



JUNE ACTIVITIES

POST FALLS PARKS & RECREATION DEPT.
Mailing Address: 408 SPOKANE STREET, POST FALLS
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KAMP KA-MEE-LIN SUMMER DAY KAMP June 14-August 27

Ages: 5-13 yrs. olds Registration is now open!
Note: 5-yr. olds must be completing pre-school or kindergarten.
Join your friends and have fun in the sun. Activities include; arts & crafts, games, exploring trails & nature, swimming, beach play and many other special activities designed around weekly themes.
EXPLORERS: Ages 5-7
ADVENTURERS: Ages 8-11½
NAVIGATORS: Ages 11½-13
Hours: 6:45am-6:00pm Location: Kiwanis Park, Post Falls

LIL' CHAMP CAMP Boys & Girls Ages: 4-7
This week long sports camp will provide a fun spin on learning basic skills for soccer, basketball & baseball.
Dates: June 21-June 25
Half-Day 9:00am-1:00pm \$ 99.00
Full-Day 9:00am-5:00pm \$149.00

TROJAN YOUTH VOLLEYBALL CAMP Boys & Girls Grades: 3rd-8th
Join the Post Falls High School Trojan Volleyball team for a week of volleyball skills, drills & "FUN"damentals! All skill levels welcome!
Fee: \$82.00
Camp Dates: June 28-July 2 9:00am-12:00pm

TROJAN YOUTH BASKETBALL CAMP Boys & Girls Ages: 7-14 yrs. old
Come join the players & coaches of the 2009/10 State 5A Regional Champions, the Post Falls Trojans for a week-long camp! This camp will focus on fundamentals and skill development. Come learn from the STATE'S BEST! Lunch is provided.
Camp Dates: July 5-July 9
Full Day 8:00am-5:00pm \$132.00
Camp only 9:00am-12:00pm \$ 82.00

GOLF CAMP
Learn the fundamentals & etiquette of golf in this fun, high-quality golf camp for kids ages 6-15, offered by the Prairie Falls Golf Professionals. Two divisions will be offered.
Camp Dates: July 19-July 22 Fee: \$90.00

TRIATHLON CAMP
A camp for young athletes, ages 6-12 years old, who like to swim, bike & run! Fee: \$105.00
Time: 9am-3pm
Camp Dates: August 2-August 6



TENNIS LESSONS
Inst: Laura Bradley Ages: 7 yrs.-Adult
Morning & afternoon sessions available (beginning in June) for beginners, intermediate & advanced players. Lessons run twice a week for 3-weeks.
Individual Fees: \$25.00
Inter/Adv. (with 1/2 hr. game play): \$37.00

INTRODUCTION TO BOWLING
Ages: 6-14yrs. old
Participants will learn the fundamentals of bowling, how to keep score, sportsmanship & rules. We will wrap up the session with a great end of the season party & awards!
Location: Post Falls River City Lanes, 965 Seltice Way, P.F.
Time: 4:30-5:45pm \$45.00 8 wks. THUR
Session 1: May 13-July 1

BASEBALL FOR KIDS
Boys & Girls – Ages 5-13
There are still openings left for youth baseball / Tee-ball. (Child must be 5 yrs. old by July 6).
Fees: \$23/Res. \$27/Non-Res.
Approx. Game Dates: July 6–Aug. 16 M/W or TU/TH

YOUTH & ADULT GOLF LESSONS
Instructor(s): Prairie Falls Golf Pros
In these classes you will learn it all; etiquette, putting, chipping and what club to use.

Youth Golf Lessons: 5-15 yrs. old
June 15-July 13 TUE 5wks/\$80
July 27-Aug. 24 TUE 5 wks/\$80
Evening Classes offered.



Adult Golf Lessons: 16 & older
May 26-June 23 WED 5wks/\$80
July 28-Aug. 25 WED 5wks/\$80
Morning & Evening Classes offered.

PRESCHOOL DAY CAMP Ages: 4-5 yrs. old
Do your little ones always want to do what the big kids are doing? Well, here is their chance to experience the adventures of camp. We will fill the day with crafts, games, hikes & exciting new adventures. There are unlimited good times in store for this fun camp!
Dates: June 21-June 25
Fee: \$95.00 Camp Hours: 9:00am-3:00pm

SUMMER DANCE FOR KIDS
Inst: Andrea Goad Ages: 3 & up
This 4-week session of tap & ballet dance classes will be a whole lot of fun but without the expense of recital costumes. (Twice a week)
Fee: \$39.00 Location: Trailhead Shelter, Q'emiln Park

MARTIAL ARTS FOR KIDS (BUSHENKAI AIKIDO) Ages: 4-12 yrs.
Students will learn respect & discipline thru mutual cooperation & teamwork. Monday, Wednesday or Thursday classes available beginning in June. We are also offering a mini-summer session in beginning in August. Call our office for more information.

RIVER CITY JAM SKATEBOARD COMPETITION
Sunday, July 18 Ages: 5 & up
Register now for this 4th annual amateur skateboarding competition. Participants are required to wear helmets. Awards will be given to 1st, 2nd & 3rd place finishers in each division.



POST FALLS DAYS
JUNE 4th, 5th & 6th
Kick off the summer right, and join this annual community family event for its biggest year ever! Great things are happening!
Sat. June 5 McDonald's Big Wheel Race
Ages: 3 - 6 yrs.
Sun. June 6 Fishing Derby 10am-1pm Falls Park
Ages: 5 - 14. There will be fun, prizes, & friendly competition!
Fri. June 4 - Sun. June 6 Food/Craft Booths/Carnival
There will be Food & Craft booths, a parade on Saturday, music and a great Carnival at Q'emiln Park! Get your discount carnival tickets at the Park & Rec. Office. Shuttle bus service is also provided. For more information to go our website at: www.postfallsidaho.org.