### Moscow Winter Carnival and Light up the Night Holiday Parade
- **Register:** October 1 - December 4
- **Ages:** All
- **Date:** Friday, December 11th (Rain, Snow or Shine)
- **Times:** Activities begin at 5:00 pm. Parade check-in in front of CJ’s 4:00 pm. Parade Float Judging begins at 4:30 p.m. Parade STARTS at 6:00 p.m.
- **Location:** Moscow Main Street
- **Fee:** Free
- **Supervisor:** Karen L Johnston

Enjoy the holiday season at the Moscow Winter Carnival! The “Light up the Night” Holiday Parade will begin promptly at 6 pm immediately following the lighting of the Winter Wonderland Tree! All are invited to come out and watch this fantastic display of lights. Rumor has it - Santa will be seen in the grand finale. Parties interested in participating in the parade are encouraged to utilize a holiday theme and decorate their entries with lights. Entry forms are available at the Hamilton Indoor Recreation Center and online at www.ci.moscow.id.us, and must be submitted no later than 5:00 pm on December 4th (online submittals accepted.) Prizes will be awarded for the best entries in the categories of Best General Entry, Best Youth Entry, Best Use of Lights, Best City of Moscow Entry, Military and Best Business Entry.
### Holiday Events

**Gingerbread House Competition**  
Register: August 1 - December 17  
Ages: All  
Date: Friday, December 18  
Time: Drop off houses for judging after 3:00 pm (up to 4:00 pm); judging and public viewing 3:30 pm - 4:30 pm  
Location: Hamilton Indoor Recreation Center  
Cost: Free  
Supervisor: Karen L Johnston  
Min/max: 5/500  
Calling all Moscow citizens and businesses to build your best gingerbread house! Participants must provide own materials and gingerbread houses must not exceed 24 inches height, 14 inches width and 18 inches length to qualify. Submit your gingerbread house at the HIRC for voting. Voting will take place at the HIRC and all entries will be voted on December 18th by predetermined judges. Each gingerbread house will be judged on originality, appearance, creativity and use of materials.

**Breakfast with Santa**  
Register: August 1 until full  
Ages: All  
Date: Saturday, December 19  
Times: First seating: 8:00 am; Second seating: 9:30 am  
Location: 1912 Center Great Room  
Fee: Residents: $7.50 per person or $26.00 for a family of up to 5 people (plus tax); Non-Residents: $8.50 per person or $27.00 for a family of up to 5 people (plus tax)  
Hosted by Santa and Mrs. Claus  
Min/max: 20/112 per seating  
Join Santa and Mrs. Claus for a morning of fun at the 1912 Center! During breakfast, Santa and Mrs. Claus will be visiting with everyone and spreading their Christmas cheer. Santa will read a book for all the children to hear. All participants will spend some time in the art room where they can color pictures for Santa, Mrs. Claus and the elves or write a letter to Santa. Each child will have the opportunity to sit on Santa’s lap, take a family photo and get a keepsake present from Santa. Heart of the Arts, Inc. is a proud co-sponsor.
Seasonal Family Fun

Gifts in a Jar Family Workshops
Register: Until Thursday prior to the event.
Ages: 3 years old and up; caregiver participation is required for children 11 and under; children 12 and over may participate independently.
Dates/Themes:
    September 26: Desserts;
    October 24: Morning Favorites;
    November 14: Soups;
    December 12: Holiday Drinks
Time: 9:00 am to project finish
Location: Eggan Youth Center, 1515 East D Street
Fee: Resident: $15.00; Non-resident: $16.00 (non-taxed)
Supervisors: Karen L Johnson and Eggan Youth Center Staff
Min/max: 5/25
Join the Eggan Team for these family fun workshops. Each event will feature kid-centric activities that can be used to give as gifts or save for a later time. Family time has been proven to keep kids safe, limit their delinquencies, and build stronger parent / child relationships! These fun workshops feature a different theme and a few gift in a jar projects to take home. Pick one or all of the workshops.

Masks are required and distancing protocols will be in place for all activities.
Winter Break Kids Kamp
Kids stay busy and active while school is closed

Register: August 1 - December 18
Ages: 6 - 11 years old
Dates and Times:

**Full days:**
- December 21, 22, 23, 28, 29, 30
- 7:30 am - 5:30 pm

**Half days:**
- December 24 and 31
- 7:30 am - 12:00 pm

Location:
Eggan Youth Center, 1515 East D Street

Fee:

**Full days:**
- December 21, 22, 23, 28, 29, 30: Resident: $22.00; Non-resident $23.00 (plus tax)

**Half days:**
- December 24 and 31
- Resident: $11.00; Non-resident: $12.00 (plus tax)

Supervisors: Karen L Johnston and Eggan Youth Center Staff
Min/max: 6/24

Looking for an active, fun and exciting way for your kids to spend their winter break? Then Winter Kids Kamp is the place for them! Every day will be filled with fun and exciting ways to keep them active along with crafts, cooking, quiet reading and STEAM activities. Kampers need to bring the following every day: reading activity, lunch, snack, reusable water bottle and weather appropriate clothing.

Masks are required and distancing protocols will be in place for all activities.
Moscow Senior Center

The 1912 Center is closed due to COVID-19 and all associated Senior Center activities have been cancelled until further notice.

The Friendly Neighbors senior meal site has been replaced with a grab-and-go lunch box. These are available for pick-up at noon on Tuesdays and Thursdays at the north side (outdoors) of the 1912 Center. To have a lunch box reserved for you, call at least one day ahead so the cooks can prepare the needed number of meals. Please call Bill Terrio, Friendly Neighbors President, at (208) 310-3779. The senior meal program is available to those 60 and older. Donations for the meals will be accepted at a later date. The home meal delivery program will continue without change. For information on home meal delivery and qualifications, please call Carolyn Patterson of the Community Action Partnership in Lewiston at (800) 326-4843 or (208) 746-3351.

The Senior Center looks forward to welcoming you back with a fresh pot of coffee and lots of fun activities once it is safe to do so. For more information about resuming activities, please visit our website:

http://users.moscow.com/srcenter/
Celebrate fall by visiting one of Moscow’s many beautiful parks, including three of our newest - each with a different playground for the kids: Itani Park, Morgan’s Orchard Park and Lola Clyde Park! Want to learn more about all of Moscow’s great parks? Check out our Guide to Moscow’s Parks on the next pages and find your next autumn adventure.
Whether you are looking for a place to romp with the kids, shoot some hoops, enjoy a picnic or take a leisurely stroll, the City of Moscow has a park for you! Each one is a unique, beautiful space with different features to discover - use our guide to explore a new park today!

Almon Asbury Lieuallen Park (500 Residence Street - 1.57 Acres): Almon Asbury Lieuallen Park is a small and peaceful park with one of the best views of Moscow Mountain. To get there, turn north on Cherry Street (off of A St.), drive up to the top of the hill and turn right onto Residence Street; the park will be on your left.

Alturas Technology Park (1241 Alturas Drive - 0.9 Acre): A quiet sanctuary perfect for the business person to take a quiet break, this park is found at the entrance of the Alturas Technology Park. The presence of the slow streaming water fountain adds an element of peace and tranquility here at Alturas Park.

Anderson/Frontier Park (890 West Palouse River Drive - 7.99 Acres): Located within one block of the University of Idaho Arboretum and featuring a covered picnic area and playground, this beautiful park is a great place for families or groups to go outside and play a game of Frisbee or basketball, or take a leisurely walk around the pond and surrounding area.

Berman Creekside Park (382 Styner Avenue - 4.17 Acres): Looking for a quiet spot to picnic, take a walk along Paradise Creek or enjoy some beautiful botanicals? This small park has a lot to offer in every season, including a number of sculptures and four themed gardens.

Dog Park (2019 White Avenue - 1 Acre): This fenced, off-leash dog park is located next to the Humane Society of the Palouse on White Avenue. Originally a “landfill” area, the City decided to clean out the site and develop it into a great place to bring your dog for some off-leash fun!

East City Park (900 East 3rd Street - 7.04 Acres): Relax in the shade of the beautiful trees, or enjoy the many activities available in the park including volleyball, basketball, horseshoes, and playing with the kids in the playground area.

8th Street Reservoir Park (South of East 8th Street past Lynn Street - 0.75 Acre): Reservoir Park can be accessed from 8th Street just east of Lynn Street. The pathway and grassy areas around the reservoir provide a wonderful location to relax and enjoy a peaceful day.

Friendship Square (4th and Main Streets - 0.4 Acre): While shopping in the downtown area, take a break and rest in this quaint little town square. Toss a coin in the fountain and make a wish, or let the children join their friends in the play area. Every Saturday morning during the summer months Friendship Square hosts the annual Moscow Farmers Market, which features local vendors and live entertainment.

Ghormley Park (504 Home Street - 10.54 Acres): This is one of our most active parks with activities for all ages including a playground, softball fields, picnic area, horseshoes pits and more.

Heron’s Hideout (1124 South Mt. View Road - 2.79 Acres): This park is located on the east side of Mountain View Road across from the Fire Station. Relax on the observation platform and view the beautiful birds and other animals that hang out by Paradise Creek.

Indian Hills Park (Corner of South Blaine St. and Indian Hills Drive - 1.2 Acres): Featuring two play structures as well as swings, grassy areas to relax in, and a bench where you can sit and enjoy the view, this brand-new park is designed for children of all ages - come and play at this fun new park!
Itani Park (2006 Itani Drive - .84 Acres): One of Moscow’s newest parks, Itani Park features an accessible path leading to a playground structure for kids 2-12 years with both adaptive and standard swings as well as safety surfacing.

Jim Lyle Rotary Park (1100 East F Street - 2.14 Acres): Surrounded by trees, this park provides a large open space for play as well as a playground and picnic area.

Kiwanis Park/Hordemann Pond (2027 East E Street - 2.7 Acres): This park features a small pond encircled by a trail, enabling visitors to view the fish, turtles, and other wildlife that make their home here. To access this park, take D Street east to Hardi Street, turn left onto Harding Street and then right onto East E Street. The park is located at the end of E Street.

Lena Whitmore Park (125 South Cleveland Street - 3 Acres): Just behind Lena Whitmore Elementary School is Lena Whitmore Park. There is a nice, grassy area that is perfect for playing, picnicking, or just lying out in the sun on a nice day. This park is used by the school during school hours and is open to the public after school, on weekends and all day during the summer months.

Lola Clyde Park (intersection of North Polk Street and Rodeo Drive - 5.1 Acres): Named for Lola Gamble Clyde, this park has an accessible playground for 2-12 year olds that features ramps, swings, slides, and a spinner, along with an accessible pathway and safety surfacing.

Lillian Woodworth Otness Park (North Asbury and West A Streets): One of Moscow’s newest parks, located in one of Moscow’s oldest neighborhoods, Lillian Woodworth Otness Park features a playground for children ages 2-5 as well as benches and a path that runs alongside Hogg Creek.

Morgan’s Orchard Park (1501 Lanny Lane): This new pocket park is located in the northeast corner of Moscow and features a brand-new playground with safety-tile surfacing. To find it, turn north off of North Mt. View Road onto Slonaker Drive, then west onto Lanny Lane...come check it out!

Mt. View Park (1450 North Mountain View Road - 16 Acres): Located about 1 mile north of Moscow Middle School on North Mt. View Road, this park features playgrounds and picnic tables as well as a shaded group picnic area, all looking out towards the beautiful Moscow Mountain scenery. Paradise Creek and Paradise Path run through this park, which includes large, open, grass fields for games as well as ball fields for sports.

Skate Park (1515 East D Street - 7000 sf): The Moscow Skate Park sits on the east side of the Eggan Youth Center. The park is made of concrete with several ramps and steel rails and provides challenges for bicyclers, skaters, bladers, and skateboarders.

Triangle Park (1200 Kamiaken Street - 1.75 Acres): If you are looking for a place to bring the family, play Frisbee, or just relax in the sun, this bright triangle of green grass featuring a small playground area is the place for you.

Virgil Phillips Farm Park (5 miles north of Moscow on Hwy 95 - 160 acres): With hiking paths, ponds and wetlands, open fields and forests, this park is home to many native Palouse species such as moose, elk, deer, black bear, and many birds and amphibians.

Vista Park and Reservoir (End of Hathaway Street - 4.56 Acres): With a great view of Moscow and enough green space to play a small soccer game or throw a Frisbee, this little park is nestled in a small housing development just off of Joseph Street. The open space is located at the corner of Kathy and Vista Roads.

Wren Welcome Garden (Intersection of South Jackson Street/Highway 8 and Washington Street - 0.2 Acre): The Wren property is maintained as a green space where its beauty serves as a warm welcome to travelers coming into Moscow.
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<th>Name</th>
<th>Address</th>
<th>BBQ</th>
<th>Basketball Courts</th>
<th>Bicycle Racks</th>
<th>Bus Route Access</th>
<th>Drinking Water</th>
<th>Fishing</th>
<th>Football Fields</th>
<th>Horseshoe Pits</th>
<th>Off-Leash Dog Areas</th>
<th>Open Play Areas</th>
<th>Phone</th>
<th>Pickleball Courts</th>
<th>Picnic Shelter</th>
<th>Picnic Tables</th>
<th>Playground</th>
<th>Portable Toilets</th>
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<th>Skate Park</th>
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