

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."

ART & CRAFT



ART ZONE NEW!

On Saturday June 13, the Bainbridge Island Metropolitan Park & Recreation District will host a free, full-day *arts experience extravaganza* to 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**
Sylvia Carlton teaches a free teen-adult painting class from 10:00-11:30a
- **Community Art Projects**
Intergenerational Mosaic Mural Project, all ages, no experience expected!
- **Café D'Art**
Refreshments and live mellow music sets the mood for conversation
- **Pop-up Art Show**
Bring a finished art piece you, or your child, has created. We have free materials and the expertise for you to mat your work for a professional presentation.

The day begins at 9:30a and runs until 2:00p—the schedule will be available on our website and social media as the day approaches. We invite you to gather friends or the family and come check it out. Art Zone 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

466566-01	Sa	9:30a-2:00p	6/13	free
02	Sa	9:30a-2:00p	9/12	free



KEEPSAKE CARDS with Susan Callan

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 466543-01 first Ts 1:00-4:00p 6/2, 7/7, 8/4 \$45



MO-FUN MOSAIC WITH SUE BARRINGTON

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 round 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 as meditative as it is fun! All materials are provided. For more information, or to register with Sue Barrington call 206-842-2306 x140. SHC 466534-01 W 3:00-5:00p 7/8-7/29 \$50

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 466514-01 F 9:30a-12:30p 6/5-8/14 \$55



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 ext 102. **Benefits:** ½ off Park District classes, free pool membership and a great team





ADULT



PAINLESS PERSPECTIVE WORKSHOP with Jamie Brouwer

Perspective CAN BE easy; but not every artist has learned the simple rules that make it so. Yes, this course begins with horizon lines, vanishing points, and an understanding of the eye-level impact on representational drawings. And yes, you'll practice how to place figures and objects in a drawing, depict interiors, and create shade and shadows. But this isn't a dry, technical class. Let the instructor convince you that rulers and measuring don't have to be tools in your artists' toolbox. No matter how little raw talent or experience you have, you'll find your drawings instantly more pleasing as basic perspective becomes second nature. SHC

466503-01 M 5:15-8:15p 6/22 \$40

I CAN'T DRAW! with Jamie Brouwer

If you've ever envied folks with 'natural artistic ability', give us four weeks to convince you that drawing, just like any other subject, CAN be taught! Based on Betty Edwards book *Drawing on the Right Side of the Brain*, you'll learn techniques and exercises to tap your creative powers. Whether you are a business manager, teacher, writer, technician or student, this course is a hands-on, psychological approach that breaks down the mythical assumption that creativity and talent are gifts one must be born with. NO EXPERIENCE NECESSARY! AQ

466504-01 M 6:00-7:30p 6/29-7/20 \$60

PAINTING

A PAINTER'S COLOR WORKSHOP with Sue Barrington

Through a mixture (no pun intended) of theory and exercises, this course is designed to give folks the basics of color theory that immediately translates to improved work. Everything is broken down simply and in-class practice gives you the confidence you need to develop your own unique color sensibility. Learn just enough left-brained theory to result in some real right-brained 'Wow, did I create that?' experiences! SHC art room

466502-01 M 4:00-7:00p 7/13 \$40



PLEIN AIR PAINTING – LEARN TO PAINT OUTSIDE with Sylvia Carlton **NEW!**

Plein Air painting is challenging but painting and 'seeing' outdoors is highly rewarding. Direct painting allows the painter to become more sensitive to the beauty in front of him- he not only sees the landscape/subject but he feels it. It is this emotional connection that elevates a Plein Air painting

from other practices. We will practice setting up, finding inspiration, choosing what to paint, deciding on your composition, painting your subject in color and value, brushwork and continuing to a finished painting. Beginning through intermediate painters. Sylvia Carlton instructs. SHC **CONTRACTOR**

466527-01 T-Th 9:30a-3:00p 6/23-25 \$185



WATERCOLOR BOLD AND EXPRESSIVE with John Adams

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

466515-01 Th 10:00a-12:00p 7/9-7/30 \$125
02 Th 10:00a-12:00p 8/6-8/27 \$125



PROGRAMS FOR TEENS AGES 13-17

ADULT



POTTERY

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

DAYTIME POTTERY

POTTERY M with Jeff Wofford CLASSES

It's summer — get your hands dirty! 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

422050-01	M	9:30-11:30a	6/22-8/24	\$220
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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.

422051-01	M	12:00-3:00p	6/22-8/24	\$150
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POTTERY T CLAY INTRO SAMPLERS

Make art part of your summer! Choose from morning or evening class. These short-term introductory classes are 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! Includes supplies. 4 wks. ED

422056-02	T	9:30-11:30a	8/4-8/25	\$95
03	T	6:30-8:30p	7/7-7/28	\$95

POTTERY W CLASSES

These five-week adult summer 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, Eagledale staff will show you multiple ways to combine techniques and materials into wonderful outcomes! 5 wks. ED

422050-03	W	9:00-11:30a	6/24-7/22	\$120
04	W	9:00-11:30a	7/29-8/26	\$120

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.

422051-04	W	12:00-3:00p	6/24-7/22	\$75
05	W	12:00-3:00p	7/29-8/26	\$75

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 summer of pottery fun with time off for 4th of July! 8 wks. ED

422054-01	Sa	10:00a-12:00p	6/27-8/22*	\$180
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SATURDAY WORKSHOP TIME**

**Must be a current Eagledale pottery student.

Stay for an additional three hours to continue the work on your projects after the lunch break, with Stacy on hand for advice. 8 wks. ED

422055-01	Sa	12:30-3:30p	6/27-8/22*	\$120
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*No class or workshop 7/4

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

422002-04	Sa	3:30-5:30p	7/25	\$25
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Experienced/Lustre Firing Only*

422002-08	Sa	4:30-5:30p	7/25	\$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.

RAKU!

Summer in the kiln yard is the perfect time to explore the art of raku-fired pottery! Experienced staff will safely introduce you to the unpredictable and magic (and immediate gratification) of using the raku glazes and firing process.

422002-09	Sa	1:30-5:30p	8/22	\$25
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ADULT

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! Eight 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

Summer Flex Workshop

422047-01 days and times vary 6/29-8/22* \$135

*No workshop 7/4

INDEPENDENT SCULPTURE WORKSHOP

We are dedicating six weeks of supervised workshop time especially for independent sculpture students of the Eagledale pottery program. If you've been taking sculpture classes in 2019-20, this studio time is designed for you to stay connected with other sculptor friends while continuing or completing summer works-in-progress. Studio staff will be on hand but no formal instruction or lessons. 6wks. ED

422046-04 Th 9:00a-12:00p 7/9-8/13 \$90

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. A variety of stoneware clay bodies for gas, electric and raku kilns. Emphasis on individual success and fun. 8 wks. ED

EVENING CLASSES

422052-01	M	6:30-9:30p	6/22-8/10	\$260
02	W	6:30-9:30p	6/24-8/12	\$260



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!

422053-01	Th	6:30-9:30p	6/25-8/13	\$120
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SEE ALSO CLAY INTRO SAMPLER EVENING CLASS LISTING

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. 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



PICNIC PLATTERS! NEW!

Try your hand at making a serving plate or platter! One-of-a-kind ceramic dish-ware to showcase your summer barbeque or picnic events!

422005-03	F	6:30-8:30p	7/10, 7/24	\$45
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WHIMSICAL GARDEN ART!

Try your hand at making something unique for your yard or deck! A fairy house? Wildlife watering bowl? Garden markers?

422005-01	F	6:30-8:30p	8/7, 8/21	\$45
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SEE ALSO PARENT/CHILD CLAY PLAY PAGE XX

STAINED GLASS

STAINED GLASS with Julie Hews- Everett

Come learn the colorful art of stained glass. Julie Hew-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 (206)780-0837 for directions or questions.



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. ISD **CONTRACTOR**

466984-01	T	10:00a-1:00p	7/7-8/11	\$155
02	W	6:00-9:00p	7/8-8/12	\$155

ADULT



TEEN CENTER OPEN HOURS

Ages 13-17

Summer Hours of Operation

Tuesday-Saturday 4:30-8:30p

Closed: Monday, Sunday and 7/4, 8/28, 8/29

DANCE

EDUCATED FEET DANCE CLASSES with Sheila Phillips

Taught by certified instructor, Sheila Phillips. Open to teens & adults, no partner necessary!!! Min 12. Max 40. PLEASE wear shoes that leave no black marks!! Contact sheila@educatedfeet.net or 842-3012 for more info. www.educatedfeet.net Enrollment only through the second class meeting.

WEST COAST SWING

Learn a fun modern Swing and possibly the most versatile dance out there! 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! ICH **CONTRACTOR**

466100-01 T 6:00-7:15p 7/14-8/4 \$65

NIGHT CLUB TWO STEP!

One of the most practical and versatile social dances ever conceived, this simple style fills a gap no other dance fits. It's a twist on the slow dance done to mid-tempo ballads & contemporary music. Relaxed, smooth and easily embellished to move all over the floor. Basics and beyond. ICH **CONTRACTOR**

466100-02 T 7:15-8:30p 7/14-8/4 \$65

SWING ON THE MOVE!

Here's a twist on the Swing! This style travels around the perimeter of the room! Take your triple Lindy from the center to the outside with easy transitions. A fun dance and an opportunity to do something new with your Swing! 6 & 8 count patterns danced to slow-medium tempos. Basics and beyond. ICH **CONTRACTOR**

466100-03 Th 6:00-7:15p 7/16-8/6 \$65

CLUB SALSA!

Energetic and passionate with lots of fun spins, sharp movement and crisp turns! Cuban style is one of the most popular forms, it's danced in a rotational pattern. Easy to learn, has a relaxed feel and Swing like patterns. Be a well-rounded Salsa dancer! ICH **CONTRACTOR**

466100-04 Th 7:15-8:30p 7/16-8/6 \$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. Doors open 7:00p; pay at the door all events. Info www.educatedfeet.net. Contact 206-842-3012.

JUNE 13 – JUST DANCE!

DJ MIX WEST COAST, NIGHT CLUB 2 STEP, SWING,
WALTZ, BLUES, LATIN

\$12 includes 7:15-8:00 pm workshop
8:00-10:00 pm dance, DJ music!

JULY 11 – SOCK HOP & ICE CREAM SOCIAL!

DJ Mix Oldies & Goldies!

\$12 includes 7:15-8:00 pm workshop
8:00-10:00 pm dance, DJ music!

AUG 8 – JUST DANCE!

DJ MIX WEST COAST, NIGHT CLUB 2 STEP, SWING,
WALTZ, BLUES, LATIN

\$12 includes 7:15-8:00 pm workshop
8:00-10:00 pm dance, DJ music!

ADULT SAILING



INTERESTED IN ADULT BOATING CLASSES?

We offer a number of adult sailing classes, women's sailing clinics, dinghy sails and kayaking trips, along with many other incredible boating programs. See pages 80-81 for more information.



ADULT

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 district parks. They work diligently to develop comprehensive programs to create opportunity, plan and implement educational programs, and monitor and adjust the enforcement program that allows all park users to enjoy their time in district parks. It is the goal of the DAC and the Park District to create fun, safe parks where all park users show each other mutual respect.

To report a dog-related issue, dial 911 and ask for Kitsap County Animal Control and Rescue. If you would like to know more about Park District leash policies or want to get involved in continuing to create positive solutions for dog owners, contact the Park District at 206-842-2306.

VIBRANS DOG WORKS with Mary-Lou Vibrans

Mary-Lou has been training animals most of her life. Since moving to Bainbridge Island she has volunteered for several rescue organizations including the Kitsap Humane Society, Rescue Every Dog and Summit Assistance Dogs where she worked with inmates at Monroe Correctional Facility. She is a graduate of the Karen Pryor Training and Behavior Academy and is also certified by the Council for Certified Professional Dog Trainers. A self-proclaimed geek in the field of animal behavior, she regularly attends conferences and seminars to learn from the top trainers in the world. All training is force free using the most humane positive reinforcement methods.

CANINE GOOD CITIZEN

Canine Good Citizen is an American Kennel Club program that is open to both purebred and mixed-breed dogs of any age. In this class, we will work on 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. Totally non-aversive training. Limited to 6 dogs. Meet at SHMG. **CONTRACTOR**

426122-01	T	11:30a-12:30p	6/2-7/7	\$175
02	W	7:00-8:00p	6/3-7/8	\$175
03	Sa	2:30-3:30p	7/25-8/29	\$175



CANINE GOOD CITIZEN ADVANCED

Once you have your CGC, let's take it to the next level. This class works to refine your cues, increase duration of behaviors, and help you get quick responses with perfect execution of behaviors. Dogs should already have completed their Canine Good Citizen and be ready to move on to more advanced obedience. 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. We train, we don't restrain! Limited to 6 dogs. Meet at SHMG. **CONTRACTOR**

426123-01	T	1:00-2:00p	6/2-7/7	\$175
02	Sa	1:00-2:00p	6/6-7/18*	\$175
03	W	5:45-6:45p	7/15-8/19	\$175

*No class 7/4

INTRODUCTION TO AGILITY JUST FOR FUN!

If you are looking for a way to have fun with your dog and build confidence at the same time, Agility Just for Fun could be the class for you. We will work to strengthen basic cues, start some off-leash work and learn how to work through distractions. We will work on jumps, tables, and tunnel. Your dog should already know basic cues and be ready to go on to more challenging activities. Only flat collars or harnesses and a 6-foot leash are allowed in class. Totally non-aversive training. Limited to 6 dogs. Meet at SHMG. **CONTRACTOR**

426121-01	Sa	10:00-11:00a	6/6-7/18*	\$175
02	Sa	10:00-11:00a	7/25-8/29	\$175

*No class 7/4

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 and poles as well as foot work to help you make any course easier to navigate. We'll also use jumps, tunnel, and tables. As we progress, dogs will be able to work off leash during classes. Agility is a great way to train your dog while building a solid relationship. Only flat collars or harnesses and a 6-foot leash are allowed in class. Limited to 6 dogs. Meet at SHMG. **CONTRACTOR**

426128-01	Sa	11:30a-12:30p	6/6-7/18*	\$175
02	Sa	11:30a-12:30p	7/25-8/29	\$175

*No class 7/4



ADULT



S.T.A.R PUPPY

Socialization, Training, Activity, Responsibility. Participants in this class will work on basic puppy manners like sit, down, stay and polite leash manners. We also cover some of the other aspects that are often overlooked such as improving vet visits, getting over fears and building confidence. Great for puppies 4 to 10 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. Limited to 6 dogs. Meet at SHMG. **CONTRACTOR**

426124-01	T	10:00-11:00a	6/2-7/7	\$175
02	W	5:45-6:45p	6/3-7/8	\$175
03	Sa	1:00-2:00p	7/25-8/29	\$175



THERAPY DOG

If you would like to participate in the many therapy dog programs such as 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. Meet at SHMG. **CONTRACTOR**

426125-01	T	2:30-3:30p	6/2-7/7	\$175
02	Sa	2:30-3:30p	6/6-7/18*	\$175
03	W	7:00-8:00p	7/15-8/19	\$175

*No class 7/4

SPECIAL INTERESTS

AMERICAN SIGN LANGUAGE (ASL) **NEW!**

This class is an introduction to American Sign Language (ASL) to gain knowledge of the deaf community. Participants will acquire skills to communicate in ASL having a cultural background. This may include finger spelling, grammar rules, sentence structure, appropriate behavior and other important information related to ASL. Learn a different way of having a conversation without using your voice. AQ

466505-01	T	6:00-7:45p	6/30-8/4	\$60
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NATURE MUSE MEDITATION with Melissa McClain **NEW!**

Imagine a peaceful hour each week integrating the healing power of nature, your sense of adventure and meditation with the neurofeedback benefits of the Muse meditation headband. The Muse gives you insight and access to what's going on inside your mind during meditation and helps you build a strong mindfulness skillset. We'll explore a different location on the island each week. Melissa McClain instructs. Six class meetings, no meditation experience required. Activity Level: Easy. For more information, or to register with Sue Barrington call 206-842-2306 x140.

466447-01	M	4:00-5:30p	6/29-8-17*	\$60
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No class on 7/27 or 8/10



WALK ON THE WILD SIDE with Christina Doherty



Bainbridge is host to an amazing assortment of parklands, each with its own unique ecosystem, supporting a variety of life. Come along with us and gain some new perspectives on our parks as habitat for a variety of flora and fauna. Each spotlight walk is led by the effervescent island naturalist, Christina Doherty, who is also a Certified Interpretive Guide. This is NOT just another walk in the woods—it's a fun-filled adventure full of discovery, science, and



laughter for lifelong learners of all ages. Pick your favorite park/trail or join us for all three for a variety of landscapes and exploration.

Blakely Harbor Park — Family

466445-01	Sa	10:00a-12:00p	7/11	\$10
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(children aged 10+ additional \$10 each)

*Meets at the Blakely Harbor parking lot off Blakely Avenue

This program coincides with a -2.6 low tide – Christina, a certified beach naturalist, will highlight marine ecology!

Grand Forest West — Adult

466445-02	Sa	9:00-11:00a	7/18	\$10
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*Meets at the Grand Forest West parking lot off Miller Road

Fort Ward Park — Adult

466445-03	M	9:00-11:00a	8/10	\$10
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*Meets at the Upper Fort Ward parking lot off Fort Ward Hill. Cross street is Belfair.



ADULT

RELEASE YOUR INNER CHILD (ADULT GYMNASTICS)

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. Find out more on page 46.

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

Fitness/Exercise Class Instructors
Sports Skills Instructors
League Supervisors
Camp Program Supervisors

VOLUNTEER OPPORTUNITIES FOR YOUTH LEAGUES

Soccer Coaches
Basketball Coaches
Basketball Referees
Volleyball Coaches

AFFORDABLE EXERCISE AND FITNESS FOR ALL

TRY THE FIRST CLASS FOR FREE! Come join us! Discover Bainbridge Social Runs, HIIT Fitness, Core/Balance Training, Bands and Tubes Fitness and Circuit Strength Training. All classes welcome all levels of fitness! Class descriptions on page 71.

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.

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 www.facebook.com/BainbridgeIslandMetroParkAndRecreationDistrict.



TENNIS 101 **NEW!**

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

412721-01	T	5:00-6:00p	6/23-7/21	\$65
02	T	5:00-6:00p	7/28-8/25	\$65

ADULT DRILL — THURSDAY NIGHTS **NEW!**

The focus here is on live ball play and drill 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. BHS Tennis Courts

412723-01	Th	5:00-6:30p	6/25-7/16	\$78
02	Th	5:00-6:30p	7/23-8/20	\$97.50

ADULT



ADULT DRILL — SATURDAYS **NEW!**

The focus here is on live ball play and drill 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. BHS Tennis Courts

412724-01	Sa	1:15-2:30p	6/20-7/18*	\$65
02	Sa	1:15-2:30p	7/25-8/22	\$81.25

*No class 7/4

ADULT DRILL — SUNDAYS **NEW!**

The focus here is on live ball play and drill 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. BHS Tennis Courts

412726-01	Su	10:00-11:00a	6/21-7/19	\$65
02	Su	10:00-11:00a	7/26-8/23	\$65



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. BHS Tennis Courts.

412725-01	Su	9:00-10:00a	6/21-7/19	\$65
02	Su	9:00-10:00a	7/26-8/23	\$65

SERVE MASTERY

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. BHS Tennis Courts

412730-01	Sa	2:30-3:15p	6/20-7/18*	\$52
02	Sa	2:30-3:15p	7/25-8/22	\$65

*No class 7/4

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 Miller at julie@biparks.org.

PRIVATE, SEMI-PRIVATE AND GROUP TENNIS LESSONS

All Levels — All ages — Offered daily — Schedule with our pro staff

Do you or your partner or USTA league team 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 throughout the summer outside on the Bainbridge High School tennis courts. Lessons are scheduled with a pro at a time that works for you and the lessons are on a first come first served basis. Questions: jennifers@biparks.org.

412722-01	Private Lessons: 1 hour 1 player = \$55
02	Semi-Private Lessons: 1 hour 2 players = \$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 = \$495 (10% off)
05	Private Lessons: 5 pack of 1-hour lessons = \$261.25 (5% off)
06	Semi-Private/Group Lessons: 10 pack of 1-hour lessons = \$267 (10% off)
07	Semi-Private/Group Lessons: 5 pack of 1-hour lessons = \$142.50 (5% off)

PICKLEBALL

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



INTRO TO PICKLEBALL

All ages. Come learn the rules and how to play in this introductory class. Course content includes a bit of history of the game, basic rules, different strokes used, court positioning, safety and equipment. By the end of the clinic you'll be ready to try your hand at playing some games. BPP

411327-01	Th	6:30-7:45p	6/18	\$20
02	Th	6:30-7:45p	6/25	\$20
03	Th	6:30-7:45p	7/9	\$20
04	Th	6:30-7:45p	7/16	\$20
05	Th	6:30-7:45p	7/23	\$20
06	Th	6:30-7:45p	7/30	\$20

OUTDOOR PICKLEBALL OPEN PLAY

Come play pickleball outside at Battle Point Park. Questions? Contact Julie at 206-842-2306 #114. Weather permitting. Play MONDAY to SUNDAY from 8:00a-12:00p.

ADULT

TABLE TENNIS

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

T 7:00-10:00p 6/16-8/25 \$2 drop-in per visit

OPEN GYM SPORTS

All open gyms are held in the High School Lower Gym. Players can drop in and play for \$5.00 per visit or buy a 5-visit pass for \$20 or 12-visit pass for \$40. Passes can be purchased at the gym. *Subject to changes and cancellations due to school functions, holidays or low attendance.

MONDAY	SOCCER	7:00-9:30p
TUESDAY	BASKETBALL	7:00-9:30p

****Due to the warmer weather, some summer open gyms in June and July have been canceled.**

EXERCISE & FITNESS

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.

DISCOVER BAINBRIDGE SOCIAL RUNS

Ages 13 and up. Want to run with others and explore new areas of the island? Join us for weekly morning runs where we'll explore together 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! (Stacey Stoner)



411302-01	TTh**	8:30-9:30a	6/23-7/7	\$70
02	TTh**	8:30-9:30a	7/9-7/23	\$70
03	TTh**	8:30-9:30a	7/28-8/11	\$70
04	TTh**	8:30-9:30a	8/13-8/27	\$70

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

HIIT FITNESS

Ages 13 and up. "No Time For Exercise!?" Then you need to come to our H.I.I.T. class specifically designed to give you a great workout in just 30-45 min! 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! (Stacey Stoner) SHMG

411305-01	M	7:45-8:30a	6/15-7/13	\$65
02	M	7:45-8:30a	7/20-8/17	\$65
03	M	7:45-8:30a	8/24-9/14	\$52



CORE/BALANCE TRAINING **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-min Core/Balance Training Class. Having a strong core and good balance makes everyday activity and exercise easier and decreases your risk of falling. (Stacey Stoner) SHMG

411304-01	W	6:45-7:15a	6/17-7/15	\$56
02	W	6:45-7:15a	7/22-8/19	\$56
03	W	6:45-7:15a	8/26-9/16	\$44.80

BANDS AND TUBES CLASS **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! (Stacey Stoner) SHMG

411300-01	M	6:45-7:30a	6/15-7/13	\$65
02	M	6:45-7:30a	7/20-8/17	\$65
03	M	6:45-7:30a	8/24-9/14	\$52

CIRCUIT STRENGTH TRAINING

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. (Stacey Stoner) SHMG

411306-01	W	7:30-8:30a	6/17-7/15	\$70
02	W	7:30-8:30a	7/22-8/19	\$70
03	W	7:30-8:30a	8/26-9/16	\$56



ADULT



Join our **Workout Crew**: Sign up for three of Stacey's classes (Choose from: HIIT Fitness, Circuit Training, Core/Balance, Bands/Tubes, Discover Bainbridge Social Runs) and receive a 15% discount on them. For more information contact Julie Miller at julie@biparks.org.

PERSONAL TRAINING/HEALTH COACHING

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!



- 411307-01 Private Training: 1 hour = \$55
- 411307-02 Semi-Private Training: 1 hour 2-4 people = \$30 each
- 411301-03 Private Training: 5 pack of 1-hour sessions = \$261.25 (5% off)
- 411307-04 Private Training: 10 pack of 1-hour sessions = \$495 (10% off)
- 411307-05 Semi-Private Training: 5 pack of 1-hour sessions = \$142.50 each (5% off)
- 411307-06 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 min and an easy 10-12 min/mile pace. Robin Ballou is an ACE-certified personal trainer, group fitness leader and longtime runner. First class meets at lower Grand Forest parking lot on Miller Rd. Questions? Email her at rballou@johnlscott.com.



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|-----------|---|-------------|-----------|------|
| 411313-01 | W | 9:00-10:30a | 6/17-7/15 | \$67 |
| 02 | W | 9:00-10:30a | 7/22-8/19 | \$67 |

ZUMBA GOLD with Pamela

Energetic and fun workouts that aren't hard on your joints. Zumba Gold is designed for seniors and those just starting to dance. You'll get fitter, have a great time, and meet some of the most fun people on the island! There's a spot saved for you so come on over! The only prerequisite is that you want to have fun! \$10 drop-in. Questions? pmccann@ix.netcom.com (McCann) ICH

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|-----------|----|-------------|-----------|
| 411334-01 | MF | 9:30-10:30a | 6/15-8/28 |
| 02 | T | 5:00-6:00p | 6/16-8/25 |

\$65 for 10-class pass



ZUMBA with TIFFANY and SARAH



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

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|-----------|----|---------------|-----------|
| 411319-01 | MW | 7:00-8:00p | 6/15-8/26 |
| 02 | Su | 11:00a-12:00p | 6/21-8/30 |

\$85 for 10-class pass / \$12 drop-in





ADULT

MORNING EXERCISE with Eileen Magnuson

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. Classes held at the SHP Mini-gym. 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

466425-01 TTh 8:45-9:45a 6/2-8/11



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

466426-01 MWF 9:00-10:00a 6/1-8/10

T'AI CHI CHIH LESSONS with Eileen Magnuson

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. Eileen Magnuson instructs. NOTE: This class is sequential, weekly attendance is required for greatest success. Limited to 8 participants. For more information, or to register with Sue Barrington call 206-842-2306 x140. SHMG

466422-01 M 10:30-11:30a 6/15-8/3 \$65



T'AI CHI CHUAN: THE WAY with Caylen Storm

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. For more information, or to register with Sue Barrington call 206-842-2306 x140.

466448-01	T	10-11:30a	6/23-8/25	ICH	\$90 per 10-week pass
02	T	10-11:30a	6/23-8/25	ICH	\$50 per 5-week pass
03	T	10-11:30a	6/23-8/25	ICH	\$12 drop-in

WALK WITH EASE with Sue Barrington **NEW!**

We're now one of just a few Park Districts throughout the country who have been chosen to offer this nationally-certified, evidence-based class. This multi-component, low-impact 6-week walking program teaches people how to safely and comfortably incorporate physical activity into their everyday lifestyle. For everyone who's

more sedentary than they'd like to be, this program has been proven to be effective at improving health and overall quality of life. Let's get moving! SHMG

466444-02	T-Th	10:15-11:15a	5/19-6/25	\$40*
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(Full scholarships available)

03	T-Th	10:15-11:15a	7/7-8/13	\$40*
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(Full scholarships available)



INTERNSHIP PROGRAM

Interested in a fall Internship? Our application deadline is May 15, 2020! An internship with the Bainbridge Island Metropolitan Park & Recreation District offers a terrific opportunity to gain practical work experience and to turn collegiate knowledge into real, tangible, positive impacts on the community. From Marketing and Special Events to Planning and Park Maintenance, our program provides a wide variety of experiences available to interested persons. To apply please see the Park District website: biparks.org/internships/

ADULT



WALK ON THE WILD SIDE with Christina Doherty



Bainbridge is host to an amazing assortment of parklands, each with its own unique ecosystem, supporting a variety of life. Come along with us and gain some new perspectives on our parks as habitat for a variety of flora and fauna. Each spotlight walk is led by the effervescent island naturalist, Christina Doherty, who is also a Certified Interpretive Guide. This

is NOT just another walk in the woods—it's a fun-filled adventure full of discovery, science, and laughter for lifelong learners of all ages. Pick your favorite park/trail or join us for all three for a variety of landscapes and exploration.

Blakely Harbor Park — Family

466445-01 Sa 10:00a-12:00p 7/11 \$10
(children aged 10+ additional \$10 each)

*Meets at the Blakely Harbor parking lot off Blakely Avenue

This program coincides with a -2.6 low tide – Christina, a certified beach naturalist, will highlight marine ecology!

Grand Forest West — Adult

466445-02 Sa 9:00-11:00a 7/18 \$10

*Meets at the Grand Forest West parking lot off Miller Road

Fort Ward Park — Adult

466445-03 M 9:00-11:00a 8/10 \$10

*Meets at the Upper Fort Ward parking lot off Fort Ward Hill. Cross street is Belfair.

YOGA

YOGA WITH JOTI CHANDRA KAUR



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



411207-01	Th	10:00-11:30a	6/18-7/16	\$110^
02	M	12:30-2:00p	6/22-7/20	\$110^
03	Th	10:00-11:30a	7/23-8/20	\$110^
04	M	12:30-2:00p	7/27-8/24	\$110^

^or purchase a yoga ticket book



YOGA REGISTRATION OPTIONS

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

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

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

WALKING GROUPS



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 or Wednesday

411910-01	T	9:00-11:00a	6/23-8/25	\$38
02	W	9:00-11:00a	6/24-8/26	\$38

Sunday

411912-01	Tu	9:00-11:00a	6/21-8/23	\$38
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2-MILE WALKS

Flatter roads and trails of Bainbridge. Nice easy pace.

411911-01	Th	9:00-10:15a	6/25-8/27	\$33
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WALKS WITH THE 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. First Sunday of each month.

411915-01	Su	10:00a-12:00p	7/5, 8/2, 9/6	Free
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ADULT

WHEELS IN THE WOODS

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 work 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 parks 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.



COED 50+ SOFTBALL

Ages 50 and up. No experience necessary. All levels of players welcome! Practices start in April and go through the end of September. Several games against other teams will be played throughout the season. You must register before playing. Questions? Contact Julie at 206-842-2306 #114 or julie@biparks.org. BPP 113701-01 TF 10:00a-12:00p \$55

TEAM SPORTS

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



MEN'S RECREATIONAL SOFTBALL LEAGUE

Ages 18 and up. 10-12 game regular season plus at least 1 game in our end-of-season tournament. ASA rules will be used, except where noted. For complete list of rules contact us. Season runs roughly June 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 6:15, 7:30p BPP 113702-01 MTh 6/1-8/13 \$700



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 #114 or julie@biparks.org. BPP Turf Fields 113705-01 TTh 4/7-9/24 10:00a-12:00p \$55