

YOUTH



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."

ARTS, CRAFTS & MORE



PARENT-CHILD FUSED GLASS FUN! **NEW!** MUTTS & MONSTERS NIGHTLIGHTS

Ages 8-80. Come learn about fused glass together! Parents/grandparents and children will work on projects together. Create a one-of-a-kind glass art piece for your room! No previous experience necessary. In this introductory workshop, you will be assembling a nightlight with your choice of colored glass. Fee includes all tools and materials for one or two lights. Instructor Julie Hews-Everett has been involved with art glass (and kids!) for over 40 years. At Island Spectrum Design glass studio with Julie Hews-Everett. **CONTRACTOR**

420416-01	Sa	10:00a-12:00p	7/27	\$75
02	Th	2:30-4:30p	8/8	\$75

SUMMER OPEN SWIMS

Cool off and splash around in the pool this summer.

Open Swim:

Monday-Friday 2:30-4:30p

Saturday & Sunday 1:00-4:00p

For the most up-to-date schedules go to biaquatics.org

FRIDAY CRAFTAFTERNOONS **NEW!**

Ages 8-12 years. Spend some summer afternoons learning and creating art! These 2-hour classes are perfect for rounding out summer weeks with out-of-town visitors, sustaining creativity, or just learning new techniques. Materials provided. Taught by Beth Balas. SHC



MIXED MATERIAL WATERCOLORS

Explore the world of watercolor with new techniques, colored pencil and ink detail, and blending oil pastels to create resists.

472627-01 F 2:00-4:00p 7/12 \$25

ART FROM THE WOODS

Make paintbrushes with sticks and leaves and needles, make prints with feathers and leaves, and paint flowers for stamping.

472627-02 F 2:00-4:00p 7/26 \$25

COLLAGE-CRAZY

Express yourself using magazine art, shapes, color, yarn and more found in our fun and funky supply cupboards.

472627-03 F 2:00-4:00p 8/9 \$25

LITTLE TERRARIUM IN A JAR

Create tiny wonders to take home using clear, recycled jars and little figurines, painted rocks, moss and more.

472627-04 F 2:00-4:00p 8/23 \$25

MUSIC

KIDS SUMMER UKULELE CLUB

Ages 6-12. Spend summer learning and jamming on the Rolling Bay Music Center patio with strings instructor Randy Parris! A continuation of the after-school uke club, young players of all levels are welcome. Must provide own instrument.

RBC **CONTRACTOR**

470825-01 M 1:00-2:00p 7/1-8/26* \$175

*Families have choice of 8 afternoons during the 9-week session.

COOKING

KIDS COOKING: MUFFIN MANIA! **NEW!**

Ages 5-10. Start your summer nutrition and snacking off right! Kids CAN bake their own healthy muffins for themselves and their families. For a quick and easy breakfast or snack, we will bake both savory and sweet treats that kids can replicate easily on their own. Led by author and nutritionist Cait James. SHC

470827-08 Sa 10:00a-12:00p 6/22 \$40



YOUTH

POTTERY

SCULPTURE AND CLAY HAND-BUILDING

Ages 7-11. A mix of instruction, tools and techniques of coil, slab and sculpture, along with the child's imagination and creativity, will ensure the magic of the creative process, fun and finished pieces. This summer session will focus on creating masks, animals and a figurative sculptured form. Taught by Elena Wendelyn and Addison Malone. 4 weeks. ED

422007-01 MW 3:30-5:00p 7/8-7/31 \$125



TEEN HAND-BUILDING NEW! ★

Ages 14-18. Just for teens, this mix of instruction, tools and techniques for coil, slab and sculpture, along with the unique teen perspective and creativity, will ensure a fun and lively afternoon. Taught by Elena Wendelyn and Addison Malone. 4 weeks. ED

422011-01 T 12:30-2:30p 7/2-7/23 \$125

WHEEL-THROWN POTTERY

Ages 9-14. This summer wheel-throwing workshop for youth focuses on the techniques of throwing as well as the development of form by combining thrown pieces with hand-built parts. A variety of glazing techniques are used including decorative brush work. Taught by Elena Wendelyn and Jeff Wofford. 4 weeks. ED

422008-01 TTh 3:30-5:00p 7/9-8/1 \$145



TEEN WHEEL-THROWN POTTERY NEW! ★

Ages 14-18. This summer, wheel-throwing class is especially for teens. Whether brand-new to the wheel or already experienced from school or youth classes, it's always fun to learn techniques and practice throwing with like-minded peers. Taught by grown-up teen Jeff Wofford. 4 weeks. ED

422010-01 Th 12:30-2:30p 6/27-7/25 \$100
03 Th 12:30-2:30p 8/1-8/22 \$100

PARENT / CHILD POTTERY FUN!

Ages 6-14 with adult. Spend quality time with your child working on fun and interesting clay projects together. Enjoy creating family dishes, platters, candle holders, garden animals and more! Explore your creative side, together! Fee includes materials. For one child with one parent/caregiver. 4 weeks. ED

422009-01 T 6:00-8:00p 7/9-7/30 \$115



PARENT / CHILD FRIDAY CLAY PLAY!

Ages 5+ and a parent. Fun, creative two-afternoon workshops in beautiful keepsakes and whimsical pieces. Simple, guided projects and free play with clay will make giggles and memories. No previous clay experiences needed. Taught by studio staff. Fee includes materials. For one child with one parent/caregiver. ED

FAIRY HOUSES

You'll work together to create a small ceramic house for fairies! Choose your shape, add tiny flowers and vines, stone or brick texture, or anything else you can dream up. A battery candle will add the finishing touch.

422006-03 F 3:30-5:00p 7/12, 7/26 \$45

WILDLIFE WATERING DISH

You'll work together to create a colorful, decorated dish for bees to sip, butterflies to rest and drink, or a bath for the birds. Then share some water with the wild creatures in your world.

422006-04 F 3:30-5:00p 8/9, 8/23 \$45



PROGRAMS FOR TEENS AGES 13-17

YOUTH



GYMNASTICS

The developmental gymnastics program helps to introduce and refine total body awareness, strength and coordination. A child may enter the program at age 6 months and work through the progressive classes, including a competitive team until age 19. Because gymnastics classes are offered all year, we have the opportunity to instill in children the need for physical activity as a lifestyle. It also allows us to equip the children with basic fundamental movement skills conducive to each developmental stage.

SESSION I: June 17-July 14*
(4-week session)

SESSION II: July 15-August 4
(3-week session)

SESSION III: August 5-August 25
(3-week session, 4 weeks for Saturday classes)
***NO CLASSES HELD: July 4**

ALL CLASSES ARE ELIGIBLE FOR HELPLINE UNLESS IT IS NOTED AT THE END OF THE CLASS DESCRIPTION.

DIRECTIONS TO THE TRANSMITTER BUILDING

From Winslow, drive north on SR-305. Turn left on Day Road and stay left onto Miller. Follow Miller Road for about 1-½ miles then turn right on Arrow Point Drive. Continue on Arrow Point Drive until the entrance to Battle Point Park. Turn left into the park; the Transmitter Building will be located directly ahead. Parking will be around the loop next to KidsUp! Playground.

LOCATION OF BHS GYMNASTICS ROOM

The Gymnastics Room is located directly across the parking lot from the Aquatic Center back doors or in back of the high school.

PARKING for Gymnastics Room: Please use the Aquatic Center parking area during day hours 9:00a-3:00p and walk to the gym using the sidewalk west of the Aquatic Center parking lot. Evening classes may use the parking area outside the Gymnastics Room. Parking is also available by the Commodore Facility located on High School Road down the hill from the high school reader board. Spectator seating area is on the balcony located at the back of the gym. Please use the south entrance to the gym when at all possible to help control the traffic flow in the gym.

Be aware of the parking lot in the evenings; there are many cars that drop off children to the Gymnastics Room or school events. These drive-through areas are congested and drivers need to be more aware of other vehicles and especially pedestrians.

If your child requires any extra assistance, please contact the Gymnastics Department immediately after registering to notify us of your child's needs and to allow us sufficient time to coordinate any additional staff. We will make reasonable modifications to policies and programs to ensure that participants with special needs or disabilities will have an equal opportunity to enjoy BIMPRD gymnastics classes, clinics, open gyms and/or camps in a manner that is safe and fun.

WARM-UPS

Warm-ups and basic skill repetitions are held during the first 10 to 15 minutes of class. These are important for assurance of muscle safety and memory retention. To reduce risk of injury, it is essential that children participate in these warm-up exercises. Please be fair to the other children, your child, and the instructor by arriving on time. If you find that you are going to be more than 5 minutes late for Preschool gym through Kindergym or 10 minutes late for Beginner through Advanced boys and girls recreational classes, we ask that your child not participate that day. Please do not place our instructor in the situation of turning away your child for this reason.

OPEN PLAY TIME AT THE TRANSMITTER BUILDING

For ages 6 months to 5 years.
Come join other kids in a fun and open atmosphere.

COST

\$6.00 drop-in fee
\$25.00 for 5-visit punch card
\$50.00 for 10-visit punch card

SUMMER QUARTER HOURS

F-Sa 10:00a-12:00p; 6/16-8/26*
Please comply with all the rules posted. This will keep the play area safe for all participants.



When you arrive, please check in with the gym supervisor
Keep within arm's reach of your child at all times
There is a limit of two children per adult
No adults allowed on equipment

All other rules are posted on a handout given to you and in the gym.



BIRTHDAY PARTY

Rent the BHS Gymnastics Room or the Transmitter Building for your child's birthday party. Fun for everyone! Call the gymnastics department to reserve your party today at 206-842-2306 #117. Cancellation policy: Full refund 7 days prior to party less a \$10 service fee. No refund, no exceptions, after the deadline described above.

Cost: \$148.24 for 10 kids or fewer, includes tax

Includes 60 min of gym time and 30 min of celebration time in lobby

\$225.63 for 11-20 kids, includes tax

Includes 60 min of gym time and 30 min of celebration time in lobby



YOUTH

EXTRA GYMNASTICS WORKOUT (OPEN GYM) ★

Ages 6-99. Here's a chance to improve your skills. This extra time will allow you an opportunity to receive additional instruction and practice on areas needing improvement. This is available to students who are currently or have been involved in Park District gymnastics classes. Beginner 1 through team level. BHS Gymnastics Room

Cost: \$6.00 drop-in fee
\$25.00 for 5-visit punch card

SUMMER QUARTER HOURS
Su 4:00-6:00p 6/16-8/25

INDIVIDUALIZED INSTRUCTION

Special one-on-one instruction. Call the gymnastics department to request your lesson day/time and instructor. 206-842-2306 #117. Instructors will then call to give details and to arrange times.

Cost: \$50/45 minutes for individual.
\$75/60 minutes for individual.
Add \$5 for extra child from immediate family (one only).

CREATE YOUR OWN CLASS

Set up your own class. Special instruction just for a group you put together. The class must consist of five or more enrolled participants. Minimum of three classes per group. Call the gymnastics department to request your lessons at 206-842-2306 #126.

Cost: \$10/child/class, for a 30-minute class.
\$13/child/class, for a 45-minute class.
\$15/child/class, for a 60-minute class.

FIELD TRIP TO THE GYM

Calling all scouts, schools, daycares. Set up your own drop-in time at either of our gyms. Some instruction, games and open gym time, just your group. Call the gymnastics department to request your day and time at 206-842-2306 #126.

Cost: \$90 for group of 10 for one hour.
\$125 for group of 11-19 for one hour.
\$180 for group of 20-30 for one hour.

SPECIALIZED CLINIC

Set up your own group for a clinic on any skill or skills in gymnastics, parkour, stunt, ninja or tumble tramp. Special instruction just for a group. You tell us what you need for instruction and we will provide the staff. Call the gymnastics department to request your lessons at 206-842-2306 #126.

Cost: \$90 for group of 10 for 1 hour.
\$125 for group of 10 for 1.5 hours.
\$180 for group of 10 for 2 hours.



SUMMER CAMPS

FULL DESCRIPTION IN SUMMER CAMP SECTION

GYMNASTICS KINDERGYM (AGES 4-6)

July 15-18, August 5-8

GYMNASTICS: RECREATION (AGES 6-14) ★

July 8-11, August 12-15

PARKOUR & NINJA CAMP (AGES 6-17) ★

June 24-27, July 22-25, August 19-22

TUMBLING MINI-CAMP (AGES 11-18) NEW! ★

July 1-2

PARKOUR/OBSTACLE COURSE MINI-CAMP (AGES 6-10) NEW!

July 29-30

SPECIALTY CLASSES

HANDSPRING CLASS ★

Ages 6-17. This class will focus on back handsprings and front handsprings. Students will be taught how to do handsprings along with the drills, techniques, flexibility and strength training to perform them properly. BHS Gymnastics Room



441545-01	T	5:00-6:00p	6/18-7/9	\$59
02	T	5:00-6:00p	7/16-7/30	\$44
03	T	5:00-6:00p	8/6-8/20\$	44

FLIPPING CLASS ★

Ages 6-17. For girls or boys who only want to learn some flips. Class concentrates on basic moves and drills to lead up to the cooler skills. Students will be working on front, back and side flips on the mats, floor and trampoline. BHS Gymnastics Room

441583-01	Th	5:30-6:30p	6/20-7/11*	\$44
02	Th	5:30-6:30p	7/18-8/1	\$44
03	Th	5:30-6:30p	8/8-8/22	\$44

*No class 7/4

YOUTH



RELEASE YOUR INNER CHILD (ADULT GYM)

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

441598-01	W	7:00-8:00p	6/19-7/10	\$59
02	W	7:00-8:00p	7/17-7/31	\$44
03	W	7:00-8:00p	8/7-8/21	\$44

FAMILY FIT

Ages 4-99. This is an excellent class for families to have fun and be fit together. Participants will be taught gymnastics and parkour skills, along with a plethora of movements to increase overall strength, balance and agility. This is a great opportunity to work out with your kids, have family challenges and share a healthy lifestyle together. Price is per person. BHS Gymnastics Room

441594-01	W	6:00-7:00p	6/19-7/10	\$59
02	W	6:00-7:00p	7/17-7/31	\$44
03	W	6:00-7:00p	8/7-8/21	\$44

GYMNASTICS DANCE AND TUMBLING

Ages 6-17. For girls or boys who want to learn dance and tumbling only. Class concentrates on basic moves or skills in dance, tumbling, trampoline, strength, balance and flexibility. BHS Gymnastics Room

441578-01	W	5:00-6:00p	6/19-7/10	\$59
02	W	5:00-6:00p	7/17-7/31	\$44
03	W	5:00-6:00p	8/7-8/21	\$44

NINJA WARRIOR CLASS

Ages 6-17. This is a class for anyone interested in doing things like a Ninja Warrior. Students will be taught a variety of skills ranging from strength, speed, balance and timing. These skills will help them to get through obstacle courses set up by the instructor. Each week will be a different course, with a different focus on each course. This a class for those looking to



get in great shape and have fun doing it. Students will be challenged to push themselves to train like Ninja Warrior competitors. BHS Gymnastics Room

441551-01	M	6:00-7:00p	6/17-7/8	\$59
02	M	6:00-7:00p	7/15-7/29	\$44
03	M	6:00-7:00p	8/5-8/19	\$44

PARKOUR

Ages 6-17. For female and male students who want to learn to run, leap, jump or flip off walls safely prior to doing it in an outside setting. Transmitter Building

441557-01	M	5:00-6:00p	6/17-7/8	\$59
02	M	5:00-6:00p	7/15-7/29	\$44
03	M	5:00-6:00p	8/5-8/19	\$44

TRAMP AND TUMBLE CLASS

Ages 6-17. For female or male students. Class will focus on floor and trampoline tumbling skills which include cartwheels, round-offs, front and back handsprings and flips. BHS Gymnastics Room

441556-01	T	4:00-5:00p	6/18-7/9	\$59
02	T	4:00-5:00p	7/16-7/30	\$44
03	T	4:00-5:00p	8/6-8/20	\$44

GYM BABIES THROUGH PRESCHOOL

PLEASE READ DESCRIPTIONS CAREFULLY TO PLACE YOUR CHILD IN THE APPROPRIATE CLASS!

FOR SAFETY PURPOSES, SIBLINGS MAY NOT PARTICIPATE IN ANY OF THESE CLASSES UNLESS THEY ARE REGISTERED IN THE CLASS.

GYM BABIES

Crawling to 24 months. Parents participate with the child on a one-to-one basis. Children will be exposed to gymnastics with parent support and movement in a structured and open gym format. This is a great opportunity to spend some quality time with your child and to meet other parents. BHS Gymnastics Room



441501-01	F	9:30-10:00a	6/21-7/12	\$41
02	F	9:30-10:00a	7/19-8/2	\$31
03	F	9:30-10:00a	8/9-8/23	\$31

PARENT TOT STRUCTURED GYM

Ages 24-36 months. Parents participate with their child on a one-to-one basis in a fully structured, instructor-led class. There will be exciting warm-ups, games, music and obstacle courses filled with gymnastics to strengthen and build motor skill confidence. BHS Gymnastics Room

441503-01	F	10:10-10:50a	6/21-7/12	\$53
02	Sa	9:10-9:50a	6/15-7/6	\$53
03	F	10:10-10:50a	7/19-8/2	\$40
04	Sa	9:10-9:50a	7/13-7/27	\$40
05	F	10:10-10:50a	8/9-8/23	\$40
06	Sa	9:10-9:50a	8/3-8/24	\$53





YOUTH

PRESCHOOL GYM

Ages 3-4. This class is designed for children who have successfully participated in a Preschool Come Play for one full session. This is an instructor-led class without parent participation. This is a great stepping stone into our Kindergym program for those 3 and 4 years old who are able to listen to and execute multiple instructions and remain confident when left with an instructor. Your child will be led through gymnastics based obstacle courses assisted by games and music. Parents may be asked to remain in the parent viewing area upstairs during the class. BHS Gymnastics Room

441505-01	F	11:00-11:45a	6/21-7/12	\$53
02	Sa	10:00-10:45a	6/15-7/6	\$53
03	F	11:00-11:45a	7/19-8/2	\$40
04	Sa	10:00-10:45a	7/13-7/27	\$40
05	F	11:00-11:45a	8/9-8/23	\$40
06	Sa	10:00-10:45a	8/3-8/24	\$53

BEGINNER KINDERGYM

Ages 4-6. Intro to Kindergym for both boys and girls. Skills taught include basic tumbling, uneven bar skills, balance beam and vaulting techniques. BHS Gymnastics Room; **Classes held at the Transmitter Building.

441506-01	M**	4:00-4:45p	6/17-7/8	\$53
02	T**	4:00-4:45p	6/18-7/9	\$53
03	F	12:00-12:45p	6/21-7/12	\$53
04	Sa	11:00-11:45a	6/15-7/6	\$53
05	M**	4:00-4:45p	7/15-7/29	\$40
06	T**	4:00-4:45p	7/16-7/30	\$40
07	F	12:00-12:45p	7/19-8/2	\$40
08	Sa	11:00-11:45a	7/13-7/27	\$40
09	M**	4:00-4:45p	8/5-8/19	\$40
10	T**	4:00-4:45p	8/6-8/20	\$40
11	F	12:00-12:45p	8/9-8/23	\$40
12	Sa	11:00-11:45a	8/3-8/24	\$53

INTERMEDIATE KINDERGYM

Ages 4-6. For Kindergym students who have completed Beginner Kindergym or been placed by an instructor. BHS Gymnastics Room; **Classes held at the Transmitter Building.

441507-01	M**	5:00-5:45p	6/17-7/8	\$53
02	Th**	4:00-4:45p	6/20-7/11*	\$40
03	Sa	11:00-11:45a	6/15-7/6	\$53

*No Class 7/4

04	M**	5:00-5:45p	7/15-7/29	\$40
05	Th**	4:00-4:45p	7/18-8/1	\$40
06	Sa	11:00-11:45a	7/13-7/27	\$40
07	M**	5:00-5:45p	8/5-8/19	\$40
08	Th**	4:00-4:45p	8/8-8/22	\$40
09	Sa	11:00-11:45a	8/3-8/24	\$53

KINDERGYM AND DANCE

Ages 4-6. This exciting class format is designed to engage the young child in the strong foundation of balletic movement used in gymnastics. Your child will be led through basic ballet steps, positions and alignments in a creative and playful atmosphere. This class will also follow our beginner/intermediate Kindergym curriculum. We suggest that your child be dressed in a leotard and footless tights, while tutus may be provided during the class. Transmitter Building

441509-01	W	5:00-5:45p	6/19-7/10	\$53
02	W	5:00-5:45p	7/17-7/31	\$40
03	W	5:00-5:45p	8/7-8/21	\$40

BEGINNER 1 — GIRLS

Ages 6-17. For girls with little or no experience. Class concentrates on total body awareness, strength, and coordination through basic gymnastic skills in tumbling, balance beam, bars and vaulting. BHS Gymnastics Room; **Classes held at the Transmitter Building.

441530-01	M**	5:00-6:00p	6/17-7/8	\$59
02	T**	4:00-5:00p	6/18-7/9	\$59
03	Sa	12:00-1:00p	6/15-7/6	\$59
04	M**	5:00-6:00p	7/15-7/29	\$44
05	T**	4:00-5:00p	7/16-7/30	\$44
06	Sa	12:00-1:00p	7/13-7/27	\$44
07	M**	5:00-6:00p	8/5-8/19	\$44
08	T**	4:00-5:00p	8/6-8/20	\$44
09	Sa	12:00-1:00p	8/3-8/24	\$59



PROGRAMS FOR TEENS AGES 13-17

YOUTH



BEGINNER 2 — GIRLS



Ages 6-17. For girls who have completed Beginner 1 or have been placed by an instructor. BHS Gymnastics Room; **Class held at the Transmitter Building.

441531-01	TTh**	5:00-6:00p	6/18-7/11*	\$98
02	Sa	12:00-1:00p	6/15-7/6	\$59

*No class 7/4

03	TTh**	5:00-6:00p	7/16-8/1	\$84
04	Sa	12:00-1:00p	7/13-7/27	\$44

05	TTh**	5:00-6:00p	8/6-8/22	\$84
06	Sa	12:00-1:00p	8/3-8/24	\$59

INTERMEDIATE — GIRLS



Ages 6-17. For girls who have completed Beginner 2 or have been placed by an instructor. Transmitter Building

441532-01	TTh	6:00-7:15p	6/18-7/11*	\$108
02	TTh	6:00-7:15p	7/16-8/1	\$93
03	TTh	6:00-7:15p	8/6-8/22	\$93

*No class 7/4

ADVANCED — GIRLS



Ages 6-17. For the serious gymnast! Must have completed intermediate girls or be placed by an instructor. This class is geared for a competitive level. Transmitter Building

441533-01	MW	6:00-7:30p	6/17-7/10	\$136
02	MW	6:00-7:30p	7/15-7/31	\$102
03	MW	6:00-7:30p	8/5-8/21	\$102

BOYS ONLY KINDERGYM

Ages 4-6. Intro to Kindergym for boys ONLY! Those who are 4 years of age must have completed at least one preschool gym session and students must be able to take directions from a teacher. Skills will be taught on all boys' equipment which includes floor, pommel horse, rings, vault, parallel bars and high bar. BHS Gymnastics Room

441512-01	M	4:00-4:45p	6/17-7/8	\$53
02	M	4:00-4:45p	7/15-7/31	\$40
03	M	4:00-4:45p	8/5-8/19	\$40

BEGINNER — BOYS



Ages 6-17. For boys with little or no experience. Class concentrates on basic tumbling and all the boys' apparatus. BHS Gymnastics Room

441540-01	MW	5:00-6:00p	6/17-7/10	\$112
02	MW	5:00-6:00p	7/15-7/31	\$84
03	MW	5:00-6:00p	8/5-8/21	\$84



INTERMEDIATE AND ADVANCED — BOYS

Ages 6-17. For boys who have passed beginner boys or been placed by an instructor. BHS Gymnastics Room

441541-01	MW	6:00-7:15p	6/17-7/10	\$124
02	MW	6:00-7:15p	7/15-7/31	\$93
03	MW	6:00-7:15p	8/5-8/21	\$93

BAINBRIDGE ISLAND BOYS GYM TEAM



Ages 6-18. The team will travel to events throughout the region, participating in levels 4 through 10 competitions. Team members are selected by ability and space availability. Additional costs are involved. Contact the gymnastics department at the Park District for more information.

BAINBRIDGE ISLAND GIRLS GYM TEAMS



Ages 6-18. The team will travel to events throughout the region, participating in levels 3 through 10 Junior Olympic, and Xcel competitions. Team members are selected by ability and space availability. Additional costs are involved. Contact the gymnastics department at the Park District for more information.

TEEN JOB OPPORTUNITIES

VOLUNTEER

Be a Summer Camp Aide

Volunteer to assist camp counselors with our summer sports camps. This is a great opportunity for students from ages 11-18 looking for community service hours or those just wanting to give back to the community. Contact Julie at 206-842-2306 #114 or julie@biparks.org to volunteer or get more information.

EMPLOYMENT

Summer and Fall Soccer League Referee/Mentors

Do you love soccer and working with kids? We're looking for energetic and positive referee/mentors for our summer and fall youth soccer leagues. Applicants must be at least 14 years old. Contact Julie at 206-842-2306 #114 or julie@biparks.org to volunteer or get more information.



YOUTH

TENNIS

PARK DISTRICT TENNIS PROGRAM **NEW!**

Bainbridge Island Metro Park & Recreation District Tennis is an Official USTA Net Generation Provider.

We've hired a great staff to bring your kiddos lots of new great tennis opportunities this summer. All our lessons have small class sizes so your child will spend more active time on the court learning the game. If by chance we have rain the day of class, staff will send a text message (parents should 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.



TENNIS LESSONS



A QUICK GUIDE TO THE PROGRESSION

Bainbridge Island Metro Park and Recreation Tennis is an Official USTA Net Generation Provider. In conjunction with the USTA and Net Generation guidelines, we offer a clear "Junior Development Pathway Program" that is innovative and designed to properly progress junior tennis players from one level to the next. With Fundamentals at the forefront of our program, our progressive Net Generation teaching model and games-based approach (Play to Learn) is dynamic, exciting, and FUN! In addition to our on-court teaching, our coaches recognize the importance of sports as a vehicle to teach invaluable life skills.

HOT SHOTS **NEW!**

Ages 3-6. Tennis is the best first sport! Start your children off right with action-packed 45-minute lessons that will develop hand-eye coordination, balance and foundation skills while having a ton of fun in this progressive 10 and under tennis program. Parents are encouraged to participate in this innovative program. A starter tennis racquet will be provided. BPP

Hot Shots	Foam Ball	Ages 3-6
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ROOKIES (RED BALL) **NEW!**

Ages 4-10. Rookies (Red Ball) Level 1 and Level 2 is the first level of the Park District Tennis Pathway. Ball: Low-compression Red. Court Size: Free-form. Racquet Length: 19"-21". Students will focus on their racquet skills and must demonstrate mastery* of the self-rally before progressing to partner rallies on the 27' court.

*Mastery = Control alternating forehand + backhand self-rally for 10+ touches.

Red Ball – Level One	Foam Ball	Ages 4-7
Red Ball – Level Two	Red Felt Ball	Ages 7-10

YOUTH



INTERMEDIATE DRILL (ORANGE BALL) **NEW!**

Ages 7-10. Upon completion of our Red Ball clinics and/or by pro approval, players may enroll in Intermediate Drill (Orange Ball). This is the second stage of our player development program. Ball: Low-compression Orange. Court Size: 60'L x 27'W. Racquet Length: 25". Students will be expected to sustain a two-touch partner rally on the 60' court. Before moving to Green Ball, students must demonstrate: (1) Mastery* of 10+ groundstroke rally on 60' court. (2) A championship attitude (Growth, Commitment, Resilience). *Mastery = Control rally for 10+ groundstrokes and demo the 5 fundamentals.

Orange Ball – Level One	Orange Ball	Ages 7-10
Orange Ball – Level Two	Orange Ball	Ages 7-10

ADVANCED INTERMEDIATE DRILL (GREEN BALL) **NEW!**

Ages 8-12. Green Ball is the third level of our Pathway for students getting serious about the game and preparing for the transition to full-court Yellow Ball play. Before moving to Yellow Ball, students must: (1) Successfully complete Orange Ball 2 or be approved by our pro staff. Before moving to Yellow Ball, students should demonstrate: (1) Mastery* of 10+ groundstroke rally on 78' court and (2) A commitment to our program and (3) A championship attitude (Growth, Commitment, Resilience). *Mastery = Control rally for 10+ groundstrokes and demo the 5 fundamentals and 5 tactical controls.

Green Ball – Level One	Green Ball	Ages 8-12
Green Ball – Level Two	Green Ball	Ages 8-12

JUNIOR ACADEMY — ADVANCED DRILL (YELLOW BALL) **NEW!**

*Friday match play included!

Ages 8-12. Level One is for the player who has moved beyond the Green Ball level and plays full-court Yellow Ball tennis with 26" to 27" racquets. Perfect for skilled middle school players, high school C team and JV players looking to move up. Pro approval may be required. Players at Level One can move to Level Two as they improve.



Ages 8-12. Level Two is for the skilled tournament junior, high school varsity/JV player who has match play experience and is looking to improve their games to enable competitiveness at the USTA Tournament level. Players at this level should be prepared to train physically and be challenged to improve technically and gain strategic skills necessary to play at the highest level possible. Age is not a definitive guideline for entry to this program but is skill based. Pro approval may be required.

Yellow Ball – Level One	Yellow Ball	Ages 8-12
Yellow Ball – Level Two	Yellow Ball	Ages 8-12

FRIDAY OPEN MATCH PLAY

*Included with Junior Academy Registration!

Ages 8 & up. Open Match play for players enrolled in our Junior Academy Programs. Tournament-style round robin supervised match play. Drop-in will be allowed for this program and USTA juniors at the Challenge or Open level as well as college and club players are welcome to attend.

HOT SHOTS **NEW!**

412712-01	Sa	10:00-11:00a	6/29-7/20	\$55
02	Sa	10:00-11:00a	7/27-8/17	\$55

ROOKIES **NEW!**

LEVEL ONE

412713-01	M-Th	9:00-10:15a	6/24-6/27	\$70
02	M-W	9:00-10:15a	7/1-7/3	\$52.50
03	M-Th	9:00-10:15a	7/8-7/11	\$70
04	M-Th	9:00-10:15a	7/15-7/18	\$70
05	M-Th	9:00-10:15a	7/22-7/25	\$70
06	M-Th	9:00-10:15a	7/29-8/1	\$70
07	M-Th	9:00-10:15a	8/5-8/8	\$70
08	M-Th	9:00-10:15a	8/12-8/15	\$70

LEVEL TWO

412714-01	M-Th	9:00-10:15a	6/24-6/27	\$70
02	M-W	9:00-10:15a	7/1-7/3	\$52.50
03	M-Th	9:00-10:15a	7/8-7/11	\$70
04	M-Th	9:00-10:15a	7/15-7/18	\$70
05	M-Th	9:00-10:15a	7/22-7/25	\$70
06	M-Th	9:00-10:15a	7/29-8/1	\$70
07	M-Th	9:00-10:15a	8/5-8/8	\$70
08	M-Th	9:00-10:15a	8/12-8/15	\$70

INTERMEDIATE DRILL **NEW!**

LEVEL ONE

412715-01	M-Th	9:00-10:15a	6/24-6/27	\$70
02	M-W	9:00-10:15a	7/1-7/3	\$52.50
03	M-Th	9:00-10:15a	7/8-7/11	\$70
04	M-Th	9:00-10:15a	7/15-7/18	\$70
05	M-Th	9:00-10:15a	7/22-7/25	\$70
06	M-Th	9:00-10:15a	7/29-8/1	\$70
07	M-Th	9:00-10:15a	8/5-8/8	\$70
08	M-Th	9:00-10:15a	8/12-8/15	\$70

LEVEL TWO

412716-01	M-Th	9:00-10:15a	6/24-6/27	\$70
02	M-W	9:00-10:15a	7/1-7/3	\$52.50
03	M-Th	9:00-10:15a	7/8-7/11	\$70
04	M-Th	9:00-10:15a	7/15-7/18	\$70
05	M-Th	9:00-10:15a	7/22-7/25	\$70
06	M-Th	9:00-10:15a	7/29-8/1	\$70
07	M-Th	9:00-10:15a	8/5-8/8	\$70
08	M-Th	9:00-10:15a	8/12-8/15	\$70



YOUTH

ADVANCED INTERMEDIATE DRILL **NEW!**

LEVEL ONE

412717-01	M-Th	9:00-10:30a	6/24-6/27	\$75
02	M-W	9:00-10:30a	7/1-7/3	\$56.25
03	M-Th	9:00-10:30a	7/8-7/11	\$75
04	M-Th	9:00-10:30a	7/15-7/18	\$75
05	M-Th	9:00-10:30a	7/22-7/25	\$75
06	M-Th	9:00-10:30a	7/29-8/1	\$75
07	M-Th	9:00-10:30a	8/5-8/8	\$75
08	M-Th	9:00-10:30a	8/12-8/15	\$75

LEVEL TWO

412718-01	M-Th	9:00-10:30a	6/24-6/27	\$75
02	M-W	9:00-10:30a	7/1-7/3	\$56.25
03	M-Th	9:00-10:30a	7/8-7/11	\$75
04	M-Th	9:00-10:30a	7/15-7/18	\$75
05	M-Th	9:00-10:30a	7/22-7/25	\$75
06	M-Th	9:00-10:30a	7/29-8/1	\$75
07	M-Th	9:00-10:30a	8/5-8/8	\$75
08	M-Th	9:00-10:30a	8/12-8/15	\$75



JUNIOR ACADEMY — ADVANCED DRILL **NEW!**

LEVEL ONE - *Friday match play included!

412719-01	M-Th	10:15a-12:30p	6/24-6/27	\$99
02	M-W	10:15a-12:30p	7/1-7/3	\$74.25
03	M-Th	10:15a-12:30p	7/8-7/11	\$99
04	M-Th	10:15a-12:30p	7/15-7/18	\$99
05	M-Th	10:15a-12:30p	7/22-7/25	\$99
06	M-Th	10:15a-12:30p	7/29-8/1	\$99
07	M-Th	10:15a-12:30p	8/5-8/8	\$99
08	M-Th	10:15a-12:30p	8/12-8/15	\$99

LEVEL TWO - *Friday match play included!

412720-01	M-Th	10:15a-12:30p	6/24-6/27	\$99
02	M-W	10:15a-12:30p	7/1-7/3	\$74.25
03	M-Th	10:15a-12:30p	7/8-7/11	\$99
04	M-Th	10:15a-12:30p	7/15-7/18	\$99
05	M-Th	10:15a-12:30p	7/22-7/26	\$99
06	M-Th	10:15a-12:30p	7/29-8/1	\$99
07	M-Th	10:15a-12:30p	8/5-8/8	\$99
08	M-Th	10:15a-12:30p	8/12-8/15	\$99

FRIDAY OPEN MATCH PLAY — DROP-IN **NEW!**

412721-01	F	3:00-6:00p	6/28	\$20
02	F	3:00-6:00p	7/5	\$20
03	F	3:00-6:00p	7/12	\$20
04	F	3:00-6:00p	7/19	\$20
05	F	3:00-6:00p	7/26	\$20
06	F	3:00-6:00p	8/2	\$20
07	F	3:00-6:00p	8/9	\$20
08	F	3:00-6:00p	8/16	\$20

PRIVATE, SEMI-PRIVATE AND GROUP TENNIS LESSONS

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

SOCCER

SUMMER

TINY TOTS SOCCER

Ages 1.5-2.5. Tiny Tots Soccer classes introduce toddlers to soccer with games that allow them to kick a ball, jump, run, and play. Tots will learn basic soccer skills while working on their balance and coordination. BPP

412311-01	T	5:00-5:30p	7/9-8/6	\$80
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SOCCER SQUIRTS

Ages 2.5-3.5. Parents and Squirts will play organized games together, led by our instructor, that will help develop listening skills, balance, foot-eye coordination and of course soccer skills. BPP

412312-01	T	5:30-6:00p	7/9-8/6	\$80
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PRE-KICKS SOCCER

Ages 3-4. Pre-Kicks is designed for children who want to explore soccer, but who are not quite ready to be on the field without a parent or caregiver. Classes focus on increasing balancing skills, coordination and fundamental soccer skills while also helping children build a sense of independence. BPP

412313-01	T	6:00-6:30p	7/9-8/6	\$80
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YOUTH



COED SOCCER LEAGUES **NEW!**

Ages 4-10. Our summer coed league is for boys and girls who want to give soccer a try or for those that want to work on their skills in a fun, no-stress environment. Each week there will be a warm-up, a 10-minute skill session and a 28-minute scrimmage. Small team sizes, smaller fields, small goals and no goalies ensure lots of skill work and lots of goals. BPP

412314-01	4-6 year old	T	5:30-6:30p	7/9-8/6	\$100
02	6-8 year old	T	6:30-7:30p	7/9-8/6	\$100
03	8-10 year old	T	6:30-7:30p	7/9-8/6	\$100

*Fee includes a T-shirt.

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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SUMMER SOCCER VOLUNTEER HELPERS **NEEDED! NEW!**

No experience needed. We will help you along the way. All our parent volunteers receive \$20 off their child's fall soccer registration! Youth volunteers receive a volunteer staff T-shirt. For more information contact Julie at 206-842-2306 #114 or julie@biparks.org.



FALL

TINY TOTS SOCCER

Ages 1.5-2.5. Tiny Tots Soccer classes introduce toddlers to soccer with games that allow them to kick a ball, jump, run, and play. Tots will learn basic soccer skills while working on their balance and coordination. Fee includes mini soccer ball. BPP

412319-01	Sa	9:30-10:00a	9/21-10/19	\$85
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SOCCER SQUIRTS

Ages 2.5-3.5. Parents and Squirts will play organized games together, led by our instructor, that will help develop listening skills, balance, foot-eye coordination and of course soccer skills. Fee includes mini soccer ball. BPP

412320-01	Sa	10:15-10:45a	9/21-10/19	\$85
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PRE-KICKS SOCCER

Ages 3-4. Pre-Kicks is designed for children who want to explore soccer, but who are not quite ready to be on the field without a parent or caregiver. Classes focus on increasing balancing skills, coordination and fundamental soccer skills while also helping children build a sense of independence. Fee includes mini soccer ball. BPP

412321-01	Sa	11:00-11:30a	9/21-10/19	\$85
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RECREATIONAL SOCCER LEAGUES SEPTEMBER 21 TO NOVEMBER 2

Age 4 **NEW!:** 20 minutes of skills. Four 5-Minute Quarters for Scrimmage. 10x15 yard field. 4-Foot Goal. No-goalie. 3v3.

Ages 4.5-6 **NEW!:** 20 minutes of skills. Four 8-Minute Quarters for Scrimmage. 15x25 yard field. 4-Foot Goal. No-goalie. 3v3 or 4v4.

Ages 6.5-8 **NEW!:** 10 minutes of skills. Four 10-Minute Quarters for Scrimmage. 15x25 yard field. 6-Foot Goal. No-goalie. 4v4 or 5v5.

Ages 8.5-10 **NEW!:** 10 minutes of skills. Four 10-Minute Quarters for Scrimmage. 15x25 yard field. 6-Foot Goal. No-goalie. 4v4 or 5v5.

Skill Sessions: Each week, coaches will work with our soccer staff to implement the skills sessions that we will provide. Each skill session will be geared towards the appropriate age group.

Scrimmages: Our soccer staff will referee the scrimmage while volunteer coaches manage their teams including making sure all players get equal playing time.

Player Equipment: Each player receives a reversible soccer jersey and a size 3 soccer ball (soccer ball goes home with child on last day of soccer). Soccer cleats are optional. Shin guards are strongly recommended.

Team Placement: Returning players registered by September 1 will be assigned to same team as last fall unless there aren't enough players left from that team or a request is made otherwise. After September 1, team placement will be dependent on space availability. New players will be assigned to teams based on friend request when possible.

Program cancellation deadline is September 9.

GIRLS

412322-01	Age 4	Sa	9:00-9:45a	\$125
02	Ages 4.5-6	Sa	11:30a-12:30p	\$130
03	Ages 6.5-8	Sa	10:15-11:15a	\$130
04	Ages 8.5-10	Sa	9:00-10:00a	\$130
05	Volunteer to Coach		\$20 off	

BOYS

412323-01	Age 4	Sa	9:00-9:45a	\$125
02	Ages 4.5-6	Sa	10:15-11:15a	\$130
03	Ages 6.5-8	Sa	11:30a-12:30p	\$130
04	Ages 8.5-10	Sa	9:00-10:00a	\$130
05	Volunteer to Coach		\$20 off	



VOLUNTEER COACHES NEEDED!

No coaching experience needed. We will help you along the way. All our volunteer coaches receive \$20 off their child's fall soccer registration! For more information contact Julie at 206-842-2306 #114 or julie@biparks.org.

VOLUNTEER HELPERS NEEDED! **NEW!**

We are looking for volunteer helpers to assist with all our soccer programs. Tiny Tot Soccer, Soccer Squirts and Pre-Kicks helpers will assist our lead staff by helping with equipment set-up and breakdown as well as encouraging our littlest players with lots of enthusiasm and energy. All volunteer helpers will receive a volunteer staff T-shirt. For more information or to volunteer, contact Julie at 206-842-2306 #114 or julie@biparks.org.



YOUTH

FALL SOCCER COACHES MEETING

Tuesday, September 17 at 6:45p at Strawberry Hill Park.

THE CLEAT CLOSET

Has your child outgrown their cleats but they're still like new? Please consider donating or trading them in to our Cleat Closet. Come check it out. Open Monday to Friday 10:00a-4:00p. SHP

BACKPACKING

Fully guided and supported trips into the best of the backcountry. We strongly recommend that all backpacking participants first take our Backpacking 101 class. A limited amount of outdoor gear may be available for free for program use from our Outdoor Gearbank. See full details including joint youth & adult trips in our backpacking and wilderness programs on pages 58-64.

ROSS LAKE MULTI-SPORT TRIP **NEW!**

~7 mi/day **5 days**

~900ft elev. change/day

Age 13-16. Explore a 20-mile long lake nestled high up in the mountains! While kayaking to our camps, we'll enjoy jaw-dropping views of craggy peaks and glaciers. Then we'll put down the paddles for a day, lace up our boots, and hike up to the Desolation Peak Lookout—guaranteed one of the best views of your life. Back at camp, alternate



between swimming and sitting by the fire. District Swim License required. A limited amount of outdoor gear may be available for free for program use from our Outdoor Gearbank. Meet at SHP.

431893-01 M-F 6:00a-8:00p 7/8-7/12 \$649

LAKE OZETTE KAYAK & BACKPACKING EXPEDITION **NEW!**

Ages 13-16, 10-99. Combine kayaking on beautiful Lake Ozette with backpacking the rugged Olympic Coast! We'll spend several days paddling to remote camps along the lakeshore and on tiny islands. Then we'll trade our kayaks for backpacks and find a hidden rainforest trail to the coast, where we'll enjoy sandy beaches, towering sea stacks, and great sunsets. You'll learn the essentials of both backpacking and expedition kayaking, including proper packing of backpacks and kayaks, risk assessment, setting up camp, trip preparation, and safely traveling as a team by boat and foot. District Swim License required. BP101 recommended. Participants under 18 must be accompanied by parent or guardian on the 6/7-6/9 trip. A limited amount of outdoor gear may be available for free for program use from our Outdoor Gearbank. Meet at SHP.

AGES 13-16

430724-01 M-Th 8:00a-6:00p 7/22-7/25 \$495

AGES 10-99. Under 18 must be accompanied by parent/guardian.

02 F-Su 8:00a-6:00p 6/7-6/9 \$370

MT. RAINIER GLACIERS **NEW!**

~5 mi/day **3 days** **2,000ft elev. change/day**

Age 13-16. Backpack an awesome loop in the NW corner of Mt Rainier National Park! We'll camp by the rampaging Carbon River, walk right up to the base of a huge glacier, cross snowfields at 6,400ft, trek through some of Rainier's best wildflower meadows at Spray Park, and take a dip in sparkling sapphire Mowich Lake. A limited amount of outdoor gear may be available for free for program use from our Outdoor Gearbank. Meet at SHP.

431899-01 Tu-Th 8:00a-6:00p 7/30-8/1 \$385

ACROSS THE OLYMPICS

~6 mi/day **4 days** **~1,600ft elev. change/day**

Age 13-16. Hike up and over the Olympic Mountains, and get picked up on the other side! We'll start on the Sol Duc River and head up the High Divide into alpine terrain—knife-edge ridges and perfect swimming lakes await us! Then we'll plunge down to the Hoh Rainforest where we'll toast s'mores amid mossy old-growth giants. A limited amount of outdoor gear may be available for free for program use from our Outdoor Gearbank. Meet at SHP.

431935-01 T-F 8:00a-7:00p 8/13-8/16 \$450



SUNSETS AND SEASTACKS

~2 mi/day **3 days** **~400ft elev. change/day**

Age 10 to 13. After a short 1.4mi hike in to Third Beach we'll spend the rest of the day exploring and playing, enjoying a bonfire, and taking in the sunset views over the Pacific! On day two we'll leave the packs and climb a rugged overland trail using rope ladders that will deliver us to the incredible seastacks surrounding Scott's Creek. We will spend our afternoon exploring coves, points and tidepools before returning back to camp. Our final day we will enjoy a 5-star backpacking breakfast and make our return. A limited amount of outdoor gear may be available for free for program use from our Outdoor Gearbank. Meet at SHP.

431898-01 M-W 8:00a-6:00p 7/1-7/3 \$385

ROYAL CREEK **NEW!**

~3.5 mi/day **3 days** **~1,000ft elev. change/day**

Ages 10-13. One of THE most stunning spots in Olympic National Park, Royal Lake is a truly one of nature's playgrounds. The trail up never turns uphill too steeply and provides only sneak peaks of what lies at our final destination. Once at the lake we'll leave the heavy packs behind and explore the wonder that is Royal Basin, full of pristine teal pools and jagged views of the surrounding peaks. A limited amount of outdoor gear may be available for free for program use from our Outdoor Gearbank. Meet at SHP.

431910-01 M-W 8:00a-6:00p 6/24-6/26 \$370

YOUTH



MOUNTAIN BIKING

For information regarding the type of equipment needed, fitness level required, trail difficulty system, registration deadlines, program key, and other general mountain biking information, please see our MTB FAQs section on page 30.

INTRO TO MOUNTAIN BIKING FOR GIRLS **NEW!** ○ ●

Ages 10 -15. The Park District and the Bainbridge Island Mountain Biking Club team up to offer two Saturdays for girls to come out and give mountain biking a try. We will have some fun and go over some basics like braking, shifting and cornering. You can bring your own bike and the Park district will also have some loaner bikes on hand. Meets at Jay's Pump Track at Battle Point Park.

431972-01	Sa	10:00a-1:00p	7/27	FREE
02	Sa	10:00a-1:00p	8/17	FREE



PUMP THE TRACK AT BATTLE POINT **NEW!** ☆

Ages 10 -15. The Park District and the Bainbridge Island Mountain Biking Club team up to introduce kids to riding Jay's Pump Track. Experienced coaches will be on hand to demonstrate how to pump the track and share some tips for you to work on. Bring your own bike and we will have some loaner bikes for you to give the pump track a try. Everybody needs a helmet! Plan on getting dirty and having a blast. Meets at Jay's Pump Track at Battle Point. Three time slots available each night.

431973-01	W	6:30, 7:00, 7:30p	7/17	FREE
02	W	6:30, 7:00, 7:30p	8/7	FREE
03	W	6:30, 7:00, 7:30p	8/28	FREE

MOUNTAIN BIKING SKILLS CLINIC ○

Ages 7-12. Haven't ridden in a while? Not a problem! In a jam-packed morning of fun, we'll pick up where riders last left off, preparing them for our summer mountain biking programs. Besides learning new material and games, we brush up on fundamental techniques, familiarize ourselves with our bikes, and discover the vast mountain biking opportunities that Battle Point Park and the surrounding trails have to offer. After this clinic, riders will have a good idea of what to expect in our week-long summer programs, and will be given a recommendation as to which of them are a good fit. Clinics are held at Battle Point Park

AGES 7-9

431968-01	Sa	10:00a-12:00p	5/25	\$40
02	Su	10:00a-12:00p	5/26	\$40

AGES 9-12

03	Sa	12:30-2:30p	5/25	\$40
04	Su	12:30-2:30p	5/26	\$40

FAT SMITTY'S ON THE DISCOVERY TRAIL **NEW!** ☆

Ages 10-13. Join us as we set off on a 28 mile expedition along the scenic Discovery Trail. Starting from the historic Port Townsend, we'll rely on our endurance and sense of adventure to fly down paved trails and backroads to enjoy the rainforest covered country of the Olympic Peninsula. Midway through the ride, our group will stop for the biggest and best burgers in Washington at Fat Smitty's! This trip will give riders a taste of what group road biking and bike-packing is like. Pacing and endurance will be a focal point on the trip for both the bike riding and for finishing Fat Smitty's notoriously big burgers. Bicycles must have gears and front/rear brakes. Riders must have completed 'Mountain Biking 1.0 - Treaders' or received instructor approval prior to the start of the program. Meets at Strawberry Hill Park.

431984-01	Sa	9:00a-4:00p	6/22	\$69
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YOUTH CYCLING ADVENTURES

By learning how to confidently ride their bike, your child becomes capable of exploring an ever increasing part of the island on their own giving them a sense of independence and freedom. These programs are designed to build the confidence and skill sets of young riders, allowing your child to confidently ride to school, explore new areas, and visit their friends via bike. Riders will learn the key elements of safe cycling as they experience the excitement and freedom of cycling both on and off Island on roads, trails, and multi-use paths. Rides are planned to be scenic, interesting, and have an assortment of activities along the route. If your child is interested in single track off road rides, be sure to also check out our mountain biking programs on pages 30-33!

General — A detailed email will be sent out approximately a week before the start of each program, with information on where to meet, what to bring, weather forecast, medical waivers, emergency contacts, and more.

Equipment — All participants must have a working bike that is of suitable size with functional brakes and a properly fitting biking helmet. In addition, participants in the 8-10 and 10-13 year old programs should bring an extra



YOUTH

tube and a patch kit and we recommend that they use a bike that has gears to more easily be able to go up and down medium grades of road/trail. Many of our rides include sections on dirt / crushed limestone multi-use paths and your child may be better off with thicker tires than super skinny ones. Please do not show up with bikes that have major mechanical issues. Staff reserve the right to not allow participation if a bike is deemed to be unfit, non-functional, or if staff have safety concerns.

Bike Check — Staff recommends that your bike be inspected and tuned up by a professional bike mechanic 1-2 weeks before your first ride of the season. Afford several days to ensure your bike will be ready for pick-up. On Bainbridge, both BI Cycle and Classic Cycle are great bike shops that can help.

Gearbank — our Outdoor Gearbank has a select number of District mountain bikes (26" tire) that are available to borrow for free for program use. Please contact Trip Leader Mark Cohen mark@biparks.org or Outdoor Adventure Program Assistant Nick Prevo nickp@biparks.org at least two weeks prior to needing a mountain bike in order to check availability and to allow for scheduling.

Physical Fitness — Participants need to be physically fit and able to bike the appropriate mileage for their age group; 2-3 miles for ages 6-8; 8 miles for ages 8-10; 15 miles for ages 10-13. Usually the pace for the group is leisurely enough to hold a conversation while also making good progress.

Registration Deadlines — Registration deadline is three days before program start date. This allows us to effectively communicate with participants about any needs we can help accommodate as well as ensure each trip is a good fit.

Refunds — For questions about refunds, please see page 103. In addition, if a tour needs to be cancelled due to trail closure or weather, participants will get a full refund.

Questions? Contact Cycling Trip Leader Mark Cohen at markc@biparks.org.

SKILL BUILDERS

These programs focus on teaching road safety, minor field repair, rules of the road/trail, and provide firsthand experience encountering a variety of terrain. Your child will feel significantly more confident on their bikes after attending these cycling adventures.

CYCLING ADVENTURES FOR 6-8 YEAR OLDS **NEW!**

~3.5 mi

~75 ft elev. Gain

Ages 6-8. A variety of fun learning exercises followed by a ride around the Battle Point Park and the surrounding neighborhood to practice safe cycling behaviors. Riders will be taught to manage themselves and their bikes, developing a sense of how to safely enjoy riding a bike. It's the first step to confident cycling. We will cover the importance of a properly sized bike, wearing a helmet, cycling-ap-

propriate clothing, bike safety checks, crossing streets, using hand signals, the rules of the road, and more. Meet at BPP.

431967-01	Sa	9:00-11:30a	6/22	\$39
02	Su	9:00-11:30a	7/28	\$39
03	M	2:00-4:30p	8/26	\$39

CYCLING ADVENTURES FOR 8-10 YEAR OLDS. **NEW!**

Ages 8-10. Riders will enjoy getting out of their neighborhoods on the island with a ride that includes both on-road and off-road dirt paths. These rides will help your child develop steering and attention skills as well as balance. Each ride will feature a different part of the island for your child to discover. Bring a picnic lunch and a beverage. In addition to safety topics covered for the younger riders, we will cover inflating a tire, inner tune repairs, re-chaining your bike, and lubing your chain.

High School to Grand Forest: 6mi.			~400 ft. elev. gain
431964-01	Su	10:00a-2:00p	6/30 \$45
Schel Chelb to Ft. Ward: 7.5 mi.			~150 ft. elev. gain
02	Sa	10:00a-2:00p	8/3 \$45

CYCLING ADVENTURES FOR 10-13 YEAR OLDS: AN OFF-ISLAND ADVENTURE **NEW!**

Ages 10-13. Learn how to safely take the ferry to and cycle in Seattle using the extensive network of bike paths in the city. Young cyclists will get to see a side of the city that passes by so quickly when in a car. Cyclists will gain group riding experience while enjoying the camaraderie of a Seattle adventure with their friends. Each ride will feature a different destination and adventure. The July program features a ride to the Ballard Chittenden Locks, while the more challenging August ride will be to Discovery Park. Bring a picnic lunch. On the way back, we will stop for ice cream. Meet at Waterfront Park.

Ballard Chittenden Locks: 22 mi.			500 ft. elev. gain
431966-01	Su	10:00a-4:30p	7/21 \$65
Discovery Park: 17.5 mi.			800 ft. elev. gain
02	Su	10:00a-4:30p	8/25 \$65

GIRLS ONLY OUTDOOR PROGRAMS

Girls are often underrepresented in outdoor adventure sports, so let's change that! Our girls-only programs are designed by women for women, so please come join us, continuing pushing stereotypes and meet other rad girls from the area! For more girls-only programs, see pages 33, 52 and 80.

