



ADULT

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."

RECREATION COFFEE CONVERSATIONS

Help get some new and exciting adult programming designed for 2020 and beyond! The Park District is always looking to keep things current and responsive to community interest. Come pitch your favorite idea(s) for new adult activities. Each meeting is in a different spot, so drop by and be a voice for novel new opportunities for your friends and neighbors. Enjoy a coffee or tea for your trouble! (no registration required)

W	1:30-2:30p	2/12	free	CUPS
W	1:30-2:30p	3/11	free	LYNWOOD MARKETPLACE
W	1:30-2:30p	4/8	free	GOOD EGG
W	1:30-2:30p	5/13	free	ROLLING BAY CAFE

ARTLAB

On Saturday, March 14, the Bainbridge Island Metropolitan Park & Recreation District will host a free, full-day arts experience extravaganza for the community. For artists beginning to advanced and of all ages and interests, we've designed this awesome new event that includes the following activities at no charge:

Educational Samplers	Café D'Art
Community Art Projects	Pop-up Art Show

This day's schedule will be available on our website and social media as the day approaches. We invite you to gather a friend or the family and come check it out. ARTLAB will be a place to enjoy creative expression and build community at the same time! At the end of the day, that is what the arts do best. They connect us to ourselves and to one another.

Register if you want to get updates and insider information, or feel free to drop in as your schedule permits. SHC

166566-01	Sa	9:30a-2:30p	3/14	free
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ART AND CRAFT

KEEPSAKE CARDS

Never give an ordinary card again. Send something handcrafted instead. A handmade card reflects YOU — your style and personality! Learn how to create amazing interactive keepsakes that pop-up, flip, move, shake and slide. Each session is high on fun, creativity AND success. Facilitated by national book artist Susan Callan, who will share innovative techniques, time-saving tips and little nudges to always think outside the box. Materials provided. For more information, or to register with Sue Barrington call 206-842-2306 x140. SHC art room

166443-01	T	1:00-4:00p	2/4, 3/3, 3/31, 5/5	\$50
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MO-FUN, MOSAIC!

The techniques of mosaic can be applied in an endless variety of ways. We'll be making a simple picture frame and a garden stepping-stone as we learn our way around this timeless medium. Yes, you'll be learning simple design principles and color theory, but mostly you'll just be enjoying making keepsake projects and making new friends. Many find this process to be as meditative as it is fun! All materials are provided. For more information, or to register with Sue Barrington call 206-842-2306 x140. AQ

166434-01	W	3:00-5:00p	4/1-4/22	\$40
02	W	3:00-5:00p	5/6-5/27	\$40



THE VINTAGE CREATIVE

This class is designed with empty-nesters and retirees in mind and celebrates the joy of creative activity! This four-week class is designed to explore drawing, painting, printmaking and photography and get back to that natural love of artistic creation we enjoyed as a child. Give yourself permission to play with new media and ideas in a fun and judgment-free atmosphere and schedule some joy into your weekly calendar! Anne-Marie Sargent facilitates. For more information, or to register with Sue Barrington call 206-842-2306 x140. SHC art room

166432-01	W	2:30-4:30p	3/25-5/6*	\$60
02	W	2:30-4:30p	5/13-6/17	\$60

*No class 4/8



SKETCHBOOKING NEW!

Take fresh delight in the seasonal pleasures of Bainbridge Island as you enhance your ability to see shape, line, color, and shade. This 'start-where-you-are' class will introduce you to sketchbooking...meet new friends that are just as timid about their art skills as you are! You'll be learning entry-level drawing techniques, color theory, the joy of ink washes and the simple beauty of watercolor taught with patience and grace by Anne-Marie Sargent. Sketchbooking is a great new hobby for life transitions, one that you can take wherever you go! For more information, or to register with Sue Barrington call 206-842-2306 x140. SHC art room

166433-01	W	5:15-7:00p	3/25-5/6*	\$55
02	W	5:15-7:00p	5/13-6/17	\$55

*No class 4/8



ADULT



COLORING OUT LOUD **NEW!**

Bring color, fun and discovery into the winter season! Melissa McLain of Sense of Mind Sensory Wellness Programs and melissa anne COLORS combines artful play and self-discovery using a fun and easy drawing technique and an art journal. Engage your imagination and hone your creative thinking skills. This workshop is NOT about becoming an artist and no art experience is expected. It IS about having fun and exploring new ideas with new friends! \$25 material fee included with registration, with supplies distributed on the first day of class. For more information, or to register with Sue Barrington call 206-842-2306 x140. SHC art room

166442-01 M 4:00-5:30p 2/3-3/2* \$75

*No class 2/17

DRAWING

LIFE DRAWING with Gregg Onewein

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

166214-01 F 9:30a-12:30p 1/17-3/13* \$40
02 F 9:30a-12:30p 3/20-5/15* \$40

*No class 2/21, 4/10



PAINTING



REALISTIC PAINTING: STEP-BY-STEP with Diane Crago

Learn the painting techniques of the Old Masters with brushes and palette knife. For beginners and intermediates. This five-week class includes instruction in color theory and is offered in both oils and acrylics, producing a finished work. Previous students are encouraged to continue and will learn to implement and improve their color mixing and application techniques. Students learn how to replicate a painting

they admire or how to match their own images with a historical painting technique that best brings the subject matter to life. Class limited to 10 participants for private class experience. For supply list, contact instructor Diane Crago at dianecrago@gmail.com. View the instructor's work at www.dianecrago.com. For more information, or to register with Sue Barrington call 206-842-2306 x140. SHC art room

166437-01 W 10:30a-12:00p 3/4-4/1 \$85
02 W 10:30a-12:00p 4/22-5/20 \$85

FOR THE LOVE OF PAINTING with Sylvia Carlton

Start your painting journey or pick up where you left off. Weekly lessons will be taught to the class as a whole and tailored to each individual's needs. Some of the painting concepts to be covered are: getting started, in-depth color, brushwork, importance of value, light/shadow, composition, edges, shapes, negative space, focal points, and more. There will be mini-demos and constructive painting assessment of each individual's work. This will be a fun painting class and a learning experience for all. This 10-week continuous class is 2 sessions. SHC **CONTRACTOR**

166427-01 T 9:30a-12:00p 1/14-2/11 \$165
02 T 9:30a-12:00p 2/25-3/24 \$165



PAINTING FROM LIFE, PHOTOS, AND INSPIRATION with Sylvia Carlton

Whether paintings are started outside or inside they are often finished in the studio. To help you achieve a finished painting we will cover all the decisions that go into a completed artwork: moving your ideas from thoughts and words to paint, choosing your subject matter, working from life or developing your own imagery from other sources. We'll reinforce the principles of design, including composition, color, value, space and depth and focal point. All this will contribute to refining your own individual style. All painting levels welcomed. This 10-week continuous class is 2 sessions. SHC **CONTRACTOR**

166428-01 T 9:30a-12:00p 3/31-5/5* \$165
02 T 9:30a-12:00p 5/12-6/9 \$165

*No class 4/8

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 SHC **CONTRACTOR**

166415-01 Th 10:00a-12:00p 1/23-2/13 \$125
02 Th 10:00a-12:00p 2/27-3/19 \$125
03 Th 10:00a-12:00p 3/26-4/23* \$125
04 Th 10:00a-12:00p 4/30-5/28* \$125
166416-01 Th 10:00a-12:00p 6/4-6/18 \$90

*No class 4/9, 5/21





ADULT

ADAPTIVE RECREATION FOR ADULTS WITH SPECIAL NEEDS

The following classes are designed for teens and adults with disabilities.



POTTERY FOR PEOPLE WITH SPECIAL NEEDS

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

122062-01	W	3:30-5:00p	1/22-2/12	\$89
02	W	3:30-5:00p	4/15-5/06	\$89



CALLING ALL FORMER LIFEGUARDS!

Calling all former lifeguards or interested individuals that want to serve their community at the Aquatic Center. We need you! We are willing to hire and train individuals to be lifeguards, swim instructors and water exercise instructors. Fill out an application or call Megan Pleli for more information 206-842-2302 x102.

Benefits: ½ off Park District classes, free pool pass and a great team.

GLASS ART

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

GLASS FUSING THURSDAYS

It's unstructured creative time for fusing! Come practice your fusing skills in an open studio setting. You can use the skills learned in workshops or fuse your own designs. Tools and guidance will be provided. Glass is not included. ISD **CONTRACTOR**

120485-01	Th	6:00-9:00p
2/27-3/19		\$180



WEEKEND FUSED GLASS FUN

Spend a little weekend time creating and learning about FUSED glass! All tool use, project supplies for 1-2 pieces and firings are included.

BE MY VALENTINE

Have fun making fused hearts for yourself or someone special. You will create two glass hearts. Depending on the sizes, you can make a necklace, magnet or sun catcher. ISD **CONTRACTOR**

120486-01	Sa	2:00-4:00p	1/25	\$80
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IT'S A BUG'S LIFE

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

120488-01	Sa	10:00a-12:00p	3/28	\$80
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GLASS TO WEAR

Make gorgeous fused glass pendants, earrings, and pins in this two-day workshop. A wonderful way to brighten up the winter gray. ISD **CONTRACTOR**

120489-01	SaSu	12:00-2:00p	2/8-2/9	\$130
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STAINED GLASS

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

120484-01*	T	10:00a-1:00p	1/7-2/11	\$155
02*	W	6:00-9:00p	1/8-2/12	\$155
03	T	10:00a-1:00p	2/25-3/31	\$155
04	W	6:00-9:00p	2/26-4/1	\$155
05	T	10:00a-1:00p	5/5-6/9	\$155
06	W	6:00-9:00p	5/6-6/10	\$155

*This section open for early registration due to start date.

ADULT



PART-TIME STAFF WANTED

Aquatics Instructor • Camp: Counselor, Program Supervisor • Lifeguard • Park Aid • Recreation: Assistant, Instructor, Program Leader, Program Coordinator and Specialist • Teen Center Program Supervisor • Trails Crew

Perks: Free pool pass, ½ off most classes offered by the Park District, professional development, training

Meet and Greet Park District Staff: Wednesday, March 25 from 11:00a-12:00p and 4:00-5:00p at the Bainbridge Island Aquatic Center, 8521 Madison Avenue, Bainbridge Island, WA 98110

Applicant Age Requirement: 15 to adult, depending upon the position.

BIPARKS.ORG • 206.842.2302

Visit biparks.org
for detailed info
on employment
opportunities!

POTTERY

**CLASS FEES INCLUDE ONE 25# BAG OF CLAY.
ADDITIONAL CLAY AVAILABLE FOR \$25 PER BAG.**

DAYTIME POTTERY



POTTERY M with Jeff Wofford CLASSES

These long-term morning classes are for people who want to throw on the wheel or hand-build with clay or a bit of both! Whether you are a serious beginner or a committed old hand, instructor/artist Jeff Wofford will keep your skills progressing! 10 wks. ED

122050-01	M	9:30-11:30a	1/13-3/16	\$220
03	M	9:30-11:30a	3/23-6/8*	\$220

*No class 4/6, 5/25

CONTINUING STUDIO WORKSHOP TIME**

**Must be a current Eagledale pottery student

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

122051-01	M	12:00-3:00p	1/13-3/16	\$150
03	M	12:00-3:00p	3/23-6/8*	\$150

*No class 4/6, 5/25



ADULT

POTTERY W with Addison Malone CLASSES

These shorter-term classes are for folks who want to throw, hand-build, or combine those skills together! Whether you are a beginner or are familiar with clay work, instructor/artist Addison Malone will show you multiple ways to combine techniques and materials into wonderful outcomes! 6 wks. ED

122050-02	W	9:30-11:30a	1/15-2/19	\$140
04	W	9:30-11:30a	2/26-4/1	\$140
07	W	9:30-11:30a	4/15-5/20	\$140

CONTINUING STUDIO WORKSHOP TIME**

**Must be a current Eagledale pottery student

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

122051-02	W	12:00-3:00p	1/15-2/19	\$90
04	W	12:00-3:00p	2/26-4/1	\$90
07	W	12:00-3:00p	4/15-5/20	\$90

POTTERY TH with Elena Wendelyn

CLAY INTRO SAMPLER

Make art part of your spring! This short-term introductory class is especially for people who would just like to try their hand at pottery. From different types of clay to the function of various tools and studio equipment, you will sample hand-building construction, wheel throwing, decorating techniques, and glaze finishes in exploration of the possibilities of ceramic art! The experimentation and enthusiasm of instructor/artist Elena Wendelyn will open your hands and mind to a world of colorful creativity. Includes supplies. 4 wks. ED

122044-01	T	12:00-2:00p	4/14-5/5	\$95
02	Th	12:00-2:00p	5/14-6/4	\$95

CLASS

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

122048-02	Th	9:30-11:30a	4/16-6/4	\$180
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STUDIO WORKSHOP TIME**

**Must be a current Eagledale pottery student. Add three hours of studio work time to your pottery class experience! Bring a lunch and stay to practice your growing skills under Elena's watchful eye.

122049-02	Th	12:00-3:00p	4/16-6/4	\$120
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POTTERY SATURDAY with Stacy Landers CLASSES

By popular request, Eagledale pottery instructor Stacy Landers offers a Saturday morning class for all levels to enjoy! Lessons include both wheel-thrown and hand-building techniques, exploring texture and glazes. A variety of stoneware clay bodies for gas, electric and raku kilns. Emphasis on individual successes and fun! 7 wks. ED



122045-01	Sa	10:00a-12:00p	1/18-2/29	\$160
02	Sa	10:00a-12:00p	3/7-4/25*	\$160
04	Sa	10:00a-12:00p	5/2-6/20*	\$160

SATURDAY WORKSHOP TIME**

**Must be a current Eagledale student.

Stay for an additional three hours to continue the work on your projects after the lunch break, with Stacy on hand for advice. 7wks. ED

122046-01	Sa	12:30-3:30p	1/18-2/29	\$105
02	Sa	12:30-3:30p	3/7-4/25*	\$105
04	Sa	12:30-3:30p	5/2-6/20*	\$105

*No class or workshop 4/11, 5/9

SATURDAY SKILL WORKSHOPS!

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

LUSTRE!

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

Safety Intro + Firing

122081-01	Sa	12:00-3:00p	3/28	\$25
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Experienced/Lustre Firing Only*

122081-04	Sa	1:00-3:00p	3/28	\$20
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*Must have completed a lustre safety intro skill workshop in order to independently use the lustre materials available at the studio.

SPRING BEACH PIT FIRING! with Eagledale Staff

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



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



FIGURATIVE CLAY SCULPTURE with Debbie Fecher Gramstad

QUICK START BEGINNING SCULPTURE CLASS

Try out the basics of clay sculpture! In four classes you'll know enough to create something wonderful... and decide whether you'd like to learn more. Includes clay and use of studio tools. 4 wks. ED

122073-01	F	1:00-3:00p	1/17-2/7	\$80
02	F	1:00-3:00p	5/15-6/5	\$80

Figurative sculpture classes are designed for students with previous clay experience or completion of at least one session of the sculpture "Quick Start" program. Independent projects are encouraged. Since projects vary widely, clay is not included in class fee and must be purchased separately: activity #122000-01 online or at the studio.

TUESDAY FIGURATIVE SCULPTURE CLASSES

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

122057-01	T	9:30-11:30a	1/14-3/3	\$160
03	T	9:30-11:30a	5/12-6/30	\$160

TUESDAY FIGURATIVE STUDIO WORKSHOP TIME**

**Must be a current Eagledale sculpture student.

Use these extra three hours after lunch to really focus and work, with Debbie on hand for consultation.

122058-01	T	12:00-3:00p	1/14-3/3	\$120
03	T	12:00-3:00p	5/12-6/30	\$120

FRIDAY FIGURATIVE SCULPTURE CLASSES

End your week (or start your weekend) with Figurative Clay Sculpture! Students will hone their skills with fun assignments that generate imagination and inspiration, as well as time to work independently. 8 wks. ED

122055-01	F	9:30-11:30a	1/17-3/6	\$160
03	F	9:30-11:30a	5/15-7/3	\$160

FRIDAY FIGURATIVE STUDIO WORKSHOP TIME**

**Must be a current Eagledale sculpture student.

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

122056-01	F	12:00-3:00p	1/17-3/6	\$120
03	F	12:00-3:00p	5/15-7/3	\$120

FACE TO FACE

NEW!

A UNIQUE CLAY PORTRAITURE EXPERIENCE.

In this interesting hands-on workshop, you'll learn the essentials of realistic clay portraiture under the direction of instructor/artist Debbie Fecher Gramstad. With the help of a class partner,

you'll learn to take excellent reference photographs and how to create a half-scale armature. Once the proportions are blocked in, you'll team up with your partner for a mutual "Face to Face" modeling experience. You'll be amazed how helpful having a live model can be! And you might just make a new studio friend. All materials included. 8 wks. ED

122063-01	Th	9:30-11:30a	2/6-3/26	\$165
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FACE TO FACE STUDIO WORKSHOP TIME**

**Must be a current Eagledale sculpture student.

Let the "Face to Face" fun continue in the afternoon! Pack a lunch and continue three hours of portraiture work after the morning class, with Debbie on hand to guide your work. You'll have your photographs for reference and with your new skills, could even begin work on an independent portrait project.

122064-01	Th	12:00-3:00p	2/6-3/26	\$120
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FLEXIBLE WORKSHOP OPTION

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

Winter Flex Workshop

122047-02	days and times vary	1/13-3/21	\$155
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Spring Flex Workshop

122047-03	days and times vary	3/23-6/13	\$155
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ADULT

EVENING POTTERY with Stacy Landers

These longer three-hour evening classes are designed to appeal to both beginning and advanced levels of ability. Lessons and work will include both wheel-thrown and hand-building techniques, exploring texture and glazes. Emphasis on individual success and fun. 7 wks. ED

EVENING CLASSES

122052-01	M	6:30-9:30p		
1/13-2/24				
03	M	6:30-9:30p	3/2-4/20*	\$230
05	M	6:30-9:30p	4/27-6/15*	\$230

122052-02	W	6:30-9:30p	1/15-2/26	\$230
04	W	6:30-9:30p	3/4-4/22*	\$230
06	W	6:30-9:30p	4/29-6/10	\$230

*No class 4/6, 4/8 or 5/25

EVENING STUDIO WORKSHOP TIME**

**Must be a current Eagledale pottery student.

Spend three uninterrupted evening hours in the studio to practice your skills and complete projects!

122054-01	Th	6:30-9:30p	1/16-2/27	\$105
02	Th	6:30-9:30p	3/5-4/23	\$105
03	Th	6:30-9:30p	4/30-6/11	\$105



EAGLEDALE POTTERY "OPEN STUDIO" & SALE

Saturday, December 14

Ever wonder what goes on up at the Eagledale Art Center? Step inside the studio doors during our pottery Open Studio and take a look! Watch clay being worked on wheels and work tables, see the variety of glazes available, tour the kiln yard, and peruse the student and instructor ware available for purchase. Instructors and students will be available to answer questions and you can get a peek at upcoming classes and workshops. All ages welcome. Saturday from 9:00a-3:00p.

FRIDAY NIGHT CLAY PLAY!

with Katie Bonanno

Get out of the house and get your hands messy! Make something interesting, for keeps! These fun two-evening classes are designed to appeal to adults of any ability. Focus will include basic clay-handling techniques, exploring texture and glazes. Glazes and a variety of stoneware projects for the electric kiln. These Friday evening experiences make a fun friends' night out, memorable date, or just some focused creative time for yourself. Led by instructor/artist (and Blakely art teacher) Katie Bonanno Materials included. Space is limited. ED



ARTFUL KITCHEN ACCENTS! **NEW**

Try your hand at making functional art! Create useful and decorative items such as a tea box, spoon rest, ring holder, or butter dish!

122080-01	F	6:30-8:30p	1/17, 1/31	\$40
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TOTALLY TILES! **NEW**

Try your hand at making custom tiles! One-of-a-kind house numerals? Small signs with a favorite saying? A child's name perhaps?

122080-04	F	6:30-8:30p	2/7, 2/28	\$40
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YARD CHIMES & TOTEMS! **NEW**

Try your hand at making yard art! Brighten your garden with a colorful totem or set of wind chimes!

122080-02	F	6:30-8:30p	3/6, 3/20	\$40
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PLANTER FUN! **NEW**

Try your hand at making a whimsical planter! Make a container for herbs or some custom garden markers!

122080-03	F	6:30-8:30p	4/17, 5/1	\$40
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SEE ALSO PARENT/CHILD CLAY PLAY PAGE 28

ADULT



DANCE

EDUCATED FEET DANCE CLASSES

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

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

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

Contact sheila@educatedfeet.net or 206-842-3012

Info: <http://www.educatedfeet.net>

Held at Island Center Hall, 8395 Fletcher Bay Rd

SWING & ALL THAT JAZZ!

Swing originated on the East Coast and is America's favorite partner dance! It's easy to learn, intuitive and not terribly structured. Nowadays, danced to a wide variety of music including upbeat retro and contemporary songs! Then, learn some fun Jazz steps and choreographed Swing line routines! These routines are often an entertaining mix of line and partner dancing! **CONTRACTOR**

SWING FOR TEENS!

One step to each beat makes four count super easy to learn! It's versatile with just about everything in music and any medium tempo you can keep up with! Change rhythm to quicks and slows, six count and easily keep up with faster tempos! Add taps, kicks and hitches for fun syncopations! Fun and energetic styles you can forever take to the floor! **CONTRACTOR**

166100-0	T	6:15-7:15p	1/14-2/4	\$52
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SHIM SHAM! Teens & Adults

Originally a choreographed tap dance called Goofus, Frankie Manning spread a non-tap JAZZ version in the Swing community and renamed, "Shim Sham". It's become one of the most well-known and wide-spread routines of all times! Often danced at big social Swing events starting out as the line dance and then random partnering to finish. **CONTRACTOR**

166100-02	T	6:15-7:15p	2/11-3/3	\$52
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JITTERBUG STROLL! Teens & Adults

"Jitterbug Stroll", another fun JAZZ line dance was choreographed by Ryan Francois, swing dancer, choreographer and actor, who played a central part of the revival of the Lindy Hop, late '90's. Learn Susie Q's, Boogie backs, tick tocks and more! **CONTRACTOR**

166100-03	T	6:15-7:15p	3/17-4/7	\$52
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EVERYBODY EATS! Teens & Adults

"Everybody Eats" choreographed by Guy Caridi, a founding member and artistic director of Seattle's Savoy Swing Club. Guy coached Bainbridge award winning Swingin' Hepcats Performance Troupe during Swing resurgence late '90's. Learn fishtail boogies, scissors, rubber legs and more! **CONTRACTOR**

166100-04	T	6:15-7:15p	4/14-5/5	\$52
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More LINE DANCE! Teen & Adults

Line dancing is a fun solo way to move to music and a great tool to enhance other dance styles! Learn footwork, timing, pivots and turns and much more! Country music is popular and there are many other genres to line dance to like Swing, Blues, Latin and contemporary! Build your confidence in this disguised exercise and have fun with it! **CONTRACTOR**

166100-05	T	6:15-7:15p	6/2-6/23	\$52
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CROSS STEP WALTZ!

A modern version of popular Waltz, Cross-Step is easy to learn yet endlessly innovative. It travels and rotates like traditional waltz but the addition of the cross-step opens up a wide range of playful yet gracefully flowing variations. Relaxed style and satisfying for both beginners and experienced dancers. Different patterns taught each series. **CONTRACTOR**

166101-01	T	7:15-8:30p	1/14-2/4	\$65
02	T	7:15-8:30p	2/11-3/3	\$65

WEST COAST SWING!

Learn a fun modern Swing and possibly the most versatile dance out there! West Coast is a smooth and stylish slotted Swing with Lindy hop roots. Creative, playful and danced to slower tempos in Swing, Rhythm & Blues, Country and Contemporary music. Start learning the basic steps, rhythm and style and you'll have a dance you can do forever. 1st series, basics and six count patterns. 2nd series, eight count and whips. Prerequisite for 2nd series: WC Swing basics.

CONTRACTOR

166102-01	T	7:15-8:30p	3/17-4/7	\$65
02	T	7:15-8:30p	4/14-5/5	\$65

NIGHT CLUB TWO STEP!

One of the most practical and versatile social dances ever conceived, this simple dance fills a gap where no other dance fits. It's a twist on the slow dance done to mid-tempo ballads and contemporary music. Relaxed and a very smooth style. It's a **sister dance to West Coast Swing** because it gives you an option for some of the slower, groovier tunes. Socially led and followed and easily embellished so that it can move all over the floor. Basics and beyond. **CONTRACTOR**

166103-01	T	7:15-8:30p	6/2-6/23	\$65
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COUNTRY TWO STEP!

Step out to your favorite Country tunes as well as some you might not expect! TWO STEP is a popular and lively progressive dance with FUN turns, wraps and shadows! The basic step is like walking, except the timing is quick, quick, slow, slow. Danced to a wide range of tempos. Basics and beyond. Different patterns taught each series. **CONTRACTOR**

166104-01	Th	7:15-8:30p	1/16-2/6	\$65
02	Th	7:15-8:30p	3/19-4/9	\$65

EAST COAST SWING!

Whether you like Country, Rock, Blues, R & B or Big Band music, **Swing** is always in! Intuitive and not terribly structured, it's great for nightclubs, parties, weddings. Learn rhythm patterns to dance to slow, medium and fast music. Emphasis on lead and follow skills. A fun and versatile dance and a logical choice for beginners.

SWING FAST, SWING SLOW! — One step to each beat makes SLOW-MED tempo Swing super easy to learn. Because of the steady four counts, it's popular with all types of music...Country, Top 40, just about everything and any medium tempo you can keep up with. Dancers also love the arm-work involved with swinging, wrapping and turning their partners. Simply change rhythm pattern to quicks and slows and easily keep up with FASTER tempos. **CONTRACTOR**

166105-01	Th	6:00-7:15p	1/16-2/6	\$65
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TRIPLE SWING & LINDY! — Comfortable with basic Swing patterns? Time to add triple steps to your repertoire and ease into six count and then eight count patterns. You'll soon be dancing Lindy Hop, AKA Savoy Swing, the granddaddy of all Swing dances! Smooth style danced to slow-med tempos. Prerequisite: EC Swing basics. **CONTRACTOR**

166105-02	Th	6:00-7:15p	3/19-4/9	\$65
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ADULT

SWING ON THE MOVE!

Here's a twist on the Swing! This style travels around the perimeter of the room! A combination of triple steps and walks. Most of the spins and turns occur on the walking steps, which slows the pace making it easy to travel. A smooth and graceful dance and its popularity is spreading quickly. A fun style and an opportunity to do something new with your Swing! Six and eight count patterns danced to slow-medium tempos. Basics and beyond. **CONTRACTOR**
166106-01 Th 6:00-7:15p 6/4-6/25 \$65

CLUB SALSA!

The name "salsa" correctly describes the flavor of this dance: hot! Energetic and passionate with lots of fun spins, sharp movement and crisp turns! One of the most popular forms is the **Cuban style**. Instead of dancing "in-the-slot", it's danced in a rotational pattern. Easy to learn, has a relaxed feel and Swing like patterns. Emphasis on lead and follow skills. Basics and beyond. **CONTRACTOR**
166107-01 Th 7:15-8:30p 6/4-6/25 \$65

2ND SATURDAY DANCES

Island Center Hall, 8395 Fletcher Bay Rd
Singles & couples; Adults & teens.
Dressy casual. Be kind to wood floor;
Wear shoes with clean soles, no black marks.
Dancers invited to bring finger foods to share.
Doors open 7:00p; Pay at the door all events
Info www.educatedfeet.net
Contact sheila@educatedfeet.net or 842-3012
CONTRACTOR

Jan 11: Redshift Dance Party!

A quintet specially tailored for social dances!
Includes East Coast Swing, West Coast Swing, Night Club 2-Step,
Waltz, Fox Trot, Cha Cha, Rumba, Salsa and more!!
\$20 includes 7:15-8:00 pm workshop
8:00-10:30 pm dance, live music!

Feb 8: Just Dance!

DJ Mix Waltz, Blues, Swing, West Coast, Ballroom, Latin
\$12 includes 7:15-8:00p workshop
8:15-10:00p dance, DJ music!

Mar 14: Maia Santell & House Blend!

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

Apr 11: Just Dance!

DJ Mix Waltz, Blues, Swing, West Coast, Ballroom, Latin
\$12 includes 7:15-8:00p workshop
8:15-10:00p dance, DJ music!

May 9: Redshift Dance Party!

A quintet specially tailored for social dances!
Includes East Coast Swing, West Coast Swing, Night Club 2-Step,
Waltz, Fox Trot, Cha Cha, Rumba, Salsa and more!!
\$20 includes 7:15-8:00 pm workshop
8:00-10:30 pm dance, live music!

June 13: Just Dance!

DJ Mix Waltz, Blues, Swing, West Coast, Ballroom, Latin
\$12 includes 7:15-8:00p workshop
8:15-10:00p dance, DJ music!

SPECIALTY WORKSHOPS!

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

LANGUAGE

SPANISH FOR BEGINNERS

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

166652-01*	W	9:20-10:50a	1/8-2/12	\$110
02	W	9:20-10:50a	4/15-5/20	\$110

*Registration for this section opens 12/30 at 9:00a.

INTERMEDIATE CONVERSATIONAL SPANISH

Ages 18 and up. If you have studied some Spanish, this class will help you re-awaken your existing knowledge. We will use stories, music and conversation to refresh prior study and build new understanding. Depending on class interest, we will read stories, plays, or easy novels to build vocabulary and comprehension. We may purchase a book to read in this class, but price should be less than \$20. SHC

166653-01*	W	11:00a-12:30p	1/8-2/12	\$110
02	W	11:00a-12:30p	4/15-5/20	\$110

*Registration for this section opens 12/30 at 9:00a.

CANINE CLASSES

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

The Park District created the Dog Advisory Committee to oversee and develop off-leash programs. The Park District and the Dog Advisory Committee encourage park users to enjoy Park District parks with their dogs. The Park District's Dog Advisory Committee (DAC) is a group of citizens and park officials that aim to create a model of "Responsible Dog Ownership" in order to promote mutual respect, safety, and enjoyment for all park users. The DAC is tackling the challenging topic of off-leash use of Park

ADULT



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 Park District parks. It is the goal of the DAC and the Park District to create fun, safe parks where all park users show each other mutual respect.

To report a dog-related issue, dial 911 and ask for Kitsap County Animal Control and Rescue. If you would like to know more about Park District leash policies or want to get involved in continuing to create positive solutions for dog owners, contact the Park District at 206-842-2302.

VIBRANS DOG WORKS with Mary-Lou Vibrans

Mary-Lou is a Certified Training Partner of the Karen Pryor Academy, a leader in non-aversive, science-based animal training. Before moving to Bainbridge Island twenty years ago, she trained and showed both dogs and horses in her native Canada while working in the field of animal science. She holds memberships in the International Association of Animal Behavior Consultants, Pet Professional Guild, and Association of Professional Dog Trainers. A self-proclaimed geek in the field of animal behavior, she regularly attends conferences and seminars on animal behavior and training methods.

*Certain sections are marked open for early registration due to class start date. All other sections will open for registration on January 8 (first day of winter/spring registration) at 9:30a.

PUPPY 101

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, name recognition, loose-leash walking, and basic behaviors. We will also work on socialization and what that really means. There will be time to answer questions about how to handle specific behavior issues. Supervised play time will be allowed when deemed appropriate by the trainer. Great for puppies 2-6 months old. Only flat collars and harnesses and a 6-foot leash are allowed for class.



*Open for early registration on December 4. SHMG **CONTRACTOR**

126113-01*	T	2:15-3:15p	1/7-2/11	\$175
02	Sa	12:00-1:00p	1/18-2/15	\$145
03	Sa	12:00-1:00p	2/29-4/4	\$175

CANINE GOOD CITIZEN

Canine Good Citizen is an American Kennel Club program that is open to both purebred and mixed breed dogs over eight months old. 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-foot leash are allowed in class. Limited to 6 dogs.

*Open for early registration on December 4. SHMG **CONTRACTOR**

126122-01*	T	10:30-11:30a	1/7-2/11	\$175
02*	W	5:45-6:45p	1/8-2/12	\$175
03	T	10:30-11:30a	2/25-3/31	\$175
04	Sa	10:45-11:45a	2/29-4/4	\$175
05	T	10:30-11:30a	4/14-5/19	\$175
06	W	5:45-6:45p	4/15, 4/29-5/27	\$175
07	Sa	1:45-2:45p	4/18, 5/2-5/30	\$175

CANINE GOOD CITIZEN ADVANCED **NEW!**

Already have a Canine Good Citizen designation? If you are ready to take it up a notch this class will help you work through distractions when in the presence of other dogs or people. Loose-leash walking, leave it, sit or down from a distance, and recalls with distractions will also be covered. We will also touch on car safety, and how to deal with visits to outdoor eating areas. SHMG

CONTRACTOR.

126125-01	Sa	2:30-3:30p	1/18-2/15	\$145
02	Sa	1:15-2:15p	2/29-4/4	\$175
03	W	7:00-8:00p	4/15, 4/29-5/27	\$175
04	Sa	3:00-4:00p	4/18, 5/2-5/30	\$175

INTRODUCTION TO AGILITY JUST FOR FUN!

Consider this class if you are looking for a way to have fun with your dog and build their confidence at the same time. We will be working to strengthen basic cues in order to start working off lead. Your dog should already know basic cues and be ready to go on to more challenging activities. Only flat collars and harnesses and a 6-foot leash are allowed for class. SHMG **CONTRACTOR**

126121-01	Sa	10:45-11:45a	1/18-2/15	\$145
02	Sa	9:30-10:30a	2/29-4/4	\$175
03	Sa	9:30-10:30a	4/18, 5/2-5/30	\$175

LOOSE-LEASH WALKING

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 a crowd. We will use a variety of exercises to take the pull out of an outing. No aversive equipment needed. This is a great class for any age of dog. And yes, you can teach an old dog new tricks. Only flat collars and a 6-foot leash are allowed in class. SHMG **CONTRACTOR**

126116-01	Sa	9:30-10:30a	1/18-2/15	\$145
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ADULT

TOTAL RECALL I

Wouldn't it be nice if your dog came to you each and every time that you called them? We will be using a proven training method developed by a world champion agility trainer to accomplish just that! Through the use of games, we will work to strengthen the bond that you have with your dog. There will be homework for this class, but I promise it will be worth it. This class is open to dogs of all ages. Flat collar or harness and a 6-foot leash required for class. *Open for early registration on December 4. SHMG **CONTRACTOR**

126123-01*	T	1:00-2:00p	1/7-2/11	\$175
02	T	11:45a-12:45p	2/25-3/31	\$175

TOTAL RECALL II

This class will be a continuation of Total Recall I. Through games we will continue to work to build an even stronger relationship between you and your dog. You must have completed Total Recall I in order to enroll. Flat collar or harness and a 6-foot leash required for class. SHMG **CONTRACTOR**

126126-01	Sa	1:15-2:15p	1/18-2/15	\$145
02	T	1:00-2:00p	2/25-3/31	\$175
03	T	1:00-2:00p	4/14-5/19	\$175

THERAPY DOG TRAINING

If you would like to participate in the many therapy dog programs such as Reading to Rover, visiting hospitals, shut-ins, or senior citizen homes with your dog this class will help you prepare for certification. Participants should already have some solid understanding of basic manners as we will be building on these foundations. *Open for early registration on December 4. SHMG **CONTRACTOR**

126118-01*	T	11:45a-12:45p	1/7-2/11	\$175
02	T	2:15-3:15p	2/25-3/31	\$175
03	W	5:45-6:45p	2/26-4/1	\$175
04	T	11:45-12:45p	4/14-5/19	\$175

AGILITY BEYOND THE BASICS

This class will be of interest to those who have completed Agility Just for Fun. We will be introducing the A-frame, dog walk, teeter totter, as well as foot work to help you make any course easier to navigate. 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. And did I mention, it's a whole lot of fun! Only flat collar or harness and a 6-foot leash are allowed in class. SHMG **CONTRACTOR**



126128-01	Sa	10:45-11:45a	4/18, 5/2-5/30	\$175
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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 6 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. *Open for early registration on December 4. SHMG **CONTRACTOR**

126124-01*	W	7:00-8:00p	1/8-2/12	\$175
02	Sa	2:30-3:30p	2/29-4/4	\$175
03	T	2:15-3:15p	4/14-5/19	\$175
04	Sa	12:30-1:30p	4/18, 5/2-5/30	\$175

SPECIAL INTEREST

GREEN LIVING SERIES **NEW!**

Go Green!

Ages 8 and up. Make a family lifestyle shift. Living more sustainably starts with the green principles of re-using, re-purposing, and reducing waste and chemicals. Invest in a fun day of doing and leave with what you'll need to continue making the shift. You'll learn to make a number of items and changes for use in your own life. Includes all materials and supplies. SHC

SEWING GREEN

Learn to make a re-useable shopping bag from a favorite tee shirt, a set of cloth napkins, a colorful party pennant for family celebrations, and a variety of beeswax food covers. No previous sewing experience needed. SHC

Individual

170225-01	Sa	10:00a-2:00p	1/18	\$50
03	Sa	10:00a-2:00p	4/18	\$50

Family

170225-02	Sa	10:00a-2:00p	1/18	\$75
04	Sa	10:00a-2:00p	4/18	\$75

CLEANING GREEN

Start with some jars and basic ingredients and mix up a batch of healthier cleaning compounds for your home and body. You'll leave with an armful of environmentally responsible alternatives to plastic containers of cleansers. Side-by-side demonstrations included. SHC

Individual

170225-05	Sa	10:00a-2:00p	2/22	\$50
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Family

170225-06	Sa	10:00a-2:00p	2/22	\$75
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RECREATION COFFEE CONVERSATION

Got ideas for new programs? Want to teach a program? Know of something you'd love to see offered? Drop in on a Recreation Coffee Conversation and share your ideas! For more info, see page 55.

ADULT

GROWING GREEN

Indoor plants and outdoor gardens can be a source of clean air, exercise, and good food. Create a home for helpful insects, learn about the best indoor plants for air quality, mix up some "garden tea," make a simple kitchen compost system, and plant some starts for this year's veggie garden. CYC

Individual

170225-07	Sa	10:00a-2:00p	5/2	\$50
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Family

170225-08	Sa	10:00a-2:00p	5/2	\$75
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HILLTOP ACOUSTIC JAM

All-ages music jam

Bring your guitar, voice, uke, fiddle, or any other instrument, for an old-fashioned song-swapping circle at Prue's House! Beginners and veterans learn from each other, no stage fright and no pressure; sit in or just come to listen! A great place to try out original work, practice a favorite cover, or just gain skills on that brand-new gift instrument! All ages welcome, from 8-108, and it's FREE! Hot drinks provided. Third Friday, monthly at 7:30p. 1/17, 2/21, 3/20, 4/17, 5/15, and 6/19 HT



LIFE DESIGN FOR RETIREES

This Stanford-designed course is adapted 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! For more information, or to register with Sue Barrington call 206-842-2306 x140. SHC

166465-01	F	9:30-11:30a	3/13-4/3	\$50 (optional book +\$15)
02	F	9:30-11:30a	5/1-5/22	\$50 (optional book +\$15)



A FRESH LOOK AT DEATH

A Fresh Look at Death
February 1 from 9:00a-12:00p
Waterfront Park Senior Community Center

Includes some of the best of current re-thinking about planning options. From death duologues to home vigils, from hydro-cremation to re-composition. We'll be learning from top professionals in the field from throughout the region. Join your friends and neighbors in a morning well spent!

Getting our end-of-life affairs in order is one of the greatest gifts we leave our loved ones.

Co-sponsored by BIMPRD and BISCC.

Thanks to our sponsors, this event is only \$5 per attendee.
Please make your reservations by calling 206-842-1616

LET'S GET GROWING!

For all those who crave time in the garden. This course is for folks that may have a bit of knowledge, lots of curiosity, but are shy on confidence. Let's Get Growing is a six-week adventure in gardening: from planning to prepping, from greenhouse to pea-patch, from garden to sharing the harvest. Amy Kuhl is a retired Special Education teacher and nurse and is married to the owner of Butler Green Farms. Her wealth of knowledge and experience coupled with her contagious enthusiasm make Amy a great instructor!

166480-01	M	10:00a-12:00p
3/23-4/27	\$60	





ADULT

SPORTS & FITNESS

Do you have an idea for a class, league, clinic or camp you'd like to see the Park District offer? Let us know about it. Email Julie Miller at julie@biparks.org.

EMPLOYMENT OPPORTUNITIES

Tennis Instructors
Basketball Skill Instructors
Fitness/Exercise Class Instructors
League Supervisors
Camp Program Supervisors

Benefits of working with us: free pool pass, ½ off most classes offered by the District, professional development, training

VOLUNTEER OPPORTUNITIES

Tennis Instructors
Soccer Coaches
Basketball Coaches
Basketball Referees
Volleyball Coaches
Camp Counselor

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 online using activity number 111111 or at the gym. *Subject to changes and cancellations due to school functions, holidays or low attendance.

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

****During the construction at Bainbridge High School the lower gym will be down to half a gym and all weekday evening open gyms will be starting 30 minutes later.**

PICKLEBALL

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



ALL AGES INTRO TO PICKLEBALL

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

111336-01	F	7:30-8:30p	1/17	\$15
02	F	7:30-8:30p	1/31	\$15
03	F	7:30-8:30p	2/14	\$15
04	F	7:30-8:30p	2/28	\$15



OUTDOOR PICKLEBALL OPEN PLAY

Come play pickleball outside at Battle Point Park! The courts are set for play in two ways. Use the existing tennis nets to play by adjusting the nets to the correct height or use one of the six courts lined for portable nets. Questions? Contact Julie at 206-842-2306 x114.

MONDAY-SUNDAY 10:00a-12:00p Weather permitting.

ADULT



TENNIS

AFFORDABLE TENNIS FOR ALL

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

Tennis lessons are held on the Bainbridge High School tennis courts if the weather permits. They are held in the Bainbridge High School Lower Gym if the weather does not.



DOUBLES DRILL

Ages 18 and up. The focus here is on live ball play and drills to help you improve your quickness and positioning on the doubles court. Particular attention will be given to volley technique and placement as well as strategic and tactical considerations. Limited to 6 players. HSLG

112702-01	Sa	1:30-2:30p	1/18-2/15	\$70
02	Sa	1:30-2:30p	2/29-3/28	\$70
03	Sa	1:30-2:30p	4/18-5/16	\$70
04	Sa	1:30-2:30p	5/23-6/13	\$56

CARDIO PLUS

Heart-pumping fitness for all levels. Fast paced and great for all players. Cardio tennis is the fastest-growing program in the country. All strokes are practiced and developed. HSLG

112713-01	Su	9:00-10:00a	1/19-2/16	\$45
02	Su	9:00-10:00a	3/1-3/29	\$45
03	Su	9:00-10:00a	4/12-5/10	\$45
04	Su	9:00-10:00a	5/17-6/14*	\$36

*No class 5/24

THE SERVE NEW!

From the ground up, we will work to build and develop the most important shot in the game into a true weapon. Learn how to add pace and spin, gain consistency and improve placement.



112714-01	Sa	2:30-3:15p	1/18-2/15	\$45
02	Sa	2:30-3:15p	2/29-3/28	\$45
03	Sa	2:30-3:15p	4/18-5/16	\$45
04	Sa	2:30-3:15p	5/23-6/13	\$36

Join our Tennis "Team": Sign up for two of our tennis classes and receive a 5% discount. Sign up for three tennis classes and get a 10% discount. For more information contact Julie at julie@biparks.org.

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 pros will help you learn and polish your game. Schedule your private, semi-private or group lessons between 10:00a and 3:00p on Sundays either inside in the Bainbridge High School Lower Gym or outside on the Bainbridge High School tennis courts. Email our tennis pro Jennifer Shorr for more information at jennifers@biparks.org.

- 112799-01 Private Lesson: 1 hour 1 person = \$50
- 02 Semi-Private Lessons: 1 hour 2 people = \$30 each
- 03 Group Lessons: 1 hour 3-4 players, 3 players = \$25 each, 4 players = \$20 each
- 04 Private Lessons: 10 pack of 1-hour lessons = \$450 (10% off)
- 05 Private Lessons: 5 pack of 1-hour lessons = 237.50 (5% off)
- 06 Semi-Private/Group Lessons: 10 pack of 1-hour lessons = Semi \$270pp, Group \$225pp, \$180pp (10% off)
- 07 Semi-Private/Group Lessons: 5 pack of 1-hour lessons = Semi \$142.50pp, Group \$118.75pp, \$95pp (5% off)

TABLE TENNIS



ALL LEVELS TABLE TENNIS

Ages 13 and up. More than just a game, table tennis is an Olympic sport played by some of the most amazing athletes in the world. Come learn (or improve) your basic stroke mechanics, footwork, grip, stance, and serves. Class can be taken multiple times as your skills advance. Limited 8 players. SHMG

112722-01	M	7:00-8:30p	2/24-3/30	\$55
02	M	7:00-8:30p	4/13-5/18	\$55

TABLE TENNIS OPEN GYM

Ages 16 and up. Come practice and play. No experience necessary. \$2 drop-in fee per visit or buy a punch card for \$10 paid at the gym. SHMG

TUESDAY 7:00-10:00p 1/14-6/9 \$2 drop-in per visit





ADULT

EXERCISE & FITNESS

MORNING EXERCISE AT THE SHP MINI GYM

Active Adult Fitness classes taught by Eileen Magnuson, ACE, AASDN certified instructor. Pick your favorite or join us Monday through Friday. Punch card is good for both classes below: \$50 10-class pass/\$7 drop-in. For more information, or to register with Sue Barrington call 206-842-2306 x140.



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

166425-01 TTh 8:45-9:45a 1/7-6/11

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

166426-01 MWF 9:00-10:00a 1/6-6/12

T'AI CHI CHIH LESSONS

Build strength and coordination. T'ai Chi Chih combines slow, rhythmic movements with deep breathing and visual techniques to enhance the flow of Chi, the Vital Force. T'ai Chi Chih tones and strengthens the muscles without putting excessive stress on the knees, feet, hips or back. Come experience this modern adaption of the ancient discipline called by some A Moving Meditation. NOTE: This class is sequential; weekly attendance is required for greatest success. Certified instructors listed below. Limited to 8 participants. For more information, or to register with Sue Barrington call 206-842-2306 x140. SHMG

166422-01 M 10:30-11:30a 1/6-3/9* \$65 Eileen Magnuson**
02 W 1:30-2:30p 3/25-5/13 \$65 Bill Nakao

**Registration for this section only opens 12/30 at 9:00a

*No class 1/20, 2/17



T'AI CHI CHIH INTERMEDIATE LESSONS

This course has been developed for students who have completed the preliminary lessons and desire a deeper level of practice. Intermediate T'ai Chi Chih will address the six principles of how to move, and help students refine their movements. Discussion topics will include the concept of Qi, the Vital Force, Mindfulness and Energy Flow.

NOTE: Weekly attendance is required for greatest success. Certificated instructor Bill Nakao. Limited to 10 participants. For more information, or to register with Sue Barrington call 206-842-2306 x140. SHMG

166423-01 M 1:30-2:45p 1/27-3/16 \$75



T'AI CHI CHUAN: THE WAY

This course, founded on the Yang style of T'ai Chi Chuan, reminds us how to move through the world in a manner that is both relaxed and powerful. Each class focuses on a different aspect of The Way, with the goal of integrating the practice into everyday life. Slow-motion training encourages participants to feel, correct and strengthen balance and postural alignment. This ongoing class is taught by Caylen Storm. Newcomers always welcome; passes can be used for either the AM or PM classes. \$50 per 5-week pass, \$90 per 10-week pass, \$12 drop-in. For more information, or to register with Sue Barrington call 206-842-2306 x140. ICH

166421-01* T 10:00-11:30a 1/14-6/9

*Registration for this section opens 12/30 at 9:00a.

MINDFULNESS AND MUSE MEDITATION

Improve your ability to be present, calm and focused. Learn the basics of mindfulness and meditation in this four-week course. Each week includes a mindfulness lesson and weekly meditation goal to help build your practice over time. Experience the latest in wearable technology using a neurofeedback device (the Muse) which provides you with real-time feedback on brain activity during meditation. A smartphone and earbuds are required. For more information, or to register with Sue Barrington call 206-842-2306 x140. Melissa McClain facilitates. SHC large room

166469-01 M 6:00-7:30p 4/6-4/27 \$50



ADULT



AFFORDABLE EXERCISE AND FITNESS FOR ALL

Our goal is to offer exciting, fun and social fitness opportunities where folks can work out, have fun and make new friends at a price that doesn't break the bank. Experienced instructors and a supportive group atmosphere will help keep you motivated. **TRY THE FIRST CLASS FOR FREE!** Want to know more? Shoot us an email at julie@biparks.org.

MEET PAMELA MALO, OUR NEW DIETITIAN

Pamela Malo discovered the merits of meal planning over a decade ago. Time was short while getting her Master's in nutrition, so she found a simple way to eat well without spending hours a day in the kitchen. Today as a dietitian and yoga instructor she enjoys helping individuals and families navigate science and spirit of true nourishment.



MEAL PLANNING MADE EASY **NEW!**

Ages 18 and up. In this interactive class you will learn the benefits and best practices for efficient meal preparation. This class emphasizes "flexible" meal planning for families and individuals who may not know exactly what their week will look like ahead. Healthy, portable snacks to take on the go are covered as well. Leave with recipe ideas and a meal planning template to use at your own home. Fee includes supplies. SHC

111304-01	Su	1:00-4:00p	1/26	\$68
02	Sa	1:00-4:00p	3/21	\$68

DISCOVER BAINBRIDGE SOCIAL RUNS — A.M. **NEW!**

Ages 13 and up. Want to run with others and explore new areas of the island? Join us for weekly morning runs where together we'll explore new roads on the island and enjoy the camaraderie of running with other islanders! It's an opportunity to meet other runners in an inclusive environment that is open to all levels. Running with others is a great way to meet people and make new friends. And for those who're available after our run, we can head to the local coffee place and grab a cup together! We invite you to become a part of our running community!

111315-01	TTh**	9:15-10:15a	1/14-1/30	\$69
02	TTh**	9:15-10:15a	2/4-2/27*	\$69
03	TTh**	9:15-10:15a	4/14-4/30	\$69
04	TTh**	9:15-10:15a	5/5-5/21	\$69
05	TTh**	9:15-10:15a	6/2-6/18	\$69

*No class 2/18, 2/20

**Can't make both days of the week to run? Let us know so we can work out a solution.



PROGRAMS FOR TEENS AGES 13-17

HIIT FITNESS — A.M.

Ages 13 and up. "No Time for Exercise!?" Then you need to come to our HIIT 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! Drop-in Pass option available — Contact Julie for more information at julie@biparks.org. ICH

111316-01	M	8:00-9:00a	1/13-2/24	\$57.50
02	M	8:00-9:00a	4/13-5/11	\$57.50
03	M	8:00-9:00a	5/18-6/15*	\$46

*No class 5/25

CORE/BALANCE TRAINING — A.M. **NEW!**

Ages 13 and up. Want to strengthen your core and improve your balance but don't have a lot of time? Try the NEW 30-minute Core/Balance Training class. Having a strong core and good balance makes everyday activity and exercise easier and decreases your risk of falling. Drop-in Pass option available — Contact Julie for more information at julie@biparks.org. ICH

111317-01	W	8:30-9:15a	1/15-2/26*	\$69
02	W	8:30-9:15a	4/15-5/13	\$57.50
03	W	8:30-9:15a	5/20-6/10	\$46

*No class 2/19

BANDS AND TUBES CLASS — A.M. **NEW!**

Ages 13 and up. Do you have exercise bands and/or tubes and have no idea how to get a good workout with them? Want to be able to take your workout with you when you travel but don't want to pack heavy weights? If your answer is "yes" to both or either, you need to take this class! Learn how to get a total body workout just using bands and tubes! Drop-in Pass option available — Contact Julie for more information at julie@biparks.org. ICH



111314-01	T	8:00-9:00a	1/14-2/25*	\$80.50
02	T	8:00-9:00a	4/14-5/12	\$69
03	T	8:00-9:00a	5/19-6/9	\$57.50

*No class 2/18



CIRCUIT TRAINING — A.M.

Ages 13 and up. 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. Drop-in Pass option available — Contact Julie for more information at julie@biparks.org. SHMG

111310-01	Th	7:15-8:15a	1/16-2/27*	\$80.50
02	Th	7:15-8:15a	4/16-5/14	\$69
03	Th	7:15-8:15a	5/21-6/11	\$57.50

*No class 2/20

Join our A.M. Workout Crew: Sign up for any three of Stacey's classes (Social Runs, HIIT Fitness, Circuit Training, Core/Balance, Bands/Tubes) and receive a 10% discount on them. For more information contact Julie at julie@biparks.org.



ADULT

PERSONAL TRAINING/HEALTH COACHING **NEW!**

One-on-one 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 2020 your best year yet!

- 111301-01 Private Training: 1 hour = \$50
- 02 Semi-Private Training: 1 hour 2-4 people = \$30 each
- 03 Private Training: 5 pack of 1-hour sessions = 237.50 (5% off)
- 04 Private Training: 10 pack of 1-hour sessions = \$450 (10% off)
- 05 Semi-Private Training: 5 pack of 1-hour sessions = \$142.50 each (5% off)
- 06 Semi-Private Training: 10 pack of 1-hour sessions = \$270 each (10% off)

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 and 20+ half marathons. Stacey's approach to training is to provide a non-intimidating, well-rounded, healthy approach to achieving fitness and health goals.

TRAIL RUNNING CLUB ★

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

111313-01	W	9:00-10:30a	1/15-2/12	\$55
02	W	9:00-10:30a	2/26-3/25	\$55
03	W	9:00-10:30a	4/1-5/6*	\$55
04	W	9:00-10:30a	5/13-6/10	\$55

*No class 4/8

ZUMBA with TIFFANY and SARAH ★

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

111319-01	MW	7:00-8:00p	1/06-6/10
02	Su	11:00a-12:00p	1/05-6/14

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



GIVE THE GIFT OF AN EXPERIENCE!

The world needs less stuff and more FUN! Consider giving an experience instead of a thing for holidays and special occasions. Art classes, a hike, swim passes, kayak paddling, yoga, and dance lessons make wonderful surprises. If there is an activity in this catalog you would like to gift, let us help you wrap it up!



ZUMBA GOLD WITH PAMELA AND MERCEDES

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!

Questions? pmccann@ix.netcom.com ICH

111303-01	MF	9:30-10:30a	1/13-6/12
02	T	5:00-6:00p	1/14-6/9

\$60 for 10-class pass / \$8 drop-in

FIGHT BACK! SELF-DEFENSE FOR WOMEN AND TEENS ★

Ages 13 and up. Discover your power! Find your voice! Trust yourself! In this 4-hour workshop, you will be trained to set boundaries and deal with threats, from harassment to violent attacks. You'll make a lot of noise, hit some pads and be inspired by your own strength. Taught by a woman black belt with over 25 years of martial arts experience. ICH (Jessica Dubey) **CONTRACTOR**

111731-01	Sa	1:00-5:00p	2/8	\$79
02	Sa	1:00-5:00p	4/18	\$79
03	Sa	1:00-5:00p	6/20	\$79

MOVE INTO THE NEW YEAR WITH OUR ADULT AQUA EXERCISE CLASSES!

Need to boost your energy, gain/restore movement and get a great workout? We have a class that will fit your needs. These classes are not for active seniors alone. Did you know that the most elite athletes also participate in water therapy to keep their joints healthy during training? Ask our front desk which class would be right for you. Need a swim suit? We can help lead you to the right one for your needs! Go to page 85 for class descriptions and times.

ADULT



FITNESS WITH A GYMNASTICS TWIST



RELEASE YOUR INNER CHILD

Ages 17 and up. 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. Tuesdays at BHS Gymnastics Room. **Wednesdays at Transmitter Building

141598-01	T	6:30-7:30p	2/25-3/10	\$49
02	W**	2:00-3:00p	2/26-3/11	\$49
03	T	6:30-7:30p	3/17-3/31	\$49
04	W**	2:00-3:00p	3/18-4/1	\$49
05	T	6:30-7:30p	4/14-5/12	\$81
06	W**	2:00-3:00p	4/15-5/13	\$81
07	T	6:30-7:30p	5/19-6/9	\$65
08	W**	2:00-3:00p	5/20-6/10	\$65

UP, AROUND AND OVER NEW!

Ages 50 and up. Improve your ability to navigate the world with more strength, balance and confidence! This parkour class has been specially designed for the 50+ crowd. It's not running through a city obstacle course; it is learning to conquer everyday challenges as they present themselves in real life! Practice getting up from a variety of positions, figure out how to get over or around things standing in your way. A practical course for folks wanting to stay fit and able to respond to life's many surprise situations. Get stronger, smarter and have fun while you are at it! Transmitter Building

141538-01	W	8:00-9:00a	1/15-2/12	\$81
02	W	8:00-9:00a	2/26-3/11	\$49
03	W	8:00-9:00a	3/18-4/1	\$49
04	W	8:00-9:00a	4/15-5/13	\$81
05	W	8:00-9:00a	5/20-6/10	\$65

BODYWEIGHT FITNESS NEW!

Ages 18 and up. This fun class uses gymnastics conditioning to strengthen and tone your body. Participants will be taught and led through stretching, proprioception, functional movements and a vast array of bodyweight exercises to keep your body guessing and keep your strength increasing. All levels of fitness welcome, from couch potato to athlete. Transmitter Building

141539-01	W	12:00-1:30p	1/15-2/12	\$81
02	W	12:00-1:30p	2/26-3/11	\$49
03	W	12:00-1:30p	3/18-4/1	\$49
04	W	12:00-1:30p	4/15-5/13	\$81
05	W	12:00-1:30p	5/20-6/10	\$65



FAMILY FIT



Ages 4 and up. 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

141594-01	M	2:30-3:30p	2/24-3/9	\$49
02	M	2:30-3:30p	3/16-3/30	\$49
03	M	2:30-3:30p	4/13-5/11	\$81
04	M	2:30-3:30p	5/18-6/8*	\$49

*No class 5/25

ADULT DROP-IN WORKOUT NEW!

Ages 18 and up. This is an opportunity to start your weekend off with a great morning workout. Drop in and join others who want to get, or stay, in shape by doing some fun workouts. Workouts are based off gymnastics, parkour, obstacle courses and bodyweight exercises. Go at your own pace. BHS Gymnastics Room Cost:\$10.00 (includes tax) drop-in fee

Winter Quarter Hours
Sa 7:30-9:00a; 2/29-3/28

Spring Quarter Hours
Sa 7:30-9:00a; 4/18-6/13*
*No workout 5/23



ADULT

YOGA



YOGA with JOTI CHANDRA KAUR

Ages 13 and up. This class will focus on the fundamental yoga poses, breath, and mindfulness, with extended relaxation. This gentle yoga practice brings us closer to a balance point — to a state of stability, ease, and inner stillness where health and happiness blossom. It provides a basic foundation in yoga. Joti Chandra Kaur is RYT 200 and a certified gong practitioner. Her personal practice includes all styles of yoga, including Kundalini yoga, Ashtanga, and yin. Drop-in \$16. ICH.

111204-01	Th	10:00-11:30a	1/16-2/13	\$105 [^]
02	Th	10:00-11:30a	2/27-4/2	\$126 [^]
03	Th	10:00-11:30a	4/16-5/14	\$105 [^]
04	Th	10:00-11:30a	5/21-6/18	\$105 [^]
05	M	12:30-2:00p	1/13-2/24*	\$105 [^]
06	M	12:30-2:00p	3/2-3/30	\$105 [^]
07	M	12:30-2:00p	4/13-5/18	\$126 [^]
08	M	12:30-2:00p	6/1-6/15	\$63 [^]

*No class 1/20, 2/17

[^]Or purchase a yoga ticket book of 10 tickets for \$150 which is available at the Aquatic Center.

YOGA FLOW with HEIDI LANGENDORFF

This well-rounded yoga class will improve your flexibility, strength, and balance. You will use your breath to move mindfully from posture to posture with assistance from thoughtful cueing and demonstrations. Music and conscious breathing offered in every class. The practice will leave you feeling calm, grounded and uplifted. Class held at a beautiful yoga studio in downtown Winslow. Bring a yoga mat. Devoted Yogi® Training Studio. Appropriate for all levels.



CONTRACTOR

111219-01	Th	4:15-5:15p	1/9-2/13	\$48
02	Th	4:15-5:15p	2/27-4/2	\$48
03	Th	4:15-5:15p	4/16-5/21	\$48

WALKS

BIRDING IN OUR PARKS **NEW!**

All ages. Come explore Blakely Harbor Park, Nute's Pond, and Schel Chelb Park. Over the course of the morning we will walk about 1.5 miles, peering into shrubs, scanning the horizon, carefully listening for cheeps and tweets, on a quest to find the treasure...BIRDS! Identification and other birding tips will be discussed. Bring binoculars. Limited to 8 people. Meets at Blakely Harbor Park.

111913-01	Su	7:00-9:30a	3/29	\$15
02	Su	7:00-9:30a	4/26	\$15

DISCOVER BAINBRIDGE WALKS

Come walk with us and discover the backroads and trails of Bainbridge. You'll learn some of the history of the island and meet new friends. Walks are a steady pace, rain or shine. First walk starts at Rotary Park on Weaver Road.

4-MILE WALKS

Tuesday and Wednesday

111910-01	T	9:00-11:00a	1/21-3/24	\$38
02	W	9:00-11:00a	1/22-3/25	\$38
03	T	9:00-11:00a	4/14-6/16	\$38
04	W	9:00-11:00a	4/15-6/17	\$38

Sunday

111912-01	Su	9:00-11:00a	1/26-3/29	\$38
02	Su	9:00-11:00a	4/12-6/14	\$38



2-MILE WALKS

Flatter roads and trails of Bainbridge. Nice easy pace.

111911-01	Th	9:00-10:15a	1/23-3/26	\$33
02	Th	9:00-10:15a	4/16-6/18	\$33

ADULT

WHEELS IN THE WOODS **NEW!**

For people who use a wheelchair or scooter and want to get out into our parks. This group operates via email to select the day and time that works for the most members, and also to take weather into account (since electronics tend not to like rain, and wheelchairs and scooters can damage trails when it's too wet). In the past we've gone to Blakely Harbor Park, Manzanita Park, Gazzam Lake Nature Preserve, the Grand Forest, and Fort Ward Park. If members are interested, we could explore the newly opened trails in the Port Gamble Forest Heritage Park. We always have at least one able-bodied person with us in case we run into difficulties, except when we go to Fort Ward Park or Battle Point Park, where the trails are either paved or wide gravel trails. That person usually is Kirk Robinson, former park commissioner and current member of the trails committee, who selects trails that our chairs will be able to navigate. To be added to the email list, please email Marsha Cutting at mcutting@gmail.com.



WALKS WITH COMMISSIONERS

Join a Park District Commissioner to walk and explore new and existing trails. This is a wonderful opportunity to get to know your Park District Commissioners and they will have the opportunity to hear directly from you. Each month we will enjoy a 3-4 mile hike, share history and community. Meets monthly. Third Sunday of each month.

111915 Su 1:00-3:00p Free

WILDERNESS HIKES

Our wilderness trips offer one-of-a-kind experience, rewarding participants with the very best that the backcountry has to offer. We'll visit some of the most beautiful and remote spots in the Olympic Mountains, the Washington Coast, and around Mount Rainier. Expect lush river canyons, open wildflower meadows, breathtaking ridge top views, rugged and remote coastlines, and sparkling alpine lakes. See pages 50-55 for detailed trip listings and other information.



TEAM SPORTS/LEAGUES

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

FLAG FOOTBALL — PICK-UP GAMES **NEW!**

7 on 7 No Contact. Six weeks of pick-up games. Registration required in order to play. All skill levels are welcome. We'll provide the flag belts, cones and discs, footballs, reversible pinnies, and a staff person to help organize games. You'll need to bring cleats and water. All games are call you own fouls. Games happen rain or shine. Questions? Contact Julie at 206-842-2306 x114 or julie@biparks.org. BPP

113703-01 M 7:00-8:30p 4/13-5/18 \$50

ULTIMATE FRISBEE — PICK-UP GAMES **NEW!**

Fun, casual pick-up games of Ultimate Frisbee. Registration required in order to play. All athletic levels welcome. We provide cones and discs, frisbees, reversible pinnies, and a staff person to help organize games. Questions? Contact Julie at 206-842-2306 x114 or julie@biparks.org. BPP

113704-01 Th 7:00-8:30p 4/16-5/21 \$50



MEN'S RECREATIONAL SOFTBALL LEAGUE

Ages 18 and up. 10-12 game regular season 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 1 to August 13. Team Managers are required to attend all mandatory pre-season meetings. Meetings will be held in April and May. Times and dates to be determined. Registration deadline is May 24; all team fees are due in full at that time. Game times are 6:15p, 7:30p. BPP

113702-01 MTh 6/1-8/13 \$700



ADULT



COED 50+ SOFTBALL

Ages 50 and up. No experience necessary. All levels of players welcome! Practices start in April and go through the end of September. Several games against other teams will be played throughout the season. You must register before playing. Questions? Contact Julie at 206-842-2306 x114 or julie@biparks.org. BPP 113701-01 MWF 10:00a-12:00p \$55



COED 50+ KICKBALL **NEW!**

Ages 50 and up. No experience necessary. All levels of players welcome! We provide the balls and the bases. Each Tuesday and Thursday we'll divide into teams and play a few games. We'll also try to set up some games with other groups in the area. The fun starts in April and goes through the end of September. Great way to supplement the coed 50+ softball season. You must register before playing. Questions? Contact Julie at 206-842-2306 x114 or julie@biparks.org. BPP Turf Fields 113705-01 TTh 10:00a-12:00p \$55

ROCK CLIMBING

Emphasizing strength, endurance, balance, and flexibility, rock climbing is more than just a workout: it challenges your mind and your body. All climbing programs are facilitated by experienced instructors from Island Rock Gym. Registration deadline for most climbing programs is three days before begin date. For questions about refunds, please see page 95.



ADULT INTRO TO CLIMBING

Ages 14 and up. Get into the sport and lifestyle of rock climbing. All levels of fitness and experience are welcome in our Adult Introduction to Climbing class. This three-hour class will teach you the fundamentals of climbing to take full advantage of the gym. Learn basic climbing technique and movement, learn to climb safely on your own, and belay (handle the ropes for) other climbers. Class includes gear and FREE two-week membership. **CONTRACTOR**

131997-01	T	6:00-9:00p	2/11	\$93
02	T	6:00-9:00p	3/10	\$93
03	T	6:00-9:00p	4/14	\$93

AFTER SCHOOL PROGRAMS

Got stuff to do after school? We've got your kids covered. We offer a variety of after school and no school programs that are safe, fun, and reasonably priced. Check out all the options on pages 20-26.