



ADULT

GLASS ART

Come learn the art of copper foil stained glass and glass fusing. Julie Hews–Everett has been involved with art glass for over 40 years. All classes are held at her studio, Island Spectrum Design in Fletcher Bay. Please call for directions or questions. 206-780-0837

INTRO TO GLASS FUSING

This is a great way to get a taste of glass fusing without a huge commitment. Class includes instruction of basic construction skills and assembly of one to two projects. Tools and materials are included. ISD

520482-01	Sa	2:00-4:00p	11/3	\$110
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FUSING THURSDAYS

Come practice your fusing skills in an open studio setting. You can use the skills learned in workshops or fuse your own designs. Tools and guidance will be provided. ISD

520485-01	Th	6:00-9:00p	10/4-10/25	\$180
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FUSED HOLIDAY ORNAMENTS & VOTIVES

Have fun making ornaments and votive candle holders for friends, family, and of course, yourself! We will provide patterns, glass, and firing for a combination of 4 projects. Bring a creative spirit! No experience required. ISD

520487-01	Sa	2:00-4:00p	12/8	\$75
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STAINED GLASS

This class will teach you the techniques to create beautiful stained glass works of art. All levels of experience welcome (especially beginners!). Class fee does not include tools or materials. Supplies are available for purchase from the instructor at the first class. ISD

520484-01	T	10:00a-1:00p	9/25-10/23	\$120
02	W	6:00-9:00p	9/26-10/24	\$120
03	T	10:00a-1:00p	10/30-12-18*	\$145
04	W	6:00-9:00p	10/31-12/19*	\$145

*No classes 11/20 or 11/21 Thanksgiving week or 12/4, 12/5.



DRAWING



SKETCHBOOK JOURNALING

with Paula Ensign

The best way to learn to draw is to fill a sketchbook with drawings of your favorite subjects. In this class we will practice basic drawing techniques by sketching everyday objects. We will talk about different types of journals, supplies and materials. Our goal will be to improve drawing ability and to create a journal or sketchbook that expresses your unique individuality. One week will be a field trip off site. Materials are not included in the class fee. SHC large room

511212-01	T	10:00a-12:00p	10/2-11/6	\$150
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PERSPECTIVE DRAWING with Paula Ensign

Which way does that roof ridge slant? Should that angle go up or down? An understanding of perspective is essential to both drawing and painting. If perspective is your bugaboo, come learn the basic rules that will help you draw more accurately. We'll cover how to represent three-dimensional shapes, buildings, circular forms, even boats, from any angle. SHC art room

511213-01	M	10:00a-12:00p	10/1-11/5	\$150
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ADULT



LIFE DRAWING with Gregg Onewein

Open session for artists at any level who wish to improve their skills drawing and/or painting from life. A \$90 model fee is due at the first class which covers model expenses for the session. (For more info call Gregg Onewein at 206-842-0259.) DROP-IN STUDENTS WELCOME WITH A \$10 DROP-IN FEE (paid to BIMPRD main office) plus \$15 model fee (paid at class). SHC art room

511214-01 F 9:30a-12:30p 9/14-12/7* \$50
*No class 11/23

WATERCOLOR with John Adams

This class is for all levels of painters who are interested in painting watercolors, learning to focus on bold, loose painting techniques and design principles. 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. SHC art room

511215-01	T	6:30-8:30p	9/18-10/16	\$150
02	Th	10:00a-12:00p	9/20-10/18	\$150
03	T	6:30-8:30p	10/30-11/27	\$150
04	Th	10:00a-12:00p	11/1-11/29*	\$120
05	T	6:30-8:30p	12/4-12/11	\$60
06	Th	10:00a-12:00p	12/6-12/13	\$60

*No class 11/22

PAINTING



ESCAPE INTO PAINTING with Sylvia Carlton

It is the perfect time to get back into painting. If you are a serious painter or just want to learn to paint, this course is for you. Students will get both individual attention and class lessons. A broad overall teaching of color, value, perspective and compositional structure is taught. Advanced to intermediate students may work on individual projects along with the class lesson. This class is open to all skill levels. Oils or acrylics welcome. SHC art room

511217-01 T 9:30a-12:00p 9/18-10/16 \$145



FOR THE LOVE OF PAINTING with Sylvia Carlton

This is a continuing class from session #1, though it is not a requirement. The class will provide greater depth into building your skill level as a painter. We will continue to explore the beautiful challenges of color, while also seeing the values of shapes and contour lines. Again, the overall

class lessons will have specific and general applications. Instruction includes starting up your painting, the continued painting process, and getting to a finished painting. This is both a very fun and educational painting class. SHC art room

511218-01 T 9:30a-12:00p 10/23-11/20 \$145

PAINTING THURSDAYS

Learn the techniques of the masters with brushes and palette knife. For beginners and intermediates. Five-week class includes instruction in color mixing and is offered in both oils and acrylics, producing two finished works. Class limited to 10 signups for private class experience in a group. Buy supplies online or locally before class by contacting instructor Diane Crago for ordering information at dianecrago@gmail.com. To see Diane's work, go to www.dianecrago.com. SHC

562431-01	Th	10:30a-12:00p	9/13-10/11	\$60
02	Th	10:30a-12:00p	10/18-11/15	\$60

PAINTING MONDAYS

This course is designed for continuing students of every level. Implement and improve the color mixing and application techniques learned in the basic course. Students learn how to replicate a painting they admire or how to match their own images with a historical painting technique that best brings the subject matter to life. Students are encouraged to contact the instructor for the materials list as well as a consultation on the composition/subject matter you choose for your project. For supply list and further information, contact the instructor Diane Crago at dianecrago@gmail.com. To see Diane's work, go to www.dianecrago.com. SHC

562432-01	M	10:30a-12:00p	9/17-10/15	\$60
02	M	10:30a-12:00p	10/22-11/19	\$60

SAILING PROGRAMS

"We must adventure in order to know where we truly belong"

Check out our Community Boating Section for classes, adventure trips, and after school programs on page 57.



ADULT

CRAFTS

COMMUNITY PUMPKIN CARVING **NEW!**

B.Y.O.P: Bring your own pumpkin.

Ages 0-99. Do you love to carve pumpkins? Does your driveway or apartment make it difficult for others to see your masterpiece? We want YOU! Help us line the path at our annual Haunted Hayride Event, bring a pumpkin on down to Battle Point Park to carve with your neighbors, friends and family! Afterwards, your pumpkin will be displayed along the path of the hayride for all to see. Carving tools, hot beverages and snacks provided. Participants under 13 must be accompanied by a parent or guardian. Meet at Battle Point Park Picnic Shelter.

541001-01 Sa 10:00a-12:00p 10/20 FREE

MANDALA MAGIC **NEW!**

Mandalas, the circular designs that have been found in virtually every culture throughout human experience, have been thought to be powerful 'medicine' for those who look upon it. Recent research shows that these simple, elegant forms also offer healing to the person creating them. Mandalas are traditionally used to quiet the mind, slow one's breathing, lower blood pressure, and bring a sense of calm and confidence. Creating this powerful mindfulness tool requires no specific talent — only a curious, open mind. Set aside time to relax and produce a unique work of art (or two) at the same time. SHC

563246-01 M 3:45-5:15p 9/24-10/29 \$50
02 M 3:45-5:15p 11/5-12/10 \$50

SPIRIT DOLLS **NEW!**

Muñequitas, or Spirit Dolls, carry special significance and can be used as a personal talisman. The process of creating such a piece is thought to focus personal energies and encourage emotional/psychological development. Spirit Dolls are a powerful tool to use when embracing a certain aspect about Self, or role created for self in the world. This playful process is intuitive, cooperative and whimsical. SHC

563247-01 F 1:30-3:30p 9/14-10/19 \$75
02 F 1:30-3:30p 10/26-12/7 \$75

CREATIVE CARD-MAKING

Card-Sending Season is here! Join other 'creatives' on First Tuesday afternoons for three months. You will learn new skills, play with inspiring ideas & materials, and then take away your finished card and snazzy envelope, as well as detailed instructions for making more cards at home. October, November, and December all have holidays worthy of our creative efforts. These sessions are high on fun and creativity, as facilitated by book artist Susan Callan. Materials provided. SHC large room

563456-01 T 1:00-4:00p 10/2 \$25
02 T 1:00-4:00p 11/6 \$25
03 T 1:00-4:00p 12/4 \$25
04 T 1:00-4:00p 10/2, 11/6, 12/4 \$60

JOURNEYING JOURNALS **NEW!**

Make a joyful commitment to your creative spirit. In this class we not only create a travel journal, but take weekly 'journeys' that are recorded on its pages once complete! These six weeks are an ongoing opportunity to play with ideas and materials in a workshop environment, while learning the value of regularly prioritizing your own playful experiences. You'll end up with a beautiful journal AND a new life-pattern that encourages the curious artist within! All experience levels welcome. SHC

563245-01 M 1:30-3:30p 9/24-10/29 \$65
02 M 1:30-3:30p 11/5-12/10 \$65

ADAPTIVE RECREATION FOR ADULTS WITH SPECIAL NEEDS

The following activities are designed for teens and adults with developmental disabilities.



POTTERY PROJECTS

Students will work with clay using hand-building and wheel-throwing methods. The focus of the class is to work within each student's ability, teaching sound building structure and then letting each student's creativity take over. Individual and group projects add to the fun with clay! Materials included in class fee. 4 wks. Jay Stemmler. ED

522060-01 W 3:30-5:00p 11/7-12/5* \$89
*No class 11/21 Thanksgiving week



GRANDMA'S MEALS

We will be working together and gaining safe kitchen skills as we prepare meals and yummy desserts from our Grandmas' kitchens! Table manners and pre-meal socialization help everyone feel at home. Taught by Jan Fredrickson. SHC kitchen

520965-01 T 3:30-5:30p 9/11-10/2 \$75
02 T 3:30-5:30p 10/9-10/30 \$75



PROGRAMS FOR TEENS AGES 13-17

ADULT



POTTERY



DAYTIME POTTERY SEPTEMBER with Elena Wendelyn CLASSES

This class welcomes beginners as well as those with wheel and hand-building experience. Surface decorating techniques such as sgraffito and transfers will be introduced as

well as small form sculpture demonstrations. Individual projects are welcomed! Includes one 25 lb. bag of clay. 4 wks. ED

522048-01	W	9:30-11:30a	9/12-10/3	\$110
02	Th	9:30-11:30a	9/13-10/4	\$110

POTTERY WORKSHOPS

For students enrolled in a corresponding daytime class with Elena. 4 wks.

522049-01	W	12:00-3:00p	9/12-10/3	\$80
02	Th	12:00-3:00p	9/13-10/4	\$80

LATE FALL with Jay Stemmler

This class is for people who want to throw on the wheel or hand build with clay. Whether you are a beginner or an old hand, come join the fun! Includes one 25 lb. bag of clay. 5 wks. ED

522050-01	M	9:30-11:30a	11/5-12/3	\$130
02	W	9:30-11:30a	10/31-12/5	\$105*

POTTERY WORKSHOPS

For those enrolled in a corresponding daytime class with Jay. 5 wks. ED

522051-01	M	12:00-3:00p	11/5-12/3	\$90
02	W	12:00-3:00p	10/31-12/5	\$75*

*No class 11/21 Thanksgiving week



CERAMIC SCULPTURE with Debbie Fetcher- Gramstad

FIGURING OUT THE FIGURE

Understanding how to draw and sculpt a human body can be so confusing! So many parts! But, with the magic of armatures and oil-based clay, we will break it down into understandable sections and see how easy it is to make the body come alive! 3 wks. ED



522070-05	T	9:30-11:30a	9/18-10/2	\$75
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AFTERNOON WORKSHOP

522071-05	T	12:00-3:00p	9/18-10/2	\$50
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BEGINNING CERAMIC SCULPTURE

Come experience the magic of a ceramic sculpture class! With solid, basic instruction, students will have a chance to learn and master the skills used in clay sculpture. Fun assignments will generate imagination and inspiration, as you discover how easy it can be to sculpt a ball of clay into something fun and delightful. 3 wks. ED

522070-06	F	9:30-11:30a	9/21-10/5	\$75
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AFTERNOON WORKSHOP

522071-06	F	12:00-3:00p	9/21-10/5	\$50
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CONTINUING CERAMIC SCULPTURE

Once you've learned the foundational skills of clay sculpture, these 8-week classes are ready for you! Students will explore their own ideas and tap into endless opportunities to create their own work. Individual projects encouraged! Includes one 25 lb. bag of clay. 8 wks. ED

522054-01	T	9:30-11:30a	10/9-12/4*	\$162
522056-01	F	9:30-11:30a	10/12-12/7*	\$162

CONTINUING SCULPTURE WORKSHOPS

For students enrolled in the Continuing Figurative Sculpture classes. 8 wks.

522055-01	T	12:00-3:00p	10/9-12/4*	\$116
522057-01	F	12:00-3:00p	10/12-12/7*	\$116

*No class 11/20 & 11/23 Thanksgiving week

SATURDAY MORNING POTTERY with Stacy Landers

CLASS

By popular request, Eagledale Pottery instructor Stacy Landers is continuing this Saturday morning class for all levels to enjoy! Time 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

522045-01	Sa	10:00a-12:00p	9/15-11/3	\$162
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SATURDAY WORKSHOP

For Stacy's students enrolled in the corresponding morning class. 8 wks.

522046-01	Sa	12:30-3:30p	9/15-11/3	\$116
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ADULT

EVENING POTTERY with Stacy Landers

These evening classes are designed to appeal to both beginning and advanced levels of ability. Lessons 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. Includes one 25 lb. bag of clay. 8 wks. ED

EVENING CLASSES

522052-01	M	6:30-9:30p	9/10-10/29	\$224
02	W	6:30-9:30p	9/12-10/31	\$224

EVENING WORKSHOP

Must be enrolled in the corresponding instructor's class.

522053-01	Th	6:30-9:30p	9/13-11/1	\$116
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FALL EVENING FINISH-UP!

with Stacy **NEW!**

This class is for Stacy's Fall evening pottery students of any ability wishing for a bit more time to practice, gain inspiration or finish projects. No clay included. 4 wks. ED

CLASS

522052-04	W	6:30-9:30p	11/7-12/5*	\$112
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*No class 11/21 Thanksgiving week

FRIDAY NIGHT CLAY PLAY! with Studio Staff and Guests

Get out of the house and get your hands messy! Make something interesting, for keeps! These fun 2-evening classes are designed to appeal to adults of any ability. Focus will include basic clay-handling techniques, exploring texture and glazes. A variety of stoneware projects for gas, electric and raku kilns. Led by the welcoming and patient instructors of our studio. Materials included. Space is limited ED

PARTY PLATTER!

Try your hand at making a slab-built platter! Play with unusual shapes, sizes and glazing techniques.

522040-02	F	6:30-8:30p	11/2 and 11/9	\$40
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3-FIGURE NATIVITY!

Try your hand at making a simple Nativity! Whether a keepsake or a gift, you'll have fun constructing.

522040-04	F	6:30-8:30p	11/30 and 12/7	\$40
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SEE ALSO PARENT/CHILD AND PARENT/TEEN CLAY PLAY PAGE 23

SCOUT GROUP BADGE VISITS

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 ext. 125 for available dates, times, and more info.

SATURDAY SKILL WORKSHOPS! with Studio Staff

Expand your knowledge and skill with the art of pottery! Experience a variety of interesting workshops designed to appeal to adults who already work with clay. No need to be an Eagledale student — anyone is welcome. Use your own bisque-ware or adopt some of our "orphan" pieces to use. Emphasis on experimentation and exploration. Materials included. Staff will contact participants with specific details prior to workshops. ED

LUSTRE!*

Add a beautiful and unexpected touch with precious metal lustre details. Explore the types, sources and proper handling of metals.

SAFETY INTRO

522100-01	Sa	12:00-3:00p	11/17	\$25
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EXPERIENCED/LUSTRE FIRING ONLY

522100-02	Sa	1:00-3:00p	11/17	\$20
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*Must take the intro to lustre skill workshop in order to independently use the lustre materials available at the studio.

FLEXIBLE WORKSHOP OPTION

As a ceramics student or hobbyist, we know you're busy and we know you appreciate some space in your schedule, so Eagledale Art Center offers a flexible workshop option! Eight visits to any existing workshops for current quarter students whenever you are available or able. Travel, have guests, make an appointment without worrying about missing time in the studio to finish your stuff. Check in with staff when you arrive. ED

522047-01	days and times vary	9/20-11/29*	\$125
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*No workshops the week of Thanksgiving.

WRITING

THE JOURNEY THROUGH GRIEF

This course offers compassionate support and gentle practices for participants traversing the grief journey. Explore the shifting meaning, purpose, and direction that this potent time can offer. Creativity can be powerful means for facing the emotional and spiritual challenges associated with life passages (such as the passing of a loved one, retirement, divorce, illness). Dr. Jennifer Wilhoit, Hospice Volunteer and Bereavement Guide facilitates. SB

563213-01	M	10:00-11:30a	9/10-10/1	\$50
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WRITING ON THE LANDSCAPE

This four-week course is based on the book *Writing on the Landscape: Essays and Practices to Write, Roam, Renew*, written by the instructor. This four-week course offers inspiration, exploration of various writing forms, as well as writing- and nature-based practices that can guide participants through the writing process as well as through life. Dr. Jennifer Wilhoit, instructor. HT

563214-01	M	10:00a-12:00p	10/8-10/29	\$60
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MEMOIR WRITING

Many writers of memoir find themselves at a stall at some point in the process of drafting their personal stories; sometimes these challenges are emotion-based, other times they are technical. This one-day intensive offers both structures and details of drafting emotional content. Self-care and pacing will also be prioritized. Led by Dr. Jennifer Wilhoit, author, editor and consultant. HT

563215-01	Sa	10:00a-4:00p	10/6	\$50
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ADULT



DANCE

EDUCATED FEET DANCE CLASSES

The following beginning-intermediate level classes are taught by certified instructor Sheila Phillips of Educated Feet. All classes are open to teens and adults, no partner necessary! PLEASE wear shoes kind to wood floors — clean soles and leave no black marks! Contact sheila@educatedfeet.net or 206-842-3012. Info: <http://www.educatedfeet.net>. Held at Island Center Hall, 8395 Fletcher Bay Road.

COUNTRY TWO STEP

Step out to your favorite country & western tunes! TEXAS 2 STEP is a lively traveling dance with FUN turns, wraps and shadows! Marked by its simple 6-count step combination of quick, quick, slow, slow, it's danced to a wide range of tempos. Beg/Int level. Different patterns taught each series. ICH

511221-01	T	6:45-7:45p	10/2-10/30	\$60
02	T	6:45-7:45p	11/13-12/11	\$60

CROSS-STEP WALTZ

A modern version of the popular slow waltz, cross-step is easy to learn yet endlessly innovative. It travels and rotates like traditional waltz but the addition of the cross-step opens up a wide range of playful yet gracefully flowing variations. Satisfying for both beginners and experienced dancers. Beg/Int level. Different patterns taught each series. ICH

511222-01	T	7:45-8:45p	10/2-10/30	\$60
02	T	7:45-8:45p	11/13-12/11	\$60

WEST COAST SWING

Learn a fun modern swing and possibly the most versatile dance out there! West Coast is a smooth and stylish slotted swing with Lindy Hop roots, a mixture of Latin and jive. Stylish, creative and playful! Danced to slower tempos in swing, rhythm & blues, country and contemporary music. Start learning the basic steps, rhythm and style and you'll have a dance you can do forever. Beg/Int level. ICH

511223-01	Th	6:45-7:45p	11/1-12/6	\$60
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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 & contemporary music. Relaxed and a very smooth style with a mixture of quicks and slows. Suitable for beginners. Beg/Int level. ICH

511220-01	Th	7:45-8:45p	11/1-12/6*	\$60
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*No class 11/22



SWEET SATURDAY DANCES

Island Center Hall, 8395 Fletcher Bay Road
Singles and couples; Adults and teens.
Dressy casual. Be kind to wood floor;
Wear shoes with clean soles, no black marks.
Info www.educatedfeet.net
Contact sheila@educatedfeet.net or 842-3012

Sept. 8: Just Dance!

DJ Mix Waltz, Blues, Swing, West Coast, Ballroom, Latin
\$10 includes 7:30-8:15p workshop
8:15-10:00p dance, DJ music!
511226-01

Oct. 13: Just Dance!

DJ Mix Waltz, Blues, Swing, West Coast, Ballroom, Latin
\$10 includes 7:30-8:15p workshop
8:15-10:00p dance, DJ music!
511226-02



Nov. 10: Ranger & the Re-Arrangers!

Swing standards, music of Django & Grappelli, Latin swing tunes, waltzes and Ranger's unique originals.
\$20 includes 7:15-8:00p workshop
8:00-10:30p dance, live music!
511227-01

Dec. 8: Just Dance!

DJ Mix Waltz, Blues, Swing, West Coast, Ballroom, Latin
Holiday tunes included!
\$10 includes 7:30-8:15p workshop
8:15-10:00p dance, DJ music!
511226-03



ADULT

LANGUAGE



SPANISH with Will Perkins

Will Perkins has taught Spanish from beginning through literature for many years. He has spent lots of time in Seville, Spain and some time in different parts of Mexico. In class we try to spend as much time as possible hearing,

speaking and understanding Spanish to build confidence in communicating. Written exercises occur on occasion.

You will need Internet access and some comfort using a computer to follow the class. Students will use online resources for supplemental readings and grammar. We may purchase a book to read in conversation class, but it should cost less than \$20.

SPANISH FOR BEGINNERS

Ages 18-99. This class is designed for those with little or no previous experience in Spanish. The free online program Duolingo provides the basic curriculum for class as well as the chance to practice at home. We will use stories, music and conversation to build comfort with a new language. We address basic phonetics and grammar with abundant repetition. SHC

521652-01	W	11:00a-12:30p	9/19-10/24	\$110
02	W	11:00a-12:30p	10/31-12/12*	\$110

*No class 11/21

INTERMEDIATE CONVERSATIONAL SPANISH

Ages 18-99. If you have studied some Spanish, this class will help you refresh your existing knowledge. We will use stories, music and conversation to shake off the cobwebs and build new understanding. Depending on class interest, we will read stories, easy-reader novels, or plays to build vocabulary and understanding. We may purchase a book to read in this class, but it should cost less than \$20. SHC

521653-01	W	9:20-10:50a	9/19-10/24	\$110
02	W	9:20-10:50a	10/31-12/12*	\$110

*No class 11/21



CREATE YOUR OWN ONE-OF-A-KIND HOLIDAY CENTERPIECES

Activity 563216
Friday mornings through fall!
See page 53

CANINE



Bainbridge Island Metro Park & Recreation District continues to be a dog-friendly environment. Dogs are allowed in all District parks as long as they are on leashes unless in a designated off-leash area (Strawberry Hill Park and Eagledale Park). The District promotes "Responsible Dog Ownership" which encourages dog owners to show respect for other park users, other dogs, and their own

dogs. By practicing responsible ownership, dog owners can positively impact everyone's experience in our public parks.

The District created the Dog Advisory Committee (DAC) to oversee and develop off-leash programs. The District and the DAC encourage park users to enjoy District parks with their dogs. The District's DAC is a group of citizens and park officials that aims to create a model of "Responsible Dog Ownership" in order to promote mutual respect, safety, and enjoyment for all park users. The DAC is tackling the challenging topic of off-leash use of District parks. They work diligently to develop comprehensive programs to create opportunity, plan and implement educational programs, and monitor and adjust the enforcement program that allows all park users to enjoy their time in District Parks. It is the goal of the DAC and the District to create fun, safe parks where all park users show each other mutual respect. To report a dog-related issue, dial 911 and ask for Kitsap County Animal Control and Rescue. If you would like to know more about District leash policies or want to get involved in continuing to create positive solutions for dog owners, contact the Park District at 206-842-2306.

KARE with Dianne Canafax

Dianne Canafax from Kitsap Animal Rescue Education (KARE) is a certified professional dog trainer and has been a highly successful dog trainer for more than 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.

PUPPY MANNERS

Ages 18-99. The focus of this class is to help your puppy 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. SB

526113-01	Th	5:15-6:00p	9/20-10/25	\$145
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GOOD 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. Common behaviors like sit, down, stay, and go to your bed are covered as well. SB

526115-01	Th	6:15-7:00p	9/20-10/25	\$145
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ADULT



VIBRANS DOG WORKS with Mary-Lou Vibrans

Mary-Lou has been training animals most of her life. Since moving to Bainbridge Island she has volunteered for several rescue organizations including the Kitsap Humane Society and Rescue Every Dog. She has also trained a number of puppies and helped in training others for Summit Assistance Dogs. She is a graduate of the Karen Pryor Academy, a leader in non-aversive animal training. A self-proclaimed geek in the field of animal behavior, she regularly attends conferences and seminars on animal behavior and training methods.

PUPPY START RIGHT

Ages 18-99. Do you have a new puppy or are you thinking about adding a new member to your family? This is the class for you. We will cover house training, crate training, socialization exercises, and name recognition. There will be time to answer your questions about how to handle specific behavior issues. Supervised play time will be allowed if deemed appropriate by the trainer. Introduction of training sit, down and loose-leash walking will also be taught. All dogs must be up to date on appropriate vaccinations and should be 12 weeks of age at the start date of classes. You are welcome to attend without your puppy. Equipment: Flat collar or harness and a 6-foot lead. No aversive collars are allowed (chain, prong, vibrator, or shock). No flexi-leads allowed. Meet at SHMG

526117-01 W 6:00-6:45p 9/12-10/17 \$150

CANINE GOOD CITIZEN NEW!

Ages 18-99. Canine Good Citizen is an American Kennel Club program that is open to all dogs over one year of age. In this class we will work on the following behaviors: Accepting a friendly stranger, sitting politely for petting, appearance and grooming, loose-leash walking, sit and down on cue and staying in place, coming when called, reaction to another dog, reaction to distractions, and supervised separation. Certificates for successfully completing the class are available from the AKC for an additional fee. Only flat collar or harness and a 6-foot leash are allowed in class. Limited to 6 dogs. Meet at SHMG

526122-01 W 7:00-8:00p 9/12-10/17 \$150

AGILITY JUST FOR FUN!

Ages 18-99. If you are looking for a way to have fun with your dog and build confidence at the same time, this may be the class for you. We will work to strengthen basic cues, start some off-leash work and learn how to work through distractions. We will work on jumps, tables, dog walk, and tunnel. Your dog should already know basic cues and be ready to go on to more challenging activities. Only flat collar or harness and a 6-foot leash are allowed in class. Limited to 6 dogs. Meet at SHMG

526121-01 Sa 9:30-10:30a 9/8-10/13 \$150

S.T.A.R. PUPPY NEW!

Ages 18-99. Socialization, Training, Activity, Responsibility. Participants in this class will work on basic puppy manners like sit, down, stay and polite leash manners. We also cover some of the other aspects that are often overlooked like how to improve vet visits, getting over fears and building confidence. Great for puppies 4 to 12 months of age. This program is sanctioned through the American Kennel Club. Upon completion of the course and passing a test, participants may pay a small fee and receive a recognition certificate. Puppies need not be purebred. Only flat collar or harnesses and a 6-foot leash are allowed in class. Meet at SHMG

526124-01 Sa 10:45-11:45a 9/8-10/13 \$150

LIFE SKILLS NEW!

Ages 18-99. Are the responses to your cues just not working the way they used to? Want to learn some new ones? This class is meant to teach basic obedience to dogs over 6 months of age. We'll work on waiting patiently by the door, going to mat, sit, down and stay for long durations. Specific training requests from participants will also be addressed as time allows or as deemed appropriate for the class by the instructor. Only flat collar or harnesses and a 6-foot leash are allowed in class. Meet at SHMG

526125-01 Sa 12:00-1:00p 9/8-10/13 \$150

LOOSE-LEASH WALKING NEW!

Ages 18-99. This class will focus on the development of appropriate leash manners. From paying attention to you while out for a quiet walk or making your way through town on a busy sidewalk. We will look at several different methods to accomplish this goal without using aversive equipment. Only flat collar or harness and a 6-foot leash are allowed in class. Limited to 6 dogs. Meet at SHMG

526119-01 Sa 1:15-2:15p 9/8-10/13 \$150



TOTAL RECALL NEW!

Ages 18-99. Wouldn't it be nice if our dogs came to us each and every time that we called them? Using a proven training method, we will work to accomplish just that! This class is open to dogs of all ages. Flat collar or harness and 6-foot leash required for class. Limited to 6 dogs. Meet at SHMG

526123-01 Sa 2:30-3:30p 9/8-10/13 \$150

Taught by Jamie Bechtel and Sparky Davis

Dogs have long been an integral part of Jamie's life. Her current dog (Atlas) is a K9 Search and Rescue dog with Kitsap County as well as a therapy dog. Jamie has a Ph.D. in ecology, evolution and animal behavior. Atlas is currently pursuing his "degrees" in human remains detection and trailing. Sparky adopted his first German shepherd puppy, Roscoe, at the age of 9 and began training him in the sport of Schutzhund. He has since received the BH (companion dog) and TR (tracking) titles 1-3, IPO title, and won the "high tracking" award in Schutzhund. Sparky has worked with a variety of top trainers and K9 handlers from around the country.



ADULT

WORK FOR DOGS **NEW!**

Age 18-99. The nose knows! Work with your dog to learn skills associated with three different types of nose work: trailing, tracking and scent work. The scent region in the dog's brain is 40 times larger than the human brain and it is estimated that dogs can smell between 1,000 and 10,000 times more effectively than people. This class is an introduction to three types of scent work that you can do with your canine companion that are a lot of fun, an excellent "job" for your dog (and for you!), and a good way to tucker your dog out. The first session will focus on the science of smell as it pertains to nose work, the difference between scent disciplines, and an understanding of the options available to you if you decide to proceed with nose work. The rest of the classes will be spent in the field putting the dogs to work/play. Meet at SHMG

526126-01 Th 6:00-8:00p 9/6-10/11 \$175

SPECIAL INTEREST

YOUR LEGACY MATTERS **NEW!**

Your life is much richer than the sum of your material assets. We've been taught to pass on what we've earned, but is that really more valuable than what we've learned? This course inspires participants to acknowledge the power of their unique life experiences. Designed to support ways in which those treasures can be shared, exercises and techniques will result in an Ethical Will that will inspire generations to come. Motivation to leave a piece of your heart and soul to your loved ones will require you to get in touch with those places within yourself, thereby enriching your life in the process! SB

563244-01 W 2:00-3:30p 9/19-10/10 \$40
02 W 2:00-3:30p 10/24-11/14 \$40

CONSCIOUS CONVERSATIONS

Find yourself in a conversational rut again and again? Tired of being misunderstood? This play-shop is fully experiential, so you'll take with you tools you can use immediately to improve communication and align your intent with your impact. Whether you are job hunting, wanting to create better relationships at work and at home, or contemplating changes in your life, this training is invaluable! Curriculum is based on Judith E. Glaser's Conversational Intelligence® program. Johanna Munson facilitates. HT

561212-01 Sa 9:30a-12:00p 9/15 \$30
02 Sa 9:30a-12:00p 11/10 \$30

HOLIDAY CENTERPIECES **NEW!**

Take one workshop for a specific celebration or take the entire series and really showcase your home this fall as we celebrate the traditional autumn holidays. All instruction, flowers and natural embellishments are provided, but you are encouraged to personalize your final masterpiece with items you bring from home. WOW your friends and family this season with a beautiful, one-of-a-kind centerpiece that will be the star of your holiday table. SB

Holiday Centerpiece Series 563216-01 F all three workshops \$150
Fall/Halloween 02 F 9:30-11:30a 10/26 \$60
Harvest/Thanksgiving 03 F 9:30-11:30a 11/16 \$60
Solstice/Christmas 04 F 9:30-11:30a 12/14 \$60

NOT SIMPLY MEN WITH CURVES

SEMINAR

There is a forgotten healing quality that is uniquely feminine. In the past fifty years, women have learned to compete with men in a masculine world. Women have fostered their own masculine qualities while denying their feminine instincts. This imbalance impacts more than just the lives of the women involved, but indeed leaves the entire planet in a confused and angry place. Learn the unique benefits of female energy and help reclaim your feminine self. In holding true to the feminine truths, our homes, communities and world can swing back toward a more graceful and natural balance. SHC 563211-01 T 6:30-8:00p 9/11 free

TWO-DAY RETREAT

Instructor Sue Bielka reveals the basis for the recent rise in feminine energy in this two-day retreat. She will guide women to strengthen their self-esteem, dignity and grace as a balancing force within themselves and in their relationships. Through presentation, discussion and exercise, you will learn your own particular place on the continuum of feminine-to-masculine energy and you will be able to communicate and live your heart's desire more effectively. Snacks and materials provided, bring a journal and your lunch. HT 563211-02 SaSu 9:30a-3:00p 9/22-23 \$90

CELEBRATING THE RIGHT BRAIN (IT'S

NOT JUST FOR ARTISTS ANYMORE!) **NEW!**

SEMINAR

Presenter Sue Bielka is a cerebral aneurysm survivor. Through her recovery, she has developed a unique perspective in regard to right-brained thinking. She'll be offering strategies to increase right-brained activities and answering questions about how this capacity can improve your life. Come and experience the magical qualities that can lead to deeper happiness and a greater satisfaction in your relationships with the people you love. SHC 563212-01 T 6:00-7:30p 10/9 free

TWO-DAY RETREAT

Enjoy the luxury of a two-day retreat to really explore the left-brain/right-brain relationship and the real differences in what the left and right hemispheres do. Once the contributions of both are appreciated, we will use our time exercising the right brain's creativity and collaborative qualities. These characteristics will be encouraged through a series of exercises, many taking advantage of the natural setting of the Hilltop property. Bring your child's curiosity and leave with a new way of engaging with the world! HT 563212-02 SaSu 9:30a-3:00p 10/20-21 \$90

HILLTOP ACOUSTIC JAM



All-ages music jam

Bring your guitar, voice, uke, recorder, banjo, box drum, fiddle, or any other acoustic instrument, for an old-fashioned song-swapping circle at Prue's House! Beginners and veterans learn from each other, no stage fright and no pressure; sit in or just come to listen! All ages

welcome, from 8-108, and it's FREE! Hot drinks by donation, third Friday, monthly at 7:30p. 9/21, 10/19, 11/16 and 12/21 HT

ADULT



LIFE DESIGN

LIFE DESIGN FOR RETIREES

This course is designed for those 50+ folks who are facing the new landscape of retirement. How do we take advantage of the uncharted opportunities of this age while making sure we are living on purpose? This is what Life Design promises — how to find what we want to do now as we decide who we want to grow into tomorrow. Build your way to a new, well-designed life that is productive and evolving!

561202-01	T	9:00-10:30a	9/18-10/9	\$60 (optional book +\$15)	ICH
02	T	9:00-10:30a	10/23-11/13	\$60 (optional book +\$15)	SB
03	Th	3:00-4:30p	10/4-10/25	\$60 (optional book +\$15)	SHC

LIFE DESIGN FOR PARENTS

This course is designed specifically for the parents of teenagers. While your child is going through a transformative time of important growth and decision-making, so are you! Become familiar with the strategies and tools of Life Design, not only to best support your student, but also to prepare for the life changes YOU will likewise be facing in this time of great transition. Building a trusted, supportive network of parents facing similar issues is a great perk! SB

561203-01	T	11:30a-1:00p	10/23-11/13	\$60 (optional book +\$15)	SB
02	T	6:30-8:00p	10/23-11/13	\$60 (optional book +\$15)	SB

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.



YOGA with Joti Chandra Kaur

This class will focus on the fundamental yoga poses, breath, and mindfulness, with extended relaxation. This gentle yoga practice brings us closer to a balance point — to a state of stability, ease, and inner stillness where health and happiness blossom. It provides a basic foundation in yoga. Joti Chandra Kaur is RYT 200 and certified gong practitioner. Her personal practice includes all styles of yoga, including Kundalini yoga, Ashtanga, and yin. Drop-in \$16. ICH.

511204-01	Th	10:00-11:30a	9/13-10/25	\$98^
02	Th	10:00-11:30a	11/1-12/20*	\$98^
03	Su	4:00-5:30p	9/16-10/28	\$98^
04	Su	4:00-5:30p	11/4-12/16	\$98^

*No class 11/22

^or purchase a yoga ticket book of 10 tickets for \$150 which is available at the Park District main office.

BEGINNING YOGA with Sierra

This beginner-level yoga class is gentle and slow-paced. You can explore the practice of basic yoga poses and breathing exercises to nurture the loving awareness of your mind and body. (Lee-Brenner) ICH

Classes start January 11. Look for more information in our winter/spring catalog.

T'AI CHI CHUAN INSTRUCTION

T'ai Chi Chuan teaches us how to move through the world in a manner that is easy, open and relaxed. This is a slow-motion training that allows us time to feel, correct and strengthen our balance and postural alignment. It also provides wonderful mental and emotional benefits. This eight-week class is based on the Traditional Yang Family Style movement form. Instructor Caylen Storm is expanding his Seattle-based practice to include Bainbridge Island.

561352-01	T	10:00-11:30a	10/30-12/18	\$80	ICH
02	T	6:00-7:30p	10/30-12/18	\$80	AQ

ADULT SPORTS & FITNESS

WE'RE LOOKING FOR GOOD PEOPLE

EMPLOYMENT OPPORTUNITIES

Fitness Instructors
Sports Instructors

VOLUNTEER OPPORTUNITIES FOR YOUTH LEAGUES

Soccer Coaches
Basketball Coaches
Basketball Referees
Volleyball Coaches



PROGRAMS FOR TEENS AGES 13-17



ADULT

T'AI CHI CHIH LESSONS

Build strength and coordination. T'ai Chi Chih combines slow, rhythmic movements with deep breathing and visual techniques to enhance the flow of Chi, the Vital Force. T'ai Chi Chih tones and strengthens the muscles without putting excessive stress on the knees, feet, hips or back. Come experience this modern adaption of the ancient discipline called by some A Moving Meditation. Certified Instructor Bill Nakao. Limited to 8 participants. SHMG

561334-01 W 1:00-2:00p 9/26-11/14 \$60



ZUMBA with TIFFANY and SARAH

★ Ages 13 and up. Burn your calories off with a big smile on your face! Zumba takes the "work" out of workout. Zumba uses contemporary Latin and World rhythms along with current radio tunes to get your heart pumping. All levels welcome. ICH

511308-01 MW 7:00-8:00p 9/10-12/19
02 Su 11:00a-12:00p 9/9-12/16

\$80 for 10-class pass / \$12 drop-in ICH

ZUMBA GOLD with Pamela

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. Questions? pmccann@ix.netcom.com MF in ICH, T in SHMG

511303-01 MF 9:30-10:30a 9/7-12/14
02 T 5:15-6:15p 9/11-12/18

\$55 for 10-class pass

MORNING EXERCISE at the SHP Mini-gym

Active Adult 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: \$50 10-class pass/\$7 drop-in.

STAY STRONG

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

561339-01 TTh 8:45-9:45a 9/4-12/20

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. Get ready for a head-to-toe workout! SHMG

561338-01 MWF 9:00-10:00a 9/5-12/21

TRAIL RUNNING CLUB

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

511313-01 W 9:00-10:30a 9/12-10/10 \$50
02 W 9:00-10:30a 10/17-11/14 \$50
03 W 9:00-10:30a 11/21-12/19 \$50

DISCOVER BAINBRIDGE WALKS



Come walk with us and discover the back roads 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

511910-01 T 9:00-11:00a 9/18-11/27 \$35
02 W 9:00-11:00a 9/19-11/28 \$35

*No class 11/20,11/21

2-MILE WALKS

Flatter roads and trails of Bainbridge. Nice easy pace.

511911-01 Th 9:00-10:15a 9/20-11/29 \$30

*No class 11/22

SUNDAY 4-MILE WALKS

511912-01 Su 9:00-11:00a 9/16-11/18 \$35

HOLIDAY WALKS NEW!

Join us for some fun holiday walks in Seattle. Ferry pass not included.

TUES/WED 4-MILE WALKS

511920-01 T 9:00-11:00a 12/4-12/18 \$15
02 W 9:00-11:00a 12/5-12/19 \$15

2-MILE WALKS

511920-03 Th 9:00-11:00a 12/6-12/20 \$15

SUNDAY 4-MILE WALKS

511920-04 Su 9:00-11:00a 12/2-12/16 \$15

ADULT



SPORTS

Playing sports is a great way to stay in shape. Come on out and try a new sport with one of our classes or jump right into one of our open gyms.

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. *Subject to changes and cancellations due to school functions, holidays or low attendance.

MONDAY	FUTSOL SOCCER	7:00-9:30p
TUESDAY	BASKETBALL	7:00-9:30p
WEDNESDAY	PICKLEBALL	7:00-9:30p
THURSDAY	VOLLEYBALL	7:00-9:30p
THURSDAY	PICKLEBALL	7:00-9:30p
FRIDAY	DODGEBALL	7:00-9:30p
SUNDAY	PICKLEBALL	4:30-6:30p

PICKLEBALL

The sport of pickleball was invented right here on Bainbridge Island. It is one of the fastest-growing sports in the nation. Come play and see what all the excitement is about.

ALL-AGES INTRO TO PICKLEBALL

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

511328-01	Sa	1:00-2:15p	9/15	\$15
02	Sa	1:00-2:15p	9/29	\$15

OPEN GYM PICKLEBALL

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. *Subject to changes and cancellations due to school functions, holidays or low attendance. HSLG

WEDNESDAY PICKLEBALL	7:00-9:30p
THURSDAY PICKLEBALL	7:00-9:30p
SUNDAY PICKLEBALL	4:30-6:30p

PICKLEBALL OPEN PLAY OUTDOORS

Come play pickleball outside! We have six courts lined for pickleball at Battle Point Park. Questions? Contact Julie at 206-842-2306 ext. 114. Weather permitting.

ALL LEVELS — MONDAY-FRIDAY	10:00a-12:00p
ALL LEVELS — TUESDAY and THURSDAY	4:00p-Dark

TENNIS

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

TENNIS 101

This class is for the beginning adult tennis player. Focus will be on fundamentals of the game not only in strokes but also in rules, scoring, singles and doubles. Come learn to play the sport for a lifetime! BAC

512701-01	Sa	1:45-3:00p	9/15-10/27	\$126
02	Sa	3:00-4:15p	11/3-12/15	\$126

DOUBLES SKILLS AND DRILLS

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 to get yourself understanding better doubles. BAC

512702-01	Sa	1:45-3:00p	9/15-10/27	\$126
02	Sa	3:00-4:15p	11/3-12/15	\$126

ROCK CLIMBING

Emphasizing strength, endurance, balance, and flexibility, rock climbing is more than just a workout: it challenges your mind and your body. All climbing programs are facilitated by experienced instructors from Island Rock Gym. Registration deadline for most climbing programs is three days before begin date. For questions about refunds, please see page 4.

ADULT INTRO TO CLIMBING

Ages 14-99. Anyone can climb! This 3-hour introductory course will teach you everything you need to know to learn to climb indoors. You'll learn how to belay (manage ropes for your climbing partner), how to use an auto belay, how to read climbing grades and follow climbing routes, and fundamental climbing techniques. Includes day passes, climbing shoes, and harness.

5131997-01	T	6:00-9:00p	10/9	\$85
02	T	6:00-9:00p	11/27	\$85



ADULT SAILING & PADDLING

Few things can beat a season of sailing, kayaking, and stand-up paddle boarding around Bainbridge Island. There is a diversity of sailing and paddling programs, trips, and classes for many ages. See pages 57-60 for detailed information about our sailing and paddling programs.

ADULT SKI BUS

This upcoming ski season will be our seventh consecutive year of running Bainbridge Island Adult Ski Bus! Run on Thursdays to avoid the crowds. Skiers are shuttled up to Stevens Pass, Crystal Mountain, and White Pass on our 15-passenger van for a full day of skiing. Destinations change each week. See pages 43-44 for detailed information about our skiing programs.