

# ADULT



## ADULT ART AND CRAFT

### WATERCOLOR FOR ALL LEVELS with John Adams

This class is for anyone interested in painting watercolors, learning to focus on design principles and transparent color. Students are encouraged to bring sketches, photos or ideas they wish to paint from. Instructor John Adams is a signature member of both the National and Northwest Watercolor Societies. Materials are not included in the class fee. Tuesday classes in SHC. Thursday classes in Seabold.

411215-01	T	6:30-8:30p	7/11-8/1	\$150
02	Th	10:00a-12:00p	7/13-8/3	\$150
03	T	6:30-8:30p	8/8-8/29	\$150
04	Th	10:00a-12:00p	8/10-8/31	\$150



### LET'S KEEP PAINTING with Sylvia Carlton

We will continue to explore all aspects and techniques in painting with oils, water-based oils or acrylics. Each class I will present a new lesson that will relate to all students. We will continue working with color, values, brushwork and creative composition. Each student will receive individual attention to help improve their painting skills. Included are demonstrations and individual instruction. New and continuing students are encouraged to attend. SHP

411217-01	T	9:30a-12:00p	5/23-6/20	\$145
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### PLEIN AIR PAINTING TECHNIQUES FOR BEGINNERS AND INTERMEDIATES

Students will work from photos and learn how to capture the critical elements of the scene before them when painting outdoors. Outdoor painting dictates that the final work be completed within 1 ½ hours, or when the light and shadows change. Class limited to 10 participants for private class experience in a group. Buy supplies online or locally before class by contacting instructor Diane Reincke for ordering information at dreincke@comcast.net. www.dianereincke.com. Approximate supply cost \$75. SHC Large Room

462431-01	M,Th	10:30a-12:00p	5/25-6/12*	\$50
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\*No class 5/29

## GLASS with Julie Hews-Everett

Come explore your inner glass artist. Julie Hews-Everett has been involved with art glass for over 40 years. You will receive her individual instruction with any project you choose. All classes are held at her studio, Island Spectrum Design in Fletcher Bay. Please call for directions or questions. 206-780-0837



### SUMMER STAINED GLASS

Sunny summer days bring out the colors! Learn techniques to create beautiful leaded stained glass works of art. All levels of experience welcome (especially beginners!) in these small, individualized classes. Class fee does not include tools or materials. Supplies are available for purchase from the instructor at the first class.

420484-01	T	10:00a-1:00p	6/20-8/1*	\$130
02	W	6:00-9:00p	6/21-8/2*	\$130

\*No class July 4 or 5

### FUSED GLASS FOR TEENS ★

#### Mirror, Mirror On The Wall

Ages 13-18. Create a one-of-a-kind mirror of your own! No previous experience necessary. In this introductory workshop, you will be assembling a personal-sized mirror and fusing your choice of colored glass to it in the kiln. Fee includes all tools and enough materials for one fuse-framed wall mirror.

420481-01	W	12:00-2:00p	7/19	\$75
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## POTTERY

### ADULT POTTERY

Designed for both beginning and advanced students, classes include instruction in hand-building and wheel-throwing using a wide variety of stoneware clays, various glazing and firing techniques, and use of electric, gas and raku kilns. Individual projects are encouraged. Class fees include one 25# bag of clay, glazing and firing. Workshop fees are for supervised use of studio only and do not include clay. Workshop participants must also be enrolled in a current class. Extra bags of clay may be purchased for \$25.

### MONDAY MORNING with Elena Wendelyn

This class is for anyone who wants to throw on the wheel or hand build with clay. Students can choose from a variety of clay, glaze and firing temperatures. Whether you are a beginner or an old hand, come join the fun! 6wks ED

422050-01	M	9:30-11:30a	6/26-8/7	\$145
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### MONDAY AFTERNOON POTTERY WORKSHOP

422051-01	M	12:00-3:00p	6/26-8/7	\$108
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**TEENS AGES 14-19 ARE WELCOME TO REGISTER FOR ADULT POTTERY DAYTIME CLASSES DURING SUMMER.**

## TALL POT CLASS! with Jay Stemmler **NEW!**

Expand your knowledge and skill with the art of pottery! Jay will introduce you to the joy and terror of really tall coil pots that can be smoothed and finished on the wheel. Our skill workshops are designed to appeal to adults who already work with clay. No need to be an Eagledale student - anyone is welcome. Emphasis is on experimentation and exploration. One 25# bag of clay is included; additional may be purchased. ED



422002-01 W 10:00a-1:00p 7/12 -8/2 \$85



## GLAZE CHEMISTRY CLASS! with Jay Stemmler **NEW!**

Expand your knowledge and skill with glazes! This is a hands on workshop where we will be mixing glazes and running test tiles. Don't let the word "chemistry" hold you up! Jay will walk you through the magic of combining elemental powders and water to create stunning - and surprising - finishes. Our skill workshops are designed to appeal to adults who already work with clay. No need to be an Eagledale student - anyone is welcome. Mask included in fee. ED

422002-02 W 1:30-4:30p 7/12 -8/2 \$85



**PROGRAMS FOR TEENS AGES 13-17**

## EVENING POTTERY with Stacy Landers

These evening classes are designed to appeal to both beginning and advanced levels of ability. Focus will include both wheel-thrown and hand-building techniques, exploring texture and glazes. A variety of stoneware clay bodies for gas, electric and raku kilns. Emphasis on individual successes and fun. 8 wks. ED

### FOCUS FOR BEGINNING STUDENTS

422052-01 M 6:30-9:30p 6/19-8/14\* \$224  
\*No class 7/3

### FOCUS FOR CONTINUING STUDENTS

422052-02 W 6:30-9:30p 6/21-8/16 \$224

### SUMMER EVENING POTTERY WORKSHOP

Must be enrolled in a current class. 8wks  
422053-01 Th 6:30-9:30p 6/22-8/17 \$116

## SCOUT BADGE VISITS **NEW!**

If you've got a Scout or youth group looking for a fun and interesting experience, we have staff who will facilitate a workshop! A fee of \$200 covers 12 youth for two 2 1/2 hour workshops and all supplies. We've done our homework on what Scout groups of all ages need for their recognitions and we would love to help your group earn their next badge or patch! Call the park office at 206-842-2306 #125 for available dates, times, and more info.

## SATURDAY MORNING POTTERY with Stacy Landers

By popular request, Stacy is offering this Saturday morning class for all levels to enjoy! Class will include both wheel-thrown and hand-building techniques, exploring texture and glazes and a variety of stoneware clay bodies for gas, electric and raku kilns. Emphasis on individual successes and fun!



8 wks. ED  
422054-01 Sa 10:00a-12:00p 6/17-8/12\* \$162  
\*No class 7/1

## SATURDAY POTTERY WORKSHOP

422055-01 Sa 12:30-3:30p 6/17-8/12\* \$116  
\*No class 7/1

## FLEXIBLE WORKSHOP OPTION **NEW!**

We know you're busy and we know you appreciate some space in your schedule, so Eagledale Art Center now offers a flexible workshop option! Eight weeks of workshops for whenever you are available or able. Travel, go camping, have guests, make an appointment without worrying about missing time in the studio to finish your stuff. Check in with staff when you arrive. 8 wks. ED

422047-01 M-Sa 10:00a-12:00p 6/17-8/19\* \$132  
\*No workshops July 1, 3 or 4

# ADULT



## DANCE

### EDUCATED FEET DANCE CLASSES

Taught by certified instructor, Sheila Phillips.

Open to teens and adults, no partner necessary!

PLEASE wear shoes that leave no black marks!

Contact [sheila@educatedfeet.net](mailto:sheila@educatedfeet.net) or 206-842-3012

Info: <http://www.educatedfeet.net>

### EAST COAST SWING

The logical place to begin to learn partner dancing. Swing is a favorite jazzy dance from the '20s, popular during WWII, jumping in the '50s and still swinging today! It's easy to learn, intuitive, and not terribly structured. Learn to dance to different tempos by changing rhythm patterns. Lindy patterns included. Beginner/Intermediate level. ICH

411220-01 T 6:30-7:30p



7/11-8/8 \$55



### NIGHT CLUB TWO STEP

One of the most practical and versatile social dances to learn, this simple romantic dance fills a gap where no other dance fits. It's a twist on the slow dance done to mid-tempo ballads and contemporary music. Relaxed and a very smooth style with a mixture of quicks and slows. Suitable for beginners. Beginner/Intermediate level. ICH

411221-01 T 7:30-8:30p

7/11-8/8 \$55



**DO YOU NEED TO BUILD OVERALL STRENGTH AND IMPROVE YOUR FLEXIBILITY? TRY PILATES.**

See page 58 for class information.

## SATURDAY DANCES

Island Center Hall, 8395 Fletcher Bay Rd

Singles & couples; Adults & teens.

Dressy casual. Be kind to wood floor;

Wear shoes with clean soles, no black marks.

Doors open 7:00p; pay at the door all events

Info [www.educatedfeet.net](http://www.educatedfeet.net)

Contact: 206-842-3012

### JUNE 10

JUST DANCE! - DJ MIX

WEST COAST, NIGHT CLUB TWO STEP, SWING, WALTZ, BLUES, LATIN

\$10 includes 7:15-8:00 pm workshop

8:00-10:00 pm dance, DJ music!

### JULY 8

SOCK HOP & ICE CREAM SOCIAL - DJ MIX  
OLDIES & GOLDIES!

\$10 includes 7:15-8:00 pm workshop

8:00-10:00 pm dance, DJ music!

### AUG 12

JUST DANCE! - DJ MIX

WEST COAST, NIGHT CLUB TWO STEP, SWING, WALTZ, BLUES, LATIN

\$10 includes 7:15-8:00 pm workshop

8:00-10:00 pm dance, DJ music!

## CANINE CLASSES

Dianne Canafax from KITSAP ANIMAL RESCUE EDUCATION (KARE) is a certified professional dog trainer and has been a highly successful dog trainer for over 25 years. Classes focus on how dogs learn and the "why" behind their behaviors. Dianne uses positive, scientifically proven non-forceful training methods which emphasize the relationship between dog and human.

### LEARN TO SPEAK DOGLISH

Ages 18-99. Speaking Doglish: Dogs do not speak English, they speak Doglish. Do you? This fun and informative session will teach even the most seasoned dog parent things they didn't know or understand about canine communication and behavior. Topics covered include behavioral differences between dogs and humans, how dogs learn, causes and signs of stress in dogs, and how dogs communicate to us. Please leave your dog home for this event. SHC



426112-01 Th 6:30-8:00p 6/8 \$45



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## PUPPY MANNERS

Ages 18-99. The focus of this class is to help your dog learn how to be calm and relaxed in the everyday world. This includes being around strangers, unknown dogs, novel places, sights, sounds and smells. We also begin teaching you how to work with basic manners such as sit, down, stay, come when called. Seabold Hall 426113-01 Th 5:15p-6:00p 6/22-7/27 \$145

## ADULT DOG MANNERS

Ages 18-99. In addition to teaching your dog how to be a pleasant house mate, we focus on teaching you how to understand and resolve basic behavior problems like jumping on people, barking and loose-leash walking. Seabold Hall 426115-01 Th 6:15-7:00p 6/22-7/27 \$145



## SPECIAL INTEREST

### HEARTWORK END-OF-LIFE PLANNING WORKSHOP

"A Gift for Yourself and Your Loved Ones" is a 4-week Healthcare Advanced Directives planning series with a trained facilitator who supports participants to complete the "5 Wishes" booklet, or other Healthcare Advanced Directive of their choice. This is an opportunity to learn about current resources and choices, reflect on the meaning of the dying process, share stories and put down on paper one's own end-of-life hopes and wishes. Caroline Stevens, RN, MSW is a Certified Heartwork Facilitator who recently retired from Hospice nursing. \$25 materials fee payable to Caroline on the first day of class. Contact Caroline at 206-855-8482 with questions or to discuss a scholarship. SHC 162416-01 Th 2:00-3:30p 4/13-5/4 \$100

### MINDFUL AGING

Mindfulness challenges us to pay attention on purpose. Let's develop a compelling vision of aging, one that does NOT assume decline after fifty but recognizes this as a time of potential change, growth and new learning. Are you ready to consider new strategies for creating more peace, health, contribution and meaning in your life? If so, this is the class for you! Sue Barrington, facilitator.

161332-01 T at SHC 9:15-10:30a 3/22-5/10 \$45  
 461332-01 W at SB 9:15-10:30a 7/19-8/30 \$45

### DON'T LEAVE YOUR HEIRS WITH A MESS... ORGANIZE YOUR ESTATE **NEW!**

Facing the finalities of life is uncomfortable, stressful and frightening. This class will help you organize information about your life so you can figure out what sort of an estate plan fits your needs. Participants will learn about the estate planning process, various documents used and the administration of an estate. Family dynamics and issues (health, financial and otherwise) can complicate everything. The instructor, Karen Hallis, is an organizer, attorney and a certified professional coach. She combined her professional and personal experiences to create this class after handling some unusual and complicated estate matters. Participants will not receive legal advice. SHC 162412-01 Sa 9:00a-12:00p 5/6 \$50 individual or \$90 couple

### VOICE COMPUTING FOR SENIORS AND THOSE WITH DISABILITIES

At \$49 and the size of a hockey puck, the Amazon EchoDot has heralded the advent of affordable "Virtual Assistants" for non-technical users. Since its big sister, the Echo, was unveiled at the 2014 Super Bowl, it has received over 42,000 positive reviews on the Amazon website. If you have a wireless internet connection, no further expense is required to have access to thousands of entertainment, learning, news, and radio options. This presentation will be both a lecture and demonstration, with plenty of time for questions. A comparison of 3 other "Virtual Assistants" will also be discussed. Kim Clark, instructor. SHC 166027-02 W 1:15-2:45p 5/17 \$10

### COMMUNIT-TEA!

This is a fun and powerful new idea in community-building for women! Participants will be led through a shared dialogue about life on Bainbridge Island and how we can all become more engaged, connected and commit to meaningful change, both personally and communally. Let's celebrate what's great, learn what's new, and strategize how to move forward toward an ever more reciprocal community. And of course, tea and snacks are provided, bring your favorite teacup if you have one! Limited to 20 participants. Various locations 460002-01 F 9:30a-12:00p 6/9, 7/14, 8/11 \$20

### SEASONAL AFFECTIVE DISORDER - S.A.D.

It's not just the "winter blues." S.A.D. is a type of depression that is related to changes in the seasons. Learn about the causes and treatments available. Dr. Cutting, psychologist, instructor. Minimum 6, maximum 12. AQ 461336-01 M 1:30-2:30p 7/17 \$10

### TRAIL TREASURE HUNTS

A fun challenge for all ages. Join us for a treasure hunt featuring various trails throughout the island. Each is organized, updated and completed online so bring a smart phone. Prizes! Meets at a different trail each week.



461354-01 Th 11:00am-1:00p 7/6-8/24 \$28

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## INTERESTED IN ADULT BOATING CLASSES?

We offer a number of adult sailing classes, women's sailing clinics, Adventure Sails, kayaking trips, rowing courses, along with many other incredible boating programs.

See pages 60-67 for more information.

## ADULT CREATIVITY CAMPS!

### ADULT ART SAMPLER CAMP

Whether you consider yourself an artist or don't believe you have an artistic bone in your body, this one-week immersion will give you the opportunity to engage your 'inner artist' and work in a variety of VISUAL media. From drawing, painting and photography, to journaling, artist trading cards and book arts...enjoy immersing yourself in the joy of CREATION! Sue Barrington, instructor. Seabold Hall 7/10-14. Camp Yeomalt 7/24-27.

460001-01	M-F	9:00a-12:00p	7/10-14*	\$225
02	M-Th	1:00-4:00p	7/24-27	\$225

\*No class 7/13

### ADULT CREATIVE PLAY CAMP

Immerse yourself in a variety of artistic endeavors and give yourself permission to re-engage your 'artist within.' Whether you consider yourself an artist or don't believe you have an artistic bone in your body, this one-week immersion will give you the opportunity to enjoy exploring a variety of disciplines. Theater, writing, photography, music and the visual arts will be introduced using accessible and high-success strategies. Double your fun and sign up with a friend! All materials provided. Sue Barrington, instructor. CYCabin

460003-01	M-F	9:00a-12:00p	7/3-7/7*	\$200
02	M-Th	1:00-4:00p	7/17-7/20	\$200

\* No class 7/4

## VOLUNTEER COACHES WANTED

In order to be successful, our youth sports programs need compassionate and caring adults willing to devote some of their limited time. You don't have to be an expert. We have resources to help you along the way. Volunteer for fall, spring or summer soccer, winter basketball, fall or spring volleyball. For more information contact Julie at 206-842-2306 ext. 114 or email her at julie@biparks.org.

## EMPLOYMENT INSTRUCTORS WANTED

Are you a qualified exercise (personal trainer) or fitness instructor (Zumba, Jazzercise) with an exciting activity, clinic, class, workshop or camp for children, teens or adults? If so, please give us a call at 206-842-2306 ext. 114 or email Julie at julie@biparks.org.

## OPEN GYM SPORTS

All open gyms are held in the High School Lower Gym. Players can drop in and play for \$5.00 per visit or buy a 5-visit pass for \$20 or 12-visit pass for \$40. Passes can be purchased at the gym.



### SUMMER OPEN GYM HOURS

<b>MONDAY</b>	<b>FUTSOL SOCCER</b>	<b>6:30-9:30p</b>
<b>TUESDAY</b>	<b>MEN'S BASKETBALL</b>	<b>6:30-9:30p</b>
<b>WEDNESDAY</b>	<b>PICKLEBALL</b>	<b>6:30-9:30p</b>
<b>THURSDAY</b>	<b>PICKLEBALL</b>	<b>6:30-9:30p</b>
<b>THURSDAY</b>	<b>VOLLEYBALL</b>	<b>6:30-9:30p</b>
<b>FRIDAY</b>	<b>FUTSOL SOCCER</b>	<b>6:30-9:30p</b>
<b>SUNDAY</b>	<b>PICKLEBALL</b>	<b>5:30-8:30p</b>

## PICKLEBALL

The sport of pickleball was invented right here on Bainbridge Island. It is one of the fastest-growing sports in the nation. Two tennis courts are lined for pickleball at Battle Point Park. You will be able to use the existing tennis nets to play. Just adjust the nets to the correct pickleball height. The tennis court at Strawberry Hill Park is also lined with two pickleball courts. To play on these courts you'll either need to bring your own net or rent one of ours.



### INTRO TO PICKLEBALL

Come learn the rules and how to play in this introductory class taught by experienced players. Course content includes: basic rules, court position, and strokes. Then you will be ready to come to our open gym pickleball nights! HSLG

411327-01	Su	3:00-4:00p	6/18	\$10
02	Su	3:00-4:00p	6/25	\$10



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## TENNIS



Our tennis lessons are instructed by USPTA certified tennis pros at the Bainbridge Athletic Club. Their talented and enthusiastic staff will help both beginner and intermediate players improve their game.

### INTRO TO TENNIS

This class is for beginners or those with little tennis experience who wish to improve their technique or raise their level of play. We will focus on improving all strokes including serves, volleys and the overhead smash. BAC

412701-01	Sa	1:45-2:45p	6/24-7/22	\$75
02	Sa	1:45-2:45p	7/29-8/26	\$75

### DOUBLES 101

If you are an advanced beginner or intermediate player looking to improve positioning, strategy and tactics on the doubles court, come join Coach Jennifer Shorr and up your doubles play. She will help you take the mystery out of the game that most club players play — DOUBLES! BAC

412702-01	Sa	2:45-3:35p	6/24-7/22	\$75
02	Sa	2:45-3:45p	7/29-8/26	\$75

**CREATE MORE PEACE, HEALTH,  
AND MEANING IN YOUR LIFE.  
MINDFUL AGING ENCOURAGES US  
TO LIVE WITH MORE INTENTION,  
ESPECIALLY AS WE GROW OLDER.**

**For more information see page 55.**

## OFF ISLAND HIKING TRIPS

Our wilderness trips offer one-of-a-kind experience, rewarding participants with the very best that the backcountry has to offer. We'll visit some of the most beautiful and remote spots in the Olympic Mountains, the Washington Coast, and around Mount Rainier. Expect lush river canyons, open wildflower meadows, breathtaking ridge top views, rugged and remote coastlines, and sparkling alpine lakes.

**See pages 46-50 for detailed trip listings and other information.**



## DISCOVER BAINBRIDGE WALKS

**Come walk with us and discover the backroads and trails of Bainbridge. You'll learn some of the history of the island and meet new friends. Walks are a steady pace, rain or shine. First walk starts at Rotary Park on Weaver Road.**

### 4-MILE WALKS – TUESDAY

### 4-MILE WALKS – WEDNESDAY

Lottery registration. Lottery "spin" will run on June 15 at 12:00p.

411910-01	T	9:00-11:00a	6/20-8/22*	\$35
02	W	9:00-11:00a	6/21-8/23*	\$35

\*No Walk 7/4,7/5

### 4-MILE WALKS – SUNDAY

411912-01	Su	9:00-11:00a	6/25-8/20*	\$35
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\*No Walk 7/2



### 2-MILE WALKS – THURSDAY

Flatter roads and trails of Bainbridge. Nice easy pace.

411911-01	Th	9:00-10:15a	6/22-8/24	\$30
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## 100 MILES IN 100 DAYS!

No matter what our age or ability, this is a challenge we can conquer! Whether you choose to stroll, jog, run, bike, roller skate or swim, come join us for a fun new way to grow your activity level and meet new goals. We'll be meeting once weekly for a dose of inspiration, an official logging of distance, and given new challenges to incorporate into the coming week's activity. Eileen Magnuson, facilitator.

461350-01 M 10:30-11:30a Begins 6/12 \$10

## EXERCISE AND FITNESS

We offer a variety of exercise classes per week to help you reach your fitness and wellness goals. Experienced instructors and a supportive group atmosphere will help keep you motivated through classes like Zumba and yoga.

### MAT PILATES FOR ATHLETES NEW!

Build targeted strength and flexibility to enhance your love of running, bicycling and other sports. This class is designed to improve overall strength, with a focus on core strength, and to target muscle imbalances common among bicyclists, runners and many other athletes. Come see how Pilates can help raise your sport to the next level. Bring an exercise/yoga mat. (Pancholi) ICH

411307-01 W 9:15-10:15a 6/21-7/26\* \$70  
02 W 9:15-10:15a 8/2-8/30 \$70

\*No Class 7/5



### PILATES FOR BABY BOOMERS NEW!

Everybody, regardless of age or previous experience, can experience improved health and mobility through Pilates. Come see how Pilates can help you build strength while improving flexi-

bility and healthy movement patterns. Set yourself up to age gracefully and maintain mobility. All participants must be comfortable sitting and lying on the ground during exercises. Bring an exercise/yoga mat. (Pancholi) ICH

411309-01 W 10:30-11:30a 6/21-7/26\* \$70  
02 W 10:30-11:30a 8/2-8/30 \$70

\*No Class 7/5

### MAT PILATES FOR BEGINNERS NEW!

Designed for beginners and those who would like to explore mat Pilates in a supportive and non-competitive environment. Experience the benefits of Pilates, including increased strength, muscle tone and flexibility, improved posture and movement patterns. Bring an exercise/yoga mat. (Pancholi) ICH

411308-01 Th 6:30-7:30p 6/22-7/27\* \$70  
02 Th 6:30-7:30p 8/3-8/31 \$70

\*No Class 7/6

## FENCING WITH ALEX ★

Ages 8-99. Come and have fun learning the basics of foil, epee and sabre from our awesome instructor Alex Kerson. Alex can help you develop at your own pace recreationally or as a competitor. Shoes, long socks and long pants required. New student temporary loaner equipment available. ICH

411400-01 MW 5:30-7:00p 6/19-7/12\* \$99  
02 MW 5:30-7:00p 7/17-8/7 \$99  
03 MW 5:30-7:00p 8/9-8/30 \$99

\*No Class 7/3

## RELEASE YOUR INNER CHILD ★ (ADULT GYM)

Ages 17-99. Train like a child and get back the energy and strength you once had, but didn't even notice at the time. Participants will be taught skills like handstands and cartwheels, along with movement techniques from Parkour. Participants will also train with obstacles like Ninja Warrior and play games. This is a great way to get in shape, or stay in shape by having fun. BHS Gymnastics Room

441598-01 W 7:00-8:00p 6/21-7/12 \$50  
02 W 7:00-8:00p 7/19-8/2 \$38  
03 W 7:00-8:00p 8/9-8/23 \$38



## TRAIL RUNNING CLUB

Have fun, get fit, sharpen your running skills and enjoy the woods while exploring island trails. Runs are 60-75 minutes and an easy 10 to 12-min/mile pace. Robin Ballou is an ACE certified personal trainer, group fitness leader and longtime runner. First class starting place: Lower Grand Forest parking lot on Miller Rd. Questions? rballou@johnlscott.com

411313-01 W 9:00-10:30a 6/21-7/26\* \$50  
02 W 9:00-10:30a 8/2-8/30 \$50

\*No class 7/5

## ZUMBA GOLD

Energetic and fun workouts that aren't hard on your joints. Zumba Gold is designed for seniors and those just starting to dance. You'll get fitter, have a great time, and meet some of the most fun people on the island! There's a spot saved for you so come on over! The only prerequisite is that you want to have fun! \$8 drop-in. (McCann) Monday and Friday classes in ICH, Tuesday class in SHMG.

411334-01 MF 9:30-10:30a 6/19-8/28\*  
02 T 5:15-6:15p 6/20-8/29\*

\$55 for 10-class pass

\*No Class 7/3, 7/4



## MORNING EXERCISE with EILEEN

50+ Fitness classes taught by Eileen Magnuson, ACE and AASDN certified instructor. Pick your favorite, or join us Monday through Friday. Punch card is good for either class: \$45 five-class pass/\$6 drop-in



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## FUNTASTIC FITNESS!

This class combines aerobic, flexibility, and strength training in a positive, energizing environment. You will learn exercises designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength, and cardiovascular endurance. SHMG

461338-01 MWF 9:00-10:00a 7/3-9/29 Punch card

## STAY STRONG!

Increase muscular strength, range of motion, balance and agility. Eileen will teach you how to stay strong for your daily life activities. SHMG

461339-01 TTh 8:45-9:45a 7/6-9/28 Punch card

## YOGA

### YOGA DEEPENING WITH CAROL WALLACE

Deepening classes can challenge you as well as help you relax. This is a stronger class that refines basic asanas and introduces deeper poses. Appropriate for all levels. ICH 411205-01 Su 10:00-11:30a 6/25-7/30 \$84^  
^or purchase a yoga ticket book



### YOGA ESSENTIALS WITH CAROL WALLACE

A class for beginners and for those who want a skilled foundation in yoga. Classes will focus on asanas and will include mindfulness and breathing techniques. ICH

411206-01 Th 10:00-11:30a 6/22-7/27 \$84^

^or purchase a yoga ticket book

### YOGA REGISTRATION OPTIONS

**REGISTER ONLINE OR BY PHONE:** Sign up for a full session of yoga with your favorite instructor — most cost-effective option.

**BUY A YOGA TICKET BOOK:** Each book has 10 tickets. Tickets can be used for any Carol Wallace yoga class. Books are \$150. They are available for purchase at the Park District main office and at the Aquatics Center front desk.

**DROP-IN:** (one class): \$16

### YOGA CLASS FOR EVERY BODY

Yoga is a fantastic fitness practice for everybody no matter your age, ability or trepidation. In an atmosphere that is non-competitive, supportive, and adaptive for the needs of the individual, discover how flow yoga refreshes and stimulates the whole person — mind, body and spirit. Judith Bardsley, Yogafit® instructor.

Fee: \$65 five-class pass/\$14 drop-in ICH

461331-01 TTh 2:30-3:30p 7/11-7/27  
02 TTh 2:30-3:30p 8/1-8/31  
03 TTh 2:30-3:30p 9/5-9/28

## TEAM SPORTS

**We provide opportunities for both youth and adults to be a part of organized team sports all year round. Get your friends, neighbors, and co-workers together to play!**

### MEN'S REC SOFTBALL LEAGUE

Ages 18-99. 12 games guaranteed plus end-of-season tournament. ASA rules will be used, except where noted. For complete list of rules contact us. Registration deadline May 19: all team fees are due in full. Pay by May 5 and get \$25 off. Must be 18 years or older to play. BPP

113702-01 MW Game Times 6:15p, 7:30p 6/5-8/9 \$625



### COED SOFTBALL

Those 50 years and up are eligible to join the team! Play begins in April. To play, one must have a current Medical Information/Waiver form on file. The team plays several games against other senior teams throughout the season. Call 206-842-2306 for more information. Ongoing; weather permitting. You must register before playing. Rotary Field, upper.

161361-01 MWF 10:00a Begins 4/3 \$30\*

\*Scholarships available

