

# ADULT



## WHAT ARE CONTRACTOR CLASSES?

These are programs/activities which the District contracts to provide instructional services through an agreement with a private business. Contractors are responsible for their own employees, class curriculum, insurance and license requirements and other conditions the District may stipulate. Contractor classes are clearly marked in this catalog at the end of each class description with "CONTRACTOR."

## ADULT SKI BUS

Join a Bainbridge tradition that just keeps getting better! We've added our new 15-passenger bus to improve the experience. We run our adult Ski Bus on Thursdays to avoid the crowds. We prefer to ski, not wait in lines. We'll go to Stevens Pass and Crystal Mountain this season.

See page 41 for detailed information about our skiing programs.

## Seasonal Samplers

We've got an awesome new way for you to get to know your Park District better, faster, and easier! We've put together groups of similar classes that you can try out and investigate just what suits your style and curiosity best!

Attend a lively, high-success lesson with a new teacher and a new topic each week, all in a four-week package. Itching to get back to the interest in art you had as a child? Try an Art Sampler! Don't know what exercise class to take? Try a Fitness Sampler and see who and what you enjoy most!

This season's samplers run in January and February, giving you the opportunity to try lots of new experiences before the spring programs get underway. Sign up quickly as we expect these Samplers to fill up fast!

### THE ARTS: 2-DIMENSIONAL VISUAL ART

Do you recall the pride of your latest masterpiece hanging on the refrigerator? Remember how much plain FUN it was to draw and paint, just for the joy of it? Come explore sketching and drawing techniques, as well as a variety of painting media. SHC

166135-01	M	10:30a-12:00p	1/14-2/11	\$50 (materials included)
02	M	1:00-2:30p	1/14-2/11	\$50 (materials included)

### THE ARTS: 3-DIMENSIONAL VISUAL ART

Don't mind getting your hands dirty? Like to build and shape things? Explore a few of our most popular 3-dimensional art programs. First you get to explore ceramic classes at Eagledale Pottery Studio. Then you'll be introduced to fused and stained glass at the Island Spectrum Design Studio.

166136-01	W	10:30a-12:00p	1/30-2/20	\$50 (materials included)
02	W	1:00-2:30p	1/30-2/20	\$50 (materials included)



### FITNESS: EASY DOES IT

Ease in to a healthier lifestyle by trying out some of our most popular entry-level exercise classes. Some classes will be taught in a classroom, others in the pool. But each is a gentle introduction to movement, addressing balance, strength and range-of-motion. SHC/AQ

166138-01	F	1:00-2:30p	1/25-2/22	\$40
02	F	10:30a-12:00p	1/25-2/22	\$40

### FITNESS: EASTERN TRADITION

Your Park District offers a huge variety of fitness classes, and here we've tied a few together with a nod to Asian traditions. Leave your stress and worries at the door as you enjoy a new discipline each week with our sought-after instructors. SHC

166137-01	T	1:00-2:30p	1/22-2/12	\$40
02	T	3:00-4:30p	1/22-2/12	\$40

### LIFELONG LEARNING

For the lifelong learners among us, bring your curiosity and find out what an eclectic mix of classes we offer. Stretch your mind with new ideas, exercises and conversations, all while building a new community of friends! Enjoy this ultimate grab-bag of programs designed especially for Active Adults. SHC

166139-01	Th	9:00-10:30a	1/24-2/14	\$40
02	Th	11:00-12:30a	1/24-2/14	\$40

# ADULT

## ART AND CRAFT

### THE VINTAGE CREATIVE

A new twist on the ever-popular Creative Crone series, this class celebrates the joy of creative activity! We'll be immersing ourselves in a wide variety of media so to reconnect with our inner artist, the one who revels in play. This class is designed for women (especially those 50+) who value connection (both to ourselves AND to a network of new friends)! Give yourself permission to play with new media and ideas in a fun and judgment-free atmosphere. SHC

166118-01	W	10:00a-12:00p	2/6-3/13	\$44
02	W	10:00a-12:00p	4/10-5/8	\$44
03	W	10:00a-12:00p	5/15-6/12	\$44

### SPECTACULAR HANDMADE CARDS

Never give an ordinary card again... why not send something handmade instead, something unique, something that reflects your style and personality? Learn how to create amazing interactive cards that spin, flip, pop, move, shake and slide. Each session is high on fun, creativity AND success! Facilitated by book artist Susan Callan, who will share lots of time-saving tips and innovative techniques. Materials provided. SHC

166123-01	T	1:00-4:00p	2/5	\$15
02	T	1:00-4:00p	3/5	\$15
03	T	1:00-4:00p	4/2	\$15
04	T	1:00-4:00p	5/7	\$15
166143-01	first Ts	1:00-4:00p	2/5, 3/5, 4/2, 5/7	\$50

## GLASS ART

Come learn the art of 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.



### STAINED GLASS

Learn 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. 5 weeks **CONTRACTOR**

120484-01	T	10:00a-1:00p	2/5-3/12*	\$145
02	W	6:00-9:00p	2/6-3/13*	\$145
03	T	10:00a-1:00p	3/19-4/23*	\$145
04	W	6:00-9:00p	3/20-4/24*	\$145

\*No class 2/19, 2/20, 4/2 and 4/3

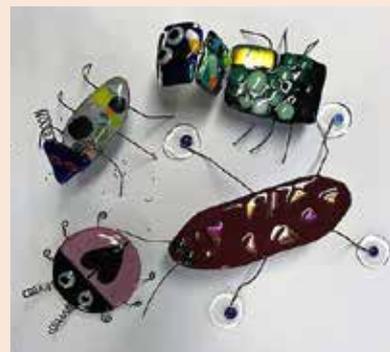
## FUSING THURSDAYS

Beginning students will learn the basics of kiln-formed glass during this 4-week workshop! Continuing students and those with fusing experience may use this class as open studio time! Join the fun of glass-cutting techniques, firing schedules, glass compatibility, color and design as you gain skill and work on your own fused glass projects. Use of tools and kiln fees are included; purchase glass from instructor. **CONTRACTOR**

120485-02	Th	6:00-9:00p	3/7-3/28	\$180
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## FUSED GLASS SAMPLERS

Enter the Island Spectrum studio and become a glass artist for a few hours! Space is limited for these popular project-based classes. All tool use, materials, and kiln firing is included in the fee.



### SUNCATCHERS

Catch the early spring sunshine with a glass window hanger of your own design! You will create two colorful pieces to brighten your house. ISD **CONTRACTOR**

120486-01	Sa	10:00a-12:00p	3/23	\$75
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### IT'S A BUG'S LIFE

Design a fun, unique bug out of fused glass and wire. You will create two cute creatures to come live at your house. ISD **CONTRACTOR**

120488-02	Sa	2:30-4:30p	4/13	\$75
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## DRAWING

### 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 \$15 DROP-IN FEE (paid to BIMPRD main office) plus \$15 model fee (paid at class). SHC **CONTRACTOR**



111216-01	F	9:30a-12:30p	1/18-3/22	\$55
02	F	9:30a-12:30p	4/12-6/14	\$55

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## SKETCHBOOK JOURNALING with Paula Ensign

In this class we will focus on basic skills to do quick, simple drawings of familiar objects. We will talk about different types of journals and various kinds of supplies and materials to use. The goal is to improve drawing ability and to create a unique journal or sketchbook that expresses your individuality. One week will be a field trip off site. SHC **CONTRACTOR**

111212-01 M 10:00a-12:00p 2/25-4/8\* \$155  
\*No class 4/1

## 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 **CONTRACTOR**

111213-01 T 10:00a-12:00p 2/26-4/9\* \$155  
\*No class 4/2

## PAINTING



### PAINT, PAINT, PAINT OILS OR ACRYLICS with Sylvia Carlton

Learn to paint or continue on your painting journey. This fun class will focus on painting from life, use of photos, warm-up exercises, and completed paintings. Some of the painting concepts covered are; in-depth color, using value to strengthen your work, design, planning composition, negative space, focal points, and more. I encourage individual style while helping paint to your potential. This

class is tailored to each individual and meant to be a fun learning experience for all. This 10-week continuous class is 2 sessions. SHC **CONTRACTOR**

111217-01 T 9:30a-12:00p 1/15-2/12 \$155  
02 T 9:30a-12:00p 2/26-3/26 \$155

### PAINTING FROM REFERENCE PHOTOS, AND IMAGINATION with Sylvia Carlton

In the Northwest it rains, so paintings are often started or finished in the studio. This session we will cover how to use references, sketches and photos to our advantage. To help you achieve a finished painting we will cover; "Why did you choose this subject?" composing it on canvas, use of color in composition, values in defining design, overall shapes, space and depth, focal areas, drama, and keeping your individual style. All painting levels welcomed. SHC **CONTRACTOR**

111218-01 T 9:30a-12:00p 4/9-5/7 \$155  
02 T 9:30a-12:00p 5/14-6/11 \$155

## WATERCOLOR BOLD AND EXPRESSIVE with John Adams **NEW!**

All levels welcome! You are invited to join this class that will focus on creating loose and colorful Northwest scenes and florals. Each class will begin with a painting demonstration, followed by individual instruction while students work from the demo or an idea of their own. A full-time artist, John Adams is a signature member of the National and Northwest Watercolor Societies. [www.johnadamsdesign.com](http://www.johnadamsdesign.com) SHC **CONTRACTOR**



111215-01 Th 10:00a-12:00p 1/17-2/14 \$155  
02 Th 10:00a-12:00p 2/28-3/28 \$155  
03 Th 10:00a-12:00p 4/11-5/9 \$155  
04 Th 10:00a-12:00p 5/16-6/13 \$155

### PICK UP A BRUSH!

Learn the painting techniques of the Old 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 a finished work. Class limited to 10 signups for private class experience in a group. For supply list contact instructor Diane Crago at [dianecrago@gmail.com](mailto:dianecrago@gmail.com). To see Diane's work, go to [www.dianecrago.com](http://www.dianecrago.com). SHC

166127-01 Th 10:30a-12:00p 2/21-3/21 \$60  
02 Th 10:30a-12:00p 4/4-5/2 \$60



### BRUSH-UP YOUR TECHNIQUE!

This painting 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/sub-

ject matter you choose for your project at [dianecrago@gmail.com](mailto:dianecrago@gmail.com). To see the instructor's work, go to [www.dianecrago.com](http://www.dianecrago.com) SHC

166128-01 M 10:30a-12:00p 2/25-3/25 \$60  
02 M 10:30a-12:00p 4/8-5/6 \$60



# ADULT

## ADAPTIVE RECREATION FOR ADULTS WITH SPECIAL NEEDS

The following classes are designed for teens and adults.



### POTTERY FOR PEOPLE WITH SPECIAL NEEDS

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 and have fun with clay. Materials included in class fee. ED

122062-01	W	3:30-5:00p	2/6-2/27	\$89
02	W	3:30-5:00p	5/1-5/22	\$89



### GRANDMA'S MEALS

We will be preparing meals and yummy desserts from our grandmas' kitchens! Taught by Jan Fredrickson. SHC kitchen

170965-02	T	3:30-5:30p	4/9-4/30	\$75
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## POTTERY



Class fees include one 25 lb. bag of clay.

Additional clay available for \$25 per bag.

### POTTERY TH with Elena Wendelyn

#### CLAY INTRO SAMPLER **NEW!**

Make art part of your new year! This new short-term introductory class is especially for people who would just like to try their hand at pottery! From different types of clay to the function of various tools and studio equipment, we will sample hand-building construction, wheel throwing, decorating techniques, and glaze finishes in exploration of the possibilities of ceramic art! 4 wks. ED

122044-01	Th	12:00-2:00p	1/10-1/31	\$95
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### CLASSES

These classes welcome beginners as well as those with previous wheel and hand-building experience. Surface decorating techniques such as sgraffito and silkscreen will be introduced as well as small form sculpture demonstrations. Individual projects welcome! 8 wks. ED

122048-01	Th	9:30-11:30a	1/10-3/7*	\$175
02	Th	9:30-11:30a	4/11-5/30	\$175

\*No class 2/21

### WINTER WORKSHOP TIME\*\*

\*\*Must be a current Eagledale

pottery student

Add some open work time to your pottery class experience! Bring a lunch and stay to practice your growing skills under Elena's watchful eye.

122049-01	Th	12:00-3:00p		
1/10-3/7*			\$115	

\*No class 2/21



### POTTERY M&W CLASSES

These classes are for people who want to throw on the wheel or hand-build with clay, or both! Whether you are a beginner or an old hand, come join the fun! 6 wks. ED

122050-01	M	9:30-11:30a	1/14-2/25*	\$145
03	M	9:30-11:30a	3/4-4/15*	\$145
05	M	9:30-11:30a	4/22-6/3*	\$145
02	W	9:30-11:30a	1/16-2/27*	\$145
04	W	9:30-11:30a	3/6-4/17*	\$145
06	W	9:30-11:30a	4/24-5/29	\$145

# ADULT



## CONTINUING WORKSHOP TIME\*\*

**\*\*Must be a current Eagledale pottery student**

Bring a lunch and make a day of it! Utilize the additional time to explore new tools and perfect skills introduced during class.

122051-01	M	12:00-3:00p	1/14-2/25*	\$95
03	M	12:00-3:00p	3/4-4/15*	\$95
05	M	12:00-3:00p	4/22-6/3*	\$95
02	W	12:00-3:00p	1/16-2/27*	\$95
04	W	12:00-3:00p	3/6-4/17*	\$95
06	W	12:00-3:00p	4/24-5/29	\$95

\*No class 2/18, 2/20, 4/1, 4/3 and 5/27



## FIGURATIVE CLAY SCULPTURE with Debbie Fecher-Gramstad

### QUICK START BEGINNING SCULPTURE CLASS **NEW!**

Try out the basics of clay sculpture! In 3 weeks you'll know enough to create something wonderful... and decide whether you'd like to learn more. Includes one bag of clay. 3 wks. ED

122073-01	F	1:00-3:00p	1/25-2/8	\$75
02	F	1:00-3:00p	2/22-3/8	\$75

## BEGINNING CLASS

Come have fun with figurative clay sculpture! Beginning students will learn the basics with fun assignments that generate imagination and inspiration. Discover how to sculpt a ball of clay into something wonderful! 8 wks. ED

122055-01	F	9:30-11:30a	1/18-3/8	\$165
03	F	9:30-11:30a	5/3-6/21	\$165

## BEGINNING FIGURATIVE SCULPTURE WORKSHOP TIME\*\*

**\*\*Must be a current Eagledale sculpture student.**

Enjoy a lunch break, then continue working after class. You'll be delighted at your progress!

122056-01	F	12:00-3:00p	1/18-3/8	\$115
03	F	12:00-3:00p	5/3-6/21	\$115

## CONTINUING STUDENTS

With the wealth of knowledge that instructor/artist Debbie Fecher-Gramstad has in the world of sculpture and figurative art, students will explore their own ideas and tap into endless opportunities to create their own work. Individual projects encouraged! 8 wks. ED

122057-01	T	9:30-11:30a	1/15-3/5	\$165
03	T	9:30-11:30a	5/7-6/25	\$165

## CONTINUING FIGURATIVE SCULPTURE WORKSHOP TIME\*\*

**\*\*Must be a current Eagledale sculpture student.**

Use this extra time after lunch to really focus and work, with Debbie on hand for consultation.

122058-01	T	12:00-3:00p	1/15-3/5	\$115
03	T	12:00-3:00p	5/7-6/25	\$115

## SATURDAY MORNING POTTERY with Stacy Landers

By popular request, Eagledale Pottery instructor Stacy Landers offers a Saturday morning class for all levels to enjoy! Lessons 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! 7 wks. ED

122045-01	Sa	10:00a-12:00p	1/12-2/23	\$155
02	Sa	10:00a-12:00p	3/2-4/27*	\$155

## SATURDAY WORKSHOP TIME\*\*

**\*\*Must be a current Eagledale student.**

Continue the work on your projects after the lunch break, with Stacy on hand for advice.

122046-01	Sa	12:30-3:30p	1/12-2/23	\$105
02	Sa	12:30-3:30p	3/2-4/27*	\$105

\*No class 4/6 and 4/20



## EVENING M&W POTTERY with Stacy Landers

These evening classes are designed to appeal to both beginning and advanced levels of ability. Lessons and work 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 success and fun. 7 wks. ED

122052-01	M	6:30-9:30p	1/14-2/25	\$198
03	M	6:30-9:30p	3/4-4/22	\$198

122052-02	W	6:30-9:30p	1/16-2/27	\$198
04	W	6:30-9:30p	3/6-4/24	\$198

## EVENING WORKSHOP TIME\*\*

**\*\*Must be a current Eagledale student.**

Spend a couple of uninterrupted evening hours in the studio to practice your skills and complete projects!

122054-01	Th	6:30-9:30p	1/17-2/28	\$105
02	Th	6:30-9:30p	3/7-4/25	\$105



# ADULT

## SPRING FINISH-UP

These late-spring options are for current students of any ability or class wishing for a bit more time to practice or finish projects. Elena and Stacy will oversee the studio times. Day and evening choices available; no clay included. 3 wks. ED

### INSTRUCTION/CONSULTATION

122053-01	Th	9:30-11:30a	6/6-6/20	\$40
02	W	6:30-8:30p	6/5-6/19	\$40

### WORKSHOP TIME

122053-03	Th	12:00-3:00p	6/6-6/20	\$50
06	Th	6:30-8:30p	6/6-6/20	\$50

## FLEXIBLE WORKSHOP OPTION

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

### WINTER FLEX WORKSHOP

122047-02	days and times vary	1/12-3/30	\$155
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### SPRING FLEX WORKSHOP

122047-03	days and times vary	4/8-6/14	\$155
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## CLAY PEOPLE FIELD TRIPS **NEW!**

For people who like to play with clay, we will travel as a group to area supply outlets, galleries, shows and studios. Get to know other folks in the pottery world who share your hobby and passion for ceramic art. Each field trip includes roundtrip mini-bus transportation, transit fares, a visit to one or two points of clay interest, time to shop, and an interesting choice for lunch (on your own). Sit back and let Park District staff do the driving so you can concentrate on networking and inspiration! Space is limited. ED

### TACOMA CLAY ART!

Clay Art Center is our destination, with Throwing Mud Studio along the way! Waterfront lunch at the historic Spar Tavern.

122090-01	T	9:00a-5:00p	3/12	\$50
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### SEATTLE POTTERY!

We'll explore Seattle Pottery and the Seward Park Clay Studio, with a working person's lunch break at By's in the SoDo industrial district.

122090-02	F	9:00a-5:00p	4/26	\$50
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## FRIDAY NIGHT CLAY PLAY! with Studio Staff and Guests

Get out of the house and get your hands messy! Have a date night or friends' night out! 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



### FOREVER VALENTINES!

Try your hand at making a beautiful heart that will last! Fun shapes, embellishments and the surprise of a raku finish!

122080-01	F	6:30-8:30p	1/25, 2/8	\$35
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### BEAUTIFUL BOWLS!

Try your hand at making a bowl! Play with unusual shapes, patterns and glazing techniques.

122080-02	F	6:30-8:30p	3/8, 3/22	\$35
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### GARDEN LANTERN! **NEW!**

Try your hand at making a garden lantern! Create one to hang or stand.

122080-06	F	6:30-8:30p	5/31, 6/14	\$35
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## SEE ALSO PARENT/CHILD CLAY PLAY PAGE 20



## SATURDAY SKILL WORKSHOPS!

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 ware or adopt some of our "orphan" pieces to use. Emphasis on experimentation and exploration. Materials included. ED

### LUSTRE!

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

### SAFETY INTRO + FIRING

122081-01	Sa	12:00-3:00p	3/16	\$25
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### EXPERIENCED/LUSTRE FIRING ONLY\*

122081-04	Sa	1:00-3:00p	3/16	\$20
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\*Must have completed a lustre safety intro skill workshop in order to independently use the lustre materials available at the studio.

# ADULT



## BEACH PIT FIRING! with ED Staff

We are doing it again! Join the fun of a day-long firing and go home with decorative smoke-painted pieces. It will also be a potluck; Fay Bainbridge Park lower hillside shelter and beach. Rain or shine — the pots don't mind!

122082-01 Sa 9:00a-4:30p  
5/4 \$50



## EAGLEDALE POTTERY "OPEN STUDIO"

### & SALE SATURDAY, DECEMBER 15

Ever wonder what goes on up at the Eagle Dale Pottery Studio? Step inside the studio doors during our pottery Open Studio and take a look! Watch clay being worked on wheels and work tables, see the variety of glazes available, tour the kiln yard, and peruse the student and instructor ware available for purchase. Instructors and students will be available to answer questions and you can get a peek at upcoming classes and workshops. From 10a to 8p; all ages welcome.

## WRITING

### POETRY WRITING WORKSHOPS

Nudge your poems into the world! These workshops give participants an opportunity to learn more about writing poetry by bringing their poems in various stages of progress, reading them aloud, and discussing them in a constructive light toward revision. Island Treasure and award-winning instructor/poet John Willson leads the conversation. Participants are asked to bring 10-12 copies of a poem to share in class each week. 5-weeks SHC. Drop-in fee: \$18



174002-01	W	7:00-9:00p	1/9-2/6	\$85
02	W	7:00-9:00p	2/27-3/27	\$85
03	W	7:00-9:00p	4/10-5/8	\$85

## DANCE

### FUN FAMILY-FRIENDLY DANCES NEW!

All ages. Come have some fun dancing the night away with family and friends during our fun-themed Valentine and spring dances. Besides music to dance to we'll have awesome decorations, themed games to play and craft projects to try. HSLG

111203-01	Sa	6:30-8:30p	2/9	\$8 per person
02	F	6:30-8:30p	4/19	\$8 per person

## EDUCATED FEET DANCE CLASSES

The following classes are taught by certified instructor Sheila Phillips of Educated Feet.

All classes are open to teens & adults, no partner necessary!

PLEASE wear shoes kind to wood floors—  
clean soles & leave no black marks!

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

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

Held at Island Center Hall, 8395 Fletcher Bay Rd

### EAST COAST SWING

Whether you like rock, blues, R&B or big band music, Swing is always in! East Coast Swing is a fun and versatile dance for slow or fast rhythms. It's easy to learn, intuitive, and not terribly structured. Learn basic patterns with turns, spins and wraps, along with timing and leading/following techniques. Great for nightclubs, parties, weddings or the ballroom and a logical place to begin to learn partner dancing. First series, 4-count rhythm or 1 step to slow to med tempos; second series, 6-count rhythm to faster tempos. A popular choice for beginners. Basics & beyond. ICH **CONTRACTOR**

111225-01	T	6:45-7:45p	1/15-2/12	\$60
02	T	6:45-7:45p	2/26-3/26	\$60

### SWINGIN' FOXTROT

Foxtrot, one of the most common and easy-to-learn social dances! It's danced to tunes of Frank Sinatra and other famous crooners. Swing is our most popular all-American dance! The two styles go hand-in-hand for a smooth and elegant combination. First series, Foxtrot on its own; second series, mix favorite Swing & Foxtrot patterns using simple walking steps. Slow to med tempos. Easy to learn, versatile on the dance floor. Good choice for beginners. ICH **CONTRACTOR**

111223-01	T	7:45-8:45p	1/15-2/12	\$60
02	T	7:45-8:45p	2/26-3/26	\$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. 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. Basics and beyond. ICH **CONTRACTOR**

111220-01	Th	6:45-7:45p	1/17-2/7	\$50
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### NIGHT CLUB TWO STEP

One of the most practical and versatile social dances ever conceived, 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 quick and slows. Basics and beyond. ICH **CONTRACTOR**

111221-01	Th	7:45-8:45p	1/17-2/7	\$50
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# ADULT

## SIZZLING SALSA!

The name "salsa" correctly describes the flavor of this dance: hot! Energetic and passionate with lots of fun spins, sharp movement and crisp turns! Learn patterns in the two most popular styles, Salsa en Linea and Cuban style! Both are club dances and mix well on the floor. First series, beginning level covers basic patterns. Second series, intermediate level makes simple patterns exciting with spins, drapes, hair combs & styling. Emphasis on lead & follow skills. ICH **CONTRACTOR**

111228-01	Th	6:45-7:45p	3/14-4/4	\$50
02	Th	6:45-7:45p	5/23-6/13	\$50

## 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. Relaxed style and satisfying for both beginners and experienced dancers. Different patterns taught each series. ICH

### CONTRACTOR

111224-01	T	7:45-8:45p	4/9-5/7	\$60
02	T	7:45-8:45p	5/21-6/18	\$60

## TRIPLE-TIME SWING & LINDY HOP

Comfortable with swing patterns? Time to add triple steps to your repertoire! First, we'll ease into triple-time swing, 6-count and then add 8-count patterns. Soon, we'll be dancing Lindy hop, AKA Savoy swing and the granddaddy of swing dances! First series, learn a variety of smooth Lindy patterns. Second series, weave playful steps & fun styling into your dance! Smooth Lindy danced to slow-med tempos. ICH **CONTRACTOR**

111227-01	T	6:45-7:45p	4/9-5/7	\$60
02	T	6:45-7:45p	5/21-6/18	\$60

## RUMBA

The mother of salsa, A moderately slow dance to Latin & contemporary music. Plenty of wraps, under arm turns and a truck load of flirtation. Often called the dance of love, you can rumba to a wide variety of music from Tito Puente to Jimmy Buffet. Learn to string patterns together for nice combinations. Easy to learn, basics and beyond. ICH **CONTRACTOR**

111229-01	Th	7:45-8:45p	3/14-4/4	\$50
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## CHA-CHA

Simply salsa slowed down but no less fiery and passionate! It has a relaxed style, combining the romanticism of rumba with the triple Lindy steps of swing. Danced to Latin & contemporary music with a strong beat and distinctive rhythm, it's easy to learn. This is a fun party dance and a good follow-up to rumba with similar patterns! ICH **CONTRACTOR**

111230-01	Th	7:45-8:45p	5/23-6/13	\$50
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## PROGRAMS FOR TEENS AGES 13-17

## SWEET 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.**  
**Dancers invited to bring finger foods to share.**  
**Doors open 7:00p; Pay at the door all events**  
**Info [www.educatedfeet.net](http://www.educatedfeet.net)**  
**Contact [sheila@educatedfeet.net](mailto:sheila@educatedfeet.net) or 206-842-3012**  
**CONTRACTOR**



### JAN 12: MAIA SANTELL & HOUSE BLEND!

Northwest premier dance band!  
 Versatile mix.  
 \$20 includes 7:15-8:00p workshop  
 8:00-10:30p dance, live music!

### FEB 9: JUST DANCE!

DJ Mix waltz, blues, swing,  
 West Coast, ballroom, Latin  
 \$10 includes 7:15-8:00p workshop  
 8:15-10:00p dance, DJ music!

### MAR 9: JUST DANCE!

DJ mix waltz, blues, swing, West Coast, ballroom, Latin  
 \$10 includes 7:15-8:00p workshop  
 8:15-10:00p dance, DJ music!

### APR 13: REDSHIFT DANCE PARTY!

Latin, swing & jazz!  
 \$20 includes 7:15-8:00 pm workshop  
 8:00-10:30 pm dance, live music!

### MAY 11: JUST DANCE!

DJ mix waltz, blues, swing, West Coast, ballroom, Latin  
 \$10 includes 7:15-8:00p workshop  
 8:15-10:00p dance, DJ music!

### JUNE 8: JUST DANCE!

DJ mix waltz, blues, swing, West Coast, ballroom, Latin  
 \$10 includes 7:15-8:00p workshop  
 8:15-10:00p dance, DJ music!

### SPECIALTY WORKSHOPS!

Educate your feet at pre-dance mixers!  
 Check monthly workshop at [www.educatedfeet.net](http://www.educatedfeet.net)  
 \*NO pre-registration or partner required!  
 Free with dance!  
 Island Center Hall (ICH)

# 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 will purchase a book to read in class, but it should cost less than \$20.

### SPANISH FOR BEGINNERS

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. **CONTRACTOR**

121652-01	W	11:00a-12:30p	1/16-2/27	\$120*
02	W	11:00a-12:30p	4/10-5/15	\$120

\*No class 2/20

### INTERMEDIATE CONVERSATIONAL SPANISH

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

121653-01	W	9:20-10:50a	1/16-2/27	\$120*
02	W	9:20-10:50p	4/10-5/15	\$120

\*No class 2/20



### PORTUGUESE & JAPANESE with Lilian Sayumi Kano

Lilian was born and raised in Rio de Janeiro. She majored in Brazilian & Japanese studies at the Federal University of Rio de Janeiro. After graduation, she moved to Japan to further her Japanese language studies. She ended up settling there and becoming a language instructor at both Kanda University of International Studies and Sophia University

for 10 years. Contemporaneously, Lilian also served as an announcer/translator in the Portuguese section of NHK World Radio Japan. She is passionate about languages, literature, teaching, traveling, and embracing new activities. In the next chapters of her life, she has found herself living in Southern France, California, Hawaii and now Bainbridge.

### PORTUGUÊS PASSO A PASSO (STEP BY STEP) WITH MUSIC

Vamos estudar português?

We will learn to speak Brazilian Portuguese through fun, theme-based, interactive lessons while incorporating a plethora of diverse cross-cultural information and skills. We will work with printed materials and later on, videos and other audio exercises can be introduced to reinforce basic structures, vocabulary and pronunciation. Towards the end of each class, we will jointly go through the lyrics of a popular Brazilian song (such as 'Garota de Ipanema') while revisiting and stressing the use of the new structures/words learned that day. Portuguese is spoken as an official language in nine nations across the world and is the sixth most natively spoken language. Music is a powerful communication tool. Let's combine the two, learn and sing together! SHC **CONTRACTOR**

121670-01	Th	2:00-4:00p	1/31-3/7	\$180
02	Th	2:00-4:00p	4/4-5/9	\$180

### BEGINNER CONVERSATIONAL JAPANESE

Travel to Japan through language! This course will focus on daily conversation along with the introduction of practical vocabulary and simple grammar structures. In the beginning, we will learn useful classroom language (such as 'I don't understand' or 'please repeat,' etc.) and gradually switch into Japanese as the primary language. Flash cards, role play activities, videos, music and other points of Japanese culture will be used in addition to printed material. Students will have a notion of the Japanese writing system but in this course we will use Romanized (romaji) material to better facilitate Japanese conversational ability. SHC. **CONTRACTOR**

121680-01	F	3:00-4:30p	2/1-3/8	\$120
02	F	3:00-4:30p	4/5-5/10	\$120

## CANINE



Bainbridge Island Metro Park & Recreation District continues to be a dog-friendly environment. Dogs are allowed in all Park District parks as long as they are on leashes unless in a designated off-leash area (Strawberry Hill Park and Eagledale Park). The Park 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 Park District created the Dog Advisory Committee to oversee and develop off-leash programs. The Park District and the Dog Advisory Committee encourage park users to enjoy Park District parks with their dogs. The Park District's Dog Advisory Committee (DAC) is a group of citizens and park officials that aim to create a model of "Responsible Dog Ownership" in order to promote mutual respect, safety, and enjoyment for all park users.



# ADULT

ers. 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 Park 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 Park District leash policies or want to get involved in continuing to create positive solutions for dog owners, contact the Park District at 206-842-2302.

## 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

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, and name recognition. Socialization exercises, and what that really means in the important first 4 months of a dog's life, will also be addressed. 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. **CONTRACTOR**

126117-01	W	6:00-6:45p	3/6-4/10	\$165
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## CANINE GOOD CITIZEN

Canine Good Citizen is an American Kennel Club program that is open to all dogs over 1 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 American Kennel Club for an additional \$10.00 fee. Only flat collar or harness and a 6-foot leash are allowed in class. Meet at SHMG. **CONTRACTOR**

126122-01	W	7:00-8:00p	1/16-2/20	\$165
02	Sa	12:00-1:00p	3/2-3/30, 4/13	\$165
03	W	7:00-8:00p	4/24-5/29	\$165

## LOOSE-LEASH WALKING

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. Meet at SHMG. **CONTRACTOR**

126119-01	Sa	10:00-11:00a	2/2-2/16	\$83
02	Sa	1:15-2:15p	3/2-3/30, 4/13	\$165
03	Sa	12:15-1:15p	5/4-5/25	\$110

## LIFE SKILLS

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, and 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 harness and a 6-foot leash are allowed in class. Meet at the SHMG. **CONTRACTOR**

126125-01	Sa	11:15a-12:15p	2/2-2/16	\$83
02	W	7:00-8:00p	3/6-4/10	\$165
03	Sa	11:00a-12:00p	5/4-6/1	\$110

## S.T.A.R. PUPPY

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. Certificates for successfully completing the class are available from the American Kennel Club for an additional \$10.00 fee. Puppies need not be purebred. Only flat collar or harness and a 6-foot leash are allowed in class. Meet at SHMG. **CONTRACTOR**

126124-01	W	5:45-6:45p	1/16-2/20	\$165
02	Sa	10:45-11:45a	3/2-3/30, 4/13	\$165
03	W	5:45-6:45p	4/24-5/29	\$165

## TOTAL RECALL

Wouldn't it be nice if our dogs came to us each and every time we called them? Using a proven training method, we will work to help you get the results you want! This class is open to dogs of all ages. Flat collar or harness and 6-foot leash required for class. Meet at the SHMG. **CONTRACTOR**

126123-01	Sa	2:30-3:30p	3/2-3/30, 4/13	\$165
02	Sa	1:30-2:30p	5/4-6/1	\$110

# ADULT



## AGILITY JUST FOR FUN!

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. Meet at the SHMG.

### CONTRACTOR

126121-01	Sa	9:30-10:30a	3/2-3/30, 4/13	\$165
02	Sa	9:30-10:30a	5/4-6/1	\$110

## INTRODUCTION TO THE ENNEAGRAM

Gain greater insight into yourself and others using the Enneagram Personality System. The Enneagram introduces you to a highly practical system for self-understanding while it teaches you to better use your intellectual, emotional and instinctive centers. You'll be developing your self-awareness while honing your interpersonal skills at the same time. The Enneagram is a fascinating personality map that reveals your unique gifts and the strengths of those around you. In so doing, it provides precise guidelines for personal growth and improved relationships. SHC

166117-01	W	4:00-5:30p	2/13, 2/20	\$30
02	W	4:00-5:30p	5/15, 5/29	\$30

## YOUR LEGACY MATTERS

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. SHC

166120-01	W	2:00-3:30p	2/6-2/27	\$40
02	W	2:00-3:30p	4/17-5/8	\$40
03	W	2:00-3:30p	5/22-6/12	\$40

## SPECIAL INTERESTS



### HILLTOP ACOUSTIC JAM All-ages music jam

Bring your guitar, voice, uke, fiddle, or any other 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! A great place to try out original work, practice a favorite cover, or just gain skills on that brand-new gift instrument! All ages welcome, from 8-108, and it's FREE! Hot drinks provided. Third Friday, monthly at 7:30p. 1/18, 2/15, 3/15, 4/26, 5/17, and 6/21 HT

## 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! AQ

166124-01	T	9:00-10:30a	4/9-5/7	\$40 (optional book +\$15)
02	T	9:00-10:30a	5/14-6/11	\$40 (optional book +\$15)

## PARENTING THE 21ST CENTURY CHILD

Our schools and our culture are providing much emphasis on children developing technical/scientific prowess and critical thinking. This program identifies research-based parenting techniques that develop the whole child. The Virtues Project™ focuses on the essential character skills and qualities that are needed to be successful in the world. Participants will learn five practical, positive, effective strategies for bringing out the best in every child at every age. AQ

166116-01	W	10:00a-12:00p	1/9-2/6	\$50
02	W	10:00a-12:00p	3/6-4/3	\$50
03	Th	10:00a-12:00p	4/18-5/16	\$50

## HEALING THE FEMINE — FREE 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 exercised their own masculine qualities while denying their feminine instincts. This imbalance impacts more than just the lives of the women involved. Learn the unique benefits of female energy and reclaim your feminine self. SHC

166130-01	T	6:00-7:30p	4/9	free
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## THE INTUITIVE BRAIN! — FREE SEMINAR

Presenter Sue Bielka is a cerebral aneurysm survivor. Through her recovery, she has developed a unique perspective regarding to right-brained thinking. She'll be offering strategies to increase right-brained activity 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

166131-01	T	6:00-7:30p	4/30	free
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# ADULT

## EXPLORING THE FEMININE: HEART AND SOUL — WEEKEND RETREAT

Enjoy the luxury of a two-day retreat to explore the feminine's sacred role in our homes, the world and universe. Time will be spent exercising the right brain's creativity and collaborative qualities. In addition, the masculine-feminine energy continuum will be examined. Recognizing your place there will strengthen your ability to communicate and live your authentic life more effectively. Designed for women, this weekend will guide you to strengthen your self-esteem, dignity and grace. Bring an open mind, your curiosity and leave with a new way of engaging the world! HT 166132-01 SaSu 9:30a-3:30p 5/18-19 \$90

## DYNAMIC AGING COMMUNITY GATHERINGS

One of the most exciting community conversations going on right now has to do with reshaping the traditional paradigm of aging. We know we will be living a decade or two longer than previous generations, with the



health and capacity to continue to live 'dynamically'. But exactly what does that mean? What do YOU think is most important to the quality of life we should aspire to? What do YOU most value given this extended longevity? Let's have a candid, creative and generative dialogue about all the opportunities we want in place in the coming years. Led

by facilitator Bob Linz. Refreshments provided. AQ  
166119-01 W 9:30a-12:00p 1/23 Free of charge  
02 F 9:30a-12:00p 2/22 Free of charge

## DYNAMIC AGING SUMMIT

Join us for a brand new take on what an 'aging conference' can be! We now experience a longer, healthier longevity than our culture has ever enjoyed before. What can we do to maximize the opportunities this represents? Engaging experts will be sharing the best of new thinking. Let's figure out how these new ideas and insights can impact the quality of our lives! This summit has been designed so that each participant leaves with an individualized action plan. Bainbridge is ahead of the curve in aging demographics... let's also lead the charge in changing and embracing what the last third of our lives might look like! Clearwater Events Center

166144-01 F 9:00a-5:00p 3/29 \$99 (lunch included)

## 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. Open gyms are subject to changes and cancellations due to school functions, holidays or lack of attendance.

MONDAY	FUTSOL SOCCER	7:00-9:30p
TUESDAY	BASKETBALL	7:00-9:30p
WEDNESDAY	PICKLEBALL	7:00-9:30p
THURSDAY	PICKLEBALL	7:00-9:30p
THURSDAY	VOLLEYBALL	7:30-9:30p
FRIDAY	DODGEBALL	7:00-8:30p
SATURDAY <b>NEW!</b>	PICKLEBALL	6:30-9:00a
SUNDAY	PICKLEBALL	4:30-7:00p

## 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.



## INTRO TO PICKLEBALL

All ages. 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! Sec 1-3 HSLG, Sec 4-6 BPP

111336-01	Su	3:15-4:30p	1/27	\$15
02	Su	3:15-4:30p	2/24	\$15
03	Su	3:15-4:30p	3/24	\$15
04	Sa	9:30-10:45a	4/20	\$15
05	Sa	9:30-10:45a	5/18	\$15
06	Sa	9:30-10:45a	6/8	\$15

# ADULT



## OUTDOOR PICKLEBALL OPEN PLAY

Come play pickleball outside at Battle Point Park! The courts are set for play in two ways. Use the existing tennis nets to play by adjusting the nets to the correct height or use one of the six courts lined for portable nets. Questions? Contact Julie at 206-842-2306 ext. 114. Weather permitting.

MONDAY-FRIDAY 9:00-11:00a  
TUESDAY 4:00p-DARK  
THURSDAY 4:00p-DARK

## TENNIS

### WHAT'S HAPPENING WITH TENNIS LESSONS?

We're working hard to provide a whole new selection of more affordable youth and adult tennis lessons and camps for all levels of players both inside and outside. Don't see a class you'd like to see offered? Shoot us an email to let us know ([julie@biparks.org](mailto:julie@biparks.org)).

### MEET OUR NEW PARK DISTRICT TENNIS PRO

#### Jennifer Anne Shorr

Tennis Professional Jennifer Anne Shorr brings a wealth of experience to her role as a Recreation Coordinator and Tennis Professional with the Bainbridge Island Metro Park & Recreation District. She is certified as an elite tennis coach by the United States Professional Tennis Association and is the varsity tennis coach at Bainbridge High School. Jennifer loves teaching players of all levels and age groups. She holds more than 60 professional titles and once held the record for the women's fastest serve. Her resume includes competing on the women's pro-tour and attaining Sectional, National and World Open ranking. Her goal is to bring coaching excellence to our community with a comprehensive slate of classes and clinics throughout the year. She is also available for private, semi-private and small group lessons.



### TENNIS 101 — BEGINNING NEW!

It's never too late to get started in this amazing sport. If you have never picked up a racquet or have been away from the sport since high school, this class is perfect for you! In this class you will learn all the basic tennis skills. This class will highlight all the primary tennis shots, basic footwork, scoring, singles and doubles play, positioning, and grips in a fun and friendly environment. Players will have the opportunity to receive a certificate of completion at the end of the session. (Jennifer Shorr) HSLG

112700-01	Sa	12:30-1:45p	1/12-2/9	\$70
02	Sa	12:30-1:45p	3/2-3/30	\$70
03	Sa	12:30-1:45p	4/13-5/11	\$70
04	Sa	12:30-1:45p	5/18-6/8	\$56

### TENNIS 202 — INTERMEDIATE NEW!

For the advanced beginner to Intermediate player looking to develop more advanced technique, footwork and begin learning the strategies and positioning skills that can take your game to the next level. Use of spin, volley skills, over-heads and specialty shots will be demonstrated and taught. Lots of hitting and drills to keep you moving and improve fitness. It is recommended for graduates of our Tennis 101 program. For USTA 2.5 to 3.0 rated players, with pro approval or if you have received a certificate from our Tennis 101 program this is your class. (Jennifer Shorr) HSLG

112701-01	Sa	1:45-3:00p	1/12-2/9	\$70
02	Sa	1:45-3:00p	3/2-3/30	\$70
03	Sa	1:45-3:00p	4/13-5/11	\$70
04	Sa	1:45-3:00p	5/18-6/8	\$56

### DOUBLES SKILLS AND DRILLS — ADVANCED NEW!

The perfect place to improve your doubles skills! Lots of drilling and point play to help you learn the skills, strategies, tactics and proper positioning to take your doubles game to a higher level. Play the game with confidence and have way more fun on court in this lively and fast-paced clinic. Improve volleys, learn the best time to poach. Return serves consistently and lob with precision. Perfect for USTA players rated 3.0 to 3.5. (Jennifer Shorr) HSLG

112702-01	Sa	3:00-4:15p	1/12-2/9	\$70
02	Sa	3:00-4:15p	3/2-3/30	\$70
03	Sa	3:00-4:15p	4/13-5/11	\$70
04	Sa	3:00-4:15p	5/18-6/8	\$56

### CARDIO PLUS NEW!

Join the fun. Cardio tennis has grown tenfold and classes are held all over the world. You will get fit, have fun and hit every shot in the game in one fast-paced session. Every class ends with some live ball group game play. Open to all levels! Sign up for a session for special pricing or drop in. Limited to 10 players. (Jennifer Shorr) HSLG

112713-01	Su	9:00-10:00a	1/13-2/10	\$45
02	Su	9:00-10:00a	3/3-3/31	\$45
03	Su	9:00-10:00a	4/7-5/5	\$45
04	Su	9:00-10:00a	5/12-6/9*	\$36

Drop-In: \$12

\*No class 5/26

### THE HIGH-PERFORMANCE CLINIC — ADVANCED NEW!

If you're a player, this is the clinic for you. Every week you will be challenged, every class will be focused and fast-paced. Hone your skill, improve your tactical response to various strategic situations and get a great workout in this hour-and-a-half drill clinic. Players should be rated USTA 4.0 and above or have pro approval to be in this class. Limited to 6 players. (Jennifer Shorr) HSLG

112714-01	Su	10:00-11:30a	1/13-2/10	\$110
02	Su	10:00-11:30a	3/3-3/31	\$110
03	Su	10:00-11:30a	4/7-5/5	\$110
04	Su	10:00-11:30a	5/12-6/9*	\$88

\*No class 5/26



# ADULT

## PRIVATE, SEMI-PRIVATE AND GROUP TENNIS LESSONS

Have you been wanting to learn how to play tennis? Do you know how to play but you want some extra instruction? Our Park District Tennis Pro Jennifer Shorr is here to help! Choose from private, semi-private and group lessons both indoor in the lower high school gym and outdoors on one of our tennis courts. Call Julie for more info at 206-842-2306 ext. 114.

**PRIVATE LESSONS: 1 HOUR 1 PLAYER = \$50**  
112799-01

**SEMI-PRIVATE LESSONS: 1 HOUR 2 PLAYERS = \$30 EACH**  
112799-02

**GROUP LESSONS: 1 HOUR 3-4 PLAYERS,  
3 PLAYERS = \$25 EACH, 4 PLAYERS = \$20 EACH**  
112799-03

## 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

166125-01	TTh	8:45-9:45a	1/8-3/28
02	TTh	8:45-9:45a	4/2-6/20

### 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

166126-01	MWF	9:00-10:00a	1/7-3/29
02	MWF	9:00-10:00a	4/1-6/21

## 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, Zumba Gold, bootcamps and yoga.

### 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 ACE-certified personal trainer, group fitness leader and longtime runner. First class meets at lower Grand Forest parking lot on Miller Rd. Questions? Email her at rballou@johnlscott.com.

111313-01	W	9:00-10:30a	1/16-2/13	\$50
02	W	9:00-10:30a	2/20-3/20	\$50
03	W	9:00-10:30a	3/27-4/24	\$50
04	W	9:00-10:30a	5/1-5/29	\$50
05	W	9:00-10:30a	6/5-6/26	\$46



### 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

#### CONTRACTOR

111319-01	MW	7:00-8:00p	1/14-6/12
02	Su	11:00a-12:00p	1/13-6/9

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



### 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 (McCann) MF in ICH, T in SHMG

111303-01	MF	9:30-10:30a	1/14-6/14
02	T	5:15-6:15p	1/15-6/11

\$60 for 10-class pass

# ADULT



## YOGA with Joti Chandra Kaur



Ages 13 and up. 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. Jo Yoga with Joti Chandra Kaur. 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.



111204-01	Th	10:00-11:30a	1/10-3/14*	\$126 <sup>^</sup>
02	Th	10:00-11:30a	3/21-5/16	\$126 <sup>^</sup>
03	Th	10:00-11:30a	5/23-6/13	\$56 <sup>^</sup>
04	Su	4:00-5:30p	1/13-3/10	\$126 <sup>^</sup>
05	Su	4:00-5:30p	3/24-5/19	\$126 <sup>^</sup>

\*No class 2/14

<sup>^</sup>or purchase a yoga ticket book of 10 tickets for \$150 which is available at the Aquatic Center.

## BEGINNING YOGA with Sierra



Ages 13 and up. 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 **CONTRACTOR**

111208-01	W	9:00-10:00a	1/9-2/27	\$98
02	W	9:00-10:00a	3/6-3/27	\$56
03	W	9:00-10:00a	4/17-5/29	\$98

<sup>^</sup>or purchase a yoga ticket book of 10 tickets for \$150 which is available at the Aquatic Center.



## SPRING YOGA WORKSHOPS with Carol Wallace **NEW!**



Ages 13 and up. Carol Wallace returns to ICH offering 3 Spring Yoga Workshops. Each one is designed to reawaken, inspire, and embrace the spring season. This 2-hour yoga immersion class will provide generous time to explore yourself and potential for tranquility. All levels welcome (however, not recommended if this will be your first yoga class!) ICH **CONTRACTOR**

111201-01	Su	1:00-3:00p	4/14	\$25
02	Su	1:00-3:00p	5/5	\$25
03	Su	1:00-3:00p	6/2	\$25

## 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. ICH

166121-01	T	10-11:30a	1/15-3/5	\$80
02	T	10-11:30a	3/26-5/14	\$80

## 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 adaptation of the ancient discipline called by some *A Moving Meditation*. **NOTE: This class is sequential, consistent attendance is required for success.**

Certificated Instructor Bill Nakao. Limited to 8 participants. SHMG				
166122-01	W	1:00-2:00p	1/6-3/6	\$60
02	W	1:00-2:00p	3/20-5/8	\$60

## EDUCATED FEET DANCE CLASSES

Looking for a new way to get some exercise? Try our dance classes. All classes are open to teens & adults, no partner necessary! For more information check out page 49.

### CONTRACTOR

## EAST COAST SWING

111225-01	T	6:45-7:45p	1/15-2/12	\$60
02	T	6:45-7:45p	2/26-3/26	\$60

## SWINGIN' FOXTROT

111223-01	T	7:45-8:45p	1/15-2/12	\$60
02	T	7:45-8:45p	2/26-3/26	\$60

## WEST COAST SWING

111220-01	Th	6:45-7:45p	1/17-2/7	\$50
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## NIGHT CLUB TWO STEP

111221-01	Th	7:45-8:45p	1/17-2/7	\$50
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## SIZZLING SALSA!

111228-01	Th	6:45-7:45p	3/14-4/4	\$50
02	Th	6:45-7:45p	5/23-6/13	\$50

## CROSS-STEP WALTZ

111224-01	T	7:45-8:45p	4/9-5/7	\$60
02	T	7:45-8:45p	5/21-6/18	\$60

## TRIPLE-TIME SWING & LINDY HOP

111227-01	T	6:45-7:45p	4/9-5/7	\$60
02	T	6:45-7:45p	5/21-6/18	\$60

## RUMBA

111229-01	Th	7:45-8:45p	3/14-4/4	\$50
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## CHA-CHA

111230-01	Th	7:45-8:45p	5/23-6/13	\$50
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# ADULT

## 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 and Wednesday

111910-01	T	9:00-11:00a	1/15-3/19	\$37
02	W	9:00-11:00a	1/16-3/20	\$37
03	T	9:00-11:00a	4/9-6/11	\$37
04	W	9:00-11:00a	4/10-6/12	\$37

#### Sunday

111912-01	Su	9:00-11:00a	1/20-3/24	\$37
02	Su	9:00-11:00a	4/7-6/9	\$37

### 2-MILE WALKS

Flatter roads and trails of Bainbridge. Nice easy pace.

111911-01	Th	9:00-10:15a	1/17-3/21	\$32
02	Th	9:00-10:15a	4/11-6/13	\$32

## TEAM SPORTS / LEAGUES

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!

### COED KICKBALL NEW!

Kick for the fences or that never-ending space in the outfield and get ready to run the bases! It's easy — kick the ball, run. Catch the ball and they're out! Get outside and get some fresh air all while being able to throw a kickball at the opposing team. Each week teams will be formed with the folks who are signed up to play. All athletic levels welcome. Questions? Contact Julie at 206-842-2306 ext. 114 or julie@biparks.org. BPP

113703-01 T 6:30-8:00p 4/9-6/11 \$50

### WOMEN'S SOCCER WEDNESDAYS NEW!

Come join other women for a good workout while you play some fun pick-up soccer games. Each week teams will be formed with the women that are signed up to play. All athletic levels welcome. Questions? Contact Julie at 206-842-2306 ext. 114 or julie@biparks.org. BPP

113704-01 W 6:30-8:00p 4/10-6/12 \$50



### MEN'S RECREATIONAL SOFTBALL LEAGUE

Ages 18+. 12 games guaranteed plus at least 1 game in our end-of-season tournament. ASA rules will be used, except where noted. For complete list of rules contact us. Season runs roughly June 3 to August 8. Team Managers are required to attend all mandatory pre-season meetings. Meetings will be held in March, April and May. Times and dates to be determined. Registration deadline is May 25; all team fees are due in full at that time. Game times are 6:15, 7:30p BPP

113702-01 MTh 6/3-8/8 \$650

**DO YOU ENJOY THE WATER?  
ARE YOU A LIFEGUARD,  
SWIM INSTRUCTOR OR WATER  
FIT INSTRUCTOR?  
DO YOU WANT TO BE?**

We are always looking for talent, and good people to join our team! Fill out an application and email Megan Pleli at [meganp@biparks.org](mailto:meganp@biparks.org).

# ADULT



## COED 50+ SOFTBALL

Ages 50 and up. No experience necessary. All levels of players welcome! Practices start in April and go through the end of September. Several games against other teams will be played throughout the season. You must register before playing. Questions? Contact Julie at 206-842-2306 ext. 114 or julie@biparks.org. BPP 113701-01 MWF 10:00a-12:00p \$50



## SKI BUS

**"YOU CAN'T BUY HAPPINESS, BUT YOU CAN BUY A SKI PASS"**

Our Ski Bus is one of our proudest winter traditions! We have youth and adult trips to Stevens Pass and Crystal Mountain, so we have something for every skier. Come join one of Bainbridge Island's most fun traditions! See pages 40-41 for more information.

## 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. Get into the sport and lifestyle of rock climbing. All levels of fitness and experience are welcome in our Adult Introduction to Climbing class. This three-hour class will teach you the fundamentals of climbing to take full advantage of the gym. Learn basic climbing technique and movement, learn to climb safely on your own, and belay (handle the ropes) other climbers. Class includes gear and a FREE 2-week membership

#### CONTRACTOR

131997-01	T	6:00-9:00p	2/12	\$90
02 T		6:00-9:00p	3/12	\$90
03 T		6:00-9:00p	4/9	\$90



## GYMNASTICS INSTRUCTORS NEEDED

**Are you interested in becoming a gymnastics instructor? Are you over 18?**

We are looking for responsible adults to join the Gymnastics Department. We have opportunities for those who have gymnastics and/or dance background to teach classes, birthday parties, open gyms, and more. We have opportunities for those with no experience also, as we do train. For more information contact Jason Balanguie at jason@biparks.org.