

# ADULT

## 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 to see just what suits your style and curiosity best!

Attend a lively 60 to 90-minute 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! Overwhelmed by the enormous amount of exercise choices in our catalog? Try a Fitness Sampler and see who and what you enjoy most!

### THE ARTS: 2-DIMENSIONAL VISUAL ART SAMPLER

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 drawing, painting and the principles of design as you learn from a variety of teachers. SHC  
 466135-01 Pre-Summer M 1:00-2:30p 4/29-5/20 \$40 (materials included)  
 02 Pre-Fall M 1:00-2:30p 7/15-8/5 \$40 (materials included)

### THE ARTS: 3-DIMENSIONAL VISUAL ART SAMPLER

Don't mind getting your hands dirty? Like to build and shape things? Explore a few of our most popular 3-dimensional art programs. We've got great teachers just ready to help you reconnect with your playful side! SHC  
 466136-01 Pre-Summer W 1:00-2:30p 5/8-5/29 \$40 (materials included)  
 02 Pre-Fall W 1:00-2:30p 7/17-8/7 \$40 (materials included)

### FITNESS: EASTERN TRADITION SAMPLER

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  
 466137-01 Pre-Summer T 3:00-4:30p 5/7-5/28 \$30  
 02 Pre-Fall T 3:00-4:30p 7/16-8/6 \$30

### FITNESS: EASY DOES IT SAMPLER

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  
 466138-01 Pre-Summer F 1:00-2:30p 5/10-5/31 \$30  
 02 Pre-Fall F 1:00-2:30p 7/19-8/9 \$30

### LIFELONG LEARNING SAMPLER

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. SB  
 466139-01 Pre-Summer Th 2:00-3:30p 5/9-5/30 \$30  
 02 Pre-Fall Th 2:00-3:30p 7/18-8/8 \$30

### WHAT ARE CONTRACTOR CLASSES?

These are programs/activities which the Park 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 Park District may stipulate. Contractor classes are clearly marked in this catalog at the end of each class description with "CONTRACTOR."

## ART & CRAFT

### 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

466143-01	first Ts	1:00-4:00p	6/4, 7/2, 8/6	\$40
466144-01	T	1:00-4:00p	6/4	\$15
02	T	1:00-4:00p	7/2	\$15
03	T	1:00-4:00p	8/6	\$15

## PAINTING

### WATERCOLOR BOLD AND EXPRESSIVE with John Adams

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 SB. **CONTRACTOR**

411215-01	Th	10:00a-12:00p	7/11-8/1	\$120
02	Th	10:00a-12:00p	8/8-8/29	\$120



# ADULT

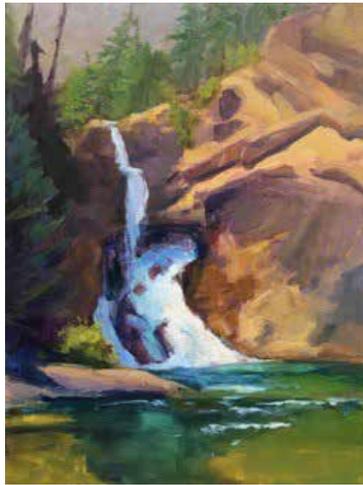


## COME OUTSIDE AND PAINT! WORKSHOP



### with Sylvia Carlton

This workshop class is an exciting approach to 'seeing' and painting outdoors. Workshop includes a list of items needed for outdoor painting. I will help you be inspired, and in deciding what you want to paint. You will learn to see your subject both in color and value, using a supportive composition and a value structure for a successful painting. I will help everyone with getting this on your canvas, while keeping it simple. I will also cover color mixing, painting and brushwork, then finally finishing. Plein Air Painting can be challenging, but it is one of the most rewarding and powerful painting lessons you will have to increase your painting enjoyment and aid you in becoming a better painter. All levels welcome. Class location TBD. **CONTRACTOR**



411217-01 M-W 9:30a-3:00p 6/17-6/19 \$160



## with Elena Wendelyn TUESDAY CLAY INTRO SAMPLER

Make pottery part of your summer! This short-term introductory adult 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! 4wks. ED

422056-02 T 9:30-11:30a 7/9-7/30 \$95

## POTTERY

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

## MORNING

### with Jeff Wofford MONDAY MORNING POTTERY

This class is for anyone who wants to throw on the wheel or hand-build with clay. Students can choose from a variety of clay, glaze and firing temperatures. Whether you are a beginner or an old hand, come join the fun! 5wks. ED

422050-01 M 9:30-11:30a 6/24-7/22 \$120  
02 M 9:30-11:30a 7/29-8/26 \$120

### MONDAY AFTERNOON STUDIO WORKSHOP

For students also enrolled in a current summer class or skill workshop. 5wks

422051-01 M 12:00-3:00p 6/24-7/22 \$80  
02 M 12:00-3:00p 7/29-8/26 \$80

### with Addison Malone WEDNESDAY MORNING CLAY CREATIVITY NEW!

This month-long adult class is for anyone with clay experience who wants to explore ways of hand-building or dabble with adventurous wheel-throwing or combine the two! Students can choose from a variety of inspiring projects or pursue ideas of their own. 4 weeks.

422050-03 W 9:00-11:30a 6/26-7/24\* \$100  
04 W 9:00-11:30a 7/31-8/21 \$100

### WEDNESDAY AFTERNOON STUDIO WORKSHOP

For students also enrolled in a current summer class or skill workshop. 4wks

422051-03 W 12:00-3:00p 6/26-7/24\* \$75  
04 W 12:00-3:00p 7/31-8/21 \$75

\*No class or workshop 7/3



## PROGRAMS FOR TEENS AGES 13-17

# ADULT

## SKILL WORKSHOPS

Summer is the perfect time to expand your knowledge about the art of pottery! Our skill workshops are designed to appeal to adults who already work with clay. No need to be a current Eagledale student — anyone is welcome. Emphasis is on experimentation and exploration.

### JAPANESE-STYLE CUPS!

#### NEW! with Jay Stemmler

Chawanmushi, yunomi, and guinomi! Jay will introduce you to the joy of tea bowls, everyday teacups, and sake cups created in the Japanese style. We will throw off the hump, throw off the wheel, and hand build. Clay included. 4 wks. ED  
422002-07 W 10:00a-1:00p  
7/10- 7/31 \$140



### GLAZE CHEMISTRY 101! with Studio Staff

Our studio wizards will walk you through the magic of combining elemental powders and water to create stunning — and surprising — finishes! Clay for test tiles is included. 4 wks. ED  
422002-02 W 9:00a-12:00p 7/10 -7/31 \$85

### HANDLES! NEW! with Jeff Wofford

Jeff will introduce you to different techniques of making beautiful handles to add some finesse and interesting finish to your platters, cups, boxes, and whimsical pieces. Clay provided. Bring a wet Eagledale clay piece awaiting a handle or choose from those provided. ED  
422002-03 Sa 3:30-5:30p 8/10 \$35

### LUSTRE! with Stacy Landers

Stacy will introduce you to the beauty and sparkle of using metallic glazes for highlights and finishing touches. Includes the safety orientation required before using the lustre glazes at Eagledale. Bring a finished, glazed piece or two, or choose from those provided. ED  
422002-04 Sa 3:30-5:30p 7/13 \$25

### COMBO-POTS! NEW! with Addison Malone

Addison will introduce you to the creative possibilities of combining wheel-thrown and hand-built components. Clay is included. 3wks. ED  
422002-05 Sa 3:30-6:30p 7/20 -8/3 \$125



### SGRAFITTO! with Elena Wendelyn

Elena will introduce you to the colorful and exciting possibilities of finishing your pieces using sgraffito — carving into the leather-hard pottery. Bring your own leather-hard Eagledale greenware or choose from those provided. ED  
422002-06 W 5:30- 8:30p  
7/17 \$35

## EVENING POTTERY with Stacy Landers

Evening pottery classes are a creative way to wind down at the end of your day. Designed to appeal to people with any level of clay ability, inspirational lessons will include wheel-thrown and hand-building techniques, exploring textures and glazes, and a variety of stoneware for gas, electric, and raku kilns. Emphasis on individual successes and fun, regardless of whether you are a brand-new student or an old hand. Classes include one 25 lb. bag of clay, use of studio tools and equipment, glaze and firing. 8wks. ED

### FOCUS FOR BEGINNING STUDENTS

422052-01 M 6:30-9:30p 6/24-8/12 \$245

### FOCUS FOR CONTINUING STUDENTS

422052-02 W 6:30-9:30p 6/19-8/14\* \$245

\*No class 7/3

### SUMMER EVENING STUDIO WORKSHOP

For students also enrolled in a current summer class or skill workshop. 8wks

422053-01 Th 6:30-9:30p 6/27-8/22\* \$130

\*No workshop 7/4

TEENS AGES 16-18 ARE WELCOME  
TO REGISTER FOR ADULT POTTERY  
CLASSES DURING SUMMER.

## ADULT FRIDAY NIGHT CLAY PLAY! with Studio Staff

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 two-evening classes are designed to appeal to adults of any ability. Led by the welcoming and patient instructors of our studio. All supplies included. ED

### GARDEN ART

Add some ceramic color to your summertime yard with custom garden markers, a sundial, sign, pottery "bamboo" pole, or other idea!

422005-01 F 6:30-8:30p 7/12, 7/26 \$45

### WILDLIFE WATERING BOWL

Attract wild creatures to your yard by offering the gift of water in a handmade vessel: a bee sipping spot, a butterfly station, or even a bird bath!

422005-01 F 6:30-8:30p 8/9, 8/23 \$45

## PARENT/CHILD CLAY PLAY SEE PAGE 41

## FLEXIBLE SUMMER WORKSHOP OPTION

Current pottery class students, we know you're busy and we know you appreciate some space in your schedule, so Eagledale Pottery Studio offers a flexible workshop option! Eight visits to any combination of scheduled workshops for whenever you are available or able. Travel, go camping, have guests, or make an appointment without worrying about missing workshop time in the studio to finish your stuff. Check in with staff when you arrive. 8 wks. ED

422047-01 M-Sa varies 6/22-8/17\* \$135

\*No workshops 7/3-6



# ADULT



## INDEPENDENT SCULPTURE WORKSHOP

Just because our sculpture instructor takes the summer off does not mean you must! We are dedicating 6 weeks of supervised workshop time especially for independent sculpture students of the Eagledale pottery program. If you've been taking sculpture classes in 2018 or 2019, this summer studio time is designed for you to stay connected with other sculptor friends while continuing or completing summer works in progress. Studio staff will be on hand but no instruction or lessons. 6wks. ED

422046-04 Th 9:00a-12:00p 7/11-8/15 \$95



## SUMMER STAINED GLASS

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

420484-01	T	10:00a-1:00p	6/18-7/30*	\$145
02	W	6:00-9:00p	7/19-8/31	\$145
03	W	10:00a-1:00p	7/24-8/14	\$175

\*No class 7/2

## SUMMER GLASS FUSING

This is a great way to get a taste of glass fusing or continue an ongoing project without a huge summer time commitment. Class includes instruction of basic construction skills and use of studio tools. Glass supplies and personal tools are available for purchase from the instructor. ISD **CONTRACTOR**

420463-03	W	10:00a-1:00p	6/19-7/17*	\$175
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\*No class 7/3

## WEARABLE GLASS WORKSHOP

When they ask where you bought your stunning glass jewelry, you can answer that you made it! Join others who like the look of wearable colored fused glass for this fun two-day workshop with all glass and supplies included. ISD

**CONTRACTOR**

420482-02	SaSu	11:00a-2:00p	7/13, 7/14	\$120
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## PARENT / CHILD FUSED GLASS FUN

SEE PAGE 40

## DANCE

### EDUCATED FEET DANCE CLASSES

Taught by certified instructor Sheila Phillips.

Open to teens and adults, no partner necessary!!!

Min 12, Max 40. PLEASE wear shoes that leave no black marks!!

Contact sheila@educatedfeet.net or

206-842-3012 for more info. www.educatedfeet.net



### SWING THIS! EAST COAST SWING

East Coast Swing is the logical place to begin partner dancing! This American dance style dates back to the 20s and is still swinging today! Easy to learn, intuitive, and not terribly structured. Learn to dance to different tempos by changing rhythm patterns. We'll take you through slow, medium and fast tempos. ICH

**CONTRACTOR**

411220-01	T	7:00-8:15p	7/9-7/30	\$60
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### WEST COAST SWING!

A fun modern swing and possibly the most versatile dance out there! West Coast is a smooth, slotted dance that is stylish and playful! This swing fits so many genres and is danced to slow-medium tempos. Learn the basic steps, rhythm and style in this class and you'll have a dance you can do forever! ICH

**CONTRACTOR**

411221-01	T	7:00-8:15p	8/6-8/27	\$60
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## AUGUST INDEPENDENT POTTERY STUDIO NEW!

By popular demand, we are piloting some independent open studio time. For the month of August, all day Tuesday is available for experienced folks who just want to come in and work/network. You don't have to be a current student, but you must use ED studio clay and glazes. This summer "indy" studio time is designed for you to stay inspired and connected with the clay community. Studio staff will be on hand but no class instruction or lessons. Includes any combination of time up to 6 hours each day, workspace, use of studio tools and equipment, glazes and firing. Clay available for purchase. 4wks. ED

422048-01 T 8:00a-8:00p 8/6-8/27 \$180

## GLASS ART with Julie Hews-Everett

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





# ADULT

## SATURDAY DANCES

**Island Center Hall, 8395 Fletcher Bay Rd**  
**Singles & couples; Adults & teens. Dressy casual.**  
**Be kind to wood floor; Wear shoes with clean soles, no black marks. Doors open 7:00p; pay at the door all events.**  
**Info [www.educatedfeet.net](http://www.educatedfeet.net). Contact 206-842-3012.**  
**CONTRACTOR**

### June 8 - JUST DANCE!

DJ Mix West Coast, Night Club Two Step, Swing, Waltz, Blues, Latin  
 \$10 includes 7:15-8:00 pm workshop  
 8:00-10:00 pm dance, DJ music!

### July 13 - SOCK HOP & ICE CREAM SOCIAL

DJ Mix Oldies & Goldies!  
 \$10 includes 7:15-8:00 pm workshop  
 8:00-10:00 pm dance, DJ music!

### Aug 10 - JUST DANCE!

DJ Mix West Coast, Night Club Two Step, Swing, Waltz, Blues, Latin  
 \$10 includes 7:15-8:00 pm workshop  
 8:00-10:00 pm dance, DJ music!

## CANINE CLASSES

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 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 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. 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.

## ADULT SAILING



### INTERESTED IN ADULT BOATING CLASSES?

**We offer a number of adult sailing classes, women's sailing clinics, Adventure Sails, kayaking trips, along with many other incredible boating programs. See pages 77-85 for more information.**

## 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-averse 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 four months of a dog's life, will also be addressed. There will be time to answer 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. SHMG



**CONTRACTOR**

426117-01 W 6:00-6:45p 6/5-7/10 \$175



## PROGRAMS FOR TEENS AGES 13-17

# ADULT



## CANINE GOOD CITIZEN

Canine Good Citizen is an American Kennel Club program that is open to both purebred and mixed breed dogs of any age. In this class, we will work on refining these ten different 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 collars or harnesses and a 6' leash are allowed in class. Totally non-aversive training. Limited to 6 dogs. SHMG **CONTRACTOR**

426122-01 W 7:00-8:00p 6/5-7/10 \$175

## INTRODUCTION TO AGILITY JUST FOR FUN!

If you are looking for a way to have fun with your dog and build confidence at the same time, Agility Just for Fun could 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, and tunnel. Your dog should already know basic cues and be ready to go on to more challenging activities. Only flat collars or harnesses and a 6' leash are allowed in class. Totally non-aversive training. Limited to 6 dogs. SHMG **CONTRACTOR**

426121-01 Sa 10:00-11:00a 6/8-7/13 \$175

## LOOSE-LEASH WALKING AND TOTAL RECALL

In this class we 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. We will also explore different ways to obtain that total recall even while at the dog park. This is a great class for any age of dog. SHMG **CONTRACTOR**

426119-01 Sa 1:00-2:00p 6/8-7/13 \$175



## AGILITY BEYOND THE BASICS **NEW!**

This class will be of interest to those who have completed Agility Just for Fun. We will be introducing the A-frame and poles as well as foot work to help you make any course easier to navigate. We'll also use jumps, tunnel, and tables. As we progress dogs will be able to work off leash during classes. Agility is a great way to train your dog while building a solid relationship. Only flat collars or harnesses and a 6' leash are allowed in class. SHMG **CONTRACTOR**

426128-01 Sa 11:30-12:30p 6/8-7/13 \$175

## 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 such as improving 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 from the AKC. Puppies need not be purebred. Only flat collar or harness and a 6-foot leash are allowed in class. SHMG **CONTRACTOR**

426124-01 Sa 2:15-3:15p 6/8-7/13 \$175

## DYNAMIC AGING



### DYNAMIC AGING

### Community Gatherings —

### What Is It And How Do I Do It?



One of the most exciting cultural changes going on right now has to do with reshaping the traditional para-

digim 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 what exactly 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? Join us for an engaging conversation!

466160-01 W 2:00-4:30p 6/12 Free SB  
02 F 6:00-8:30p 8/16 Free ICH

## IT'S NEVER TOO LATE TO BEGIN AGAIN

Julia Cameron is back with her long-awaited follow-up to the classic *The Artist's Way*. In her latest book, she turns her eye specifically to 50+ folks as she shows readers how to cultivate their creative selves as they navigate what has traditionally been called "retirement." This six-week course (covering the first half of the book) helps you to redefine yourself and includes simple, effective tools that will inspire you to make the most of this time in your life!

466161-01 Th 6:00-8:00p 5/2-6/6 \$75 AQ  
02 Th 3:00-5:00p 7/11-8/15 \$75 ICH

## 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 four-week class is designed for women (especially those 50+) who value connection (to ourselves AND to a network of new friends), artistic expression (we'll explore drawing, painting, printmaking and photography just to get us started), and the permission to play with new media and ideas in a fun and judgment-free atmosphere. Schedule some joy into your weekly calendar! SHC

466162-01 W 1:00-3:00p 6/26-7/17 \$40  
02 W 1:00-3:00p 7/24-8/14 \$40



# ADULT

## LEGACY WORK: INTRODUCTORY WORKSHOP

Come learn about legacy work, and try a few legacy writing exercises. Participants will get an idea of what legacy work they unknowingly might already be engaged in or want to consider doing. The goal of legacy work is to share your life, lessons and values with the next generation. Nationally certified Life-Legacies Facilitator Julie Gardner. HT

466166-01	W	1:00-4:00p	4/24	\$25
02	F	1:00-4:00p	6/28	\$25

## REFLECTIONS ON A LIFETIME

Whether you've always had an itch to try your hand (and heart) at memoir writing, or if you are interested in learning how to shape a personal story to leave your family and friends, this six-week course is your way to begin. The practice of reflecting on your own life is an enriching and rewarding process in itself, regardless of whether a word you write is ever actually read! HT

466163-01	Th	1:00-3:00p	5/9-6/13	\$60
02	Th	1:00-3:00p	7/24-8/14	\$60

## THE UNHURRIED CONVERSATION

The goal of this four-week course aims at each participant gaining a deep understanding of Eldering through experiences of reflection, journal writing and discussion. This course invites you to deepen your understanding of aging and Elderhood as the anticipated fulfillment of life. A great way to begin adopting some of the practices of Dynamic Aging into your lifestyle! AQ

466164-01	F	1:00-3:00p	4/12-5/3	\$40
02	F	10:00a-12:00p	5/24-6/14	\$40
03	F	1:00-3:00p	7/12-8/2	\$40

## 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!

466165-01	Th	1:00-3:00p	4/11-5/2	\$50 (optional book +\$15)	SHC
02	Th	1:00-3:00p	5/16-6/6	\$50 (optional book +\$15)	SHC
03	Th	1:00-3:00p	7/18-8/15	\$50 (optional book +\$15)	AQ

## SPECIAL INTERESTS

### HEALING THE FEMININE 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 help reclaim your feminine self. Direct your life toward a more graceful and natural balance. SHC

466150-01	T	6:00-7:30p	6/18	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 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

466151-01	T	6:00-7:30p	7/9	Free
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### 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. We begin by understanding the left-brain/right-brain relationship and the real differences in what these hemispheres do. 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 and your curiosity, and leave with a new way of engaging with the world! HT

466152-01	SaSu	9:30a-3:30p	7/27-7/28	\$90
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## CELEBRATING THE SEASONS

### Summer Solstice

Celebrate the changing seasons with intention and appreciation. As Earth marks her journey four times each year, we have an opportunity to slow down, quiet ourselves, reflect on the past and set our intentions for what lies ahead. Enjoy the sounds, flavors, textures and visual beauty that mark nature's moments of transition. Time for reflection will be balanced with a diverse offering of ceremony and ritual. HT, Prue's House

466153-01	F	9:30a-12:00p	6/21	\$20
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## ADULT SPORTS

### VOLUNTEER COACHES WANTED

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



### EMPLOYMENT: INSTRUCTORS WANTED

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

# ADULT



## TENNIS

### PARK DISTRICT SUMMER TENNIS LESSONS

We've hired a great staff to bring adults lots of great tennis opportunities this summer. Adult tennis lessons are held at the Bainbridge High School Tennis Courts. If by chance we have rain the day of class, staff will send a text message (sign up for our text option) letting you know if lessons need to be cancelled. Or if you prefer, you can check the Park District Facebook page at <https://www.facebook.com/BainbridgeIslandMetroParkAndRecreationDistrict>.

#### MEET JENNIFER ANNE SHORR, OUR NEW TENNIS PRO

Tennis Professional Jennifer Anne Shorr brings a wealth of experience to her role as a recreation coordinator and tennis professional with the Park 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.



#### MEET BEN DEVRIES, OUR NEW TENNIS INSTRUCTOR

Ben DeVries had his first job coaching tennis after graduating from Bainbridge High School. Prior to this he worked at a child care center and enjoys working with kids of all ages. He began playing tennis regularly at age 10 and qualified for state every year of his high school career. Ben was the strongest player on Western's club tennis team; they qualified for nationals his freshman year and he played one more year before deciding to put more time into his math degree. While on the team he helped run drills and coached his teammates. Through college Ben would regularly give private lessons to a few junior players. Ben loves to play tennis with people of all ages and his favorite person to play with is his dad.



#### INTRO TO TENNIS 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) BHS Tennis Courts

412723-01	M	10:30-11:30a	6/24-7/15	\$65
02	M	10:30-11:30a	7/22-8/12	\$65
03	W	10:30-11:30a	6/26-7/17	\$65
04	W	10:30-11:30a	7/24-8/14	\$65

#### LADIES DRILL NEW!

Live ball point play focused on doubles play. Shot selection and positioning to move up the tennis ladder. Perfect for Cup players and USTA teams! BHS Tennis Courts.

412724-01	M	11:30a-12:45p	6/24-7/15	\$65
02	M	11:30a-12:45p	7/22-8/12	\$65
03	W	11:30a-12:45p	6/26-7/17	\$65
04	W	11:30a-12:45p	7/24-8/14	\$65

#### 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) BHS Tennis Courts

412725-01	T	10:30-11:30a	6/25-7/16	\$45
02	T	10:30-11:30a	7/23-8/13	\$45
03	Th	10:30-11:30a	6/27-7/18	\$45
04	Th	10:30-11:30a	7/25-8/15	\$45
05	Su	9:00-10:00a	6/30-7/21	\$45
06	Su	9:00-10:00a	7/28-8/11	\$45

#### DYNAMIC DOUBLES NEW!

Improve your doubles play fast! If you have ever felt stuck back behind the baseline after serving or returning and unsuccessfully trying to avoid the net player in front of you, trying to make something happen at the net but getting lobbed over instead? It's a helpless feeling and nothing is worse than knowing that you're letting your partner down. Learn to communicate effectively, build skills and improve strategy and positioning that best players in the game use to win championships. Drop-ins welcome at \$20 per class if space available. (Jennifer Shorr) BHS Tennis Court

412726-01	T	11:30a-12:45p	6/25-7/16	\$72
02	T	11:30a-12:45p	7/22-8/13	\$72
03	Th	11:30a-12:45p	6/27-7/18	\$72
04	Th	11:30a-12:45p	7/25-8/15	\$72

#### HIGH PERFORMANCE CLINIC 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) BHS Tennis Court

412727-01	Su	10:00-11:30a	6/30-7/21	\$86
02	Su	10:00-11:30a	7/28-8/18	\$86



# ADULT

## SINGLES MATCH PLAY NEW!

Sign up for some match point play along with on-court coaching by our pro staff. Learn to plan your points and make adjustments as you compete. Also covered is mental toughness and a between point system that makes a huge difference in reducing match play stress. BHS Tennis Court

412728-01	Su	11:30a-12:45p	6/30-7/21	\$72
02	Su	11:30a-12:45p	7/28-8/18	\$72

## INTERMEDIATE DOUBLES 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, overhands 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) BHS Tennis Court

412729-01	Su	3:00-4:00p	6/30-7/21	\$86
02	Su	3:00-4:00p	7/28-8/18	\$86

## STROKE OF THE WEEK NEW!

Come out and explore a new stroke each week with USPTA Elite Tennis Professional and Varsity Bainbridge High School Coach Jennifer Anne Shorr. Classes can be repeated (recommended) to progress and improve proficiency. Clinic topics include: Serves & Returns | Volleys & Overheads | Ground Strokes | Approach & Drop Shots. Limited to 6 players. Drop-ins welcome at \$20 per class if space available. BHS Tennis Court

412730-01	Sa	11:00a-12:15p	6/29-7/20	\$72
02	Sa	11:00a-12:15p	7/27-8/17	\$72

## WEDNESDAY NIGHT MIXERS NEW!

Join Head Pro Jennifer Anne Shorr and our staff for this competitive yet 'fun first' mixed doubles summer event. We use the new Fast Four match format with our pros pairing players by level to keep the tennis fast, competitive and most of all, fun. All mixers include a fast serve contest, snacks and light refreshments and prizes for court winners and runners up. Join in the action by signing up early to reserve your spot. Limited to 24 players! Tennis balls will be provided. BHS Tennis Court

412731-01	W	5:00-8:30p	7/10	\$12
02	W	5:00-8:30p	7/31	\$12
03	W	5:00-8:30p	8/14	\$12

## PRIVATE, SEMI-PRIVATE AND GROUP TENNIS LESSONS NEW!

Do you or your kiddo need some extra court time to work on your tennis game? Our Park District Tennis Pro Jennifer Shorr is here!! Schedule your private, semi-private or group lessons between 2:00p and 5:00p on Saturdays or 9:00a and 11:00a on Sundays either inside in the Bainbridge High School Lower Gym or outside on the Bainbridge High School Tennis Courts. Email Jennifer Shorr for more information at jennifers@biparks.org.

412722-01	Private Lessons: 1 hour 1 player = \$50
412722-02	Semi-Private Lessons: 1 hour 2 players = \$30 each
412722-03	Group Lessons: 1 hour 3-4 players, 3 players = \$25 each, 4 players = \$20 each

## 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. Course content includes a bit of history of the game, basic rules, different strokes used, court positioning, safety and equipment. By the end of the clinic you'll be ready to try your hand at playing some games. BPP

411327-01	F	9:30-10:45a	6/21	\$15
02	Sa	9:30-10:45a	6/22	\$15
03	F	9:30-10:45a	7/12	\$15
04	Sa	9:30-10:45a	7/13	\$15
05	F	9:30-10:45a	8/2	\$15
06	Sa	9:30-10:45a	8/3	\$15

### OUTDOOR PICKLEBALL OPEN PLAY

Come play pickleball outside! We have six courts lined for pickleball at Battle Point Park. Questions? Contact Julie at 206-842-2306 x114. Weather permitting. Play MONDAY to SATURDAY from 8:00-11:00a; SUNDAY from 9:00-11:00a.



### OUTDOOR PICKLEBALL LEAGUES NEW!

Each week players will be put in a group of 4. All players in the group will partner with one another for a match (players play 3 matches total). A match is win 2 out of 3 games to 11. You must win by 2. Players are responsible for recording their scores with Park District staff. Players are responsible for getting their own sub. Subs must sign a waiver before they play. Max 24 players per league.

#### BEGINNER (2.0-2.5)

411328-01	M	6:00-9:00p	6/24-8/5	\$60
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#### NOVICE (3.0-3.5)

411328-02	T	6:00-9:00p	6/25-8/6	\$60
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#### INTERMEDIATE (3.5-4.0)

411328-03	W	6:00-9:00p	6/26-8/7	\$60
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#### ADVANCED (4.5-5.0)

411328-04	Th	6:00-9:00p	6/27-8/8	\$60
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# ADULT



## 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	6:30-9:30p
TUESDAY	BASKETBALL	6:30-9:30p
WEDNESDAY	PICKLEBALL	6:30-9:30p
THURSDAY	VOLLEYBALL	7:30-9:30p
THURSDAY	PICKLEBALL	6:30-9:30p
FRIDAY	BASKETBALL	6:30-9:30p
SUNDAY	PICKLEBALL	4:30-7:30p

## EXERCISE AND FITNESS

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

### MEET STACEY STONER, OUR NEW PERSONAL TRAINER

Stacey Stoner, MS Kinesiology/Exercise Science, ACE Health Coach & Senior Fitness Specialist, RRCA Running Coach, background in personal training, small group training, Community College Health/Fitness Instructor, Weight Watchers Leader and has completed 21 marathons & 20+ half marathons. Stacey's approach to training is to provide a non-intimidating, well-rounded, healthy approach to achieving fitness & health goals.



### COUCH TO 5K WITH STACEY NEW!

Have you always wanted to walk, walk/run or run a 5K? Are you a former runner who wants to get back in shape in an accepting and non-intimidating environment? Do you find other coaching programs too expensive? Now you can with BIMPRD Affordable Fitness! This Couch to 5K program is for you! Runners, walkers and newbies are all welcome — everyone of any ability! If you've been wanting to join a running group but are too intimidated by the "whippet-like" runners, then this class is for you! I'll provide the walk/run schedule, coaching, technique, and fun! BPP

411302-01	TTh	9:15-10:15a	6/25-8/8	\$143
02	T	9:15-10:15a	6/25-8/6	\$77
03	Th	9:15-10:15a	6/27-8/8	\$66



### HIIT FITNESS WITH STACEY NEW!

No Time For Exercise!?! Then you need to come to our H.I.I.T. class specifically designed to give you a great workout in just 30-45 minutes! This class will target your major muscle groups, teach you correct form and give you a strenuous workout in half the time of a usual workout! A short investment for a great payoff! Now you have no more excuses! SHMG

411305-01	M	5:45-6:30p	6/24-7/22	\$74
02	M	5:45-6:30p	7/29-8/26	\$74

### CIRCUIT STRENGTH TRAINING WITH STACEY NEW!

Affordable Fitness For You! Have you always wanted to learn about functional exercises, strength training and correct form but couldn't afford a personal trainer? Well now you can! Learn the correct way to strength train using your own body weight (no machines needed!), how to minimize injury, maintain strength, learn functional fitness, and more! This class will provide the essentials of personal training in a non-intimidating environment and small class setting. SHMG

411306-01	Th	5:45-6:45p	6/27-7/25*	\$74
02	Th	5:45-6:45p	8/1-8/22	\$74

\*No class 7/4

### PERSONAL HEALTH COACHING/ TRAINING NEW!

1-on-1 or small group — up to 4 folks maximum: Looking for help in goal setting? Want to feel good and be your best self? Have you always wanted to hire a personal trainer but found it cost prohibitive? Now you can with BIMPRD Affordable Fitness! Train with Stacey, ACE Certified Health Coach, to achieve your goals through fitness, nutrition and behavior modification. Make 2019 your best year yet!

411307-01 Private Training: 1 hour = \$50

411307-02 Semi-Private Training: 1 hour 2-4 people = \$30 each



# ADULT

## 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 Rd. Questions? Email her at rballou@johnlscott.com.

411313-01	W	9:00-10:30a	6/19-7/24*	\$50
02	W	9:00-10:30a	7/31-8/28	\$50

\*No class 7/3

## 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! \$10 drop-in. Questions? pmccann@ix.netcom.com (McCann) MF in ICH, T in SHMG

411334-01	MF	9:30-10:30a	6/17-8/30*
02	T	5:15-6:15p	6/18-8/27*

\$60 for 10-class pass

\*No class 7/1, 7/2, 7/5

## ZUMBA with TIFFANY and SARAH ★

Ages 13 and up. Zumba Dance Fitness is a feel-happy workout that is great for both your body and spirit! Zumba Dance Fitness uses a mix of contemporary Latin music and world rhythms, along with current radio hits. Energetic dance styles create a dynamic cardio fitness workout. We combine high-energy, motivating music with fun dance moves, and fast and slow rhythms to condition the body. Take the "work" out of workout! Everyone welcome, no experience necessary! ICH **CONTRACTOR**

411319-01	MW	7:00-8:00p	6/17-8/28
02	Su	11:00a-12:00p	6/16-8/25

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



## MORNING EXERCISE AT THE SHP MINI-GYM

Active Adult Fitness classes taught by Eileen Magnuson, ACE, AASDN and T'ai Chi Chih certified instructor. Pick your favorite or join us Monday through Friday. Punch card is good for both classes: \$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

466125-01	TTh	8:45-9:45a	6/25-8/8
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### FUNTASTIC FITNESS

This class combines aerobic, flexibility, and strength training in a positive, energizing environment. You will learn exercises designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength, and cardiovascular endurance. Get ready for a head-to-toe workout! SHMG

466126-01	MWF	9:00-10:00a	6/24-8/9
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## 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 Eileen Magnuson. Limited to 8 participants. SHMG

466122-01	M	10:30-11:30a	6/10-7/29	\$60
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## 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

466121-01	T	10:00-11:30a	6/25-8/13	\$80
02	T	6:00-7:30p	6/27-8/13	\$80

## YOGA



## 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 to a 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. ICH

411207-01	Th	10:00-11:30a	6/20-8/29	\$140^
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^or purchase a yoga ticket book

## SUNDAY OUTDOOR YOGA with Joti Chandra Kaur **NEW!** ★

Come yoga with us outside this summer!! Same great class but outdoors. Locations TBD. If it's raining, we'll meet in ICH.

411207-02	Su	4:00-5:30p	6/23-8/25	\$140^
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^or purchase a yoga ticket book

# ADULT



## YOGA REGISTRATION OPTIONS

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

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

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

## 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

411910-01	T	9:00-11:00a	6/18-8/27*	\$37
02	W	9:00-11:00a	6/19-8/28*	\$37

### 4-MILE WALKS

Sunday

411912-01	Su	9:00-11:00a	6/23-8/25	\$37
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### 2-MILE WALKS

Thursday

Flatter roads and trails of Bainbridge. Nice easy pace.

411911-01	Th	9:00-10:15a	6/20-8/29*	\$32
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\*No class 7/2, 7/3, 7/4

## SUMMER FAMILY SOCCER TIME **NEW!**

All ages. Bring your family and your friends and come play some soccer together. We'll have some mini fields set up and provide the soccer balls for families to get together for some healthy competition and exercise. BPP

412305-01	T	7:30-8:30p	7/9-8/6	\$10 per family
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## 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 #114 or julie@biparks.org. BPP

412304-01	W	6:30-8:00p	7/10-8/14	\$30
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## MEN'S RECREATIONAL SOFTBALL LEAGUE

Ages 18+. 12 games guaranteed plus at least one 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
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## 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 #114 or julie@biparks.org. BPP

113701-01	MWF	10:00a-12:00p	\$50
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## TEAM SPORTS

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

### 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 #114 or julie@biparks.org. BPP

411397-01	T	6:30-8:00p	7/9-8/13	\$30
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