



Recreation CONNECTION

FALL 2022

REGISTRATION BEGINS
AUGUST 13, 9:30am for residents only
AUGUST 14, 9:30am for non-residents

SEE REGISTRATION INFO 71
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Dear Island Residents,

We strive to make recreation accessible for all, regardless of ability or socioeconomic status. We believe that people of all abilities can and should have the opportunity to recreate together. For many years, we have worked diligently to expand our financial assistance programs. There are two ways to take advantage of our financial assistance programs. One option is to visit Helpline House to be screened for financial assistance vouchers subsidized by the Park District. The Park District also funds enrollment for people who qualify for Individual and Family Services waivers issued by the Department of Social and Health Services. The Park District attempts to make reasonable accommodations to policies, procedures, and programs to accommodate everyone's ability to participate in activities, programs, and services. For more information on these programs, please read page 6 of this catalog, or visit www.biparks.org/financial-assistance/ and www.biparks.org/inclusion-accessibility/.

Want to enjoy a getaway without leaving the island? Construction on Cabin 4 at Fay Bainbridge Park was completed this summer, and it is now available for rent along with cabins 1-3. Cabin 5 is currently under construction and will be available for rent later this fall. These cabins are perfect for out-of-town guests or a leisurely staycation.

Projects at Strawberry Hill Park are rolling along! The conceptual plan for Strawberry Hill Park is underway, with Askura Robinson LLC planning a comprehensive park layout. The layout will include new and renovated elements, such as an expanded dog park. The skate park renovation committee is reviewing the preliminary plan and is set to adopt a layout in August. The bike park committee is working with Evergreen Mountain Bike Alliance to scout potential trail routes this summer, hoping to adopt a design by the end of the year.

Trails Crew and Student Conservation Corps are working to improve island parks and trails throughout the summer. We are excited to have returned both programs to pre-pandemic staffing levels.

Thank you for your continued support, and let's have a great fall!



Warmly,

Terry Lande, Executive Director

Bainbridge Island Metro Park & Recreation District Presents:

Haunted Hayride

at Battle Point Park

Tuesday
Wednesday
Thursday

October 25-27

5:30-9:00pm

\$11 per person • Registration Required

Activity #541013

***We're back
in the hay this year!***
Ride on covered hay wagons
through the haunted
pumpkin-lined trails of
Battle Point Park, where
not-too-spooky characters and
displays emerge from the
shadows.



Bainbridge Island
Metro Park & Recreation District

biparks.org
206-842-2302

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REFUND POLICY

Refunds will be in the form of a credit to your household account unless you request a check.

- Programs canceled by the Park District will receive a full refund.
- Refunds will not be granted for requests made after the program is over even with a doctor's note.

Unless a doctor's note is received, the following refund policy applies:

- Requests made 7 days or more prior to start of the program will receive a full refund less a \$10 service charge. The seven-day period does not include the day the class begins (i.e. the seventh day is the day before the class starts). Counting backwards to the first day, a refund request must be received no later than midnight before the first day of the seven-day period.
- No refunds will be granted if requests are received less than 7 days before the start of the program.
- No refunds will be granted if requests are made once the program has started.

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Policy and Holiday Closures,
please see page 70**

Aquatic Center/Customer Service
206-842-2302

HOW TO REGISTER

**REGISTRATION DATES: Saturday, August 13 @ 9:30a for residents
Sunday, August 14 @ 9:30a for non-residents**



ONLINE AT BIPARKS.ORG

Register for activities online any time of day after registration opens. Registration is processed immediately, and you can print your confirmation form and receipt. Online registration is by far the best way of getting the classes you want. You will need your username and password to register. If you can't remember them, call the Customer Service desk at least a day before registration begins at 206-842-2302.



MAIL-IN

Mail your completed registration form on the back page of the catalog and payment by check to the address listed below. All mail-in registrations forms will not be entered into the system until 9:30am on the posted registration date.

Attn: Rec Dept Registration
BI Metro Park & Recreation District
11700 NE Meadowmeer Circle
Bainbridge Island, WA 98110



PHONE IN

Give us a call at (206) 842-2302

Please note on registration day, we do experience high volumes of calls. Please be patient with the customer service staff.

Non Resident Participants: We welcome non-residents to participate in our programs. A non-resident fee of \$6 will apply to each class.

Sales Tax: Activities that are taxable have the % symbol next to the description. Unless stated otherwise, price listed does not include sales tax which will be added at the time of payment.

FINANCIAL ASSISTANCE

BIMPRD Program Discounts: The Park District partners with Helpline House to make participation in our programs accessible to Island residents with limited resources. Full or partial fee waivers are available for most Park District recreation and aquatic classes for qualified families and individuals. To apply, contact Helpline House at 206-842-7621.

DSHS Services/Assistance: The Park District has contracted with the DDA and DSHS to provide financial assistance to those who are enrolled in WA State IFS, Basic Plus or Core Waiver programs. Please see our website for details or contact Bryan Garoutte at bryan@biparks.org.

For either assistance programs, please give at least one week advance notice to the case manager so they can process the request before registration. Most programs take one to two weeks, depending on the program or activity.

INCLUSION/ACCESSIBILITY TO PROGRAMS & FACILITIES

The Park District strives to provide opportunities for people of all abilities to participate and interact in recreational activities with dignity. To that end, the Park District attempts to make reasonable accommodations to policies, procedures and programs to assist those with special needs to participate in Park District activities, programs and services. Although the Park District will make every reasonable effort to meet specific needs, unfortunately not all accommodation requests can be granted. Each request is evaluated by the Park District on a case-by-case basis.

How to get started:

- Register for the classes/activities in which you want to participate. Please ensure that you meet the general class requirement to register for the course/activity. For example: you are the appropriate age and meet the prerequisites.
- Immediately after registering, contact the ADA Coordinator to request an accommodation. The Park District **requests two weeks' notice** prior to the first activity date to determine whether reasonable accommodation is possible.

ADA Coordinator: Mark Benishek at (206) 842-5661 #116 or mbenishek@biparks.org



It'll have its ups and downs.

And if you're looking for fun (and maybe a little challenge) at the bike park, that's just what you want.

You'll find peaks, valleys and everything in between at Strawberry Hill Bike Park, a project of the Bainbridge Island Parks & Trails Foundation and Bainbridge Metro Parks.

Planned for Strawberry Hill Park's rolling Hayashida addition, the Bike Park will have looping, forested trails with berms, jumps and more than 70 feet of elevation gain. Chug your way to the top, zoom to the bottom, then gear down and do it again.

Not so thrilled by the hill? The Bike Park will have a special skill-building area for younger or less adventurous riders.

Our design partners at Evergreen Mountain Bike Alliance will make this one of the area's premier parks, welcoming to all.

We'll begin fundraising later this year, as the bike park design takes shape. But don't wait to get involved – sign up to receive project updates or join the campaign.

Strawberry Hill Bike Park is coming. Get ready for a great ride.

biparksfoundation.org/bikepark





Where ‘sick’ is a good thing.

Count on youth slang to evolve from one generation to the next. “Cool” still seems to be cool, but around the skatepark, yesterday’s “rad” is today’s “sick.” And that’s cool (we think).

The Bainbridge Island Parks & Trails Foundation and Bainbridge Metro Parks are teaming up to bring an expanded skatepark to Strawberry Hill Park.

The park is being designed for users of all ages and skill levels – challenging for experienced riders, but welcoming to those just starting out, too. Skateboarders, roller and inline skaters, even scooter-ers will

find “street skate” features like ramps, rails, stairs and plaza-like spaces, typical of a free-flowing, urban skating environment.

Our design partners Grindline Skateparks are building on the 20-year success of Strawberry Hill’s original skate bowl (it’s part of the plan too), still renowned as one of the finest in the Northwest.

We’ll begin fundraising later this year, as the skatepark design take shape. But don’t wait to get involved – sign up to receive project updates or join the campaign.

Strawberry Hill Skatepark. It’s going to be totally ... great.

biparksfoundation.org/skatepark



STAFF SPOTLIGHT

The Bainbridge Island Metro Park & Recreation District believes that employees and community partners are some of our most valuable resources. The meaningful work and outstanding commitments demonstrated by these people highlight what makes our Park District such an outstanding community asset.



LYDIA ROUSH

Natural Resource Manager

CAN YOU TELL US ABOUT YOUR EDUCATION AND BACKGROUND?

I have a Master of Environmental Science from Baylor University in Environmental Studies and a Bachelor of Science from Gordon College in Biology, focusing on Marine Biology. I was awarded the 2020 C. Gus Glasscock, Jr. Endowed Fund of Excellence in Environmental Science, the 2014 University-National Oceanographic Laboratory Systems Young Scientist Award, and was a 2013 Sigma Xi Research Fellow. Throughout my career, I have been lucky to work with various ecosystems and species, including tall grass and coastal prairies, oak savannahs and deciduous woodlands, freshwater rivers and watersheds, orcas, deep-sea coral reef communities, and migratory warblers.

WHAT ARE THE FOCUS AREAS IN YOUR NEW ROLE AS NATURAL RESOURCE MANAGER?

During my first week on the job, Park Services Division Director Dan Hamlin and I sat down and hashed out our priorities for the Natural Resources Manager position. Together, we decided wildfire mitigation, supporting and improving forest health, and promoting sustainable engagement between our forests and the community were our top priorities. Over the last three months, I have met with Deputy Chief Jarred Moravec of BIFD to discuss wildfire mitigation on Bainbridge Island. I have also used GIS to help identify priority areas for fire mitigation management practices to begin. I have invited several neighborhood and regional experts to walk our forests to gain additional perspectives. Everyone sees a forest differently, and I have enjoyed hearing everyone's unique views and management recommendations. Bainbridge Islanders love their forests, and the Park District's job is to facilitate opportunities for park visitors to understand and engage with our landscape in a meaningful way. I have collaborated with our fantastic Art & Marketing Department to launch the "We Love Healthy Forests" educational campaign. We are sharing educational information on forests and our management techniques with the community via our website and social media pages. We also hope to supply pop-up educational opportunities coming soon! Keep an eye on our website to learn more about ongoing and on-deck projects at Moritani Preserve and Strawberry Hill Bike Park!

WHAT MAKES A HEALTHY FOREST?

That is a complicated question that depends on each forest and the landowner's management goals. For the Park District, there are general parameters I use to gauge forest health:

Structural Diversity — Having well-developed understory, midstory, and overstory

Biodiversity — The variety of life that lives in our forest ecosystem

Stand Density — Measuring the number of trees per unit area to give trees growing space to thrive

Tree Health — Analyzing pockets of disease, drought stress, insect damage, and other factors

Ideally, our forests are healthy enough to support the variety of life that depend on them for survival – including ourselves.

WHAT IS BIOLOGICAL DIVERSITY, AND WHY IS IT IMPORTANT?

Biodiversity is the variety of life in a given area. Plants, animals, and people. Living things, including ourselves, are intertwined with all the other living beings in the world. It is like cogs in a machine; each cog is essential to keep the engine running smoothly. The machine cannot function correctly if we lose a cog, even a tiny one. As biodiversity is lost, all life's chances of survival decrease. High biodiversity is a buffer that keeps us and the rest of the living world from harm. It builds in resiliency and ensures natural functions like pollination or air purification are preserved. As we lose biodiversity, that protective buffer gets smaller and smaller, and we lose the resiliency needed to maintain ecosystem function.

WHAT ARE THE BIGGEST THREATS TO CREATING AND MAINTAINING HEALTHY FORESTS ON OUR ISLAND, AND WHAT IS OUR RESPONSIBILITY TO OUR FORESTS?

Urban development and climate change. We depend on forests for so many things – clean air, clean water, erosion control, carbon sequestration, shade, food, habitat, and shelter; because we depend so heavily on the services forests provide, we also have an obligation to manage our forests responsibly. Humans have highly altered our forests. We have reduced their extent, increased fragmentation between forests and edges around forests, used them as dumps, changed their hydrologic regimes, and, most significantly, produced enough carbon to alter the climate. If we want our forests to persist, we must care about them and help them overcome these human-created challenges. The Park District created my position to do just that — to develop management plans to help our forests cope with these anthropogenic influences and protect them for years to come.

LOVE HEALTHY FORESTS?

We do, too!

To learn more about Lydia and preserving our island’s precious natural resources, visit www.biparks.org/natural-resources/





Just add trails.

The mark is new, but we've been doing great things for trails all along.

Whether you hike Blakely Hill Trails for fun or ride the STO greenway into town – or walk the many connectors that we're helping to build islandwide – you know trails connect community.

Our new name – Bainbridge Island Parks & Trails Foundation – affirms our commitment to an island where ample public trails link neighborhoods, parks, schools, culture and commerce, open and welcoming to all.



BAINBRIDGE ISLAND

PARKS & TRAILS
FOUNDATION

biparksfoundation.org/trails



AFTER-SCHOOL & NO-SCHOOL FUN

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."

ALL-DAY EXPLORER CAMPS!

Ages 6-10 | Grades 1-5 | When school is out, EXPLORER CAMP is in! The Park District offers families an all-day recreational option for those long out-of-school days. With various fun, interactive, and educational themes, kids will be excited to share what they've been up to. Our All-Day Explorers enjoy daily group games, sports and fitness, hands-on science, the arts, crafts, and individual free-choice activities. Campers also explore their community through field trips, special guests, and group projects. Older Explorers enjoy some perks of being a "Junior Leader," such as more intricate art and craft projects, larger snacks, and additional mentor duties. Two snacks are provided each day. Explorer Camp is held both indoors and out, weather permitting. Join us for safe, supervised, and memorable camp experiences. AQ

Flexible Drop-off between 7:30-9:00a
Structured Camp activities from 9:00a-4:00p
Flexible Pickup between 4:00-5:30p

CONFERENCE DAY EXPLORERS: Exploring Costumes!

Explore the world of make-believe in this two-day BISD fall conference week camp! Learn some easy tricks of (washable) make-up, how to create ghost effects, and more, then collaborate with fellow Explorers on a costume parade. Enjoy a swim and photo shoot as a mer-person! Experiment with fluorescent coloring under blacklight! Play banana soccer while pretending to be monkeys! Not sure what you want to "be" for this harvest season? Come to camp, and we'll help. AQ

500101-01	Th-F	7:30a-5:30p	10/27-10/28	\$190
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WINTER BREAK EXPLORERS: Exploring Holidays Around the World!

Explore winter holiday traditions around the world! Learn how to play Dreidel for chocolate coins and why leave grass in your shoes out for La Befana's donkey. From indoor games and crafting gifts to traditional snacks and wonderful legends, it will be a globe-trotting whirlwind of a short four-day week! AQ



500101-04	M-Th	7:30a-5:30p	12/19-12/22	\$315
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ISLAND EXPLORATIONS:

New Year, Aloha!

Aloha! can mean both "goodbye" and "hello" — perfect for the new year. It may be cold outside, but Explorer base camp is warm and decorated for the tropics. Enjoy island-inspired snacks and activities as we say goodbye to 2022 and welcome 2023. Wear your best flowered print and join us for a short four-day week of winter break fun, island-style. AQ

500101-05	T-F	7:30a-5:30p	12/27-12/30	\$315
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NO-SCHOOL DAYS

CONFERENCE DAY GAMES FEST & CHESS TOURNAMENT

Ages 5-12. Students will sharpen thinking skills through learning and play, including educational Mensa games, chess, cards, and other strategic thinking fun! The festival day includes supervised outdoor breaks, group lessons, and plenty of playing time with lots of opportunities for one-on-one instruction. Includes optional chess tournament with other players of similar ability. SHC

CONTRACTOR

570252-28	Th	9:30a-3:30p	10/27	\$50
29	Th	9:30a-3:30p	10/27	\$30*

*Discounted fee for additional sibling

KIDS COOKIE KITCHEN



Ages 8-14. Serious budding pastry chefs can spend an afternoon learning cookie art and decorating some amazing holiday cookies! Cookies are pre-baked so kids can focus on practicing embellishment. Includes several cookie cutters to keep. Best of all, some of the samples might even make it home. These classes have been perfectly planned to allow you plenty of time to create beautiful cookies in time for your gatherings or gift-giving.

SPOOKY COOKIES!

Whether beautifully detailed leaves or glassy zombie eyeballs are your style, there will be delicious, creepy fun and skill-building for everyone in the Strawberry Hill kitchen. Kristin Raught instructs. SHC

570248-01	Sa	1:00-4:00p	10/22	\$45
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HOLIDAY COOKIES!

Detailed sparkly snowflakes, glassy ornaments, weirdly playful gingerbread people, and more are in store in this fun pre-winter break workshop!

570248-03	Sa	1:00-4:00p	12/10	\$45
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AFTER-SCHOOL & NO-SCHOOL FUN



KIDS CAN COOK!

Ages 5-12. Young people can join author and nutritionist Cait James in the kitchen for a fun, hands-on lessons in healthier food choices and preparation. When kids are ready to discover the independence of making their snacks, meals, and treats, they are prepared to be in the kitchen with Cait where Kids Can Cook!

Kids' Healthy Holiday Baking Class

This class will provide quick and easy (and tasty!) healthy substitutions for holiday baking! We will bake cookies, bars, and quick breads, so there will be something for everyone. Recipes are provided so kids can continue baking at home.

570249-04 Sa 9:30-11:30a 12/3 \$50

DECEMBER GAMES FEST & CHESS TOURNAMENT

Ages 5-12. Students will sharpen thinking skills through learning and play, including educational Mensa games, chess, cards, and other strategic thinking fun! The festival day includes supervised outdoor breaks, group lessons, and plenty of playing time with lots of opportunities for one-on-one instruction. Includes optional chess tournament with other players of similar ability. Parents can use this time to do some holiday preparations. SHC **CONTRACTOR**

570252-23 Su 9:30a-3:30p 12/11 \$50
24 Su 9:30a-3:30p 12/11 \$30*

*discounted fee for additional sibling

NO-SCHOOL CAMPS AT BIRC **NEW!**

MINI CAMPS

Ages 5-8. Our mini-camps are designed for younger campers. Shorter days, age-appropriate sports and activities, crafts, downtime, and more. BIRC

DAY CAMPS

Ages 9-12. A fun day of no school is planned at the Recreation Center. Sports, activities, a dash of crafts, and more. BIRC

First price is for members. Second price is for non-members and non-residents.

CONFERENCE DAYS

Mini

511502-01 Th-F 9:00a-12:00p 10/27-10/28 \$75/\$100

Day

511502-02 Th-F 9:00a-2:00p 10/27-10/28 \$120/\$160

VETERANS DAY

Mini

511501-01 F 9:00a-12:00p 11/11 \$50/\$65

Day

511501-02 F 9:00a-2:00p 11/11 \$75/\$98

THANKSGIVING BREAK

Mini

511503-01 W 9:00a-12:00p 11/23 \$50/\$65

02 F 9:00a-12:00p 11/25 \$50/\$65

Day

511503-03 W 9:00a-2:00p 11/23 \$75/\$98

04 F 9:00a-2:00p 11/25 \$75/\$98

WINTER BREAK

Mini Week 1

511504-01 M-Th 9:00a-12:00p 12/19-12/22 \$145/\$190

Day Week 1

511504-02 M-Th 9:00a-2:00p 12/19-12/22 \$240/\$315

Mini Week 2

511504-03 M-Th 9:00a-12:00p 12/26-12/29 \$145/\$190

Day Week 2

511504-04 M-Th 9:00a-2:00p 12/26-12/29 \$240/\$315

EARLY RELEASE

CHESS & STRATEGY GAME CLUBS FOR GRADES K-8

Chess fosters critical thinking, problem-solving, self-control, sportsmanship, and patience. Strategy games (many from Mensa) offer various color choices for team and solo play. These longer early-release day clubs include a supervised outdoor break, a group lesson, plenty of practice time, and one-on-one instruction with Coach Mark Cohen. AQ **CONTRACTOR**

MONDAY ELEMENTARY BLACK KNIGHTS

For grades K-4

570253-10 M 12:50-2:40p 9/19-10/24 \$120
12 M 12:50-2:40p 11/7-12/5 \$100*

MONDAY ISLAND-WIDE BLACK KNIGHTS **NEW!**

For grades K-8 from any school or homeschool

570253-11 M 3:10-4:50p 9/19-10/24 \$120
13 M 3:10-4:50p 11/7-12/5 \$100*

*fee indicates the five-week session

AFTER SCHOOL AT THE SCHOOLS

CHESS & GAME CLUBS FOR GRADES K-4*

It's time to get back to in-person play! Chess fosters social interaction, critical thinking, problem-solving, self-control, sportsmanship, and patience. Clubs include a supervised outdoor break, group lesson, plenty of practice time, and one-on-one instruction with Bainbridge Black Knights Coach Mark Cohen. **CONTRACTOR**

BLAKELY BLACK KNIGHTS

570250-01 T 2:20-4:00p 9/20-10/25 \$120
06 T 2:20-4:00p 11/1-12/6 \$120

WILKES BLACK KNIGHTS

570250-04 W 2:20-4:00p 9/21-10/26 \$120
09 W 2:20-4:00p 11/2-12/7** \$100

** No club 11/23

*Ordway, Odyssey, Sakai, and homeschool students, please also see Monday and Thursday club listings





AFTER-SCHOOL & NO-SCHOOL FUN

YOUTH ORCHESTRA BEGINNING STRINGS I at Ordway for grades 2-4 **NEW!**

Do you like the silky-smooth sound of string music? Introduce the lifelong gift of playing an instrument to your child early! This class, sponsored by the Bainbridge Island Youth Orchestra, will explore the essential beginning steps to playing the violin, viola, or cello. Under the guidance of experienced teachers Priscilla Jones and Colleen Walden, students will learn how to make beautiful sounds in a group setting. With some individual home practice, new players will play a song or two at the end-of-term concert! The Park District is proud to offer a simple, accessible music lesson option for young string players and their families. Students are responsible for providing their instruments; instruments may be rented from Kids In Concert (KIC) at kickirsten@gmail.com. For further inquiries, please email contact@biyo.us. This long-term class runs through mid-January 2023 and will be followed by Beginning Strings II into the Spring. **CONTRACTOR**

Violin

570292-10 TTh 3:00-4:00p 10/4-1/19/23** \$450

Viola

570292-10 TTh 3:00-4:00p 10/4-1/19/23** \$450

Cello

570292-10 TTh 3:00-4:00p 10/4-1/19/23** \$450

**No class 10/27, 11/22-24, or 1/3/23



THEATRE AT WOODWARD FOR GRADES 4-7



Fall Show "Folk Tales for Fun" by Carlos Perez

Let the Navigator from Folks Tales for Fun take you on a magnificent tour of Germany, Egypt, Turkey, Liberia, and more with entertaining, universal folk tales both new and familiar. You'll discover how we have more in common with people from other countries than most people realize. In-class production will be shared at the 18-session, nine-week course conclusion: Thursday, 12/8. Students older than grade 7 may volunteer as assistants. Contact Shannon Buxton at shannon@biparks.org

570290-01 TTh 3:30-5:00p 9/22-12/8** \$205*

* Additional \$11.50 script/royalty fee payable to instructor at first class meeting.

**No class 10/27, 11/8, 11/10, 11/22-24

AFTER SCHOOL, OTHER PLACES



THURSDAY CHESS & STRATEGY GAME CLUB FOR GRADES K-6 **NEW!**

By popular request, a multi-grade chess club has been added! This Thursday club will start with snack time to give all players time to arrive before the group lesson, plenty of practice time, and one-on-one instruction with Coach Mark Cohen.

AO **CONTRACTOR**

THURSDAY BLACK KNIGHTS

570251-01	Th	2:20-4:00p	9/22-10/20	\$100
02	Th	2:20-4:00p	11/3-12/8	\$100*

*No class 11/24

SEWING CIRCLES FOR GRADES 3-5

Beginning and experienced sewers will have fun learning about machine and hand sewing through practice, creative projects, pattern creation, and items to keep or share! Includes simple machines and all tools. SHC

Beginner

570220-03 T 4:00-5:30p
9/20-10/18 \$110

Experienced

570220-05 T 4:00-5:30p
11/8-12/13* \$110

*No class 11/22



PROGRAMS FOR TEENS AGES 13-17

YOUTH



WHAT ARE CONTRACTOR CLASSES?

These are programs/activities which the Park District contracts to provide instructional services through an agreement with a private business. Contractors are responsible for their own employees, class curriculum, insurance and license requirements, and other conditions the Park District may stipulate. Contractor classes are clearly marked in this catalog at the end of each class description with "CONTRACTOR."

SATURDAY CROSS STITCH FUN **NEW!**

Ages 9-16. Spend a Saturday learning needle skills for cross stitching! From ready-made kits to your awesome designs, cross stitch is a versatile life-long skill and great for gift-making. Give it a try! The day will include outdoor breaks and time for lunch. All supplies included. SHC

570220-11 Sa 10:00a-1:00p 12/3 \$45

PRESCHOOL

LADYBUG NATURE WALKS

Ages 2-4 with an adult. Grab your boots, bundle up and go outside! Preschoolers and their adult will explore seasonal changes around Bainbridge Island's natural world. Each walk is led by Park District staff, with a story, interpretive activities, and something created together to take home. Walks meet at various parks and last one hour.

AUTUMN RAINBOW

Meet for a colorful meadow stroll through nature's rainbow of fall colors! HT

571801-01 F 10:00-11:00a 9/16 \$20/pair

BRIDGES & BEACHES! **NEW!**

Gather for bridge fun and beach curiosities along loop trails and low tide at Blakely Harbor Park!

571802-08 F 10:00-11:00a 10/7 \$20/pair

SO MANY, MANY MUSHROOMS

Join us to discover what's going on with all these fall mushrooms! Picnic shelter SHP

571803-03 F 10:00-11:00a 11/4 \$20/pair



COOKING

KIDS COOKIE KITCHEN

Ages 8-14. Serious budding pastry chefs can spend an afternoon learning cookie art and decorating some amazing holiday cookies! Cookies are pre-baked so kids can focus on practicing embellishment. Includes several cookie cutters to keep. Best of all, some of the samples might even make it home. These classes have been perfectly planned to allow you plenty of time to create beautiful cookies in time for your gatherings or gift-giving.

SPOOKY COOKIES!

Whether beautifully detailed leaves or glassy zombie eyeballs are your style, there will be delicious creepy fun and skill-building for everyone in the Strawberry Hill Center kitchen. Kristin Raught instructs. SHC

570248-01 Sa 1:00-4:00p 10/22 \$45

HOLIDAY COOKIES!

Detailed sparkly snowflakes, glassy ornaments, weirdly playful gingerbread people, and more are in store in this fun pre-winter break workshop!

570248-03 Sa 1:00-4:00p 12/10 \$45



ARTS, CRAFTS & MORE

ELVES GIFT WORKSHOP!

Ages 8-12. This whimsical workshop is a wonderful opportunity for kids to create gifts for the special people in their lives in honor of whichever winter holiday they celebrate (or don't). Busy young crafters will choose four to six fun projects, including wrapping and cards, enjoy warm beverages and game breaks, and have fun in the classroom and cabin of the Yeomalt Forest. Time will fly by as we work our gifting magic. CY

570257-05 Sa 1:00-4:00p 11/19 \$60



KIDS CAN COOK!

Ages 5-12. Young people can join author and nutritionist Cait James in the kitchen for a fun, hands-on lesson on healthier food choices and preparation. When kids discover the independence of making their own snacks, meals, and treats, they are ready to be in the kitchen with Cait where Kids Can Cook!

Kids' Healthy Holiday Baking Class

This class will provide some quick and easy (and tasty!) healthy substitutions for holiday baking! We will bake cookies, bars, and quick breads, so there will be something for everyone. Recipes are provided so kids can continue baking at home.

570249-04 Sa 9:30-11:30a 12/3 \$50



YOUTH

POTTERY

REMINDER: Young artists 16 and older may register for any adult class/workshop with instructor permission.

HAND-BUILDING POTTERY SAMPLER WORKSHOPS with Heather Polverino **NEW!**

Ages 7-15. A mix of instruction, tools, and techniques of coil, slab, and sculpture, along with imagination, will ensure the magic of the creative process and fun, finished pieces. These short-term seasonal workshops will focus on advanced skills and incredible variety. Due to the high demand for limited youth pottery spots, please choose one of the multiple sessions instead of several. ED

SPOOKY SEASON!

Get ready for the spooky season by making some frighteningly festive art! Use simple slab building and hand-building techniques to make pumpkin plates and spooky luminaries. Two days of making and one day of glazing, pick-up the following week. ED

Ages 7-9

522007-06	M	3:00-4:30p	9/12-9/26	\$60
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Ages 10-15

522007-07	T	4:00-5:45p	9/13-9/27	\$60
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AFTER SCHOOL BOYS LACROSSE

Grades K-6. This class is for beginners and those with experience. We aim to keep it fun and safe and build enthusiasm for the game. We'll work on skills, conditioning, teamwork, and play small, sided scrimmages. See page 22.

GNOVEMBER LEAVES!

Have you noticed that interesting leaves and gnomes are everywhere this time of year? Kids will learn basic hand-building and sculpture skills to craft whimsical clay gnomes for their home or garden. Older artists will learn the delicate art of leaf imprints for platters, pie plates, and more! This fun three-week class consists of two days of making and one day of glazing. ED

Ages 7-9

522007-08	M	3:00-4:30p	11/7-11/21	\$60
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Ages 10-15

522007-09	T	4:00-5:45p	10/18-11/8	\$60
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WINTER WEARABLES!

This multi-age class offers two weeks of creating ornaments and wearables, perfect for keeping or giving! "Cold finishing" will allow the projects to come home at the last class—no waiting for kiln firing. ED

Ages 7-12

522007-10	M	4:00-5:30p	11/28-12/5	\$40
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YOUTH WHEEL-THROWN POTTERY

Ages 9-13. Youth throwing classes focus on wheel techniques as well as the development of form by combining thrown pieces with hand-built parts. A variety of glazing techniques are used, including decorative brushwork. ED

522008-01	M	5:00-6:30p	9/19-10/24	\$115
04	M	5:00-6:30p	11/7-12/12	\$115

YOUTH & TEEN CLAY CLUBS

Ages 10-15. For those creative youth who have taken past instruction at Eagle-dale Pottery Studio, have strong pottery skills and experience, and are ready to progress to independent supervised time in the pottery studio, the Youth Clay Club is a challenging alternative to a traditional weekly class. Elena Wendelyn and Heather Polverino share supervision. For safety reasons, please tie back long hair. Six weeks. ED

522015-10	Th	3:30-5:00p	9/15-10/20	\$110
17	Th	3:30-5:00p	10/27-12/8*	\$110
21	W	3:45-5:45p	9/14-9/28	\$75**
19	W	3:45-5:45p	10/19-11/30	\$110

*No club 11/24

**Fee reflects three-week mini session



YOUTH



PARENT-CHILD FRIDAY CLAY PLAY

Ages 5 and up with a parent. Taught by studio staff. Fun, creative two-afternoon workshops result in beautiful keepsakes and whimsical pieces. Simple guided projects and free play with clay will make giggles and memories! No previous clay is experience needed! ED

Fun with Leaves!

522009-03 F 3:30-5:00p 10/21 and 11/4 \$40

Fun with Lanterns!

522009-05 F 3:30-5:00p 9/23 and 10/7 \$40

Fun with Snowflakes!

522009-06 F 3:30-5:00p 11/18 and 12/2 \$40

Scout Group Badge Visits

If you've got a Scout or youth group looking for a fun and exciting experience, we have staff who will facilitate a tour and workshop! A fee of \$200 covers 12 youth for two 2½ hour classes and all supplies. We've done our homework on what Scout groups of all ages need for their recognition, and we would love to help your group earn the following badge or patch! By arrangement, please contact shannon@biparks.org.

School Group Clay Experiences

With prior approval, small school groups may purchase cone-6 studio clay and schedule firing time to create a pottery experience in their classroom, guided by a designated adult at that school. Price varies according to group and project size; please contact shannon@biparks.org.

WRITING

CREATIVE WRITING WORKSHOP

Ages 8-12. In this six-week fall workshop, young writers will have time and space to delve into their creative writing. We'll invent our plots and characters while learning how to craft a story. We'll go from ideas in our heads to sentences on the page. We'll explore heroes and villains, look at examples of good writing, and have fun with words. Writers may also share their work in the Author Circle for peer feedback. Author and instructor Margaret Nevinski shares her expertise and meets with writers individually. All writing levels are welcome! SHC

570502-01 W 4:00-6:00p 10/5-11/16* \$98

*No class 11/2



TEEN CREATIVE WRITING RETREAT



Ages 12-15. Spend a Saturday with your fellow teen writers at the beautiful Hill-top Meadow. You'll have time to explore ideas, start something new, or keep going on a current project. Whether you're working on a story, novel, poetry, script, short fiction, or "don't know yet," we'll trade craft tips and share our work (if you'd like) among a supportive, encouraging group. Author and instructor Margaret Nevinski will meet one-on-one with writers and answer publishing questions. All genres and levels are welcome. Join us for a burst of fall inspiration. HT 570501-01 S 11:00a-3:00p 10/15 \$60

PLEASE ALSO SEE YOUTH SEWING CLASSES PAGE 13.

GYMNASTICS

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

SESSION I:

SEPTEMBER 12-OCTOBER 15 (FIVE WEEKS)

SESSION II:

OCTOBER 17-NOVEMBER 19 (FIVE WEEKS)

*NO CLASSES HELD: November 11

*NO EVENING CLASSES HELD: October 31

*NO EVENING CLASSES HELD AT TRANSMITTER BUILDING:
October 24, 26, 31

SESSION III:

NOVEMBER 28-DECEMBER 17 (THREE WEEKS)

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

DIRECTIONS TO THE TRANSMITTER BUILDING

From Winslow, drive north on SR-305. Turn left on Day Road and stay left onto Miller. Follow Miller Road for about 1½ miles, then turn right on Arrow Point Drive. Continue on Arrow Point Drive until the entrance to Battle Point Park. Turn left into the park; the Transmitter Building will be directly ahead. Parking will be around the loop next to KidsUp! Playground.

LOCATION OF BHS GYMNASTICS ROOM

The Gymnastics Room is located directly across the parking lot from the pool back doors or in the back of the high school. PARKING for Gymnastics Room: Please use the pool parking area during day hours from 9:00a-3:00p and walk to the gym using the sidewalk west of the pool parking lot. Evening classes may use the parking area outside the Gymnastics Room. Parking is also available by the Commodore facility located on High School Road down the hill from the high



YOUTH

school reader board. Spectator seating area is on the balcony located at the back of the gym. Please use the south entrance to the gym, when possible, to help control the traffic flow in the gym. Be aware of the parking lot in the evenings; many cars drop off children at the Gymnastics Room or school events. These drive-through areas are congested, and drivers must be aware of other vehicles, especially pedestrians.

WARM-UPS

Warm-ups and essential skill repetitions are held during the first 10-15 minutes of class. These are important for the assurance of muscle safety and memory retention. Children must participate in these warm-up exercises to reduce the risk of injury. Please be fair to the other children, your child, and the instructor by arriving on time. Late Policy: If you find that you will be 10 minutes late for recreational classes, we ask that your child not participate that day. Please do not place our instructor in the situation of turning away your child for this reason. What to wear: Girls; leotard or one-piece bathing suit with or without shorts, hair up and jewelry off. Boys; shorts or sweats with a shirt, jewelry off. Please no buttons or zippers.

INDIVIDUALIZED INSTRUCTION

Special one-on-one instruction. Call the gymnastics department to request your lesson day/time and instructor at 206-842-2302 #126. Instructors will then call to give details and to arrange times.

COST: \$50/45 minutes for individual.

\$75/60 minutes for individual.

Add \$5 for an extra child from immediate family (one only).

GYMNASTICS PLAYTIME AT THE TRANSMITTER BUILDING

Ages 6 months-5. Give your little ones a chance to explore their proprioception in a padded indoor environment where they can jump and roll over mats, bounce on a trampoline, swing on bars, and move across balance beams. This is great for the children who are not quite ready for a fully structured class but still need an outlet for their explorative energy. A parent or guardian must attend with child(ren) with a max limit of two children per person. Gymnastics Playtime available Tuesday-Friday from 10:00-11:30a starting September 6.

Drop-in fee — \$10

5-visit punch card — \$40

10-visit punch card — \$80

Please comply with all the rules posted. This will keep the play area safe for all participants.

- **When you arrive, please check in with the gym supervisor**
- **Always keep within arm's reach of your child**
- **There is a limit of two children per adult**
- **No adults allowed on equipment**
- **All other rules are posted on a handout given to you and in the gym.**

EXTRA GYMNASTICS WORKOUT (OPEN GYM)

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

541500-01	Sa	9/17	2:30-4:00p	\$15
02	Sa	9/24	2:30-4:00p	\$15
03	Sa	10/1	2:30-4:00p	\$15
04	Sa	10/8	2:30-4:00p	\$15
05	Sa	10/15	2:30-4:00p	\$15
06	Sa	10/22	2:30-4:00p	\$15
07	Sa	10/29	2:30-4:00p	\$15
08	Sa	11/5	2:30-4:00p	\$15
09	Sa	11/12	2:30-4:00p	\$15
10	Sa	11/19	2:30-4:00p	\$15



WINTER BREAK MINI-CAMPS

TUMBLING CAMP

Ages 6-17. This camp offers the students opportunities to learn tumbling skills using the mini-tramp, tumble trak, and mats. Students will be introduced to various skills ranging from gymnastics base skills to dance, and street running/parkour tricking. BHS Gymnastics Room

541547-01	M-W	2:00-5:00p
12/27-12/29	\$143	



YOUTH



SPECIALITY CLASSES

Late Policy: If you find that you will be more than 10 minutes late for a class, we ask that your child(ren) not participate that day. Warm-ups and basic skill repetitions are held during the first 10 to 15 minutes of class. These are important for the assurance of muscle safety and memory retention. To reduce the risk of injury, it is essential that your child(ren) participate in these warm-up exercises. Please be fair to the other participants, your child(ren), and the instructor by arriving on time.

HANDSPRING & TUMBLING CLASS

Ages 6-17. This class will focus on back handsprings and front handsprings, along with other aspects of tumbling. Students will be taught how to do handsprings and other tumbling skills along with the drills, techniques, flexibility, and strength training to perform them properly. Transmitter Building

541545-01	Th	5:00-6:00p	9/15-10/13	\$109
02	Th	5:00-6:00p	10/20-11/17	\$109
03	Th	5:00-6:00p	12/1-12/15	\$73

PARKOUR/NINJA WARRIOR AGES 6-17

Ages 6-17. For female and male students who want to learn to run, leap, jump or flip off walls and navigate obstacle courses. Class will have some time outside working tricks (weather permitting). Transmitter Building; **classes held at BHS Gymnastics Room

541557-01	Th	6:15-7:15p	9/15-10/13	\$109
02	Sa**	11:00a-12:00p	9/17-10/15	\$109
04	Th	6:15-7:15p	10/20-11/17	\$109
05	Sa**	11:00a-12:00p	10/22-11/19	\$109
07	Th	6:15-7:15p	12/1-12/15	\$73
08	Sa**	11:00a-12:00p	12/3-12/17	\$73



PRESCHOOL & KINDER-AGE

Late Policy: If you find that you will be more than 10 minutes late for a class, we ask that your child(ren) not participate that day. Warm-ups and basic skill repetitions are held during the first 10 to 15 minutes of class. These are important for the assurance of muscle safety and memory retention. To reduce the risk of injury, it is essential that your child(ren) participate in these warm-up exercises. Please be fair to the other participants, your child(ren), and the instructor by arriving on time.

PRESCHOOL

Ages 3-4. Intro to gymnastics for both boys and girls. Skills taught include basic tumbling, uneven bar skills, balance beam, and vaulting techniques. Transmitter Building; **BHS Gymnastics Room

541505-01	W	12:00-12:45p	9/14-10/12	\$100
02	F	12:30-1:15p	9/16-10/14	\$100
03	Sa**	9:00-9:45a	9/17-10/15	\$100
04	W	12:00-12:45p	10/19-11/16	\$100
05	F	12:30-1:15p	10/21-11/18*	\$79
06	Sa**	9:00-9:45a	10/22-11/19	\$100

*No Class 11/11

07	W	12:00-12:45p	11/30-12/14	\$66
08	F	12:30-1:15p	12/2-12/16	\$66
09	Sa**	9:00-9:45a	12/3-12/17	\$66

FUN SIZE NINJAS

Ages 4-6. This class is for children interested in doing things like a Ninja Warrior. Students will be led through a various skills which will help them t through obstacle courses set up by the instructor. Each week will be a different course, with a different focus on each course. This class is for children to explore different ways to climb, jump, crawl, swing, balance—whatever it takes to get over, under, and around obstacles while having fun. Transmitter Building;

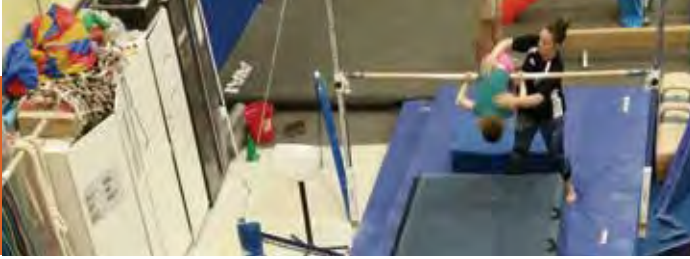


**BHS Gymnastics Room

541534-01	W	4:00-4:45p	9/14-10/12	\$100
02	Th	4:00-4:45p	9/15-10/13	\$100
03	Sa**	10:00-10:45a	9/17-10/15	\$100
04	W	4:00-4:45p	10/19-11/16*	\$79
05	Th	4:00-4:45p	10/20-11/17	\$100
06	Sa**	10:00-10:45a	10/22-11/19	\$100

*No Class 10/26

07	W	4:00-4:45p	11/30-12/14	\$66
08	Th	4:00-4:45p	12/1-12/15	\$66
09	Sa**	10:00-10:45a	12/3-12/17	\$66



YOUTH

BOYS ONLY KINDERGYM

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

541512-01	M	4:00-4:45p	9/12-10/10	\$100
02	M	4:00-4:45p	10/17-11/14*	\$79
03	M	4:00-4:45p	11/28-12/12	\$66

*No Class 10/31



KINDERGYM

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

541506-01	M	2:00-2:45p	9/12-10/10	\$100
02	M	4:00-4:45p	9/12-10/10	\$100
03	F	1:30-2:15p	9/16-10/14	\$100
04	Sa**	9:00-9:45a	9/17-10/15	\$100
05	M	2:00-2:45p	10/17-11/14*	\$79
06	M	4:00-4:45p	10/17-11/14*	\$79
07	F	1:30-2:15p	10/21-11/18*	\$79
08	Sa**	9:00-9:45a	10/22-11/19	\$100

*No Class 10/24, 11/11

09	M	2:00-2:45p	11/28-12/12	\$66
10	M	4:00-4:45p	11/28-12/12	\$66
11	F	1:30-2:15p	12/2-12/16	\$66
12	Sa**	9:00-9:45a	12/3-12/17	\$66

SCHOOL AGE (6-17 YEARS)

Late Policy: If you find that you will be more than 10 minutes late for a class, we ask that your child(ren) not participate that day. Warm-ups and basic skill repetitions are held during the first 10 to 15 minutes of class. These are important for the assurance of muscle safety and memory retention. To reduce risk of injury, it is essential that your child(ren) participate in these warm-up exercises. Please be fair to the other participants, your child(ren), and the instructor by arriving on time.

BEGINNER — GIRLS

Ages 6-17. For girls with no gymnastics experience, or who have some gymnastics experience on all the events but are still working on mastering them. The instructor challenges each participant based on their individual skill level. Class concentrates on the instruction of basic tumbling and skill work on each of the girls' apparatus. Transmitter Building; **BHS Gymnastics Room.

541531-01	MW	5:00-6:00p	9/12-10/12	\$204
02	Sa**	12:15-1:15p	9/17-10/15	\$109
03	MW	5:00-6:00p	10/17-11/16*	\$143
04	Sa**	12:15-1:15p	10/22-11/19	\$109

*No class 10/24, 10/26, 10/31

05	MW	5:00-6:00p	11/28-12/14	\$122
06	Sa**	12:00-1:00p	12/3-12/17	\$73

INTERMEDIATE AND ADVANCED — GIRLS

Ages 6-17. For the serious gymnast! Must have completed the beginning level. This class is geared for training girls to reach a competitive level or to build a repertoire of skills, build strength and flexibility. Transmitter Building

541533-01	MW	6:00-7:30p	9/12-10/12	\$245
02	MW	6:00-7:30p	10/17-11/16*	\$172
03	MW	6:00-7:30p	11/28-12/14	\$149

*No class 10/24, 10/26, 10/31

NEW 04	MW	3:00-4:00p	9/12-10/12	\$204
05	MW	3:00-4:00p	10/17-11/16*	\$143
06	MW	3:00-4:00p	11/28-12/14	\$122

*No class 10/24, 10/26, 10/31



PROGRAMS FOR TEENS AGES 13-17

YOUTH



BOYS GYMNASTICS ★

Ages 6-17. For boys of all experience levels. The instructor challenges each participant based on their individual skill level. Class concentrates on instruction of basic tumbling and skill work on all the boys' apparatus. BHS Gymnastics Room

541540-01	MW	5:30-6:30p	9/12-10/12	\$204
02	MW	5:30-6:30p	10/17-11/16*	\$184
03	MW	5:30-6:30p	11/28-12/14	\$122

*No Class 10/31

BAINBRIDGE ISLAND BOYS GYM TEAM ★

For grade school through high school age. The team will attend regional events, participating in USAG levels 4 through 10 competitions. Team members are selected by ability and space availability. Additional costs are involved. Contact the gymnastics department at the Park District for more information.

BAINBRIDGE ISLAND GIRLS GYM TEAM ★

For grade school through high school age. The team will travel to regional events, participating in USAG Level 3-10 and Xcel competitions. Team members are selected by ability and space availability. Additional costs are involved. Contact the gymnastics department at the Park District for more information.

TEEN JOB OPPORTUNITES

Fall Soccer League Referee/Mentors

Do you love soccer and working with kids? We're looking for energetic and positive referees/mentors for our fall youth soccer leagues. Applicants must be at least 14 years old. Contact Audree at 206-823-9838 or audreeg@biparks.org to volunteer or get more information.

WALKING/RUNNING

GO RUN FOR GIRLS

Grades 4-6. Go run and have fun! Try out running and power walking as an all-girls team experience. Join a team that focuses on goal setting and confidence-building for girls in grades 4-6. Experienced adult coaches and cheerful high school mentors create an environment that supports and enhances the physical, emotional, and social well-being of team members. Varied running and power-walking workouts include warm-ups, running games, relays, and runs on the track, field, trails, and neighborhoods. Season special event is the Winter Breeze 5k fun run in Seattle. Date TBD. Fee includes T-shirt and race entry fee. Meets at Sakai, with field trips to island trails and parks. **CONTRACTOR**
*Scholarships are available through Go Run. Contact the Park District registration office to request one.

511388-01	TTh	3:45-5:15p	11/29-2/14	\$195
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RACKET/PADDLE SPORTS

HOT SHOTS PICKLEBALL

Ages 3-6. A fun-filled 30-minute lesson will develop hand-eye coordination, balance, and the foundation of some pickleball skills. Parents are encouraged to participate in this innovative program. BIRC

					Resident/Non-Resident
512724-01	Su	12:15-12:45p	9/11-10/2		\$60/\$78
02	Su	12:15-12:45p	10/9-10/30		\$60/\$78
03	Su	12:15-12:45p	11/6-11/27		\$60/\$78
04	Su	12:15-12:45p	12/4-12/18		\$45/\$58

ROOKIES PICKLEBALL

Ages 6-9. This class is excellent for younger budding pickleball players. Along with introducing the game in a modified way, we'll work on basic skills and hand-eye coordination. BIRC

					Resident/Non-Resident
512725-01	Su	12:45-1:25p	9/11-10/2		\$60/\$78
02	Su	12:45-1:25p	10/9-10/30		\$60/\$78
03	Su	12:45-1:25p	11/6-11/27		\$60/\$78
04	Su	12:45-1:25p	12/4-12/18		\$45/\$58



YOUTH

PICKLEBALL 101 FOR KIDS

Ages 9-14. Play the game that was invented right here on Bainbridge Island. Pickleball is easy to learn and fun to play. All levels of fitness and skill are welcome. Paddles are available for use, but if you have your own, please feel free to bring them. BIRC

				Resident/Non-Resident
512726-01	Su	1:35-2:15p	9/11-10/2	\$68/\$88
02	Su	1:35-2:15p	10/9-10/30	\$68/\$88
03	Su	1:35-2:15p	11/6-11/27	\$68/\$88
04	Su	1:35-2:15p	12/4-12/18	\$45/\$65

BADMINTON 101 FOR KIDS

Ages 9-14. Badminton is a fun, simple game that's a classic for players of all ages. All levels of fitness and skill are welcome. Rackets are available for use, but if you have your own, please feel free to bring it. BIRC

				Resident/Non-Resident
512730-01	Su	3:45-4:30p	9/11-10/2	\$68/\$88
02	Su	3:45-4:30p	10/9-10/30	\$68/\$88
03	Su	3:45-4:30p	11/6-11/27	\$68/\$88
04	Su	3:45-4:30p	12/4-12/18	\$45/\$65

AFFORDABLE TENNIS AND PICKLEBALL FOR ALL

Tennis lessons are held on the Bainbridge High School tennis courts if the weather permits. They are held in the Ordway covered area if the weather does not. Pickleball lessons are held on the Battle Point Park courts if the weather allows.

HOT SHOTS TENNIS

Ages 3-6. Tennis is the best first sport! Start your children off right with action-packed 45-minute lessons that will develop hand-eye coordination, balance, and foundation skills while having a ton of fun in this progressive ten-and-under tennis program. Parents are encouraged to participate in this innovative program. BHS courts or Ordway covered area

512709-01	Su	1:30-2:15p	9/18-10/9	\$68
02	Su	1:30-2:15p	10/16-11/6	\$68
03	Su	1:30-2:15p	11/13-12/4	\$68



ROOKIES TENNIS

Ages 6-10. For kids just getting started with tennis. Rookies Red Ball 1 and Rookies Red Ball 2 are the first level of the Park District Tennis Pathway. Ball: Low-compression Red. Court Size: Free-form. Racquet Length: 19"-21" BHS courts or Ordway covered area

512716-01	Su	12:15-1:15p	9/18-10/9	\$75
02	Su	12:15-1:15p	10/16-11/6	\$75
03	Su	12:15-1:15p	11/13-12/4	\$75

ROOKIES PLUS TENNIS

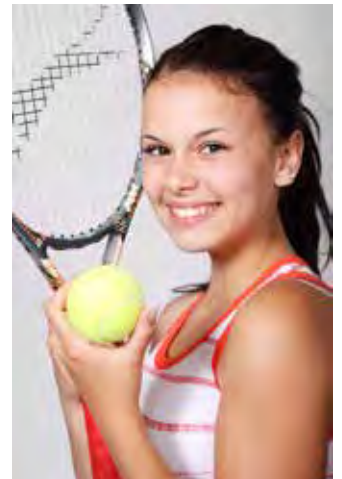
Ages 8-12. Perfect for players with basic skills gained from our Rookies tennis program and those with rally skills looking to move towards gameplay. Here we will use either Orange, Green, or Yellow balls as appropriate to the class dynamic and skill level. BHS courts or Ordway covered area

512713-01	Su	3:45-4:45p	9/18-10/9	\$75
02	Su	3:45-4:45p	10/16-11/6	\$75
03	Su	3:45-4:45p	11/13-12/4	\$75

TEEN TENNIS

Ages 13-18. This is a great place for teens looking to learn tennis, or for those players just looking to start tournaments at the Challenger level or considering trying out for the high school team. BHS courts or Ordway covered area

512708-01	Su	2:30-3:30p	9/18-10/9	\$75
02	Su	2:30-3:30p	10/16-11/6	\$75
03	Su	2:30-3:30p	11/13-12/4	\$75



TEEN TABLE TENNIS CLUB

Ages 12-18. Learn the fundamentals of table tennis, including serving, footwork, various strokes, and tactics. We'll finish each session playing matches. All levels are welcome in this mixed-levels group. Max seven people. SHMG

512721-01	T	4:30-6:00p	9/13-11/1	\$60
02	Th	4:30-6:00p	9/15-11/3	\$60

PRIVATE, SEMI-PRIVATE, AND GROUP PICKLEBALL LESSONS

Ages 12 and up. Private, semi-private, and group pickleball lessons for youths, adults, and seniors. Fun interactive lessons designed for beginner and intermediate players. Come learn to play or improve your skills in America's fastest-growing sport. Zac Ohnemus instructs. **CONTRACTOR**

512727-01	Private Lessons: 1 hour, 1 player = \$60			
02	Semi-Private Lessons: 1 hour, 2 players = \$75			
03	Semi-Private Lessons: 1 hour, 3 players = \$90			
04	Semi-Private Lessons: 1 hour, 4 players = \$105			

YOUTH



PRIVATE, SEMI-PRIVATE, AND GROUP TENNIS LESSONS

Private lessons are affordable for all who want to improve their game. Our Park District tennis staff will help you or your kiddo learn and polish your game. Schedule your private, semi-private, or group lessons on the weekends. Lessons are on the Bainbridge High School tennis courts.

512799-01	Private Lessons: 1 hour, 1 player = \$55
512799-02	Semi-Private Lessons: 1 hour, 2 players = \$70
512799-03	Group Lessons: 1 hour, 4 players = \$88
512799-04	Private Lessons: 10 pack of 1-hour lessons = \$495 (10 % off)
4512799-05	Private Lessons: 5 pack of 1-hour lessons = \$261.25 (5% off)
512799-06	Semi-Private/Group Lessons: 10 pack of 1-hour lessons = \$297 (10% off)
512799-07	Semi-Private/Group Lessons: 5 pack of 1-hour lessons = \$156.75 (5% off)

VOLLEYBALL

VOLLEYKIDS — DRILLS AND SKILLS **NEW!**

Ages 3-8. VolleyKids is designed to teach boys and girls the FUNdamentals of volleyball. We'll use large volleyballs, pool noodles, and other fun equipment in our drills designed just for this age group. Thursdays only. TBD

Do you know the game of volleyball? Volunteer to help our coaches and receive 25% off your child's registration.

YOUNG BEGINNER — DRILLS AND SKILLS

Grades 2-5. Open to girls and boys; Skills training and mini-games; Volley-Lite volleyballs; Reduced-height net. Do you know the game of volleyball? Volunteer to help our coaches and receive 25% off your child's registration. TBD

BEGINNER AND INTERMEDIATE — SKILLS, DRILLS, LEAGUE

Grades 4-9. Open to both boys and girls. Modified rules. Games will be scheduled on weeknights once we determine the number of teams we have and what gyms are available. TBD

Do you know the game of volleyball? Volunteer to coach your child's team and receive 50% off your child's registration.

AGES 3-8

512911-01	Th	5:15-6:00p	9/22-10/27	\$99
02	Volunteer to help coach			

GRADES 2-5

512913-01	TTh	6:15-7:15p	9/20-10/27	\$156
02	Volunteer to help coach			

GRADES 4-9

Beginner

512912-01	TTh	7:30-8:40p	9/20-11/3	\$180
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Intermediate

512912-02	TTh	7:30-8:40p	9/20-11/3	\$180
03	Volunteer to help coach			

LACROSSE

AFTER-SCHOOL BOYS LACROSSE **NEW!**

Grades K-6. This class is for beginners and those with experience. Our goal is to keep it fun and safe, and build enthusiasm for the game. We'll work on skills, conditioning, teamwork, and play small, sided scrimmages. Players will be grouped by age and playing experience. Some loaner equipment is available. Sakai **CONTRACTOR**

510008-01	T	4:30-6:00p	9/13-9/29	\$150
02	T	4:30-6:00p	10/11-10/27	\$150
03	TTh	4:30-6:00p	11/1-11/7	\$150

FALL SOCCER

Please note that fall soccer programs were advertised in our summer catalog, so space may be limited.



TINY TOTS SOCCER

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

412319-01	Sa	9:30-10:00a	9/24-10/22	\$90
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SOCCER SQUIRTS

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

412320-01	Sa	10:30-11:00a	9/24-10/22	\$90
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PRE-KICKS SOCCER

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

412321-01	Sa	11:30-12:00p	9/24-10/22	\$90
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YOUTH

FALL RECREATIONAL SATURDAY SOCCER LEAGUES — SEPTEMBER 24 TO OCTOBER 29

Age 4: 20 minutes of small-group skills and drills. 20 minutes of scrimmages. No goalie.

Ages 4.5-6: 20 minutes of small-group skills and drills. 20 minutes of scrimmages. No goalie.

Ages 6-9: 10 minutes of skills. 30 minutes of scrimmages. No goalie.

Skill Sessions: Coaches will work with our soccer staff to implement the weekly skill sessions. Each skill session will be geared towards the appropriate age group.

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

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

Team Placement: Returning players registered by September 1 will be assigned to the same team as last fall unless there aren't enough players left from that team or a request is made otherwise. After August 31, team placement will be dependent on space availability. New players will be assigned to teams based on friend requests when possible.

October 29: Our last day of soccer falls on the two days before Halloween, so we will be having an optional "wear your costume to soccer" event that day.

Program cancellation deadline is August 31.

GIRLS

412322-01	Sa	Age 4	9:00a-10:00a	\$145
02	Sa	Ages 4.5-6	10:30-11:30a	\$145
04	Sa	Ages 6-9	12:00-1:00p	\$145
05	Volunteer to Coach			

BOYS

412323-01	Sa	Age 4	9:00a-10:00a	\$145
02	Sa	Ages 4.5-6	12:00-1:00p	\$145
04	Sa	Ages 6-9	10:30a-11:30a	\$145
05	Volunteer to Coach			

VOLUNTEER COACHES NEEDED!

No coaching experience is needed. We will help you along the way. All our volunteer coaches receive 50% off their child's fall soccer registration! For more information, contact Audree at 206-823-9838 or audreeg@biparks.org.

VOLUNTEER HELPERS NEEDED!

We are looking for volunteer helpers to assist with all our soccer programs. Tiny Tot Soccer, Soccer Squirts, and Pre-Kicks helpers will assist our lead staff by helping with equipment set-up and breakdown and encouraging our littlest players with lots of enthusiasm and energy. Soccer league helpers will assist our soccer staff with equipment set-up and breakdown, the skill session, and the scrimmages. All volunteer helpers will receive a volunteer T-shirt. For more information or to volunteer, contact Audree at 206-823-9838 or audreeg@biparks.org.



FALL RECREATIONAL SOCCER LEAGUES (WITH WEEKNIGHT PRACTICES)



Bainbridge Island FC's recreational program offers children in grades 1-8 the opportunity to train and play with friends. From September 10 to November 5, this program is supported by a small-sided game-based curriculum training program and games, focusing on fun and encouraging individual player development.

CONTRACTOR

Roster announced: September 3

Training starts September 7 (Grades 5-8) and September 9 (Grades 1-4).

Training days:

Grades 1-2, 3-4: MF, BPP (Games: Sa, BHS)

Grades 5-8: M, Woodward (Games: W, BHS)

Games Formats: Grades 1-2: 4v4, Grades 3-4: 7v7, Grades 5-8: 6v6. Program cancellation deadline is August 25.

Volunteer Coaches: Volunteer head coaches will receive a 50% discount on their child's soccer registration, coach shirt, and coach training.

Questions and friend requests? Contact Ian McCallum at ian@bifc.net; More info and training schedule on www.bifc.net.

412330-01	Boys, Grades 1-2	\$197
02	Girls, Grades 1-2	\$197
03	Boys, Grades 3-4	\$197
04	Girls, Grades 3-4	\$197
05	Coed, Grades 5-8	\$197
06	Volunteer to coach your child's team	

BIFC WEEKDAY MINI KICKERS SOCCER

Ages 3-5. Daytime fall Mini Kickers soccer program with Bainbridge Island FC offers dynamic, fun, and age-appropriate activities and games for your little one.

BPP. CONTRACTOR

412324-01	T	1:00-1:45p	9/13-10/25	\$110
02	F	10:00-10:45a	9/16-10/28	\$110

YOUTH



BIFC TOPSOCCER

Bainbridge Island FC's TOPSoccer offers children with disabilities who need and can be provided with the opportunity to play soccer. Our TOPSoccer program is designed to bring the opportunity to learn and play soccer to any boy or girl with a mental or physical disability. Our goal is to enable young players with disabilities to become valued and successful members of our BIFC family. BHS **CONTRACTOR**

412332-01 Sa 10:15-11:15a 9/10-11/5 Free

BIFC COACH FOR TOPSOCCER

Bainbridge Island FC is looking for coaches to help with our TOPSoccer program. No experience is necessary. BHS **CONTRACTOR**

412332-02 Sa 10:15-11:15a 9/10-11/5 Free

BIFC SOCCER REFEREE TRAINING

Ages 12 and up. Looking to make some money this fall? Join the BIFC refereeing crew for weekend fall games. BHS **CONTRACTOR**

412333-01 W 5:00-8:00p 8/3 Free

SOCCER COACH TRAINING WITH BIFC

Ages 12 and up. Receive online and on-field training with BIFC's professional training staff. **CONTRACTOR**

412334-01 W 6:00-7:30p 9/7 Free

WINTER BASKETBALL LEAGUES



BOYS GRADES 1-10

GIRLS GRADES 1-8

Grades 1-4: Eight-game season; 20-minute halves, running clock; no overtime; equal playing time for all players; Two one-hour practices a week; basketball to keep

Grade 5: Eight-game season; 20-minute halves, running clock; no overtime; equal playing time for all players; Two one-hour practices a week; basketball to keep

Grades 6-8: Seven-game season; 20-minute halves, running clock; three-minute overtime; Two one-hour practices a week; no basketball; end-of-season double-elimination tournament

Grades 9-10: 7-game season; 20-minute halves, running clock; three-minute overtime; Two one-hour practices a week; no basketball; end-of-season double-elimination tournament

New Player: New player does not mean new to basketball; it means new to our league. Anyone who did not play in our league last season should register as a new player. New players receive a basketball jersey which is included in the registration fee.

Practices: Practices are twice a week for an hour. They can be as early as 4:00p and as late as 8:00p. They can be held at Blakely, Wilkes, Ordway, Sakai, or Woodward. Where and what time your practice is will be determined at our coaches' meeting on November 8.

League Games: League games are on Saturdays. Games are projected to start on January 14 and end roughly March 11. Games can be as early as 8:00a and as late as 7:00p. Games will be held on Bainbridge or in the North Kitsap School District gyms.

Basketball Jerseys: Each new player receives a reversible basketball jersey that is included in their basketball fee.

Team Placement: Returning players registered by November 21 will be automatically assigned to the same team as last season unless there aren't enough players left from that team or a request is made otherwise. After November 21, team placement will be dependent on space availability. New players will be assigned to teams based on friend requests when possible.

SPIKEBALL

INTRO TO SPIKEBALL **NEW!**

Ages 12-17. Spikeball or roundnet is a fun and competitive game that's super easy to learn and is for people of all ages and skill levels. Spikeball is played with two teams of two players, a small ball and a roundnet that looks like a small trampoline. Each team is allowed three touches before hitting the ball down into the net. BPP

511346-01	MW	5:00-6:00p	9/26-10/5	\$50
02	MW	5:00-6:00p	10/10-10/19	\$50
03	MW	5:00-6:00p	11/7-11/16	\$50





YOUTH

Volunteer Coaching: We rely on volunteers to help make this program successful. No experience is necessary. We can help you along the way. Volunteer coaches receive 50% off their child's basketball registration fee. **Program cancellation deadline is December 1.**

GIRLS

510608-01	2nd grade	\$195
02	3rd grade	\$195
03	4th grade	\$195
04	5th grade	\$210
05	6th-8th grade	\$210
06	1st grade	\$195

BOYS

510610-01	2nd grade	\$195
02	3rd grade	\$195
03	4th grade	\$195
04	5th grade	\$210
05	6th grade	\$210
06	7th grade	\$210
07	8th grade	\$210
08	9th-10th grade	\$210
09	1st grade	\$195

PARENT VOLUNTEER COACH FOR BASKETBALL

We rely on volunteers to help make this program successful. No experience is necessary. We can help you along the way. Volunteer coaches receive 50% off their child's basketball registration fee. Need more information? Contact Audree at 206-823-9838 or audreeg@biparks.org.

510614-01	Girls team coach
02	Boys team coach

HIGH SCHOOL VOLUNTEER COACH FOR BASKETBALL

Do you love basketball and working with kids? Sign up to volunteer to coach one of our basketball teams. Need more information? Contact Audree at 206-823-9838 or audreeg@biparks.org.

510614-01	Girls team coach
02	Boys team coach

ADULT LEAGUES

Check out our adult sports section for more information.



ROCK CLIMBING

Emphasizing strength, endurance, balance, and flexibility, rock climbing is more than just a workout: it challenges your mind and your body. Experienced instructors from Insight Climbing and Movement facilitate all climbing programs. Registration deadline for most climbing programs is three days before the beginning date. For questions about refunds, please see page 4.

YOUTH INTRO TO CLIMBING

Get your kids climbing our walls and not yours! This two-week course will introduce new climbers to youth programming at Insight Climbing & Movement, including top-rope climbing, bouldering, and games with other like-minded kids. This class will allow your kids to build confidence on and off the wall while giving them a preview of what our youth programs offer at Insight Climbing & Movement. All climbing programs are facilitated by experienced instructors from Insight Climbing & Movement. Registration deadline for most climbing programs is three days before the start date. For questions about refunds, please see page 4. ICM **CONTRACTOR.**

Ages 4-6				
531989-01	W	4:30-5:30p	10/12-10/26	\$79
02	W	4:30-5:30p	11/30-12/14	\$79
Ages 7-12				
03	W	4:30-5:30p	9/21-10/5	\$79
04	W	4:30-5:30p	11/2-11/16	\$79



Preschool Gymnastics

We are adding an extra day of preschool gymnastics classes starting this fall. Preschool Gymnastics will now be offered on Wednesdays, Fridays, and Saturdays. See page 18.

YOUTH



MOUNTAIN BIKING

Explore some of the best mountain biking Washington has to offer with us! Rides are geared towards group ability. Qualified instructors and trip leaders will work to expand riders' skill sets, maintain a focus on safety, and showcase a variety of great trails for mountain bikes.

FAQS

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

Questions? Contact Outdoor Program Manager Nick Prevo at nickp@biparks.org.

Equipment — Participants must have a working mountain bike of suitable size, gears to go up and down medium grades of trail, functional brakes, and a properly fitting biking helmet. Please do not show up with bikes with skinny road tires, a one-gear single speed, or major mechanical issues. Staff reserve the right not to allow participation if a bike is deemed to be unfit, non-functional, or if staff have safety concerns.

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

Gearbank — Participants are responsible for providing their own personal clothing and equipment, but our Outdoor Gearbank has a select number of Park District mountain bikes (24" & 26" tire) that are available to borrow for free. Please contact Outdoor Program Manager Nick Prevo at nickp@biparks.org at least two weeks before needing a mountain bike to check availability and allow for scheduling.

Physical Fitness — Participants must be physically fit for each ride's unique challenges. Terrain and trails vary; please refer to the "Trail Difficulty Rating System." The Park District reserves the right to require a doctor's note to clear a participant for participation.

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

Refunds — For questions about refunds, please see page 4. If weather or road closures cancel a trip, a pro-rated credit will be refunded for the missed day.

Transportation — Transportation is provided from SHP in our 15-passenger van for all off-island programs.

TRAIL DIFFICULTY RATING SYSTEM

Sections of the trail may be easier or more difficult than the criteria listed below. For questions regarding a specific program, contact the program staff.

○ **(Easiest)** — Small hills and generally flat, smooth/paved terrain, few to no avoidable obstacles such as rocks and roots. Suitable for newcomers to biking.

● **(Beginners)** — Rolling hills. Varied terrain, including dirt and gravel. Avoidable obstacles such as rocks and roots, few to no unavoidable obstacles such as large roots. Suitable for beginner mountain bikers.

■ **(Intermediate)** — Steep hills. Challenging terrain that may include loose dirt and gravel. Avoidable obstacles such as rocks and roots. There are unavoidable obstacles that riders may need to walk over, such as drops and large roots. Suitable for riders with previous mountain biking experience.

◆ **(Advanced)** — Technical, long, and steep hills. Challenging terrain may include loose dirt, gravel, sand, and rock. Difficult, unavoidable obstacles such as rocks, drops, and large roots. Suitable for riders with lots of previous mountain biking experience.



MTB EVALUATION RIDES

Ages 5 and up. We want to ensure that your rider is in the MTB program best suited to them. This includes similar age groups, riding ability, terrain, and physical difficulty. This is crucial to our programs because it ensures that everyone is in a fun, sustainable program and provides the right amount of challenge and progression. To establish these placements, our rider evaluations offer a safe, comfortable way for us to help find the best program for your rider. Evaluations will be one-hour, one-on-one rides with an experienced MTB program instructor and will provide a fun way for us to ensure your rider's enjoyment in the coming months.

531935-01	TBA	One hour	TBD	\$25
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YOUTH

INTRO TO TRAIL RIDING ○●

Ages 7-9. Let's hit the trails! Intro to Trail Riding is our entry-level single-track program focused on building confidence on the bike and continuing to work on fundamental mountain bike skills. It is designed for everyone, from first-time mountain bikers looking for a safe, comfortable way to get out on the trails to those more experienced riders looking to take a step back and work on their skills.

531941-01	Th	3:30-5:30p	9/15-10/6	\$155
02	Th	3:30-5:30p	10/13-11/3	\$155
03	Th	3:30-5:30p	11/10-12/8*	\$155

*No Class 11/24.

TINY TRAILS CONTINUED ○●

Ages 5-7. Calling all new mountain bikers! Tiny Trails is our beginner MTB program. We will cover foundational skills, including effective starting/stopping, braking, and shifting. As we move through the coming weeks, we will introduce your rider to climbing over obstacles, slightly rougher terrain, and more! We'll also play several bicycle-oriented games, including slow races, relays, obstacle courses, and more, to help continue developing bike-handling skills and have fun doing it! Meet at BPP.

531951-01	W	3:30-5:00p	9/14-10/5	\$150
02	W	3:30-5:00p	10/12-11/2	\$150
03	W	3:30-5:00p	11/9-12/7	\$150



MTB CLUB — MONDAYS @ STOTTLEMEYER ■◆

Ages 10-14. Explore 6,000 acres of some of the best mountain biking terrain west of the Cascades! Participants' skills will improve each week as we ride incredible single track, learn how to negotiate obstacles and jumps, cut through mud, and explore the terrain. Our 15-passenger van and new multisport bike trailer pick up at Sakai Intermediate School each week before heading to Stottlemeyer.

531949-01	M	1:45-5:00p	9/12-10/3	\$240
02	M	1:45-5:00p	10/10-10/31	\$240
03	M	1:45-5:00p	11/7-11/28	\$240

MTB CLUB — TUESDAYS ON B.I. ●

Ages 7-10. Get ready to hit those trails! This weekly riding group is built for young riders who love to use their mountain bike. We will ride and explore trails in the Grand Forest, Hilltop, and Battle Point areas. This Tuesday group focuses less on instruction and more on enjoying the ride. Drop off is at Grand Forest East parking area and pick up is at Grand Forest West on Miller Road.

531950-01	T	3:30-5:00p	9/13-10/4	\$125
02	T	3:30-5:00p	10/11-11/1	\$125
03	T	3:30-5:00p	11/8-11/29	\$125



MTB CLUB — WEDNESDAY NIGHTS ON BI ●

Ages 5-7. Explore Battle Point Park's paved, graveled, and dirt trails and paths while learning and practicing various bike safety skills. Riders will be taught the basics of braking and shifting and some techniques to help improve balance, control, and confidence on the bike. We will cover bike safety checks, helmet and equipment checks, and how to share the trail safely and respectfully with other trail users. Meet at BPP.

531974-01	W	5:30-7:00p	9/14-10/5	\$125
02	W	5:30-7:00p	10/12-11/2	\$125
03	W	5:30-7:00p	11/9-12/7*	\$125

*No class 11/23.

MTB ADVENTURE CAMPING ◆★

Ages 10-13. Designed for riders who have tackled Monday's Stottlemeyer program or MTB Camp 3.0 and want more. We'll ride 6.5 miles daily along an old forest road near the Carbon River and then wind our way down to our camp at the Isput Campground. From there, we will set up camp for the night. You will need to bring a sleeping bag, sleeping pad, tent, clothes for camping and mountain biking, a good working bike, and a helmet. Food is provided, and the Park District has some gear you can borrow. See FAQs for details. Transportation is provided from SHP.

531942-01	Sa-Su	9:00a-3:00p	10/1-10/2	\$350
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PORT GAMBLE GRAVITY CAMP ◆★

Ages 11-15. Gravity Camp is our most advanced instructional mountain bike clinic. It is designed for riders that are confident on their bike and want to pursue more challenging trails, higher speeds, and more intimidating obstacles. Gravity Camp aims to provide insight and technical advice on mountain biking techniques, body positioning, and control. Skill progression will include high-speed braking, jumping, dropping, technical trails, and navigating rough, rocky terrain. Transportation is provided from SHP.

531963-01	Su	9:00a-1:00p	10/16	\$75
02	Su	9:00a-1:00p	10/30	\$75
03	Su	9:00a-1:00p	11/13	\$75
04	Su	9:00a-1:00p	12/11	\$75

TEEN PROGRAMS



TEEN CENTER

The Teen Center is located at the Aquatic Center in Meeting Room B, and C. Our main entrance is on the side of the building, or you can access us through the glass door in the main lobby. The address is 8521 Madison Avenue, Bainbridge Island.

We provide a safe space for teens to connect, become leaders, learn, play, hang out, and make a difference.

We are open during the entire year. Be a part of the Teen Center and make your mark; come and stop by any afternoon to check out the activities. We have large room games like a pool table, foosball table, ping pong, and air hockey. Play board games, Xbox, and relax in a bean bag chair after a long day at school! Food and drinks will be provided with some of the planned activities. (Available activities may differ depending on the current phase and safety guidelines.)

FREE for teens of middle and high school age

HOURS OF OPERATION

Monday—2:00-6:00p

Tuesday-Thursday—3:00-6:00p

Friday—3:00-8:00p

Closed

Saturdays, Sundays, and 11/11, 11/23-25, 12/19-30, 1/2 and 1/16

At the staff's discretion and participation, the teen program hours may change to closing earlier or later.



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PARK & RECREATION DISTRICT
#BIMPRDTEENCENTER

CONTACT US: DAVIDL@BIPARKS.ORG

Fun Activities! Join us for...



FIRST DAY OF SCHOOL!

Welcome back! Swing by the Teen Center after the final bell on the first day to enjoy a sweet treat while celebrating a new school year, mourning the end of summer, getting back in touch with missed friends, and inform our staff about all your summer fun! W 3:00-6:00p 9/7

Popcorn Tasting Day

Do you like popcorn? Come help eat popcorn from our Carnival Popcorn Machine so that we can test it for the holiday season. We will do LOTS of testing! 9/16

Five Game Team Challenge

Teams of five or eight will compete in air hockey, ping-pong, pool, foosball, and cornhole to earn points for their team's total score. Winners and non-winners will receive tasty prizes, though winning has advantages. 9/28, 10/28, 11/18, 12/16

Pizzafest 2022

Did someone mention pizza? Free slices of pepperoni and cheese pizzas and more popcorn taste testing at the Teen Center! 10/10



Halloween

Happy Spooky Monday! Come to the Teen Center after school on Halloween for a yummy treat and fun activities! 10/31

Days of Thanks

Sometimes the little things improve your day, even a simple "thank you". A week to be thankful and be thanked by those around you and eat something tasty at the Teen Center. 11/21-11/23

Early Holiday Gifts at the Teen Center

Please drop by and help us celebrate this holiday season! We will have special snacks and games to celebrate this time of year. 12/9

Holiday Spirit Week

The week leading up to winter break is full of holiday fun! Lights, crafts, and treats! 12/12-16



TEEN PROGRAMS



TEEN NIGHT AT BIRC

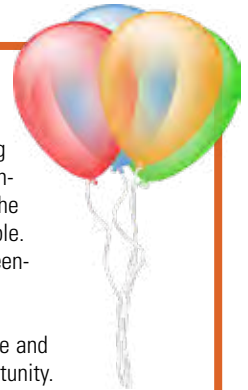
The Bainbridge Island Recreation Center welcomes local high school-age teens (parents not included) for a fun and safe night! The gym will be open for basketball, volleyball, pickleball, ping-pong, and tennis. For a more relaxed evening, enjoy a snack while creating some art in our Teen Night studio, and play cards or board games with friends, old and new. \$12 to pre-register, \$20 at the door. For more information, go to www.biparks.org or email DavidL@Biparks.org.

572645-01 F 8:00-10:30p 10/14 \$12

BIRTHDAY RENTALS!*

You can celebrate your child's fantastic day with access to the pool table, foosball, air hockey, ping pong, video games, and more! We will have staff on-site to help set up and put away everything for the event to make this special day much more manageable. For pricing, check out our website at biparks.org/teen-center/ or contact DavidL@biparks.org.

*Party rentals are available when the current phase and health guidelines allow us to provide this opportunity. Participants must follow current social distancing, masks, and other health guidelines.



MIDDLE SCHOOL DANCE! GRADES 6-8 **NEW!**

Calling all middle schoolers! Come alone or as a group. We will have a DJ playing all our favorite pop hits, so come show off your best moves or chill with friends. \$15 to pre-register and \$20 at the door. For more information, please go to www.biparks.org or email DavidL@biparks.org. Concessions available. BIRC



Fall That Glitters

572627-01 Sa 7:00-9:30p 11/5 \$15

An important "Know Before You Go" information sheet can be found online and will be sent to you via email before the dance for those who pre-register. **All participants must show proof of grade or age, i.e., a school ID card!**

SERVICE

TEEN VOLUNTEER OPPORTUNITY

(Two spots available). Add to your college resume! We are always looking for creative teens to help design the following year's program — what activities would YOU want to see offered in the Teen Center section of the Recreation Connection catalog? This is a fantastic opportunity to make your ideas a reality!

PARK DISTRICT VOLUNTEER OPPORTUNITIES

Do you need volunteer hours for your school requirements or want to get involved with something fun? Please visit biparks.org/volunteer for available opportunities!

DID YOU KNOW?

TEENS AGE 16+ MAY REGISTER FOR ANY ADULT POTTERY CLASS OR WORKSHOP!

TEEN PROGRAMS



TEEN FUN

SOLO SINGING — TEENS

Build your singers' toolbox by learning to pick songs, and keys, read sheet music and count tempos. By singing with 'backing tracks,' students will practice their craft and share their voices and songs while connecting to a creative, inclusive community! The final class features a live musician to accompany each student in a piece of their choice. Jenny Davis instructs. SB

466578-01	M	9/12-10/24	12:15-1:45p	\$75
02	M	11/7-12/5	12:15-1:45p	\$75



INTRO TO SPIKEBALL **NEW!**

Ages 12-17. Spikeball or roundnet is a fun and competitive game that's super easy to learn and is for people of all ages and skill levels. Spikeball is played with two teams of two players, a small ball and a roundnet thing that looks like a small trampoline. Each team is allowed three touches before hitting the ball down into the net. BPP

511346-01	MW	5:00-6:00p	9/26-10/5	\$50
02	MW	5:00-6:00p	10/10-10/19	\$50
03	MW	5:00-6:00p	11/7-11/16	\$50

TEEN SPORTS

TEEN TABLE TENNIS CLUB

Ages 12-18. Learn the fundamentals of table tennis, including serving, footwork, various strokes, and tactics. We'll finish each session playing matches. All levels are welcome in this mixed-levels group. Max 7 people. SHMG

512721-01	T			
4:30-6:00p	9/13-11/1	\$60		
512721-02	Th			
4:30-6:00p	9/15-11/3	\$60		



TEEN TENNIS

Ages 13-18. This is a great place for teens looking to learn tennis or for those players just looking to start tournaments at the Challenger level or to consider trying out for the high school team. BHS courts or Ordway covered area

512708-01	Su	2:30-3:30p	9/18-10/9	\$75
02	Su	2:30-3:30p	10/16-11/6	\$75
03	Su	2:30-3:30p	11/13-12/4	\$75

INTRO TO FRESCOTENNIS **NEW!**

Ages 16 and up. Try a new cardio-oriented sport created right here on the island! Played on the entirety of a full tennis court, Frescotennis uses high-velocity rubber balls with special paddles and can accommodate 2-6 players. This introductory course will supply you with all the necessary equipment and quickly teach you the rules. Experience this strategy-oriented, high-intensity paddle sport BIPD course, and you will understand the power of the Frescotennis mindset: Fun! For beginner to advanced players alike. BPP **CONTRACTOR**

511338-01	TTh	3:30-5:00p	9/13-9/22	\$50
02	TTh	3:30-5:00p	10/11-10/20	\$50
03	TTh	3:30-5:00p	11/8-11/17	\$50



CHECK OUT OUR OTHER PROGRAMS OFFERED FOR TEENS. LOOK FOR THE PURPLE ☆ IN THE CATALOG.



YOUTH & 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."

PRESCHOOL

LADYBUG NATURE WALKS

Ages 2-4 with an adult. Grab your boots, bundle up and go outside! Preschoolers and their adult will explore seasonal changes around Bainbridge Island's natural world. Each walk is led by Park District staff, with a story, interpretive activities, and something created together to take home. Walks meet at various parks and last one hour.

AUTUMN RAINBOW

Meet for a colorful meadow stroll through nature's rainbow of fall colors! HT
571801-01 F 10:00-11:00a 9/16 \$20/pair

BRIDGES & BEACHES! **NEW!**

Gather for bridge fun and beach curiosities along loop trails and low tide at Blakely Harbor Park!

571802-08 F 10:00-11:00a 10/7 \$20/pair

SO MANY, MANY MUSHROOMS

Join us to discover what's going on with all these fall mushrooms! Picnic shelter SHP

571803-03 F 10:00-11:00a 11/4 \$20/pair

PARENT / CHILD ART

GLASS ART with Julie Hews-Everett

All classes taught with expertise, patience and humor by Julie Hews-Everett. Her studio, Island Spectrum Design, is located at 6006 NE Bligh Ct.

GLASS FUSING WORKSHOPS

SUNCATCHERS

Ages 7 and up. Create your own brilliant design that catches the eye as well as the sun! You'll be thrilled at what you'll be taking home after just two hours of instruction and support. A great beginner's project! All tools and materials are included in this class fee. **CONTRACTOR**

566668-02 Sa 9/24 2:00-4:00p \$90 Child & Adult together

BUG-A-LOO

Ages 7 and up. Think ladybugs, dragon flies and exotic beetles! Let your imagination dance while you whip up a fanciful work of art that just happens to also be a bug. You will create one or two adorable creatures in this two-hour workshop. All tools and materials are included in this class fee. **CONTRACTOR**

566668-04 Sa 11/5 2:00-4:00p \$90 Child & Adult together

HOLIDAY ORNAMENTS

Ages 7 and up. Glowing glass ornaments bring a special sparkle to any event! No matter what holidays you observe, the addition of color and light are meaningful in almost ALL fall and winter gatherings. Everything you need is included in the class fee. **CONTRACTOR**

566668-06 Sa 12/3 2:00-4:00p \$90 Child & Adult together

PARENT/CHILD SATURDAY SEWING CIRCLE

Ages 7 and up. Adults and young people of any skill level will have fun sewing together for two uninterrupted Saturdays in the roomy space at Strawberry Hill Center. All tools and supplies included. No experience is necessary. Just in time for holiday gift-giving. SHC

570220-09

Sa



10:00a-1:00p

11/5-11/12

\$88

WILDERNESS PROGRAMS

"The farther one gets into the wilderness, the greater the attraction of its lonely freedom." —Theodore Roosevelt

Remote, rugged, undeveloped. Wilderness is a land heritage that is uniquely American. With the passage of the Wilderness Act of 1964, Americans chartered a new course in world history to preserve and protect some of the country's last remaining wild places. The United States was the first country to designate wilderness areas through law. In the words of Pulitzer novelist Wallace Stegner: "Something will have gone out of us as a people if we ever let the remaining wilderness be destroyed." Join us and experience our unique wild heritage.

FAQs

General — Our wilderness trips offer a one-of-a-kind experience, rewarding participants with the best that the backcountry offers. A detailed email will be sent out approximately a week before the start of each program, with information on where to meet, what to bring, weather forecast, medical waivers, emergency contacts, and more.

Trip Leaders — Our trip leaders are **Wilderness First Responder** or **Wilderness EMT trained professionals** who bring a wealth of backcountry medical knowledge, years of outdoor experience, and emergency response equipment on every hike. They are highly qualified, knowledgeable, and fantastic to hike with.

The Outdoor Gearbank — Don't let a lack of gear stop you. Participants can use our equipment for free! Our Outdoor Gearbank has backpacks, mountain bikes, tents, sleeping pads, snowshoes, rain gear, and much more available to borrow for free.

Physical Fitness — Participants must be physically fit for each trip's unique challenges. Mileage is round-trip, and terrain and trails vary. The Park District reserves the right to require a doctor's note to clear a participant for participation.

Pricing — An incredible value for the amount of time, preparation, and quality expertise that goes into each trip. Pricing includes trip leader, guiding time, gear, transportation, fuel, permits, emergency response equipment, and park entrance fees.

Transportation — The Park District's 15-passenger vehicles are used for most wilderness trips, allowing more accessible and comfortable access along backcountry roads. If the route includes a ferry, participants should bring their ferry pass or a way to pay their passenger fee. We cover the vehicle fare.

YOUTH & ADULT



Equipment — Participants are responsible for providing their clothing and equipment, but our Outdoor Gearbank may have items that can be borrowed for free. Please inquire with your trip leader so they can help you get set up for success.

Registration Deadlines — The registration deadline is three days before the program's start date. This allows us to effectively communicate with participants about any needs we can help accommodate and ensure each trip is a good fit. It is helpful and saves time to have participant waivers, medical information, and other forms turned in beforehand. The Park District reserves the right to require a doctor's note to clear a participant for participation.

Refunds — For questions about refunds, please see page 4. If weather or road closures cancel a trip, a pro-rated credit will be refunded for the missed day.

Questions? Contact Wilderness Program Coordinator Ranger Sciacca at rsciacca@biparks.org.

WILDERNESS DAY HIKES

Ages 10 and up. Explore the great outdoors! We'll visit some of the most beautiful spots around — lush river canyons, open wildflower meadows, breathtaking ridge top views, and sparkling alpine lakes. Meet at SHP, usually at 8:00am; most trips return at 6:00-8:00p. Mileages are round-trip. A parent or guardian must accompany participants under 14. For questions about refunds, please see page 4.

531909-01	W	8:00a-8:00p	9/7	Naches Peak Loop & Dewey Lake	\$80
02	Su	8:00a-8:00p	9/18	Tolmie Peak Lookout	\$80
03	M	8:00a-8:00p	9/26	Lake Twenty-Two	\$80
04	Su	8:00a-6:00p	10/9	Duckabush River Overlook	\$80
05	Sa	8:00a-6:00p	11/26	Best of the Skokomish	\$80

DAYHIKING

NACHES PEAK LOOP AND DEWEY LAKE

~6.5mi. **~1,200ft. elev. Gain**

Start your trip on the crest of the Cascades at the stunning 5432ft Chinook Pass. Views of Mt. Rainier on one side and a deep valley headed toward Yakima on the other. Stroll along with the Pacific Crest Trail (PCT) on an easy loop on the flanks of Naches Peak, and take a side trip to big blue Dewey Lake, a popular PCT campsite.

TOLMIE PEAK LOOKOUT

~7.5mi. **~1,100ft elev. gain**

This hike has it all — sparkling blue lakes, a mountaintop lookout cabin, and incredible close-up views of Mt. Rainier! We'll enjoy fall colors and berries as we hike around Eunice Lake. Then it's a short but steep climb up to the cabin and Tolmie Peak at 5,900ft.

LAKE TWENTY-TWO

~6.6mi. **~1,400ft elev. gain**

This trail travels through one of the few areas of old-growth forests in the Cascades, left untouched as a Research Natural Area. We'll hike a rocky trail past hundreds of massive, gnarled cedar trees, then through open slopes and maple groves with fall colors on display. We'll see awe-inspiring cliffs towering 2500ft above the lake at our destination.

DUCKABUSH RIVER OVERLOOK

~6 mi.

~1300ft elev. gain

Hike the quiet Duckabush Valley, where big maple and cottonwood trees will be showing their fall colors! Enjoy a couple of beautiful riverside spots, visit the edge of a 2011 forest fire, and have lunch on a rocky overlook with incredible views of the valley.

BEST OF THE SKOKOMISH

~4.8 mi.

~600ft elev. gain

On this relaxing trip, we'll combine three short trails and a scenic viewpoint on the South Fork Skokomish River. Circumnavigate peaceful Spider Lake, see the giant gnarled maples at Brown Creek, explore a narrow peninsula that juts out into the river, and check out a deep canyon with a raging river at High Steel Bridge. With the short mileage, we'll take our time and soak it all in!

BAINBRIDGE ISLAND SKI BUS



FAQS

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

Questions? Contact Outdoor Program Manager Nick Prevo at nickp@biparks.org or 206-842-5661 #128.

Which Ski Bus Do I Pick? — With many exciting new changes this year, knowing which resort to sign up for can be challenging. Please read below to determine which resort works best for your Ski Busser. We recommend starting at Stevens Pass and finishing the season at Crystal Mountain. This is especially important if your Ski Busser needs lessons. If you have questions, please contact Outdoor Program Manager Nick Prevo at nickp@biparks.org.

- **Stevens Pass:** With two sides of the mountain to choose from, Stevens Pass has some phenomenal skiing for everyone from beginners to experts.
- **Crystal Mountain:** Crystal Mountain is the largest ski resort in Washington and a favorite of our Ski Bus veterans. The terrain here is suitable for all skiers and snowboarders, but our more advanced ski busses love the more complex landscape at Crystal. Crystal Mountain has afternoon beginner lessons available, so first-timers are encouraged to come to Crystal with us.

Pricing — The price listed only includes ferry passes for Stevens Pass trips and transportation to and from the resort. Lift tickets, rental equipment, lessons, etc., must be purchased through the resort or another vendor.

Transportation — Ski Bus uses the Park District's 15-passenger vehicles. If there is high demand for particular weekends, we may charter a 56-passenger bus to accommodate. **Seats fill quickly, so enroll early!** Do not purchase lift tickets, rentals, or lessons if you haven't already reserved and



YOUTH & ADULT

paid for your transportation spot for that week. Transportation fees include ferry passes for all Stevens Pass. No need to pay separately or bring a pass and potentially lose it – we’ve got you covered!

Lift tickets — A lift ticket or a season pass is required to access each resort’s mountain. Lift tickets must be purchased before each trip and unavailable through the Park District. Contact Outdoor Program Manager Nick Prevo at nickp@biparks.org if you have questions about where to buy lift tickets.

Lessons — **First-time skiers and snowboarders must take a minimum of one lesson before being allowed to ski/board with friends.** Information on lessons for Stevens Pass and Crystal Mountain was unavailable at the time this catalog was published. Please visit the respective resort’s website for details on lessons. **We highly recommend that you choose a lesson starting in the afternoon. With varying traffic and road conditions, we cannot guarantee that we will arrive at the resort in time for a lesson starting before noon.** Our chaperones will escort the skier or rider to and from their lessons, so please let us know if you book a lesson. Contact Outdoor Program Manager Nick Prevo at nickp@biparks.org if you have questions about lessons.

Helmets — We follow the National Ski Area Association’s guidelines and require all participants and chaperones to wear helmets. We recommend purchasing your skier/snowboarder their helmet instead of renting one, as it’ll fit better and reflect their unique style.

Equipment — Participants are responsible for providing their own equipment and labeling each item with their name. Rental equipment is available to reserve on the respective resort’s website.

Chaperones — Chaperones are the heart and soul of Ski Bus. They have a unique opportunity to create positive relationships and be a role model for youth. Chaperones are selected based on their experience working with kids, managing groups, ability to help drive a van, and their schedule throughout the season. Chaperones must pass a background check and a driver’s history check and complete the required chaperone training. Contact Outdoor Program Manager Nick Prevo at nickp@biparks.org if you are interested in chaperoning or want more information about chaperoning.

Registration Deadline — **The registration deadline is midnight on Wednesday before each week of Ski Bus.** Registration opens for Ski Bus trips at the same time as registration for our fall 2022 programs. Please let us know 48 hours before the trip if you have lessons or rentals so we can ensure our staff and chaperones are appropriately scheduled to help. It is helpful and saves time to have participant waivers, medical information, and other forms turned in beforehand. The Park District reserves the right to require a doctor’s note when applicable.

Refunds — For questions about refunds, please see page 4. The Park District reserves the right to dismiss a participant without refund if the participant fails to abide by the Code of Conduct agreement. If weather or road closures cancel a trip, a pro-rated credit will be refunded for the missed day. The Park District reserves the right to require a doctor’s note when applicable.



STEVENS PASS



Ages 9-18. One of the northwest’s premier resorts offering 52 major runs, 1,125 acres of skiable terrain, and 460” of snow each year, Stevens Pass is a must-visit destination for skiers and snowboarders alike! Stevens tends to receive better snow earlier in the season, making it a great destination to explore before moving onto Crystal Mountain. This is our most popular youth Ski Bus, and seats fill quickly; space is limited. The price below only includes transportation from Strawberry Hill Park. Call or visit us online at www.biparks.org to purchase lift tickets.

131970-01	Sa	6:20a-8:05p	1/7	\$95
02	Sa	6:20a-8:05p	1/14	\$95
03	Sa	6:20a-8:05p	1/21	\$95
04	Sa	6:20a-8:05p	1/28	\$95
05	Sa	6:20a-8:05p	2/4	\$95
06	Sa	6:20a-8:05p	2/11	\$95

CRYSTAL MOUNTAIN



Ages 9-18. More significant runs, fewer crowds, and 3,100 feet of vertical descent! Crystal Mountain offers fantastic views of Rainier from the summit and legendary skiing and boarding runs. Late winter and early spring skiing at Crystal is hard to beat, so we save it for last! With ten lifts servicing 2,600 acres, Crystal Mountain is the largest ski resort in the state. As a note to parents, Crystal is one of students’ favorite Ski Buses to join once they have their “season legs” under them. Challenging, fun, and diverse terrain allows for long 7–8-hour days of exploration with friends. A list of flexible options for purchasing ski/snowboard lessons, rental equipment, and lift tickets can be viewed online at www.crystallmountainresort.org. Seats fill quickly. Space limited! The price below only includes transportation from Strawberry Hill Park. Call or visit us online at www.biparks.org to purchase transportation and lift tickets.

131971-01	Sa	6:00a-8:00p	3/4	\$95
02	Sa	6:00a-8:00p	3/11	\$95
03	Sa	6:00a-8:00p	3/18	\$95
04	Sa	6:00a-8:00p	3/25	\$95



ADULT



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ART AND CRAFT

NEW INSTRUCTORS!

Erica Applewhite

In my work, I create relief block prints by carving, inking, and printing with material generically known as "soft-cut," a rubber eraser-like block similar to, but softer than, traditional linoleum. Inspiration for my print imagery runs the gamut of local iconography, including landscapes — I attribute to a life happily immersed in the Northwest woods, water, and mountains. I have loved working with and teaching this type of printmaking to all ages for over 30 years. www.whiteapplestudio.com



Gigi Godfrey

Many talented and generous teachers have influenced my passion for painting. My painting style incorporates personal inspiration, harmonious color, and lively brushwork. I attribute my progress in painting to developing good habits, staying organized, and keeping it simple. I believe the painting journey is a shared adventure, and I truly enjoy teaching others what I have learned. www.gigigodfrey.com



ROOTS, VINES, AND BARK BASKETS

Work with cedar bark to create an original bark basket. Learn how to harvest cedar, dye bark with natural pigments, and weave a cross-weft pattern in a unique design. Cedar bark weaving is a traditional skill used throughout the PNW by the Coast Salish peoples. Create something of use and beauty! Materials provided. David Repyak instructs. SHC

566772-02 Su 10/23 1:00-5:00p \$100

PET PORTRAIT WORKSHOP

Even a relative beginner can succeed when combining expert instruction with your love for your pet(s)! Utilizing reproductive image strategies with mixed media, you'll be thrilled at the likeness you'll be able to create throughout this extraordinary workshop. What's even more fun is the personality you'll learn to capture! All you need is a good color photograph and whatever art supplies you might have on hand — everything else will be provided! Susan Wiersema instructs. SB

566712-01 Sa 11/5 10:00a-1:00p \$35

DRAWING

INTRO TO ART (FOR THE NON-ARTISTS AMONG US!)

Susan Wiersema makes learning about art enjoyable and accessible, even to those who swear they 'can't draw a straight line'! Participants are introduced to great artists and create projects based on the techniques and themes behind their most significant works. Take your pencil for a walk in the spirit of Paul Klee, experiment with color like Joan Miró, or create your surrealist-inspired artwork ala, Dali. SHC



566711-01 T 10/25-11/15 4:00-5:30p \$60

COLORED PENCIL INTRO AND BEYOND

Start coloring, relieve stress and learn to create radiant, original works of art using colored pencils. This class is designed for everyone's success, whether you have zero experience or have used this medium before. You'll learn new applications and work with colored pencils to offer stunning results. No experience necessary! Before you know it, you'll be hooked! Susan Wiersema instructs. SHC

566710-01 T 9/20-10/11 4:00-5:30p \$60

I CAN DRAW!

If you've ever envied folks with 'natural artistic ability,' give us four weeks to convince you that drawing CAN be taught just like any other subject! Based on Betty Edwards' book *Drawing on the Right Side of the Brain*, you'll learn techniques and exercises to tap your creative powers. No experience necessary — all materials provided! Jamie Brouwer instructs. SHC

566704-01 W 10:30a-12:00p 9/14-10/5 \$60
02 W 10:30a-12:00p 10/12-11/02 \$60
03 W 10:30a-12:00p 11/9-12/07* \$60

*no class 11/23



I CAN DRAW 2!

This is the second step in the I Can Draw series. In this class, we examine the nature of light and shadow. Discover effective ways to add depth and dimension to your work. Longer, more progressive exercises produce more finished masterpieces! You'll be introduced to new materials and media. Make your work more powerful and dramatic as your images become convincingly three-dimensional! Bring what you like, but basic materials included! Jamie Brouwer instructs. SHC

566702-01 W 12:30-2:00p 9/14-10/5 \$60
02 W 12:30-2:00p 10/12-11/02 \$60
03 W 12:30-2:00p 11/9-12/07* \$60

*no class 11/23





ADULT

THE JOY OF SKETCHBOOKING

This 'start-where-you-are' class will introduce you to sketchbooking. Meet new friends who are just as timid about their art skills as you! You will be drawing from life and photos into your sketchbook, using watercolor and pencils to add color in both sections. The class includes discussion on composition, color theory, the delight of watercolor, and the surprises created from mixed media. An encouraging environment for all. Basic drawing techniques are required and can be acquired in advance by viewing the instructor's videos on www.annemarie-sargent.com. A materials list will be provided. Everything is taught with patience and grace by Anne-Marie Sargent. SHC

566732-01	Th	5:15-7:00p	9/15-10/20	\$70
02	Th	5:15-7:00p	10/27-12/8*	\$70

*no class 11/24

LIFE DRAWING

Open session for artists who wish to improve their skills in drawing and painting from life. A \$50 model fee is due at the first class, covering model expenses for the session. (For more info, call Gregg Oneweine at 206-842-0259.) DROP-IN STUDENTS WELCOME with a \$10 drop-in fee plus a \$15 model fee (paid at class). SHC

566714-01	F	9:30a-12:30p	9/16-10/21	\$40
02	F	9:30a-12:30p	10/28-12/16*	\$40

*no class 11/11 and 11/25

PAINTING

PAINTING OPEN STUDIO

In this three-hour, peer-mentored art studio class, you will work independently on your artwork in a supportive, encouraging, and friendly group. All levels are welcome and must be able to work independently. Positive individual and group critiques are encouraged in each class. All mediums welcome. Students are responsible for their art supplies. SHC

566774-01	M	9/19-10/17	1:00-4:00p	\$40
02	M	10/24-11/21	1:00-4:00p	\$40
03	W	9/21-10/19	1:00-4:00p	\$40
04	W	10/26-11/30*	1:00-4:00p	\$40

*no class 11/23

THE PAINTING JOURNEY

Whether you are just getting started or have already launched your 'Painting Journey,' this class will move you forward in a painterly way. Using still-life for inspiration, we will cover composition, seeing shapes, starting your painting, mixing colors, understanding value, brushwork, perspective, and finishing your painting. This class will improve your painting ability, build your skills, and help you refine your style. Students will get both individual attention and class lessons. Advanced to intermediate students may work on personal projects. Oils or acrylics and other media are welcome. Gigi Godfrey instructs. SHC

566718-01	W	9:30a-12:00p	9/28-10/26	\$100
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FOCUS ON FLORALS

Let's have fun bringing the outside indoors.

This still-life course focuses on floral displays and photos. After reviewing some basics, we will add a range of techniques and styles. This class is designed to loosen everyone up and have tons of fun. Emphasis will be on developing your unique style. The course includes demonstrations and individual instruction. New and continuing students are encouraged to attend. Advanced to intermediate students may work on personal projects. Oils, acrylics, and other media are welcome. Gigi Godfrey instructs. SHC

566718-02	W	9:30a-12:00p	11/2-12/7*	\$100
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*no class 11/23



PAINTING OUT & ABOUT INTENSIVE

As the lovely summer weather begins to take its bow, we're providing one last great way to get outside and work directly from nature. This class will be taught outdoors as a Plein air experience. There is nothing like natural light to invite colorful expression that celebrates the world around us. This is another 'start-where-you-are' class and welcomes newcomers and seasoned painters. Students will get both individual attention and class demonstrations. Bring your supplies: oils or acrylics and other media welcome. Diane Crago instructs. SHC

166720-01	Sa	9:30a-2:00p	9/17	\$70
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WATERCOLOR BOLD AND EXPRESSIVE

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

566715-01	Th	10:00a-12:00p	9/15-10/6	\$125
02	Th	10:00a-12:00p	10/20-11/10	\$125
03	Th	10:00a-12:00p	11/17-12/15	\$125

*no class 11/24

PRINTMAKING

INTRO TO BLOCK PRINTING

Printmaker extraordinaire Erica Applewhite brings her talent and expertise to Bainbridge Island to offer this high-success printmaking workshop. Participants will explore a variety of hand-carving and printing techniques using soft-cut material to make such fun takeaways as your note cards, wrapping paper, frameable works, and prints on fabric such as T-shirts or bandanas. The registration fee includes all the basic materials for the course. SHC

566011-01	MT	9/26-9/27	9:00a-12:00p	\$75
02	MT	11/14-11/15	1:00-4:00p	\$75



ADULT



GLASS ART

GLASS ART with Julie Hews-Everett

All classes are taught with expertise, patience, and humor by Julie Hews-Everett. Her studio, Island Spectrum Design, is located at 6006 NE Bligh Ct.

STAINED GLASS CLASSES

This class will teach you how 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. **CONTRACTOR**

566770-01 T 10/25-12/6* 10:00a-1:00p \$175

*no class 11/22



GLASS FUSING WORKSHOPS SUNCATCHERS

Create your brilliant design that catches the eye as well as the sun! You'll be thrilled at what you'll be taking home after just two hours of instruction and support. A great beginner's project! All tools and materials are included in this class fee. **CONTRACTOR**

566668-01 Sa 9/24 10:00a-12:00p \$90

BUG-A-LOO

Think ladybugs, dragonflies, and exotic beetles! Let your imagination dance while you whip up a fanciful work of art that also happens to be a bug. You will create one or two adorable creatures in this two-hour workshop. All tools and materials are included in this class fee. **CONTRACTOR**

566668-03 Sa 11/5 10:00a-12:00p \$90

HOLIDAY ORNAMENTS

Glowing glass ornaments bring a special sparkle to any event! No matter what holidays you observe, the addition of color and light are meaningful in almost ALL fall and winter gatherings. Everything you need is included in the class fee. **CONTRACTOR**

566668-05 Sa 12/3 10:00a-12:00p \$90



ADAPTIVE FOR ADULTS WITH SPECIAL NEEDS

Specially designed for teens and adults with developmental disabilities.

POTTERY SAMPLER

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 let each student's creativity take over. Individual and group projects add to the fun with clay! Materials included in class fee. Two weeks. ED

ORNAMENTS MINI-SESSION

522060-02 W 3:30-5:00p 12/7-12/14 \$45



INTRO TO SPIKEBALL

Ages 12-17. Spikeball or roundnet is a fun and competitive game that's super easy to learn and is for people of all ages and skill levels. See page 24.





ADULT

POTTERY

DAYTIME POTTERY

These daytime classes welcome beginners and those with wheel and hand-building experience. Surface decorating techniques will be introduced as well as small form sculpture demonstrations. Individual projects are welcomed!

CLAY INTRO SAMPLER CLASSES

Make art part of your fall! This short-term introductory class is primarily for people who would just like to try their hand at pottery. From different types of clay to the function of various tools and studio equipment, we will sample hand-building construction, wheel throwing, decorating techniques, and glaze finishes to explore the possibilities of ceramic art! Four weeks. ED

MONDAY

This longer class session is for people who want to explore throwing on the wheel or hand-building techniques fully. Join the skill-building Monday group, whether you are new to clay or an old hand! Includes one 25 lb. bag of clay. Ten weeks. ED

Morning with Jeff Wofford

522050-01	M	9:30-11:30a	9/12-11/14	\$260
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Fall Finish-Up mini

522050-04	M	9:30-11:30a	11/21-12/5	\$45
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WEDNESDAY

These shorter mid-week class sessions are for people who want to explore the wheel or hand build with clay — or combine the two! Suitable for any ability, so join the Wednesday fun! Includes one 25 lb. bag of clay. Six weeks. ED

Morning with Joy McCallister

522050-02	W	9:30-11:30a	9/7-10/12	\$140
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Surface Decoration focus with Joy McCallister

522050-05	W	9:30-11:30a	10/19-11/30*	\$140
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*No class 11/23

THURSDAY with Elena Wendelyn

This class is for people who want to explore their creativity and experiment with wheel throwing or hand-building and interesting finishing techniques. Whether you are just beginning or an experienced hand, join the Thursday clay community! Includes one 25 lb. bag of clay. Six weeks. ED

522048-02	Th	9:30-11:30a	9/8-10/13*	\$120**
04	Th	9:30-11:30a	10/20-12/1*	\$140

*No class 10/6 or 11/24

**Fee reflects 5-week session

DAYTIME POTTERY

Make art part of your fall! This short-term introductory class is primarily for people who would just like to try their hand at pottery. From different types of clay to the function of various tools and studio equipment, we will sample hand-building construction, wheel throwing, decorating techniques, and glaze finishes to explore the possibilities of ceramic art! Four weeks. ED

522044-01	T	12:00-2:00p	10/19-11/9	\$95
02	Su	12:30-2:30p	10/23-11/13	\$95

FRIDAY RAKU with Gareth Williams

This specialized class will focus on the forms and possibilities inherent in creating interesting fire-fired pieces. Includes one 25lb bag of clay and scheduled raku firings. Six weeks.

522050-09	F	1:00-3:00p	9/23-10/28	\$140
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DAYTIME STUDIO OPEN WORKSHOP TIME

For students enrolled in current instruction, this is a way to continue working on the lessons from class. Six weeks. ED

MONDAY

522051-01	M	12:00-2:00p	9/12-10/17	\$90
04	M	12:00-2:00p	10/25-12/6*	\$90

*No class 11/21

WEDNESDAY

522051-02	W	12:00-2:00p	9/7-10/12	\$90
05	W	12:00-2:00p	10/19-11/30*	\$90

*No class 11/23

THURSDAY

522049-02	Th	12:00-2:00p	9/8-10/13	\$90
03	Th	12:00-2:00p	10/20-12/1*	\$90

*No class 11/24

CERAMIC SCULPTURE

with Debbie Fecher Gramstad

TUESDAY FIGURATIVE SCULPTURE CLASS

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

522058-01	T	9:30-11:30a	9/27-11/15	\$188
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TUESDAY FIGURATIVE STUDIO TIME**

**Must be a current Eagledale Pottery Studio sculpture student.

Use this extra time after lunch to focus and work on your pieces, with Debbie on hand for consultation.

522057-01	T	12:00-2:30p	9/27-11/15	\$127
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FRIDAY FIGURATIVE SCULPTURE CLASS

Have fun with figurative clay sculpture! Beginning students will learn the basics with fun assignments that generate imagination and inspiration. Discover how to sculpt a ball of clay into something wonderful! ED

522056-01	F	9:30-11:30a	9/30-11/18*	\$165*
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*No class 11/11; Fee reflects seven-week session

FRIDAY FIGURATIVE STUDIO TIME**

**Must be a current Eagledale Pottery Studio sculpture student.

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

522055-01	F	12:00-2:30p	9/30-11/18*	\$111*
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No class 11/11; Fee reflects 7-week session



ADULT



SATURDAY POTTERY

This Saturday morning class is for all levels to enjoy! Time 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 successes and fun! Six weeks. ED

MORNING CLASS

522045-01	Sa	10:00a-12:00p	
	9/17-10/22	\$140	
04	Sa	10:00a-12:00p	
	10/29-12/10*	\$140	



SATURDAY STUDIO TIME

For students enrolled in the corresponding Saturday class, existing Eagledale Pottery Studio students, and Flex workshop folks. Six weeks. ED

522046-01	Sa	12:30-2:30p	9/17-10/22	\$90
03	Sa	12:30-2:30p	10/29-12/10*	\$90

* No class or studio time 11/26

EVENING POTTERY

These extended three-hour evening classes are designed to appeal to both beginning and advanced ability levels. Lessons 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 successes and fun. Includes one 25 lb. bag of clay. Five weeks. ED

EVENING CLASSES

522052-01	M	6:30-8:30p		
9/12-10/17		\$200		
02	W	6:30-8:30p		
9/7-10/12		\$200		
06	M	6:30-8:30p		
10/18-11/28		\$200		
07	W	6:30-8:30p	10/19-11/30*	\$200

*No class 11/23



EVENING STUDIO TIME

Must be enrolled in a current quarter Eagledale Pottery Studio class.

522053-01	Th	6:30-8:30p	9/8-10/13	\$95
03	Th	6:30-8:30p	10/20-12/1*	\$95

*No studio time 11/24

EVENING CLAY INTRO SAMPLER

Make art part of your fall! 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, we will sample hand-building construction, wheel throwing, decorating techniques, and glaze finishes to explore the possibilities of ceramic art! Four weeks. ED

522044-04	Th	7:00-9:00p	10/20-11/10	\$95
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FRIDAY NIGHT CLAY PLAY!

with Studio Staff and Guests

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. The focus will include basic clay-handling techniques and exploring texture and glazes. Led by the welcoming and patient instructors of our studio. Materials included. Space is limited. ED

CANDLE MAGIC!

Try your hand at making a hand-built grinning or grimacing seasonal candle lantern or other decorative holder. No seeds or goo involved.

522040-02	F	6:30-8:30p	9/23, 10/7	\$45
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NATURE IMPRINTS!

Try your hand at making a slab-built piece with natural texture and imprints from leaves, ferns, and flowers.

522040-01	F	6:30-8:30p	10/21, 11/4	\$45
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SNOWFLAKE FUN!

Try your hand at making winter snowflakes! Whether keepsakes or a gift, you'll have fun constructing.

522040-05	F	6:30-8:30p	11/18, 12/2	\$45
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ADULT SAMPLER PROJECT WORKSHOPS! **NEW!**

For folks who want a little more direction and time in the studio. These project-focused weekly evening classes are designed to appeal to adults of any ability. Lessons will include basic clay-handling techniques and exploring texture and glazes. Led by Heather Polverino. Materials included. Space is limited. ED

SPOOKY SEASON!

Spooky season isn't just for kids! Enjoy creating a monster treat bowl, funky-themed platter, and scary luminaries! Two classes of making, and one of glazing, with a pick-up of finished pieces the following week, just in time for the spooky season. Three weeks.

522007-11	T	6:30-8:30p	9/13-9/27	\$60
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FALL FEST!

Handmade dishes brighten any table! Enjoy creating whimsical autumn table decor or delicate leaf-imprint serve ware! Two classes of making, one of glazing, with a pick-up of finished pieces the following week, just in time for fall holiday feasts. Three weeks.

522007-12	T	6:30-8:30p	10/21, 11/4	\$60
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WINTER WONDERLAND!

In this short three-week workshop, we will utilize the slab roller and extruder to make festive ornaments, luminaries, and party dishes sure to brighten the season. Suitable for all skill levels; join us for some holiday cheer! Three weeks.

522007-13	T	6:30-8:30p	11/15, 12/6	\$60
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**SEE ALSO PARENT/CHILD CLAY PLAY
PAGE 16.**



ADULT

SCOUT GROUP BADGE VISITS

If you've got a Scout or youth group looking for a fun and exciting experience, we have staff who will facilitate a workshop! A fee of \$200 covers 12 youth for two 2½-hour workshops and all supplies. We've done our homework on what Scout groups of all ages need for their recognition, and we would love to help your group earn their next badge or patch! Call the Park District at 206-842-2306 #125 for available dates, times, and more info.

FLEXIBLE WORKSHOP OPTION

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

522047-01 days and times vary 9/13-12/4* \$155

*No workshops 11/20-11/25.

DANCE

Our fabulous dance instructor is busy healing from an injury, so instead of our usual bounty of classes, we'll keep your skills fresh by offering some Second Saturday Community Dances this fall. We look forward to the return of Sheila Phillips of Educated Feet in the Winter/Spring catalog and send her our best wishes in the meantime.

SECOND SATURDAY DANCES

Island Center Hall, 8395 Fletcher Bay Road

Singles and couples; Adults and teens.

Dressy casual. Be kind to the wood floor

Wear shoes with clean soles and no black marks.

Info www.educatedfeet.net

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

September 10: Just Dance!

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

7:00-9:00p

Pay \$10 at the door.

October 8: Ranger & the Re-Arrangers!

SWING STANDARDS, MUSIC OF DJANGO & GRAPPELLI, LATIN SWING TUNES, WALTZES AND RANGER'S UNIQUE ORIGINALS

7:30-10:00p

dance, live music!

Pay \$20 at the door.

November 12: Just Dance!

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

7:00-9:00p

Pay \$10 at the door.

December 10: Just Dance!

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

7:00-9:00p

Pay \$10 at the door.

MUSIC

SONGWRITING: AN INTRODUCTION

NO EXPERIENCE IS REQUIRED! Everyone is born with a song in their heart — here's your chance to get it out into the world! From the basics of getting started, organizing ideas, notation, and home recording (DAW), this class will offer valuable resources with experienced guidance in an instructive and inclusive atmosphere. We will even compose our class song! Jenny Davis instructs. SB

466956-01 F 9/9-10/21 10:15-11:45a \$75

SONGWRITING: NEXT STEPS

For those with some experience in songwriting, instrumental composition, scoring, and using basic DAW technologies. Developing more skills in your music creator toolbox is empowering! Topics include a variety of methods and processes and filling in any gaps of knowledge needed to move your work forward. This may consist of music notation, writing, and arranging. This experience is tailored to the individual student on their creative path. Jenny Davis instructs. SB

466957-01 F 10/28-12/2* 10:15-11:45a \$75

*no class 11/25



SOLO SINGING — ADULTS

Build your singers' toolbox by learning to pick songs and keys, read sheet music, and count tempos. By singing with 'backing tracks,' students will practice their craft and share their voices and songs while connecting to a creative, inclusive community! The final class features a live musician to accompany each student in a piece of their choice. Jenny Davis instructs. SB

466578-01 F 9/9-10/21 12:15-1:45p \$75

02 F 10/28-12/2* 12:15-1:45p \$75

*no class 11/25

SOLO SINGING — TEENS

Build your singer's toolbox by learning to pick songs and keys, read sheet music, and count tempos. By singing with 'backing tracks,' students will practice their craft and share their voices and songs while connecting to a creative, inclusive community! The final class features a live musician to accompany each student in a piece of their choice. Jenny Davis instructs. SB

466578-01 M 9/12-10/24 12:15-1:45p \$75

02 M 11/7-12/5 12:15-1:45p \$75

ADULT



FOREIGN LANGUAGE

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. We will study an easy reader book (usually \$5-\$10), listen to recordings, do grammar exercises from an easy textbook (\$13), and self-correcting websites. SHC **CONTRACTOR**

566753-01	W	9:20-10:50a	9/21-10/26	\$110
02	W	9:20-10:50a	11/2-12/14	\$110

ADVANCED CONVERSATIONAL SPANISH

If you are already skilled in Spanish but aspire to approach fluency in speaking, this class is your best choice. In an immersive experience, we speak nothing but Spanish in class while we discuss reading (stories, plays, and novels), videos, and some of the more difficult points of grammar. We also write our own stories that are shared with classmates. This course is designed to advance your skills and boost your confidence! **CONTRACTOR**

566754-01	W	11:00a-12:30p	9/21-10/26	\$110
02	W	11:00a-12:30p	11/2-12/14	\$110

SPECIAL INTERESTS

HILLTOP ACOUSTIC JAM

All-ages music jam

Bring your guitar, voice, ukulele, recorder, banjo, box drum, fiddle, or any other acoustic instrument, for an old-fashioned song-swapping circle at Prue's House! Beginners and veterans learn from each other with no stage fright and no pressure; sit in or just come to listen! Free for all ages! Hot drinks by donation. HT

Third Fridays 7:30p 9/16, 10/21, 11/18, and 12/16 Free



WOMEN IN TRANSITION

Some of the most important and most stressful times in life are those brought on by change. Whether you are facing a change in relationship, an empty nest, a career opportunity, or are simply new to the island, women supporting women through transition is a powerful thing! Learn how to design strategies, discover resources, develop networks, identify trouble spots, and shed habits that no longer serve you. Taking personal inventory and determining your true goals are the best way forward. Invest in yourself and your future! AQ

566012-01	Th	10/6-10/27	10:00a-12:00p	\$70
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CHEERFUL CANVAS TOTE FOR BEGINNERS

Make it — and take it home! — in just one evening. This canvas tote is both easy and fun, and the simplicity of the pattern makes it easy to scale up or down to your preference. These bags make great gifts for the holidays, too. Using under a yard of fabric and two leather handles (one pair provided in class), you'll come away with a cheerful accessory to use for years to come. Students will receive a supply list after registering and a list of local fabric shops.

566015-01	Sa	10/8	10:00a-12:00p	\$30
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MENUS FOR THE HOSTESS

'Tis the season for gatherings — whether a family get-together, game night, a book club meeting, a girls' night out, organizing a memorable menu that gets you out of the kitchen and into the fun is often the elusive ingredient. Learn to whip up a beautiful charcuterie board, salads, and room-temperature dishes that appeal to a broad range of tastes (and accommodate restrictions). Finish with tips for beverages, accompaniments, and desserts that ensure the hostess has a great time, too!

566015-02	Sa	10/15	10:00a-12:00p	\$30
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HOLIDAY GIFTS FROM THE KITCHEN

Everyone enjoys a homemade gift, especially something fabulous from your kitchen. Enjoy recipes that are simple, unique, and delicious. Learn tricks to wrapping and presentation that will make for stylish and beautiful gifts. This class has a knack for every taste, from a savory Asian-American basting sauce to the most elegant chocolate truffle!

566015-03	Sa	11/5	10:00a-12:00p	\$30
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EXERCISE/FITNESS

WALK WITH A DOC **NEW!**

The Park District has started a brand-new chapter of this popular national program! Walk with Doc communities offer free, health care professional-led walking groups throughout the year. Walks begin with a brief discussion on a current health topic, and then participants enjoy a healthy walk and conversation. These walking groups are a safe, fun, and FREE place to get some steps, learn about health, and meet new friends. The program meets every other week — walking outside when the weather permits, indoors when needed. Facilitated by Aaryn Olesen, MPH. AQ

566017-01	W	9/21, 10/5, 10/19, 11/2, 11/16	12:00-1:00p	Free
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MEET OUR NEW INSTRUCTOR: JULIE VON KOSCHEMBAHR

Julie has taught in community education settings for more than 20 years, starting with a class for parents with preschoolers called "Home But Not Alone." She has a background in small business that includes consulting on time management for creatives, and recent ownership of a small clothing store in Seattle. She also loves to share her interests all things home and domestic, especially baking, sewing, and quilting.



PROGRAMS FOR TEENS AGES 13-17



ADULT

MORNING EXERCISE

Stacey Stoner certified instructor, teaches active Adult Fitness classes.

Multi-week sessions have replaced the traditional exercise passes—classes held at the SHP Mini-gym.

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! These six-week sessions have replaced the traditional exercise passes. SHMG

566726-01	MWF	9:00-10:00a	9/5-10/21	\$155
(21 classes x \$7.50)				

02	MWF	9:00-10:00a	10/24-12/16*	\$180
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*no class on 11/14, 11/23, 11/25

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 are done on the floor. These six-week sessions have replaced the traditional exercise passes. SHMG

566725-01	T-Th	11:00a-12:00p	9/6-10/20	\$105
02	T-Th	11:00a-12:00p	10/25-12/15*	\$110

*no class on 11/24



T'AI CHI CHUAN

This course, founded on the Yang style of T'ai Chi Chuan, reminds us how to move through the world in a relaxed and powerful manner. Each class focuses on a different aspect of The Way to integrate the practice into everyday life. Slow-motion training encourages participants to feel, correct, and strengthen balance and postural alignment. Caylen Storm instructs. ICH

566739-01	T	10:00-11:30a	9/13-10/25	\$70
02	T	10:00-11:30a	11/1-12/13	\$70
03	Th	1:00-2:30p	9/15-10/27	\$70
04	Th	1:00-2:30p	11/3-12/15*	\$60

*no class 11/24



EMPLOYMENT OPPORTUNITIES

Fitness Instructors
Sports Instructors

VOLUNTEER OPPORTUNITIES FOR YOUTH LEAGUES

Soccer Coaches
Basketball Coaches
Basketball Referees
Volleyball Coaches

AFFORDABLE EXERCISE AND FITNESS FOR ALL

Experienced instructors and a small, safe, and supportive group atmosphere, all while being affordable. Our classes are exciting, fun, and open to all levels. Not sure which class is suitable for you? Shoot us an email at audreeg@biparks.org or staceystoner@biparks.org.

CIRCUIT 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 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 instructs. SHMG

511317-01	W	8:00-8:45a	9/14-10/12	\$70
02	W	8:00-8:45a	10/19-11/16	\$70
03	W	8:00-8:45a	11/30-12/28	\$70



ADULT



CIRCUIT TRAINING FOR LUNCH

Ages 13 and up. Work out with us during your lunch break. Learn the correct way to strength train using your body weight (no machines needed!), how to minimize injury, maintain strength, learn functional fitness, and more! This class will provide the essentials of personal training in a non-intimidating environment and small class setting. SHMG

511317-04	W	12:00-12:45p	9/14-10/12	\$70
05	W	12:00-12:45p	10/19-11/16	\$70
06	W	12:00-12:45p	11/30-12/28	\$70

PERSONAL TRAINING AND HEALTH COACHING

Ages 13 and up. Our well-rounded personal training and health coaching program can help you achieve your fitness goals at an affordable price. Training can be one-on-one or in a small group of up to four folks. All safety guidelines will be followed during training. Let Stacey, ACE Certified Health Coach, help you achieve your goals through fitness, nutrition, and behavior modification. SHMG or SB

511318-01	Private Training: 1 hour = \$55			
02	Semi-Private Training: 1 hour, 2-4 people = \$33 each			
03	Private Training: 5 pack of 1-hour sessions = 261.25 (5% off)			
04	Private Training: 10 pack of 1-hour sessions = \$495 (10% off)			
05	Semi-Private Training: 5 pack of 1-hour sessions = 156.75 each (5% off)			
06	Semi-Private Training: 10 pack of 1-hour sessions = \$297 each (10% off)			



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 practice includes all styles of yoga, including Kundalini yoga, Ashtanga, and yin. ICH

511204-01	Th	10:00-11:15a	9/15-12/15*
02	M	9:00-10:15a	9/19-12/12*

*Drop in for \$16, or purchase a yoga punch pass of 10 tickets for \$150.

*No class on 11/24



RESTORE WITH GONG

Ages 13 and up. Enjoy an evening of gentle movement to get you set up for a deep, restorative sound experience. Starting with some stretching, we will then move into over 30 minutes of sound therapy, using mostly gongs and other tools as well. We'll finish with a short meditation. Take this time to allow yourself to restore it to a cellular level and let the waves of the gong wash over you, much like the cleansing waves of the ocean. Please bring a mat, blanket, and anything else to be comfortable; there are no props to borrow. ICH

511231-01	Su	5:00-6:15p	9/18	\$20
02	W	5:00-6:15p	11/2	\$20
03	Su	5:00-6:15p	12/11	\$20



ZUMBA with Olymar

Ages 13 and up. Have you been cooped up too long? It's time to dance! Zumba is a dance fitness class set to contemporary Latin and world music. No memorization of choreography is needed. Just follow the leader! Oly has over 20 years of fitness instructor experience and a lifetime of dance passion. She also happens to be a registered nurse, so safety and wellness are high priorities. Never tried Zumba before? On the fence about whether it's your cup of tea? Contact Oly at zumbawitholy@gmail.com to see about the availability of one free trial class.

CONTRACTOR

511333-01	Sa	10:00-11:00a	9/10-11/19	Ordway
02	W	6:30p-7:30p	9/14-12/21	Island Center Hall
03	SaW	Drop-in spot		\$15

\$50 for a 5-class pass

ZUMBA with Sarah and Mariah

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

CONTRACTOR

511308-02	Su	11:00a-12:00p	9/11-12/11	\$80 for 10-class pass \$12 drop-in ICH
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ADULT

OPEN GYM SPORTS

All open gyms are held in the High School Lower Gym. Players can drop in and play for \$7.00 per visit or buy a 5-visit pass for \$30 or a 10-visit pass for \$60. Passes can be purchased at the gym. *Subject to changes and cancellations due to school functions, holidays, or low attendance.



MONDAY	SPIKEBALL/CORNHOLE	7:00-9:30p
TUESDAY	BASKETBALL	7:00-9:30p
WEDNESDAY	PICKLEBALL	7:00-9:30p
THURSDAY	VOLLEYBALL	7:00-9:30p
THURSDAY	PICKLEBALL	7:00-9:30p
FRIDAY	PICKLEBALL	7:00-9:30p
SUNDAY	PICKLEBALL	4:00-6:30p

WALKING/RUNNING

DISCOVER BAINBRIDGE RUNS FOR ALL LEVELS



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 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 open to all levels. 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 instructs. Various locations.

511315-01	T	9:00-10:00a	9/13-10/11	\$60
02	Th	9:00-10:00a	9/15-10/13	\$60
03	T	9:00-10:00a	10/18-11/15	\$60
04	Th	9:00-10:00a	10/20-11/17	\$60
05	T	9:00-10:00a	11/22-12/20	\$60
06	Th	9:00-10:00a	12/1-12/29	\$60
07	5-visit punch pass			\$75



DISCOVER BAINBRIDGE WALKS

FOUR-MILE WALKS

Tuesdays and Wednesdays

511910-01	T	9:00-11:00a	9/20-11/1	\$38
02	W	9:00-11:00a	9/21-11/2	\$38
03	T	9:00-11:00a	11/8-12/20	\$38
04	W	9:00-11:00a	11/9-12/21	\$38

Sunday

511912-01	Su	9:00-11:00a	9/25-11/6	\$38
02	Su	9:00-11:00a	11/13-12/18	\$38

THREE-MILE WALKS

511914-01	M	9:00-10:30a	9/19-10/31	\$38
03	M	9:00-10:30a	11/7-12/19	\$38

TWO-MILE WALKS

Flatter roads and trails of Bainbridge Island. Nice easy pace.

511911-01	Th	9:00-10:15a	9/22-11/3	\$33
02	Th	9:00-10:15a	11/10-12/22*	\$33

*No class 11/24

FALL BIRD WALKS

We will explore several parks in this series of eight walks, including Blakeley Harbor, Fay Bainbridge, and Battle Point. We will slowly walk as much as 1½ miles, searching for resident and migratory birds. Birding-by-ear, visual identification, and other birding tips will be discussed. Bring binoculars. Limit 10 people.



511913-01	W	9:00-10:30a	9/14-11/2	\$44
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ADULT



RACKET/PADDLE SPORTS

INTRO TO PICKLEBALL FOR ADULTS

Ages 16 and up. Come learn the rules and how to play in this introductory class taught by experienced players. Course content includes equipment, basic rules, court position and more. BIRC

				Member/Non-Member
511328-01	Su	2:30-3:30p	9/11-10/2	\$68/\$88
02	Su	2:30-3:30p	10/9-10/30	\$68/\$88
03	Su	2:30-3:30p	11/6-11/27	\$68/\$88
04	Su	2:30-3:30p	12/4-12/18	\$50/\$65

PICKLEBALL LADDER LEAGUE FOR ADULTS **NEW!**

Ages 18 and up. Are you interested in playing more pickleball with people at the same level at a set time each week? Then our Ladder Play might be the answer. Whether you want to be competitive or want to play with people of your same ability. BIRC

				Member/Non-Member
511329-01	Su	5:30-7:30p	9/11-10/30	\$50/\$65
02	Su	5:30-7:30p	11/6-12/18	\$50/\$65

TEEN TABLE TENNIS CLUB

Ages 12-18. Learn the fundamentals of table tennis, including serving, footwork, various strokes, and tactics. We'll finish each session playing matches. All levels are welcome in this mixed-levels group. Max 7 people. SHMG

				Member/Non-Member
512721-01	T	4:30-6:00p	9/13-11/1	\$60
512721-02	Th	4:30-6:00p	9/15-11/3	\$60



ADULT TABLE TENNIS OPEN GYM

Ages 18 and up. All levels are welcome. We play games and practice, depending on the players' preferences. \$3 drop-in fee per visit or buy a punch card, paid at the gym. SHMG

512723-01	T	6:30-9:30p	9/13-12/13	\$12 for 5-visit punch card
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TABLE TENNIS FUNDAMENTALS AT BIRC **NEW!**

Ages 18 and up. Not only will we learn the fundamentals of table tennis, but we will also get a decent workout. After some warmup exercises, we'll focus on footwork, proper stroke mechanics, and serving. All levels are welcome. Max 5 people. BIRC

				Member/Non-Member
512732-01	T	10:00-11:00a	9/13-11/1	\$50/\$65
02	Th	10:00-11:00a	9/15-11/3	\$50/\$65

INTRO TO FRESCOTENNIS **NEW!**

Ages 16 and up. Try a new cardio-oriented sport created right here on the island! Played on the entirety of a full tennis court, Frescotennis uses high-velocity rubber balls with special paddles and can accommodate 2-6 players. This introductory course will supply you with all the necessary equipment and quickly teach you the rules. Experience this strategy-oriented, high-intensity paddle sport BIPD course, and you will understand the power of the Frescotennis mindset: Fun! For beginner to advanced players alike. BPP **CONTRACTOR**

511338-01	TTh	3:30-5:00p	9/13-9/22	\$50
02	TTh	3:30-5:00p	10/11-10/20	\$50
03	TTh	3:30-5:00p	11/8-11/17	\$50



BEGINNERS PICKLEBALL — LEARN TO PLAY WHILE PLAYING.

Ages 18 and up. Learn the game of pickleball while you play with and against other beginners. Our staff will guide you through a quick lesson and then help you learn as you play. All equipment provided. All fitness levels are welcome. BPP

511336-01	MW	12:00-2:00p	9/12-9/21	\$50
02	MW	12:00-2:00p	9/26-10/5	\$50
03	MW	12:00-2:00p	10/10-10/19	\$50
04	MW	12:00-2:00p	10/24-11/2	\$50
05	MW	12:00-2:00p	11/7-11/16	\$50

PICKLEBALL SKILLS AND DRILLS

Ages 18 and up. Level up your game in our new drills and skills class. Each class will be designed with drills that work on one or two skills at a time. We'll also incorporate skinny singles, queen/king of the court, dinkles, etc. All levels are welcome. Players will be divided by skill level for some drills. BPP

511337-01	TTh	12:00-2:00p	9/13-9/22	\$50
02	TTh	12:00-2:00p	9/27-10/6	\$50
03	TTh	12:00-2:00p	10/11-10/20	\$50
04	TTh	12:00-2:00p	10/25-11/3	\$50
05	TTh	12:00-2:00p	11/8-11/17	\$50



ADULT

PRIVATE, SEMI-PRIVATE, AND GROUP PICKLEBALL LESSONS

Ages 12 and up. Private, semi-private, and group pickleball lessons for youths, adults, and seniors. Fun interactive lessons designed for beginner and intermediate players. Come learn to play or improve your skills in America's fastest-growing sport. Zac Ohnemus instructs. **CONTRACTOR**

512727-01	Private Lessons: 1 hour, 1 player = \$60
02	Semi-Private Lessons: 1 hour, 2 players = \$75
03	Semi-Private Lessons: 1 hour, 3 players = \$90
04	Semi-Private Lessons: 1 hour, 4 players = \$105

CARDIO TENNIS — PRACTICE, PLAY AND WORK OUT

Ages 16 and up. 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

512701-01	Su	11:15a-12:00p	9/18-10/9	\$68
02	Su	11:15a-12:00p	10/16-11/6	\$68
03	Su	11:15a-12:00p	11/13-12/4	\$68

PRIVATE, SEMI-PRIVATE, AND GROUP TENNIS LESSONS

Private lessons are affordable for all who want to improve their game. Our Park District tennis staff will help you or your kiddo learn and polish your game. Schedule your private, semi-private, or group lessons on the weekends. Lessons are on the Bainbridge High School tennis courts.

512799-01	Private Lessons: 1 hour, 1 player = \$55
02	Semi-Private Lessons: 1 hour, 2 players = \$70
03	Group Lessons: 1 hour, 3 players = \$81, 4 players = \$88
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 = \$297 (10% off)
07	Semi-Private/Group Lessons: 5 pack of 1-hour lessons = \$156.75 (5% off)



TEAM SPORTS/LEAGUES

ADULT SPORTS LEAGUES AT BIRC **NEW!**

LEAGUE INFO

Pickleball: Wednesday Nights. Grab your partner and join us for a fun night of league play. Matches will be two games to 11.

Basketball: Tuesday nights or Saturday mornings. Two 25-minute halves. Games are 50 minutes in length—limit to nine players per team.

Volleyball: Monday nights. Matches are one game to 25—limit nine players per team.

Cornhole: Thursday nights. 30 minutes for the best two out of three matches.

LEAGUE FEES

BIRC Member League Fee: \$25 per person. Non-Member League Fee: \$35 per person.

LEAGUE REGISTRATION

Register by calling 206-842-5661 or at the BIRC Front Desk.

ULTIMATE FRISBEE PICK-UP GAMES

Ages 18 and up. Fun PICK-UP games of Ultimate Frisbee. Registration is required to play. All athletic levels are welcome. We provide cones and discs, frisbees, reversible pinnies, and a staff person to help organize games. Questions? Contact Audree at 206-823-9838 or audree@biparks.org. BPP

513704-01	Th	6:30-8:00p	9/15-10/27	\$65
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FALL ADULT SOCCER LEAGUE

Ages 19 and up. Grab your friends and co-workers and play in our adult soccer league. Bainbridge Island FC offers adults of all ages and skill levels the opportunity to get active, make friends, and play weekly Friday night games (September-November). Rosters and game schedule will be released in late August. BHS

CONTRACTOR

412370-01	F	7:00-9:00p	8/27-10/8	\$150 per person
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BIFC SOCCER REFEREE TRAINING

Ages 12 and up. Looking to make some money this fall? Join the BIFC refereeing crew for weekend fall games. BHS **CONTRACTOR**

412333-01	W	5:00-8:00p	8/3	Free
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SOCCER COACH TRAINING WITH BIFC

Ages 12 and up. Receive online and on-field training with BIFC's professional training staff. **CONTRACTOR**

412334-01	W	6:00-7:30p	9/7	Free
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ADULT



CANINE CLASSES

Bainbridge Island Metro Park & Recreation District continues to be a dog-friendly environment. Dogs are allowed in all Park District parks 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 respect other park users, other dogs, and their 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 Dog Advisory Committee (DAC) is a group of citizens and park officials that aims to create a model of "Responsible Dog Ownership" to promote mutual respect, safety, and enjoyment for all park users. The DAC tackles the challenging topic of off-leash use of Park District parks. They work diligently to develop comprehensive programs to create opportunities, 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. The goal of the DAC and the Park District is 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.

RED DOG TRAINING with Alanna Westfall

This fall 2022 season, we are incredibly excited to offer dog training classes from Alanna Westfall! Alanna has been training animals for many years in environments ranging from zoological facilities to competitive dog sport arenas. Her group classes have a small 1:6 instructor-student ratio to allow all students to get the attention they need.

We find that group classes are not the best environment for highly-reactive dogs to learn and succeed, so we do not recommend the below for reactive dogs. However, Alanna can still help! Please reach out to her at alanna@reddog-training.com to set up a private session for your reactive dog.



PUPPY PRIMER

Ages 18 and up. Start the journey with your new puppy off on the right foot. This class will cover the foundations of training your new companion, building confidence and a relationship through engagement games, and playing, handling techniques to prepare your dog for the vet and groomer, and ways to avoid behavior problems as your puppy matures. The class is best suited for puppies six months old and under. Meet at CYC. **CONTRACTOR**

526117-01	M	5:00-6:00p	9/5-10/10	\$175
02	W	9:00-10:00a	9/7-10/12	\$175
03	M	5:00-6:00p	10/17-11/28*	\$175
04	W	9:00-10:00a	10/19-11/23	\$175

*No Class 10/31

MISCHIEF TO MANNERS

Ages 18 and up. Open to all levels of dogs; this class will be geared toward relationship building and setting clear lines of communication between you and your dog. Through focus games, we will build positive behaviors, increase motivation, and establish a sense of teamwork with your canine partner. Meet at CYC. **CONTRACTOR**

526118-01	M	6:00-7:00p	9/5-10/10	\$175
02	W	10:00-11:00a	9/7-10/12	\$175
03	M	6:00-7:00p	10/17-11/28*	\$175
04	W	10:00-11:00a	10/19-11/23	\$175

*No Class 10/31



FUN AND GAMES

Ages 18 and up. Work on adding a few new skills and tricks to your dog's repertoire! This class is open to dogs of all ages and skill levels. We will be working on introducing the concept of shape training to your dog and how to turn training into a game! Shape training is a great way to establish engagement and build confidence and is a highly effective tool to wear out that non-stop dog on bad weather days. Plus, it's fun! Meet at CYC. **CONTRACTOR**

526119-01	M	5:00-6:00p	12/5-12/19	\$100
02	M	6:00-7:00p	12/5-12/19	\$100
03	W	9:00-10:00a	12/7-12/21	\$100
04	W	10:00-11:00a	12/7-12/21	\$100



BOATING

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."

SAILING PROGRAMS

"There is no more thrilling sensation I know of than sailing. It comes as near to flying as humans have gotten to yet—except in dreams." — Anonymous

COMMUNITY SAILING

This fall, everyone has a spectacular opportunity to become a proficient sailor in Eagle Harbor! Learn the basics or improve your skills through daily lessons, drills, games, and adventures. Whether you want to be a cruiser or a racer, a dinghy or a keelboat sailor, we can teach you everything you need to know about sailing! Classes are led by US Sailing Certified Sailing Instructors and Assistant Instructors.

FAQs

General — A detailed introductory email will be sent out approximately one week before the start of each session. This email will include required forms and logistical information such as where to meet and what to bring.

Questions? Contact our Sailing Program Coordinator Haley Lhamon at haley@biparks.org.

Equipment — A U.S. Coast Guard-approved lifejacket (PFD) must be worn during all sailing programs. Purchasing a PFD to match your size, comfort, and style is recommended. However, there are PFDs for participants to borrow. Closed-toe shoes are required (no flip-flops or bare feet). Sailboats are provided.

Park District Swim License

Youth: A Park District Swim License is required for youth boating participants engaging in on-the-water programs. It is acquired through a one-time test held at the Aquatic Center and involves full submersion by jumping into the pool, swimming 25 yards, and then floating or treading water for one minute. The swim license form can be found at www.biaquatics.org. Call the Aquatics Center at (206) 842-2302 to determine when testing is available. If you aren't sure if you or your child is on file, visit www.bainbridgeswim.azurewebsites.net. If your child is on file, print the record showing they passed and bring it to the first day of your sailing class.

Adults: Participants ages 18 and over need to complete the Park District Swim License or sign off on a Swimming Skills Acknowledgment form, self-certifying they can meet or exceed the requirements.

Registration Deadlines — Registration deadline online is two days before the first day of each class. The Park District reserves the right to require a doctor's note to clear a participant for participation.

Waivers and Forms — Sailors must complete and sign required waivers and forms each sailing season to participate. These forms will be emailed out to everyone approximately one week before each program begins. All forms and waivers should be turned in to instructors on the first day of class.

Refunds — For questions about refunds, please see page 4. If bad weather cancels a class, a pro-rated credit will be refunded to your Park District account.

MIDDLE SCHOOL 420E



Ages 11-14. This class is designed for middle schoolers who want to learn how to sail a doublehanded 420E or who wish to improve their sailing/racing skills. All levels of experience are welcome! Beginner sailors will initially crew for intermediate-level sailors. Individualized instruction will ensure classes are engaging and challenging while social and fun through teamwork and games. Topics will include rigging, wind direction, safe docking, sail trim, boat handling, person-overboard rescue techniques, right-of-way rules, knots, and racing basics. Sailors should be prepared for one capsize in controlled conditions near the dock the first week to practice efficient, safe techniques for righting their boat with a partner. This class is excellent preparation for independently sailing double-handed boats and eventually joining the high school team. Park District Swim License required. Meet at the top of Waterfront Park across from the Bainbridge Island Senior Community Center.

530721-01 TTh 3:45-6:15p 9/13-10/13 \$370



BOATING



HIGH SCHOOL COMPETITIVE FJ AND 420E

Grades 9-12. This class is designed for high schoolers who want to be on the high school sailing team and improve their dinghy racing skills or learn how to race a two-person sailboat (FJ and 420E). All sailors must have intermediate sailing experience and skills (competent dinghy boat handling and sail trim for skipper and crew positions). Those new to racing will primarily crew and receive sufficient support and coaching to eventually skipper during races. We will focus on teamwork, boat handling, and boat speed while gaining a better understanding of the nuances of racing. Additional topics will include sail trim, communication, racing tactics, strategies, racing rules, regattas, properly preparing boats for trailer travel, and fine-tuning controls for conditions. Sailors should be adequately prepared for windy, wet conditions and capsizing (wetsuit, neoprene dinghy hiking boots, and spray top/bibs recommended). This class serves as the three days of weekly practices for the fall high school sailing team, which will also compete in weekend regattas (there will be a separate regatta fee paid to the Friends of Bainbridge Is. HS Sailing manages regattas). Because of the team's growing size, registration requires Coach Haley Lhamon's approval. All interested sailors should contact her by Monday, August 8, before the first day of registration on Saturday, August 13 by email at haley1@biparks.org. Prerequisite: intermediate sailing classes or equivalent experience. Park District Swim License required. Class meets at the public dock below Waterfront Park in Eagle Harbor.

530722-01 MWF 3:45-6:15p* 9/12-11/7 \$475

*Class starts at 2:15p on Mondays. End time for all practices will be moved up to 6:00 with fading daylight.



ADULT DINGHY SAILING

Ages 18 and up. Sailing is a lifelong activity that everyone who lives near water should experience! In this fun, six-session class, participants will learn and review key elements of sailing through brief lunch lessons and then develop skills on 420E double-handed sailboats. Beginners and intermediates are welcome! Advanced dinghy sailors and support boat drivers are valuable volunteers—please contact haley1@biparks.org if interested! Topics will include wind direction, sail trim, rigging for different wind conditions, knots, body position, docking/stopping, accelerating, person-overboard rescue techniques (that work no matter how big the person in the water is!), tacks, jibes, puffs and lulls, basic sailing rules, and teamwork as skipper and crew. Dinghy sailing in more than a few knots of breeze does require physical flexibility and agility (you must be able to switch from one side to the other quickly and easily stand from a crouching position). In the first week, sailors should also be adequately prepared to do one capsize in controlled conditions to practice recovery techniques. Take advantage of this chance to have a refreshing break in your routine and go sailing! District Swim License/Adult Swimming Skills Acknowledgement form required (see FAQs). Meet at the top of Waterfront Park near the Senior Center.

530761-01 TTh 11:00a-2:00p 9/13-9/29 \$225

INTRODUCTION TO KEELBOATING

Ages 12 and up. Would you like to learn the basics of sailing on a stable, comfortable keelboat? Do you like sailing on friends' boats but would like to be a more active crew member? Do you need to refresh your sailing skills? Thinking about buying a boat? This course may be perfect for you! Through hands-on instruction taught by US Sailing-certified instructor Jay Brown, you will learn the fundamentals of safe, confident day sailing on a 35' keelboat in light to moderate winds. Lessons will cover boat safety, rigging and de-rigging, sail trim, steering, basic navigation, casting off and docking, using a winch, and right-of-way. No experience is necessary. A parent or guardian must accompany participants under 16. Park District Swim License or Adult Swimming Skills Acknowledgement Form required. Meet at Hidden Cove Dock.

530766-01 SaSu 10:00a-4:00p 9/17-9/18 \$215



PADDLING PROGRAMS

"The storms come and go, the waves crash overhead, the big fish eat the little fish, and I keep on paddling" — Lord Varys

PADDLING

Being on a kayak, canoe or SUP is a great way to explore shallow-water bays and harbors inaccessible to other boats! Instructors will work to expand paddlers' skill sets, focus on paddling safety, and have tons of fun. We are proud to have many of our paddling staff registered as **American Canoe Association (ACA) Level 2 Kayak Touring Instructor Certified**, a widely recognized certification worldwide. Come paddle with our incredible team and learn new skills and new areas to explore.

FAQs

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

Park District Swim License — Youth: A District Swim License is required for youth boating participants engaging in on-the-water programs. It is acquired through a one-time test held at the Aquatic Center and involves full submersion by jumping into the pool, swimming 25 yards, and then floating or treading water for one minute. The swim license form can be found at <https://biaquatics.org/>. Call the Aquatics Center at 206-842-2302 to find out when testing is available. If you aren't sure if you or your child



BOATING

is on file, visit <http://bainbridgeswim.azurewebsites.net/>. If your child is on file, print the record showing they passed and bring it to the first day of your sailing class.

Adults: Participants age 18 and over need to complete the Park District Swim License or sign off on a Swimming Skills Acknowledgment form, self-certifying they can meet or exceed the requirements.

Learning About the Marine Environment — Being on a kayak, canoe, or SUP is a great way to explore shallow-water bays and harbors inaccessible to other boats. We often take advantage of this opportunity to teach about the marine and intertidal life found around Bainbridge Island and Puget Sound!

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

Equipment — A U.S. Coast Guard-approved lifejacket (PFD) must be worn for all boating programs. Purchasing a PFD to match your size, comfort, and style is recommended. However, participants can borrow a select number of PFDs; closed-toe sandals or shoes are required. No flip-flops or bare feet. Kayak, canoes, and stand-up paddle boards are provided.

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

Waivers and Forms — Participants must complete and sign required waivers and forms to participate. These forms will be emailed out to everyone approximately the week before each program begins. On the first day of class, all forms and waivers should be turned in to instructors and remain valid for all 2022 fall paddling programs.

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

Questions? Contact Outdoor Program Manager Nick Prevo at nickp@bi-parks.org.

AFTER-SCHOOL PADDLE CAMP

Ages 7-9. Each week kids will explore the waters and beaches around Bainbridge Island, play games and activities, discover local marine life, and improve their paddling skills. Instructors will introduce everyone to various kayaks, canoes, and paddle boards, helping kids get comfortable and confident. Park District Swim License required; see FAQs for details.

530758-01 W 3:45-6:30p 9/14-10/5 \$195



AFTER-SCHOOL ADVENTURE PADDLES

Ages 10-14. This program helps youth develop and expand their paddling skills, focusing on destination paddles around Bainbridge Island's shoreline. Weather permitting, we will be taking trips from Hidden Cove to Fay Bainbridge Park, Blakely Harbor to Blakely Rock, Hidden Cove to the petroglyphs, and a circumnavigation of Hidden Cove. Instructors will help participants get comfortable and confident and learn the skills they need to keep themselves safe, including rescue techniques in case of a capsize. Participants will build camaraderie working as a team and should feel accomplished and proud of their day's journey. Based on conditions and group ability, we will meet at various on-island paddling locations on different weeks. Park District Swim License required.

530710-01 F 3:30-6:30p 9/16-10/7 \$195

FALL SOCIAL PADDLES

Ages 13 and up. This weekly paddling get-together is all about exploration and camaraderie! We'll have opportunities to learn and improve paddling techniques in kayaks and stand-up paddle boards as we explore different parts of the island together throughout the four-week sessions. Our final paddle of the season will be by moonlight through Hidden Cove from 7:30-10:00p. The location on Bainbridge Island will change each week and will include paddles leaving from Blakely Harbor, Fletcher Bay, Eagle Harbor, and of course, Hidden Cove. Kayaks, paddles, and PFDs are provided. Park District Swim License required; see FAQs for details.

530726-01 Th 5:30-8:00p 9/15-10/13 \$120

COVE TO SOUND PADDLE

Ages 7 and up. The best way to reward yourself is at the end of the week. Join us for a scenic evening kayak paddle from Hidden Cove to Fay Bainbridge Park. We'll practice basic kayak strokes in protected Hidden Cove, then venture out of the bay and around the point to Fay Bainbridge Park, which offers a long sandy shoreline and sweeping views of Puget Sound and the Cascade Mountains. Open to all experience levels. An adult must accompany participants under 14. Park District Swim License and Swim Skills Acknowledgement required; see FAQs for details. Meet at Hidden Cove Park.

530727-01 Su 2:00-5:00p 9/18 \$75



8-MILE SOCIAL PADDLES **NEW!**

Ages 18 and up. Each week will feature a different destination. Each paddle will cover approximately eight miles and include a long lunch break at the halfway mark. Participants are responsible for their lunch but will have the option of eating at a local restaurant most weeks. Park District Swim License required; see FAQs for details.

530728-01 Sa 9:30a-3:30p* 9/17-10/15 \$215

*Actual end time will vary based on conditions.

AQUATIC CENTER ADMISSION FEES FALL 2022

	1 ADMISSION		PUNCH PASSES		MONTHLY	
	Resident	Non-Resident	10-punch (non-res +\$6)	20-punch (non-res +\$6)	1-Month (non-res +\$6)	6-Month (non-res +\$6)
Youth (3-17)	\$7.00	\$7.50	\$63	\$119	\$63	\$321
Adult (18-59)	\$8.00	\$8.50	\$72	\$136	\$72	\$367
Senior (60+)	\$7.00	\$7.50	\$63	\$119	\$63	\$321
Family	\$30 (4 passes — one must be an adult/guardian)				\$135 (same household)	\$607 (same household)

WATER EXERCISE CLASS RATES

	10-PUNCH (NON-RES +\$6)	20-PUNCH (NON-RES +\$6)	MONTHLY (NON-RES +\$6)
Adult (18-59)	\$99	\$174	\$99
Senior (60+)	\$83	\$131	\$83
Drop-in	\$12		

SWIM PASSES INFORMATION

No passes cannot be used for special events. Classes and programs are not included in punch passes or basic monthly swim passes.

Monthly Swim Passes — suitable for unlimited swimming during all our general swim hours. Monthly passes are purchased by a patron, non-transferable, and have no guest privileges. **Monthly Family Passes:** encompass dependents within the same household. **10-punch and 20-punch Passes:** suitable for general lap swimming and facility use.



SPECIAL SCHEDULES

8/15-9/5 Don Nakata Pool closed for maintenance
8/15-9/5 Ray Williamson Pool open with a modified schedule
9/5 Closed Labor Day
9/17 Ray Williamson Pool closed for Spartan Relays
10/9 Ray Williamson Pool closed for BAM Fest
11/5-6 Closed for Bob Miller Swim Meet
11/24 Lap Swim (Nakata Pool only) 12:00-2:00p
11/24 Family Beach Swim 12:00-2:00p
11/25 Family Beach Swim 12:00-1:00p

11/25 Open Swim 1:00-3:00p
12/19-23 Winter Break Open Swim 1:00-3:00p
12/23 Family Beach Swim 5:00-7:00p
12/24 Lap Swim (Nakata Pool only) 9:00a-12:00p
12/24 Closing at 3:00p
12/25 Closed
12/31 Closing at 3:00p
1/1 Closed

Schedules subject to change; please check the Google calendar before your visit at biaquatics.org/schedule

FALL 2022

Swim Descriptions & Schedules

September 6 - January 2
Visit biaquatics.org for a detailed schedule.

LAP SWIM RAY WILLIAMSON POOL

The six lanes in the Ray Williamson Pool are kept at 79° F. Lap swimmers must be at least eight years old and have Level 4 swimming skills.*

MON	TUE	WED	THURS	FRI	SAT	SUN
5:00-9:00a 10:00a-3:30p 7:00-8:00p	6:30-9:00a 10:00a-3:30p	5:00-9:00a 10:00a-3:30p 7:00-8:00p	6:30-9:00a 10:00a-3:30p	5:00-9:00a 10:00a-3:30p 7:00-8:30p	8:45a-10:00a	10:00a-12:00p

LAP SWIM DON NAKATA POOL

The four Nakata Pool lanes are in the 86°F range. Lap swimmers must be over eight years old and have Level 4 swimming skills.*

MON	TUE	WED	THURS	FRI	SAT	SUN
5:00a-3:00p 6:30-8:30p	5:00a-3:00p 6:30-8:30p	5:00a-3:00p 6:30-8:30p	5:00a-3:00p 6:30-8:30p	5:00a-3:00p 7:00-8:30p	6:00-9:00a	10:00a-2:00p

OPEN SWIM DON NAKATA POOL

The waterpark is open for recreational swimming, including the hot tub, sauna, steam room, diving area, water slide, lazy river, and beach. Children under 15 must have a swim license to use the lap area and deep end. Children under seven years old without a swim license must have an adult within arm's reach. Those under eight years old must have an adult in the facility. WATER SLIDE requirements: those under seven years old and 36" tall must go down with an adult.

MON	TUE	WED	THURS	FRI	SAT	SUN
					1:00-3:00p	

FAMILY BEACH SWIM DON NAKATA POOL

For adults or adults with children. All children must have an adult in the water, regardless of age or swimming ability, within arm's reach. Limited pool areas are open; those include the beach shallow areas, tot pool, frog slide, and lazy river.

MON	TUE	WED	THURS	FRI	SAT	SUN
1:00-2:30p 6:30-8:00p	1:00-2:30p	1:00-2:30p 6:30-8:00p	1:00-2:30p	1:00-2:30p 5:00-7:00p*	12:00-1:00p	12:00-2:00p*

HOT TUB, SAUNA, AND STEAM ROOM

The hot tub is kept at 101-103°F. It is open to those 16 and older whenever the facility is open to the public. The sauna and steam room are available to those 16 and over whenever the facility is open to the public. Sauna and steam room admission are the same as regular pool admission. Those who are pregnant or suffer from a medical condition that makes exposure to intense heat/hot water dangerous are discouraged from using the spa, sauna, and steam room. The hot tub, sauna, and steam room are off-limits to youth teams unless approved by staff. The hot tub, sauna, and steam room may be closed up to 10-15 minutes before closing.

MON	TUE	WED	THURS	FRI	SAT	SUN
5:00a-8:30p	5:00a-8:30p	5:00a-8:30p	5:00a-8:30p	5:00a-8:30p	6:00a-3:00p	10:00a-2:00p

SPECIAL EVENTS

WINTER BREAK SPECIAL SWIMS

Celebrate the week off school with extra open swims at the pool.

Open Swims
12/19-23 1:00-3:00p

Family Beach Swims
12/19-23 12:00-1:00p

MERMAID COVE

Welcome back, Mermaids!

Swimmers with a mermaid swim license and approved FINFUN tail have the opportunity to turn into a mermaid on Friday nights in our mermaid cove. Mermaid cove will be the two shallow lanes open to mermaids only. Fridays 5:30-7:00p



AQUATIC CENTER



BIRTHDAY PARTIES AT THE AQUATIC CENTER



Celebrate your special day with an afternoon of fun at the pool! Each package has one hour of party room time, with up to two hours of swim time during the open swim for twelve kids and three adults. Please remember all pool rules still apply to birthday parties. Please call to reserve your party two weeks in advance.

All packages include: one hour of party room time, 12 child swim passes, and three adult swim passes for open swim. *If you wish to have additional children at your party, we can accommodate up to 20 children with an additional charge.*

Birthday Party Package	A	B
	\$150	\$220
Additional Kids	\$6 each	\$6.50 each

Package A: Bring your own food and decorations.

Package B: Includes cake, ice cream, beverage (juice), paper, utensils, and balloons.

TEAMS

BAINBRIDGE AQUATIC MASTERS (BAM)

Welcome to Bainbridge Aquatic Masters, a year-round swim team for adults 18 and up affiliated with United States Masters Swimming. BAM offers fully coached practices for swimmers of all abilities looking to improve technique and conditioning within a supportive team setting. Swim competitions, open-water training, and triathlon prep are also available.



To join this vibrant community of over 170 members, please contact us at recreation @biparks.org or the Bainbridge Island Aquatic Masters Team Unify web-site to be placed on the waiting list.

Swim meet opportunities will be sent out with weekly updates.



BAINBRIDGE ISLAND SWIM CLUB (BISC)

Our club is a team offering high-quality, professional coaching for children of ranging abilities. Each swimmer will be provided with the opportunity to improve technical skills and achieve success commensurate with their knowledge and commitment. Swimmers will be in a safe, team environment where they may experience personal growth from their experiences. All swimmers must also register with USA Swimming. Call the Aquatic Center for more information at 206-842-2302 #106 and ask for head coach Kyle Harris or assistant coach Leilani Tonsmann. For more information, go to biswimclub.org.



ADULT AQUA EXERCISE CLASSES

THIS SCHEDULE BEGINS SEPTEMBER 6

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning	Deep Mixology 8:00-9:00a Motion & Mindfulness 10:00-11:00a	River Flow 6:00-7:00a Deep Mixology 8:00-9:00a	Deep Mixology 8:00-9:00a Motion & Mindfulness 10:00-11:00a	River Flow 6:00-7:00a Deep Mixology 8:00-9:00a	Deep Mixology 8:00-9:00a Motion & Mindfulness 10:00-11:00a
Afternoon	Deep Running and Yoga 12:00-1:00p	Noon Mashup 12:00-1:00p	Deep Running and Yoga 12:00-1:00p	Noon Mashup 12:00-1:00p	

RIVER FLOW **NEW!**

Gain power, strength, stability, and flexibility using the moving water of the river in a joint-healthy way. We will work on cardiovascular health and caloric burn while being gentle on our knees. This class will be held in the shallow water and river, water tennis shoes and a bottle of water are required. Class size is capped at eight participants, with pre-class signup encouraged to ensure your spot.

TTh 6:00-7:00a

DEEP MIXOLOGY

Power up the music and put it on shuffle as we keep you moving. This class is geared toward those who want to get their hearts pounding and bodies working. Even though this class is geared for higher intensity, do not worry — you can tailor it to your needs by making the movements smaller or slowing them down. Deep mixology happens in the dive well of the pool with floatation equipment that doubles as resistance equipment, so there is no need to be a good swimmer, but you should be comfortable in the deep end.

M-F 8:00-9:00a

MOTION AND MINDFULNESS

Restore your body and mind as you use Qigong and Tai Chi principles to breathe, relax, and strengthen the body. It is ideal for those wishing to work on strength, balance, and coordination. This class is gentle for those who already deal with pain, and the water is incredibly nurturing! Try it and see how you feel.

MWF 10:00-11:00a

DEEP-WATER RUNNING AND YOGA **NEW!**

Experience the best of what the water has to offer. Cross-train in the water while achieving the same cardiovascular benefits as going for your training run. Prevent injury, promote body recovery, and still get a great workout. Then we add in yoga and core work to challenge your stability. This is not an easy workout and will challenge even the fittest athlete, but it is accessible to the weekend warrior or recovering runner. No swimming is required.

MW 12:00-1:00p

NOON MASH-UP

Like our favorite mash-up remix songs, this class will mix shallow water with deep water to give you a full-body workout. Escape your routine, head on into class, and relieve some stress with this fun, energizing class.

TTh 12:00-1:00p

WATER EXERCISE CLASS RATES

	10-PUNCH (NON-RES +\$6)	20-PUNCH (NON-RES +\$6)	MONTHLY (NON-RES +\$6)
Adult (18-59)	\$99	\$174	\$99
Senior (60+)	\$83	\$131	\$83
Drop-in	\$12		

ADULT SWIM

LET'S GET COMFORTABLE IN THE WATER!

Our instructors will help you overcome your fear and feel comfortable in the water. Let us help you cross-learning how to swim off your bucket list in a warm and supportive environment.

502519-01	T	6:10-6:55p	9/13-10/18	\$135
02	T	6:10-6:55p	10/25-12/13	\$202.50*

INTRO TO LAP SWIM

This class is a refresher for the swimmer who has been out of the water for many years and would like to explore swimming for exercise and enjoyment or for the newer swimmer that would like to learn the basics of lap swimming.

502517-01	Th	6:10-6:55p	9/15-10/20	\$135
02	Th	6:10-6:55p	10/27-12/15	\$202.50*

YOUTH/TEEN PROGRAMS

AMERICAN RED CROSS LIFEGUARD WITH WATERPARK

Ages 15 and up. Blended learning course. This will prepare and certify those who complete all the skills for a career as a lifeguard. Before the first day of class, all students must have completed the online course work and be prepared to pull everything together for the four days of water and land-based skills. Registration will close one week before the in-person class dates to ensure adequate time to complete the online learning course requirements. This class will fulfill a PE elective credit with the Bainbridge Island School District.

502520-01	Su	8:00a-4:00p	11/20-12/11	\$350
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Ask to be added to the Aquatic Splash Report for weekly class schedule updates. Email recreation@biparks.org and ask to be added to the water exercise list.

SWIM LESSONS

See Quick Guide to Progression on page 84

MONDAY

TUESDAY/THURSDAY

WEDNESDAY

SATURDAY

TINY TOTS 502501

Monday/Wednesday			
01	5:15-5:45p	10/24-12/14	\$210*
Tuesday/Thursday			
02	4:55-5:25p	10/25-12/15	\$210*
03	5:30-6:00p	9/13-10/20	\$180
Saturday			
04	9:00-9:30a	9/10-10/15	\$90
05	10:10-10:40a	9/10-10/15	\$90
06	9:00-9:30a	10/22-12/10	\$90*
07	10:10-10:40a	10/22-12/10	\$90*
Tuesday/Thursday MORNING			
08	9:30-10:00a	10/25-12/15	\$210*

TINY STARFISH 502542

Monday/Wednesday			
01	5:15-5:45p	9/12-10/19	\$180
Tuesday/Thursday			
02	4:55-5:25p	9/13-10/20	\$180
03	5:30-6:00p	10/25-12/15	\$210*
Saturday			
04	9:35-10:05a	9/10-10/15	\$90
05	10:45-11:15a	9/10-10/15	\$90
06	9:35-10:05a	10/22-12/10	\$90*
07	10:45-11:15a	10/22-12/10	\$90*
Tuesday/Thursday MORNING			
08	9:30-10:00a	9/13-10/20	\$180

STARFISH (K1) 502502

Tuesday/Thursday			
01	3:45-4:15p	9/13-10/20	\$180
02	4:20-4:50p	9/13-10/20	\$180
03	4:55-5:25p	9/13-10/20	\$180
04	5:30-6:00p	9/13-10/20	\$180
05	3:45-4:15p	10/25-12/15	\$210*
06	4:20-4:50p	10/25-12/15	\$210*
07	4:55-5:25p	10/25-12/15	\$210*
08	5:30-6:00p	10/25-12/15	\$210*
Saturday			
09	9:35-10:05a	9/10-10/15	\$90
10	9:35-10:05a	10/22-12/10	\$90*

ANGELFISH (K2) 502503

Tuesday/Thursday			
01	3:45-4:15p	9/13-10/20	\$180
02	4:55-5:25p	9/13-10/20	\$180
03	3:45-4:15p	10/25-12/15	\$210*
04	4:55-5:25p	10/25-12/15	\$210*
Saturday			
05	11:20-11:50a	9/10-10/15	\$90
06	11:20-11:50a	10/22-12/10	\$90*

BETTA FISH (K3) 502504

Tuesday/Thursday			
01	4:20-4:50p	9/13-10/20	\$180
02	4:20-4:50p	10/25-12/15	\$210*
Saturday			
03	10:10-10:40a	9/10-10/15	\$90
04	10:10-10:40a	10/22-12/10	\$90*

CLOWNFISH (K4) 502505

Tuesday/Thursday			
01	4:20-4:50p	9/13-10/20	\$180
02	4:20-4:50p	10/25-12/15	\$210*

LITTLE FISH (K5) 502540

Tuesday/Thursday			
01	5:30-6:00p	9/13-10/20	\$180
02	5:30-6:00p	10/25-12/15	\$210*



GUPPY 502506

Tuesday/Thursday			
01	3:15-3:45p	9/13-10/20	\$180
02	4:20-4:50p	9/13-10/20	\$180
03	3:15-3:45p	10/25-12/15	\$210*
04	4:20-4:50p	10/25-12/15	\$210*
Saturday			
05	10:45-11:15a	9/10-10/15	\$90
06	10:45-11:15a	10/22-12/10	\$90*

MINNOW 502507

Tuesday/Thursday			
01	3:15-3:45p	9/13-10/20	\$180
02	4:55-5:25p	9/13-10/20	\$180
03	3:15-3:45p	10/25-12/15	\$210*
04	4:55-5:25p	10/25-12/15	\$210*
Saturday			
05	10:45-11:15a	9/10-10/15	\$90
06	10:45-11:15a	10/22-12/10	\$90*

FISH 502508

Tuesday/Thursday			
01	3:15-3:45p	9/13-10/20	\$180
02	4:55-5:25p	9/13-10/20	\$180
03	5:30-6:00p	9/13-10/20	\$180
04	4:55-5:25p	10/25-12/15	\$210*
05	5:30-6:00p	10/25-12/15	\$210*
Saturday			
06	11:20-11:50a	9/10-10/15	\$90
07	11:20-11:50a	10/22-12/10	\$90*

FLYING FISH 502509

Tuesday/Thursday			
01	4:55-5:25p	9/13-10/20	\$180
02	5:30-6:00p	9/13-10/20	\$180
03	4:55-5:25p	10/25-12/15	\$210*
04	5:30-6:00p	10/25-12/15	\$210*
Saturday			
05	11:20-11:50a	9/10-10/15	\$90
06	11:20-11:50a	10/22-12/10	\$90*

STING RAY 502510

Tuesday/Thursday			
01	3:45-4:15p	9/13-10/20	\$180
02	3:45-4:15p	10/25-12/15	\$210*
Saturday			
03	9:00-9:30a	9/10-10/15	\$90
04	9:00-9:30a	10/22-12/10	\$90*

MANTA RAY 502511

Tuesday/Thursday			
01	4:20-4:50p	9/13-10/20	\$180
02	4:20-4:50p	10/25-12/15	\$210*
Saturday			
03	9:35-10:05a	9/10-10/15	\$90
04	9:35-10:05a	10/22-12/10	\$90*

DOLPHIN 502512

Tuesday/Thursday			
01	5:30-6:00p	9/13-10/20	\$180
02	5:30-6:00p	10/25-12/15	\$210*
Saturday			
03	10:10-10:40a	9/10-10/15	\$90
04	10:10-10:40a	10/22-12/10	\$90*



* No class 11/5, 11/21-11/26



SPLASH INTO FITNESS I 500502

Ages 11 and under. This class is for the younger swimmer who has passed Dolphin and wants to keep swimming for exercise. The emphasis for the younger, smaller swimmer is developing endurance and pacing with shorter repeat sets. Swimmers must be able to swim front crawl two pool lengths with good side-breathing the entire distance.

Tuesday/Thursday			
01	3:15-3:45p	10/25-12/15	\$210*
Saturday			
02	9:00-9:30a	9/10-10/15	\$90
03	9:00-9:30a	10/22-12/10	\$90*

SPLASH INTO FITNESS II 500503

Ages 11-17. This class is for the older swimmer capable of continuously swimming front crawl for eight pool lengths. Swimmers younger than age 11 must pass a swim test on the first day to continue with the class. Emphasis is on training which will enhance fitness, conditioning, and pacing. Personal goals may include developing swimming into a lifelong fitness sport or activity for the high school swim team.

Saturday			
01	9:00-9:30a	9/10-10/15	\$90
02	9:00-9:30a	10/22-12/10	\$90*

DIVE I 501101

Tuesday/Thursday			
01	4:55-5:25p	9/13-10/20	\$180
02	4:55-5:25p	10/25-12/15	\$210*

DIVE II 501102

Tuesday/Thursday			
01	5:30-6:00p	9/13-10/20	\$180
02	5:30-6:00p	10/25-12/15	\$210*



WE'RE HIRING!



Lifeguards • Swim Instructor • Water Exercise Instructor • Swim Coach • Front Desk Staff
Call the Aquatic Center at 206-842-2302 or visit biparks.org/employment for more information!



SEMI-PRIVATE PREMIUM LESSONS

Semi-Private premium lessons are for students that need help passing one of two skills so they can move to the next class level. Premium lessons meet once a week with fewer students so that instructors can focus on these special skills and cater the lesson to the class. It is not the goal of these classes to make it through the entire lesson curriculum instead to focus on specific trouble spots. If you have further questions about premium lessons vs group lessons please call the front desk or email mlemaster@biparks.org.

STARFISH (K1) (P) 502502

Monday			
11	3:30-4:00p	9/12-10/17	\$210
12	3:30-4:00p	10/24-12/12	\$245*
Wednesday			
13	3:30-4:00p	9/14-10/19	\$210
14	3:30-4:00p	10/26-12/14	\$245*

GUPPY (P) 502506

Monday			
07	3:30-4:00p	9/12-10/17	\$210
08	3:30-4:00p	10/24-12/12	\$245*
Wednesday			
09	3:30-4:00p	9/14-10/19	\$210
10	3:30-4:00p	10/26-12/14	\$245*

FLYING FISH (P) 502509

Monday			
07	4:05-4:35p	9/12-10/17	\$210
08	4:05-4:35p	10/24-12/12	\$245*
Wednesday			
09	4:05-4:35p	9/14-10/19	\$210
10	4:05-4:35p	10/26-12/14	\$245*

ANGELFISH (K2) (P) 502503

Monday			
07	4:05-4:35p	9/12-10/17	\$210
08	4:05-4:35p	10/24-12/12	\$245*
Wednesday			
09	4:05-4:35p	9/14-10/19	\$210
10	4:05-4:35p	10/26-12/14	\$245*

MINNOW (P) 502507

Monday			
07	3:30-4:00p	9/12-10/17	\$210
08	3:30-4:00p	10/24-12/12	\$245*
Wednesday			
09	3:30-4:00p	9/14-10/19	\$210
10	3:30-4:00p	10/26-12/14	\$245*

STING RAY (P) 502510

Monday			
05	4:40-5:10p	9/12-10/17	\$210
06	4:40-5:10p	10/24-12/12	\$245*
Wednesday			
07	4:40-5:10p	9/14-10/19	\$210
08	4:40-5:10p	10/26-12/14	\$245*

BETTA FISH (K3) (P) 502504

Monday			
05	4:40-5:10p	9/12-10/17	\$210
06	4:40-5:10p	10/24-12/12	\$245*
Wednesday			
07	4:40-5:10p	9/14-10/19	\$210
08	4:40-5:10p	10/26-12/14	\$245*

FISH (P) 502508

Monday			
08	4:05-4:35p	9/12-10/17	\$210
09	4:05-4:35p	10/24-12/12	\$245*
Wednesday			
10	4:05-4:35p	9/14-10/19	\$210
11	4:05-4:35p	10/26-12/14	\$245*

MANTA RAY (P) 502511

Monday			
05	4:40-5:10p	9/12-10/17	\$210
06	4:40-5:10p	10/24-12/12	\$245*
Wednesday			
07	4:40-5:10p	9/14-10/19	\$210
08	4:40-5:10p	10/26-12/14	\$245*

* No class 11/5, 11/21-11/26

SWIMMING LESSONS

A Quick Guide to the Progression

LEVEL & AGES	LENGTH	I CAN...	CLASS SIZES
Tiny Tots Ages 6 months-3	30 Min	A parent or care giver must be in the water <ul style="list-style-type: none"> • hold up my head by myself • I need to be in the water with a care giver 	Min 5/Max 12
Tiny Starfish Ages 2-5	30 Min	A parent or care giver must be in the water <ul style="list-style-type: none"> • I am ready to start floating and exploring the water, but I am not ready to go without a care giver 	Min 5/Max 12
Starfish PSA Level 1 Ages 3.5-5 yr	30 Min	<ul style="list-style-type: none"> • be in the water without my parents or care giver • follow directions and stay with my teacher • I have little or no experience in the water • I can't float by myself on my front or back 	Min 3/Max 5
Angelfish PSA Level 2 Ages 3.5-5	30 Min	<ul style="list-style-type: none"> • I like to go underwater because its fun and do 5 underwater bobs • front float with my face in the water by myself for 3 seconds • float on my back with ears in the water for 5 seconds with my instructor 	Min 3/Max 5
Beta Fish PSA Level 2 Ages 3.5-5	30 Min	<ul style="list-style-type: none"> • push off the wall and glide to my teacher on both my front and back for 3 body lengths • I am not scared to swim in the lane with my teacher • float on my front and back for 5 seconds in water over my head 	Min 3/Max 6
Clownfish PSA Level 3 Ages 3.5-5	30 Min	<ul style="list-style-type: none"> • glide and kick on my front and back for 5 body lengths • tread water and back float for 10 seconds each • swim on my front and back 5 yards to the flags • I am ready to swim in the dive tank with my instructor • do 10 underwater bobs without stopping 	Min 3/Max 6
Little Fish Level 3A Ages 3.5-5	30 Min	<ul style="list-style-type: none"> • swim on my front and back halfway across the pool • tread water and back float for 15 seconds each • rotate from a front float to a back float and back to a front float 	Min 3/Max 6
Guppy Level 1 Ages 6-12	30 Min	<ul style="list-style-type: none"> • I have little or no water experience • play in the water but I don't know how to float on my front or back • I am not comfortable swimming in the lanes 	Min 3/Max 6
Minnow Level 2 Ages 6-12	30 Min-45 Min	<ul style="list-style-type: none"> • float on my front and back for 5 seconds by myself • push off the wall in a front and back glide for 3 body lengths • I am ready to swim in a lane • I am ready to explore the dive tank with my teacher 	Min 3/Max 6
Fish Level 3A Ages 6-12	30 Min-45 Min	<ul style="list-style-type: none"> • swim half way across the pool on my front and back • tread water and back float for 15 seconds each • do 10 non-stop bobs with my head underwater easily rotate from a front glide to a back glide and back again • I am ready to swim in the dive tank with my teacher 	Min 3/Max 7
Flying Fish Level 3B Ages 6-12	30 Min-45 Min	<ul style="list-style-type: none"> • tread water and backfloat for 30 seconds each • swim front crawl with rhythmic breathing 2/3 of a pool length • swim on my back with elementary backstroke kick 2/3 of a pool length • swim longer distance without getting too tired 	Min 3/Max 7
Sting Ray Level 4A Ages 6-12	30 Min-45 Min	<ul style="list-style-type: none"> • tread water and back float for 1 minute each • swim front crawl w/ consistent side breathing 2/3 of a pool length • swim correct elementary backstroke 2/3 of a pool length • I know how to dolphin kick and scissor kick 2/3 of a pool length 	Min 3/Max 8
Manta Ray Level 4B Ages 6-12	30 Min-45 Min	<ul style="list-style-type: none"> • swim front crawl with correct side breathing 1 pool length • swim breaststroke and butterfly with proper timing 2/3 of a pool length • swim sidestroke and backstroke 2/3 of a pool length • swim elementary backstroke for 1 pool length 	Min 3/Max 8
Dolphin Level 5 Ages 6-12	30 Min-45 Min	<ul style="list-style-type: none"> • swim front crawl with side breathing for 2 pool lengths • swim all of my strokes with correct timing and technique • I want to learn flip turns and my goal is to swim fast and efficiently for swim team 	Min 3/Max 8



BIRC

BAINBRIDGE ISLAND RECREATION CENTER

11700 NE Meadowmeer Cir
Bainbridge Island, WA 98110

www.birec.org • Customer Service: 206-842-5661

FALL FACILITY HOURS

Begins September 6

Monday-Thursday: 5:30a-10:00p
Friday: 6:00a-8:00p
Saturday-Sunday: 6:00a-7:00p
Closed 11/24, 12/25, 1/1/23

Modified Hours:

9/5: 6:00a-8:00p
12/26: 8:00a-8:00p
12/31: 6:00a-4:00p

NON-MONTHLY OPTIONS

DAILY ADMISSIONS

	Resident*	Non-Resident
Youth/Senior	\$12	\$18
Adult	\$15	\$20

Taxes not included.

PUNCH PASS

	Resident*	Non-Resident
Youth/Senior		
10-Punch Pass	\$108	\$140
20-Punch Pass	\$216	\$281
Adult		
10-Punch Pass	\$135	\$176
20-Punch Pass	\$270	\$351

Taxes not included. *Proof of residency required

NEW THIS WINTER! STUDENT 30-DAY WINTER BREAK PASS

Resident: \$60, Non-Resident: \$60+\$25 joining fee

*Eligible students must be ages 14-23. Proof of age and student enrollment required. Contact the BIRC Front Desk at 206-842-5661 to purchase or for more information. Offer valid November 1-January 31.

Includes use of:

- Strength and cardio equipment (youth ages 14-15 must attend a Junior Fitness certification)
- Gymnasium
- Pool

MONTHLY OPTIONS

FITNESS & AQUATICS

RESIDENT

Membership Levels	Joining Fee*	Monthly
Silver Sneakers	Free	Free
Flex/Student/Senior	Free	\$50
Individual Fitness	Free	\$72
Fitness Couple	Free	\$138
Fitness Family	Free	\$170

*Joining fee waived for island residents. Proof of residency required. Taxes not included.

NON-RESIDENT

Membership Levels	Joining Fee	Monthly
Flex/Student/Senior	\$149	\$65
Individual Fitness	\$199	\$94
Fitness Couple	\$299	\$179
Fitness Family	\$499	\$221

Taxes not included.

BIRC ANNIVERSARY CELEBRATION

To celebrate one year of the Bainbridge Island Recreation Center, we are waiving joining fees for the month of September!

TENNIS, FITNESS & AQUATICS

In addition to the Fitness benefits, all tennis plans also include preferred access (7 days in advance) to tennis court reservations, league play and clinics.

RESIDENT

Membership Levels	Joining Fee*	Monthly
Student Tennis	Free	\$90
Tennis Individual	Free	\$137
Couple Tennis	Free	\$205
Family Tennis	Free	\$237

*Joining fee waived for island residents. Proof of residency required. Taxes not included.

NON-RESIDENT

Membership Levels	Joining Fee	Monthly
Student Tennis	\$149	\$150
Tennis Individual	\$199	\$197
Couple Tennis	\$299	\$265
Family Tennis	\$499	\$297

Taxes not included.

BIRC



MEMBERSHIP LEVELS

Student & Senior: The **student** membership includes individuals ages 14-23. The **senior** membership includes individuals ages 60 and up.

Individual: An individual fitness membership includes access to all facilities except for the tennis courts.

Couple: A couple fitness membership consists of a primary user and another family user or partner living in the same household permanently.

Family: A family fitness membership consists of a primary facility member and two or more additional family members permanently residing in the same household. This monthly plan can include two adults (over the age of 23).

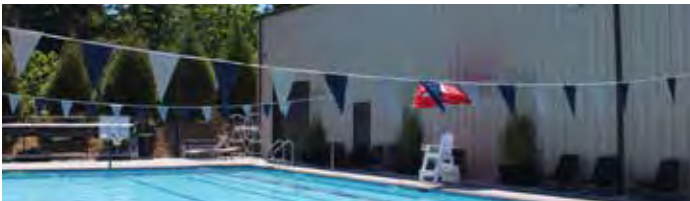
Flex: The flex membership includes access to all facility amenities that an individual fitness membership does, except for the pool, during the limited hours outlined below. A flex monthly plan may be the perfect option for someone with few time restrictions on their daily routine, which can come into the gym during these less busy hours. There are no complimentary group exercise classes scheduled during flex membership hours except the Silver Sneakers, Senior Yoga, and Zumba Gold.

FLEX HOURS OF ACCESS

Monday-Thursday: 11:00a-3:00p, 7:00-10:00p

Friday: 12:00-8:00p

Saturday-Sunday: 12:00-7:00p



AT THE BAINBRIDGE ISLAND RECREATION CENTER, FITNESS & AQUATICS MEMBERS WILL ENJOY:

- Welcoming and energetic staff
- Large fitness area with cardio, free weights, and stationary training equipment
- Seasonal outdoor pool (family and lap swim)
- College-size gymnasium, equipped for sports such as volleyball, pickleball, and basketball
- Complimentary group exercise classes, scheduled weekly
- Complimentary towel service
- Steam room and sauna in each locker room
- Complimentary wireless internet access
- Special events and gatherings

Optional amenities:

- Personal training (fitness and tennis)
- Concessions (juice bar, snacks, and equipment)
- Youth and adult recreational programming
- Small group trainings

TENNIS, FITNESS & AQUATICS USERS WILL ENJOY THE ABOVE BENEFITS, AS WELL AS:

- Four indoor tennis courts
- Two court reservations per week
- Private and group tennis
- In-house league and ladder play

KIDS' CLUB

Monday, Wednesday: 4:30-7:00p

Tuesday, Thursday: 8:30-10:30a

Saturday: 8:30a-12:00p



Kids' Club is a childcare service for Bainbridge Island Recreation Center users. Kids' Club provides a safe space for users of BIRC to drop off their children (ages 1-9) under adult supervision for different periods of the week. There is a one-hour minimum charge of \$10.00 (\$13 if using a Day Pass or Punch Card that day). Billing is then done in 30-minute increments of \$5.00 (\$6.50 if using a Day Pass or Punch Card that day) for up to two hours. For information on hours, procedures, and forms regarding this program, please visit www.birec.org.

*subject to changes and cancellations due to BIRC functions, holidays, or low attendance.



PROGRAMS FOR TEENS AGES 13-17

BIRC

GROUP EXERCISE CLASSES

BIRC has a fantastic offering of complimentary exercise classes such as Silver Sneakers, Zumba, Yoga, Barre, cycling, cardio strength, etc. Group X classes are free to members. Non-members can attend classes for a \$15 day pass fee. Check the classes out on our website at birc.org.



TEEN FUN AT BIRC!

Check out Teen Night at BIRC and Middle School Dances in the Teen Center section on page 29.

FITNESS AND EXERCISE

SMALL-GROUP TRAINING CLASSES

Small-group classes range in size from 4-6 participants. Register for these classes online at birc.org, by phone at 206-842-5661, or at the BIRC front desk. For more information, contact Marie Figgins at marief@biparks.org.

TRX HIIT with Kristine

Ages 16 and up. Get strong, reduce body fat, and increase core stability with TRX. Kristine will combine TRX's low-impact strength training with fun plyometrics and resistance tubing to create a fantastic total body workout. Develop and maintain a solid core with increased flexibility and endurance, burn calories, and increase your strength. Each session will include cardio and strength intervals in the popular HIIT format.



Member/Non-Member

01	MW	10:30-11:30a	09/12-10/5	\$104/\$119
02	MW	10:30-11:30a	10/17-11/9	\$104/\$119
03	MW	10:30-11:30a	11/14-12/14	\$104/\$119

TRX with Marie

Ages 16 and up. Utilize the robust, versatile TRX straps to leverage individual bodyweight into hundreds of safe, practical exercises that build strength, flexibility, and balance, focusing on the core. Get a great cardio strength workout!

Member/Non-Member

01	TTh	9:00-10:00a	9/13-10/6	\$104/\$119
02	TTh	9:00-10:00a	10/11-11/3	\$104/\$119
03	TTh	9:00-10:00a	11/08-12/8	\$104/\$119



WOMEN ON WEIGHTS NEW!

Ages 16 and up. Women On Weights is a program that has been designed to engage and teach women of all ages and abilities the importance of exercise, precisely that of resistance training. This four-week program will teach participants proper techniques for exercises and the benefits of training.

Member/Non-Member

01	MW	11:30a-12:30p	9/13-10/5	\$104/\$119
02	MW	11:30a-12:30p	10/17-11/9	\$104/\$119
03	MW	11:30a-12:30p	11/14-12/14	\$104/\$119

TRX + BOX NEW!

Ages 16 and up. TRX is an acronym for Total Resistance Exercise, a full-body workout involving suspension from specialized TRX training straps. One of the most celebrated benefits of TRX is its simplicity. The exercises use your body weight as leverage rather than relying on body weight equipment, so they're easy to perform and can be done almost anywhere. Boxing can help improve your heart health, body composition, and strength, lower your blood pressure, and aid weight loss. Most of all, boxing is a fun way to get some exercise and release stress safely and healthily. We incorporate the fundamentals of boxing without combat but do mix in the use of punching bags, mitts, and gloves. TRX + Box is an excellent combination for a total body cardio, core, and strength workout!



Member/Non-Member

01	WF	12:00-1:00p	9/14-10/7	\$104/\$119
02	WF	12:00-1:00p	10/12-11/4	\$104/\$119
03	WF	12:00-1:00p	11/09-12/9	\$104/\$119

WINTER SPORTS CONDITIONING with Stacey NEW!

Ages 16 and up. Ski and snowboard fitness is built on balance, muscular power, and endurance. Improve all three, and you'll see a big difference in your abilities on the mountain. Whether you plan on hitting the backcountry or sticking to the groomed runs, start preparing now in this class. We will work on cardio/endurance training, core, lower body, strength, and stability, while simultaneously improving your balance and agility.

Member/Non-Member

01	MW	6:00-7:00p	11/7-12/8	\$104/\$119
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BIRC



"RETURN TO FITNESS" with Stacey **NEW!**

Ages 16 and up. Functional fitness training to get your body back into shape. Learn practical exercises in a non-intimidating environment, learn modifications on exercises to suit your personal needs and safely get back into fitness. The trainer will coach you from where you are based on your personal goals, and a small-group environment will help you stay motivated and have fun.

Member/Non-Member

01	MW	5:00-6:00p	9/12-10/5	\$104/\$119
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TURKEY TROT TRAINING (COUCH TO 5K PROGRAM) with Stacey **NEW!**

Ages 16 and up. Interested in running the annual Turkey Trot but unsure how to start your training? We've got you covered! Stacey Stoner will work with you in a fun and inclusive environment to build running endurance for six weeks, so you're ready to go in time for this year's BI Turkey Trot.

Member/Non-Member

01	MW	7:30-8:30a	10/19-11/22	\$104/\$119
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YOGA 101 with Carrie Strachan **NEW!**

Ages 16 and up. This class progressively teaches the basics of yoga, a combination of postures, body alignment, and breathing techniques that will enhance your wellbeing and improve your health. This series is perfectly paced for anyone new to yoga or those who have been off their mat for a while and need a little re-freshing. No matter what your body type, age, or level of flexibility and strength, this series will help you understand yoga, find optimal alignment for your body in each posture, feel more comfortable on your yoga mat and equip you to move on to attend group yoga classes.

Member/Non-Member

01	TTh	10:30-11:30a	9/13-10/6	\$104/\$119
02	TTh	10:30-11:30a	10/17-11/10	\$104/\$119

ACTIVE ADULT COMMUNITY SPECIAL INTEREST

As our summer weather wanes, we've got one more Bainbridge Island Walkabout to share with you. Head over to the north pond at Battle Point Park and enjoy a crisp autumn walk while taking in the art and poetry of our very own Sue Hylan. See you there!



AERIAL YOGA INTRO with Bea

Ages 13 and up. Yoga in a silky hammock? We dare you not to smile or have fun as you dangle upside-down and change your perspective. Our Intro to Aerial Yoga is an all-level class teaching foundational poses, inversions, and floating meditation with customized playlists. A great complement activity builds strength, flexibility, confidence, and balance, reducing stress/pain while learning to flip upside down safely. Come hang with us and experience the benefits for yourself.

Member/Non-Member

01	TTh	4:00-5:00p	9/27-10/20	\$112/\$127
02	MW	4:00-5:00p	10/10-11/2	\$112/\$127



RESTORATIVE AERIAL YOGA **NEW!**

Ages 16 and up. Explore the gentler side of aerial yoga. Your muscles have a mind of their own, and there is something to be said about how your muscles "think." They process the work you make them do, and they need time to recover. Learn how to use the hammock as a prop for restorative yoga poses, work different hammock heights, using longer holds and bolsters. All levels welcome seeking the recovery your body needs.

Member/Non-Member

01	MF	9:00-10:00a	9/26-10/19	\$112/\$127
02	TTh	9:00-10:00a	10/10-11/2	\$112/\$127

AERIAL NEXT LEVEL **NEW!**

This class is a progression of the fundamentals of aerial yoga. We will explore how to access and incorporate safe inversions into your practice. Learn methods for modifying poses using your hammock. You will be offered engaging sequences to challenge yourself, deep dive into specific poses with longer holds, and always ending with a floating meditation to rest, renew, and rejuvenate your practice. Experience and completion of aerial yoga intro recommended.

Member/Non-Member

01	MW	11:30-12:30p	10/19-11/9	\$112/\$127
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BIRC

PERSONAL TRAINING

BIRC has a well-rounded team of fitness professionals to service your individual needs. Each fitness team member is accredited by a nationally recognized certifying body and brings a unique style and personality to their work. Visit birec.org to find trainers' profiles and contact information.

	Member	Non-Member
One-Hour Session	\$65	\$80
One-Hour Session – 5 Pack	\$309	\$380
One-Hour Session – 10 Pack	\$585	\$720
30-Minute Session	\$35	\$50
30-Minute Session – 5 Pack	\$166	\$238
30-Minute Session – 10 Pack	\$333	\$450
Partner Training (2 people) One Hour	\$40pp	\$45pp
Group Training (3-4 people) One Hour	\$30pp	\$35pp

FITNESS AND EXERCISE

MEET THE BIRC PERSONAL TRAINERS



Marie Figgins ACE-CPT, TRX, Group Fitness, Fitness & Exercise Coordinator
MarieF@biparks.org



Kristine Cox ACE-CPT, TRX, Group Fitness
KristineC@biparks.org



Neal Lightle ACE-CPT
Neall@biparks.org



Maggie Miller PT, CSCS
Maggiem@biparks.org



Stacey Stoner MS Kinesiology/Exercise Science, ACSM CPT, ACE Senior Fitness Specialist, Health & Wellness Coach & RRCA Running Coach
staceys@biparks.org

This could be you!

FITNESS INSTRUCTORS NEEDED

We are looking for certified personal trainers and group exercise instructors to add to the team. Contact Marie Figgins at MarieF@biparks.org for more information.

PILATES REFORMER

Pilates Reformer is a total-body exercise that recruits every muscle fiber in the body, leading to a strong core. Helping with joint stability and balance, Pilates Reformer strengthens the abdominals, glutes, and hamstrings; it also supports the spine and lengthens the hip flexors, increasing flexibility and improving posture. Register for classes online at birec.org, by calling 206-842-5661, or emailing instructor Kate Titus at katet@biparks.org.

PILATES REFORMER PRIVATE AND DUET SESSIONS

	Member	Non-Member
One-Hour Single Session	\$65	\$80
One-Hour Session – 5 Pack	\$309	\$380
One-Hour Session – 10 Pack	\$585	\$720
Duet One-Hour Session	\$35pp	\$45pp
Group (3) One-Hour Session	\$25pp	\$35pp

CLASS PACKS

4-pack class sessions	\$100	\$120
8-pack class sessions	\$190	\$210



KATE TITUS

katet@biparks.org



Build strength in your core — move with power in your life! The foundation for that is Pilates! With this type of focus and integration, students can gain more strength and ability in their daily activities. Pilates training not only builds core strength but teaches you to **move from your core**, offering safety, flexibility, and balance. Known to improve resting heart rate, it also lowers blood pressure, a bonus that can reduce your stress! If you are a tennis player, golfer, kayaker, or hiker (swimmers and cyclists, too), you're bound to feel more at ease and control whatever your game. Over 20 years of experience in wellness and fitness that started with Pilates, Kate has innumerable hours of working with private clients (some for over ten years!) and teaching a variety of modalities, including Pilates, Functional Fitness, Yoga, and Nia, plus a muscle class now and then! Kate is certified for Pilates equipment/mat classes by Physical Mind (and others), ACSM Personal Trainer, ACE Group Exercise Instructor, and Lifestyle coaching.



DAYNA MALTBY-GUIZZETTI

**Tennis Program Coordinator,
USPTA Elite Professional**

daynag@biparks.org

Dayna's extensive 30+ year teaching experience began in Seattle as a young adult. She has spent those years working with adults and juniors of every ability, assisting them in achieving their goals on and off the court. Dayna played collegiate tennis at Seattle University, where she played #1 singles and doubles. She reached a national doubles ranking of #14, and a national singles ranking of #27. She was honored as 2nd Team All-American and led the team to Nationals two years in a row. In 2019, she was inducted into the Seattle University Athletic Hall of Fame. She continues to play competitively today. Dayna is currently on the SACT League Board and has led multiple BAC teams to SACT Championships. She sports a fast-paced, positive style of teaching, always believing in and wanting to challenge her students to achieve their goals and enjoy the sport that has given so much to so many people.



JAMES CRUTCHFIELD

Tennis Program Specialist, USPTA

jamesc@biparks.org

James is a USPTA certified tennis instructor with 10+ years teaching experience and competitive playing experience at Portland State University. James ran his own lessons and drills at Stott Center at the Portland State campus while finishing his degree. Volunteering at Portland Tennis & Education, and the "I Have a Dream" Foundation, James was a social worker for six years before traveling abroad. He taught tennis and English at Chiang Mai University in Thailand before returning to the States to continue a career in tennis instruction. James taught tennis at Portland Tennis Center, pickleball in Bend, Oregon and Sun Valley, Idaho. James has also captained and coached high school tennis at the 6A level, and several high-level USTA teams to sectionals, some reaching Nationals. James brings a fun yet professional teaching style to the tennis court. He is very good with all ages, proficient at building technique, and just facilitating some good fun! He has a playbook of strategy, tactics, and drills, using the USPTA progression method of player development for serious players looking to get better, or just work up a sweat and have a good time!



PAUL KOESSLER

Tennis Program Specialist, USPTA

Paul has been the Men's Tennis Coach at Pacific Lutheran University for the last two years. He is a USPTA Certified Elite Professional, and his prior experience includes working as the Head Tennis Pro at Seattle Tennis Club, Director of Tennis at Mercer Island Country Club, GM/Director of Tennis at Tacoma Lawn Tennis Club, and Director of Tennis at Pacific West Tennis in Tacoma/Olympia. A 1986 PLU graduate with a BBA and Economics Minor, Koessler was a three-time All-Northwest Conference, and NAIA All-District selection as a player, including earning NAIA All-American honors in 1985. He was 74-21 (78%) in singles and 62-20 (76%) in doubles in his three seasons. Koessler was the NWC Doubles and NAIA District champion in 1984 and 1985 and a finalist in 1986. He has been ranked number one in the PNW in both Men's Open and 35 doubles. Before relocating to the PNW, he served as the varsity tennis coach at Timberline High School in Boise, Idaho, guiding the Wolves girls' team to IHSA 5A state titles in 2016, 2018, and 2019 while coaching the boys to a third-place showing at the 2019 IHSA Champion-ships. His final year at Timberline included an undefeated dual match season, winning the 16-team Tri-Cities Invitational, the 36-team Capital Invitational, and the eight-team Timberline Invitational. He additionally ran Koessler Performance Tennis in Boise.

JUNIOR TENNIS CLASSES

TOTS TENNIS (19"-21" RACKET)

Ages 4-5. This class is geared toward the littlest player just beginning their tennis journey. Start with basic skill-building exercises (tracking, catching, coordination, balance, etc.). Players will develop listening skills, following directions, teamwork, and resilience. We keep it fun and active while introducing them to the sport of a lifetime.

		Member/Non-Member	
512703-01	Su	12:00-12:30p	9/18-10/23 \$42/\$55
02	Su	12:00-12:30p	10/30-12/11 \$49/\$64
03	Su	12:00-12:30p	1/8-2/12 \$42/\$55

RED BALL TENNIS (21"-23" RACKET)

Ages 6-7. This is an active class where kids learn the fundamentals of tennis with skill-building exercises and games designed to improve and develop overall coordination, balance, self-confidence, and teamwork on the court. This class will help kids fall in love with tennis and transition them to the next level.

		Member/Non-Member	
512706-01	W	3:00-3:45p	9/14-10/26 \$74/\$96
02	Su	12:30-1:30p	9/18-10/23 \$84/\$109
03	Su	12:30-1:30p	10/30-12/11 \$98/\$127
04	W	3:00-3:45p	11/2-12/14 \$74/\$96
05	W	3:00-3:45p	1/4-2/15 \$74/\$96
06	Su	12:30-1:30p	1/8-2/12 \$84/\$109



ORANGE BALL (23"-25" RACKET)

Ages 8-11. Players must demonstrate a positive attitude and hard work ethic. Orange Ball Tennis will keep your child active, teach them fundamentals in technique and footwork, and introduce the concepts of rallying and point play. Further focus will be on developing your child's athleticism, coordination, balance, and strength.

		Member/Non-Member	
512704-01	M	3:00-3:45p	9/12-10/24 \$74/\$96
02	W	3:00-3:45p	9/14-10/26 \$74/\$96
03	Su	1:30-2:30p	9/18-10/23 \$84/\$109
04	Su	1:30-2:30p	10/30-12/11 \$98/\$127
05	M	3:00-3:45p	10/31-12/12 \$74/\$96
06	W	3:00-3:45p	11/2-12/14 \$74/\$96
07	M	3:00-3:45p	1/2-2/13 \$74/\$96
08	W	3:00-3:45p	1/4-2/15 \$74/\$96
09	Su	1:30-2:30p	1/8-2/12 \$84/\$109



BIRC



GREEN BALL (25"-27" RACKET) ★

Ages 11-13. Players must demonstrate a positive attitude and hard work ethic. Green Ball Tennis will emphasize proper technique and footwork and continued development in rallying, directional control, and point play concepts. Additional focus will be on developing athleticism, coordination, balance, strength, and introducing spin.

			Member/Non-Member	
512705-01	T	3:30-4:30p	9/13-10/25	\$98/\$127
02	Th	3:30-4:30p	9/15-10/27	\$98/\$127
03	Su	2:30-3:30p	9/18-10/23	\$84/\$109
04	Su	2:30-3:30p	10/30-12/11	\$98/\$127
05	T	3:30-4:30p	11/1-12/13	\$98/\$127
06	Th	3:30-4:30p	11/3-12/15*	\$84/\$109
07	T	3:30-4:30p	1/3-2/14	\$98/\$127
08	Th	3:30-4:30p	1/5-2/16	\$98/\$127
09	S	2:30-3:30p	1/8-2/12	\$84/\$109

*No Class 11/24

CHALLENGER ★

Ages 13 and up. Pro approval or a completed Green Ball progression is required. Players must be able to demonstrate a positive attitude and hard work ethic. Emphasis will be placed on developing better strength and balance as they become more comfortable with the transition from Green Ball to the bounce of a heavier, faster, and higher bouncing ball. Players must demonstrate consistency with routine shots, the ability to move forward to play shorter shots with balance, and transitioning to net play. Players will continue working on stroke development and spin while learning to structure singles and doubles points.

			Member/Non-Member	
512707-01	M	5:00-6:00p	9/12-10/24	\$98/\$127
02	W	5:00-6:00p	9/14-10/26	\$98/\$127
03	Su	4:00-5:00p	9/18-10/23	\$84/\$109
04	Su	4:00-5:00p	10/30-12/11	\$98/\$127
05	M	5:00-6:00p	10/31-12/12	\$98/\$127
06	W	5:00-6:00p	11/2-12/14	\$98/\$127
07	M	5:00-6:00p	1/2-2/13	\$98/\$127
08	W	5:00-6:00p	1/4-2/15	\$98/\$127
09	Su	4:00-5:00p	1/8-2/12	\$84/\$109

ADVANCED ★

Ages 14 and up. Players must have a completed Challenger progression or have pro approval. Players must be able to demonstrate a positive attitude and hard work ethic. The player level is equivalent to high school varsity, junior varsity, or tournament players. Players must demonstrate consistency with routine shots, topspin on groundstrokes, and knowledge of the continental grip on the serve and volleys. Further focus/observation will be dedicated to singles and doubles strategy and play patterns.

			Member/Non-Member	
512718-01	M	3:45-5:00p	9/12-10/24	\$123/\$160
02	W	3:45-5:00p	9/14-10/26	\$123/\$160
03	M	3:45-5:00p	10/31-12/12	\$123/\$160
04	W	3:45-5:00p	11/2-12/14	\$123/\$160
05	M	3:45-5:00p	1/2-2/13	\$123/\$160
06	W	3:45-5:00p	1/4-2/15	\$123/\$160

ELITE ★

Players must have a UTR rating of 3 or better or pro approval. Players must demonstrate a positive attitude and strong work ethic; exercise topspin and slice on all groundstrokes; consistent use of the continental grip on serves, volleys, and overheads; exploit and capitalize on short shots with strong net play. Further focus will be put on point play observations, problem-solving, critical thinking, and improving both tactical and mental skill sets.

			Member/Non-Member	
512717-01	T	4:30-6:00p	9/13-10/25	\$123/\$160
02	Th	4:30-6:00p	9/15-10/27	\$123/\$160
03	T	4:30-6:00p	11/1-12/13	\$123/\$160
04	Th	4:30-6:00p	11/3-12/15*	\$105/\$137
05	T	4:30-6:00p	1/3-2/14	\$123/\$160
06	Th	4:30-6:00p	1/5-2/16	\$123/\$160

*No class 11/24

TENNIS FOR TEENS ★

Ages 13-17. T4T is a class for beginning to intermediate-level players who want to improve their knowledge and skill set. This class will focus on gaining a better understanding of fundamental footwork, technique, and strategy. This could also be a third day for our Green Ball players looking to transition into Challenger. We will work on rally skills and some light point play to engage the competitive spirit and improve each player's overall game.



			Member/Non-Member	
512719-01	Su	5:00-6:00p	9/18-10/23	\$84/\$109
02	Su	5:00-6:00p	10/30-12/11	\$98/\$127
03	Su	5:00-6:00p	1/8-2/12	\$84/\$109

PRIVATE TENNIS LESSON RATES

			Member/Non-Member	
Private	60 Minute		\$65/\$80	
Private	45 Minute		\$52/\$64	
Private	30 Minute		\$35/\$43	
Semi-Private (2 people)	60 Minute		\$35/\$43	
Semi-Private (2 people)	45 Minute		\$27/\$33	
Semi-Private (2 people)	30 Minute		\$22/\$27	

BIRC



VOLLEYBALL PRIVATE, SEMI-PRIVATE, AND GROUP VOLLEYBALL LESSONS AT BIRC WITH AUDREE **NEW!**

Ages 10-18. Come learn the game of volleyball or come work on your skills with former collegiate player Audree. Private lessons are affordable for all who want to improve their game. BIRC 512914



Beginner and Intermediate Volleyball Skills & Drills League **NEW!**

Grades 4-9. Open to boys and girls, with modified rules. Games will be scheduled on weeknights once the number of teams and gym availability is confirmed.

Know the game of volleyball? Volunteer to coach your child's team and receive 50% off your child's registration. TBD

Ages 3-8

512911-01	Th	5:15-6:00p	9/22-10/27	\$99
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Grades 2-5

512913-01	TTh	6:15-7:15p	9/20-11/3	\$180
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Grades 4-9

Beginner

512912-01	TTh	7:30-8:40p	9/20-11/3	\$180
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Intermediate

512912-02	TTh	7:30-8:40p	9/20-11/3	\$180
03			Volunteer to coach	

YOUTH CAMPS

NO-SCHOOL CAMPS AT BIRC **NEW!**

MINI CAMPS

Ages 5-8. Our mini-camps are designed for younger campers. Shorter days, age-appropriate sports and activities, crafts, downtime, etc. BIRC

DAY CAMPS

Ages 9-12. A fun day of no school is planned at the Recreation Center. Sports, activities, a dash of crafts, and more. BIRC

CONFERENCE DAYS

			Member/Non-Member	
Mini				
511502-01	Th-F	9:00a-12:00p	10/27-10/28	\$75/\$100
Day				
511502-02	Th-F	9:00a-2:00p	10/27-10/28	\$120/\$160

VETERANS DAY

Mini				
511501-01	F	9:00a-12:00p	11/11	\$50/\$65
Day				
511501-02	F	9:00a-2:00p	11/11	\$75/\$98

THANKSGIVING BREAK

Mini				
511503-01	W	9:00a-12:00p	11/23	\$50/\$65
02	F	9:00a-12:00p	11/25	\$50/\$65
Day				
511503-03	W	9:00a-2:00p	11/23	\$75/\$98
04	F	9:00a-2:00p	11/25	\$75/\$98

WINTER BREAK

Mini Week 1				
511504-01	M-Th	9:00a-12:00p	12/19-12/22	\$145/\$190
Day Week 1				
511504-02	M-Th	9:00a-2:00p	12/19-12/22	\$240/\$315
Mini Week 2				
511504-03	M-Th	9:00a-12:00p	12/26-12/29	\$145/\$190
Day Week 2				
511504-04	M-Th	9:00a-2:00p	12/26-12/29	\$240/\$315

ACTIVE ADULT COMMUNITY SPECIAL INTEREST

As our summer weather wanes, we've got one more Bainbridge Island Walkabout to share with you. Head over to the north pond at Battle Point Park and enjoy a crisp autumn walk while taking in the art and poetry of our very own Sue Hylen. See you there!





BIRC

DROP-IN SPORTS, LEAGUES, CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Basketball Drop-In Play 8:30-10:30a			Tot Drop-In Play Time 9:00-10:00a		Adult Basketball League 8:00-11:00a	Adult Pickleball Drop-In Play 8:00a-12:00p
Adult Pickleball Drop-In Play 10:30a-12:00p	Adult Table Tennis Class 10:00-11:00a	Adult Pickleball Drop-In Play 10:30a-12:00p	Adult Table Tennis Class 10:00-11:00a	Adult Pickleball Drop-In Play 10:30a-12:00p	Youth Basketball Drop-In Play 11:00a-12:30p	
Basketball Drop-In Play 12:30-1:30p	Pickleball 101 11:00a-12:00p	Basketball Drop-In Play 12:30-1:30p	Adult Table Tennis Drop-In Play 11:00a-1:00p	Basketball Drop-In Play 12:30-1:30p		Youth Classes 12:00-5:00p
After-School Drop-In Play Time 1:30-3:00p	Adult Pickleball Drop-In Play 1:15-3:30p	After-School Drop-In Play Time 2:30-4:00p	Adult Pickleball Drop-In Play 1:15-3:30p	After-School Drop-In Play Time 2:30-4:00p		
Youth Volleyball Drop-In Play 4:00-6:00p	Youth Basketball Drop-In Play 4:00-6:00p	Youth Pickleball Drop-In Play 4:00-6:00p	Youth Basketball Drop-In Play 4:00-6:00p	Youth Basketball Drop-In Play 4:00-6:00p		
Adult Volleyball League 6:00-8:00p	Adult Basketball League 6:00-8:00p	Adult Pickleball League 6:00-8:00p	Adult Cornhole League 6:00-8:00p	Adult Basketball Drop-In Play 6:00-8:00p		Adult Pickleball League 5:30-7:30p

*Subject to changes and cancellations due to BIRC functions, holidays, or low attendance. Please visit birc.org for current schedule.

DROP-IN PLAY

YOUTH DROP-IN

- **Pickleball:** Three courts available. Balls and paddles provided.
- **Basketball:** One full court or two short courts.
- **Volleyball:** One court. Volleyballs provided.
- **After-School Free Play Time:** Unstructured free time in the gym. We'll provide the equipment; kiddos provide the fun.
- **Tot Free Play Time:** We'll supply the equipment so you can have some play time in the gym with your tot.

ADULT DROP-IN

- **Pickleball:** Three courts available with balls provided.
- **Basketball:** One full court or two short courts.
- **Table Tennis:** Two tables available.

DROP-IN PLAY FEES

Drop-In Play is free to BIRC Members. Non-Members may drop-in for a fee.

NON-MEMBER DROP-IN FEES

Adult: Drop-In: \$7.00, 10-Visit Punch Pass: \$56, 20-Visit Punch Pass: \$105
Senior/Youth: Drop-In: \$5.00, 10-Visit Punch Pass: \$40, 20-Visit Punch Pass: \$75

Punch passes can be purchased at the front desk or by calling 206-842-5661. Punch passes are for drop-in play only.

Drop-In Punch Passes do not include access to the rest of the Recreation Center.

A drop-in fee (or punch pass punch) will be accessed for each drop-in session attended.

BIRC



LEAGUES

ADULT SPORTS LEAGUES AT BIRC **NEW!**

Pickleball: Grab your partner and join us for a fun night of league play. The matches will be two games to 11.

Basketball: Two 25-minute halves. Games are 50 minutes in length — limit to nine players per team.

Volleyball: Matches are one game to 25 — limit nine players per team.

Cornhole: 30 minutes for best two out of three matches.

LEAGUE FEES

BIRC Member League Fee: \$25 per person. Non-Member League Fee: \$35 per person.

LEAGUE REGISTRATION

Register by calling 206-842-5661 or at the BIRC Front Desk.

PICKLEBALL LADDER LEAGUE FOR ADULTS **NEW!**

Ages 18 and up. Are you interested in playing more pickleball with people at the same level at a set time each week? Then our Ladder Play might be the answer, whether you want to be competitive or want to play with people of your same ability. BIRC

Member/Non-Member				
511329-01	Su	5:30-7:30p	9/11-10/30	\$50/\$65
02	Su	5:30-7:30p	11/6-12/18	\$50/\$65



CLASSES

HOT SHOTS PICKLEBALL

Ages 3-6. A fun-filled 30-minute lesson that will develop hand-eye coordination, balance, and the foundation of some pickleball skills. Parents are encouraged to participate in this innovative program. BIRC

Member/Non-Member				
512724-01	Su	12:15-12:45p	9/11-10/2	\$60/\$78
02	Su	12:15-12:45p	10/9-10/30	\$60/\$78
03	Su	12:15-12:45p	11/6-11/27	\$60/\$78
04	Su	12:15-12:45p	12/4-12/18	\$45/\$58

ROOKIES PICKLEBALL

Ages 6-9. This class is great for younger budding pickleball players. Along with introducing the game in a modified way, we'll work on basic skills and hand-eye coordination. BIRC

Member/Non-Member				
512725-01	Su	12:45-1:25p	9/11-10/2	\$60/\$78
02	Su	12:45-1:25p	10/9-10/30	\$60/\$78
03	Su	12:45-1:25p	11/6-11/27	\$60/\$78
04	Su	12:45-1:25p	12/4-12/18	\$45/\$58

PICKLEBALL 101 FOR KIDS

Ages 9-14. Play the game that was invented right here on Bainbridge Island. Pickleball is easy to learn and fun to play. All levels of fitness and skill are welcome. Paddles are available for use, but please feel free to bring them if you have your own. BIRC

Member/Non-Member				
512726-01	Su	1:35-2:15p	9/11-10/2	\$68/\$88
02	Su	1:35-2:15p	10/9-10/30	\$68/\$88
03	Su	1:35-2:15p	11/6-11/27	\$68/\$88
04	Su	1:35-2:15p	12/4-12/18	\$45/\$65

BADMINTON 101 FOR KIDS

Ages 9-14. Badminton is a fun, simple game that's a classic for players of all ages. All levels of fitness and skill are welcome. Rackets are available for use, but if you have your own, please feel free to bring it. BIRC

Member/Non-Member				
512730-01	Su	3:45-4:30p	9/11-10/2	\$68/\$88
02	Su	3:45-4:30p	10/9-10/30	\$68/\$88
03	Su	3:45-4:30p	11/6-11/27	\$68/\$88
04	Su	3:45-4:30p	12/4-12/18	\$45/\$65

INTRO TO PICKLEBALL FOR ADULTS **NEW!**

Ages 16 and up. Come learn the rules and how to play in this introductory class taught by experienced players. Course content includes equipment, basic rules, court position and more. BIRC

Member/Non-Member				
511328-01	Su	2:30-3:30p	9/11-10/2	\$68/\$88
02	Su	2:30-3:30p	10/9-10/30	\$68/\$88
03	Su	2:30-3:30p	11/6-11/27	\$68/\$88
04	Su	2:30-3:30p	12/4-12/18	\$50/\$65
05	T	11:00a-12:00p	9/13-10/4	\$68/\$88
06	T	11:00a-12:00p	10/11-11/1	\$68/\$88
07	T	11:00a-12:00p	11/8-11/29	\$68/\$88
08	T	11:00a-12:00p	12/06-12/27	\$68/\$88





BIRC

TABLE TENNIS FUNDAMENTALS **NEW!**

Ages 18 and up. We will learn the fundamentals of table tennis, but we will also get a decent workout. After some warm-up exercises, we'll focus on footwork, proper stroke mechanics, and serving. All levels are welcome. Max five people. BIRC

			Member/Non-Member	
512732-01	T	10:00-11:00a	9/13-11/1	\$50/\$65
02	Th	10:00-11:00a	9/15-11/3	\$50/\$65

JOB OPPORTUNITIES

- BIRC No-School Camp Supervisor
- BIRC No-School Camp Counselors
- Pilates Reformer Instructor
- Personal Trainer

Contact Julie Miller at julie@biparks.org for more information.



BIRC RENTALS

Contact BIRC Facility Program Administrator Julie Miller for more information on rentals by email at julie@biparks.org or by phone at 206-842-5661 #114.

GYMNASIUM

A terrific spot for a sports-themed party. Our gym is lined for basketball, volleyball, and pickleball. Gym equipment is provided, or bring your own. \$80/hour.

GROUPX ROOM

Need a place to hold a meeting? Our GroupX room is a great spot! Tables, Chairs, TV. \$50/hour.

KIDS CLUB/MULTI-PURPOSE ROOM

Our Kids' Club room is a perfect spot for a small get-together. Tables, chairs, and TV. \$50/hour.

OUTDOOR PATIO AREA

A charming fenced-in patio area to hold a party, get-together, or outdoor meeting. Includes tables and chairs. \$50/hour.

BIRC PARTIES

LOOKING FOR A PLACE TO HOST YOUR CHILD'S NEXT PARTY? BIRC IS THE PLACE FOR YOU!

- Parties are based on availability.
- Full payment is required upon booking.
- All participants must complete the BIRC waiver and Code of Conduct.
- Call Julie at 206-842-5661 #114 for more info or to book your party.

GYM PARTY

\$150

- Our gym is lined for basketball, volleyball, and pickleball. Gym equipment is provided, or bring your own.
- The package includes one hour of gym time and 45 minutes for celebration in our kids' club or patio area.
- Gym parties are priced for 12 participants. For additional participants, add \$5 per person. Max 20.

POOL PARTY (SEASONAL)

\$150

- The package includes one hour of pool time during a recreational swim session and 45 minutes for celebration on our pool deck, kids' club, or patio area.
- Pool parties are priced for eight participants. For additional participants, add \$12 per person. Max 10.
- Please remember all pool rules still apply to birthday parties.

GYM & POOL PARTY (SEASONAL) **\$220**

- The package includes 45 minutes of gym time, 45 minutes of pool time during a recreational swim session, and 45 minutes for celebration on our pool deck, kids' club, or patio area.
- Pool parties are priced for eight participants. For additional participants, add \$12 per person. Max 10.
- Please remember all pool rules still apply to birthday parties.





Sounds of Summer

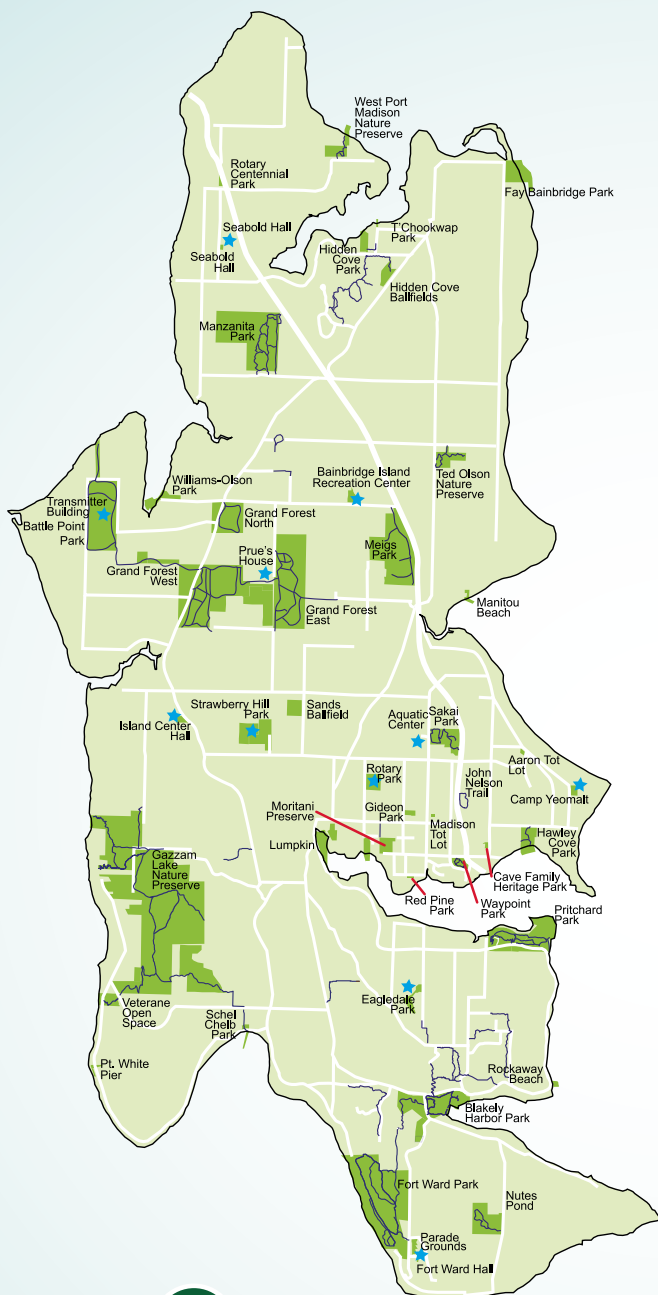
A SPECIAL THANK YOU TO OUR EVENT SPONSORS, MARSHALL SUITES, PUGET SOUND ENERGY, HOMESTREET BANK, HITCHCOCK RESTAURANT GROUP, AND TOWN & COUNTRY MARKETS, FOR MAKING OUR SOUNDS OF SUMMER CONCERT SERIES POSSIBLE. YOU ROCK!



Thank you to our **Movies in the Park** sponsors, **Homestreet Bank** and **Kitsap Regional Library**, for their donation to make our movies series a "reel" good time!



Bainbridge Island Parks



Key/Legend

- Park Boundaries
- Selected Open Space
- Roads
- BIMPd Maintained trails
- Facilities



For more information: biparks.org

AARON TOT LOT: (1385 Aaron Ave.) Children's play structure.

BAINBRIDGE ISLAND RECREATION CENTER: (11700 Meadowmeer Cir.) 50,000 sq.ft. indoor athletic facility with fitness equipment, outdoor pool, tennis, basketball, and pickleball courts. Location of District administrative offices.

BATTLE POINT PARK: (11299 Arrow Pt Dr) 90 acres. Picnic areas, play structure, jogging trail, soccer & softball fields, equestrian trail, picnic shelter, tennis courts, pickleball courts, basketball courts, roller-hockey rink, wildlife pond, and community garden.

AQUATIC CENTER: (8521 Madison Ave.) 1 acre. 25 yard/6-lane pool with 1 & 3 meter diving boards, warm water leisure pool with spa, lazy river, water slide and zero depth entry.

BLAKELY HARBOR PARK: (Head of Blakely Harbor) 40 acres, shoreline access, passive recreational activities such as picnicking, kayaking and wildlife viewing.

CAMP YEOMALT: (900 Park Ave.) 3 acres. Multipurpose building, historic cabin, and woodland trail.

CAVE FAMILY HERITAGE PARK: (259 Ferncliff Dr.) .91 acres. Playground, picnic table, benches, and historic two-story home.

EAGLEDALE PARK: (5050 Rose Ave NE) 7 acres. Pottery studio and workshop, picnic shelter, tennis court, play area, volleyball court, and off-leash dog area.

FAY BAINBRIDGE PARK: (15996 Sunrise Drive) 17 acres. Campsites, cabins, picnic areas, play areas & trails.

FORT WARD HALL: (9705 NE Evergreen Ave) Indoor facility with space for programs, classes, and community events.

FORT WARD PARK: (Pleasant Beach Drive or Ft. Ward Hill) 137 acres. Picnic and play areas, boat launch & trails.

GAZZAM LAKE NATURE PRESERVE: (Deerpath Lane or Marshall Road) 444.6 acres. Trails and wildlife area.

GIDEON PARK: (274 Gideon Lane) 2.5 acres. Neighborhood children's play area.

THE GRAND FOREST OF BAINBRIDGE: (Miller and Mandus Olson Roads) 240 acres. Equestrian and walking trails.

HAWLEY COVE PARK: (1287 Wing Point Way NE) 12 acres. Low bank shoreline and related estuarine wetland communities.

HIDDEN COVE BALLFIELDS: (13595 Phelps Rd.) 7.7 acres, two baseball fields and soccer practice field.

HIDDEN COVE PARK: (8588 Hidden Cove Rd NE) Beautiful waterfront with dock.

ISLAND CENTER PARK: (8395 Fletcher Bay Rd) 3 acres. Community center & picnic area.

LUMPKIN: (200 Block Gowen Pl.) 4.45 Acres. 400 linear feet of shoreline with tidelands.

MADISON AVENUE TOT LOT: (598 Madison Avenue North) Neighborhood children's play area.

MANITOU BEACH: (9800 Block of Manitou Beach Dr.) .90 Acres. 210 linear feet of shoreline with beach access and landing.

MANZANITA PARK: (7644 Day Road West) 120 acres. Hiking & equestrian trails.

MEIGS PARK: (Highway 305 & Koura Road) 67 acres. To be developed for nature study & trails.

MORITANI PRESERVE: (542 Winslow Way W) 8.5 acres of woodlands and fields in the center of Winslow.

NUTES POND: (1601-2101 Toe Jam Hill Rd NE) 31-acres of passive park with a captivating landscape whose central feature is a tranquil pond.

POINT WHITE PIER: (3949 Crystal Springs Dr. NE) Public fishing

PRITCHARD PARK: (4152 Eagle Harbor Dr. NE) 49 acres. Beach access and upland trails.

RED PINE PARK: (418 Wood Ave SW) A half acre pocket park that contains an orchard and berry patches, open lawn with seating and a picnic area.

ROCKAWAY BEACH: (4002 Rockaway Dr. NE) Beach property with views of Seattle & Cascades. Excellent place for diving enthusiasts to observe unique underwater fissures.

ROTARY PARK: (7969 Weaver Rd) 10 acres. Multipurpose ballfields, meeting space, and award winning Owen's Playground.

SAKAI PARK: (1560 Madison Ave N) 22.87 acres. Trails and pond.

SANDS AVENUE BALLFIELD: (8641 Sands Rd) 10 acres. Baseball and soccer fields.

SCHL CHELB PARK: (Point White Drive near Lynwood Center) This 1.64 acre park features 370 linear feet of saltwater shoreline, swimming beach, open grass area, play area, and trail linking to Gazzam trail network.

SEABOLD PARK: (14450 Komedal Rd NE) 3-acre park featuring the historic Seabold Hall, an indoor facility with space for programs, classes, and community events.

STRAWBERRY HILL PARK: (7666 NE High School Rd) 18 acres. Multipurpose ballfields, playground, off-leash dog area, tennis court, volleyball court, basketball court, Strawberry Hill Center (meeting and classroom space), skate bowl.

T'CHOOKWAP PARK: (8800 NE Spargur Loop Road) 1 acre. Pt. Madison view site.

TED OLSON NATURE PRESERVE: (1180 Madison Ave NE) 15 acres. Wooded nature trail.

WAYPOINT PARK: (551 Winslow Way E) 3.68 acres. Open space park near the ferry with woodlands and trails connecting to Waterfront Park and Waterfront Trail.

WEST PORT MADISON NATURE PRESERVE: (8334 NE County Park Rd, Skogen Lane & County Park Rd) 13 acres. Picnic shelters and nature trails.

WILLIAMS-OLSON PARK: (6200 Williams Lane) A sloping bluff and grassy lawn with access to the Manzanita Bay shoreline. 4.8 acres of upland property, approximately 8 acres of tideland, and 460' of shoreline access.



Each year thousands of island residents of all ages benefit from a robust menu of classes, activities and special events offered by the Bainbridge Island Metro Park & Recreation District. The District also maintains and operates over 1,500 acres of parkland.

PARK DISTRICT BOARD OF COMMISSIONERS

Dawn Janow	djanow@biparks.org
Ken DeWitt	kdewitt@biparks.org
Tom Swolgaard	jtswolgaard@biparks.org
Jay Kinney	jkinney@biparks.org
Tom Goodlin	tomg@biparks.org

PARK DISTRICT CONTACTS

Admin:

Executive Director	Terry Lande	terry@biparks.org
Finance Officer/Human Resources Manager	Amy Swenson	amy@biparks.org
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Office Specialist	Kaitlyn Walker	kaitlynw@biparks.org

Park Services:

Park Services Division Director	Dan Hamlin	dan@biparks.org
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Recreation:

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Aquatic Program Manager	Marjorie LeMaster	mlemaster@biparks.org
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Aquatics Masters Head Coach	April Cheadle	april@biparks.org
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BIRC Membership/Office Supervisor	Cheryl Harmon	cherylh@biparks.org
Fitness & Exercise Program Specialist	Marie Figgins	marief@biparks.org
Tennis Coordinator	Dayna Guizzetti	daynag@biparks.org

PARK DISTRICT FACILITIES PHONE NUMBERS

Bainbridge Island Recreation Center	206-842-5661
Bainbridge Island Aquatic Center	206-842-2302
Camp Yeomalt	206-842-5917
Eagledale Pottery Studio	206-842-7025
Island Center Hall	206-780-6994
Teen Center	206-842-2302
Strawberry Hill Center	206-780-9519

PROGRAM SITES

BHS	Bainbridge High School	9330 High School Road
AQ	BI Aquatic Center	8521 Madison Ave
	BHS Gymnastics Rms	9330 High School Road
		Rear of High School
BIMA	Bainbridge Island Museum of Art	550 Winslow Way E
BIRC	Bainbridge Island Rec Center	11700 NE Meadowmeer Circle
BPP	Battle Point Park	11299 Arrow Point Drive
BHP	Blakely Harbor Park	Blakely Ave
CYC	Camp Yeomalt Classroom	900 Park Avenue
CYCabin	Camp Yeomalt Cabin	900 Park Avenue
ED	Eagledale Pottery Studio	5055 Rose Avenue off Eagle Harbor Dr
FB	Fay Bainbridge Park	15446 Sunrise Drive
FWH	Fort Ward Hall	9705 Evergreen Ave NE
FWP	Fort Ward Park	2241 Pleasant Beach Drive NE
GLNP	Gazzam Lake Nature Preserve	6105 NE Marshall Rd
GFE	Grand Forest West	9752 Miller Road NE
GFE	Grand Forest East	9594 Mandus Olson Rd NE
HSLG	BHS Lower Gym	9330 High School Road
HCP	Hidden Cove Park	8588 Hidden Cove Road
HT	Hilltop	Hilltop Park/Prue's House, off of Grd. Forest E Parking lot
ICM	Insight Climbing & Movement	9437 Coppertop Loop NE
ICH	Island Center Hall	8395 Fletcher Bay Road
Ordway	Ordway Elementary School	8555 Madison Ave NE
SP	Sakai Park	1560 Madison Ave N
SB	Seabold Hall	14450 Komedal
SHC	Strawberry Hill Center	7666 NE High School Road
SHMG	Strawberry Hill MiniGym	7666 NE High School Road
SHP	Strawberry Hill Park	7666 NE High School Road
ST	Stottlemeyer Trailhead	24426 Stottlemeyer Rd NE, Poulsbo
TC	Teen Center	8521 Madison Ave
TB	Transmitter Bldg	11299 Arrow Point Drive
PH	Prue's House	9600 Mandus Olson Rd NE
WFP	Waterfront Park	301 Shannon Drive SE
WOP	William Olson Park	6200 Williams Lane
	Woodward Middle School	9125 Sportsman Club Rd NE

Facility Rentals: All facilities, fields and picnic areas must be reserved by groups intending to use the facilities. Please look online at www.biparks.org for information and rates.

HOURS & CLOSURES

Customer Service at Bainbridge Island Aquatic Center:

Monday-Friday: 6:00a-8:30p

Saturday: 8:00a-4:00p

Bainbridge Island Recreation Center:

Monday-Thursday: 5:30a-10:00p

Friday: 6:00a-8:00p

Saturday-Sunday: 6:00a-7:00p

District Admin Office:

Monday-Friday: 8:00a-4:30p

Facility Closures:

The Park District offices will be closed 1/1, 1/17, 2/21, 5/30, 7/4, 9/5, and 12/25

Extreme Weather Closures:

Park District will open facilities and conduct classes/programs except under extreme adverse conditions. Check our website for closure and cancellation information at www.biparks.org. If the Park District cancels your class due to extreme conditions, your instructor will notify you concerning make-up dates.

FALL 2022 REGISTRATION INFORMATION

HOW TO REGISTER

1. **ONLINE:** www.biparks.org. Register any time of day! Your registration is processed immediately, and you can print a receipt.
2. **Mail in:** Mail the completed form and a check to: 11700 NE Meadowmeer Circle, Bainbridge Island, WA 98110.
3. **Call:** To register for any class, call the Bainbridge Island Aquatic Center Monday through Friday 5:00a-8:30p and Saturday 7:30a-4:00p (206-842-2302).

Registration begins August 13, 9:30am

MAIL-IN/DROP-OFF REGISTRATION FORM

1st Adult payee in household: Last Name _____ First Name _____ Phone (h) _____ (w) _____

2nd Adult payee in household: Last Name _____ First Name _____ Phone (h) _____ (w) _____

Mailing Address _____ street _____ city _____ zip _____

Email Address (please print) _____

I understand that participation in the Class involves inherent risk and possible injury because of the nature of the activities, even when conducted in a safe manner, and I hereby assume all responsibility for my and/or my child's safety when participating in the Class. Injuries to participants in active recreation programs may occur from risks inherent in the activity; from placing stress on the body that it has not been prepared for; from accidents in learning or practicing techniques; from failing to follow training, safety or program rules; from the use of transportation associated with the activity; and from the administration of first aid. The severity of injury can range from minor cuts, scrapes, or muscle strains to catastrophic injury such as paralysis or even death.

In consideration for my acceptance or my child's acceptance as a participant in the Class, I hereby agree: to assume the risks of the activities in which I participate or my child participate in the Class; to waive and forever release Bainbridge Island Metropolitan Park and Recreation District (BIMPRD) and its employees and agents from any and all claims (including those for bodily injury) arising out of or relating in any way whatsoever to my participation in the Class, even though said claims may arise out of the negligence of BIMPRD and its employees and agents; to limit BIMPRD's liability to the applicable limits of BIMPRD's applicable insurance policy if the foregoing waiver and release is deemed unenforceable; to defend, indemnify and hold BIMPRD and its employees and agents harmless from and against any and all claims (including those for bodily injury), losses, damages, liabilities and expenses (including attorney fees) arising out of or relating in any way to my participation in the Class, my failure to comply with any of the obligations under this document, or my failure to provide all relevant medical information. The District also reserves the right to require written clearance from a health care provider before allowing a person to participate in a certain activity.

I give BIMPRD permission to photograph and videotape me or my child (listed below) while participating in the Class. I authorize BIMPRD to use such photographs and videotapes to promote its programs and classes, and I waive any and all claims to compensation for such usage. I acknowledge and agree that all such photographs and videotapes will belong to BIMPRD.

Signature - Adult Participant or Guardian

Date

REFUND POLICY

Refunds will be in the form of a credit to your household account unless you request a check.

- Programs canceled by the Park District will receive a full refund.
- Refunds will not be granted for requests made after the program is over even with a doctor's note.

Unless a doctor's note is received, the following refund policy applies:

- Requests made 7 days or more prior to start of the program will receive a full refund less a \$10 service charge. The seven-day period does not include the day the class begins (i.e. the seventh day is the day before the class starts). Counting backwards to the first day, a refund request must be received no later than midnight before the first day of the seven-day period.
- No refunds will be granted if requests are received less than 7 days before the start of the program.
- No refunds will be granted if requests are made once the program has started.

CLASS # Activity Section	CLASS NAME	DAY(S)	CLASS TIME	PARTICIPANT NAME		SEX	GRADE	BIRTHDATE	CLASS FEE
				First	Last			/ /	
								/ /	
								/ /	
								/ /	
								/ /	
								/ /	
								/ /	

Off-island residents add \$6 per class \$ _____

For your protection we no longer accept credit card payments by mail.

Applicable 9.1% sales tax (for activities with % symbol) \$ _____

Total \$ _____

Helpline Eligibility: All classes are eligible for Helpline vouchers with the exception of the swim and gymnastic teams. Aquatic Center passes are also part of this program.



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carbon emissions to net
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