

# BOATING



## 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."

## PADDLING PROGRAMS

*"As one goes through life, one learns that if you don't paddle your own canoe, you don't move." – Katharine Hepburn*

### PADDLING

Being on a kayak, canoe or SUP is a great way to explore shallow-water bays and harbors inaccessible to other boats! Instructors will work to expand paddlers' skill sets, maintain a focus on paddling safety, and of course have tons of fun. We are proud to have many of our paddling staff trained and certified as American Canoe Association (ACA) Level 2 Essentials Kayak Touring Instructors, a certification widely recognized around the world. Come paddle with our incredible staff and learn not only new skills, but new areas to explore.

#### FAQs

**GENERAL** — A detailed introductory email will be sent out the week before the start of each session. This email will include required forms as well as logistical information such as where to meet, what to bring, and weather forecast.

**SWIM LICENSE** — **YOUTH:** A District Swim License is required for youth boating participants who will be engaging in on-the-water programs. It is acquired through a one-time test held at the Aquatic Center and involves full submersion by jumping into the pool, swimming 25 yards, and then floating or treading water for one minute. The swim license form can be found at <https://biaquatics.org/>. Call the Aquatics Center at 206-842-2302 to find out times when testing is available. If you aren't sure if you or your child is on file, visit <http://bainbridgeswim.azurewebsites.net/>. If your child is on file, print the record showing they passed and bring it to the first day of your boating class. **ADULTS:** Participants age 18 and over need to complete the District Swim License or sign off on a Swimming Skills Acknowledgment form, self-certifying they can meet or exceed the requirements.

**LEARNING ABOUT THE MARINE ENVIRONMENT** — Paddling gives us the ability to travel in shallow waters and get close to beaches. This gives us the chance to see various creatures that we share our waters with. We often take advantage of this opportunity to teach about the marine and intertidal life that can be found around Bainbridge Island and the Puget Sound!

**GAMES, BEACHES, AND SHORE ACTIVITIES** — To increase paddlers' confidence and essential skills, camps will often engage in shore launching and landing, practicing various entries, exits, mounts, and dismounts from their boats and/or SUPs. Plenty of on-the-water games and initiatives will help develop and refine participants' paddling skills. Beach activities may be mixed into programming as well.

**EQUIPMENT** — A US Coast Guard approved lifejacket (PFD) is required to be worn for all boating programs. We have PFDs available for participants to use. Water-tolerant footwear that fits securely to your foot must be worn during paddling programs. Kayak, canoes and stand-up paddle boards are provided.

**REGISTRATION DEADLINES** — Registration deadline for most programs is three days before program start date. The District reserves the right to require a doctor's note to clear a participant for participation.

**WAIVERS AND FORMS** — Participants must complete and sign required waivers and forms in order to participate. These forms will be emailed out to everyone approximately the week before each program begins. All forms and waivers should be turned in to instructors on the first day of class and remain valid for all 2019 winter/spring paddling programs.

**REFUNDS** — For questions about refunds, please see page 4. If weather cancels a program day, a prorated credit will be refunded for the missed session. Rain does not cancel programs; severe weather does.

**QUESTIONS?** Contact Paddling Program Coordinator Helen Mountjoy-Venning at [helenmv@biparks.org](mailto:helenmv@biparks.org)

#### AFTER-SCHOOL SEA SPROUTS PADDLING CAMP

Ages 5-7. This is a great way for kids to get introduced to paddling and get comfortable being on the water! Each week kids will explore the waters and beaches around Bainbridge Island, play games & activities, discover marine life, and improve their confidence on the water. Instructors will introduce everyone to a variety of kayaks, canoes and paddle boards, helping kids get comfortable and confident with a few different strokes in each boat. With Bainbridge's abundant shoreline, kids will also have ample opportunities to learn about local marine life. Swim test required, see FAQs for details. Location TBA.



130709-01 Th 3:00-6:00p 5/2-5/23 \$259



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## AFTER-SCHOOL OTTERS PADDLING CAMP

Ages 7-10. This camp is a fantastic way for kids to get on the water and improve their paddling skills! Kids will have opportunities to paddle kayaks, canoes, and stand-up paddle boards under the guidance of experienced, qualified instructors. Shallow waters and low tides allow us to check out the marine and intertidal life during our paddles. We will pick participants up at Ordway Elementary School each day in one of our 15-passenger vans before heading out to paddle. Program is open to anyone ages 7-10, not just Ordway students. Swim test required, see FAQs for details. Location TBA.

130710-01 T 2:45-6:00p 4/30-5/21 \$279



## AFTER-SCHOOL ADVENTURE PADDLES

Ages 10-14. Ideal for all levels of tween and early teenage paddlers, this program helps youth develop and expand upon their paddling skills, focusing on destination paddles around Bainbridge's shoreline. Instructors will introduce everyone to a variety of kayaks, canoes and paddle boards, helping participants get comfortable and confident. Specific skills will be taught before embarking towards each day's paddle destination. Youth should feel accomplished and proud of their day's adventure, building up to bigger and longer adventures. We will pick participants up at Sakai Intermediate School each week before heading out to paddle. Program is open to anyone age 10-14, not just Sakai students. Swim test required, see FAQs for details. Location TBA.

130735-01 W 3:30-6:45p 5/1-5/22 \$279

## INTRODUCTION TO STAND-UP PADDLE BOARDING

Ages 7-99. This class will introduce new SUP paddlers to the basic concepts and skills necessary for enjoying days out on the water around Bainbridge. We will cover basic strokes, body position, board and paddle sizing as well as some more challenging maneuvers for more advanced SUP paddlers. Lots of individual practice time (in a warm-water environment) and activities will make this class engaging for anyone who wants to improve their SUP skills! Participants 12 and under must be accompanied by a parent or guardian. Meet at Aquatic Center.

130736-01 W 7:30-10:00p 4/10 \$80

## INTRO TO ROLLS

Ages 10-99. Rolling a capsized kayak back up is an important safety skill as you begin to take your kayaking to the next level. Anyone who is thinking about kayaking on rougher open water or doing longer excursions would benefit from this class. Once you master this skill, you will be able to right your upside-down kayak from within, without ever having to exit and pump out the water. We will focus on a number of different rolling techniques in this class. Come learn the tips and tricks needed to execute a kayak roll, and which style works best for you. Participants 14 and under must be accompanied by a parent or guardian. Meet at the Aquatic Center.

130743-01 W 7:30-10:00p 2/13 \$80  
02 W 7:30-10:00p 5/8 \$80



## RESCUE TECHNIQUES FOR FAMILIES & ADULTS

Ages 10-99. A kayaker in your group flips over 100 yards from shore; what do you do? Develop skills that will help you deal with rough-water paddling and unexpected capsizes. We will review and practice both self rescues and partner rescues, including a variety of skills such as T-rescues, wet exits, heel hook rescues, paddle float rescues, and cowboy rescues, all aimed at boosting your confidence and capabilities out on the water. Teaching style is oriented to adults, though families are certainly welcome. Participants 14 and under must be accompanied by a parent or guardian. Meet at the Aquatic Center.

130741-01 W 7:30-10:00p 1/16 \$80  
02 W 7:30-10:00p 3/13 \$80

## OPEN POOL PRACTICE NEW!

Ages 7-99. Do you understand how to roll your kayak in theory, but just need some time to practice? Have you mastered your kayak rescues and don't want to let those skills fade? Would you prefer a bit more time to get your balance down on a paddle board before you head out to try it on the Sound? Welcome to open pool practice. It's not a structured class, but rather a time where the pool is available for you to continue working on skills that often take longer than one session to master. An instructor will be on hand working with people individually on whatever they need help with. These practice sessions are a great opportunity to build skills into your muscle memory so that you know you can depend on them when it counts. Come for the full session or drop by partway through, just come once or make it a regular habit — these sessions are for you to work around your needs. Boats and gear will be provided, but you're welcome to bring your own. Participants 12 and under must be accompanied by a parent or guardian. Meet at Aquatic Center.

130742-01 W 8:00-9:30p 1/30 \$15  
02 W 8:00-9:30p 2/27 \$15  
03 W 8:00-9:30p 3/27 \$15  
04 W 8:00-9:30p 4/24 \$15  
05 W 8:00-9:30p 5/22 \$15

## PROGRAMS FOR TEENS AGES 13-17

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## BLAKE ISLAND OVERNIGHT TRIP AND EXPEDITION PLANNING **NEW!** ★

Ages 12-99. Join us on an overnight kayak expedition to Blake Island! This trip is for all experience levels. We'll start the first day out with a hands-on crash course in expedition planning, going over gear, tides, currents, route planning, reading charts, packing boats — everything we need to know to have a fun and successful trip. Then we'll get on the water and do some paddling in protected waters. Once everyone feels comfortable and confident in their boat, we'll paddle down to Blake Island! Accessible only by boat with no ferry access, Blake Island feels wild and remote despite being only a few miles south of Bainbridge. We'll camp on the island in sites reserved for paddlers, have the option to explore around the island by foot or kayak, cook dinner and breakfast together, and maybe even tell some ghost stories around a fire. Participants 16 and under must be accompanied by a parent or guardian. Location TBA.

130765-01	SaSu	10:00a-2:00p	4/27-4/28	\$245
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## GET KAYAKING! ★

Ages 7-99. Get a taste of kayaking while you enjoy a morning group paddle. This is our most accessible class, providing an introduction to kayaking for individuals and families. Learn about paddle strokes, boat safety, and other essentials to have a safe and enjoyable day on the water. \*\*One child, age 7-17, FREE per paying adult. Adult must attend on trip. Location TBA.

130740-01	Sa	9:00a-12:00p	5/4	\$85
02	Sa	9:00a-12:00p	5/4	\$0**
03	Sa	9:00a-12:00p	5/11	\$85
04	Sa	9:00a-12:00p	5/11	\$0**



## BIOLUMINESCENCE & STARGAZING PADDLE ★

Ages 7-99. Come witness the light shows both underwater and overhead! We will explore the incredibly rich bioluminescence of the Puget Sound, perhaps even catching the outlines of fish or shrimp as they dart away underneath us swathed in the surreal blue light created when they disturb phosphorescent marine plankton. We'll learn about the biology behind this stunning phenomenon, and about the constellations above us. This experience feels truly magical, whether you're looking down at the glowing water or up at the stars! Open to all experience levels. Participants 14 and under must be accompanied by a parent or guardian. Location on Bainbridge to be announced.

130760-01	F	9:00-11:30p	5/3	\$75
02	F	9:00-11:30p	5/31	\$75

## RAFTING THE SKAGIT RIVER BALD EAGLE SANCTUARY **NEW!** ★

Ages 10-18. Raft through the Skagit River Bald Eagle Sanctuary, where you will find the largest concentration of bald eagles in the lower 48 states, during the peak of their winter migration. This peaceful 3-hour float is sure to take your breath away as it winds through a wild and scenic section of the Skagit River. Complete with propane heaters and a professional guide to act as both your naturalist and your rafting instructor, you will learn a great deal about the stunning natural environment of the Skagit as well as the basics of how to read currents and control a raft on a river. Appropriate for all experience levels. Transportation is provided and our paddling coordinator will also be helping guide the trip. Meet at Strawberry Hill Park. **CONTRACTOR**

<b>Ages 10-14 (Deadline to enroll is 2/2)</b>				
130720-01	Sa	7:10a-6:00p	2/23	\$155
<b>Ages 13-18 (Deadline to enroll is 1/19)</b>				
02	Sa	7:10a-6:00p	2/9	\$155

## LEAVENWORTH OVERNIGHT WHITEWATER AND HIKING ADVENTURE **NEW!** ★

Ages 7-99. Come along on a multi-sport adventure weekend in the Eastern Cascades! We'll be whitewater rafting on the wild Wenatchee River, hiking in the mountains to incredible views, and exploring the town of Leavenworth, Washington's Bavarian village, all in one weekend! We'll make the most of the weekend by leaving Friday evening, crossing the mountains and setting up camp Friday night so we can start our adventure first thing Saturday morning. Saturday morning we'll take an incredible professionally guided rafting trip on 13 miles of class-three rapids, followed by some free time to sightsee historic Leavenworth. On Sunday, we'll cap our adventure off with a day hike in the stunning Icicle River Canyon. \*Participants 16 and under must be accompanied by a parent or guardian for the family/all ages weekend (7-99) on 5/31-6/2.\* **CONTRACTOR** and staff

<b>Ages 12-15</b>				
130766-01	F-Su	7:00p-5:00p	5/17-5/19	\$385
<b>Ages 7-99*</b>				
02	F-Su	7:00p-5:00p	5/31-6/2	\$385

## SPRING SOCIAL PADDLE GROUP ★

Ages 13-99. Become part of a paddling community on Bainbridge! We'll get together every week for an evening paddle, exploring a new paddle location around the island each meeting. You can try out different types of kayaks, paddle boards, and even canoes! You'll have the opportunity to learn new paddle techniques, or you can just relax and enjoy the conversation and beautiful scenery we're lucky enough to be surrounded by. We provide all the boats and gear, but you're welcome to bring your own. The group will meet weekly from April through October, but you can sign up for a 4 or 6 week period anytime. Please see the social paddle schedule for more details. This program is great for all experience levels, and perfect for anyone who wants to meet others and make paddling a regular part of your week.

130738-01	Th	6:00-8:00p	4/4-4/25	\$125
02	Th	7:00-9:00p	5/2-6/6	\$125



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## BOATING CLASSROOM COURSES

### CLASSROOM-BASED BOATING SKILLS COURSES

Learn how to safely enjoy the waters surrounding us from the experts themselves. From dressing yourself to planning multi-day kayak adventures, we have you covered.

### ABOUT BOATING SAFETY

Ages 12-99. Instructed by members of the United States Coast Guard Auxiliary, this comprehensive boating course teaches the fundamentals of safe boating operation. A wide range of topics are covered — navigation, safety equipment, anchoring/docking, trailering, engines, mooring, etc. — to help all boaters to become safer and more knowledgeable. This course meets the mandatory boater education requirements of the State of Washington for the Boater Education Card and is sanctioned by the United States Coast Guard and the State of Washington. Meet at SHC. **CONTRACTOR**

130775-01 Sa 8:00a-5:00p 6/1 \$35



Photo Credit: Erin Hale

### ON-WATER TRIP PLANNING FOR ALL BOATERS **NEW!**

Ages 16-99. Mariners will gain the skills and knowledge to safely, effectively and efficiently plan their next day or multi-day adventure on the water. We will spend time learning how to read a nautical chart, familiarizing ourselves with tides and currents and learning how to plot a route that includes accurate distances and bearings. We will learn how to use compasses, parallels, dividers, nautical charts, and more. Participants will take home their own tides and currents packet as well as a nautical chart packet. Meet at Seabold Hall. **CONTRACTOR**

130776-01 W 7:00-9:00p 1/9 \$45  
 02 W 7:00-9:00p 3/6 \$45  
 03 W 7:00-9:00p 5/1 \$45

### LOGISTICS OF MULTI-DAY KAYAK ADVENTURES **NEW!**

Ages 16-99. We will talk about the essential gear required to stay safe and comfortable while out on a multi-day kayak adventure. After a discussion regarding the gear we will learn how to efficiently and smartly pack our dry bags and load them into a kayak effectively in order to keep the kayak balanced and trim. Meet at Seabold Hall. **CONTRACTOR**

130777-01 W 7:00-9:00p 1/16 \$45  
 02 W 7:00-9:00p 3/13 \$45  
 03 W 7:00-9:00p 5/8 \$45

### DRESSING FOR IMMERSION **NEW!**

Ages 16-99. This course is aimed at folks who spend time on the waters of Puget Sound: be they kayakers, stand-up paddle boarders, outrigger canoeists or rowers. We will cover the stages, treatment, and prevention of hypothermia, risk assessment, and different types of attire to stay safe and comfortable. Meet at Seabold Hall. **CONTRACTOR**

130778-01 W 7:00-9:00p 1/23 \$45  
 02 W 7:00-9:00p 3/20 \$45  
 03 W 7:00-9:00p 5/15 \$45

## Seasonal Samplers

### Introducing the New Seasonal Sampler Program

A brand-new way to explore what your Park District has to offer! Seasonal Samplers offer a one-class experience of four different programs, all tied together with a theme. A great new way to get the feel for some of our fabulous classes and outstanding instructors. See page 42.

## DYNAMIC AGING SERIES

### Community Gatherings (Activity #166119)

Great people exploring exciting ideas, moderated by a talented facilitator. Join this free community conversation to discuss just what Dynamic Aging might look like! In preparation for next spring's Dynamic Aging Summit, we're asking the community what we should include, who we should invite, and how to best design the event. Refreshments provided. For more information, see page 53.